



American Justice

Three trials in the last century became national and international news, and an examination of the trials can teach us a lot about the American system of Justice.

In February and March, Join Professor Gary Hylander, Professor of American History at Stonehill College, for a three part series to take a closer look at these trials.

Monday, February 12, 2:00: Sacco and Vanzetti

Tried for the murders of a paymaster and guard of a Braintree shoe factory, the case of Sacco and Vanzetti developed into one of the nation's great trials and an international "cause celebre". Were the defendants found guilty because of their unpopular political beliefs, or did the weight of evidence presented to a Dedham jury warrant their convictions and death by electrocution?

Monday, February 26, 2:00: The Power and Peril of Celebrity: The Lindbergh Kidnapping

Called the "crime of the century", someone had kidnapped and murdered the infant son of Charles Lindbergh, a national hero. Even by today's standard the media frenzy surrounding the trial was extraordinary. Radio stations carried hourly updates of the investigation, and journalists filed countless stories as the defendant, Bruno Hauptmann, a German immigrant, stood trial for the crime.

Monday, March 5, 2:00: "Worse than Murder": The Rosenberg Atomic Spy Trial

In an America caught up in the hysteria of the Second Red Scare, McCarthyism, and international Communism, Julius and Ethel Rosenberg were executed for espionage in June, 1953. More than 50 years later, their trial and execution remains the subject of great debate and acrimony.

Register for one or several of the presentations. The cost is **\$25** for the complete series, or **\$10** for each individual class. Class size is limited to 55, so be sure to enroll right away.

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Emergency Planning for Pets

Dogs and cats and mice, oh my! And birds, lizards, horses, and more, all need some consideration as you plan for an emergency. One lesson from Hurricane Katrina is that pet lovers may not pay attention to saving their own lives unless they can be sure their beloved pet will be safe too.

Each pet has its own special needs for food, shelter, exercise, and perhaps medication, and many shelters cannot accept people’s pets when the people themselves are evacuated.

Our series on emergency planning continues **Monday, February 5 at 2:30** with an informational workshop on pets.

Paula Adelson, former Sudbury Assistant Dog Office, will provide useful tips on pet preparedness, and will help participants think through a planning process for their own animal companions.

The workshop is **free**, but please do call to let us know you are coming by calling 978-443-3055. That way, we’ll be sure to have enough handouts for everyone.

Research: Mental exercise helps maintain some seniors' thinking skills

Certain mental exercises can offset some of the expected decline in older adults' thinking skills and show promise for maintaining cognitive abilities needed to do everyday tasks such as shopping, making meals and handling finances, according to a new study. The research, funded by the National Institutes of Health and published in the December 20, 2006, *Journal of the American Medical Association*, showed that some of the benefits of short-term cognitive training persisted for as long as five years. This study of more than 2,800 adults aged 65 and older is said to be the first randomized, controlled trial to demonstrate long-lasting, positive effects of brief cognitive training in older adults. However, testing indicated that the training did not improve the participants' ability to tackle everyday tasks, and more research is needed to translate the findings into interventions that prove effective at home. Through our varied programs that incorporate lifelong learning, specific skills, and physical activity, it is our aim to provide Sudbury seniors with every opportunity to stay sharp!

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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.

ads



Telephone news

The Town offices and departments in Sudbury have a new telephone system. That's great news for any of you who have been frustrated trying to reach the Senior Center over the last few months. Messages have gone astray, the after-hours message was no longer working, and at times of busy call volume you may have received no response at all! We do apologize for the inconvenience.

Now, we hope all that is in the past. You will still dial the same number, 978-443-3055, to reach us, but the new system will be able to take messages when all the other lines are busy. It will also have an after-hours message, a holiday message, a snow day message, and much more.

The most exciting thing is our special information lines. By dialing special numbers, you will be able to hear recordings that provide general information, updates about program cancellations, news about trips (for example, trip departure and return times), and even to hear this week's lunch menus! At the end of each recording, you will have a chance to speak with the receptionist if you want more information.

It will also be easy for you to leave a message for a particular staff member. The Senior Center thanks technology guru Mark Thompson and his staff for all the hours of hard work they have put into making the new phone system a reality.

Here is a listing of the new numbers. You may want to clip it to keep by your phone.



Sudbury Senior Center Telephones

Main number	978-443-3055
General information	978-639-3275
Program cancellations	978-639-3276
Trip information	978-639-3277
Menus	978-639-3278



Better balance and flexibility

Come join our next series of eight classes to practice improved balance, **Monday** afternoons from **1:00-2:00**. The focus is on empowering seniors to maintain mobility and independence. Each session includes exercises to improve strength, flexibility, balance, and posture.

