

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

<http://www.townhall.westwood.ma.us>

Sherry Norman-Interim Director

Trish Tucke-Program Manager

John Trigilio – Van Driver

Paul Kelly – Van Driver

Karen Segreve-Outreach Counselor

Lorraine Cavanaugh-Administrator

Al Mahagen – Van Driver

JULY 2014

Upcoming Events

(see inside for more details)

Greetings!

Well, the hot, humid, hazy, lazy days of summer are here finally! So, come on down to the Senior Center where it's always cool. (We have the AC on, too!)

Special thanks to Connie Totino and Al Mahegan for our kitchen garden. The harvest will be shared at lunch times so check out the menu inside and come join us! Reservations are made 48 hours in advance by calling Elaine, HESSCO Nutrition Site Supervisor, at 781-329-6514.

The COA and HESSCO will be sponsoring a delicious BBQ Lunch on July 30th. Space is limited so be sure to sign up early; the cutoff date is July 23rd. (A \$3.00 donation is payable that day.)

We welcome Paul Kelly, as a per diem van driver. Paul, Al, and John recently attended state-required training for COA drivers. The entire staff was trained in CPR by Westwood Firefighter and EMT, Gerry Smith. Gerry will be here on July 17th for the session: "When Should I Call the Ambulance?" Come join us for breakfast goodies and valuable information.

**Thursday, July 10, 10:00 am –
Westwood COA Book Club**

**Wednesday, July 16, 10:30am –
Financial Success for Seniors**

**Thursday, July 17, 10:00am
"When Should I Call the
Ambulance?"**

**Wednesday, July 23, 9:00am –
Wrentham Outlets**

**Thursday, July 24, 11:30am – Out
to Lunch Thursday at Bubbling
Brook**

**Wednesday, July 30, 11:30am –
COA & Hessco Barbecue Lunch**



**REGISTRATION REQUIRED FOR
MOST EVENTS.**

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

ONGOING ACTIVITIES

(continued)

Legal Advice Free

Tuesday July 2 8:30-
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 half hour intervals.

SHINE

(Serving Health Information Needs of Elders)

Tuesday July 8* 9:00-
11:00am

Lori Howell, SHINE representative, is Available, BY APPOINTMENT, on the first Tuesday of each month to help you deal with issues or questions you may have regarding your health insurance. *Note date change*

Bereavement Group Free

Wednesday July 9,30 10:00am

Led by LICSW Nina Johnston, this friendly and supportive group usually meets every other Wednesday during each month.

Blood Pressure Clinic Free

Wednesday July 16 9:00am

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

Errand Day \$2.00

Wednesday July 2,16,30

The COA van will take you on errands within a 5 mile radius of COA. Our driver will either wait for you or come back and pick you up depending on schedule.

Legacy Place \$2.00

and Whole

Foods in

Dedham

Wednesday July 9 9:30am

Legacy is a nice place to stroll around, even if you don't want to shop. Whole Foods has a delicious array of foods to take home or eat there. There are tables outside to enjoy a lunch or just people watch.

Wrentham \$2.00 Outlets

Wednesday July 23 9:00am

Come enjoy a day of bargain hunting. There are several food venues such as: Friendly's, Ruby Tuesday's and a food court where you can have lunch.

If you are planning on attending an event, please be sure and sign up at the front desk. We need to know how many people to expect, or the event could be canceled.

**REGISTRATION REQUIRED FOR
MOST EVENTS.**

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

GAMES & SPORTS

Bingo		Free
Thursdays	July 3,10,17,24,31	1:15pm

Seniors are invited to play Bingo every Thursday afternoon. Join us for a few laughs and bring a friend!

Bridge		Free
Fridays	July 11,18,25	11:00am

Join us for Rubber Bridge. Bring your partner, or come alone.

Mah Jongg		Free
Thursdays	July 11,18,25	12:30pm

Mah Jongg is a game that originated in China, commonly played by four players. Similar to the card game rummy, Mah Jongg is game of skill, strategy and calculation and involves a certain degree of chance.

Whist		Free
Tuesdays	July 1,8,15,22,29	1:00pm

If you enjoy playing Whist come join our group.

