

## Emergency Planning for Families with Special Needs

**Wednesday, January 17  
7:00 PM**

(Snow date, Wednesday January 24, 7:00 PM)

**Free**

People with mobility problems and other special needs are at increased risk during emergencies. Planning in advance for both “sheltering in place” and for a possible evacuation to a shelter can pay off both in terms of peace of mind and in terms of weathering the emergency in good health.

The Sudbury Senior Center will offer a workshop for family caregivers, people with disabilities, and seniors with mobility problems or other special needs on **Wednesday, January 17, at 7:00 PM** in the Senior Center.

The speaker will be Ruth Mori, RN, our community health nurse from Parmenter Community Health Care.

Topics to be included:

- ★ Emergency Call List
- ★ File of Life
- ★ Emergency supplies to have on hand
- ★ Special mobility issues and transportation
- ★ Managing oxygen needs

*Please call 978-443-3055 to reserve a space.*

The Sudbury Senior Center is fully accessible.

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# Qigong

(pronounced "Chee-gung")

- ★ Do you want to develop more strength, flexibility and balance in life?
- ★ Would you like to experience greater harmony, stability, and wellness?
- ★ Do you want to reduce stress, build stamina, and enhance your immune system?

Come try Qigong, an ancient Chinese health care system practiced by millions of people for thousands of years, that integrates physical movements, breathing techniques, and focused intent.

This traditional practice is similar to T'ai Chi, in that the graceful movements are performed so slowly that it almost looks as if you are moving underwater. Some movements involve shifting your weight slowly from one foot to the other while maintaining control and focus.

Our instructor will be Alan Krentzel, who is certified by the International Sports Medicine Association (ISMA) and the American Aerobic Association International (AAAI), and is a professional member of the National Qigong Association.

The first six-week session will begin **Tuesday, January 23, 1:30-2:30**. The cost for the series will be **\$50**, a savings of \$10 over the per-session rate.

**Free Sample:** Come to your first session free. If you like it, enroll for the series. Or drop in to any session, at \$10 a session.

**Interest session:** Come meet Alan, see a demonstration of techniques, and get your questions answered **Tuesday, January 9 at 1:30**. This introduction is free.

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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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## Computer Classes



### **Excel**

Your computer can solve math problems for you, keep lists of names and addresses in alphabetical order, balance your checkbook, and do many more handy things when you use the Excel program.

Learn your way around Excel by joining us for a four-session course offered **Wednesdays, January 17 and 31, and February 7 and 14 at 10:00** in the computer lab at the Flynn building.

To qualify for the class, you must have a computer at home to practice on, and some familiarity with computer skills such as typing, word processing, and the use of a mouse.

The instructor will be Ron Riggert, himself a skilled user of the Excel program. The cost for the four classes is **\$20**.



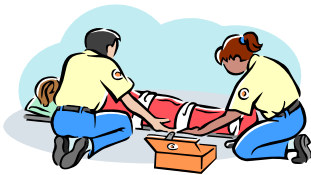
### **Fancy Flyers**

Learn how to use your word processing skills to create brochures and flyers and to import clip art into your work.

The first session will include practice using text boxes, the second will use clip art to create a flyer, and the third will demonstrate how to create a two-sided brochure. The class will meet in the computer lab at the Flynn building **Tuesdays at 10:00 on January 16, 23 and 30**.

To qualify for the class, you must have a computer at home to practice on, and some familiarity with computer skills such as typing, word processing, and the use of a mouse.

The cost for the three-part series is **\$15**. The instructor will be Kris Kiesel.



## Join CERT

(Citizens Emergency Response Team)

Your help is needed! If there were to be a major disaster in Sudbury, the police and fire departments will have their hands full dealing with all the serious complications of the disaster.

We know that neighbors will come to the assistance of neighbors, and that's great! But untrained volunteer helpers can get themselves into trouble trying to help without the guidance of trained responders.

That's why you are being invited to join the **Citizen's Emergency Response Team (CERT)**. If you sign up to help, you will get special training so that you can make good decisions in an emergency, help save lives while keeping yourself safe, and do the greatest good for the largest number of people.

