



Presidential Elections: The 19th Century

Thursdays, February 14, 21, and 28 at 1:00

Join popular Professor Gary Hylander to learn about how elections have evolved in the United States over the years, beginning with three sessions on individual elections that helped shape the nation and our electoral process.

February 14 *1800: America's First True Presidential Election:* The presidential election of 1800 featured two of America's most eminent founding fathers, John Adams and Thomas Jefferson. Once close friends, Adams and Jefferson squared off in an intensely partisan campaign that required a closed session of Congress to determine the winner.

February 21 *Lincoln and the Election of 1860:* Convinced that Lincoln's election would result in a Republican effort to abolish slavery, Southern fire-eaters from the lower South voted to secede from the Union and to form the Confederate States of America. In his inaugural address, Lincoln expressed confidence that the crisis would pass and that the Union would be preserved when secessionists were "again touched by the better angels of our nature."

February 28 *"Mr. Fraudulency": Hayes-Tilden and the Election of 1876*
This election saw one candidate win the majority of the popular vote and the other prevail in the electoral vote. Three states, South Carolina, Louisiana, and Florida submitted two sets of returns, each announcing a different winner. There was no provision in the Constitution for deciding which set of returns was legal. As inaugural day approached, the nation was in turmoil. Who was its new president?

Dr. Hylander is a Professor of History at Stonehill College, Easton, MA, and has become a great favorite here at the Sudbury Senior Center.

The cost for the series is **\$25** when enrolling for all three, or **\$10** a session. Early sign-up is recommended as we expect this class to sell out.

This series is offered in partnership with Framingham State College, the Center for Lifelong learners.

INSIDE THIS ISSUE	
Longfellow reading and discussion series	2
Mail fraud presentation	3
Soup's On: Strengthening before Surgery	4
Medicare Part D open enrollment	4
Wii	4
	5
Calendar	6
Menus	7
Movie: <i>The Assassination of Jesse James by the Coward Robert Ford</i>	7
My Life/My Health	8
Income tax help	8
Food stamps	8
Cultural trips	9
Television change	9
Trips	10
Services	11
Valentine's luncheon	12



Henry Wadsworth Longfellow

The Senior Center is lucky enough to be a partner in activities celebrating the life of Henry Wadsworth Longfellow in March. We will host a three-session series, **Mondays, March 10, 17 and 24 at 1:00**. The series is **free** thanks to a grant, but advance registration is a must, as the class will be fully enrolled.

"His conduct last quarter was very correct and amiable." This praise for Longfellow as a six-year-old schoolboy was followed almost seven decades later by Oscar Wilde's thought concerning the ailing Longfellow in Cambridge, Massachusetts. "He was in himself a beautiful poem," his visitor declared. Today Longfellow continues to be recognized for his extraordinary life, work, and associations. In this series, we will illuminate some of his poems with information about his extraordinary life and era.

The series will feature a discussion of important events in Longfellow's life, and sample some of his work at each stage, through readings, presentations on CD, and class participation. Each class member will receive a copy of *Favorite Poems*. An * below indicates that the poem is included in this book.

March 10: Overview and Family This session will provide an overview of Henry Wadsworth Longfellow and his life, including his Maine ancestors and life in Portland, his college years and marriage, life in Cambridge, and his children. It will quote from "To be seventy . . .", "My Lost Youth"*, "Psalm of Life"*, "Mezzo Cammin", "The Castle Builders", "To a Child" and "Children's Hour"*

March 17: Long Poems will include the prelude to "Tales from a Wayside Inn", "Paul Revere's Ride"*, "Evangeline", the "Song of Hiawatha" and "Courtship of Miles Standish"*.

March 24: Endings and Beginnings will feature "The Slave's Dream"*; sonnets preceding Dante, "Three Friends of Mine"; and Longfellow's friendship with Nathaniel Hawthorne, "From My Armchair" after "Village Blacksmith"*, "Morituri Salutamus," "Chaucer", "Cross of Snow" and cemetery tributes, and will finish with a discussion of Longfellow's reputation today.

The presenter, Maureen Griffin, majored in English at Trinity College in Washington, and earned dual graduate degrees at Middlebury's Bread Loaf School of English and Simmons' School of Library and Information Science. She is Professor Emerita at Kawasaki University of Medical Welfare in Japan. Maureen teaches literature and writing through the Notre Dame Virtual School.

