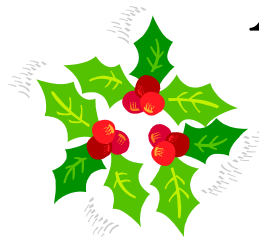


Sudbury Senior Scene

December
2005

*The Sudbury Council on Aging
cordially invites you to join us for a*

HOLIDAY LUNCHEON AND PARTY



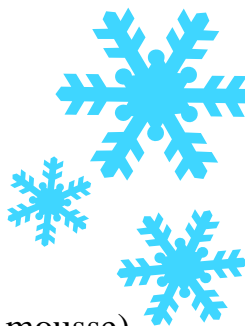
**Wednesday, December 14
12:00-2:00**

*Featuring songs and performances
by the renowned*
SENIOR STRUTTERS
and
A HOLIDAY SING-ALONG

MUSIC TO DINE BY WITH JANET ALFORD

Menu:

Apple juice
Dinner roll
Roast beef au jus
Baked potatoes
Winter squash
Éclair (or diabetic chocolate mousse)
Birthday cake



 **Cost: \$2.00**

November and December birthdays will be celebrated

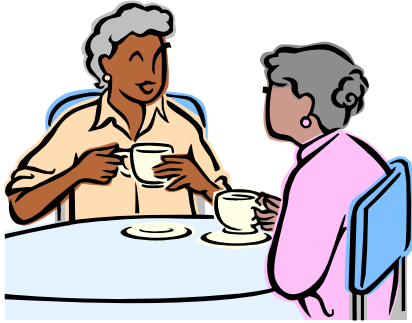
**Reservations are required by
Wednesday, December 7**



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*Happy holidays to all
from the staff at the
Sudbury Senior Center!*



Friends of Sudbury Seniors Annual Appeal

New, comfy chairs for the gym. Rides from school parking lots to Town Meeting at the high school. Attractive new cabinets at the Senior Center. Free newsletters. Matching funds for a new van. What do these things have in common?

It's not a trick question! Each of these things (and a lot more besides) are funded by the Friends of Sudbury Seniors.

Even though the Senior Center continues to serve most of the seniors in town in one way or another during the year, only 62% of the costs of operating comes from the town. The remaining support for our programs and services comes from outside sources, including foundations, program fees, the Executive Office of Elder Affairs, and importantly, from the Friends.

Each year in December, the Friends send an appeal letter to every household in Sudbury, asking residents to contribute in support of the Senior Center and its projects.

The letter goes to all households because the benefits of the Senior Center enrich the entire community. Sons and daughters of seniors call or stop by for free information about services for seniors. Baby boomers come to the center to get acquainted with the resources and services they'll be needing as they grow older. Those who are seniors now come to the center for fun, exercise, classes, cultural activities, health and wellness programs, and much more. And even school children benefit from the support of the Friends, through the Bridges program in the fourth grade classrooms.

But keeping up the high standards of the Sudbury Senior Center costs money. That's why, when you receive your appeal letter we hope you will give generously. Our whole staff is working hard to keep ours among the best Senior Centers in the state, but we can't do it without your help.

Thanks from all of us!

COUNCIL ON AGING

Chairperson:

Joseph Bausk

Board of Directors:

Barbara Bahlkow

Judy Deutsch

Beverly Guild

Catherine Kuras

Tamilyn Levin

Patrick Mullen

Edward Ross

Benjamin Stahl

SUDBURY SENIOR CENTER

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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

Kathy Worhach

SMOC Mealsite Manager

Marie Lupien

Trip Coordinator

Carmel O'Connell

Van Driver

Linda Curran

Volunteer Coordinator

Ed Gottmann



Sudbury Senior Center Mission Statement

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

ads

Selecting and enrolling in a Medicare "Part D" plan

Starting January 1, 2006, Medicare will offer prescription drug coverage (Medicare Part D) for everyone with Medicare. If you have drug coverage now, your insurer should have already sent you information about how your coverage works with, or is affected by, Medicare prescription drug coverage. If you have not received this information yet, contact your insurer or benefits administration. If the letter from your insurer states that you have drug coverage that "*on average, is at least as good as standard Medicare prescription drug coverage (creditable)*," you won't have to pay a penalty and you probably do not need to take a Part D Plan. If you are confused by what you have received, you should check with your current insurer.

