



Eating Healthy, Living Healthy

Tuesdays, February 7 and 14
2:00 PM
\$15

Nutritionist Sheila Wolfson will present a two part series on Eating and Living Healthfully. The first workshop will focus on what our bodies require as we grow older and how to insure our bodies receive the proper nutrition. The discussion will include: how to live healthfully and optimally; how to support our immune and nervous systems; how to reduce the risk of disease or to live optimally with chronic disease; how to choose healthy foods and snacks for entertaining family members and friends.

The second workshop looks at what health is. It is not simply the absence of disease. It is about balance. Ms. Wolfson will explore what it means to be in balance-physically, emotionally and spiritually. How can we balance what compromises our health with what enhances it? We will discuss exercise, meditation, social support, healthy food, spiritual well-being and more.

Sheila Wolfson, MEd, LDN, CNS is a licensed nutritionist who has been in private practice for over 25 years. She has presented programs and facilitated wellness workshops for large and small groups in many settings. Please make your \$15 check payable to Sudbury Senior Activities when you register.

This program is offered in partnership with Sage Educational Services.

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A MESSAGE FROM THE VICE CHAIRPERSON OF THE COUNCIL ON AGING BOARD, ROBERT MAY:

Continuing with the message of our January issue, the members of the Council on Aging Board are working hard to continue our advocacy on issues important to all the seniors in Sudbury. Did you realize that the most recent census showed that there are more than 3,000 people over-60 years of age living in Sudbury? As discussed in earlier monthly newsletters, we are inviting key members of our town government to our monthly meetings to help us discover new ways your Board can better advocate for all the Seniors. To that end we invited Mr. Michael Fee, the Chairperson of the Planning Board to join us at our January 3, 2012 meeting in a discussion of the major issues addressed by his team.

Michael helped us learn more about town government and its planning processes, especially how several of the major multiple family housing projects were moving through the approval processes. Some of the issues discussed, for which Michael provided an abundance of knowledge based upon his more than ten years in the position, included:

- The route 20 sewer system proposals and the possible inclusion of senior housing in the overall plan.
- How satellite healthcare facilities from hospitals such as Emerson may play a growing role in the development of Route 20, if the town wants them to.
- Discussion of how zoning bylaws play a critical role in the future structure of our town.
- Discussion of how “affordable” housing can result in the exclusion of many Sudbury residents due to low income limits. Housing proposals often utilize financing that comes with legislated limits on income. This reduces the opportunity for such projects to serve the needs of many in our community.
- We learned that the Senior Residential Community bylaw has helped certain projects, but also learned from Michael how your Board may help influence changes to the bylaw which could open new opportunities for suitable and “affordable” housing.
- We shared with Michael how the Council on Aging Board could help his team understand the census and other data that we have regarding Seniors in Sudbury.

Your board was very pleased with the information and guidance provided by Mr. Fee. We will surely be working closer with him and his team in the near future.

Let me re-iterate the message to you that your Council on Aging Board meets on the first Tuesday of all months at 3:30 PM at the Senior Center (except meeting once in July/August) and we welcome your visit and participation. We have openings for the Board at present and are accepting applications now. If you have an interest in these and the many other issues of the “New Older Adult” check out the town website and our webpage at <http://senior.sudbury.ma.us>.

Thank you, Bob May
Vice-Chair, Sudbury Council on Aging

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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.*



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 14**.

For those with brokerage accounts, (including people with stocks) appointments will begin **Thursday, 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.



Create your own Beads!

Workshop

Monday, February 27, 9:30 AM- 12:30 PM

With Betsy Rosenbloom of Betsy's Beads

Cost: \$10, includes materials

Looking for something creative to do? A fun, easy activity that will brighten your day? Come to our Bead workshop! Using soft, pliable polymer clay, you can easily make your own beads and other creations. You'll love the bright colors and enjoy the hands-on aspect of this workshop.

Betsy has offered this workshop at Southborough Senior Center many times. She is a lot of fun and she will bring all the tools and clay necessary for a few projects. Bring your interest, sense of humor and creative impulses. The 3 hour time schedule includes time for baking the clay (it takes 10-30 minutes). While waiting for the baking, you can make more beads, or browse Betsy's library of bead and jewelry books. Or if you need to leave early, you can come back later for your finished project.

Please register and pay by February 22nd. There is a maximum of 8 persons for this workshop. Call the Senior Center at (978) 443-3055 for more information.

A Little Help with your Property Taxes?

