

From Monet to Van Gogh: A History of Impressionism

Wednesdays at 2:00

June 2-August 18

(Please note: The June 29 and July 20 classes will be on Tuesday)

FREE

Impressionism: now one of the most beloved movements in the history of art, at one time impressionism was derided by the art “establishment”. Until the impressionists began their diligent attempts to capture the fleeting effects of light and appreciate the aesthetic qualities of the paint itself, artists tried to capture a kind of photographic realism. Much art was painted inside using scenes staged with models. Painters vied to produce works with no visible brush strokes, and often chose stories from myth to portray.

Beginning in the late 1800s, some daring painters rebelled against the strict formality of the French Academy, the organization that set the standards for painting by refusing to exhibit any work that did not meet their criteria. By the 1890s this loose coalition of artists had created the most famous artistic movement in history. Unlike their predecessors, they talked, learned from each other, and collaborated.

The impressionists took their canvases outdoors, letting in a breath of fresh air. Their water sparkles, and their compositions are spontaneous and original, more like a snapshot than a tableaux. This new, intensely personal vision of the world virtually invented the sensibility—urbane, contemporary, and ever-changing—that today we take for granted as "modern."

Join us to view 24 episodes on the history of impressionism with Professor Richard Brettell on DVD from The Teaching Company. (We will show two thirty-minute segments each Wednesday.) This series of lectures will introduce you to the style, subject, and function of Impressionist painting by artists including Monet, Renoir, Cézanne, Toulouse-Lautrec, Gauguin, Cassatt, van Gogh and more.

Dr. Brettell is a Professor of Aesthetic Studies at The University of Texas at Dallas, and the author of several books on the subject.

The series comes from The Teaching Company. The DVDs are being provided courtesy of Alice Byington. It's **free** but please do call to register.

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World War I class wraps up Fridays, 1:30

Pat Mullen’s popular in-depth exploration of World War I and each of its aspects concludes in June. Individual classes are \$10 each.

Here’s a look at the remaining topics for each session:

June 4: America enters the war, the battle of Caporetto and Lawrence of Arabia.

June 11: The lost battalion and Germany’s last great effort.

June 18: What it was like to be on the front lines, the end of the war, and the return to peace.



State House holiday card contest

Secretary of State William Galvin is once again sponsoring its annual Senior Citizen Artistic Interpretation of the State House holiday card contest. This year’s theme is *December Holiday at the State House*.

Two winning cards will be reproduced for sale at the State House Gift cart. Artwork will also be displayed on the State House website (if the artist completes an authorization form), and an affirmation award will be presented to the winning artists in a ceremony in early autumn. Both professional and amateur artists are invited to enter the contest. Professional artists will judge the entries.

Suggestions for this year’s art include New Year’s Eve fireworks, people hanging wreaths, people building snowmen or decorating trees, people feeding birds or walking their pets, and holiday flags or the American flag.

All media are accepted. Entries must be sent by **July 1** to: Dolores McCray, Commonwealth Museum at Colombia Point, 220 Morrissey Boulevard, Boston, MA 02125.

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MISSION STATEMENT

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

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Independent Living Options
Meeting Wednesday, June 30
1:30

As they grow older, most people would prefer to remain independent and living in their own home. But sometimes that requires a little help, and as they say, “Good help is hard to find.”

One way to address the problem was developed right here in Massachusetts by Beacon Hill Village. This organization is a new model of service provision for people who are growing older but want to stay in their own homes.

Members of the organization pay dues, and when they need help-- anything from housecleaning to rides to the airport -- they call the Village staff person, and the service is arranged. The member pays an additional amount for the service they have requested.

A task force of interested people from Wayland, Weston, and Sudbury have been meeting to see if there may be a need for a similar service in our three towns. The goal would be to provide affordable services as they are needed in order to support people 60 and older so that they can stay independent at home.

The group is still exploring options, but one possibility is that there would *not* be a membership fee in our local version of the plan, at least for the basic service of care management. They would pay for services they receive, but the thought is that this would be at a rate much more affordable than that charged by an agency.

In addition, the care manager would have the responsibility of making sure that any worker or service arranged through the independent living group was well qualified, both in terms of professionalism and in terms of good customer service.

Three members of the task force, Charles Raskin, Betsy Connolly, and Jan Dunn have agreed to come and talk to Sudbury seniors about the idea of service provision in the three towns. Join us to hear about what the task force has accomplished so far, and to tell the group what other ideas or services you might like to see available in Sudbury.

Refreshments will be served; please call 978-443-3055 to reserve your spot.