If you have **no prescription drug coverage** or your coverage is **not creditable**, you should consider selecting and enrolling in a Part D Plan. The enrollment period began on November 15, 2005 and will go through May 15, 2006. ***There is time*** for you to take a good look at the plans and make an informed decision. If you sign up for a plan by the end of December, your coverage will start January 1, 2006. If you sign up by May 15, coverage will begin the month after you enroll. You can change or join a new plan from November 15 through December 31 each year.

The good news is that **help is available** for you! You can get a customized listing of the plans that best fit your needs by calling 1-800-MEDICARE or at www.medicare.gov on the Internet. Help is also available at the Sudbury Senior Center. Call (978) 443-3055 for an appointment with Kathy Worhach, our SHINE Counselor. Enrollment is also available through your selected plan's website or the Medicare website.

Hold on to any mail you receive from your current insurer, from Prescription Advantage or from Social Security. It is information you will need to know. **Be Careful! Do NOT buy a plan until you are sure it's right for you!** Enrolling in a Medicare Part D Plan can automatically disenroll you from your Medicare HMO or even your retiree plan!

We're planning some computer assistance sessions to help people decide the right plan for them. Watch your newspapers for more information.



Winter cancellation policy

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

The Council on Aging offices will be open as close to normal business hours as possible. Be sure to listen for school cancellation announcements on your local radio or TV station.

Please call . . .

Sometimes our programs are so full we have to run a waiting list! So imagine how hard it is when those who have a reserved spot don't come to the program, and we have empty chairs.

If you've enrolled for an event but learn you can't make it, please give us a call as soon as possible. Then we can let someone from the waiting list have your spot.

Thanks very much!



Your chance to "give back"

If you sing or even if you don't, here's a chance to help make life better for residents of our local nursing homes.

For the third year in a row the **Ecumenical Singers** will be bringing a musical program to nursing homes about six times a year.

The program begins with religious music and readings from many faiths. This is followed by a sing-along of old favorites chosen by the residents of the home or their family members.

People of all ages and religions have participated, and there is a role even for those who don't sing. Some participate only once

while others come to every program, depending on their schedules.

If you love music and enjoy sharing it, you are welcome to join. Non-singers can help by passing out music and helping residents turn pages.

You need to set aside a block of four hours for each performance, as well as rehearsal time, but you don't have to participate in every event.

The group was organized by Betty Farmer. Mark Olsen plays the piano for the group, and the rehearsal space is provided by the Sudbury Methodist Church.

The next performance will be Friday, December 30 at Wingate, and will feature songs of Christmas, Hanukkah, and Kwanzaa.

If you would like to be on a call list to participate, call Betty Farmer at 978-443-2802.

Happy holidays!

Class and Activity enrollment policy

The Sudbury Senior Center welcomes area seniors to participate in our classes, special events, trips, and educational seminars, but Sudbury residents have first priority.

For the first two weeks after publicity begins for an event, enrollment is open only to Sudbury residents. Subsequently, enrollment will be open to all.



Legal Clinic

Good news! Elder Law Attorney Denise Yurkofsky has agreed to provide a free legal clinic once a month in Sudbury.

She will begin her service here **Tuesday, December 6**, from **10 to noon**. You may call to arrange a **free** twenty minute session.

Ms. Yurkofsky graduated from the New York University School of law, and has done graduate work in state planning and estate and gift tax law at Boston University.

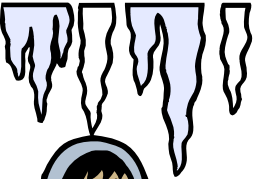
She has been certified as a Certified Elder Law Attorney by the National Elder Law Foundation, and is a member of the National Academy of Elder Law Attorneys. Her website is: <http://www.yurlaw.com/>

Great Click!

Here a useful website by the Center for Medicare and Medicaid Services (CMS): Go to <http://www.medicare.gov/> and click on "Compare Medicare prescription drug plans".

Among other things, you can use a calculating program to figure out which Medicare Part D plan will be best for you. You will need a **list of all your medications**, which you can get at your pharmacy.

**From the Desk of Information and Referral Specialist
Debra Galloway**



BRRRR...IT'S GOING TO BE A COLD ONE!

