



STAY HEALTHY - STAY CONNECTED - AGE WELL

March/April 2021



Twelve Months That Changed Everything

SPECIAL THANKS TO:

Westwood Media Center for being a strong partner and willing to help us create regular and special programs throughout this pandemic;

Attorney Maria Baler from Samuel, Sayward and Baler LLC for discussing legal responsibilities;

Girl Scout Troop 62277 who created beautiful and thoughtful cards for our senior community;

Dedham Savings Bank who put together delicious Valentine's Day treats for homebound seniors;

Westwood Fire Department and Board of Health for offering vaccine clinics here at the Center;

Big Y for a ZOOM discussion on nutrition, especially during COVID-19;

Beth Israel Deaconess Hospital for a grant to help underwrite shelf - stable foods for homebound seniors;

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



As everyone knows, last March everything changed in our lives, in our nation, in our world. Coronavirus hit the planet and by mid-March we were sheltering in place, closing the Center to the public; our professional and personal lives were turned upside down.

To be honest, the first few weeks I was a complete "deer in headlights" and thought "how do I do my job within the constraints of a pandemic?". But knowing the Westwood Senior Center has a committed, creative and thoughtful team of staff, volunteers, instructors as well as board members, we slowly figured this out. Together we were able to create programs and continue to offer Outreach remotely, something that none of us could have imaged a year ago.

I am proud that we now host 85% of our regular programs online or on Zoom (I used to think of Zoom as a PBS children's program, remember that?) and with a drop box outside, all of our Outreach services continue to grow. The vans are back on the road, with limited transportation daily. Gratefully, our partnership with HESSCO has grown; our Meals on Wheels program never missed a day and we added a weekly grab and go lunch program. With so many amazing Westwood volunteers, we grocery shop for over 15 seniors weekly, friendly call over 30 seniors a week and have partnered with both the library and the Youth and Family Services to create unique remote intergenerational programs. And presently we are hosting vaccinations at the Center.

I usually wait until my Thanksgiving newsletter to say thanks but I am truly humbled for all that each of you are doing to make sure you keep yourself, your loved ones and this community safe. This pandemic is isolating and difficult, but somehow each of you are managing. I believe "what doesn't kill you, makes you stronger" and Westwood is definitely a very strong community! As an optimist, I believe this journey is coming to an end and there is a light at the end of this tunnel.

With vaccines on the horizon, we hope to be back to "normal" (whatever that means) by this summer. But please do not let your guard down ... continue to wear your mask, social distance and wash your hands. Hopefully we will see you all soon!

STAY SAFE AND STAY VIGILANT

Lina Arena-DeRosa
Director Westwood COA

PLEASE NOTE : The Westwood Senior Center will continue to stay closed to the public through the spring of 2021. Staff is available daily, 8am-1pm Monday through Friday and we now offer limited transportation to medical appointments, grocery shopping and errands. Meals on Wheels and Outreach services continue as always. Details inside this newsletter.



**NOTES FROM KAREN'S DESK -
OUTREACH COUNSELOR
COVID-19 VACCINE Q&A***



There are lots of questions and concerns about getting vaccinated

Here are some of the facts:

Are COVID-19 vaccines safe? All the COVID-19 vaccines being used have gone through rigorous studies to ensure they are as safe as possible. Systems that allow CDC to watch for safety issues are in place across the entire country. The U.S. Food and Drug Administration (FDA) has granted Emergency Use Authorizations for COVID-19 vaccines that have been shown to meet rigorous safety criteria and be effective as determined by data from the manufacturers and findings from large clinical trials.

Is it safe for me to get a vaccine if I have an underlying medical condition? People with underlying medical conditions can receive the FDA-authorized COVID-19 vaccines provided they have not had an immediate or severe allergic reaction to a COVID-19 vaccine or to any of the ingredients in the vaccine. Vaccination is an important consideration for adults of any age with certain underlying medical conditions because they are at increased risk for severe illness from COVID-19.

