



STAY HEALTHY - STAY CONNECTED - AGE WELL

2020 SUMMER ISSUE



SUMMER 2020



SPECIAL THANKS

TO:

BETH ISRAEL DEACONESS
for a grant to underwrite
assistance to homebound seniors;

**FOUNDATION FOR
METROWEST** for a grant to
help homebound seniors with
grocery shopping;

MASONS OF WESTWOOD
for a grant to underwrite buying
grocery shopping for homebound
seniors;

EVERSOURCE for a grant to
help underwrite grocery shopping
for homebound seniors;

**MY STAFF, COA BOARD,
FRIENDS GROUP AND**

VOLUNTEERS who tirelessly
help seniors in need;

**HESSCO, OUR KITCHEN
MANAGER (ELAINE), AND
OUR VOLUNTEERS IN THE
KITCHEN, DELIVERING
MEALS & GROCERY**

SHOPPING who continue to
organize, shop and deliver meals
to seniors
every day;

**ALL THE AMAZING
VOLUNTEERS** who made us
cloth masks;

**THE WESTWOOD SCHOOL
DEPARTMENT** for all their
shelf stable items for our Meals
on Wheels participants;

**AND TO EVERYONE IN
WESTWOOD WHO IS
CHECKING IN ON THEIR
ELDER RELATIVES,
NEIGHBORS AND FRIENDS;**

Thank you!

THE GOOD, THE BAD, AND THE OPTIMISTIST NEWS

The Bad News : As of this writing, the Westwood Senior Center continues to be closed and will most likely be closed through the summer months. This makes no one happy, but it is the only way to keep everyone safe (staff, seniors etc.). We will continue to offer Meals on Wheels (please call HESSCO - 781-784-4944 - to sign up) . The Senior Center is staffed daily from 8-2. So if you need help, please call us; if we don't answer, just leave a message and someone will get back to you.

The Good News : Partnering with Westwood Media Center we now have daily exercise, yoga, music programs and line dancing on your local cable station. With the use of the Town of Westwood's Zoom membership, we are also offering Zoom cooking classes, Tai Chi Current Conversations, and Pilates. We are hoping to add even more content as the summer continues, so please check the local newspaper or send us an email address for more information. Our outreach continues to help Westwood seniors remotely and of course, our Meals on Wheels program continues to grow.

We are blessed to have the Friends of the Westwood COA and the COA Board supporting and underwriting all of these programs since we no longer have the opportunity to collect daily donations. *Special thanks to the Foundation for MetroWest, Masons of Westwood, Beth Israel Deaconess and Eversource for their grants that help us help those most in need during this pandemic.*

The Optimistic News: We hope to start our van transportation this summer *on a very limited basis* (grocery shopping only) but please be patient with us as we figure this out. *We are also requesting your email address*, (inside please find details) so we can keep in touch with you via email blasts. Finally, we are asking anyone who has enjoyed our programs (whether on cable or Zoom), if able, to contribute to our Friends group, so we can continue to offer these programs free of charge. Details inside.

These are trying times, but together we will continue to find solutions to problems that arise daily. *The most important message is to stay safe* : remember six feet of social distancing, wear a mask (if you need one, call us) and connect (via phone call, Zoom etc.) with your friends, family and neighbors.

We miss you but hope to see you all soon.

*Lina Arena-DeRosa
Director*



NOTES FROM KAREN'S DESK

OUTREACH COUNSELOR

PROTECT YOURSELF FROM SCAMS DURING THE CORONAVIRUS

PROTECT YOURSELF FROM SCAMS DURING COVID-19

The Federal Trade Commission (FTC) reported that in just the first nine days of April, they had received complaints of losses due to Coronavirus scams totaling \$7 million dollars.

