



STAY HEALTHY - STAY CONNECTED - AGE WELL



May/June 2021



**“NORMAL” IS COMING BACK**

**SPECIAL THANKS TO:**

Jim O’Sullivan and Bill Sebet who will be leaving the COA Board after over 6 years of commitment to our senior community;

Dedham Savings for their continual support of goody bags for our Meals on Wheels folks;

Beacon Communities for their grant to help us continue to grow our programs;

Katie Kissell and Grace Papetti for their beautiful handmade give aways for our homebound seniors;

Westwood Cultural Council for walking tours grants with the MA Audubon Society;

Hank and Miguel from AARP Tax Help for their assistance in helping seniors file their taxes;

To all of our Veterans for their service to our country;

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



**Happy Spring/Summer Everyone!**

Longer days, warmer weather, sunshine and vaccinations; this spring and summer will be uniquely wonderful as we get back to “normal”... it has been a long haul, but we are almost there! And like many of you, I am thrilled to be vaccinated which allows me to get out and return to my *normal* life of gathering with my family and friends, eating in restaurants and maybe even going to a movie or a baseball game! *So now the big question is when will the Center open again?*

To keep you all in the loop, we are working to open and still live within the strict guidelines of the Board of Health. *Our goal is to have a soft opening in July and a full grand re-opening in September*, but until we get the green light from both the BOH and Town, we will remain closed to the public (please remember we are here daily and can be reached by phone). Of course, we will continue all of our programs on cable and Zoom throughout the spring and summer, so even if we do open in July, you can still enjoy our programming in the comfort and safety of your home.

The good news is we will begin day trips with Fox Travel in August and cooking classes at Powisset Farm in July (with strict protocols); these small steps tell me that life is slowly getting back to *normal* here at the Center. We are also planning for the fall with special monthly programming, lunch and learns, MGB Cancer Screening Van, a shredding day and so much more. And of course we are excited to begin planning for our regular large holiday luncheons ... *normal is on the horizon*.

Personally I am just excited to get this Center up and running again and seeing everyone (as my staff continually states “we miss our seniors!”); we all miss seeing you, chatting with you and receiving all of your daily positive energy!

But back to the central question that everyone is asking: *when are you opening your doors to the public?* All I can say is *stay tuned* ... I am hopeful that my next newsletter will have good news on that front!

*Meanwhile, please stay safe and vigilant ... there is light at the end of this tunnel!*

Lina Arena-DeRosa  
Director

**PLEASE NOTE :** The Westwood Senior Center will continue to stay closed to the public through June of 2021. Staff is available daily, 8am-3pm Monday through Thursday, 8-1 on Friday. We 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



### JUNE IS NATIONAL ALZHEIMER'S AWARENESS MONTH

Memory often changes as people grow older. Some people notice changes in themselves before anyone else does. For other people, friends and family are the first to see changes in memory, behavior, or abilities. **Memory loss that disrupts daily life is not a typical part of aging.** People with one or more of these 10 warning signs should see a doctor to find the cause. Early diagnosis gives them a chance to seek treatment and plan for the future.

1. **Memory loss that disrupts daily life:** forgetting events, repeating yourself or relying on more aids to help you remember (like sticky notes or reminders).
2. **Challenges in planning or solving problems:** having trouble paying bills or cooking recipes you have used for years.
3. **Difficulty completing familiar tasks at home, at work, or at leisure:** having problems with cooking, driving places, using a cell phone, or shopping.
4. **Confusion with time or place:** having trouble understanding an event that is happening later, or losing track of dates.
5. **Trouble understanding visual images and spatial relations:** having more difficulty with balance or judging distance, tripping over things at home, or spilling or dropping things more often.
6. **New problems with words in speaking or writing:** having trouble following or joining a conversation or struggling to find a word you are looking for (saying "that thing on your wrist that tells time" instead of "watch").
7. **Misplacing things and losing the ability to retrace steps:** placing car keys in the washer or dryer or not being able to retrace steps to find something.
8. **Decreased or poor judgment:** being a victim of a scam, not managing money well, paying less attention to hygiene, or having trouble taking care of a pet.
9. **Withdrawal from work or social activities:** not wanting to go to church or other activities as you usually do, not being able to follow football games or keep up with what's happening.
10. **Changes in mood and personality:** getting easily upset in common situations or being fearful or suspicious.



