

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

AUGUST 2014

Greetings!

It's hard to believe it's already August! (After the winter we had, we should get an extra month of summer!) We hope this finds you enjoying all that the season has to offer! Since it's too hot and humid to think about serious things, we want to share with you some fun "holidays" you can celebrate this month (from www.nationaldaycalendar.com).

August 3 National Watermelon Day and National Friendship Day

August 6 National Wiggle Your Toes Day

August 8 National Sneak Some Zucchini onto your Neighbor's Porch Day

August 10 National Lazy Day and National S'mores Day

August 12 National Vinyl Records Day (For extra fun, you can ask a teenager if s/he knows what this is!)



August 16 National Tell a Joke Day (Keep it clean!)

August 17 National Thrift Shop Day (Savers is our favorite – but wait until Tuesday for your senior discount!)

August 19 National Soft Ice Cream Day

And our favorite...

August 21 National Senior Citizen's Day!

Upcoming Events

(see inside for more details)

Tuesday, August 5 – Peabody Essex Museum in Salem, MA

Thursday, August 7 at 12:30 – Ice Cream Social sponsored by Charlwell House in Norwood

Tuesday, August 19 at 11:30 – Luau Lunch sponsored by HESSCO

CLASSES and EXERCISE

(continued)

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.

CLASSES and EXERCISE**Low Impact Exercise** **\$3.00/session**

Mondays Aug 4,11,18,25 1:00pm
 Wednesdays Aug 6,13,20,27 1:00pm
 Keep fit, stay healthy!

Fun Fit Exercise **\$3.00/session**

Mondays Aug 4,11,18,25 8:30am
 Wednesdays Aug 6,13,20,27 8:30am
 Fridays Aug 8,15,22,29 8:30am

This class is led by Fitness Instructor, Stephanie. Keep fit, stay healthy! **No Class Friday Aug 1**

Tai Chi **\$3.00/session**

Tuesdays Aug 12,19*,26 1:00pm

Tai Chi is a slow-motion, moving, meditative exercise for relaxation and health. As a stress-relieving therapy, it leaves the participants ready to face whatever difficulties their day may bring. The instructor Scott Brumit, has studied various forms of martial arts since 1983, including tai chi and qigong. No class Aug 5.

Start time will be 1:30

Chair Yoga **\$3.00/session**

Tuesdays Aug 5,12,19 9:30 am

Chair Yoga for Strength, Flexibility, Balance and Relaxation. This class incorporates gentle sitting and standing movements, breathing exercises and meditation. People at all levels of fitness and/or with physical challenges are welcome. **No class August 26**

Quilting **\$1.00**
 Tuesdays Aug 5,12,19,26 10:00am
 This class led by Cathy Bodio meets Tuesdays to share ideas and learn new things too.

Knit and Crochet **Free**

Tuesdays Aug 5,12,19,26 1:00pm
 This class is led by Louise Vasil. Bring your projects and enjoy relaxing afternoons.

Crafts Group **Free**

Monday August 4 10:00

Come join our Craft Group led by Lorraine. Crafts made will be sold to raise funds for the Friends of Westwood Council on Aging. Limited to 8 participants.

ONGOING ACTIVITIES**Waxing** **Appointments required**

Friday August 1 8:30-10:30am

Licensed Aesthetician Lisa will offer waxing on the first Friday of each month (with the exception of Friday holidays*).

Fees:

Brows	\$10.00
Lip	\$10.00
Chin	\$8.00
Any two services	\$15.00
All 3 services	\$20.00

Please call the senior center to schedule your appointment.

**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 Sept 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. **No Aug. date**

SHINE

(Serving Health Information Needs of Elders)

Tuesday Aug 5 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.

Bereavement Group Free

Wednesday Aug 13 10:00am
 Aug 26* 10:30am

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

Blood Pressure Clinic Free

Wednesday August 20 9:00am

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

Errand Days \$2.00

Wednesday August 13,27

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.

Walmart/Trader Joe's \$2.00

Wednesday Aug 20 9:30

The van will go to both Walmart and Trader Joe's. Sign up now for these two popular destinations.

