WESTWOODWORD



SPRING 2023



LEARNING IN ACTION: PAGE 2

CONNECT WITH WESTWOOD

Staying on top of what's going on around Westwood is easier than ever! The town has several options - on a variety of platforms - for all residents to stay informed about public safety updates and town business. Residents can visit the town website at www.townhall.westwood.ma.us and click on "notify me" on the main page to sign up or follow this QR code. Learn

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ANNUAL TOWN MEETING: MONDAY, MAY 1, 2023

Everything You Need to Know About Town Meeting

The Annual Town Meeting will be held on Monday, May 1, 2023, at the Westwood High School Auditorium. Registration will begin at 5:30 p.m. in the auditorium lobby. Recognitions and swearing-in of elected officials will take place at 6:00 p.m. and the Official Business of Town Meeting will start at 6:30 p.m.

What is Annual Town Meeting?

The legislative practice of Open Town Meeting is one of the purest forms of democratic governance and has been in use for over 300 years. It functions as the town's legislative body, allowing residents to voice their opinions and directly effect change in their communities. This gathering of the town's registered voters can be referred to as an annual, special or fall Town Meeting. It is imperative all



Westwood residents join together to attend and participate in Town Meeting.

What does Town Meeting do?

Town Meeting runs the local government by providing taxpayers the opportunity to vote on whether to appropriate funds; to create or amend the town's general and zoning bylaws; and on other

TOWN MEETING CONT. ON PG 22

Meet Westwood's New Superintendent of Schools

After spending his entire career working in Billerica Public Schools, Timothy Piwowar is headed to Westwood to take over as the town's new Superintendent of Schools. Piwowar is replacing Emily Parks who has



been superintendent since 2017.

"I grew up outside Buffalo, New York," said Piwowar. "And before you ask, let me get it right out there. Yes, I am a diehard

NEW SUPERINTENDENT CONT. ON PG 4

Final Letter from Superintendent of Schools Emily Parks.....2

Westwood Has its First Poet Laureate

The Westwood Select Board, acting on the recommendation of the town's Poet Laureate Selection Committee, has appointed Lynne Viti as Westwood's inaugural Poet Laureate. Viti is a teacher, poet and fiction writer, who has been

a community advocate for poetry. Her term will run through June 2025.

As part of her service to Westwood, Viti will present



POET LAUREATE CONT. ON PG 10

Dear Westwood Residents.

The best part of working in schools is watching students learn and grow. Through their work in the classroom, in the art studio, on the athletic field and on the stage, Westwood students are developing their skills, discovering their passions and contributing to



their community. Below, we have a glimpse into some of the wonderful things that the students - and staff - in the Westwood Public Schools have been doing this year. All town residents are invited to join us this spring for a game or a concert. Come see our students in action. I think you will be amazed, too!

As you may know, I am wrapping up my time

in the WPS at the end of June. I am confident that the School Committee's selection of Mr. Tim Piwowar as the next WPS superintendent is an excellent choice, and I will spend the spring working to provide an effective transition to new leadership for students, families, and staff.

Thank you for welcoming me into this community 28 years ago. The WPS is a very special place, and I feel privileged to have been a part of it.

Best wishes for a nice summer.

With appreciation,

Emily g. Parls

Emily J. Parks Superintendent

LEARNING IN ACTION

Academic Decathlon Nationals

Westwood High School's Academic Decathlon team qualified for Academic Decathlon Nationals for the first time in school history. The team finished 4th overall in the Massachusetts state competition and earned the right to compete at the national competition in Frisco, Texas in late April.





You may have seen the new loam piled near the Thurston Middle School main entrance. TMS is building and designing a Pollinator Garden that will be home to many native plants to provide and restore some habitat for the declining numbers of pollinators in the area. The Pollinator Garden will play a major role in the 7th grade Ecosystems Unit. It will enhance students' ability to see ecological relationships and plant reproduction in action! Grade 7 Science Teachers Michael McCarthy and Andrea Morrell and Math/Science Department Head, Katie Clarke, have collaborated to lead this project

LEARNING IN ACTION

New Elementary School Name

Students from the Deerfield and Hanlon schools recently took to the polls and voted on the name of the town's new elementary school which is scheduled to open in 2024. Over 400 students took part in the process - an excellent lesson in exercising their civic duty. The name Pine HIII Elementary won in a landslide.





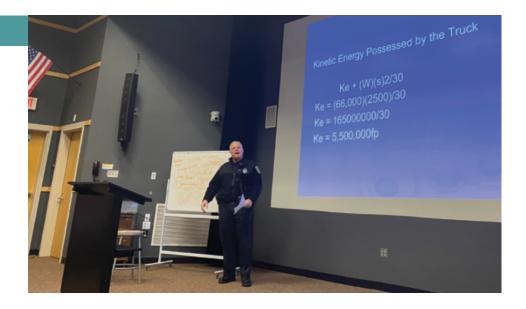
Westwood High School Robotics Team Wins

Earlier this month the Westwood
High School Robotics Team
competed in an event at WPI against
40 teams from around New England.
Together with their alliance partners
from New Hampshire and Vermont,
the Wolverines won the event! This
is the first competition win in the
team's history.

LEARNING IN ACTION

Physics Lesson

Earlier this month, Officer Steve Conley of the Westwood Police Department spent time talking physics with members of the junior class. Officer Conley specializes in crash reconstruction and explained how he uses equations relating velocity, distance, time, friction, and momentum to work on crash investigations.



Teachers Tour the New Pine Hill Elementary School

It may have sounded like an excited group of school kids entering the newly named Pine Hill Elementary school for a tour of their future workplace, but in reality, the group was made up of about 30 teachers from the Hanlon and Deerfield schools.

The new building, partially funded by the Massachusetts School Building Authority, has been years in the works and will combine students from the aging Hanlon and Deerfield schools into a bright, new and modern elementary school. Though the school won't open its doors until 2024, the teachers were excited to get an in-person, behind the scenes peek at the building layout.

"It's beautiful," said Literacy Specialist Sidney Worthes. "It's going to give us so many opportunities to provide differentiated learning spaces for teaching children. It feels so light and open, and I love the access to nature."

Architectural firm Dore + Whittier designed the school with the concept of a "school in the woods." Classrooms have large windows which allow natural light to pour in and the future library





space is two stories high and features floor to ceiling windows.

Katelyn Pickering teaches music, drama, and chorus to students from kindergarten through fifth grade and has been working in Westwood for over 15 years.

"It's so bright and inviting," said Pickering. "I'm excited about the possibilities of collaborating with all the teachers from Hanlon and Deerfield together in one building and being able to use more resources. The fact that nature is all around us is such a plus."

John Cummings, Chairman of Westwood's Permanent Building Committee, helped lead the tour, which included answering questions and pointing out features of the new space to teachers. "I've been on the Permanent Building Committee for 15 years," said

Cummings, "and every project has its challenges, but all the contractors on this - Vertex, Dore + Whittier, and Braitt Brothers - have been outstanding. It's been such a collaborative effort."

Superintendent Emily Parks was also on hand for the tour.

"Our students and teachers deserve to be in a state-of-the-art school building," said Parks. "I know how excited they are all going to be once they are able to teach and learn here. The features which allow for more collaborative learning are sure to be a standout."

The general consensus among the teachers is that they cannot wait to move in.

"I was just saying to a colleague," noted Worthes, "no one is going to want to go home at the end of the day!"

ENCOUNTERSWITH THE ARTS

Pottery, paintings, sculptures, film, music, and more - all created by Westwood High School students - were on display at the annual Encounters with the Arts held in March.







Westwood's newly hired Superintendent of Schools Timothy Piwowar meets with Governor Maura Healey recently during her visit to Billerica.

