

Westwood Senior News

Co-sponsored by the Friends of Westwood Council on Aging

January 2010!!!

FROM THE DIRECTOR'S DESK



I want to wish everyone a "Happy New Year". A new year is just the right time to check on our personal records. Think about your Health Care Proxy information. Do you have yours in a visual place? Did you give a copy to your Doctor, Lawyer, family members? Do you need to make any changes to the document? Have you reviewed your wishes with the person you have chosen to be your advocate? A quick check of the document can save upset when the time comes to utilize your Health Care Proxy. Take a few minutes to review your Health Care Proxy, and just think you have completed one more item that will greatly assist you and your family. If you have not completed a Health Care Proxy form, we have the forms available at the Senior Center. Please feel free to stop in and pick one up. Have a healthy and productive month.

Sincerely,

Pat Carty-Larkin

Director, Westwood COA



HESSCO HOT LUNCH Served Monday to Friday

The Council on Aging serves a nutritious hot lunch

Monday through Friday. This program is provided through H.E.S.S.C.O. A donation of \$2.50 per person is suggested.

Transportation is available, but please call Rita at least 48 hours in advance to place your reservation.

You can reach Rita at (781) 329-6514



TELEPHONE REASSURANCE LINE

Would you like to receive a friendly telephone call every morning, Monday – Sunday, around 9 AM? Please call the Senior Center and leave your name and telephone number; someone will call you every morning for a brief chat.

WINTER WEATHER REMINDERS

If the Westwood Public Schools are closed, there will be no programs or transportation through the Westwood Senior Center. "No School" announcements are on TV channels 4, 5 and 7. Even if schools are open, if the COA determines that the weather is hazardous for you and our drivers, we may cancel programs and transportation. If your pathway is unsafe for you or our drivers, we may not be able to pick you up for an activity or medical appointment.

HESSCO makes its own decisions regarding the home-delivered meals. The meal site is closed if the Senior Center is closed. Their cancellation notices are on TV channels 5 & 7. If you have any questions call HESSCO directly at 781-784-4944.

Be prepared for winter: We recommend that you stock up on essentials – extra food (especially ready-to-eat foods) and water, special diet foods, medications, flashlights, portable radios, batteries, etc. Try to arrange to have a friend or neighbor check up on you and vice versa.

DATES FOR ELECTION S and TOWN MEETINGS

Tuesday, January 19, 2010	State Election
Monday, March 8, 2010	Special Town Meeting
Tuesday, April 27, 2010	Annual Town Election
Monday, May 3, 2010	Annual Town Meeting



BRAIN FOOD

TO YOUR HEALTH



Registration required for all events. To register, or for more information on any of these activities, please call (781) 329-8799

Please remember to register for all events. To register, or for information, call (781)329-8799

Computer for Beginners

Tuesdays January 5, 12, 26 10:00am-11:45am

Westwood residents \$10.00/non-residents \$15.00

Learn formatting, editing, create a simple table and a card using Microsoft Word; sample the Internet.

Intermediate Computer

Thursdays January 7, 14, 21, 28 10:00am-11:45am

Westwood residents \$10.00/non-residents \$15.00

Review and learn additional formatting, editing skills; create a table, card and labels using Microsoft Word; sample the Internet.

Surf the Internet

FREE

This introduction to the many facets of searching the WEB is available to seniors who want to learn the Internet. This is a hands-on class. Use our *NEW* computers or bring your own laptop. **A variety of days and times are available!** Call 781-329-8799 to reserve your one-on-one session.

Writing Class **\$5.00**

per class Tuesdays, January 5, 12, 26 11:45-1:00pm Speaking of imagination, try out the COA Writing Class.

Book Club

Wednesday, January 20 2:00pm

FREE

Book discussions is listed below.

Maisie Dobbs Jacqueline Winspear

Please come by to share your thoughts and meet some friends. We are always looking for people to join our group.

