



*The Sudbury Council on Aging
and Senior Center*

cordially invites you to join us

Holiday Luncheon and Party

Tuesday, December 16

12:00-2:00

featuring songs and performances by

The Senior Strutters

Menu (catered by Wingate Healthcare):

Apple Cider

Roast Turkey with Pan Gravy and Herb Stuffing

Dinner Rolls

Butternut Squash, Peas, Mashed Potatoes

Cranberry Sauce

Apple or Pumpkin Pie

Cost: \$5.00

Reservations are required

by December 12.



INSIDE THIS ISSUE	
Bridges volunteers	2
Taking care of yourself and others	3
Bridges celebrations	3
Soup's On: Acid reflux	4
Center closed	4
Food benefit	4
Medicare alert	4
Animal therapy	5
Calendar	6
Menus	7
Movie: <i>The Perfect Holiday</i>	7
Winter cancellation policy	8
Space heater swap	8
Go bags	8
Intergenerational movie	8
Christmas lunch	9
Boxwood Tree	9
Raffle drawing	9
Bridge lessons	9
Trips	10
Services	11
Birthday lunch	12



Bridges Intergenerational Program

Help bridge the generation gap by volunteering for Bridges!

The Sudbury Senior Center runs an award-winning program for students in the 4th grade in Sudbury school, and **you do not have to be a Sudbury resident** to volunteer to help children understand aging from a positive perspective.

Bridges is a program in human development that brings senior citizens and students together in the classroom one hour a week for six weeks, in a prepared series of classes designed to explore the theme of aging as a life-long process.

During each class seniors and students examine a different topic of aging. Topics may include *Getting to Know You, Schools: Then and Now, Ethnicity, Traditions and Heirlooms, Learning From One Another, The Life Span, Attitudes About Aging, Aging and Health*, and more. The program concludes with a reunion celebration at the Senior Center.

Bridges is currently being presented in each of the four Sudbury Public Schools; two schools in the fall and two in the winter/spring. It is an integral part of the social studies curriculum. There are 18 classes in all, which use the services of 144 seniors (half in the fall and half in the winter/spring).

You only need commit to one hour a week for six weeks. There is an orientation for all new senior participants at the beginning of each semester. You will then be paired with a senior who has previously participated in the program, so that each group of students works with and gets to know two seniors. The fall semester begins in October and the winter/spring semester kicks off in February.

You do not need to be a Sudbury resident in order to participate. All you need is a genuine interest in helping social studies come alive for our school children and the ability to make a six week commitment. Bridges veterans say “I learned how to better relate to my own grandchildren”, “The children are just as excited as we are to fill in the gap between past and present”, and “It showed me how great kids can be.”

For more information or to volunteer call Coordinators Oscar and Sophia Harrell at 978-443-3821.

COUNCIL ON AGING

CHAIRPERSON:

Patrick Mullen

BOARD OF DIRECTORS:

Barbara Bahlkow

John Beeler

Elizabeth David

Marilyn Goodrich

Susan Kasle

Hale Lamont-Havers

David Levington

Mary-Lee Mahoney-Emerson

SUDBURY SENIOR CENTER STAFF

DIRECTOR

Kristin Kiesel

ADMINISTRATIVE ASSISTANT

Claire Wigandt

INFORMATION AND REFERRAL

Debra Galloway

RECEPTIONIST

Jean Taylor

SENIOR COMMUNITY WORK PROGRAM COORDINATOR

Peg Whittemore

S.H.I.N.E. COUNSELOR

Kathleen Woehaling

SMOC MEALSITE MANAGER

Debbie Peters

TRIP COORDINATOR

Carmel O'Connell

VAN DRIVER

Linda Curran

VOLUNTEER

COORDINATOR

Ed Gottmann

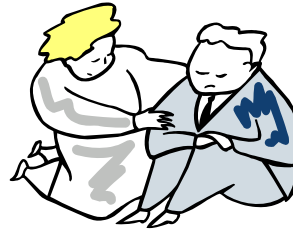
PUBLIC HEALTH NURSE

Linda Sullivan

MISSION STATEMENT

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

ads



Taking care of yourself and others
Wednesday, December 10
1:00

The holiday times are full of activity, excitement, catching up with family and friends, and the fragrance of pies baking . . . unless it isn't. Instead, for many people the holidays are times of sadness. The daylight is short, the winds are cold, and memory turns to loved ones lost.

