

A PUBLICATION OF THE SUDBURY SENIOR CENTER: THE PLACE FOR THE *NEW* OLDER ADULT



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

Holiday Luncheon

and Party

**Wednesday, December 19
12:00-2:00**

*Featuring songs and performances by
The Senior Strutters
and music to dine by with Janet Alford*

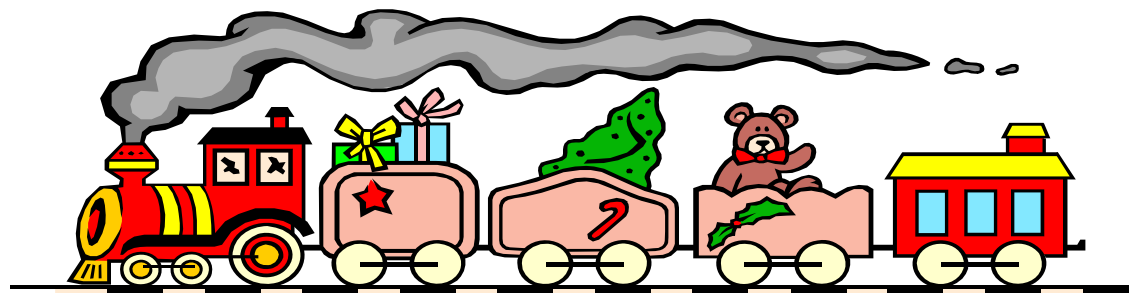
Menu:

- Egg nog
- Turkey/stuffing
- Squash, peas, mashed potatoes
- Cranberry sauce
- Apple, pumpkin or pecan pie

Cost: \$4.00

November and December birthdays will be celebrated

Reservations are required by December 14.



INSIDE
THIS ISSUE

Bridges	2
Intergenerational Reading with Pooh	3
Cancellation policy	3
Tax deferral	4
Holiday bazaar	4
Soup's On: Managing arthritis-related fatigue	4
Those holiday blues	5
Calendar	6
Menu	7
Movie: <i>Pay it Forward</i>	7
Medicare changes in 2008	8
Watercolor news	8
Legal clinic	9
Tax counselor needed	9
New meal site manager	9
Toys for Tots donations	9
Trips	10
Services	11
Cultural trips	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

Abner Salant

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 Whitemore

S.H.I.N.E. COUNSELOR

Kara Harvey

SMOC MEALSITE MANAGER

Debbie Peters

TRIP COORDINATOR

Carmel O'Connell

VAN DRIVER

Linda Curran

VOLUNTEER

COORDINATOR

Ed Gottmann

PUBLIC HEALTH NURSE

Ruth Mori

MISSION STATEMENT

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

ads



**Grandparent/Grandchild
Intergenerational Event**
Thursday, December 27 at 2:00 promptly

Bring your grandchildren to an event that celebrates the joys of grandparenting with a special story time with Winnie the Pooh **Thursday, December 27**. Children will be invited to listen and participate in a reading of Winnie the Pooh books, followed by a live visit and photo session with Winnie himself!

The event is part of a statewide youth literacy initiative to develop children's self-confidence by increasing their literacy skills, sponsored by the UFund College Investing Plan.

The event is **free**. Bring your camera to capture all the fun.

Space is limited to 54 attendees, so please call 978-443-3055 to register, and be sure to mention how many children you will have with you!



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 Senior Center 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.

New this year: 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.

Tax deferral is getting popular!

More than sixty Sudbury seniors have decided that paying property taxes is something they'd rather do later.

The Town's **Tax Deferral** program has been growing in popularity. Since Town Meeting action in 2002 made the plan more attractive, participation has grown (to 25 families in 2004 and to more than 60 today).

The major advantages are:

- Anyone can apply, so long as either the husband or wife is at least age 60.
- Taxes can be repaid at any time, but can also be allowed to accumulate until the house is sold or the taxpayers die.
- The interest rate for each year's taxes (currently only 2.5%) is guaranteed. Once it is declared it can never go up.
- Qualifying income can be any amount up to \$60,000.
- You can defer all, a part, or none of each year's taxes individually.

Our Selectmen were able to set the interest rate so low because of Sudbury's excellent credit rating.

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 (978-443-3055).