SUPER FOOD: BERRIES

July is known as National Berry Month because so many different berries come into season. Berries are often referred to as a “super food” because of their high antioxidant content. Antioxidants help improve immune function and can reduce the risk of cancer and heart disease. Berries also contain fiber which helps create a feeling of fullness and lowers cholesterol. Eating berries could also slow age-related memory loss. Berries are versatile and can be found fresh, frozen, canned, or dried. Although delicious on their own, berries can be used in many different ways:

- Add some sliced strawberries to cold cereal or oatmeal
- Create a yogurt parfait by layering yogurt with blueberries and cereal
- Combine dried berries with nuts and seeds to make trail mix
- Blend a variety of berries with yogurt to make a smoothie
- Top a salad with strawberries, blueberries, or blackberries
- Add some blueberries or strawberries to pancake batter



Fireworks displays were used as morale boosters for soldiers in the Revolutionary War. At the time however, fireworks were the same type of explosives used in war and were called rockets, not fireworks.

SPECIAL EVENTS

COA Book Club **Free**
Thursday July 10 10:00am

Come join the discussion of best-selling author Kate Alcott's new warm-hearted and enthralling saga of the adventurous young girls who were a part of the vibrant camaraderie, but hard-working factory life, in Lowell, MA.

Financial Success For Seniors **Free**
Wednesday July 16 10:00am

This seminar covers topics that may be intimidating or overwhelming such as; setting a financial foundation and achieving solid financial goals. Helpful tips on ways to budget and help become debt free will also be presented. Additionally all attendees will receive a complimentary workbook that contains exercises that will reinforce what they have learned during workshop.

"When Should I Call the Ambulance?" **Free**
Thursday July 17 10:00am

Westwood Fire Department EMT, Gerry Smith will be speaking about when to call an ambulance and what to do if you take a fall. Westwood has fabulous EMTs that respond quickly and provide emergency treatment and care. Join us for this important presentation. Breakfast goodies will be served.

Out to Lunch **Pay on your own**
Thursday
Thursday July 24 11:30am

Let's do lunch at **Bubbling Brook**. Sign up to join us for lunch and an ice cream. Limit of 8 for van.

BBQ Lunch **\$3.00**
Wednesday July 30 11:30am

It's BBQ time! Come join us for chicken or hot dog, potato salad, three bean salad, watermelon and punch.



File of Life Cards
Please take time to update any changes on your File of Life Cards. If new cards are needed, please stop by the Outreach Office to pick up new ones. It is important to keep your medication information up to date.

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 such as wills, trusts, probate, estates, Medicaid, or veteran's benefits. Please feel free to submit your questions anonymously by dropping them in the Ask a Lawyer Box in the dining room.

This month's question is:

Q. I thought that if a person gave away assets they would be disqualified for Medicaid benefits for nursing home care for 5 years. In a recent column, you advised the right to transfer accounts into her own name because her husband has dementia. Won't that disqualify her husband for Medicaid?

A. This is an excellent question as there is a lot of confusion about these rules. The general rule is that a person who applies for Medicaid benefits to pay for long-term nursing home care will be ineligible for Medicaid if the applicant, or his spouse, has given away assets within 5 years of making application. However, there are exceptions to the general rule. One of those exceptions is that transfers between spouses do not result in a disqualification period for Medicaid benefits. The reason for this exception is that the assets of both spouses are counted for purposes of determining whether one member of the couple is eligible for long-term care Medicaid benefits. Even though the assets of both spouses are counted, it is vital to undertake planning when one spouse has been diagnosed with a condition which may result in nursing home care in order to protect the assets for the spouse at home. There are other exceptions to the transfer rules which are beyond the scope of this question. If your loved one is faced with the prospect of long term care, seek the advice of an experienced elder law attorney to learn about your rights and options.

Attorney Suzanne R. Sayward is certified as an Elder Law Attorney by the National Elder Law Foundation, a private organization whose standards for certification are not regulated by the Commonwealth of Massachusetts. She is a partner with the Dedham firm of Samuel, Sayward & Baler LLC. For more information 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.

Silver Screen Classics at Legacy Place **Mondays at 1:00 PM. \$2.00 admission which includes a small popcorn and soda.**

July 7th: Lil' Abner (1940, 78 min.) Buster Keaton, Mona Ray. The Denizens of Dogpatch celebrate Sadie Hawkins Day.

July 14th: Impact (1949, 111 min.) Brian Donlevy. A crime drama of murder, romance and hidden identities.

July 21st: Love Affair (1937, 87 min.) Irene Dunne, Charles Boyer. A couple begins a romance and agree to meet again six months later to see if their love is true.

