



The Foundations of America

America: We're all so used to being one of the most influential nations in the world that sometimes it is hard to stop and remember a time when the concept of this country was just an idea. Our new series of four lectures will take us back to examine the ideas of the founding fathers as they are embodied in three of our formative documents, as well as the establishment of the office of the Presidency.

The course will be taught by Gary Hylander, Ph.D., whose three-session series on American Justice was such a success.

Here's the lineup:

Monday, April 23, 10:00 AM: "When in the Course of Human Events:" The Declaration of Independence

On July 4, 1776, the Declaration of Independence was approved by the Second Continental Congress. Never before had a new government been brought into being by a proclamation declaring that the very ends and purpose of government are the life, liberty, and happiness of those governed. Drafted by Thomas Jefferson, the Declaration still captures the essential spirit of America's promise to itself and to the world.

Monday, April 30, 10:00 AM: "We the People:" The Constitution

This year marks the 220th anniversary of the writing of the Constitution. America's Constitution is the oldest surviving written constitution in the world. We will explore the work of the delegates at the Constitutional Convention and the reasons why a document written over two centuries ago by representatives from thirteen struggling seaboard states continues to give strength and liberty to a vast continental nation of 300 million people.

Monday, May 7, 10:00 AM: Bill of Rights

Drafted by James Madison, the first ten amendments of the Constitution, called the Bill of Rights, guarantees certain rights and liberties to the American people. In our presentation, we will examine the origins and content of these first ten amendments and explain why without an inclusion of the Bill of Rights, the Constitution might never have been ratified at all by the States.

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Monday, May 14, 10:00 AM Hail to the Chief: Washington and the Creation of the American Presidency

The Continental Congress of 1787 was in the words of Connecticut Governor Samuel Huntington a “new event in human history.” In the midst of this new event nothing was newer than the creation of the office of the Presidency. At Philadelphia, Convention delegates boldly combined the responsibilities of head of state and chief executive into a single national office. Unanimously elected as the first President, Washington was well aware of his unique position: “I walk,” he wrote, “on untrodden ground.”

The cost for the four-session series will be **\$35**. Individual sessions may be attended for **\$10** each. Due the expected high enrollment for this course, no reservations will be accepted without payment.

This class is presented in association with Framingham State College Center for Lifelong Learners.



Emergency Planning: Take your Medicine
Monday, April 23
2:00

If there is a weather emergency and you can't get out to the drug store, or if you must evacuate to a shelter, you'll still need to take your prescription medicine just as prescribed.

- How will you keep your medicine stored safely?
- What about amounts? How can you have enough on hand to last you through the emergency?
- How do heat, cold, and dampness affect medicine?
- What about over-the-counter items like baby aspirin?
- Is there anything else you should have on hand “just in case”?

Join Pharmacist Joe Chammas, owner of the new Sudbury Pharmacy on Monday, April 23 at 2:00 PM to have your questions answered about planning for medication safety in emergency situations.

The event is **free**, but please call 978-443-3055 to register, as the room has a limited size.

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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.

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Walking Club

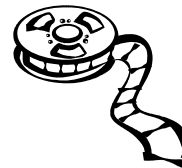
What simple every-day activity can add years to your life, strengthen your heart, promote flexibility, control weight, improve digestion and fight weakened bones? Sounds too good to be true, but you already know the answer: regular walking!

Walking alone can seem like too much trouble, or too hazardous. It really helps to walk with a group, both for the fun of companionship and the motivation to get up and get out. That's why the Senior Center is organizing a walking club.

Ruth Mori, our Public Health nurse, is providing the spark, but we need your input. Where would you like to walk? What days and times are best for you? What about days when the weather isn't good? Join us **Tuesday, April 3 at 10:00** with all your ideas and questions.

Ruth will provide the answers to common questions like: What are the benefits of walking? What's the best pace? What equipment will I need? How far do I have to walk to get a benefit? Together we'll come up with the best plan for a regular walking club for ourselves.

