

A PUBLICATION OF THE SUDBURY SENIOR CENTER: THE PLACE FOR THE *NEW* OLDER ADULT

We Can Do It!

Propaganda and World War II

Fridays, June 19-
August 14

1:00

WAR PRODUCTION CO-ORDINATING COMMITTEE

INSIDE
THIS ISSUE

Music of the 1930s	2
Propaganda and World War II	3
Soup's On	4
Estate Planning and the Law	4
Volkssport Club Summer Walk	4
Volunteer Luncheon	4
Elder Abuse	5
Calendar	6
Menus	7
Movie: <i>Last Chance Harvey</i>	7
Scam Proof Your Life	8
Fit for the Future	8
Volunteer Training	8
Medicare Fraud	8
Taxi Program	9
Nursing Home Ombudsmen	9
Cultural Trip	9
Trips	10
Services	11
Birthday Lunch	12

Join Pat Mullen on Fridays this summer for an in-depth look at "the bloodless weapon of war", from its origins in the 16th century through World War II. For details, see page 3.



**Music of the 1900s: The Edison Victrola, Tin Pan Alley, and
the Early Days of the Music Industry**
Thursday, June 25
2:00

The 1900s are considered by many to be the birth of the mass entertainment industry, from the end of the 19th century into the Depression. Using a period Edison Victrola and a large collection of cylinder records, as well as visual images of historic sheet music, we will examine the music millions purchased for home use during this phenomenal period. Examples will include ethnic music from immigrant homes Vaudeville comedy recordings, Minstrel Era and blackface songs, patriotic and religious music, and nostalgia.

We will discuss some of the positive and negative ramifications of these types of music for later developments in popular culture, and take some time to reflect upon our own memories of music in our families in earlier generations.

Lecturer Stephen Pixley will lead us in singing a selection of notable songs from the era, some well-known and others obscure but worth preserving. Songs sheets will be provided. Anyone in possession of cylinder records or noteworthy sheet music from before World War II is welcome to share their treasures immediately after class.

Stephen Pixley is a classical singer, composer, and voice teacher. As a performer, he specializes in German Art Songs, Yiddish repertoire, and modern composers. He has performed at major concert venues in the Boston area, taught courses in music at Wesleyan University in Connecticut, and has presented academic papers at music conferences nationwide. He holds Masters Degrees in Musicology and Ethnomusicology from New England Conservatory of Music in Boston and Wesleyan University in Connecticut.

This one-session class is designed for fun, but you'll learn something too. The cost for the class is \$10, and advanced registration is required. Sign up by calling 978-443-3055. The course is open to adults from any town.

This program is offered in partnership with The Center for Lifelong Learners at Framingham State College.

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

Propaganda and World War II

1:00 Fridays, June 19- August 14

During World War I the famous political writer Walter Lippman said, "We must remember that in time of war what is said on the enemy's side of the front is always propaganda, and what is said on our side of the front is truth and righteousness, the cause of humanity and a crusade for peace."

In the 30's and 40's as we sat in movie theaters, listened to the radio, viewed a cartoon, read a comic book or listened to music, most of us did not realize that we were being subjected to propaganda. How does a country's use of public information, films, and advertising influence public opinion and actions?

Join Pat Mullen for a nine-session course using clips from films and other media to explore the use of propaganda in World War II. The cost for the series is **\$20**. Please register early, as this class may fill up. The class size is limited to 40.

Session 1 June 19:

We will start by looking back at the origin of propaganda in the 16th century. We will explore the various types of propaganda, the various desired outcomes and methods used. How does propaganda differ from censorship? What is the difference between Disinformation and Misinformation? What agencies were put in place to develop and disseminate propaganda? What was their relationship with Hollywood? Is the aim of propaganda any different than advertizing? Plus: It is said that to be an effective fighting force military personnel must understand and hate the enemy. We will view and discuss films that were prepared for the troops to better understand both Germany and Japan.

Session 2 June 26:

The US government commissioned Hollywood to create a series of seven films, initially targeted at the military and later at the civilian population. The purpose of these films was to increase hatred of the enemy. After viewing two of these films the class will discuss the message they perceived and how that message was communicated. We will view a film that was specifically requested by FDR and discuss what was behind this request and what techniques were used to achieve its propaganda purpose.

No class July 3 (Senior Center closed)

Session 3 July 10:

We will view films created by Walt Disney in support of the war effort as well as short films that were shown between main features and discuss their message and audience.

Details on the remaining sessions will be available in the July/August issue of the Sudbury Senior Scene.



