



A Music Sampler

Be wafted away by melody at one or several sessions of our music sampler on **Tuesdays** this month and in July. The sessions are \$10 each, or \$45 for the series. Early enrollment is suggested, since class size is limited.

Chopin's Noctures: The Secret of the Left Hand **June 13, 1:00-2:30**

Through lecture and performance, Steven Snitzer, a faculty member at the Brookline Music School, will present five of the Nocturnes by Chopin. The class will analyze the left hand textures and techniques through which Chopin creates form, harmony, atmosphere, and multiple layers of expression. After examining several works, Mr. Snitzer will pinpoint the moment of greatest musical/dramatic climax in a given work.

Mr. Snitzer plays chamber music as well as a piano solo repertoire throughout Greater Boston. He teaches piano at the Brookline Music School.

Harry James and Louis Armstrong: A Musical Promise Fulfilled **June 20, 1:00-2:15**

Louis Armstrong's hot jazz playing led the way for the development of jazz into America's mainstream. Harry James' assertive performances brought jazz into radio, television, and the movies. Join Professor C. G. Lower in discussing the personal styles of these great trumpet masters. Using trumpet performances, Professor Lower will demonstrate their styles and playing techniques.

Professor Lower has taught music for all ages for 35 years. At Framingham State College, he conducts the Framingham State College Chorus and he teaches a music class in Image, Sound, and Structure.

Toscanini and Bernstein: A Passionate Devotion to Music **June 27, 1:00-2:15**

Toscanini introduced great music to radio, and Bernstein introduced great music to television. This class will discuss the humanity shown by both musicians in developing music to the highest level. Through video clips and CD recordings, Professor C. G. Lower will explore their personalities and musical endeavors.

Great Broadway Songwriters: Jerome Kern and Cole Porter **July 11 and July 18, 1:00-2:15**

Ben Sears and Brad Conner, a cabaret duo and theatre historians, will use lectures/discussions, video clips, vocal performances, and piano demonstrations to share the works of Jerome Kern and Cole Porter, featuring *Cover Girl*, *You Were Never Lovelier*, *Show Boat*, *Broadway Melody*, *Born to Dance*, and *Kiss Me Kate*.

Theatre historians Sears and Conner are noted recording artists and performers. Ben Sears received his bachelor's degree from Ithaca College and Brad Conner received his bachelor's and master's degrees from West Virginia University.

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Our Rapidly Changing Healthcare System

Where can you go for help?

Health Insurance Information

The **SHINE Program** (Serving the Health Information Needs of Elders) provides free, confidential health care information, assistance and counseling to elders and other Medicare beneficiaries. Volunteer health benefit counselors are trained and certified by the Executive Office of Elder Affairs and provide assistance here at the Sudbury Senior Center. Call (978) 443-3055 for an appointment with our terrific counselor Kathy Worhach.

Prescription Drugs

The **SHINE Program** can provide information and assistance to help you access your prescription benefits. Call your COA for a SHINE appointment.

MassMedLine

Call 1-866-633-1617 toll free from 8:00 AM to 6:00 PM, Monday to Friday. A trained staff of pharmacy professionals will answer your questions about your prescription medicines. They have information about prescription drug programs through the government and through drug manufacturers. MassMedLine is a public-private partnership of the Massachusetts College of Pharmacy & Health Sciences Health Education and Resource Center and the Executive Office of Elder Affairs. For online information, visit the web site at www.massmedline.com.

Quality of Care Complaints

MassPRO (Massachusetts Peer Review Organization) is an organization of doctors and nurses who contract with Medicare to review hospital discharge decisions. If a Medicare beneficiary feels that he/she is *not ready for discharge*, he/she should call MassPro at 1-800-252-5533.

If the beneficiary does not agree with the discharge plan, he/she should contact the **Advocacy Office of the Massachusetts Department of Public Health** at 1-800-462-5540. The Advocacy Office will work with the beneficiary and the hospital to resolve the problems.

Rights under Medicare

MAP (The Massachusetts Medicare Advocacy Project) provides advice and free legal representation to Massachusetts elders and persons with disabilities, whether they are enrolled in traditional Medicare or in a Medicare+Choice Plan. Call MAP at 1-800-323-3205 for help in protecting your Medicare rights.

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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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Soup's On: Joint Success

Those aching knees! That hip that twinges in the cold! What is the cause? What can be done about it? Come to our seminar **Thursday, June 15**, to learn all about hip and knee pain. You'll learn about the normal anatomy of the hip and knee, abnormal anatomy, the signs and symptoms of different hip and knee problems, the importance of getting a good diagnosis, treatment options available for different diagnoses, and general information about joint replacements.

