



MEDICAL ETHICS: CASE STUDIES

Wednesdays, June 1, 8, 15, 22

10:00 AM

\$30

This four-part series will explore the complexities and difficulties involving medical ethics decisions. In each presentation/discussion we will study and discuss case studies which present medical ethics considerations. The cases will involve ethical quandaries dealt with by doctors, patients, families of patients and the legal system. Come prepared to summon your intelligence, core beliefs and values as we navigate the rough waters of some of life's most challenging medical dilemmas.

Case studies will include:

1. Should physician supervised medical marijuana treatment be allowed?
2. Should Americans be allowed to buy and sell organs?
3. Should an inmate sentenced to be executed be allowed to donate his organs?
4. Should physicians' religious beliefs influence end-of-life decisions?

Registration will begin on May 9 for Sudbury residents. Registration will be open to all on May 23. Please pay when you register or if you register by phone please send your check right away.

Carleton Kendrick Ed.M., LCSW is a licensed psychotherapist, author, educator, noted national speaker and broadcast commentator. Mr. Kendrick has been a family therapist, speaker, educator and consultant for more than 40 years. He received his undergraduate and graduate degrees from Harvard University.

This class is offered in partnership with Sage Educational Services.

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Medicare Fraud and Abuse

The Affordable Care Act fights health care fraud, waste, and abuse by providing new tools to prevent and detect fraud, and crack down on individuals who attempt to defraud Medicare. These include increased penalties for criminals, enhanced screening of providers, more coordination between agencies, and expanded efforts to recover overpayments. Medicare beneficiaries can also play an important role. Here are some important tips for preventing, detecting and reporting fraud and abuse:

- Treat your Medicare and Social Security numbers like a credit card. Never give these numbers to a stranger.
- Remember, Medicare doesn't call or visit to sell you anything.
- Always review your Medicare Summary Notice (MSN) and Part D Explanation of Benefits (EOB) for any errors.
- If you find errors on your MSN or EOB, contact your provider immediately.
- If you are not satisfied after contacting your provider, report the questionable charges to Medicare: 1-800-633-4227.
- If you suspect Medicare fraud, contact the Department of Health and Human Services Office of the Inspector General Hotline: 1-800-447-8477.

Trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Sudbury Senior Center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.

Movie Madness this Summer...

Look for movies on Mondays and Thursdays in July and August, plus the ongoing Master Works of American Art DVDs on Tuesday afternoons. See the July/August newsletter for more information on the July Barbecue and upcoming Fall programs.

SUDBURY SENIOR SCENE COUNCIL ON AGING

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PUBLIC HEALTH NURSE

MISSION STATEMENT

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



Masterworks of American Art

June 14 – August 30

Tuesdays, 1:30 PM

Free

Our American identity is expressed through our art. Great paintings reveal our country's hopes, anxieties and aspirations. This sweeping survey of American Art will shine a light on the brilliant paintings of the homegrown masters who documented the birth of our nation. As you examine this vital artistic tradition in its historical, cultural, and political contexts, you discover how appreciating the legacy of American art is crucial to fully understanding the story of our great nation.

This DVD collection is hosted by Professor William Kloss, a noted scholar and art historian. Prof. Kloss has taught more than 100 courses as an independent lecturer for the Smithsonian Institution's seminar and travel program. He shares his deep passion for the art of this nation while offering remarkable insights into the relationship between America's history and its art.

Each week we will show 2 of the 24 lectures for 12 weeks. Each lecture is 30 minutes long. There is no charge for this class, but we ask that you register in advance so that we know how many to expect. The Senior Center wishes to express thanks to Alice Byington for sharing her DVD collection with us!

THE AMERICAN REVOLUTION

Survey Course Begins Wednesday, September 14th

Next fall, the Senior Center will offer a survey course on the American Revolution--the story of how our nation was made by ideas and by words, by combat and by endurance, by very ordinary and very extraordinary men and women. Twenty-four lectures on DVD by noted historian Allen C. Guelzo will be presented over a 12-week period with discussion to follow each lecture. The course will be held on Wednesdays beginning Sept. 14th from 9:30 to 11:30 a.m. The registration fee is \$20 per session. There is no text. Registration will begin **August 1** for Sudbury residents, **August 14** for all others. Call (978) 443-3055 or visit the Senior Center to register. Please pay when you register.



BE THE PICTURE OF HEALTH

Wednesday, June 8

12:30PM

What does a healthy diet look like? Despite or maybe because of all the diet books, food pyramids, and expert advice, most people are still confused.