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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.*

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Mail Fraud and Other Scams

Know how to protect yourself!

How can you tell a legitimate mailing from a scam?

Is this letter for real? It offers a “free” prize!

What about that sweepstakes offer . . . is it worth paying that “small fee” to claim your winnings?

An offer to make money by working at home . . . is it a good way to make a few extra dollars? They make it sound so easy!

When you get a “free gift” in the mail that you didn’t order, do you have to pay for it?

Every day people get mail offering free vacations, mail that really looks like it comes from the government, items that look like a bill or an invoice, or a solicitation that seems to come from a charity. Some of this mail is “for real”, but some is a swindle.

Join Postal Inspectors Daniel Bonda and Jim Griffin **Monday, February 11** at **1:00** to learn how to avoid being taken in by unscrupulous mail offers. Both men are assigned to the Mail Fraud Teams of the Boston Division of the U.S. Postal Inspection Service.

Postal Inspectors are the oldest federal law enforcement agency in our government, and each of the presenters has more than 25 years of experience in federal law enforcement.

They will answer questions about the mail scams listed above, as well as counterfeit checks and money orders, advance fee schemes, foreign lotteries, telemarketing scams, identity theft, 419 scams, and phony charities. They will let us know what we can do to avoid being victimized.

They will bring with them a packet of DVDs that explain scams and fraud.

The talk is **free**, but seating is limited, so please call 978-443-3055 to reserve your space.

If you have a piece of mail that you are suspicious about, bring it with you. The Postal Inspectors will help you determine whether the mailing is as legitimate as it seems to be.



Soup's On: Strengthening Before Surgery Thursday, February 7

Soup at 12:00, Talk at 12:30

You can speed your recovery after surgery by a combination of planning your environment and adapting your activities so you're in the best shape possible.

Come learn about adapting your home to support your convalescence, exercises to prepare for joint replacement, beneficial activities, and improvement to your general health.

The presenter will be Tien Chen, Program Manager for the Rehabilitation Program at Wingate. Tien has a BS and MS in Physical Therapy, and worked as Director of Rehab. Services at Marlborough Hospital for 10 years. She is a specialist in wheelchair seating, functional capacity assessment, and manual therapy.

Soup, salad, and a dessert will be served at **12:00**, and the talk will begin at **12:30**. The event is **free**, but please *call the Senior Center* at 978-443-3055 **by noon the day before** to register.

- ★ We regret that we can't guarantee soup for people who do not sign up in advance.
- ★ Promptness is appreciated. The kitchen closes at 12:30 as a courtesy to the speaker.



Did you miss the Medicare Part D open enrollment?

Enrollment for the Medicare Part D prescription drug plans ended December 31, 2007. Fortunately, Massachusetts residents can still join a Medicare Part D plan by enrolling in Prescription Advantage, the state's pharmacy assistance program. Medicare allows Prescription Advantage members to join a Medicare plan without having to wait until next November.

If you are concerned about added cost, you will be happy to know that there is no charge for Prescription Advantage for members with an annual income less than \$30,630 for a single person and \$41,070 for a married couple. And, depending on your income and the Medicare prescription drug plan you choose, Prescription Advantage may help pay all or part of your Medicare prescription drug plan's monthly premium, deductible and drug co-payments.

There is no reason not to have coverage for your prescription drugs. Call us at 978-443-3055 today for an application form.

If you have questions or want help completing the form, call to set up an appointment with Kara Harvey, our SHINE counselor. It is free!



Whee, it's a Wii!

Play a round of golf, a tennis match, or few frames of bowling, all here at the Senior Center thanks to the donation of a Nintendo Wii (pronounced "we") game system from Wingate Healthcare.

This video game allows you to play any of these games using the same actions you would if you were really there on the links or at the court. You see the field on the television, and your actions with the game controller determine where your ball goes. You can even play with a buddy!

We will have Wii lessons, and we have a clipboard sign-up for Wii sessions. To begin with, we're offering one-hour slots. When you're at the center, just add your name and telephone number in any unreserved slot, and then come and play! It's free.

