



# WESTWOOD

A COMMUNITY NEWSLETTER

Happy Holidays!



The Town of Westwood employees extend our warm wishes to all of our residents for a safe, happy, and healthy holiday season. We hope you have a quiet and cozy New Year!



## A note from the DPW

**Starting December 1<sup>st</sup> – March 31<sup>st</sup>**

There is a Town wide overnight parking ban. In order to ensure snow plows can efficiently clear roads and emergency vehicles can quickly reach their destinations, it is imperative that you do not park on the street. If you violate this ban, you are subject to ticketing and towing.

## Westwood Planning Board



Westwood's 2020 Comprehensive Plan is almost finalized. A Comprehensive Plan is a long range policy document focused on land uses and physical development. The Plan sets a vision for Westwood and steps to reach that vision. After two years of work by a resident committee the Comprehensive Plan Steering Committee brought forward a completed draft of the 2020 Comprehensive Plan to the Planning Board. The previously adopted Plan was from 2000. The Committee analyzed Westwood's current conditions and set a new path for the next decade based on community input. The Planning Board members worked closely with the Steering Committee as liaisons throughout the process and the 2020 Comprehensive Plan is expected to be finalized and approved in December or early January.

The volunteer resident group created this plan after public input from a survey, visioning session, stakeholder interviews, public meetings, open houses, and public hearing. The Town thanks all residents that participated in the various stages of the process. A special thank you to the committee members that dedicated a significant amount of time to this important effort. The committee was led by Jack Wiggin and Steve Olanoff. This Plan could not have been possible without the commitment from the full committee which included: Charlie Donahue, Nancy Donahue, Paula Jacobson, Pam Kane, Peter Kane, Trevor Laubenstein, Sheila Hanley Longval, Janica Midiri, Peter Neville, John Rogers, Barbara Shea, Tom Viti, Linda Walsh, and Katye Wynne. Planning Board members David Atkins, Deborah Conant, William Delay, Brian Gorman, Robert Gotti, Michael McCusker, and Christopher Pfaff oversaw the planning process and brought an updated Comprehensive Plan to fruition. The final Plan will help guide future policy decisions and provides opportunities to be eligible for grants.

For more information and to view the final version of the 2020 Comprehensive Plan please visit the Comprehensive Plan Steering Committee's webpage at [www.bit.do/WWComprehensiveplan](http://www.bit.do/WWComprehensiveplan). The Plan and past drafts can be found under the ["Documents & Materials"](#) tab.

Submitted by

Abby McCabe, Town Planner

# Westwood Department of Public Works

**All administrative staff will be working remotely until further notice.**

## **Snow Clearing and Clearing of Hydrants:**

Please do not lay, throw, place any snow or ice on any town street, sidewalk or on top of Hydrants as this can create a hazardous condition of public safety concern.

§ 355-5 *Placement of snow or ice; penalty.*

*B. No person other than an employee in the service of the Town of Westwood or an employee in the service of an independent contractor acting for the Town of Westwood shall pile, push, plow, or blow snow or ice onto or across a public way which is plowed and/or sanded by the Town or deposit snow in such a way as to obstruct the operation of any fire hydrant. Violations of this section shall be subject to a written warning for the first offense; a fine of \$50 for the second offense; and \$100 for third and each subsequent offense.*

## **Storm Drain Cleaning:**

There are over 2200 catch basins (storm drains) in the town, making it almost impossible to clear snow and debris from all. It would be much appreciated if you could keep the drain in front of your property clean as to not cause street puddling or ice hazards.

## **Town Layout:**

Nothing damaged by the Town this is constructed, built or placed on the Town layout will be repaired or replaced, i.e.: mailboxes, fences, stonewalls, etc. **Please remove all basketball hoops, sports nets, etc. from the roadway.**

1-Day delay for Trash & Recycle pickups for Christmas and New Year's Day (Friday pickups will be on Saturday 12/26/20 and 1/2/21)

## **HOLIDAY CARDBOARD ONLY Dumpster:**

**Westwood Department of Public Works will once again offer a holiday dumpster (50 Carby Street) to dispose of extra holiday cardboard. The holiday cardboard ONLY dumpster will be available for use:**