NEW SUPERINTENDENT CONT. FROM PG 1

Bills fan; you can't turn your back on where you're from."

For the record, he does admit to having what he calls "some adopted love" for the Boston Red Sox.

Piwowar left New York to attend MIT where he received an undergraduate degree in Mathematics before going on to earn master's degrees from the University of Massachusetts Lowell and Endicott College.

"While I was at MIT, I wasn't exactly sure what career I would pursue," recalled Piwowar. "During my sophomore year I started teaching SAT prep classes and I just fell in love with teaching. Those 'aha' moments I witnessed in my students when the lightbulb would come on were just so rewarding."

After student teaching at Cambridge Rindge & Latin School, Piwowar was hired to teach in Billerica. He met his wife there and taught in the classroom for eight years before moving into positions such as K-12 STEM coordinator, Director of Information Systems & Accountability, and Assistant Superintendent of Finance & Operations.

"We were thoroughly impressed with Tim during the interview process," said Westwood School Committee member and Superintendent Search Committee Co-Chair Maya Plotkin. "We believe his experience both in the classroom and in his progressive leadership roles, combined with his passion for teaching and learning, make him an excellent choice to lead our school district going forward."

Piwowar will start his new position on July 1, and says he already has his first steps planned out.

"My job when I come into the district is to spend a lot of time listening to community members, staff at all levels, parents, students and town officials," he said. "These conversations will help me get a good understanding of the district."

Piwowar says his goal for those meetings is to help him answer four questions: What are the district's strengths? What are the opportunities here? What are the challenges? What do we need to protect and maintain?

"That process will take little while, and I'm looking forward to it," said Piwowar. "The district's current strategic plan runs from 2021 to 2024, so this is great timing. What we identify together is going to help guide the next strategic plan going forward."

Piwowar visited Westwood several times during the interview process.

"I was at the high school while students and staff were setting up for the 'Encounters with the Arts' event," he said. "I was so impressed with the level of joy and excitement from the kids. We all have a responsibility for all kids, and to see those words echoed back and on display was incredible. I'm excited to go to a place that holds the same values I do so closely."

Piwowar and his wife Carolyn will celebrate 20 years of marriage this summer and are parents to two high school aged sons. Their oldest will graduate in June and the youngest is wrapping up his freshman year. In addition to the passion for his career, Piwowar says he also enjoys golfing and traveling with his family.

Spring is the Season for Mosquitos and Ticks

Mosquitoes

Spring brings mosquitoes and these pesky insects can carry disease. They will be with us until we have the first hard frost of the fall.

Mosquitoes can carry EEE (Eastern Equine Encephalitis), a rare disease with life-threatening symptoms. Those include high fever, stiff neck, headache and lack of energy, followed by inflammation and encephalitis – or swelling of the brain. There is no treatment for EEE. Most people never fully recover from the illness, and it is estimated that one-inthree who become severely ill will die.

WNV (West Nile Virus) usually causes mild or no illness in humans. In rare cases, it can cause encephalitis or meningitis - swelling of the lining of the brain and spinal cord. less than 1 percent of people infected with WNV will develop serious illness. At the present time, there is no preventable vaccine.

To avoid mosquitoes please consider the following:

- Limit your time outdoors during peak periods of mosquito activity (dusk and dawn). If you must remain outdoors, wear a long-sleeved shirt, long pants, and socks.
- Use a mosquito repellent that contains DEET (the chemical

N-N-diethyl-meta-toluamide) and follow the directions on the label.

- Take special care to cover up the arms and legs of children playing outdoors.
 When you bring a baby outdoors, cover the baby's carriage or playpen with mosquito netting.
- Fix holes in your screens and make sure they are tight-fitting on all doors and windows.
- Remove standing water around your home. Make sure water does not collect and stagnate in ceramic pots, trash cans, recycling containers, old tires, wading pools, bird baths, etc.
- Remove leaves and debris that may prevent drainage of roof gutters.

For more information, please visit the district's website at www.norfolkcountymosquito.org or call (781) 762-3681.

If you have general questions about mosquito control efforts, please visit the Board of Health website at www.townhall.westwood.ma.us.

Ticks

The two most common ticks in Massachusetts are dog ticks and deer ticks. Dog ticks are larger and browner than the smaller, blacker deer ticks. Ticks feed



on the blood of their host-humans, birds, reptiles, and wild and domestic animals. Importantly, deer ticks are the ones that can carry Lyme Disease.

Typical symptoms include fever, headache, fatigue, and an expanding skin rash called erythema migrans. If left untreated, infection can spread to joints, the heart, and the nervous system.

One of the earliest symptoms of Lyme Disease is a small rash that is circular and has a clear center that looks like a bull's eye. Development of the bull's-eye rash can occur in as little as three days - or as many as 30 days - after exposure. Call your doctor if you or your child gets a rash or fever after getting bitten by a tick. Lyme Disease can be treated with antibiotics prescribed by a doctor.

The proper way to remove a tick is with a tweezer:

- Grab the tick near its head or mouth (the part closest to your skin).
- Gently pull the whole tick straight out. Be careful not to crush or twist the tick.
- Wash your hands and the bite with soap and water.
- Put rubbing alcohol on the bite.
- Don't use a hot match to kill and remove a tick.

After you've been outdoors, make it a habit to check everyone in your house, including your pets, for ticks. For more information visit www.mass.gov/service-details/mosquitoes-and-ticks-theyre-out-in-mass.



Have you licensed your dog for 2023?

The deadline for licensing was March 31, 2022 per Town Bylaws §184-10. C. (1)

- You may license your dog by mail, provided you include a copy of a current rabies certificate and a self-addressed stamped envelope.
 If you are licensing your dog for the first time, proof of spay or neutering is also required.
- Licenses are valid from January 1, 2023 until December 31, 2023.
- You may license your dog online by going to the following link: www.doglicenses.us/MA/Westwood
- All dogs six months and older must be licensed on an annual basis.
- If you own more than four dogs this is considered a "Personal Kennel" per MGL c. 140 §136A. The Town Zoning Bylaws require any person(s) with a kennel to submit a special permit application to license a kennel.
- The Town may impose a late fee of not less than \$25 in accordance with the provisions of MGL c. 40, § 22F, and Town bylaws §184-10. C. (1) to be paid by the owners who license said dogs(s) after April 1, 2023.
- Any person age 70 or older upon proof of age - shall be exempt from the annual fee for one dog, per household, per year. The owner of a kennel license, age 70 or older, shall be excluded from this exemption.

LICENSING FEES ARE AS FOLLOWS:

- Dogs not Neutered or Spayed: \$15
- Dogs Neutered or Spayed: \$10
- Postage: \$1
- Online only processing fee: \$2

Please be sure to include the correct licensing fee. If you are unsure, please contact the Town Clerks office.