Bowling League

Mondays, January 4, 11, 18, 25 9:30am

Join the Senior Bowling League, meet new friends, and have fun while exercising for your health! We meet at the Norwood Bowling Alley.

Low Impact Exercise

\$2.00/session Mondays, January 4, 11, 18, 25 and

Wednesdays January 6, 13, 20, 27 1:00pm

Low impact exercise class.

Indoor Walking at Westwood High

Mondays, January 4, 11, 18, 25 and Thursday, January 7, 14, 21 3:15-4:00pm

Join us walking indoors at Westwood High School. We will meet in the school lobby at the back of the Westwood High School building. Walk at your own pace and enjoy some companionship!!! Hope to see you there.

Tai Chi

\$3.00/class

Tuesdays, , January 5, 12, 26 1:00pm

Practice the ancient art of Tai Chi, a gentle physical, stretching exercise that reduces stress and improves flexibility.

REIKI and FULL SPECTRUM HEALING

Thursday, January 7 1st session is FREE **then \$25.00/session.**

Melissa Hed, Usui Reiki Master, will offer 1:1 sessions of 45 minutes on Thursday, January 7 ...**continuing on the first Thursday of each month**...to assist healing and deep

relaxation. Clients are fully clothed and may either sit or lie down. First session is free.

TO YOUR HEALTH

Please remember to register for all events.
To register, or for information, call (781)329-8799

WALK-FIT- CARDIO-STRENGTH TRAINING**\$2.00/CLASS**

Tuesdays, January 5, 12, 26 and

Fridays, January 8, 15, 22, 29

1:30-2:30pm

Join Eileen for this strength training class. Good for balance and posture to help increase your strength and well being.

Please bring water and 1 or 2 lb weight.

“The New Day” Bereavement Group**FREE**

Wednesday, January 6, 13, 20, 27

10:00-11:30am

All are welcome to attend a caring and open Bereavement Group led by Facilitators Dorothy Ruggiero and Mary Sethna, from St. Margaret Mary Parish.

Blood Pressure Clinic**FREE**

Wednesday, January 20 9:00 – 11:30am

Chair Yoga

Tuesdays, January 5, 12, 26, Feb 2,9,16,23

9:00am

7 sessions, \$14.00

Experience the wonderful benefits of balance and strength from yoga. Register soon as space is limited.

DISCOUNTS FOR SENIORS

The intent of discounts is to help seniors economically and encourage their business. The definition of senior varies, with a range from 50 to 65 and older. Not all discounts are published so you should always ask - politely, cheerfully, optimistically and respectfully – for one. Here is a partial list of businesses that give senior discounts – in all situations, it is important to ask about their current policy:

1. MBTA – a Senior Transportation Access Pass (65+) entitles the bearer to ride buses for 15 cents, subway for 25 cents and Express buses & commuter rail for ½ price.

2. Amtrak – offers a 15% discount to persons 62 or older, except on Auto Train & 1st class tickets.

DISCOUNTS FOR SENIORS (continued)

3. Greyhound – if you are 62 or older, join Greyhound Seniors Club for \$5/year and get 10% off regular fare.

4. Airlines – offer two types of discounts:

A) a percentage discount of about 10% off regular fares; and B) senior multiple-coupon books. The age range is 55 – 62. American, Continental, Delta & United offer discounts. Some airlines have senior clubs which may be worth the membership fee if you fly frequently.

5. Rental cars – offer a discount of 5-10% for seniors.

6. Motels, hotels and resorts – 37 motel chains offer discounts of 10-30%.

7. Internet services – AOL, Compuserve, Microsoft & Prodigy offer senior discounts.

8. Banks – most offer senior discount plan of some type (i.e. free checking account).

9. National Parks – Lifetime Golden Age Passport costs \$10 for those 62+ (with age and citizen identification), allowing free admission to National Parks for all passengers in a private vehicle. It offers 50% discount on camping and other use fees. Stores – many stores offer senior discounts – often on specific days.