Dec 28<sup>th</sup>, 29<sup>th</sup> & 30<sup>th</sup> 2020 (7AM–3PM), Dec 31, 2020 (7AM-11:30AM)

Jan 1<sup>st</sup>, 2021 (CLOSED), Jan 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> & 7<sup>th</sup> 2021 (7AM-3PM)

**HOLIDAY CARDBOARD ONLY-NO trash, wrapping paper, twist ties, peanuts or Styrofoam**  
**Anything other than cardboard will contaminate the dumpster.**

Westwood Department of Public Works will be picking up Christmas trees January 4<sup>th</sup> through January 15<sup>th</sup>. Please have your Christmas trees out at your **curbside by 7AM** on your regularly scheduled trash pickup day. **ALL TREES must be free of plastic bags, stands, ornaments/hooks, tinsel and all other materials to be acceptable for collection.**

If you have any questions, please contact the Department of Public Works at  
[khiggins@townhall.westwood.ma.us](mailto:khiggins@townhall.westwood.ma.us) or 781-251-2587.



**For 51 years, we've been at the  
top of your shopping list.**

**Happy  
New Year!**

**We'd like to thank you from the bottom  
of our hearts.**

Since Pat and Bud Roche opened the doors to our fourth market in 1970, Roche Bros. has been the Westwood area's choice. You've counted on us as a personable, convenient one-stop shop for everything on your grocery list, delivered with our signature service.

As a proud part of our community, we have participated in a wide variety of local school programs and civic organizations. We are grateful to be your neighbors, at your service. We look forward to continuing to earn your business and be a thriving part of our community.

 **Roche Bros.**



**Pull out your Winter Brochure  
and slide over to  
[www.westwoodrec.com](http://www.westwoodrec.com)  
to register for Winter programs**