The *Farmer's Almanac* is predicting a very cold winter this year. Oil and gas prices may go even higher than they are now. If you are concerned about your ability to pay your heating bills, there are resources that can help. A brief description:

The federally funded **fuel assistance program** provides a benefit to income eligible persons who need help paying for heat. To apply, please make an appointment with Debra Galloway at the Sudbury Senior Center to complete an application. For a person living alone, the maximum income to be eligible is \$19,140, for two persons living together, the income maximum is \$25,660. The maximum income level increases for larger families. Persons who are eligible for fuel assistance receive discounts on electricity, heating fuel and other utilities. Applications will be accepted beginning November 1, 2005.

Citizen's Energy provides up to 175 gallons of low cost heating oil to low income homes. Applications will be accepted over the telephone in early December. The telephone number is 1-877-JOE-4-OIL or 1-877-563-4645.

The **HOPEsudbury Fund** was created by Sudbury residents to help their neighbors in need. If you have had an emergency or need help paying a bill, you may apply for assistance. Please call Martha Lynn, Town Social Worker at 978-443-8891 x358 to discuss your situation in confidence.

The **Salvation Army Good Neighbor Energy Fund** provides a small benefit to persons whose income is just *above* the Fuel Assistance guideline of \$19,140 for a single person, or \$25,660 for two persons. Please call Ralph Sullivan, Social Worker at the Salvation Army, (508) 875-3341 for more information.



If you aren't sure whether you can qualify for any of these programs or have other winter heating concerns, call Debra Galloway at the Sudbury Senior Center at (978) 443-3055 for an appointment. She will help you sort through your options.

Winter energy saving tips

- ✓ Caulk and weather-strip doors and windows that leak air.
- ✓ When the fireplace is not in use, keep the flue damper tightly closed.
- ✓ Set your thermostat lower and consider an automatic setback thermostat to save additional money.
- ✓ Have your oil-fired heating system serviced annually and your gas-fired heating system serviced every three years.
- ✓ Clean or replace filters on furnaces every other month.
- ✓ Make sure warm air registers, baseboard heaters and radiators are not blocked by furniture, carpeting or drapes.
- ✓ Close your curtains and shades at night; open them during the day.

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December 2005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9-12 SHINE 9:30 Tap Class 2 9:45 Thursday Crafters 9:30-11:30 Pulse of a Nation 1:00-5:00 Flu Clinic, M-Z	2 8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:00 Watercolors 10
5 Van trip to Natick Mall Lunch at Olive Garden 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Bridges Celebration 1:00 Ceramics	6 8-9:00 Parmenter Clinic 9:00 Cribbage 10:00-12:00 Legal Clinic 11:00 Chair Yoga 6 12:00 Lunch 12:00 Wayside Inn Holiday Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge	7 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Roman World 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Canasta 1:00 Bridge lessons	8 Moscow Boy's Choir Trip 9-12 SHINE 9:30 Tap Class 3 9:45 Thursday Crafters 9:30-11:30 Pulse of a Nation 12:00 Pizza 12:30 Movie: <i>Mad Hot Ballroom</i>	9 8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:00 Watercolors 11
12 Van trip to Christmas Tree Shop; lunch 9:30-2:30 I&R Hours 10:00 Stamp Club 11:00 Fit for the Future 12:00 Bridges Celebration 12:00 Tai Chi 1:00 Ceramics	13 8-9:00 Parmenter Clinic 9:00 Cribbage 11:00 Chair Yoga 7 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge	14 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 12:00-2:00 Holiday luncheon 1:00 Canasta 1:00 Bridge lessons	15 9-12 SHINE 9:30 Tap Class 4 9:30-11:30 Pulse of a Nation 9:45 Thursday Crafters 12:00 Soup's On: Alzheimer's Best Bets: Pharmacist	16 8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Canasta 1:00-3:00 Watercolors 12
19 Van trip to Wal-Mart, lunch at 99 Restaurant 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Tai Chi 1:00 Ceramics	20 8-9:00 Parmenter Clinic 9:00 Cribbage 11:00 Chair Yoga 8 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge	21 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Canasta 1:00 Bridge lessons	22 9-12 SHINE 9:30 Tap Class 5 9:45 Thursday Crafters	23 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 12:00 Lunch 1:00 Cards 1:00 Canasta
26 Christmas celebrated Chanukah begins  Center closed	27 8-9:00 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge	28 9:00 Cribbage 9:30-2:30 I&R Hours 12:00 Lunch 1:00 Canasta 1:00 Bridge lessons	29 9-12 SHINE 9:30 Tap Class 6 9:45 Thursday Crafters	30 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 12:00 Lunch 1:00 Cards 1:00 Canasta



Happy New Year!