10. Restaurants – may offer an early-bird discount on dinner (hours and discounts vary).

11. Movies, amusement parks, theatres and museums – usually offer senior discounts that amount to 10 –50%. These are just a few of the businesses that offer senior discounts!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				HAPPY NEW YEAR!!! SENIOR CENTER CLOSED
4	5	6	7	8
9:30 Bowling League 1:00 Exercise Class 1:00 Whist Group 1:00 Painting 3:15 Indoor Walking	9:00 Chair Yoga 9:30 Braintree Mall 10:00 Begin Computers 10:00 Quilting 11:45 Writing Class 1:00 Tai Chi 1:30 Walk Fit 2:00 Movie	9:00 Manicures 9:00 Free Legal Advice 10:00 Bereavement Gr. 11:30 Dup.Bridge/Foxb 1:00 Exercise Class	9:00 Reiki Healing 9:30 Wii Games 10:00 Intermediate Computer 1:00 Cribbage 1:15 BINGO 1:30 Knitting & Crocheting 3:15 Indoor Walking	9:30 Hannaford's Mkt 10:00 Coffee Hour 11:30 Rub. Bridge Gr. 1:30 Walk Fit
11	12	13	14	15
9:30 Bowling League 1:00 Exercise Class 1:00 Whist Group 1:00 Painting 3:15 Indoor Walking	8:30 DAY OF BEAUTY 9:00 Chair Yoga 10:00 Begin Computers 10:00 Quilting 11:45 Writing Class 1:00 Tai Chi 1:30 Walk Fit 2:00 Movie	10:00 Bereavement Gr. 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class	9:30 Wii Games 10:00 Intermediate Computer 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet 3:15 Indoor Walking	9:30 Roche Bros. 10:00 Coffee Hour 11:30 Rub. Bridge Gr. 1:30 Walk Fit
18	19	20	21	22
SENIOR CENTER CLOSED HOLIDAY	SENIOR CENTER CLOSED VOTING	9:00 Manicures 9:00 Blood Pressure 10:00 Bereavement Gr. 11:30 Dup. Bridge Foxb 11:30 Home Instead Presentation 1:00 Exercise Class 2:00 Book Group	9:30 Wii Games 10:00 Intermediate Computer 1:00 Cribbage 1:00 Friends of COA Ed the Wizard! 1:15 BINGO 1:30 Knit & Crochet 3:15 Indoor Walking	9:30 Shaw's Market 10:00 Coffee Hour 11:30 Rub. Bridge Gr. 1:30 Walk Fit
25	26	27	28	29
9:30 Bowling League 1:00 Exercise Class 1:00 Whist Group 1:00 Painting 3:15 Indoor Walking	9:00 Chair Yoga 9:30 Xmas Tree – Foxboro 10:00 Quilting 10:00 Begin Computers 11:45 Writing Class 1:00 Tai Chi 1:30 Walk Fit 2:00 Movie	10:00 Bereavement Gr. 11:30 Dup. Bridge Gr. At Foxboro 11:30 Writing Class 1:00 Exercise Class	9:30 Wii Games 10:00 Intermediate Computer 1:00 Cribbage 1:15 BINGO 1:30 Knit & Crochet 3:15 Indoor Walking	9:30 Hannaford's Mkt. 10:00 Coffee Hour 11:30 Rub. Bridge Gr. 1:30 Walk Fit

Daly Foot Care will no longer be coming to the Senior Center. Call 781-329-7716 for an appointment.

BLOOD PRESSURE CLINIC -Town Public Health Nurse - 781-251-2576

ENTERTAINMENT

FOR YOUR INFORMATION



**PLEASE REMEMBER TO REGISTER FOR ALL EVENTS.
CALL (781) 329-8799**

FREE ONE-ON-ONE LEGAL ADVICE

Wednesday, January 6 9:00- 10:30am
FREE

Mary J. Roque, Attorney, specializing in Elder Law and Estate Planning, will be available to provide free legal guidance to seniors the first Wednesday of each month. She provides this service at no charge, and each meeting is BY APPOINTMENT ONLY.