Will the vaccine protect me from getting the coronavirus? Studies show that COVID-19 vaccines are very effective at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19. Vaccines that require 2 shots may not protect you until a week or two after your second shot. These vaccines cannot give you the disease itself or cause you to test positive for COVID-19.

Are there side effects of the COVID-19 vaccine? You may have some side effects, which are normal signs that your body is building protection. The most common side effects are pain in the arm where you got the shot, feeling tired, headache, body aches, chills, and fever. Side effects should go away in a few days.

Is there a cost to getting the COVID-19 vaccine? No. Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people free of charge. However, vaccination providers may be able to charge administration fees for giving the shot and can get this fee reimbursed by the patient's insurance company.

Do I need to wear a mask and avoid close contact with others if I have gotten 2 doses of the vaccine?

Yes. We don't yet know whether getting a COVID-19 vaccine will prevent you from spreading the virus that causes COVID-19 to other people, even if you don't get sick yourself. It is important for everyone to continue using all the tools available to help stop this pandemic, including 1) Wear a mask over your nose and mouth 2) Stay at least 6 feet away from others 3) Avoid crowds 4) Avoid poorly ventilated spaces 5) Wash your hands often. The combination of getting vaccinated and following these CDC recommendations will offer the best protection from COVID-19.

For more information about the COVID-19 vaccine, please consult your doctor or visit CDC's web page:

<https://www.cdc.gov/coronavirus/vaccines>.

To sign up for the COVID-19 vaccine, Westwood residents age 75+ may go to www.westwoodma.gov and click the link at the top. Residents without email addresses may call the Senior Center at 781-329-8799. Due to the limited amount of vaccine given to the Town, you may have to wait 2-4 weeks for an appointment. If you would like a shot earlier, check with your local pharmacy, primary care physician or sign up at Gillette Stadium.

**Source: The Center for Disease Prevention and Control*



Are you feeling lonely or anxious during this health crisis?



These feelings can come on strong and you do not need to deal with them by yourself. 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.

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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



We hope 2021 will allow us to go back on our day trips. Nothing has been planned yet, but stay tuned ... hopefully we will be on the road this summer.

MEMORIAL GIFTS THAT HELP THE CENTER GROW



We are so blessed that we continually receive memorial gifts to honor someone who has enjoyed the Senior Center and its work. For those of you who do not know, our nonprofit Friends of the Westwood COA can accept monetary gifts of any denomination in the name of a loved one who has passed away. If interested, please make the check out to the Friends of the Westwood COA and send it to us directly. Upon request, a written acknowledgement will be sent to the family or friend of the person being honored and remembered.

Thank you so much!

TRANSPORTATION WITH TRISH



We continue to carefully expand our transportation program.

ERRAND DAYS ON FRIDAYS - You may schedule errands within a 5 mile radius of the Senior Center.

MEDICAL APPOINTMENTS - *Mondays, Tuesdays and Thursdays*. Doctor's appointments must be **between the hours of 8:30 am-12:00 pm** *No Newton Wellesley Hospital, Faulkner Hospital or Medfield appointments at this time.*

GROCERY SHOPPING -continues to run on **Tuesdays and Wednesdays** in the am

*You must sign up **2 business days in advance**- No exceptions.
Vans are thoroughly sanitized after each trip and every evening.*

ATTENTION SENIORS

WE ARE LOOKING FOR YOUR WORDS OF WISDOM!



Wisdom comes with age! We are starting a new program with the Westwood High School Senior Class called "Seniors Celebrating Seniors". We would love our seniors to "commemorate" a high school senior and write "words of wisdom" or "congratulatory comments" to students who will be leaving Westwood to head to college and beyond.

If you are interested, please call the Center and leave your name, address and phone number with Lina or Lorraine. We will get back to you in late March with the name of a graduating senior who you will send your words encouragement and wisdom to in late April.

