



*Photo courtesy of Nicole Mordecai*

# MAY 2021

## Community Center Status

COA programs and services have remained available to residents throughout the pandemic and we appreciate everyone’s flexibility and patience over the past year as we transitioned many of our in-person programs onto Zoom.

As it becomes safe for the Community Center to re-open, the COA plans to add programs and events to our calendar. We will not bring all in-person programs back at one time and will only bring back those that we are able to in a safe, methodical and slow manner. We will continue to evaluate the safety and the interests of our residents and state guidelines. We appreciate your ongoing patience as we navigate the process. We’re all in this together!

We suggest that you sign up for our weekly e-newsletter to be notified about the addition of programs, updates and COA opening details. To sign up, visit [www.westonma.gov/stayinformed](http://www.westonma.gov/stayinformed) and follow the instructions on the page. Click the envelope icon next to “Council on Aging News and “Council on Aging Events”. If you need assistance, contact Kristen at [frady.k@westonma.gov](mailto:frady.k@westonma.gov) and she will sign you up.

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# GET TO KNOW US

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## COA Staff

### Director

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### Administrative Assistant

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### Office Assistants

Audrey Pepper  
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### Program & Volunteer

#### Coordinator

Kristen Frady  
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### Social Worker

Joyce McSweeney, M.Ed., LSW  
mcsweeney.j@westonma.gov

### Van Drivers

Frank Dayton  
Victor Gaybor

### Council on Aging Board

Marge Ackerman, Chair  
Susan Ruskin-Friend, Vice Chair  
Betsey Brew Boyd  
Jane Donnelly  
Leslye Fligor  
Robert Froh  
Linda Johnson  
Wayne Johnson  
Jean MacQuiddy  
Thomas Nicholson  
Carol Ott  
Prather Palmer  
Gerri Scoll

### Associate Board Members

Alice Benson  
Melissa Galton  
Vida Goldstein  
Teresa Young

### Friends of Weston's COA

Holly Tolley, Chair  
Sharman Andersen  
Barbara Baker  
Melissa Brokalakis  
Shirley Small-Rougeau  
William Rousseau

## Info & FAQs

### How Do I Register For a Program?

**Phone:** 781-786-6280

**Email:** westoncoa@westonma.gov

To participate in any program or service at the Community Center, advance sign-up is required. Contact us at 781-786-6280 or westoncoa@westonma.gov.

When you arrive, go to the COA door on the ground level. Only those who have preregistered and wearing a mask will be granted access. Face coverings are available for those who may have forgotten.

**If you feel unwell, please stay home, stay safe  
and call us if you need us.**

### Zoom Programs

The majority of our programs & classes are currently on Zoom while others are on location at the COA for a limited number of participants. Contact the COA to sign up. We require first and last name on Zoom. If you are unable to change your name, contact the COA and let us know what your Zoom name is so we can match it with your record.

### Zoom Room

If you would like to participate in an online program but do not have access to a computer or the internet, we have created a designated space for you to participate in the program in real-time at the COA. You must register in advance, as virtual presentations are limited to 4 participants and fitness classes are limited to 1 participant, or 2 participants from the same household.

### Stay up to Date

**Find Us Online:** <http://www.westonma.gov/COA>

**Facebook:** <http://www.facebook.com/COAWeston>

Subscribe to receive the monthly newsletter before it gets to your mailbox by going to [www.westonma.gov/COA](http://www.westonma.gov/COA) and click "Stay Informed" then select the COA under "Notify Me."

**Onsite programs and services are subject to change at any time. For the latest information contact the COA.**

# PROGRAMS & TALKS ON ZOOM

## Magnificent Mosaics: Mosaic Planter Workshop Tuesday, May 4, 10:00-12:00 on Zoom

Enjoy the magic of stained glass with stained glass artist Leslie Doherty for a morning of creativity and fun. All materials are included: a plant pot, plenty of multi-colored stained glass pieces to offer infinite color combinations and patterns, glue, grout and popsicle stick. Detailed written instructions and a YouTube video link are also available if you cannot make the scheduled Zoom workshop. Mosaics is the "art of imperfection" and no experience is necessary. Space is limited to 12 so register early. We will contact you to arrange a time to pick up your kit. Cost: **\$20**



## Attention Weston Golfers!

### Info Meeting: Monday, May 10, 2:00 on Zoom

Are you interested in joining others for a round of golf? We are forming a group of golfers age 55+ who are interested in joining others to golf together at Leo J Martin Memorial Golf Course. Join the info meeting to discuss interest levels, frequency of meeting and to delegate a leader to support the COA in organizing the new group. For questions or to let us know you plan on coming and to receive the Zoom link contact the COA at 781-786-6280.

