

British Romantic Poetry
Fridays, January 9, 16, 23, and 30
1:00-2:30

In their writings, five great poets of English Romanticism (c. 1780-1830) expressed a sensibility that shaped the development of the modern era. The moods, methods and style vary widely, from personal, poignant efforts to recover past life and discover its enduring value to keen social awareness and criticism to meditations on the soul and yearnings to transcend loss and pain.

Explore the Romantic poets in detail this month with Dr. Eugene Narrett. Dr. Narrett's Robert Frost class this past fall was very successful, and he returns by acclaim.

Here is the schedule:

January 9: Samuel Taylor Coleridge (1772-1834), "Frost at Midnight"; Percy Bysshe Shelley (1792-1822), "Mutability" (1816)

January 16: William Wordsworth (1770-1850), "Ode: Intimations of Immortality..." (1797; 1804)

January 23: William Blake (1757-1827), "The Chimney Sweeper" *Books of Innocence and Experience* (one version in each "Book"); time permitting, Blake, "The Garden of Love" (1794)

January 30: John Keats (1795-1821), "Ode to a Nightingale" (1819); time permitting, "Ode on Melancholy" (1819)

The poems are subtle investigations of how the act of experiencing, describing and representing art can be a vehicle of spiritual and political reformation. Above all they are loving meditations on and appreciations of nature, its seemingly human intimacy and beauty, its transient changes and beautiful indifference. The soul, the seasons, a remembered school day, a walking tour find and archetypal quest myths resonate with attempts to celebrate life vividly imagined. Pervading the texts is the characteristic Romantic attempt to invite the reader into a life-changing dramatic experience via a work of art. This course offers in-depth, college level analysis

Dr. Narrett has an MA and PhD in English and Comparative Literature from Columbia. He has taught at Cambridge College, Boston University, and Bentley among others, and was a consultant to the National Council on Teacher Quality.

The cost will be **\$35** for the four-week series or **\$10** for individual sessions.

INSIDE THIS ISSUE	
Clarence Darrow	2
Space heater swap	2
Metropolitan Museum series	3
Internet list	3
Chair yoga	4
My Life/My Health reunion	4
Subscriptions due	4
Medicare	4
When it's too hard to let go	5
Calendar	6
Menus	7
Movie: <i>Mamma Mia</i>	7
Legal clinic	8
Coming attractions	8
Brownie visit	8
Sand buckets	8
Soup's On: Communication	9
Bridge lessons	9
Cancellation policy	9
Trips	10
Services	11
Birthday lunch	12

Clarence Darrow

A One-Man Show

Tuesday, January 13, 1:00
(Snow date Wednesday, January 14, 1:00)

Starring Richard Clark



Clarence Darrow, lawyer, was one of this century's greatest champions of labor and the poor. His courtroom exploits in the Scopes "monkey trial" and the Leopold and Loeb case, as well as his passionate pleas for social justice and against the death penalty made him a hero to millions.

This play by David Rintels features intense courtroom drama and comic relief as it highlights Darrow's life and times. From his youthful innocence in small town Ohio to his later prominence in the national press, this presentation is a roller coaster ride into the heart and mind of a complex American character.

Darrow will be brought to life by Richard Clark, a professional actor who has worked on the New York stage, on film, and in television, including roles on *As the World Turns* and *Saturday Night Live*.

This performance is offered at **no cost** due to a grant from the Sudbury Cultural Arts Council.



Space heaters

Here are a few of the dangerous and outdated space heaters retrieved from the homes of Sudbury seniors in a swap for a new, safer space heater. They have frayed wires, lack a tip-over cutoff switch, or are otherwise unsafe. Space heaters are responsible for more than 25,000 house fires each year!

If you want to swap your dangerous space heater for one of ours, call 978-443-3055 for details. If your heater qualifies, we'll bring you a new one and take away the old one, as well as give you a sheet of tips on space heater safety. (To participate you must be age 60 or older, live in Sudbury, and have a space heater that is old enough or hazardous enough to warrant a swap.)

The space heater swap is offered free of charge through the generosity of HOPEsudbury, and the actual evaluation of the old space heaters and the swap is done by the Senior Center Fix-It volunteers. Thanks to all!