INCOME TAX ASSISTANCE

**Beginning Monday February 8 9:00am-3:00pm
FREE**

Income tax assistance will be available by a representative from AARP. CALL FOR YOUR appointment--SPACES are limited. This *FREE* service is available to Westwood seniors.

FRIENDS OF THE WESTWOOD COUNCIL ON AGING

January 21 1:00pm
FREE

Happy New Year to all of the Friends of Westwood Council on Aging. Save January 21st at 1:00pm, here at the Senior Center for our entertainer "**Ed the Wizard**" who promises a "magic" show for adults—no flimsy-dressed assistant but no kid stuff either. Please come to support the Friends and enjoy a fun afternoon.

Thank you.

Mary Hunt, President Friends of Westwood COA

BLUE HILLS DAY OF BEAUTY \$20.00

Tuesday, January 12
8:30am-2:00pm

Come and be treated to a Day of Beauty at Blue Hills Regional Technical School, Department of Cosmetology. You will receive a facial, manicure, scalp treatment with **massage**, and a blow dry. ALSO LUNCH IS INCLUDED!!! What a great way to spruce up for the new season. We are limited to only 10 participants, so please sign up early.

Please remember to register for all events. To register, or for information, please call

(781)329-8799

BINGO



FREE

Thursdays, January 7, 14, 21, 28 1:15 – 2:45pm
Seniors are invited to play Bingo every Thursday afternoons. Join us and bring a friend!

MOVIES FREE



ALL MOVIES
AT 2:00 pm

January 12
Prince & the Showgirl

Marilyn 1957
Monroe

January 26
Julie & Julia

Meryl Streep 2009

**IF YOU HAVE ANY FAVORITE MOVIES,
PLEASE LET US KNOW!**

Two elderly ladies had been friends for many decades. Over the years they had shared all kinds of activities and adventures. Lately, their activities had been limited to playing cards a few times a week. One day when playing cards, one looked at the other and said, "Now don't get mad at me. I know we've been friends a long time, but I just can't think of your name. I've thought and thought, but I can't remember it. Please tell me what your name is." Her friend glared at her. For at least three minutes she just stared and glared. Finally she said, "How soon do you need to know?"

REMINDER: PLEASE RENEW YOUR SENIOR NEWSLETTER HOME DELIVERY

COA Newsletter Subscription for 2010

Please make your \$ 4.00 check payable to the Friends of Westwood COA, 60 Nahatan Street, Westwood, MA 02090

Name:

Tele. #

Address:

Please help support the Westwood Senior Center. Thank you very much.

Prescription Advantage Benefit Change for 2010

Due to cuts in the state budget, Prescription Advantage was forced to make a change to its benefits. Starting January 1, 2010, Prescription Advantage will no longer help members pay their Medicare prescription drug plan premium. This premium assistance was not available to all members, only those at a certain income level. Members affected by this change were notified by mail.

Important Note: Your Medicare drug plan will be sending you a premium bill each month. It is very important that you pay the bill or you could lose your Medicare prescription drug benefits!

The elimination of premium assistance is the only change to Prescription Advantage benefits.

Prescription Advantage is not going away and will continue to pay for prescription drugs when members reach that gap in the Part D coverage that is known as the "donut hole". And for members in the S5 category, Prescription Advantage will still pay for covered prescription drugs once members reach their out-of-pocket spending limit of \$3,250. If you have any questions about your Prescription Advantage benefits, you can call Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636) Press 3.

THE 70+/40 TALK

Wednesday, January 20 11:30 AM
FREE

Communication is the key when talking with your adult child about issues of aging. Learn how and when to bring up sensitive subjects

NEW PROGRAM (Continued)

the many services available such as: *Fuel Assistance, Health Care Proxy, Homestead Declarations, Circuit Breaker Program, Chore workers, Home-Delivered Meals, Transportation, and access to other human service agencies.* Please consider this wonderful program.