**Soup's On:
Now Hear This!
Thursday, June 4
Soup at 12:00
Talk at 12:30**

Is someone in your life losing their hearing? There are many strategies you can use to help that person hear and understand what you're saying.

Perhaps it is you yourself who is having a hard time making sense out of what people say to you because of hearing loss. There are many items that can assist you to hear better.

Hearing loss can put a damper on people's enjoyment of social situations. In worst cases, it can cause the deaf person to become isolated and depressed, unwilling to go out to social gatherings and unable to enjoy movies, television, or even telephone calls.

Come hear Carole Rossick from the Massachusetts Commission for the deaf and hard of hearing talk about things you can do to help yourself or your loved one. She'll provide communication tips and an overview of assistive technology beyond hearing aids.

This will be the last Soup's On until September. As always, the soup and talk are **free**. Please reserve your space.

**Estate Planning with
Reverse Mortgages and
Long Term Care Insurance
Wednesday, June 10
1:30 Free**

On June 10 at 10:30 PM Attorney Philip Benjamin will present a discussion on Estate Planning Including Reverse Mortgages, Long Term Care Insurance and other legal matters. The program is part of the 2009 Elder Law Education Program sponsored by the Massachusetts Bar Association with support from the Massachusetts Chapter of the National Academy of Elder Law Attorneys.

Attorney Benjamin is a partner at the law firm of Bikofsky, White and Benjamin in Framingham, Massachusetts where he has practiced for the last 26 years, focusing on estate planning and elder law issues. He is a member of the Massachusetts Bar Association and the Massachusetts Chapter of the National Association of Elder Law Attorneys.



**Walk 'n Mass
Volkssport Club Summer Walk
Tuesday, June 9
3:00-6:00**

Fun, fitness, and friendship! Walk two 5 km loops, beginning at the Senior Center. Participation is **free** and open to all ages. An ice cream social will follow the completion of the walk. For more detail call Betty Foley at 978-443-4857 or email her at betfoley@ix.netcom.com The walk is sanctioned by the American Volkssport Association.



**Volunteer luncheon
Monday, June 8
12:00**

The Friends of Sudbury Seniors will host a luncheon for a very special group - our Senior Center volunteers - on **June 8**. The event is in honor of those who regularly staff the many programs and services of the Senior Center.

The meal will feature finger sandwiches, potato salad, green salad, chips and dessert.

All of the volunteers will receive a personal invitation in the mail a few weeks prior to the luncheon. We regret that due to space limitations, the luncheon must be strictly "invitation only".

These include volunteers for FISH, Fix-It, Books on Wheels, Friendly Visitors, newsletter collators, Senior Strutters and tappers, front desk receptionists, special event helpers, volunteer class instructors and program leaders, shoppers, home delivered meals drivers, baked goods pick-up, crafters, Soup's On and kitchen help, tax assistants, bazaar helpers, SHINE, sand bucket delivery, legal clinic, and trip coordinators.

If you're one of those wonderful folks, please RSVP to your invitation by **June 3**. We regret that due to space limitations, we can host volunteers only.

Thanks to all our volunteers from all of us!

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Domestic Violence, Elder Abuse and Neglect

It can happen in any community. A husband who needs control refuses to allow his wife to participate in activities outside the house. An adult daughter who is caring for her children and a parent, may be neglecting her parent. In the suburbs, domestic violence and elder abuse can remain hidden. Knowing what to do if you suspect abuse or neglect can make a difference in someone's life.

Elder Abuse is defined as any intentional or negligent act by a caregiver or any other person that harms or poses a serious risk of harm to an older adult. Forms of abuse can be physical, emotional, sexual, verbal or financial. Neglect or caregiver neglect is the failure or refusal to provide one or more of the necessities essential for physical well-being.

A somewhat different situation is called self-neglect or "Elder at Risk". This is when an older adult is unable or unwilling to provide the necessities essential for their own well-being. This may include adequate shelter, food, medical care, or other necessities.


Should you have reason to suspect that someone you know is suffering from some form of abuse or neglect or just want to become more educated about this subject, you will find very helpful information at the Sudbury Lincoln Wayland Domestic Violence website at www.domesticviolenceroundtable.org. The section "Stopping Abuse" tells what to do if you suspect someone is being abused or neglected.

You may be concerned about someone but not know if you should do anything. You can discuss your concerns confidentially with Debra Galloway, Information Specialist at the Senior Center or with a Town Social Worker at (978) 639-3358. Another option is to call anonymously to the local hotline at Springwell Elder Services Protective Services unit (617) 926-4100 or to the statewide hotline (available 24 hours a day) at (800) 922-2275. You can discuss the situation first without making a report. If it makes sense you can file an anonymous report of suspected abuse, neglect or self-neglect.