Here are some ways to protect yourself:

1. Beware of bogus medical alerts: A text message or email telling you that you've been in contact with someone who has tested positive for COVID-19 or that you must take a test.
2. Never give out your Social Security or credit card numbers or your bank information, and do not click on any links as they may download malware onto your device. Legitimate contact tracing texts will not contain any links and legitimate calls will never ask you for any personal information or money.
3. You can confirm with the town's Public Health Dept. that a coronavirus testing site is legitimate.
4. When online do not click on links without first confirming they are legitimate.
5. Know that you can't trust your Caller ID as criminals are able to "spoof" phone numbers and manipulate your caller ID to have it appear as if it is legitimate when it is not.
6. If someone calls and you're not sure if it is legitimate, hang up and call the business directly.
7. There are companies marketing phony cures and treatments for the coronavirus. Ask your physician about the effectiveness of these products before you buy them. The best places to get reliable information are the World Health Organization and Centers for Disease Control.
8. Before you donate to a charity you can check www.charitynavigator.org or call the state's Attorney General's Charity Division at **617-727-2200** to make sure the charity is legitimate and to see how much of your donation goes to the charity's programs.
9. The FTC recommends paying for purchases with a credit card. The maximum liability for unauthorized credit card charges under federal law is \$50.
10. Scammers are the only ones who will ask you to pay with gift cards. Never wire money to someone you don't know.

Also:

1. To reduce sales calls, register your home and mobile phone numbers for free on the **Do Not Call Registry** at www.donotcall.gov. You will get an email with a link you need to click on within 72 hours to complete your registration. You may also register by calling **1-888-382-1222** from the phone you want to register. Your registration will never expire.
2. Check your credit report. Through April 2021, everyone is eligible to get free weekly *online* credit reports from Equifax, Experian, and Transunion. To get your free reports, go to www.annualcreditreport.com. You can still get a free report by phone at **1-877-322-8228** or by mail once every 12 months from each of the three companies above.
3. You can stay up-to-date on the latest scams at www.scamicide.com. You can receive daily emails with the Scam of the Day by going to the bottom of the page and clicking on the tab that says, "Sign up for this blog." Also, check out the Better Business Bureau's tips at www.bbb.org/scamtips.

Stay well and stay safe!

We encourage you, especially during this coronavirus pandemic, to take this advice –

Be kind to yourself and keep reaching out to others to stay connected.

When this temporary closure is over, the Senior Center looks forward to welcoming everyone back, including newcomers, to take advantage of the abundant opportunities the Center offers for anyone over 60 years of age.

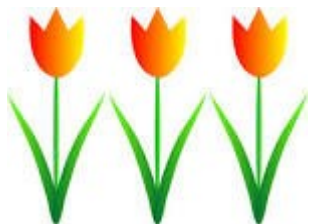
You can stay safe and stay connected.

TRAVEL WITH THE SENIOR CENTER



Due to the current pandemic, all 2020 Day Trips and Overnight trips have been cancelled. *For those of you who already sent in a deposit, you should have received your refunded deposit.*

Hopefully 2021 will allow us to go back on our day trips.



HOW CAN I HELP?

We have had a number of wonderful Westwood residents call and ask us if they could help; we are keeping a list, so feel free to email Lina at larenadosa@townhall.westwood.ma.us. and we will add you to our list.



If you would like to support the Westwood Senior Center and its endeavors, please send a check to:

Friends of the Westwood COA (60 Nahatan Street, Westwood).

If you are able to financially support those in need, we encourage you to give to the following groups:

Westwood Community Chest (PO Box 250, Westwood)

Westwood Food Pantry (PO Box 854, Westwood)

Westwood Aid to the Elderly and Disabled (380 High Street Westwood)

Checks can be mailed directly to these groups. THANK YOU!

It takes a village, and Westwood truly is a very special village.

Transportation with Trish

We know you are all missing the transportation services (especially our van drivers). We are working on ways to make the vans safe during this health crisis and hope to begin offering these services again sometime later this summer. While we don't have a time frame yet, we will keep you posted.

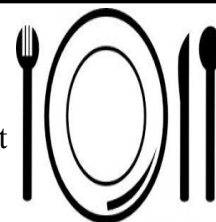


FOOD SECURITY

WE CAN HELP



If you are feeling food insecure, please call HESSCO Elder Services and let us deliver a daily meal to you. Their number is 781-784-4944.



The Food Pantry (a private independent nonprofit) may also be able to help, their number is 781-269-2008.

And if you would like a volunteer to grocery shop for you, please contact the Senior Center directly as we have volunteers who are willing to do your food shopping.

Stay safe and please know if you need us, we are here to help.



