

World War II: Summer Film Series
Beginning Friday, June 22

Welcome to an exciting new film and discussion series on World War II. On nine Fridays this summer, we'll feature weekly showings of documentaries and films that depict the political, social and tactical situations as the Second World War unfolded.

There will be a chance to view the film or documentary, and a follow-up discussion led by Pat Mullen, incoming president of the Council on Aging Board of Directors.

In September, the series will conclude with a field trip to the WWII museum in Framingham, which houses a fascinating collection of WWII items, including the most extensive collection of Enigma code machines outside of the National Security Agency. The cost for the full series is \$40, or \$5 for an individual session.

Details for the later shows in the series will be available soon, but here is the line-up for the first three:

Friday, June 22, 1:00: A New Germany 1933-1940. (Three 50-minutes documentaries) With Germany buckling under the humiliating defeat of WWI and unprecedented economic depression, Adolph Hitler and the Nazis quickly gain power. Germany's invasion of Poland forces Britain into war, bringing Winston Churchill into power. Meanwhile France is next on Hitler's list. France is unprepared for modern warfare as the Nazi war machine easily skirts around the Maginot Line. Britain retreats and prepares for invasion.

Friday, June 29, 12:30: The Rise of The Japanese Empire 1931-1941 (Documentary, 50 minutes) Dominant military leadership, the desire to fulfill the prophecy that Japan will rule the world, and a lack of natural resources cause Japan to start by invading Manchuria, then China and the Indo China. The US cuts off supplies of metal and aviation fuels, causing Japan to see the need to destroy the US Pacific Fleet. **Tora! Tora! Tora!** (2 hrs 25 mins) The winner of five Academy Awards and recognized as the most historically accurate war film ever made, this film depicts the planning and the attack on Pearl Harbor. Starring [Martin Balsam](#), [Jason Robards](#), [Joseph Cotten](#), [E.G. Marshall](#)

Friday, July 7, 1:00: Midway The summer of 1942 brought a naval stalemate to the Pacific as the American and Japanese fleets each waited for the other to begin a renewed offensive. *Midway* tells the story of the historic battle, the first in which naval air power was extensively used. At its conclusion the Japanese carrier force had been completely destroyed, setting the stage for the US 1943 and 44 offensives which would eventually bring the Pacific War to a close. (2 hrs 12 mins) Starring [Charlton Heston](#), [Henry Fonda](#), [James Coburn](#), [Glenn Ford](#), [Hal Holbrook](#)

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**Critical Thinking:
Thoreau and Euthanasia**

Since October of 2005, people who took our Critical Thinking course with Professor Joe D'Andrea have been asking for more. Well, here it is! (The cost for the two-session course is \$25).

Monday, June 11, 2:00 PM: The eight fundamental elements of critical thinking will be discussed, including the assumptions of an argument, its implications, the facts it includes, and its internal logic. In class, the nature of these elements will be taught and their identification in some ethical arguments will be practiced by discussing a text by Henry David Thoreau. Come prepared for a lively discussion. Participants will be given an essay to read for next week from the *New England Journal of Medicine* that defends the practice of euthanasia in severely ill newborns in the Netherlands.

Monday, June 18, 2:00 PM: Since 2002, euthanasia has been legal for adults in the Netherlands. A team of doctors in the Netherlands established a protocol for practicing euthanasia on newborns with incurable conditions. In this class, students will critically analyze the argument made by the doctors based on the *New England Journal* article.

Dr. D'Andrea received his A.B. in History from the College of the Holy Cross and his M.A. and Ph.D. degrees in Philosophy from Boston University. After teaching in Africa, he has taught English as a Second Language and Philosophy for many years at Framingham State College.



**VNA Brown Bag Session
Thursday, June 28 1:00-3:00**

Find out if your medications (prescriptions, over the counter, vitamins and herbals) are doing their job, or may be conflicting with one another. Sign up for a **free** 20-minute one-on-one session with a VNA Care Network nurse **Thursday, June 28** to find out.

