

A PUBLICATION OF THE SUDBURY SENIOR CENTER: THE PLACE FOR THE *NEW* OLDER ADULT



The Two Faces of Islam: Islamic Extremism and Islamic Moderation, Which Face will Prevail?

With Dr. Lawrence Lowenthal
Thursdays, 9:30AM
April 28 – May 19

In a four part series, Dr. Lowenthal will discuss the following:

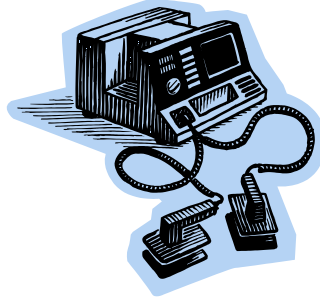
- The Foundations of Islamic Radicalism – The Muslim Brotherhood of Wahabism
- The Clash of Civilizations: The Debate over Samuel Huntington's Thesis
- Hamas and Hizbollah – The Key Threats to the Middle East
- Abou El-Fadl – The Voice and Conscience of Islamic Moderation

The series will be presented by Dr. Lawrence Lowenthal, the recently retired National Senior Advisor to the American Jewish Committee, in partnership with Sage Educational Services. Dr. Lowenthal's wide-ranging experience includes serving a tour of duty in the Israeli army, teaching English and American Literature at Hebrew University in Jerusalem, and offering a variety of courses in the Greater Boston area on Jewish history, film, literature, and humor. Dr. Lowenthal received his PhD. in English from New York University.

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COUNCIL ON AGING



**CPR for Family and Friends
Tuesday, April 26
9:30 AM**

Would you like to learn basic CPR skills, and know how to save a life?

Join instructor Lily Gordon for a class that will use videos, printed materials and demonstrations on mannequins representing infants, children and adults to teach proper techniques for performing CPR. You'll also learn to use an automated defibrillator, and how to deal with someone who is choking.

Everyone will receive a *CPR for Family and Friends* manual and a course attendance card.

Lily Gordon is certified as a CPR instructor by both the American Red Cross and the American Heart Association.

The cost is **\$15**, and class size is limited to 12. Call the Senior Center at 978-443-3055 to sign up.



**TAP DANCE FOR MIND AND BODY
Try a class for FREE – April 14**

Combining concentration, memory and movement, Tap Dance is an ideal way to keep your mind and body young! Come try a FREE class at the Sudbury Senior Center on Thursday morning, April 14 at 9:30AM. This class is led by Susan Craver who has been teaching Tap dance for 10 years and is a member of the Dance Teachers Club of Boston. The next 8 week session starts on April 14 and ends on June 2. Please pay the \$40 fee when registering, you may call (978) 443-3055 for more information.

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MISSION
STATEMENT

The Sudbury Senior Center is dedicated to serving the social, recreational, health and educational needs of older adults in the community.



Medicare Information from the S.H.I.N.E. program

The federal Patient Protection and Affordable Care Act (often known as Health Care Reform) provides for a gradual elimination of the Medicare Part D “donut hole” (a gap in drug coverage when the cost of an individual’s drugs reach a certain amount). This gap will not be fully eliminated until 2020.

However, this year, when Medicare beneficiaries (who do not get Extra Help) reach the donut hole, their Part D plan will pay 50% of covered brand name drugs and 7% of covered generic drugs. The beneficiary’s cost will be the remaining 50% (brand name) or 93% (generic). If you take a brand name drug that costs \$100, you will still have to pay \$50. This is where Prescription Advantage can help.

Prescription Advantage, the Massachusetts prescription drug assistance program, can help reduce your out-of-pocket costs even further when you reach the donut hole.

To find out how to lower your drug costs, call Prescription Advantage at **1-800-243-4636** or TTY for the deaf and hard of hearing at **1-977-610-0241**. The money you save can be your own!