Lunch Menus

A full lunch is served at the Sudbury Senior Center at 12 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
November 29	November 30	December 2
Kale bean soup Chicken /red pepper sauce Sweet potato Oatmeal bread Chocolate mousse	Fish loin / spinach Florentine sauce Rotini Corn Multigrain bread Mandarin oranges	Stuffed pepper / tomato sauce Jardinière veggies Dinner roll Pear cherry crisp
December 5	December 6	December 9
Ziti/meat sauce Genoa vegetables Italian bread Mixed fruit	Cream of sweet potato soup Italian pork roast Brussels sprouts Whole wheat bread Vanilla pudding	Turkey ham /pineapple Raisin sauce Roasted red potatoes Winter mix veggies Multigrain bread Peaches
December 13	December 14	December 16
Split peas soup Roasted chicken / lemon mustard sauce Diced parsley potatoes Oatmeal bread Fresh fruit	<i>Holiday special meal!</i> Apple juice Dinner roll Roast beef au jus Baked potatoes Winter squash Éclair / birthday cake	Chicken fajitas / onions and peppers Brown rice Stewed tomatoes Rye bread Mixed fruited Jell-o
December 20	December 21	December 23
Beef stew Boiled potatoes Pumpnickel bread Ginger bread and whipped topping	Veggie noodle soup Stuffed pepper/ tomato sauce Corn Whole wheat bread Peaches	Shepherd's pie Mashed potatoes Tuscany style veggies Whole wheat bread Pears
December 27	December 28	December 30
Beef strips / gravy Mashed potatoes Broccoli Oatmeal bread Sweet potato muffin	Chicken / BBQ sauce Brown rice Cauliflower supreme Vienna bread Applesauce	Mulligatawny soup Roast pork/gravy Chantilly potatoes Rye bread Apple cinnamon grahams

Movie, Thursday, December 8 12:30



Mad Hot Ballroom

1 hour 45 minutes

This documentary film shows New York City's public school kids as they learn to meringue, rumba, and swing dance. In this charming film, the eleven-year-olds go from reluctantly participating in ballroom dancing to preparing to compete in the citywide finals. From filmmakers Marilyn Agrelo and Amy Sewell.

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).





Soup's On Alzheimer's: Best bets for Staying Sharp!

Do you know that there are things people can do that may delay onset of Alzheimer's disease? Interestingly, these are the same things that also benefit the cardiovascular system and health as a whole. Join the Sudbury Senior Center for the third in a series of five talks on related topics addressing these health and lifestyle changes!

Thursday, December 15 at 12:30: Good for your heart, good for your brain: Robert J. Moura, Director of Pharmacy service at Emerson Hospital will speak on the promising findings regarding cholesterol lowering drugs, known to have benefits for your heart, and a possible link to preventing brain plaques typical of Alzheimer's disease. He'll also address what's useful to know about anti-inflammatory drugs and about dietary supplements, and how they may interact.

Moura has more than 30 years experience in pharmacy operations, including making quality improvements in

medication safety, and new ways to monitor medication errors. He has a BS and MS from the Massachusetts College of Pharmacy.

During lunch, Christine Schuster will answer your questions about the new Emerson clinic in Sudbury. Ms. Schuster is the president and CEO of Emerson Hospital, with over 20 years of experience in health care.

The series will continue in the new year: on **Thursday, January 26**, a cardiologist will speak on heart-healthy changes you can make to improve your cardiac health and benefit your circulatory system; and on **Thursday, February 23**, an exercise physiologist will speak on the benefits of regular activity to lower blood pressure, increase HDL cholesterol, lose weight, and avoid or control diabetes.

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

This series is made possible by a grant from BayPath Elder Services, with cooperation and assistance from Emerson Hospital.

Thank you to both of these community partners!



Participants' Forum: lots of great ideas!

Thank you to all who came to our recent Participant's Forum. It was a lively day of discussions and bright ideas.

We started by talking about all the ways ideas from last year's forum have been put into action . . . things like shorter courses, improved transportation options and different meal options are all being addressed.

This year's group said they liked the atmosphere of warmth and congeniality here at the Sudbury Senior Center, the variety of course offerings in the LifeLong learning programs, the wellness programs and more.