## American Art: 1950-1990

### Tuesday, May 11, 10:00-11:00 on Zoom

In the second half of the 20th century, America broke free of its European bonds to defy convention, and then dominate the entire art world. There was an explosion of creativity on this side of the ocean. American Art grows up and demonstrates its own unique personality; innovative, and sometimes controversial. But whether you swear by it, or at it, it is always fun. We're bringing the museum to you with this engaging presentation by ArtMatters, an art awareness and education organization. Take a look at how art in America evolved in the modern era, from Pop Art to Grandma Moses, how it took the seat of power with all its new directions, energy and nerve. Call the COA at 781-786-6280 to register.

## Trail Walk: Hubbard Trail

### Wednesday, May 12: Meet at 9:50—Walk Begins Promptly at 11:00

Take a walk on wooded trails to the Hubbard Pond and back, making a loop. The walk is about 1 hour. Meet in the parking lot at the end of Gail Road, off of Oak Street by the Burt Ball Field. Participants will be notified by 10:00 am if the walk is cancelled due to inclement weather. Call the COA to sign up. Limit is 12. All attendees are asked to adhere to social distancing guidelines and to wear a mask when social distancing is not possible.

## The Six Wives of Henry VIII Series

### Wednesdays, May 12, 19 & 26 1:00-2:30 on Zoom

Tudor history continues to fascinate and none more than that of the famous Henry VIII and his many wives. The reign of Henry (1509-1547) has spawned numerous films, TV series, scholarly works, and historical novels, due in part to six extraordinary women who were part of his life. The first two classes will focus on Catherine of Aragon and Anne Boleyn. The third class will introduce you to the less-known Jane Seymour, Anne of Cleves, Catherine Howard and Catherine Parr. Presenter, Marilyn Harris, worked in education for over 40 years and in her retirement has continued to teach classes on history and travel. Call the COA to sign up.

## Local and Global Discussion Group

### Brexit – Are You Sure It's Over?

### Thursday, May 13, 1:15-3:00 on Zoom

This meeting will be moderated from Amsterdam by British-born former Lincoln resident Graham Atkin. We will discuss the Brexit timeline from 2016 to today; what Britain has left after Brexit; the cast of characters, capitalists vs. Social Democrats; smoke and mirrors from both sides of the channel; Ireland's ongoing role; gains and losses; and the future. These meetings are open to all interested in a civil discussion of the issues with a wide variety of participants. For further information about this meeting in particular or the group in general, or to sign up for a link, contact Susan Wagner at [susanwgnr@gmail.com](mailto:susanwgnr@gmail.com) or 508-733-8810.

# PROGRAMS & CLASSES ON ZOOM

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## Planning Ahead:

### Preparing for Long-Term Care

**Tuesday, May 18, 11:00-12:00 on Zoom**

**With Estate Planning and Elder Law Attorney**

**Michael Monteforte, Jr. of Monteforte Law, P.C.**

Learn about the three documents you shouldn't live (or die) without. These three documents are the most important parts of any estate plan and form the center of the puzzle, with all other pieces working around them. Also get educated on how to pay for long-term care services either at home, at an assisted-living facility or in a nursing home, and keep your money in your own pockets, or your family's. In addition to this, learn if you have the right type of Trust and if it really is protecting you and your assets. A Trust can be very powerful, but only if you have the right one. This program is sponsored by the Massachusetts Bar Association. Contact the COA at 781-786-6280 to register.