The Circuit Breaker Tax program is a property tax relief program for persons 65 and older whose property taxes (or 25% of rent) exceed 10% of their annual income. The Circuit Breaker Tax Credit form is filed with your Mass. State Income Tax forms. In order to receive the credit, you must file a state income tax form, even if you do not owe taxes. Your income must be less than \$52,000 if single, \$65,000 if filing as head of household and \$78,000 if filing married jointly. The assessed value of your home cannot exceed \$729,000. If eligible, you can get a tax credit for the property tax *amount exceeding 10% of your income* up to \$980. Our AARP Volunteer Tax Preparers can assist you in filing for the Circuit Breaker Tax Credit or you can file on your own or with help from your own tax preparer. Call the Senior Center for more information at (978) 443-3055.



Teen Tech Day

Wednesday, February 8
2:00 – 4:00 PM

Make an appointment to meet one of our amazing L-S high school students! Two students volunteer each month to help you use your cell phone, camera, laptop or with simple computer/software questions. Appointments will generally be for ½ hour. Call the Senior Center to schedule an appointment at (978) 443-3055.

Coming in March...

The Poetry of Robert Frost

Tuesdays, March 6-April 10
10:00 AM
\$30

Join Stephen Collins for an interactive 6 week seminar examining and interpreting some of the well-known and not so well-known works of a quintessential New England poet. Please make out a check to Sudbury Senior Activities when you register.

Also in March...

Essential Skills for Alzheimer Care Thursday, March 15 10:00 AM – 12:00 PM

Alzheimer's Association presenters, Jill Seiler-Moon and Debra Katt-Lloyd offer a workshop for family members caring for someone with Alzheimer's disease. Learn how to make every day less stressful.



Better Bones/Senior Strength

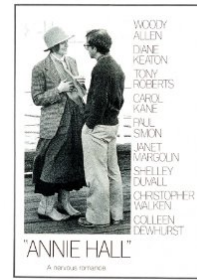
Mondays at 1:00 PM
February 13 – April 9
\$50

The loss of muscle that occurs with age is reversible! In this class, you will increase your bone density, prevent falls and improve balance using free weights, resistance bands and gentle yoga. You will also improve functional muscular strength and endurance and decrease stress, improve your confidence and quality of life.

Designed for the advanced beginner to intermediate level student, in this class you will work in a chair, stand and use a mat on the floor. *Preregistration and payment is required* 1 week in advance of the first class. Sign up at the Senior Center or call for more information at (978) 443-3055.

Ombudsmen Needed!

Would you like to be a voice for nursing home residents? Volunteers are needed to visit nursing home residents a couple of hours a week. Ombudsmen work to resolve residents' concerns by improving communication between residents, staff and families. The goal is always to improve quality of care and quality of life. Call Mary Brooks at BayPath Elder Services for more information, at (508) 573-7200 x235.



Great American Film Classics continues...

Exploring four American Film Classics, Dr. Larry Lowenthal continues with discussion on the second film, *Crossfire*, on Wednesday, February 1st at 10:30 AM. The third film, *On the Waterfront* will be shown on Friday, February 10 at 12:30 PM, with the class discussion on Wednesday, February 15 at 10:30. The final film is *Annie Hall* on February 17 with the class discussion on February 22nd at 10:30 AM. Anyone can come to see the film, but you must be registered to attend the classes on Wednesday mornings.



Legal Clinic

Tuesday, February 28
10:00 – 12:00

Have a **free** twenty-minute consultation with Elder Law Attorney Denise Yurkofsky here at the Senior Center. Appointments are required; call 978-443-3055 to schedule yours!

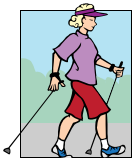
FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
ANNE MANNING

What is CERT?

Sudbury Community Emergency Response Team (CERT) is a volunteer program that educates and trains citizens to be better prepared to respond to emergency situations in the community. When emergencies happen, CERT members can be deployed at the direction of the Fire Chief to provide critical support to first responders, provide assistance to victims, and organize spontaneous volunteers at a disaster site. CERT volunteers were critical in setting up and operating the Emergency Shelter at the Fairbank Community Center/Senior Center during the October 31 snowstorm and power outage. CERT members can also help with non-emergency projects that help improve the safety of the community.

