



THE AMERICAN MIND

Semester II: Wednesdays, March 30-May 25

9:30 to 11:30 a.m.

\$20

Last fall, many American history buffs at the Senior Center enjoyed the first half of a 36-part series called **THE AMERICAN MIND**—a history of ideas, philosophies and beliefs that have strongly influenced our nation’s history. Beginning with the Puritans, the series covers 250 years, ending with the Civil War. The second half of this series begins with the dramatic shift in American thinking that occurred in the decades following the Civil War—a shift which turned Americans away from traditional philosophical and social thinking and toward pragmatism and secularism.

THE AMERICAN MIND examines the socialist, Populist, and Progressive movements of the early 20th Century and the deeply jaded rejection of all idealisms (moral and political) following World War I. *FDR and the Intellectuals*, *Mass Culture and Mass Consumption*, *The New South versus the New Negro*, and *The Neo Conservatives* are but a few of the lecture titles that round out this series. As stated earlier, the course is not intended to advocate for or against philosophies presented or actions taken. Rather, it clarifies why ideas led to events and how they impact us even today.

This lecture series on DVD from The Teaching Company features distinguished historian Allen C. Guelzo. No text will be used other than outside reading that participants may want to share with the class. The class is limited to 50, so early registration is suggested. It is not necessary to have taken Part 1 in order to register for Part 2. The registration fee is \$20 per semester, which covers the cost of expenses, handouts and refreshments. **Registration** will begin on **February 28 to Sudbury residents** and will open to all on March 14.

INSIDE THIS ISSUE

SHINE	2
First Ladies	3
Tax Help	3
Soup’s On	4
Cribbage	4
Volunteers	4
Support groups	5
Calendar	6
Lunch menu	7
Movie	7
Friendly visitor	8
Looking Ahead	8
LIFE in your years	8
Tax Deferral	8
Women’s Health	8
Change your clock	9
Outreach survey	9
Trips	10
Legal Clinic	10
Services	11



Healthcare Reform Improves Medicare Benefits

Medicare coverage has been improved because of the Healthcare Reform, now called the Affordable Care Act (ACA). It is important to understand the changes, so you will be able to take advantage of them. Remember there are **SHINE** counselors, who volunteer at the Senior Center to help you understand your Medicare plans and to assist you in getting your Medicare services.

If you have prescription drug coverage through a Medicare Part D Drug Plan or a Medicare Advantage Plan (HMO or PPO), during the coverage gap (donut hole) your drug costs increase significantly. In 2010, as part of the ACA, individuals in the donut hole were eligible to receive a \$250 rebate on drug costs. If you were in the donut hole in 2010 and have not received your rebate check, one of our SHINE counselors can help you.

The ACA will over time close the prescription drug coverage gap. This year, in the donut hole there will be a 50 percent discount on brand-name drugs and a 7 percent discount on generic drugs. If you get into the donut hole and you are not receiving these discounts, one of our SHINE counselors can help.

New this year, due to the ACA, Medicare now covers many preventive services at no cost. These free services include an annual wellness exam, mammograms, colonoscopies and osteoporosis screenings.

Also this year, the Affordable Care Act will give qualifying doctors and other health care professionals providing primary care to people on Medicare a 10-percent bonus for primary care services. This will help ensure that those primary care providers can continue to be there for Medicare patients.

To learn more about your Medicare benefits, you can go to www.medicare.gov or the "Medicare & You 2011" handbook.

For a free, confidential **SHINE** (Serving **H**ealth **I**nformation Needs of **E**lders) appointment, call the Sudbury Senior Center at (978) 443-3055. You can also reach a **SHINE** counselor by phone at 1-800-AGE-INFO and press 3. Once you get the **SHINE** answering machine, leave your name and phone number. A counselor will call you back as soon as possible.