Remember to follow us on  
Facebook, Instagram and Twitter



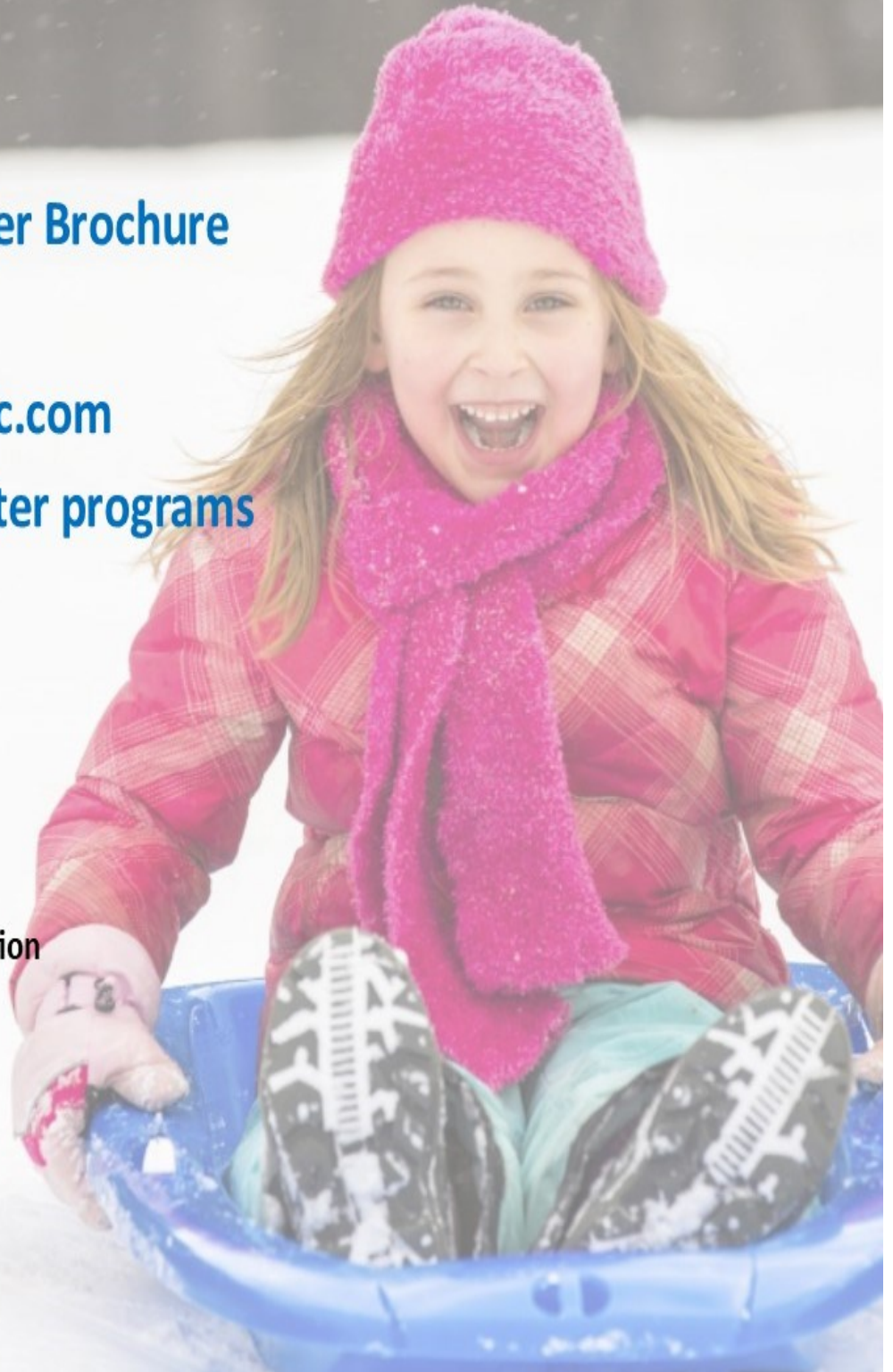
**@WestwoodRecreation**



**@Westwoodrec**



**@WW\_Rec**



## Winter at the Council on Aging

As this pandemic continues, we are making decisions month to month. **The Westwood Senior Center will be closed to the public through the winter due to an abundance of caution to keep seniors and staff safe.** Please know we are still here (in the office Monday through Friday 8-1pm – phone calls only – 781-329-8799) if you need us. If we don't answer, just leave a message on the general phone line.

The good news is that most of our regular classes (Yoga, Exercise, Line dancing, and Music) continue to run on cable and we now offer numerous zoom classes (Current Conversations, Pilates, Tai Chi, Cooking, Bookgroup) with more to come. If you are interested, please send us your email address, and which program you would like to join, so we can send you the zoom link and information. And please check out our Holiday Newsletter for any updates. There are no costs to any of these programs.

Here are a few cable programs you might enjoy:

### Monday

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

### Tuesday

8:00-9:00 - Floor Yoga  
9:30-10:30 - Chair Yoga

### Wednesday

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

### Thursday

8:00-9:00 Floor Yoga  
9:30-10:30 - Chair Yoga

### Friday

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



We will be adding special programming each week to keep you informed. Presently we are working on Health Proxy Updates with Attorney Maria Baler, Holiday Music with Laurel and her friends, and Winter Bird watching with the MA Audubon society. More details are available if you check out our winter newsletter.

**ALL OF THESE PROGRAMS CAN BE FOUND ON CABLE Comcast 8 & 12 and Verizon 32 & 42 daily.**

- *Fuel Assistance* continues and if you need information or help, call the Center to talk with or and leave a message for Karen ...she is always willing to help you with resources that you may need.
- *Meals on Wheels* continue to grow and are delivered daily; any Westwood resident 65 or older needing a meal please calls HESSCO at 781-784-4944. We are also available to grocery shop for homebound at risk elders, just give us a call at the Center and we can set this up for you.
- Our van is now available on a *very limited basis*. We can take you grocery shopping on Tuesdays and Wednesdays (Shaw's and Roche Bros only), and medical appointments (in a very limited area) on Mondays and Tuesdays and Errands on Friday. Please call us for details.

*Due to the current health crisis, the Holidays will be very different this year and we are here to help you get through them.*

One way to clear out the blues is through **Exercise and/ or Yoga**. We offer Exercise and Yoga on cable (see above for date and time) and they are a great way to start your day. If you would like to try **Tai Chi** with Scotty on Mondays and Thursdays at 10am (via Zoom). T'ai Chi is essentially meditation in motion; it promotes serenity through gentle, flowing movements. Not only will the physical exercise boost your happy hormones and endorphins, but the calming motions and deep breaths greatly reduce anxiety. Call the Center to sign up.