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 Aug 7,14,21,28 1:15pm

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

Bridge **Free**
 Fridays Aug 1,8,15,22,29 11:00am

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

Mah Jongg **Free**
 Thursdays Aug 7,14,21,28 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 Aug 5,12,26 1:00pm

If you enjoy playing Whist come join our group. **No Whist on Aug 19**

Free Fun Fridays
 THE FOLLOWING CULTURAL VENUES
 ARE OPEN FOR FREE ON THE
 FOLLOWING FRIDAYS:

AUGUST 1ST
 Isabella Stewart Museum
 Commonwealth Shakespeare Company
 America Textile History Museum
 The Discovery Museums
 Hancock Shaker Village
 Concord Museum
 Mahawe Performing Arts Center

AUGUST 8TH
 Boston Harbor Islands National Park
 The Greenway Carousel
 Clark Art Institute
 Wenham Museum
 USS Constitution Museum
 Children's Museum at Holyoke
 Volleyball Hall of Fame
 Fuller Craft Museum

AUGUST 15TH
 The Institute of Contemporary Art/Boston
 Plimoth Plantation
 Garden in the Woods
 Museum of Russian Icons
 Fitchburg Art Museum
 Historic Deerfield
 Reagle Music Theatre

Continued on next page

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!

AUGUST 22

Boston Children’s Museum
Museum of African American History
New Bedford Whaling Museum
Old Manse, Trustees of Reservations
Berkshire Museum
Emily Dickinson Museum

AUGUST 29TH

Buttonwood Park Zoo
Ecotarium
Cape Cod Museum of Natural History
Norman Rockwell Museum
The Mount Edith Wharton’s Home
Griffin Photography Museum



SPECIAL EVENTS

COA Book Club **Free**
Thursday Sept.11 10:00am

Come join the discussion of **Cascade** by Maryanne O’Hara.

It’s 1935, and Desdemona Hart Spaulding has sacrificed her plans to work as an artist in New York to care for her bankrupt, ailing father in Cascade, Massachusetts. When he dies, Dez finds herself caught in a marriage of convenience, bound to the promise she made to save her father’s Shakespeare Theater, even as her town may be flooded to create a reservoir for Boston. When she falls for artist Jacob Solomon, she sees a chance to escape and realize her New York ambitions, but is it morally possible to set herself free?

Peabody Essex Museum **\$20**
Tuesday Aug 5 9:30am

Join us for a trip to Salem to visit the Peabody Essex Museum. There are several interesting exhibits including: Beyond Human: Animal—Artist Collaborations, Turner and the Sea, the Copeland Collection, Chinese and Japanese Ceramic figures, and Fish, Silk, Tea, Bamboo: Cultivating an Image of China. We will stop on the way home for lunch. Cost of lunch is **not** included in price of trip.

HESSCO Luau Lunch **\$3.00**
Tuesday August 19 11:30-1:00

HESSCO and the COA invite you to join us for a Luau lunch.



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

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.

This month's question is:

Q. I have a health care proxy but how can I be sure my wishes about my health care will be carried out if I need to be hospitalized?

A. A health care proxy is a good first step, as it names a person you select to make health care decisions for you if you are unable to do so. It is important that after you sign your health care proxy you give a copy of the proxy to your primary care physician so that it will become a part of your medical record. Because your medical records may not be immediately accessible in an emergency, it is a good idea to give your health care agent a copy of the proxy. This is vital in a situation where the hospital does not have access to a copy. If you want to ensure that your wishes are followed it is also essential that you make time to speak with your health care agent about the type of care you want to receive, or more importantly about the type of care you do not wish to receive, depending on the circumstances. Some people choose to put their wishes about end-of-life care in writing via a Living Will, but your discussion with your health care agent should be more broadly focused. It should include, for example, the type of setting in which you wish to be cared for if you cannot live independently. Sometimes it is helpful to speak with your health care agent. The key to making sure that your wishes regarding your care are followed is communication of those wishes to your Health Care Agent, family members, and doctor.

Maria C. Baler is a partner with the Dedham firm of Samuel, Sayward & Baler LLC. For more information visit www.ssblc.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.

Prescription Advantage

“Prescription Advantage” (PA) is the name of the state pharmacy assistance program in Massachusetts. PA acts as a secondary payer to the Medicare Part D program (or other “creditable coverage” - insurance that is equal to, or better than Medicare - such as an employer retiree plan) and can help with some of the costs of these plans.

PA has continuous enrollment, meaning you can join any time during the year. Coverage is effective the first of the month following acceptance into the program.

There is no separate monthly premium for PA membership and assets are not considered, however annual household income determines benefit levels.