COUNCIL ON AGING

CHAIRPERSON:

Patrick Mullen

BOARD OF DIRECTORS:

Barbara Bahlkow

John Beeler

Elizabeth David

Marilyn Goodrich

Susan Kasle

Hale Lamont-Havers

David Levington

Mary-Lee Mahoney-Emerson

SUDBURY SENIOR CENTER STAFF

DIRECTOR

Kristin Kiesel

ADMINISTRATIVE ASSISTANT

Claire Wigandt

INFORMATION AND REFERRAL

Debra Galloway

RECEPTIONIST

Jean Taylor

SENIOR COMMUNITY WORK PROGRAM COORDINATOR

Peg Whittemore

S.H.I.N.E. COUNSELOR

Kathleen Woehrling

SMOC MEALSITE MANAGER

Debbie Peters

TRIP COORDINATOR

Carmel O'Connell

VAN DRIVER

Linda Curran

VOLUNTEER

COORDINATOR

Ed Gottmann

PUBLIC HEALTH NURSE

Linda Sullivan

MISSION STATEMENT

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

ads



Metropolitan Museum of Art
Mondays, January 5-March 16
2:00

The Metropolitan Museum in New York houses one of the premiere collections of art from around the world, including items from Greece, Rome and Egypt, European painting and sculpture, American art, and items from Africa and Oceania.

Join us for a visual tour of the museum on DVD through disks from The Teaching Company. The presenter is Dr. Richard Bretell of the University of Texas. Dr. Bretell has a PhD from Yale.

We'll see 18 of the 24 lectures in the series, two at a time. The series is **free**. Please call to let us know you are coming. Thanks to Alice Byington for the use of her disks!

January 5: The art of Greece and Rome; Egyptian Art

continued on page 8



Internet list

Would you like to be on our Internet mailing list? This new feature will provide news about upcoming events at the Senior Center, helpful information and tips about programs and services for seniors, and will provide a link to the latest issue of the *Sudbury Senior Scene* newsletter as soon as it is available. This on-line version will be in color, has links you can click to get to other web pages, and has no advertising.

To join, go to: <http://sudbury.ma.us/services/SeniorCenter/mailing.asp> and type in your email address. Then click on "View subscription status". Fill out the information boxes, and be sure to check the little white box in the green area that says "Subscribe to **Senior Center – General Information**". Next, click on the tan box that says "Save Subscription Preferences". That's it; you are subscribed.

You can also take yourself off the list at any time by going to: <http://sudbury.ma.us/services/SeniorCenter/mailing.asp?Action=SubscriptionCancelRequest>



Chair Yoga

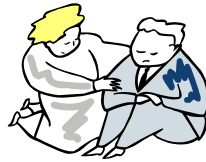
**Thursday, January 8-
February 25
9:00-10:00**

Chair yoga is an eight-week session for first-timers, seniors, and people living with special challenges, such as limited mobility or recent surgery.

The class will include a variety of yoga poses, both sitting and standing with a chair assist, all aimed at helping participants increase their flexibility, strength, balance, mobility, and circulation as well as reducing stress.

Chair yoga encourages proper breathing and improved posture. Meditation and relaxation techniques will also be included.

The teacher will be Leslie Worris, who also leads our popular Better Balance classes. The cost will be **\$50** for the series.



**My Life/My Health
reunion**

**Tuesday, January 6
9:30**

If you were a member of our fall 2008 My Life/My Health class, please join us for a reunion to celebrate successes, brainstorm helpful ideas for coping with challenges, and catch up on all the news from your classmates.

The reunion is **free**.

**You can still change
your Medicare plan**

Between January 1 and March 31, you can make one change in your Medicare health plan. People with Original Medicare can join a Medicare Advantage Plan (such as a Medicare HMO, Medicare PPO, or Medicare PFFS) or switch between Medicare Advantage Plans. People in a Medicare Advantage Plan can return to Original Medicare.

(You cannot add or drop your Medicare prescription drug plan during this period.) After March 31, most people will not be able to make any changes until the next open enrollment period in fall, 2009, effective January 2010.