CHAIRPERSON:

Patrick Mullen

BOARD OF DIRECTORS:

Barbara Bahlkow

John Beeler

Elizabeth David

Marilyn Goodrich

Susan Kasle

David Levington

Mary-Lee Mahoney-Emerson

Robert May

SUDBURY

SENIOR CENTER

STAFF

DIRECTOR

Debra Galloway

ADMINISTRATIVE

ASSISTANT

Claire Wigandt

INFORMATION AND

REFERRAL

RECEPTIONIST

Jean Taylor

SENIOR COMMUNITY

WORK PROGRAM

COORDINATOR

Peg Whittemore

S.H.I.N.E. COUNSELORS

Kathleen Fitzgerald

Kathleen Woerhling

MEALSITE MANAGER

Debbie Peters

TRIP COORDINATOR

Carmel O'Connell

VAN DRIVER

Linda Curran

VOLUNTEER

COORDINATOR

Ed Gottmann

PUBLIC HEALTH NURSE

Linda Sullivan

MISSION

STATEMENT

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



First Ladies, First Partners
 Thursdays at 1:30PM
 March 31 – April 21
 \$30

In the fall, Gary Hylander enlivened our understanding of three First Ladies of the 19th century: Abigail Adams, Mary Todd Lincoln and Julia Grant. In March, he returns to explore the interesting and intriguing aspects of three more of America’s First Ladies. For this three week series, he will bring to life to three First Ladies from the 20th century: Edith Galt Wilson, Eleanor Roosevelt, and “Lady Bird “Johnson.

The series begins on March 31, skips one week and continues on April 14 and 21. **Registration** will begin on February 28 for Sudbury residents and on March 14 for all others. Please pay the \$30 fee when you register at the Senior Center.

Dr. Gary Hylander is Professor of History at Stonehill College in Easton, MA. He is a frequent lecturer at historical societies, libraries and professional organizations.

This lecture is offered in partnership with Sage Educational Services.

Tax Help

Help with your income tax filing is available **free** Tuesdays and Thursdays all day at the Senior Center! We have four AARP trained volunteers available to help you. Call 978-443-3055 to schedule your appointment.

There is a form to fill out before you come, you can pick one up at the Senior Center. Be sure to bring with you to your appointment the year-end tax documents you got in the mail from banks, pension plans and other sources of income, and a *copy of your last year’s tax return.*



Soup's On!

Divide and Concur: Positive Strategies for Handing Down your Personal Possessions

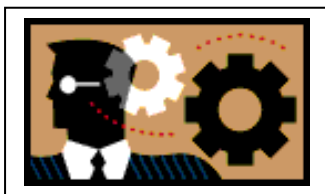
Thursday, March 10
Soup at 12:00, talk at 12:30

Laura Nordman of NextStage Associates will talk about the sometimes difficult task of deciding how to pass along your possessions to the next generation. She will base her presentation on the wonderful workbook "Who gets Grandma's Yellow Pie Plate?" developed by the University of Minnesota Extension service.

Her presentation will focus on several factors to consider when transferring assets. Some of the factors she will discuss are: understanding the sensitivity of the issue; deciding what you want to accomplish; and determining what is fair for *your* family.

The program is **free**. Even if you don't want soup, please call to let us know you'll be here so we can set the room up for the expected audience. To reserve soup, call before 4:00PM on March 9.

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



Cribbage?

Looking for an activity to keep your brain sharp, allow you to make new friends and have fun?

The Senior Center hosts cribbage games on Tuesday, Wednesday and Friday mornings at 9:00 AM.

Cribbage has been around for a long time. It was invented as a derivation of the game *Noddy* in the early 1600s by Sir John Suckling, an English courtier, poet, and gamester. Cribbage is popular in the U.S. with many clubs and leagues, and also very popular in England, where it is the only game allowed to be played for money in the pubs!

Cribbage is played with a fifty two card pack. Each round in the game is scored and the scores are counted on a cribbage board. The first player to get 121 points wins.

Each player lays one card face up in turn onto a personal discard pile, stating the cumulative value of the cards laid without the total going above 31. As the rounds continue, each player keeps track of his/her points with pegs on the cribbage board, with the goal of reaching 121 points. Players maximize points by choosing the order in which to lay their cards.

Interested in joining a game? Just drop in to the Senior Center on Tuesday, Wednesday or Thursday at 9:00 AM.



Volunteers Make The(ir) World Go Round!

The Senior Center would not function without our wonderful volunteers. Volunteers provide administrative help at the Front Desk, deliver hot meals to homebound seniors, provide fixit help at home, help us setup and breakdown for large functions, and provide medical transportation and more. What's really great is that they seem to benefit as much as the recipients of their volunteer time!

In fact, research over the past several years, indicates that volunteering is good for us. According to a report by the Corporation for National and Community Service, volunteering provides both social and individual health benefits.

In their review of research studies, they found that volunteering not only provides one with a sense of purpose and accomplishment, but expands one's social network. Volunteers tend to have greater functional ability and lower rates of depression. Volunteering is also associated with living longer. It is thought that the social aspects of volunteering provide a buffer to stress and reduce disease risk.