PA members are also eligible for a special enrollment should you need to change your drug coverage outside of the regular open enrollment period for Medicare (October 15 – December 7).

For more information or to get an application, you can make an appointment with a SHINE Counselor or call 1-800-AGE-INFO (1-800-243-4636) and press 2 or TTY 1-877-610-0241. Customer Service Representatives are available to answer your questions Monday-Friday, 9 AM - 5 PM EST.

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.

FREE MOVIES

Tuesdays at 2:00 PM

August 5

Contact

****The start time is 1:30 for this movie****

1997 **PG** 149 minutes

When Dr. Ellie Arroway (Jodie Foster) hears a signal being broadcast from outer space, the race is on to interpret humanity's first contact with alien intelligence in this adaptation of Carl Sagan's thoughtful novel about the divide between science and religion. Matthew McConaughey co-stars as Palmer Joss, a Christian philosopher who is Ellie's friend as well as her lover. Robert Zemeckis directs.

August 12

Saving Mr. Banks

2013 **PG-13** 125 minutes

When Walt Disney sets his sights on obtaining the rights to the children's classic "Mary Poppins," he reaches out to the book's author, P.L. Travers, only to find that she proves a tough nut to crack. Cast: Tom Hanks, Emma Thompson, and Colin Farrell.

August 19

****The start time is 2:30 for this movie****

Larry Crowne

2011 **PG-13** 99 minutes

After he's laid off from his longtime job at a soulless retail giant, average middle-aged guy Larry Crowne decides it's time to change his life by heading back to college, where he finds a new perspective -- and a new romance with a professor. Cast: Tom Hanks, Julia Roberts, Bryan Cranston.

August 26

Terms of Endearment

1983 **PG** 131 minutes

Award-winning drama that follows widowed Aurora (Shirley MacLaine) and her daughter, Emma (Debra Winger), through the years as they support each other through relationships with various men -- and deal with heartbreaking tragedy. This warm, offbeat adaptation of Larry McMurtry's novel won five Oscars, including Best Picture, Best Actress (MacLaine), Best Director and Best Supporting Actor (Jack Nicholson).

ACROSS

- 1 Money-mobile
- 11 Wife of Osiris
- 15 Enforced isolation
- 16 "Alas!"
- 17 Not absorbed, as food
- 18 Grape ___ (Radar's drink)
- 19 Succulent plants
- 20 Armed conflict
- 22 Skaggs of rock
- 23 Chattanooga's state: Abbr.
- 24 Pacino et al.
- 27 "Open ___!"
- 29 Ain't correct?
- 30 Squad
- 32 Lion's growth
- 33 Civil War letters

34 Implying

36 Warm underwear

37 Calibrated precisely

38 Energy

41 Complaint

42 Let one's ___ down (relax)

43 Florence's river

44 Aromatic herb

46 Born

47 Decays

48 Rocket's path

49 VCR button

51 Rescues

52 Follow closely

54 Extremely arid

58 Periodic table abbreviation

59 Clapton and Hendrix, e.g.

60 Toy building block brand

61 Gives details

DOWN

1 Water-related

2 Without scoring, in baseball

3 "Like a Virgin" singer

4 Christie's "Murder on the ___ Express"

5 Cleaning cloths

6 Vane dir.

7 Withdrawal symptoms, for short

8 Op ___ (footnote abbr.)

9 Once more

10 ___ a beet

11 Holm or Hendry

12 The whole ___ (everything)

13 "Hi, honey, ___!"

14 Grab

21 Jog one's memory

24 Repent

25 Duration

26 Puerto Rico's capital

28 Without

31 Unification Church member

34 Bestow

35 "Finished!"