FOOD INSECURITY—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. 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.

UPDATE ON OUR TRANSPORTATION INITIATIVE

We have implemented a strict safety protocol for everyone's protection

Everyone must adhere to the following:

1. Passengers must **sign up two days in advance** as space is VERY limited –*NO exceptions.*
2. Passengers must be ready at the time you are given for pick up from your home as well as for your return trip.
3. All passengers must wear a mask.
4. Passengers must have no signs of fever, cough or trouble breathing.
5. Passengers must have not had “close contact” with any individual who has been sick or close contact with anyone diagnosed with COVID - 19 in the last 14 days.
6. Passengers must not have been asked to self-isolate or quarantine by your doctor or local health official.
7. *Passengers can not require physical assistance entering or exiting the vehicle.*
8. Passengers are expected to be able to properly restrain themselves without assistance from the driver.
9. The number of passengers will be limited to *two seniors per ride.*
10. Passengers will sit in the same assigned seat going and coming back from the grocery store, medical appointment or errands.
11. Passengers can make ride appointments Monday through Thursday 9a.m - 12p.m, only; no voice messages will be processed.



MEDICAL APPOINTMENTS:

1. Medical Appointments are on Monday, Tuesdays, and Thursdays only 8:30a.m - 12p.m (van must be back by 12:30 pm).
2. Transportation will be provided to Westwood, Norwood, Walpole, Dedham and Needham only. No transportation to B&W Faulkner Hospital, Medfield or Newton Wellesley Hospital.
3. No transportation for sick visits.

GROCERY SHOPPING (Shaw's or Roche Bros)/ Errands (5 mile radius of the Center)

1. Grocery shopping is on Tuesday and Wednesday and Errands are on Friday.
2. When grocery or errand shopping, passengers will be limited four bags per person and must be able to handle their own bags.

NEWS FROM THE TOWN CLERKS OFFICE

*Dorothy A. Powers 781-326-3964
townclerk@townhall.westwood.ma.us*



Dog licensing for 2021 - This began on January 1, 2021 and continues through March 31, 2021. You may license your dog online, or by mail, provided you include a copy of a current rabies certificate. If you are licensing your dog for the first time, proof of spay or neutering is also required. Licenses will be valid from January 1, 2021 until December 31, 2021. You must license your dog on an annual basis. Failure to license your dog on or before March 31, 2021 may result in a fine of \$25.00, per town bylaws §184-10, B. (1). Please be sure to include the correct licensing fee. If you are unsure, Please contact the Town Clerk's office at 781 326-3964 or townclerk@townhall.westwood.ma.us. Licensing Fees are as follows: Online convenience fee :\$2.00, Postage fee: \$1.00 ,Dogs not Neutered or Spayed: \$15.00 Dogs Neutered or Spayed : \$10.00. Residents ages 70 or older, the fee is waived for one dog per household (*proof of age is required*)-Please call us and we will mail you out a tag provided your dog's rabies vaccination is up to date.

Annual Town Census - The **2021 Annual Town Census** has been mailed to each Westwood household. Please contact the Town Clerk if you did not receive one. It is extremely important that each household fills out the census form and returns it within 10 days of its receipt. The completed, signed form can also be scanned and emailed to census @townhall.westwood.ma.us. Failure to return the Annual Town Census may cause a voter to be designated as inactive on the voting list (M.G.L., Ch.51, § 4). You may not register to vote or change your political party on the census form.

Annual Town Election Information - The Annual Town Election will be held on Tuesday, April 27, 2021. Please contact the Town Clerk to confirm your voter registration status. Nomination papers are available through Friday, March 5, 2021 for any registered Westwood voter who would like to be a candidate for a town elected position. You may contact the Town Clerk at 781-326-3964 or townclerk@townhall.westwood.ma.us to schedule an appointment to obtain nomination papers.