The comprehensive training will take place one day (or evening) a week over a seven week period, and will be followed by refresher courses from time to time. Call 978-443-3055 for details.

People with a medical background, such as retired nurses, doctors, and veterinarians, are also invited to join the **Sudbury Medical Response Corp (MRC)**. E-mail at: [mrc@town.sudbury.ma.us](mailto:mrc@town.sudbury.ma.us) or call 978-443-2209, extension 1366.



## Health insurance in 2007

### 2007 Medicare Parts A and B Out-of-Pocket Costs

Medicare Part A deductibles and copayments have increased for 2007. The Part A deductible is now **\$992** per benefit period.

Medicare's Part B annual deductible is **\$131**. The standard Part B monthly premium in 2007 is **\$93.50**, up from \$88.50 in 2006. However, for the first time in Medicare's history, those with higher incomes will pay more for Part B. This increased premium of between \$106.00 and 162.10 per person, will only apply to individuals whose income exceeds \$80,000, and married couples whose income exceeds \$160,000.

### Part D Prescription Insurance

You can no longer join a Medicare Part D prescription drug plan for 2007, except under certain circumstances. These include when you first become eligible for Medicare, when you involuntarily lose "creditable drug coverage," and when you move out of your plan's service area. Then, beginning on November 15, 2007, everyone will have 45 days to pick a Part D plan for drug coverage in 2008.

### Open Enrollment Periods

January 1 through March 31 is Medicare's General Enrollment period.

You can enroll now for Parts A and/or B for July 1st coverage if you didn't sign up when you were first eligible. Late penalties may apply.

This year, all companies offering Medigap plans (Bankers Life, Blue Cross/Blue Shield, and United Healthcare – AARP) are open for enrollment during January for coverage beginning in February.

### Medicare Advantage Plans

Between January 1 and March 31, people with Medicare can join a Medicare Advantage Plan (such as a Medicare HMO, Medicare PPO, or Medicare PFFS) or switch between plans. However, you cannot add or drop drug coverage during this period. After March 31, your next chance to make a change will be November 15, 2007, with coverage beginning on January 1, 2008. (Special rules apply if you are just becoming eligible for Medicare, or lose your current health insurance.)

**If you need help** on any aspect of your health insurance, we offer free counseling through the SHINE program. Call 978-443-3055 and ask for an appointment with Kathy Worhach, our specially trained counselor.

*SHINE (Serving the Health Information Needs of Elders) is coordinated by the Mass. Executive Office of Elder Affairs in partnership with the Needham Council on Aging and other local agencies.*

FROM THE DESK OF  
INFORMATION AND REFERRAL SPECIALIST  
DEBRA GALLOWAY

**Disaster Planning for those with Special Needs**

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If you have special needs or a disability, your first order of business in Disaster Planning is to identify a Personal Care Network and perform a Personal Assessment. Your Personal Care Network will most likely include individuals in your family, friends, neighbors, and co-workers; people that you can trust and who are ready to help. Completing a Personal Assessment will help you to assess your capabilities and limitations, to clarify what activities you will need help with during and after a disaster (the Red Cross guide has a list of questions to ask yourself).

After you have identified your personal care network and assessed your needs, move on to the four steps outlined in the Red Cross/FEMA Guide entitled, "Preparing for Disaster for People with Disabilities and Special Needs". They are: 1) Get informed, 2) Make a plan, 3) Create a kit and 4) Maintain the plan and kit.

What does "Get informed" mean? The Red Cross recommends educating yourself about the possible disasters or emergencies that could arise in your community. In Sudbury, a power outage is certainly a possibility; a major snowstorm or hurricane would also not be a surprise. Although less likely, there is also the possibility of a chemical spill, or a fire in your own home.

Keeping the possible scenarios in mind, as well as your own special situation, develop a plan with the people in your Personal Care Network. Generally speaking, plan for two scenarios, one is evacuating your home and the other is "sheltering in place", i.e. staying in your home for several hours to several days. Examine your special situation. Do you need extra medicine or special foods, the assistance of a personal care aide, or extra batteries for your wheelchair? Where will you go if you must leave the house? If there is a fire at your home, how will you evacuate? Do you need special transportation to get to a shelter?