S.H.I.N.E. – Serving the Health Insurance Needs of Elders (and Medicare beneficiaries)

Growing into Retirement Series

**Thursday Evenings Beginning April 28
7:00 PM**

Our annual series of free informational and educational talks for those approaching or moving into retirement begins on April 28 at the Senior Center. The first of the series is a forum on Town Resources. Representatives from the Assessor’s Office, the Parks and Recreation Department, the Veteran’s Agent, the Goodnow Library and the Senior Center will talk about the valuable resources and programs of their respective departments. On Thursdays in May, the series continues with talks on health insurance, financial planning, legal issues, and more.



Watercolors Class New Session Begins Friday, April 29

Our popular Watercolors class will begin a new 8 week session from April 29 to June 24. The class meets at the Senior Center on Friday afternoons at 1:00 PM.

Instructor Cynthia Durost will explore wet-on-wet and wet-to-dry techniques for landscapes, floral still lifes, and much more. Each class begins with a demonstration on washes, color, value, or composition. Then students get a chance to try their hand. Open discussion and a shared critique round out each session.

Ms. Durost has studied at the Museum School in Boston and apprenticed for three years with a Chinese Brush painter. She has taught watercolor for more than seven years.

A list of materials needed for class is available at the Senior Center.

The cost for the class will be **\$50** for the eight week series. There will be no class on May 27.

Sudbury residents may sign up beginning April 1; out-of-towners may enroll beginning April 14. Please pay when you enroll. For information, please call (978) 443-3055.

Cultural Trips



Peabody Essex Museum May 3

On Tuesday May 3, we will travel to the Peabody Essex Museum. Nearly seventy paintings from the internationally acclaimed collection of Eijk and Rose-Marie van Otterloo illuminate one of the greatest artistic and cultural chapters in history. The Van Otterloo collection is virtually unrivaled for its masterworks by the leading Dutch and Flemish artists of the 1600s: Rembrandt, Frans Hals, Jacob van Ruisdael, Jan Brueghel the Elder, Aelbert Cuyp and many others. At PEM, over 20 examples of 17th-century Dutch and Flemish furniture and decorative arts, also from the Van Otterloo collection, are shown in the company of these glorious portraits, still lifes, landscapes and interiors.

We will have a docent led tour at 11AM after which you can visit the permanent collection and have lunch on your own at the museum cafe or a number of local Salem eateries. The bus will leave the Senior Center promptly at 9:45AM and returns at approximately 3PM. The cost is \$40 for the bus and admission to the museum with the guided tour. Sign up starts immediately for both residents and out of town guests.



Men's Breakfast

Thursday, April 14
9:00 – 10:00
\$3.00 at the door

Join Chefs Joe Bausk and Barry David as they serve up freshly flipped flapjacks, delicious fruit, juice and coffee along with a side of camaraderie.

Fix-it Volunteers Are Ready to Go

Do you need a faucet tightened? A smoke detector battery changed? Your home might benefit from a visit from a member of our Fix-it team!

Our Fix-it volunteers are ready and waiting to help you. Our volunteers are knowledgeable, friendly and helpful. They provide assistance for free; you need only pay for any materials that need to be purchased.

Call the Senior Center at (978) 443-3055 and our Volunteer Coordinator, Ed Gottmann will call you back to discuss your needs or he will send a Fix-it volunteer to take a look. You need only be 60 or older and live in Sudbury to take advantage of this handy program.

FROM THE DESK OF THE
INFORMATION AND REFERRAL SPECIALIST

A Little Bump on the Head?

Concussions have been in the news lately. Football players and others who experience blows to the head are more likely to experience brain injury. In the past, bumps to the head were considered part of life and nothing to worry about. Now, research is confirming that bumps to the head can cause brain injury and have effects on thinking, emotions and behavior. This is called TBI or traumatic brain injury.

TBI is not only a risk to younger people and may be a greater risk when you are older. People ages 75 and older have the highest rates of TBI related hospitalizations and death. Additionally, older adults recover more slowly and die more often from these injuries than younger people do. Falls are the leading cause of TBI.