The following Elected Offices will appear on the Ballot:

- Board of Assessors - 1 Seat - 3 Year Term**
- Housing Authority-1 Seat- 5 Year Term**
- Library Trustee - 2 Seats - 3 Year Terms**
- Moderator - 1 Seat - 1 Year Term**
- Planning Board-1 Seat-1 Year Term to fill a vacancy**
- Planning Board - 2 Seats - 3 Year Terms**
- School Committee - 1 Seat -3 Year Term**
- Select Board - 1 Seat - 3 Year Term**
- Sewer Commission - 1 Seat - 3 Year Term**
- Town Treasurer-1 Seat-3 Year Term**

Absentee Voting - Absentee voting is permitted if you are unable to go to the polls on Election Day due to medical issues, not being in town on Election Day or due to religious beliefs that prevent you from going to the polls. You must file a new application annually. Please contact the Town Clerk if you would like to receive an absentee ballot application.



**YOGA WITH BONNIE
ON CABLE
EVERY TUESDAY AND
THURSDAY
Floor Yoga—8:00 am
Chair Yoga—9:30 am**

I hope this finds everyone well & safe. I have to apologize as I haven't filmed any new classes in quite a while. I think like many people, I find myself in a bit of a funk these days. Is it me or is every day like Groundhog day all over again? I've been in a lot of pain lately with my arthritis and I've come to realize that all the collective grief and anxiety we've been under for the last year or so is definitely taking it's toll on my health & well-being, I'm sure many of you can relate. So I've been trying to get on my mat and move any way that feels good; meditating has really helped.

My husband and I are going to Bermuda for 6 weeks at the end of January; a change of scenery should be great. I'm planning to film some classes from there, so I can share the scenery change with you. As always, in both the chair and the mat classes, we will focus on breathing, moving within your range of motion and, of course, some kind of meditation/visualization to help us all with our mental state of mind.

I hope you'll join me for a class, for now virtually, but hopefully before too long, back at the Center in person!

Join us virtually every on Tuesday and Thursday mornings and start your day feeling good!

**BEREAVEMENT
With Social Worker Nina Johnson
March 3 & 17
April 7 and 21
At 10am**



We are continuing to have success gathering via Zoom for our Bereavement group on the first and third Wednesday of each month! If you have lost a loved one please join us on Zoom and meet others who are going through a similar experience.

Call the Center to sign up and the link will be sent to you.

**SHINE WITH MITCH
9am-12pm by phone appointment only**

March 3, 17, 31
April 14 and 28.

If you are retiring soon, and if you would like some assistance with your prescription drug coverage, 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) for Mitch to be able to help you.



**WALKING CLUB WITH ANGIE AND MARIA
You must sign up in advance
Participation is limited to 4 seniors per walk**

Senior hikes will be held every Tuesday at 9:30 am and are limited to 3-4 participants and one leader. The leaders will send out the information the week before the hike. Participants can register at the Center a week before; Maria or Angie will then call or email you with all the details. All hikes will be rescheduled during inclement weather and please remember *winter hiking requires appropriate warm clothing, traction devices, and maybe snowshoes.*

**EXERCISE WITH STEPHANIE
EVERY MONDAY, WEDNESDAY AND FRIDAY
9am on your local cable station channels**



Winter is here and, if it is too cold to get outside for a walk, you can still stay in shape by joining Stephanie every Monday, Wednesday and Friday at 9 am. Her exercise class will get you moving and start your day with energy! So grab your sneakers, turn on the TV and stay in shape!



