



## SPANISH MASTERS' PAINTING

Imagine yourself in a room surrounded by many of the greatest paintings of the twentieth century, and having an in-depth understanding of their aesthetic qualities, the lives of their painters, and the social and political world that surrounded their creation.

Join art educator Jane Blair for a two-week tour of great Spanish art in January. Jane's series last spring on renaissance art was very well received, and she is back for more, by request.

**Spanish Masters: El Greco, Velasquez and Goya**  
**Thursday, January 24, 2008 2:00 PM**

Master painters El Greco, Diego Velazquez and Francisco Goya recorded far more than the flavor of Spanish life and history. This session will provide an examination of almost 300 years of Spanish art and culture.

**Modern Master: Picasso**  
**Thursday, January 31, 2008 2:00 PM**

Pablo Picasso was undeniably the most successful and influential artist of the 20<sup>th</sup> century. This session will take a look at the many styles, expressions, loves and lives of the man at the heart of modern art.

Jane Blair is an art educator and the founder of an art awareness program, *Art Matters*. Ms. Blair has a Bachelor's degree in Fine Arts from Boston University and a master's degree in Fine Arts from the University of Illinois. She teaches art at the DeCordova Museum, including art studio disciplines, art history, art appreciation, computer art, photography, and graphic illustration.

The sessions are **\$10** each, or **\$15** for both when enrolling for both at the same time. Reservations are required, as space is limited and we know the program will sell out.

*Presented in partnership with the Center for Lifelong Learners at Framingham State College.*

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## Stay Warm This Winter

**How cold is it?** The first line of protection is to be aware of weather forecasts and prepare for days when you are unable to go shopping, keep medical appointments or get to personal and social appointments. Besides the temperature, pay attention to the Wind Chill Index which is based on the rate of heat loss from exposed skin by combined effects of wind and cold.

**What do I wear to stay warm?** When it's very cold, dress in multiple, dry layers of loose-fitting clothing, pairs of thick socks, as well as a scarf, hat and mittens.

**How do I keep my home warm?** Heating your home is expensive, but important to staying healthy in the winter. Attic insulation is very helpfully along with sealing air leaks. Be very careful of space heaters, which can pose a burn and fire risk. If you are having trouble paying your home heating bill, contact:

**Gas/electricity discount rates:** If you cannot afford to pay your gas or electric heating bill, your utility may not terminate your service if:

- All residents in your household are at least 65 years old;
- You have a financial hardship AND either:
  - ★ You, or someone in your home, is seriously ill; or
  - ★ You have an infant in the home under 12 months; or
  - ★ It is between November 15<sup>th</sup> and March 15<sup>th</sup> and you need the service to heat your home.

If you have a financial hardship, contact your utility directly to apply for protection.

### Who can I call if I have questions and concerns regarding utility issues?

If you have questions or concerns regarding your utility or have received a notice of termination and need assistance, you should contact:

**Massachusetts Department of Public Utilities:**

Consumer Division: 617-305-3531; 1-800-392-6066; 1-800-323-3298 (TTY)

**Massachusetts Office of Attorney General:**

Elder Hotline Toll Free 1-888-243-5337

Consumer Complaint & Information Services Hotline 617-727-8400

Utilities Division Hotline Toll Free: 1-888-514-6277

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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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## Coming Attractions

We're planning a smorgasbord of classes and events for the next few months. Here's a taste of what's in store:

**Climate:** Hal Coyle, meteorologist, will be back to present a three-session series on the climate **April 14, 28, and May 5**. Hal's series on the weather this fall was warmly received, and this one should be even better. By the way, Hal was kind enough to make a DVD of his PowerPoint presentations from this past fall, and if you'd like to view it, call 978-443-3055 to make an appointment.

**Musical Legends:** The popular cabaret duo Ben Sears and Brad Connors will be back **May 12, 19** and **June 2** for a three part series featuring the work of Fred Astaire, Judy Garland, and Bing Crosby. Their popular blend of DVDs, lecture, and performance make for a lively afternoon.