Create a disaster kit with recommended items such as 3 days worth of food and water, a battery operated radio, extra medications, and a manual can opener. Brochures with a complete list of suggested kit items are available at the Senior Center. Additionally, you may locate information online at [www.redcross.org/images/pdfs/preparedness/A4497.pdf](http://www.redcross.org/images/pdfs/preparedness/A4497.pdf)

Re-evaluate your disaster plan and kit every 6 months. Remember to update telephone numbers and use food before any expiration dates! To hear more about Disaster Planning for those with Special Needs, attend our special evening workshop on Wednesday, January 17, at 7:00 P.M. here at the Senior Center. For more information, see page 1!



# JANUARY 2007



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>New Year's Day</b> 1 	2 9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge	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 Informal Quilters 1:00 Bridge lessons	4 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Mrs. Palfrey at the Claremont</i>	5 8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards
8 <b>Van trip to Solomon Pond Mall/Bertuccis</b> 7:45 Foxwoods Trip 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance 5	9 9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:30 Qigong Interest meeting and demo	10 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge lessons	11 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 1:00 Healthy Eating/Healthy Living	12 8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors 1
<b>Martin Luther King Day</b> 15  <i>Senior Center closed</i>	16 9:00-9:30 Parmenter Clinic 9:00 Cribbage 10:00 Fancy Flyers 1 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:15 Hawaii trip meeting 2:30 All trips meeting	17 8:30 Fit for the Future 9:00 Cribbage 9:30 Middle East Update 9:30-2:30 I&R Hours 10:00 Excel 1 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge lessons 7:00 Families with Special needs	18 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's on: <i>Dreaming of a Good Night's Sleep?</i>	19 8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors 2
22 <b>Van trip to Christmas Tree Shop/Brittney's</b> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance 6 1:15 Trip meetings snow date	23 8-9:00 Parmenter Clinic 9:00 Cribbage 10:00 Fancy Flyers 2 10:00-12:00 Legal Clinic 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:30 Qigong 1	24 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge Lessons 7:00 Snow Date: Families with Special needs	25 8:30 Fogg Museum Trip 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 1:00 Healthy Eating/Healthy Living 3:00 Friends meeting	26 8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors 3
29 <b>Van trip to Walmart Hudson/99 Restaurant</b> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance 7	30 9-9:30 Parmenter Clinic 9:00 Cribbage 10:00 Fancy Flyers 3 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:30 Qigong 2	31 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 10:00 Excel 2 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge Lessons		

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
<b>January 2</b>	<b>January 3</b>	<b>January 5</b>
Cream of spinach soup Baked chicken/lemon mustard sauce Brown rice Pears	Turkey ham/pineapple raisin sauce Sweet potatoes Brussels sprouts Fresh fruit	Pork parmesan/tomato sauce Ziti Green beans Mandarin oranges
<b>January 9</b>	<b>January 10</b>	<b>January 12</b>
Potato skins/cheese Vegetable chili Broccoli Butterscotch pudding	Tomato cabbage soup Fish wedge Red bliss potatoes Cake	Pork rib/mushroom gravy Mashed potatoes Italian green beans Peaches
<b>January 16</b>	<b>January 17</b>	<b>January 19</b>
Burgundy beef tips Egg noodles Carrots Pineapple	Tomato rice soup Broccoli bake Parsley potatoes Mixed fruit	Fajita strips/peppers and onions Spanish rice Pinto beans Mandarin oranges
<b>January 23</b>	<b>January 24</b>	<b>January 26</b>
Tuna casserole Egg noodles Peas Applesauce	Roast turkey/gravy Mashed potatoes Winter squash Tapioca pudding	Minestrone soup Baked chicken Marsala Brown rice Pineapple
<b>January 30</b>	<b>January 31</b>	<b>February 2</b>
Mulligatawny soup Salisbury steak/gravy Mashed potatoes Cherry muffin	Stuffed pepper/tomato sauce Corn Mandarin oranges	Pork roast/gravy Red bliss potatoes Green beans Applesauce

**Movie Thursday, January 4  
12:30**

***Mrs. Palfrey at the Claremont***  
1 hr. 48 min.

*Postponed from November due to unavailability!* Mrs. Palfrey (Joan Plowright) is living alone and lonely in a London retirement hotel, when she has an accident outside the basement flat of a young writer. This fateful introduction is the beginning of an unusual friendship. The two discover they have a lot more in common with each other than they do with other people their own age. The writer inadvertently leads Mrs. Palfrey through her past, while Mrs. Palfrey inadvertently leads the writer to his future.