There were lots of suggestions about ways to improve the class offerings, and some good ideas about trips and other activities.

A complete summary of the day's comments is available at the Senior Center, and we are still seeking feedback. You can talk to anyone on staff, or leave a note in the suggestion box just outside the Sudbury Pines room.

Please help us help others!

The Sudbury Senior Center is looking for a few volunteers to assist other seniors as they make sense of their Medicare Part D prescription drug plan choices. We need volunteer screeners to assist people calling for help, and computer-literate volunteers to help the SHINE counselor as she assists groups of seniors use the Medicare website to determine which plan is best for each of them. The volunteers do not need to understand Medicare Part D in detail, but must be able to devote two to four hours at least once a week to help out. If you'd like to volunteer, or have questions, please call the Senior Center at (978) 443-3055.



ANNUAL HOSMER HOUSE HOLIDAY OPEN HOUSE

The historic Hosmer House in Old Sudbury Centre will be beautifully decorated for its traditional open houses **Saturday, December 3** from **9:30 AM–4:00 PM**, and **Sunday, December 4** from **11:00 AM-4:00 PM**. In addition, the house will also be open **Wednesday, December 7** from **7:00-9:30 PM**. The open houses are **free**.

This year's decorating theme of *Favorite Movies of Bygone Years* will allow visitors to reminisce as they stroll through rooms depicting classic movies.

Each room will be decorated by a different organization, club, or interior designer. Participating decorators include the Sudbury Garden Club, the Thursday Garden Club, the Newcomers and Villagers Clubs, the Junior Docent Group, Sudbury Elementary Teachers, HOPEsudbury, the husband and wife team of Joe and Jacqui Bausk, and private interior designers Andrea Roessler from Framingham and sisters Karen Park and Carol Smith from Natick and Hudson respectively.

Saturday morning, Deter Straub will lead a chamber music ensemble in the upstairs ballroom, while Saturday afternoon at 12:30, Selectman Larry O'Brien will again host a children's story hour to be followed at 2:15 by a concert given by the Haynes School Choral group under the direction of Shannon Bair.

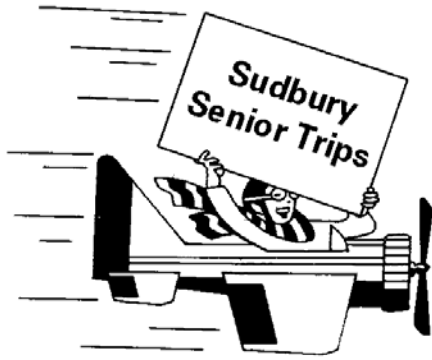
Sunday afternoon children will be treated to another story hour. There will also be surprise visits from Big Bird of the Muppets, who will wander through Hosmer House all during the weekend.

In the old-fashioned store, a Pairpoint cup plate, 24th in the Historical Sudbury series, will be available for sale. It was designed by Janice Corkin Rudolf and portrays the Sudbury Grange which is located directly across from the Hosmer House in the Town Centre. Along with the cup plate, past commemorative plates, Historic Sudbury throws, small gift items, decorations and treats for the children will also be available for sale.

The Sudbury Historical Commission sponsors this annual holiday treat.



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Ahlan wa sahlán (Greetings!),

As of this writing, (November 13), all 32 of us have just returned safe, sound, tired but very happy and excited from our fabulous trip to Egypt.

I must say that this trip has to rank as number one in all the trips that I have done in the last 14 years. Egypt was not only very interesting, with its wonderful treasures of the past, but the people were most friendly and hospitable and we were completely safe with the extraordinary protection they provide for tourists. (We actually did not really feel that we needed that much security!) I highly recommend that if you ever get the chance, you go there. It was, as they say, *Mea, Mea* (Excellent. Excellent.)

Our last trip for 2005 is our **Moscow Boys Choir, Thursday, December 8**. We will be leaving the center at **9:45 AM**. If you are still thinking about it give us a call as we may be able to get some last minute spaces. Cost is **\$69.95** and includes a sit-down full course turkey dinner as well as a fabulous performance.

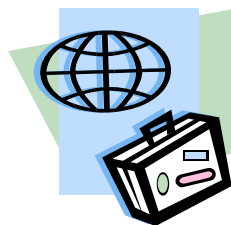
I am still hard at work on our 2006 trip brochure, and plan to have it ready for you in our January newsletter.

