

Sudbury Senior Scene

**JUNE
2005**

Nature in Art and Literature

Come write and draw with us as we appreciate the beauty of Sudbury in the Summer! Artists, photographers and writers often use nature themes in their work.

Each session we'll use their work and our own to heighten our own appreciation of the world around us. No need for prior experience or artistic talent, but there will be light drawing, writing, and photography involved.

Classes will be **10:00-11:30**. Tuition is \$5 each or \$20 for the series. Advance registration is required, and all materials will be supplied.

Monday June 20: Water: From Herman Melville to Leonardo DaVinci, water is a universal theme. Use the sounds of water to create a word sketch of your own.

Monday, June 27: Plants: Grass and trees, flowers and fruit! Compare Georgia O'Keefe, Cezanne, and Rembrandt, and make a plant drawing of your own without looking!

Tuesday, July 5: Birds: John Audubon painted them, Wallace Stevens wrote about them. Did they capture the essence of flight? Make a collage about your reaction to birds.

continued inside

INSIDE THIS ISSUE:

Photos of the Breath of Spring luncheon	2
Taking the Pulse of a Nation info meeting	3
Your 15 minutes of fame: Silhouette shoot	3
Watercolors for everyone!	4
Medicare Part D info	4
Summer heat health reminders	5
June calendar	6
Lunch menus	7
Movie: <i>The Aviator</i>	7
Gentle chair yoga	8
State House art contest	8
Podiatry visit	8
Health insurance terms to know	8
Soup's On: Chiropractic	8
Sexuality and aging	9
Sudbury Senior Trips	10
Senior Center Services	11
Chicken Barbeque	12

Nature in Art and Literature continued . . .

Monday, July 11: Weather: The Hudson River School of painters and Winslow Homer were fascinated with storms. Create a word portrait of a memorable storm you've witnessed.

Monday, July 18: Landscapes, Large and Small: Seascapes from the Cape look at the broad horizon, while other artists show the infinite variety in pebbles. Plan a photography trip to look at landscapes small to large.

Breath of Spring Luncheon

A treat for the eyes, ears, and taste buds!



People with April and May birthdays gathered around to cut the cake at the Sudbury Senior Center spring luncheon on May 4.



A chef carved a pork roast to order for Margaret Chi and Mary Newitt at the luncheon.



Soprano Elyse O'Connor entertained the crowd with songs and humor.

COUNCIL ON AGING

Chairperson:

Joseph Bausk

Board of Directors:

- Mort Brond
- Tamilyn Cheverie
- Judy Deutsch
- Beverly Guild
- Catherine Kuras
- Esther Mann
- Ronald Riggert
- Edward Ross

SUDBURY SENIOR CENTER

Director

Kristin Kiesel

Administrative Assistant

Claire Wigandt

Information and Referral

Debra Galloway

Senior Aide

Jean Taylor

Senior Community Work Program Coordinator

Peg Whittemore

S.H.I.N.E. Counselor

Kathy Worhach

SMOC Mealsite Manager

Marie Lupien

Trip Coordinator

Carmel O'Connell

Van Driver

Carolyn Young

Volunteer Coordinator

Ed Gottmann

Wellness Nurse

Dee Graceffa

Mission Statement

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

Ad

ads

Taking the Pulse of a Nation Information Meeting Thursday, June 16 at 1:30

Red states and blue states: our most recent election pointed to a division of thought in America. We know as well that people in neighboring countries have opinions about the United States and our activities that may be quite unlike our own understanding of the same issues.

Taking the Pulse of a Nation will be an informal weekly gathering of people who are interested in exploring the outlook and perspective of people living outside New England. The group will meet **Thursday** mornings, **9:30 – 11:30**, from September 8 to December 8.

Articles and editorials from local newspapers from around the nation as well as from Canada and Mexico will be chosen each week. These will be read to the group, followed by a discussion of the writers and their readers.

In addition, the group will sometimes take a more in depth look at an issue, reading pertinent articles from news magazines and periodicals such as *Harper's* and *The Economist*.

Much of the material we will use if available at no cost on the Internet, but if newspaper subscriptions or purchases are needed, the cost will be divided among the group members.

The moderators for the sessions will be Eleanor Kafalas or Betty Bishop, long-time members of classes and discussion groups at the Senior Center. Join them **Thursday, June 16 at 1:30** to learn more and to enroll. The discussion group will be \$15 for the series, plus any cost to purchase newspapers.



Your 15 minutes of fame!