Appointments are required! Bring all the medications you take with you in a brown bag. Blood pressures will be offered for all participants and blood sugar testing will be available for those with diabetes.

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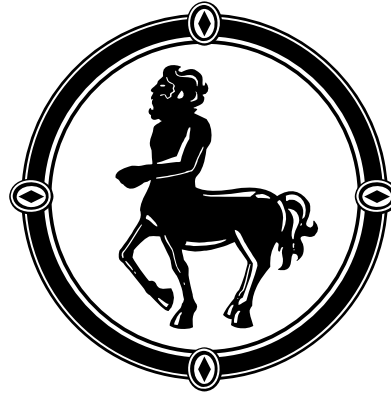
PUBLIC HEALTH NURSE

Ruth Mori

**MISSION
STATEMENT**

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

ads



Mythology Interest Meeting Tuesday, June 19 10:00

What is the universal truth of myths? How do myths influence the arts, literature and music? Where is the intersection of myth and history? What is the difference between myth and religion? What is the relationship of myth and dream?

These and many other questions will be discussed during our fall course in **Comparative Mythology**. We'll look at the great myths of the world. Following the interests of the group, we may have a consideration of the Babylonian (now Iraq) hero Gilgamesh, Celtic myth cycles, Norse sagas or Arthurian legends. Bring your curiosity and interest in what makes us human.

This course will involve reading Joseph Campbell's *The Power of Myth* and Karen Armstrong's *A Short History of Myth*, as well as myths from a variety of cultures. The course will meet weekly for ten sessions, each an hour and a half, beginning in the fall.

Alorie Parkhill, the instructor, has a BA from Case Western Reserve University in English and an MA from Simmons in Liberal Studies. She started teaching at The Cambridge School of Weston in 1963 and has been English Department Chair, Dean of Faculty, Academic Dean and Assistant Head over the years. She is a grandmother of four, writer of plays, a singer, a gardener, a reader and a passionate teacher. She is looking forward to sharing her excitement about mythology.

How long will you live?

Once you have passed 50, you've outlived all the hazards of childhood and young adulthood, and chances are good your individual life expectancy is higher than the published national average.

The age calculator at <https://calculator.eons.com/calculator/> can give you a sense of your own life expectancy, and provides tips on lifestyle changes you can make to gain even more years. It is free!



Volunteer Appreciation Luncheon

The Friends of Sudbury Seniors will host a special luncheon for a very special group -- the Senior Center volunteers, on **Thursday, June 14 at noon**. The luncheon is for those wonderful volunteers who regularly staff the many on-going programs and services of the Senior Center.

The luncheon will be catered by the great cooks at the Curtis Middle school and will feature chicken salad roll-ups, three bean salad, and peach shortcake for dessert.

All of the volunteers will receive a personal invitation in the mail a few weeks prior to the luncheon. We regret that due to space limitations, the luncheon must be strictly "invitation only".

These include volunteers for FISH, Fix-It, Books on Wheels, Friendly Visitors, newsletter collators, Senior Strutters, front desk receptionists, special event helpers, class instructors and program leaders, shoppers, home delivered meals drivers, baked goods pick-up, crafters, Soup's On and kitchen help, tax assistants, sound and video help, bazaar helpers, SHINE, sand bucket delivery, and trip coordinators.

It's hard to believe, but last year Sudbury seniors benefited from the services of more than 360 volunteers who gave more than 10,000 hours of service valued at more than \$166,000 . . . and that's just those who worked through the Senior Center!

If you're one of those wonderful folks, please RSVP to your invitation by **June 8**. We regret that due to space limitations, we can host volunteers only.

And . . .

Our deepest thanks to Dave Levington, Tom Sifferlen, and Ben Stahl, our three AARP-trained tax preparation assistants. All three devote many hours, both here and at home, helping seniors prepare their state and federal income taxes, and apply for special savings such as the one-time long distance telephone tax rebate. Their patience and diligence are greatly appreciated.