INTERGENERATIONAL PROGRAM

Wednesdays, March 10, April 7, May 5, June 2

11:30 – 1:00pm with bag lunch

Another fun year with fourth graders at the Deerfield School is ready to go. We have programs and dates set up.

We need is more seniors, as the fourth graders find it more and more interesting to be part of this GREAT group.

10 Tips for Smart Holiday Shopping

Undoubtedly it pays to do your homework and shop around when looking for gifts for the holidays. Read the sale ads carefully. Some may say, "quantities limited," "not available in all stores" or "no rain checks." Before making a purchase, check out the store's refund and exchange policy. A retail store can have any policy it chooses as long as the Refund/Return policy is clearly disclosed.

All products purchased from a business in Massachusetts carry an implied warranty which states that a product should function normally for its intended purpose and for a reasonable period of time. If the product fails to do this, it is considered defective.

You are entitled to a refund, replacement or repair. The choice is yours.

Gift Certificates and merchandise credit

like remaining independent, leaving your legacy, budgeting, illness and loneliness. It is important to talk about these issues before a crisis happens.

Please join Laurie Bender, RN, MS, CCNS, of Home Instead Senior Care, who will explain how to approach these challenges. She will lead an informal discussion of these and other topics. Light refreshments will be served. Register by calling the senior center.

NEW PROGRAM

The Friendly Visitors Program is a new FREE program providing a variety of support services to older residents of Westwood. If you would like a visit, or if you know someone who might like a visit, please call the Senior Center at 781-329-8799. Someone is available to come by and read, play games, or just stop by for a friendly chat. We can also help link you with our Outreach Department for assistance with

Anyone for Chess???



We're looking for chess players. Anyone interested in this brain stimulating game, please call the Center for more information. (781)329-8799

10 Tips for Smart Holiday Shopping (cont. from pg 6)

Before making a purchase on the Internet, carefully check out the seller. Can you contact them easily by telephone or email? Is an address provided? Type the business' name into a search engine along with "complaints." Are the reviews favorable?

When shopping on the Internet, look for signs that the website is secure before entering personal financial information. A closed padlock on the browser's status bar will indicate that the site is safe. When completing a purchase, the website's URL should change from http to https, which indicates that the purchase information is encrypted. Consider how you will pay. Credit cards are a safe option because they allow consumers to seek a credit from the issuer if the product isn't delivered or isn't what was ordered. Also if your

slips are good for 7 years and are not subject to any administrative fees. But beware! The gift certificate is worthless if the business ceases to operate.

When purchasing merchandise with a credit card, the seller cannot write personal identification information on the credit card slip. However, when paying by check, the seller can record your address, driver's license number and daytime telephone number.

Charitable requests peak around the holidays. To ensure that your donation makes its way to the charity of choice, check out if they are registered with the Office of the Massachusetts Attorney General. Ask if the charity uses a solicitor and question how much the charity receives of the donation given.

Dream Facts



Dream is a semi-conscious state where we have absolutely no control over our thoughts and expressions (unless we master lucid dreaming). Did you know that most of us spend six years or more of our lifetime dreaming? Research proves that all of us dream at least twice or more in our sleep though we may not remember when we get up. In 5 minutes of waking, half of our dream is forgotten and within 10 minutes. People blind from birth dream. It is just that the dreams of these individuals are formed by other sense such as the touch, smell, sound and taste. During roman era some dreams were even discussed and interpreted in the senate as the dream was considered to be a God sent message for the mankind. Lucid dreams are considered those dreams where person can take full or partial control of their dreams. Most important fact in order to be aware that we are dreaming is practice. Writing down and keeping track of your dreams is very important. Second thing is noticing signs or triggers that can help us stay aware that we are in dreaming state. Once we start dreaming lucidly we could control the imaginary

card number is stolen, you generally won't be liable for more than \$50 in charges.