Think your daily dietary intake is healthy? Guess again. Many adults lack a half a dozen essential nutrients -- from calcium to fiber -- and when we are older we are often missing even more. Filling in so many nutrient gaps seems insurmountable without supplements, but more often than not, food can solve the shortfalls.

Join Barbara Gold, Registered Dietitian and Certified Professional Chef, from BayPath Elder Services on Wednesday, June 8, 2011 at 12:30 to learn more.

Barbara will provide you with simple, easy to use advice to clear up the confusion that keeps you from focusing on what you should eat to be the picture of health.



Medical Equipment Loan Closet

Need a walker, shower bench or crutches? Call the Senior Center to request a loan of medical equipment from our Loan Closet. Leave a message for Ed Gottmann, our Volunteer Coordinator, who will call you back to let you know what is available for loan. All items at the closet are new or gently used and have been cleaned. We generally have plenty of walkers (all varieties), crutches, shower chairs, and raised toilet seats. We also have other items such as sock pullers, grabbers, canes, etc.

In shorter supply are wheelchairs and travel wheelchairs (sometimes called transport chairs, they are meant to be pushed by someone) and bathtub transfer benches. Because we have many of the other items we are mainly looking for the wheelchairs and transfer benches at this time. Please feel free to drop them off at the Senior Center. Let someone at the Front Desk know that you are doing so and leave your name and number in case we have a question about the equipment.

Stamp Club

The Stamp Club's next monthly meeting is Monday, June 13 at 10:00AM. All are welcome!



Tech Training with Teens from L-S

Wed., June 1
9:00AM -1:00PM

As part of Lincoln-Sudbury Regional High School's GIVE BACK day for senior students, we will host a Tech Training day with students on hand to help you learn basics or new features on your cell phone, ipod or computer. We will have a computer and some laptops available for use here, but you should bring your own cell phone or ipod.

Please sign up so that we can make sure to have a student available to help you. This should be a fun way for students to do a little teaching and for participants to learn about the latest technology while sharing their own stories with our senior high school students! Call us to register at (978) 443-3055.



Legal clinic
Tuesday, June 7
10:00-12:00

Elder Law Attorney Denise Yurkofsky will offer **free** twenty-minute consultations on legal matters on June 7. Appointments are required. Please call 978-443-3055 to schedule yours.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
ANNE MANNING

Enjoy the Sun – Safely!

Of all the cancers that seniors get, skin cancer is the most common. During the summer, we all tend to get a lot more sun exposure; this helps us get more vitamin D, but also increases our chances of get skin cancer.

People of all colors and races get skin cancer. Those with light skin who sunburn easily have a higher risk. Risk factors also include: family history of skin cancer, exposure to x-rays, weakened immune systems, scarring caused by a disease or burn, and exposure to cancer-causing compounds such as arsenic. Using indoor devices such as tanning beds also increase the risk of developing skin cancer. Certain medications can make your skin more sensitive to the sun (check with your doctor).

Regular skin exams help people find skin cancers early. With early detection and proper treatment, you can decrease your risk of a more serious cancer.

Protect yourself!

- Generously apply a broad spectrum, water – resistant sunscreen with a sun protector factor (SPF) of 30 or more to all exposed skin.
- Wear protective clothing – Find that wide brimmed hat and wear it!
- Seek shade
- Check your birthday suit on your birthday!



If you notice anything changing, growing or bleeding seek a dermatologist.

Skin cancer is very treatable when caught early.

References – Office of Peter Muz, M.D., P.C. Concord, MA and
Dermatology Associates of Concord

Welcome to our new Information Specialist Anne Manning!

Anne is a Licensed Mental Health Counselor and has experience working at an Adult Day Health center on the North Shore. Stop by and say hello to Anne during her regular hours: Monday, Wednesday and Friday from 9:00 – 2:30 or call her at (978) 443-3055.