36 Mortgage

37 Swordplay

38 University administrator

39 Informal alliance

40 Have

41 Chew out

43 Saudi ___

44 Deadly

45 Rocky shelf

50 Gist

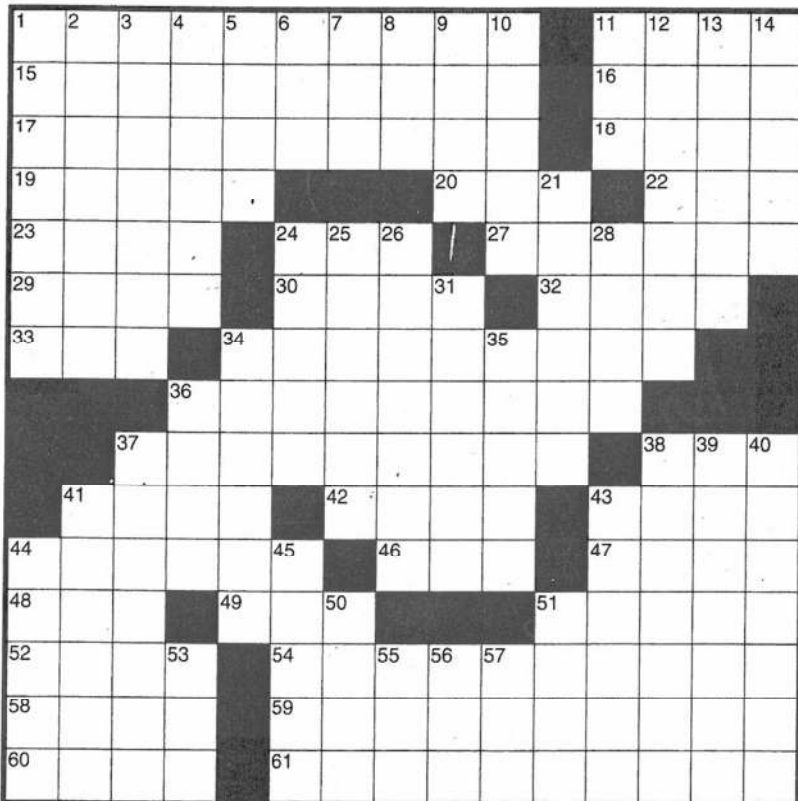
51 Rani's robe

53 London privy

55 Puppy's sound

56 ___ glance

57 Posed



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B WEEK				1
VOLUNTARY DONATION IS \$3.00 PER MEAL TO CANCEL MEALS CALL 781-329-6514	MENU SUBJECT TO CHANGE WITHOUT NOTICE			LOW SODIUM HOTDOG *MUSTARD PACKET BAKED BEANS COLESLAW HOTDOG ROLL STRAWBERRY CUP CALORIES 445 SODIUM 707
A WEEK 4	5	6	7	8
AMERICAN CHOP SUEY RIVIERA BLEND VEG >WHOLE WHEAT ROLL MIXED FRUIT	TORTELLINI WITH ALFREDO SAUCE ZUCCHINI & TOMATO SAUCE >MULTIGRAIN ROLL FRESH CANTELOUPE	LEMON ORZO SOUP BREADED CHICKEN MIXED VEGETABLES >MUFFIN FRESH FRUIT	RST PORK W/APPLE GRAVY RED BLISS POTATO GLAZED CARROTS DINNER ROLL #HERMIT COOKIE	KRUNCHY LITE FISH *TARTAR SAUCE SCALLOPED POTATO CUT GREEN BEANS WHEAT BREAD STRAWBERRY CUP
CALORIES 291 SODIUM 223	CALORIES 419 SODIUM 519	CALORIES 342 SODIUM 620	CALORIES 399 SODIUM 260	CALORIES 289 SODIUM 260
B WEEK 11	12	13	14	15
TERIYAKI CHICKEN ASIAN RICE ORIENTAL VEGETABLES >WHOLE WHEAT BREAD PINEAPPLE CHUNKS	SWEDISH MEATBALLS NOODLES TOSSED SALAD WITH DRESSING >WHOLE WHEAT ROLL FRESH FRUIT	*BAKED HAM WITH RASIN SAUCE AUGRATIN POTATO BEETS DINNER ROLL #TAPIOCA PUDDING	SHEPHERD'S PIE CALIFORNIA BLEND VEG WHEAT BREAD #BROWNIE	TURKEY STEW W/VEGETABLES WHIPPED POTATO >MULTIGRAIN ROLL STRAWBERRY CUP
CALORIES 273 SODIUM 697	CALORIES 398 SODIUM 430	CALORIES 343 SODIUM 1456	CALORIES 456 SODIUM 308	CALORIES 344 SODIUM 666
A WEEK 18	19	20	21	22
ITALIAN PASTA W/MEATSAUCE ITALIAN BLEND VEG MULTIGRAIN ROLL PEARS	Hawaiian Luau Sign Up at Desk	MEATLOAF WITH GRAVY GARLIC MASHED POTATO CARROT COINS >WHOLE WHEAT ROLL #APPLE CRISP	CREAM OF CARROT SOUP OVEN ROAST CHICKEN ROASTED POTATO MUFFIN FRESH FRUIT	SALMON W/LEMON DILL SAUCE RICE PILAF SUMMER BLEND VEG >WHOLE WHEAT BREAD PINEAPPLE CHUNKS
CALORIES 420 SODIUM 221	CALORIES 299 SODIUM 301	CALORIES 478 SODIUM 455	CALORIES 353 SODIUM 628	CALORIES 316 SODIUM 335
B WEEK 25	26	27	28	29
BBQ BEEF RIB MACARONI & CHEESE ESCALLOPED TOMATO >WHOLE WHEAT BREAD PEACHES	VEGETARIAN CHILI ITALIAN STYLE PENNE PASTA >WHOLE WHEAT ROLL #CHOCOLATE PUDDING	<u>HAPPY BIRTHDAY</u> ROAST TURKEY & GRAVY *CRANBERRY SAUCE WHIPPED POTATO MIXED VEGETABLES DINNER ROLL #BIRTHDAY CAKE	GRILLED HAWAIIAN CHICKEN BREAST RICE MEDLEY TOSSED SALAD WITH DRESSING >MULTIGRAIN ROLL FRESH FRUIT	MEATBALLS W/PEPPER & ONION GRAVY CHEESY MASHED POTATO WINTER SQUASH WHEAT BREAD STRAWBERRY CUP
CALORIES 515 SODIUM 563	CALORIES 447 SODIUM 200	CALORIES 360 SODIUM 542	CALORIES 305 SODIUM 602	CALORIES 459 SODIUM 434