Volunteer Appreciation Luncheon

Monday, June 7
12:00-2:00

The Friends of Sudbury Seniors will host a luncheon for a very special group - our Senior Center volunteers - on **June 7**. The event is in honor of those who regularly staff the many programs and services of the Senior Center.

The keynote speaker will be Ann Hartstein, the Secretary of the Executive Office of Elder Affairs. 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, those Senior Strutters and tappers who performed for us this year, 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, space heaters and trip coordinators.

If you're one of those wonderful folks, please **RSVP** to your invitation **by June 2**. We regret that due to space limitations, we can host volunteers only.

Thanks to all our volunteers from all of us!



CPR for Family and Friends

Tuesday, June 15
9:30

Would you like to learn basic CPR skills, and know how to save a life?

Join instructor Lily Gordon for a class that will use videos, printed materials and demonstrations on mannequins representing infants, children and adults to teach proper techniques for performing CPR. You'll also learn to use an automated defibrillator, and how to deal with someone who is choking.

Everyone will receive a *CPR for Family and Friends* manual and a course attendance card.

Lily Gordon is certified as a CPR instructor by both the American Red Cross and the American Heart Association.

The cost is **\$15**, and class size is limited to 12. Call the Senior Center at 978-443-3055 to sign up.



Fix It

Our clever handymen can do small repairs and other tasks around your house, for **free** . . . change light bulbs, put in screens, fix a drippy faucet, and much more. Call 978-443-3055 with your job request!



Fit for the Future at Lincoln Sudbury High School

As in summers past, our energetic senior aerobics program will move to the all-purpose room of the high school for the summer, beginning **Monday, June 21**.

In summer, there is one class each **Monday, Wednesday and Friday** at **10:30**. The cost remains at **\$2.00** a class, and there is no need to sign up ahead of time.

Please note that there will be no class the weeks of June 13, July 4, and the week of August 1. The program will return to its regularly scheduled hours and times at the Senior Center beginning Monday, August 30.

If you've always wanted to pep up your day, strengthen your bones, improve your endurance and breathing, and reduce your risk of falling, Fit for the Future is just right for you.

Instructor Lois Leav, herself a senior, helps participants adjust the workout to fit their abilities. People progress at their own pace, and many find that the three mornings a week they devote to the one-hour class keeps them up and active for the remaining four days.



FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Medication Decisions

Mrs. S. has high blood pressure – her doctor should give her high blood pressure medication to treat it, right? Actually, since Mrs. S. is 82 years old and has a history of falls, it isn't that simple. The medication the doctor is considering not only treats high blood pressure, thereby reducing the risk of cardiovascular events, it also *increases* the risk of serious falls.

Physicians who have expertise working with older adults realize that it is even more important with an older patient to consider the potential risk vs. benefit ratio when prescribing medication. Older patients may have other diseases that complicate the decision, or they may have a history of falls that changes the equation. In addition, most research studies on medications do not include persons 75 and older. Therefore, it is hard to know how the medication will affect those over 75; it may react differently or a lower dose may be needed.

In a study of older adults aged 70 and older who live in the community, researchers found that when they explained the potential risks vs. potential benefits of high blood pressure medication, surprisingly, not all of them had the same preference. Half of the individuals wanted to take the medicine to reduce the cardiovascular risk, while half did not want to take the medicine due to increased fall risk.

Another study explored the preference for intensive treatment with older persons that had Type II diabetes. After these individuals assessed the information about more intensive treatment (it may take 7 years for the benefits of intense blood sugar control to accrue), views about the preference for intensive treatment varied widely. Researchers concluded that individuals may not always choose the most intensive treatment, depending on their own treatment goals and values.

Because many medicines are not well-studied in the older population, and patient's values and goals may differ, it is clear that medication use needs careful consideration in older adults. Older adults should be educated about potential benefits *and* potential risks and encouraged to play a role in the decision making process.

For more information, please contact Debra Galloway, Information Specialist, at (978) 443-3055 or gallowayd@sudbury.ma.us.


Source: *AgingWell Newsletter* at www.agingwellmag.com.

