



Food for Life

Nutrition and Cooking Class

Mondays, May 3-24
10:30-12:30

The Food for Life program is sponsored by The Cancer Project, a Washington-based organization founded by Dr. Neal Barnard, president and founder of the Physician's Committee for Responsible Medicine. He has conducted several clinical trials researching the effects of diet on health.

Cancer Project research shows that as much as 50% of all cancer may be diet-related, and the right food choices can reduce the risk of developing cancer, or help us improve survival after it has been diagnosed.

Join us for a four-session education, cooking demonstration, and food tasting series with Chef Rose Lee. The goal is to learn what foods are good for us, and how to cook them so they taste great.

May 3: Introduction to How Foods Fight Cancer *and* Fueling up on Low Fat Foods

May 10: Favoring Fiber *and* Immune-Boosting Foods

May 17: Discovering Dairy Alternatives *and* Replacing Meat

May 24: Cancer-fighting Compounds *and* Healthy Weight Control.

We are hosting Wayland and Natick for this class. There are only 12 spaces for Sudbury, so sign up quickly.

The **free** series is made possible by a grant from BayPath Elder Services. For those who are able, a **\$20** donation is suggested to cover the cost of food.



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World War I
Fridays, May 7 to June 18 at 1:30

The First World War shaped the twentieth century. It sparked the Russian Revolution. It launched America as a world power. The fault-lines from its failed peace settlement led to a second terrible war barely twenty years later.

What decision by an allied power led to Pearl Harbor 27 years later? Was the war's terrible toll caused by lack of leadership, by new technology or both? How did the ending of World War I sow the seeds of conflict that erupted 20 years later?

Pat Mullen's in-depth exploration of the war and each of its aspects continues in May and June. Individual classes are **\$10** each.

Here's a look at the remaining topics for each session (please note there will be no class May 14):

May 7: The war becomes a bloody stalemate, racial and ethnic tensions increase, and Britain and Germany look for a way to bring things to a head. How American John J. Pershing, "The Iron General", became a significant factor in the war.

May 21: All Quiet on the Western Front

May 28: The battle of Jutland, Wilson and the war, and Tipperary and all that jazz.

June 4: America enters the war, the battle of Caporetto and Lawrence of Arabia.

June 11: The lost battalion and Germany's last great effort.

June 18: What it was like to be on the front lines, the end of the war, and the return to peace.

If you are a Sudbury senior (aged 60 or older) and were born in the month of May, be our guest at the

Monthly Birthday Luncheon Wednesday, May 5 12:00-1:00

Join our regular Wednesday lunch bunch. If you were a May baby, the meal and cake are on us. (For the menu, see page 7) Call 978-443-3055 to reserve by 10:00 AM May 4. (No meal will be available without reservations.) Not born in May? No problem! Reserve by 10:00 AM May 4, and you can have lunch for a donation of **\$2.00**.

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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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**Life, Language and the Pursuit of Happiness-
Ernest Hemingway Alive!**

by B.L. Walker and Richard Clark
Wednesday, May 5 at 1:30

Relive with Ernest Hemmingway the days from WW I through the inauguration of JFK. The tragedies and triumphs, the joys and sorrows; the sacred and the profane, the loves and losses . . . the life force of a master craftsman considered by his peers as “the greatest writer since Shakespeare”.

Richard Clark has spent over 30 years in New England regional theater and New York Theater. He is a graduate of Clark University and has studied at the American Academy of Dramatic Art, The Actors Connection and the Actor’s Loft in New York. This performance is part of his “Keeping History Alive” series.

There is no charge for this performance, courtesy of the Sudbury Cultural Council. However because we expect a full house, reservations are required. Call 978-443-3055.



English Gremlins and How to Defeat Them
Wednesday, May 12 at 2:00

You won’t fall asleep when Dr. Santo Aurelio, Ed.D helps you through the intricacies of the English language. His humorous lecture will give easy to remember rules and memory devices to help you remember the difference between principle and principal, affect and effect, pore and pour, regime and regimen, premier and premiere, and much more.

