

*Healthy Eating/Healthy Living
For the Holidays and Beyond*



Personal Chef Yvette Taylor
from Natick VNA/New Century Home Care
Tuesday, December 13, 1:00 PM
FREE

Eating well. Colorful food. A little planning. Creativity. Enjoying a meal...

Learn more about what eating well means and gain new inspiration to continue or to begin to eat more healthfully. Research indicates that, along with exercise, what we put into our bodies has a large effect on our health and is worth paying attention to. Learn how what you eat can improve your immunity, your energy level, and your ability to recuperate from illness or injury.

Yvette will share tips for wholesome eating, such as what are “good fats” and “bad carbs”. And give you a better idea how to read labels and substitute healthier items into some of your favorite recipes.

As a Personal Chef, Yvette shares the best techniques for cooking healthy but quick meals, for one or more. She also will talk about other options for casseroles, besides pasta! Come prepared to get excited about healthy cooking and try a sample of one of Yvette’s favorite easy, delicious and nutritious meals!

Yvette Taylor is a certified Personal Chef who provides nutritious meals with an emphasis on healthy cooking and special diets. Yvette is a graduate of the Cambridge School of Culinary Arts whose culinary experience ranges from Pastry Chef for Whole Foods Markets to culinary excursions around the globe including Europe, Peru and New Zealand, working with local artisans and chefs, and as marketing and events manager for a large international winery. She currently works with Natick VNA/New Century Home Care.

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**A MESSAGE FROM THE CHAIR OF THE COUNCIL ON AGING BOARD,
DAVID LEVINGTON:**

What's new on Article Two?

I know a lot of you are waiting to hear about Article Two, which passed at Town Meeting in January. Well, I'm waiting too. I'm working with Ralph Tyler, who was the original sponsor of the article, to shepherd it through the legislature. As I'm writing this, November 9th, it seems more likely than not that we'll miss the deadline for 2011/2012.

The bill that Town Meeting passed would allow the town to increase everybody's property taxes a little (1/2 of 1%) and use that money to reduce Senior Citizen's taxes, IF they still exceed 10% after getting the state credit called the Circuit-Breaker. It's a great idea, and we were proud of our Town for passing it almost unanimously.

But, here's the problem. In order for a bill to become law, the Legislature has to approve it, the Governor has to sign it, and it has to be approved again here in Sudbury at an election.

Our next election is in March, and if we are able to put this on the ballot, and if it passes, senior citizens can apply for an exemption; if they are eligible their property tax will be lowered.

So we're trying to get the bill passed before the legislature's Thanksgiving recess! If it isn't done then, it will be too late to get it on the ballot here in March, and the Town won't be able to put in into effect until 2013!

Right now the bill is being considered by the Joint Committee on Revenue at the Statehouse. If they report it out favorably, it has to go through the Ways and Means Committee, other committees, the House of Representatives, and the Senate. And, be signed by the Governor. (Nobody said it was easy!).

The Board of Selectmen are doing all they can, and all three of our elected state officials are helping. Stay tuned!

Dave Levington

Did you notice the lovely barrels outside the Senior Center?

The two entryway barrels and the flowers near our sign are being tended by Jean and Bill Semple who volunteered to take the time to find the flowers and barrels and plant them. Thank you Jean and Bill!

The three barrels along the walkway were purchased through a special grant written by Anna Wood, Sudbury Park and Recreation Adaptive Specialist. Children with special needs will use the plants for horticulture therapy projects. Anyone interested in working with Anna to help with these crafty projects, can call her at (978) 639-3257.

COUNCIL ON AGING

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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.*



Thinking about 2012...

Keep the suggestions coming! We enjoy reading your suggestions for classes, programs, entertainers, speakers and movies. Write them down and place them in our Suggestion Box at the Senior Center Front Desk or feel free to send a suggestion via email at senior@sudbury.ma.us.

We are looking ahead to 2012. Already, there are plans for classes on film classics and music. And, there is talk about a DVD class on Egypt – are you interested? Let us know!

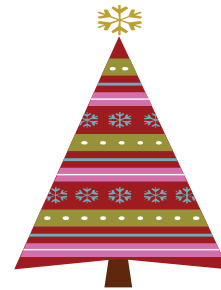
Early in January, visit us for pizza and the movie *Midnight in Paris* on January 5. Also planned is a Soups On talk on *Mind Games and Your Memory* on January 12 and a special “tour” of Massachusetts from two retired teachers called *From Purgatory to Podunk* on January 18.