And if you enjoy reading: the Westwood Council on Aging and Westwood Public Library are excited to partner together for **Books and a Bite** program! On Thursday afternoons, Islington Branch Staff, Claire Connors and Caitlyn Moore, are connecting seniors with library materials and a simple lunch (which includes a sandwich, chips, salad and a drink) provided by HESSCO Elder Services. If you are interested in participating, please give Claire or Caitlyn a call at 781-320-1081 and sign up for "Books and a Bite" which will be delivered to your home on Thursdays. This program is open to all Westwood seniors. *Special thanks to the Foundation for Westwood Education for their grant to help underwrite this program.*

## Winter at the Council on Aging

As we all know the holidays can be tough, especially if you are living alone, caregiving for or have lost a loved one.

Here are few ways to help with those feelings:

- **One on one counseling:** Please consider contacting the William James College INTERFACE Referral Service at 888-244-6843 and they can help you find a counselor 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.
- **Bereavement Group:** Or perhaps you are not able to join your loved ones during the holidays due to the pandemic or are feeling especially vulnerable due to the loss of a loved one. We offer a bi-monthly Bereavement Group with MSW consultant Nina Johnson. The next one is on Wednesday December 18 at 10am via zoom. Call the Center to sign up with your email address and phone number.
- **Weekly Phone Check In - if you are feeling isolated or lonely (or maybe just losing your mind?)** during this holiday season, please let us know (leave a message with Lina or Karen). Our COA Board volunteers would love to give you a weekly friendly call and chat with you.

Remember staying connected will help you stay healthy ... call your friends, family and neighbors regularly. Please stay safe (and sane)... *we miss everyone but together we will get through this health crisis.*

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## Westwood Food Pantry

After temporarily closing its doors for shopping days due to the COVID-19 pandemic and instead distributing grocery store gift cards to clients, the Westwood Food Pantry was able to re-open beginning in August for once-a-month distribution of prepackaged groceries to clients.



### How can you help?

- The Food Pantry is accepting food donations at the Westwood Council on Aging, Monday through Friday, from 9:00 am - 12:00 pm. You can view our list of current needs on our website at [www.westwoodfoodpantry.org](http://www.westwoodfoodpantry.org).
- Another option to donate is the large donation bin located near the cash registers at Roche Bros. in Westwood.
- During the month of December, the Food Pantry will be the recipient of Stop & Shop's Community Bag Program. For every purchase of a \$2.50 reusable Community Bag at the Stop & Shop located at 565 Main Street, Walpole, the Westwood Food Pantry will receive \$1.00.
- Finally, if you are interested in making a monetary donation please visit our website at [www.westwoodfoodpantry.org](http://www.westwoodfoodpantry.org). We appreciate your support.

### If you need help:

The Westwood Food Pantry is available to all Westwood residents that are experiencing temporary or long-term food insecurity. To request assistance from the Food Pantry, please email us at [westwoodfoodpantry@gmail.com](mailto:westwoodfoodpantry@gmail.com) or call us at 781-269-2008. An application can be found on our website: [www.westwoodfoodpantry.org](http://www.westwoodfoodpantry.org)

**\*\*\*We are thankful to the hundreds of Westwood residents who have donated to the Food Pantry, particularly since March 2020. We have seen a tremendous increase in both monetary donations and food supplies and we are humbled by and grateful for the generosity and kindness of our community\*\*\***

NOW MATCHING TO PROVIDERS OFFERING  
TELEHEALTH & VIDEO APPOINTMENTS

Are you a Westwood  
Resident Looking for  
Mental Health Services?

Call the William James College INTERFACE Referral Service

**888-244-6843**

<http://interface.williamjames.edu/community/westwood>

**Who**

Open to All Westwood Residents

**What**

Referrals to Mental Health Providers  
and information about local  
Social Services

**When**

Available Monday - Friday  
9:00 AM - 5:00 PM

**What to Expect When You Call:**

**Call**

Speak with a resource and referral  
counselor about your needs

**Connect**

Receive information about  
potential matches within 2 weeks

**Care**

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







# Westwood Public Library

## CHILDREN'S & TEENS LIBRARY PROGRAMS

**NOTE: All Programs will be held virtually, if possible, via Zoom. Registration is required to receive the Zoom meeting invitation**  
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](http://www.westwoodlibrary.org) for an up-to-date schedule & book titles.