The speaker will be Deidre Nestor, MSPT from MetroWest Medical Center. Deidre is a Physical Therapist who has worked with countless patients who have had hip and knee pain, both on the inpatient side (post-surgical patients) and the outpatient side (people hoping to avoid surgery, get stronger for surgery, or to get stronger after surgery).

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.



Cultural trips

This new committee has been hard at work developing some arts-related day trips for 2006-2007. More information will be available in the July/August newsletter, but here's what's in the works so far:

- ★ **Portland Art Museum** The trip is scheduled for **Monday, September 25**
- ★ **Boston Symphony Orchestra Rehearsal** The trip will be in the morning on **Thursday, November 2**

Stay tuned for more details! A big thank you is due to Don Oasis and his dedicated committee.



Watercolors for everyone! Free info session

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 a 6-week course in watercolor painting with instructor Cynthia Durost in July and August if there are 12 people who would like to participate. Come to our info session **Friday, June 16 at 1:00** to meet Ms. Durost and see her demonstrate techniques.

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.



Fit for the Future

As we look to the lazy, hazy days of summer, our popular senior aerobics program will once again move to the high school beginning **Monday, June 26**, and continuing Mondays, Wednesdays, and Fridays at **10:30** all summer through **August 25**.

Handicap parking spaces will be available near the door on the lowest level for seniors who need them, and we have special permission for our van to drive right up to the door in order to eliminate walking down the hill.

Please note: There will be no Fit for the Future classes **June 7** (both sessions). Lois will also be on vacation July 10-14.

Our sincere thanks . . .

This is a special note of thanks to Dave Levington, Ben Stahl, and Tom Sifferlen, our three intrepid tax preparation assistants. All three have had special training from AARP to help seniors with their state and federal income taxes. In many cases Dave, Ben and Tom find programs and savings that their customers would not have been aware of without them.

We all thank you very much!



Strawberry Concerts

Longfellow's Wayside Inn will hold its popular Strawberry Concert Series each **Tuesday** evening in **July**, highlighting such favorites as *The Squirrel Hill Band* and *Quintessential Brass*. Two other entertaining performers (TBA) will round out the series, which ends August 1st this year as the Inn is closed Tuesday July 4th. Tickets will be **\$10** each or **\$36** for a series ticket. The Inn will again offer its dinner package with a special concert menu. See the flyer for details.



How did we do?

In March, the Assessors teamed with the Senior Center to offer a TV show about tax relief options for seniors.

It seems that since the show, there have been a few more people taking advantage of the tax deferral, the Community Preservation Fund exemption, and the Circuit Breaker option.

Now we're looking for feedback. Did you watch the show? What did we do well, and what needs improvement? Please fill out the questionnaire at the Senior Center to tell us your thoughts, or we'll mail one to you if you give us a call.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Preparing for a Trip?

Are you getting ready to take a trip? Aside from “pack lightly”, what other considerations will allow you to travel with peace of mind? Is there a way to bring your medications? What if there is an emergency, how will your relatives be contacted? Here are some tips to prepare for a trip whether to the next town or the next country:

Emergency Information Don't forget your handy-dandy *File of Life!* The Senior Center has pocket-sized File of Life cards that come with a thin carrying case. The card has space for information about medical conditions, insurance, and emergency contacts.

Medications If you take medications, check with your pharmacist about any special considerations. Be sure to bring more than enough medications for your trip. Keep them in their original containers so that there are no questions as to their identity. When traveling by air, pack your medications in your carry-on luggage to ensure that they arrive when you do, even if your other luggage is delayed. Try to keep your medication away from temperature extremes.

Health Insurance Make sure you have health coverage when you travel. In general, since Medicare does not cover medical expenses in foreign countries; it may be advisable to purchase travel insurance. Most HMO plans (Medicare Advantage plans) will cover urgent/emergency care outside their coverage area, but many won't cover routine care. Check your policy to be sure.


Health Discuss your travel plans with your doctor – are there any special considerations due to medical conditions? Make sure your immunizations are up to date. If you are traveling out of the country, the CDC has an up to date listing of health advisories and required immunizations for foreign travel at www.cdc.gov.

Security When traveling by air, security measures mean that all of your carry-on items will be x-rayed, including possibly your shoes. Shoes that are easily removed will speed you through the process. Check with your airline if you need to travel with syringes (for insulin) or any other type of equipment that may be prohibited. A full list of security guidelines can be found at www.tsa.gov.