Please note: Blood Pressure Clinics are cancelled for Tuesday, December 27.



Current Events Group?

Interested in meeting to talk about Current Events in a friendly discussion group? If there is sufficient interest and a volunteer or volunteers interested in facilitating the group, we will consider scheduling it. Let us know and we will put you on our list.



Boxwood Holiday Tree Workshop

**December 5, 2011
1:00 PM
\$15**

The Sudbury Garden club, with the leadership of Polly Meltzer, will once again offer their popular workshop to make a boxwood Christmas or holiday tree. These are made with fresh boxwood, and last for weeks.

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. The garden club will supply a simple green holder for the tree, or you can bring a suitable holder from home. *Please sign up at the Senior Center by Thursday, December 1.*

Card Playing Makes You Smart!



Well, maybe it doesn't make you smart, but it can keep you sharp! We have active cribbage and bridge groups here on Tuesdays. Cribbage gets under way at 9:00 AM, Bridge starts at 12:30 PM.

Dean Machamer serves as our volunteer Bridge Coordinator, stop by and ask him your questions. He is usually here most Tuesdays.



Zumba!

A lively aerobics class with vivacious music – Zumba 55+ is held every Wednesday at 1:00 PM. Drop in for \$5 or sign up for a session (a new session starts January 4).



Better Bones, Senior Strength \$50 for 8 weeks

Increase your bone density, prevent falls and improve balance. You will use free weights, resistance bands, and gentle yoga to improve functional muscular strength and endurance. The loss of muscle strength that occurs with age is reversible! Current session runs from Nov. 28 – Jan. 30 on Mondays at 1:00 PM. You may sign up after the first class, but we are unable to prorate the fee. Please call (978) 443-3055 for more information.

Park and Recreation Fitness Classes Available

Sudbury Park and Recreation offers a plethora of fitness classes, including yoga and water aerobics. Call (978) 639-3233 for more information.

Keep Your Grip!

Call us for a Sand Bucket delivery. Let us know your name, address and phone number, whether you need a refill or a new bucket and where you would like it placed.



Bridges Celebrations

On several days in December, our Bridges senior volunteers and their students will be meeting for a celebration here at the Senior Center. The 4th graders get a grand tour of the Senior Center and then settle in with their senior partners to share memories from their 6 classes together. The children often bring a thank you creation to share with their senior partners.

After the students go back to school, senior partners stay for a luncheon with the Assistant Superintendent and Bridges Coordinator Andrea Weaver.

Watch for the morning celebrations on December 5, 8, 12 and 15. You can't miss them – 40 4th graders certainly will make themselves known! They'll even try some senior aerobics and Tap dance!

For further information or if you are interested in volunteering with this unique intergenerational educational program, please send an email to sudburybridges@gmail.com.



Teen Tech Day

Wednesday, December 7
2:00-4:00 PM

Once a month, two students from Lincoln-Sudbury High School, visit the Senior Center to meet with seniors who need a little help with their computers, laptops, cell phones or ipods. Seniors can sign up for ½ hour time slots.

Please remember students are here to help with simple questions, such as how to use the camera on your cell phone or how to use Facebook or how to set up an email account. If you need technical support, please contact the equipment manufacturer for assistance.

The Senior Center has a computer and a laptop available for use. Please call (978) 443-3055 to make your reservation.



Public Computer and Laptop are Available

Surf the web or check your email! Please feel free to utilize our Public Computer donated by the Friends of Sudbury Seniors. You can access the internet from our wireless connection. We also have a laptop donated by Bob Diefenbacher that is available for use. Just sign out for computer time at the Front Desk.

FROM THE DESK OF INFORMATION SPECIALIST – ANNE MANNING

Disaster Supply Kit

The American Red Cross and the Mass. Emergency Management Agency (MEMA) urge you to prepare a Disaster Supply Kit, sometimes called a “Go” bag. In an emergency situation, you may need to evacuate at a moment’s notice and take essentials with you. You probably will not have the opportunity to shop or search for the supplies you will need. Every household should assemble a disaster kit and keep it up to date. A disaster supply kit is a collection of basic items a person would probably need to stay safe and be more comfortable during and after a disaster. Disaster supply kits should be stored in a portable container(s) near, or as close as possible, to the exit door. A backpack or portable suitcase that is easy to carry is a good container for your kit. Review the contents of your kit at least once per year or as your needs change. Also, consider having emergency supplies in your vehicle.