Holiday Bazaar
to benefit the Friends of Sudbury Seniors
Saturday, December 8
9:00 AM to 1:00 PM
Admission **Free**

- ★ Handmade Crafts ★ Games ★
- ★ Baked Goods ★ Cookie Bar ★
- ★ Raffle Baskets ★
- ★ Grandma's Attic ★

Wonderful handmade gifts, attic treasures and baked goods will go on sale at the Sudbury Senior Center beginning at **9:00 AM**, (one hour earlier so everyone can come and shop early!)

Grandparents, bring your grandchildren to shop for inexpensive gifts for their parents. As usual there will be children's activities put on by the students from Curtis Middle School and our popular basket raffles and cookie bar.

You can help! Bakers are needed to bake cookies, brownies, breads and cupcakes for sale. We ask only that you include a list of ingredients (no nuts, no peanut butter please) and drop the goodies at the Senior Center either on Friday, December 7, or Saturday morning after 8:30 AM.

Donations of knick knacks for Grandma's Attic can be brought in anytime.



Soup's On: Managing Arthritis- Related Fatigue Thursday, December 20

Fatigue is a frequent, troubling and potentially debilitating symptom of arthritis and related diseases. The process of inflammation from the disease may lead to fatigue. Living with a chronic disease like arthritis can be emotionally draining, and stress can also lead to fatigue. The best way to ease your fatigue is to identify the cause. Then you can develop a plan to manage your energy efficiently.

This talk will identify causes of fatigue in people with arthritis. Strategies to help decrease fatigue and to increase energy will be presented. Resources will be provided to help you find the right balance between rest and activity.

Karen Kaufmann

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.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Those Holiday Blues



ads

Holidays can be a difficult time for many people.

You may be over tired as you bustle about trying to do extra errands and cooking on top of everything you ordinarily manage. You may be sadly reminded of loved ones who won't be around this year. The short daylight hours trigger a type of depression in some people, and many feel a sense of pressure to be happy enough, joyous enough, giving enough, and social enough to match some Madison Avenue version of the ideal.

Feelings of sadness, loneliness or melancholy are normal, especially at holiday times, but there are things you can do to come through the holidays in good shape. Some of these include:

Stay healthy. Make sure you get enough rest, and get at least some physical activity daily. A half-hour walk outside during the day can lift your mood for hours.

Enjoy those special foods, but in moderation. Overindulging often has a backlash of later regretfulness. The same is true for overindulging in alcohol.

Manage your expectations. It doesn't have to be the "best year ever" every single year. Set a goal of keeping expenditures, visits, parties, cooking, and everything else at a moderate level, and feel good about taking care of yourself as if you were your own special holiday guest.



Give yourself permission to ask for help if you can't do it all by yourself. By giving the other person a chance to be of service, you're actually giving them a gift!

Of course, sometimes holiday blues may slide into a true depression, in which you have no energy, lose interest in things you usually like, and sleep too much or too little. Depression can be treated, and we can give you the names of specialists who have been very helpful in these situations. Call 978-443-3055 and ask for Debra Galloway. Your call will be kept confidential.



