



# Wayland Council on Aging presents



## Simple Solutions Expo

*“living more comfortably in your own home”*

Free  
Admission

**Wednesday, April 3, 3-6pm**

Trinitarian Congregational Church,  
53 Cochituate Road (*adjacent to Town Building*)

Free  
Raffles

*Vendors and speakers will feature tips, tools, techniques, and technologies that make independent living more comfortable as your abilities, needs and preferences change over time. Learn more about home modification ideas, clutter and organization strategies, car modifications, safety gadgets, senior housing options, medical supplies and equipment, grocery delivery, prepared meals, transportation options, walk-in tubs, stair lifts, ramps and more!*

### Partial Vendor Listing

- Boston Walk-In Bath Co.
- Acorn Stair Lifts
- Safe Home Connections
- Carpentry by Antonellis
- Solutions for Accessibility
- Sunrise Assisted Living
- Home Helpers
- Byrne Home Health
- A&A Medical Supply
- Home Modification Loan Program (MRC)
- Elder-Well Home Services
- Transportation- MWRTA (Register for Dial-A-Ride And Charlie Cards)

### Presentation Schedule

#### **3:30 Organizing your Possessions**

*Marie LeBlanc of Transitions  
Liquidation Services*

#### **4:00 BayPath Elder Services**

*Home care and related services  
Christine Alessandro, Exec. Director*

#### **4:30 Tips, Tools and Gadgets For Independent Living: Parmenter**

*Terry Banhazl, OTR;  
Sue Rushfirth RPT*

#### **5:00 Home Modification Ideas and Funding Options**

*Builder, Tom Antonellis  
Christy Cutting- MRC*

#### **5:30 Home Safety**

*Wayland Fire Dept.  
Chief Smith, Capt. Buentello*

### Partial Vendor Listing

- Emerson Hospital's AARP "Car Fit"
- Wayland Fire Dept
- Wayland Housing-WHA
- Roche Bros-Home Del.
- Traditions of Wayland
- Stop & Shop-Peapod
- Fabulous Family Meals
- Extended Family
- BayPath Elder Service
- Parmenter Health
- Transitions Liquidation Services
- Sudbury Coffee Works

Whether you're an older adult or a non-senior addressing the changing needs of family members or friends, **don't miss this free event!**

For additional information, contact the Wayland COA 508-358-2990

*There will be a COA "flag down" shuttle service to church for attendees parking at the Town Bldg*