

Flexible Emergency Planning

Tuesday, March 20, 1:30

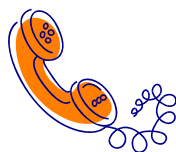
Baby, it's cold outside . . . or maybe it's 95 degrees for three days in a row. New England weather is nothing if not unpredictable.

We are sometimes in the path of a hurricane (or even tornado), and experience torrential rains leading to flooding, or ice storms that bring down power lines. And of course, there is also the possibility of a hazardous waste spill or even a flu pandemic.

When you realize all the ways the outside world can throw a monkey wrench into our daily lives, it brings home just how important it is for each person to be prepared for emergency situations.

All year long, the Senior Center has been running workshops on various aspects of individual emergency planning with information that is useful no matter what the emergency. But depending on the type of emergency, there may also be specific strategies that can help you survive in good shape.

Join us **Tuesday, March 20** at **1:30** for a talk by Assistant Fire Chief Mike Carroll on what to do in some of these particular situations. He'll answer questions about workable strategies, and also tell us a bit about how the fire department is preparing to assist should help be needed.



Emergency Call List

Just a reminder that if you are a Sudbury senior aged 60 or older or a person with disabilities, you can enroll in the *Emergency Call List*. People on the list will receive a telephone call from the Senior Center or police department to check on their well being in heat waves, severe cold snaps, power outages, and the like. Family members of seniors or people with disabilities can help by suggesting that their friend or relative enroll.

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***The Fantasticks* Theater Trip**
Wednesday, April 25

Come with the Cultural Trips group to the Trinity Repertory Theater in Providence to see the beloved classic musical, *The Fantasticks*. The group will also have lunch at The Old Canteen in Providence.

The bus will depart at **10:00 AM**, and return about 5:30 PM. The cost will be **\$68**, which covers the theater, lunch, and transportation.

Sudbury residents and active committee members can sign up beginning March 1, and all others are welcome to sign up beginning March 15. The trip is limited to 26 participants.

Mid-East Discussion Group
Wednesday, March 21
9:30-11:30

The monthly discussion group keeping up on events in the Middle East will feature Raymond G. Helmick, S.J. as speaker. Father Helmick is Co-founder and Senior Associate of the Conflict Analysis Center in Washington, D.C., and has been Professor of Conflict Resolution in the Department of Theology at Boston College since 1984.

Over the years, Father Helmick has been involved in conflict resolution and mediation in Northern Ireland, Lebanon, Israel and Palestine, the countries of the former Yugoslavia, with the Kurds of Iraq and Turkey, and East Timor, and Southern Africa. He was co-editor (with Rodney Petersen) of *Forgiveness and Reconciliation: Religion, Public Policy and Conflict Transformation* (Templeton Foundation Press, 1999) and authored *Negotiating Outside the Law: Why Camp David Failed* (London, Pluto Press, 2004). There will be a question and answer period following his presentation.

The event is **free**, but please call to register as the room size is limited.

Lunch with the Town Manager

What's really going on in town? What is the news on the override? Here's a chance to ask all the questions you've been wondering about with regard to town issues. Join Town Manager Maureen Valente here at the Senior Center **Wednesday, March 21 at noon**. If you'd like to have lunch, you must reserve the day before by calling us at 978-443-3055. A **\$2.00** meal donation is requested. Or drop by at 12:30 if you just want to join the conversation . . . it's free!

COUNCIL ON AGING

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TRIP COORDINATOR

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VAN DRIVER

Linda Curran

VOLUNTEER COORDINATOR

Ed Gottmann

**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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BOOKS ON WHEELS

Calling all bookworms who have a difficult time getting to the library!

The Senior Center is collaborating with the Goodnow library to make books, audio books, and DVDs available to seniors and people with disabilities who can't get to the library very easily on their own.

A Senior Center volunteer will bring the material you'd like to borrow right to your house, and come back and pick it up when you are done.

To participate, call the Senior Center and tell us about your situation. We'll make arrangements for a librarian to call you and talk over just what kinds of books, tapes or DVDs you're interested in. Then at a mutually convenient time the volunteer will drop by your house with a special delivery: the material you're borrowing, plus notes and any other special information the librarian thinks you might like.