This year we'll be offering an alternative. Come to our workshop on *Taking care of yourself and others* to learn some important skills that will help you weather the holidays in fine spirits. Included:

- Simple healthy lifestyle changes that will enrich your physical and emotional well-being
- Managing stress
- Coping with feelings of sadness and anxiety
- Wellness resources that can help you help yourself

The presenter will be Patricia O'Flynn, Certified Wellness Coach. The program is **free**, thanks to a grant from the Department of Public health.

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



Bridges celebrations

Sudbury 4th graders from the classrooms that sponsored the bridges program this fall will come to the Senior Center for their end-of-term celebrations in December.

The students get a tour of the Senior Center, often participate in a Fit for the Future senior aerobics class, and work with the Bridges senior volunteers for a wrap-up session to say thank you and appreciate each person's contribution to the group's success.

Bridges celebrations will be held at **10:30** on **Monday, December 8** and **15**, and **Thursday, December 11** and **18**.



Soup's On: Acid Reflux

Thursday, December 4

Soup at 12:00, talk at 12:30

A few years ago, no one had heard of Gastro-Esophageal Reflux Disease (GERD) but many people have it and must spend time and money to manage it.

Heartburn is the major symptom, with burning discomfort behind the breastbone. Other symptoms can be difficulty swallowing and chronic chest pain, as well as cough, hoarseness, voice changes, chronic ear ache, burning chest pains, nausea or sinusitis, although not all symptoms are present in everyone.

Complications include Barrett's esophagus, esophageal spasms, esophageal ulcers, and possibly even esophageal cancer, especially in adults over 60 years old.

Come hear Linda Sullivan, Sudbury's Public Health Nurse, speak on GERD, its symptoms, and the best way to manage it for your comfort and safety.

The event is **free** but we must know how many people to prepare food for, so advance registration is required by calling 978-443-3055.

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.



Senior Center closed

Happy holidays! The Senior Center will be closed **December 26**, the day after Christmas (as well as December 25, Christmas Day). There will be no van service those days and no home delivery of meals. (All meal clients will receive frozen meals to use December 25 and 26.)

Paying for groceries just got easier!

The federal SNAP (Supplemental Nutrition Assistance Program) may help you pay for your food. People age 60 and older can qualify even if they have assets like house, car, bank account, or retirement savings.

There is also a standard medical deduction. Seniors who have more than \$35 in medical expenses each month receive a standard deduction of \$90. If their medical expenses exceed \$125 per month, they receive a deduction of their full medical expenses, minus \$35. They can also count costs of transportation to doctor's appointments.

A two-person household with a gross income of not more than \$1,517 a month, (\$1,127 for a one-person household) may qualify.

A two-person household can get up to \$323 a month in benefits (or up to \$176 a month for a one-person household.) Call 978-443-3055 and speak to Debra Galloway for more information.



Alert!

In October, many people with Medicare received a fat package from their prescription drug plan or Medicare private health plan that describes changes to their plan for 2009.

These changes may include:

- drugs that will no longer be covered,
- increased monthly premiums,
- increased co-pays for drugs, doctors' visits or hospital stays

People who do not pay attention to or understand this notice may not find out about these changes until January, when it will be too late to do anything about it. Don't let this happen to you!

Now is the time to make sure you understand how your plan may be changing and review other plans that are available to you.

During the annual Medicare Open Enrollment Period (November 15 – December 31), you can change your plan to one that best meets your needs. Then the change will become effective on January 1, 2009.

Details about plans available in Sudbury are now available by calling 1-800-MEDICARE or visiting www.medicare.gov. You may also receive help by meeting with a SHINE (Medicare) Counselor here at the Senior Center. It is **free**.

