

A PUBLICATION OF THE SUDBURY SENIOR CENTER: THE PLACE FOR THE *NEW* OLDER ADULT



**Thinking about Prejudice:
Ethnic, Racial, and Sexual Images on the Hollywood Screen**
Mondays, June 9, 16, 23, 30, at 2:00

Hollywood both shapes and reflects the culture of its time, and Hollywood films have both perpetuated and help break stereotypes related to some of the most controversial themes and prejudices in America.

Join us for a four-session series to explore these themes. The instructor will be Dr. Lawrence Lowenthal, Executive Director of the Greater Boston Chapter of the American Jewish Committee.

If you would like to refresh your memory of the films, we will be showing each one at **1:00** on the Friday before each Monday class. There is no charge for the screening, but class enrollees get first priority for the showings.

Monday, June 9, 2:00 *The Grapes of Wrath* (screening Friday, June 6, 1:00) The film tells the tragic story of the plight of the “Okies” during the Great Depression, a story that echoes the plight of immigrants today.

Monday June 16, 2:00 *Gentleman’s Agreement* (screening Friday, June 13, 1:00) A journalist assumes a Jewish identity to write an article about anti-Semitism in America. The film reveals much about postwar prejudice in America, especially the subtle forms which may go unnoticed by many.

Monday June 23, 2:00 *The Defiant Ones* (screening Friday, June 20, 1:00) Stars Tony Curtis and Sidney Poitier in two of their greatest performances. As convicts they escape from their chain gang in the South and through their ordeal together, learn to cooperate and put aside their racial animosities as they try to evade the police.

Monday, June 30, 2:00 *Trembling Before G-d* (screening Friday, June 27, 1:00) This documentary about homosexuals and lesbians shows their painful struggle to reconcile their Orthodox Jewish religious beliefs with their sexual orientation, condemned as an abomination by their faith.

The cost for the series is **\$35**; or \$10 for each individual session.

INSIDE THIS ISSUE	
Dora the Explorer	2
Newsletters	2
<i>Crash</i>	3
Notes and updates	3
Volunteer appreciation luncheon	4
Fit for the Future	4
Legal clinic	4
Cancellation line	4
World War II	4
I&R	5
Calendar	6
Menus	7
Movie: <i>The Kite Runner</i>	7
Soup’s On: Healthy Eating	8
Medicare help and information	8
Taking control of your legal future	8
Cultural trips	9
Hands on digital photography	9
Trips	10
Services	11
Medicare website	12



Dora the Explorer
Grandparent/Grandchild Intergenerational Event
Thursday, June 12
1:00 promptly

Celebrate the joys and bonds of grandparents and grandchildren at our **free** special story time with Nickelodeon’s favorite and most popular character, Dora the Explorer. Children will be invited to listen and participate in a story time featuring Dora books followed by a live visit and photo session with Dora herself!

The program brings children into a fun environment to demonstrate how exciting it is to read by welcoming new faces and ideas, along with Dora the Explorer! Start U.Reading helps encourage children to actively participate. All components have been derived to help increase children’s reading abilities and overall self-confidence.

The event, sponsored by the U.Fund College Investing PlanSM, is part of the “U.Fund Start U.Reading” series, a statewide youth literacy initiative to develop children’s self confidence by increasing their reading skills. Other sponsors include Fidelity Investments and The Massachusetts Education Financing Authority.

Space is limited. Make reservations by calling us at 978-443-3055. Be sure to mention how many adults and how many children will come with you.

Grandparents: There will be a special guest appearance with Dora the Explorer. Please bring your camera for photographs!



Check it out!

The Senior Centers in many of our surrounding towns send us their newsletters, and the variety of activities available is quite large.

Just as we often welcome out-of-towners to our events, other communities welcome Sudbury seniors to participate. For your convenience we have a notebook of each of the most current newsletters from Concord, Marlboro, Natick, Framingham, Hudson and more. Please take a look!

