

January & February



CHILDHOOD MEMORIES OF WINTER'S PAST

Harriet Merkwitz:

Waiting for school closing. Preferred being under a blanket reading a book.

Rick Subber:

After lovingly putting tinsel strand by strand on our Christmas tree, we would remove it in the same way when we took it down .

Maureen Pipe:

I was born in the middle of a snow storm- as my father repeated this story many times- he called the police department and they called the fire department and we got plowed out and escorted to the hospital.

That was 1945 in Natick.

Susan Peters:

In the 60's we would jump off the low roof of our ranch house into the huge pile of snow. We still have the ranch house but no snow!

Mal Sockol:

I recall offering to shovel neighbor's front walks and/or driveways, and charging a whole dollar (maybe two) for the job. Some said too expensive!



Lorraine McNally:

I remember coming inside after a long day of playing outside sledding, making snow angels & putting my wet mittens and hat on the heating vent to dry and my mother giving us big cups of hot chocolate.

Mia Melanson:

I grew up outside Lake Erie and we'd get lots of snow with the Lake effect. I'd play outside all day making a snow fort with my brother and neighborhood friends. We were always busy and time flew by.



WELCOME STATEMENT

Our Center strives to create an environment which values diversity, mutual respect, and supports inclusive ways to work to provide support services, programs, and advocacy for people of all ages and abilities.

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INFORMATION & LETTERS FROM THE COA BOARD



The Center will be CLOSED on
January 17 for Martin Luther King Jr Day
and on February 21 for President's Day.
HAPPY NEW YEAR!

COUNCIL ON AGING OFFICE

117 East Central Street
Natick, Massachusetts 01760

p: 508.647.6540

f: 508.647.6548

www.natickma.gov/626/Council-on-Aging

HOURS

Monday – Wednesday: 8:00 am–5:00 pm,
Thursday 8:00 am–7:00 pm
Friday: 8:00am–2:30 pm

STAFF

Susan Ramsey, MPA, Director, Senior Center & Community Services

Debbie Budd, Social Worker, LSW

Teri Checket, Social Worker, MS, LSW

Emily Christin, Spec. Asst. to Director

Patti Collari, PT Receptionist

Karen Edwards, Program Manager, Volunteer Services

Richard Ives, Transportation Coordinator

Sharon Kirby, Program Assistant

Frank Lam Administrative Assistant

Lorraine McNally, MPA, Asst. Director / Program Developer

Mia Melanson, PT Receptionist

Sam Mensah & John Portnoy, Drivers

Maureen Pipe, PT Receptionist

Lindsay Quillen, LCSW, Let's Talk Natick

Jack Rourke, Transportation Coordinator

Sheila Young, CRS-A/D I & R Specialist / Executive Asst.

Senior Parking Permits for 2022

We have received Parking Permits for 2022 and will be available in person to complete transactions this year during regular business hours. Price will be \$3 for permits, \$5 if replacement is needed during the year. Permits are for the calendar year. Please be sure to bring your license when purchasing permit; car registration not required. Permits are for Natick residents, 65 years of age or older.

LUNCH WITH FRIENDS: On Wednesdays

We hope that you will be able to join us for lunch in the New Year!

In January, lunch will be from **Frescafe**:

Jan 5: Cheeseburgers, **Jan 12:** Reuben; **Jan. 19:** Turkey melt; **Jan. 26:** Chicken Quesadilla.

In February, lunch will be provided by the **Morse Tavern** :

Feb 2: Chicken Salad Club; **Feb. 9:** Steak Deluxe; **Feb. 16:** California Wrap; **Feb. 23:** Tuna Salad Melt Panini.

At the beginning of the month, you may place your order for the month for yourself and a friend, in person at the Community Senior Center. Cost is \$5.00/person per lunch and is payable upon reservation.