### Kids' Programs

#### Virtual Storytimes:

- Wondrous Wednesdays @ Home: Wednesdays @ 11 AM  
January 6 - February 10 and March 3 - April 7
- Wiggle and Giggle: Thursdays @ 4 PM  
January 7-February 11 and March 4-April 8



**Graphic Novel Book Club:** For grades 3-5  
December 16, January 20, February 24 @ 4 PM  
Check website for titles.

### Take and Make DIY Programs

**Take and Make Preschool Crafts: Alphabits:** Each week stop by the library and pick up a new craft kit based on letter of the alphabet! Winter session is for 6 weeks starting January 6th. First come, first serve. Supplies are limited.

**Book Explorers:** For kids in grades 2-3. Sign up for this DIY book club in a box! Kids get a library book, activity sheets and craft to pick up every month. Register with Kristy at [kpasquariello@minlib.net](mailto:kpasquariello@minlib.net). Supplies are limited.

**Creative Kids DIY Kits:** Sign up for DIY Creative Kids! For kids in grades K-1st. Children will receive a script based on a picture book for acting out at home and a themed craft. Supplies are limited so please register via library website. Kits available starting January 7th.

Library programs are made possible by  
the Friends of the Library



### Teen Programs

**Middle School Book Club:** For grades 6 - 8.  
Join Felicia for a book discussion! Tuesdays at 7 PM

- December 15- The Assignment by Liza Wiemer
- January 12- The Cousins by Karen M. McManus
- February 9 - Tornado Brain by Cat Patrick

**QuaranTEEN Book Club:** For grades 9- 12.  
Join Felicia for a book discussion! Tuesdays at 7 PM

- January 28- The Cousins by Karen M. McManus

**Teens and Screens:** Watch the movie or TV show of the month and join us for a spirited discussion!  
Thursdays Dec 10, Jan 14, Feb 11 @ 7pm.

**Teen Jeopardy:** Be a lone wolf or make a pack of two to compete in virtual jeopardy-style trivia. Prize for 1st place! Mondays Nov 30, Dec 28, Jan 25, Feb 22 @ 7pm

**Music Club:** For grades 6 - 12. Listen to the album of the month and join us for a spirited discussion!  
Mondays Dec 7, Jan 4, Feb 1 @ 7pm.



### Take and Make DIY Programs



**Teen DIY Kits:** For teens in grades 6-12. Each month sign up for a special DIY craft kit! You get a personalized craft box with all the materials you would need to create your own DIY project. Register with Felicia at [fokeefe@minlib.net](mailto:fokeefe@minlib.net). Supplies are limited.

## December Vacation

**Elf Interactive Movie in a Bag (Take and Make):** Who doesn't LOVE the movie Elf? Enjoy an interactive movie experience with one of our Interactive Movie in a Bag kits! Register for a kit (tell us how many participants in your family) and then watch the movie at home with one of our prop (and candy) filled kits! **Register by December 21st to receive a kit.**

**Winter Solstice Story and Craft:** Join Miss Kristy for some cozy stories about winter time, followed by step by step instructions for making a homemade luminary. Craft kits will be available for those who register in advance. This program is geared at kids age 4-7.  
**Monday, December 21, 4-5 pm.**

**Noon Year's Eve on Zoom!** Join the Children's librarians for a special storytime and Noon Years Eve countdown. We'll read a book, sing and dance and celebrate the new year!  
**Thursday, Dec 31 from 11:30-12:15.**



# Westwood Public Library

## ADULT LIBRARY PROGRAMS

**NOTE: All Programs will be held virtually, if possible, via Zoom. Registration is required to receive the Zoom meeting invitation**  
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](http://www.westwoodlibrary.org) for an up-to-date schedule & book titles.