Please call 978-443-3055 to tell us you are coming! It's **free**.



Summer Film Discussion Series

Films that touch or agitate us often have universal themes, dealing with such subjects as alienation, prejudice, integrity, healing, and the strength of the human spirit.

Coming this summer, our Monday film series choices will be selected with regard to these themes. Each film will be followed later in the week with a discussion group dealing with the themes of the film. People are welcome to come to the film alone or to the discussion group alone (but we do ask that you have seen the film in the relatively recent past to get the most out of the discussion.)

Watch for more details coming soon!



**Soup's On:
Low Vision Solutions
Thursday, April 26
Soup at 12:00, talk at 12:30**

Vision loss is a serious challenge, but there are many services and gadgets that can help someone with low vision remain independent.

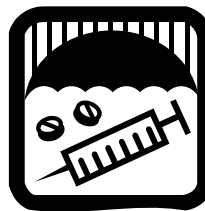
Join Norman Cohen of MAB Community Services (formerly Massachusetts Association for the Blind) to learn more. He will bring an array of equipment that can help people with vision loss, many of which are available at no charge.

If you know anyone with vision problems, tell them about this presentation. If there is enough interest, we will also start a low vision support group.

Soup, salad, and a dessert will be served at **12:00**, and the talk will begin at **12:30**. The event is **free**, but *please call the Senior Center at 978-443-3055 in advance* to register.

Get your books!

Call us for our new **Books on Wheels** program. A volunteer, in collaboration with the Goodnow Library, will pick up books, tapes, and DVDs and bring them to you at home. Three weeks later, the volunteer will come back to pick up the material and bring you more. It's **free**!



Medicare patient rights

Medicare beneficiaries, by law, have certain guaranteed rights, whether they are in the Original Medicare Plan, a Medicare Advantage (HMO or PPO) plan, or a Private Fee-for-Service plan. Here is a list:

- **Information:** You have the right to receive easy-to-understand information about Medicare including what Medicare pays, how much the beneficiary must pay, and how to file a complaint.
- **Emergency Care:** You have the right to receive emergency care when and where it is needed without prior approval, anywhere in the United States. To avoid denial of coverage, study your health plan to fully understand what you have to do after emergency care has been rendered.
- **Appeals and Grievance:** You have the right to file an *appeal* if Medicare does not pay for or doesn't provide a covered service, or file a *grievance* if you have a medical quality of care complaint.
- **Treatment Choices:** You have the right to have the healthcare provider tell you about all treatment options in language that is understandable and clear to you.
- **Privacy:** You have the right to have personal information that Medicare collects kept private.

Medicare managed care plan – patient rights

In addition to all the Medicare Patient rights above, beneficiaries in Medicare Advantage Plans have the following rights:

- The right to choose a women's health specialist from the plan's list of doctors for routine and preventative health care services.
- The right to a treatment plan from the doctor for a complex or serious medical condition.
- The right to receive complete information about his/her health treatment options.
- The right to know how a plan pays its doctors and whether the doctor owns any part of a health care facility.

The Massachusetts Peer Review Organization (MassPro) reviews and monitors the quality of care given to Medicare beneficiaries. MassPro processes appeals and quality of care complaints and grievances. To contact MassPro call: 1-800-252-5533.

If you need help with any aspect of your health insurance, the SHINE program offers free counseling here at the Senior Center. Call for an appointment with either Kathy Worhach or Kara Harvey.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

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The following are a few resources that I have come across that may be useful to you or someone you know. Please feel free to call me with any questions at 978-443-3055.

Looking for Work?