It is important to recognize that the Protective Services case worker will make contact with the person but will always respect the rights of seniors to make their own decisions about whether to accept help at this time.

ads

JUNE 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Balance (7) 2:00 The Louvre (4)	2 8:00-9:00 BP Clinic 9:00 Cribbage 9:30 Walking Club (4) 12:00 Lunch 12:00-1:00 BP Clinic 12:30 Bridge 5:30 COA Board	3 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	4 9-12 SHINE 9:45 Thursday Crafters 12:00 Soup's On: Communication and Hearing Loss	5 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)
8 9:30-2:30 I&R Hours 10:00 Stamp Club No Fit for the Future 12:00 Volunteer Appreciation Luncheon 1:00 Balance (8) 2:00 The Louvre (5)	9 8:00-9:00 BP Clinic 9:00 Cribbage 9:30 Walking Club (5) 12:00 Birthday Lunch 12:00-1:00 BP Clinic 12:30 Bridge 3:00 Volkssport Walk	10 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Estate Planning 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio	11 9-12 SHINE 9:45 Thursday Crafters 11:00 Scam-Proof Your Life	12 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)
15 9:30-2:30 I&R Hours No Fit for the Future 12:00 Lunch 2:00 The Louvre (6)	16 <i>USO Show Trip</i> 8:00-9:00 BP Clinic 9:00 Cribbage 9:30 Walking Club (6) 12:00 Lunch 12:00-1:00 BP Clinic 12:30 Bridge	17 No Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 12:00 Lunch 12:30 Quilting Studio 1:00 Older Adults in Need	18 9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Last Chance Harvey</i>	19 No Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 12:00 Lunch 1:00 Cards 1:00 Propaganda and WWII (1) 1:00 Watercolors (4)
22 9:30-2:30 I&R Hours No Fit for the Future 12:00 Lunch 1:00 Balance (1)	23 8-9:00 BP Clinic 9:00 Cribbage 12:00 Lunch 12:00-1:00 BP Clinic 12:30 Bridge	24 No Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 12:00 Lunch 12:30 Informal Quilters	25 9-12 SHINE 9:45 Thursday Crafters 2:00 Music of the 1900s 3:00 Friends Meeting	26 No Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 12:00 Lunch 1:00 Cards 1:00 Propaganda and WWII (2) 1:00 Watercolors (5)
29 9:30-2:30 I&R Hours 10:30 Fit for the Future at L/S High School 12:00 Lunch 1:00 Balance (2)	30 8-9:00 BP Clinic 9:00 Cribbage 12:00 Lunch 12:00-1:00 BP Clinic 12:30 Bridge			

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
June 2	June 3	June 5
Sloppy Joes Brown Rice Carrots Applesauce	Chicken a la King Bow Tie Pasta Broccoli Pears	Catfish Strips O'Brien Potatoes Green Beans Fresh Cantaloupe
June 9	June 10	June 12
Roast Beef Au Jus Baked Potato Summer Vegetables Birthday Cake	Swedish Meatballs/ Jardinière Gravy Mashed Potatoes Beets Cake	Ground Beef Stroganoff Whipped Potato Green Beans Pears
June 16	June 17	June 19
Minestrone Soup Chef Salad/Turkey, Cheese, ½ Egg Potato Salad Pineapple	Chicken/Lemon Piccata Sauce Red Bliss Potatoes Broccoli Snack n' Loaf	Stuffed Pepper Corn Green Beans Strawberry Smoothie
June 23	June 24	June 26
Cheese Lasagna/ Tomato Sauce Italian Green Beans Blueberry Graham	Fish and Scallops/ Newburgh Sauce Brown Rice Tossed Salad Applesauce	Chicken Strip Stir Fry White Rice Broccoli Pears
June 30	Monday Meals	
Meatballs/gravy Mashed Potato Carrots Pears	6/1 & 6/29 Pork Loin <i>*or (your choice, available each Monday):</i> or Beef Pot Pie* 6/8 Salad plates* 6/15 Ziti or liver and onions* 6/22 Chicken Piccata or Pork Cutlet* <ul style="list-style-type: none"> • Tuna salad plate • Egg salad plate • Fruit & cottage cheese plate 	

**Movie and pizza
Thursday, June 18**



*Last Chance
Harvey*

1 hour 39 minutes
 Pizza: **12:00**
 Movie: **12:30**

New Yorker Harvey Shine is on the verge of losing his dead-end job as a jingle writer. He has just one more chance to deliver, and goes to attend his daughter's wedding. When he arrives he learns his daughter has chosen to have her stepfather walk her down the aisle instead of him. On the way home Harvey strikes up a conversation with Kate whose life is limited to work, the occasional humiliating blind date and endless phone calls from her smothering mother. The growing connection between the pair inspires both as they unexpectedly transform one another's lives.

