



The Big Events As Heard on Radio

Monday, February 7, 1:30PM

Last year, we enjoyed a visit from WBZ radio talk show host Jordan Rich who spoke about his career in radio, media trends and the responsibility of broadcasters. He returns on February 7 to trace the history of the last century as heard on the radio. The topics will range from The Depression, FDR, WWII, the Fifties, Kennedy and Nixon, Apollo 13, and more. Come join this lively discussion, which will include lots of trivia.

Jordan Rich was born and raised in Boston and has been a fixture on radio and TV for nearly thirty years. Since 1996, Jordan has worked at WBZ Newsradio 1030. He first worked as a fill-in talk host and eventually succeeded his longtime friend and mentor, the late Norm Nathan. Since then, Jordan has hosted weekend late nights at WBZ and his program is heard throughout much of the U.S. and Canada as well as world-wide on the Internet. Please pay the fee of \$10 when you call the Senior Center to register for this talk.

This program is offered in partnership with Sage Educational Services.



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COUNCIL ON AGING

Certified SHINE (Medicare) Counselors Needed

Are you looking for a challenging volunteer opportunity?
 Do you enjoy learning about complex topics?
 Are you good at analyzing and solving problems?
 Do you like to work with people?

The SHINE program may be just what you are looking for!

The SHINE program helps seniors and people with disabilities on Medicare to understand the many and increasingly complex insurance options available to them. The need for certified volunteers to educate and provide unbiased information has never been greater.

Through an intensive training program, SHINE (Serving Health Information Need of Elders) Counselors become certified to explain health insurance options. They work one-on-one with Medicare beneficiaries to educate, answer questions, solve problems, and screen for low-income health programs. SHINE Counselors also attend monthly meetings where they receive on-going training, support, and opportunities to share their experiences and concerns with other counselors.

SHINE Counselors are expected to work an average of 5-6 hours per week meeting with clients and doing necessary follow-up work. They generally counsel in Senior Centers or other public settings that have a private meeting space. Some computer experience is required.

SHINE Counselors are intelligent and dedicated individuals, who are truly making a difference in many people's lives. This is a unique and wonderful volunteer opportunity for the right person. Please consider joining our dedicated team.

The spring SHINE training will begin in March and run for two days per week over a six-week period at Whitney Place at Natick. For more information about becoming a SHINE Counselor, call Dorene Nemeth, MetroWest Regional SHINE Director at (508) 532-5980 x 4109.

Bilingual, bicultural and minority individuals are encouraged to apply.

SHINE is administered by the Massachusetts Executive Office of Elder Affairs in partnership with the Councils on Aging, the Aging Services Access Points and other local agencies.

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MISSION

STATEMENT

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

At the Entering of the New Year

By Thomas Hardy

I
(OLD STYLE)

Our songs went up and out the chimney,
And roused the home-gone husbandmen;
Our allemands, our heys, pousettings,
Our hands-across and back again,
Sent rhythmic throbbings through the
casements
On to the white highway,
Where nighted farers paused and
muttered,
"Keep it up well, do they!"
...

Thomas Hardy Poetry

With Stephen Collins
Six Wednesdays
February 2 – March 9
10:30AM

Thomas Hardy's reputation as a man of letter is firmly established by his novels. However, he had told his good friends that he wanted to be remembered first and foremost as a poet. He was writing poetry while writing novels, but his first book of poems wasn't published until 1898 when he was 58 years old. He is often considered to be the first modern poet. He looks unsentimentally and unflinchingly at the world and reports what he sees.

This poetry does not *tell*, it *shows* what it often means to live in a world indifferent to suffering. His war or anti-war poems are among the best ever written. His love poems, or elegies, written after his wife's Emma's death, are, according to D.H. Lawrence, some of the very best in the English language. During this seminar, we will study and examine some of his greatest work.

Stephen Collins is a teacher, actor and historical tour guide. His teaching style has been described as a hybrid between teaching and performance. Experience Thomas Hardy Poetry! Make your payment of \$30 when you register at the Senior Center.



AARP Tax Help

Need some help with your income tax return? Once again this year our specially trained volunteers from the AARP Tax Assistance program will help you with your forms, for **free**. For the second year, returns will be filed electronically.

One and a half hour appointments are available Tuesdays and Thursdays (9:00-3:00). To schedule one, call 978-443-3055.

For people who don't have brokerage accounts, help starts **Tuesday, February 15**.

For those with brokerage accounts, (including people with stocks) appointments will begin **Tuesday, March 1** because the account paperwork is not mailed until February 15.