July 28th: Drums in the Deep South (1951, 87 min.) Two West Point graduates find themselves fighting on opposite sides of the Civil War.

PLEASE SIGN IN!

It is very important that you scan your **My Senior Center Card** every time you come to the Center. Also, if you are a volunteer, you need to enter the hours that you work. We use this information to apply for grant money that funds many of our programs and services. If you don't have a card, or need assistance, please see a staff member. Thank you!

FREE MOVIES

Tuesdays at 2:00 PM

July 1

Extremely Loud and Incredibly Close

2011 **PG-13** 129 minutes

Believing that his father left him a message before dying in the September 11 attacks, young Oskar Schell embarks on an emotional odyssey through New York City to find the lock that matches a key he found among his father's belongings. Cast: Tom Hanks, Sandra Bullock, Thomas Horn.

July 8

Fair Game

2010 **PG-13** 108 minutes

After her husband, Ambassador Joseph Wilson, writes op-ed columns accusing the Bush administration of misleading the public to justify invading Iraq, Valerie Plame Wilson's status as a covert CIA agent is leaked by administration officials. Cast: Naomi Watts, Sean Penn, Bruce McGill.

July 15

Nebraska

2013 **R** 115 minutes

This academy award nominated film is rated R for profanity, but it is a fabulous movie. Come see how one older gentleman lives out his dream of winning the big bucks!! Cast: Bruce Dern, Will Forte and June Squibb.

July 22

The Illusionist

2006 **PG-13** 110 minutes

With his eye on a beautiful aristocrat, a gifted illusionist uses his powers to win her away from her betrothed, a cruel prince. But the magician's scheme soon creates tumult within the monarchy and stirs the suspicion of a dogged inspector. Cast: Edward Norton, Paul Giamatti, Jessica Biel.

July 29

Captain Phillips

2013 **PG-13** 134 minutes

In this exciting adventure based on true events that made international headlines, Tom Hanks portrays Capt. Richard Phillips, who is taken hostage by Somali pirates after they hijack his cargo ship, and the U.S. Navy's efforts to rescue him. Cast: Tom Hanks, Barkhad Abdi, Barkhad Abdirahman.

ACROSS

- 1 Sail supporter
- 5 Weapons merchant
- 15 Suffix with usher
- 16 Property
- 17 Let it stand, in printing
- 18 Nastassja Kinski movie of 1984
- 19 Bog
- 20 Zool., e.g.
- 21 Dole, with "out"
- 22 It's big in Sicily
- 23 Orb
- 26 Queue after Q
- 27 Peewee
- 28 ___ Maria
- 29 Sundown, in poesy
- 31 Notion, in Nancy

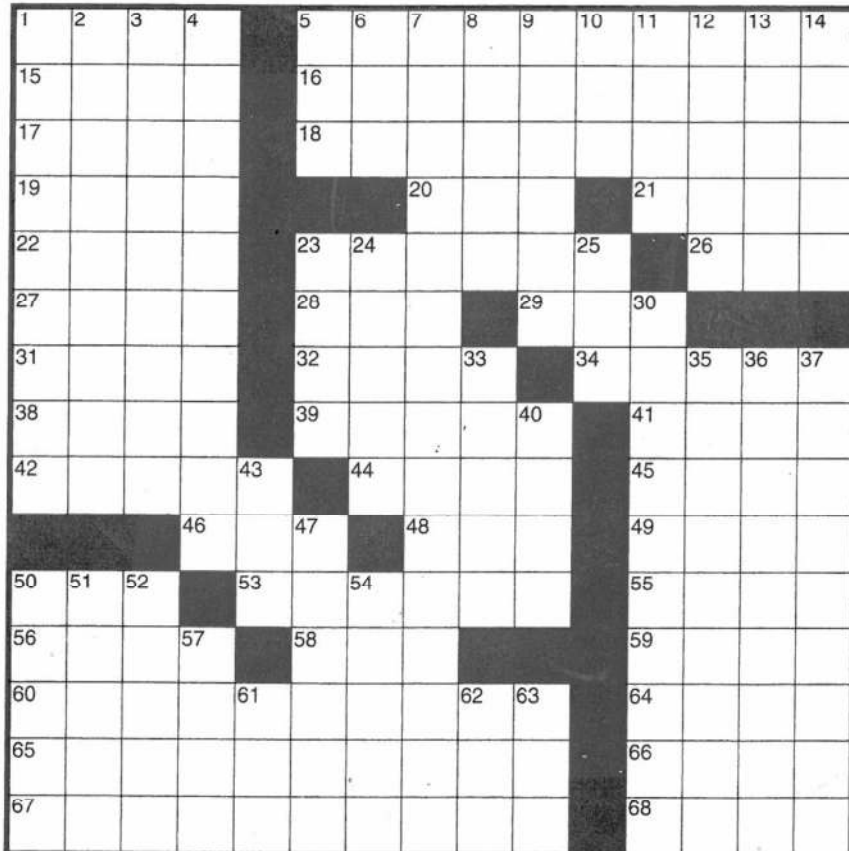
- 32 "___ Well That Ends Well"
- 34 Swift swallows
- 38 Gusto
- 39 High-pitched barks
- 41 Smell
- 42 Big Bertha's birthplace
- 44 Male horse
- 45 Rani's attire
- 46 Message in a bottle, maybe
- 48 Wedding page word
- 49 Work on the galleys
- 50 Mao ___-tung
- 53 Amalgamation
- 55 Thin fog
- 56 Steering mechanism
- 58 Aye's opposite
- 59 Suffix with appear
- 60 Record-keepers
- 64 Composer Stravinsky