**Presidential elections:** Professor Gary Hylander will be back this spring to give a series on three elections that helped shape the future of America for years to come. Included: Jefferson, Lincoln, and Hayes. The series will be **February 14, 21** and **28**. There is also the possibility that we will be able to offer a second series on the elections of the 1960s: Kennedy, Johnson, and Nixon.

**Diversity and Moral Reasoning through Film:** Professor Larry Lowenthal will lead a discussion group about moral, ethnic and ethical themes in movies on **Mondays, June 9, 16, 23, and 30**. We will view each film on the Friday before the Monday discussion. Included: *Gentleman's Agreement* (Jewish themes), *A Raisin in the Sun*, (African-American themes), *West Side Story* (Latino themes), and *Philadelphia Story* (Gay themes). If there is enough interest, we will also hold a peer-led discussion of themes of prejudice based on the movie *Crash*.

**Also in the works:** A men's breakfast with guest chefs, a potential series on how to manage a chronic condition, a music series, and of course our usual assortment of luncheons, birthday parties, soup's on lectures, and movies on our big projection system.

Stay tuned, come on down, and have fun with us. The festivities make the winter pass quickly!



**Property Tax Relief!**

If you are 65 or older, and your property taxes are more than 10% of your income, you may be eligible to take part in the **Circuit Breaker** program even if you do not file a Massachusetts state income tax. You could get up to **\$900** back from the state.

Other qualifications are: the income for a head of household cannot be more than \$60,000 (or \$72,000 for a married couple filing jointly); you must own (or rent) your primary residence, and the assessed value of your home can't be greater than \$772,000 in 2007.

You can also add 50% of your water bill to your property tax bill to help you qualify.

If you qualify, you can get a tax credit of up to **\$900**. The actual amount is calculated by

determining how much your tax bill plus water bill exceeds 10% of your income.

And even better, you may be eligible to claim a refund for the past three years even if you never filed your taxes, by filing retroactively. To qualify for tax year 2005, your assessed home value must not have been greater than \$600,000, and for 2006, not greater than \$684,000. *Ask us for all the details!*



**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. If there is a delayed start, we will be open, but call to see if your class or activity is still running.



**Resources for Staying Warm**

If you are having trouble paying your home heating bill, contact:

**LIHEAP Fuel Assistance Program:**

Low-Income Home Energy Assistance Program (**LIHEAP**) provides payments to energy providers to defer some of the costs of monthly heating bills for those eligible. Call Debra Galloway at 978-443-3055 for more information.

**Salvation Army Good Neighbor Fund:**

To apply or learn about eligibility, call (800) 262-1320, (617) 542-5420 or visit [www.magoodneighbor.org](http://www.magoodneighbor.org).

**Oil Co-ops:**

These buying groups are formed to help consumers purchase energy at lower costs. A list of oil co-ops in the state is available at [www.mass.gov/doer](http://www.mass.gov/doer) or you may contact DOER at (800) 351-0077.

**Out-of-Town Subscribers**

Keep your issues of the *Sudbury Senior Scene* coming to your door throughout 2008. 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 at the Senior Center.

FROM THE DESK OF  
INFORMATION AND REFERRAL SPECIALIST  
DEBRA GALLOWAY

### **Gambling**

Who doesn't like to take a chance at winning? Buy a lottery ticket, play bingo, take a trip to Foxwoods . . . gambling can be fun. And with the recent news that Massachusetts may soon have a casino within its borders, all of us may have even easier access to gambling.

It's a social outlet and provides entertainment when people only wager what they can afford. However, 3 - 5% of people (of any age) go on to develop a gambling problem. This can lead to betting more than is affordable and chasing losses trying to recoup. Some end up spending their retirement money and go into extensive debt. Relationships with friends and family may be seriously disrupted.

Although a gambling problem may be difficult to spot early on, here are some signs to watch for: someone who constantly talks about gambling wins but rarely mentions losses, someone who begins to replace regular activities or hobbies with gambling, and/or someone who wants to borrow money to make up for gambling losses. Another sign is becoming irritable when trying to cut back or give up gambling.