You can keep the material for three weeks, and then the volunteer will come pick it up. If you like, you can borrow new material at the same time. (And of course if you need a bit longer, you can also renew the same material.) You can chat with your volunteer, as well, to be sure you're getting books and materials that suit your interests.

To be one of the first to try our new program, call 978-443-3055.



American Justice

Our series of classes on famous American trials wraps up this month with "Worse than Murder": The Rosenberg Atomic Spy Trial on **Monday, March 5, 2:00.**

In an America caught up in the hysteria of the Second Red Scare, McCarthyism, and international Communism, Julius and Ethel Rosenberg were executed for espionage in June, 1953. More than 50 years later, their trial and execution remains the subject of great debate and acrimony.

The cost is **\$10** for this individual class. Class size is limited to 55.



Eastern Massachusetts Senior Softball Association

If you will be at least 55 by December 31, you are eligible to join the 13th season of the Senior Softball Association.

The game is slow-pitch limited arc softball, and is open to all. Area games are played in Wayland, Framingham and Newton.

For more information or to register, call 617-969-0950 or send an e-mail to:

johnstewart@emass-seniorsoftball.com



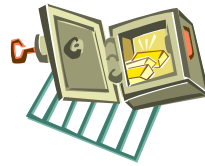
Soup's On:

Can you be *too* clean?

Soup at **12:00**, talk at **12:30**

Join Ruth Mori, our public health nurse, **Thursday, March 29**, for a talk on antibacterial products, their advantages, disadvantages, and over use, and steps you can take to protect yourself from colds and the flu.

Soup, salad, and a dessert will be served at **12:00**, and the talk will begin at **12:30**. The event is **free**, but *please call the Senior Center* at 978-443-3055 *in advance* to register.



Lock Boxes

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

One answer is to have a lock box. The box is like a little safe that fastens somewhere outside your house. Inside the safe is a key to your house. But the only group with a key to the safe itself is the fire department.

The Sudbury Firefighters Local 2023 generously voted to fund the purchase of 18 lock boxes for Sudbury seniors. The boxes will be installed by the Senior Center's Fix-It volunteers.

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

Call 978-443-3055 for more information!



Calling people with long lives

If you are 80 or older, and you have a brother or sister who is also 80 or older, the Boston University Medical Center wants you.

Researchers are conducting a "Long Life Family" study to find out what are the common traits shared by families where people live longer than most. The study is being conducted in Boston, New York, Pittsburgh and Denmark.

There is no cost to participate and you would not have to travel to Boston.

We have brochures here at the Senior Center, or you can call **888-333-6327** for more information. It's toll free, and there is no obligation to participate if you call.

Even if you don't file income taxes

You may very well be eligible for a refund of a long distance telephone tax. You may not be aware you paid this tax since if you make long distance calls the tax may be included in your ordinary telephone bill,

The standard rebate is \$30 for a single filer (one exemption) and \$40 for joint filers (two exemptions). If you do not normally file a tax return, our AARP trained tax assistants can help you to obtain the telephone tax refund.

Call 978-443-3055 for an appointment. The process will take about ten minutes.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

**BayPath Elder Services –
Sudbury's Aging Services Access Point**

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Range of Helpful Services for Many Circumstances

From home care to information to caregiver support, BayPath Elder Services has help. For state subsidized home care services, individuals 60 and older must meet certain guidelines for physical needs and income. However, persons who are over the income level may still receive help and services through the Respite program, the Caregiver Support program and many other programs.

Caregiver Support and Respite Programs

BayPath has special help for caregivers (regardless of income level). The Family Caregiver Support Program is a federally funded program designed to provide assistance and support to caregivers of persons 60 and older, or a grandparent 60+ who are caring for a grandchild under the age of eighteen. A specialist provides support, information, and referrals by phone or home visit for home safety, caregiver support groups, in-home help and more. The Respite Program, available to caregivers of persons 60 and older (or 55+ with Alzheimer's disease) provides support and services to relieve caregiver stress. Please call Shannon O'Brien, Assistant Home Care Manager for more information at (508) 872-1866.

Elder Community Care



For those who are having a hard time dealing with grief, anxiety or other issues, the Elder Community Care program offers home visits by a trained Counselor. Counselors are able to visit up to five times to help with grief issues, depression, substance abuse, anxiety or other concerns. If more in-depth assistance is needed, a referral can be made to a local area clinician for follow-up. Please call Liliana Cosquette at (508) 872-1866 for more information about this program.