Dr. Aureilo was an official court reporter for 39 years, has a bachelor’s and master’s degrees from Harvard, and a doctorate in education from Boston University. He is currently a visiting professor at Boston area colleges teaching English grammar and medicolegal terminology.

The class is **\$10**. Please call 978-443-3055 to reserve your space.



**Soup's On:
Five secrets to weight loss
Thursday, May 13
Soup at 12:00, talk at 12:30**

We all know that slimming down is good for us. Getting rid of fat, especially around the waist, helps prevent heart disease, delay or prevent Type 2 diabetes, and may even improve your brain health.

Liposuction doesn't help, because fat may still be stored internally, around our organs. With lipo, you may look thinner, but your body still knows it is overweight.

No one says losing weight is easy, even though we understand that being lighter is easier on our joints and makes it easier to exercise and stay fit.

Join us for a fascinating talk on five secrets to weight loss. The speaker will be Dr. Todd Whittemore from Stow Family Chiropractic. Dr. Whittemore will also answer questions, so bring your curiosity!

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 size.

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.

**Famous Strikes
Mondays May 3 and 10 at 2:00**

Join us for the last two sessions of our Strikes series with Dr. Gary Hylander. The topics will be:

The Pullman Strike (May 3): The Pullman Palace Car Company built the elegant Pullman coach. Most of George Pullman's workers lived in his company town outside of Chicago. When he announced a twenty-five percent wage cut without a corresponding reduction in rents and other costs, his workers went on strike. Sympathetic railroad workers refused to handle trains carrying Pullman cars snarling rail traffic across twenty-seven states. President Cleveland called in the Justice Department and state militias to put down the unrest.

Henry Ford and the UAW (May 10): As part of FDR's New deal, the Wagner Act brought a sense of protection to union activities. The Wagner Act affirmed labor's right to organize and to engage in collective bargaining. Both general Motors and Chrysler came to terms with Walter Reuther and the United Auto Workers. Only the Ford Motor Company remained unorganized. A violent and anti-union man, Henry Ford denounced labor unions as "the worst thing that ever struck the earth". What followed was the Battle of the Overpass.

Dr. Gary Hylander is a professor of American History at Stonehill College. He earned his PhD from Boston College. Cost for each class is **\$10**.



**Walking Club
Tuesdays, May 18-June 22
9:30 FREE**

Do you remember the slogan, "I'd walk a mile for a Camel?" Well the cigarette may not have been such a good idea, but walking a mile is!

Walking is far easier on joints than jogging, and walking at a brisk pace burns lots of calories. Regular walking builds endurance and cardiovascular capacity as well. And being out in the sun can help combat depression.

Our **free** six-week walking club will be led by Linda Sullivan, our Public Health Nurse. Come get your blood pressure taken before the walk (starting each Tuesday at 8:00), and at 9:30 stroll across the street to Haskell Field to take advantage of the one-mile paved walking trail.

Bottled water will be available for all participants.

**My Life/My Health
15 hours to a better life
Tuesdays May 18-June 22
9:00-11:30**

Free introductory meeting May 11. This series has been experimentally shown to improve quality of life and reduce emergency room visits for people living with chronic health conditions. Donation of **\$21** may be made to cover the costs of materials. Call 978-443-3055 to register.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Bold Mold

The floods of March are just a memory now, but they served to remind us that where there is water, mold growth is likely to follow. And although the basement may be dry now, there are other less obvious sources of potential mold growth to be aware of. A leaky faucet, a roof leak, or inadequate ventilation in your bathroom can allow mold spores that are always floating in the air, to begin to grow in your home.

If you have a wet or moist area in your home, it is important to fix the moisture or water source and to clean up the area as soon as possible. The U.S. Environmental Protection Agency recommends taking care of any water leak and any wet materials within 24-48 hours to inhibit mold growth that can cause damage to your home and may cause symptoms for you or your family.

Mold may cause allergic symptoms, such as sneezing, runny nose, red eyes and a skin rash in both mold-allergic and non-allergic persons. In mold-allergic individuals it may even precipitate an asthma attack or other respiratory problems. Most molds are non-toxic but a few types are toxic to humans and can cause more serious illness.