You're our hero! Please drop by the Senior Center **Monday, June 13 or 20 at 9:00** to take part in our silhouette photo shoot. We're looking for as many seniors as possible to lend their image (silhouette only!) to our efforts for this year's 4th of July float. This year's theme is "American Heroes", and we'd love to include you. It will be painless, we promise. Call us for more info!





Watercolors for everyone!

**Info session: Wednesday,
June 8 at 11:00.**

Whether you've always wanted to try watercolors but thought they were too difficult, or whether you're an experienced painter who wants to get back in touch with the fun and versatility of watercolors, we have a great opportunity for you!

We'll be offering an 8-week course in watercolor painting with instructor Cynthia Durost, either in the summer or this fall. Come to an info session **Wednesday, June 8 at 11:00** to meet Ms. Durost and let us know your preference in terms of class dates and times, as well as your level of experience.

The workshops themselves will explore wet-on-wet and wet-to-dry techniques for landscapes, floral still lifes, and much more.

Ms. Durost has studied at the Museum School in Boston, and apprenticed for three years with a Chinese Brush painter. She has taught watercolor for more than seven years, and many of her students who started as beginners are now exhibiting and selling their own work!

The information session is free, and the cost for the series will be \$40.

A Medicare Prescription Drug Plan Is Coming: (No rush, but you will need to know!)

If you have Medicare, it's time to start to learn about the new Medicare prescription drug plan (Part D). On January 1, 2006, Medicare Part D will begin to help people with Medicare pay for prescriptions. If you have Medicare, you will be able to enroll in Part D from November 15, 2005 to May 15, 2006.

Deciding whether or not to enroll is an important decision, but one that doesn't have to be made immediately. If you have drug coverage from another plan, you will still need to think about your decision.

Information comparing your plan to Part D coverage may be available soon, and can help you decide whether to continue or to change to a Medicare prescription drug plan.

If you have limited income (\$14,355 for a single person, or \$19,245 for someone who is married) and limited resources (\$11,500 for a single person or \$23,000 for someone married), you might qualify for extra help with paying for premiums, deductibles and coinsurance. Some people will be automatically eligible for the extra help. Others will receive an application for the extra help from the Social Security Administration this summer.

From May to August, Social Security will be sending out applications in batches, according to the last two digits in your Social Security Number. These applications will help you understand if you are one of those who qualifies for extra help. If someone you know gets an application and you don't, it may just mean that your number has not come up yet. Be patient and wait to see if yours arrives. Social Security will begin to process these applications on July 1. For assistance with filling out the applications contact the Social Security Administration, MassHealth or set up an appointment with Kathy Worhach, our SHINE counselor.

Although Part D is new and may seem confusing, there's no need to panic. You have plenty of time to get information about this new Medicare prescription drug plan. You can find out details about individual plans that will be available starting in the fall. Watch for further information. We are planning a follow-up forum on Part D in the September.



From the Desk of I&R Specialist Debra Galloway**Don't Let the Summer Heat Get to You!**

Ah, summertime! Time to relax . . . take time to be outdoors, to visit with family, drink iced tea and lemonade and enjoy the sun. It's so easy to forget the potential for health risks of summer. Heat and high humidity can be annoyances but they do carry risks, especially for certain groups of people: those who are 75 and older and those who have medical conditions or who are overweight. When it is hot and humid for a long time, there is also a good chance that air quality is diminished by smog. These conditions increase the risk of heat exhaustion, heatstroke and breathing problems for everyone.

For many older adults the thirst mechanism decreases, increasing the possibility of dehydration, a risk factor for heatstroke. The problem may be even worse for those who have had a stroke or have Alzheimer's disease. Most of the time, dehydration can be avoided by taking proper precautions and pacing yourself, or if you are a caregiver, monitoring your loved one's fluid intake.

First, seek out air conditioning. Use it in your home or go to the Senior Center or another air conditioned location. Taking it easy in air conditioning for even part of the day will help. Drink plenty of water, and if you do spend time outside, do it in the early morning or evening and wear a hat, sunscreen and light colored, loose fitting clothing. If you are taking medications, check with your doctor or pharmacist about any special precautions for dealing with the heat or smog.

Warning signs of heatstroke include: cessation of sweating, fainting, a change in mental status (confusion or increased irritability), rapid heart rate and/or breathing, and fever. If you do notice someone with the signs of heatstroke, move them out of the sun and into a shady or air conditioned area, call 911 and cover the person with damp sheets.