Consumer Directed Care

For families who are eligible for home care services, this new program allows a family caregiver to receive payment for providing care to an elder. For example, if Mrs. Jones' niece does all the housecleaning and laundry for her, her niece may be able to receive some payment for her services to her aunt. Please call Shannon O'Brien, Assistant Home Care Director at (508) 872-1866 for more information about this new program.

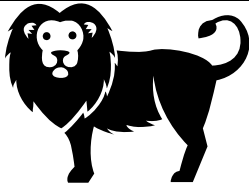
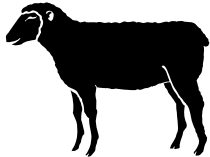

As always, should you have any questions or need assistance in contacting BayPath Elder Services, please call Information and Referral Specialist, Debra Galloway at the Senior Center (978) 443-3055.

MARCH 2007

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <i>Snowbird Escape trip</i> 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Boynton Beach Club</i>	2 8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards No Watercolors
5 <i>Van trip to Natick Mall/ Villa Restaurant</i> 7:45 Foxwoods Trip 9:30 Scrabble 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance 2 1:30 Water Aerobics 2:00 American Justice 3	6 9:00-9:30 Parmenter Clinic 9:00 Cribbage 10-12 Legal Clinic 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:30 Qigong 6 4:00 COA Board Meeting	7 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 Informal Quilters 1:00 Bridge Lessons 1:30 Water Aerobics	8 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 1:00 Healthy Eating/Healthy Living	9 8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors 8
12 <i>Van trip to Ocean State Job Lot/Stephen Anthony's</i> 9:30-2:30 I&R Hours 9:30 Scrabble 10:00 Stamp club 11:00 Fit for the Future 1:00 Balance 3 1:30 Water Aerobics	13 9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 1:30 Qigong 1	14 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 St. Patrick's Day Luncheon 12:30 Informal Quilters 1:00 Bridge Lessons 1:30 Water Aerobics	15 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters	16 8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors 9
19 <i>Van trip to Christmas Tree Shop/Brittney's</i> 9:30-2:30 I&R Hours 9:30 Scrabble 11:00 Fit for the Future 1:30 Water Aerobics No balance class	20 8-9:00 Parmenter Clinic 9:00 Cribbage 11:30-1:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge 1:30 Flexible Emergency Planning 1:30 Qigong 2	21 8:30 Fit for the Future 9:00 Cribbage 9:30 Mid-East discussion 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch with the Town Manager 12:30 Informal Quilters 1:00 Bridge Lessons 1:30 Water Aerobics	22 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 1:00 Healthy Eating/Healthy Living 2:30 Digital Retirees Meeting 3:00 Friends Meeting	23 8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors 10
26 <i>Van trip to Walmart/ 99 Restaurant</i> 9:30-2:30 I&R Hours 9:30 Scrabble 11:00 Fit for the Future 1:00 Balance 4 1:30 Water Aerobics	27 9-9:30 Parmenter Clinic 9:00 Cribbage 11:30-1:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge 1:30 Qigong 3	28 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 Informal Quilters 1:00 Bridge Lessons 1:30 Water Aerobics	29 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: Can you be <i>too</i> clean?	30 8:30 Fit for the Future 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards 1:00 Watercolors 11

LUNCH MENUS

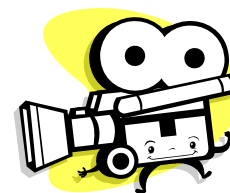
A full lunch is served at the Sudbury Senior Center at noon on Tuesdays, Wednesdays and Fridays. A voluntary donation of \$2.00 per meal may be made. Please call at least 24 hours in advance to make a reservation.