If you are a member of Prescription Advantage, you have one additional chance to change your Medicare prescription drug plan at any time during the year. This program will continue to help with the costs of Part D plans, but there are a number of changes in 2009. You should already have received notice of these changes. There will be presentations at several senior centers in our region in January to provide more information and to answer your questions. Prescription Advantage will be mailing you a schedule of these presentations.

If you have MassHealth or if you qualify for "Extra Help," you can change your Medicare prescription drug plan every month.

If you are first becoming eligible for Medicare, or if you lose your current health insurance, special rules apply.



Out-of-Town Subscribers

Keep the *Sudbury Senior Scene* coming to your mailbox throughout 2009. A paid subscription costs **\$7.00** for all eleven issues. (The price has risen due to the rising cost of postage.) Please write a check payable to **Friends of Sudbury Seniors** and mail it with the coupon below to: *Sudbury Senior Scene*, Sudbury Senior Center, 40 Fairbank Road, Sudbury, Massachusetts 01776

Name

Address

City

State

Zip Code

Please note that free copies of the *Sudbury Senior Scene* are usually available at the Senior Center.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

When it's too hard to let go

She goes out to do her shopping but when she gets home she navigates through piles of newspapers, old mail, containers and bags of assorted "stuff" to get to the kitchen. She has only a small amount of floor space in the kitchen to put down the groceries. She hasn't had friends over in a long time (since her husband died). Before that, she did save some things but her husband helped her to discard a lot of it. Now she is on her own and doesn't have the ability to let go of anything.

This woman manages her ordinary life activities fine, but her piles of clutter are closing in. She recognizes that something isn't right but feels overwhelmed with the task of trying to sort out what's important. The accumulation of things in her home has begun to increase her risk of falling and the risk of fire in her home and it would make it difficult for emergency personnel to enter her home should they need to.

Saving too many things (hoarding) is a complex phenomenon frequently but not always associated with obsessive-compulsive disorder, impulse control disorder, depression and/or anxiety. For people who can't let go of things, it may be that decision-making is difficult, that they have formed an attachment to their things, and/or that they have a hard time organizing and therefore difficulty identifying which things need to be discarded. It is important to realize that it can be extremely difficult for these "savers" to change their habits.

Researchers believe that cognitive behavioral therapy can be a help. A trio of New England researchers has published a book outlining the twenty-six week therapeutic process they have designed to help with hoarding. It is called *Buried in Treasures: Help for Compulsive Acquiring, Saving and Hoarding* by Randy Frost, Gail Skeketee and David Tolin. The process includes cognitive behavioral therapy techniques which help the person in a step by step manner to practice discarding things while not acquiring more.

If you recognize a loved one (or yourself) in this scenario, there are resources available. Please contact Debra Galloway, Information and Referral Specialist, at (978) 443-3055 or gallowayd@sudbury.ma.us for more information.


Sources: *Boston Globe* – "Buried Alive", April 2, 2007
Obsessive Compulsive Foundation – www.ocfoundation.org
Institute of Living – Hartford Hospital – www.instituteofliving.com.

ads



JANUARY 2009



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Senior Center closed 1	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
5	6	7	8	9
9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (7) 2:00 The Metropolitan Museum: Greece, Rome, Egypt	8-9:00 Parmenter Clinic 9:00 Cribbage 9:30 My Life/My Health Reunion 12:00 Lunch 12-1:00 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 11:00 Fit for the Future 12:00 Lunch 1:30 Trip Meeting for One-Day trips	9-12 SHINE 9:00 Yoga (1) 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: Communication in Relationships	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(10) 1:00 British Romantic Poetry (1)
12	13	14	15	16
9:30-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 1:00 Balance (8) 2:00 The Metropolitan Museum: Asian and Islamic Art	8-9:00 Parmenter Clinic 9:00 Cribbage 10:00-12:00 Legal Clinic 12:00 Lunch 12-1:00 Parmenter Clinic 12:30 Bridge 1:00 Clarence Darrow	8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Birthday Lunch with the Brownies 1:00 Clarence Darrow (snow date)	9-12 SHINE 9:00 Yoga (2) 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Mamma Mia</i>	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 (11) 1:00 British Romantic Poetry (2)
M. L. King Day 19	20	21	22	23
 <i>Center closed; no van</i>	8-9:00 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 12-1:00 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 Lunch 12:30 Quilting Studio 1:30 Trip Meeting for Multiday trips	9-12 SHINE 9:00 Yoga (3) 9:30 Tap Class 9:45 Thursday Crafters 3:00 Friends	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 (12) 1:00 British Romantic Poetry (3)
26	27	28	29	30
<i>Van trip to Walmart</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 2:00 The Metropolitan Museum: European Painting	8-9:00 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 12-1:00 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 Lunch 12:30 Quilting Studio	9-12 SHINE 9:00 Yoga (4) 9:30 Tap Class 9:45 Thursday Crafters	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 British Romantic Poetry (4)