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!! **And thank you to everyone who has already contributed!!!!**

Cost of Newsletter	\$15 per household per year
Cost for cable programs this spring	\$25 per senior / per spring class sessions
Cost of virtual programs for this spring	\$25 per senior / per spring class sessions
General donation to help us continue to grow	Any donation amount is appreciated

Please send us the following information:

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

Which class do you enjoy the most? What class would you like us to 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 Mornings

- 9:00-9:45 - Cardio Strength & Stretch
- 10:00-10:45 - Line Dancing

Tuesday Mornings

- 8:00-9:00 Floor Yoga
- 9:30-10:30 - Chair Yoga
- 12:00-1:00 Lunch and Learn

Wednesday Mornings

- 9:00-9:45 - Sit and Get Fit
- 10:00-10:45 - Line Dancing

Thursday Mornings

- 8:00-9:00 Floor Yoga
- 9:30-10:30 - Chair Yoga
- 12:00-1:00 Lunch and Learn

Friday Mornings

- 9:00-9:45 - Cardio Strength and Balance
- 10:00-10:45 - Line Dancing

**ALL PROGRAMS CAN BE FOUND ON
WESTWOOD'S LOCAL CABLE**

Comcast 8 & 12, and Verizon 32 & 42.

**STAY SAFE AND TOGETHER WE WILL GET
THROUGH THIS HEALTH CRISIS**

Zoom Classes

- Current Conversations with Susan*
- Book Group with Bev*
- Pilates with Mary*
- Tai Chi with Scott*
- Cooking Classes with Roberta*
- Drawing Classes with Brenda*
- Bereavement with Nina*
- Nutrition discussion with Kathy (from BigY)*

Special Cable Programming

VIRTUAL LUNCH AND LEARNS

Join us on Tuesdays and Thursdays at noontime and learn something new! In March and April, we will be rotating two new programs (and maybe more):

Audubon Society - How do birds survive here in New England during the winter months? Which birds stay? Sean will discuss these questions and how to encourage native birds to your feeder.

Attorney Maria Baler - Attorney Baler is back to discuss Wills, trusts and how to get your legal responsibilities in order.

So make yourself a sandwich and tune in .. you might learn something new and important!



**COOKING CLASSES
WITH
ROBERTA
Via Zoom**

What better way to get through the day than learning new recipes and cooking techniques!

**Monday March 8 at 1pm
Provincial Chinese Cooking**

We'll start with Xian Bing—a savory stuffed pancake which is a popular street food in the city of Zian, the city of the famed Terra Cotta Soldiers. Next we'll prepare Scallion Beef, my personal favorite and then Crispy Sichuan String Beans from south-western China.

**Wednesday April 14 at 2pm
Paella**

Join us as we learn to cook the national dish of Spain. Originating in the city of Valencia, paella is made in every region of the country. There are endless versions with varying ingredients. Ours will be filled with shrimp, mussels, chicken and chorizo - a Spanish sausage. We'll know that we've perfected our dish if we've created the "socarrat", the crispy rice on the bottom of the paella pan! While our paella is cooking, we'll create a simple yet delicious tapa to snack on, Pan Con Tomate. We finish off our culinary visit to Spain with crispy churros.

Call in advance to sign up and we will send you the zoom link and recipes!



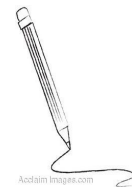
**T'AI CHI with Scotty
Monday and Thursdays
10am via Zoom**

"There is very strong evidence that T'ai Chi is one of the best weight-bearing exercises to reduce the risk for falls," says

Peter Wayne, faculty editor of the Harvard Special Health Report - An Introduction to T'ai Chi and director of the Osher Center for Integrative Medicine. So join us! All levels welcome! Please call the Center to sign up with your email address and we will send you the link.

**Drawing with Brenda
on Zoom**

Tuesday's 10am-noon and 1:00pm-3pm



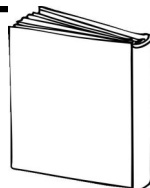
Going a little stir crazy at home? Want to try something new? All you need is some sketch paper, pencil and eraser to get you started. Enjoy a fun interactive class, all skill levels welcome. Learn about graphite, charcoal pencils and pastel pencils. Live demonstrations, related drawing supplies, tools and paper will be explained.