Class dates are **February 12, 26, March 5, 12, 26, and April 2, 9, and 23**. The cost is **\$40** for the series, and there is a limit of 20 participants. The classes are led by Leslie Worris, the founder of The Wellness Alliance in Newton.

Free sample: Come to a class in the current session to see if this is for you!

Cultural Trip Committee



The Fantasticks Theater Trip Wednesday, April 25

Come with the Cultural Trips group to the Trinity Repertory Theater in Providence to see the beloved classic musical, *The Fantasticks*.

The group will also have lunch at Camille's Italian restaurant or The Old Canteen in Providence.

The bus will depart at **10:00 AM**, and return about 5:30 PM. The cost will be **\$68**, which covers the theater, lunch, and transportation.

Sudbury residents and active committee members can sign up beginning March 1, and all others are welcome to sign up beginning March 15. The trip is limited to 26 participants.

This is the last Cultural Committee sponsored trip until fall.



File of Life

Here's a true story: In January, a Sudbury senior with close ties to the Center needed to be taken by ambulance to the hospital.

Fortunately, she had filled out a *File of Life* card listing all her doctor's name and address, medications, and other important medical information. As the EMTs came in, she was able to hand them the little red envelope with the information inside.

The EMTs were very grateful to have all that information at their fingertips, and the hospital staff also appreciated having the card so that medications, dosages and frequencies were all available to them without having to ask our senior.

You too can have the File of Life. We have both the refrigerator magnet version and the wallet version, both available at **no charge**. Just ask at the reception desk.

An important reminder: The File is only as good as the information it contains. Please remember to update your File of Life whenever your medical conditions or medications change. If you already have the red sleeve, but need a new paper form for the inside, we have those as well. Just ask!

Qigong

Come try Qigong, an ancient Chinese health care system practiced by millions of people for thousands of years, that integrates physical movements, breathing techniques, and focused intent. Sessions are **Tuesdays, 1:30-2:30**, in the Fairbank gym.

Our instructor is Alan Krentzel, who is certified by the International Sports Medicine Association (ISMA) and the American Aerobic Association International (AAAI), and is a professional member of the National Qigong Association.

Free Sample: Come to your first session free. If you like it, enroll for the series. Or drop in to any session, at \$10 a session.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY
Emergency Planning for Pets

ads

Have you thought about what would happen to your pet(s) if you are evacuated from your home due to an emergency? If you plan ahead you can rest easy knowing that your pet(s) will be safe. Creating a plan for your pet does not have to be complicated. Make sure you have an animal crate or carrier, attach all pertinent information about your pet to the carrier (names, addresses, phone numbers, etc.), have on hand extra food and water, medicine, and any toys or other important items for your pet. Place these in your emergency "Go" bag or another appropriate location.

Then think through some probable scenarios. If you are likely to be working or away from your home, can an animal loving neighbor help if need be? If you are stuck in your home for a few days, do you have enough supplies for you and your pet? Take the time to talk to your neighbors or friends about caring for your pet in an emergency and have supplies on hand to shelter in place for a few days if need be. Of course, you will have already developed an emergency plan for yourself and your family! For more information, come to our free **Emergency Planning for Pets** workshop on **Monday, February 5 at 2:30** or call Debra Galloway at (978) 443-3055.

Long Term Care – Information is Available!

What is long term care? What are my risks of needing long term care? The National Clearinghouse for Long-Term Care Information provides answers to these questions and more at www.longtermcare.gov, a website designed by the U.S. Department of Health and Human Services. View the "Financial Planning" section to use the Long Term Care Savings calculator. You may access the website at home or at the library, or call Debra Galloway for more information at (978) 443-3055 Also visit www.longtermcare.org for information on long term care in Massachusetts.

Care-Plus – Research Study Assists Alzheimer's Caregivers

A new research project of Boston University Alzheimer's Disease Research Center, seeks to improve the lives of both patients and their caregivers by providing specialized training to caregivers. Caregivers who have a loved one diagnosed with Alzheimer's dementia and provide a minimum of 5 hours of care each week are eligible to participate. Benefits from participation include learning specific techniques to help you manage the behavioral problems associated with the disease. The study will also help health care professionals get more information about how to better serve families impacted by Alzheimer's disease. For information, please call Stacy Carruth, M.P.H., at (617) 414-1187 or scarruth@bu.edu.