Symptoms of a mild TBI are:

- Low-grade headache that won't go away
- Having more trouble than usual remembering things, paying attention or concentrating, organizing daily tasks, or making decisions and solving problems
- Slowness in thinking, speaking, acting, or reading
- Getting lost or easily confused
- Feeling tired all of the time, lack of energy or motivation
- Change in sleep pattern-sleeping much longer, having trouble sleeping
- Loss of balance, feeling light-headed or dizzy
- Increased sensitivity to sounds, lights, distractions
- Blurred vision or eyes that tire easily
- Loss of sense of taste or smell
- Ringing in the ears
- Change in sexual drive
- Mood changes like feeling sad, anxious, or listless, or becoming easily irritated or angry for little or no reason

A person with moderate or severe TBI may show the symptoms listed above and may also have the following symptoms:



- A headache that gets worse or does not go away
- Repeated vomiting or nausea
- Convulsions or seizures
- Inability to wake up from sleep
- Dilation of one or both pupils
- Slurred speech
- Weakness or numbness in the arms or legs
- Loss of coordination
- Increased confusion, restlessness, or agitation

Older adults taking blood thinners (e.g. Coumadin) should be seen immediately by a health care provider if they have a bump or blow to the head, even if they do not have any of the symptoms listed above. If you think you or someone you know has a TBI, a visit to the doctor or hospital is in order. Remember to tell the doctor about any prescription drugs, including over-the-counter medicines, blood thinners, or aspirin that you take.

Source: Centers for Disease Control:

http://www.cdc.gov/traumaticbraininjury/pdf/PreventingBrainInjury_Factsheet_508_080227.pdf

APRIL 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><i>If you'll be away</i> for a month or more, please let us know. The Post Office will not forward your newsletter, and we have to pay double when it is returned to us. <i>Thanks for your help!</i></p>		1 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (9)
4 9:30-2:30 I&R Hours 10:30 Bridges Celebration 11:00 Fit for the Future 1:00 Balance (1)	5 8-9:00 BP Clinic 9:00 Cribbage 9:00-3:00 Tax Help 9:30 Bridge Continuation 9:40 Yoga /11:00 Yoga (1) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 3:30 COA Board	6 8:30 Fit for the Future 9:00 Cribbage 9:30 The American Mind (2) 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:30 Grand Tour of Ireland Trip meeting	7 9-12 SHINE 9:00-3:00 Tax Help 9:30 Tap Class 10:00 Bridges Celebration 12:30 Soups On: Adapting to Hearing Loss – <u>note time change</u> <i>First Ladies continues</i> <i>next week</i>	8 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (10)
11 9:30-2:30 I&R Hours 10:00 Stamp club 10:30 Bridges Celebration 11:00 Fit for the Future 1:00 Balance (2)	12 8-9:00 BP Clinic 9:00 Cribbage 9:00-3:00 Tax Help 9:00-12:00 SHINE 9:30 Bridge Continuation 9:40 Yoga/11:00 Yoga (2) 10:30 Bridges Celebration 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge	13 8:30 Fit for the Future 9:00 Cribbage 9:30 The American Mind (3) 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters	14 No SHINE/see Tuesday 9:00 Men's Breakfast 9:30 Tap Class (Try this one free!) 1:30 First Ladies (2)	15 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (11)
Patriot's Day 18  <i>Senior Center closed</i> <i>No van service</i>	19 8-9:00 BP Clinic 9:00-12:00 SHINE 9:00 Cribbage 9:30 Bridge Continuation 9:40 Yoga/11:00 Yoga (3) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridges	20 8:30 Fit for the Future 9:00 Cribbage 9:30 The American Mind (4) 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters	21 No SHINE/see Tuesday 9:30 Tap Class 9:45 Thursday Crafters 1:30 First Ladies (3)	22 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (12)
25 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (3)	26 8-9:00 BP Clinic 9:00 Cribbage 9:00-12:00 SHINE 9:30 Bridge Continuation 9:30 CPR Training 9:40 Yoga/11:00 Yoga (4) 10:00 Legal Clinic 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 7:00 Comm. on Disability	27 8:30 Fit for the Future 9:00 Cribbage 9:30 The American Mind (5) 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters	28 No SHINE/see Tues. 9:30 Two Faces of Islam 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: "The Town" 3:00 Friends 7:00 Growing into Retirement series (1)	29 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (1)