We expect SHINE appointments to be in great demand, so don't put it off. Call 978-443-3055.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Pets and Your Health

What would you think about a new treatment that improves your health, is all natural, and has no medical side effects? What could it be? Would you believe a dog, a cat, or a fish? Who knew spending time with your cat could make you healthier! Whether it is through companionship, play, humor or caregiving, our relationships with our animals are beneficial to us.

Research has examined the physiological effects of human-pet relationships. Persons who have a marked or prolonged increase in heart rate and/or blood pressure in response to stress are considered at risk for the development of heart disease. Researchers are interested in factors that can decrease these stress responses.

One study examined the effects of petting a strange dog versus a companion dog with whom a bond had been established. The results showed a decrease in blood pressure when the participants petted their companion dog. These beneficial effects are also found with other companion animals, including fish and snakes! Watching fish in an aquarium lowered study participants' blood pressure and stroking a pet snake also caused a large reduction in blood pressure for snake owners.

While there are significant benefits to pet ownership, the responsibility of owning a pet should be carefully considered. Safety, allergies, cost, and the physical needs of the animal are all considerations.

Should the idea of pet ownership make sense for you and your household, you can add improved health into the plus column. And if you already have a pet you can give your pet a little extra appreciation today!

Sources: **The Healthy Pleasure of Their Company: Companion Animals and Human Health** *Karen Allen, School of Medicine, State University of New York at Buffalo;*




Siegel, Judith M., "[Stressful Life Events and Use of Physician Services Among the Elderly: The Moderating Role of Pet Ownership.](#)" *Journal of Personality and Social Psychology*. Vol. 58, No. 6 (1990), pp. 1081-1086. (59K, RTF)

ads




DECEMBER 2008



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p><i>Van trip to Ocean State Job Lot/Kennedy's Pub</i></p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>1:00 Balance (3)</p>	<p>2</p> <p>8:00-9:00 Parmenter Clinic</p> <p>9:00 Cribbage</p> <p>12:00 Lunch and Raffle Drawing</p> <p>11:30-1:00 Parmenter Clinic</p> <p>12:30 Bridge</p> <p>3:30 COA Board</p>	<p>3</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30 Andrew Jackson (12)</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Wayside Inn Holiday Luncheon</p> <p>12:00 Lunch</p> <p>12:30 Informal Quilters</p>	<p>4</p> <p>8:00 Boston Symphony Orchestra <u>Rehearsal</u> Trip</p> <p>9-12 SHINE</p> <p>9:30 Tap Class</p> <p>9:45 Thursday Crafters</p> <p>12:00 Soup's On: Acid Reflux</p>	<p>5</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-11:30 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 (8)</p>
<p>8</p> <p><i>Van trip to Christmas Tree Shop/Brittney's</i></p> <p>9:30-2:30 I&R Hours</p> <p>10:00 Stamp club</p> <p>10:30 Bridges Celebration</p> <p>11:00 Fit for the Future</p> <p>1:00 Balance (4)</p>	<p>9</p> <p>8:00-9:00 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>1:30 Boxwood Tree Workshop</p>	<p>10</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 Taking Care of Yourself and Others</p>	<p>11</p> <p>9-12 SHINE</p> <p>9:30 Tap Class</p> <p>9:45 Thursday Crafters</p> <p>10:30 Bridges Celebration</p> <p>12:00 Pizza</p> <p>12:30 Movie: <i>The Perfect Holiday</i></p>	<p>12</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-11:30 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 (9)</p>
<p>15</p> <p><i>Van trip to Burlington Mall/Macaroni Grille</i></p> <p>9:30-2:30 I&R Hours</p> <p>10:30 Bridges Celebration</p> <p>11:00 Fit for the Future</p> <p>1:00 Balance (5)</p>	<p>16</p> <p>8-9:00 Parmenter Clinic</p> <p>9:00 Cribbage</p> <p>9:30 My Life/My Health Reunion</p> <p>12:00 Holiday Party</p> <p>11:30-1:00 Parmenter Clinic</p> <p>12:30 Bridge</p>	<p>17</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 Birthday Lunch</p> <p>12:30 Informal Quilters</p>	<p>18</p> <p>9-12 SHINE</p> <p>9:30 Tap Class</p> <p>9:45 Thursday Crafters</p> <p>10:30 Bridges Celebration</p> <p>2:15 Boston <u>Pops</u> Trip</p>	<p>19</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-11:30 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 (10)</p>
<p>22</p> <p><i>Van trip to WalMart/Applebees</i></p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>1:00 Balance (6)</p>	<p>23</p> <p>8:00-9:00 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>24</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>25</p> <p>Senior Center closed</p> 	<p>26</p> <p>Senior Center closed</p> 
<p>29</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>No Balance</p> <p>1:00 Movie: <i>Kit Kittredge: An American Girl</i></p>	<p>30</p> <p>8:00-9:00 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>			