We are planning to have a meeting on **January 11 at 2:00 PM** to go over all our new 2006 trips. This January we will only take sign-ups for Day trips through June. Sign-ups for day trips from July through December will be accepted after March 1.

Multi-Day trips can be booked whenever you are ready as long as you meet the Company's deadlines. The first two weeks of January will be reserved for Sudbury residents to register. After that, all our traveling friends from other towns are most welcome to sign up.

We are still taking reservations at this time for our "**Snowbird Escape**" to Sunny Florida, **March 2-17**. The cost is \$1,599 double, \$1,499 triple, and \$2,399 single occupancy. There are only a few spaces left, so don't delay if you are thinking about it. Flyers are available in the trip rack at the center.

You may also have the option to fly down to Florida and join us if the bus trip is not for you. Please call me, Carmel O'Connell, at 978-443-8320 if you would like more information about this trip.



Cultural site trips

One interesting outcome of our recent Participant's Forum was a request for more one-day trips to local cultural destinations: museums, plays, concerts, and historical sites.

These trips would be in addition to the menu of trips designed by Carmel O'Connell, and will be coordinated by a special committee chaired by Don Oasis, an active member of the Friends of Sudbury Seniors.

In order to make these trips a reality, we need some feedback.

If you would be interested in trips sponsored by this new committee, please pick up a questionnaire at the Senior Center. We'd like to know which destinations interest you the most, how often you see yourself taking advantage of cultural trips, a little about what your price range is (trips that include theater tickets, for example, can be fairly expensive), and whether you'd like to help organize the trips.

Once we collect the feedback (by December 23, please!) we'll look to begin organizing things for the new year.

Sports Trips

Would you be interested in trips to sporting events, such as a minor league baseball game? We need members of a committee to work on this kind of event. If you are interested, please call us at (978) 443-3055 so we can arrange an organizational meeting!

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 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.

Health Services

Podiatry: The Senior Center offers a visit from Dr. Bryant Tarr, a Sudbury podiatrist, every other month. Call Dr. Tarr's office directly at **978-443-4878** to schedule an appointment for his next visit. Payment is arranged directly with Dr. Tarr.

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 provided on the **first 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. Please call to make an 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 the like. Seniors will only be expected to pay for any necessary parts and materials.

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.

Exercise

We offer a variety of exercise programs for people of different abilities, including gentle chair yoga, T'ai Chi, tap dancing, Fit for the Future and classes to improve balance.

Sudbury Senior Scene

A monthly publication from the

Sudbury Senior Center and Sudbury Council on Aging

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

on the web at:

<http://sudbury.ma.us/services/seniorcenter/custom/hal/index.htm>

U.S. POSTAGE

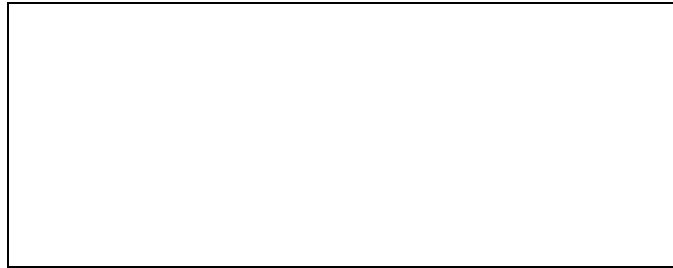
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Sudbury, MA

PERMIT NO. 141

PRESORT STANDARD

Change Service Requested



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

Senior Center hours: Monday through Friday, 9 AM to 4 PM/**Van Service Hours:** Tuesday through Friday, 8:00 AM to 4:00 PM



Basic Conversational Spanish

By popular request, and through a partnership with Framingham State College Center for Lifelong Learners, we will be able to offer a ten-week Basic Conversational Spanish class **Monday afternoons 1:30-2:45** from February through April, with a special **free** introductory interest session **Monday, January 30 at 1:30**.

The course is geared to acquiring a basic understanding of conversational Spanish. At first, the students will learn Spanish as they learned English, through observation, listening, and imitation. As the classes progress, some reading and writing will be introduced.

The instructor is Mark Perlmutter, who has 35 years experience teaching at the high school and college level, the past 16 years for Framingham State College. He received his BA degree from Boston College and his MA degree from Suffolk University.

The **cost for the 10 week course will be \$40**, and a minimum of 30 students is required.

Watch for details in your January newsletter!