



STAY HEALTHY - STAY CONNECTED - AGE WELL

2020 AUTUMN ISSUE

FALL 2020



SPECIAL THANKS TO:

Westwood Media Center who have partnered with us to make so many programs available through their cable stations;

Beacon Communities at Highland Glen for their grant to help us continue to grow;

National Development at the Highland Glen apartments for underwriting some of our remote programs;

Dedham Savings, Big Y of Walpole, Metrowest Legal Services and the Audubon Society for offering interesting programming for our cable stations;

Laurel and her friends who have continued to offer music programs daily on cable;

*And a special shout out to COA Student Volunteer extraordinaire, **Laurel Barnett** who is the recipient of this year's RAY Award!!!*

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

***Thank you!
Congratulations!***



WE ARE IN THIS TOGETHER

The Westwood Senior Center will continue to be closed through the fall due to the pandemic ... staff is still here in the office daily from 8-1 or working remotely when not in the office. We stay closed to keep you, our staff and the town at large safe. In an effort to keep everyone connected and active, we continue to offer remote programming, Meals on Wheels as well as outreach services daily.

As of this writing, we now offer most of our regular programs either on cable or on Zoom. And since we can no longer offer "lunch and learns", starting in September we will be adding "special programming" on your local cable station. These will include conversations with MetroWest Legal (discussion on health proxies), Big Y Pharmacy (discussion on COVID 19), Dedham Savings (discussion on scams), Social Security (updates) and the Audubon Society (discussion on bird watching) to mention a few; more to come in the fall. And don't forget a recorded monthly PSA (Public Service Announcement) is available daily to keep everyone abreast as to what is happening at the Center.

We are also starting to transport seniors (in a very limited way) for grocery shopping and medical appointments. See inside for details.

If you are feeling stressed out, or just would like to be in touch with someone new, we could easily add you to our weekly check-in call (with one of our COA Board members) or connect you with a Westwood student (pen pal program). See inside for details. Of course, if you need help with fuel assistance, or if you feel food insecure, please get in touch with Karen ...she is here to help.

*Finally, please remember to fill out your **CENSUS** ...it is imperative that everyone get counted.* If you need assistance filling out the forms, please call us and we can help you.

Most importantly, please follow what science advises throughout this pandemic as it is not going away soon, whether we want to believe it or not; don't panic, but be prepared for anything the future might hold. We may be closed to the public, but we are still here helping Westwood seniors daily.

*Remember to stay connected with your family, friends and neighbors.
We miss you and hope you are staying safe.*

***Lina Arena-DeRosa
Director***



NOTES FROM
KAREN'S DESK
OUTREACH COUNSELOR



Medicare Open Enrollment

That time of year is approaching again...the **Medicare Open Enrollment Period**. It runs each year from **October 15 to December 7** and allows you to change from your current Medicare coverage to another plan. Plans change every year so it's important to review your coverage to make sure you have the coverage you need at a cost you can afford.

Our certified **SHINE** ("Serving Health Insurance Needs of Everyone") counselor Mitch can help you compare the costs and benefits of Medicare and other health insurance options and help you enroll in a health insurance program that best fits your needs. SHINE counseling is a **FREE** service, and Mitch is a volunteer who has no affiliation with insurance companies. Please call the Center if you'd like to *schedule a phone appointment* with Mitch. *At your scheduled appointment time you will need to have with you all your medical cards (Medicare, Supplemental Insurance, and Prescription Cards) and medication bottles (or a list of your current medications, dosages, and frequencies).* *Note: There will be no in-house appointments at the Senior Center.*

Weekly Meditation with Soni Tuesdays at 11am via Zoom



Hello Everyone! Hope you have all incorporated meditation into your daily routine to help with the stress of this pandemic.

If interested, send the Center your email address and we will connect you with Soni!

BEREAVEMENT With NINA Wednesdays Sept. 2,16, Oct 7,21 At 10am via Zoom



Are you struggling with the loss of a loved one? Then please join this warm and welcoming group via Zoom. Please contact the Senior Center to let us know if you are interested. We will need your email address so that we can forward the Zoom link to you.



SHINE WITH MITCH Wednesday Sept 2, 16 & 20 Oct. 7,14,21,28 9-12 by phone appointment only

Are you retiring soon or do you have questions or concerns about your current health plan? Open enrollment begins this fall and if you would like some assistance please call and sign up for a phone consultation. Please note appointments fill up fast. At your scheduled appointment time you will need to have with you all your medical cards (Medicare, Supplemental Insurance, and Prescription Cards) and medication bottles (or a list of your current medications, dosages, and frequencies).

