



Growing into Retirement Series

Thursdays, 7:00 P.M.

April 28	Town Resources
May 5	Healthy Transition to Retirement
May 12	What You Need to Know about Medicare
May 19	Living Situation Options
June 2	Legal Issues

Are you approaching retirement and beginning to wonder about what you need to know to have a successful retirement? For the third year, the Sudbury Senior Center will offer a series of evening talks about issues relating to retirement. The first presentation will feature Town Resources that are available. You will hear from the Assessor's office, Parks and Recreation, the Veteran's office, the Goodnow Library and Senior Center staff.

On May 5, Carolyn McQueen, a Licensed Social Worker from Sudbury will talk about the transition to retirement, what to expect and how to enjoy it. May 12 brings Kathy Worhach, from the Metrowest SHINE Program, to talk about Medicare and health insurance. Wondering what options are available should you wish to downsize? Beth Rust, Sudbury's Community Housing Specialist and others will discuss living situation options. The last talk in our series focuses on legal issues with Elder Law Attorney Susan Shipley.

The Growing into Retirement series begins on Thursday, April 28 and will continue on Thursday evenings to June 2 (with no class on Thursday, May 26). The series is **free**, but space is limited. Please call (978) 443-3055 or stop by the Senior Center to register. Let us know if you will be attending all or some of the presentations.

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Pianist Jeffrey Moore

Tuesday, May 10

2:00 PM

\$10

Jeffrey Moore is a skilled and seasoned entertainer. His vast repertoire includes over 3000 songs primarily drawn from The Great American Songbook, jazz standards, light classical, and Broadway favorites. His intelligent and sophisticated style combined with his sensitivity and the subtlety of his playing has made him one of the most sought after and highly acclaimed pianists in the Greater Boston area. Mr. Moore will play a variety of tunes and would be pleased to take requests for your favorites!

Classically trained at the New England Conservatory and the University of Massachusetts with degrees in Performance and Music Education, Jeffrey's background and study of the Masters is evident in his unique blend of easy virtuosity and inherent musicality.

The cost for this performance will be **\$10**. Because we expect the program to be popular and we must limit audience size to 50, we ask that you pay as you make your reservation.

This program is offered in partnership with Sage Educational Services.

Class Registration Policy

In attempting to craft a class registration policy that is fair and easier to administrate, we have decided on the following:

Lifelong learning classes that feature academic themes and tend to be popular will have a registration period for *Sudbury residents only* for 2 weeks after the formal announcement of the class (dates will be specified) and then will be open to all. Payment is expected at the time of registration. If you are calling to register, you may send your check by mail. Payment should be received by the Senior Center staff a *week before* the class begins. This is especially important if we have a waiting list. This policy may be used for other programs that are expected to be very popular. Thank you for your understanding.



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STATEMENT

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



Does Medicare Cover Routine Physicals?

Routine physicals with your primary care doctor are very important. They can be used to screen for many illnesses and conditions that, if caught early, can be treated and managed, and can result in fewer serious health issues.

Medicare covers an initial physical examination (also known as the “Welcome to Medicare” physical exam) during the first 12 months after you enroll in Part B, regardless of your age. Starting January 1, 2011, Medicare began covering yearly wellness visits. The **annual wellness visit** is different from the **one-time Welcome to Medicare physical**.

During the annual wellness visit, your doctor may update your medical history, make a list of your current doctors and medications, check your height, weight, blood pressure and body mass index, and screen for cognitive issues. You and your doctor may also create a preventive plan based on your needs. In addition to what is covered at no cost during the annual wellness visit, other preventive services are also free of charge under Medicare, including mammograms, colonoscopies and diabetes screenings.

Original Medicare pays 100 percent of the Medicare approved amount for the “Welcome to Medicare” physical exam and for yearly wellness visits. In Massachusetts, doctors accepting Medicare cannot charge you more than the Medicare approved amount. While the annual wellness visit is free of charge, you may still be required to pay something out of pocket if you receive other services from your doctor during the same visit. If you are in a Medicare Advantage Plan (HMO or PPO), you should call your plan to see what rules and costs apply.