Lunch with Friends is a partnership of the Natick Council on Aging and the Friends of the Natick Senior Center

Council On Aging: Chair's Corner

I hope that the start of 2022 finds you healthy, warm, and looking forward to the promise of a new year. Recently, the COA approved an updated Strategic Plan to guide us with 4 goals:

- Modify programs and services to reflect changing interests and unmet needs
- Continuing to offer programs and services that allow for a broad array of access points
- Promote a positive culture towards volunteering while developing sufficient resources to support volunteer involvement
- Strengthen the Council on Aging's presence within the community as the place to find information about services and programs for seniors

The COA staff and board welcome your input on additional or modified programs and services that would be helpful. As the snow flies, watching a zoom from home may be preferable to venturing out to the Center. Many of us enjoy the sense of accomplishment from volunteering. A work group will be seeking to identify new opportunities. We want to spread the word to all Natick residents, new and old, that we are here with many tips and tricks, programs and services that can make aging easier.

Happy New Year!

Connie Pitt, Vice Chair

COA Officers & Board Members

Chair: Judy Sabol

Vice Chair: Connie Pitt

Secretary: Barbie Rasmussen

Board Members: Saul Beaumont, Elaina Danahy, Andrew Eschrtuth, Harriet Merkowitz, Karen Oakley, Susan Peters, Mal Sockol, Rick Subber

Associate Members: Linda Jaffe, Salvatore Pandolfo



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IN PERSON CLASSES & ZOOM EVENTS

ALL CLASSES: Pre-registration required one week in advance. Zoom link will be sent before class. Call our front desk at 508-647-6540 OR register online at <https://register.communitypass.net/Natick>

EAT SMART TO KEEP YOUR BRAIN SHARP – IN PERSON

Tuesday, January 11, 1:30-2:30 pm

Join Dietician Isabelita Rosati from Whitney Place. Did you know that the foods you eat can affect the health of your brain? There's no magical food that can make you smarter, but there are foods that may help boost memory and concentration as well as help protect your brain as you age. Join us to learn about foods that are associated with better brainpower and bring home a brain boosting treat!

HISTORY BOOKGROUP BFL & NHS-ZOOM

Thursday, January 13, 11:00 am-noon,
Register e-mail mking@minlib.net.

Our book read for this session is *Benjamin Franklin's Bastard* (fiction) by Sally Cabot.

TECH WORKSHOP WITH NATICK HIGH!

Thursday, January 14, 3:00-4:30 pm

Do you have a computer, but don't really know how to use it? If the answer is yes, then try our technology workshop, hosted entirely by high school students from Natick High School. These hour-long workshops are directed at older adults who would like lessons on using their own technology. Please bring your own device; number of participants is limited.

SMALL GROUP WELLNESS COACHING

Tuesdays, Jan 18-Feb 6, 1:00-2:00 pm

Have you thought about how you may improve your health and sense of wellbeing with changes to your lifestyle? Our instructor, Barbara Berland, is a certified wellness coach and former physician who will guide you on a journey to develop healthier diet and activity habits. This four-week, small group coaching program will help each participant set up individual goals based on your overall vision for a better wellbeing. *Group size limited to 4; each registrant will receive a multi-card exercise card to the COA's exercise programs.*

ART MATTERS –MARY CASSAT– ZOOM

Wednesday, January 19, 1:30-2:30 pm

Thank you to our sponsor Whitney Place

An American woman was at the very heart of a radical revolution in art. Impressionism changed the art world forever. Overcoming social stigma, and cultural as well as national boundaries, Mary Cassatt defied the times to become an independent, innovative, and professional artist.

PROTECT YOURSELF FROM RISING ELECTRICITY RATES – IN PERSON

Wednesday, January 19, 12:30 pm - 1:30 pm

On January 1, Eversource's residential Basic Service rate will rise to a 14-year high of 15.735 c/kWh. Natick's Electricity Aggregation Program can protect you from this price increase. Join Jillian Wilson Martin, Natick Sustainability Director, to learn about the program. Additional details are available at MassPowerChoice.com/Natick.

KAREN'S BOOKGROUP – ZOOM

Friday, January 21, 1:00-2:00 pm

Join avid reader, Karen Mallozzi to talk about *The Postscript Murders* by Elly Griffiths. Sign up in advance to get the Zoom link.