Are you feeling lonely or anxious during this health crisis? Are you a Westwood resident looking for mental health services?



These feelings can come on strong and you do not need to deal with them alone. Please consider contacting the William James College INTERFACE Referral Service at 888-244-6843 and they can help you find a provider under your current insurance policy. This referral is free to any Westwood resident

What to Expect When You Call: You will speak with a resource and referral counselor about your needs.

Connect : You will receive information about potential matches within 2 weeks.

Care: You will receive a follow-up call to make sure you have made a successful match

Funded by: The Town of Westwood, The Westwood Public Schools, Youth & Family Services, Board of Health, and The Council on Aging

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 over the summer. 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 larenadera@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

Grocery shopping has been going very smoothly on Tuesdays and Wednesdays. The vans are thoroughly sanitized after each trip and everyone is wearing their mask! If you'd like to go shopping at Roche Bros. or Shaw's in Norwood please call and schedule your trip.



Medical transportation will begin on Monday, September 14. *Sign-ups begin on September 1.* We will be following the same protocol as grocery shopping. If you didn't receive the letter regarding medical transportation please call the center and we can send one out to you.

FOOD SECURITY WE CAN HELP



If you are feeling food insecure, please call HESSCO Elder Services and let them 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.



**Important Information from the Westwood Town Clerk
Regarding the upcoming
State Primary to be held on September 1, 2020**

VOTER REGISTRATION -The deadline to *register* to vote for the September 1, 2020 State Primary will be on Saturday, August 22, 2020.

If you are not able to *register online* please contact Town Clerks office *by telephone: 781-326-3964 or via email: town-clerk@townhall.westwood.ma.us* and we will send you and Voter Registration form. In-person registration will be offered from 2 p.m. to 4 p.m. and 6 p.m. to 8 p.m. on the last day to register or change party enrollment, Saturday, August 22, 2020 at Town Hall, practicing all social distancing guidelines.

EARLY VOTE BY MAIL - In July, a new law was passed to allow all registered voters in Massachusetts to (*Early*) *vote by mail* in any 2020 election, with no excuse needed. As required by the new law, an (*Early*) *Vote by Mail application* was mailed by the Secretary of State to every person who was registered to vote on or before July 1, 2020 and who had not already requested an *Absentee ballot* for the State Primary or for all elections this year. A second mailing will be sent out in September to all voters who have not already applied for a (*Early*) *Vote by Mail* ballot for the November election. The applications are pre-addressed to your local election official (Westwood Town Clerk) and no postage is necessary. (*Early*) *Vote by Mail applications* must be delivered to your local election office (Westwood Town Clerk) no later than 4 business days before the election. For the State Primary ballot, your application must reach The Westwood Town Clerks office no later than August 26, 2020. If you wish to (*Early*) *Vote by Mail*, you are strongly encouraged to return your application as early as possible, to make sure that you will receive your ballot in time to return it and have it be counted. If you do not receive an (*Early*) *Vote by Mail* application they are available in front of the Westwood police station lobby or you may contact the Westwood Town Clerk by telephone: **781-326-3964 or email: votebymail@townhall.westwood.ma.us** and one will be sent to you. Applications for mail-in ballots are acceptable if they are submitted by US Postal Mail, Email: votebymail@townhall.westwood.ma.us or Fax: 781-948-4573 provided the signature is visible and it is signed in substantially the same manner as a handwritten signature. This includes applications signed with a mouse, stylus, or finger. Applications with typed signatures are not acceptable.

EARLY VOTING IN PERSON: August 20-August 28, 2020 - Will be conducted in the Jaillet Meeting room at the Westwood Police Station, 588 High Street. **Hours will be as follows:** Saturday and Sunday August 22 & 23 -9:00AM-1:00PM; Monday, August 24-9:00AM-4:00PM; Tuesday, August 25-9:00AM-7:00PM; Wednesday, August 26-9:00AM-4:00PM; Thursday, August 27-9:00AM-4:00PM; Friday, August 28-9:00AM-1:00PM.

MAILING BALLOTS - Early & Absentee Ballots have been mailed to registered voters who have submitted an (*Early*) *vote by mail application* or an *Absentee Ballot application* to the Westwood Town Clerk's Office.