For more information about volunteer opportunities, please call the Sudbury Senior Center at (978) 443-3055.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
**For the Alzheimer Caregiver -
Finding a Support Group**

The right support group offers a lifeline for caregivers. The primary purpose of a group should be to provide its members with emotional support, up-to-date information about the disease and caregiving skills. The combination of education and support will assist you where ever you are in your caregiving path, and getting to know others who truly understand what you are going through can be surprisingly helpful.

Each support group is different. The format and atmosphere are created by the leaders as well as the participants. Even if it's not required, call the leader before the group meeting.

- Ask about the makeup and size of the group – spouses, adult children, men and women.
- Ask about the typical format. This is a great way to find out if you feel drawn to this particular leader or group.
- Ask how confidentiality is handled. All information shared at a support group should be kept strictly confidential unless it poses a risk of safety to a caregiver or patient.
- Ask about the group leaders' experience – such as knowledge of Alzheimer's disease and length of time facilitating the group.

If you decide to attend, this conversation will make your first meeting easier.

Even if the first group you attend isn't what you want, don't get discouraged. Talk with the group leader about your reaction. Every meeting is different and it may be that particular meeting was or wasn't typical of what usually happens. We all spend time finding the right hairdresser, physician or auto mechanic...it may take time to locate the support group that best meets your needs and style. Be patient, as many seasoned support group members would say, "it's well worth it".

There are currently over 185 Alzheimer Caregiver Support groups meeting in Massachusetts and New Hampshire. For a full list of groups in your area, please contact the Alzheimer's Association's 24/7 Helpline at (800) 272-3900 or visit online at www.alz.org/MANH. The Alzheimer's Association also offers educational programs and care consultation. You may also call the Senior Center at (978) 443-3055.

Adapted from the Alzheimer's Association publication: *Choosing an Alzheimer Caregiver Support Group*.



MARCH 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	8-9:00 BP Clinic 9:00 Cribbage 9:00-3:00 Tax Help 9:40 Yoga I (4) 11:00 Yoga II (4) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 3:30 COA Board 7:00 Comm on Disability	8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Poems of Thomas Hardy (4) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:30 American Art (5)	9-12 SHINE 9:00-3:00 Tax Help 9:30 Tap Class 9:30 Cultural Trip: Addison Gallery 9:45 Thursday Crafters	8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (9)
7	8	9	10	11
9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Balance (3)	8-9:00 BP Clinic 9:00 Cribbage 9:00-3:00 Tax Help 9:40 Yoga I (5) 11:00 Yoga II (5) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge	8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Poems of Thomas Hardy (5) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio	9-12 SHINE 9:00-3:00 Tax Help 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: Downsizing: Divide and Concur	8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (10)
14	15	16	17	18
9:30-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 1:00 Better Balance (4)	8-9:00 BP Clinic 9:00 Cribbage 9:00-3:00 Tax Help 10:00-12:00 Legal Clinic 9:40 Yoga I (6) 11:00 Yoga II (6) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge	8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 10:30 Poems of Thomas Hardy (6) 11:00 Fit for the Future 12:00 St. Patrick's Luncheon 12:30 Quilting Studio	9-12 SHINE 9:00-3:00 Tax Help 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: Feed the Fish	8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards <i>No Watercolors this week</i>
21	22	23	24	25
9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Balance (5) 1:00 Outreach to Eldest Survey Training	8-9:00 BP Clinic 9:00 Cribbage 9:00-3:00 Tax Help 9:30 Historical Society 9:40 Yoga I (7) 11:00 Yoga II (7) 12:00 Lunch 12-1:00 BP Clinic 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 Quilting Studio	9:00-3:00 Tax Help 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 1:30 Outreach to Eldest Survey Training 3:00 Friends Meeting	8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards <i>No Watercolors this week</i>
28	29	30	31	
<i>Special Van Trip</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Balance (6)	8-9:00 BP Clinic 9:00 Cribbage 9:00-3:00 Tax Help 9:40 Yoga I (8) 11:00 Yoga II (8) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 7:00 Comm on Disability	8:30 Fit for the Future 9:00 Cribbage 9:30 American Mind (1) 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio	9-12 SHINE 9:00-3:00 Tax Help 9:30 Tap Class 1:30 First Ladies (1)	

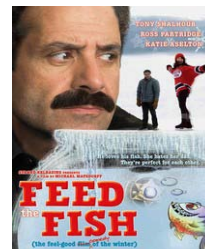
LUNCH MENUS

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 is requested. Please call by 10:00 AM the day before to make a reservation.

