



Confessions of a Late Night Radio Host: The Media, the Message, and Morality

Monday, January 25, 2:00
(Snow date Thursday, January 28)

If you're up in the wee hours of the morning and listening to WBZ radio, you've heard Jordan Rich's smorgasbord of guests and topics, ranging from the arts, history, and health to pop culture, sports, and issues of the heart and soul. He has interviewed hundreds of best-selling authors, international film and television stars, musicians, entertainers, leading health care practitioners and local celebrities.

Join us to hear Jordan talk about his career and what he has learned over the years. He will discuss media trends, the responsibility that broadcaster have to their audiences, and the role that listeners play in their relationship to the media.

Jordan is known for his ability to connect with his late-night family of listeners from around the country in a positive, supportive manner, with an added dose of humor and fun.

The cost for this talk will be **\$10**; because we expect the program to be fully enrolled and we must limit audience size to 50, we ask that you pay as you make your reservation.

THE INSIDER *(some quick notes)*

Out of town subscribers: you can get your newsletter free on line (see page 9 for more) or you can subscribe for \$7.00 (see page 4) to get a copy in the mail.

Flu news (or lack thereof): John Auerbach, Commissioner of the Department of Public Health notes that unlike the H1N1 vaccine, most of the seasonal flu vaccine is paid for by private companies such as pharmacy chains, which order their supplies directly from the manufacturer. Price and distribution are not overseen by the government. When supplies become available to the Sudbury Board of Health, we will hold a clinic here at the Senior Center. Watch your newspaper for announcements.

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European Art Part II

Wednesdays, January 27-February 24, 1:30

Join Dr. Donald Oasis for an illustrated discussion of the works of Rembrandt, Claude, El Greco, and Brueghel. We will compare Poussin and Claude as advocates of the French neoclassical style, and El Greco and Velasquez as Spanish painters. The emphasis will be on the subject and style of each painting rather than on the painterly technique. Even if you weren't able to take Part I of this class this past fall, you are still welcome to enroll for this series.

Participants will be provided with handouts. The cost for the five-session class is **\$30**. Each class will last about 75 minutes. The class size is limited to 50. Registration is accepted with payment.

A **makeup session** for those who missed the class December 9 will be held **Wednesday, January 20**.

Coming in February. . .

History of Western Philosophy: Ancient, Medieval and Modern

Mondays, February 1, 8, and 22 at 1:30

In this mini-series on the History of Western Philosophy, we shall explore the origins of philosophy beginning with its embryonic origins in physics, religion, and myth. We will then continue to examine the Athenian world of Socrates, Plato, and Aristotle. In the second session, we'll cover how philosophy became the "handmaiden" of theology in the medieval period, including a discussion of Boethius, Moses Maimonides, and St. Thomas Aquinas. Finally we shall discuss the modern trajectory of philosophy, beginning with Descartes, Hume, and Kant and continuing through to philosophers who put into question the very project of philosophy.

Professor Jason Giannetti received his B.A. degree from Binghamton University, a Masters of Theological Studies from Harvard Divinity School, and a Masters of Near Eastern and Judaic Studies from Brandeis University. He has a Juris Doctor degree from Boston College Law School. Currently, he teaches at Regis College in Weston, Massachusetts.

The cost will be **\$25** for the series or **\$10** a class paid individually. Because Dr. Gianetti is very popular, early enrollment is recommended!

This program is offered in partnership with Sage Educational Services.

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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



New transportation option!

Do you want to go to Price Chopper and/or Market Basket to get your groceries? You can ride to each one once a week beginning in January if you are 65 or older, or younger than 65 with a disability.

This new service will be operated by the MetroWest Regional Transit Authority (MWRTA) through its contract with Busy Bee Transportation. The vans will take 8-9 people on each trip, for a round-trip cost of **\$2.00**. You will have an hour and a half at the destinations, and can return with as many as five bags of groceries.

There is a simple application to fill out. We have them here, or we can come to your home to help you enroll. Once you are registered with the system, you call the MWRTA at **508-820-4650** to reserve a ride. You should call at least two business days in advance, but if you know you want to go every week you can subscribe and claim your space. Of course if you find you can't go, you'll need to call and cancel.

The vans will go if at least three people sign up for any given trip. If trips are canceled, you'll get a call. That's it! Enjoy!

Medical rides with FISH Volunteers

If you need to get to a doctor or medical treatment and have no other way to get there, please consider using our F.I.S.H. volunteer service. This service is for adults of any age, but it is for Sudbury residents only, to be used when other options like family and friends are not available.