LUNCH MENUS

A full lunch is served at the Sudbury Senior Center at noon on Tuesdays, Wednesdays and Fridays. A voluntary donation of \$2.00 per meal is requested. Please call by 10:00 AM the day before to make a reservation.

TUESDAY	WEDNESDAY	FRIDAY
		1 Broccoli Bake Stewed Tomatoes Baked Garlicky Homefries Diced Pears Whole Wheat Bread
5 Vegetable Gumbo Soup Meatloaf w/ Gravy Mashed Potatoes Whole Wheat Bread Apricots	6 Shredded Beef w/ Jardiniere Gravy Noodles Cauliflower w/Red Peppers Rye Bread Apple Turnover	8 Baked Ziti with Cheese California Blend Veggies Whole Wheat Bread Tapioca Pudding
12 Cheese Lasagna Roll- up w/ Marinara Sauce Carrots White Bread Fresh Fruit	13 Cheesy Cauliflower Soup Chicken w/Apricots Stuffing Whole Wheat Bread Muffin	15 Tuna Primavera Egg Noodles Broccoli Rye Bread Diced Pears
19 Potato Leek Soup Baked Chicken w/ Lemon Tarragon Gravy Peas Whole Wheat Bread Fresh Fruit	SPECIAL 20 Cranberry Juice Beef Tips w/ Peppers, Onions & Mushrooms Rice Pilaf Warm Apple Compote Whole Wheat Roll Chocolate Pudding	22 Crunchy Potato Fish Au Gratin Potatoes Carrots Hamburger Bun Pineapple
26 Harvest Bisque Baked Chicken w/ Supreme Sauce Sweet Potatoes Rye Bread Applesauce	27 Roast Turkey w/ Gravy Mashed Potato Peas Whole Wheat Bread Muffin	29 Egg Drop Spinach Soup Chicken Stir Fry w/ Vegetables White Rice Rye Bread Fresh Fruit

**Movie and pizza
Thursday, April 28**



The Town

**Pizza: 12:00
Movie: 12:30**

125 minutes

2010 Rated R

Career bank robber Doug (Ben Affleck) and his volatile partner, Jim (Jeremy Renner), hit a roadblock when Doug falls for bank manager Claire (Rebecca Hall), whom he kidnapped during their last heist. Worse, an FBI agent (Jon Hamm) is now trailing the thieves around their Charlestown, Mass., territory. Affleck directs and co-writes this smart, intricate action film that co-stars Blake Lively as Krista, Jim's sister and Doug's troubled former flame.

Rated R for strong violence, language, some sexuality and drug use.

This film stars: Ben Affleck, Rebecca Hall, Jon Hamm, Jeremy Renner, Blake Lively

Please call by 10:00 that morning if you are coming! Also please let us know if you want pizza (\$1.25/slice). Pizza will be served at **12 noon**, followed by the movie at **12:30**.

Please note: The full five-day menu for home delivered meals is available on the Senior Center section of the Sudbury Town website.



Soup's On!

Introduction to Living with Hearing Loss

Thursday, April 7

12:30 Soup
1:00 Talk

Do you or someone you know have difficulty hearing? Learn more about living with hearing loss and the resources that are available from the Mass. Commission for the Deaf and Hard of Hearing.

Join us for delicious freshly made soup, salad and bread at 12:30 PM.

Please note that for this Soups On the time has changed – 12:30PM for the soup and 1:00PM for the talk.

Coming soon....

Estate Planning Update – How do the new laws effect your planning?

Participant Forum – provide feedback to the Senior Center and ideas about future programming.