Be sure to bring with you the year-end tax documents you got in the mail from banks, pension plans and other sources of income, and a *copy of your last year's tax return*.

This year's aides are Dave Calder, Emil Ragonas, Trish Griffin and Fred Taylor.

This service is for Sudbury residents age 50 and older who do not have extremely complex returns.

deCordova Sculpture Park and Museum Presentation Thursday, February 24 2:00PM

Did you know the deCordova Sculpture Park and Museum in Lincoln was originally the summer home of Jamaican born businessman Julian deCordova and his wife Elizabeth Dana? In 1882 they commenced construction of a shingle-sided cottage on 20 acres. Julian lived in their "castle on the hill" until his death in 1945 after which it was turned over to the town of Lincoln to serve as a museum.

The presentation will focus on:

- the story of Julian deCordova, his family, his travel and collecting, the establishment of the museum in 1950 as a contemporary collection
- major works in the 35 acre Sculpture Park
- the Museum's education and guide programs
- the Dewey Gallery for the museum's permanent collection
- special exhibitions from the past two years and the upcoming exhibit in February
- future plans

Louise Brown, Wayland resident, and de Cordova museum docent will lead this talk about this local museum and sculpture park. This event is FREE. Please call (978) 443-3055 to let us know that you will attend.



Sudbury Historical Society Photo Scan

Tuesday, February 15 – 2-4PM
Tuesday, February 22 – 2-4 PM

The Sudbury Historical Society seeks old images related to Sudbury's history from 1800's to WWII. They will host two drop-in photo scanning sessions at the Sudbury Senior Center.

The Society is particularly interested in original images depicting people, silhouettes, landscapes, architecture, interiors, war years, recreation, sacred spaces, transportation (trains, cars, trucks), or special celebrations in Sudbury. If you have any old images we hope you will come and share them with the Society and maybe help others to identify questionable images! The Society plans to publish "Images of Sudbury" with the leading publisher of local and regional history, Arcadia Publishing.

Society members will scan your images into the Society's archives and return them to you before you leave. Refreshments will be served while you wait. Check your basements and attics so we may include your special images in the Arcadia book about Sudbury! Donations are also welcome. For more information or to schedule another appointment, contact the Society at 978-443-3747.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
Free Wellness Exams

Fewer than 10 percent of seniors took advantage of the "Welcome to Medicare" physical exam paid for by Medicare, according to the government.

So what does that mean for how seniors will use the new, more comprehensive preventive health exam benefits that kick in by 2011?

"I don't think people will be running to do this," said Judith Stein, executive director of the Center for Medicare Advocacy. While she applauds the new benefit, she said seniors may not see the value without a strong recommendation from their doctor.

The wellness visit, which was included in the new health law at a projected cost of \$3.6 billion over next 10 years, has several advantages over the "Welcome to Medicare" exam.

The new benefit can be used every year and it is free. Medicare patients had a 20 percent co-pay on "Welcome To Medicare" exam - although that is eliminated starting January 1.

The exam would include the usual checks of vital signs, height, weight, establish a schedule for screenings for patients and seek to identify cognitive impairment, functional ability and depression.

Aside from improving patients' health, doctors have another reason to promote the wellness exam - a bigger reimbursement. They will get an average of \$172 for it compared to the \$136.80 they got for the "Welcome to Medicare" physical, according to the American Academy of Family Physicians.

Dr. Roland Goertz, president of the academy, said most doctors have found ways to provide preventive care during patient sick visits in the past. "You had to be creative, but with this new benefit it will give more status to the value of prevention," he said.

Nonetheless, patients may not understand the need for a checkup when they're feeling well, he said. "It will take a culture change," he said.


Dr. Barry Straube, chief medical officer for the Centers for Medicare and Medicaid Services, said he's confident more seniors will take advantage of the new wellness exam. But he wonders whether busy doctors will promote it.

