

WESTWOOD SENIOR NEWSLETTER



Co-sponsored by the Friends of Westwood Council on Aging

Westwood Senior Center
60 Nahatan Street, Westwood, MA 02090
(781) 329-8799

Director, Pat Larkin

AUGUST 2012

NOTE FROM THE COA DIRECTOR

Director's Report:

I trust that everyone is enjoying the summer. The good thing about summer is the fact that we have light longer which allows us to do more things in the early evening. Our last Summer Supper will be held on August 29th at 5:00 pm. The menu us Fruit Salad, Dinner Rolls, Turkey Breast, Cranberry Stuffing, Mashed Potatoes, Butternut Squash and dessert. We will have light entertainment and be finished by 7:30pm. Seats are limited and registration starts on August 1st.

Sincerely,

Pat Carty-Larkin

Director, Westwood COA

I REMEMBER

Please join author Ed Palasz's daughter, Beverly Andreozi, for a morning of remembrances and a book reading of her father's memoire on Monday, September 10th from 10:30 - 11:30am.

Ed Palasz was a child during the Depression. He parents passed away during the influenza epidemic of 1918 and Ed was shuffled from an orphanage into foster care. He traveled around the United States hitching rides on freight trains.

Share your experiences of growing up in the 20th century and also enjoy moments from Palasz's life.

PLEASE REGISTER BY CALLING THE COA

HESSCO lunch served daily:

Please call Rita at: 781-329-6514

REGISTRATION REQUIRED FOR ALL EVENTS.

To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.

ONGOING ACTIVITIES

(continued)

CLASSES and EXERCISE

(continued from page 2)



Tai Chi **\$3.00/session**
Tuesdays Aug 7,14,21,28 1:00pm

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

Yoga **\$3.00**
Tuesdays Aug 7,14,21,28 9:30 am
Experience the wonderful benefits of balance and strength from yoga.
Registration required.

ONGOING ACTIVITIES

Bereavement Group **Free**
Wednesday 10:00am

Led by LICSW Nina Johnston, this friendly and supportive group usually meets Wednesdays during each month. She will resume this group in the Fall.

Caregiver Group **Free**

Nina will lead this newly formed, supportive group on **Wednesdays in the Fall at 10:00am.**

Blood Pressure Clinic **Free**
Wednesday Aug 15th 9:00am

Westwood's Board of Health nurse is available the third Wednesday of every month.

Legal Advice (by appointment only) **Free**
Tuesday Aug 7 8:30am-10:00am

Mary J Roque, Attorney, specializing in Elder Law and Estate Planning, will provide free legal guidance to seniors *usually* on the first Tuesday of each month. Appointments are scheduled at about half hour intervals.

Financial Planning/Legal Advice **Free**

Wednesday Aug 1 10:00am
Attorney Frederick Pellegrini returns to the Senior Center to provide free legal and estate information usually on the first Wednesday of each month. As always, registration is required.

Medical Appointment Transportation to Boston **\$25.00 donation**

Mondays and Wednesdays 9:00am-11:00am

HESSCO has contracted with Community Care-A-Vans in Attleboro to operate the Title III transportation grant to Boston for medical appointments. Appointments must be scheduled on Mondays and Wednesdays, between 9:00am and 11:00am. Rides are shared, so all consumers go into Boston together for the earliest appointment and return home together following completion of the last appointment.

(continued next page)

**REGISTRATION REQUIRED FOR ALL
EVENTS**

To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.

SPECIAL EVENTS

**COME AND TAKE A TRIP
WITH US!!!**



August 16, 2012 Thursday
RAIL and SAIL \$89.95pp

Upon arriving at Meredith, NH, we will board the Winnepesaukee Railroad for a 1.5 hr excursion to Weirs Beach where we will board the M/S Mount Washington for a scenic cruise of New Hampshire's most beautiful lake. On board, enjoy a luncheon buffet and live entertainment featuring "Rock, Roll and Remember." Buffet luncheon menu includes: carved prime rib, haddock, potatoes, vegetables, salads, home baked rolls, and assorted desserts. A la cart cocktail bar will be available.