Thanks to all our volunteers from all of us!

Lunch with the Town Manager

Join us for lunch **Friday, June 15**, for another lunch and conversation with Maureen Valente, Sudbury's Town Manager.

This is a great chance to get your questions answered as to why things are the way they are, and to give your opinion about Town matters. This opportunity is always enlightening.

Reserve lunch by noon of June 14 if you want to eat here. A **\$2** meal donation is requested.



Soup's On: How to Help a Loved One Cope with Depression

Many people mistakenly believe that depression is a normal part of aging. While emotional experiences such as anger, sadness and grief are normal in response to loss and stressful situations, a persistent "blue mood" that interferes with daily functioning over an extended period of time is not. Please join us **Thursday, June 7** to learn how to recognize the hidden symptoms of depression, the importance of obtaining treatment and how you can help your loved one cope with this challenging disease.

Matt Siegel, MSW, LICSW is a professional Geriatric Care Manager with over fifteen years of experience in elder care and aging. Mr. Siegel is co-founder of Kaitz & Siegel Geriatric Care Management in Natick and provides in-home mental health counseling with Advocates Community Counseling.

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 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.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Medication Safety

ads

Mrs. Jones, age 75, noticed that she was feeling a bit foggy and disoriented, and at times lightheaded and sleepy during the day. She shared these symptoms with her doctor and was surprised when he was concerned about her use of Tylenol PM as a sleep aid. This over-the-counter sleep medicine consists of a combination of Tylenol and diphenhydramine. Diphenhydramine is the main ingredient in Benadryl but is also used in many other medications for allergy, cold and insomnia symptoms . . . and this was causing Mrs. Jones' symptoms.

Aging bodies are slower to metabolize foods and medicines and can be more sensitive to side effects. Researchers are concluding that some medications are either not appropriate for older adults or are recommended only with precautions. Diphenhydramine is one of those that need to be used with caution.

This phenomenon was first recognized and publicized by a gerontologist, Dr. Mark H. Beers, who developed a list for doctors and pharmacists in 1991. The list outlined medications that should be used cautiously for older adults. Included on this list are diphenhydramine (included in Tylenol PM and others), amitriptyline (an antidepressant), indomethazine (an anti-inflammatory) and many more.

Although many doctors are now aware of the caution needed in prescribing to older adults, consumers of over-the-counter medications also need to be wary. Diphenhydramine is found in many products at your local pharmacy, including Nytol, Unisom, Excedrin PM, Sudafed, and Sinus Nighttime Plus. If you plan to use one of these products, you may want to talk with your doctor or pharmacist about side effects and, more importantly, make sure not to use *two* of these products at the same time and ingest a double dose of diphenhydramine!

There is also great concern about combining more than one medication and creating inadvertent or stronger side effects. Keeping a list of all your medications and supplements, and even medicated lotions or creams, is a good idea. This list can be shared with your doctor or pharmacist who can help you avoid a potentially dangerous combination.

Bring all your medications and supplements to our VNA Brown Bag event **Thursday, June 28**, to learn more.