A little preparation and caution will go a long way to helping you have an enjoyable and healthy summer. Please call us at the Senior Center at (978) 443-3055 if you need more information or any help over the summer. We will be open with our air conditioning on, from 9am – 4pm, Monday through Friday (and remember, during a power outage the Senior Center has an emergency generator to keep the Center cool!).

Other Risks to Keep in Mind during the Warmer Months:


For those who are outdoors, there are the nuisances of mosquitoes and ticks, which unfortunately may carry the risk of West Nile virus and Lyme disease. Stay indoors at twilight when mosquitoes are most active, and use insect repellent in mosquito areas. For ticks, protect yourself with repellent, socks and long pants, and vigilance! Ticks must be attached for 24 – 48 hours to infect a person with disease.

One risk you might not have thought about for a while is tetanus, which affects the older population disproportionately higher than those who are younger. Avoid this risk by making sure you get a tetanus vaccine booster every 10 years.

References: HealthLink, Medical College of Wisconsin, www.healthlink.mcs.edu; NewsNet5, www.newsnet5.com; Aging in Canada, www.agingincanada.ca.

ads

JUNE 2005

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 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 Quilters 1:00 BP Clinic 1:00 Canasta 1:00 Bridge practice	2 9-12 SHINE 9-11:30 Quilters 9:45 Thursday Crafters 11:30-4:00 Wellness Nurse 12:30-3:00 Quilters	3 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 Canasta
6 Van trip to Framingham and Natick Malls; Villa for lunch 9:30-2:30 I&R Hours 12:00-2:30 Volunteer appreciation luncheon 1:00 Ceramics	7 8-9:00 Parmenter Clinic 9:00 Cribbage 11:00 Chair Yoga 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge 7:00 PM COA Board	8 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 10:00-12:00 Legal clinic 11:00 Fit for the Future 11:00 Watercolor interest meeting 12:00 Lunch 12:30 Quilters 1:00 Canasta 1:00 Bridge practice	9 9-12 SHINE 9-11:30 Quilters 9:30-11:30 World Religions 9:45 Thursday Crafters 1:00-4:00 Wellness Nurse 12:00 Pizza 12:30 Movie: <i>The Aviator</i> 12:30-3:00 Quilters	10 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 Canasta
13 Van trip to Ocean State Job Lot and Marshall's; Kennedy's for lunch 9:00 Silhouette shoot 9:30 Spring walk 9:30-2:30 I&R Hours 10:00 Stamp Club 11:00 Fit for the Future 12:00 Tai Chi 1:00 Ceramics	14 8-9:00 Parmenter Clinic 9:00 Cribbage 11:00 Chair Yoga 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge	15 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 Quilters 1:00 Canasta 1:00 Bridge practice	16 9-12 SHINE 9-11:30 Quilters 9:30-11:30 World Religions 9:45 Thursday Crafters 1:30 Pulse of a Nation info meeting 12:30-3:00 Quilters	17 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 Canasta
20 Van trip to Solomon Pond Mall; Olive Garden for lunch 9:00 Silhouette shoot 9:30-2:30 I&R Hours 10:00 Nature in Art 11:00 Fit for the Future 12:00 Tai Chi 1:00 Ceramics	21 8-9:00 Parmenter Clinic 9:00 Cribbage 11:00 Chair Yoga 12:00 Lunch 12:30-1:00 Parmenter Clinic 12:30 Bridge	22 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 Quilters 1:00 Canasta 1:00 Bridge practice	23 9-12 SHINE 9-11:30 Quilters 9:30-11:30 World Religions 9:30 Tap Class 9:45 Thursday Crafters 12:30-3:00 Quilters	24 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 12:00 Soup's On: Chiropractic 1:00 Cards 1:00 Canasta
27 Van trip to Wal-Mart; 99 Restaurant for lunch 9:30-2:30 I&R Hours 10:00 Nature in Art 11:00 Fit for the Future 12:00 Tai Chi 1:00 Ceramics	28 7:45 Trip to Gillette Castle and Thimble Islands 8-9:00 Parmenter Clinic 9:00 Cribbage 11:00 Chair Yoga 12:00 Lunch 12:00-1:00 Parmenter Clinic 12:30 Bridge	29 8:30 Fit for the Future 9:00-12 Podiatrist 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters 1:00 Canasta 1:00 Bridge practice	30 9-12 SHINE 9-11:30 Quilters 9:30-11:30 World Religions 9:45 Thursday Crafters 11:30-4:00 Wellness Nurse 12:30-3:00 Quilters	

Lunch Menus

A full lunch is served at the Sudbury Senior Center at 12 noon on Tuesdays, Wednesdays and Fridays. A donation of \$2.00 per meal is suggested. Please call at least 24 hours in advance to make a reservation.