Trip includes: transportation, train ride, scenic cruise, luncheon and entertainment.

August 21, 2012 Tuesday

**TWIN LOBSTER LUNCHEON
AND
American Bandstand !!!**

\$82.00 pp

Snap your fingers, tap your toes to the music of Frank, Sammy, Dean, Bobby Darin, the Temptations, Four Tops, Frankie Avalon, Paul Anka and more starring Ron Gartner & His Band.

SPECIAL EVENTS (continued)

We will enjoy luncheon at the Clambake Restaurant in Scarborough, Maine, and our show will take place directly across the street.

Price includes: transportation, luncheon and show. **MEAL CHOICE:** Two Whole Boiled 1 ¼ lb lobsters OR Baked Haddock. **Non-fish alternative also available by REQUEST.**

Also included: Caesar salad, baked potato, rolls & butter, beverage & dessert

***** ***** ***** ***** ***** *****

September 25, 2012 Tuesday

**TWIN RIVER --
BEATLEMANIA NOW!**

\$79.95pp

*Time for fun at TWIN RIVER Casino and then Rock ' n Roll to the ultimate **Beatles** experience for fans of all ages!!! **Cost includes \$10.00 in Bonus Play AND Luncheon.***

*This event is Dinner Theater style seating...
Come for the show **and** Try Your Luck!*

Trip includes: transportation, luncheon served buffet style, show and gaming package.

***** ***** ***** ***** *****

November 13, 2012 Tuesday

**MOHEGAN SUN Presents:
KINGS OF COUNTRY**

\$75.00 pp

An Unforgettable Tribute to the biggest names in Country Music ...Phillip Bauer as Johnny Cash, Marion Deaton as Willie Nelson, and Marty Edward as Kenny Rogers. More details soon.

REGISTRATION REQUIRED FOR ALL EVENTS

To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.

SPECIAL EVENTS

REASSURANCE LINE

Would you like to receive a friendly daily telephone call? Our Reassurance Line links seniors with people who call each morning at about 9am as a reminder to take medications or just as a “check in” to see how you are doing. Please call Outreach Worker Jean Stahl at: 781-329-8799 to join this beneficial program.

ASK A LAWYER

The attorneys at the Dedham law firm of Samuel, Sayward & Baler LLC will answer a question each month related to estate planning or elder law issues. Please feel free to submit your questions anonymously by dropping them in the Ask A Lawyer box.

This month’s question:

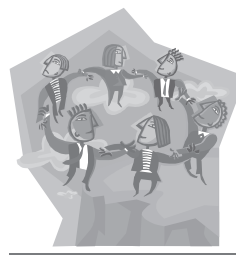
Q: How can I apply for veterans benefits for a nursing home resident?

A: The best place to start to learn about veterans benefits which may be available to a veteran or to the surviving spouse of a deceased veteran is with your local Veteran’s Service Agent. For the Town of Westwood, this is Chris McKeown, who has an office in the Town Hall and who can be reached at 781-320-1008.

ASK A LAWYER (from previous column)

A: A veteran who is a resident of a nursing home and who is paying privately for the cost of his care may be eligible to receive Aid and Attendance benefits from the Veteran’s Administration of up to \$1,704 per month. The Aid and Attendance benefit for the surviving spouse of a veteran can be as much as \$1,094 per month. If the nursing home resident is on Medicaid, also known as MassHealth, the Aid and Attendance benefit will be reduced to \$90 per month.

For more information and to read more about elder law and the services provided by elder law attorneys please visit www.ssbllc.com or call 781/461-1020. This article is not intended to provide legal advice or create or imply an attorney-client relationship. No information contained herein is a substitute for a personal consultation with an attorney.