JUNE 2007



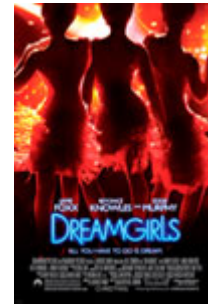
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (3)</p> <p>Saturday, June 2 7:30 Seniors prom</p>
<p>4</p> <p><i>Van trip to Natick Mall/ Olive Garden</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (4) 2:00 Global Warming</p>	<p>5</p> <p>9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 4:00 COA Board</p>	<p>6</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 10:00 Walking Club 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilting 1:00 Bridge lessons</p>	<p>7</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's on: Helping Someone with Depression</p>	<p>8</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (4)</p>
<p>11</p> <p><i>Van trip to Wrentham Village Outlets/ Restaurant TBA</i> 9:30-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 1:00 Balance (5) 2:00 Critical Thinking</p>	<p>12</p> <p>9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>13</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 10:00: Women's Stories Meeting 11:00 Fit for the Future 12:00 Lunch 12:30 Quilters Studio 1:00 Bridge lessons</p>	<p>14</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Volunteer Appreciation Luncheon</p>	<p>15</p> <p>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 with the Town Manager 1:00 Watercolors (5)</p>
<p>18</p> <p><i>Van trip to Ocean State Job Lot/Kennedy's Pub</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (6) 2:00 Critical Thinking</p>	<p>19</p> <p>8-9:00 Parmenter Clinic 9:00 Cribbage 10:00 Mythology Interest Meeting 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>20</p> <p>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 Studio 1:00 Bridge Lessons</p>	<p>21</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Dream Girls</i></p>	<p>22</p> <p>10:00 Mt. Washington Cruise 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 Watercolors (6) 1:00 World War II (1)</p>
<p>25</p> <p><i>Van trip to Walmart Hudson/Applebees</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (7)</p>	<p>26</p> <p>9-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>27</p> <p>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 Studio 1:00 Bridge Lessons</p>	<p>28</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 1:00-3:00 VNA Brown Bag 3:00 Friends meeting</p>	<p>29</p> <p>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 Watercolors (7) 12:30 World War II (2)</p>

LUNCH MENUS

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

TUESDAY	WEDNESDAY	FRIDAY
May 29	May 30	June 1
American Chop Suey Parmesan Cheese Corn Tapioca Pudding	Cream of Broccoli Soup Turkey Salad Potato Salad Apricot Halves	Roast Chicken/ Lemon Tarragon Sauce Whipped Potatoes Green Beans Peaches
June 5	June 6	June 8
Vegetable soup Sliced Ham Vegetable Rice and Pea Salad Pineapple	Broccoli Bake Stewed Tomatoes Fig Bar	Roast Pork Sweet Potatoes Cauliflower Supreme Chocolate Pudding
June 12	June 13	June 15
Stuffed Cabbage/ Tomato Sauce Italian Blend Veggies Fresh Fruit	Breaded Fish Wedge/Tartar Sauce Brown Rice Pilaf Genoa Veggies Lemon Cake w/ Vanilla Frosting	Swedish Meatballs/ Mushroom Gravy Whipped Potatoes Green Beans Pears
June 19	June 20	June 22
Minestrone Soup Chicken Salad Riviera Salad Cantaloupe	Salisbury Steak/ Mushroom Gravy Mashed Potatoes Green Beans Apricot Tango Smoothie	Fish/Newburgh Sauce O'Brien Potatoes Peas Pineapple
June 26	June 27	June 29
Chicken/Supreme Sauce Whipped Potatoes Tuscany Veggies Rice Pudding	Cheesy Cauliflower Soup Chef Salad Italian Dressing Potato Salad Fresh Orange	Chicken Fajitas/ Peppers and Onions Brown Rice Baked Beans Corn Tortilla Pineapple

Movie Thursday, June 21
12:30



Dream Girls
2 hrs. 10 mins.

In a screenplay loosely based on the career of The Supremes, three friends from Chicago are a promising singing trio called The Dreamettes. Their talent attracts an ambitious manager who uses unscrupulous tactics to move the girls from backup singers to superstardom. The group evolves into a more sophisticated group, The Dreams, with a lighter sound and chic look. They attract a wider audience and rise to international stardom. The money, fame, and adulation, however, doesn't bring them happiness.

The cast includes [Beyoncé Knowles](#), [Jamie Foxx](#), [Danny Glover](#), [Eddie Murphy](#), and [Jennifer Hudson](#), a former American idol contestant who won an Oscar for her performance.

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).



Medicare: A 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 at Councils on Aging (COA). Call us at 978-443-3055 for a SHINE appointment with Kara Harvey.

Prescription Drugs

The SHINE Program can provide information and assistance to help you access your prescription benefits.