The rides are free! But since drivers use their own cars, we just ask that you pay for tolls and for parking. Please note that even if the driver has one of those Fast Lane transponders in the car, he or she still has to pay tolls. They are deducted from the driver's bank account electronically.

How it works: call the F.I.S.H. answering machine at 978-443-2145, and leave your name, telephone number, and brief details of your appointment. Within 24 hours a F.I.S.H. coordinator will call you back, get a few more details, and let you know when you will hear from the volunteer driver.

The volunteer will call you to make the final arrangements. In most cases the driver will take you to the appointment and wait there to bring you home again.

F.I.S.H. stands for Friends in Service Helping.



**Soup's On: Pelvic Health:
Talking about the Taboo
Thursday, January 14; 12:00**

Women, come hear a frank talk about incontinence, prolapse and pelvic pain, and, when dealing with bladder and bowel issues, what is considered normal as you get older.

Ingrid Botsis of the Pelvic Health Program at the MetroWest Wellness Center will be focusing on what things you can do to treat yourself and how physical therapy can help these conditions. Come with all your embarrassing questions that you can't ask anybody else.

Ms. Botsis is a physical therapist graduated from the University of the Witwatersrand, South Africa in 1997 with a BSc Honors in Physiotherapy.

For the last four years, Ingrid has worked at MetroWest Medical Center, heading up the Pelvic Health Program.

The program is **free**. Even if you don't want soup, please call to let us know you'll be here so we can set the room up for the expected audience.

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

Watercolor classes begin again in January

Get your creativity in gear with our popular watercolor classes taught by Cynthia Durost. Students learn a lot and have a good time, too. Class is limited to 16 participants, so sign up early. The first class will be **Friday, January 8.**

The cost for the series of 12 classes is **\$80.**



**Somebody call 9-1-1!
Tuesday January 12 at 10:00**

Do you know when to call 9-1-1? How do you know if you are faced with an emergency that requires such a call? What should you do if you need emergency help but can't speak? Why should you call 9-1-1 rather than drive yourself to the emergency room in the case of a heart attack or stroke?

Join Officer Nathan Hagglund of the Sudbury police department to learn all the ins and outs of 9-1-1. There will be a short video presentation, lots of chances to ask questions, and free stickers for your telephone will be given out.

The talk itself is **free**, but please do call 978-443-3055 to let us know you are coming.



⇒⇒⇒ **Out-of-Town Subscribers** ⇐⇐⇐

Keep the *Sudbury Senior Scene* coming to your mailbox throughout 2010. A paid subscription costs **\$7.00** for all eleven issues. Please write a check payable to **Friends of Sudbury Seniors** and mail it with this coupon 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. You can also get the newsletter **early** and **free** on line by subscribing to our mail list. Details on page 9.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Jazz Up Your January

So the stress and excitement of the holidays is over...you may have felt relief and some sadness as the holidays came to a close, and now you are in the dark, cold month of January with nothing to do.

But there are things to do! The holiday hustle and bustle may be over, but you don't have to look far for activities that will stimulate, activate and keep that holiday letdown at bay. With preparation and planning you can experience the joys of January. Use common sense when venturing out! Remember to sprinkle sand on your walkways – the Senior Center volunteers are ready to deliver buckets when needed.

One of the most effective ways to beat the post-holiday blues is to be active. Come to the Senior Center for Fit for the Future, balance class, yoga, or tap class (or take a class through Sudbury Parks and Recreation). Walk with a friend when the weather allows, or go to the mall. If it makes more sense to stay in, there are DVDs available with gentle exercises targeted to various levels of ability. While you are moving, you will be lifting your spirits, improving your health and decreasing your risk of a fall.
















Boost your spirits by trying something new. Join a group or class; at the Senior Center you can play bridge, make crafts, paint watercolors, or listen to a talk. Jordan Rich, late night radio host, will speak on January 25, the Sudbury Police will give valuable information on calling 911 on January 12. A class on Western Philosophy with Jason Giannetti will start February 1. Explore opportunities at our local area museums and music venues, such as the Danforth Museum in Framingham and the Center for the Arts in Natick.

Perhaps you would like to volunteer your time to a worthwhile cause. Many Senior Center programs would not function without our wonderful volunteers: the Fix-it program, FISH, and Shopping service are some of these. And there are many other volunteer opportunities in Sudbury and the Metrowest area.