Although older adults develop gambling problems at about the same rate as the general population, there may be different reasons. Some are drawn into gambling as a way to get away from problems or to escape loneliness or boredom. Many suffer from anxiety and/or depression. For these people, a friend or family member may be able help them move on to healthier activities. For those who need extra help, there are support groups and counselors specifically for people with gambling issues.

In Massachusetts, the Mass. Council on Compulsive Gambling offers information, education and advocacy about compulsive gambling issues. The Council operates a toll-free helpline at 800-426-1234 and has a website at [www.masscompulsivegambling.org](http://www.masscompulsivegambling.org) The Gamblers Anonymous website has a list of 20 questions that can help to determine if someone has a gambling problem. The site also provides a list of support groups at <http://gamblersanonymous.org/20questions.html> The phone number is 617-338-6020. For more information or assistance, please call Debra Galloway at (978) 443-3055.




Sources: Seniors and Gambling, Consumer Health Interactive, Chris Woolston, M.S.; Mass. Council on Compulsive Gambling newsletter, Volume XX, No. 1, Fall 2007.

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# JANUARY 2008



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Senior center closed 1 	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 Informal Quilters 1:00 Bridge lessons	3 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters	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 Cards 1:00 Watercolors (1)
7 Van trip to Natick Mall/ Olive Garden 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (6)	8 9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 3:30 COA Board	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 Informal Quilters 1:00 Bridge lessons	10 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: Dental Health: the Heart Connection	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 Cards 1:00 Watercolors (2)
14 Van trip to Christmas Tree Shop/Brittney's 9:30-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 1:00 Balance (7)	15 8-9:00 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:30 2008 Trips Meeting	16 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	17 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Hairspray</i>	18 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (3)
Martin Luther King 21 	22 9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge	23 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	24 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 2:00 Spanish Masters 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 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (4)
28 Van trip to Walmart/99 Restaurant 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (8) 1:30 2008 Trips Meeting Snow Date	29 9:00-9:30 Parmenter Clinic 9:00 Cribbage 10:00 Legal Clinic 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge	30 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	31 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 2:00 Picasso	

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
Senior Center closed	January 2	January 4
<b>HAPPY NEW YEAR</b>	Fish Wedge/Tartar Sauce Rice Pilaf Winter Veggies Tropical Fruit	Chicken Potato Casserole Carrots Pineapple
January 8	January 9	January 11
Stuffed Shells/ Tomato Sauce Broccoli Whole Wheat Bread Chocolate Pudding	Cream of Broccoli Soup BBQ Beef Rib Baked Beans Ginger Bread	Shaved Steak Diced Parsley Potatoes Onions and Peppers Fresh Fruit
January 15	January 16	January 18
Chili Con Carne Brown Rice Honey Wheat Bread Pineapple	Egg Drop Spinach Soup Beef and Broccoli Rice Fortune Cookie Mandarin Oranges	Chicken & Sausage Gumbo Brown Rice Pinto Beans Tropical Fruit
January 22	January 23	January 25
Beef Liver/Onions and Gravy Mashed Potatoes Mushrooms/Peas Smoothie	Kale Soup Baked Ham/Raisin Sauce Scalloped Potatoes Chocolate Chip Cookie	Corn Chowder Stuffed Cabbage/ Tomato Sauce Brown Rice Tropical Fruit
January 29	January 30	
Split Pea Soup Lasagna/Cheese Sauce Broccoli Graham Cookie	Chicken/Picatta Sauce Brown Rice Italian Green Beans Apple Slices	Meatballs/Tomato Sauce Genoa Blend Veggie Banana Pudding

Movie Thursday, January 17

Pizza at 12:00

Movie at 12:30



**Hairspray**

1 hour 55 minutes

Tracy Turnblad has only one passion: dancing. Her dream is to appear on a TV dance party. Tracy's plus-sized figure has always set her apart from the cool crowd. She also has a loving but overly protective plus-sized mother, Edna played by [John Travolta](#).