### Understanding Pain: What It Tells Us and What We Can Do About It

**Tuesday, May 18, 2:00-3:00 on Zoom**

Using art as a metaphor, this presentation will take the audience on a journey exploring how ancient cultures interpreted pain to our most current biopsychosocial understanding of pain and treatments. In doing so, Mihir Kamdar, MD, Section Head, Palliative Care at Massachusetts General Hospital, will help you better understand pain and feel more empowered to manage pain and its multi-layered effects on quality of life. Contact the COA at 781-786-6280 to register.

### Cooking Class: Chinese Street Food

**Tuesday, May 25, 1:00-3:00 on Zoom**

Street food is a popular feature of the food scene in China. Along hidden alleyways and even major streets, one can find food stalls lined up with enticing aromas. Chef Roberta Hing will take you on a culinary adventure as we recreate a few classic Chinese street food favorites: crispy scallion pancakes with multiple flaky layers, curry chicken puffs with melt in your mouth buttery crust and xian bing, the savory stuffed pancake that can be found in the city of the famed Terra Cotta Warriors. Contact the COA at 781-786-6280 to register.

### Amazing Adventures in Architecture with Susan Wagner: Hagia Sophia, Istanbul

**Friday, May 28, 1:30-2:30 on Zoom**

We'll visit the Hagia Sophia in Istanbul, which was first built in AD 537 as a Byzantine Christian church; it then became a Roman Catholic cathedral, a mosque, a museum and then a mosque again. When it was first built, it was the world's largest interior space and is considered the epitome of Byzantine architecture and is said to have "changed the history of architecture." Contact the COA to register.

### Project Linus

**Monday, May 10 & 24, 12:30 at the COA**

Register in advance with the COA if you plan to attend. Yarn is available, but bring any other supplies you need as supplies may not be shared.

### Ukulele

**Tuesdays, 2:00 on Zoom**

### Movies

**Tuesdays, 1:00-3:00 at the COA**

Advance sign-up required. Limited seats.

**May 4:** *Wild Mountain Time*

**May 11:** *The Dig*

**May 18:** *I Care a Lot*

**May 25:** *Nomadland*

### Open Art Studio

**Wednesdays, 10:00-12:00 at the COA**

This program is no longer drop-in. You must register with the COA in advance.

## Languages

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### French Conversation with Nathalie

**Mondays, Tuesdays or Wednesdays**

**1:00-2:00 on Zoom**

Contact [Wellesley.nathalie@gmail.com](mailto:Wellesley.nathalie@gmail.com) to discuss fluency level and to register.

### Conversational Spanish on Zoom with Raquel Halty

**Tuesdays, 1:30-3:00**

Join this group to practice your Spanish language skills. Contact the COA to register.

# GRAB & GO, CRAFTS & FITNESS CLASSES

## Grab & Go

### Pancake Breakfast To-Go

**Friday, May 21, 9:30-10:00 at the COA**

Pick up a delicious breakfast of pancakes, Sausage and fresh fruit prepared by Weston's Ye Olde Cottage. Meal comes cold to be reheated. Register by Tuesday, May 18.

Do you know someone who deserves a treat but is stuck at home? Order one up for them and deliver it as a special surprise. For the safety of all, masks are required during pick up.

## Crafts to Go

### Somewhere Over the Rainbow! Beginner Macramé Rainbow Keychain

Have you ever wanted to try the art of macramé? This kit will introduce you to fun-to-make macramé rainbows using a few easy techniques. The finished product makes a great gift for friends, moms and grandchildren. Size: 2" rainbow. Each kit includes full color instructions and materials, including key chain. You will only need scissors, tape and a glue gun. **Cost: \$7.** If you need a glue gun, we can order one for you for an additional \$4. Contact the COA at 781-786-6280 to order and arrange pick up.



### Paint Your Own Wooden Hanging Sign & Trinket Box

Draw inspiration from the colors of spring to paint a wooden hanging sign and small wooden box. Each painting kit includes: 1 small wooden box, 1 wooden wall hanging, 3 pots of paint, 4 paint brushes, gems, sequins and butterfly stickers to add to your design. Great personalized home décor or to give as gifts. **Cost: \$7** Contact the COA at 781-786-6280 to order and arrange pick up.