As we gain experience, we will make adjustments to suit those who use the system. If there is enough interest, we will even offer tournaments.

You can bring a friend, or just play by yourself. Either way, you'll get a bit of a workout and have fun at the same time.



FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

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At the Senior Center we try to provide a broad range of programs and activities that will interest many of the seniors in Sudbury. Indeed, we have found that a wide range of people visit the Senior Center or utilize one of our services. Those who attend the Center have quite a variety of living situations and income levels.

We recognize that some of our participants may be unable to participate in a program due to inability to pay. A small amount of scholarship money is available to help. If you have difficulty paying for a particular program, please let us know your situation and we will try to help. As always your information is completely confidential.

Those who find themselves strained for funds and need food can call us for short term help (emergency food) or can take advantage of these other resources:

Lunch is served here on Tuesdays, Wednesdays and Fridays for a \$2.00 suggested donation, which you are not obligated to pay. For those who are unable to come to the Senior Center, the Home Delivered meals are also provided for a *suggested* donation of \$2.00.

There is a Food Pantry at Our Lady of Fatima church. Hours for pickup are Tuesday and Thursday from 12:00 PM - 2:30 PM. In addition, you can apply for Food Stamps. It's easy to use as the benefit now comes as a debit card.





Keep in mind that if you are in need, we may be able to access other funding sources that can provide some help with bills. For example, we recently have partnered with the HOPEsudbury Foundation to pay for driveway plowing for certain seniors.

There are several other programs available to relieve financial pressures, including the Medical Equipment Loan Closet, van transportation, the Sudbury Senior Access program (taxi discounts) and more. Please feel free to call and talk with Debra Galloway about any of these programs at (978) 443-3055. If you have a need, let us know. We'll try to find a creative way to help!




FEBRUARY 2008



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (4)
4	5	6	7	8
<i>Van trip to Natick Mall/ Olive Garden</i> 7:45 Foxwoods Trip 9:30-2:30 I&R Hours 10-3:00 Wii <i>No Fit for the Future</i> 1:30 Water aerobics (3)	Presidential Primary VOTE! 9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter 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 & 11:00 Wii 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge lessons 1:30 Water aerobics	9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 10 & 11:00 Wii 12:00 Soup's On: Strengthening Before Surgery	8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (5)
11	12	13	14	15
<i>Van trip to Christmas Tree Shop/Brittney's</i> 9:30-2:30 I&R Hours 10:00 Stamp club 10 & 11:00 Wii 11:00 Fit for the Future 1:00 Avoiding Mail Fraud and Scams 1:30 Water aerobics (4)	9:00-9:30 Parmenter Clinic 9:00 Cribbage 10-3:00 Wii 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge	8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Valentine Lunch 12:30 Informal Quilters 1:00 Bridge lessons 1:30 Water aerobics	9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 10 & 11:00 Wii 1:00 Presidential Elections (1)	8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (6)
18	19	20	21	22
Presidents' Day  <i>Senior Center closed</i>	8-9:00 Parmenter Clinic 9:00 Cribbage 10-3:00 Wii 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge	8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 10 & 11:00 Wii 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge Lessons 1:30 Water aerobics (5)	9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 10 & 11:00 Wii 1:00 Presidential Elections (2)	8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (7)
25	26	27	28	29
<i>Van trip to Walmart/ Applebees</i> 9:30-2:30 I&R Hours 10 & 11:00 Wii 11:00 Fit for the Future 12:00 Pizza 12:30 Movie: <i>The Assassination of Jesse James</i> 1:30 Water aerobics (6)	9:00-9:30 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 9:30-2:30 I&R Hours 10 & 11:00 Wii 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge Lessons 1:30 Water aerobics	9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 10-3:00 Wii 1:00 Presidential Elections (3) 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 Cards 1:00 Watercolors (8)

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
February 5	February 6	February 8
February 12	February 13	February 15
		
February 19	Valentine luncheon	February 22
February 26	February 27	February 29

**Movie, Monday*, February 25
12:30**

**Please note: not Thursday!*



*The
Assassination of
Jesse James by
the Coward
Robert Ford*

2 hours 40 minutes
Rated R

Jesse James, one of America's most notorious outlaws, has become a western legend. This action film looks at James' public deeds as well as the behind the scenes story of the man and the gang he led. Reward money and a chance to become famous prove too much of a temptation for Robert Ford, a gang member and a trusted friend who ends up dealing James the ultimate betrayal. Stars [Brad Pitt](#) and [Casey Affleck](#)

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).