LUNCH MENUS

A full lunch is served at the Sudbury Senior Center at noon on Tuesdays, Wednesdays and Fridays. A voluntary donation of \$2.00 per meal may be made. Please call at least 24 hours in advance to make a reservation.

TUESDAY	WEDNESDAY	FRIDAY
December 30	December 31	January 2, 2009
Tuna Cake/Lemon Sauce Rice Pilaf Tahitian Veggies Peaches	Kale Soup Chicken/Lemon-Dill Sauce Whipped Potatoes Fresh Fruit	Roast Turkey/Gravy Mashed Potatoes Winter Squash Muffin
January 6	January 7	January 9
Ziti/Meat Sauce Carrots Italian Bread Fresh Orange	Split Pea Soup Salisbury Steak/ Jardinière Gravy Mashed Potatoes Pears	Baked Fish/ Newburgh Sauce Rice Pilaf Summer Blend Veggies Peaches
January 13	January 14	January 16
Beef Burgundy/ Mushroom Gravy Egg Noodles Peas Applesauce	<i>Birthday Lunch</i> Stuffed Pepper / Tomato Sauce Italian Veggies Birthday Cake	Macaroni and Cheese Stewed tomatoes Broccoli Fresh Fruit
January 20	January 21	January 23
Sloppy Joes Brown Rice Corn Mandarin Oranges	Seafood Creole/ Rice Tossed Salad Pineapple	Lentil Kale Soup Roasted Chicken/ Coq au Vin Sauce Sweet Potatoes Mixed Fruit
January 27	January 28	January 30
Mushroom Soup Baked Chicken/ Marsala Sauce Mashed Potatoes Peaches	Broccoli Bake Brown Rice Stewed Tomatoes Butterscotch Pudding	Chicken Strip Cacciatore Penne Broccoli Fresh Orange

Movie and pizza



Mamma Mia
Thursday,
January 15
1 hour 48 minutes

Pizza: 12:00
Movie: 12:30

Donna, a single mom, owns a hotel on an idyllic Greek island. She is planning her daughter Sophie's wedding. The guest list includes her two lifelong best girlfriends and, unbeknownst to her, three secret guests of her daughter, who is trying to learn who her father was. Over the course of a day, new love will bloom and old romances will be rekindled on this lush island full of possibilities.

Starring Meryl Streep, Pierce Brosnan, Colin Firth, and music from the Swedish group Abba.

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 (**\$1.25** per slice).

Metropolitan museum, contin'd from page 3

January 12: Asian art; Islamic art

January 26-February 2:
European painting parts I-IV

February 9: European sculpture;
Africa and Oceania

February 23: The ancient New
World; costumes and textiles

March 2: American art

March 9: 20th century art

March 16: The Robert Lehman
collection



Legal Clinic

Elder Law Attorney Denise Yurkofsky will provide **free** twenty-minute consultations here at the Sudbury Senior Center on **Tuesday, January 13** from **10:00 to noon**.

It is necessary to make an appointment, by calling 978-443-3055.

Plastics collection Saturday, January 10

The Earth Decade Committee will hold a plastics collection **Saturday Jan. 10, 2009** from **10 AM to noon** at the Curtis Middle School.

Styrofoam packaging material, CDs and 6-pack rings will be accepted. Please do not include packaging peanuts. There is no charge for members of the Committee, but a **\$5.00** charge for non-members.



Coming soon to a Senior Center near you . . .

(. . . actually, here in Sudbury!)