This is a Primary therefore those voters registered in a party will only receive those party ballots for which they are registered and those voters who are unenrolled (*formerly referred to as independent*) have to specify what party ballot they wish to receive on their application otherwise a ballot will not be sent. The mailing will include a ballot, instructions, *AV7* or *EV7* envelope to place your cast ballot in, sealed and signed by the voter, and a postage pre-paid, pre addressed envelope (*AV8*) to return your ballot in. Your ballot can be mailed, or dropped off in a secure ballot drop box which is located in the lobby of the Westwood Police Station, 588 High Street. Ballots need to be returned by 8 p.m. on September 1st in order to be counted. Any voter who has returned an early or absentee ballot that has been accepted cannot vote in person on Election Day.

Please contact Town Clerk Dottie Powers for clarification or questions you may have. dpowers@townhall.westwood.ma.us 781-326-3964-Office 774-263-8233-Cell.

**NOTES FROM JARED ORSINI
BOARD OF HEALTH DIRECTOR
Jared Orsini, R.E.H.S./R.S. Health Director**



It is our hope that you and your families are doing well during this difficult time. I have spoken to many of you over the phone or exchanged emails and I am grateful for your willingness to share your experiences and concerns as we battle this virus as a community. We have shifted to the fall planning phase of our calendar and that includes our annual flu clinic. I can confirm we will hold an annual flu clinic this fall. The details on when this event will be are still being worked out, so I urge you to get your flu shot this year whenever it is convenient for you and not to wait for our clinic if you want to get your flu shot as soon as it is available. We will notify the community of the date, location and time as soon as it is confirmed.

We have enhanced our reporting on the COVID-19 cases in Westwood. Please sign up for Town Administrators weekly updates to see how Westwood is doing. As always call or email me with any questions you may have.

**NEED A RIDE TO
THE POLLS?**

If you need a ride to the polls for the September 1 State Election, please *call us no later than Monday August 31*... rides are available in the morning and will be scheduled accordingly. If you call the day of the election, we cannot give you a ride as we have a strict ride protocol.





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 and join us!!

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

- Current Conversations and Book group*
- Pilates*
- Mediation and Tai Chi*
- Cooking Classes and Drawing Classes*
- Bereavement*
- More being added in the fall*

Please call us to sign up with your email address

Special Cable Programming

We will be offering special remote "lunch and learns" (bring your own lunch) starting in the fall. Discussions will feature "how to avoid scams, updates of COVID 19, bird watching" to name a few. They will be televised on ***Tuesdays and Thursdays at noontime*** on your local cable station starting in September.. So grab a sandwich, tune in and learn something new!

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



COOKING CLASSES WITH ROBERTA

Mondays Sept. 28 & October 26 at 1pm Via Zoom

September : Let's Get Grilling:

Roberta will demonstrate basic grilling techniques along with some of her favorite recipes. The class starts off with different methods of grilling vegetables that you might not expect. We will follow with a tender and juicy pork tenderloin with the perfect crispy crust. We'll round out the class with a delicious grilled Caesar salad.

October : Thai Cooking - Roberta will explore fresh interpretations of traditional Thai Recipes filled with aromatic herbs and spices. Recipes include coconut soup, Pad Thai and chicken satay with a peanut sauce.

Please call to sign up with your email address and we will send you the recipes and Zoom information.



FROM THE MASS STATE HOUSE

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.

Representative Paul McMurtry

Paul.mcmurtry@mahouse.gov

617-722-2015

Senator Mike Rush

mike.rush@masenate.gov



Drawing with Brenda

Tuesdays 10-12pm 1-3pm Via Zoom

Have fun with art on ZOOM! This is an 8 week interactive class starting September 8. All skill levels are welcome. All you need to get started is some sketch paper, pencil and eraser! Learn basic techniques and explore different media. Let's make art! Please call the Center to sign up with your email address ... *space is limited to six students per class.*



PILATES WITH MARY

Thursdays at 10am VIA Zoom

Pilates is a collection of deliberate movements and controlled stretches designed to improve flexibility and strengthen your core. This class is practiced on a yoga mat, on the floor and the pace is moderate so even those new to Pilates can easily follow. Some of the benefits of regular Pilates participation include improved balance and posture, increased joint mobility, and stronger back and abdominal muscles. Please call the Center to sign up with your email address.



T'AI CHI with Scotty Monday and Thursdays 10am via Zoom

Please join Scott Brumit presenting An Introduction to T'ai Chi and QiGong online via Zoom on Monday's and Thursday's at 10:00. These "feel good" classes will help reduce stress and will encourage better balance internally and externally as well. No experience, special clothing or equipment needed. If interested send the Center your email address.