The EPA reports that most common small patches of mold (less than 10 square feet) can be cleaned with water and detergent. Gloves are recommended. Chlorine bleach is not recommended. Bleach is toxic to molds and bacteria but also to humans. It is best not to use it unless absolutely necessary and if so, in a very well-ventilated area. Make sure to dry the area completely.

Cleaning the mold with water and detergent works well on non-porous (hard) surfaces; however, any porous or absorbent materials may need to be discarded. Mold can grow into the empty spaces of porous materials and be difficult or impossible to remove completely. For example, ceiling tiles and carpets that get wet may need to be discarded. For special or expensive materials, consult a specialist on mold removal and repair.

For more information about mold remediation, please visit the [U.S. EPA website](#) or contact Debra Galloway, Information Specialist at (978) 443-3055 or gallowayd@sudbury.ma.us. And for small household repairs, an in-home Fixit volunteer may be able to help. To find out, call the Senior Center!

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MAY 2010



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">3</p> <p>7:45 <i>Foxwoods trip</i> 9:30-2:30 I&R Hours 10:30 Food for Life 11:00 Fit for the Future 1:00 Balance (1) 2:00 Famous Strikes (3)</p>	<p style="text-align: right;">4</p> <p>8-9:00 BP Clinic 9:00 Cribbage 10:00 Yoga (4) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 3:30 COA Board</p>	<p style="text-align: right;">5</p> <p><i>Mass MoCA Trip</i> 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Birthday Lunch 12:30 Quilting Studio 1:30 Ernest Hemmingway</p>	<p style="text-align: right;">6</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters</p>	<p style="text-align: right;">7</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 10:00 Falls Conference 11:00 Fit for the Future 12:00 Lunch 1:00 Watercolors (4) 1:30 World War I (5)</p>
<p style="text-align: right;">10</p> <p>9:30-2:30 I&R Hours 10:00 Stamp Club 10:30 Food for Life ⇒ <i>No Fit for the Future</i> 1:00 Balance (2) 2:00 Famous Strikes (4)</p>	<p style="text-align: right;">11</p> <p><i>Special Town Election</i> ⇒ No BP Clinics 9:00 Cribbage 9:00 My Life/My Health 10:00 Yoga (5) 12:00 Lunch 12:30 Bridge 1:30 Aging to Perfection</p>	<p style="text-align: right;">12</p> <p><i>Tropical Heat Trip</i> 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 1:30 Videotape class 2:00 English Gremlins</p>	<p style="text-align: right;">13</p> <p><i>Solomon Pond Mall Trip</i> 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: Five Secrets to Weight Loss</p>	<p style="text-align: right;">14</p> <p>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 Watercolors (5) ⇒ <i>No World War I</i></p>
<p style="text-align: right;">17</p> <p>9:30-2:30 I&R Hours 10:30 Food for Life 11:00 Fit for the Future 1:00 Balance (3)</p>	<p style="text-align: right;">18</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:00 My Life/My Health 9:30 Walking Club (1) 10:00 Yoga (6) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge</p>	<p style="text-align: right;">19</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 12:00 Video Editing Class (at L/S) 12:30 Quilting Studio</p>	<p style="text-align: right;">20</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>The Young Victoria</i></p>	<p style="text-align: right;">21</p> <p>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 Watercolors (6) 1:30 World War I (6)</p>
<p style="text-align: right;">24</p> <p><i>Special Van Trip</i> 9:30-2:30 I&R Hours 10:30 Food for Life 11:00 Fit for the Future 1:00 Balance (4)</p>	<p style="text-align: right;">25</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:00 My Life/My Health 9:30 Walking Club (2) 10:00 Yoga (7) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge</p>	<p style="text-align: right;">26</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 Quilting Studio</p>	<p style="text-align: right;">27</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 3:00 Friends Meeting</p>	<p style="text-align: right;">28</p> <p>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 Watercolors (7) 1:30 World War I (7)</p>
<p>Memorial Day 31</p>  <p style="text-align: center;"><i>Center closed</i></p>	<p><i>If you'll be away</i> for a month or more, please let us know. The Post Office will not forward your newsletter, and we have to pay double when it is returned to us. <i>Thanks for your help!</i></p>		<p>Get your newsletter by e-mail! You can sign up yourself, or send your e-mail address to: senior@sudbury.ma.us and we will add you to our list.</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 4	May 5	May 7
Tomato Cabbage Soup Chicken Patty Sweet Potatoes Snack'n Loaf	Chicken Cordon Bleu/Supreme Sauce Rice Pilaf Broccoli Lemon Pudding	Meatballs/Tomato Sauce Ziti Green Beans Mandarin Oranges
May 11	May 12	May 14
Sloppy Joes Carrots Spanish Rice Chocolate Pudding	Three C Soup Crunchy Potato Fish Parsley Potatoes Peaches	Shepherds' Pie Mashed Potato Chuck Wagon Corn Pears
May 18	May 19	May 21
Cheese Lasagna/ Tomato Sauce Spinach Pears	Chicken/Teriyaki Sauce Brown Rice Broccoli Snack'n Loaf	Chicken Patty/Gravy Au Gratin Potatoes Brussels Sprouts Peaches
May 25	May 26	May 28
Roast Chicken/ Apricot Glaze Mashed Potatoes Broccoli Butterscotch Pudding	Swedish Meatballs/ Mushroom Gravy Noodles Beets Pineapple	Tomato Florentine Soup Roast Turkey/Gravy Steamed Red Potatoes Peach Crisp

