

The Climate

Mondays at 2:00: April 14 and 28 and May 5

Last fall we learned about weather in all its variety from Hal Coyle, a research project manager with the Science Education Department at the Harvard-Smithsonian Center for Astrophysics in Cambridge. Hal returns in April with a follow-up series on climate. Topics include:

Monday, April 14: What Do We Know about Earth's Climate? Topics will include the difference between weather and climate, what climate is, and how we know about past climates on Earth.

Monday, April 28: Evidence of Climate Change. This session will present a survey of observed phenomena, both worldwide and local, that indicate that Earth's climate is undergoing change, including possible causes both natural and human-induced.

Monday, May 5: Possible Effects of Climate Change. An examination of what could happen if current, observed patterns of climate change continue. The talk will include suggestions for actions to either deal with or minimize such effects.

The cost for the three-session series is **\$25**. For those who would like to review, Hal was kind enough to leave us a DVD with the information he presented on weather last fall.

Town Meeting

Sudbury's 2008 Annual Town Meeting
will begin **Monday, April 7**

7:30 PM

Lincoln-Sudbury Regional High School Auditorium

Please bring your *Official Warrant* book with you!

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Getting Started with Digital Photography and Digital Imaging

**Tuesdays, April 15 - May 6
1:00-3:00**

Many people already own a digital camera, most people do not know how to set it up and use its many features. This four-session multi-media series will help you select a digital camera, color printer, and home imaging software, or learn how to adjust the digital camera you already own.

The purpose of the course is to provide you with a basic non-technical understanding of how the digital technology works, and how the images can be used. Special attention will be given to low cost methods of getting started.

The series will provide you with the information you need to make informed decisions before you invest in digital imaging, as well as have more fun with the products you may already own. This class focuses on how to set up and use a digital camera, not on how to compose shots and select subjects. For that information, come to "Overview of Good Picture Taking" April 3 (see page 3 for details).

If you do own a digital camera, bring it to the course, along with the instruction manual. Be sure the battery is fresh and that you have a memory card. The course will also include information on how to select a printer and home imaging software for beginners and intermediates.

The cost for the series is **\$10**. Because each class builds on information gained in the previous class, participants must commit to all four sessions. We expect this class to sell out, and enrollment is limited to 50, so early registration is advised.

The instructor, Donald S. Sherman, D.M.D, has lectured internationally for the past 15 years on computer technology and digital photography. Dr. Sherman is a clinical instructor at Boston University School of Dental Medicine, Department of Continuing Education.

Dr. Sherman will offer a hands-on follow-up course in June on how to use an easy (and free!) home imaging software program. This software can be used to change your digital photos so that they are even better. Details will be available in May's *Sudbury Senior Scene*.

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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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**Great Scot, It's Andrew Carnegie!
Wednesday, April 2
1:00**

He rose from humble beginnings to become the “King of Steel” and the richest man in the world. His wealth and power shaped the spirit of the age, yet his inhumane labor practices earned him the enmity of millions.

He was a violent young revolutionary who went on to grace the drawing rooms of New York high society, counting Mark Twain, Helen Keller, and Booker T. Washington among his closest friends.

He was called the “greediest little devil that ever lived”, yet he gave away millions to build thousands of public libraries, Andrew Carnegie was a man of contradictions.

Come join us **Wednesday, April 2** to meet the man in person, as performed by veteran actor Richard Clarke. Richard is a graduate of Clark University in English and Theatre, has appeared in many productions at regional theaters, as well as on television shows and on film.

The performance is **free**, courtesy of a grant from the Sudbury Cultural Council. Reservations are required. The audience is limited to 50, so call 978-443-3055 to be sure there is still space available.

For those who have preregistered to eat with us before the presentation: Please be sure to arrive at **noon**.

**An Overview of Good Picture Taking
Thursday, April 3
10:00**

Composition, lighting, basic technical skills, and the advantages of digital “capture” will be the topic for this one-session class with Art Illman, Chief Photographer from the *MetroWest Daily News*. Bring your own photos for discussion!

This class is a perfect lead-in to our series on buying, selecting and using a digital camera (see page 2). Art Illman is an award-winning photographer whose work has been published in *The Boston Globe*, *The London Sunday Times*, and by the Associated Press. The class is limited to 40. The cost is **\$10.00**



**Soup's On:
Eat Your Greens!
Thursday, April 17**

What are all those odd new vegetables at the grocery store? What's a jicama? A Jerusalem artichoke? Many of these items have great nutrition value and are a good way to spark up a tired menu.