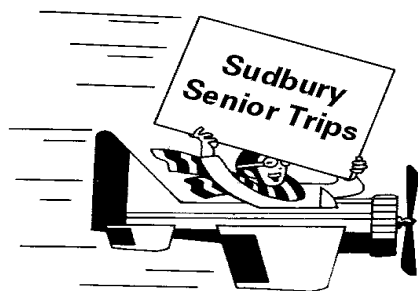
The following should be included in your basic disaster supply kit:

- Three-day supply of nonperishable food and manual can opener. It is a good idea to include foods that do not need cooking (canned, dried, etc.).
- Three-day supply of water (one gallon per person, per day)
- Portable, battery-powered radio or television, and extra batteries.
- Flashlight, and extra batteries.
- First aid kit and manual.
- Sanitation and hygiene items (hand sanitizer, moist towelettes, and toilet paper)
- Matches in waterproof container.
- Cell phone with an extra battery and charger (s).
- Whistle (to attract the attention of emergency personnel)
- Extra clothing and blankets.
- Kitchen accessories.
- Photocopies of personal documents/ identification, health care cards.
- Cash and coins (ATMs may not be accessible).
- Special needs items such as prescription medications, eye glasses, contact lens solution, and hearing aid batteries. Tools, pet supplies, a map of the local area, and other items to meet your unique family needs.

For more information about being prepared for an emergency or disaster, please contact Information Specialist, Anne Manning at (978) 443-3055 or manninga@sudbury.ma.us. Please let us know if you would like to be added to our Emergency Contact list.

DECEMBER 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>In general, when Sudbury Public Schools are closed the Senior Center is open, but programs and classes are cancelled. Also, depending on the road conditions, it may be necessary to cancel our van service for part of or all of the day. Please call the Senior Center at (978) 443-3055 with any questions and thank you for your patience!</p>			1	2
<p>9:00-2:30 I&R Hours 10:30 Bridges Celebration 11:00 Fit for the Future 1:00 Better Bones (2) 1:00 <i>Boxwood Holiday Tree Workshop</i> – sign up by Dec. 1</p>	<p>8:00-9:00 BP Clinic 9-12 SHINE 9:00 Cribbage 9:40/11:00 Yoga (3) 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge 3:30 COA Board</p>	<p>8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 9:30-11:30 American Revolution (12) 11:00 Fit for the Future 12:00 <i>Wayside Inn Luncheon</i> 12:30 Quilting Studio 1:00 Zumba 55+ (4) 2:00-4:00 Teen Tech Help</p>	<p>9-12 SHINE 9:30 Tap Dance Class 9:45 Thursday Crafters 10:00 Bridges Celebration</p>	<p>9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Friday at the Movies – BYO Lunch and Movie 1:00 Watercolors (10)</p>
<p>9:00-2:30 I&R Hours 10:00 Stamp club 10:30 Bridges Celebration 11:00 Fit for the Future 1:00 Better Bones (3)</p>	<p>8-9:00 BP Clinic 9:00 Cribbage 9-12 SHINE 9:40/11:00 Yoga (4) 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge 1:00 Healthy Eating/Healthy Living</p>	<p>8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 11:00 <i>No Fit for the Future</i> 12:00 <i>Holiday Luncheon</i> 1:00 <i>No Zumba 55+</i></p>	<p>9-12 SHINE 9:30 Tap Dance Class 9:45 Thursday Crafters 10:00 Bridges Celebration</p>	<p>9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Friday at the Movies – BYO Lunch and Movie</p>
<p>9:00-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Bones (4)</p>	<p>8:00-9:00 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (5) 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>	<p>8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Zumba 55+ (5)</p>	<p>9-12 SHINE 9:30 Tap Dance Class 9:45 Thursday Crafters</p>	<p>9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Friday at the Movies – BYO Lunch and Movie</p>
<p><i>Christmas Holiday Senior Center Closed</i></p> <p style="text-align: center;">  </p>	<p>8:00-9:00 <i>No BP Clinic</i> 9:00 Cribbage <i>No Yoga today</i> 12:00-1:00 <i>No BP Clinic</i> 12:00 Lunch 12:30 Bridge</p>	<p>8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 <i>No Zumba 55+</i></p>	<p>9:30 <i>No Tap Dance</i> 9:45 Thursday Crafters</p>	<p>9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Friday at the Movies – BYO Lunch and Movie</p>



How time does fly when you are having a good time. It's hard to believe that I am wishing you all "A Happy and Merry Holiday and the Best New Year Ever".