You **cannot** receive your Medicare annual wellness visit in the same year you have a “Welcome to Medicare” physical.

Our trained SHINE (Serving Health Information Needs of Elders) volunteer counselors offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible.



**Soups On:
Estate Planning Update
With Atty. Denise Yurkofsky**

Thursday, May 12

12:00 Soup
12:30 Talk

A recently enacted federal law makes substantial changes in the estate and gift tax laws for 2010, 2011 and 2012. Denise Yurkofsky, Elder Law Attorney, will explain the changes and how they may affect your estate plan .

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. If you do want soup, you must call by 4PM on May 11.

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.

Cell Phone Recycling Box

Our new Cell Phone Recycling box will arrive soon. If you have a cell phone that you will no longer be using please bring it to the Senior Center! The Senior Center will receive a portion of the receipts. Thanks!



The Two Faces of Islam
Continues on Thursdays
9:30AM

Dr. Lawrence Lowenthal continues an exploration of Islamic Moderation and Islamic Extremism. The remaining three classes are: May 5 – The Clash of Civilizations: The Debate over Samuel Huntington's Thesis, May 12 – Hamas and Hezbollah – The Key Threats to the Middle East, and May 19 – Abou El-Fadl – the Voice and Conscience of Islamic Moderation. If you wish to pay for an individual class, the cost is \$10.

**Perkins Low Vision
Demo Center**

If you or someone you know is struggling with vision loss, there is assistance available. The new Perkins Low Vision Demo Center, located on the campus of the Perkins School for the Blind in Watertown, Massachusetts with a satellite office in Amesbury, provides **free** demonstrations and evaluations of the many different assistive devices and technology which can enable an individual with low vision to read the newspaper and labels on food packaging, watch TV, play games, etc. Call ahead to make an appointment with the highly experienced staff and try some of the devices. The Demo Center can be reached at 617 – 972 – 7308 or by emailing perkinsproducts@perkins.org .



Our Town

at Lincoln-Sudbury High School
May 5 – 7
7:30PM

The Lincoln-Sudbury Regional High School performance company, the LSB Players, are presenting Thornton Wilder's *Our Town*.

Our Town is a true classic that has been called, "the greatest American play ever written". The play will feature nearly fifty Lincoln-Sudbury Regional High School students and is directed by Carly Evans. Performances will be held at the Kirshner Auditorium at LSRHS on May 5 - 7 at 7:30 p.m. Tickets sales begin on April 25th and are \$8 for students and senior citizens and \$15 for adults. May Tickets can be reserved at lsbtickets@gmail.com.

Special for Seniors: A limited number of complimentary tickets for the Thursday, May 5th performance will be made available for distribution at the Senior Centers in Lincoln and Sudbury beginning on April 25th.



**FROM THE DESK OF THE
INFORMATION AND REFERRAL SPECIALIST
Women - Don't Miss a Beat!**

The *Make the Call. Don't Miss a Beat.* campaign is a national public education campaign that aims to educate, engage, and empower women and their families to learn the seven most common symptoms of a heart attack and encourage them to call 9-1-1 as soon as those symptoms arise. This is not meant to cause you fear or anxiety, but to encourage your quick attention to symptoms that are unusual for you.

A woman suffers a heart attack every 90 seconds in the United States. Yet according to a 2009 American Heart Association survey only half of women indicated they would call 9-1-1 if they thought they were having a heart attack and few were aware of the most common heart attack symptoms.

The campaign, developed by the U.S. Department of Health and Human Services' Office on Women's Health, encourages woman to make the call to 9-1-1 immediately if they experience one or more of the heart attack symptoms listed below.