Tuesdays, February 17- March 24:
Walt Whitman, the poet, with Stephen Collins (you may remember him from Senator Pam Resor's event last spring)

Wednesday, March 11: Films and recordings of a **Mardi Gras** Celebration with Musician John Clark

Monday, March 23: **Brahms**, with pianist Alice Wilkinson

Tuesdays, April 7, 14, 21, 28:
Religion and Politics in America with Professor Larry Lowenthal

Thursday, April 16: Another **Men's Breakfast** starring chefs Joe Bausk and Barry David

Saturday, May 2: **Sudbury University, The '30s:** Three classes and lunch centered around the decade of the 1930s; save the date!

Tuesday, June 9: **A walking event** with the Walk 'n Mass Volkspport Club

We're also hoping to have a class in philosophy in May or June, one on economics, another art session or two, more poetry with Dr. Narrett, as well as a few surprises. More details about these events, as well as more trips, celebrations, parties, and other classes will be printed in upcoming issues of the *Sudbury Senior Scene*.

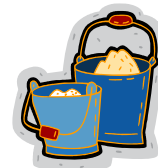


Brownies

The Loring School Brownie Troop 72485 is working on a badge about manners, and they will join us for our birthday lunch at noon, **Wednesday, January 14** (see the back page for details about the lunch).

The first-graders will bring a bag lunch to eat along with us, and will practice their manners, including the proper way to make introductions, make conversation, and other social skills. They will also offer to make a craft after lunch with anyone who is interested.

There is no charge for working with the Brownies, but please remember to make reservations by calling 978-443-3055 by 10 AM Tuesday, January 13 so the girls know how many to prepare for.



Got grit?

Help prevent falls by sprinkling your walks and driveways with sand from our sand bucket service.

We'll deliver a five-gallon bucket of sand, with lid, for your use . . . or refill your bucket if you've used up the sand from your first delivery.

For details, call 978-443-3055.



**Soup's On:
Communication in
relationships
Thursday, January 8
Soup at noon, talk at 12:30**

People in close personal relationships such as spouses, partners, and families, sometimes have misunderstandings that can lead to hurt feelings, conflict, and reduced feelings of closeness.

This 1 ½ hour workshop will use role play and discussion to improve communication and improve harmony and companionship. The session promises to be a lively mix of fun and learning.

The speaker will be Linda Sullivan of Parmenter Healthcare, who is Sudbury's Public Health Nurse funded through the Board of Health.

The event is **free** but we must know how many people to prepare food for, so advance registration is required by calling 978-443-3055.

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.



Bridge lessons

We will offer a new twelve week series of bridge lessons for intermediate level players Wednesdays beginning February 11, with Sally Sack. Watch for details next month!



Winter cancellation policy

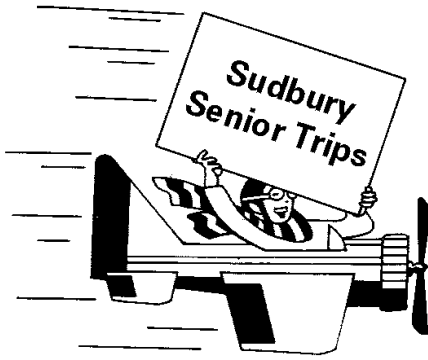
On days when the Sudbury public schools are cancelled due to bad weather, we will be open but all Senior Center programs and services will be cancelled, including van trips and meal delivery.

We have a special cancellation line. If you are in doubt as to whether your trip or event at the Senior Center is cancelled, call **978-639-3276** to listen to a recorded message about the day's cancellations.

Help wanted!

From time to time, we need a substitute driver for the Senior Center van. The van picks up seniors and people with disabilities at their homes and drives them to destinations in and near Sudbury. Help is needed for single days and for one week at a time. If you are interested, call Kris Kiesel for more information.

ads



I hope you all had wonderful holidays and I know you have been anxiously waiting for the enclosed trip brochure. I must confess that it has taken a lot of deep and hard thinking to come up with things that we have not already done before. I almost think that it is just about time to start doing some old favorites again.

Florida: I am sorry to have to say that we have had to cancel our annual Florida Trip. There just was not enough interest to be able to make it a success. However, I hope that you will find the rest of our 2009 trips to your liking. I have booked most of our day trips with *Best of Times*, a really great and accommodating company that is willing to pick up any number we have even if we do not fill our bus quota of 40. That means that we will not have to cancel a trip if it is a few people short. I have also booked some of our multiday trips with this company for the same reason.