Create awesome drawings, have fun and make new friends through art. Please call the Center to sign up with your email address ... space is limited .

**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 and we will send you the link.



**BOOK GROUP with Bev
Via Zoom
Thursday March 11
at 1pm**

What better way to spend a cold dark day than with a good book? The discussion will center around *The Last Midwife* by Sandra Dallas. Please call the Center to sign up, give us your email address and we will send you the link.



**LEGAL CLINIC with Attorney Veranira Ochea - MetroWest Legal Services
Wednesday March 24 from 1-3pm**

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.*



Here is something fun to do
while staying safe at home,

Find the Birds

G	R	E	A	T	B	L	U	E	H	E	R	O	N	Q	L	A	R	K	W
R	P	H	I	E	S	N	O	W	Y	O	W	L	S	U	P	T	L	O	I
E	L	O	D	A	P	T	H	R	U	S	H	L	B	A	R	N	O	W	L
B	F	V	U	L	T	U	R	E	S	W	A	N	V	I	R	E	O	A	D
E	A	G	L	E	S	A	R	N	S	E	A	G	U	L	L	S	N	X	T
S	C	R	E	E	C	H	O	W	L	P	I	G	E	O	N	T	S	W	U
F	R	I	S	P	A	R	R	O	W	A	R	B	L	E	R	E	F	I	R
M	O	C	K	I	N	G	B	I	R	D	O	V	E	S	E	R	P	N	K
K	W	P	A	R	T	R	I	D	G	E	F	I	N	C	H	N	R	G	E
I	B	I	S	A	T	O	R	I	O	L	E	D	U	C	K	S	J	A	Y
F	A	L	C	O	N	S	S	O	N	G	B	I	R	D	S	E	E	C	P
H	A	W	K	G	R	E	A	T	H	O	R	N	E	D	O	W	L	R	A
C	H	I	C	K	A	D	E	E	B	L	A	C	K	B	I	R	D	A	R
C	A	N	A	D	A	G	O	O	S	E	M	A	L	L	A	R	D	N	R
P	L	E	C	A	R	D	I	N	A	L	O	S	P	R	E	Y	S	E	O
W	G	R	O	U	S	E	H	U	M	M	I	N	G	B	I	R	D	S	T
K	I	N	G	F	I	S	H	E	R	S	T	A	R	L	I	N	G	A	S

- | | | | | |
|----------|-------------|-------------|-----------|------------------|
| LOONS | SNOWY OWL | PIGEON | HAWK | GREAT BLUE HERON |
| GREBES | SCREECH OWL | DOVES | THRUSH | CANADA GOOSE |
| SWAN | BARN OWL | PARROTS | WAXWING | HUMMINGBIRDS |
| TEAL | EAGLES | KINGFISHERS | WARBLER | GREAT HORNED OWL |
| IBIS | OSPREY | LARK | STARLING | MOCKINGBIRD |
| CRANES | FALCONS | SPARROW | VIREO | |
| SEAGULLS | WILD TURKEY | JAY | BLACKBIRD | |
| TERNS | GROUSE | CROW | ORIOLE | |
| MALLARD | QUAIL | CHICKADEE | CARDINAL | |
| VULTURES | PARTRIDGE | WREN | FINCH | |



**The Senior College at
Bridgewater State University
is OPEN and READY
for Westwood Senior Residents!**



This spring our growing Senior College program offers 33 affordable, convenient, and stimulating non-credit courses to mature learners (50+). For the low registration fee of \$65 per person, learners can enroll in *as many courses* as they like!

There is no course limit and no other expenses; but there will be plenty of conversation, fun, and community shared in these courses. Course formats include lectures, small-group discussions, and hands on skill-building. Our academic and cultural classes are designed for adults in search of unpressured courses free from term papers, tests, or exams; participation in class is purely voluntary. Our instructors offer a comfortable level of interaction that encourages but does not require active involvement from each participant.