Our fabulous Holiday Pops is all set to go. We are leaving the Center at 2PM promptly for the 4PM Program at Symphony Hall on Monday, December 12. Our wonderful friends at Wingate will be delivering box lunches to us which you can eat on the coach at your pleasure. After a tour around the Common after the Pops program, we should be back at the Senior Center about 8PM.

If you have not yet paid your \$25.00 motor coach fare for the Pop's trip, it is due now. This will include a Holiday Gratuity to our driver. Also, as of this writing (Nov. 11) we still have 3 Pops tickets available. You can purchase either the tickets alone at \$54.00 and drive yourself into Boston or join us on the coach for \$79.00.

We are still busy working on our 2012 program. I have most of the one-day trips already planned but I am still working on choosing a few Multi-Day trips for us.

I am enclosing some possible ideas for these. If you are interested I would be pleased to have your reaction. You may leave a written note at the front desk or call me at

home.

Ideas for Multi-day trips – 2012:

Motor Coach Tours in the

USA: 1.Santa Fe and Albuquerque 2.Branson and Pigeon Forge 3.Nashville and Opryland 4. Northern National Parks 5.Island of Coudres in Canada

Overseas Trips: 1. Exploring Panama and the Canal 2. Israel, Journey to the Holyland 3. Paris to Normandy River Cruise 4. Russian River Cruise 5. Netherlands, Paris and Belgium.

If you have any other ideas for one-day or multi day trips let me know. *Carmel*

Special Monday Van Trips

The Senior Center van will make a special trip on Mondays in December to accommodate holiday shoppers, and will stop at a restaurant for lunch.

Here are the dates and expected destinations:

Monday, December 5: Natick Mall/Olive Garden

Monday, December 12: Ocean State Job Lot/Stephen Anthony's

The cost to ride the van for these special trips is **\$4.00**. Please reserve your space in advance by calling 978-443-3055. We reserve the right to return to our regular Monday schedule if fewer than three people sign up for a particular trip.

Medicare and Prescription Drugs: Does it matter which pharmacy you use?

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that isn't in your plan's network, your drugs will not be covered. If you find that your pharmacy does not accept your plan, you should go to one that does.

Several Medicare plans have **preferred pharmacies** in addition to network pharmacies. If your plan has preferred pharmacies, you may save money by using those pharmacies. Your prescription drugs may cost much less at a preferred pharmacy. For 2012, the plans with preferred pharmacies are: Aetna CVS, CVS Caremark Plus, First Health Part D Value Plus, Humana Walmart-Preferred Rx, and Rite Aid Envision Rx Plus.

Some plans also offer a **mail-order program** that allows you to get up to a 90-day supply of your covered prescription drugs sent directly to your home. This is sometimes a cheaper and easier way to fill your prescriptions.

Medicare Open Enrollment, the annual opportunity to change health and drug plans, ends on December 7. Our SHINE counselors have no available appointments before that date. However, we may be able to help you find an appointment at a nearby Senior Center. You can also call 1-800-MEDICARE for assistance.

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 8:30 AM to 3:30 PM**. On the last Monday of the month we provide transportation to a shopping location outside of Sudbury. Call the Senior Center by 9:00 AM to schedule a ride for that day. The van travels within Sudbury and to some destinations close to Sudbury's borders. The cost for in-town trips is **\$1.00** each way, and \$2 each way for out-of-town trips.

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

HEALTH SERVICES

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

Medical Equipment Loan Closet:

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

CONSULTATION

Information and Referral: Anne Manning, 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 12:00**.

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

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

IN-HOME SERVICES

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

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

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

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

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

NUTRITION

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

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

THE
SUDBURY
SENIOR

SCENE

A monthly publication from the

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

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

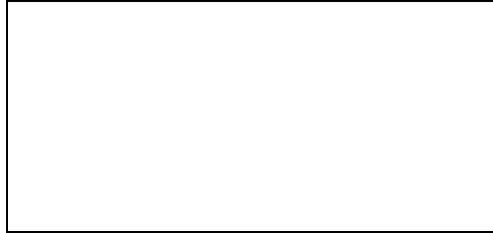
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<http://senior.sudbury.ma.us>

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Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

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

General Information Line: 978-639-3275

Cancellation Line: 978-639-3276

Trip Information: 978-639-3277



Annual Holiday Party

Wednesday, December 14

12 Noon, \$5.00 at the door

Delicious, hot turkey dinner with all the fixin's
provided by Traditions of Wayland.

Entertainment: Sudbury Tappers
Sherborn Music Makers



Please call the Sudbury Senior Center at (978) 443-3055 to make a reservation.