TUESDAY	WEDNESDAY	FRIDAY
Shepherds Pie 1 Mashed Potato Green Beans Whole Wheat Bread Apricots	Baked Chicken 2 w/ Teriyaki Sauce Brown Rice Carrots Whole Wheat Bread Chunk Pineapple	Cheese Lasagna 4 w/ Tomato Sauce Carrots Italian Bread Butterscotch Pudding
Kale and Lentil Soup 8 Baked Chicken w/ Coq A Vin Sauce Penne Pasta Rye Bread Cherry Turnover	Macaroni and Cheese 9 Stewed Tomatoes Whole Wheat Bread Fresh Fruit	Fiesta Style Fish 11 Corn and Black Beans Broccoli Whole Wheat Bread Arctic Ice Smoothie
Pot Roast 15 w/ Onion Gravy Boiled Red Bliss Potato Broccoli Whole Wheat Bread Banana Pudding	Minestrone Soup 16 Ground Turkey, Tomato, Pepper, & Corn Skillet Brown Rice Multigrain Bread Fresh Fruit	Stuffed Shells 18 w/ Marinara Sauce Vegetable Blend Whole Wheat Bread Chocolate Chip Cookie
Salisbury Steak 22 w/Jardiniere Gravy Portuguese Kale Soup Mashed Potato Whole Wheat Bread Muffin	Sandwich Wrap 23 Sliced Turkey & Cheese Cole Slaw Cold Italian Pasta Salad Tortilla Fresh Fruit	Baked Fish 25 w/ Newburg Sauce Brown Rice Peas Whole Wheat Bread Crushed Pineapple
Shaved Steak 29 w/ Onions & Peppers Homefries Hamburger Bun Fresh Fruit	Baked Chicken 30 w/ Sweet & Sour Sauce Brown Rice Whole Wheat Bread Cream of Carrot Soup Arctic Ice Smoothie	

Please note: The full five-day menu for home delivered meals is available on the Senior Center section of the Sudbury Town website.

**Movie and pizza
Thursday, March 17**



Feed the Fish

92 minutes

**Pizza: 12:00
Movie: 12:30**

2009 Not Rated

Coaxed by a friend, children's author Joe Peterson (Ross Partridge) -- who's suffering from writer's block -- heads to wintry Wisconsin to focus on his new book and to take a dip in Lake Michigan as part of the annual Polar Bear Plunge. But when he unexpectedly finds love with bubbly waitress Sif Andersen (Kathryn Aselton), Joe runs afoul of the town sheriff -- who happens to be Sif's father. Barry Corbin co-stars in this delightful indie comedy.

This film stars: Tony Shalhoub, Barry Corbin, Ross Partridge and Kathryn Aselton.

Please call by 10:00 that morning if you are coming! Also please let us know if you want pizza (\$1.25/slice). Pizza will be served at **12 noon**, followed by the movie at **12:30**.



A Friendly Face

Change is all too common as we get older. One change may sneak up on you, less socialization. Your family is busier, friends may have moved or perhaps you have an illness that keeps you in the house. Too much time alone can sap your energy and possibly lead to lethargy, poor nutrition or depression. A friendly neighbor to visit once a week could really make a difference.

The Senior Center matches volunteers eager to visit someone, with someone who would like a visitor. If you would like to find out about our friendly visitors, or are interested in being a friendly visitor, please call the Senior Center at (978) 443-3055.



Golf Anyone?

Interested in forming a group from Sudbury to play nine-hole golf? Stonybrook Golf Course is welcoming senior groups to schedule weekly, bi-weekly or monthly games during golf season. Groups pay as they go; no pre-pay requirements and no need to pay when you miss a game.

The course is mostly flat, with each hole about 140 yards; games take about 90 minutes. Interested? Contact the Senior Center at (978) 443-3055 or call Stonybrook at (508) 485-3151.

Looking Ahead to April...

Men's Breakfast

Flapjacks will be flipped, orange juice will be poured, fresh fruit will be sliced and coffee will be steaming! Don't forget the **Men's Breakfast** on Thursday, April 14 at 9:30AM!