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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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Crash

1 hour 45 minutes

Rated R

Free movie and discussion

Following up on our exploration of prejudice, stereotypes, and ethnic and racial images in movies, we'll show a contemporary movie, *Crash*. The movie won an Oscar for best picture in 2005. It stars [Sandra Bullock](#), [Don Cheadle](#), [Terrence Howard](#) and [Matt Dillon](#), among others.

Set in Los Angeles, the film presents vignettes from the lives of very different people: a California housewife and her D.A. husband, a Persian store owner, a son and his dysfunctional mother, an African-American television director and his wife, a Mexican locksmith, two car-jackers, a rookie cop, and a middle-aged Korean couple.

As the movie unfolds, the ordinary and extraordinary events in their lives interweave in surprising ways, bringing us all up against the reality of living in a multicultural society: we all have prejudices, but if we can see each other with simple humanity instead of through the distorting lens of our own history, things may be all right.

Thursday, July 3, 1:00: *Crash* will be screened.

Monday, July 7, 2:00: Bring your ideas and insights to a discussion of the film.

Notes and updates:

Bridge lessons: Our professionally taught bridge lessons are suspended for the summer. They will resume in the fall. Instructor Joyce Pearson, herself a champion player, offers lessons Wednesdays at 1:00. Each session is \$80, divided equally among those who attend.

Men's Breakfast: Our May men's breakfast was such a hit that we plan to have another one September 18. Thanks go to chefs extraordinaire Joe Bausk and Barry David!

Summer Movie Series: This July and August we will be offering two movie series. On Mondays we'll show current documentaries with free popcorn and cold drinks. On Thursdays we'll show current films, mostly with Academy Awards or nominations to their credit. The films are free, and pizza will be available for \$1 a slice. Details in the next newsletter.



**Monday, June 9
12:00-2:00**

The Friends of Sudbury Seniors will host a special luncheon for a very special group - the Senior Center volunteers, on **Monday, June 9** 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 finger sandwiches, potato salad, green salad, chips and 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. If you're one of those wonderful folks, please RSVP to your invitation by **June 2**. We regret that due to space limitations, we can host volunteers only.

Thanks to all our volunteers from all of us!



Fit for the Future summer hours

Something new: our popular senior aerobics class will be offered **Monday, Wednesday and Friday** at **10:30** only beginning **June 16**, until after Labor Day

This year we plan to hold the class here at the Senior Center, in the Van Houten room in order to avoid the disruptions caused by floor refinishing and other issues at the high school.

Fit for the Future is a peppy blend of seated, standing, and moving exercises. Some participants use hand weights, and everyone is encouraged to participate at a level that is best for them on an individual basis.

There is no need to sign up in advance. Simply come when you can. The cost for each session is **\$2.00**.



Legal clinic Tuesday, June 24 10:00-12:00

Denise Yurkofsky, Elder Law Attorney, will provide **free** 20-minute legal consultations here at the Senior Center **Tuesday, June 24** from **10:00-noon**. This very popular free service fills up fast, so be sure to call for an appointment.

Cancellation line

From time to time, weather or some other unforeseen circumstance causes us to cancel a program, event, or class.

At such times, you can call our recorded cancellation line, 978-639-3276. You can get information about the cancellation, even when we are not open!

World War II

We hear that Pat Mullen is hard at work putting together a new summer series of film/discussions about World War II.

Those who participated in his series last summer really enjoyed it, as Pat intersperses documentary footage, classic (but accurate) films, and his own extensive knowledge to offer a lively and involving historical series. Details will be available in the July/August newsletter.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

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Don't get scammed!

With all the health insurance options now available, people are often unsure what to do and may fall prey to unscrupulous insurance agents or scam artists who seek to take advantage of all the confusion. Most Medicare beneficiaries now have two options, either choosing traditional Medicare, with or without supplemental health insurance coverage (Medi-gap), and with a prescription drug plan (offered by a multitude of companies). Or they may choose a Medicare Advantage plan (a Health Maintenance Organization – HMO) that provides similar coverage, but may restrict the doctors available and/or require referrals to specialists and may have limits to coverage.