CONTACT LIST FOR TOWN OF WESTWOOD DEPARTMENTS

CONTACT LIST FOR TOWN OF WESTWOOD DEPARTMENTS		
Accounting/ Accounts Payable	781-320-1020	
Animal Control Department	781-320-1000	
Assessors Department	781-326-1904	
Board of Health Department	781-320-1027	
Building Department	781-320-1091	
Cemetery Department	781-320-1037	
Community & Economic Development Department	781-251-2595	
Conservation Department	781-251-2580	
Council on Aging	781-329-8799	
Dedham-Westwood Water District	781-329-7090	
Department of Water Works	781-326-8661	
MA Environmental Police	800-632-8075	
Finance Director/Assistant Town Administrator	781-320-1010	
Fire Department - Non Emergency	781-326-3885	
Housing Authority(WAHA)	781-251-2598	
	781-320-1031	
Housing Authority/ Westwood Affordable Housing Associates		
Human Resources Director/Assistant Town Administrator	781-320-1025	
Informational Technology Department	781-320-1021	
Library-Islington Branch	781-326-5914	
Library-Main Branch	781-326-7562	
Norfolk County Mosquito Control District	781-762-3681	
Planning Department	781-251-2581	
Police Department - Non-Emergency	781-320-1000	
Procurement Department	781-320-1073	
Public Health Nurse	781-251-2576	
Recreation Department	781-461-0070	
Recycling & Waste Management Department - reorder	781-251-2587	
Registrar of Voters	781-326-3964	
Select Board Office	781-326-4172	
Sewer Department	781-251-2589	
Town Adminstrator's Office	781-326-4172	
Tax Collector	781-320-1014,1015	
Town Clerk	781-326-3964	
Town Counsel	781-251-2579	
Town of Westwood Main Number	781-326-6450	
Treasurer's Office	781-326-4962	
Veterans' Services - West Suburban Veterans District	781-489-7509	
Waste Management	800-972-4545	
Westwood Media Center	774-538-9378	
Westwood Media Center Westwood Public Schools	781-326-7500	
Youth & Family Services Department	781-320-1006	
Zoning Division	781-767-6344	
STATEWIDE OFFICE HOLDERS FOR THE COMMONWEALTH	1011010344	
Governor-Maura Healey	617- 725-4005	
Lt. Governor-Kimberely Driscoll	617- 725-4005	
Secretary-William Francis Galvin	1-800-392-6090	
Auditor-Diane Dizoglio	617- 727-2075	
•		
Treasurer-Deborah B. Goldberg	617- 367-6900	
Attorney General-Andrea Campbell	617-727-8400	
U.S. Senator-Elizabeth A. Warren	617-565-3170	
U.S. Senator-Edward J. Markey	617-565-8519	
REPRESENTATIVES 11TH NORFOLK DISTRICT	(47, 420, 2000	
Congressman Stephen F. Lynch	617-428-2000	
State Senator Michael F. Rush	617-722-1348	
State Representative-Paul McMurtry	617-722-2080	
Governor's Council - Christopher A. lannella, Jr.	617-725-4015, ext. 4	
Norfolk County District Attorney-Michael W. Morrissey	781-830-4800	

Main Library

660 High Street Westwood, MA 02090 781-326-7562 askwestwood@minlib.net

Islington Branch

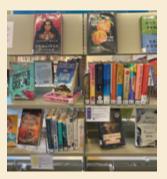
273 Washington Street Westwood, MA 02090 781-326-5914 wwdmail2@minlib.net



www.westwoodlibrary.org









A Letter from the Director

The Westwood library is here to connect you to your community! Walk through the doors and you will find a lively, bustling space where there is something for everyone. Gather with a few friends to play Mah-Jongg, or simply sit to enjoy a cup of coffee while viewing the latest art exhibit in the gallery. Take your family to the children's department for story time and take-home crafts. While you are there, ask a children's librarian for help to find your second-grader's next favorite book series. And don't forget to check out our new Learning Kits, or grab a board game for your next family game night on the way out.

In case you think the library is just books, we have new and exciting initiatives for patrons in every sphere of life including the Living Library collection, which is quite literally aliveas in plants, seeds and everything you need to grow your very own garden. Visit this collection on the second floor of the main library where plants hang down from the shelves and bring a sense of wonder, beauty and oxygen to the space.

Looking for a place to study or work? We have many quiet nooks and study rooms available; or skip work all together and curl up by the fireplace with a cozy mystery. If you are seeking help with research, want to know more about the history of your house, information on the next election, or what plants will do best in a warm New England winter, never fear because your local librarian is near! Whatever you may need, staff are always here to help. Need help accessing the newest additions to our digital collection or looking for a book recommendation? Your librarians are ready with a tutorial in one hand and a book recommendation in the other. In fact, "What should I read next?" is our favorite thing you can ask us.

On your way out the door, don't forget to browse our new book selection and stock up on the latest best sellers. Oh, and while you're there, grab a Wi-Fi hotspot before heading out on vacation, so you can take the library and its collections with you wherever you go!

Remember, even if you can't (or don't want to) come to the library, the library is available to come to you. Visit our digital collection to have access to thousands of books, streaming audio books, music, movies and even TV shows. Some of our in-person programs are even recorded and available to watch from home. If you are unable to come to the library due to sickness or ailment, the library can bring you materials with our Home Delivery and Outreach services.

Live closer to the Islington Branch?

This neighborhood library has much to offer, including all the latest bestsellers, children's books galore, and even a business center with top-of-the-line computers, copying, printing and more (thank you to the 21st Century Fund!). Most importantly, when you visit the Islington branch, Claire and her team are always ready with a smile and a book recommendation. This past year was filled with many new and returning programs including Sit and Knit, book clubs for every kind of reader including a new True Crime Book Club - Living Library plant and gardening programs, even a program on how to make your own sourdough starter!

2022 was just the beginning for this new era of the Islington Branch. If you haven't had a chance to stop in and check out the new place, make sure to plan a visit. You won't want to miss out!

I hope you visit us and take advantage of all the library has to offer for you. Our mission has always been to help community members live healthier and happier lives. By providing access to information, resources and the tools you need to be informed citizens, the library will help prepare you for any challenge life throws your way.

Sincerely,

Elizabeth McGovern Director

Community Partnerships

"If you want to go fast, go alone. If you want to go far, go together."

As part of our current Strategic Plan, the Westwood Public Library has crafted a shared mission and vision with our five community partners: Council on Aging, Early Childhood Department, Westwood Recreation, Youth and Family Services, and Westwood Media Center.

SHARED MISSION:

We connect the Westwood community to services and resources, to one another and to learning and health at every age and stage

SHARED VISION:

We will work together to maximize our resources, engage our community, and create a more inclusive, healthy, resilient Westwood

Over the years, the library has frequently partnered with these town organizations, and other local businesses, to enrich the lives of our community members. As we embark on our newly formed shared vision, we are excited to highlight some of the many ways we are connecting with our partners to strengthen bonds.

The Youth Services Department has collaborated with the Early Childhood

Department and Youth and Family Services to present Parent Cafes. In this series, parents meet at the library in small groups facilitated by a counselor from Youth and Family Services to share the joys and challenges of parenting. The library also partners with the Early Childhood Department to provide children-focused programs throughout the year. This year, we are excited for Summer Sensory Fun at the Main Library, a program for children ages 3-5 and their parent/caregiver.

Throughout the year, the library and Council on Aging also collaborate to provide enriching, educational and entertaining programming for our seniors. Together we have hosted author and local historian, Anthony Sammarco, who shared the delicious saga of Massachusetts' Baker Chocolate Company. We were captivated by Lyn Dillies, one of the top female magicians in America. Thanks







to our partnership with the COA, we will continue to invite talent from near and far, and we are happy to host our seniors at the Westwood Public Library.

As a welcome to spring, we partnered with Bibi Cafe & Bakery to welcome the Persian New Year (Norous). Norouz (also spelled Norooz, Nowruz) is the national New Year festivity celebrated in Iran, Afghanistan, and the Kurdish regions of Central Asia, including Iraq, Turkey and Syria. It is a springtime celebration dating back thousands of years, whose activities symbolize rebirth and the link between humans and nature.





Be Kind. Be Helpful. Be You.

The statement "Be Kind. Be Helpful. Be You." was originally given to us by a 6-year-old patron who participated in last June's raffle to submit an idea for how to make our community stronger and more inclusive.