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, May 20



The Young Victoria

1 hour 44 minutes

Pizza: 12:00
Movie: 12:30

Eighteen-year-old British royal Victoria ([Emily Blunt](#)) ascends to the throne and is romanced by future husband Prince Albert ([Rupert Friend](#)) in this lush period film that chronicles the early years of the British monarch's larger-than-life reign.

Produced by [Martin Scorsese](#) and [Sarah Ferguson](#), the Duchess of York, the Oscar-nominated film also stars [Miranda Richardson](#) as the Duchess of Kent, [Jim Broadbent](#) as King William, and [Paul Bettany](#) as Lord Melbourne.

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**.

One day Arthur Phipps spotted the little cabinet that holds our book swap. He saw how inadequate (and messy!) it was, and he volunteered to build us a bookcase. Two weeks later, two beautiful three-shelf bookcases appeared, hand crafted to just fit in our space. We've had so many compliments!

Thank you Arthur! (You can buy one of our books for 25 cents, or just borrow it for free.)



Health care reform and Medicare

Over the past year, there has been a long debate about health reform in our country. The National Council on Aging (NCOA) has written *Straight Talk for Seniors on Health Reform* to help you understand these changes. The NCOA is a non-partisan, non-profit organization, with a long history of helping older adults understand complex programs. Copies are available at the Sudbury Senior Center.

NCOA states that the new legislation will provide:

More Help with Prescription Drug Costs:

If you're someone who falls into the Medicare prescription drug "doughnut hole" or coverage gap—this plan will help. It will also improve the program that reduces drug costs for seniors with limited means and make it easier for you to appeal coverage denials.

Better Preventive Care: You'll receive a new, free annual wellness visit. And you'll no longer pay any out-of-pocket costs for preventive benefits under Medicare—such as cancer and diabetes screenings.

The SHINE (Serving Health Information Needs of Elders) program can help you understand the changes to your Medicare coverage as more information becomes available.

For a free SHINE appointment to answer your health insurance questions, call 978-443-3055.



Aging to perfection Tuesday, May 11 at 1:30 Free

Activities that were once easy may take more effort as you age or recover from a significant illness. Four therapists from the MetroWest Medical Center Rehabilitation Department will present a talk focusing on a variety of self help activities and community resources that can help make life easier.

The topics will include energy conservation, work simplification, joint protection techniques, balance, preventing falls, and memory strategies.

Anne Burtenshaw, will share information on strategies to help you carry out the activities you have to perform and still have energy for the activities you want to do.

Occupational Therapist Phyllis Kramer will be defining joint protection and explaining its benefits, particularly as it relates to arthritis. She will provide examples of adaptive equipment, and explain how to modify activities.