A call or visit from an insurance agent could result in a “hard sell” or agents may leave out important information:

- Some insurance agents are selling Medicare Advantage plans without explaining the limitations, or that the commissions can make the price much higher; sometimes people are being signed up without their knowledge.
- Other agents are pretending to be Medicare representatives to get themselves in the door or into an apartment complex. Then they sell high-priced insurance policies, including annuities, life insurance, and gap coverage for Medicare Advantage plans, all products that people do not need. (Medicare representatives do not do home visits.)
- Once agents (or those posing as agents) have someone's personal information, some may use it to steal their identity.


You do not need an agent to learn about and sign up for a Medicare plan. You can look up the information on the Medicare website, or call Medicare or talk to our SHINE Counselor Kara Harvey, for **free**. The SHINE (Serving the Health Insurance Needs of Elders) program is designed to assist people with understanding, finding and choosing health insurance plans. If you do choose to use an insurance agent, you can check that the agent is licensed by calling the Mass. Division of Insurance at (617) 521-7794.

For more information or assistance with health insurance questions, please call (978) 443-3055 to talk with Debra Galloway, Information and Referral Specialist.



JUNE 2008



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><i>Van trip to Natick Mall/ Bickford's</i></p> <p>9:30-2:30 I&R Hours</p> <p>9:00-12:00 Wii</p> <p>11:00 Fit for the Future</p> <p>1:00 Balance (4)</p> <p>2:00 Bing Crosby</p>	<p>3</p> <p>8:00 Parmenter Clinic</p> <p>9:00 Cribbage</p> <p>9:00 Walking Club (5)</p> <p>9:30-12:00 My Life/My Health (5)</p> <p>12:00 Lunch</p> <p>12:00-1:00 Parmenter Clinic</p> <p>12:30 Bridge</p>	<p>4</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-2:30 I&R Hours</p> <p>10:00 Floral Workshop</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>12:30 Informal Quilters</p> <p>1-3 Hands on Photos (1)</p> <p>3-5 Hands on Photos (1)</p>	<p>5</p> <p>9-12 SHINE</p> <p>9:45 Thursday Crafters</p> <p>12:00 Soup's On: Healthy Eating (Traditions)</p> <p>1:00-3:00 Wii</p>	<p>6</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-11:30 Bingo</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>1:00 Cards</p> <p>1:00 <i>The Grapes of Wrath</i></p> <p>1:00 Watercolors (9)</p>
<p>9</p> <p><i>Van trip to Ocean State/ Kennedy's Pub</i></p> <p>9:30-2:30 I&R Hours</p> <p>9:00-12:00 Wii</p> <p>12:00 Volunteer Appreciation</p> <p>1:00 Balance (5)</p> <p>2:00 Thinking about Prejudice (1)</p>	<p>10</p> <p>Philadelphia Mummers Trip</p> <p>8:00 Parmenter Clinic</p> <p>9:00 Cribbage</p> <p>9:00 Walking Club (6)</p> <p>9:30-12:00 My Life/My Health (6)</p> <p>12:00 Lunch</p> <p>12:00-1:00 Parmenter Clinic</p> <p>12:30 Bridge</p> <p>4:30 COA Board</p>	<p>11</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>12:30 Informal Quilters</p> <p>1-3 Hands on Photos (2)</p> <p>3-5 Hands on Photos (2)</p>	<p>12</p> <p>9-12 SHINE</p> <p>9:45 Thursday Crafters</p> <p>1:00 Dora the Explorer</p>	<p>13</p> <p>8:30 Fit for the Future</p> <p>9:00 Cribbage</p> <p>9:30-11:30 Bingo</p> <p>9:30-2:30 I&R Hours</p> <p>11:00 Fit for the Future</p> <p>12:00 Lunch</p> <p>1:00 Cards</p> <p>1:00 <i>Gentleman's Agreement</i></p> <p>1:00 Watercolors (10)</p>