E-RESOURCES FROM THE LIBRARY- ZOOM

Monday, January 24, 1:30-2:30 pm

Join Casey and Karen from Bacon Free Library to learn about all the E-Resources offered to any library card holder including E-Books for your tablet, kindle or phone, magazines, movies and more!

TIPS FOR A BETTER SLEEP- ZOOM

Tuesday, January 25, 1:30-2:30 pm

Join Robb Webb, Sleep Lab Manager, MetroWest Sleep Disorders Center, MetroWest Medical Center. Do you chronically have trouble getting a good night's rest? Learn about the causes of sleep difficulties, treatments/procedures, and how to identify them- helping you get back on track with a healthier life! Better sleep is a healthier YOU.

BE A GOOD ANCESTOR- ZOOM

Wednesday, January 26, 1:30-2:30pm

While you may feel there's nothing important or noteworthy about your life, sometime within the next 100 years, someone who is re-searching their own history is going to want to

know more about YOU! We'll look at a few ways to leave them something to find.

MUSIC/OPERA APPRECIATION

Fridays February 4-April 29

10:30 am-1:00 pm, Cost \$36

Join our own Ron Williams in person at the CSC as we expand our reach and take a look at symphonies, jazz and other world music. *No class April 15. Pre-registration required.*

POWERFUL TOOLS FOR CAREGIVERS- ZOOM

Tuesday, Feb 8-March 15, 10:30 am-noon

This 6-week class is for caregivers to learn how to take care of themselves. Gain tools to reduce stress, improve confidence in caregiving, manage time, problem solve and more. **Please sign up for the zoom info session Tuesday, Jan. 11 at 10:30 am.** Registration required. *Made possible in part by funding from the Older Americans Act, as granted by BayPath Elder Services, Inc.*

BACKYARD BIRDS- ZOOM

Wednesday, February 9, 1:30-2:30 pm

Come find out more about our local birds, as well as occasional visitors, and what

brings them to our neighborhoods. Experience the sights and sounds of some of our most beautiful neighbors! We'll talk about birds you can see now and anticipate which birds come for spring migration.



HISTORY BOOKGROUP BFL & NHS- ZOOM

Thursday, February 10, 11:00am-noon

Register e-mail mking@minlib.net.

Our book read for this session is *Endurance: Shackleton's Incredible Journey* by Alfred Lansing (NF).

ART MATTERS- ALEXANDER CALDER – ZOOM

Wednesday, February 16, 1:30-3:00 pm

From when he was a small boy, he was always making "stuff"; toys, utensils, and objects out of bits of string, wire, buttons, cloth, wood and tin. He always had a sense of whimsy about his objects and invented the "Mobile"; a way to compose colorful shapes, and fine lines moving in a constantly changing arrangement.

DROP-IN & ONGOING CLASSES

WORKING WITH CENSUS REPORTS– ZOOM

Wednesday, February 23, 1:30-2:30 pm

The purpose of the census, the instructions and methods for the enumerators, and the hidden gems you find when reading the entire page and putting your ancestors' information into historical context. Each leads to additional sources to be researched for verification and added information.

BASIC ESTATE & HEALTHCARE PLANNING – IN PERSON

Monday, February 28, 1:30-2:30 pm

Elder Law Attorney Tim Loff will look at how to protect yourself and help your loved ones help you during your "Golden Years". Topics include: Wills, Trusts, Health Care Proxies, Power of Attorney, Living Wills, Medical Privacy Forms and Burial Directives. Q&A.

DROP IN ACTIVITIES: Pre-registration not required, but please stop by the front desk when you arrive to check in.

BYOL: Bring your own Lunch and eat in our Great Room East (kitchen side) Mon, Tues, Thurs & Fri: 11:00 am - 1:00 pm

Coffee Break Connections: Call Karen Edwards to receive a friendly call to chat 508-647-6540, ext. 1905.

Card Room Reservations: Available timeslots are: Mon-Thurs, 9:00 am-noon, 1:00-4:00 pm and Fridays from 9:00-noon.