Physical Therapist Adam Simon will explain balance and what body processes are involved. He will also explain the aging process and how it affects balance, as well as what you can do to minimize the effects of aging. He will provide examples of how seniors can stay safe at home and prevent falls.

Speech Therapist Tracy Bazegian will discuss memory, cognitive impairments, and memory loss. She will share strategies on how you can improve your skills in this area.

The session will be introduced by Phyllis Kramer, OTR.

The talk is **free**, but reservations are required by calling 978-443-3055.



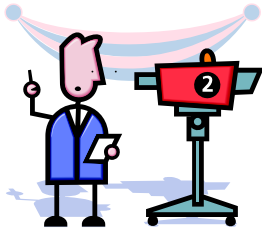
Life after 80: Living well in the later years of life Sunday, April 25 2-4 PM ⇒ ⇒ Sudbury Grange

Come hear Dr. Dennis McCullough, physician and author of *My Mother, Your Mother: Embracing "Slow Medicine", the Compassionate Approach to Caring for Your Aging Loved Ones*. The book is a plan for understanding, for caring, and for living in the later years of life.

This is the first in a new series for people in their 80s, approaching 80, and their caregivers.

The event is **free**. For more information, call **978-443-2043**.

The series is jointly sponsored by the First Parish of Sudbury, St. Elizabeth's Episcopal Church, Congregation Beth El and the Sudbury Senior Center.



Videotape Classes May 12, 13, and 19

We oughtta be in pictures . . . or at least on local access cable TV. The Senior Center has so much to offer, and at times we must limit enrollment in classes and events because our rooms are too small!

If our programs were on videotape, more people could benefit. That's where this class comes in. Lynn Puorro, the Director of our local cable station, will provide training in how to run the professional cameras used by the station on **Wednesday, May 12** at **1:30** at the Senior Center.

Next, get a chance to practice your skills by helping to tape our Soup's On program **Thursday, May 13** at **12:30**.

Then on **Wednesday, May 19** at **noon**, Lynn will provide training at the station on video editing . . . and it's all **free**! Call 978-443-3055 to sign up.

BayPath Elder Services Area Agency on Aging

Be a volunteer board member to advocate for services for seniors. Call Janet Cunningham at **508-573-7200** for info!

Emerson Falls Prevention Conference Friday, May 7 10:00 to 1:00 Holiday Inn Rte. 111 Boxborough

Come to this **free** conference to learn ways to live stronger and help prevent falling.

Dr. Sunita Hanjura of Bedford-Lexington Internal Medicine will be the Convener.

Miriam Nelson, author of eight bestselling books (the *Strong Women* series) will be the keynote speaker. Free lunch will be provided.

Booths will offer a variety of free health screenings and information. These include:

- Balance assessments
- Home safety evaluations
- Footwear recommendations
- Vision screenings
- Blood pressure screenings
- Eating for better balance

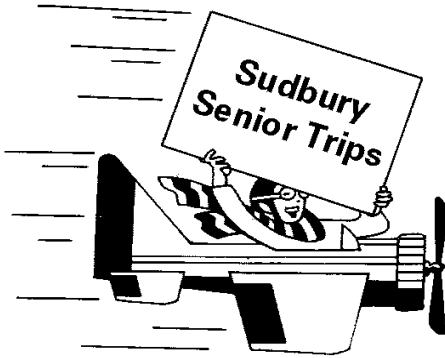
Brief presentations/workshops will feature topics including:

- How you can lower fall risk
- Nutrition
- Medications and balance
- Home safety strategies
- Neurological issues that can cause falls
- Vision problems that can lead to falls

Registration is required. Call Emerson at **877-936-3776**.

The first 26 people to sign up from Sudbury will get **free** bus transportation if they also call us at 978-443-3055.

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Is there anything lovelier than a soft, warm day in May with all the crocuses and daffodils in bloom and a luxurious motor coach waiting outside the Center to take us off for a day of fun?

Tropical Heat Wednesday, May 12*: If you have signed up for this trip to Lucianos in Wrentham *(note date change from May 11) then hopefully, this day will be like the one mentioned above. We will be calling all of you who have signed up, about a week before the trip to give you the exact motor coach pickup time. A full luncheon with a chicken or haddock entrée is included.