## Fitness Class Info

We offer a variety of fitness classes Monday through Friday on Zoom for **\$5** per class. Contact the COA at 781-786-6280 to receive login information for the classes you are interested in. There is no commitment, you can attend as many or as few classes as you like of any of the classes.

You may prepay your account by sending a check to the Weston COA and we will deduct the class cost each time you participate or we will send you an invoice at the end of the month for the classes you have taken.

## Fitness Class Schedule

### Mondays

Exercise For Every Body  
with Ellen Cohen-Kaplan, **9:00-10:00**

Zumba with Ellen Cohen-Kaplan, **10:15-11:15**

Yoga with Sandy Honeyman, **1:00-2:00**

### Tuesdays

T'ai Chi with Jon Woodward, **9:30-10:30**

### Wednesdays

Meditation, **10:00-10:30**

Functional Fitness with Kathy Langenberg  
**11:00-12:00**

Stretch & Balance with Charlene Harper,  
**1:00-2:00**

Pilates with Lisa Carusone, **4:00-4:50**

### Thursdays

Yoga with Sandy Honeyman, **9:30-10:30**

Line Dancing Level II with Kari McHugh,  
**12:00-1:00**

Line Dancing Level I with Kari McHugh, **1:30-2:30**

### Fridays

Fitness Fridays with Michelle Nickerson  
**12:00-1:00**

# JUNE PROGRAMS & RECORDINGS

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## Coming in June

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### Summer Brunch Cooking Class

**Tuesday, June 8, 1:00-3:00 on Zoom**

Learn how to make a brunch that will brighten any summer day. Chef Roberta Hing will begin with pillowy pecan sticky buns and then make a breakfast risotto topped with the perfect poached egg. A refreshing orange and avocado salad with a ginger sesame dressing will finish off our meal. Cook along with the class or just watch and ask questions. Contact the COA at 781-786-6280 to register.

### Virtual Tour & History of the House of Seven Gables

**Wednesday, June 9, 1:00-2:00 on Zoom**

We're bringing history to you with a virtual trip to the House of Seven Gables from the comfort of your home. Gables staff will present a short video tour featuring professional photography and video of the historic 1668 structure. Following the video, you will have the chance to ask questions or chat with two of their historical interpreters. Curious about early New England architecture, the history of Salem, or are you a big Hawthorne fan and want to learn more about this fascinating figure in American history? The engaging interpreters will have the answers. Contact the COA to register.

### Votes for Women: Massachusetts Leaders in the Women's Suffrage Movement

**Tuesday, June 15, 11:00-12:00 on Zoom**

Few are familiar with Massachusetts' role at the center of the story of the women's suffrage. Barbara Berenson will explore the long and fascinating national campaign and give the Massachusetts suffragists the attention they deserve in this engaging, important and timely illustrated talk. Contact the COA to register.

### What a Wonderful World: A Virtual Journey Around the Globe

#### Alhambra

**Wednesday, June 16, 1:00-2:00 on Zoom**

#### Stonehenge

**Wednesday, June 30, 1:00-2:00 on Zoom**

## Recorded COA Programs

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Did you miss a COA program? The COA is available wherever you are! Many of the COA Programs have been recorded so if you missed it or want to see it again you can watch it from your home on your own schedule. These are some of the available recorded programs:

### The Aging Eye: Preventing & Treating Eye Disease

Vision is one of our most precious senses, yet we are not always conscientious about caring for our eyes and often neglect to visit an ophthalmologist for routine eye exams. In this recording, Laura C. Fine, MD, Cataract and Glaucoma Specialist at Ophthalmic Consultants of Boston, Boston Eye Surgery and Laser Center, discusses the four most important diseases of the eye affecting older adults, including cataracts, macular degeneration, glaucoma and diabetic eye disease. For each condition, attention is drawn to early signs and symptoms, who is most at risk, available treatment options and tips for preventative eye care. Contact Kristen at [frady.k@westonma.gov](mailto:frady.k@westonma.gov) or 781-786-6280 for the link to this recording.