The saying inspired the creation of a new interactive, ongoing display called



"Be Kind. Be Helpful. Be You." which allows patrons of all ages to get involved building an exhibit wrapped around the library's center staircase.

There are sets of bubble bowls filled with colorful clothespins spaced throughout the main library and at the branch. All our library guests are encouraged to write their name on one side of the clothespin and a special quality about themselves - or the Westwood community - on the other side.

This project is meant to build intergenerational community and collaboration using messages of positivity. Come visit this exhibit at the Main Library.





Summer Reading 2023



Summer Reading is just around the corner, and we are looking forward to a fun season of activities for all ages! Kids, teens and adults are invited to read all summer long for a chance to win prizes. Sign up and start logging your books and activities on Beanstack starting June 1! Stay tuned for more information.

All Summer Reading Programs are free thanks to the generosity of the Friends of Westwood Library and local donors.



POET LAUREATE CONT. FROM PG 1

poetry workshops in the schools and run poetry workshops for adults in the library and senior center. She will write poems that will commemorate the town and civic holidays. Additionally, she will partner with the library and the schools to put on a town-wide poetry contest, a slam poetry event and a poetry course at the Westwood Senior Center. She will also select and mentor the first and second Youth Poets Laureate, a position also established by the Select Board.

The Poet Laureate position is sponsored by the 21st Century Fund and the Westwood Cultural Council. The search committee was led by co-chairs Kieran Moriarty, a teacher at Westwood High School, and Maria Ryan, a library trustee, and was comprised of: Nancy Donahue, library trustee and Westwood Cultural Council member; Anne Innis, Cultural Council Chair; Elizabeth McGovern, Westwood Library Director; Kristy McKenney, Westwood Youth and Family Services; and Karen Michelson, Friends of the Library and poet.

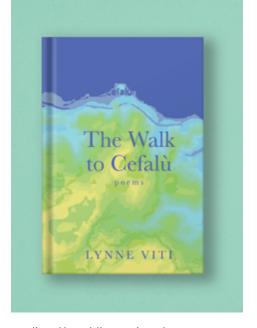
In its recommendation to the select board, the committee cited Viti's "notable history and ongoing effort to promote poetry in the town of Westwood, her concrete plans for events in the town during her term as Poet Laureate, and the excellence of her poetry."



poetry. Her most recent is *The Walk* to Cefalù, from Cornerstone Press. She has published widely in online and print journals and newspapers, and has won prizes in local, national and international competitions, including the WMOR/Joe Gouveia Outermost Poetry Contest, The Fish Publishing Poetry Contest, the Allen Ginsberg Poetry Contest, and the Tucson Festival of Books Literary Awards.

"I am excited to serve as Westwood's inaugural poet laureate," said Viti. "I am passionate about poetry, and look forward to the honor of bringing poetry into every corner of our town, from the very young to the eldest residents. At this time more than ever, we need poetry as a way to celebrate, to mourn, to express our innermost feelings, and to make sense of the world around us."

After a public call for applications in November 2022, the search committee reviewed applications for the Poet Laureate position, considering each



applicant's public service plans, as well as their history promoting poetry, and their poetic merit, exemplified in a writing sample.

Viti holds a B.A. cum laude from Barnard College, and a PhD and JD from Boston College. She serves on the board of the oldest poetry group in the U.S., The New England Poetry Club, which was founded by Robert Frost, Amy Lowell and Conrad Aiken. A lecturer emerita in the Writing Program at Wellesley College, she and her family have lived in Westwood since 1991.

Job Searching Support Group

This new group will meet monthly to help people who are navigating a job search remain grounded financially, emotionally, and spiritually.

Members are encouraged to build predictable financial structures in their lives by amplifying their professional relationships, creating meaningful partnerships (and friendships, too), as well as developing new skills to expand their reach and ability to provide for themselves and their families. We strive to provide practical knowledge and skills that job seekers can apply in their pursuit of a new job, a career change/

transition, or any other professional growth opportunity.

This community support group is built by professionals, consultants, entrepreneurs and business owners, coming together to assist each other. It focuses on understanding and navigating the new job environment, creating new skills and generating opportunities for growth and wealth—to build a stronger community for all who call Westwood home

We will pursue access to skilled training, job openings and local opportunities for

professional development, exchange, consulting and advisory roles.

Our core values are: community, partnership, respect, diversity, inclusion, integrity and active participation.

Format: A good mix of daily virtual touch points coupled with hybrid weekly check-ins, bi-weekly retrospectives; and in-person, monthly gatherings at the Westwood Public Library. Dates TBD.

CONTACT:

Tcheilly Nunes, An Architect of Experiences: tcheilly.nunes@gmail.com

LIVING LIBRARY

IT'S ALIVE!

The Living Library promotes horticultural education through gardening programming, a specialized botanical collection, a seed catalog, a "Garden of Things" and "Grab and Grow" bags. We have an informative resource section





which contains pamphlets and how-to quides.

By exploring the benefits of indoor/ outdoor growing, the library aims to cultivate your interest in improving health and nutrition. It is designed to accommodate green thumbs of all levels and expertise. The Living Library is ALIVE with possibilities for learning, entertainment, outdoor activity, and community engagement.

Visit the Living Library on the 2nd floor of the Main Library. Scan the QR code to learn more.



2ND ANNUAL GREAT PLANT SWAP

When: Wednesday, June 7 from 3:00 p.m. to 7:00 p.m.

Join library staff on the lawn of the Islington Branch location to celebrate the beginning of gardening season! This event will include a Plant swap station, children's grow craft table, garden themed book sale, horticultural information material kiosk, and seed trade station. Bring a plant or split a plant for trade, browse gardening books, pick up some useful botanical information, try out a new variety of seeds, or stop by with the kids to make a fun and easy seed





craft to inspire your own gardening this summer!

"The Great Plant Swap" will take place rain or shine. No registration is required.

Thanks to the Friends of the Library, Westwood Cultural Council and donations that made the Living Library possible.

ADULTS

LIBRARY OF THINGS

Check out a lawn game at the library and add fun to your summer cookouts. The library circulates bocce, pickleball, corn hole, lawn bowling, Fair Play game, puzzle mats, croquet and a giant Jenga. Plus try our brand-new GoPro Hero 11. Available for 14-day loans. Amp up the fun this summer!



AUTHOR VISITS THIS SPRING

William Landay
All That Is Mine
I Carry With Me
WEDNESDAY, MAY
31AT 7:00 P.M.
AT THE MAIN
LIBRARY.



William Landay discusses his latest novel All That Is Mine I Carry With Me. Landy is the author of three previous

Is Mine I Carry With Me. Landy is the author of three previous novels: Defending Jacob, which won the Strand Critics Award for best mystery novel; The Strangler, listed as a best crime novel of the year by the L.A. Times, Daily Telegraph and others; and Mission Flats, winner of the Dagger Award for best first crime novel. A former assistant district attorney, Landay resides in Boston.



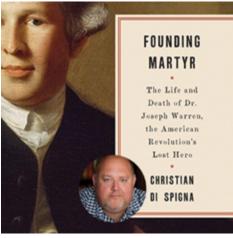
Christian Di Spigna Founding Martyr

SATURDAY, JUNE 10 AT 3:00 P.M. AT THE MAIN LIBRARY.