JUNE 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>		<p><i>Tech Training Day</i> 1 8:30 Fit for the Future 9:00 Cribbage 9:00-1:00 Tech Training 9:00-2:30 I&R Hours 10:00 Medical Ethics (1) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters</p>	<p>2 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 7:00 Growing into Retirement talk – Legal Issues</p>	<p>3 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 9:30-11:30 Bingo 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (5)</p>
<p>6 9:00-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Balance (7) Election Setup in Gym at 12 noon</p>	<p>7 Vote! Special Ballot 8:00 BP Clinic 9:00 Cribbage 9-12 SHINE 9:30 Walking club (5) 9:40/11:00 Yoga (1) 10:00-12:00 Legal Clinic 12:00 BP Clinic 12:00 Lunch 12:30 Bridge</p>	<p>8 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 10:00 Medical Ethics (2) 11:00 Fit for the Future 12:00 Lunch 12:30 Picture of Health Nutrition Talk 12:30 Informal Quilters</p>	<p>9 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 12:00 Soup's On: Dental Health</p>	<p>10 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (6)</p>
<p>13 9:00-2:30 I&R Hours 10:00 Stamp Club 1:00 Better Balance (8) No Fit for the Future this week</p>	<p>14 8:00 BP Clinic 9:00 Cribbage 9-12 SHINE 9:30 Walking club (6 – last) 9:40/11:00 Yoga (2) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge 1:30 Masterworks of American Art (DVD) (1) 3:30 COA Board</p>	<p>15 9:00 Cribbage 9:00-2:30 I&R Hours 10:00 Medical Ethics (3) 12:00 Lunch 12:30 Informal Quilters</p>	<p>16 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 12:00 Volunteer Luncheon</p>	<p>17 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 12:00 Lunch 1:00 Cards 1:00 Watercolors (7)</p>
<p>20 9:00-2:30 I&R Hours 1:00 Better Balance (1) No Fit for the Future this week</p>	<p>21 8:00 BP Clinic 9:00 Cribbage 9-12 SHINE 9:40/11:00 Yoga (3) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge 1:30 Masterworks of American Art (2)</p>	<p>22 9:00 Cribbage 9:00-2:30 I&R Hours 10:00 Medical Ethics (4) 12:00 Lunch 12:30 Informal Quilters</p>	<p>23 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 3:00 Friends meeting</p>	<p>24 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 12:00 Lunch 1:00 Cards 1:00 Watercolors (8)</p>
<p><i>Special Van Trip</i> 27 9:00-2:30 I&R Hours 10:00 <i>Fit for the Future</i> <i>at Lincoln-Sudbury</i> <i>High School</i> 1:00 Better Balance (2)</p>	<p>28 8:00 BP Clinic 9:00 Cribbage 9-12 SHINE 9:40/11:00 Yoga (4) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge 1:30 Masterworks of American Art (3)</p>	<p>29 9:00 Cribbage 9:00-2:30 I&R Hours 10:00 <i>Fit for the Future</i> <i>at Lincoln-Sudbury High</i> <i>School</i> 12:00 Lunch 12:30 Informal Quilters</p>	<p>30 9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: The Social Network</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 is requested. Please call by 10:00 AM the day before to make a reservation.

TUESDAY	WEDNESDAY	FRIDAY
	1 Roast Chicken w/ Apricot Glaze Brown Rice/Broccoli White Bread Fruited Gelatin	3 BBQ Pork Rib Sweet Potato Brussel Sprouts Rye Bread Fresh Fruit
7 Roast Chicken w/ Marsala Sauce Brown Rice Peas Italian Bread Fresh Fruit	8 Cream of Broccoli Soup Potato Fish Wedge Egg Noodles Rye Bread Orange Arctic Ice	10 Hot Dog Baked Beans Carrots Hot Dog Bun Pineapple
14 Chickpea Tomato Soup Chef Salad w/ Ham, Egg, Cheese Pineapple Carrot Salad (2) Whole Wheat Bread Fresh Fruit (whole)	15 Stuffed Shells w/ Tomato Sauce Italian Green Beans Italian Bread Applesauce	17 Chicken Tetrazini Broccoli Whole Wheat Bread Peaches
21 Breaded Chicken w/ Supreme Sauce Brown Rice Pilaf Carrots Whole Wheat Bread Fresh Fruit	22 Kielbasa w/ Peppers & Onions Baked Garlicky Home Fries Cole Slaw Pineapple	24 Crunchy Light Fish w//Newburg Sauce Mashed Potatoes Green Beans Whole Wheat Bread Apricots
28 Baked Chicken w Lemon Mustard Sce. Brown Rice California Blend Veg. Whole Wheat Bread Butterscotch Pudding	29 Potato Kale Soup Deli Plate: Roast Beef Turkey and Cheese Three Bean Salad (2) Rye Bread Fresh Fruit	

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 30**



**The Social
Network**

120 minutes
Rated PG-13

Pizza: 12:00
Movie: 12:30

Director David Fincher's biographical drama chronicles the meteoric rise of Facebook CEO Mark Zuckerberg (Jesse Eisenberg) from Harvard sophomore to Internet superstar, examining his relationships with co-founder Eduardo Saverin (Andrew Garfield) and Napster founder Sean Parker (Justin Timberlake). Winning Golden Globes for Best Picture and Best Director, the film also racked up Oscar nods in the same categories and for lead actor Eisenberg.