Growing into Retirement Series

This annual event returns with informational and educational talks about health insurance, healthy aging, financial health, legal issues, transitioning to retirement from work, and more. Look for more information in the April edition of the **Sudbury Senior Scene**.



Short of Money?

(How about a loan at 2.5%?)

Each year the Town of Sudbury will "lend" seniors the money to pay their property taxes, at a fixed rate of 2.5%, by letting them defer part or all of their property tax. The loan can be paid back at any time, but it isn't due until the house is sold. There are a few conditions, but if you're over 60 and have a calendar 2009 income below \$77,000, you're probably eligible.

March 30 is the deadline to apply for this year's taxes. To take advantage of this benefit, contact the Assessor's Office at 978-639-3393. Or, for more information contact the Senior Center at 978-443-3055.



How to put more LIFE into your years!

At Orchard Hill Assisted Living

Thursday, March 17

12:30 PM Luncheon

1:45 PM Talk

Orchard Hill Assisted Living will host this luncheon and talk. The Orchard Hill Executive Chef is planning a delectable meal and Linda Sullivan, Sudbury's Board of Health Nurse from Parmenter VNA, will share her secrets to vivacious living!

Women's Health in the 21st Century: What We Need to Know

Saturday, March 5, 2011

9:30 AM – 1:00 PM

The League of Women Voters hosts this important discussion at McPherson Hall in the Medical Arts Building of MetroWest Medical Center, 85 Lincoln St., Framingham.

"The Impact of Media on Women's Health", "Disparities in Health Care...", and "Mental Health Issues for Women" are the topics for discussion. A Health Fair will be held following the presentations, from 12:00 – 1:00 PM. Please call Judy Deutsch at (978) 443-8609 for more information.



**Change Your Clocks
This Month!**

**Daylight Savings Time
Begins on March 13**

Don't forget to adjust your clocks to Daylight Savings Time on Sunday, March 13.

**Take Action in Your
Community!**

The Sudbury-Wayland-Lincoln Domestic Violence Roundtable seeks to raise awareness about the issue of domestic violence through community education to improve services for families touched by domestic violence. The roundtable meets regularly to network and distribute information. If you are interested in helping or need information, write to:

Sudbury-Wayland-Lincoln
Domestic Violence
Roundtable, Inc.
P.O. Box 543
Sudbury, MA 01776

If you need or someone you know needs help, call:
REACH (800) 899-4000
Domestic Violence Victim Assistance Program
(888) 399-6111
Voices Against Violence
(800) 593-1125



Outreach to the Eldest

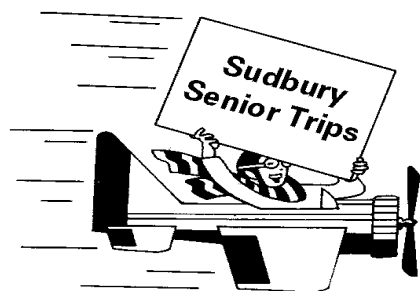
With a grant from BayPath Elder Services in Marlborough, the Sudbury Senior Center will be conducting a telephone survey of Sudbury residents who are 85 years of age and older during April and May.

Deanna Sklenak, a Sudbury resident, will be coordinating this effort. She is currently gathering volunteers to perform the telephone calls, as well as developing the training and procedures for the survey.

The survey seeks to reach out to these residents, ensure that they are aware of the Senior Center's programs and services, and to learn more about their potential needs and preferences. This information can strengthen the Senior Center's efforts to provide support to residents who need help. We will also examine the data to determine what needs are able to help with now and to plan for in the future.

If you have questions or would like to volunteer, please call the Senior Center and leave a message for Deanna Sklenak, Survey Coordinator or for Debra Galloway, Senior Center Director at (978) 443-3055.

Ads



It looks like we will soon be able to come out of our “Forced Hibernation” and begin to live outdoors again without watching out for falling icicles and slippery sidewalks, etc. It is also time to think about taking some nice day trips to fun and exciting places.

If you have not yet signed up for our *Celtic Nights* on March 9th give me a call at 978-443-8320 and let me find out if there are any spaces left. The cost is \$68.00 and should be a great Irish gig.

Our *Mystic Seaport* trip scheduled for Wednesday May 18th still needs more passengers in order to be a “GO”. Cost is \$55.00. This should be a lovely time of year to visit this famous spot and the trip comes highly recommended by a friend who has gone there many times.

Unfortunately, we had to cancel our very popular *USS Constitution* trip due to a misunderstanding with the cruise company and the fact that the area is very popular in June with school groups, so wait periods for events would be quite long.