She and a popular girl compete for the coveted "Miss Teenage Hairspray" crown. Tracy also learns about racial discrimination, leads a protest march with [Queen Latifah](#), and is arrested. Will she miss the final dance-off against the other girl and forfeit the title of "Miss Hairspray," or will she sing and dance her way out of trouble again?

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 is **free**.



*Do you enjoy working with people?  
Are you looking for a meaningful  
and challenging volunteer opportunity?*

### **Consider becoming a Certified SHINE Counselor!**

The Medicare program has never been more complex. Seniors and people with disabilities on Medicare need assistance understanding the complex options they have available to them. The need for trained individuals to educate and provide unbiased information has never been greater.

Through an intensive training program, SHINE (Serving Health Information Need of Elders) Counselors become certified to explain health insurance options and protect consumers' rights. They work one-on-one with seniors and other Medicare beneficiaries to educate, answer questions, solve problems, and screen for low-income health programs. SHINE Counselors also attend monthly meetings where they receive ongoing training, support, and opportunities to share their experiences and concerns with other counselors.

SHINE Counselors are expected to work an average of 4 hours per week meeting with clients and doing necessary follow-up work. They generally counsel in Senior Centers or other public settings that have a private meeting space. Some computer experience is necessary.

SHINE Counselors are bright and dedicated individuals who are truly making a difference in many people's lives. This is a wonderful volunteer opportunity for the right person. Please consider joining the dedicated team of professionals and volunteers.

The next SHINE training will begin in February and take place two days per week over a five-week period in Natick. For more information or an application to become a SHINE Counselor, call Dorene Nemeth, MetroWest Regional SHINE Director, at (508) 532-5980 x 4109.

Bilingual, bicultural and minority individuals are encouraged to apply.

SHINE is administered by the Massachusetts Executive Office of Elder Affairs in partnership with the Councils on Aging, the Aging Services Access Points and other local agencies.



### **Soup's On: Dental Health and Treatment Thursday, January 10**

Soup at 12:00, Talk at 12:30

Did you know that your overall health has implications for your oral health, and that gum inflammation and dental treatments require modifications to take your other conditions into consideration?

Come hear Dr. Raj Dulala speak on these issues as well as on dental implants and their indications, the heart/gum connection, and answer your questions about oral health.

Dr. Dulala received his Doctor Of Dental Medicine(DMD) in 1997 from Boston University. He is a fellow of the international congress of implantology, and has been practicing family and implant dentistry in Marlboro for the past 6 years.

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 by noon the day before* to register.

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





**Shakes alive!**

New England has a long but little understood history of earthquakes. The Sudbury Community Emergency Response Team (CERT) will present a **free** talk on **Great Earthquakes of Olde New England, 1638-1800** by New England folklorist John Horrigan, **Tuesday, January 15**, from **7:00 to 9:00 PM**, at the Goodnow Library.

The talk will cover temblors of the 16th century as relayed to Roger Williams by native inhabitants, the Boston earthquakes of 1638 and 1663, the Littleton earthquake of 1668, the Brockton earthquake of 1697, the Cape Ann earthquakes of 1727, 1744 and 1755, and conclude with the “Boston Shaker” of 1800. Also discussed will be the non-impact on Boston of the New Madrid seismic events of 1811 and 1812.

Mr. Horrigan is a New England pocket historian who has lectured on historical fires, weather and astronomical events such as the Great Hurricane of 1938.

Sudbury Fire Chief Kenneth MacLean will complement Mr. Horrigan’s talk with a presentation on other natural disasters and Emergency Preparedness.

Maximum seating capacity is 100, and space is available on a first-come basis. To reserve your seat, contact CERT volunteer Carole Flynn by phone, 978-443-2421, or email, [carole.flynn1@verizon.net](mailto:carole.flynn1@verizon.net), by January 10, 2008

For more information on the Sudbury Community Emergency Response Team, email: [cert@sudbury.ma.us](mailto:cert@sudbury.ma.us)



**Legal Clinic**

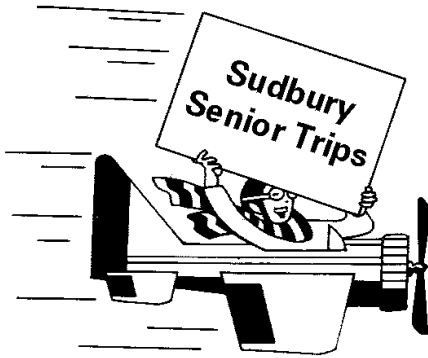
Denise Yurkofsky, Elder Law Attorney, will provide free twenty-minute consultations here at the Sudbury Senior Center on **Tuesday, January 29** from **10-noon**. Call for an appointment!