- 65 One-sided
- 66 Hoodwink
- 67 Check alternative
- 68 Went like the wind

DOWN

- 1 Induce hypnosis in
- 2 Dispositions
- 3 Austere quality
- 4 Intimate chats
- 5 Dada artist Jean ___
- 6 Actor Stephen of "Citizen X"
- 7 Freight train assembly area
- 8 Pizza serving
- 9 Want
- 10 Boston clock setting: Abbr.
- 11 "Up and ___!"
- 12 Less rigid
- 13 States, in Soissons


- 14 Bowling alley button
- 23 Remain
- 24 Heaps
- 25 Brain reading: Abbr.
- 30 Nannies
- 33 Shopping indulgence
- 35 Preparing the way
- 36 Submarine's "eye"
- 37 Glided rapidly
- 40 Oracle
- 43 Henri or Yves, e.g.
- 47 ___ jail (incarcerated)
- 50 Make a rhythmic sound
- 51 "___ evil ..."
- 52 Illinois city on the Fox River
- 54 Less common
- 57 Distance measure
- 61 Pronounce
- 62 "Norma ___"
- 63 Type of camera: Abbr.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B WEEK	1	2	3	4
VOLUNTARY DONATION IS \$3.00 PER MEAL TO CANCEL MEALS CALL 781-329-6514	AMERICAN CHOP SUEY	ROAST PORK	CHICKEN POT PIE	FOURTH OF JULY
	GREEN & WAX BEANS	W/ APPLE GRAVY	W/VEGETABLES	NO MEALS SERVED
	>WHOLE WHEAT ROLL	OVEN ROAST POTATO	WHIPPED POTATO	
	GRAHAM CRACKER	GLAZED CARROTS	BISCUIT	
		APPLESAUCE	FRESH CANTELOUPE	
	<i>CALORIES 293</i>	<i>CALORIES 421</i>	<i>CALORIES 436</i>	<i>CALORIES</i>
	<i>SODIUM 210</i>	<i>SODIUM 289</i>	<i>SODIUM 258</i>	<i>SODIUM</i>
A WEEK 7	8	9	10	11
SWEET & SOUR	*BAKED HAM	MINSTRONE SOUP	MEATLOAF	KRUNCHY LITE FISH
MEAT BALLS	W/RAISIN SAUCE	BREADED CHICKEN	W/ ONION GRAVY	*TARTAR SAUCE
WHITE RICE	SCALLOPED POTATO	CHEESY MASHED	GARLIC MASHED POTATO	O'BRIEN POTATO
ORIENTAL VEGETABLES	PEAS & MUSHROOMS	POTATO	MIXED VEGETABLES	TOSS SALAD W/DRESSING
>WHOLE WHEAT ROLL	SNOWFLAKE ROLL	MUFFIN	WHEAT BREAD	MULTIGRAIN ROLL
PINEAPPLE CHUNKS	#CHOCOLATE	PEACHES	#BLONDE BROWNIE	FRESH FRUIT
	PUDDING			
<i>CALORIES 310</i>	<i>CALORIES 378</i>	<i>CALORIES 479</i>	<i>CALORIES 511</i>	<i>CALORIES 299</i>