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 (**\$1.00** per slice). The movie itself is **free**.



### Español, anyone?

Going under the theory that if you don't use it you lose it, some of our Spanish students from last year would like to form a conversational Spanish chat group to practice what they've learned. If you are interested, please contact the Senior Center at 978-443-3055. We'll try to get something going!



### Winter cancellation policy

On days when the Sudbury public schools are cancelled due to bad weather, the Senior Center offices **will be open** as close to normal business hours as possible, but *all Senior Center programs and services, including van trips, will be cancelled.*

Be sure to listen for school cancellation announcements on your local radio or TV station.



### Soup's On: Dreaming of a good night's sleep? Thursday, January 18

Soup at 12:00, Talk at 12:30

- What is normal sleep?
- Do you have good sleep hygiene?
- How does your sleep change as you grow older?
- What are common sleep disorders?
- How are they treated and who is at risk?
- What are the latest developments in Sleep Medicine?

Our next Soup's On will feature Pamela Hurlburt, RRT, RPSGT has been working in Sleep Medicine for the past 20-years. She is the Manager of Clinical Services for Neurocare and oversees 6 sleep centers in New England including the sleep lab at Emerson Hospital.

Soup, salad, and a dessert will be served at **12:00**, and the talk will begin at **12:30**. The event is **free**, but *please call the Senior Center at 978-443-3055 in advance* to register.

### Middle East Update

Events in the Middle East are ongoing, and so is our class interest. The Middle East class will hold monthly free discussions/updates beginning **Wednesday, January 17 at 9:30.**

This is a chance to continue the lively interchanges and self-education that began in our fall class. There is no charge, but please let us know you are coming.



### Earth Decade Committee Plastics Collection

You can help make sure that potentially harmful substances do not contaminate our land and water.

The Earth Decade Committee will hold their next plastics collection events Saturday, January 13 from 10:00 AM to noon at the Ephraim Curtis Middle School. Packaging foam, six-pack rings, CDs and printer cartridges will be accepted. A donation of \$3.00 per household is asked of all participating households.

### Out-of-Town Subscribers

Keep your issues of the *Sudbury Senior Scene* coming to your door throughout 2007. A paid subscription costs **\$5.00** for all eleven issues. Please write a check payable to **Friends of Sudbury Seniors** and mail it with the coupon below to: *Sudbury Senior Scene*, Sudbury Senior Center, 40 Fairbank Road Sudbury, Massachusetts 01776-1681

Name \_\_\_\_\_

address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip code \_\_\_\_\_

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



**Thank You from LS!**

Dear Editor,

On behalf of the MLK Action Project I would like to thank all who made the recent Senior Citizen Thanksgiving Luncheon a success. More than 120 seniors from Lincoln and Sudbury joined Lincoln-Sudbury high school students for lunch and entertainment. This was an opportunity to build bridges between our generations and thank our seniors for their many contributions to our communities.

Special thanks to the town businesses for their donations: Sudbury Farms, Longfellow's Wayside Inn, Kappy's, Starbucks, and Shaws Market.

Thanks also to the L-S cafeteria and custodial staff and to Mr. Danko, Mr. Ryrie, and Ms. Frommer. Our tables were brightened with Frugal Flower centerpieces donated by Supporters of HOPEsudbury.

Thanks to the L-S Jazz Band and Culinary Club for contributing to the festivities. Thanks also to the more than 50 L-S student volunteers who donated pies and helped with set up, serving, and clean up.

Please save the date for our 2007 Senior Citizen Thanksgiving Luncheon on Wednesday, November 21 at noon. Hope to see you there!