For more information, the Alzheimer's Association has a free **24/7 Helpline** that's available all day, every day at **1-800-272-3900**. No question is too big or too small.

Learn more at [www.alz.org/manh](http://www.alz.org/manh).



### 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.



**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**



**DAY TRIPS WITH FOX TOURS**

Day Trips are back! And we hope you will join us as we slowly begin traveling around New England!!

**Tuesday August 17- Lake Winnepesaukee Cruise** - \$105\*—includes cruise, buffet luncheon, transportation.

**Thursday September 9 - Martha's Vineyard Day Trip** - \$125 \*— Includes ferry, transportation and tour of island, lunch on your own.

**Thursday October 7—New Hampshire Turkey Train** - \$105\*- Includes train ride aboard the Scenic Rail Dining Car, lunch and transportation.

**\*NOTE :** A \$15 *non-refundable* deposit is required within 10 days of signing up. *Fox Travel requires that everyone show their vaccination card before entering the bus and must wear a mask at all times. Fliers are available at the Center or we can mail one to you.*

*We are also working on a day trip to the Holiday Pops in December so stay tuned!*

**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** (\$3 donation) - You may schedule errands within a 5 mile radius of the Senior Center.

**MEDICAL APPOINTMENTS** (\$2 donation)- **Mondays, Tuesdays and Thursdays**. Doctor's appointments must be **between the hours of 8:30 am-2:00 pm** (drivers must be back at the Center by 3pm).

**GROCERY SHOPPING** (\$3 donation) - continues to run on **Tuesdays and Wednesdays** in the am.

*Starting in May, we will transport seniors to Newton Wellesley Hospital, Faulkner Hospital or Medfield appointments on **Mondays only** (\$5 donation for these trips)*

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

**No COVID symptoms.**

**Masks are required.**

**Please have exact change for the rides - Drivers will not have change**



**DAY TRIP WITH TRISH**  
**Wednesday, June 2– 10:30 am**  
**\$5 donation**

**Bird Walk and Discussion at the Canton Audubon Sanctuary**

Spring is a great season for bird watching, exploring nature, and spending time outdoors. Join Sean Kent, Education Manager and Field Biologist, at the *Museum of American Bird Art* for a nature walk at their 124 acre wildlife sanctuary followed by a visit to the Museum to view original artwork in David Sibley's book "What it's Like to be a Bird." A box lunch will be provided for a picnic lunch on the grounds of the museum. *This is a drive on your own event. The museum is located at 963 Washington Street, Canton.* We will meet at 10:30 AM.— *Rain date June 3 at 10am.*

***This bird walking tour is underwritten by the Westwood Cultural Council.***

Please sign up no later than May 21. Space is limited and you must wear a mask at all times.



**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 for all rides 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 covering nose and mouth.
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 appointments or errands.
11. Passengers can make ride appointments Monday through Thursday 9am –2pm, only; no voice messages will be processed.

**MEDICAL APPOINTMENTS:**

1. Medical Appointments are on Monday, Tuesdays, and Thursdays only 8:30am - 2pm (van must be back by 3:00 pm).
2. Transportation will be provided to Westwood, Norwood, Walpole, Dedham and Needham. Transportation to Faulkner Hospital, Medfield or Newton Wellesley Hospital *on Mondays only.*
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.



**IMPORTANT INFORMATION FROM  
Assistant District Attorney Michael Bellotti's Office  
Is that really your bank trying to reach you?**

*AARP reported a rise in scammers posing as banks or other financial institutions to steal personal information – including your account information or Social Security number. These ploys occur by phone, email and text.*

**How it works:**

**By phone:** a call claiming to be your bank or other financial institution warns of suspicious account activity, may have some personal information, like last four digits of your Social Security Number.

**By email:** email message that looks legitimate, complete with bank's logo, directing you to click link to address urgent matter.

**By text:** text seemingly from your bank urges you to click a link to address an urgent issue.

**What you should know:** Between social media and data breaches, there is enough information around to help a scammer craft a personalized message that seems entirely legitimate. Scammers often use scare tactics to get us to react emotionally – like claiming they have detected fraud on your account, making it difficult to access our logical thinking processes.