<i>SODIUM 257</i>	<i>SODIUM 1388</i>	<i>SODIUM 781</i>	<i>SODIUM 397</i>	<i>SODIUM 395</i>
B WEEK 14	15	16	17	18
LOW SODIUM HOTDOG	HONEY MUSTARD	MACARONI & CHEESE	ROAST TURKEY & GRAVY	ITALIAN STYLE PASTA
*MUSTARD PACKET	CHICKEN BREAST	ESCALLOPED TOMATO	#CRANBERRY SAUCE	WITH MEAT SAUCE
BAKED BEANS	RICE PILAF	FLORENTINE	WHIPPED POTATO	GENOA BLEND VEG
COLD SLAW	CALIFORNIA BLEND	MUFFIN	WINTER SQUASH	WHEAT BREAD
HOT DOG ROLL	VEGETABLE	MIXED FRUIT	>WHOLE WHEAT ROLL	PEARS
FRESH FRUIT	MULTIGRAIN ROLL		PEACHES	
	#ALMOND COOKIE			
<i>CALORIES 425</i>	<i>CALORIES 331</i>	<i>CALORIES 443</i>	<i>CALORIES 398</i>	<i>CALORIES 424</i>
<i>SODIUM 707</i>	<i>SODIUM 591</i>	<i>SODIUM 542</i>	<i>SODIUM 603</i>	<i>SODIUM 221</i>
A WEEK 21	22	23	24	25
CHICKEN ALA KING	GREEK MEATBALLS	CREAM OF BROCCOLI	PORK STIR FRY	SALMON FILET
NOODLES	LYONNAISE POTATO	SOUP	WITH VEGETABLES	L'ORANGESAUCE
PEAS	TAHITIAN BLEND VEG	BREADED CHICKEN	ASIAN RICE	DELMONICO POTATO
MULTIGRAIN ROLL	WHEAT BREAD	WHIPPED POTATO	DINNER ROLL	MIXED VEGETABLES
PINEAPPLE CHUNKS	#STREUSEL CAKE	>WHOLE WHEAT ROLL	MANDARIN ORANGES	>WHOLE WHEAT BREAD
		PEACHES		FRESH FRUIT
<i>CALORIES 513</i>	<i>CALORIE 381</i>	<i>CALORIES 349</i>	<i>CALORIES 264</i>	<i>CALORIES 337</i>
<i>SODIUM 275</i>	<i>SODIUM 503</i>	<i>SODIUM 641</i>	<i>SODIUM 517</i>	<i>SODIUM 361</i>
B WEEK 28	29	30	31	MENU SUBJECT TO CHANGE WITHOUT NOTICE
VEGETARIAN CHILI	BBQ CHICKEN FILET		TURKEY STEW	
DIRTY RICE	RED BLISS POTATO	HESSCO AND COA	WITH VEGETABLES	
MUFFIN	TOSS SALAD	COOKOUT	TRICOLOR ROTINI	
FRESH CANTELOUPE	WITH DRESSING		>WHOLE WHEAT ROLL	
	MULTIGRAIN ROLL		FRESH FRUIT	
	#VANILLA PUDDING			
<i>CALORIES 341</i>	<i>CALORIES 339</i>	<i>CALORIES 571</i>	<i>CALORIES 377</i>	
<i>SODIUM 336</i>	<i>SODIUM 479</i>	<i>SODIUM 540</i>	<i>SODIUM 604</i>	

SODIUM&CALORIES ARE FOR ENTREE AND DESSERT ONLY. MILK, BREAD&MARG ARE ADDITIONAL 300 MG SODIUM SYMBOLS:> HIGH FIBER, *ADDED SALT, #ADDED SUGAR, MODIFIED DESSERTS ARE AVAILABLE.