If you are 55 years of age or older and looking for work, you can access paid on-the-job training and job search assistance at Operation A.B.L.E. To be eligible you must meet federal low income guidelines, live in Middlesex County, be 55 or older and be committed to finding a job. For more information, contact Debbie Lipton 617-542-4180 x. 121 or 888-470-2253. You may also visit their website at www.operationable.net

Consumer Related Questions and Problems

Need help with a company that has deducted money from your bank account after calling you on the phone? Are you thinking of hiring a contractor to do some work for you? The Attorney General's office can help. Advocates are available to provide information or to investigate your complaints. The Attorney General's Elder Hotline can assist you with a wide range of issues, including: credit and telemarketing fraud, age discrimination, disability rights and consumer protection. Please call 1-888-243-5337 to speak with an advocate or visit the website at www.ago.state.ma.us

Other information sources that may be of help:

Alzheimer's Association – Mass. Chapter
www.alzmass.org
617-868-6718 or 800-896-3650

American Association of Retired Persons
www.aarp.org
888-OUR-AARP (888-687-2277)

Medicare
www.medicare.gov
800-633-4227

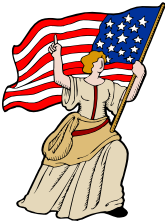

National Family Caregivers Association
www.nfcacares.org
800-896-3650

Social Security
www.socialsecurity.org
508-875-5047



APRIL 2007



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><i>Van trip to Natick Mall/ Olive Garden</i></p> <p>9:30-2:30 I&R Hours</p> <p>9:30 Scrabble</p> <p>11:00 Fit for the Future</p> <p>11:00 Bridges Celebration</p> <p>1:00 Balance 5</p> <p>1:30 Water Aerobics</p>	<p>3</p> <p>9:00-9:30 Parmenter Clinic</p> <p>9:00 Cribbage</p> <p>10:00 Walking Club</p> <p>12:00 Lunch</p> <p>11:30-1:00 Parmenter Clinic</p> <p>12:30 Bridge</p> <p>1:30 Qigong 4</p>	<p>4</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>12:30 Informal Quilters</p> <p>1:00 Bridge lessons</p> <p>1:30 Water Aerobics</p> <p>7:30 Town Meeting: L/S</p>	<p>5</p> <p>9-12 SHINE</p> <p>9:30 Tap Class</p> <p>9:45 Thursday Crafters</p>	<p>6</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30 Bingo</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>1:00 Cards</p> <p>1:00 Watercolors 12</p>
<p>9</p> <p><i>Van trip to New L.L. Bean Mall/Mario's</i></p> <p>9:30 Scrabble</p> <p>9:30-2:30 I&R Hours</p> <p>10:00 Stamp club</p> <p>11:00 Fit for the Future</p> <p>11:00 Bridges Celebration</p> <p>1:00 Balance 6</p>	<p>10</p> <p>9:00-9:30 Parmenter Clinic</p> <p>9:00 Cribbage</p> <p>12:00 Lunch</p> <p>11:30-1:00 Parmenter Clinic</p> <p>12:30 Bridge</p> <p>1:30 Qigong 5</p> <p>4:00 COA Board</p>	<p>11</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>12:30 Informal Quilters</p> <p>1:00 Bridge lessons</p>	<p>12</p> <p>9-12 SHINE</p> <p>9:30 Tap Class</p> <p>9:45 Thursday Crafters</p> <p>12:00 Pizza</p> <p>12:30 Movie: <i>The Departed</i></p>	<p>13</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30 Bingo</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>
<p>Patriot's Day</p> <p>16</p> 	<p>17</p> <p>8-9:00 Parmenter Clinic</p> <p>9:00 Cribbage</p> <p>12:00 Lunch</p> <p>11:30-1:00 Parmenter Clinic</p> <p>12:30 Bridge</p> <p>No Qigong</p>	<p>18</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30 Mid East Discussion</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>12:30 Informal Quilters</p> <p>1:00 Bridge lessons</p>	<p>19</p> <p><i>Sen. Resor's Conference</i></p> <p>9-12 SHINE</p> <p>9:30 Tap Class</p> <p>9:45 Thursday Crafters</p>	<p>20</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30 Bingo</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>
<p>23</p> <p><i>Van trip to Christmas Tree Shop/Brittney's</i></p> <p>9:30-2:30 I&R Hours</p> <p>9:30 Scrabble</p> <p>10:00 Declaration of Independence</p> <p>11:00 Fit for the Future</p> <p>1:00 Balance 7</p> <p>2:00 Emergency Planning: Take your Medicine</p>	<p>24</p> <p>9:00-9:30 Parmenter Clinic</p> <p>9:00 Cribbage</p> <p>9:30 Galapagos Islands Trip</p> <p>10:00-12:00 Legal Clinic</p> <p>12:00 Lunch</p> <p>11:30-1:00 Parmenter Clinic</p> <p>12:30 Bridge</p> <p>No Qigong</p>	<p>25</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-2:30 I&R Hours</p> <p>10:00 <i>The Fantasticks</i> Trip</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>12:30 Informal Quilters</p> <p>1:00 Honky-Tonk Piano</p>	<p>26</p> <p>9-12 SHINE</p> <p>9:30 Tap Class</p> <p>9:45 Thursday Crafters</p> <p>12:00 Soup's On: Low Vision Solutions</p> <p>3:00 Friends meeting</p>	<p>27</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30 Bingo</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>1:00 Cards</p>
<p>30</p> <p><i>Van trip to Walmart Hudson/99 Restaurant</i></p> <p>9:30-2:30 I&R Hours</p> <p>9:30 Scrabble</p> <p>10:00 The Consitution</p> <p>11:00 Fit for the Future</p> <p>1:00 Balance 8</p>				