At MassMedLine, a trained staff of pharmacy professionals will answer your questions about your prescription medicines over the phone (1-866-633-1617 toll free) from 8AM to 6PM Monday to Friday. They have information about prescription drug programs through 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 Advantage Plan. Call MAP at 1-800-323-3205 for help in protecting your Medicare rights.



Fit for the Future summers abroad (well, at L/S High)

Once again, our popular aerobics class will meet at the all purpose room of Lincoln/Sudbury High School for the summer, beginning June 18. There will be no classes July 9-20 and August 13-17, but otherwise, plan to enjoy the springy floor and the air conditioning.

New members are always welcome, and the class runs on a drop-in basis. The charge is \$2 a class.



At your fingertips

Many of our sister senior centers in other towns offer events and programs of interest to seniors and their families, and many of these events are open to seniors from any community.

To make it easier to plan your schedule, we've put together a notebook with the current newsletters from most of the surrounding communities, including Acton, Ashland, Concord, Framingham, Lincoln, Hudson, Natick, Northborough, Southboro, Wayland, and more.

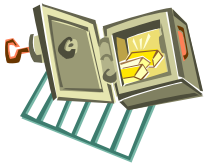
Come in and browse!



Cribbage

Fifteen two, fifteen four, and a pair is eight. Come join our enthusiastic crew of cribbage players on each **Tuesday, Wednesday** or **Friday** morning at **9:30**.

There is **no cost**, and a genial group of men (and a few women) will welcome you!



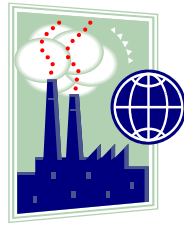
Lock Boxes

Let's say you feel really sick, and you call 911. But you are too wobbly to get to the door to let in the EMTs. How can they get to you without breaking down your door?

One answer is to have a lock box. The box is like a little safe that fastens somewhere outside your house. Inside the safe is a key to your house. The fire department has a key to the safe itself. The boxes can be installed by the Senior Center's Fix-It volunteers.

The total value of each box is \$60. For seniors who can, a donation of \$60 toward the program will purchase another box for someone who needs it.

Call 978-443-3055 for more information!



Global Warming Monday, June 4, 2:00

Climate change is possibly the most significant issue ever to challenge people world wide. With its potential for severe weather, rising sea levels, increasing desertification and other serious consequences, global warming needs to be taken seriously.

Join Dr. Gary Hylander for a free-ranging discussion of global warming and what each of us can do about it **Monday, June 4**. The event is **free**, but please call to register.

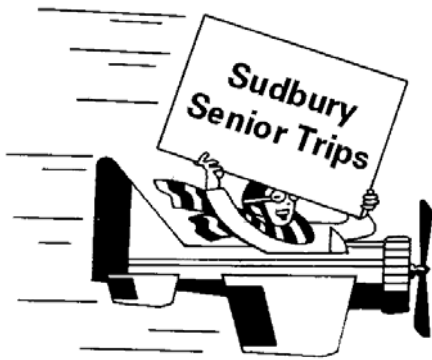


Sixty and Solo: Women Supporting Women through Their Stories

Two local women are collecting information for a book about older women living alone. If you are interested in contributing your experiences, please come to a brief meeting **Wednesday, June 13** at the Senior Center at **10:00** to discuss the questionnaire for the book.

If you have questions, please call Janet Jakubowski at 508-872-1936.

ads



To steal a line from an old refrain “June is bustin’ out all over” and so are our Sudbury Senior Trips!

We have sold out our **Mt. Washington Luncheon and Cruise Friday, June 22**. We are taking a wait list for a second motor coach but it does not look like we will have enough extra folks to fill it. If you are on the wait list and it does become a go I will call you. If you do not hear from me by June 15 you can presume that we did not have enough to take another coach. Please be at the Senior Center at 9:45, because the bus will depart promptly at 10:00. We expect to return by about 5:30 PM.