Chair Volleyball: Join us on Wednesdays 10:30-11:30 am

Knitting & Crocheting: Wednesdays 1:00-3:00 pm. Materials provided

Learn to Quilt: Thursdays at 1:00-3:00 pm. Materials provided

Ping Pong: Mondays at 1:00-3:00 pm. Equipment provided

Pool Room: Mondays-Thursdays, 8:30-4:30; Fridays 9:00-2:00 pm

Walking in the Gym: Mondays 8:00-10:00 am & Fridays noon-2:00 pm. *Please remember that walking is not allowed in the gym during regularly scheduled exercise classes!*

Beaded Flower Class: Tuesdays 1:00-3:00 pm, Materials purchased at class as needed.

ALL CLASSES: Pre-registration required one week in advance. Zoom Link will be sent before class. Register online through <https://register.communitypass.net/Natick>, or call our front desk at 508-647-6540.

ONGOING PROGRAMS

MONDAYS AT A MUSEUM– ZOOM

Join us on Monday, 3:00-4:00 pm for curator talks from museums

January 3–Peabody Essex Museum

January 10– JMW Turner

January 24– Kunsthistorisches, Klimt and Klee

January 23– Dutch Paintings

February 7– Jacob Lawrence, Gordon Parks

February 14– Wadsworth Atheneum

February 28– Hockney, Hopper

MEDITATION– ZOOM

Every Thursday with Sharon 2:00-2:40 pm. This meditation is audio only and participants are muted during the meditation portion. Everyone is welcome to join for some guided meditation, some quiet sitting and some reflection with Q & A and sharing.

GREAT COURSES: AMERICA'S FOUNDING FATHERS– ZOOM

Tuesdays, 11:30 am-12:30 pm, continuing through April 19

The story of America's founding—great men who debated, argued, persuaded, and negotiated their way to the U.S. Constitution—is as dramatic and instructive as any in the nation's history. Join Prof. Allen C. Guelzo as he tells the story of the Founding Fathers in this joint presentation by Great Courses and the Smithsonian Institution.

ASK AN ATTORNEY...BY PHONE

Wednesday, January 18, February 15

Private phone appointments at 10:00 am, 10:20 am & 10:40 am

Call the Center at 508-647-6540 to make a free appointment.

PODIATRY CLINIC WITH DR. CLAYMAN

Tuesday, January 18, February 15 starting at 9:00 am

15 minute appointments, masks required, call 508-647-6540 for an appointment. Appointment fee is \$45, cash or check.

BEREAVEMENT SUPPORT GROUP– IN PERSON & ZOOM

First Tuesday of month in person: Jan. 4, Feb. 1, 11:00 am-12:00 pm

Third Tuesday of month by Zoom: Jan. 18, Feb. 15, 11:00 am– 12:00 pm

The group is facilitated by Malka Young, LICSW. Malka has extensive experience and expertise in facilitating support groups in the Metrowest area. We are very pleased to have Malka join us as a facilitator in Natick.

MOVIES IN TV ROOM

Wednesdays at 1:00 pm

Movies subject to change, due to availability.

- January 5: The Intern, Comedy, PG-13
- January 12 The Starling, Comedy/Drama, PG-13
- January 19 Our Souls at Night, Drama, PG-13
- January 26 Ford vs. Ferrari, Action, PG-13
- February 2 Somewhere in Time, Drama, PG
- February 9 Tick Tick Boom, Biography, PG-13
- February 16 Red Notice, Action/Comedy, PG-13



EXERCISE & COMMUNITY

DROP-IN SLOW FLOW YOGA WITH MALA

Mondays at 1:00 pm

Cost: \$3/class or purchase a multi-exercise card

This drop-in, beginner-friendly class will be comprised of a series of yoga postures that incorporate earth, horizon and sky asanas (laying postures on the mat to standing independently) and transitional poses (moving from one posture to the next) requiring some strength and stability through the wrists, knees, shoulders and hips. . *All participants need their own mat & own yoga strap. A water bottle is highly recommended.*

EXERCISE: MUSCLE BUILDING CLASS- IN PERSON

Tuesdays & Thursdays, 10:00 -11:00 am

Cost: \$3/class or purchase a multi-exercise card

Please note: we have moved this class back to a drop-in class, subject to change, due to public health concerns

Participants are asked to bring their own exercise band and 1,2, or 3 lb. hand weights. Class taught the MetroWest YMCA. Pre-registration and masks required (per Natick mask mandate at time of printing.) Class size is limited, but has increased to 40. Call Center to register.