1. Chest pain or discomfort, including pressure
2. Unusual upper body discomfort (jaw, neck, shoulders)
3. Shortness of breath
4. Breaking out in a cold sweat
5. Unusual or unexplained fatigue
6. Lightheadedness or sudden dizziness
7. Nausea

Now that you know the symptoms of heart attack, the next step is to act fast and know the best way to get help. When given quickly, medications and other treatments can stop a heart attack and prevent or limit damage to your heart. If you have any of the symptoms of heart attack, or if you think you might be having one, call 9-1-1 immediately for emergency medical care.

Many women say they would only take action if their symptoms lasted for 30 minutes or more. Don't delay! If you wait too long to call for help, by the time you reach the hospital and have the necessary tests, it may be too late for treatment to prevent heart damage. When it comes to heart attack, "time is heart muscle."




Doing the right thing is just as important as acting quickly. Although one-half of women say they would call 9-1-1 if they were having a heart attack, fewer than one in four actually do so. For more details on symptoms, ask for an information sheet at the Senior Center.

Source: Office on Women's Health at the U.S. Department of Health and Human Services – see their informative website at www.womenshealth.gov/heartattack



MAY 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Foxwoods Trip 2 9:00-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Balance (4)	Peabody Essex Trip 3 8:00 BP Clinic 9:00 Cribbage 9-12 SHINE 9:30 Bridge Continuation 9:40/11:00 Yoga (5) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge 3:30 COA Board	4 8:30 Fit for the Future 9:00 Cribbage 9:30 The American Mind (6) 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters	5 9:30 The Two Faces of Islam (2) 9:30 Tap Class 9:45 Thursday Crafters 7:00 Growing into Retirement – Healthy Transition to Retirement	6 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (2)
9 9:00-2:30 I&R Hours 10:00 Stamp Club 11:00 Fit for the Future 1:00 Better Balance (5)	10 8:00 BP Clinic 9:00 Cribbage 9:30 Walking Club 9:30 Bridge Continuation 9:40/11:00 Yoga (6) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge 2:00 Pianist Jeffrey Moore	11 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 9:30 The American Mind (7) 12:00 Lunch 12:30 Informal Quilters	12 9:30 The Two Faces of Islam (3) 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soups On: Estate Planning Update 7:00 Growing into Retirement – Health Insurance	13 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (3)
16 9:00-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Balance (6)	17 8:00 BP Clinic 9:00 Cribbage 9:00 SHINE 9:30 Walking club 9:30 Bridge Continuation 9:40/11:00 Yoga (7) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge 1:00 Fruitlands Museum Water Dept. mtg all day	18 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 9:30 The American Mind (8) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 Assabet Wildlife Refuge Presentation	19 9-12 SHINE 9:30 The Two Faces of Islam (4) 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: The King's Speech 7:00 Growing into Retirement – Living Situation	20 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors (4)
Special Van trip 23 to Target Marlborough 9:00-2:30 I&R Hours 11:00 Fit for the Future 1:00 Participant Forum <i>No Balance class this week</i>	24 8:00 BP Clinic 9:00 Cribbage 9:30 Bridge Continuation 9:30 Walking club <i>No Yoga this week</i> 12:00 BP Clinic 12:00 Lunch 12:30 Bridge	25 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 9:30 The American Mind (9) 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters	26 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 3:00 Friends meeting <i>No Growing into Retirement this week</i>	27 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards <i>No Watercolors</i>
Memorial Day 30  Holiday Senior Center Closed No Van Service	31 8:00 BP Clinic 9:00 Cribbage 9:30 Bridge Continuation 9:30 Walking club 9:40/11:00 Yoga (8) 12:00 BP Clinic 12:00 Lunch 12:30 Bridge 7:00 Sudbury C.O.D.		The next <i>Growing into Retirement</i> will be June 2 at 7:00 PM	