JULY 2014 ACTIVITIES


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	Legal Asst. 8:30 Strength & Flexibility Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	Errands 8:30-2:00 Lo Impact Exercise 1:00	Waxing 8:30 Stop & Shop 9:30 Wii Games 9:30 Mah Jongg 12:30 BINGO 1:15	Closed Happy 4th 
7	8	9	10	11
Fun Fit 8:30 Crafts 10:00 Lo Impact Exercise 1:00 Painting 1:00	SHINE 9:00 Strength & Flexibility Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	Fun Fit 8:30 Legacy Place/Whole Foods/Dedham 9:30 Bereavement 10:00 Financial Planning 10:30	Wii Games 9:30 Book Club 10:00 Mah Jongg 12:30 BINGO 1:15	Fun Fit 8:30 Shaws/Norwood 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
14	15	16	17	18
Fun Fit 8:30 Lo Impact Exercise 1:00	Strength & Flexibility Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	Fun Fit 8:30 Blood Pressure 9:00 Lo Impact Exercise 1:00	Wii Games 9:30 Mah Jongg 12:30 BINGO 1:15	Fun Fit 8:30 Hannafords 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
21	22	23	24	25
Fun Fit 8:30 Lo Impact Exercise 1:00	Strength & Flexibility Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Whist Group 1:00 Tai Chi 1:00 Movie 2:00	Fun Fit 8:30 Wrentham Outlets 9:00 Lo Impact Exercise 1:00	Wii Games 9:30 Mah Jongg 12:30 BINGO 1:15	Fun Fit 8:30 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
28	29	30	31	
Fun Fit 8:30 Lo Impact Exercise 1:00	Strength & Flexibility Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Whist Group 1:00 Tai Chi 1:00 Movie 2:00	Errands 8:30-2:30 Fun Fit 8:30 Bereavement 10:00 BBQ Lunch 10:00 Lo Impact Exercise 1:30	Wii Games 9:30 Mah Jongg 12:30 BINGO 1:15	

BLOOD PRESSURE CLINIC

Senior Center

July 16th

9:00 AM – 11:30 AM



Say *“Thank you”* with your patronage to the sponsors who support this newsletter.

To find our sponsors, visit SeekAndFind.com

Folsom

FUNERAL SERVICE


Prearranged & Prefinanced Funerals
649 High Street • Westwood
781-326-0022
WWW.FOLSOMFUNERAL.COM

For All Your Banking Needs

Free Checking for Life | Estate Planning
Saving for Grandchildren's Education
Investing | and much more!

Dedham Savings
your bank
dedhamsavings.com

DEDHAM INSTITUTION FOR SAVINGS AND TRUSTS
Member FDIC Member of FDIC Savings Center
Member of the FDIC's Smart Program
DEDHAM • NEEDHAM • NORWOOD
SHARON • WALPOLE • WESTWOOD
(800) 462-1190




WALPOLE AREA
VISITING NURSE
ASSOCIATION
Established 1909

Providing
Home Health Care
Services Since 1909

www.wavna.org
508-668-1066

HOLDEN DUNN LAWLER FUNERAL HOME

55 High Rock Street
hdlfuneralhome.net
email: westwoodfh@verizon.net
TEL: (781) 326-0074



Victoria Haven

"A Skilled Nursing & Rehabilitation Facility"

137 Nichols Street
Norwood, MA

781-762-0858

MEDICARE/MEDICAID

FREDERICK J. INSOGNA
D.M.D.
FAMILY DENTISTRY

805 HIGH STREET
SUITE 201
WESTWOOD, MA 02090

TELEPHONE
781-326-1932



BRIARWOOD REHABILITATION & HEALTHCARE CENTER

150 Lincoln Street., Needham, MA 02495
A family owned and operated Eden Alternative Registered facility offering:
• Short-term rehabilitation • Long-term care • Alzheimer's Services
To schedule a tour or if you have questions, call 781-449-4040

dish Make the Switch to DISH Today and Save Up To 50%
Call Now and Ask How! **1-800-316-0283**

All offers require 24-month commitment and credit qualification. Call 7 days a week 8am - 11pm EST
Promo Code: MB0913 *Offer subject to change based on premium movie channel availability

Promotional prices starting at only **\$19.99** mo. for 12 months
FREE OVER 30 PREMIUM MOVIE CHANNELS
HBO, SHOWTIME, STARZ
For 3 months.
Offer subject to change based on premium movie channel availability.

HELP PROTECT YOUR FAMILY

CALL NOW! 1-888-862-6429

ADT AUTHORIZED DEALER
HOME SECURITY TEAM

GILLOOLY Funeral Home

Frederick J. Wobrock
Managing Funeral Director

126 Walpole Street • Norwood, MA 02062
Phone: 781-762-0174
www.GilloolyFuneralHome.com

A Service Family Affiliate of AFFS and Service Corporation International
206 Winter Street, Fall River, MA 02720 - 508-676-2454

Bathe Safely And Easily

Premier Care
Tested. Trusted. Recommended.