Our **Longwood-Brandywine** trip is sold out. If you are coming with us, we will have a short meeting to get acquainted and hear more trip details at the Senior Center on **Tuesday, July 10 at 1:30**. You’ll receive hotel information and get your luggage tags. Please call and let us know you are coming. If you can’t make it, pick them up here after July 10. Tags can be mailed to those from out of town.

The trip will run from **July 26 to July 29**. The cost is **\$479.00** per person double occupancy, **\$459.00** per person, triple

occupancy and **\$659.00** per person, single occupancy. This trip promises to be a really special summer treat as this area of Delaware is lovely in the summer, and the gardens should be great.

We will take names for a Brandywine wait list, to be used in case someone needs to cancel.

Brandywine Parking:

Please note that parking for the **Brandywine** trip will be at the far end of the Haskell Field (across from the senior center, near the piles of loam). The bus will pick you up and drop you off there. We will notify the police that we have cars parked there.

We have just two more **Foxwood Trips, August 6 and November 5**. As of this writing, we still have plenty of space on both. Cost is **\$19.00** per person.

Our **Tanglewood Trip of Sunday, August 26** is very close to being sold out. If interested, please call the Senior Center before sending any money! The program will feature Keith Lockhart and the Boston Pops Orchestra in an All-Gershwin Program, with Jean-Yves Thibaudet on Piano, Soprano Marin Mazzie and Baritone Brian Stokes Mitchell. The concert will include *I Got Rhythm, Rhapsody in Blue* and selections from *An American in Paris*.

We did get an early surprise when Symphony Hall came through with our shed seats. You still have the option of shed (**\$76**) or lawn (**\$44**) seats. Both prices include transportation.

Remember, the show will go on rain or shine and there is no refund for lawn seats.

Full payment is requested with your registration. If you previously made a deposit of \$25, you have until **June 29** to complete your payment.

We plan to leave the Senior Center at **10:00 AM** to arrive at Tanglewood between 12:30 and 1:00 so that you have time to picnic or buy your lunch. We’ll be home by around 7:00 PM.

Our **Hawaii Cruise** has been sold out for some time now. We are planning a get-together on **Tuesday, August 7 at 1:30** in the Senior Center. Cathy from Scout Tours is hoping to be here to answer all your questions. More details will appear in the July-August Sudbury Senior Scene.

We are now taking sign-ups for our **Green Mountain Railroad trip Tuesday, October 9**. You will enjoy a delightful autumn motorcoach ride through beautiful southern Vermont. The first stop will be for a scrumptious lunch of steak tips, chicken marsala or baked scrod at Famous Bill’s Restaurant. Then on we go to Bellows Falls to board the Green Mountain Flyer for a gorgeous ride through the Vermont countryside. Cost of the trip is **\$63.00** per person.

We hope to announce our Holiday trip by the September newsletter.

Day Trip Parking: Please use the furthest two rows only; or park at far Haskell Field.

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 **8:00 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 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.

THE
SUDBURY
SENIOR

SCENE

A monthly publication from the

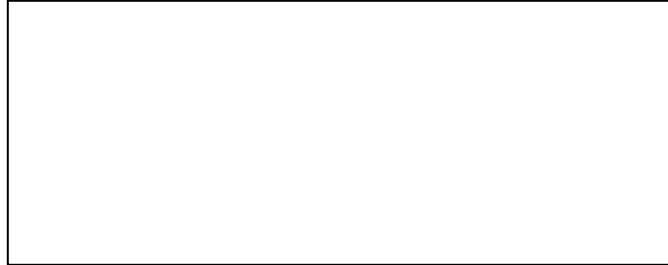
SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

40 Fairbank Road
Sudbury, Massachusetts 01776-1681

on the web at:

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

General Information Line: 978-639-3275 Menus: 978-639-3278 Trip Information: 978-639-3277

Cancellation Line: 978-639-3276

Don't forget.....

Seniors Prom

Saturday, June 2 7:30-11:00

Fairbank Community Center Gym

Dancing to a live orchestra ★ Finger food ★ Beverages ★ Dessert

Tickets: \$15 in advance

\$16 at the door