New volunteers are always needed – many hands make light work! For additional information about Sudbury CERT please contact:

Sudbury CERT
Sudbury Fire Station – Headquarters
77 Hudson Road
Sudbury, MA 01776
Phone: 978-443-2239
fire@sudbury.ma.us



Nordic Walking Demo

Monday, February 27
2:15 – 3:45 PM
Free

Wouldn't it be nice to burn extra calories while enjoying a smart physical activity with maximum health benefits? Nordic Walking is fitness walking with specially designed Nordic Walking poles. Nordic Walking can reduce stress on the hips and knees. After hip or knee surgery, walking poles can improve confidence and balance when walking. Lauren DeLong will lead this starter clinic that is perfect for all abilities. She is the owner of York Nordic, in York, Maine, and a certified Nordic Walking instructor. Her passion for Nordic Walking began when her mother had hip replacement surgery and the surgeon recommended Nordic Walking as a way for her mother to regain strength and balance. Come learn about this new craze and try it out!

This class will meet in the Fairbank Community gym. Bring your walking shoes and water. Please register at the Senior Center by February 21st. We need a minimum of 10 participants to offer this free demo.



Soups On!

Creating Welcoming Spaces

Thursday, February 16
12:00 Soup, 12:30 Speaker

Many of the Senior Center staff participated in a Town sponsored training on discrimination and maintaining a welcoming workplace. Of course, at the Senior Center the workplace is not just in the offices but in all the spaces of the Senior Center. How does the behavior of the staff and all of our participants make a difference? What can we do to preserve our positive and welcoming atmosphere?

Have you ever been in a situation where a comment or a joke was made about your or a friend's ethnic group? All in jest... but how did that feel? Were you unsure how to respond? Or have you made these jokes yourself out of habit and wondered what the big deal is? Learn more about how we can be more sensitive to others while still preserving our sense of humor.

Nancy McShea, Sudbury Park and Recreation Director, a trained leader on this subject, will lead this workshop. Please join us to learn more about this worthwhile topic.

Soup is served at 12:00 noon, our speaker will begin at 12:30 PM promptly. To reserve your space, call the Senior Center at (978) 443-3055. If you also would like to order soup, please call before 4:00 PM on Wednesday, February 15. Free.



NEW ZUMBA SESSION

Join our lively Zumba class! Next 4 week session begins Wednesday, February 8 at 1:00 PM. Please pay the \$20 fee when you register. Register by Monday, February 6. We need a minimum of 8 participants to run the class.



FEBRUARY 2012



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>If you'll be away</i> for a month or more, please let us know. The Post Office will not forward your newsletter, and we have to pay double when it is returned to us. <i>Thanks for your help!</i></p>		<p>1 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 10:30 <i>American Film</i> (2) 11:00 Fit for the Future 12:00 Lunch</p>	<p>2 9-12 SHINE –Health Insurance Assistance 9:30 Tap Dance 9:45 Thursday Crafters 12:00 Pizza and Movie: <i>The Help</i></p>	<p>3 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:30 Classic Movie – <i>The Best Years of Our Lives</i> 1:00 Watercolors (5)</p>
<p>6 <i>Foxwoods Trip</i> 9:00-2:30 I&R Hours 10:00 Stamp Club 11:00 Fit for the Future 1:00 Better Bones (8)</p>	<p>7 8:00 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (3) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge 1:00-4:00 SHINE 2:00 <i>Eating/Living Healthfully</i> (1) 3:30 COA Board</p>	<p>8 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours <i>No American Film class</i> 11:00 Fit for the Future 12:00 Lunch 1:00 Zumba 55+ 2:00-4:00 Teen Tech Help</p>	<p>9 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters</p>	<p>10 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:30 Film Classic- <i>On the Waterfront</i> (paired with Wed. Film class) 1:00 Watercolors (6)</p>
<p>13 9:00-2:30 I&R Hours 10:00 Stamp Club 11:00 Fit for the Future 1:00 Better Bones (1)</p>	<p>14 8:00 BP Clinic 9:00 Cribbage 9:00-3:00 AARP Tax Help 9:40/11:00 Yoga (4) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge 2:00 <i>Eating/Living Healthfully</i>(2)</p>	<p>15 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 10:30 <i>American Film</i> (3) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters (1) 1:00 Zumba 55+</p>	<p>16 9-12 SHINE 9:00-3:00 AARP Tax Help 9:30 Tap Dance 9:45 Thursday Crafters 12:00 Soup's On: <i>Creating Welcoming Spaces</i></p>	<p>17 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Film Classic- <i>Annie Hall</i> (paired with Wed. Film class) 1:00 Watercolors (7)</p>
<p>20 <i>Presidents Day Holiday</i>  <i>Senior Center Closed</i></p>	<p>21 8:00 BP Clinic 9:00 Cribbage 9:00-3:00 AARP Tax Help 9:40/11:00 Yoga (5) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge 1:00-4:00 SHINE</p>	<p>22 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 10:30 <i>American Film</i> (4) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters (2) 1:00 Zumba 55+</p>	<p>23 9-12 SHINE 9:00-3:00 AARP Tax Help 9:30 Tap Dance 9:45 Thursday Crafters 3:00 Friends meeting</p>	<p>24 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:30 Classic Movie – <i>Roman Holiday</i> 1:00 Watercolors (8)</p>
<p>27 <i>Special Van Trip</i> 9:00-2:30 I&R Hours 9:30 -12:30 <i>Make Your your Own Beads workshop</i> 11:00 Fit for the Future 1:00 Better Balance (2) 2:15 – 3:45 <i>Nordic Walking Demo</i></p>	<p>28 8:00 BP Clinic 9:00 Cribbage 9:00-3:00 AARP Tax Help 9:40/11:00 Yoga (6) 10:00-12:00 Legal Clinic 12:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>	<p>29 <i>Leap Day</i> 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours (10:30 <i>American Film Makeup class-if needed</i>) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters (3) 1:00 Zumba 55+</p>		<p>Please Note: Wednesday Lunch will be temporarily suspended as of March.</p>