This year I am making a few changes in the manner in which we book our trips. It is as follows: all one day trips that depart between now through June can be booked during January if you wish. Sudbury seniors only

can book until January 11 and out-of-towners are welcome to book after that. If out of town checks come in early, we will just hold them until January 12. (So do not worry that you may not be following the "Sudbury Rule".) So far this is not a change from past years.

The change we are making is that we are going to allow you to pay in February for any **one day** trips that leave from July through the end of the season. The first two weeks will be for Sudbury and then our out-of-towners are welcome to book after that. The reason for the change is that if we wait too long to start our bookings, we may get poorer seating. As the saying goes "The early bird gets the worm".

As you know I also offer bus seating to you the same way: "First paid, first seat choice".

This change does not apply to multiday trips. Since they are open to all Senior Centers, these trips **MUST** have their deposits in by the dates listed on the flyers or they may be sold out before we can book our spaces. For this reason, multiday trips are open to both Sudbury and out-of-towners at the same time. Insurance is always advised with these and some are sold with the insurance built in. I will indicate by an * which multiday trips are not just ours alone.

I am also going to ask you to "Please, Please" fill out the pink sign-up sheets for the first day trip that you sign up for in 2009. Sometimes your information

may have changed such as emergency contact name or telephone, and it also makes it much easier to fill out our trip spreadsheets. After your first day trip you can just write at the top of a pink slip your name and phone number and the words "see (and name the previous trip you registered for)".

Please do not presume that we have this important information if you went on a trip in 2008 or 2007 or earlier years.

Trip Meetings: I am planning to have two trip meetings in January. The first one will be for explanations and questions regarding **single day trips**. This will be on **Wednesday, January 7** at **1:30**. The second will be for explanations and questions regarding **multiday trips** on **Wednesday, January 21** at **1:30**.

Foxwoods 2009: As usual, there will be four Foxwoods trips this year: **February 2, May 4, August 3** and **November 2**. All the details of these trips remain the same as last year. You may pay for all four Foxwoods trips in January if you wish.

Happy New Year to you all,

Carmel

Worcester Art Museum

Sneak preview: The Cultural trips group will go to the Worcester Art Museum and to lunch toward the end of February. The Museum is acclaimed for its collections of [European painting, prints, photographs and drawings](#); [Asian art](#), and [Contemporary art](#). Details coming soon; click on the links for more.

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

Van Transportation: This door-to-door, handicapped accessible service is available **Monday through Friday from 9:00 AM to 3:30 PM**. On the last Monday of the month we provide transportation to a shopping location outside of Sudbury. Call the Senior Center by 9:00 AM to schedule a ride for that day. The van travels within Sudbury and to some destinations close to Sudbury's borders. The cost for in-town trips is **\$1.00** each way, and \$2 each way for out-of-town trips.

F.I.S.H. (Friends in Service Helping): Volunteers drive clients to medical appointments. Call **978-443-2145** one week in advance. 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 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, the Senior Center may provide the item on loan. We welcome donations of equipment that is no longer needed.

CONSULTATION

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

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

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

IN-HOME SERVICES

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

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

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

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

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

NUTRITION

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

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

A monthly publication from the

SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

on the web at:

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

Return Service Requested



U.S. POSTAGE
PAID

Sudbury, MA
PERMIT NO. 141
PRESORT STANDARD

Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

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

General Information Line: 978-639-3275

Menus: 978-639-3278

Trip Information: 978-639-3277

Cancellation Line: 978-639-3276

*If you are a Sudbury senior (aged 60 or older) and
were born in the month of **January**, be our guest!*

Monthly Birthday Luncheon

Wednesday, January 14

12:00-1:00

Join our regular Wednesday lunch bunch.

If you were a **January** baby,

the **meal and cake are on us.**

(For the menu, see page 7)

Call 978-443-3055 to **RSVP by 10:00 AM January 13.**

(No meal will be available without reservations.)

Not born in January? No problem!

Reserve by 10:00 AM January 13,

and you can have lunch for a donation of **\$2.00.**