Are you at a loss for how to cook these new veggies? How do you figure out if the one you've selected is any good or not?

Joan Hill, a registered dietitian, will explain it all, and show you how to prepare vegetables that will have your friends and family green with envy.

Bring your taste buds, as Joan will have you sample her cuisine as she reviews what vitamins and minerals can be found in these foods and why they are healthy for you. Bring your own nutrition questions to this interactive session and see if you can stump the dietitian!

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 **by noon the day before** to register.

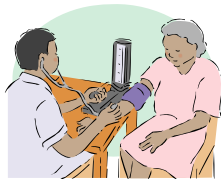
We regret that we can't guarantee soup for people who do not sign up in advance. Promptness is appreciated. The kitchen closes at 12:30 as a courtesy to the speaker.

**Sen. Pam Resor's
Annual Senior Conference
Thursday, April 24**

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.



**Weekly Blood Pressure
Clinic Change**

Now you can get your blood pressure and your blood glucose level monitored for **free** every **Tuesday** morning from **8:00 - 9:00** at the Senior Center.

Linda Sullivan, Sudbury's Public Health Nurse conducts the clinic, which end promptly at 9. However, if you miss this time, you can have your blood pressure monitored every **Tuesday** from **12:00-1:00**, also here at the Senior Center. No appointment is necessary, just come and add your name to the list.



Watercolors for everyone!

Our popular watercolor class begins again
**Friday, April 11
1:00-3:00**

Whether you've always wanted to try watercolors but thought they were too difficult, or whether you're an experienced painter who wants to get back in touch with the fun and versatility of watercolors, we have a great opportunity for you.

Join our 12-week course in watercolor painting with instructor Cynthia Durost. We 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.

The class will be **\$80** for the twelve week series. Sudbury residents may sign up beginning February 22; out-of-towners may enroll beginning March 14. Payment with enrollment, please.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Tax Deferrals and Town Meeting

The Selectmen are working to make a good deal a good deal better by asking the state legislature to improve the tax deferral program. More than sixty Sudbury seniors already participate, but with the help of a positive vote on Article 20 at Town Meeting April 7 many more may benefit.

Because property taxes are a main source of revenue for the Town, and because the costs to maintain Sudbury's excellence in education, public safety, and other town services are rising, property taxes are rising as well. Many long-time residents are choosing to move to other area towns as the average tax bill nears \$10,000 a year.

Deferring a part or all of these taxes is an option worth considering for anyone who is eligible. Homeowners can apply if either the husband or wife is at least age 60, and have an income of \$60,000 or less.

Taxes can be repaid at any time, but can also be allowed to accumulate until the house is sold or the taxpayers die, and the interest rate has been a very favorable 2.5% in recent years. (The interest rate for each year's taxes is set annually and is guaranteed. Once it is declared it can never go up.) The Selectmen are able to set the interest rate so low because of Sudbury's excellent credit rating.

To make the tax deferral option even better, Article 20 proposes to have the annual income match that for the married couple's Circuit Breaker eligibility each year (\$72,000 in 2007). In this way, the Tax Deferral would remain available to seniors even as the value of their house rises.

If Article 20 passes, the next step will be to ask the state legislature to modify the Tax Deferral legislation at the state level. This would allow all local communities to choose to follow Sudbury's example in making the Tax Deferral an even better choice for seniors.




Any senior interested in learning more about deferral may contact the Assessor's office in the Flynn Building at 978-639-3393. Counseling is also available through the Senior Center at 978-443-3055.