FEBRUARY 2007



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>An Inconvenient Truth</i>	8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors 4
5	6	7	8	9
<i>Van trip to Natick Mall/ Olive Garden</i> 7:45 Foxwoods Trip 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance 8 2:30 Emergency Planning for Pets	9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:30 Qigong 3 4:00 COA Board	8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 10:00 Excel 3 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge lessons	9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 1:00 Healthy Eating/Healthy Living	8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors 5
12	13	14	15	16
<i>Van trip to Outlet Mall Burlington/Jimmy's Steak</i> 9:30-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 1:00 Balance 1 2:00 American Justice 1	9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:30 Qigong 4 1:30 Florida Trip Get-Together	8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 10:00 Excel 4 11:00 Fit for the Future 12:00 Valentine's Luncheon and Concert 12:30 Informal Quilters 1:00 Bridge lessons	9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's on: Getting the Most Out of Medicare	8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors 6
19	20	21	22	23
President's Day <i>Washington Senior Center closed</i>	8-9:00 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge	8:30 Fit for the Future 9:00 Cribbage 9:30 Middle East update 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge Lessons	9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 1:00 Healthy Eating/Healthy Living 3:00 Friends Meeting	8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors 7
26	27	28		
<i>Van trip to Walmart/99 Restaurant</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance 2 2:00 American Justice 2	7:45 Chinese Acrobats Trip 9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:30 Qigong 5	8:30 Fit for the Future 9:00 Cribbage 9:30 Middle East Update 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge Lessons		

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
January 30	January 31	February 2
Mulligatawny soup Salisbury steak/ gravy Mashed potatoes Cherry muffin	Stuffed pepper/ tomato sauce Corn Mandarin oranges	Pork roast/gravy Red bliss potatoes Green beans Applesauce
February 6	February 7	February 9
Stuffed shells/ tomato sauce Genoa veggies Mixed fruit	Corn chowder Beef rib/gravy Mashed potatoes Chocolate pudding	Beef stew Boiled potatoes Green beans Pears
February 13	February 14	February 16
Split pea soup Roast chicken/lemon mustard sauce Sweet potatoes Fresh fruit		Chicken tender cacciatore Rotini Winter mix veggies Mixed fruit
February 20	February 21	February 23
Vegetable gumbo soup Beef bordelaise Egg noodles Applesauce	Macaroni and cheese Stewed tomatoes Apple/cinnamon muffins	Baked fish/Newburg sauce Scalloped potatoes Italian veggies Pears
February 27	February 28	
Yankee pot roast Mashed potatoes Carrots Butterscotch pudding	Cheesy cauliflower soup Chicken/marsala sauce Herbed rotini Fresh fruit	

**Movie
Thursday, February 1
12:30**



**An
Inconvenient
Truth**

100 minutes

Is global warming real? Even if it is, will it have much impact on us? If you have noticed the wacky weather in the last few years, you may wonder if global warming has anything to do with it.

This movie makes a stark case for why we need to be concerned. Vice President Al Gore has traveled the world delivering a presentation on the global climate change, proving that humankind must confront global warming now or face devastating consequences. This film captures his journey as a worldwide environmental champion.

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).



Tax help!

Seniors who need help preparing their 2006 income tax documents can get assistance **free of charge** through the Senior Center. AARP-trained tax preparer volunteers Tom Sifferlen, Dave Levington and Ben Stahl are available to assist beginning **Tuesday, February 13**, and until mid-April.

One and a half hour appointments are available from **9 AM to 3:30 PM**, Tuesdays, Wednesdays, Thursdays and Fridays. Tuesday, Thursday and Friday assistance will be at the Senior Center, while **Wednesday** help will be at the computer lab in the **Flynn Building**. Call us for an appointment at (978) 443-3055.

Be sure to bring the year-end tax documents mailed to you by banks, pension plans and other sources of income, and *a copy of your last year's tax return* to your appointment.

NEW TAX LAW CHANGE FOR 2006: Refund of Long-Distance Telephone Tax

The IRS states that the rebate of the telephone tax applies to everyone who has paid the tax. In many cases, the tax is included in your ordinary telephone bill, if you make long distance calls.

The standard rebate is \$30 for a single filer (one exemption) and \$40 for joint filers (two exemptions). If you do not normally file a tax return, we can assist you to obtain the telephone tax refund.

To receive assistance if you do not file a tax return, please make an appointment at the Sudbury Senior Center now for between **January 29** and **February 9, 2007**. The appointment will take about ten minutes.

If you do usually file an income tax return and would like assistance in preparing the rebate forms, please let us know.