DECEMBER 2007



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p><i>Van trip to Natick Mall/ Villa Restaurant</i> 9:30-2:30 I&R Hours 10:30 Bridges Celebration 11:00 Fit for the Future (No balance)</p>	<p>4</p> <p>9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 2:00 Mythology (8) 4:00 COA Board</p>	<p>5</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:00 Wayside Inn Dinner 12:30 Informal Quilters 1:00 Bridge lessons</p>	<p>6</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 10:30 Bridges Celebration 11:00 <i>White Christmas</i> Lunch and Trip 1:00 The History of Stamps</p>	<p>7</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</p> <hr/> <p><u>Saturday, December 8</u> 9:00-1:00 Holiday Bazaar</p>
<p>10</p> <p><i>Van trip to Christmas Tree Shop/Brittany's</i> 7:45 Foxwoods Trip 9:30-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 10:30 Bridges Celebration 1:00 Balance (2)</p>	<p>11</p> <p>9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 2:00 Mythology (9)</p>	<p>12</p> <p>8:30 Fit for the Future 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 1:30 Hawaii trip Get-Together</p>	<p>13</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 10:30 Bridges Celebration</p>	<p>14</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 Watercolor drop-in</p>
<p>17</p> <p><i>Van trip to Ocean State/ Stephen Anthony's</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (3) 12:00 Pizza 12:30 Movie: <i>Pay it Forward</i></p>	<p>18</p> <p>8-9:00 Parmenter Clinic 9:00 Cribbage 10:00-12:00 Legal clinic 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 2:00 Mythology (10)</p>	<p>19</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Holiday Party 12:30 Informal Quilters 1:00 Bridge lessons</p>	<p>20</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: Managing Arthritis-Related Fatigue 3:00 Friends meeting</p>	<p>21</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 Watercolor drop-in</p>
<p>24</p> <p><i>Van trip to Walmart/99 Restaurant</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (4)</p>	<p>25</p> <p>Christmas</p>  <p><i>Senior center closed</i></p>	<p>26</p> <p>8:30 Fit for the Future 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>27</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 2:00 Intergenerational Reading Event</p>	<p>28</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</p>
<p>31</p> <p><i>Van trip to Burlington Mall/Jinnies</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (5)</p>	 <p><i>Senior center closed</i></p>	<p>Sand Buckets!!!</p> <p>No, not for the beach, for sprinkling on your icy walk and driveway. Call the Senior Center at 978-443-3055 to have a volunteer bring you a free, filled bucket of sand for your use. Refills are also free!</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 4	December 5	December 7
Roast Pork/ Applesauce Sweet Potatoes Italian Green Beans Muffin	Vegetable Gumbo Soup BBQ Beef Rib/ BBQ Sauce Mashed Potatoes/ Chives Vanilla Pudding	Tuna Casserole Macaroni Broccoli Pears
December 11	December 12	December 14
Minestrone Soup Cheese Lasagna/ Tomato Sauce Chuckwagon Corn Mandarin Oranges	Chicken Paprika/ Gravy Whipped Parsley Potatoes Peas Spice Cake	Tomato and Cabbage Soup Meatballs/Sweet and Sour Sauce Brown Rice Fresh Fruit
December 18	December 19	December 21
Cheesy Cauliflower Soup Meatloaf/Gravy Mashed Potatoes Smoothie	Special turkey dinner and party! Reservations required.	American Chop Suey Parmesan Cheese Italian Style Veggies Fresh Fruit
December 25	December 26	December 28
	Baked Ham/Honey Mustard Sauce Chantilly Potatoes Carrots Muffin	Split Pea Soup Beef Steak/Onion Gravy Mashed Potatoes Applesauce

**Movie Monday, December 17
12:30**



Pay it Forward
2 hours 2 minutes

A social studies teacher (Kevin Spacey) spends much of his time keeping his life in meticulous order, right down to keeping every pencil in his drawer lined up properly. His meticulousness means that he has to gloss over any emotions that might arise. In contrast, the mother of a student (Helen Hunt) can barely hold her life together. She is a single mother working two jobs, and is rarely around to help her son (Haley Joel Osment). The teacher gives the class an assignment to come up with a plan that helps change the world for the better. The boy decides to do good deeds for three people, who, rather than return the favor, must pay it forward by helping another three individuals. The movie is very sweet but the ending is sad, so bring your tissues.

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).



Medicare Changes in 2008

We are currently in the Medicare Annual Open Enrollment period, which lasts until **December 31**. During this time, all Medicare beneficiaries have the opportunity to change their Medicare health coverage as well as their Medicare Prescription Drug Plans (Part D Plans). Even if you were happy with your Part D coverage in 2007, it is important to look at how your plan will be changing in 2008.

Every year **Medicare Part D Plans** may change their premiums, drug co-pays, and formularies. By now, you should have received a letter from your Part D Plan explaining these changes. The plan you are currently in may not be the best plan for you next year.

Before enrolling in any Part D plan, review all your medications with your doctors, consider generic alternatives, and make sure your plan covers all your drugs (with the fewest restrictions possible). You can consult www.medicare.gov, our SHINE Counselor Kara Harvey, or MassMedLine (1-866-633-1617) for assistance.

Medicare Advantage plans are also changing in 2008. You should have received a letter from your plan detailing any changes there may be in 2008. You may also have some new Medicare Advantage plans to choose from for next year. From now until December 31, you can change your Medicare Advantage plan or choose traditional Medicare with a private supplement (Medigap plan). If you have your coverage through a current or former employer, this timetable may not apply to you.