<p>16</p> <p><i>Van trip to Solomon Pond Mall/Olive Garden</i></p> <p>9:30-2:30 I&R Hours</p> <p>10:00 Stamp club</p> <p>10:30 Fit for the Future</p> <p>1:00 Balance (6)</p> <p>2:00 Thinking about Prejudice (2)</p>	<p>17</p> <p>8:00 Parmenter Clinic</p> <p>9:00 Cribbage</p> <p>12:00 Lunch</p> <p>12:00-1:00 Parmenter Clinic</p> <p>12:30 Bridge</p> <p>1:00 Taking Control of Your Legal Future</p>	<p>18</p> <p>9:00 Cribbage</p> <p>9:30-2:30 I&R Hours</p> <p>10:30 Fit for the Future</p> <p>12:00 Lunch</p> <p>12:30 Informal Quilters</p> <p>1-3 Hands on Photos (3)</p> <p>3-5 Hands on Photos (3)</p>	<p>19</p> <p>9-12 SHINE</p> <p>9:45 Thursday Crafters</p> <p>12:00 Pizza</p> <p>12:30 Movie: <i>The Kite Runner</i></p> <p>1:00-3:00 Wii</p>	<p>20</p> <p>9:00 Cribbage</p> <p>9:30-11:30 Bingo</p> <p>9:30-2:30 I&R Hours</p> <p>10:30 Fit for the Future</p> <p>12:00 Lunch</p> <p>1:00 Cards</p> <p>1:00 <i>The Defiant Ones</i></p> <p>1:00 Watercolors (11)</p>
<p>23</p> <p><i>Van trip to Christmas Tree Shop/Brittney's</i></p> <p>9:30-2:30 I&R Hours</p> <p>10:30 Fit for the Future</p> <p>1:00 Balance (7)</p> <p>2:00 Thinking about Prejudice (3)</p>	<p>24</p> <p>8:00 Parmenter Clinic</p> <p>9:00 Cribbage</p> <p>10:00-12:00 Wii</p> <p>10:00-12:00 Legal Clinic</p> <p>12:00 Lunch</p> <p>12:00-1:00 Parmenter Clinic</p> <p>12:30 Bridge</p>	<p>25</p> <p>9:00 Cribbage</p> <p>9:30-2:30 I&R Hours</p> <p>10:30 Fit for the Future</p> <p>12:00 Lunch</p> <p>12:30 Informal Quilters</p> <p>1-3 Hands on Photos (4)</p> <p>3-5 Hands on Photos (4)</p>	<p>26</p> <p>9-12 SHINE</p> <p>9:45 Thursday Crafters</p> <p>1:00-3:00 Wii</p> <p>3:00 Friends Meeting</p>	<p>27</p> <p>9:00 Cribbage</p> <p>9:30-11:30 Bingo</p> <p>9:30-2:30 I&R Hours</p> <p>10:30 Fit for the Future</p> <p>12:00 Lunch</p> <p>1:00 Cards</p> <p>1:00 <i>Trembling before G-d</i></p> <p>1:00 Watercolors (12)</p>
<p>30</p> <p><i>Van trip to Malmart/ Applebees</i></p> <p>9:00-12:00 Wii</p> <p>9:30-2:30 I&R Hours</p> <p>10:30 Fit for the Future</p> <p>2:00 Thinking about Prejudice (4)</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
June 3	June 4	June 6
Minestrone Chef Salad Creamy Italian Dressing Dinner Roll Pineapple	Chicken/Lemon Sauce Brown Rice Broccoli Multigrain Bread Muffin	Cheese Lasagna/ Tomato Sauce Green Beans Vienna Bread Fresh Fruit
June 10	June 11	June 13
Chicken/Supreme Sauce Whipped Potato Jardinière Veggies Multigrain Bread Rice Pudding	Portuguese Kale Soup Sliced Roast Beef Potato Salad Rye Bread Birthday Cake	Diced Chicken/Peppers and Onions Spanish Rice Baked Beans Pineapple
June 17	June 18	June 20
Cream of Vegetable Soup Sliced Turkey Potato Salad Whole Wheat Bread Fresh Fruit	Meatloaf/Gravy Mashed Potatoes Beets Multigrain Bread Chocolate Pudding	Smokey Grill Beef Steak/ BBQ Sauce O'Brien Potatoes Tuscan Veggies Hamburger Bun Apple Turnover
June 24	June 25	June 27
Spaghetti/Meat Sauce Parmesan Cheese Italian Style Veggies Italian Bread Applesauce	Three C Soup Turkey Ham Pasta Salad Hamburger Bun Smoothie	Fish Wedge/Tartar Sauce Mashed Potatoes Green Beans Whole Wheat Bread Muffin