Keep a paper trail. Save all records, receipts, copies of emails, and tags and boxes when possible. Read your credit card statements as soon as you received them to make sure there aren't any unauthorized charges.

Blonde Joke - "Blonde Cruise"

A blonde walking by a travel agency notices a sign in the window, "Cruise Special - \$99!" She goes inside, hands the agent her money, and says, "I'd like the \$99 cruise special, please." The agent grabs her, drags her into the back room, ties her to a large inner tube, drags her out the back door and downhill to the river, pushes her in and leaves her, floating downstream. A few minutes later another blonde passes by, sees the sign, goes inside, and pays for the \$99 cruise special. She receives the same treatment. Drifting into stronger current, she eventually catches up with the first blonde. As they float along, side-by-side, the first blonde asks, "Do they serve refreshments on this cruise?" The other replies, "They didn't last year!"




experiences in the dream environment. This is extremely important for people that have nightmares. Interesting fact is that our body is paralyzed during our sleep probably to prevent the body from acting out dreams.

Upcoming Trips for 2010

Thurs., March 18	Four Celtic Voices	\$65.00
Wed., April 21	Glen Anthony Lantana	\$40.00
Wed., May 12	Tropical Beat Lucianos	\$40.00
Tues., Aug. 10	Celebrate Boston	\$75.00
Thurs., Aug 26	Lobsterbake	\$85.00
Thurs., Sept 16	Lake Winnepesaukee	\$85.00
Fri., Oct. 1	Fall Foliage Train Ride	\$95.00

HESSCO ELDER SERVICE-NOVEMBER MENU

Reservations must be made at least 2 days in advance. Call Rita at (781) 329-6514. Envelopes for your home-delivered meals' confidential donations will be distributed on Monday and collected on Friday.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 
CONFIDENTIAL DONATION IS \$2.50 PER MEAL				
4	5	6	7	8
Spinach and Cheese Omelet Hash Browns Carrots >Fruit Muffin Pineapple <i>Calories-348 Sodium-254</i>	Soup and Sandwich	Meatloaf with Gravy Mashed Potato Broccoli Wheat Bread # Pudding <i>Calories-461 Sodium-316</i>	Turkey with Gravy Roasted Bliss Potato Peas Finger Roll Peaches <i>Calories-321 Sodium-100</i>	BBQ Pork Rib Scalloped Potato Mixed Vegetable >Whole Wheat Bread Fresh Orange <i>Calories-294 Sodium-629</i>
11	12	13	14	15
Home Style Beef Patty Buttered Noodles Chuck Wagon Veg. >Multigrain Roll # Strawberry Cup <i>Calories-438 Sodium-699</i>	Vegetarian Lasagna with Tomato Sauce Tossed Salad Snowflake Roll # Pudding <i>Calories-387 Sodium-816</i>	Boneless Chicken Teriyaki Asian Rice >Whole Wheat Roll Mandarin Oranges <i>Calories-393 Sodium-329</i>	*Low Sodium Hot Dog Vegetarian Baked Beans Spring Blend Hot Dog Roll Fresh Apple <i>Calories-429 Sodium-1075</i>	Pier 17 Fish Beans & Rice Escalloped Tomato >Whole Wheat Bread Mixed Fruit <i>Calories-453 Sodium-630</i>
18	19	20	21	22
MARTIN LUTHER KING DAY SENIOR CENTER CLOSED <i>Calories- Sodium-</i>	CENTER CLOSED FOR VOTING  <i>Calories- Sodium-</i>	Roast Pork with Rosemary Gravy Winter Squash >Multigrain Roll # Pudding <i>Calories-491 Sodium-261</i>	Swedish Meatballs Noodles Mixed Vegetables >Whole Wheat Bread Pineapple <i>Calories-463 Sodium-624</i>	Crustless Chicken Pot Pie Parmesan Mashed Potato Biscuit Fresh Apple <i>Calories-454 Sodium-260</i>
25	26	27	28	29
Beef Rigatoni Italian Blend Veg. >Whole Wheat Roll Peaches <i>Calories-262 Sodium-460</i>	Beef Bordelaise Boiled Potato Scandinavian Blend Vegetables >Whole Wheat Bread # Pudding <i>Calories- Sodium-</i>	HAPPY BIRTHDAY *Breaded Chicken Cutlet Penne with Tomato Sauce Zucchini & Tomato Scali Bread <i>Calories-426 Sodium-970</i>	Lemon Butter Scallops Florentine Rice Peas >Multigrain Roll Fresh Orange <i>Calories-252 Sodium-311</i>	 PIZZA PARTY! <i>Calories- Sodium-</i>