### Massachusetts Chocolate History

Most students of American history know the story of the Boston Tea Party, but did you know that when the colonists stopped drinking tea due to taxation they turned to drinking chocolate? Boston and the state of MA have many historical connections to chocolate, including being the home of the very first chocolate factory in North America, the first roadside retail confectionary operation and the first forays into commercial white chocolate production. Learn more about our sweet history with this fascinating program hosted by chocolate educator and tour guide, Victoria Kichuk of Cocoa Beantown in Boston. Contact Kristen at [frady.k@westonma.gov](mailto:frady.k@westonma.gov) or 781-786-6280 for the link to this recording.

The latter half of this presentation included a chocolate tasting. Chocolate is available for your participation at home while enjoying the recording. The discounted cost for chocolate is \$8. Contact us to arrange pick up.

## Brush Dump

**Saturday, May 1, 7:00-3:00**

The Composting Facility on Merriam Street will be open to residents with a valid Weston transfer station or recycle only permit. Leaves must be placed in a compostable bag. Free woodchips and compost available.

## Get Started with eBooks and Libby – The One Tap Reading App

**Tuesday, May 4, 10:00 on Zoom**

Learn about the free Libby app to borrow digital titles from the Weston Public Library. Learn how to get started with Libby, including downloading the app, signing in for the first time, searching for titles, placing holds and borrowing titles, adjusting reading settings, audiobook features, managing holds and reviewing the Libby app menu. The session will conclude with a 5-7 minute live Q&A.

If you already use Libby, join the session at 10:45 for a deep-dive into the app: refining and filtering lists, finding read-along titles, tagging titles, making and accessing annotations, exporting tags and annotations, and more. This session is driven by user questions and ends with live Q&A. Register with the Weston Public Library at 781-786-6165.

## Country Garden Club's Annual Garden Sale

**Golden Ball Tavern, 662 Boston Post Road**

**Thursday, May 6 and Friday, May 7, 9:00-5:00**

**Saturday, May 8, 9:00-1:00**

The Country Garden of Weston will resume its annual fundraiser plant sale at a new location, Golden Ball Tavern. All proceeds are used to beautify Weston. The Country Garden Club maintains the high school courtyard, Council on Aging garden, Brook School Apartment planters, and decorates the Golden Ball Tavern for the annual Holiday open house. Their newest project is a pollinator garden at the Weston Art and Innovation Center. All COVID-19 safety protocols will be followed during the sale.

## Annual Town Election

**May 8, 8:00 am-6:00 pm**

All precincts report to the Town Hall Auditorium

## Annual Town Meeting

**May 15, May 16 (second night/rain date) and May 22 (if needed)**

Weston High School football field, 2:00 pm (check-in begins at 1:00 pm)

For more information go to [westonma.gov](http://westonma.gov)

## Help Field School Students

### Make Bags From Recycled Fabrics

The Field School Green Leadership Team, a group of 4th and 5th grade students committed to make small changes to help the environment, is using recycled fabrics to make reusable bags. With some cutting and sewing, the old materials will become new, reusable tote bags for our community members.

The students have cut out the patterns and begun sewing but they need your help! Can you lend a hand in sewing the designs? Instructions will be provided. A sewing machine is required, as this is done in your own home. If you'd like to lend your sewing skills to this project contact the COA to pick up materials.

## Shredding Day

**Saturday, June 5, 9:00-1:00**

**Weston Police Department**

**180 Boston Post Road**

The Weston Police

Department is offering free paper shredding to Weston

residents. Safely destroy your documents containing sensitive, confidential and personal information. Paper only—no binders. Paperclips, staples and elastics are accepted. Rain or shine.



## Land's Sake Farm Opening Day

**Saturday, June 5, 10:00-2:00**

Celebrate the 2021 opening of Weston's Land's Sake Farm.

# LET US HELP

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## COA Social Worker

If you are in need of social services, contact our social worker Joyce McSweeney. Joyce can be reached by calling the COA or email her at [mcsweeney.j@westonma.gov](mailto:mcsweeney.j@westonma.gov).