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
December 2	December 3	December 5
Meatballs/Swedish Sauce Mashed Potatoes Green Beans Smoothie	Spinach Egg Drop Soup Chicken/Lemon Butter Sauce Pineapple	Tomato Chick Pea Soup Fish Wedge Corn Mandarin Oranges
December 9	December 10	December 12
Mushroom Soup Roasted Chicken/ Apricot Glaze Sweet Potatoes Fresh Fruit	Stuffed Pepper/ Tomato Sauce Italian Veggies Cake	Chicken Strip Primavera Ziti Broccoli Peaches
December 16	December 17	December 19
Senior Center Holiday Party 	Roast Beef au Jus Red Bliss Potatoes Green Beans Almondine Birthday Cake	American Chop Suey Genoa Veggies Mixed Fruit
December 23	December 24	December 26
Macaroni/Cheese Stewed tomatoes Broccoli Pears	Harvest Soup Roast Pork/Gravy Whipped Potatoes Oatmeal Cookie	Senior Center Closed
December 30	December 31	January 2, 2009
Tuna Cake/Lemon Sauce Rice Pilaf Tahitian Veggies Peaches	Kale Soup Chicken/Lemon Dill Sauce Whipped Potatoes Fresh Fruit	Roast Turkey/Gravy Mashed Potatoes Winter Squash Muffin

Movie and pizza



The Perfect Holiday

Thursday, December 11
1 hour 36 minutes

Pizza: 12:00
Movie: 12:30

Nancy is an incredibly busy divorced mother of three who can't find the time to tend to her own needs. Near Christmas, she decides to take her kids to the mall to meet Santa Claus. Her youngest daughter has sensed her mother's sadness and uses her time with Santa to make her mom happy again. Emily had heard her mom say that all she wanted for Christmas was a compliment from a man, so that's exactly what she tells Santa. Ironically, Santa, as it turns out, is office supply salesman and struggling songwriter Benjamin, who ends up giving Nancy just what she wants for Christmas, and much, much more.

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 (\$1.25 per slice).



Winter cancellation policy

On days when the Sudbury public schools are cancelled due to bad weather, we will be open but all Senior Center programs and services will be cancelled, including van trips and meal delivery.

Our offices will be staffed to answer the telephone as close to normal business hours as possible.

Be sure to watch for school cancellation announcements on radio or TV, or on the Internet sites of the major television stations.

We have a special cancellation line. If you are in doubt as to whether your trip or event at the Senior Center is cancelled, call **978-639-3276** to listen to a recorded message about the day's cancellations.

Space heater swap

If you have an old space heater with a frayed cord, no tip-over cutoff, or other hazardous condition, give us a call at 978-443-3055 and we'll send someone out to swap your old space heater for a new one.

The program is underwritten by a grant from HOPEsudbury, and is **free**. The heaters are delivered by the Senior Center Fix-It volunteers. Thanks to them and to HOPEsudbury we hope to prevent space-heater fires.



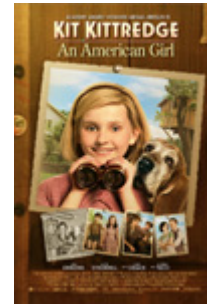
Go Bags

Are you ready to take care of yourself in an emergency, even if the power goes out for days at a time? Many people think their families will take them in, but what if your family can't get to you?

In order to be prepared either to care for yourself or to be evacuated (if that is necessary) it is helpful to have a "Go Bag" all prepared. Thanks to the Citizen's Emergency Response Team we have filled Go Bags available for Sudbury seniors.