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 may be made. Please call at least 24 hours in advance to make a reservation.

TUESDAY	WEDNESDAY	FRIDAY
April 3	April 4	April 6
Ground Beef Stroganoff Rotini Brussels Sprouts Pumpnickel Bread Apricots	Pineapple Juice Baked Ham/Pineapple Raisin Sauce Scalloped Potatoes Green Beans Almondine Apple Crisp	Cheese Lasagna/Tomato Sauce Spinach Fresh Fruit
April 10	April 11	April 13
Salisbury Steak/ Jardinière Sauce Mashed Potato/Chives Peas Chocolate Pudding	Cream of Mushroom Soup Roasted Chicken/ Tarragon Gravy Mashed Potatoes Lemon Cake	Tomato Cabbage Soup Cheese Stuffed Baked Potato Skins Broccoli Mandarin Oranges
April 17	April 18	April 20
Tomato Florentine Soup Broccoli Bake Lyonnais Potatoes Cherry Muffin	Burgundy Beef Tips/ Mushroom Gravy Seasoned Rotini Peas Vanilla Pudding	Chicken Fajitas Onions, Red Peppers and Mushrooms Brown Rice Vegetarian Baked Beans
April 24	April 25	April 27
Stuffed Shells/Tomato Sauce Broccoli Fresh Fruit	Honky-Tonk Piano Party 	Autumn Harvest Soup Chicken/Lemon Dill Sauce Sweet Potatoes Pineapple

Movie Thursday, April 12
12:30



*The
Departed*

2 hours 30 minutes

Please note: This movie has very strong language, violence, and sexual content. It is set in South Boston, where the state police are waging war on organized crime. A young undercover cop ([Leonardo DiCaprio](#)) is assigned to infiltrate the mob syndicate run by a gangland chief ([Jack Nicholson](#)). Meanwhile, a hardened young criminal ([Matt Damon](#)) has infiltrated the police department as an informer for the syndicate. When it becomes clear to both the gangsters and the police that there's a mole in their midst, the young men are suddenly in danger of being caught, and each must race to uncover the identity of the other in time to save himself.

Pizza will be served at **12 noon**, followed by the movie at 12:30. Please call by 10:00 on the day of the showing if you wish to order pizza (\$1.00 per slice).