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
3	4	6
Broccoli Bake Stewed Tomatoes Corn White Bread Apple Cinnamon Muffin	Shredded Beef w/ BBQ Sauce/ Bun Onions and Peppers Corn Pineapple	Lasagna Roll w/Tomato Sauce Mixed Vegetables Whole Wheat Bread Apricots
10	11	13
Mother's Day Special Chicken Cordon Bleu w/ Supreme Sauce Brown Rice Pilaf Italian Green Beans w/Red Peppers Whole Wheat Roll	Roast Pork w/ Sweet and Sour See. Bulgur Wheat with Peas Carrots Whole Wheat Bread Fresh Orange	Better Macaroni and Cheese Stewed Tomatoes Rye Bread Applesauce
17	18	20
Meatloaf w/ BBQ Sauce Mashed Potatoes Green Beans Whole Wheat Bread Applesauce	Diced Chicken Picatta Rotini Pasta Spinach Rye Bread Peaches	Cream of Vegetable Soup w/ Crackers Deli Ham Whole Wheat Bread Cold Rice & Pea Salad Fresh Fruit
24	25	27
Minestrone Soup Scalloped Chicken Corn/ Peppers/Carrots White Bread Fresh Fruit	Meatball Sub w/ Tomato Sauce Green Salad Sub Roll Apricots	Cheese Ravioli w/ Florentine Sauce Beets Italian Bread Mandarin Oranges
31		
Hamburg Spanish Rice Black Beans w/ Green Peppers Warm Applesauce Whole Wheat Bread Peaches		

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 19



The King's Speech

Pizza: 12:00
Movie: 12:30

119 minutes

2010 Rated R

Britain's King George VI (Colin Firth) struggles with an embarrassing stutter for years until he seeks help from unorthodox Australian speech therapist Lionel Logue (Geoffrey Rush) in this biographical drama that chalked up multiple Academy Awards, including Best Picture. Logue's pioneering treatment and unlikely friendship give the royal leader a sense of confidence that serves him and his country well during the dark days of World War II.

This film stars: Colin Firth, Geoffrey Rush, Helena Bonham Carter, and Guy Pearce.

Rated R for language.

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**.



Pastoral Landscapes

Fruitlands Museum Presentation
Tuesday, May 17
1:00PM

Opened in 1937, the Art Gallery at Fruitlands Museum contains a collection of over 100 Hudson River School landscape paintings, and over 200 19th century vernacular portraits, textiles, documents, and works on paper.

The Hudson River School refers to a 19th century American art movement which focused on depicting a romanticized vision of an unexplored American landscape.

Artists like Thomas Cole, George Inness, Asher Brown Durand, and Alvin Fisher began painting idealized images of the Hudson River Valley region. Toward the mid-19th century a second generation of Hudson River School artists began to focus on the inspirational and transcendent qualities of nature, and painted images of an idealized and awe-inspiring American landscape.

Fruitlands Education Department Interpreter, Sheila Simollardes, will present a program on the development of pastoral landscape painting in America. A slide show and lecture will illustrate the evolution of this American art form using images from the museum's Hudson River School landscape painting collection. She will provide a cultural history of

the 19th century as well as biographical information about key painters to help listeners understand the unique power of this painting genre.

This event is free; but please call the Senior Center at (978) 443-3055 in advance to reserve your space.



Walking club Tuesdays, May 10-June 14 9:30 Free

What do increased strength, better balance, reduced blood pressure, stronger hearts, and improved mood and sense of well-being have in common?

That's easy . . . they are all the side effects of regular exercise. You don't have to be a gym rat to get all these benefits. Just get out and walk. Of course, walking can be a lot more fun when you do it with a group, and that's where the Senior Center comes in.

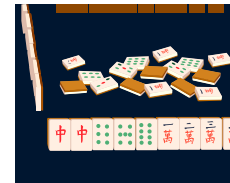
Beginning **Tuesday, May 10** and continuing at **9:30** every Tuesday morning until June 14, the Walking Club will take the one-mile circuit around Haskell Field, directly across the street from the Senior Center.

The group will be led by Sudbury's Public Health Nurse, courtesy of the Department of Public Health. There is **no cost**, but if you would like your blood pressure taken before you walk, please come early so we can set out right at 9:30. Call to sign up at 978-443-3055.