The Westwood Public Library,
Dr. Joseph Warren Foundation
and Freemason Lodges of
Westwood invite you to join
Christian Di Spigna, author of
Founding Martyr, an illuminating
biography of Dr. Joseph Warren,
America's forgotten founding
father. Warren was a patriot
physician and major general,
who incited rebellion and died
heroically at the Battle of Bunker
Hill. Notably, 2023 marks the 250th
anniversary of the Boston Tea Party.

talk about new discoveries he has made about Dr. Warren. He will deconstruct the many Warren legends and explore his resistance activities between 1765-1775 as he rose to the heights of power. Di Spigna graduated with a degree

In his presentation, Di Spigna will



in history from Columbia University, where he began his research on Warren. He lives in Williamsburg, Virginia and is Executive Director of the Dr. Joseph Warren Foundation. Visit www.DJWF.org for more information. Come listen to and celebrate this important historic event from the perspective of a beloved physician living in colonial Boston in 1773.

TECHNOLOGY HELP

Reference librarians are available to help with general troubleshooting with phones, tablets, and laptop computers and also with library apps and websites. If you have a question, please call 781-320-1045 or email askwestwood@minlib.net.

Library One-on-One Tech Help

Technology help hours are available at the Islington Branch on Tuesdays and Thursdays from 2:00 p.m. to 5:00 p.m. Email wwdmail2@minlib.net or call 781-326-5914 to sign up.



YOUTH

Storytimes

Westwood Library offers four story-times per week for our youngest booklovers. Our all ages storytimes, Branch Books and Boogie (at Islington Library), Move and Groove, and Tales and Tots are geared towards all ages. Each includes a 30-minute mix of songs, stories and dancing. Librarians will allow up to 50 participants (which includes parents and kids) in these large scale storytimes.

Baby Rhyme Time is a special program just for babies between the ages of 0-18 months. This program features 25 minutes of rhymes, bounces, songs and a story, followed by 30 minutes of open play and socialization for parents (and caregivers). Librarians limit this group to 25 parents and kids, so that babies and emerging walkers can safely move around and comfortably experience their first storytime.

All our storytimes are enormously popular and require registration on the website starting two weeks in advance of each date. Check the website for the most up-to-date information.

Read to a Dog

Once a month between September and May, children in kindergarten through fifth grade can spend 15



minutes one-on-one with a certified therapy dog to practice their reading. The Read to a Dog experience helps children gain confidence in their abilities and build positive associations with reading because we have removed the stress kids feel about reading out loud, in front of their peers. Studies have shown that kids who struggle with reading will benefit from interacting with a non-judgmental animal.

This enormously popular program has been a staple of the Youth Services department for the past five years working with local therapy dog organizations such as The Pets and People Foundation, Dog B.O.N.E.S and Therapy Dogs International.

To sign up, families must call or stop by the Children's room. Check the website for the most up to date information.



TEEN

Cover to Cover Book Club Second early release Wednesday of the month at 1:45 p.m.

For tweens and teens in grades seven and up. Join Felicia on the second early release Wednesday of the month at the library for snacks and discussion of the book of the month. Register on the website. Check the website for book selections and dates.

Gamer Lounge with One Up Games:

First early release Wednesday of the month from 2:00 p.m. to 4:00 p.m., Apr. 12 and May 10.

Middle Schoolers can come to the library on select early release Wednesdays for two hours of open game play with One Up Games, featuring SuperSmash Bro., Fortnite, MarioKart, and more!

Fri-YAY!

Fridays after school at 3:00 p.m.

Come hang out with your friends and relax. Play video or board games, listen to music, and catch up on new movies and books.



SIGN UP FOR THE LIBRARY'S NEWSLETTER!

Get a list of upcoming events in your inbox every month. Sign up at www.westwoodlibrary.org/newsletter



Collection Schedule 2023

HOLIDAYS WITH 1-DAY DELAY IN COLLECTIONS:

Memorial Day (5/29)

Independence Day (7/4) Monday 7/3 will be normal pick up

Labor Day (9/4)

Thanksgiving Day (11/23)

Christmas Day (12/25)

HOUSEHOLD HAZARDOUS WASTE DAYS

April 29, 2023 September 9, 2023

RECYCLE DAY

May 13, 2023

Westwood Collection Schedule 2023 Green Recycling Week Observed Holiday Blue Recycling Week Bagged leaf collection **Bulk Collection Weeks** 10 11 12 13 14 15 16 17 18 19 20 21 12 13 14 15 16 17 18 12 13 14 15 16 17 18 21 22 23 24 25 19 20 21 22 23 24 25 22 23 24 25 26 27 28 19 20 3 9 10 11 12 13 10 11 12 13 14 15 14 15 16 17 18 19 20 **9** 11 12 13 14 15 16 17 16 17 18 19 20 21 22 21 22 23 24 25 26 27 18 19 20 21 22 23 24 23 24 25 26 27 28 29 28 29 30 31 26 27 28 29 30 1 2 3 4 5 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 10 11 12 13 14 15 10 11 12 13 14 15 16 16 17 18 19 20 21 22 20 21 22 23 24 25 17 18 19 20 21 22 25 26 27 28 29 4 9 10 11 12 13 14 17 18 19 20 21 **2** 12 13 14 15 16 17 18 10 11 12 13 14 15 16 15 22 23 24 25 26 27 28 Ø 19 20 21 22 23 24 25 17 18 19 20 21 22 23 29 30 31 24 25 26 27 28 29 30

Holiday Schedule

When an observed holiday falls on a normal collection day, collections will be delayed by one day for the remainder of the week. The following holidays will result in delayed collections:

New Years Day - Memorial Day - Independence Day - Labor Day - Thanksgiving Day Christmas Day



YARD WASTE COLLECTION WEEKS FOR 2023:

May 1-5 November 13-17
June 12-16 November 20-25
September 18-22 (1-day delay due to Thanksgiving holiday,

October 23-27 F-Sat)

October 30-November 3 November 27-December 1

FY24 ANTICIPATED PAVING (JULY 2023 APPROXIMATE START):

Canton Street Coach Lane

Clapboardtree Street Meadowbrook Road

**Townwide street painting takes place overnight in May

Textiles, mattress and box springs were added to the Mass DEP's Waste Ban List effective November 1, 2022. This means textiles, mattress and box springs are **no longer accepted** at curbside, transfer stations, landfills, or waste to energy facilities for ultimate disposal.

Residents who need more information on ways to properly dispose of these items can find it here with this QR Code.



TRASH COLLECTION:

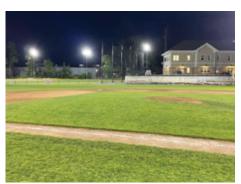
Trash and Recycle barrels are the property of the Town of Westwood and cannot be moved from the residence. Cleaning and maintaining barrels is the property owner's responsibility.

Everything (trash/recycle/yard waste/bulk, etc.) to be collected must be at curbside by 7:00 a.m. on your scheduled day. Any missed pick-ups (that were at curbside by 7:00 a.m.) need to be reported to dpw@townhall. westwood.ma.us or 781-251-2587 within 24 hours of your scheduled day. NO LONGER MISS ANY COLLECTIONS OR EVENTS Don't miss collection of yard waste, recycle, trash, household/curbside bulk, Recycling Day or Hazardous Waste Day! Download the free Recycle Coach App for all calendar schedules, reminders, events, do's & don'ts and what goes where at your fingertips: www.townhall.westwood.ma.us.

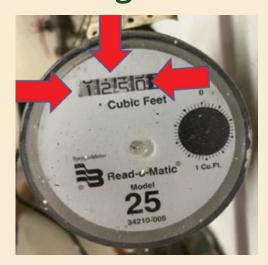
Visit DPW website for more information and updates www.townhall.westwood.ma.us







Second Meter Readings



SECOND METER READINGS HAPPEN TWICE ANNUALLY -JULY AND OCTOBER.

To submit your reading go to: www.townhall.westwood.ma.us/departments/public-works/sewer



Your irrigation/2nd water meter will look like the one pictured here (or will be similar to it.)