Pianist Jeffrey Moore – performing a lively assortment of American popular, jazz, classical and show tunes.

Senior Center History And In Memoriam

Ed Thompson and the Sudbury Senior Center

Ed Thompson, the former Executive Secretary of the Town of Sudbury, died on Friday March 4. When we first met with Ed regarding a new Senior Center in the mid 1980s, he welcomed us and warned us to do our homework before proceeding. We did as he suggested but our first attempt to place the Senior Center adjacent to the Goodnow Library was a failure. Ed was much in favor of the second proposal to place the Center adjacent to the new town swimming pool on the old Fairbank School property.

Our director, Marge Van Houten, built the consensus and Ed smoothed the way for our needed votes at both Town Meeting and the bonding vote. He was adamant that a window of opportunity was at hand. There were other local towns where the Executive Secretaries were not as disposed toward the senior populations. Ed had the vision that the Senior Center would be a huge success. So to all of you who appreciate our Senior Center, please remember Ed and the important role he played.

- Donald Oasis



Sustainable Sudbury Plastics Collection

Saturday, April 9
10 AM – 12 PM

Styrofoam packaging material, CDs and 6-pack rings may be brought to the Curtis Middle School on Saturday April 9, 2011 from 10 AM to noon. Please do not include packaging peanuts. These may be taken to the UPS store in Mill Village at any time. There is no charge for members of the Sustainable Sudbury Committee, but a \$5.00 charge for non-members. Check in at the table in the front hall. For more information, visit the website at www.sustainableudbury.org.



AARP Tax Preparation

We still have a few openings for assistance in preparing your federal income taxes.

Help is available Tuesdays and Thursdays until April 12; please call 978-443-3055 for an appointment.



Adult Family Care Program

The Adult Family Care program can provide support to families caring for a MassHealth eligible family member at home. These services are available for eligible individuals of any age with cognitive, physical, medical or psychiatric problems who cannot safely live alone. The goal is to allow someone with many needs to remain safely at home. If you are interested in learning more about the Minute Man Arc's Adult Family Care Program, please contact Kathleen Kopitsky, Director at 978-287-7997 or at kkopitsky@minutemanarc.org.

First Ladies with Gary Hylander Continues....

Classes will be held at 1:30PM on Thursdays, April 14 and April 21.

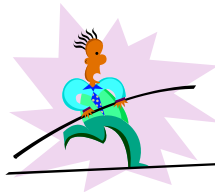
Legal Clinic Tuesday, April 26

With Elder Law Attorney Denise Yurkovsky
Free 20 minute consultations between 10:00AM – 12:00PM. Call for an appointment.



THE AMERICAN MIND Wednesdays April 6 - May 25 9:30 AM

The American Mind DVD series continues on Wednesday mornings. This class features guest leaders each week. The Learning Company DVDs feature historian Allen C. Guelzo discussing the sociopolitical movements of the early 20th century.



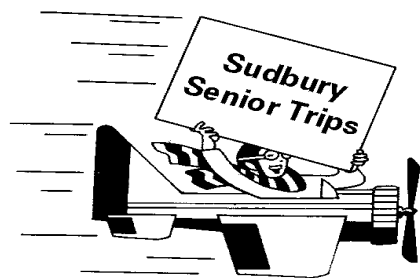
Better Balance Mondays, April 4 – June 13 1:00PM

Strengthen your balance on Mondays. A new class session begins on Monday, April 4. The cost is \$50 for an 8 week session. Please pay when you register. Call 978-443-3055 for more information.

Senior Yoga Tuesdays, April 5-May 31 9:40/11:00 AM

The next 8-week yoga series will begin this month. Leslie Worris uses both chair and floor techniques, and will adapt the program to suit individual needs. The cost is \$56 for the series; please pay when you sign up at the Senior Center.

Ads



Believe it or not, I just saw my front lawn and it is GREEN. Spring must finally be here.