My Life/My Health

Coming in March!

Getting older often means living with one or more chronic health conditions, ranging from arthritis to diabetes to vision and hearing problems, heart disease, depression, cancer, and more.

The good news is that there is something positive you can do to be in control of how your condition affects you. Our community partner, the Arthritis Foundation, has received a grant from the MetroWest Community Health Center that will enable us to offer two six-week series of classes for people to learn how to manage their conditions for the maximum quality of life, and for control over the ways their condition affects them.

This series was designed at Stanford University, and research has shown that people who take active part in the program have a long-term improvement in their outlook and reduction of symptoms, and need to use emergency rooms and medical care far less often. They have also learned that the ways to manage a chronic condition are similar no matter what the particular condition may be.

In the coming weeks we will be looking to recruit peer leaders for these sessions. The leaders must commit to taking a **free** four-day training early in March, to teaming up with a co-leader to facilitate six two-and-a-half-hour sessions of the program per course, and to attending several other meetings during the year. We're looking for two to three people who have excellent communication skills, can work patiently and build rapport with small groups of people, and can serve as a positive role model for people with chronic disease. Having a chronic condition yourself is a plus, but not a must. You do not need to have professional experience in or in-depth knowledge of the treatment of chronic conditions. There will be a small stipend for each peer leader.

This is not a medical program, but rather a well-rounded strategy that works to empower people to manage their own conditions by setting and achieving goals for a healthier, happier life.

More information is available at the Senior Center. If you think you may be interested in becoming one of our peer leaders, please call 978-443-3055 to ask for details.



Income Tax Assistance

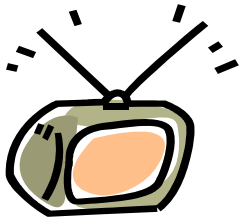
Seniors who need help preparing their 2007 income tax documents can get assistance **free of charge** through the Senior Center. AARP-trained tax preparer volunteers led by Tom Sifferlen are available to assist beginning **Monday, February 11**, and until mid-April.

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.

Food stamps are not welfare!

- You may be eligible for food stamps to help with the cost of groceries.
- You can even deduct most of your medical expenses from your income to help you qualify.
- Please call Debra Galloway at 978-443-3055 if you'd like more information or want help applying.



Television change

At midnight on February 17, 2009, full power broadcast stations will be required to stop broadcasting in analog format. That means that if you receive television signals through the air by antenna you won't be able to watch TV unless you have a digital set.

There are several ways to prepare for this:

- Buy a new TV that has a built-in ATSC tuner.
- Buy a digital-to-analog converter box.
- Subscribe to a cable TV or satellite TV service.

VCRs and DVD players are also subject to the effects of the analog cut-off date.

To help curb the cost impact for analog TV owners, the National Telecommunications and Information Administration (NTIA) and the U.S. Department of Commerce have developed a converter box program to allow analog TV owners to request coupons towards the purchase of a digital-to-analog converter box.

The coupons will be available from January 1, 2008 to March 31, 2009. All households

that own a TV using over-the-air analog reception are eligible. Coupons, which will look like plastic gift cards, will be redeemable through local electronic stores.

Households may request two \$40 coupons toward the purchase of digital-to-analog converter boxes by calling **888-DTV-2009** (1-888-388-2009) or on-line at www.DTV2009.gov, which also provides answers to frequently asked questions.

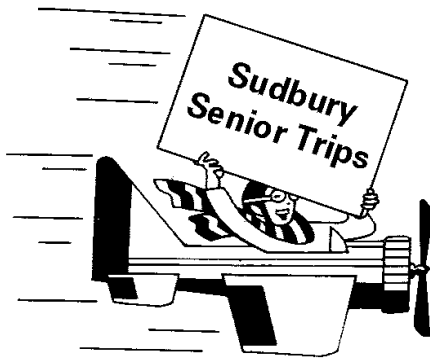
Coupons will be forwarded via U.S. mail.