*Grace Gunderson*  
L-S Junior



**Got grit?**

No more slippery walks if you use our sand bucket service!

We'll deliver a big bucket full of sand for your use in sprinkling on walks or drives, or bring a sand refill if your bucket is empty. Call (978) 443-3055 for more information.

**Legal Clinic**

Denise Yurkofsky, Elder Law Attorney, will provide free twenty-minute consultations here at the Sudbury Senior Center on **Tuesday, January 23** from **10-noon**. Call for an appointment!

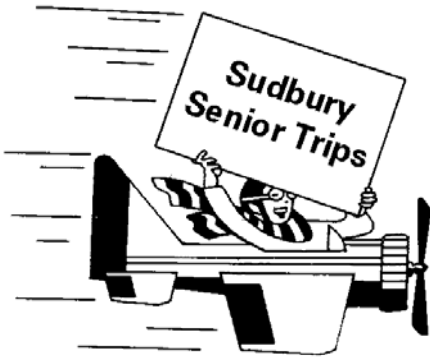
**Water Aerobics**

Our very popular water aerobics classes in Marlboro will return in February. Sudbury has ten spaces and Hudson has another ten under a grant from BayPath Elder Services.

Because Hudson has a waiting list for this class, Sudbury residents must sign up by January 31, or we will release the spaces to Hudson.

The program offers twice-weekly classes at **1:30** on **Mondays** and **Wednesdays** for eight weeks (start date to be announced.) A donation of **\$40** is requested.

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*A very happy 2007* to all my traveling friends and to those of you “who would if you could”. I found it a little more difficult this year to come up with some new and I hope interesting places for us to visit since many of you have been traveling with me for several years. Can you believe that I have been doing Sudbury Senior Trips for the last 15 years (and they said I’d never last).

Since our 2007 Trip Brochure is enclosed in this Newsletter I will leave it up to you to read and decide which trips appeal to you.

**Tuesday, January 16 at 1:15 PM.** For everyone who may be considering joining us on our September Hawaii Tour, Kathy Donahue our favorite travel person, from Scout Tours will be here to present all the details. She will also be accepting a first deposit of \$400 for this trip (checks only). The reason for the deposit at this time is that most multi-day trips begin booking about a year before their departure date and spaces sell out early so we are actually a wee bit late with our booking. Kathy already has several other people signed up, ready to go and all paid. She has been holding a block of spaces for us.

**Tuesday, January 16 at 2:30 PM**

I will be reviewing all the rest of our 2007 published trips. (See the brochure in this issue of the Sudbury Senior Scene.) Sudbury residents and our out of town friends are welcome to sign up for any of the day trips scheduled through June, as well as the July Longwood Gardens multi-day trip at this time. **SNOW DATE: Monday, January 22.**

Please call the center at 978-443-3055 and leave your name and telephone number if you are planning to come to either of these meetings as this will help us with our planning. We also may need to call you if weather should make it necessary to postpone our meeting.

This year I am going to ask you to use separate checks for each one-day trip that you sign up for and separate “new” pink slips for each additional trip. You will only need to “completely” fill out the form for the first day trip of the 2007 year that you purchase and only need to write your name, check number, the trip name, and meal choice on all subsequent one-day trip forms in 2007. Multi Day trips will still all need separate forms for each sign-up.

I also encourage you to read the back of our 2007 brochure (Guidelines) carefully. This will be very helpful and may save a lot future questions and/or concerns.



Carmel

PS: Florida name tags and info will be mailed to all participants in mid January.

**Cultural trips**



**Fogg Museum  
Thursday, January 25**

Tour the Fogg Art Museum and the adjoining Busch-Reisinger Museum and have lunch at the S&S Restaurant in Inman Square, Cambridge.

The cost for the trip will be **\$43**, which includes all costs, including gratuity for the driver.

Meet at the Senior Center at 8:30 AM for departure at 9:00. Return approximately 3:15.



**Fantasticks Theater Trip  
Wednesday, April 25**

Come with the Cultural Trips group to the Trinity Repertory Theater in Providence to see this beloved classic musical.

The group will also have lunch at Camille’s Italian restaurant in Providence.