FRIENDS OF WESTWOOD COA

Please consider joining the Friends group and help support the many activities and programs offered through the Senior Center.

**REGISTRATION REQUIRED FOR ALL
EVENTS**

To register, or for more information on any of these activities, please call the Senior Center at (781) 329-8799.

MOVIES FREE

Tuesdays 2:00pm

AUG 7 A League of Their Own

1992 PG 128 minutes

Two small-town sisters join an all-female baseball league formed when World War II brings professional baseball to a standstill. As their team hits the road with its drunken coach, the siblings find troubles and triumphs on and off the field.

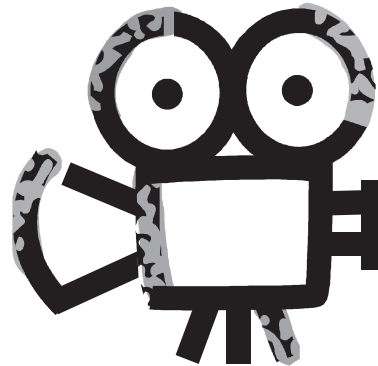
Cast: Tom Hanks, Geena Davis, Madonna, Lori Petty, Rosie O'Donnell

AUG 14 Limitless

2011 PG-13 105 minutes

With his writing career dragging and his girlfriend casting him off, Eddie Morra's life turns around when he takes a drug that provides astonishing mental focus -- but its deadly side effects threaten his future.

Cast: Bradley Cooper, Robert De Niro, Abbie Cornish



AUG 21 Romancing the Stone

1984 PG 106 minutes

When a reclusive romance writer -- whose humdrum life in no way resembles the exploits of her fiery fictional heroines -- learns her sister's been kidnapped, she's soon embroiled in a wild adventure involving hidden treasure and a dashing mercenary. **Cast:** Michael Douglas, Kathleen Turner, Danny DeVito

AUG 28 What's Eating Gilbert Grape

1993 PG-13 128 minutes

In a backwater Iowa town, Gilbert (Johnny Depp) struggles to take care of his mentally disabled brother, Arnie (Leonardo DiCaprio), and provide for the rest of his family. But after falling for the stranded Becky (Juliette Lewis), Gilbert discovers exciting new possibilities for his life. Co-starring Mary Steenburgen, John C. Reilly and Crispin Glover, this tender drama earned DiCaprio an Oscar nomination for Best Supporting Actor.