**Fit for the Future**

Come get active and burn off those holiday calories! Our lively senior aerobics program meets **Monday, Wednesday, and Friday at 11:00** and **Wednesday and Friday at 8:30** in the gym. No reservations are needed, just come and join the fun. Participants pay \$2.00 a class. The peppy music and health benefits are free.

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A wonderful happy and healthy New Year to all our trip friends and to all our Senior Center friends who like to read about our trips. I hope you will be as excited and pleased with our 2008 Trip Brochure as I am. As I mentioned in the December Newsletter it gets harder each year to come up with new and interesting things that you have not already done with me.

I would like to use this trip space to highlight some important information regarding some of this year's trips that you will be reading about in our enclosed 2008 brochure.

First of all, it has become increasingly more important that people pay for their trips as early as possible to insure good seating at shows and luncheons on our one day trips and cabin and room accommodations on our multi day trips.

For the multi-day trips, starting with our **May 19-23 South Dakota** trip please keep the following guidelines in mind:

Try to get your deposits to us just as soon as possible as space is limited and the company has already been selling this trip for

several months.

The insurance for the Dakota trip has been included in the cost so the 14 day pre-existing condition clause is covered. Be sure that you have a flyer for this trip, as details about the insurance have been included in it. I also suggest that you photo the section where you record your personal information and give us that copy in order to keep your flyer intact.

The deposit for our **September 19-21 Balloon Festival** at Lake George, NY should also be paid at least a week before the deadline so it can be received on time by the trip company.

If you are interested in our **Mediterranean Cruise** it needs to be booked right away. The trip is being offered at a really great price, including good prices for the cabins. You can also upgrade if you wish. Call me at 978-443-8320 if you wish to upgrade. Our company has told me that this trip sells out very quickly so we must book it now in order to get good locations. They also advise me that insurance on this trip is very important as the cancellation policy is very severe. A separate check, payable to the company, is required. **NOTE:** The spelling of your name must be exactly as it appears on your passport.

Just as we did last year, you may pay for any and all of our day trips through the June 10 trip at this time. For the first half of January, sign up will be for our Sudbury friends only. Our out of town friends may sign up beginning January 18.

Please use separate checks for all day trips with the exception of the \$19.00 **Foxwood** trips (one check of \$76.00 for all four will be acceptable if you wish to go on all of them and pay for all of them at the same time.)

We must have everyone fill out a new 2008 registration form with their first trip of the year. Your trip sign up may be delayed if this is not included with your first check.

Trips from July to the end of the year may be paid for after April 1 for Sudbury folks and April 14 for out of town folks. New sign up slips will not be needed at that time if you already have filled out your 2008 slip earlier.

**NOTE:** Please write the name of the trip at the top of your check and your meal choice on the memo line. This will be most helpful to us.

**REMEMBER:** We will be having a complete **2008 trip meeting** on **Tuesday, January 15 at 1:30 PM** for day trips and **2:15** for Multi-day trips. Come and hear all the details of our plans for your traveling enjoyment! Flyers for each individual trip should be ready at this time. The snow date is Monday, January 28, at the same times.

Our trips are open to all area seniors and future seniors. We ask that travelers requiring special assistance bring a companion.

Thanks,

*Carmel*

## SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

### TRANSPORTATION

**Van Transportation:** This door-to-door, handicapped accessible service is available **Tuesday** through **Friday** from **8:30 AM** to **3:30 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 \$2 one way for out-of-town trips.