LUNCH MENUS

A full lunch is served at the Sudbury Senior Center at noon on Tuesdays. A voluntary donation of \$2.00 per meal is requested. Please call by 10:00 AM the day before to make a reservation. Wednesday meals are temporarily suspended due to low turnout.

TUESDAY	WEDNESDAY
7 Lentil Spinach Soup w/Crackers Baked Chicken w/ Apricot Glaze Brown Rice, Whole Wheat Bread Peach Cup	8 Stuffed Shells w/Meat Sauce Italian Green Beans Wheat Bread Cherry Muffin
14 Cheese Ravioli w/Newburg Sauce and Sun dried Tomatoes Italian Green Beans /Beets Dinner Roll/Apple Cherry Crisp	15 Beef Chili w/Cheddar Cheese Corn/Carrots Rye Bread Fresh Fruit
21 Chicken Breast Cacciatore w/Ziti Spinach Italian Bread Cutie Pie	22 Macaroni and Cheese Stewed Tomatoes Whole Wheat Bread Applesauce
28 Shepard's Pie Mashed Potato Carrots/ Rye Bread Peach Cup	29 Marinated Chicken Brown Rice w/Corn and Black Beans Whole Wheat Bread Butterscotch Pudding

Please note: Wednesday Lunch will be temporarily suspended as of March 2012. Please call the Senior Center with any questions.

Friday at the Movies

Fridays in February, join us for a classic movie at 12:30PM.

February 3 – *The Best Years of our Lives* - 1946

February 10 – *On the Waterfront* – 1954
(paired with American Film class)

February 17 – *Annie Hall* – 1977
(paired with American Film class)

February 24 – *Roman Holiday* - 1953



**Movie and Pizza
Thursday, February 2nd**



The Help

Pizza: 12:00
Movie: 12:30

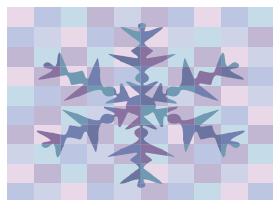
Rated PG-13

146 minutes

In 1960s Jackson, Miss., aspiring writer Eugenia Phelan crosses taboo racial lines by conversing with Aibileen Clark about her life as a housekeeper, and their ensuing friendship upsets the fragile dynamic between the haves and the have-nots. When other long-silent black servants begin opening up to Eugenia, the disapproving conservative Southern town soon gets swept up in the turbulence of changing times.

Starring: Emma Stone, Viola Davis, Bryce Dallas Howard, Octavia Spencer

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**.



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, check the Town website or call the recorded **cancellation line** at 978-639-3276.

S.H.I.N.E. - Medicare Update

“Help! My new Part D Plan doesn’t cover all my medications!!”

If you have a **new** Medicare Part D plan and have just found out that your new plan does NOT cover a drug you have been taking, you should know about **transition refills**. [Transition](#) refills may give you temporary coverage (one-time, 30-day supply) for a drug that is not on your new plan’s formulary **OR** that has restrictions (prior authorization or step therapy).