A little preparation will ensure peace of mind for you and your family as you ride, drive or fly off into the summer. Call or drop by the Senior Center to pick up a travel-sized File of Life card and sleeve. With questions about this article or other topics, please call Debra Galloway, Information and Referral Specialist at the Senior Center - (978) 443-3055.

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JUNE 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			9-12 SHINE 9:45 Thursday Crafters 12:00 Volunteer Appreciation Lunch	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
5	6	7	8	9
<i>Van trip to Solomon Pond Mall/Bertucci's</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Balance 3	9:00-9:30 Parmenter Clinic 9:00 Cribbage 10:00-12:00 Legal Clinic 11:00 Chair Yoga 6 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 4:00 COA Board	9:00 Cribbage 9:30-2:30 I&R Hours 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge Lessons	9-12 SHINE 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:00 Pizza 12:30 Movie: <i>Mrs. Henderson Presents</i> 12:30 Pickle-Ball	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
12	13	14	15	16
<i>Van trip to Christmas Tree Shop, Shrewsbury</i> 9:30-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 1:00 Better Balance 4	9:00-9:30 Parmenter Clinic 9:00 Cribbage 11:00 Chair Yoga 7 12:00 Lunch 11:30-1:00 Parmenter Clinic 1:00 Chopin's Nocturnes 12:30 Bridge	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	9-12 SHINE 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:00 Soup's On: Joint Success	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 Watercolor Demo Session
19	20	21	22	23
<i>Van trip to Ocean State Job Lot/Stephen Anthony</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Balance 5 2:00 Egypt Trip Reunion	8-9:00 Parmenter Clinic 9:00 Cribbage 11:00 Chair Yoga 8 11:30-1:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge 1:00 Harry James & Louis Armstrong	8:30 Fit for the Future 9:30 Rogers, Hammerstein & Hart Trip 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	9-12 SHINE 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:30 Pickle-Ball 3:00 Friends meeting	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
26	27	28	29	30
<i>Van trip to Walmart/Hudson, 99 Restaurant</i> 9:30-2:30 I&R Hours 10:30 Fit for the Future at LS High 1:00 Better Balance 6	9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:00 Toscanini & Bernstein	9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Fit for the Future at LS High 12:00 Lunch 12:30 Informal Quilters 1:00 Bridge Lessons	9-12 SHINE 9:45 Thursday Crafters 12:30-3:00 Quilters	9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 10:30 Fit for the Future at LS High 12:00 Lunch 1:00 Cards

LUNCH MENUS

A full lunch is served at the Sudbury Senior Center at 12 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
May 30	May 31	June 2
Roast chicken Lemon mustard sauce O'Brien potatoes Broccoli Oatmeal cookie	Roast pork/gravy Sweet potatoes Brussels sprouts Applesauce	Fish tenders/tartar sauce Wild rice Green beans Vanilla pudding
June 6	June 7	June 9
Yankee pot roast/ gravy Mashed potatoes Green beans Peaches	Tomato-rice soup Egg salad Broccoli & cauliflower Salad Fresh fruit	Cheese lasagna/ tomato sauce Peas Scali bread Pineapple
June 13	June 14	June 16
Roast beef au jus Baked potatoes/sour cream Glazed dill carrots Peach shortcake	Meatballs/ sweet & sour sauce Brown rice Broccoli Spice cake	Cheesy cauliflower soup Tuna boat/lettuce & tomatoes/bun Mandarin oranges
June 20	June 21	June 22
Mulligatawny soup Seafood salad Green bean salad Cantaloupe	Chicken paprika/ gravy Sweet potatoes Peas Pineapple	Roast pork/ rosemary gravy Mashed potatoes Applesauce Fruited Jell-o
June 27	June 28	June 30
Herb roasted chicken Cranberry sauce Whipped potatoes Spinach Peaches	Broccoli bake Parsley potatoes Corn Mixed fruit	Beef ribs/BBQ sauce Mashed potatoes Summer blend veggies Fig bar

Movie Thursday, June 8
12:30



Mrs.
Henderson
Presents

1 hr. 43 minutes

Recently widowed well-to-do Laura Henderson ([Judi Dench](#)), is at a bit of a loose end in inter-war London. On a whim she buys the derelict Windmill theatre in the West End and persuades impresario Vivian Van Damm to run it, despite the fact the two don't seem to get on at all. Although their idea of a non-stop revue is at first a success, other theatres copy it and disaster looms. Laura suggests they put nudes in the show, but Van Damm points out that Lord Cromer ([Christopher Guest](#)), who licenses live shows in Britain, is likely to have something to say about this. Luckily Mrs. Henderson is friends with him!

Please be advised: The movie has brief full frontal nudity.

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).