Whether at home or out in the community, the key is to keep your mind stimulated and engaged and your body moving. For more ideas on jazzing up your January, contact Debra Galloway, Information Specialist, at (978) 443-3055 or gallowayd@sudbury.ma.us.

ads


JANUARY 2010


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|---|---|--|--|--|----------|
|               | | | | Center closed <i>Happy New Year!</i> <i>No van service</i> | 1 |
| 4 | 5 | 6 | 7 | 8 | |
| 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (5) | <i>No BP Clinics Today</i> 9:00 Cribbage 10:00 Yoga (7) 12:00 Lunch 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 Informal Quilters | 9-12 SHINE 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 Watercolors (1) | |
| 11 | 12 | 13 | 14 | 15 | |
| 9:30-2:30 I&R Hours 10:00 Stamp Club 11:00 Fit for the Future 1:00 Balance (6) | 8-9:00 BP Clinic 9:00 Cribbage 10:00 Yoga (8) 10:00 Somebody Call 911 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:30 Trip Meeting 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 12:30 Informal Quilters | 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: Pelvic Health | 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 (2) | |
| 18 | 19 | 20 | 21 | 22 | |
| M. L. King Day  <i>Senior Center Closed</i> <i>No Van Service</i> | Vote! 8-9:00 BP Clinic 9:00 Cribbage 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:30 Trip Meeting (<i>Snow Date</i>) | 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 Informal Quilters 1:30 <i>Makeup session</i> for European Art Part I | 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Julie & Julia</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 (3) | |
| 25 | 26 | 27 | 28 | 29 | |
| <i>Special Van Trip</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (7) 2:00 Radio Host | 8-9:00 BP Clinic 9:00 Cribbage 9:30 Bridge Conventions 10:00-12:00 Legal Clinic 12:00 Lunch 12-1:00 BP 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 Birthday Lunch 12:30 Informal Quilters 1:30 European Art II (1) | 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 2:00 Radio Host (<i>Snow Date</i>) 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 (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 |
|--|--|--|
| January 5 | January 6 | January 8 |
| Lentil Spinach Soup Stuffed Shells/ Tomato Sauce Broccoli Italian Bread Pears | Chicken Fajita Stir Fry Brown Rice Green Beans 7 Grain Bread Pineapple | Shepherds' Pie Corn Whole Wheat Bread Mandarin Oranges or Fresh Fruit |
| January 12 | January 13 | January 15 |
| Roast Pork/Tarragon Gravy Scalloped Potatoes Brussels Sprouts Whole Wheat Bread Snack Loaf | Cream of Vegetable Soup Meatloaf/Gravy Whipped Potato Rye Bread Fresh Fruit | Ground Beef Burgundy Egg Noodles Beets Multigrain Bread Strawberry Cup |
| January 19 | January 20 | January 22 |
| Lasagna with Tomato Sauce Spinach Italian Bread Pears | Cream of Sweet Potato Soup Baked Chicken/Gravy Broccoli Rye Bread Rice Pudding | Cheeseburger Casserole Salad Fresh Orange |
| January 26 | January 27 | January 29 |
| Leek Soup Broccoli Bake Stewed Tomatoes White Bread Peach Cup | Ground Beef Stroganoff/ Mushroom Gravy Mashed Potatoes Green Beans Whole Wheat Bread Chocolate Chip Cookie | Chicken/Lemon Piccata Sauce Brown Rice Peas Multigrain Bread Pineapple |

**Movie and pizza
Thursday, January 21**



Julie & Julia

2 hours 3 minutes

Pizza: 12:00

Movie: 12:30

Based on two true stories, *Julie & Julia* intertwines the lives of two women who, though separated by time and space, are both at loose ends until they discover that with the right combination of passion, fearlessness and butter, anything is possible.

Meryl Streep plays Julia Child in this Nora Ephron-directed movie. The film traces Child's time in France in 1949 learning about and eventually writing a book about French cooking. This portion is based on Child's memoir *My Life in France*.

The film also traces Julie Powell, a Texan living in Queens (played by Amy Adams), who spends a year trying out the recipes. This material is from Powell's memoir *Julie & Julia: 365 Days, 524 Recipes, 1 Tiny Apartment Kitchen*.

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



You can still change your Medicare plans

Between January 1 and March 31, you can make one change in your Medicare health plan. If you have Original Medicare, you can join a Medicare Advantage Plan (such as a Medicare HMO) or switch between Medicare Advantage Plans. If you are in a Medicare Advantage Plan, you can return to Original Medicare. You cannot add or drop prescription drug coverage during this period.