BOOK GROUP with Bev

Thursday Sept. 10 at 10am via Zoom

Bev is back! And willing to host her bi-monthly book group starting in September. The discussion will center around *Where the Crowds Sing* by Delia Owens. If interested, please call the Center to sign up with your email address. Next book group date is November 10 book to be announced at the September meeting.

LEGAL CLINIC with Attorney Veranira Ochea Metrowest Legal Services

September 23 1:00 pm to 3:30 pm.- BY PHONE APPOINTMENT ONLY.

Schedule a private 20 minute 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 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

Reading will keep your mind off of social isolation, so join us! **Westwood Public Library - Curbside Pick-Ups and Community Connections**

www.westwoodlibrary.org

During the month of July, Westwood patrons retrieved over 1000 curbside pick-ups, and the demand continues to grow. Curbside Pickup will continue to be available as we move forward with planning and policies for a phased re-opening of the Main Library facility. "Next Steps" have been identified and staff are working with the town and other agencies to develop plans and procedures that will allow us to provide expanded services and resources as we move into the fall season. Please give us a call at 781-326-7562 or check our website at

www.westwoodlibrary.org for up-to-date information about virtual programming, reference and Readers' Advisory services available for patrons of all ages!

At this time, we have also expanded services that are available to those individuals who cannot travel to the library due to illness or injury with our **Homebound Delivery** program for Westwood residents.

FAQs -- Homebound Delivery

Who is eligible to take advantage of this program?

Westwood residents who are confined to their homes due to illness or injury, either temporary or long term, and are therefore unable to travel to the library, may register for this service. You must be a Westwood resident and have a valid Minuteman Library card.

What type of materials can I borrow?

All circulating library materials, including books, magazines, audiobooks, dvds, and music cds will be delivered for a three-week loan period. Materials will typically be delivered and retrieved on the same day. We can select items for you by title or author, or if you prefer, library staff will select a variety of materials based on your reading interests and preferences. Library staff will be happy to take your call at 781-320-1081 to set up Homebound Delivery – with library materials delivered to your door!

If you would like additional assistance or would like to learn more about Homebound Delivery, please give us a call! We look forward to welcoming patrons back into the facility at some point in the coming months; in the interim, we invite you to give us a call and hope that you will be able to take advantage of some of the programs and services currently available.

Tricia Perry—Library Director
tperry@minlib.net

781-320-1041

Karen Gallagher—Head of Circulation Services 781-320-1081
kgallagher@minlib.net

Molly Riportella – Head of Adult Services
781-320-1045

Mriportella@minlib.net

Lizzy McGovern – Head of Children's Services 781-320-1042

Ehmcgovern@minlib.net



WESTWOOD WRITES: AN

INTERGENERATIONAL PEN PAL PROGRAM

The Council on Aging and the Youth & Family Services Department are excited to announce a new program that will foster connections between senior residents and high school students.

This intergenerational program matches these two groups in a one-to-one pen pal relationship. Seniors and high school students will exchange letters on a monthly basis from October thru May.

Monthly topic and discussion ideas will be provided but each partnership can, of course, evolve on their own.

If you are an interested senior resident please contact Lina Arena-DeRosa at the COA at larenaderos@townhall.westwood.ma.us or call 781-329- 8799.

FRIENDLY CALLS FROM THE COA BOARD OF DIRECTORS



Are you feeling a bit lonely or out of touch? Is this pandemic making you feel isolated? Would you like to "meet" someone new (via phone)? If you answered "yes" to any of these questions, then let us know and we will connect you with a COA Board member who will call you weekly just to chat and check in.

Please leave your name and phone number with either Karen or Lina.



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
CLOSED TO THE PUBLIC
Monday— Friday
8-1pm by phone contact only

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
Robert Folsom
Joseph Jowdy
Hillary Kohler
Mary Masiello
Stephanie Ramales
Bill Sebet
James O'Sullivan
Jessie Turbayne



STAY IN TOUCH WITH US

**We need your email
address!**

We want to be able to stay in touch with you throughout this pandemic and we believe email is best. If you are interested in a specific class please note we need your email address so we can add you to the list. As of this writing we have a number of Zoom classes ... cooking with Roberta, Current Conversations, Bereavement, T'ai Chi and Meditation. We will be adding even more this fall.

Interested? Then please send your email address and program interest to:

Lorraine at lcavanaugh@townhall.westwood.ma.us