**What you should do:** Greet any message from your bank with caution – ask yourself “Would my bank really text me?” If you do get an email, text or phone call claiming to be from your bank, don't interact. Look at an account statement or the back of your credit or debit card and call the number provided on them, or call your local bank branch at trusted phone number. Never give out any information over the phone, text or email. Do not click links in emails or text messages from unsolicited sources. Report the scam to the local police, FTC.gov, your bank/ financial institution, and share the information with your friends and loved ones.

**REMEMBER : KNOWLEDGE GIVES YOU POWER OVER SCAMS.**





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

Yoga is good for your mind and body! And it is available twice a week (and you don't need to leave your home- just turn on the TV). So join Bonnie as she teaches you to stretch and breathe every Tuesday and Thursday.

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



**A Note from Carol Abel -  
Chorus Director**

I miss all of you like crazy!!!!  
After all...."We Are Family"  
But rather than zooming,  
which some of you don't do, we will wait un-  
til we can go in to the Council. I will hold  
rehearsals as soon as the Center opens!!!

Can't wait to see you my friends!

**BEREAVEMENT**

**With Social Worker Nina Johnson  
May 5 & 19 — June 2 & 16**

At 10am

Loss of a loved one is life altering. A bereavement group is offered on the 1st and 3rd Wed of every month, providing a place to come and be with others who have also experienced this, and a place of support to navigate a new path.

The bereavement group will meet on Zoom. If you would like to join us please give your email address to the COA so that a link can be forwarded to you.



**SHINE WITH MITCH**

9am-12pm by phone appointment only  
May 12 & 26, June 9 & 23

*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 5 seniors per walk

Senior hikes will be held every Tuesday at 9:30 am and are limited to 5 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.

**EXERCISE WITH STEPHANIE**

**EVERY MONDAY, WEDNESDAY AND FRIDAY**

*9am on your local cable station channels*

Spring and summer are here and it is time to get 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 class sessions
Cost of virtual programs for this spring	\$25 per senior / per 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

**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*

**Please call us to sign up with your email address to sign up for Zoom classes**

**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**



**COOKING CLASSES WITH ROBERTA Via Zoom**

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

**May 4 at 1pm – Spring Brunch for Mother’s Day**

*Spring Brunch for Mother’s Day:* Join us as we make a brunch that any mother would want on her special day—even if she has to make it herself ! We begin with pillowy pecan sticky buns and then we’ll make a breakfast risotto topped with the perfect poached egg. A refreshing orange and avocado salad with a ginger sesame dressing will finish off our meal.

**June 14 at 1pm – Travel to Greece While still in your Kitchen**

We’ll begin with gyros—chicken, lamb or beef, and your kitchen will be filled with the aromas of a gyro stand in Athens. We’ll also make a creamy tzatziki sauce to go with it. A spinach and feta pie will balance out our menu and transport you to the Mediterranean.

These classes are super fun, so join us!

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

**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.*



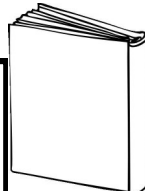
**T’AI CHI with Scotty Monday and Thursdays 10am via Zoom**



T'ai Chi and QiGong have an advantage that many other workouts do not provide, and it is the fact that it can help more mature individuals find their balance and endurance. Falling due to loss of balance is a common cause of injury in the senior population. Studies prove that there was a significant reduction in falls when T'ai Chi and QiGong were practiced regularly. *Call the Center and we will send you the Zoom link.*

**BOOK GROUP with Bev Via Zoom**

**Thursday May 13 at 1pm**



This month we will be discussing is "The Nest" By *Cynthia D'Apris Sweeney*. Come join us as we have a good time discussing this wonderful story about the power of the Plumb family, the possibilities of friendship, and the ways we depend upon one another.

The next meeting of the COA book club will be on *Thursday, July 9th at 1pm*. The name of the book is "**Firefly Lane**" by *Kristin Hannah* -- one of our favorite authors. This is about best friends forever.

**LEGAL CLINIC with Attorney Veranira Ochea - MetroWest Legal Services**

*Wednesday, June 23<sup>rd</sup> from 1:00 pm to 3:30 pm. BY 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.*



Here is something fun to do  
when taking a break from spring cleaning!