After March 31, most people will not be able to make any changes until the next Medicare Open Enrollment Period (November 15-December 31, 2010). However, if you have a special situation, (you first become eligible for Medicare, or you lose your current health insurance), then you do not have to wait.

In 2010, Prescription Advantage will not help with the cost of your premiums, but will still help with the cost of your drugs if you get into the "donut hole". Your Medicare drug plan will be sending you a premium bill each month. It is very important to pay the bill or you could lose your Medicare prescription drug benefits.

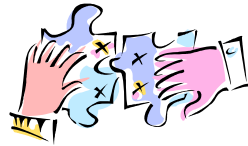
If you have MassHealth or if you qualify for "Extra Help" with your drugs, you can change your Medicare prescription drug plan at any time during the year.

If you would like help sifting through your health insurance options or have questions, call for a **free SHINE** appointment at 978-443-3055.



Bad weather policies

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



Women's Connection Tuesdays, January (call for dates) 11:00-noon

Connect with other women to talk about your personal life history and the world in which we live every other Tuesday morning.

The group is facilitated by Sudbury Social Worker Nan Foster, and the aim is to make the group fun and entertaining. Sign up in advance by calling 978-443-3055.



Legal Clinic Tuesday, January 26 10:00-12:00

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

Coming Events for 2010 . . .

The Senior Center has a great lineup of events and classes for the coming months.

Gary Hylander will return in April for a series of four talks on **Strikes** that helped shape American labor relations. Included: The Haymarket Square Riot, The Homestead Strike, The Pullman Strike, and Henry Ford and the UAW.

Steve Collins will be back in February to lead a course on **Demystifying Shakespeare**, looking at the bard's works from an actor's viewpoint.

We're actively pursuing a series on **World Opera**.

In partnership with the Wayside Inn, we'll be taking part in another community reading project focused on **local poets**.

Pat Mullen will return with a several-session series on **World War I**.

You won't fall asleep in our class on **Those English Gremlins**, to clarify many words that give us trouble, and learn how to differentiate confusing word pairs.

We'll offer our third **My Life/My Health** series, which focuses on living well with chronic health conditions.

Growing into Retirement: An evening series for people approaching retirement age to provide information and resources valuable to those who are new to Medicare and other challenges of living and aging.



Be in the know with our on-line mailing list!

Are our classes filled by the time you get your newsletter in the mail? You can get the jump on signing up if you enroll in our Internet-based information list!

You'll get each issue of the *Sudbury Senior Scene* newsletter by e-mail as soon as it is available (usually two or more weeks before it is delivered by the post office). The on-line version is in color, has links readers can click to get to other web pages, and has no advertising.

To join:

- Go to: the Sudbury town website at <http://sudbury.ma.us>
- At the very top left you'll see "Email lists"; click on that.
- Scroll down to: "Senior Center—General Information"
- Type your email address in the box
- Click on "View subscription status"
- Fill out the information boxes.
- Check the little white box in the green area that says "Subscribe to Senior Center – General Information"

- **Important!!** Click on the tan box that says "Save Subscription Preferences". ads

That's it; you are subscribed.

We won't share your e-mail with anyone.

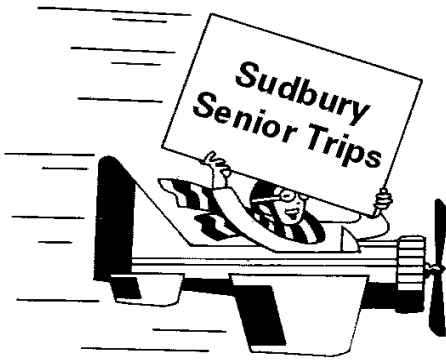
Readers can also take themselves off the list at any time by going to <http://sudbury.ma.us/services/SeniorCenter/mailing.asp?Action=SubscriptionCancelRequest>

Nursing home advocates needed

BayPath Elder Services is searching for individuals who are interested in volunteering a couple of hours a week to make a difference for residents of Long Term Care (LTC) facilities. Right now there are openings in Framingham, Marlboro and Northborough.

Mary Brooks, Director of the LTC Ombudsman Program would love to hear from you. She is looking for advocates to assist in resolving concerns of residents. The goal of the Ombudsman Program is to work with residents, families and LTC staff to improve the quality of care, life and environment for the residents of these facilities.