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AUGUST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DONATION IS \$2.50 PER MEAL MEAL TO CANCEL MEALS CALL 781-784-4944		1 BROCCOLI & CHEESE OMELET O'BRIEN POTATO ZUCCHINI & TOMATO >WHOLE WHEAT BREAD FRESH FRUIT	2 RST. TURKEY W/GRAVY #CRANBERRY SAUCE WHIPPED POTATO WINTER SQUASH DINNER ROLL #PUDDING	3 AMERICAN CHOP SUEY WAX & GREEN BEANS WHEAT BREAD CHILLED PEARS
		<i>CALORIES 336</i> <i>SODIUM 546</i>	<i>CALORIES 368</i> <i>SODIUM 530</i>	<i>CALORIES 312</i> <i>SODIUM 297</i>
6 CHICKEN CHOW MEIN W/VEGETABLES ORIENTAL RICE >WHOLE WHEAT ROLL PINEAPPLE CHUNKS	7 1/4 LB BURGER WITH ROLL POTATO SALAD COLE SLAW WATERMELON PUNCH	8 CORN CHOWDER BBQ CHICKEN CARROT COINS >MULTIGRAIN ROLL FRESH FRUIT	BEEF STEW W/VEG WITH VEGETABLES BOILED POTATOES WHOLE WHEAT BREAD DRIED PLUMS	10 POTATO POLLOCK FILET *TARTAR SAUCE WHIPPED POTATO SUMMER BLEND VEG WHEAT BREAD PEACHES
<i>CALORIES 290</i> <i>SODIUM 444</i>	<i>CALORIES 421</i> <i>SODIUM 370</i>	<i>CALORIES 419</i> <i>SODIUM 685</i>	<i>CALORIES 446</i> <i>SODIUM 379</i>	<i>CALORIES 462</i> <i>SODIUM 410</i>
13 MAC & CHEESE ESCALOPED TOMATO >MUFFIN #FRUITED JELL-O	14 *BREADED CHICKEN SANDWICH HASH BROWN POT ZUCCHINI & TOMATO HAMBURG ROLL DRIED FRUIT	15 MEATLOAF W/ONION GRAVY WHIPPED POTATO MIXED VEGETABLE >WHOLE WHEAT BREAD #CUTIE PIE	16 TURKEY DIVAN W/BROCC W/BROCCOLI RICE FLORENTINE >MULTIGRAIN ROLL PEARS	17 SWEDISH MEATBALLS BUTTERED NOODLES BEETS WHEAT BREAD FRESH FRUIT
<i>CALORIES 393</i> <i>Sodium 541</i>	<i>CALORIES 400</i> <i>SODIUM 854</i>	<i>CALORIES 553</i> <i>SODIUM 240</i>	<i>CALORIES 314</i> <i>SODIUM 674</i>	<i>CALORIES 451</i> <i>SODIUM 347</i>
20 SALISBURY STEAK W/MUSHROOM GRAVY WHIPPED POTATO CHUCK WAGON BLEND VEGETABLES >WHOLE WHEAT BREAD #PUDDING	21 WHOLE GRAIN STUFFED SHELLS BASIL SAUCE ITALIAN BLEND VEG >MULTIGRAIN ROLL PEACHES	22 TOMATO FLORENTINE SOUP CRUMB BAKED CHICKEN CONFETTI RICE WHEAT BREAD FRESH FRUIT	23 SHEPHERDS' PIE PEAS & CARROTS >WHOLE WHEAT ROLL #WHOLE GRAIN COOKIE #COOKIE	24 SALMON BOAT W/LEMON DILL SAUCE FLUFFY WHITE RICE TUSCAN BLEND VEG WHEAT BREAD DRIED PLUMS
<i>CALORIES 545</i> <i>SODIUM 653</i>	<i>CALORIES 285</i> <i>SODIUM 560</i>	<i>CALORIES 298</i> <i>SODIUM 323</i>	<i>CALORIES 448</i> <i>SODIUM 501</i>	<i>CALORIES 550</i> <i>SODIUM 420</i>
27 CHICKEN MARSALA SCALOPED POTATO SUMMER BLEND VEG >MUFFIN PEARS	28 ITALIAN SPAGHETTI W/MEAT SAUCE GENOA BLEND VEG MULTIGRAIN ROLL #PUDDING	29 HAPPY BIRTHDAY ROAST PORK W/GRAVY RED BLISS POTATO GLAZED CARROTS WHOLE WHEAT BREAD #BIRTHDAY CAKE	30 *LOW SALT HOT DOG ON A ROLL *MUSTARD PACKET *BAKED BEANS HOT GERMAN SLAW FRESH FRUIT	31 CHICKEN POT PIE W/VEGETABLES WHIPPED POTATO *BISCUIT DRIED FRUIT
<i>CALORIES 412</i> <i>SODIUM 543</i>	<i>CALORIES 388</i> <i>SODIUM 219</i>	<i>CALORIES 404</i> <i>SODIUM 199</i>	<i>CALORIES 425</i> <i>SODIUM 710</i>	<i>CALORIES 436</i> <i>SODIUM 258</i>

All over 60 years of age are welcome to the meal site for lunch and socialization. Suggested Donation: **\$2.50** per meal. Please call Rita at 781-329-6514 at least 2 days in advance to make your reservations. Envelopes for your home-delivered meals' confidential donation will be distributed on Monday & collected on Friday.