A NOTE FROM THE COA BOARD CHAIR AND TOWN MODERATOR

The current public emergency is unlike any situation that any of us have experienced in our lifetimes. It has changed American society in profound ways, many of which will be long lasting. This includes Town Meeting. Because of the risk of spreading the virus, Town Meeting will be held outdoors, this year on Flahive Field. To reduce the exposure to mosquitoes, it will be held at 5 p.m. It is scheduled to be held on Wednesday, June 17, 2020, with a rain date scheduled the following evening. Please visit the Town website www.townhall.westwood.ma.us for full details. In addition, the Town will provide an update to residents most likely via a Code Red Call. If you haven't signed up for Code Red notifications, please visit <https://www.townhall.westwood.ma.us/our-town/stay-connected/community-notification> to register.

Nonetheless, we understand that there are many in higher risk categories who may not come to Town Meeting this year under any circumstances. Perhaps you are one among this group. If so, Pam Dukeman has prerecorded her annual spectacular presentation of the Town budget. It is now available on the public access stations produced by Westwood Media Center on both Comcast and Verizon cable television. It is also available on YouTube, for those who receive their television broadcasting through other media. Check the town website for more information about how to view Pam's presentation.

Again, you can access the Town Website by going to: <https://www.townhall.westwood.ma.us>. We prefer that you to attend Town Meeting, but only if you feel comfortable. As always, please stay safe and healthy.

Jim O'Sullivan

Westwood Moderator and COA Board Chair

NOTES FROM TIFFANY—BOH PUBLIC NURSE

It's important to protect yourself and others when going out.
We all have to do our part to help stop the spread of COVID-19



Here are some tips when running errands:

- Stay home if you or a family member are sick
- Use online services or curbside pickup when available
- Wear a cloth face covering (the Senior Center has cloth ones available if you need one)
- Use social distancing (stay 6ft away from others)
- Do not touch your eyes, nose, or mouth
- Use hand sanitizer after leaving stores
- Wash your hands with soap and water for at least 20 seconds when you get home.\

For additional information regarding COVID-19 please visit www.townhall.westwood.ma.us click the link to our COVID-19 page. Stay safe and let us know if we can help you!



HELP KEEP OUR PROGRAMS GROWING

During this pandemic, we have been able to stay connected due to Westwood Media Center and Zoom classes (special thanks to our instructors and Westwood Media Center who helped make this happen). We are grateful that the Friends of the Westwood COA continue to underwrite and support our virtual programs, but we still pay our instructors for their time, as that is only the fair way to proceed. If you are able to help us, any donation will be greatly appreciated (*checks made out to the Friends of the Westwood COA - 60 Nahatan Street*). But most importantly, we are requesting **EVERYONE'S EMAIL ADDRESS** so please send that to us as soon as possible.

Cost of Newsletter	\$15 per year
Cost of programs for cable programs this summer	\$25 per senior / per summer class sessions
Cost of virtual programs for this summer	\$25 per senior / per summer class sessions
General donation to help us continue to grow	???

Please send us the following information:

- NAME**
- ADDRESS**
- PHONE NUMBER**
- EMAIL ADDRESS**

Which class do you enjoy the most? Which class do you want to see us create? Let us know and thank you!!!



**STAYING ACTIVE IS VERY IMPORTANT DURING THIS PANDEMIC
... WITH THIS IN MIND, THE WESTWOOD COA IS HOSTING
FREE DAILY CABLE AND ZOOM PROGRAMS**



CABLE CLASSES

Monday

- 9:00-9:45 - Cardio Strength & Stretch
- 10:00-10:45 - Line Dancing
- 11:00-12:00 - Music Matters

Tuesday

- 8:00-9:00 - Floor Yoga
- 9:30-10:30 - Chair Yoga
- 11:00-12:00 - Music Matters

Wednesday

- 9:00-9:45 - Sit and Get Fit
- 10:00-10:45 - Line Dancing
- 11:00-12:00 - Music Matters

Thursday

- 8:00-9:00 Floor Yoga
- 9:30-10:30 - Chair Yoga
- 11:00-12:00 - Music Matters

Friday

- 9:00-9:45 - Cardio Strength and Balance
- 10:00-10:45 - Line Dancing
- 11:00-12:00 - Music Matters

Zoom CLASSES (email is needed to participate)

- Current Conversations
- Tai Chi & Pilates
- Cooking

And more being added on a weekly basis so send us your email address and let us know what programs you would be interested in joining.