TUESDAY	WEDNESDAY	FRIDAY
		March 2
March 6	March 7	Tomato rice soup Broccoli bake Corn Monterey Mandarin oranges
Corn chowder Chicken/honey mustard sauce Sweet potato Applesauce	Chicken casserole Boiled potatoes Green beans Rice pudding	Fish wedge Steamed red bliss potatoes Broccoli Mixed fruit
March 13	March 14	March 16
American chop suey Genoa vegetables Italian bread Fresh fruit	St. Patrick's Day Party 	Broccoli bake Stewed tomatoes Pears
March 20	March 21	March 23
Split pea soup Roast chicken/ piccata sauce Steamed red bliss potatoes Smoothie	Stuffed pepper/ tomato sauce Chuckwagon corn Mixed fruit	Pasta primavera/tuna Rotini Peas Mandarin oranges
March 27	March 28	March 30
Hot dog/mustard Vegetarian beans Carrots Crushed pineapple	Sweet & sour meatballs Brown rice Jardinière veggies Snack 'n' loaf muffin	Fish/Newburgh sauce Rice pilaf Beets applesauce

Movie Thursday, March 1

12:30

1 hr. 45 mins



Boynton Beach Club

Who says sex after 60 isn't sexy anymore? The residents of the Boynton Beach Club, an active adult community, certainly don't think so. Upon joining a bereavement support group, the lives of six individuals cross paths, opening the doors to dating again. But times have changed from courting a woman to surfing the Net to find your match. This romantic comedy reminds us that it's never too late to love . . . again.

Stars [Sally Kellerman](#), [Joseph Bologna](#), [Len Cariou](#), [Brenda Vaccaro](#), [Dyan Cannon](#)

Pizza will be served at 12 noon, followed by the movie at 12:30. Please call by 10:00 on the day of the showing if you wish to order pizza (\$1.00 per slice).



Legal Clinic
Tuesday, March 6
10:00-12:00

Denise Yurkofsky, Elder Law Attorney, will provide free twenty-minute consultations here at the Senior Center on **Tuesday, March 6** from **10-noon**. Call for an appointment!



Tax help!

Seniors who need help preparing their 2006 income tax documents can get assistance **free of charge** through the Senior Center. AARP-trained tax preparer volunteers Tom Sifferlen, Dave Levington and Ben Stahl are available to assist until mid-April.

One and a half hour appointments are available from **9 AM to 3:30 PM**, Tuesdays, Wednesdays, Thursdays and Fridays. Tuesday, Thursday and Friday assistance will be at the Senior Center, while **Wednesday** help will be at the computer lab in the **Flynn Building**. Call us for an appointment at (978) 443-3055.

Be sure to bring the year-end tax documents mailed to you by banks, pension plans and other sources of income, and *a copy of your last year's tax return* to your appointment.



Save the Date

Sen. Pam Resor's
Annual Senior Conference
Thursday, April 19

Workshops, information tables, health screenings, lunch, entertainment, and door prizes, all will be offered **free of charge** at this annual event at Assabet Valley Regional Technical High School.

More details will be available soon, but some of the offerings will be genealogy, an Internet/computer lab, fitness classes, and sessions on the Health Care Proxy and the Homestead Act.

Our own talented Senior Strutters will be performing as well.

Coffee and donuts will be served in the morning, and the hot lunch will be served starting at 11:30 AM, presented by Mary's Catering of Hudson.

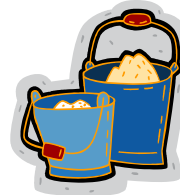
We will have tickets available here at the Senior Center by mid March.



Small Treasures

Do you have a collection of small objects (tea cups, figurines, needlework or the like) that others might enjoy looking at?

We have a nice glass display case (it locks!) that is ready to show off your collections. We hope to host a different collection each month, so give us a call at 978-443-3055 and we'll work your collection into our schedule.



Got grit?

No more slippery walks if you use our sand bucket service!

We'll deliver a big bucket full of sand for your use in sprinkling on walks or drives, or bring a sand refill if your bucket is empty. Call (978) 443-3055 for more information.



Scrabble™

For all you word game aficionados out there, we are hosting Scrabble™ mornings on most **Mondays**. You only need two to play, with a maximum of four per game . . . but we can certainly have more than one game going! The first game begins at **9:30**.

There is no charge, and we have coffee and snacks available to make things cozy. If you are interested, please let us know at 978-443-3055.



The Council on Aging seeks new members

Help pilot the Senior Center into the future, and ensure that the programs and services we offer continue to meet the needs of our residents aged 60 and older.