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APRIL 2008



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>8:00-9:00 Parmenter Clinic 9:00-5:00 AARP Tax Help 9:00-12:00 Wii 9:00 Cribbage 12:00-1:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge 3:30 COA Board</p>	<p>2</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-12:00 Wii 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio (7) 1:00 Andrew Carnegie</p>	<p>3</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 9:00-12:00 Osteoporosis Screening 10:00 Overview of Good Picture Taking 1:00-3:00 Wii 12:30-5:00 AARP Tax Help</p>	<p>4</p> <p>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 1:00-3:00 Wii</p>
<p>7</p> <p><i>Van trip to Solomon Pond Mall/Olive Garden</i> 9:00-12:00 Wii 9:30-2:30 I&R Hours 10-2:30 AARP Tax Help 10:30 Bridges Celebration 11:00 Fit for the Future</p>	<p>8</p> <p>8:00-9:00 Parmenter Clinic 9:00-5:00 AARP Tax Help 9:00 Cribbage 9:00-12:00 Wii 10:00 Legal Clinic 11:30-1:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge</p>	<p>9</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-12:00 Wii 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio (8) 1:00 Bridge lessons</p>	<p>10</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Dan in Real Life</i> 12:30-5:00 AARP Tax Help 1:00-3:00 Wii</p>	<p>11</p> <p>8:30 Fit for the Future 9:00-12:00 Wii 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)</p>
<p>14</p> <p><i>Van trip to Shopper's World/The Villa</i> 9:30-2:30 I&R Hours 10-2:30 AARP Tax Help 10:00 Stamp Club 10:30 Bridges Celebration 11:00 Fit for the Future 1:00 Balance (8) 2:00 Climate</p>	<p>15</p> <p>7:45 Michael Amante Trip 8-9:00 Parmenter Clinic 9:00-12:00 Wii 9:00-5:00 AARP Tax Help 9:00 Cribbage 12:00-1:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge 1:00-3:00 Digital Photography (1)</p>	<p>16</p> <p>8:30 Fit for the Future 9:00-12:00 Wii 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge lessons</p>	<p>17</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: Eat Your Greens</p>	<p>18</p> <p>8:30 Fit for the Future 9:00-12:00 Wii 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 (2)</p>
<p>Patriot's Day 21</p>  <p><i>Senior Center closed</i></p>	<p>22</p> <p>8:00-9:00 Parmenter Clinic 9:00-12:00 Wii 9:00 Cribbage 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge 1:00-3:00 Digital Photography (2)</p>	<p>23</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 11:00 <i>Blithe Spirit</i> Trip 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge Lessons</p>	<p>24</p> <p><i>Senator Pam Resor's Conference</i> 9:00-12:00 Wii 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 1:00-3:00 Wii 3:00 Friends meeting</p>	<p>25</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-12:00 Wii 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 (3)</p>
<p>28</p> <p><i>Van trip to Walmart Hudson/Chinese Buffet</i> 9:00-12:00 Wii 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (1) 1:00-3:00 Wii 2:00 Climate</p>	<p>29</p> <p>8:00-9:00 Parmenter Clinic 9:00-12:00 Wii 9:00 Cribbage 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge 1:00-3:00 Digital Photography (3)</p>	<p>30</p> <p>8:30 Fit for the Future 9:00-12:00 Wii 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge Lessons</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 1	April 2	April 4
Roast Turkey/Gravy Mashed Potatoes Carrots Tropical Fruit	Pork Rib/Apple Slices Spinach Diced Potatoes Tropical Fruit	Vegetable Soup Chicken/Lemon-Mustard Sauce Brown Rice Applesauce
April 8	April 9	April 11
Autumn Harvest Soup Salisbury Steak/Jardinière Gravy Mashed Potatoes Peaches	Chicken/Supreme Sauce Garlic Mashed Potatoes California Veggies Smoothie	Meatloaf/Gravy Mashed Potatoes Corn Oatmeal Raisin Cookie
April 15	April 16	April 18
Diced Chicken Cacciatore/ Tomato Sauce Penne Pasta Roman Veggies Fresh Fruit	Cream of Mushroom Soup Tuna Primavera Rotini Broccoli Spice Cake	Vegetable Gumbo Soup Fish Wedge Tartar Sauce Spinach Pears
April 22	April 23	April 25
Baked Ham Cheddar Baked Macaroni French Green Bean Almandine Cherry Turnovers	Split Pea Soup Roasted Chicken/Tarragon Gravy Mashed Potatoes Apple Slices	Tomato Cabbage Soup Meatballs/Swedish Sauce Whipped Potatoes Applesauce
April 29	April 30	May 2
Black Bean Soup Diced Chicken/Peppers & Onions Green Beans Fresh Fruit	Sloppy Joes Brown Rice Carrots Muffin	American Chop Suey Parmesan Cheese Corn Italian Style Veggies Fresh Fruit

Movie and pizza

Thursday, April 10

Pizza at 12:00, movie at 12:30



Dan in Real Life
98 Minutes

What happens when someone who gives advice for a living (columnist Dan Burns) runs into a situation in his personal life that goes against the advice he would offer in print? Dan is attracted to a beautiful new woman, and as a single father he could really use a woman in his life. The catch? This wonderful new woman is his brother's girl friend. This is a romantic comedy that includes some food for thought starring [Steve Carell](#), [Juliette Binoche](#), and [Dane Cook](#)

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).