It is important to understand that a transition refill is only a temporary solution. You need to call your doctor right away to talk about switching to a drug your plan does cover **OR** filing a request with your Part D plan for a "formulary exception" (which may or may not be approved).

A **transition** refill is not for new prescriptions. You can only get one if you were already taking the drug before you signed up for the plan. Also, a transition refill does NOT apply to drugs that Medicare doesn’t require Part D plans to cover (like Valium and Ativan).

If you are in the same plan as last year, you **may** still be able to get a transition refill if your plan removed a drug you had been taking in 2011 from its 2012 formulary, for reasons other than safety.

Not all pharmacists know about transition refills. Ask your pharmacist to call your Part D plan for special instructions.

Our trained SHINE (Serving Health Information Needs of Elders) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

Memory Loss or B12?

An article in the New York Times outlines how older adults can exhibit signs of memory loss and other symptoms, due to low levels of Vitamin B12. Vitamin B12 is present only in certain foods and is not always well absorbed by the stomach, as stomach acid levels decline with age. The article states that “as many as 30 percent of older people may lack sufficient stomach acid to absorb adequate amounts of B12 from natural sources”. People over 50 are encouraged to eat Vitamin B12 fortified foods (such as milk and cereal) or supplements with 25 to 100 micrograms of B12 daily. A simple blood test can determine whether B12 levels are low. See the article [online](#) or ask for a copy at the Senior Center.



Senior Center Emergency Call List

Before severe weather events, the Senior Center tries to contact residents who are on our Emergency Call list. We check to see that they are aware of severe weather approaching and provide any pertinent information about Town Emergency plans such as possible opening of the Emergency Shelter at the Fairbank Community Center/Sudbury Senior Center.

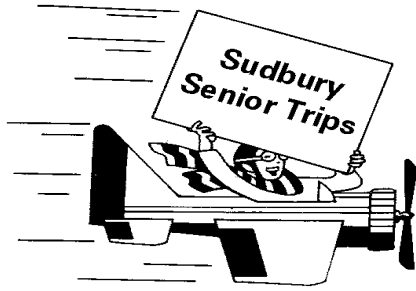
In general, we are calling people who may need assistance during a severe weather event, especially those with special needs or no contacts nearby. If you would like more information about our Emergency Contact list or would like to be added, please contact Anne Manning, Information Specialist, at (978) 443-3055 or manninga@sudbury.ma.us.



Fit for the Future!

Lois Leav, our *Fit for the Future* instructor, leads students through a flow of warm-ups, dance steps, strength training and cool down. Class is offered 4 times a week in the Fairbank gym. Drop in anytime and pay \$2.00 per class.

Fit for the Future is offered Mondays, Wednesdays and Fridays at 11:00 AM and Wednesdays also at 8:30 AM. Call the Senior Center for more information at (978) 443-3055.



Now that we are a month into 2012 you ready to think about the trips that you are interested in going on. Several of you attended the two trip meetings that we held. We went over all the day trips in our 2012 trip brochures as well as our two multi-day trips. If you would like another brochure, please pick up any extras at the Senior Center.

Foxwoods Trips

Our 4 Foxwoods Trips go on the first Monday of February, May, August and November (weather permitting). I have been asked why we went up to \$24.00 when a town near us is only \$20.00. My answer is that except for our last trip we have not been getting enough people to "pay for the motor coach". Some other towns and companies charge \$24.00 and \$25.00 regardless of numbers. We must have at least 40 "paying people on the trip". If numbers stay up we can lower the price slightly. Otherwise at a lower price the trip must be cancelled.

As a special consideration for our Foxwoods patrons only, who usually go on all four of the trips, you may sign up on the GREEN MULTI-DAY TRIP form. Each time you sign up you will just need to add your name and check number to the form which we will keep handy.

Forever Irish

Our first one-day trip for 2012 is our annual St. Patrick's Day trip,

"Forever Irish" on March 14th. Cost \$69.00 at the beautiful Venus De Milo in Swansea, Ma. The show features the well-known Andy Cooney with Liam O'Connor, accordionist and the three Irish Sopranos. Our meal choices are: Corned beef and Cabbage or Baked Haddock. Please indicate your choice on the memo line of your check.

* The Best of Times Gift Certificate may be used on this trip.