Joyce can assist you with:

- Information and referrals
- Application assistance
- Family meetings
- Ways to make your home safer
- Connect caregivers with resources such as homecare, memory cafes, social day programs, home alert buttons
- Exploring housing options
- Planning for the future to age in place
- Assistance finding a vaccine appointment
- Assistance finding transportation to a COVID-19 vaccine appointments.

Joyce can also point you in the right direction for more ways to save with the following:

Personal Real Estate Exemption  
Property Tax Deferral Program  
Community Preservation Low/Moderate  
Income Surcharge Exemption  
Transfer Station Sticker Discounts

## Support Groups

### Caregiver Support Group on Zoom Thursdays, May 6 & 20, 10:00-11:30

If you are seeing memory changes in a loved one, this group might help you. Members share stories and wisdom as well as resources and strategies for coping with the challenges of caring for someone at any stage of dementia. Contact the COA for meeting link.

### Neuropathy Support Group

Thursday, May 20, 1:00-3:00 on Zoom

These group meetings are open to anyone with neuropathy as well as family and friends. Dr. Gary Krakoff, a pharmacist from Johnson's Wellness, will speak to us about supplements, nutrition and medications for neuropathy symptoms.

## Land's Sake Produce Program

Land's Sake is a community minded working farm that offers fresh produce, environmental education programs, food donation programs and land management. They are located across the street from the COA and are a partner in the fight against food insecurity. For many years Land's Sake has generously donated thousands of dollars' worth of produce for income eligible older adults in Weston. The program provides participants with a voucher good for \$20 worth of produce from the Land's Sake farm stand (limitations on items do apply, one per qualified household.) To register for the program, call COA social worker Joyce McSweeney, 781-786-6280 to find out if you are eligible. There are a limited number of vouchers available.

## COA Food Pantry

To access the COA food pantry call the COA. The pantry is available to all Weston residents by delivery or curbside pick up by appointment. More details available by phone.

## Society of St. Vincent de Paul

St. Julia Parish, through its St. Vincent de Paul operates a food pantry and may assist with emergency medical or housing expenses for people who live or work in Weston or Lincoln. Call 781-899-2611 and leave a message; a member will call contact you.



## Durable Medical Equipment Loan

Walkers, wheelchairs, rollators, canes, shower chairs and raised toilet seats are usually available by delivery or curbside pick up by appointment. Call the COA ahead for equipment availability or for a list of items

## Friendly Call Program

If you would like daily or periodic check-in phone calls, a COA staff member is available to connect with you. Call the COA for more info.



## Medicare

### High Prescription Drug Costs?

Prescription Advantage

([www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org))

is a state assistance program which may lower the amount you pay for prescription drugs. Members are also allowed to join or change their Medicare drug plan or Medicare Advantage plan. Eligibility is based on income only and there is no asset limit.

For Massachusetts residents eligible for Medicare, Prescription Advantage may provide secondary drug coverage if you are:

- 65 or older with an annual income at or less than \$64,400 for a single person or \$87,100 for a married couple or
- Under 65 with a disability, with an annual income at or less than \$24,214 for a single person or \$32,750 for a married couple

The SHINE Program can help you apply for Prescription Advantage. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. Call the COA to schedule a SHINE phone appointment. For other SHINE related matters, call 1-800-243-4636.



## Fuel Assistance

### Help with Heating Costs

The Low-Income Home Energy Assistance Program (LIHEAP) provides eligible households with help paying a portion of winter heating bills. Homeowners and renters, including some whose cost of heat is included in the rent, may apply. Eligibility is based on household size and gross annual income of every member, 18+ years. Household income must not exceed 60% of the state median income. Households can apply through May 28, 2021. Payments are made directly to the applicant's heating vendor. Contact Joyce McSweeney at the COA for more information or call South Middlesex Opportunity Council (SMOC) at 508-620-2342.

## Ask an Attorney

**Tuesday, May 18, 10:00-11:00**

Call the COA to schedule a 15-minute phone appointment with Julie Ladimer, Esq. who can answer questions about your estate planning. Please call to make your appointment by Friday, April 23.