Trip parking

So many people; so few spaces! If you think our Senior Center is bursting at the seams, you should see the parking lot!

Because we have so many activities and such great attendance on trips, we need to ask that when the 12 trip parking spaces in our lot are filled, people parking for trips use the far end of the pool parking lot. The trip bus will bring you right to your car on your return home.

For those with a handicap plate or placard only, the handicap spaces near the Senior Center door are available.

Thank you so much for your cooperation.



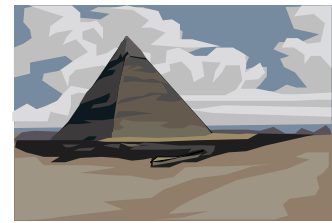
Ohhh, the boiler!

What great news! The Fairbank Community Center is getting a new boiler. No more chilly days in the winter.

The bad news: The workers will be lugging the old boiler out and the new parts in through the hallway leading to the Park and Rec area.

That means we won't be able to get to the gym or pool by way of the back hall, perhaps for most of the summer. Sometimes we'll be able to cut through the kitchen area, but sometimes we won't.

We apologize in advance for any inconvenience, and when the cool weather comes again, we'll all be glad for a heating system that works!



Egypt Trip Reunion

Were you one of those lucky enough to travel to Egypt with us last fall? Those who went came back bubbling over with enthusiasm. Some said it was the best trip ever. Others said they were treated like royalty. A good time was had by all.

Egypt trip participants are invited to a trip reunion meeting to share photos, memories, and stories on **Monday, June 19 at 2:00** in the Senior Center.

There is no charge, and there will be some nice refreshments. Please call ahead of time so we know how many to plan for . . . and *thanks to Carmel O'Connell* for her tireless work in developing fascinating trips for us!



How would you like to attend a . . .

Seniors Prom



Members of the Council on Aging Board of Directors and the Friends of Sudbury Seniors are interested in sponsoring a dance for seniors in the fall.

The event would feature a live orchestra, refreshments, decorations, and both line and couples dancing. The event would most likely be on a weekend, possibly in the evening.

Please call the Senior Center at (978) 443-3055 to let us know whether this is something you'd like. Our enthusiastic committee is also looking for people who would like to help make this event a reality.

Odds and ends . . .

Tanglewood: This is a new addition to our trips. Please see the trip page, and sign up soon.

Summer movies: Watch for next month's newsletter for all the details. On Mondays we'll have classic films (many musicals) and free popcorn. On Thursdays we'll have recent films that have attracted notice and critical acclaim, with pizza available by the slice. Come join us in the air conditioned Senior Center.



Chair Volleyball: Imagine getting a great workout in a small space with lots of friends, and having a wonderful time doing it! That's chair volleyball, a game for older adults of all activity levels.

It's played sitting down, and can be played by those who use wheelchairs. The net is lower than that for ordinary volleyball, and the ball itself is softer.

We need 12 people to begin our chair volleyball offering. There are also teams from Senior Centers in other towns that we can play.

If you are interested, please call us at (978) 443-3055 to sign up. There is no obligation, and chair volleyball will be free.



Emergency Planning

Hurricanes, blizzards, fires, pandemics . . . these emergencies and many more can leave you without electricity, heat, and sometimes even without clean drinking water.

The more organized and ready you are for an emergency, the better you'll be able to get through the difficulty in the easiest way possible.

But what does it take to be ready?

Sudbury has a new group that's working on a town and region wide plan for all emergencies. Called the LEPC (Local Emergency Planning Committee), the group is attended by representatives of the police, fire, Board of Health, the Department of Public Works, and many more, including the Council on Aging.

A lot of good information will be coming your way from this group, and the Senior Center is planning a series of workshops on how to get ready for emergencies in the fall.

In the meantime, we have free copies of a helpful handout called *Family Disaster Plan*. By filling out the information requested and following the steps on the front of the handout, you can develop your own emergency plan. The time to do so is now!

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Welcome to June!

I can't believe that that not only is the year 2006 almost half over but so are this year's trips! We've had some great successes so far. We have had many new friends join us on our trips and I have heard there have been many new friendships formed. That is really what we are all about. Well, that is the happy news. The sad news for our trip-loving friends is that most of our trips are either completely sold out or very close to it.

Rogers, Hammerstein and Hart, on **Wednesday, June 21** at Chez Joseph in Agawam. In mid-May we still had ten spaces left. If you are interested the cost is \$62.00 payable to *Sudbury Senior Trips*. I suggest that you call us before making plans to be sure we still have room. I understand from those of you who have been there before that it is a really lovely place. Our menu for this trip is: a buffet of savory appetizers, fresh fruit cup, chicken marsala with a salmon crepe, selection of vegetable and potato and hot fudge parfait. Then we can all sit back and listen to some of Broadway's greatest tunes from some of its best musicals. We'll depart at 9:30 AM, and return approximately at 5:30 PM.