Research: Doctors may neglect seniors' insomnia

Primary care physicians do not often address their older patients' sleep problems, even though treating those sleep disorders could improve the patients' physical and mental health and enhance their quality of life, says a new study. When patients 60 years and older visited their primary care doctors, physicians did not note sleep problems in the patients' charts. Yet independent social workers, who interviewed those same patients after their doctors' visits, learned that 70 percent of them had at least one sleep complaint and 45 percent said they had "difficulty falling asleep, staying asleep, or being able to sleep." Previous research has linked sleep disorders in the elderly to poorer mental and physical health and quality of life. The study of more than 1,500 people, who averaged 75.5 years old, appeared in the January 3, 2007 issue of the *American Journal of Geriatric Psychiatry*.



Soup's On: How to Get the Most Out of Medicare Thursday, February 15 Soup at 12:00, Talk at 12:30

Are you an educated consumer? Come hear helpful tips for getting the most out of Medicare, including Medicare's preventive services, the right to complain and to appeal and improving doctor/patient communication.

There will be handouts including the new booklet *How the Medicare Program Protects You*, as well as the basic forms that are used in creating a personal health record (it's like scrapbooking your medical history!) Learn the importance of a personal health record and the rules and regulations for getting copies of your medical record.

The speaker will be Ellen Pothier, MS, RN, CPHQ, Medicare Beneficiary Outreach & Mediation Coordinator from Masspro, an organization dedicated to advancing healthcare quality, from the Massachusetts Medical Society, which publishes the *New England Journal of Medicine*.

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 in advance* to register.



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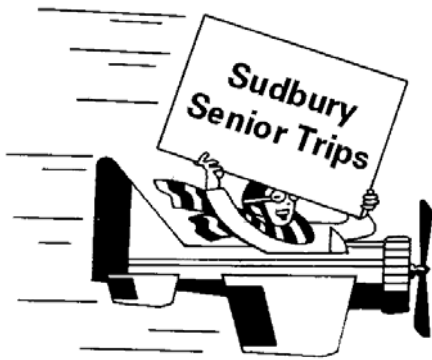
When can I change my Medicare health plan in 2007?

- Between **January 1** and **March 31**, during what is called the “Open Enrollment Period”, you can make one change in your Medicare health plan. People with Medicare can join a Medicare Advantage Plan (such as a Medicare HMO, Medicare PPO, or Medicare PFFS) or switch between plans. Your new coverage starts the first of the month after you make your selection. You cannot add nor drop Medicare drug coverage (Part D) during this time. After March 31, your next chance to make a change will be in November.
- **November 15** through **December 31**, is the “Annual Coordinated Election Period”. During this period you can make your choice of health coverage, and add, drop or change Medicare drug coverage. Your new coverage will start January 1, 2008. (You can make as many changes as you need during this period, but only your last coverage choice will take effect January 1. However, to avoid enrollment problems, it is best to make as few changes as possible).
- If you are in **Prescription Advantage**, the state program that helps with the costs of Part D plans, you will have one additional chance in 2007 to change prescription drug plans. The date will be announced later.
- If you are on **MassHealth**, you can change drug plans every month.

Please note: If you are just becoming eligible for Medicare, or if you lose your current health insurance, special rules apply.

If you need help on any aspect of your health insurance, SHINE offers free counseling here at the Senior Center. Call 978-443-3055 and ask for a SHINE appointment.

SHINE (Serving the Health Information Needs of Elders) is coordinated by the Massachusetts Executive Office of Elder Affairs in partnership with the Needham Council on Aging and other local agencies.



Snowbird Escape March 1-16:

Who needs Florida with this kind of weather? Don't let it fool you, winter is bound to get here and when it does those of you who are going to sunny, warm Florida with us will be glad you are.

Also, even though most of us are thankful for this wonderful winter weather just think of all the fun excursions that we will be having down in St. Pete's. We still have some spaces on this trip. Cost is **\$1,799** per person, double occupancy. Checks payable to Scout Tours. Our final get together for those going on the trip will be **Tuesday, February 13 at 1:30** in the Senior Center.

Chinese Acrobats February 27.

As of this writing (early January) we still have some spaces left on this trip. This should be a spellbinding event as these performers do unbelievable things with their bodies. If you have never seen them you don't want to miss it. Due to space constraints (and a little bit of forgetfulness) we did leave it out of our 2007 brochure! We have adjusted the price down to **\$59.95**. Checks payable to Sudbury Senior Trips.

Galapagos Islands (Museum of Science's IMAX Theatre) **April 24:** This will be a fun and

I have also heard that their Cafeteria is great. Cost is only \$45.00 and includes motor coach and admission (lunch on your own at the Museum) we hope to have a little time at Quincy Market (weather permitting). Checks payable to Sudbury Senior Trips.