### Adult Programs

**Book Share:** Join a friendly group to chat about books. 3rd Wednesday of the month @ 6 PM: Dec. 23, Jan. 20 & Feb. 17

**Sit and Knit:** Join a friendly group to knit and chat. Weekly on Thursdays @ 10:30 AM.

**Night Knitting:** Join us one night a month to work on your knitting project. 1st Thursday of the month @ 6:30 PM  
Nov. 5, Dec. 10, Jan. 7 & Feb. 4

**Great Decisions:** 2021 Dates TBA. Topics:

- Global Supply Chains and National Security
- Persian Gulf Security Issues
- Brexit and the European Union
- Struggles Over the Melting Arctic
- China's Role in Africa
- The Korean Peninsula
- Roles of International Organizations in a Global Pandemic
- The end of globalization?



### Book Clubs for Adults

**Historical Fiction Book Group:** Join Claire for a discussion of historical fiction selections spanning every era.

1st Tuesday of the month @ 10 AM: Jan. 5 & Feb. 2 & Mar. 2

**YA for Adult Book Club:** Join Lizzy for a discussion of YA books for the young at heart! 4th Tuesday of the month @ 7 PM: Jan. 26, Feb. 23 & Mar. 23.

**Islington Branch Book Club:** Join Claire for discussion of books new and old with this Wednesday evening book club.

2nd Wednesday of the month @ 6 PM Dec. 9, Jan. 13 & Feb. 10

**Non-Fiction Book Club:** Join Jenny for a lively discussion group on non-fiction books across the Dewey Decimal system.

1st Wednesday of the month @ 7 PM: Jan. 6, Feb. 3 & Mar. 3



Library programs are made possible by the Friends of the Library



## E-Books & Digital Downloads Available 24/7





# Westwood Public Library

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](http://www.westwoodlibrary.org) for an up-to-date schedule.

## THE LIBRARY IS OPEN FOR:

### Socially Distanced Services



### Express Limited Browsing

#### 15 Minute Appointments

MONDAY - THURSDAY  
10am - 1pm & 3pm - 6pm

FRIDAY  
10am - 1pm & 3pm - 5pm

SATURDAY  
10:30 am - 12:30pm

Special Hours for Seniors &  
Immunocompromised

TUESDAY - THURSDAY  
9am - 10am



FACE MASK MUST BE  
WORN AT ALL TIMES  
INSIDE THE BUILDING.

## Reading Challenges

### 1000 Books Before Kindergarten

Challenge for children ages 0-5. Reading a book a night can make a huge impact on a child's life and development. Sign up and track your progress on Beanstack and receive a starter kit of book and reusable bag.

Sponsored by Friends of the Library and Early Childhood CFCE program of Westwood.



### Read Woke

Read Woke is about love, inclusion, and community. Ongoing challenge for all ages from Kindergarten to Adult that encourages the community to read diversely. Sign up and track your progress on Beanstack.



### Winter Read 2021

January 1 - January 31st. Winter is perfect time to cozy up and read a book to stay warm. Log as much time reading as possible during the month of January for a chance to win prizes! Sign up and track your progress on Beanstack. More details to follow.



This Winter in Westwood  
580 High Street  
Westwood Ma, 02090

## Westwood Launches New Alert Notification System



**ALERT Westwood** powered by Smart911 is the Town of Westwood's official emergency alert and notification system. This system is used to send notifications to the public. ALERT Westwood powered by Smart911 is a free service that allows you to sign up online to receive customized alerts via text message, email, and voice message. In addition to emergency alerts, you can also choose to receive customizable community notifications. These include notifications about severe weather, safety, health, utility disruptions, major traffic incidents, and more. This service is provided by the Town of Westwood at no cost to the public; however, message and data rates may apply.

**\*to sign up, visit the Town website homepage and click "notify me" \***

### **Why should I sign-up for ALERT Westwood powered by Smart911?**

When emergencies happen, be the first to know. The Town of Westwood uses ALERT Westwood powered by Smart911 to send official, real-time alerts to the public with information about potentially life-saving actions they may need to take to keep themselves and their families safe. By signing up for ALERT Westwood powered by Smart911, you are taking a large step toward improving your personal safety.

### **How does it work?**

When an emergency occurs that meets the criteria for sending out an alert to the public, the Town Administrator's office will gather the necessary information and push out an alert to the affected area. Alerts can be sent out town-wide to everyone who has opted-in to the system, or to a specific area or neighborhood for more localized events.