THEY CAN BE FOUND ON LOCAL CABLE Comcast 8 & 12, and Verizon 32 & 42.

STAY SAFE AND TOGETHER WE WILL GET THROUGH THIS HEALTH CRISIS



COMMUNITY SPOTLIGHT
With Anna Jean

I know we all are dealing with the life of COVID-19 event which appears to be having a wide-ranging impact on nearly everyone. Remember we're not alone, this event is world-wide. I do care and think about all of you and I am hoping life is going as best during the times we are living in. I know you feel as though a lot of things are changing around you, but take a break from the news and social media from time to time. I find having a daily schedule for myself each day helps me get through the week. Now with the nice weather, getting outside is a wonderful diversion.

I want you to know I am thinking about our COMMUNITY SPOTLIGHT group for the coming year and what it will look like. I will follow the guidance of our state, town and the Director of the COA.

I hope if we are not able to meet as a group, I will be able to have some virtual programs. I would like to tell you about one you can enjoy over the summer. If you have access to a computer go to Dedham's Historical Fairbanks House Goes Virtual and you can enjoy an hour's tour of the Fairbanks House. I will be getting back to you as we move forward.

I am wishing you a good summer and will be in touch this fall.

Anna Jean Venable
Community Spotlight



FROM THE BOSTON STATE HOUSE

Friends,

We are thinking about you and hope you are remaining safe and healthy. We hope to see you in person or virtually in the near future. In the event you need assistance, related to COVID 19, or a general inquiry, please do not hesitate to reach out to either of us.

Provided below is our contact information.

Stay Well,
Representative Paul McMurtry & Senator Mike Rush

Representative Paul McMurtry
Paul.mcmurtry@mahouse.gov
617-722-2015

Senator Mike Rush
mike.rush@masenate.gov
617-722-1348



AARP TAX HELP

As you may have already heard, the federal government has extended the tax deadline to July 15, which means that you will not face interest or penalties for not paying on time. Massachusetts state taxes are also extended until July 15.

AARP has cancelled all of their Tax Assistance. *As of today, AARP is recommending that people find a private tax company.* At this time AARP does not have a plan for additional dates, however, this may change as things improve. To check if any changes have been made to the AARP Tax Assistance program, please call AARP at 888-687-2277, once the recording starts, simply say "Representative" and this should bypass the recorded menu. ***Please call them directly.***

Please note that the Westwood Senior Center will NOT be extending or adding AARP Tax Assistance hours and we have no further information. Thank you.

LEGAL CLINIC with Attorney Veranira Ochea
Metrowest Legal Services

Wednesday, June 24th from 1:00 pm to 3:30 pm.- BY PHONE APPOINTMENT ONLY.

Schedule a private 20 min. free legal **PHONE** consultation. Metrowest Legal Services provides free legal aid to seniors on housing, public benefits and social security matters; durable power of attorney, health care proxy and simple probate matters; Medicaid, nursing home issues, limited domestic relations; consumer and bankruptcy. Sign up with the Center and Attorney Ochea will call you at your appointment time. Due to limited availability, *this is for Westwood residents only.*



WESTWOOD LIBRARY UPDATES

Library Programs are made possible by the generosity of the Friends of the Westwood Public Library. All library programs are free. Check www.westwoodlibrary.org for an up-to-date schedule.

Please visit www.westwoodlibrary.org, email wwdmail1@minlib.net, or follow @WestwoodPLMA on Facebook, Instagram, Twitter, YouTube and Eventbrite for information or to register for any of the below programs.

NOTE: All Programs will be held virtually, if possible via Zoom

Please join us for the 5th Annual Adult Summer Reading Program- *Imagine Your Story!*

Read and track your books, participate in learning activities, write "Patron Pick" book reviews, and earn prizes- all on our new Beanstack website and app!

The Westwood Public Library Summer Reading Program runs June 1- August 28. This year, all the reading programs are through Beanstack's app and website – a virtual space where babies, kids, teens, and adults can all participate to win prizes by completing reading requirements for their category. It also includes book and activity logging, badges and registration for all members of the family under one account.

Upcoming Adult Programs

Westwood Genealogy Support Group: Whether you are a novice or have been researching your family history for years, the Genealogy Support group has a place for you. Bring your notes to Zoom and learn from the shared experiences of others. Meets every other Monday at 10:30AM starting 6/1. Email Molly @ mriportella@minlib.net for more information.