Our courses meet weekly for 4 weeks with many courses starting in March and April! We have something to offer for every interest, including courses about birdwatching, becoming an anti-racist, genealogy, anxiety and anxiety disorders, memoir writing, even a course on the history of the modern dog and MUCH MORE!

Please visit our website to learn more about our courses and to register <https://www.bridgew.edu/ccs/seniorcollege>. You can also call Jennifer Reid, the Director of the Senior College at 508.264.1084 or email her at j5reid@bridgew.edu if you have any questions.

TOWN OF WESTWOOD UPDATES



ALERT Westwood: To sign up for ALERT Westwood Community Notifications, sign up on the Town of Westwood Webpages.

Municipal Buildings: The following public buildings remain closed to the public: Town Hall, Public Library, Council on Aging, ICC/Youth & Family Services, Carby Street (which includes Public Works, Building Department and Economic Development), and the Recreation Department. The Westwood High School Pool is open by reservation only. While buildings may be closed to the public, town staff is working in all town buildings to meet the needs of Westwood residents. For general questions, please call 781-326-6450.

Green Drop Off Box: A green drop off box is located in front of Town Hall for residents to drop off payments and other correspondence.

The **Westwood High School Pool** is open by reservation only. Please contact the Westwood Recreation Department at 781-461-0070 for more information regarding the pool procedure.

Vaccinations- As of this writing, Westwood residents over 75 can sign up for a COVID 19 Vaccination at the Town Website. Go to the opening page and at the top you will see a banner, click on this and fill out the form. Vaccinations are for Westwood residents only and are distributed at the Westwood Senior Center.



Westwood Public Library



Limited Express Browsing by Appointment @ the Library!

As we move towards spring and longer days, we continue to move forward with phased reopening options for the Library. At this time, Express Browsing by Appointments allow for full access to the Children's Room, as well as limited browsing collections for teens and adults in the Gallery.

15 Minute appointments are available:

Monday-Thursday	10:00 AM- 1:00 PM & 3:00 PM- 6:00 PM
Friday	10:00 AM-1:00 PM & 3:00 PM-5:00 PM
Saturday	11 AM-3:00PM

Special Hours for Seniors or immunocompromised Patrons

Tuesday/Thursday	9:00 AM-10:00 AM
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Appointments are required and can be made online on the Library's Website. You can also call us directly at 781-320-1081 to schedule a browsing appointment. Appointments are available every 15 minutes for an individual or a family (up to 4 people in each family group). Face masks must be worn at all times inside the building.

Curbside Holds Pick Ups: Curbside pickups are still available for library materials. Call 781-320-1081 to schedule a pickup.

Homebound Delivery and Outreach to Seniors: Westwood Public Library, in partnership with the Friends of the Westwood Public Library and the Westwood Council on Aging, offers a delivery option to provide library materials for Westwood residents who are confined to their homes by an illness or injury, either temporary or long term, and are therefore unable to travel to the library. For additional information, please contact Karen Gallagher, Head of Circulation Services at 781-320-1081.

NOTE: All Programs will be held virtually, if possible, via Zoom. Visit www.westwoodlibrary.org, or email wwdmail@minlib.net, for information or to register for any of the below programs. Please indicate the name of the program you are interested in attending. For book titles & up to date information please check the website.