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JUNE 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Penn Dutch Trip 1 8:00-9:00 BP Clinic 9:00 Cribbage 9:00 My Life/My Health 3 9:30 Walking Club (3) 11:00 Yoga (7) 12:00 Lunch 12:00-1:00 BP Clinic 12:30 Bridge 4:00 COA Board	2 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 2:00 Impressionism (1)	3 9-12 SHINE 9:45 Thursday Crafters 12:00 Soup's On: Protecting your Physical Health	4 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 Watercolors (8) 1:30 World War I (8)
7 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Volunteer Appreciation Luncheon 1:00 Balance (5)	8 8:00-9:00 BP Clinic 9:00 Cribbage 9:00 My Life/My Health 4 9:30 Walking Club (4) 10:00-12:00 Legal Clinic 11:00 Yoga (8) 12:00 Lunch 12:00-1:00 BP Clinic 12:30 Bridge	9 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 2:00 Impressionism (2)	10 <i>Solomon Pond Mall Trip</i> 9-12 SHINE 9:45 Thursday Crafters	11 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 Watercolors (9) 1:30 World War I (9)
14 <i>No Fit for the Future</i> 9:30-2:30 I&R Hours 10:00 Stamp Club 1:00 Balance (6)	15 8:00-9:00 BP Clinic 9:00 Cribbage 9:00 My Life/My Health 5 9:30 CPR 9:30 Walking Club (5) 11:00 Yoga (1) 12:00 Lunch 12:00-1:00 BP Clinic 12:30 Bridge	16 <i>No Fit for the Future</i> 9:00 Cribbage 9:30-2:30 I&R Hours 12:00 Lunch 12:30 Quilting Studio 2:00 Impressionism (3)	17 9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Precious</i>	18 <i>No Fit for the Future</i> 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 12:00 Lunch 1:00 Watercolors (10) 1:30 World War I (10)
21 9:30-2:30 I&R Hours 10:30 Fit for the Future at L/S 1:00 Balance (7)	22 8-9:00 BP Clinic 9:00 Cribbage 9:00 My Life/My Health 6 9:30 Walking Club (6) 11:00 Yoga (2) 12:00 Birthday Lunch 12:00-1:00 BP Clinic 12:30 Bridge	23 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Fit for the Future at L/S 12:00 Lunch 12:30 Informal Quilters 2:00 Impressionism (4)	24 9-12 SHINE 9:45 Thursday Crafters 3:00 Friends Meeting	25 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 10:30 Fit for the Future at L/S 12:00 Lunch 1:00 Watercolors (11)
28 <i>Special Van Trip</i> 9:30-2:30 I&R Hours 10:30 Fit for the Future at L/S 1:00 Balance (8)	29 8-9:00 BP Clinic 9:00 Cribbage 11:00 Yoga (3) 12:00 Lunch 12:00-1:00 BP Clinic 12:30 Bridge 2:00 Impressionism (5)	30 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Fit for the Future at L/S 12:00 Lunch 12:30 Informal Quilters 1:30 Independent Living Options	<p><i>If you'll be away</i> for a month or more, please let us know. The Post Office will not forward your newsletter, and we have to pay double when it is returned to us. <i>Thanks for your help!</i></p>	

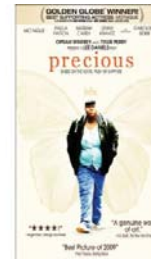
LUNCH MENUS

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 1	June 2	June 4
Chicken a la King/ Bow Tie Pasta Broccoli Graham Cookie	Corn Chowder Tuna Salad Salad Greens Applesauce	Roast Pork/ Rosemary Gravy Whipped Potato Peas Fruited Gelatin
June 8	June 9	June 11
Three C Soup Crunchy Potato Fish Wedge Parslied Potatoes Rice Pudding	Roast Chicken/ Marsala Sauce Brown Rice Broccoli Fresh Fruit	Meatballs/BBQ Sauce Red Bliss Potatoes Zucchini Blend Mandarin Oranges
June 15	June 16	June 18
Chicken/Teriyaki Sauce Brown Rice & Peas Spinach Lemon Graham Cookie	Cheese Lasagna/ Tomato Sauce Italian Green Beans Pears	Broccoli Bake Garlic/Onion Homefries Stewed Tomatoes Pineapple
June 22	June 23	June 25
Roast Beef au Jus Baked Potato Italian Green Beans/ Red Peppers Brownie	Hot Dog/Bun Baked Beans Cole Slaw Fresh Orange	Breaded Fish Whipped Potatoes Green Beans Pears
June 29	June 30	
Baked Ziti Casserole/ Hamburger Broccoli Fresh Fruit	Cream of Broccoli Chefs Salad/Turkey Cheese, Egg Chocolate Chip Cookie	

Please note: The full five-day menu for home delivered meals is available on the Senior Center section of the Sudbury Town website.

Movie and pizza Thursday, June 17



Precious

1 hour 49 minutes
Rated R

Pizza: 12:00
Movie: 12:30

A teenager named Precious lives in horrific circumstances. She is pregnant with her second child, the product of incest, and she is barely holding her life together by hiding the truth.

When her school principal becomes aware of her pregnancy, she sends Precious to an alternative school, and for the first time, the teenager has an opportunity to see her own potential and to have that potential respected by others. It's a truly life-altering opportunity, and Precious takes it.