CHAIR YOGA WITH MALA

Drop-in Fridays at 10:00 -11:00 am

Cost: \$3/class or purchase a multi-exercise card

Easy and simple to follow yoga postures in a chair that simply flow in a way that creates a sense of flexibility and release for both body and the mind. Suitable for all levels of experience. *Participants must bring their own yoga strap & mat.*

ZUMBA WITH SUSAN CRAVER

Mondays at 10:30 am

Cost: \$3/class or purchase a multi-exercise card

Zumba is back at the Center! Susan loves teaching Zumba because, she says, "every class feels like a party!" You're sure to have fun and burn some calories!

QIGONG WITH BOB DOHERTY

Drop-in Tuesdays at 1:00 pm

Cost: \$3/class or purchase a multi-exercise card

Qigong is a practice of aligning movement, posture, and awareness for a better you. Exercise classes are designed for all ages and fitness levels. It can be done standing or sitting.

WALKING IN GYM- IN PERSON

Mondays from 8:00 am to 10:00 am

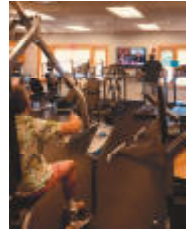
Fridays from 12 noon to 2:00 pm

We have moved back to a drop-in system for our walking in the gym. Please note our time change on Mondays due to our earlier opening time and the addition of Zumba in our gym. Please check-in at our front desk before heading to the gym.

FITNESS CENTER

6-month membership fees: \$25 for 60+ yr and \$40 for 18-59 yr.

All new members must attend an orientation session to become acquainted with the equipment. You can call the Center at 508-647-6540 to schedule an orientation. We are scheduling 30-minute orientation appointments every other Thursday from 11:15 am to 1:15 pm. The Fitness Room Hours are: Mon-Wed, 8 am-4:30 pm, Thurs, 8 am-6:30 pm (except on orientation days, call for schedule) and Fri 8 am-2 pm.



PICKLEBALL

Wednesdays 1:00 pm - 4:00 pm

Please note: we will be adding another drop-in day; date unavailable at the time of publication. Please check in at the front desk for information. Pickleball is a drop-in, 1st come, 1st served system. Please be courteous to other players as our court space is limited; all levels of play welcome. Balls are provided; bring your own racket. *Check-in at front desk.*

AARP Tax Appointments 2022

We will be hosting AARP in early 2022 to complete tax appointments again this year. Dates and times will be published in our bi-weekly e-newsletter. Call us if you want to be added to the list!

EVENING AT THE CSC

Call the front desk at 508-647-6540 to sign up, or go online at: <https://register.communitypass.net/Natick>

TAP DANCING with instructor Susan Craver

Intermediate class: Tues, January 11-February 15, 4:30-5:30 pm

Beginner class: Tues, January 11-February 15, 5:40-6:40 pm

Cost: \$60 for the six session class

Find your rhythm and learn to dance to peppy numbers LIKE TAP GREATS - Gene Kelly, Fred Astaire, and Gregory Hines. We'll dance energetically with tap shoes to some great jazz sounds from classic Hollywood and modern musicals. Wear comfy clothes, and bring a bottle of water and a towel. Students must purchase tap shoes in advance.

YOGA WITH MEANING with instructor Ann Lynch

Session 1: Thursday, Jan 13-Mar 10: 8 sessions (*no class on Jan 27*)

Session 2: Thursday, March 17-May 2: 8 sessions

Cost: \$80 per 8-session class

Come enjoy this all-level yoga class bringing a deep understanding to body awareness through strengthening, stretching, breathing, and more. Each class will rejuvenate the mind, body and awaken your soul. We will explore various styles of yoga such as Hatha, Vinyasa, Yin, Myofascial Release (through ball rolling), and more. Prepare to attend in comfy clothes with a yoga mat, blocks, and a strap. Please note that yoga blocks and straps are not required but are helpful for individuals to enhance their practice. See you on your mat.