TUESDAY	WEDNESDAY	FRIDAY
May 31	June 1	June 3
Beef strip/gravy Mashed potatoes Peas Oatmeal bread Fig bar	Herbed boneless chicken breast Tricolor pasta salad Lettuce, tomato Ranch dressing Pita bread Cantaloupe	Turkey ham /pineapple sauce Sweet potatoes Cabbage Whole wheat bread Mixed fruit
June 7	June 8	June 10
Hot pocket (beef taco) Stewed Tomatoes Corn Peaches	Chick pea soup Egg salad Carrot-raisin- pineapple salad Bulky roll Chocolate cake / vanilla frosting	Burgundy beef tips Oven roasted potatoes Butternut squash Whole wheat bread Fresh fruit
June 14	June 15	June 17
Fish strips / tartar sauce Chantilly potato Zucchini & summer squash Oatmeal Bread Cantaloupe	American chop suey Green beans Vienna bread Parmesan cheese Diet pistachio pudding	Salisbury steak jardinière Gravy Mashed potatoes Mixed vegetables Rye bread Pears
June 21	June 22	June 24
Meatballs / mushroom sauce Seasoned rotini Tuscany blend vegetables Whole wheat roll Chocolate pudding	Pork roast / gravy Mashed potatoes Green beans Oatmeal bread Muffin	Herb baked chicken Brussels sprouts Sweet potatoes Multi-grain bread Mixed fruit
June 28	June 29	July 1
Cream of broccoli soup / crackers Seafood salad Potato salad Rye bread Tapioca pudding	Pot roast / onion gravy Mashed potatoes Peas Dinner roll Pineapple	Stuffed pepper / tomato sauce Corn Carrots Pumpnickel bread Peaches

Movie: *The Aviator* Thursday, June 9 12:30



The Aviator 2 hrs. 50 min.

This movie, directed by Martin Scorsese and written by John Logan, tells the story of aviation pioneer Howard Hughes (Leonardo DiCaprio), the eccentric billionaire industrialist and Hollywood film mogul, famous for romancing some of the world's most beautiful women. The drama recounts the years of his life from the late 1920s through the 1940s, an epoch when Hughes was directing and producing Hollywood movies and test flying innovative aircrafts he designed and created.

Starring: [Leonardo DiCaprio](#), [Alan Alda](#), [Alec Baldwin](#), [Kate Beckinsale](#), [Cate Blanchett](#)

MPAA Rating: PG-13 for thematic elements, sexual content, nudity, language and crash sequence.

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).



Gentle Chair Yoga

How long has it been since you could reach that jar on the upper shelf of your cabinet? Did you know that practicing yoga may help you reach higher?

Gentle yoga exercises work to increase the flexibility of the joints and muscles. Practicing the movements of yoga helps loosen and lengthen the muscles around joints allowing you to reach farther, bend better and stand taller! Another benefit is stress release and an increased ability to relax.

All this is accomplished in a fun class that includes breathing exercises, postures and flowing movements.

The Sudbury Senior Center will offer a new four-week session of chair yoga beginning on **Tuesday, June 7**. There will be an optional two-week extension if participants prefer. Taught by certified instructor Debra Galloway, The class will meet from **11:00 -12:00**.

Sessions will begin with warm-up exercises in a chair, proceed to standing poses using the chair for balance, and end with a relaxation period.

The fee for each class will be \$4.00, or \$16 for the four-week series. Please call (978) 443-3055 to register for the series, or for more information..



Contest for Artists

Are you 62 or older? If you have an artistic flair, you're invited to enter the 9th annual Senior Citizen's Artistic Interpretation of the State House Holiday Card contest.

The theme of the 2005 contest is "Celebrating the winter holiday at the State House in your favorite decade". Both amateur and professional artists are welcome, and entries will be exhibited at the State House in August.

The winning entry will be reproduced and sold at the State House gift cart, with the artist's name printed on the card, and the artist will receive an Affirmation of Award.

Contest deadline is July 15. More details are available here at the Sudbury Senior Center!

Special thanks . . .

On behalf of the Senior Center and the seniors of Sudbury, we would like to express our deep thanks to our three dedicated AARP Tax Assistants, Dave Levington, Tom Sifferlen, and Ben Stahl. Anyone who struggled through their state and federal tax returns on their own knows the time, concentration, and skill it takes to get it right! We're lucky to have such a knowledgeable group.