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Cultural trips

Tuesday, March 25: The British Museum at Yale University a docent guided tour featuring paintings by Reynolds, Constable, Turner, and Stubbs. After our tour we will go to Abate in the heart of New Haven's Italian district for a buffet lunch before returning to Sudbury. The cost is **\$55**. Trip size is limited to 26. *Sudbury residents only until Feb. 18*, then open to all. Leave promptly at 9:00 AM, return approx. 5:30 PM.

Wednesday, April 23: *Blithe Spirit* at the Trinity Repertory Theater in Providence to see Noel Coward's comedy. We will return to the Old Canteen on Federal Hill before the show for lunch. You will rave about both the restaurant and the theater. Leave promptly at 11 AM, return approx 5:30 PM. The cost is **\$65**. Trip is limited to 26. *Sudbury only until March 17*; thereafter open to all.



Winter still has a long way to go but where will we put all the snow? If you are lucky you won't have to worry, as you will be down in sunny Florida. Our **Snowbird Escape March 2-16** will arrive at the Dolphin Hotel on beautiful St. Petersburg Beach. The trip will include many day and evening excursions (see trip flyer in trip rack) and time to enjoy the pool right on the beach and the shops directly across the street. The cost is **\$1,849 pp.** If you have not signed up and are interested pick up a flyer at the Senior Center and call me at 978-443-8320.

Note: Checks for all trips should be made out to: *Sudbury Senior Trips* unless otherwise noted. At this time we are taking payments for all one-day trips through the June 10 trip and the deposits for the multi-day trips to South Dakota and the Mediterranean. Trips leaving from July through the end of the year can be paid for after April 1.

Booklets for all 2008 trips are available at the Senior Center. Pink registration forms for one-day trips need to be filled out in full for your first day trip of 2008. After that we just need a pink form with your name, telephone and the name of a previous 2008 trip. Registration forms must be filled out individually for all multi-day trips.

For all one-day trips, please include your meal choice (if applicable) on the memo line of your check and the name of the trip at the top of your check.

Foxwoods, Monday, February 4: The trip will leave promptly at 7:45. Please be at the Center by 7:30. Arrival home will be approximately at 5:30. Cost **\$19.** Call to check for space available on this trip. The remaining Foxwoods trips (May 5, August 4 and November 3) may all be paid in full at this time.

Correction to our 2008 Trip brochure: Our **Irish Cabaret** trip at the Venus De Milo in Swansea will be **Tuesday, March 11** (not Monday). The trip cost is **\$64** and includes a choice of corned beef and cabbage or baked haddock, vegetable, bread, dessert, coffee or tea. The show will feature the well known Irish comedian Noel V. Ginnity, singer Paul Hennessey (one of the original three Irish tenors), and the Dublin Traditional Irish Dancers. Bus departure is at 10:00 AM and Return is approximately 5:00 PM.

Mohegan Sun Arena to hear **Michael Amante Tuesday, April 15:** This performer has been called the "the next Mario Lanza" and the "golden-voiced tenor". He is so versatile he can sing in five languages. Cost is **\$67** and includes the show, full casino package (including lunch and betting coupon) and transportation. Departure time is 7:45 AM with return about 5:30 PM

The Producers, Wednesday, May 14 at the Northshore Music

Theatre, cost **\$63** This show won 12 Tony awards and was hailed as "a sublimely ridiculous spectacle that will leave you delirious." by the N.Y. Times. Lunch is on your own at a Northshore Mall. (You may sneak in a little shopping, if you wish). Departure is at 10:15 with return about 5:30.

South Dakota, May 19 to May 23: See Mt. Rushmore, visit the Badlands, Deadwood, Custer State Park and more. The trip cost includes nine meals and insurance. What better place to feel the American spirit! Total cost is **\$1,499** with a \$250 deposit due ASAP. Please be sure to fill out the registration *on the flyer*. We'll copy it so you can keep your flyer intact. Departure and return times to be announced at a later date.