Source: Phil Galewitz - NPR Correspondent



FEBRUARY 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	8:9:00 BP Clinic 9:00 Cribbage 9:40 Yoga I (1) 11:00 Yoga (1) 12:00 Lunch 8-9:00 BP Clinic 12:30 Bridge 3:30 COA Board	8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Poems of Thomas Hardy (1) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:30 American Art (2)	9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 1:30 Holy Land Cruise Trip meeting	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 Watercolors (5) 1:00 Cards
7	8	9	10	11
9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Balance 1:30 The Big Events in Radio	8-9:00 BP Clinic 9:00 Cribbage 9:40 Yoga I (2) 11:00 Yoga (2) 12:00 Lunch 8-9:00 BP Clinic 12:30 Bridge	8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Poems of Thomas Hardy (2) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:30 American Art (3)	9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: Jin Shin Jyutsu with Kate Smyers	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 Watercolors (6) 1:00 Cards
14	15	16	17	18
9:30-2:30 I&R Hours 10:00 Stamp Club 11:00 Fit for the Future 1:00 Better Balance	8-9:00 BP Clinic 9:00 Cribbage 9:00-3:00 Tax Help 9:40 Yoga I (3) 11:00 Yoga (3) 12:00 Lunch 8-9:00 BP Clinic 12:30 Bridge 2:00-4:00 Historical Society Photo Scan	8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Poems of Thomas Hardy (3) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:30 American Art (4)	9-12 SHINE 9:00-3:00 Tax Help 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: Valentine's Day	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 Watercolors (7) 1:00 Cards
21	22	23	24	25
<i>President's Day</i>  <i>Senior Center Closed</i>	8-9:00 BP Clinic 9:00 Cribbage 9:00-3:00 Tax Help 9:40 Yoga I (4) 11:00 Yoga(4) 12:00 Lunch 8-9:00 BP Clinic 12:30 Bridge 2:00-4:00 Historical Society Photo Scan 7:00 Commission on Disability meeting	8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Poems of Thomas Hardy (4) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:30 American Art (5)	9-12 SHINE 9:00-3:00 Tax Help 9:30 Tap Class 9:45 Thursday Crafters 2:00 deCordova Museum presentation (snow date: March 24) 3:00 Friends Meeting	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 Watercolors (8) 1:00 Cards
28				
<i>Special Van Trip</i> 9:30-2:30 I&R Hours 10:00 Stamp Club 11:00 Fit for the Future 1:00 Better Balance 1:30 Montgomery Bus Boycott - rescheduled				

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 is requested. Please call by 10:00 AM the day before to make a reservation.

TUESDAY	WEDNESDAY	FRIDAY
1 Chili Baked Potato Mixed Veggies White Bread Chocolate Chip Cookie	2 Chicken w/ Apricot Glaze Brown Rice Carrots WW Bread Fresh Orange	4 Ground Beef Stroganoff Chantilly Potato Cauliflower/Pepper Multigrain Bread Chocolate Pudding
8 Vegetable Gumbo Soup w/ Crackers Meatloaf w/ BBQ Sauce Mashed Potato Hamburger Roll Apricots	9 Stuffed Shells w/ Tomato Sauce California Blend Veggies Whole Wheat Bread Smoothie	11 Minestrone Soup w/ Crackers Roast Chicken w/ Marsala Sauce Bow Tie Pasta Multigrain Bread Pineapple
15 Black Bean Soup w/ Crackers Baked Chicken w/ Lemon Sauce Mashed Potato Whole Wheat Bread Yogurt	16 Meatballs and Penne w/ Tomato Sauce Garden Salad Italian Dressing Crusty Roll Peaches	18 Ground Beef Taco w/ Beans Brown Rice Cheese/Lettuce/Tomato Soft Taco Shell Mandarin Oranges
22 Mac & Cheese Stewed Tomatoes Whole Wheat Bread Pineapple	23 Cream of Spinach Soup w/ Crackers Beef Tips w/ Gravy Brown Rice Rye Bread Arctic Ice Smoothie	25 Three C Soup Baked Chicken w/ Lemon Tarragon Gravy Au Gratin Potatoes Whole Wheat Bread Applesauce

Please note: The full five-day menu for home delivered meals is available on the Senior Center section of the Sudbury Town website.

**Movie and pizza
Thursday, February 17**



Valentine's Day

Rated PG-13

2010

2 hours and 5 minutes

Starring: Ashton Kutcher, Jennifer Garner, Jessica Alba

Pizza: 12:00

Movie: 12:30

In this Los Angeles-set comedy from director Garry Marshall (Pretty Woman), the tripwires of modern love are exposed in a carousel involving relationships and the single life on the most romantic day of the year: February 14. Proposals, infidelity, loneliness and more are explored. Julia Roberts, Ashton Kutcher, Jamie Foxx, Jessica Alba, Jessica Biel, Jennifer Garner, Bradley Cooper and Patrick Dempsey lead a star-studded cast.

Please call by 10:00 that morning if you are coming! Also please let us know if you want pizza (\$1.25/slice). Pizza will be served at **12 noon**, followed by the movie at **12:30**.