All Around Ireland

Our big news this month is that we have replaced what was to be a wonderful Holy Land trip with an equally wonderful trip “**All Around Ireland**”. This is one of the most complete trips that I have ever seen and it is with an equally great company “Go Ahead Tours” out of Cambridge. If you have ever wanted to see Ireland, this is your chance! I have arranged a special trip meeting on **Wednesday April 6, at 1:30**. A representative from the company will be here to answer any questions.

As we have only 25 spaces on this trip, it will have to be on a “first sign up with deposit” basis. The trip cost (at this writing) is \$3,299 (double occupancy). It is a 15 day “All Around Ireland” tour.



It makes a complete circuit from Dublin to Kilkenny down to Waterford, Cork, Kerry, Galway, Londonderry and up to The Giant’s Causeway in Northern Ireland and

back to Dublin (and more). If anyone would like to give us a deposit to hold a space on the trip before our meeting, I will be happy to just hold it, if you prefer, and not deposit it until after the April 6 meeting in case you change your mind. Make your check out to **Sudbury Senior Trips** and write **Ireland deposit** on the Memo line.

Newport Chowder Fest

We also have a new day trip to tell you about. This trip will be on June 4th (a Saturday) and is to Newport R.I. for their annual Chowder Festival. . The cost is \$79.95 which includes a morning visit to the Breakers Mansion before attending the Chowder Festival in the early afternoon.

The Chowder festival includes samples of chowder from many area restaurants, as well as local crafts, foods and live music.

Mystic Seaport Trip

Our *Mystic Seaport Trip* on Wednesday, May 18th (cost \$55.00) has almost reached its minimum number of passengers to be a GO. If you have not yet signed up but are thinking about it please do so and make all of us who want to go happy. I have never been there and I’m looking forward to it as I have heard many good things about it. Please be sure to let us know if you want your ticket to be for the Aquarium or the Museum.

Sisters of Swing Show

Sisters of Swing at the Stoneham Theatre, Wednesday, July 20th

(cost \$55.00) still has space. I think it will be a great and lively show full of the songs and music that most of us grew up with. We will leave early enough to make a stop at a nearby mall of your choice.

Perkins Cove/Ogunquit Playhouse

Perkins Cove and the Ogunquit Playhouse Wednesday, August 17 (cost \$72.00). This should be a great summertime excursion. Be sure to bring your cameras for pictures of the lighthouse. The play at the Ogunquit theatre is “The Music Man”. Flyers and more information on this will be available soon.

Highland Heartbeat

The last trip that we have planned at this time is *Highland Heartbeat* at the Meadowbrook Pavilion in Laconia, NH on Tuesday, September 13. The cost for this trip is \$79.95 and features the well-known accordionist, John Carmichael accompanied by the Skara Braie dancers, the world champion drum majors and the traditional music of the Scottish Bagpipers. A buffet lunch at one of the popular and well-known Common Man restaurants should be a nice treat.

I have not yet booked our annual fall trip to the Northshore Music Theatre but I have a great show in mind. I will announce it in our next newsletter.

November and December trips are still pending. *More news on this at a later date...*

Carmel

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

In addition to our many educational and recreational programs, we offer a variety of services to provide assistance to older adults in their homes and at the Senior Center. For information about any of the services described below, call the Sudbury Senior Center at 978-443-3055 (unless otherwise indicated).

TRANSPORTATION

Van Transportation: This door-to-door, handicapped accessible service is available **Monday through Friday from 9:00 AM to 3:30 PM.** On the last Monday of the month we provide transportation to a shopping location outside of Sudbury. Call the Senior Center by 9:00 AM to schedule a ride for that day. The van travels within Sudbury and to some destinations close to Sudbury's borders. The cost for in-town trips is **\$1.00** each way, and \$2 each way for out-of-town trips.

F.I.S.H. (Friends in Service Helping): Volunteers drive clients to medical appointments. Call **978-443-2145** one week in advance to schedule a ride. Leave your request on the answering machine, and the coordinator will return your call.