## Veteran's Agent

Contact Nancy, Weston's Veteran's Agent to schedule an appointment by calling 781-850-5504 or email her at [nblanchard@westsuburbanveterans.com](mailto:nblanchard@westsuburbanveterans.com).

## Congresswoman Clark's Office

Jay Higgins, Senior Constituent Services Representative for Congresswoman Katherine Clark, is available to speak with residents at 617-354-0292 or [jay.higgins@mail.house.gov](mailto:jay.higgins@mail.house.gov)

## Weston CARES Fund

The Weston CARES Fund's purpose is to provide assistance to those facing food insecurity, eviction, and/or foreclosure. [www.westoncaresfund.org/](http://www.westoncaresfund.org/)

## Merriam Fund

The Merriam Fund is a financial resource available to assist Weston residents who find themselves in a temporary financial bind. It is not intended or able to provide on-going or continued support.

## File of Life

A File of Life card contains your emergency contacts, medications, health issues etc. and enables medics to obtain a quick history during an emergency. Call the COA to arrange getting a File of Life card.

## How to Report Elder Abuse

If you suspect Elder Abuse call 800-922-2275, 24 hours a day to make a report. Reports can be made anonymously. If it is an emergency or life-threatening situation call 911.

# COVID-19 VACCINE INFO

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## Vaccination Preregistration Signup

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If you still need a COVID-19 vaccine, call the COA for general information or assistance with preregistration on the state system to be notified about available appointments. To preregister visit

<https://vaccinesignup.mass.gov/#/>

The information entered will be saved and you will receive a Registration ID on screen at the time of preregistration. You will receive a confirmation notification through your preferred method of communication (email, text message or phone call). For (text and) email notifications, check your junk or spam folder if you don't receive the confirmation. Each week, you will receive a weekly status update. You have 24 hours to schedule the appointment once notified about an available slot. These notifications will be sent to you by your preferred method of communication.

How it works:

- You will receive a notification that it's almost time to book your appointment:
- The next day, you will receive a Booking Code and a link to schedule your appointment:
- The Booking Code you will receive to schedule your appointment will be different from the Registration ID you receive when your preregistration is confirmed:
- You will have 24 hours to schedule an appointment. If the appointment is not accepted within 24 hours, you will go back onto the list to wait for another appointment.

If you are 75 or older and would like someone to go with you, call 2-1-1 to book an appointment for yourself and your companion once you receive the Booking Code.

Please note that the COVID-19 vaccines are free. The Commonwealth of Massachusetts will never ask you for your bank account number, password, or other financial information.

## In-home Vaccinations for Homebound Residents

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In-home vaccinations are available for homebound people who are not able to leave their home to get to a vaccination site, even with assistance.

These individuals either:

- Have considerable difficulty and/or require significant support to leave the home for medical appointments;
- Require ambulance or two-person assistance to leave the home;
- Are not able to leave the home for medical appointments under normal circumstances.

### How to schedule a homebound vaccination:

If you are eligible for an in-home vaccination, you can call the Homebound Vaccination Central Intake Line at 833-983-0485. If in-home vaccination is appropriate, you will be registered with the State Homebound Vaccine Provider who will handle the scheduling and administration of in-home vaccinations. When you are registered with the State Homebound Vaccine Provider, you will generally be called within three business days (but depending on demand it could take closer to one week) to schedule your appointment.

In-home vaccinations will be:

- Scheduled based on geography of homebound residents, not on a first-come first served basis;
- Performed using the Johnson & Johnson single-dose vaccine, which is easier to transport and requires only one appointment.