The following are a few ideas that I am thinking about for June. Find them on our Trip Board later this month and let me know what you think by using our Idea Box at the Front desk: the Todd Lincoln Home

(Hildene) in Vermont, The Majestic Fresians (the beautiful black horses) in performance with lunch at the Putney Inn, The Chowder Festival in Newport R.I. (this one would be a Saturday).

Additional upcoming trips and trip meetings:

Sisters of Swing at the Stoneham Theatre, Wednesday, July 20th - \$55.00

This is considered to be their top-selling musical luncheon. We will browse at a nearby mall before the show.

Perkins Cove and the Ogunquit Theatre, Wednesday, August 17th - \$72.00

Highland Heartbeat, Laconia, NH – Tuesday, September 13th - \$79.95

Be transported to Scotland. Lunch will be at the Common Man restaurant.

Holy Land Cruise Meeting – Tuesday, March 1 at 2:00PM
This meeting is very important as we hope to make a final decision as to whether or not we will be able to do the trip this coming fall. Please feel free to bring some other ideas with you in case we need to reconsider this trip.

All of the above trip flyers are available on our trip rack or at the Front desk.

Carmel



Get Help Paying for Food

The economic situation and other factors, have a put a strain on many people’s finances. If you are having difficulty paying for food, consider applying to S.N.A.P. (Supplemental Nutrition Assistance Program). If you are eligible, you will receive a monthly benefit for groceries.

To encourage people to apply, Project Bread is making it easier by providing over-the-phone assistance. Get confidential help without leaving your home. Call the hotline at (800) 645-8333. The hotline is open Monday through Friday, 8:00 AM – 7:00 PM and on Saturdays from 10:00 AM to 2:00 PM.



Legal Clinic
Tuesday, March 15
10:00-12:00

Have a **free** twenty-minute consultation with Elder Law Attorney Denise Yurkofsky here at the Senior Center. Appointments are required; call 978-443-3055 to schedule yours!

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 **Monday through Friday from 9:00 AM to 3:30 PM.** On the last Monday of the month we provide transportation to a shopping location outside of Sudbury. Call the Senior Center by 9:00 AM to schedule a ride for that day. The van travels within Sudbury and to some destinations close to Sudbury's borders. The cost for in-town trips is **\$1.00** each way, and \$2 each 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 to schedule a ride. Leave your request on the answering machine, and the coordinator will return your call.

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 such as shower chairs, walkers, canes, commodes, transfer benches and wheelchairs, the Senior Center may provide the item on loan for as long as it is needed, at **no cost.** We welcome donations of equipment.

CONSULTATION

Information and Referral: 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 9:00 to 2:30.**

Legal Clinic: Denise Yurkofsky, an elder law attorney, is regularly available for **free** private 20-minute consultations with seniors. 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, **Tuesdays and Thursdays 9-12.** Please call to make a **free** appointment.

IN-HOME SERVICES

Friendly Visitor Program: Seniors who can't get out to socialize can be 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 these small jobs. Seniors will only be expected to pay for necessary parts and materials.

Grocery Shopping: Volunteer shoppers will make weekly visits to the store, and assist seniors in putting away the groceries. Seniors pay only for the food.

Books on Wheels: This is a pickup and delivery service for books, DVDs, and audiobooks from the Goodnow Library for those 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.** A voluntary donation of **\$2.00** a meal is requested. 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

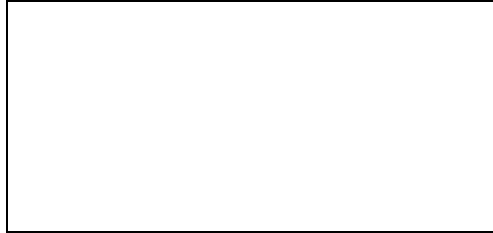
on the web at:

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

Return Service Requested



U.S. POSTAGE
PAID
Sudbury, MA
PERMIT NO. 141
PRESORT STANDARD



Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

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

General Information Line: 978-639-3275

Cancellation Line: 978-639-3276

Trip Information: 978-639-3277



Happy St. Patrick's Day!

Luncheon and party

Wednesday, March 16

12:00-2:00

Corned beef, cabbage, and all the trimmings

Featuring Irish music by the Winiker Brothers' Band

\$5.00 at the door

Reservations are required by

Friday, March 11

Call 978-443-3055