Details are still being worked out, but it is expected that the bus will leave Sudbury in the late morning, and return mid to late afternoon. There are 26 spaces for participants. Watch your next newsletter for more!

## SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

### TRANSPORTATION

**Van Transportation:** This door-to-door, handicapped accessible service is available **Tuesday** through **Friday** from **9:00 AM to 3 PM** within Sudbury. On Mondays we provide transportation for shopping at a location outside of Sudbury. Please call the Senior Center by 9 AM to schedule a ride for that day. The cost for in-town trips is **\$1.00** each way, and \$4 (total) for out-of-town trips.

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

### **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 9:00-9:30** and **11:30 to 1:00**. Free blood sugar testing is provided on the **third Tuesday** of each month **8:00-9:00**. No appointment is necessary.

### **Medical Equipment Loan Closet:**

For those in need of a wheel chair, walker, shower chair, commode, transfer bench, cane etc., the Senior Center can provide the item on loan. We welcome donations of equipment that is no longer needed.

### COUNSELING

**Information and Referral:** Debra Galloway, our Information and Referral Specialist, provides information about resources and services for older adults and their families in the Sudbury area. 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**. You may reach her at **978-443-3055**.

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

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

### IN-HOME SERVICES

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

**In-Home Fix-It Program:** Seniors who can no longer (or should not) do small repair tasks at home can get free volunteer assistance with small jobs like fixing stuck windows, changing light bulbs, changing curtains on rods or installing curtain rods, repairing wall switches, wall plugs and lamp cords, tacking down carpets and installing grab bars and hand rails. Seniors will only be expected to pay for any necessary parts and materials.

**Grocery Shopping:** Homebound seniors are matched with a volunteer shopper who can make weekly visits to the store, and assist the senior in putting away the groceries. Seniors pay only for the cost of the groceries.

### 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*.

**Home Delivered Meals:** A hot mid-day meal can be delivered to seniors who can't get out to the Senior Center and who can't prepare a nutritionally adequate meal for themselves. Those who deliver the meal also check on the well-being of the senior recipient. A voluntary donation of **\$2.00** a meal is requested.

*A monthly publication from the*

SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

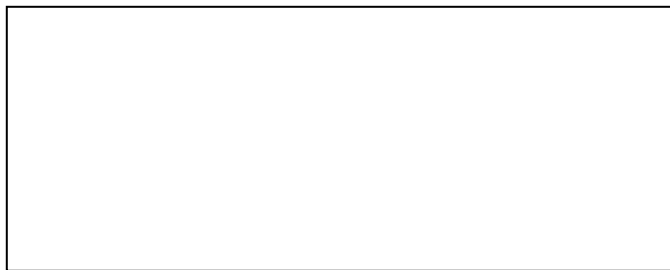
40 Fairbank Road

Sudbury, Massachusetts 01776-1681

*on the web at:*

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

**Return Service Requested**



U.S. POSTAGE

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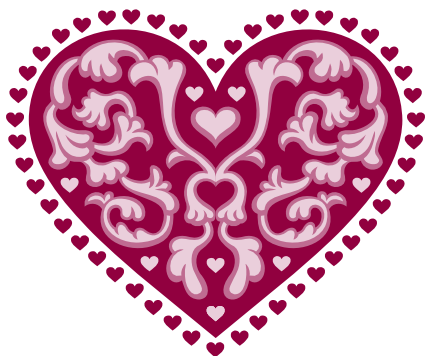
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PERMIT NO. 141

PRESORT STANDARD

Sudbury Senior Center Phone: 978-443-3055 Fax: 978-443-6009 E-mail: [senior@town.sudbury.ma.us](mailto:senior@town.sudbury.ma.us)

Senior Center hours: Monday through Friday, 9 AM to 4 PM/Van Service Hours: Tuesday through Friday, 8:00 AM to 3:00 PM



*Valentine's Day  
Luncheon  
Wednesday, February 14*

Featuring entertainment by the Golden Tones

12:00-2:00

*Treat yourself or treat your sweetie!*

Menu to be announced in February. Cost: \$4.00

Reservations required by Wednesday, February 7

January and February birthdays will be celebrated.