ACTIVITIES AUGUST 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		9:00 Fun Fit 10:00 FREE Financial Planning Guidance 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage	9:00 Outdoor Walking 9:30 Wii Games 12:30 MAHJONG 1:15 BINGO	8:30 Waxing 9:00 Fun Fit 9:30 Roche Bros. 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
6	7	8	9	10
10:00 Craft Group 1:00 Exercise Class 1:00 Whist Group	9:00 Outdoor Walking 8:30 Free Legal Help 9:00 SHINE 9:30 YOGA 10:00 Quilting 10:00 Computer Class 1:00 Tai Chi 1:00 Knitting & Crocheting 2:00 Movie	9:00 Fun Fit 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage	9:00 Outdoor Walking 9:30 Wii Games 12:30 MAHJONG 1:15 BINGO	9:00 Fun Fit 9:30 Shaw's Mkt. 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
13	14	15	16	17
10:00 Craft Group 1:00 Exercise Class 1:00 Whist Group	9:00 Outdoor Walking 9:30 YOGA 9:30 Braintree Mall 10:00 Quilting 10:00 Computer Class 1:00 Knitting & Crocheting 1:00 Tai Chi 2:00 Movie	9:00 Blood Pressure 9:00 Fun Fit 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage	9:00 Outdoor Walking 9:30 Wii Games 12:30 MAHJONG 1:15 BINGO	9:00 Fun Fit 9:30 Hannaford's 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
20	21	22	23	24
10:00 Craft Group 1:00 Exercise Class 1:00 Whist Group	9:00 Outdoor Walking 9:30 YOGA 9:30 Walpole/Wal-Mart 10:00 Computer Class 10:00 Quilting 1:00 Knitting & Crocheting 1:00 Tai Chi 2:00 Movie	9:00 Fun Fit 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage	9:00 Outdoor Walking 9:30 Wii Games 12:30 MAHJONG 1:15 BINGO	9:00 Fun Fit 9:30 Stop & Shop 10:00 Coffee Hour 11:15 Rub. Bridge Gr.
27	28	29	30	31
1:00 Exercise Class 1:00 Whist Group	9:00 Outdoor Walking 9:30 YOGA 9:30 Braintree Mall 10:00 Quilting 1:00 Knitting & Crocheting 1:00 Tai Chi 2:00 Movie	9:00 Fun Fit 11:30 Dup. Bridge Gr. At Foxboro 1:00 Exercise Class 1:00 Cribbage	9:00 Outdoor Walking 9:30 Wii Games 12:30 MAHJONG 1:15 BINGO	9:00 Fun Fit 9:30 Roche Bros. 10:00 Coffee Hour 11:15 Rub. Bridge Gr.

BLOOD PRESSURE CLINIC

Senior Center

AUGUST 15TH

9:00 AM – 11:30 AM



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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.

AUG	DATE	DESTINATION	PICK-UP	FEE
	3	Roche Bros.	9:30am	\$2.00
	10	Shaw's Market	9:30am	\$2.00
	14	Braintree Mall	9:30am	\$2.00
	17	Hannaford's Mkt.	9:30am	\$2.00
	21	Walpole Mall/ Walmart	9:30am	\$2.00
	24	Stop & Shop	9:30am	\$2.00
	28	Braintree Mall	9:30am	\$2.00
	31	Roche Bros.	9:30am	\$2.00

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

PLEASE NOTE: All reservations must be made at least 48 hours in advance. We will take only 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. Westwood Glen and Highland Glen residents will be picked up at their building. 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.

FISH volunteers are also available for some assistance to medical appointments.

Medical Transportation for Westwood residents to medical appointments within a 10-mile radius, is available Monday to Friday between 9:30am and 1:30pm. 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 is available through Community Care-A-Vans at 508-223-1672. Please call them directly for appointments scheduled Mondays and Wednesday, 9:00am – 11:00am. Donation request is \$25.00.

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.

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