**Movie Thursday, June 19
12:30**



The Kite Runner
2 hours 2 minutes
(some subtitles)

In a divided country on the verge of war, two childhood friends, Amir and Hassan, are about to be torn apart forever. It's a glorious afternoon in Kabul and the skies are bursting with the exhilarating joy of a kite-fighting tournament. But in the aftermath of the day's victory, one boy's fearful act of betrayal will mark their lives forever and set in motion an epic quest for redemption. Now, after 20 years of living in America, Amir returns to a perilous Afghanistan under the Taliban's iron-fisted rule to face the secrets that still haunt him and take one last daring chance to set things right.

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).



**Soup's On:
Healthy Eating
Thursday, June 5
Noon**

Can eating healthy food also be delicious? How can you enjoy the nutritional benefits of soup even in the heat of summer? What are some good ways to lower the fat content of desserts and still keep the flavor?

Join Chef Al Menkello from Traditions of Wayland for gazpacho soup served in a bread bowl and low-fat but yummy apple strudel, as well as information about healthy eating, and some wonderful recipes.

Learn the difference between summer and winter soups, and hear the history of serving soup in bread bowls.

Chef Menkello is an entertaining speaker, and will give a short talk, and then lead an interactive session about healthy eating while everyone enjoys their meal.

Both the meal and the program will begin at noon, so don't be late! As usual, the event is **free** but we must know how many people to prepare food for, so advance registration is required.

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.

Medicare: Where can you go for help and 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. Call us at 978-443-3055 for an appointment.

Prescription drug resources:

Through the **SHINE** program we 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 (866-633-1617 toll free). They have information about prescription drug programs. For online information, visit the website at www.massmedline.com.

Help with Advocacy:

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 800-252-5533.

Medicare Rights:

MAP (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 800-323-3205 for help in protecting your Medicare rights.



**Taking Control of your Legal Future
Tuesday, June 17, 1:00**

Attorney Philip Benjamin will speak on legal methods of making sure that your wishes are carried out both while you are alive (but may have a disability, be unable to speak for yourself, or deemed incompetent) and after your death.

Information to be included will cover estate planning, durable powers of attorney, health care proxies, living wills, and trusts.

Attorney Benjamin is a partner at the law firm of Bikofsky, White and Benjamin in Framingham, where he has practice law for the last 25 year, focusing on estate planning and elder law issues. He is a member of the Massachusetts Chapter of the national Association of Elder Law Attorneys (NAELA) and regularly speaks to seniors and their families.

The talk is **free**, thanks to the Massachusetts Bar Association, but it is important to let us know you are coming because space is limited.

We have two copies of *Taking Control of Your Future: A Legal Checkup*, written especially for people 60 and older. They include sections on Veteran's benefits, Medicaid, Medicare Part D, reverse mortgages, long term care insurance and more. Please ask to see them!

Coming cultural trips

September: Trip to **Lowell National Historical Park**. We will tour the museum and see the *Mill Girls and Immigrants* exhibit which tells the human story of the Industrial Revolution by concentrating on the working people of Lowell.