Avoid the “jury” scam

Citizens from around the state have received calls from people claiming to be court officials chasing scofflaws who have missed jury duty. When the target protests that they knew nothing of the supposedly missed jury duty, the caller demands personal identifying information, such as Social Security numbers and dates of birth, to confirm that the target is not at risk of fine or arrest.

Because the caller isn't selling something or directly asking for personal information, the target often doesn't recognize the scam and is only too eager to offer information to persuade the caller that they've made a mistake.

The telephone call is a clear indication that the call is bogus. Neither the Office of Jury Commissioner nor the courts ever contact jurors by telephone regarding their jury service. While skipping jury duty will lead to reminder notices and eventual prosecution if not resolved, all communications are sent through the mail. A person who has missed jury duty will be instructed to call the Office of Jury Commissioner, but only after receiving written notice by mail with details about the date and place of their missed jury service.

The Office of Jury Commissioner offers the following advice to anyone who gets a call about missing jury duty:

If you receive a telephone call claiming that you or someone you know has missed jury duty, under no circumstances should you give the caller any personal information about yourself or anyone else.

Hang up and call the Office of Jury Commissioner at 800-THE-JURY (843-5879), or send an e-mail to JurorHelp@jud.state.ma.us requesting confirmation of your juror status.

For more information on identity theft, how to avoid it, and what to do if you've been victimized, call the Massachusetts Attorney General's Consumer Hotline at 617-727-8400; or www.mass.gov, for a list of [what to watch out for](#) from Attorney General Martha Coakley.



Legal Clinic Tuesday, April 24 10:00-12:00

Denise Yurkofsky, Elder Law Attorney, will provide free twenty-minute consultations here at the Senior Center on **Tuesday, April 24** from **10-noon**. This very popular free service fills up fast, so be sure to call for an appointment as soon as you are aware you need one!



Sudbury Senior Community Work Program

Good news! We have 50 “slots” open for the Sudbury Senior Community Work Program. The program matches seniors with Sudbury town departments to do some kind of task that otherwise simply would not get done.

Tasks vary, but every attempt is made to match the skills and interests of the senior participant with the needs of the town.

As a way of saying thank you for all the help, participants receive an abatement on their property tax bill. Call 978-443-3055 for more info!

Sen. Pam Resor's Annual Senior Conference Thursday, April 19

Workshops, information tables, health screenings, lunch, entertainment, and door prizes, all will be offered **free of charge** at this annual event at Assabet Valley Regional Technical High School.

Some of the offerings will be genealogy, an Internet/computer lab, fitness classes, and sessions on the Health Care Proxy and the Homestead Act. Our own talented Senior Strutters will be performing as well.

Coffee and donuts will be served in the morning, and a hot lunch will be served starting at 11:30 AM.



Questions are the Answer

We all know that to get the most out of your doctor visits, it helps to ask questions. In fact, asking for an explanation from all clinicians, including dentists, nurses, pharmacists, and others is the best way to be an informed consumer of health care.

Unfortunately, it is often difficult to know the right questions to ask. But a new web site has come to the rescue for those with access to a computer.

The federal Health and Human Services Department Agency for Healthcare Research and Quality (AHRQ) has developed a Web site that features a "Question Builder" to allow patients to select from a series of targeted questions and print out a customized list that they can bring with them to help make their medical appointments more efficient. The goal is to make it easy to ask questions, so that it is more comfortable for patients to communicate effectively with their clinicians.

To visit the *Questions are the Answer: Get More Involved With Your Health Care* campaign website, go to <http://www.ahrq.gov/QuestionsAreTheAnswer/> or go to the Sudbury Town website for an online copy of this newsletter. You'll be able to click on the link above to go to the website.

★ Coming Attractions ★

★ Art Appreciation

Thursdays in May we will be offering a four-part series on Italian and Northern Renaissance art, including a look at the life and work of Leonardo DaVinci, Michaelangelo, and the old masters of Flanders, Holland, Germany, England and France, as well as Rembrandt and Vermeer.