Starring: Jesse Eisenberg, Andrew Garfield, Justin Timberlake, and Armie Hammer

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**.



Watercolors
6 week Mini-session
Wed., July 1 – August 5
\$35

Our popular Watercolors class will begin a new 6 week session from July 1 to August 5. The class meets at the Senior Center on Friday afternoons at 1:00 PM.

A list of materials needed for the class is available at the Senior Center.

The cost for the class will be **\$35** for the six week series.

Sudbury residents may sign up beginning June 1; all others may enroll beginning June 14. Please pay when you enroll. For information, please call (978) 443-3055.

Senior/Healing Yoga
Summer Schedule
Tuesdays
June 7 – July 26 - \$56
August 2 – 16 - \$21

For the summer, there will be an 8 week session in June and July and a 3 week mini-session in August. Both the 9:40AM and 11:00AM classes will run if there is sufficient enrollment. Sign up early!

Students who wish to try a free class are invited on May 31, July 19, or July 26. Please bring a mat and/or a towel. The class will take place in the Senior Center Sudbury Pines room or other locations depending on availability.



A Special Thank You to two outgoing Board Members...

Pat Mullen is leaving the Council on Aging Board after 6 years. Pat has been Chair of the Board for the past 4 years. He has been an invaluable leader and supporter of Senior Center programs. Pat volunteered to teach 6 popular courses: a course on World War I, 4 courses on World War II and a course on the Confrontations of the Cold War. During his tenure as Chair, he also continued to volunteer as a Fix-it handyman, a FISH driver and a volunteer for the Space Heater exchange program. Not being busy enough at the Senior Center, he also manages day to day operations at the Sudbury Food Pantry.

Barbara Bahlkow is leaving the Council after 6 years. She has been Vice Chair for the past 3 years and was on the Board of Directors of BayPath Elder Services for two years. She has been an indispensable resource on health and emergency planning issues. Barbara, a Nurse Practitioner and EMT, was co-chair of the town's Community Emergency Response Team (CERT). As Emergency Shelter Chair, she helped to orchestrate a very successful emergency preparation exercise and to assemble 15 Emergency "Go" bags for seniors.

We wish both Pat and Barbara the best and thank them for their leadership and generosity, as well as friendship!



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 27.**

In the summer, there is one class each **Monday, Wednesday and Friday at 10:00.** 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, June 20, 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 29.

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.

Please call the Senior Center at (978) 443-3055 if you have any questions.



Special Van Trip Monday, June 27

Every month on the 4th Monday, the Senior Van takes a special trip, usually to a shopping destination and lunch. This month we will feature a special trip to **Garden in the Woods** in Framingham.

Garden in the Woods operated by the New England Wildflower Society, is a beautiful planned garden which features many native plants, shrubs and trees. A paved path and walking trails meander through the garden.

On this trip, we will take a cart tour of the garden in a large electrified golf cart. We will be able to bring 7-8 people on this trip. In case of rain, the van will go back to the regular schedule and make a visit to Wal-Mart and the 99 restaurant.

The cost for the Garden tour is \$10.00. There is scholarship available for those who cannot afford the cost.



Volunteer Appreciation Luncheon Thursday, June 16 12:00-2:00

The Friends of Sudbury Seniors will host a luncheon for a very special group - our Senior Center volunteers - on **June 16**. The event is in honor of those who regularly staff the many programs and services of the Senior Center.

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 and Board members, 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.

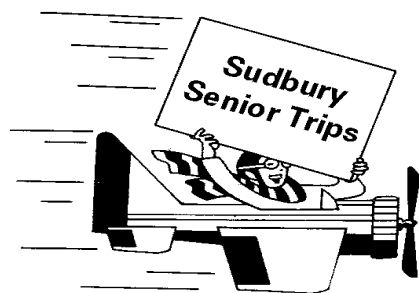
If you're one of those wonderful folks, please **RSVP** to your invitation **by Friday, June 10**.