Note: Ancestry.com & other genealogy resources are now available from home; visit the Library's website to access

Historical Fiction Book Group: 1st Tuesday of the month @ 10 AM; check website for titles.

YA for Adult Book Club: Join Lizzy for a discussion of YA books for the young at heart! 6/23, 7/21 & 8/18 @ 7 PM. Check the website for titles.

Islington Branch Book Club: 2nd Wednesday of the month @ 6:30 PM; check website for titles.

Meditation with Soni: Join Soni as she leads you through a three part Raja Yoga Meditation Series. Please ensure you can attend all three as they build on each other. For ages 18+. Wednesdays @ 4 PM, 6/3, 6/ 10 & 6/17.

Sit and Knit: Join a friendly group to knit and chat, Thursdays @ 10:30.

Friday Morning Book Club: Join Molly for a lively discussion group! Check our website for titles & meeting format. Fridays @ 10:30 AM, 6/19, 7/17 & 8/21.

Author Events

Peter Swanson will virtually meet with us to discuss his newest novel **EIGHT PERFECT MURDERS** on June 12 @ 2PM.

J. Courtney Sullivan: JCS will visit Westwood to discuss her newest novel **FRIENDS & STRANGERS** on August 5 @ 7 PM.

Ellen Marie Wiseman: EMW will visit Westwood to discuss her newest novel **THE ORPHAN COLLECTOR** on August 25 @ 7 PM.

Reading will keep your mind off of social isolation, so join us!

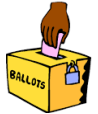


NOTES FROM DOTTIE—

TOWN CLERK

2020 CENSUS

If you receive any telephone call re: a card that has just been mailed to all households regarding completing the census, this is legitimate. This is the roll out of the 2020 federal census. There is a unique ID number on this invitation which allows the recipient to go online and complete the questionnaire. This is a safe and secure site and all information is confidential and only used for statistical purposes.



For those who are not comfortable or who have no access to the internet, a paper copy will be mailed in the upcoming weeks.

See the timeline below:



3/12-3/20-An invitation to respond online (2020census.gov) to the 2020 census will be mailed to every household; 95% will also receive a paper questionnaire.

April 1, 2020-National Census Day.

4/20-4/27-A final reminder postcard before Census bureau follows up in person.

6/2020-7/2020-census takers will go door to door to count people who have not responded to the 2020 census. They will provide proof that they are official government personnel. (This is still tentative due to the present health crisis).

12/31/2020- The census bureau reports to the President, the population count and apportionment of seats in the US House of Representatives to each state.

PLEASE REMEMBER WE NEED YOU TO BE COUNTED SO WE CAN CONTINUE TO GROW ... SO FILL OUT YOUR CENSUS! THANKS!



Westwood COA
60 Nahatan Street
Westwood MA
02090

PRST Non Profit
US POSTAGE
PAID
Norwood MA
Permit #81

Return Service Requested

WESTWOOD COA
60 Nahatan Street
Westwood MA 02090
781-329-8799 (telephone)
781-329-5949 (fax)
Hours of Operation
Monday—Thursday
8am – 4pm
Friday
8am - 2pm
STAFF CONTACT INFO
Lina Arena-DeRosa - Director
Trish Tucke - Operations Manager
Karen Segreve - Outreach
Counselor
Lorraine Cavanaugh -
Administrative Assistant
John Trigilio - Van Driver (FT)
John Demling III - Van Driver (PT)
Paul Kelly - Van Driver (PT)
Elaine Haddad - HESSCO Meals
on Wheels Coordinator
**COA BOARD OF
DIRECTORS**
Marge Eramo
Cheryl Fay
Joseph Jowdy
Hillary Kohler
Mary Masiello
Stephanie Rames
Bill Sebet
James O'Sullivan
Jessie Turbayne



STAY IN TOUCH WITH US

-
**We need your email
address!**

As of this writing we have a number of Zoom Classes ... from cooking, Current Conversations, to T'ai Chi to Meditation and will be adding more over the summer. And we want to be able to stay in touch with you over the summer and we believe email is best.

Interested? Then please send your email address to [Lorraine at Lorraine@townhall.westwood.ma.us](mailto:Lorraine@townhall.westwood.ma.us).