Islington Branch Book Club - March 10th @ 7PM *Circe* by Madeline Miller
Historical Fiction Book Group - March 2nd @ 10AM *Hamnet* by Maggie O'Farrell; April 6 @10AM *The Exiles* by Christina Baker Kline
Book Share: Join a friendly group to chat about what books everyone is reading. 3rd Wednesday of the month March 17th and April 21st @ 6 PM, via Zoom
Friday Morning Book Club: Join Karen for a lively discussion group! Fridays @ 10:30 AM: March 26th: *A Gathering of Old Men* by Ernest Gaines

GREAT DECISIONS : Great Decisions is America's largest discussion program on world affairs. The topics will be discussed via Zoom; a valid email address is required to register and attend. Join the meeting at 6:30pm to be able to watch the video, discussion starts at 7:00pm. Questions? Email Tina McCusker, Reference Librarian & Great Decisions Facilitator at tmccusker@minlib.net. New attendees are encouraged to join! March 11: Persian Gulf Security Issues; April 8: Brexit and the European Union; May 6: The Coldest War: Toward a Return to Great Power Competition in the Arctic?

WESTWOOD HISTORICAL SOCIETY- Tuesday March 9 at 7:30 via Zoom - A Legacy of Colonialism via Literature from Those in Exile The Westwood Historical Society – in collaboration with the Westwood Public Library – will be hosting Dr. Nancy Milner Kelly as our speaker. During this program, Nancy will provide a brief overview of colonialism as background. She will then talk about the works of novelists and a poet who have relocated from Asia and Latin America as well as Africa and Caribbean countries.

CURRENT EVENTS

with Susan Sprecher
Via Zoom



Wednesdays 9:30 - 11:30 a.m.

March 10 & 24

April 14 & 28

A News Program Designed for People Who Want to Stay Engaged and Up To Date.

President Joe Biden hit the ground running with the first order of business – battling the Covid -19 Pandemic. This spring will be a race between getting the vaccination into every American's arm and the threat of new variants. Congress will also be dealing with the climate, immigration, economy, healthcare. And the biggest question: Can our divided nation come together in these times of crisis? No shortage of topics! Join us as we share information and ideas in a safe and welcoming (and fun) atmosphere.

Each week we explore a wide range of topics – breaking news and current social trends; political issues and social trends. Welcome to anyone looking for respectful and stimulating conversation. Please call the Center to sign up.

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.



**Notes from the Board of Health
Public Nurse
Margaret Sullivan**



It has been exciting to get started on our first vaccination clinic for residents over the age of 75 in early February. I was struck by the energy and enthusiasm this first group had for getting vaccinated. What was more amazing was how much people talked about the importance the COA has in their lives. I hope as we move forward with vaccinations we can move closer to coming together again as a community. Please visit the Town Website for more information on how to sign up for your vaccine.

And remember to wear your mask, wash your hands and social distance, even after you get your vaccination. Hopefully we will see everyone soon!



**Healthy Eating (Even in a Pandemic!)
With Big Y Nutritionist Kathy Jordan
Tuesday March 16 at 10am
Via Zoom**

Are you feeling blah? Or maybe this pandemic has you feeling anxious and isolated? Or perhaps you just cannot focus? It could be what you are eating!

Join us (via Zoom) as Kathy discusses which foods, nutrient and lifestyle habits help support cognition and overall brain health. This discussion focuses on which foods and lifestyle can reduce inflammation and improve your well being. Kathy will talk about current recommendations for healthy eating and offer tips to use at the grocery store.

Please call and sign up and we will send you the link.

**FROM THE
MASS STATE HOUSE**



Do you have an issue that you can't seem to resolve? Is this something we can help you with? If so, drop us a line or send us an email and we will try to help you out. Please remember that as the pandemic continues to surge to wear your mask, social distance and wash you hands.

Representative Paul McMurtry
Paul.McMurtry@MAhouse.gov or contact my office at (617) 722-2015.

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

**AARP TAX HELP
for**

**Low and Moderate Income Seniors
SOLD OUT**

Due to COVID 19 restrictions we have had to limit the number of people who could sign up for this important program. And as of this writing, **this programs is sold out** and we are not taking any wait –list names. Special thanks to Hank and AARP for their continued assistance to our elder community.





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 am-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

Josepha 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 Zoom 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 and continue in the coming months.

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

Lorraine at lcavanaugh@townhall.westwood.ma.us