ALL OVER 60 YEARS OF AGE ARE WELCOME AT THE MEAL SITES FOR LUNCH AND SOCIALIZATION.

Sodium and calories listed above are for entrees only.

SYMBOLS: >High Fiber, *Added Salt, # Added Sugar, Modified Desserts are available

SENIOR TRANSPORTATION SERVICES

Shoppers' Bus for Westwood residents is available on most Tuesdays to local Shopping Malls, and on most Fridays for food shopping. Participants are restricted to 4 shopping bags per person.

JAN	DATE	DESTINATION	PICK-UP	FEE
	5	Braintree Mall	9:30am	\$2.00
	8	Hannaford's Mkt	9:30am	\$2.00
	12	Day of Beauty	8:30	\$20.00
	15	Roche Bros	9:30am	\$2.00
	22	Shaw's Market	9:30am	\$2.00
	26	Xmas Tree Shop-Fox.	9:30am	\$2.00
	29	Hannaford's Mkt	9:30am	\$2.00

The COA will make 2 trips daily for food shopping if we have more than 6 seniors registered. Seniors on a waiting list will go shopping at 10:30a.m. and be picked up at noon for return home.

PLEASE NOTE: All reservations must be made at least 48 hours in advance. We will only take two reservations per telephone call. This bus is basically for seniors who do not drive, and reservations are on a first-come, first-served basis. All Westwood Glen residents will be picked up at Building #2. Highland Glen residents will be picked up at the flagpole. Local residents will be picked up at their homes. Suggested donation for this service is \$2.00.

Transportation is available for residents who would like to attend the Blood Pressure Clinic at the COA Senior Center on the 3rd Wednesday of each month. Please call the Center at (781)329-8799 to arrange for transportation.

If you are in need of a home visit, or have any questions about the program, please call the Westwood Board of Health office at 781 251-2576.

FISH volunteers are also available for some assistance to medical appointments. We have volunteers available for local calls, but very limited service.

Medical Transportation for Westwood residents to medical appointments, within a 10-mile radius, is available between 9:30am and 1:30pm, Monday through Friday. Reservations must be made 48 hours in advance, and a donation of \$2.00 is suggested. Call the Senior Center at 781 329-8799.

Medical Transportation to Boston: Rides are available through the Foxfield Taxi Service, 1-800-585-8294, for \$25.00. Twenty-four hours notice is required, and the rides are available only on Mondays and Wednesdays.

Westfare Taxi Vouchers are available to eligible seniors. A purchase of \$12.00 will buy \$48.00 worth of transportation. Jean Stahl, COA Outreach Worker, administers this program. For more information, call Jean on Monday, Tuesday or Thursday at (781) 329-8799.

<p>Council on Aging Board Members</p> <p>Chairperson Edie McCracken</p> <p>Vice-Chairperson Robert Folsom</p> <p>Members Betty Connors Margaret Dullea William Galvin Mary Gens Irene MacEachern Colleen Messing Patricia Davies Verzino</p> <p>Director Pat Carty-Larkin</p>

<p>Friends of Westwood Council on Aging 60 Nahatan Street WESTWOOD, MA 02090</p>	<p>NONPROFIT ORGANIZATION U.S. POSTAGE PAID WESTWOOD, MA 02090 PERMIT # 16</p>
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