## WORD SEARCH! SPRING CLEANING

FIND AND CIRCLE THE WORDS ON THE LIST...WORDS MAY BE FOUND ACROSS, DOWN, OR DIAGONALLY  
--FORWARDS, BACKWARDS, AND SOMETIMES OVERLAPPING. HAVE FUN!

### WORD LIST

ATTIC  
BACK YARD  
BASEMENT  
BOXES  
BUCKET  
CAR  
CEILING  
CLEAN  
DRYER  
FRONT YARD  
GARAGE  
GARBAGE  
GLOVES  
GUTTERS  
LADDER  
LAUNDRY  
LAWNMOWER  
MIRRORS  
MOP  
ORGANIZE  
PAINTBRUSH  
RAKE  
SHED  
SORT  
SPONGE  
VACUUM  
WATER  
WALLS  
WASH MACHINE  
WINDOW CLEANER

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







**NORFOLK COUNTY TREASURER  
MICHAEL BELLOTTI  
SCAMS - PLEASE BE AWARE**

Given the times we now live in, scams against elderly have increased beyond belief. Unscrupulous people are using the isolation of the pandemic to prey on seniors and get personal information which could have a huge impact on their financial stability.

Seniors are also dealing with financial insecurity. They need to protect themselves more than ever. *The new stimulus checks are prime for scammers.* Perhaps you have already received a call asking for personal information so that your check can be sent to you. *Please remember that the IRS will NEVER contact you for this information.* If you receive this type of phone call you need to hang up immediately and provide no information. These scammers target the elderly as they are often very polite and will listen to what the caller has to say and in some cases, be persuaded to provide the information. This is no time to be polite, you need to hang up immediately. *If you feel you may be a victim of financial exploitation make sure to tell someone.* It needs to be reported as soon as possible. You can reach out to a family member, friend, your local COA or Police Department. They will know what you need to do.



**WESTWOOD  
RECREATION  
DEPARTMENT**

**KEEPING OUR  
SENIOR COMMUNITY SAFE AND INFORMED**

**PEDIATRIC CPR & FIRST AID FOR GRANDPARENTS** ages 55+  
Virtual (Zoom)

Juanita Allen Kingsley, W-EMT  
Tue, May 4, 10:00 AM-1:00 PM  
\$90 (1 class)

If you're caring for your grandkids, you need to know how to respond in case of a first-aid emergency. Much has changed since you might have administered first aid to your own children. In two sessions, you'll learn to handle injuries and manage illness for the first few minutes until help arrives. We'll cover first aid basics, medical, injury, environmental emergencies and pediatric CPR, as well as allergies and EpiPens. Receive an American Safety and Health Institute certification upon successful completion of this course.

**FIRST AID/CPR FOR CAREGIVERS + ACTIVE SENIORS** ages 16+  
Virtual (Zoom)

Juanita Allen Kingsley, W-EMT  
Thu, May 13, 10:00 AM-1:00 PM  
\$90 (1 class)

Join us for First Aid and CPR for active seniors and caregivers. In addition to the traditional curriculum of First Aid and CPR and use of the AED, we will focus on techniques for conditions common to senior citizens, such as skin tears, fractures, and dehydration to name just a few. Our class is full of practical, clear, and easy-to-understand advice, preparing you and your household with older members for routine first aid or a medical emergency.

Please register at [www.westwoodrec.com](http://www.westwoodrec.com) click on "register for programs"



**NOTES FROM MARGARET  
PUBLIC HEALTH NURSE**

*Hello Westwood residents! With the warmer weather and longer days, it feels like spring is finally making an appearance. With this comes signs of hope for the return to a more normal life. I'm eager too! But what does that mean RIGHT NOW while the Covid-19 pandemic is seeing an increase in cases?*

\* Please register for a Covid-19 vaccine (if you are medically eligible). You can register at: [Mass.gov/Covid-19-vaccine](http://Mass.gov/Covid-19-vaccine). Residents who are homebound can call the State's hotline to register for an at home vaccination at: 1-833-983-0485, Monday-Friday from 9:00-5:00.

\* Remember you are not fully vaccinated until 2 weeks after your second Moderna or Pfizer shot or your one-dose Johnson and Johnson vaccine. Even after you are fully vaccinated, the current guidelines are to maintain social distancing, mask wearing, and hand-hygiene and to avoid crowded places.