We appreciate your help!

Podiatry Visit Wednesday, June 29 9:00 – Noon

Dr Bryant Tarr of Sudbury Podiatry will be at the Senior Center **Wednesday, June 29 from 9:00 to noon.**

Please call Dr. Tarr directly for an appointment at (978) 443-4878. Payment is made directly to Dr. Tarr.



Soup's On: Oh, my aching back! Friday, June 24, 12:30

When your back hurts, everything hurts. Join Dr. Fred Rondinelli to learn more about the uses and benefits of chiropractic. He'll bring x-rays, MRIs and models of the neck and back to illustrate his talk. Feel free to bring a copy of your own x-ray to get personal recommendations.

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

Please note: This Soup's On will be on a Friday, not Thursday.



Sexuality as We Age

From Dee Graceffa, Wellness Nurse

ads

The children have all grown, left home and are on their own. The woman has gone through menopause, so the chance of pregnancy is zero, and you don't need to lock the bedroom door for privacy. Time to reconnect with your significant other, right? For some seniors, yes! For others, no luck! Often a combination of normal physical changes and medications can dampen the most fervent desire.

Some normal physical changes that occur when a person ages include a decrease in women's circulating hormones, decreased vaginal lubrication, longer time to achieve an erection, and less volume of sperm. However, many people do not realize that a medication they are taking may be contributing to loss or lack of libido.

The list of medications that affect desire is long, including blood pressure medications (Atenolol, Inderal, Clonidine), psychotropic agents (Thorazine, Elavil), and chemotherapeutic agents. The good news is that if you find that you are having a problem, often your Health Care Provider can switch your medication. Just like with any side effect, what bothers you on one drug may not on another drug.

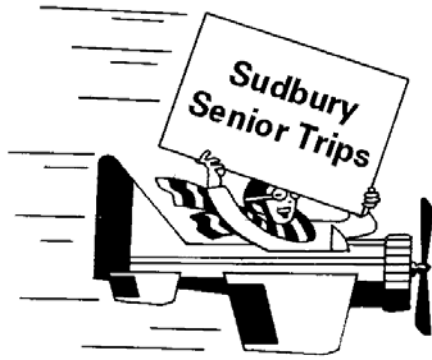
Then, of course, there are drugs for erectile dysfunction, such as Viagra and Cialis. Since their release a few years ago, sexual dysfunction has become an "OK" subject to talk about. The problem is now openly discussed in the media, with former U.S. Senator Bob Dole and baseball player, Rafael Palmeiro endorsing erectile dysfunction medications such as Viagra. These drugs work by relaxing muscles in the penis, allowing increased blood flow and an erection.

Viagra and other medications for erectile dysfunction must be used cautiously in those with heart problems. Talk to your doctor to see if you would benefit from one of these new medications. Many older couples find new joy in sharing pleasures they thought were lost for good.

A personal note from Dee. . .

Well folks, the MetroWest Grant that sent me is coming to a close, and with that, my time at the Sudbury Senior Center will end this month. Although I was here to assist seniors in maximizing their wellness, the job assisted me in growing my knowledge and making a lot of great friends. I will not say goodbye, because I plan to come back to the Health Fair next fall, and I will stop by to attend some of the programs that will be set up to serve you next year. It has been an honor and a privilege to work with so many wonderful people and I have truly enjoyed my time with you.

Warm Regards,
Dee Graceffa



Is there anyone among us who doesn't love the month of June? Summer is almost here and it is a great time to take part in some of the wonderful trips that we have planned for you. Please note that they are quickly filling up and we want to be sure that we have space for all of you.

Gillette Castle, and Thimble Island Cruise Tuesday, June 28

This trip is sold out, wait list only. We will be leaving the center at 7:45 AM on June 28. *Please be at the center by 7:30 at the latest.* We should be home by 6:30 PM. Our lunch has been upgraded: choose prime rib, baked stuffed shrimp or baked stuffed chicken. Please call me at 978-443-8320 with your new choice by June 13.

Stephen Sondheim's Musical "Follies" Wednesday, July 13

Nearly sold out! Travel with us to Great Barrington to see this dazzling, Tony Award winning musical. This area is simply beautiful in the summertime and the show is already almost a sellout up there. Lunch will be at the well-known Cork 'n' Hearth Restaurant in Stockbridge (it's so good it will be the site for our Tanglewood Luncheon, also) with a choice of veal parmesan, grilled

chicken breast or baked scrod. Departure time is at **9:30 AM**, and return at about 6:00 PM. Cost is **\$63.00**.