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

AUGUST 2014 ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Waxing 8:30 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
4 Fun Fit 8:30 Crafts 10:00 Lo Impact Exercise 1:00	5 SHINE 9:00 Peabody Essex Museum 9:00 Strength & Flexibility Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Whist Group 1:00 Movie 1:30**	6 Fun Fit 8:30 Lo Impact Exercise 1:00 Van Driver Training No Van Service Today	7 Wii Games 9:30 Ice Cream Social 12:30 Mah Jongg 12:30 BINGO 1:15	8 Fun Fit 8:30 Shaws/Norwood 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
11 Fun Fit 8:30 Lo Impact Exercise 1:00	12 Strength & Flexibility Yoga 9:30 Quilting 10:00 Knit & Crocheting 1:00 Tai Chi 1:00 Whist Group 1:00 Movie 2:00	13 Fun Fit 8:30 Errands 8:30-2:00 Bereavement 10:00	14 Wii Games 9:30 Mah Jongg 12:30 BINGO 1:15	15 Fun Fit 8:30 Hannafords 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
18 Fun Fit 8:30 Lo Impact Exercise 1:00	19 Strength & Flexibility Yoga 9:30 Quilting 10:00 HESSCO Luau 11:30 Knit & Crocheting 1:00 Tai Chi 1:30** Movie 2:30**	20 Fun Fit 8:30 Blood Pressure 9:00 Walmart/Trader Joes 9:30 Lo Impact Exercise 1:00	21 Wii Games 9:30 Mah Jongg 12:30 BINGO 1:15	22 Fun Fit 8:30 Stop & Shop 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00
25 Fun Fit 8:30 Lo Impact Exercise 1:00	26 Quilting 10:00 Bereavement 10:30** Knit & Crocheting 1:00 Whist Group 1:00 Tai Chi 1:00 Movie 2:00	27 Errands 8:30-2:00 Fun Fit 8:30 Lo Impact Exercise 1:30**	28 Wii Games 9:30 Mah Jongg 12:30 BINGO 1:15	29 Fun Fit 8:30 Roche Bros. 9:30 Coffee Hour 10:00 Rub. Bridge Gr. 11:00


****Time and/or date Change**

BLOOD PRESSURE CLINIC

Senior Center

August 20

9:00 AM – 11:30 AM



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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.

Aug	DATE	DESTINATION	FEE
	1	Roche Bros.	\$2.00
	8	Shaw's/Norwood	\$2.00
	13	Errands	\$2.00
	15	Hannaford's	\$2.00
	20	Walmart/Trader Joes	\$2.00
	22	Stop & Shop	\$2.00
	27	Errands	\$2.00
	29	Roche Bros.	\$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>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>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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