The correct reading to submit (4 white digits ONLY - see the red arrows in the picture) is 1250.

To get future reminders/alerts/notifications to submit your second meter reading, you will need to sign up for the townwide call alert system or go to the town website and click on "Sign up for Smart911 alerts."





The days are getting longer and warmer; it's time to start thinking about spring cleaning. When making your spring-cleaning list, consider these fire safety tips:

- Working smoke alarms cut the risk of dying in a home fire in half.
- Make sure you have working smoke alarms in every bedroom, outside each sleeping area and on every level of your home.
- Test smoke alarms at least once a month by pushing the test button; replace batteries twice a year when we change the clocks, and immediately if the alarm "chirps" warning that the battery is low.

The leading cause of home dryer fires is failure to clean them. Clean the lint filter after every load of laundry and remove any lint that has collected around the drum.

Chimneys should be inspected and cleaned at least once a year.

Having your chimney serviced in the spring will get rid of the buildup that could potentially cause more damage if left until the fall and chimney technicians usually have more availability in the spring.

Check extension cords for any fraying or exposed wires. Cords with visible signs of wear should immediately be replaced. Never run cords under carpet.

Most cooking fires occur on the stovetop. Make sure to keep the area around the stovetop clear of any flammable objects and never leave the kitchen if you are frying on the stovetop.





Spring has sprung and it's the perfect time to get out and enjoy our great New England weather! Here at the Center we have a number of exciting day trips planned as well as many special programs in addition to over 15 regular programs.

If you are 60 plus, come join us! Register for any of these programs at the Westwood Council on Aging by calling 781-329-8799.

Westwood's Oldest Resident





Westwood honored Carmela Hunt as the town's oldest resident on Feb. 24. Town Clerk Dottie Powers presented Carmela with Boston Cane. (Photo courtesy of Westwood Media Center)



The Westwood Council on Aging has a new van. The town purchased this new nine-passenger vehicle in late winter. It is now on the road helping seniors get to their medical appointments, run errands and grocery shop. Pictured here are van drivers John Trigilio, Paul Kelly and John Demling.

St. Patrick's Day Luncheon







On March 15, the Westwood Senior Center hosted a St. Patrick's Day Luncheon, sponsored by North Hill Communities of Needham. Over 65 seniors enjoyed a traditional meal of corned beef and cabbage and wonderful Irish music thanks to a grant from Westwood's Cultural Council.

(Photos courtesy: Westwood Media Center).



Our partnership with the Westwood Fire Department continues to grow

The Westwood Fire Department is partnering with the Westwood COA to run a Fire Safety and Fall Prevention program, which offers free home safety inspections to seniors in town. This program was developed by the National Fire Prevention Association and the Centers for Disease Control and Prevention in order to help seniors live safely at home for as long as possible. Westwood Firefighters will do a quick safety check of your home and provide you with tips to keep you safe. They will even assist you in replacing old smoke detectors, carbon monoxide detectors or batteries. Detectors and batteries are paid for through charitable donations and are free of charge to you.

You must call the Senior Center to sign up for this important program and WFD will get back to you to schedule an appointment.

Day And Overnight Trips Travel

WITH TOURS OF DISTINCTION

We are back on the road and are now working with a new travel company - so come join us!

5-DAY TRIP TO QUEBEC

July 17-21 - \$1537 pp double/\$2187 pp single. Tours of Distinction will make a presentation at the Center for this trip on May 9 at 10:00 a.m. Includes all bus transportation, guided tours, 3 dinners, 1 box lunch and 1 breakfast, whale watch, 4 nights' accommodations, travel insurance. A non-refundable deposit of \$150 is required at reservation. Flier with all details available at the Center.



LONG ISLAND LIGHTHOUSE CRUISE

June 28th - \$141 pp Roundtrip motor coach, narrated lighthouse cruise, lunch at Andiamo Restaurant, free time in Mystic Village-\$15 non-refundable deposit at sign up. (Currently sold out but get on the waitlist!)

TANGLEWOOD

August 13 -\$210pp Yo-Yo Ma Cello Matinee Concert with lunch - roundtrip motor coach, lunch and tickets in the shed - \$15 non-refundable deposit at sign up.

CAPE COD CRANBERRY BOG

September 7 - \$166pp

Transportation, tour of cranberry bog, lunch at Alberto's Restaurant, Hy-Line Cruise of Cape Cod Canal -\$15 non-refundable deposit at sign up.

All tours include luxury motor coach, tour, lunch and gratuities. Fliers with all the details for these trips are available at the Center.

Two Special COA Lectures at The Westwood Public Library

Note: Please park across the street at the Mason's parking lot

POST-WAR AMERICA: PROSPERITY, PARANOIA AND TRANSFORMATION (1945-1970)

With Historian Paolo DiGregorio Tuesday April 25 at 10:00 a.m. \$5 donation and you must sign up in advance (refreshments will be served).

In the decades following the end of the Second World War, the U.S. was in a position of unprecedented global power and domestic prosperity. Yet that period was also marked by Cold War fear and growing calls for social change. This program will look at the transformative era from 1945-1970. In order to understand what is happening today, you must first understand what has happened in the past.

FOUNTAINS, PIAZZAS AND CHURCHES OF ROME

Live Streamed with Casa Mia Tuesday May 9 at 1:00 p.m. \$5 donation and you must sign up in advance (refreshments will be served).

Come enjoy a live streaming tour of what all Rome visitors want to see... the stunning Spanish Steps, the Trevi Fountain and so on. We'll enjoy a live streamed walk with commentary through the area, with its over 2000 years of history, the monuments, the fountains, the churches and more.



Upcoming Programs at the Center

AN INTERGENERATIONAL PROGRAM

Wednesday April 26 at 12:00 p.m. Hosted by the Friends of the COA and WHS Sophomore Class

The Friends of the COA and the WHS Sophomore Class invite you to join them for a light lunch and then an hour of knitting, playing board games and low impact exercise. This is a great way to connect with some high school students. There is no cost to this program, but you must sign up in advance.

WESTWOOD'S COUNCIL ON AGING'S ANNUAL COMMUNITY SHREDDING DAY

At the Senior Center's parking lot Sponsored by District Attorney Michael Morrisey

Thursday May 4 10:00 a.m. to 1:00 p.m. (Rain or Shine)

We are pleased once again to partner with the Norfolk County District Attorney's Office to offer a free shredding day. Please drive into the Center parking lot and let volunteers take your bags of personal information and they will bring it over to the truck to shred. Staples and paper clips are fine, but no three ring binders. Please limit your shredding to three bags that can be easily lifted by volunteers.



COUNCIL ON AGING

AN EMERGENCY BACKPACK CAN MAKE A DIFFERENCE

Thursday April 27 at 10:00 a.m. Sponsored by Norfolk District Attorney Michael Morrisey \$3 donation and you must sign up in advance.

Norfolk District Attorney Michael W. Morrissey invites you to attend a presentation by the Massachusetts **Emergency Preparedness** Coordinator to learn about the necessary survival items for an emergency. From hurricanes to floods to blizzards and power outages, emergencies can strike at any time. It is important to be prepared. Come pick up a backpack filled with necessary items suggested by Homeland Security and hear about the importance and use of each item. One backpack per person. Space is limited.

A DOWNTON ABBEY LADIES TEA SPONSORED BY CLAREMONT (RESIDENCES AT HIGHLAND GLEN)

Thursday May 25 at 12:00 p.m. \$5 donation and you must sign up in advance. Sign up begins on May 3. You are cordially invited to join us for tempting teas and dainty treats as we recreate a high tea worthy of the bygone era of Downton Abbey. Our treats will include tea sandwiches, scones, financiers, tea cakes and more. Enjoy the company of our friends and feel free to dress in the theme of the occasion if you wish.