Joseph and Penn Dutch, Tuesday June 1-Thursday June 3: As you may have heard, this trip, has been completely sold out by the company. We can only take a wait list for this trip. Final payment is due and credentials will be coming soon.

Pei Wen and Maureen McMullen at the Venezia Restaurant Tuesday, July 6: Please try to sign up quickly to see this amazing 14 year old international violinist and the singer whose exquisite voice earned her the privilege to sing with the Boston Pops. Spaces are going fast. Cost is \$69 and includes a full lunch of chicken parmesan or baked haddock.

As we are not using a tour company for the following trips we will need to have a minimum of 35 passengers each:

Foster's Downeast Lobsterbake, Tuesday, July 27: York Harbor, Maine, cost \$65. Enjoy succulent lobster, clams, mussels, potatoes, corn on the cob rolls and blueberry cake. Larger size lobsters can be ordered for a small additional cost. There will be a pre-stop at Stonewall Kitchen and a post stop (time permitting) at York Beach.

Cabaret Lulu, Wednesday, August 18: Sturbridge Village, cost \$67. Enjoy a new show *The Merry Magical Musical* by a group of professional Broadway and TV actors. Full lunch of herb chicken or grilled salmon.

Mohawk Trail and The Bridge of Flowers, Wednesday October 11: Cost \$56. See lovely autumn foliage on our way to the beautifully decorated Bridge of Flowers. Lunch of chicken pie on a biscuit or grilled maple salmon.

Great Trains and Canyons Sunday, September 26-Friday October 1: \$1,949 pp dbl. A third deposit of \$600 is due on May 1.

Breaking news! Possible new trips: Rockettes in November instead of the Aqua Turf? (The Aqua Turf is refundable; hold off on signing up.) Tournament of Roses trip in late December? We are also working on a really great new Florida trip for next year.

Carmel

Cultural trips



Mass MoCA Wednesday, May 5

The last cultural trip of the 2009-10 season will be to the Mass MoCA Museum in North Adams, Massachusetts.

Mass MoCA features several floors of Sol LeWitt drawings and paintings. We saw his works previously, especially in Hartford, where he was from. He is recently deceased and considered to be a minimalist artist. To get a preview of the LeWitt exhibit click here:

<http://www.massmoca.org/event/details.php?id=27> or type it in your browser.

There is also an excellent installation by Joseph Beuys, a 20th century German representational artist.

Two new installations will also open before we go: *In Visible: Art at the Edge of Perception*, and *Material World: Sculpture to Environment*. We will enjoy a docent-led tour and have adequate time to browse on our own.

Lunch will be at Lickety Split. The cost of the trip is \$65.

The bus will leave the Senior Center promptly at 8:15 AM. We plan to be home by 6:00 PM. We will limit the trip to 26 persons. The trip is open to people from every community.

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: 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 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, **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 pick up 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**. 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
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SCENE

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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

Transportation Update

*Here's the latest news from our partnership with the
MetroWest Regional Transportation Authority!*



Market Basket: The weekly trips on Tuesday to Market Basket in Westford have been a big success. Now we are opening them to all Sudbury residents age 65 and older or with a disability no matter where in town you live. You do need to enroll with the MWRTA, but we can help you with that. Call **1-508-820-4650** each week to reserve a space. Drive to Musketahquid, Longfellow Glen or Frost Farm to catch the ride. It is **\$2.00** round trip.

Solomon Pond Mall: The second Thursday of each month starting **May 13**, we will go to Solomon Pond Mall. This trip is open to people 65 and older and those with disabilities. The Busy bee van will pick you up at your house and return you to your house. The rate is **\$2.00** round trip. Again, you must register with the MetroWest system, and then call to reserve your space each month.

Price Chopper: The weekly rides to Price Chopper have been discontinued, due to lack of interest.

Cashless system: Riders will establish an account with the MWRTA and get a debit card to use in paying fares. Money can be put in the account over the phone with a credit card, or payment can be made on line. The call center can assist you. We here at the Senior Center can assist with the application process to get you all ready to use the service.