The speaker will be Jane Blair, and her fascinating presentations include biographical details about the lives of the painters as they were working on some of their most memorable work. This is truly a full-immersion experience.

★ Global Warming

In June, we will offer a one-session course on Global Warming to follow up on our showing of *An Inconvenient Truth* earlier this year.

The speaker will be Gary Hylander, who has been very well received for his history lectures this year.

★ Emergency Preparedness

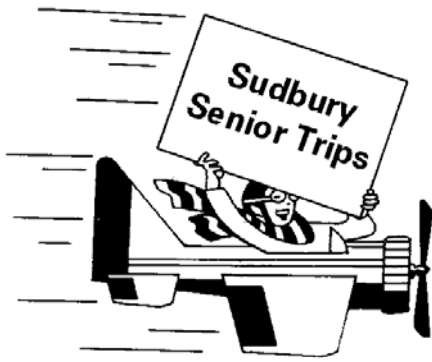
We'll finish our year-long series on getting ready for emergencies with a talk on evacuation plans in May.

★ Computers

Look for another series of computer classes this summer!

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Spring is just around the corner but you would never know it where I just came from: "sunny, warm Florida". Swimming every day, tall drinks beside the pool, long evening strolls on the beach . . . but I will stop there as I do not want to make you too envious. Your summertime is coming soon! In the meantime we still have some great trips we would like to take you on.

The Galapagos Islands, Tuesday April 24: We can still hold off a little longer before we close out our trip to the Imax theatre at the Boston Science Museum. As you know, we need at least 40 passengers in order to be able to hire a large motorcoach. If not we will be taking the mini-coach with our first 25 passengers (The 25 seats are sold out.) Cost is \$45.00 and includes Museum visit, Imax Theatre tickets, and a stop at Quincy Market (weather permitting.) Lunch is on your own at the Museum. Checks for this trip (and all the day trips below) are payable to Sudbury Senior Trips.

Foxwoods, Monday May 7: The cost is \$19.00. Call to check on available space as this is selling out fast.

Crazy For You Wednesday, May 9: Our trip to the Northshore Theatre has 44 paid passengers. We were not able to get any more tickets when we called last month but we are on their waiting list if any spaces open up. If you are still interested put your name on our wait list. (Be sure to give us your telephone number!) Cost is \$60.00 and includes the ticket, transportation and shopping and lunch time (on your own) at the mall.

Lake Winnepesaukee Cruise on the Mt. Washington, Friday, June 22: This trip has been very popular with quite a few of you. At this writing we still have a few spaces left, but please call us before you send in any money. The cost is \$57.00 and includes transportation, a narrated cruise, lunch on the boat, and an ice cream stop if you wish before we depart for home.

Longwood-Brandywine Trip July 26-29: We are still taking reservations for our trip to some of the most beautiful places in Delaware. *Day one:* travel to Delaware, and visit the Brandywine Museum's unparalleled collection of paintings from three generations of Wyeths. *Day two:* Visit Winterthur, home and gardens. This is the former home to the duPont family, and is one of the few surviving great American country estates. *Day three:* Visit Longwood Gardens. I visited here a few years ago and it is a breathtaking sight. Its sparkling fountains and the many beautiful beds of fragrant flowers will amaze and delight you.

Then to top off our wonderful summer vacation we will enjoy a great formal dinner and show at the Little Bakers Theatre. The show is *Americana*, and it has lots of Broadway pizzazz. *Day four:* After breakfast (included), we wend our way home. Cost is \$479.00 per person, double occupancy. A \$100 deposit is due right away, and the balance is due by May 25. Make your checks payable to Scout Tours.