The wheeled bags contain a crank-powered radio, a flashlight with batteries, a first aid kit, Meals ready to Eat, a toiletry kit, a waterproof blanket, a health kit, a 5 in 1 survival whistle, emergency water pouches, hand sanitizer and moist wipes, playing cards, a waterproof poncho, a hand and body warmer, waterproof matches, a pill reminder, envelopes for important papers, a total body cleansing system, plastic plates and utensils, a manual can opener, plastic bags and ties, masking tape, and emergency instructions and pamphlets.

The bags are available for a donation of \$60, which will be used to purchase more bags and supplies. If you can't afford the donation, CERT will still supply you with a Go Bag. Thanks go to Barbara Bahlkow for researching and assembling the supplies!



Kit Kittredge: An American Girl

1 hour 40 minutes

Intergenerational Movie Monday, December 29 1:00: Free

Grandparents, bring your granddaughters (and grandsons, if they are interested) to a showing of *Kit Kittredge: An American Girl*.

This warm hearted mystery is based on the popular series of American Girl dolls, and stars Abigail Breslin (you may remember her from *Little Miss Sunshine*) and Emmy winner Stanley Tucci.

Kit Kittredge is always bringing home strays, both animal and human. This inquisitive and generous girl's happy childhood is interrupted when her father loses his car dealership and must leave Cincinnati to look for work. Kit and her mother Margaret are left to manage on their own, growing vegetables and taking in an assortment of boarders. When a crime spree sweeps Cincinnati, one of the boarders is accused. Kit's loyalties are tested until she uncovers a plot that goes far beyond Cincinnati.

Following the showing of the film, we will serve refreshments. The event is **free**, but please call 978-443-3055 to reserve your space, and tell us how many children you'll be bringing with you. **If the weather that day is doubtful**, please call ahead to be sure the movie is still being shown.



Wayside Inn Christmas Luncheon

Just a reminder for those who have tickets: The annual luncheon will be held **Wednesday, December 3** beginning at **noon** at Longfellow's Wayside Inn.

Come dressed in your holiday finery, and celebrate the season with your friends.



Gas and grocery card raffle drawing Tuesday, December 2

Two \$25 gas cards and two \$25 grocery cards will be awarded following our scan-in raffle. The prizes will be drawn at lunch on **Tuesday, December 2** at **12:30**. You do not have to be present to win, but if you would like, you can join us for lunch that day.

We will offer a hot meal (see page 7 for the menu) for a donation of **\$2.00**. If you want to join us, you must make reservations by calling 978-443-3055 by 10 AM on Monday, December 1. We regret that we won't be able to serve anyone who does not have a reservation.

The raffle is courtesy of Wingate Healthcare.



Bridge lessons

Bridge lessons will return, but with a different instructor.

Intermediate level bridge will be taught at the Senior Center Wednesdays 1:00-3:00 beginning in mid-February.

The lessons will be a twelve week series, and will be \$30 for all twelve sessions.

The instructor will be Sudbury resident Sally Sack, who has been teaching bridge for many years. Watch for more details in the January *Sudbury Senior Scene*.



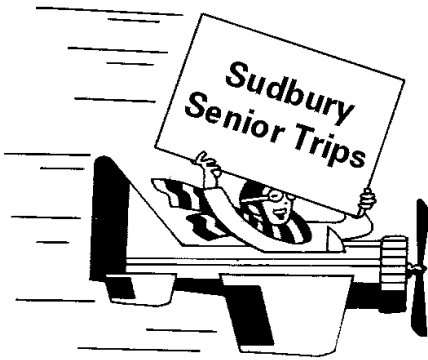
Boxwood Christmas Tree Workshop Tuesday, December 9 1:30

The Sudbury Garden club, with the leadership of Polly Meltzer, will offer a workshop to make a boxwood Christmas tree.

There is a limit of twelve participants. To register, please bring a check for **\$15** to the Senior Center, payable to the *Sudbury Garden Club*.