**For more information call COA social worker, Joyce McSweeney 781-786-6280.**

# MAY CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
-3-	-4-	-5-	-6-	-7-
9:00 Exercise For Every Body 10:15 Zumba 1:00 Yoga	9:30 Tai Chi 10:00 Mosaics Workshop 1:00 Movie: <i>Wild Mountain Time</i> 1:30 Spanish with Raquel 2:00 Ukulele	10:00 Meditation 10:00 Open Art Studio 11:00 Functional Fitness 1:00 Stretch & Balance 4:00 Pilates	9:30 Yoga 10:00 Caregivers Support Group 12:00 Line Dancing II 1:30 Line Dancing I	12:00 Fitness Fridays
-10-	-11-	-12-	-13-	-14-
9:00 Exercise For Every Body 10:15 Zumba 12:30 Project Linus 1:00 Yoga 2:00 Golf Info Meeting	9:30 Tai Chi 10:00 Talk: American Art 1:00 Movie: <i>The Dig</i> 1:30 Spanish with Raquel 2:00 Ukulele	9:50 Trail Walk 10:00 Meditation 10:00 Open Art Studio 11:00 Functional Fitness 1:00 Stretch & Balance 1:00 Talk: Six Wives of Henry VII Series 4:00 Pilates	9:30 Yoga 12:00 Line Dancing II 1:15 Local & Global 1:30 Line Dancing I	12:00 Fitness Fridays
-17-	-18-	-19-	-20-	-21-
9:00 Exercise For Every Body 10:15 Zumba 1:00 Yoga	9:30 Tai Chi 10:00 Ask an Attorney 11:00 MassBar Presentation 1:00 Movie: <i>I Care a Lot</i> 1:30 Spanish with Raquel 2:00 Ukulele 2:00 Talk: Understanding Pain 4:00 Grab & Go Sign up Deadline	10:00 Meditation 10:00 Open Art Studio 11:00 Functional Fitness 1:00 Stretch & Balance 1:00 Talk: Six Wives of Henry VII Series 4:00 Pilates	9:30 Yoga 10:00 Caregivers Support Group 12:00 Line Dancing II 1:00 Neuropathy Support Group 1:30 Line Dancing I	9:30 Pancake Breakfast Grab & Go Pickup 12:00 Fitness Fridays
-24-	-25-	-26-	-27-	-28-
9:00 Exercise For Every Body 10:15 Zumba 12:30 Project Linus 1:00 Yoga	9:30 Tai Chi 1:00 Cooking Class: Chinese Street Food 1:00 Movie: <i>Nomadland</i> 1:30 Spanish with Raquel 2:00 Ukulele	10:00 Meditation 10:00 Open Art Studio 11:00 Functional Fitness 1:00 Stretch & Balance 1:00 Talk: Six Wives of Henry VII Series 4:00 Pilates	9:30 Yoga 12:00 Line Dancing II 1:30 Line Dancing I	12:00 Fitness Fridays 1:30 Talk: Hagia Sophia, Istanbul
-31-				
COA Closed 				



**Weston COA**  
 20 Alphabet Lane  
 Weston, MA 02493

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Deliver to current resident or

Mailing for this newsletter is funded by the Friends of Weston's Council on Aging. Newsletter printing is supported in part by the Massachusetts Executive Office of Elder Affairs.

## Transportation Available for Weston Residents 60 and Older

### Weston Shuttle Service

The Weston Shuttle service is available to transport residents one at a time or two people from the same household for rides of any purpose including grocery shopping. Call the COA to book a ride and for more information.

### The Shopping Shuttle is Back!

#### Thursdays in May

The COA's Weston Shuttle will provide limited capacity group rides to Market Basket and Hannaford.

Market Basket: **May 6 & May 20**

Hannaford: **May 13 & May 27**

**Masks are required.**  
**Rides are available to well individuals only.** If you are sick, call us so we can reschedule your ride.



### Free Taxi Rides to Medical Appointments

Thanks to a generous grant by MAPC (Metropolitan Area Planning Council) the COA is able to provide free taxi transportation to medical appointments to local towns as well as to Boston.

For more information call the COA to speak with Joyce McSweeney. Rides must be scheduled at least two days in advance. This is not part of the taxi voucher program.

### Taxi Vouchers

The taxi voucher program is still active. We are extending the expiration of taxi vouchers. If you have vouchers that expired on June 30, 2020 you may still use them. JFK has been notified to accept them as usual. **We have extended taxi coupons through the end of June 2021.** You may continue to use the vouchers that you have until this date.

Vouchers may be purchased by calling the COA 781-786-6280. A maximum of 10 vouchers may be purchased each month. We ask that you only purchase the number of vouchers you intend to use during these months.