\* Although your chances of getting Covid-19 are much lower post-vaccination, it can still happen! If you become symptomatic, please talk with your primary care team and get tested! Anyone needing Covid-19 related assistance in registering for vaccines, testing questions, etc can call the State hotline: 211 for guidance.

*I know that all these reminders can feel like too much gloomy news and that we are not making progress-but we are! Congratulate yourself if you have gotten vaccinated-you are more protected than you were before. Try to enjoy some socially-distanced outdoor time with a vaccinated family member or friend. Until we are able to safely meet again at the Council on Aging, stay safe and feel free to contact me with your questions at: 781-251-2576. We are lucky to have each other!*



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.

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

**15 Minute appointments are available:  
Special Hours for Seniors or immunocompromised Patrons**

Tuesday/Thursday	9:00 AM-10:00 AM
------------------	------------------

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, 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. Please visit [www.westwoodlibrary.org](http://www.westwoodlibrary.org), or email [wwdmail1@minlib.net](mailto:wwdmail1@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** Join us via Zoom as we discuss:  
May 12th @ 6:30PM : *A Tale of Two Cities* by Charles Dickens  
June 9th @ 6:30PM : *Brunch and Other Obligations* by Suzanne Nugent.  
Email [cconnors@minlib.net](mailto:cconnors@minlib.net) with any questions.



**Historical Fiction Book Group**  
May 4th @ 10AM *Next Year in Havana* by Chanel Cleeton  
June 1st @10AM *Goodnight from London* by Jennifer Robson

**Friday Morning Book Club:** Join Karen for a lively discussion group! Fridays @ 10:30 AM:

**Great Decisions:** Great Decisions is America's largest discussion program on world affairs. The topics will be discussed via Zoom. 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](mailto:tmccusker@minlib.net). New attendees are encouraged to join!

**CURRENT EVENTS**

*with Susan Sprecher  
Via Zoom*

*Wednesdays 9:30 - 11:30 am  
May 12 & 26/ June 9 & 23*

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

*Spring 2021 brings new hope. Still the race between getting Americans vaccinated and rising infection rates from new virus variants continues. And as we return to our “normal” lives – what exactly will that look like? In Washington, Congress deliberates the Infrastructure Program – the most ambitious government project since the Race to the Moon. And, tax hikes for the wealthy. So, we promise we won’t run out of things to talk about. Join us as we share information and ideas in a safe and welcoming 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.

**NEWS FROM THE TOWN CLERKS OFFICE**

Dorothy A. Powers  
781-326-3964 or 781-320-1013  
townclerk@townhall.westwood.ma.us



**Dog licensing for 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. If you own more than 4 dogs this is considered a "Personal Kennel" per MGL c. 140 §136A. You must go through a special permit application process through the Zoning Board of Appeals to license a kennel. You must initially contact the building inspector at 781-320-1091. 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). Due to the temporary closure of Town Hall, any late fees will be waived through June 30, 2021. 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 town-clerk@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*) Kennel Fees-please contact the Town Clerk's office (*special permit is required*)

**Annual Town Meeting Information**

The **Annual Town Meeting** will be held on **Monday, May 3, 2021** outdoors on *Flahive Field located at 200 Nahatan Street*. Check in will begin at 4:00p.m. , resolutions at 4:30p.m. and the business portion of the meeting will begin at 5:00p.m. All safety protocols for voters and staff will be taken including chairs spaced out at 6 foot distances, facial coverings required to be worn by all in attendance and sanitizer stations located throughout the field. You must be a registered voter to be able to vote on warrant articles at the Annual Town Meeting. The deadline for anyone not registered to vote was April 13, 2021. If you are unsure of your voting status, please contact the town clerk at 781-326-3964 or town-clerk@townhall.westwood.ma.us.

**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](mailto:Paul.McMurtry@MAhouse.gov) or contact my office at (617) 722-2015.

Senator Mike Rush  
[mike.rush@masenate.gov](mailto:mike.rush@masenate.gov)  
617-722-1348



**THANKS TO ALL OF OUR VETERANS FOR THEIR SERVICE**

There will be a Memorial Day Ceremony Monday, May 31, 2021 10:00am Meet in the New Cemetery

*Note: No parade this year.*





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— Thursday*  
*8 am-3pm*  
*Friday 8-1*  
*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 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](mailto:Lorraine@lcavanaugh@townhall.westwood.ma.us)**