Foxwoods Monday, May 7: cost **\$19.00** We have decided that any of our Foxwood regulars can pay for the rest of these trips this year with one check (**\$57.00** for May 7, August 6, and November 5). We will immediately put your reservation in the computer for these dates. (You will still have the regular cancellation privileges.) Make checks payable to Sudbury Senior Trips. Please indicate whether your check is for you only or for you and another.

Crazy For You, Northshore Music Theatre, Wednesday, May 9: Please book your trip soon as this theatre's shows are so wonderful and sell out so quickly that we can only hold tickets for a certain length of time before they must be returned or paid for. This looks to be another of their smash hits! Checks payable to Sudbury Senior Trips, cost **\$60.00**.

MV Mt. Washington Lake Winnepesaukee Cruise Friday, June 22: If you like this winter what do you think June will be like? Join us for a wonderful two-hour cruise. Buffet lunch is included on the boat. There will be commentary on local history, legends, and points of interest. Cost is **\$57.00**, payable to Sudbury Senior Trips.

Longwood Gardens, Winterthur and the Brandywine Museum July 26-29 How about a simply wonderful trip to these beautiful gardens and museum (home of some of Wyeth's famous paintings). If you have never been here you have missed seeing a very lovely area of Delaware. We will also be taking in a very lively show at the **Three Little Bakers Dinner Theatre**. The cost for the 4 days is **\$479** per person, double occupancy payable to Scout Tours.

NOTE: New dates for our **Hawaii-San Francisco Trip, September 6-16** This needs to be booked ASAP. If you are interested and did not attend our January 16 meeting you must call Carmel at 978-443-8320 to see if we are still able to get more spaces. The *Pride of America* is one of Norwegians newest ships and is always a fast sell and we are a little late jumping on board as bookings are usually taken a whole year ahead. Our Scout Tour President and Tour Guide has been holding onto these spaces just for us. Cost is **\$2,189** inside, **\$2,359** outside, and **\$2,759** balcony. This includes most everything except special off-ship excursions. A **\$400.00** deposit is due ASAP.

You are welcome to sign up for all of these trips now. Sudbury folks can sign up after May 1 for our other trips planned for August-November (for our out-of-town friends, after May 15). Trip flyers are on our Trip Rack or can be picked up at the front desk.

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 people needing rides to medical appointments. Call **978-443-2145** one week in advance to schedule a ride. Leave your request on the answering machine, and the F.I.S.H. coordinator will return your call.

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 5:30-AM to 10 PM 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 a wheel chair, walker, shower chair, commode, transfer bench, cane etc., the Senior Center can provide the item on loan. We welcome donations of equipment that is no longer needed.

COUNSELING

Information and Referral: Debra Galloway, our Information and Referral Specialist, provides information about resources and services for older adults and their families in the Sudbury area. She can provide referrals for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Mondays, Wednesdays and Fridays** from **9:30 to 2:30**. You may reach her at **978-443-3055**.

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

S.H.I.N.E. (Serving the Health Information Needs of Elders): Free consultations about your health insurance concerns, including coverage questions, difficulty with claims, and the changes in Medicare, **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 like fixing stuck windows, changing light bulbs, changing curtains on rods or installing curtain rods, repairing wall switches, wall plugs and lamp cords, tacking down carpets and installing grab bars and hand rails. Seniors will only be expected to pay for any necessary parts and materials.

Grocery Shopping: Homebound seniors are matched with a volunteer shopper who can make weekly visits to the store, and assist the senior in putting away the groceries. Seniors pay only for the cost of the groceries.

NUTRITION

Meals on Site: A full lunch is served at the Senior Center on Tuesdays, Wednesdays and Fridays at noon. Please call to make a reservation **at least 24 hours in advance**. Menus can be found each month in the *Sudbury Senior Scene*.

Home Delivered Meals: A hot mid-day meal can be delivered to seniors who can't get out to the Senior Center and who can't prepare a nutritionally adequate meal for themselves. Those who deliver the meal also check on the well-being of the senior recipient. A voluntary donation of **\$2.00** a meal is requested.

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>

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PRESORT STANDARD

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

Senior Center hours: Monday through Friday, 9 AM to 4 PM/Van Service Hours: Tuesday through Friday, 8:00 AM to 3:00 PM



Please come to our
***Special Valentine's
Day Luncheon***

Wednesday, February 14

12:00-2:00

Featuring

The Golden Tones in Concert

Menu: Tomato rice soup

Finger sandwiches

Foosled salad

Chips

Birthday cake (We'll celebrate January and February birthdays!)

Cost: \$4.00

Reservations required by

Thursday, February 8