As Seen On TV!

LIFETIME Warranty
**Subject to warranty terms and conditions.

Awarded Covered "Case-Of-Life" Compensation by the ARTHUR'S FOUNDATION.

Payments As Low As **\$150 Per Month***

America's Best Walk-In Baths Are Now More Affordable!

Don't miss this low cost way to enjoy a relaxing bath again, without the fear of slipping or falling. A luxurious, Walk-In Bath from Premier Care in Bathing offers you the ultimate in safety and ease of use. The walk-in door allows barrier-free access. The low threshold entry is easy on your legs. The optional bubbly Hydrovescent Therapy soothes away aches. If you or a loved one struggle taking a bath, independence and safety are only a phone call away.

- ▶ No More Fear of Slipping or Falling
- ▶ Premium Quality for High Performance
- ▶ Our Fully Licensed Installers Can Do Most Any Install, and in Most Cases in Just One to Two Days

SENIOR DISCOUNTS & FINANCING

Call Now Toll-Free for FREE Information Kit **1-800-655-8048** www.GoToPremierBath.com
Promo Code 20141
*On approved credit. Limited time offer.



THE ELLIS

REHABILITATION AND NURSING CENTER

135 ELLIS AVE AT ROUTE ONE, NORWOOD, MA

- Short and Long Term Care Rehabilitation
- Specialized Dementia Unit
- In-House Therapy Department
- Up to 7 Days a Week for Physical, Occupational & Speech Therapy

Proudly Owned and Operated by the Franchi Family

CALL FOR A TOUR AND MORE INFO
781-762-6880 www.TheEllis.com



MARK McDONOUGH
Sales Associate

(781) 752-2414 Direct
(781) 264-6582 Cell
Mark.McDonough@NEMoves.com


COLDWELL BANKER MLS.

RESIDENTIAL BROKERAGE
692 High St.
Westwood, MA 02090

Owned And Operated By NRT LLC. www.NewEnglandMoves.com

IRISH ELDER CARE

24-7 Availability
Certified
Phone (781) 329-5774
Cell (781) 962-7243



RAZZA LAW OFFICES

MICHAEL S. RAZZA, Esq.

SERVING OUR WESTWOOD SENIOR COMMUNITY SINCE 1972
National Academy of Elder Law Attorneys

WILLS • TRUSTS • ASSET PROTECTION
REAL ESTATE • GUARDIANSHIP
MEDICAID PLANNING • PROBATE

95 Chapel Street, Norwood, MA
781-769-7700

Lift Chairs

From \$799.
Made in USA!

Westwood Furniture
Rt. 1A at 95, Dedham
781 326 3220



SENIOR TRANSPORTATION SERVICES

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

July	DATE	DESTINATION	FEE
	2	Errands	\$2.00
	3	Stop & Shop	\$2.00
	9	Legacy Place/Dedham	\$2.00
	11	Shaw's/Norwood	\$2.00
	16	Errands	\$2.00
	18	Hannaford's	\$2.00
	23	Wrentham Outlets	\$2.00
	25	Roche Bros.	\$2.00
	30	Errands	\$2.00

The COA will make 2 trips for food shopping at 9:30 and 10:30am. The 9:30 trip will be picked up at store at 11:00 and the 10:30 trip will be picked up at 12:00 for return trip 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 mainly 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. Suggested donation for this service is \$2.00. Local residents will be picked up at their homes.

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 limited assistance to medical appointments.

Medical Transportation for Westwood residents to medical appointments within a 10-mile radius and is available Monday to Friday between 8:30am and 2:30pm. Reservations must be made 48 hours in advance, and a donation of \$2.00 is suggested.

Call the Senior Center at 781 329-8799.

Westfare Taxi Vouchers are available to **eligible** seniors. A purchase of \$12.00 will buy \$48.00 worth of transportation. For more information, call (781) 329-8799.

<p align="center">Council on Aging Board Members</p> <p>Chairperson Edie McCracken</p> <p>Vice-Chairperson Robert Folsom</p> <p>Members Betty Connors Margaret Dullea Carolyn Ganim Mary Gens Irene MacEachern Colleen Messing Bill Sebet</p> <p>Interim Director Sherry Norman</p>
--

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