The day of the workshop, please bring clippers or scissors with you.

ads



When you read this, we'll be back from the Mediterranean, feeling refreshed and looking forward to the holidays. Watch for our exciting list of trips in the January newsletter, but I couldn't wait to let you know about our cold-weather get away.

Snowbird Escape, March 8-22, 2009: This trip is becoming a tradition that people look forward to every year. If you have gone with us before you know what a great time we have.

The trip includes 14 night's hotel accommodations, including 9 at the Dolphin Beach resort right on St. Petersburg beach. A dinner cruise and five more breakfasts and five dinners are also included, as well as a professional tour escort and guide.

Busch Gardens is one of the optional trips. Another day will feature "**Pizza and Pipes**", a chance to lunch on your own while enjoying a performance on a huge Wurlitzer Theater pipe organ. Pack a Hawaiian outfit for the **Luau night** at the Dolphin. **Tarpon Springs** is another optional side trip.

The price is \$1,899 pp double, \$1,699 pp triple, and \$2,699 pp single. A \$200 deposit is due **December 15**, with final payment due by **February 1, 2009**. Read all

about it in the flyer on the trip rack. Trip insurance is highly recommended. Please include an emergency contact name and phone number with your application.

If you think you want to go, let me know as soon as you can, as we need a certain minimum number to make the trip a "go".

Carmel



Holiday van trips

The Senior Center van will be making some special expeditions on Mondays in December to help with holiday shopping and go out to lunch. We pick you up at your home and bring you back home after the trip.

Here's the schedule:

Monday, December 1: Ocean State Job lot and Kennedy's Pub.

Monday, December 8: Christmas Tree Shop and Brittney's.

Monday, December 15: Burlington Mall and Macaroni Grille.

Monday, December 22: Walmart and Applebees

We need at least five participants to make the trip, so be sure to sign up. In the event that we do not have five on a particular Monday, we will run a regular van schedule that day.



The Friends

If you have sat in one of the comfy new chairs at the Senior Center, you have the Friends of Sudbury Seniors to thank. If you enjoy getting this newsletter mailed to you free each month, thank the Friends. If you have watched a movie or a presentation here on our large-screen projection system, just know that you are benefitting from the generosity of the Friends.

The *Friends of Sudbury Seniors* is a non-profit organization dedicated to supporting the Sudbury Senior Center through fundraising for projects and events.

We are entering some difficult financial times, but the Friends make it possible for the Senior Center to continue to offer the high quality of services, programs, and special events that make this place unique.

In the mail this month you'll receive a request to make a donation to the Friends. Please do consider helping. Every dollar counts, and it all goes toward maintaining and improving the Senior Center and services for seniors.

You are also welcome to attend the Friends meetings, the **fourth Thursday** of each month at **3:00** in the Senior Center. The friends are a cheery and fun-loving group and would be happy to have you.

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. 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.

CONSULTATION

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

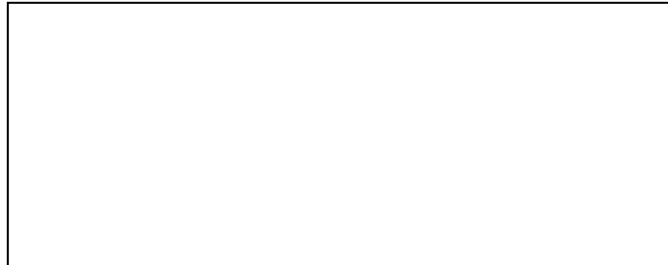
SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

40 Fairbank Road
Sudbury, Massachusetts 01776-1681

on the web at:

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

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

Menus: 978-639-3278

Trip Information: 978-639-3277

Cancellation Line: 978-639-3276

If you are a Sudbury senior (aged 60 or older) and were born in the month of December, be our guest!

Monthly Birthday Luncheon

Wednesday, December 17
12:00-1:00

Join our regular Wednesday lunch bunch.
If you were a **December** baby,
the **meal** and **cake** are on us.

Call to RSVP by 10:00 AM December 15.
(No meal will be available without reservations.)

Not born in December? No problem!
Reserve by 10:00 AM December 15,
and you can have lunch for a donation of \$2.00.