Vaccines Administered Under Medicare Part D

Paying for immunization through a vaccine has gotten a little more complicated. Some vaccines (like that for shingles) are covered under Medicare Part D, while some vaccines are covered under Medicare Part B. The good news is that Medicare Part D generally covers those vaccines not covered under Part B.

If a vaccine has been covered under Part B, it will continue to be covered by this part of Medicare. Part B currently covers:

- Pneumonia vaccine
- Influenza virus vaccine
- Hepatitis B vaccine for individuals at high or immediate risk

As of 2008, all Part D plans are required to cover commercially available vaccines that are not covered under Part B. However not all vaccines covered by Part D plans will be listed in their formularies. You should contact your Part D plan about coverage and the payment procedure for individual vaccines your doctor may recommend.

Some vaccines may be covered under either Part B or Part D depending on circumstances. For example, hepatitis B vaccine is covered under Part B for people who have been determined to be intermediate or high risk patients. A beneficiary who did not meet these criteria could obtain the vaccine under Part D.

Payment for Administration of Vaccines: If an in-network pharmacy dispenses and administers the vaccine, the pharmacy will bill the Part D plan and collect a co-payment from you. If the vaccine is administered in a physician's office, the physician will bill you for the entire cost of the vaccine and you will need to submit a paper claim for reimbursement from your plan.

Fortunately, if you need help with filing claims, understanding coverage, or other health insurance issues, SHINE offers free counseling here at the Senior Center. Call 978-443-3055 and ask for a SHINE appointment with Kara Harvey, our specially trained volunteer counselor.

SHINE (Serving the **H**ealth **I**nformation **N**eeds of **E**lders) is coordinated by the Mass. Executive Office of Elder Affairs in partnership with the Massachusetts Councils on Aging and other local agencies.



Whee, it's a Wii!

Play a round of golf, a tennis match, or a few frames of bowling, all here at the Senior Center thanks to the donation of a Nintendo Wii (pronounced "we") game system from Wingate Healthcare.

This video game allows you to play any of these games using the same actions you would if you were really there on the links or at the court. You see the field on the television, and your actions with the game controller determine where your ball goes. You can even play with a buddy!

We will have Wii lessons, and we have a clipboard sign-up for Wii sessions. To begin with, we're offering one-hour slots. When you're at the center, just add your name and telephone number in any unreserved slot, and then come and play! It's **free**.

As we gain experience, we will make adjustments to suit those who use the system. If there is enough interest, we will even offer tournaments.

You can bring a friend, or just play by yourself. Either way, you'll get a bit of a workout and have fun at the same time. You can save your scores and play for your personal best when you come.

To see when the Wii is available in April, refer to the calendar on page 6.



Blithe Spirit

by Noel Coward
Trinity Repertory Theater
Providence, RI

Wednesday, April 23

Lunch at the Old Canteen on
Federal Hill before the show.

The cost is **\$65**.

Trip is limited to 26.

Leave promptly at 11 AM, return
approx 5:30 PM.



Better balance and flexibility

Come join our next series of eight classes to practice improved balance, **Monday** afternoons from **1:00-2:00**. The focus is on empowering seniors to maintain mobility and independence. Each session includes exercises to improve strength, flexibility, balance, and posture.

The class uses balls, bands, and weights to help participants gain in strength and endurance and decrease stress. Tai Chi and Yoga moves are also included.

Class dates are **April 28, May 12 and 19, and June 2, 9, 16, 23 and 30**. The cost is **\$40** for the series, and there is a limit of 20 participants. The classes are led by Leslie Worris, the founder of The Wellness Alliance in Newton.

Free sample: Come to the class **April 28** or **May 12** to see if this is for you!

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**Walking Club Returns
Tuesdays, 9:00 – 10:00**

We all know walking is good for us: it helps your heart, lungs, blood pressure, balance, and stamina. It can even help with weight loss! And the best part is that it is **free**.

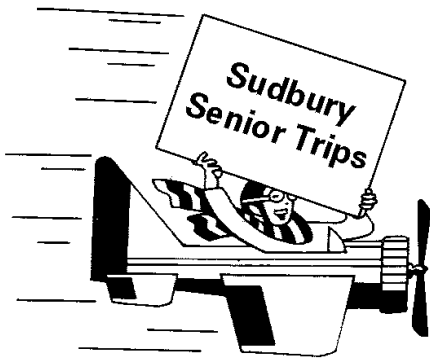
Our popular one-mile walking club returns on **Tuesdays** for six weeks beginning **May 6**.

The group will be led by Linda Sullivan, RN. Linda will be available to take people's blood pressure before and after each walk, and to help adapt the activity for those who can't quite manage a mile walk.