How do you decide if it's a good idea to change your Medicare Advantage plan? Carefully read this material mailed to you by your plan and review your options. Again, you can consult www.medicare.gov or make an appointment with our SHINE counselor for assistance.

Although you have until December 31 to make any changes, we recommend making any changes as early as possible, so you will be sure to have coverage beginning on January 1, 2008.

The good news is that help is available for you here at the Senior Center. Call 978-443-3055 and ask for a SHINE appointment. Kara Harvey is a specially trained volunteer who can offer free, confidential counseling to seniors and anyone on Medicare, covering all aspects of health insurance.



Watercolor news

Drop-in sessions: Our very popular watercolor class will offer two drop-in sessions with Instructor Cynthia Durost **Friday, December 14 and 21**, from **1:00-3:00** for **\$10** a session. These sessions are for anyone, whether you've been a member of the class or not. Please call in advance to register, as we must limit class size to 15 because of the size of the room.

A new 12-session watercolor class will begin **Friday, January 4** and meet weekly from **1:00-3:00** through March 21. Sudbury residents only may enroll until December 14; thereafter the class is open to anyone.

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. Enrollments will be accepted with payment only, please.



Legal clinic

Elder law attorney Denise Yurkofsky will be here **Tuesday, December 18** from **10:00-12:00** to give free, twenty-minute legal consultations.

For an appointment with Denise, please call 978-443-3055.



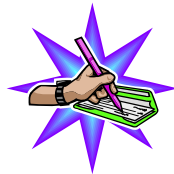
Toys for Tots

Please help us help children who otherwise would have a bleak holiday . . . including children of our service men and women who are stationed abroad.

The Kelly Sullivan Detachment of the Marine Corps League has given us a box to collect toys for tots.

Toys of any age are welcome, but items for older children or young teens are especially welcome. The toys must be new and unwrapped. Bring them to the Senior Center and put them in the special box.

The last pick-up of toys will be December 15, so be sure to get your toys in before that.



Volunteer tax counselor needed

The AARP Tax-Aide program is seeking a tax counselor to provide free preparation of tax forms and answer tax questions for seniors at the Sudbury Senior Center.

New volunteers must be familiar with computers and will work in the Senior Center. Tax training will be held in early January. After training, all volunteers must pass an IRS test to become certified.

AARP Tax-Aide is the nation's largest, free, volunteer-run tax service. For more information, please call Tom Sifferlen at (978) 443-5016.

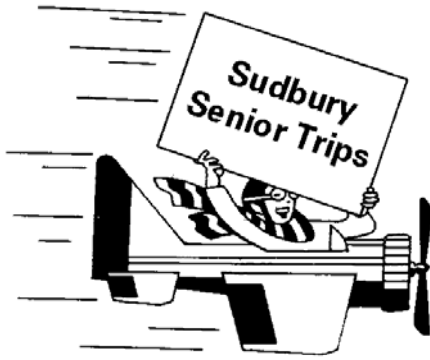


New Meal Site Manager

Please join the Senior Center staff in welcoming Debbie Peters, our new meal site manager.

Debbie is a Sudbury resident, and her children attend school here in town. She will be managing our Tuesday, Wednesday and Friday lunches as well as the home delivered meals on behalf of SMOC.

ads



Jingle Bells and Mistletoe! I'm not ready for them are you?

I am ready, however, for our fabulous trip into the Wang to see **White Christmas Thursday, December 6**. The scenes that they are teasing us with on TV make me very excited to see it. If you are one of the lucky 53 who signed up to go with us we invite you to join us at the Center between **11:15 and 11:30** for a box lunch. **Please let me know if you are interested.** If you are not interested or just want to take the lunch with you please let us know so that we will know how many people to set up for. If you are not planning to eat with us we will need you here by about 12:00 to be ready to leave promptly at **12:15**.

I'm working to come up with new ideas for trips. It's hard to believe that I have been doing these trips for more than 15 years! I plan to have our new brochure ready for you in the January Newsletter. We do, however, have a few 2008 trips ready for booking now. See below!

We will have a **meeting** to go over all the 2008 trips on **Tuesday, January 15 at 1:30** followed by a short meeting at 2:30 to go over our big trip for

2008. Snow date will be Monday, January 28.

Foxwoods, Monday, February 4: \$19.00 per person. You may also sign up at this time for all four of the 2008 Foxwoods trips (February 4, May 5, August 4 and November 3 for a total of **\$76.00**) if you wish. Our cancellation policy for these trips is that you may cancel up to one week prior to the actual trip.