The American Mind *Continues*

Exploring the nature of American ideas, philosophies and beliefs. This lecture series on DVD continues on Wednesday mornings at 9:30AM through May 25.



Cards or Games?

Are you interested in joining a group to play Mah jong or board games, such as Sudburyopoly or Scrabble? Call us at (978) 443-3055 to be put on our interest list. We have some space available at the Senior Center when you could meet. If there is enough interest, we will call you to talk about a schedule.

Suggestion Box

Don't forget to give us your ideas about movies and entertainment. We will be showing a series of movies on Mondays and Thursdays over the summer. Mondays may be a short series of documentaries, and then a series of travelogues. Thursdays will be popular movies. Let us know what you'd like to see!



**Assabet River Wildlife
Refuge
Presentation
at the Senior Center**

**Wednesday, May 18 –
1:00PM**

Scarlet tanager. Grey catbird. American woodcock. Willow flycatcher. These are some of the birds you might see at Assabet River Wildlife Refuge – just down the road from the Senior Center. You might also, if you are very quiet, come across a yellow warbler or a red-winged blackbird. Many other animals such as otters, deer and wild turkey call the refuge home.

The Assabet River Wildlife Refuge was previously the Sudbury Training Annex, part of Fort Devens. In 2000, the U.S. Army transferred 2,230 acres to the U.S. Fish and Wildlife Service. The military history of the refuge is evident in the old roads, stop signs and storage bunkers that are interspersed among wetlands and forests. This land is a designated refuge for many migratory birds and has many resident animals and invertebrates.

Join Kizette Vanger, a Refuge Ranger from the Assabet Wildlife Refuge, for an introduction to the Wildlife refuges' history, animals, fish and birds, resources and programs. This presentation is **free**; please call (978) 443-3055 to let us know you are coming.

**Sudbury-Lincoln-Wayland
Domestic Violence Roundtable**

The Roundtable hosts a website with information at www.domesticviolenceroundtable.org. This informative website contains information about forms of abuse and services available to help.



Building Better Brain Health

A free community fair on May 16, 9AM – 1PM at Carleton-Willard Village in Bedford. Also, sponsored by B.U. Alzheimer's Disease Research Center. Call 781-275-8700 for more information.

Coming soon...

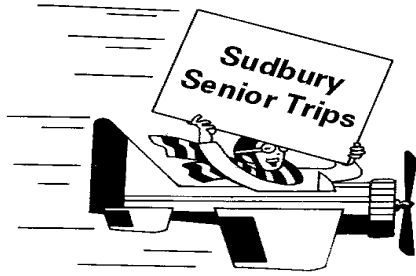
Medical Ethics – a four session series on the complexities of medical ethics decisions. Registration will begin on May 9.

Watercolors class – a 6 week mini-session for July. Sign up after June 7.

Legal Clinic – free 20 minute consultations with Attorney Denise Yurkofsky on June 7.

Be the Picture of Health – healthy eating with Barbara Gold, RD from BayPath Elder Services.

Ads



By the time that you are reading this a small group of us will have returned from our trip to San Antonio. I am expecting that it will be a great trip and I will tell you about it in our next newsletter, space permitting.

Mystic Seaport

Our day trip for May will be to *Mystic Seaport* (May 18, cost \$55.00). At this time we are planning on taking the minibus so we are limiting the number of passengers to 25. We will need at least 10 more to take a larger coach. If we get more than 25, we will start a waiting list. If you are already signed up for this trip please let me know if you want a ticket for the museum or the aquarium as I have to pre-purchase them. It should be a really great day from all that I have heard about it.

Chowder Festival – Newport

At this time it does not look like anyone is interested in the tour of “The Breakers” and the *Chowder Festival*, June 4 at Newport, R.I (cost \$79.95). I will keep it on the trip rack until the middle of May and then I will close it out at that time if there is still no interest in it. We do not need a special number of people for this trip for it to be a go.