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).

Scam Proof Your Life

Thursday, June 11
11:00

Identity theft is happening all around us, and criminals are constantly coming up with new, devious ways of learning your personal information.

How does identity theft occur? What steps should you take if you become a victim? How can you prevent thieves from stealing your identity?

How can you recognize a scam, and what new schemes are out there now?

Lee Hettinger, Massachusetts Assistant Attorney General will be here **June 11** to tell us all about the latest in scams, frauds, and fake get-rich-quick schemes. By understanding the tactics dreamed up by the crooks, you are better prepared to hold your own and not be swindled. The talk is **free**, but please call 978-443-3055 to register.

Fit for the Future Summer Schedule

There will be no Fit for the Future June 8, or the weeks of June 14 and 21.

Class will meet in the all-purpose room at the High School at **10:30** on **Mondays, Wednesdays and Fridays** beginning **June 29-July 31**. There will be no class Friday, July 3.

There will be no class August 3-14, class resumes August 17-21, and the regular class schedule will resume September 9.



Volunteer training: Identifying older adults in need of social, medical or mental health services

Wednesday, June 17
1:00-2:30
Free

Senior Center volunteers can play a very important role in helping to improve access to care for older persons most in need. The majority of people over the age of sixty living in the MetroWest are living active independent lives. But some suffer from serious problems which put them at risk for needless suffering or premature nursing home placement.

Senior Center volunteers *and anyone else who is interested* can join us for a workshop on identifying older adults in the community in need of services.

This workshop can help you:

- Recognize the signs and symptoms of mental health and substance abuse issues in older adults
- Identify available community resources
- Talk to an elder about getting help
- Get more information on the new Elder Community Care Program at BayPath Elder Services

Please call 978-443-3055 to register so that we know how many handouts to prepare.

Medicare Fraud and Abuse

Whenever you receive a payment notice from Medicare, review it for errors. The payment notice shows what Medicare was billed for, what Medicare paid and what you owe. Make sure Medicare was not billed for health care services or medical supplies and equipment you did not receive. If you have a question or concern regarding a Medicare claim, you should discuss it directly with your physician, provider, or supplier that provided the service.

Tips to prevent fraud and abuse:

- Never give out your Medicare Health Insurance Claim Number (on your Medicare card) except to your physician or other Medicare provider.
- Don't allow anyone (except appropriate medical professionals) to review your medical records or recommend services.
- Do be careful in accepting Medicare services that are represented as being free.
- Do be cautious when you are offered free testing or screening in exchange for your Medicare card number.
- Do be cautious of any provider who maintains they have been endorsed by the Federal government or by Medicare.
- Avoid a provider of health care items or services who tells you that the service is not usually covered, but they know how to bill Medicare to get it paid.

If you are in doubt or have questions, call 978-443-3055 and ask for an appointment with our SHINE Counselor Kathleen Woehrling. It's **free!**



**Sudbury Senior Access
subsidized taxi program
comes to a close
June 30**

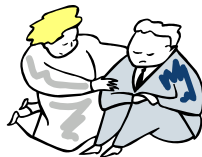
For the last few years, the town of Sudbury has offered seniors and people with disabilities the opportunity to take subsidized taxi rides to destinations in any town that touches Sudbury. Many people took advantage of this service, going to doctors and physical therapy, to Logan Express, to classes, and much more.

Now, because of the fiscal realities facing the town, which include rising costs and declining revenue, the town will no longer subsidize this program beginning July 1, 2009.

What if you still have unused taxi coupons? Those who have purchased coupons can still use them (until July 1, 2010), but no additional coupons will be sold after June 30 of this year.

All coupons issued before June 30, 2009 are still valid, no matter in which year they were purchased.

Work continues with the MetroWest Regional Transit Authority to improve transportation options in Sudbury.



**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 (nursing homes).

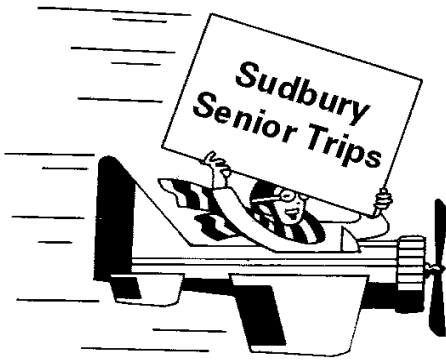
Mary Brooks, Director of the Ombudsman Program is looking for volunteers to assist in resolving concerns of residents and work with residents, families and staff to improve the quality of care, life and environment for residents.