DON'T POUR SUGAR ON ME - A LUNCH AND LEARN ON DIABETES

Sponsored by Big Y Monday May 8 at 12:00 p.m. \$3 donation and you must sign up in advance.

Big Y Pharmacist Eddie Martucci will present a discussion about diabetes, some testing techniques and desired numbers for those home tests. He will discuss a little about diet but mostly the new injectable diabetes drugs that help prevent cardiac disease too.

Annual Veterans Memorial Day Breakfast

SPONSORED BY NEEDHAM BANK

Friday May 26 at 9:00 a.m. No cost, but please sign up in advance

Calling all Westwood Veterans, young and old.

We are hosting our free, annual Memorial Day
Breakfast and we would love to have you join us!

We offer quiche, bagels, fruit and coffee. Our guest
speaker will be U.S. Marine Major TJ Tedeschi,
Westwood's new Veteran's Service Officer.

FRIENDS AGAINST FRAUD -WAYS TO PROTECT YOURSELF AND YOUR FAMILY

Monday June 12 at 10:00 a.m. Sponsored by

Dedham Savings Bank

This program, presented by your friends at Dedham Savings, will review common scams targeting older adults. Speakers will share best practices and provide valuable resources to help you avoid becoming a victim of fraud.

Some of our regular programs that will help you get back in shape!

LOW IMPACT EXERCISE WITH ALEX

Mondays & Wednesdays at 1:00 p.m. \$3 donation

This low impact class will strengthen your muscles and help you stay flexible as you age. Please wear comfortable clothing and bring a water bottle. No time like the present to get strength back into your body!

PILATES WITH MARY

Mondays at 10:30 a.m. Thursdays at 11:00 a.m. \$3 donation

Pilates is done primarily on a mat and will strengthen your core and abs. Please bring a water bottle, floor mat and wear comfortable clothing.



TAI CHI WITH SCOTTY

Tuesdays 1:00 p.m. \$3 donation

T'ai Chi is a version of Qi Gong and one of the most popular iterations around the world. A non-aggressive martial art, it focuses on specific movements that are strung together in a set routine. Qi Gong is the simpler and more adaptive of the two, focusing more on cultivating energy.

WONDER WORKOUT WITH STEPHANIE AND PRISCILLA

Mondays, Wednesdays and Fridays from 8:00 to 9:00 a.m. \$3 donation

Need some inspiration to get back in shape? This high energy class is exactly what you need. Please wear comfortable clothing and bring a water bottle. Spring is a great time to get moving.

Meet Westwood's New Veterans Service Officer

Major TJ Tedeschi spent over two decades of his life serving in the United States Marine Corps. Now retired from active duty, his service continues as the Veteran's Service Agent (VSO) for the Massachusetts West Suburban Veterans District. Tedeschi splits his time between the communities of Westwood, Needham, Wayland, Weston and Wellesley.

"I decided to be a Marine when I was just 6-years-old," recalled Tedeschi. "I was watching an episode of 'Evening Magazine,' which was my favorite show, and there was a piece where they discussed the Marine Corps, and I just knew it was for me."

Tedeschi was sworn in on his 17th birthday. At 18, he was living in Japan. He would move a total of 26 times during his military career.





"It's my dream job. This is exactly what I worked for my whole life, and these positions don't come open very often."

"The best part of being a Marine was leading from the front," explained Tedeschi. "We were training to task and extremely versatile. I served in the White House for five years, but I also taught a course while on active duty in Vermont, and served in downtown Kabul protecting people."

Veterans can find Tedeschi in his office located at Westwood's Council on Aging between 9:00 a.m. and 3:30 p.m. each Monday. Veterans of all ages are welcome to make an appointment with Tedeschi to learn more about how he can help them filing claims or assisting with other related issues.

"I love this work," Tedeschi said, acknowledging the long path he took to get here. "It's my dream job. This is exactly what I worked for my whole life, and these positions don't come open very often."

Tedeschi earned his master's degree in leadership while on active duty and teaching at Norwich University in Vermont. He also has a graduate degree in adult education from Trident University in California.

Tedeschi is inviting veterans of all eras from each of the five towns he serves to reach out so he can create a database of all those in his district who served their country.

"I'm looking to start bringing together our veterans from the West Suburban Veteran's District under one roof," Tedeschi said. "I want to find out who served in what wars, and during which time periods, so that when we have something to celebrate or something to communicate with them, I can easily do that."

He is planning to organize a gathering for all WWII veterans from the district. "I also want younger generation veterans to know that I'm here for them," said Tedeschi. "My door is always open."

Veterans can make an appointment with Tedeschi by calling 781-489-7509.



Westwood Youth & Family Services is a town department that provides community-based programs and free confidential counseling services for the children and families of Westwood.



Visit our website for more information: www.townhall.westwood.ma.us/departments/youth-family-services

New Additions to the Westwood Youth & Family Services Team

The Youth & Family Services Department (WY&FS), and our Advisory Board, are pleased to introduce two new staff members that have recently joined our team, thanks to funding through the American Rescue Plan Act.

BRIANA CAST

Briana Cast is a licensed independent clinical social worker (LICSW) who recently joined WY&FS part-time in the role of Youth Services Counselor. Briana also works for the Massachusetts Department of Mental Health as a Juvenile Court clinician, conducting court-ordered mental



health and parenting evaluations along with consulting with judges, probation officers, attorneys, public and private agencies. Previously, she served as a Clinical Social Worker in the OBGYN-NICU at Brigham and Women's Hospital and a Primary Care Social Worker at Boston Children's Hospital. Briana received her BS in Psychology from University of Massachusetts, Amherst in 2016 and her Master's of Social Work from Simmons College in 2018. In her free time Briana enjoys spending time with family and friends, listening to music and reading.

HALEY STANSBERRY

Haley Stansberry recently joined WY&FS part-time as a Youth Services Counselor. Haley also works as a Mental Health Counselor at Beth Israel Lahey Health, where she manages a grant-funded emergency department diversion program and connects patients to community-based resources in an



effort to improve their overall health. Haley received her BA in Psychology from the University of Delaware in 2014 and her Master's of Education in Mental Health Counseling from Bridgewater State University in 2021. While in graduate school she interned at New Bedford Child & Family Services and was a Family Caregiver Specialist at HESSCO Elder Services. When not working Haley enjoys spending time with her family and friends and exploring new places.

Mental Health Resources Available to Westwood Residents



INTERFACE REFERRAL SERVICE

The William James College INTERFACE Referral Service is free for Westwood residents of any age at any time. The service is funded by the Town of Westwood and the Westwood Public Schools as a resource for children, adolescents, adults, couples, and families to get connected to mental health providers when they need them.

When you call the INTERFACE Referral Service, a representative will ask you about your specific needs and insurance. After the initial phone call, you will receive a follow-up call from INTERFACE who will share with you contact information for a mental health professional who meets all your

needs and is available to begin meeting in person, over the phone, or through video. All communication is confidential.

Each year, hundreds of Westwood residents utilize INTERFACE to get connected to mental health providers to help address anxiety, depression, grief, loss and other mental health concerns

To use the INTERFACE Referral Service, call 1-888-244-6843 between 9:00 a.m. and 5:00 p.m., Monday, Wednesday, and Friday, and from 8:00 a.m. to 6:00 p.m. on Tuesdays and Thursdays. Or you can go online to http://interface.williamjames.edu/. Westwood Youth & Family Services would like to thank all of the high school students who volunteered with our 2022-2023 Mentor Program, providing over 1,600 hours of community service to the Town of Westwood. We would also like to thank our school and community partners who helped make this year a success!