Florida Snowbird Escape March 2 to March 16. Cost is \$1,849 per person double occupancy, \$1,649 per person triple occupancy and single available upon request. This also includes full insurance coverage. A deposit of **\$200.00** is due by **December 10**. (Our Trip Company already has 20 people from another area signed up with deposits paid so we need to move fast!) Flyers are available in our trip rack. If you have gone with us in the past you know what a good time we have and "Henry and Ron" are planning to be back with us again this year. Final payment is due by **January 19**.

This year there are a few special rooms available on a limited basis. Poolview rooms are available for an extra \$125 per person double, \$80 triple, and \$240 single. Gulfview rooms are also available on a limited basis, for \$215 per person double, \$145 triple, and \$430 single. These special rooms would have to be reserved and the extra fee paid for at time of deposit. Please indicate on the sign-up sheet on the rear of the flyer if you are opting for a special room. I will be having a

short get-together for this trip sometime in February (date to be announced in our January newsletter).

Hawaii Cruise Wrap-up: I am planning to have a get-together for our Hawaiian trippers on **Wednesday, December 12 from 1:30-3:00** at the Senior Center. Bring your pictures and your memories. Please RSVP if you plan to come.

Other thoughts:

Our trips are open to all area seniors and future seniors. We ask that travelers requiring special assistance bring a companion, as our trip coordinator can't assist with supervision, walking, or personal needs. Any special needs (such as seating or food) should be made known to us ahead of time.

Early signup is recommended to avoid being disappointed. Out-of-town residents may book two weeks after a trip is announced.

People traveling together should let us know so that we can make arrangements to seat them together at the destination, especially if a theatre ticket is involved.

Trips will leave at the time posted. Please be at the Sudbury Senior Center at **least fifteen minutes prior to departure time**. Our companies and vendors have events timed and require us to be prompt.

Depending on the company offering the trip, other policies may apply.

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 **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 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 5:00 AM to 1:00 AM weekdays and 5:30 AM to 5:30 PM on weekends.

HEALTH SERVICES

Blood Pressure Clinic: The Senior Center, in conjunction with the Board of Health and Parmenter Health Services, offers weekly free drop-in health clinics. Clinic hours are **Tuesdays 9:00-9:30** and **11:30 to 1:00**. Free blood

sugar testing is provided on the **third Tuesday** of each month **8:00-9:00**. No appointment is necessary.

Medical Equipment Loan Closet:

For those in need of 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>

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

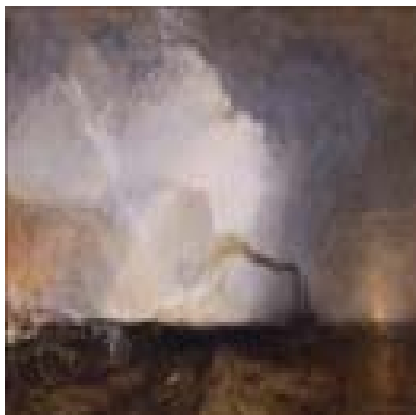
Senior Center hours: Monday through Friday, 9 AM to 4 PM/Van Service Hours: Tuesday through Friday, 9:00 AM to 3:00 PM

General Information Line: 978-639-3275

Menus: 978-639-3278

Trip Information: 978-639-3277

Cancellation Line: 978-639-3276



J. M. W. Turner
Staffa, Fingal's Cave
1831-1832

Collection of the Yale Center for
British Arts

Sneak Preview: Cultural Trips

Come with the Cultural trips group in March to the **British Museum at Yale University** in New Haven, Connecticut. There will be a docent-led tour of their collection of British art, considered by many to be the finest such collection in North America. Dinner will be at Abate in the Italian section of New Haven. Watch for details in January's issue of the *Senior Scene*.

On April 9 or 23 the group will travel to Providence, RI to see Noel Coward's *Blithe Spirit* at the Trinity Repertory Theater, and dine at The Old Canteen on Federal Hill.

Later in the spring, the group plans to tour the new WGBH/Channel 2 studios in Boston.

These trips typically have a capacity of 26 participants, so it is important to get your paid reservation in as soon as final details are known.