We regret that due to space limitations, we can host volunteers only.

*Thanks to all our volunteers
from all of us!*



Ads



It certainly is wonderful to see all the beautiful trees and flowers in bloom. It certainly makes us feel like getting outdoors and enjoying the lovely weather. Where better to enjoy it than on one of our senior trips. We still have some good choices left for you both this summer and fall.

Stoneham Theatre – Andrews Sisters

How about a short trip to the Stoneham Theatre on July 20th to see a re-creation of the life of those fabulous Andrews Sisters of our long ago youth? This show was their top seller last year and so they have brought it back and it is close to sold out. At present, we have a couple of tickets available but are waiting to purchase more. We will stop at a nearby mall for lunch on our own (perhaps the one with all the Appleseed's bargains). We will leave Sudbury at 10:00 AM and return about 5:30 PM. Cost is \$55.00 and includes transportation and theatre ticket.

Perkin's Cove/Ogunquit

A real summer treat and it should be a lovely summer's day ride to Perkin's Cove and the Ogunquit Theatre on August 17th. We plan to leave the center at 8:15 and spend the late morning and early afternoon at Perkin's Cove (don't forget your cameras). After lunch on your own, we will take the short hop over to the Ogunquit theatre for another

fabulous musical of our younger days "The Music Man" At this time, we have wonderful front orchestra seats for 40 of you (more than half are sold). So if you are thinking about it don't hesitate. Cost is \$72.00 and includes transportation and theatre ticket (tickets alone are \$50.00) - so this is a good bargain. We plan to be back about 6-6:30.

Highland Heartbeat – New Hampshire

Our Highland Heartbeat trip takes us up to another beautiful New England area, Laconia, New Hampshire, to enjoy the music, dance and performances of some very talented Scottish Dancers, Drum Majors and Bagpipers along with a renowned accordionist John Carmichael. All this and a buffet lunch at the Common Man will be a treat that will be hard to beat. Cost is \$79.95. Time of departure and return will be announced at a later date.

Grand Tour of Ireland

The last trip that we have planned at this time is our wonderful 15 day "Grand Tour of Ireland". There are only a few spaces left on this trip so if you have been thinking about it you must let me know ASAP. This is the most inclusive trip to THE EMERALD ISLE that I have ever seen. After arriving in Dublin and spending a few days seeing the sights you are off to County Kildare, then down south to Waterford, over to the west to Cork and Killarney then up to Londonderry, on to Belfast and then to the Giants Causeway at the northern tip of Ireland. Of course there is loads of sightseeing all along the way,

great hotels, all breakfasts, select other meals, entertainment and the services of a Go Ahead Tour Director. The present cost including round trip air fare is \$3,359.00 pp. dbl. occup. Please call me at 978-443-8320 if you are interested.

I would like to remind our Foxwood friends that we have 2 more trips scheduled for 2011- August 1st and November 7th. As transportation is the only thing we charge for we must raise our fee to \$24.00 and we must have 37 paying passengers in order to cover the expense of the motor coach. Hopefully the soaring gasoline prices will not force us to go any higher. We also would like to ask that you pay for your trip at least 2 weeks prior to the trip date as that is when we must pay for or cancel our motor coach.

Have a great summer,

Carmel

Soups On! Thursday, June 9



Soup at 12:00, talk at 12:30

Janice Spada, D.M.D. owner of Sudbury Medical and Dental Center, will speak about dental health and answer questions.

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. To reserve soup, call before 4:00PM on June 8.

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.

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: 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 9:00 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 with trained volunteers about your health insurance concerns, including coverage questions, difficulty with claims, and the changes in Medicare, **Tuesdays and 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.** A voluntary donation of **\$2.00** a meal is requested. 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**

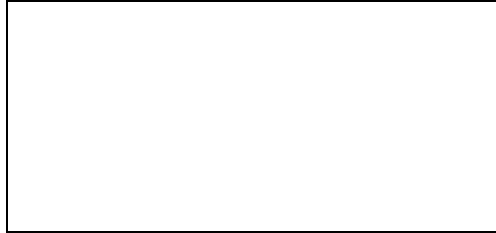
40 Fairbank Road

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



Examine Your Views
About Medical Ethics Questions
Wednesdays – 10:00AM

IN JUNE

*Delve into
American Master
Works...*

Tuesdays, 1:30PM

Find your pose... in Yoga class
Tuesday Mornings
9:40 and 11:00 AM