This vivid movie has scenes of violence, uses a lot of bad language, and is emotionally difficult. There are fine performances from [Mo'Nique](#), [Mariah Carey](#), and [Gabourey Sidibe](#) that led to an Academy Award for Mo'Nique.

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**.



Solomon Pond Mall Trip Thursday, June 10

Enjoy shopping all the fine stores you want without that overwhelming “megamall” feeling. The MWRTA will offer its second trip to the Solomon Pond Mall for people 65 and older and people with disabilities on **June 10**.

To join the trip, register in advance with the MWRTA and then call **1-508-820-4650** to reserve your space on the trip. Space is limited, so making an early reservation is recommended. The Busy Bee van, under contract to the MWRTA, will pick people up at their homes and return them to their door when the trip is finished.

Departure times may vary depending on who is going on the trip, but the MWRTA will let you know when to expect the van.

The round trip cost is **\$2.00**. The MWRTA is now using a “cashless” system. When you register with them, you will get a debit card to show the driver. You can put money into your account on line or over the telephone with the MWRTA.

The van is equipped with a wheelchair lift.



Walking club Tuesdays, June 1-22 Free

Stride right out with our walking club . . . or amble along at a quieter pace. Either way, you are getting many great benefits.

Walking is far easier on joints than jogging, and walking at a brisk pace burns lots of calories. Regular walking builds endurance and cardiovascular capacity as well. And being out in the sun can help combat depression.

Our **free** six-week walking club is led by Linda Sullivan, our Public Health Nurse. Come get your blood pressure taken before the walk (starting each Tuesday at 8:00), and at 9:30 stroll across the street to Haskell Field to take advantage of the one-mile paved walking trail.

Bottled water will be available for all participants.

Mini yoga series Tuesdays Six sessions June 15-July 27 11:00 (No class July 6)

Adult gentle yoga is adapted for each participant by instructor Leslie Worris. Come try it out and see if it is for you.

Yoga helps with relaxation, flexibility, balance, and breathing.

The cost for the six week series is **\$45**, but come try the first session for free. Call to register.



Soup's On: Hints to Protect Your Physical Health Thursday, June 3 Soup at noon Talk at 12:30

As we get older, it is common to feel a little more wobbly on our feet, experience back pain, feel ourselves getting stiffer and slower, and in general beginning to “feel our age.”

But there are things you can do to improve your safety and resilience. Join us to hear speakers from All Access Physical Therapy give some helpful hints to preserve our physical health.

Included: Balance tips and safety, proper techniques for getting in and out of bed, information on achieving improved general conditioning, activities to help prevent osteoporosis, and gentle stretching techniques to stay limber.

Following the question and answer portion of the talk, there will be free screenings for anyone who is experiencing problems.

The program is **free**. Even if you don't want soup, please call to let us know you'll be here. Reservations for soup must be made by 4:00 the previous day.

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.

Medicare fraud and abuse

Whenever you receive a payment notice from Medicare, review it for errors. The payment notice shows what Medicare was billed, 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:

- Do not give out your Medicare Health Insurance Claim Number (on your Medicare card) except to your physician or other Medicare provider.
- Do not allow anyone, except appropriate medical professionals, to review your medical records or recommend services.
- Do not contact your physician to request a service that you do not need.
- 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 avoid accepting health care items or services from a provider, who tells you that the item or service is not usually covered, but they know how to bill Medicare to get it paid.

If you are on Medicare you can get free, confidential counseling on all aspects of health insurance here at the Senior Center. Call 978-443-3055 and ask for an appointment with our Certified SHINE Counselor.

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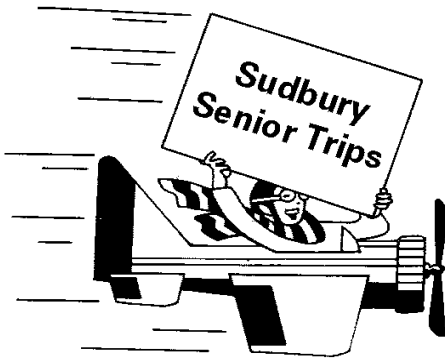
Taxi ticket program ends

If you still have discount taxi tickets that you purchased in previous years, you need to use them right away. Beginning **July 1, 2010** the taxi companies will no longer honor them. Please use **Tommy's Taxi** only for this last month.



Legal clinic Tuesday, June 8 10:00-12:00

Elder Law Attorney Denise Yurkofsky will offer **free** twenty-minute consultations on legal matters on June 8. Appointments are required. Please call 978-443-3055 to schedule yours.