Trainings to become a certified Ombudsman take place periodically throughout the state. Call Mary Brooks at 508-573-7200 X235 to arrange an interview and learn more.



Here it is at last, what you all have anxiously been waiting for (well at least some of you): Our 2010 Trip Brochure. I hope that you will be pleased with my selections and we welcome you all to join us on whatever trips catch your fancy!

We will be having a **trip meeting on Tuesday, January 12 at 1:30** to go over all 2010 trips. We would appreciate it if you call the desk at 978-443-3055 to let us know if you can come. Our snow date will be January 19 at the same time.

Folks in Sudbury will have until **January 15** to sign up for any of the one-day trips that will be departing through July of 2010. After January 15 our out-of-town friends will be welcome to sign up for the same trips.

After March 15 all Sudbury and our out-of-town friends can sign up for the one-day trips that depart after July. One-day trips must be signed up for on one of our pink forms. We must have ALL the information that is asked for by your first trip of 2010. One of the most important sections is the emergency name, relationship and phone number.

We must also have separate checks for each one-day trip, although we are going to allow you to list all the one-day trips that you book at the

same time on the same pink form. One-day trips that you book at a later date will just need your name, phone, name of trip and check number. Failure to fill out a pink form will delay your placement on our list until we get it. (Bus seating and show seating are done in the order in which we process your reservation.)

Please help us by putting the name of the trip you are paying for at the top of your check or on the memo line (add your menu choice if appropriate). It does speed thing up if we do not have to call you for missing information.

Foxwoods trips: all four can be paid for at the same time if you wish. If a trip should be cancelled due to lack of participants (we must have 40 enrolled) or if you need to cancel (see one-day trip guidelines) your money will be refunded. Unfortunately, we have had to raise the price to **\$21** this year: still a bargain!

There is no waiting period for our out of town friends on our multi-day trip trips. The reason for this is that these trips have much earlier dates for deposits as companies must lock in hotels etc. early.

Multi-day trips now come to us with a reservation form, usually printed at the bottom of the flyer. This must be filled out in full. All multi-day trips have optional insurance. If you want it, take it at the time of deposit so as to cover pre existing conditions.

We also would appreciate it if you

would read the 2010 trip guidelines which are printed at the end of our 2010 trip brochure. Occasionally we make changes in them before they are printed and it is important that you are aware of any new or changed guidelines.

Please have a wonderful happy, healthy and safe New Year and remember *Keep tripping but not over your feet,* Carmel

Sustainable Sudbury

Sustainable Sudbury, formerly the Earth Decade Committee, is sponsoring a **free** evening winter film series here at the Senior Center. The series will focus on energy, the economy, and the environment. Bring a friend, a snack to share, and stay after the film for discussion if you can. The films begin at **7:00 PM.**

Tuesday, January 19: *A Crude Awakening: The Oil Crash* (90 minutes).

Tuesday, February 23: *The End of Suburbia* (78 minutes).



Bridge Conventions Practice

Tuesdays, beginning January 26, 9:30-11:30

Come practice the bridge conventions you learned in our fall bridge classes taught by Sally Sack. This is a two-month trial opportunity to get really comfortable with these methods!

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

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

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

HEALTH SERVICES

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

Medical Equipment Loan Closet:

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

CONSULTATION

Information and Referral: 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 regularly available for **free** private 20-minute consultations with seniors. Call the Senior Center to make an appointment.

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

IN-HOME SERVICES

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

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

Grocery Shopping: Volunteer shoppers will make weekly visits to the store, and assist seniors in putting away the groceries. Seniors pay only for the food.

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

Lock Boxes: The Senior Center can 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

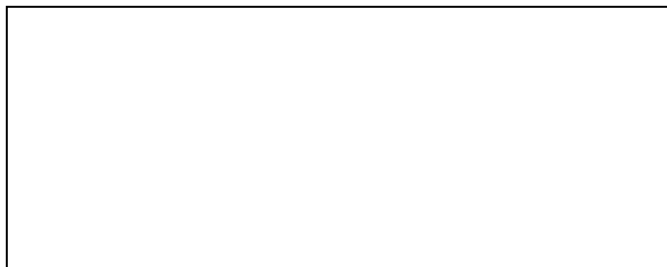
40 Fairbank Road

Sudbury, Massachusetts 01776-1681

on the web at:

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

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PRESORT STANDARD

Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

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

General Information Line: 978-639-3275

Cancellation Line: 978-639-3276

Trip Information: 978-639-3277

*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 27 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 26.**

(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.**