The Boott Cotton Mills Museum includes the weave room plus interactive exhibits and video programs about the Industrial Revolution, labor, and rise, fall, and rebirth of Lowell. Very interesting! Lunch will be included, date and price to follow.

November: BSO rehearsal with lunch

October: The Mark Twain House and Wadsworth Atheneum Museum in Hartford, Connecticut with lunch included

March: Tentatively planned as a tour of **Channel 2's** new broadcast studios.

April: Another brilliant performance at the **Trinity Repertory Theater** in Providence, with lunch included.

Cultural trips busses only hold 26 passengers, so space is severely limited. To be sure of having priority seating for these trips, you can participate by volunteering to plan and coordinate one of the trips yourself. Anyone who takes full responsibility for all the planning for a trip will be assured of a seat (at the regular price) on other trips in the same trip season.



Hands-on Digital Photography Wednesdays

June 4, 11, 18 and 25

1:00-3:00 OR 3:00-5:00

➡ at the Flynn Building

Learn to make the photos from your digital camera even better: eliminate red eye, punch up the color, crop out the picture of your thumb in the upper corner, and more.

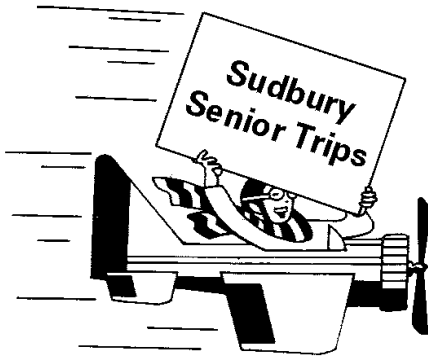
Expanding on his four-part course on using a digital camera, Dr. Donald Sherman will help participants learn to use a free, downloadable software, Picasa, to improve their photographs.

The classes will meet at the computer lab at the **Flynn Building** so that everyone can have a hands-on experience, guided by Dr. Sherman. The lab is limited to 12 students at one time, so there will be two sections of the four week series, and students will be asked to commit to one or the other.

First choice will be given to those who took Dr. Sherman's earlier course. If there is enough interest a third section will be added.

The cost for the four sessions is **\$20**. Scholarships may be available. If there is enough interest we may add a third section.

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It is hard to believe that 2008 is almost half over. Time seems to fly when you are having fun. This year has certainly been a lot of fun with the trips that we have had so far. I hope that many of you will be able to join us on some of the ones that we have planned for the rest of 2008

The Philadelphia Mimmers, June 10: We may still have space available to see these very talented musicians who have been entertaining audiences for more years than I can count. The cost is \$54.00. Please call the Senior Center to check on space.

Newport Playhouse and Cabaret Restaurant trip, Thursday, July 10: This Rhode Island excursion should be a great day, with a delicious buffet followed by the play of the month *Over The River and Through the Woods* (not a Thanksgiving story) and then back to our tables for dessert and a short cabaret show. NOTE: The cost is \$75. Some of you may still have our original purple brochure which had an incorrect price (unfortunately our original tour company had quoted us the old 2007 price). We corrected it in subsequent newsletters and on the trip flyer itself.

We would appreciate those who sent us checks for \$70 to remit the \$5.00 balance as soon as possible

Foxwoods, Monday, August 4: Cost is \$19.00 with plenty of spaces at this time.

Tanglewood, Saturday, August 9: We will only be taking 25 passengers so sign up soon if you are interested. The cost of \$48 includes transportation and open shed seating for the Saturday morning rehearsal of the All Mozart Sunday performance. Lunch is on your own at any one of the venues on the grounds. A stop in a nearby village will be made on the way home. More info on this stop will be available in July. Payment is due by July 1.

Lobsterbake, Tuesday, August 12: Our annual summer treat this year will take place at the Hukelau in Chicopee. Great food and great Hawaiian entertainment, and a fabulous summer outing. Price is \$79.95 and includes two 1¼ boiled lobsters or an 8 ounce fillet mignon with baked stuffed shrimp and all the fixings. Don't miss this one.