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Enjoy remote courses for seniors 60+ on Zoom!

Tuesdays, April 5, 12, 26 and May 3

Visit our website to join the mailing list and learn more.

www.bit.ly/Adventures-FSU

Registration will open on Tuesday, March 8, at 11am.

Adventures in Lifelong Learning courses are free to all participants, thanks to partial funding support from the Older Americans Act as granted by BayPath Elder Services, Inc., and grants from Framingham Cultural Council, Marlborough Cultural Council, and Natick Cultural Council.




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PROGRAMS AND SERVICES

TRANSPORTATION BY TAXI

We are able to provide transportation for Natick seniors by cab on a very limited basis. Rides to medical appointments outside of the Metrowest area can be arranged. If you are interested, please call the Center at 508-647-6540 at least 3 business days in advance of your appointment.

MEALS ON WHEELS DRIVERS *URGENTLY NEEDED:*

Meals on Wheels Drivers deliver to Natick senior residents who are homebound and residents with disabilities Monday through Friday, guaranteeing that they will receive at least one hot, nutritious meal a day. There is no physical contact between the driver and the meal recipient to comply with current health and safety regulations; masks must be worn at all times while delivering meals. Volunteers receive orientation, training & ongoing support. Interested?

Please visit our online volunteer application at:

www.myvolunteerpage.com and search for Natick. Volunteers must have a cell phone, and complete necessary paperwork including a CORI background check as part of their application.

The **Morse Institute Library** is conducting a Community Survey. They want your feedback! Tell them what they're doing right or how they can improve. Or, have a good idea for the future of the library? Take a few minutes and share it now. The survey only takes seven minutes and it can shape the future of the library. Find it here:

<https://www.surveymonkey.com/r/MILCommunitySurvey2021>.

Thank you!

LET'S TALK NATICK WANTS TO HEAR FROM YOU!

We can't plan for everything, but we can talk about what is most important – in our life and in our health care – with those who matter most to us! We'd like to hear from you on:



- Why you have started or revised your advance care plan?
- Why you have a Health Care Proxy and/or living will?
- How having established an advance care plan has made you feel?

Please send your answers or any additional thoughts to Let's Talk Natick at the Community-Senior Center C/O Lindsay - OR—email your responses to lquillen@natickma.org. Lindsay is available by appointment for assistance with getting your Advance Care Plan started or to address any questions/concerns you might have. **Let's Talk Natick!**

NATICK CONNECTOR

The Natick Connector is a passenger van that's a convenient, secure and accessible transportation service for seniors and disabled residents. The service provides door-to-door transportation to destinations in Natick, Framingham, Sherborn, Wayland, Wellesley, and Market Basket in Ashland. Interested? Call the MWRTA at 508-820-4650 to set up an account; 2 business days advance notice required. The MWRTA is requiring that all passengers wear mask while on-board an MWRTA vehicle. Riders who do not wear a face covering will not be permitted on an MWRTA vehicle. Thank you for your cooperation and understanding.

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VOLUNTEER SERVICES / HUMAN SERVICES

HEATING ASSISTANCE—2021-2022 WINTER SEASON

Natick Human Services staff will be helping Natick residents complete applications for the Low Income Home Energy Assistance Program (LIHEAP) for the 2021-2022 winter season. Applicants may be Natick residents of any age, home owners or renters, pay for their own heat or in some circumstances have it included in their rent. Individuals and families may qualify for fuel assistance if the combined total gross annual income of all household members over the age of 18 is within the income guidelines. Following are the guidelines for family sizes/households of up to 5 people. Please call for income eligibility if you have greater than 5 people in your household.

Low-Income Home Energy Assistance Program (LIHEAP)
Income Eligibility Guidelines for 2021-2022

Household Size	Maximum Gross Annual Income
1	\$ 40,951
2	\$ 53,551
3	\$ 66,151
4	\$ 78,751
5	\$ 91,351

If you are over income for the LIHEAP program, you may be eligible for fuel assistance through the Salvation Army's Good Neighbor Energy Fund (GNEF). GNEF income guidelines will be available in December and applications can be completed and submitted after January 1st. Please call Debbie Budd at (508) 647-6540 with any questions about fuel assistance; income eligibility guidelines or to schedule an appointment to complete an application.