Our Annual Tanglewood Trip Sunday, August 7

Our biggest news this month is that we have finally settled all the details of our annual Tanglewood Trip. We will leave the Senior Center at **8:45 AM**. We will travel to the beautiful Berkshire hills and enjoy another delightful luncheon at the famous Cork 'n' Hearth Restaurant in Stockbridge. Our choices this time are petit New York sirloin, baked scrod or chicken parmesan.

We will enjoy front-of-the theater seating while we listen to the inspiring music of the Boston Symphony Orchestra conducted by Rafael Fruhbeck de Burgos, joined by John Oliver and the Tanglewood Festival Chorus.

The program for the day will be Nanie, Gesang der Parzen and Shicksalslied for chorus and orchestra by Brahms, and Symphony No. 5 by Beethoven. We were able to do this trip for you with only a \$1.00 increase in the cost, this year. You may pay in installments, with a \$50.00 deposit to cover the ticket cost by June 20 and the balance of \$36.00 on or before July 18, for a total cost of **\$86**. We are sorry but if you should need to cancel there will only be refunds if we can resell your ticket. You may resell the ticket yourself, but please let us know who will be taking your place.

Summer Foxwoods Trip Monday, August 1

Cost is **\$19.00** and the bus departs at 7:45 AM promptly. Please meet at the center by **7:30 AM**. Return home is approx. by 5:00 PM.

Log Cabin and Lobster Fest Tuesday, August 16

A fun and "yummy" day awaits you when you join us for another of our annual summertime Lobster bakes. This time we are going to the hills of Holyoke to the Log Cabin Restaurant. We'll sit back and enjoy the music of the Riverboat Ramblers and at the same time enjoy a fabulous lobster, barbecued ribs or chicken feast with all the fixings, including a complimentary souvenir petite bottle of wine. Cost is **\$63.00**. Departure time is **10:15 AM** and return is about 4:30 PM.

Sag Harbor and the Hamptons September 11-13

*Great news! Price
reduction due to
size of our group!*

Our end of the summer trip is to see the "Lifestyles of the Rich & Famous". Cost is **\$370.00** dbl. occupancy. This trip includes so much packed into three days that you will just have to pick up a flyer at the center and read about it yourself! Spaces are going fast, so send in your \$25.00 deposit by June 11 to hold your space. Insurance is available with this trip. Please make deposit checks payable to *White Star Tours*. The balance is due by August 1.

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 9:30 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 suggested donation for in-town trips is 75 cents each way, and \$3 (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.

Health Services

Wellness clinic: The Senior Center offers a weekly wellness clinic through a grant from the MetroWest Community Health Care Foundations. A nurse provides one-on-one counseling for seniors who have questions or concerns related to personal health issues, who are dealing with chronic diseases, or who would benefit by having a medical professional monitor their health through diet and exercise. Hours are **Thursdays 11:30 to 4:00**. Appointments are suggested but not required.

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 provided on the first 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: Richard Burpee, an elder law attorney, is available for free private 15-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. Please call to make an 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 the like. Seniors will only be expected to pay for any necessary parts and materials.

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. Daily menus can be found monthly 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 donation of \$2.00 a meal is requested.

Exercise

We offer a variety of exercise programs for people of different abilities, including gentle chair yoga, T'ai Chi, tap dancing, Fit for the Future and classes to improve balance. Call for times.



Sudbury Senior Center

Phone: (978) 443-3055

Fax: (978) 443-6009

E-mail:

coa@town.sudbury.ma.us

*Visit us on Sudbury's
website at:*

<http://sudbury.ma.us/services/seniorcenter/custom/hal/index.htm>

Senior Center hours:

Monday through Friday
9 AM to 4 PM

Van Service Hours:

Tuesday through Friday
9:30 AM to 3 PM



Sudbury Senior Center
Chicken barbeque
Friday, July 15
12:00-2:00

Grilled chicken with BBQ sauce
Cole slaw * Potato salad
Watermelon * Birthday cake

Cost: \$3.50

**June, July and August Birthdays will be celebrated
Entertainment, too!**

Sudbury Senior Scene

A monthly publication from the

Sudbury Council on Aging
40 Fairbank Road
Sudbury, Massachusetts 01776-1681

Change Service Requested

U.S. POSTAGE

PAID

Sudbury, MA
PERMIT NO. 141
PRESORT STANDARD