The route will be around the new walking loop at Haskell Field, just across Fairbank Road from the Senior Center. Call 978-443-3055 to sign up, or see Linda for more information.

Earth Decade Committee

The next collection of packaging foam, CDs, and 6-pack rings is scheduled for **Saturday, April 12** at the Curtis Middle School from **10 - 12**. Please keep the #1 & 2 bins clear of packaging foam, and bring it to the spring or fall foam recycling days.



Now that April is here and our New England spring weather should be just around the corner it is time to sign up for the Sudbury Senior trips for the remainder of the year. We would love to have you with us.

We still have room on some of our February through June trips. Please call us to find out what may still be available.

Michael Amante at the Mass Mutual Center, **Tuesday, April 15, \$54** lunch on your own at the Holyoke Mall.

Foxwoods, Monday, May 5, \$19.

The Producers at the NorthShore Music Theater **Wednesday, May 14, \$63**, lunch on your own at the Northshore Mall.

The Philadelphia Mummers at the Springfield Symphony Hall, **Tuesday, June 10, \$54**, lunch on your own at the Holyoke Mall.

Western Mediterranean Cruise November 8-15. We still have some spaces. Prices are expected to go up slightly due to a possible rise in airfare. At this time we are also looking for a lady to share an outside cabin with a very nice lady. Please call me after April 6

at 978-443-8320 if you are interested.

The following trips are our summer-fall offerings and everyone is welcome to book them at this time:

Newport Playhouse and Cabaret, Thursday, July 10, cost is **\$70**. After enjoying a delicious buffet meal in the main dining room we will adjourn to the theater to see the funny, warm play *Over the River and Through the Woods* (not a Thanksgiving story). Then back to our table for dessert, coffee and more entertainment. I have heard good things about this place so I am looking forward to it.

Foxwoods trip Monday, August 4, cost **\$19**.

Tanglewood Trip this summer will be on **Saturday, August 9** for both a pre-rehearsal talk and rehearsal of the next day's **All-Mozart Program** with Andre Previn, Conductor, and Andrea Rost, soprano. The cost will be known in April. Lunch will be on your own at any one of the various lunch sites on the grounds. A short stop at one of the nearby picturesque towns will be included before leaving for home. As this trip usually appeals to a special interest group we are limiting the trip to 25 participants.

Twin Lobster Feast, August 12 with baked stuffed shrimp at the Hukelau in Chicopee. You may substitute Filet Mignon if you wish. Cost is **\$79.95**. You will be entertained by beautiful

Hawaiian music and dancing. All you will have to do is "just hang loose" and enjoy yourself. Here is a chance to wear your festive Hawaiian shirts!

Adirondack Balloon Festival will take place **September 19-21**. Cost is **\$359** per person double occupancy. A deposit is due by April 14. This is a very popular trip and sells out quickly. We will be staying at the Georgian Inn and there are many exciting events planned for you, including an early morning balloon viewing, an evening boat cruise with moonglow balloon display and fireworks, and a dinner and show. One exciting option: you can make a reservation after you arrive for a balloon ride. The cost will be about \$200 per person. On the way home, we will stop at the New York State Museum in Albany. Please be sure to fill out the registration form on the flyer which is available in our trip rack.

Oktoberfest, Tuesday October 14 at the Venus DeMilo in Swansea, featuring Adam Barthalt and his award winning polka band. Their toe-tapping sound will have you itching to get up and dance. It used to be one of my favorite kinds of dancing. Now I just sit, listen and remember. Oktoberfest began in Bavaria in 1810 to give thanks for the past year's crops. Enjoy an authentic meal of Wiener schnitzel or baked stuffed chicken. Both options come with potatoes, vegetables and dessert. Please be sure to indicate your meal choice on your reservation form. Cost is **\$66**.

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 **Tuesday** through **Friday** from **8:30 AM** to **3:30 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 \$2 one 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. Leave your request on the answering machine, and the coordinator will call you.

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 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, the Senior Center may provide the item on loan. We welcome donations of equipment that is no longer needed.

COUNSELING

Information and Referral: Debra Galloway, 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 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 around the house. Seniors will only be expected to pay for necessary parts and materials.

Grocery Shopping: A volunteer shopper will make weekly visits to the store, and assist the senior 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 seniors and people with disabilities 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**. 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.

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

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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: Tuesday through Friday, 8:30 AM to 3:30 PM

General Information Line: 978-639-3275

Menus: 978-639-3278

Trip Information: 978-639-3277

Cancellation Line: 978-639-3276



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