EAT RIGHT EVEN ON A BUDGET- SNAP

Signing up for the Supplemental Nutrition Assistance Program (SNAP) is a great way to stretch your budget and purchase the food you need and enjoy. Eligibility is based primarily on income and certain household and medical expenses. Call Debbie Budd at 508-647-6540, ext. 1906 for more information, to determine your eligibility or to complete an application. *This institution is an equal opportunity provider.*



VETERAN'S SERVICES

Paul Carew, Director, Veterans' Services Natick, 508-647-6545

We have a flag disposal box inside our Center's front door. If you have a flag that needs to be disposed, come to the CSC, ring our doorbell, and we will dispose of it for you.

YOUR MENTAL HEALTH

Many people are struggling with anxiety, depression, loss and other mental health issues that may interfere with day to day functioning. The Natick Human Services staff can make referrals for individual counseling or support groups to meet your individual needs. For those who are not insured, under-insured, or unable to afford a co-payment, our department can also assist with referrals to ease the financial burden of care. Please contact Human Services at 508-647-6540 for a confidential review of your needs and appropriate referrals. Help is only a phone call away.

Other resources:

- Advocates: assists individuals & families with developmental, mental health and other life challenges. Call 508-661-2020 for an intake.
- Behavioral Health Partners: the referral line, 844-528-6800, will match the best services for your needs.
- CALL2Talk is a mental health, emotional support and suicide prevention hotline 508-532-2255
- NAMI (National Alliance on Mental Illness) has a 24 helpline 800-950-6264
- William James College Interface Referral Service provides resource information and provider referrals 888-244-6843

CARE AND PREPARE

The Town of Natick, Natick Emergency Preparedness Team, is continuing to offer a voluntary call system designed to ensure for the health and safety of Natick residents during a weather-related or other town emergency. The purpose of the call is to provide you with up-to-date information; make sure that you are safe; have adequate resources to stay at home for the duration of the event and to respond to you if you report an emergency situation. This is free and confidential. Sign up at Natick Community-Senior Center at 508-647-6540.

COFFEE BREAK CONNECTIONS

If you are looking to develop new social connections, our Coffee Break social call program may be for you! We match volunteers with participants and together to enjoy a weekly call. Please call Karen Edwards at 508-647-6540 x1905 if you want to receive calls to improve your brain health while making a friend.



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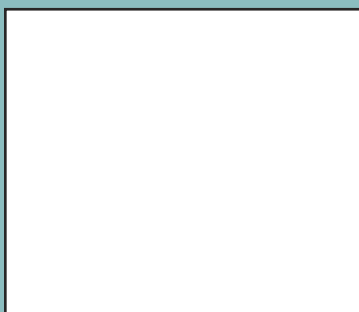
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-Grace C., Google Review

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-Susan M., Yelp Review

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p: 508.647.6540

f: 508.647.6548

w: <https://www.natickma.gov/626/Council-on-Aging-Human-Services>



**COMMUNITY-SENIOR
CENTER HOURS**

Monday - Wednesday: 8:00 am–5:00 pm

Thursday 8:00 am-7:00 pm

Friday: 8:00 am–2:30 pm

Friends of the Natick Senior Center Membership Form

2022 MEMBERSHIP INFORMATION for the *Friends of Natick Senior Center, Inc.*

Your membership to the Friends of Natick Senior Center, Inc. helps support programs and events run by the Natick COA and assists with one-time purchases and scholarships.

Mail the completed form and your tax deductible donation to:

Friends of Natick Senior Center, Inc., 117 E Central Street, Natick, MA 01760

Make checks payable to: Friends of Natick Senior Center, Inc.

Please share your email address below for periodic communications.

Name: _____ Birth Date: _____

- _____ \$12 Individual _____ \$100 Best Friend
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- _____ New _____ Renewal

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City

zip

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Spouse: _____ Birth Date: _____

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Please Print Clearly

Check out the Friends' Website at: friendsofnatickseniorcenter.org