Trainings to become a certified Ombudsman take place periodically throughout the state. Call Mary Brooks at 508-573-7200 extension 235 to arrange an interview and learn more.

September 23 Cultural Trip

Come with us to the newly renovated Currier Museum in Manchester, NH for a docent-led tour of the museum; then travel in groups to the Zimmerman House for a tour of this Frank Lloyd Wright "usonian" home built for Dr. Zimmerman in the 1950s. Lunch will be in the museum Café. We must limit the group to 25. Sign up starts August 19; open to all September 2. The cost will be **\$50**. Bus leaves promptly at 9:00 AM.

ads



It is hard to believe that June is finally here and our trip program is at the half-way mark.

Unfortunately, as with everything else, the economy has had its effect on our trips and we have not been able to run our own full busses on many of our trips. Luckily we have "The Best of Times" company as our main provider and they are willing to take our smaller numbers and pair us up with other groups so that we do not have to cancel any trips.

The only change that this might entail is that after I call in our numbers (usually about two weeks prior to the actual trip) the only openings I may have will be cancellations.

Please remember that if a ticket to a show, performance, or event is involved in the trip, we must sell it for you to get a refund. Once we are one week prior to the trip, no refunds can be given for any reason.

The USO Variety Show Tuesday, June 16 at Lantana's in Randolph: A celebration of the 35th anniversary of Best of Times! It will feature a great band, talented dancers, presentations of some of Hollywood's famous personalities, door prizes and special decorations. The menu will be a

choice of either Yankee pot roast or baked stuffed chicken.

Departure and return to the center will be announced as soon as it is known. Cost is \$69.

Don't Dress For Dinner Wednesday, July 15 at the Newport Dinner Theater: Should be a really great take-in! The group that went there last year came back singing the praises of the theater, the buffet and the cabaret afterward. They wanted another trip there as soon as I could do one. Well here it is. I hear the play they are offering is really hilarious and the cabaret following the play is performed while you enjoy dessert and coffee. Don't miss this if you can help it. Cost is \$70.

Northshore Playhouse Trip: I am sorry to announce that I am canceling the July *Anything Goes* trip. A recent letter informed me that things are still not settled yet, although they are still hoping to have their summer program. Nothing has been confirmed. I am afraid that it is now too late for us to be able to actually book seats. For those of you who paid ahead of time, I will leave your checks at the Senior Center for you. Please check at the front desk anytime after you get this newsletter. If you would prefer you may transfer your payment over to our wonderful Newport dinner theatre trip at the same price.

Red Sox/Toronto Blue Jays: SOLD OUT by Best of Times! They are taking a wait list only. For those already signed up your final payment is due by June 15.

I would appreciate it by June 12 in order to get it in on time.

Lighthouse Lovers' Harbor Cruise, Wednesday, August 26: Come out on the beautiful waters off Portland, Maine. After enjoying a boiled lobster with clams or baked stuffed chicken with clam chowder, Caesar salad, baked potato, and dessert we may all need a long walk or a visit to their Nesting Duck gift shop. \$89.

Biltmore, Ashville NC September 13-18: Completely sold out, no wait list. Final payment is due by July 6. We will have a group meeting as soon as all final payments are in. They will notify all passengers re: credentials if you give them your e-mail. Send them to me and I will send them in. My e-mail is kindercarm@verizon.com

John Davidson Thursday September 24 at the Venus De Milo in Swansea: Now booking! Meal choices are baked haddock or chicken. Cost is \$69.

A Taste of Italy with Dick Contino, Friday, October 30: \$69. We must have at least 10 for this. Dick is one of the world's best accordionists. Meal choice is chicken parmesan or baked haddock with crumb topping.

Repositioning Cruise Monday, November 1-15: Sold out, no wait list. Final payment is due by August 1. Please call Kasie Provencal at Tours of Distinction 860-627-0199 for any questions. We will have a trip meeting in the early fall.

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 **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 regularly. 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



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 June, be our guest!*

Monthly Birthday Luncheon

Tuesday, June 9

12:00-1:00

Join our regular Tuesday lunch bunch.

If you were a **June** baby,
the meal and cake are on us.

(For the menu, see page 7)

Call 978-443-3055 to **RSVP by 10:00 AM Monday, June 8.**

(No meal will be available without reservations.)

Not born in June? No problem!

Reserve by 10:00 AM Monday, June 8, and you can have lunch for a donation of **\$2.00.**