Tanglewood, August 2007: The Boston Pops under the direction of Keith Lockhart will be presenting an All Gershwin Program on **Sunday, August 26 at 2:30 PM**. It will consist of variations of *I Got Rhythm*, *Rhapsody in Blue* and selections from *An American in Paris*. Seats just behind the box seat area will be approximately **\$59**, with added transportation costs of **\$25 - \$30** (depending on number going). We will leave the center about 10:00 AM and have lunch on our own at Tanglewood on the lawn prior to the concert. If you want to go, call the Senior Center at 978-443-3055 and put your name on the interest list as soon as possible. I will let you know in the May Newsletter whether or not we have enough interest to run the trip. There will be a Tanglewood brochure at the front desk for you to look at if you wish.

Important reminder: Always include your telephone number when calling to be on our wait or interest lists. If we don't have your number we can't call to let you know when a vacancy or update occurs!

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 **Tuesday** through **Friday** from **8:00 AM to 3 PM** within Sudbury. On Mondays we provide transportation for shopping at a location outside of Sudbury. Please call the Senior Center by 9 AM to schedule a ride for that day. The cost for in-town trips is **\$1.00** each way, and \$4 (total) for out-of-town trips.

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

Sudbury Senior Access:

Subsidized taxi rides from Sudbury to any contiguous town. Books of coupons worth \$25 in rides are for sale for \$12.50 at the Senior Center. Rides are available 5:30-AM to 10 PM weekdays and 5:30 AM to 5:30 PM on weekends.

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 9:00-9:30** and **11:30 to 1:00**. Free blood sugar testing is provided on the **third Tuesday** of each month **8:00-9:00**. No appointment is necessary.

Medical Equipment Loan Closet:

For those in need of a wheel chair, walker, shower chair, commode, transfer bench, cane etc., the Senior Center can provide the item on loan. We welcome donations of equipment that is no longer needed.

COUNSELING

Information and Referral: Debra Galloway, our Information and Referral Specialist, provides information about resources and services for older adults and their families in the Sudbury area. 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**. You may reach her at **978-443-3055**.

Legal Clinic: Denise Yurkofsky, an elder law attorney, is available for free private 20-minute consultations with seniors monthly. 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, **Thursdays 9-12**. Please call to make a **free** appointment.

IN-HOME SERVICES

Friendly Visitor Program: Seniors who can't get out to socialize are 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 small jobs like fixing stuck windows, changing light bulbs, changing curtains on rods or installing curtain rods, repairing wall switches, wall plugs and lamp cords, tacking down carpets and installing grab bars and hand rails. Seniors will only be expected to pay for any necessary parts and materials.

Grocery Shopping: Homebound seniors are matched with a volunteer shopper who can make weekly visits to the store, and assist the senior in putting away the groceries. Seniors pay only for the cost of the groceries.

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**. Menus can be found each month in the *Sudbury Senior Scene*.

Home Delivered Meals: A hot mid-day meal can be delivered to seniors who can't get out to the Senior Center and who can't prepare a nutritionally adequate meal for themselves. Those who deliver the meal also check on the well-being of the senior recipient. A voluntary donation of **\$2.00** a meal is requested.

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>

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PRESORT STANDARD

Sudbury Senior Center Phone: 978-443-3055 Fax: 978-443-6009 E-mail: senior@town.sudbury.ma.us

Senior Center hours: Monday through Friday, 9 AM to 4 PM/Van Service Hours: Tuesday through Friday, 9:00 AM to 3:00 PM

General Information Line: 978-639-3275 Menus: 978-639-3278 Trip Information: 978-639-3277

Cancellation Line: 978-639-3276



Honky Tonk: Old Time Piano

Wednesday, April 25

12:00-2:00

\$4.00

Join us for lunch and a fabulous toe-tapping piano concert!

Pianist Gary Langren will present a lively performance from the "good old days" of the early 1920s and beyond. His ragtime music will have you clapping and jiving!

Menu: Finger sandwiches, green salad, chips, potato salad, and cake.

April birthdays will be celebrated.

Reservations are required by April 20. *Don't be late; this will sell out!*