Captain Jack's Lobster & Clam Bake and Cruise on Thursday, July 13 is sold out. After a lovely morning cruise off Matunuck Beach in Rhode Island, our luncheon will feature lobster or prime rib, steamed clams or shrimp cocktail, clam cakes, clam chowder and dessert. Finally, enjoy a stroll among the quaint shops of Wickford Village. Cost is **\$61**. We are taking a wait list, and if there is enough interest, we may add a second bus.

Singing in the Rain: Northshore Music Theater, **Wednesday, July 26**. **NOTE:** The date for this trip was changed a few months back from August 23 to July 26 due to rescheduling at the theater. Please be sure you have the right date on your calendar. *Singing in the Rain* is one of the best loved and celebrated musicals of all time. This theater is a nice place to visit in the summer. They have an outdoor grille where you can choose your own menu and a delightful restaurant on the hill where you can sit and dine in a leisurely way (reservations are needed ahead of time for the restaurant). In case of rain we will plan on stopping at the Danvers Mall and have lunch there instead. The cost for ticket and transportation is \$57.00 and includes the musical play and motorcoach transportation. We have at this writing only a few spaces left.

Foxwoods Casino: Monday, August 7. Cost is still only \$19.00. Please be sure we have your phone number and an emergency contact person and phone number.

NEW, NEW, NEW, NEWS
Tanglewood in August: I did not include this trip in our original 2006 trip brochure. This year we'll attend a rehearsal at **10:30** on **Saturday, August 12**. You will have to get up really early, as we will leave Sudbury at 6:30 in order to make the pre-rehearsal lecture at 9:30. We will have juice and donuts on the coach so just bring your own coffee. The program being rehearsed will be John Williams' award-winning score from the film *Memoirs of a Geisha* as well as his *Grand Suite from Star Wars*. John Williams will be conducting, with Yo-Yo Ma on the cello. You may bring a bag lunch or purchase food at the concessions on the grounds. It is open seating. Following the rehearsal we will take a ride down to the main street of Stockbridge. Cost will be **\$45.00** payable to Sudbury Senior Trips ASAP as I must pay Symphony by July 3.

The Villa Roma October 9-13 is fast filling up but we still have some spaces left at this time. The trip is a 5-day, 4-night stay in one of the Catskills more luxurious resorts. Your days can be full of planned activities, or you can just sit back and enjoy the scenery, food and ambiance.

We also have two potential optional excursions: a trip to see harness racing and a sightseeing adventure to covered bridges and some of the quaint villages and shops in the area. Each trip may be offered at only a very slight additional charge (less than \$10.00). Cost for the basic trip is \$489 per person double or \$589 per person single occupancy.

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.

HEALTH SERVICES

Podiatry: The Senior Center offers a visit from Dr. Bryant Tarr, a Sudbury podiatrist, every other month. Call Dr. Tarr's office directly at **978-443-4878** to schedule an appointment for his next visit. Payment is arranged directly with Dr. Tarr.

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. 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 installing grab bars and hand rails. 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**. 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.

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.

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://sudbury.ma.us/services/department_home.asp?dept=SeniorCenter

Change Service Requested



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

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



Please do us a favor!

Sometimes people don't ask for help with home fix-it chores because they don't want to bother anyone for a task that seems so small or routine. But often this kind of help can mean the difference between staying safe and being at risk. For example, changing a light bulb at the top of the stairs can be difficult, but without the light climbing the stairs can be hazardous.

The Sudbury Senior Center has a group of dedicated in-home Fix-it volunteers who are ready and eager to provide help. The Fix-it volunteers enjoy their work, and *would love to be called on more often*. They can help with tasks like **fixing stuck windows**, **changing light bulbs**, **changing curtains or installing curtain rods**, **repairing wall switches**, wall plugs and lamp cords, **tacking down carpets**, **changing storm windows**, **lifting air conditioners into place**, **turning mattresses**, replacing batteries in smoke and carbon monoxide detectors, **unclogging drains**, setting up new appliances such as answering machines and VCRs and **installing grab bars and hand rails**. The help is **free**. Seniors only pay for any necessary parts and materials.

If the job is beyond the scope of the Fix-it program, the volunteers will assess the situation and help you determine what kind of professional should be hired to do the work.

*If you are a senior who wants help with a task or two,
call the Sudbury Senior Center at (978) 443-3055 to arrange for a volunteer to visit you.*

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