Azalea Festival

Our 5 day Azalea Festival is April 26 –April 30, cost \$699.00, dbl occup. *The deposit of \$100.00 was due January 19. We will need yours ASAP if you are interested. (We are a little late getting in on this trip so our spaces are limited). This should be a beautiful event with lots of flowers to see in the Botanical Gardens, reserved seats at the International Azalea Festival, visits to the MacArthur Memorial, the Norfolk Naval Station and reserved seats at the largest International Tattoo in the USA. Last of all, a stopover in Ocean City. Pick up a brochure and "Read all about it" or call me at 978-443-8320 if you need more information.

Broadway Tonite

This trip on May 16th costs \$69.00. At Luciano's; featuring some of "Broadway's greatest hits from some of Broadway's greatest musicals". It should make for a wonderful afternoon of song and dance. Meal choices are Baked Breast of Chicken or Baked Haddock. Please indicate choice on your memo line.

*The Best of Times Gift Certificate may be used on this trip.

Council on Aging Seeks New Members

The Council on Aging is a nine member board charged with guiding the policy and planning direction of the Sudbury Senior Center. Every spring, a few members' terms come up for renewal. If you are interested in helping to plan for the future of the Senior Center, submit an application either online at the website www.sudbury.ma.us or call for an application to be mailed to you. You will be contacted with further information after submitting your application.



**Thank you
stamp donors!**



The members of the Senior Center Stamp Club would like to thank those who have donated their saved stamps, and pieces of old unwanted collections. They have been going through these donations to check what might be needed for their own collections, and the extras are given to the Lions Club, which has a program for stamp collecting for kids who attend their summer camps for diabetic children.

If you bring in your old collection from "the attic", the stamp club has some expertise in evaluating what to do with it. And they can help get you started collecting again if that is what you would like to do.

The stamp club meets the second Monday of each month in the Senior Center. The next meeting will be **Monday, February 13 at 10:00**. There is no charge. Come and see if this congenial group is for you!

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

In addition to our many educational and recreational programs, we offer a variety of services to provide assistance to older adults in their homes and at the Senior Center. For information about any of the services described below, call the Sudbury Senior Center at 978-443-3055 (unless otherwise indicated).

TRANSPORTATION

Van Transportation: This door-to-door, handicapped accessible service is available **Monday through Friday from 8:30 AM to 3:30 PM**. On the last Monday of the month we provide transportation to a shopping location outside of Sudbury. Call the Senior Center by 9:00 AM to schedule a ride for that day. The van travels within Sudbury and to some destinations close to Sudbury's borders. The cost for in-town trips is **\$1.00** each way, and **\$2.00** each way for out-of-town trips.

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

HEALTH SERVICES

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

Medical Equipment Loan Closet:

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

CONSULTATION

Information and Referral: Anne Manning, our I&R Specialist, provides information about resources and services for older adults and their families in Sudbury. She can provide referrals for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Mondays, Wednesdays and Fridays from 9:00 to 2:30**.

Legal Clinic: 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. 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.

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.

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.

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

Lock Boxes: The Senior Center can install lock boxes for Sudbury seniors. These are small safes containing a key to the house, accessible only by the Fire Department. A donation of \$65 is requested to cover the cost of the lockbox, but can be waived for those who cannot afford the cost.

NUTRITION

Meals on Site: A full lunch is served at the Senior Center on Tuesdays and Wednesdays at noon. Please call to make a reservation **by 10:00 AM the day before** the meal. A voluntary donation of **\$2.00** a meal is requested. Menus can be found each month in the *Sudbury Senior Scene* or posted on the Town website.

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**

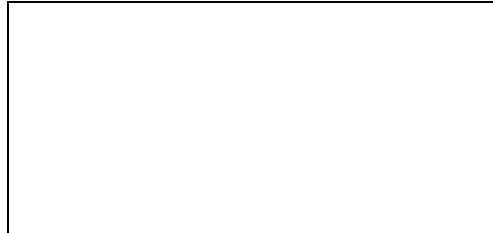
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Sudbury, Massachusetts 01776-1681

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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



Our Soups On topic
this month:

Creating Welcoming Spaces

Thursday, February 16

Soup at Noon,

Speaker at 12:30

Warm up at the Senior Center!

Join Us!

**CREATE YOUR OWN BEADS
WORKSHOP**



FEBRUARY 27, 9:30-12:30

\$10



Eating Healthy, Living Healthy



Two Part Workshop

Tuesdays, February 7, 14

2:00 PM

\$15