TEEN SCENE @ LIBRARY:

Abigail Forrest
Caitlin Reiser
Chloe Tsang
Claire Peng
Ethan Lu
Grace Farricy
Julia Ritzenberg
Kaylee Phu
Kelly Haddad
Liam McWeeney
Madison McGonagle
Matthew Ahou
Mia Halpin

Nicole Bagdasarian Patrick McGonagle Rebecca Starling Sarahluna Sassine

FRIENDS NETWORK

Alex Stathatos Anna Hoefler Caitlin Cann Charlie Rooney Cole Gustie Daniel Tryder Dawson Rose Ella Mansour Ellie Wu Erik Cerulli
Gillian Arend
Grace Sterling
Jake Minksy
Jacob Tryder
Jefferson Ji
Jimmy Liang
Joanne Flevarakis
Julia Drainville
Hannah Conant

Karen Li Luci DeMelle Mateo Thunberg Mia Warrington Michael Stoll Ryan Li Sandria Chen Sofia DeAngelis

Sophia Routhier

Stephen Zeuthen

Will LaRose

WESTWOOD WRITES: AN INTERGENERATIONAL PEN PAL PROGRAM:

Adrienne Lee Alissa Mullen Andrew Alex Brendan Varnerin Donald Varnerin Ella Xu Isabelle Ritz

Isabelle Ritz
Joe Cedrone
Keira Dent
Kevin Chin
Maddie Mulligan
Madeline McMann
Marissa Daly
Nora Fortune
Ruby Codrington
Sam Cochran
Sandria Chen
Sarah Garratt
Sasha Marino
Sophia Routhier
Sophie Ritz
Victoria McGowan

Will LaRose Zoe Chin

Wilfred Chilangwa

BE SMARRT (AKA BULLYING PREVENTION THEATER):

Andie Sullivan Ben Methot Caroline Tassone Gabriella Hennessey Karen Li Maeve Gavin

Maeve Gavin Nicola Midiri Olivia Li Ryan Li Wesley Li

BODY SAFETY THEATER:

Francesca Gennari Olivia Li Maeve Gavin Sasha Marino Gabby Hennessey Andie Sullivan Riley Tuccillo Abigail Diane O'Leary Katelyn Fay Gracie Kline

Grace Foscaldo

MASS 211

Mass 211 is an easy-to-remember telephone number that connects Massachusetts callers to information about critical health and human services available in their community. It serves as a resource for finding government benefits and services, nonprofit organizations, support groups, volunteer opportunities, donation programs, and other local resources and is available 24 hours a day, 7 days a week. Always a confidential call, Mass 211 is an important resource that prevents the emergency 911 system from responding to non-emergency calls and keeps it available for people facing critical health emergencies.

Mass 211 is an easy way to find or give help in your community. Calls are answered immediately by operators who direct callers to services most appropriate for their needs, whether they are in an immediate crisis or need resources for a later date. If you are unable to reach 211 due to your telephone or cell phone carrier, a toll-free number is available at 1-877-211-MASS (6277)

988 SUICIDE & CRISIS LIFELINE

The 988 Suicide and Crisis Lifeline provides 24/7, free and confidential support for people in suicidal crisis or emotional distress. It is a national organization serving people in all 50 states. The Lifeline helps thousands of people overcome crisis situations every day.



ANNUAL TOWN MEETING: MONDAY, MAY 1, 2023



TOWN MEETING CONT. FROM PG 1

business matters such as street or road designations, the purchase/sale/lease or exchange of property and special legislation.

Throughout the year, the town's elected and appointed officials follow the bylaws and policies to make decisions and operate with discretion to fulfill their duties.

What is a Warrant?

The purpose of a warrant is to apprise the voters of the subject matter (articles)

to be considered at Town Meeting. Warrants include a description of the subject matter to provide voters with an understanding of what a Yea or Nay vote would mean. Every action taken at Town Meeting is pursuant to some article in the warrant and must be within the scope of such article. Articles are proposed in late fall by the town's Select Board, as well as by the town's other boards and commissions, and town staff. Residents can also propose to insert an article in the warrant for any annual or special town meeting.

One person must act as the petitioner, collecting the requisite number of signatures from registered voters, and filing the proposed article(s) with the Town Clerk for certification before the Select Board closes the warrant.

Where and when is the warrant available?

At the direction of the Select Board, the town constable posts attested copies of the warrant online and in five public places that are equally distributed among the town's five precincts.



We encourage all registered voters to attend Town Meeting to have their voices heard and to participate in the important decisions that govern the town.

Posting must occur at least seven days before the date of the Town Meeting, or at least 14 days before the time stated in the warrant for holding a Special Town Meeting.

What to expect at Town Meeting and who are the key players?

Of course, the registered voters are key players at Town Meeting because they decide the fate of each article presented. "Town Meeting is where important decisions are made that govern our town. It's important for residents to become familiar with Town Meeting and make every effort to attend," said Westwood



Town Clerk

Town Clerk Dottie Powers. The Town Clerk is responsible for swearing in newly elected officers, managing visitor and voter check-in, and monitoring all voting, including voice and electronic voting. In addition, the town clerk records all votes passed by the moderator and keeps a historical record of all Town Meeting proceedings.

At the start of the official Town Meeting business, the Moderator declares a quorum, which is the required number of registered voters that must be present to carry out official municipal business.

Town Counsel Patrick Ahearn assists the Moderator, Assistant Moderator, Select Board, Town Administrator, and Town Staff should questions arise regarding Warrant articles being presented at the Meeting.



Patrick Ahearr

As the Moderator proceeds through the warrant articles, residents may hear presentations from various Town staff, such as the Assistant Town Administrator/Finance Director, who gives an update on the proposed budget for the next fiscal year; or the Community and Economic Development Director who presents articles on behalf of the Planning Board. These presentations help give residents a clear understanding of what they will be asked to vote on.

We encourage all registered voters to attend Town Meeting to have their voices heard and to participate in the important decisions that govern the town.

CONNECT WITH WESTWOOD

Staying on top of what's going on around Westwood is easier than ever! The town has several options



- on a variety of platforms

- for all residents to stay informed about public safety updates and town business. Residents can visit the town website at www.townhall.westwood.ma.us, and click on "notify me" on the main page to

sign up.

ALERT Westwood

The town uses ALERT Westwood for all emergency and non-emergency notifications. Once enrolled, residents have the option to receive notifications via phone, text message, email, or a combination of the three. It is our hope that with more advanced software, we will be able to communicate with residents more quickly than ever before.

Westwood Wire

The Westwood Wire is a monthly e-newsletter that includes news provided by the town and information from groups and organizations within the community.

Westwood Word

The Westwood Word is the town's new and improved print publication featuring town and community submissions that highlight events, happenings and news within Westwood. The Westwood Word is mailed to all residences three times per year: April (Spring/Summer), September (Fall), and January (Winter).

Social Media

Westwood has two social media accounts that are regularly updated. You can find us on Facebook and Twitter.

Website Notifications

Residents have the option to sign up for specific email updates of their choice to stay up-to-date on all town news or just specific information from a particular town board or committee.

WESTWOODWORD

580 High Street Westwood, MA 02090 PRSRT STD ECRWSS US POSTAGE PAID NORWOOD, MA PERMIT 81



WANT TO STAY INFORMED ON TOWN EVENTS?

Scan this QR code with your smartphone/tablet camera, and you will be directed to the town's notification page.

There you can sign up to receive ALERT

Westwood notifications, view the monthly Westwood WIRE (town's e-newsletter), or access the town's social media pages.