Coming Soon.....

First Ladies – Gary Hylander will return to share the history of three new First Ladies. Look for more information in the March edition of the The Sudbury Senior Scene.

“Divide and Concur” – Our Soups On! presenter in March will be Laura Nordman of NextStage Associates in Westborough. She will speak about positive strategies for handing down your possessions.

Mens’ Breakfast – Pancakes, sausage, fruit, juice and coffee. Sign up for a delicious fresh cooked breakfast on Thursday, April 14.



Senior Healing Yoga

Tuesdays through March 22 at 9:40AM or 11:00AM

Discover the soothing joy of hatha yoga at a gentle, accessible pace.

This class is for seniors and people living with chronic conditions. Postures will be modified as needed, and everyone will be encouraged to build strength and flexibility within their own limits. No need to tie yourself into a pretzel to get all the benefits. Some floor work is included.

Cost: **\$56** for the eight week session.



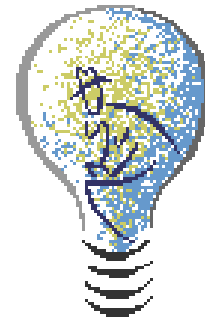
Friends’ Donated Computer is Ready to Use!

Need to check on your email? Want to look up that new restaurant? Now you can do it at the Senior Center. The Friends of Sudbury Seniors group has purchased a new computer for the Senior Center.

You are invited to use the new computer when you visit the Senior Center. Since it is on a rolling cart, its location may change from day to day, but in general it will be located in the lobby area or the Van Houten room.

Please check in with the Senior Center Front Desk before using the computer. There you will find a sign-in sheet and information about logging on. You must be a self-sufficient computer user! Senior Center staff cannot assist with learning to use the computer. However, we will certainly try to help if it is not working properly.

Special thanks go to Bob Diefenbacher, a member of the Friends’, who researched, purchased and helped to set up the new computer.

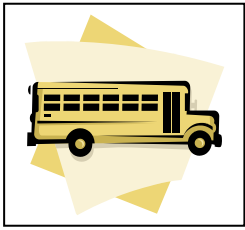


The American Mind Resumes March 30th

Last fall, many American history buffs at the Senior Center enjoyed the first half of a 36-part series called **THE AMERICAN MIND**—a history of ideas, philosophies and beliefs that have strongly influenced our nation’s history. Beginning with the Puritans, the series covered 250 years, ending with the Civil War.

The second half of this series will bring us from the Post Civil War Period into the 21st Century (the final lecture is entitled *The Neo Conservatives*). This nine-week series will be held on Wednesday mornings beginning on March 30th. (Each session contains two lectures.) Watch for more information in the March edition of **The Senior Scene**.

Bad weather policy: If Sudbury schools are cancelled due to bad weather, the Senior Center *will be open* but all events, meals, and classes are canceled. In some cases, bad road conditions mean that van services will be cancelled. For the latest information, call the recorded **cancellation line** at 978-639-3276.



Montgomery Bus Boycott with Gary Hylander - Rescheduled

The Montgomery Bus Boycott class has been rescheduled for **Monday, February 28 at 1:30PM.** Senior Center staff have attempted to reach all registered participants regarding this change. If you have registered but are unable to attend on the new date, please let us know so that someone on the waiting list will be able to take your place. Any questions or concerns, call the Senior Center at (978) 443-3055.

Have a Suggestion for a Movie or Entertainer?

The Senior Center is seeking suggestions for movies and entertainment. Do you have a favorite movie\documentary or series that you would like to see at the Senior Center? Or maybe you saw or heard of an entertainer or instructor who would be a good fit for our Senior Center. Let us know! We are interested in your ideas. Put them in the suggestion box available at the Front Desk.



Soups On!

Jin Shin Jyutsu

**Thursday
February 10
Soup at 12:00, talk at 12:30**

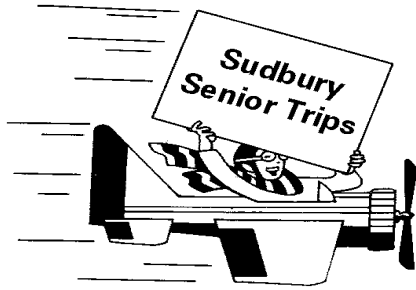
Kate Smyers, R.N., B.S.N. of the Healing Arts Collaborative will share her knowledge of the ancient Japanese healing art of Jin Shin Jyutsu. Kate is a certified practitioner of Jin Shin Jyutsu.