Sisters of Swing

Our *Sisters of Swing* trip at the Stoneham Theatre, July 20th is filling up nicely. I will be sending for our first set of tickets around May 15, cost \$55.00. (They are holding some good seats for us at this time). The show is expected to be a sellout as it was their “best seller of the season” the first time it played there. I will send for more tickets after each group of 10 signups until they are sold out. I advise you to get your money in soon if you are planning on attending.

Perkin’s Cove and Ogunquit Playhouse

The Perkin’s Cove and the Ogunquit Playhouse trip on August 17 (\$72.00) is also filling up fast. Who doesn’t like a day in Maine, especially by the sea. As I told you last month the play at the Ogunquit Playhouse is the well-known “Music Man.” Flyers are now in the trip rack.

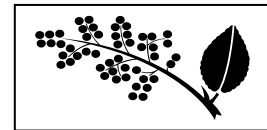
Highland Heartbeat

The last day trip that we have planned at this time is *Highland Heartbeat* at the Meadowbrook Pavilion in Laconia New Hampshire, September 13, cost \$79.95. Between the bagpipers, the Scottish Dancers, the champion drum majors and the well-known accordionist, John Carmichael topped off by a great buffet at the Common Man, this promises to be a wonderful autumn day in New Hampshire.

All Around Ireland

We had a good turnout for our meeting regarding our “All Around Ireland” 15 day trip leaving on September 19 and returning on October 3. This trip has so much to see and do in it that I am sure that a full-blooded native Irishman would find things that he hadn’t seen before if he came along with us. The cost with airfare, taxes and fees is \$3,409 double occupancy and covers many meals and most sightseeing excursions. A \$300.00 deposit (plus insurance if desired) is due now. The trip can be paid using your charge card or it can even be paid in installments until July. If you are interested in hearing more about this trip you can call me at 978-443-8320.

Carmel



Be a Friend!

A great opportunity to give back. This group spends time planning and helping to raise funds for Senior Center needs. The Friends helped to purchase the media projection system, the drop down screen and blackout shades that allows us to show movies and to host classes that use PowerPoint slides. Bring your new ideas and enthusiasm to our group! For more information, visit the Friends’ website at www.friendsofsudburyseniors.org or call the Senior Center at (978) 443-3055 and leave a message and a Friend will call you back.

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 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.** 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

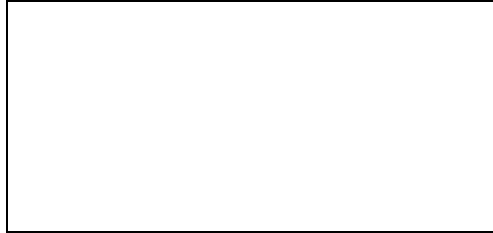
on the web at:

<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

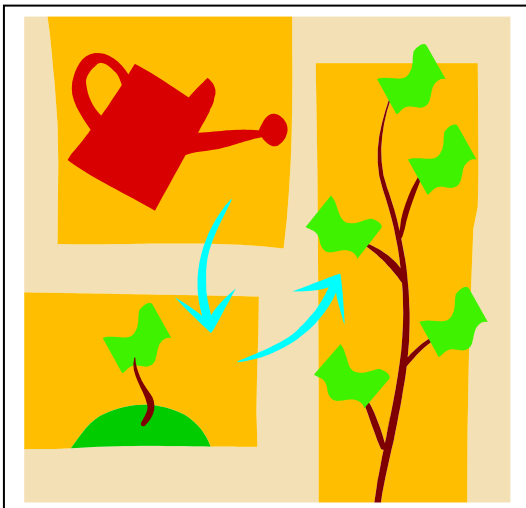
E-mail: senior@sudbury.ma.us

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



Growing into Retirement

- Transitioning
- Medicare
- Living Space
- Legal Concerns

**Thursday evenings, 7:00 PM at the Senior
Center - details inside**