Mediterranean Cruise, November 8-15 8 days/7 nights aboard the Royal Caribbean's *Voyager of the Sea*. We need a **\$250** deposit and our highly recommended insurance fee (separate checks please) ASAP! Pick up a flyer at the Center. The cost has gone up since our brochure but it is still an excellent bargain. The cost includes transportation to and from Logan airport. (Call for details.) We will be cruising from Barcelona, Spain to Nice, France; Florence, Pisa, Naples and Capri, Italy; Palermo, Sicily and back to Barcelona. The registration form on the rear of the flyer **must be filled out in full with your name exactly as it appears on your passport.** Cut it off or have it copied to be included with your deposit check and/or your insurance check.

Carmel

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

Van Transportation: This door-to-door, handicapped accessible service is available **Tuesday** through **Friday** from **8:30 AM** to **3:30 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 \$2 one 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. Leave your request on the answering machine, and the coordinator will call you.

Sudbury Senior Access: Subsidized taxi rides from Sudbury to any contiguous town. Books of coupons worth \$25 in rides are for sale for **\$12.50** at the Senior Center. Rides are available 5:30-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 medical equipment, the Senior Center may provide the item on loan. We welcome donations of equipment that is no longer needed.

COUNSELING

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

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

S.H.I.N.E. (Serving the Health Information Needs of Elders): Free consultations about your health insurance concerns, including coverage questions, difficulty with claims, and the changes in Medicare, **Thursdays 9-12**. Please call to make a **free** appointment.

IN-HOME SERVICES

Friendly Visitor Program: Seniors who can't get out to socialize are matched with a volunteer for weekly informal visits.

In-Home Fix-It Program: Seniors who can no longer (or should not) do small repair tasks at home can get free volunteer assistance with small jobs around the house. Seniors will only be expected to pay for necessary parts and materials.

Grocery Shopping: A volunteer shopper will make weekly visits to the store, and assist the senior in putting away the groceries. Seniors pay only for the food.

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

Lock Boxes: The Senior Center can supply lock boxes at no cost to Sudbury seniors. These are small safes containing a key to the house. Volunteers install the boxes at **no charge**. A donation of **\$60** may be given to purchase a lock box for a senior who cannot afford one.

NUTRITION

Meals on Site: A full lunch is served at the Senior Center on Tuesdays, Wednesdays and Fridays at noon. Please call to make a reservation **at least 24 hours in advance**. Menus can be found each month in the *Sudbury Senior Scene* or by calling **978-639-3278**.

Home Delivered Meals: A hot mid-day meal can be delivered to seniors who can't get out. The drivers also check on the well-being of the senior recipient. A voluntary donation of **\$2.00** a meal is requested.

A monthly publication from the

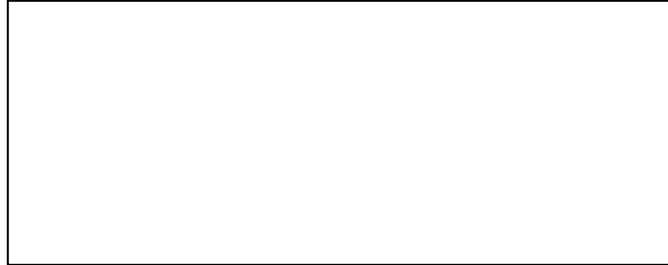
SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

40 Fairbank Road
Sudbury, Massachusetts 01776-1681

on the web at:

<http://senior.sudbury.ma.us>

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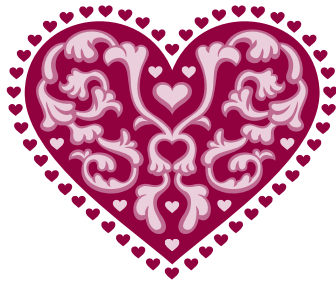
Senior Center hours: Monday through Friday, 9 AM to 4 PM/Van Service Hours: Tuesday through Friday, 8:30 to 3:30

General Information Line: 978-639-3275

Menus: 978-639-3278

Trip Information: 978-639-3277

Cancellation Line: 978-639-3276



Valentine's Day Luncheon

Wednesday, February 13
12:00-2:00



Menu: Chicken breast, potatoes, vegetables, romance gelatin salad and birthday cake

Entertainment by Patty Carpenter,
featuring jazz, swing, show tunes and sing-a-longs
from the 1910's through the 1950's.

Students from the Curtis Middle School will help serve the luncheon and treats.

Cost: \$4.00



January and February birthdays will be celebrated.
Reservations are required: call 978-443-3055.