Jin Shin Jyutsu can assist you in learning to relax, strengthen the immune system, and facilitate your healing capacity after surgery or cancer treatments. Jin Shin Jyutsu also offers an improved sense of wellbeing and an increased energy level.

Kate will teach a simple self-help Jin Shin Jyutsu technique during her presentation. Jin Shin Jyutsu is a practice that works on the subtle energy of the body and has some similarities to acupuncture. Come and learn about this unique healing art.



Ads



A big thank you to all of you who attended our two Trip Review programs. Many of you signed up for our trips while you were here. It looks like we are off to a good start.

Day Trips

Our **Mystic Seaport** trip of May 18th should be very interesting. You will be able to opt for a ticket to the aquarium or the museum, with plenty of time to visit Mystic village and the quaint shops and restaurants. It is a lovely time of the year to be there with much to see and do. Cost is \$55.00 with lunch on your own.

The trip to the **USS Constitution**, on Friday, June 10th, will be a fast sellout as we can only take a limited number of passengers. Enjoy a 45 minute narrated tour of Boston Harbor on our famous "Old Ironsides", the oldest commissioned warship in the world. Afterward enjoy a delicious sit-down lunch in the very popular Durgin Park restaurant in Quincy Market. You will be offered a choice of Yankee pot roast, shepherd's pie, grilled chicken breast or roast beef sandwich with salad or chowder, potato, vegetable and beverage. There will be time for browsing afterward at the Market. Cost is \$65.00.

Please note: We request that you hold your checks for our July, August and September one-day

trips until March 1st in order to give our very dedicated typist time to get these earlier trips onto our spreadsheets.

And, be sure to fill out one of our pink or green **One-day Trip Registration** forms when signing up for one of our trips.

Multi-Day Trips

If you were not able to attend our meeting and are interested in our 6 day **San Antonio trip** (Sunday April 10th to Friday April 15th), we must have the full payment for this trip ASAP. This trip has been advertised for the last several months but we are just now joining in on it. It promises to be quite a spectacular one as we will be staying right on the Riverwalk in San Antonio and will be able to join all the festivities taking place there. There are also some wonderful excursions planned for us like LBJ's ranch, The Alamo, the San Jose Mission, a cowboy ranch, etc. Those who have been there are saying "It's a wonderful trip!". The cost is \$1,579.00 plus an optional \$60.00 for insurance. Pick up one of our colorful flyers and read all about it.

Our biggest news of course is our 13 Day **Holyland Cruise** to Greece, Turkey, Egypt and Jerusalem, November 4th to November 16th. The company representative will be here to meet with us on **February 3rd at 1:30PM**. We hope to have the brochures for this exciting adventure on our trip rack on or before February 1. Deposits can be taken at that time.

Carmel

Cultural Trips:

The Addison Gallery in Andover

The 4th cultural trip of 2010-2011 will be on **Thursday, March 3** to the Addison Gallery on the campus of Phillips Academy in Andover, Massachusetts. The Addison has been acclaimed one of the best small museums in our country by the Wall Street Journal and the Boston Globe.

Our docent-led tour will focus on **John La Farge – Voyage in the South Seas 1890-91**. La Farge and his friend, Henry Adams, traveled to Fiji, Samoa, Ceylon and other exotic primitive civilizations. We will see some of the most important oils, sketches and watercolors from the trip. The show is currently at the Yale Museum.

We will then have the opportunity to peruse the Addison's permanent collection which confines itself to American Art. There are many great paintings by Winslow Homer, Thomas Eakins, Edward Hopper, and others.

Following our tour, we will go to the Olympia Restaurant in Lowell for a Greek luncheon before returning to the Senior Center.

The bus will depart at 9:30am and return at approximately 3pm. Cost of the trip is \$50.

Should enrollment exceed 26 persons, a waiting list will be created.

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 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: 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 pickup 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

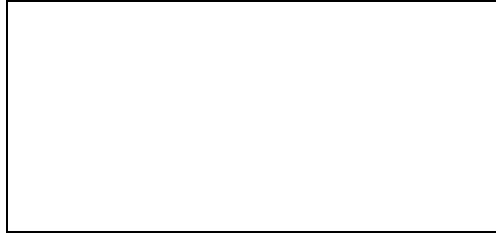
on the web at:

<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

Cancellation Line: 978-639-3276

Trip Information: 978-639-3277



Soups On!

Jin Shin Jyutsu

Thursday, February 10

Kate Smyers, R.N., B.S.N.

See page 9 for more information.