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

### **Sudbury Senior Access:**

Subsidized taxi rides from Sudbury to any contiguous town. Books of coupons worth \$25 in rides are for sale for **\$12.50** at the Senior Center. Rides are available 5:30-AM to 10 PM weekdays and 5:30 AM to 5:30 PM on weekends.

### HEALTH SERVICES

**Blood Pressure Clinic:** The Senior Center, in conjunction with the Board of Health and Parmenter Health Services, offers weekly free drop-in health clinics. Clinic hours are **Tuesdays 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 medical equipment, the Senior Center may provide the item on loan. We welcome donations of equipment that is no longer needed.

### COUNSELING

**Information and Referral:** Debra Galloway, our I&R Specialist, provides information about resources and services for older adults and their families in Sudbury. She can provide referrals for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Mondays, Wednesdays and Fridays** from **9:30 to 2:30**.

**Legal Clinic:** Denise Yurkofsky, an elder law attorney, is available for free private 20-minute consultations with seniors 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 around the house. Seniors will only be expected to pay for necessary parts and materials.

**Grocery Shopping:** A volunteer shopper will make weekly visits to the store, and assist the senior in putting away the groceries. Seniors pay only for the food.

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

**Lock Boxes:** The Senior Center can supply lock boxes at no cost to Sudbury seniors. These are small safes containing a key to the house. Volunteers install the boxes at **no charge**. A donation of **\$60** may be given to purchase a lock box for a senior who cannot afford one.

### NUTRITION

**Meals on Site:** A full lunch is served at the Senior Center on Tuesdays, Wednesdays and Fridays at noon. Please call to make a reservation **at least 24 hours in advance**. Menus can be found each month in the *Sudbury Senior Scene* or by calling **978-639-3278**.

**Home Delivered Meals:** A hot mid-day meal can be delivered to seniors who can't get out. The drivers also check on the well-being of the senior recipient. A voluntary donation of **\$2.00** a meal is requested.

*A monthly publication from the*

**SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING**

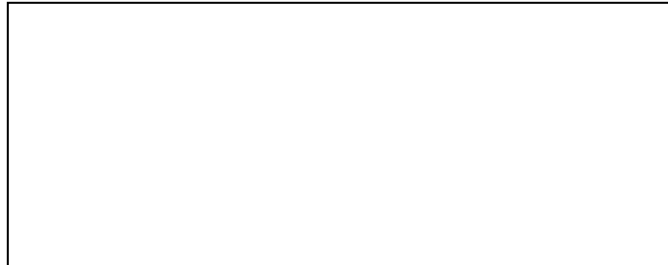
40 Fairbank Road

Sudbury, Massachusetts 01776-1681

*on the web at:*

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

**Return Service Requested**



U.S. POSTAGE

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Sudbury, MA

PERMIT NO. 141

PRESORT STANDARD

**Sudbury Senior Center**

**Phone: 978-443-3055**

**Fax: 978-443-6009**

**E-mail: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)**

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

**General Information Line:** 978-639-3275

**Menus:** 978-639-3278

**Trip Information:** 978-639-3277

**Cancellation Line:** 978-639-3276

## Stay Safe in the Snow and Ice



This winter really started with a wallop: sudden cold, then snow that stayed, and followed by an ice storm. Here are some tips to keep you safe and well through the bad weather:

Avoid overexertion. Shoveling is very strenuous exercise and can quickly take a toll on your body. Ask someone to shovel for you if you are at high risk of a heart attack or other injury. If you must shovel, go slowly, lift carefully, take frequent breaks, drink a lot of water, dress warmly and stop at the first sign of pain or exhaustion. Keep a (covered) bucket of sand on your porch to use for "black ice." Our sand bucket service will give you refills if you use up your first supply.

It is safest to stay indoors when the weather is very bad. If you must drive, make sure you are well stocked with:

- A full tank of gas;
- An emergency winter storm kit (flashlight, flares, candle, first-aid kit, tow line or rope, paper towels, spare shovel);
- Sand or kitty litter for traction;
- A windshield scraper and de-icer;
- Cell phone and/or an emergency radio; and,
- Blanket, gloves, socks, hat and boots. Dress as if you'll need to take a long walk in the cold.