Stop the presses: Big news for the fall!

I have received word from two of our very favorite trip sites that they will be doing shows this fall, so I have decided to **cancel** our **November 16 Aqua Turf** trip and instead include the following trips in our fall program:

Chorus Line Wednesday, November 17 at the NEW Northshore Music Theatre.

The New York Rockettes Thursday, December 16 at the Wang.

Complete information on both new trips, including costs, will be available in our trip rack by mid June.

In just a few weeks summer will be here and all our fun-filled summer trips are ready and waiting for you. In my opinion this is really the best time of the year to travel as there is almost no chance of the weather causing us to cancel a trip. Rain or shine we are always ready to go and we still have spaces for any interested folks.

Two Shows Tuesday, July 6: we have a really great treat for you. Pei Wen an amazing 14 year old international violinist and Maureen McMullen whose exquisite voice

has led to performances with The Boston Pops. We will go to the Venezia restaurant in Boston. Luncheon of chicken parmesan or baked haddock is included. Cost is \$69.

*The following three trips need a minimum of 35 passengers for each trip in order to cover our motorcoach cost.**

***Foster's Downeast Lobsterbake, Tuesday, July 27:** at York Harbor Maine, cost \$65. As we are running this trip ourselves we have been able to keep the cost down. Most Lobsterbake trips are about \$89. We will have a short pre-stop at The Stonewall Kitchen Shop and a post luncheon stop at York beach (time permitting). Larger lobsters can be pre-ordered for a slightly higher cost. Please call me at 978-443-8320 if interested.

***Cabaret Lulu, Wednesday, August 18,** Sturbridge Village. Cost is \$67. The new show *The Merry Magical Musical* is being presented by a group of professional actors from the Broadway stage and TV. A luncheon of herbed marinated chicken or grilled salmon is included.

***The Mohawk Trail and Bridge Of Flowers, Wednesday, October 13,** Cost \$56. A scenic ride west to the quaint little village of Shelburne Falls to see the famous Bridge of Flowers on the best foliage week of the fall season (we hope). Stop at Atkins Farm and at the Salem Cross Inn for a lunch of chicken pie on a biscuit or broiled maple salmon.

Great trains and Grand Canyons featuring five nights in Sedona, September 26-October 1: At this writing we still have spaces available on our fantastic six-day trip. Cost is **\$1,949** (pp. dbl occupancy). Trip includes roundtrip air, two train trips, hotel, eight meals, admissions, and full sightseeing. Call me at **978-443-8320** if interested. (We also have a female roommate space in a double room available. Call me if interested).

Carmel

Something different for history buffs . . . The American Mind

For the past decade, Sudbury has been very lucky to have an annual peer-taught history course each fall. This year, we're trying something a bit different. We'll be offering a series of 36 lectures on DVD from The Teaching Company.

The series provides a broad survey of American intellectual history, and features distinguished historian Allen C. Guelzo. The first half of the series (18 lectures over 9 weeks) will begin with *The Technology of Puritan Thinking* and end with *Lincoln and Liberal Democracy*. Each class will be followed by discussion. The remaining lectures will be shown in the spring. There is no text.

The course will meet **Wednesdays from 9:30 to 11:15, September 22-November 17**. The registration fee is **\$20** per semester. The lectures themselves are **free**, but the fee covers the cost of refreshments and operating expenses.

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.

THE
SUDBURY
SENIOR

SCENE

A monthly publication from the

SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

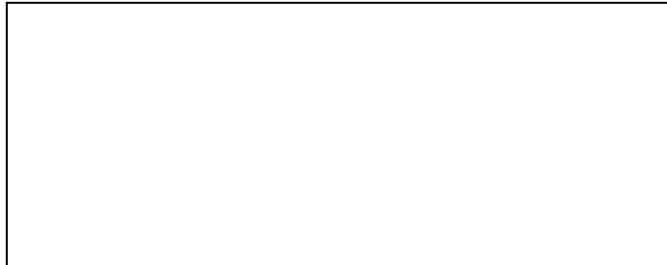
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on the web at:

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

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Sudbury, MA
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PRESORT STANDARD

Sudbury Senior Center

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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 June, be our guest!

Monthly Birthday Luncheon

Tuesday, June 22

12:00-1:00

Join our regular Tuesday lunch bunch.
If you were a June baby, the meal and
cake are free.

(For the menu, see page 7)

Call 978-443-3055 to **RSVP**
by **10:00 AM June 21.**

(No meal will be available without reservations.)

Not born in June? No problem!

Reserve by 10:00 AM on June 21, and you can have lunch for a donation of **\$2.00.**