Baltimore Orioles/Red Sox trip, August 19-21: This trip is sold out but we are taking a wait list in case of cancellations. Final information for those of you who are already signed up will be sent to you as soon as we receive it in late July or early August. We'll also tour Fort McHenry, the Baltimore inner harbor, the US Naval Academy, Longwood Gardens, and go to a dinner theater.

Octoberfest, Tuesday, October 14: This trip is now ready for your reservations. Come with us to the Venus De Milo Restaurant in Swansea, Massachusetts for a traditional German feast and entertainment. The menu is either Weiner schnitzel or baked stuffed chicken. Adam Barthalt and his award winning polka band will be serenading us with their foot-tapping music. If you like to polka, here is your chance. The cost is \$66

Western Mediterranean Cruise, November 8-15: If you are still thinking about joining us we may be able to get a few more spaces (although the very low prices we originally had may not still be available). You will need to pick up a flyer at our center and call me personally to check it out for you at 978-443-8320. We are still looking for a female roommate to share an inside cabin. Please call if interested.

For all the above trips (with the exception of the Mediterranean Cruise) *please make checks payable to Sudbury Senior Trips* and include a pink registration form. If you mail your payment, you must include a note with your name, address, phone and an emergency contact name and phone number.

A piece of advice: It might be wise to bring your cell phone along on our US trips and give your number to me on the coach. I will give you mine in case of an emergency and we become separated. I will destroy the numbers after each trip.

Carmel

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

Van Transportation: This door-to-door, handicapped accessible service is available **Tuesday** through **Friday** from **8:30 AM** to **3:30 PM** within Sudbury. On Mondays we provide transportation for shopping at a location outside of Sudbury. Please call the Senior Center by 9 AM to schedule a ride for that day. The cost for in-town trips is **\$1.00** each way, and \$2 one way for out-of-town trips.

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

Sudbury Senior Access:

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

HEALTH SERVICES

Blood Pressure Clinic: The Senior Center, in conjunction with the Board of Health and Parmenter Health Services, offers weekly **free** drop-in health clinics. Clinic hours are **Tuesdays 8:00-9:00** and **noon** to **1:00**. **Free** blood

sugar testing is also provided each **Tuesday** from **8:00-9:00**. No appointment is necessary.

Medical Equipment Loan Closet:

For those in need of medical equipment, the Senior Center may provide the item on loan. We welcome donations of equipment that is no longer needed.

COUNSELING

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

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

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

IN-HOME SERVICES

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

In-Home Fix-It Program: Seniors who can no longer (or should not) do small repair tasks at home can get free volunteer assistance with small jobs around the house. Seniors will only be expected to pay for necessary parts and materials.

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

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

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

NUTRITION

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

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

A monthly publication from the

SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

on the web at:

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

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Sudbury Senior Center

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Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

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

General Information Line: 978-639-3275

Menus: 978-639-3278

Trip Information: 978-639-3277

Cancellation Line: 978-639-3276



A Way to Find Your Medicare Information

You can look at your Medicare information on www.MyMedicare.gov. This website is Medicare's free, secure online service. After registering as a user of MyMedicare.gov, you will have access to personalized information regarding your Medicare benefits and services. It can help you track preventive services and learn about the services you may be eligible to receive. Also on this website, you can get specific information about your Medicare Claims and Medicare Summary Notices (MSN).

You can use www.MyMedicare.gov to:

- View claim status (excluding Part D claims)
- Order a duplicate Medicare Summary Notice (MSN) or replacement Medicare card
- View eligibility, entitlement and preventive services information
- View enrollment information including prescription drug plans
- View or modify your drug list and pharmacy information
- View address of record with Medicare and Part B deductible status
- Access online forms, publications and messages sent to you by CMS

In order to use this service, you must be a registered user. If you want help navigating the site, make an appointment with Debra Galloway. She'll walk you through the process of registering.