HEALTH SERVICES

Blood Pressure Clinic: The Senior Center, in conjunction with the Board of Health and Parmenter Health Services, offers weekly **free** drop-in health clinics. Clinic hours are **Tuesdays 8:00-9:00** and **noon to 1:00.** **Free** blood sugar testing is also provided each **Tuesday** from **8:00-9:00.** No appointment is necessary.

Medical Equipment Loan Closet:

For those in need of medical equipment such as shower chairs, walkers, canes, commodes, transfer benches and wheelchairs, the Senior Center may provide the item on loan for as long as it is needed, at **no cost.** We welcome donations of equipment.

CONSULTATION

Information and Referral: Our I&R Specialist, provides information about resources and services for older adults and their families in Sudbury. She can provide referrals for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Mondays, Wednesdays and Fridays from 9:30 to 2:30.**

Legal Clinic: Denise Yurkofsky, an elder law attorney, is regularly available for **free** private 20-minute consultations with seniors. Call the Senior Center to make an appointment.

S.H.I.N.E. (Serving the Health Information Needs of Elders): Free consultations about your health insurance concerns, including coverage questions, difficulty with claims, and the changes in Medicare, **Tuesdays and Thursdays 9-12.** Please call to make a **free** appointment.

IN-HOME SERVICES

Friendly Visitor Program: Seniors who can't get out to socialize can be matched with a volunteer for weekly informal visits.

In-Home Fix-It Program: Seniors who can no longer (or should not) do small repair tasks at home can get **free** volunteer assistance with these small jobs. Seniors will only be expected to pay for necessary parts and materials.

Grocery Shopping: Volunteer shoppers will make weekly visits to the store, and assist seniors in putting away the groceries. Seniors pay only for the food.

Books on Wheels: This is a pick up and delivery service for books, DVDs, and audiobooks from the Goodnow Library for those who can't get out.

Lock Boxes: The Senior Center can supply lock boxes at no cost to Sudbury seniors. These are small safes containing a key to the house. Volunteers install the boxes at **no charge.** A donation of **\$60** may be given to purchase a lock box for a senior who cannot afford one.

NUTRITION

Meals on Site: A full lunch is served at the Senior Center on Tuesdays, Wednesdays and Fridays at noon. Please call to make a reservation at **least 24 hours in advance.** A voluntary donation of **\$2.00** a meal is requested. Menus can be found each month in the *Sudbury Senior Scene* or by calling **978-639-3278.**

Home Delivered Meals: A hot mid-day meal can be delivered to seniors who can't get out. The drivers also check on the well-being of the senior recipient. A voluntary donation of **\$2.00** a meal is requested.

THE
SUDBURY
SENIOR

SCENE

A monthly publication from the

**SUDBURY SENIOR CENTER AND
SUDBURY COUNCIL ON AGING**

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

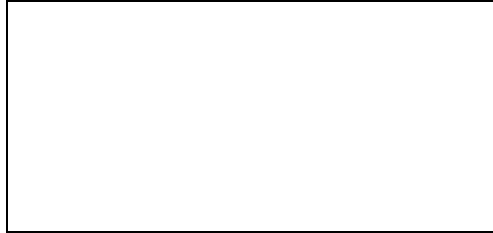
on the web at:

<http://senior.sudbury.ma.us>

Return Service Requested



U.S. POSTAGE
PAID
Sudbury, MA
PERMIT NO. 141
PRESORT STANDARD



Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

Senior Center hours: Monday through Friday, 9 AM to 4 PM/**Van Service Hours:** Monday through Friday, 8:30 AM to 3:30 PM

General Information Line: 978-639-3275

Cancellation Line: 978-639-3276

Trip Information: 978-639-3277

The Sudbury Senior Center in association with Chefs Joe Bausk and Barry David present the...



Spring Men's Breakfast

Thursday, April 14 at 9:00A.M.

**Pancakes, juice, fresh fruit, and
coffee!**

\$3.00 at the door

Please call 978-443-3055 to reserve your space.