There will be one opening on the Council on Aging, the policy-making Board for the Senior Center, beginning in May. Meetings are held the first Tuesday of each month at 4:00 PM. Sudbury adults of all ages are welcome to apply. Members may serve two three-year terms.

If you are interested, please call the Senior Center at (978) 443-3055. We'll mail you an application.



Cell phones:

Donate them; borrow them

If you have an older cell phone (that will hold a charge), you can donate it to the Sudbury police department. All cell phones can be used to call 911 even if there is no active contract on the phone. They make a great emergency resource. Call the police at 978-443-1042 to learn how to donate or borrow one.



Want to change your Medicare health plan?

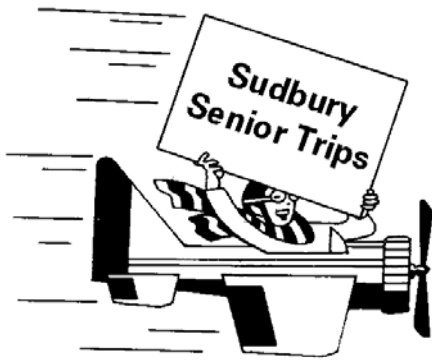
During the month of March, you have one chance to change your Medicare health plan. Your new coverage would start the first of April. However, during this time you cannot add or drop Medicare drug coverage (Part D).

After March 31, your next chance to make a change in 2007 will be from November 15 through December 31, the Annual Coordinated Election Period. Your new coverage will start January 1, 2008.

Special rules may apply to persons under certain circumstances. These special rules affect members of Prescription Advantage and MassHealth, anyone qualifying for "extra help" with the costs of Medicare Part D, those first becoming eligible for Medicare, and persons who involuntarily lose health insurance. If you have special circumstances, speak with our SHINE counselor.

For that or any other type of help on any aspect of your health insurance, we offer free counseling with specially trained volunteers. Call the 978-443-3055 and ask for a SHINE appointment.

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Dear traveling friends,

By the time you are reading this 40 of us will be lolling (I hope) on the beautiful white sands of sunny St. Petersburg, or maybe just lazily sitting by the side of the hotel pool enjoying a cool one. But whatever we are doing you can be assured that we will be thinking of you and hoping that you are enjoying whatever you are doing.

Thank you all for reading and heeding all our trip information and for filling out the pink forms for your first 2007 trip and using separate checks for all trips. It has certainly eased my work. I would like to encourage you all to pick up the File For Life forms and keep the small one in your purse or wallet and the other on your fridge. It is best to be prepared, especially on a trip away from home.

New Trip Line:

We have a new telephone number just for trip information. Call **978-639-3277** for trip departure times and cancellation information in case of questionable weather. Any changes since the last newsletter will also be on that line.

We have stopped taking paid reservations at 26 folks for both the **Galapagos** and **Crazy For You** trips. The reason is that there is a large difference in price between a 26 passenger coach and a larger 56 passenger coach. We are taking an active wait list for both of these trips, and if we hit 40 passengers, we will order the larger coach. So if you have been thinking about signing up please do so by February 28.

Foxwoods: We are allowing any of you who may wish to do so to pay for the last three Foxwoods trips with one check of \$57.00 per person. The dates are May 7, August 6 and November 5. The usual cancellation policy will apply.

Our **Mt. Washington Luncheon and Cruise June 22** is getting quite full and we will most likely not be able to take a second coach. So if you would like to spend a couple of dreamy summer hours cruising on Lake Winnepesaukee, sign up soon so you won't get left out. Cost is **\$57.00** payable to Sudbury Senior Trips as are all our day trips.

Longwood, Brandywine and More Thursday July 26 – Sunday July 29: (4 days) Get your \$100 deposit in right away to enjoy another delightful summer trip with our favorite Scout Tour guide Kathy to the beautiful Brandywine area of Delaware. Stroll through the acres of fragrant flowers and sparkling fountains of Longwood Gardens, view the magnificent Wyeth paintings at the Brandywine River Museum, attend the lively show

Americana at the Three Little Bakers Theatre, and visit the beautiful Winterthur Gardens (the home of the DuPonts). Cost **\$479**. Make checks payable to Scout Tours. The balance is due by May 25.

The Green Mountain Railroad Tuesday, October 9:

A delightful Autumn motorcoach ride through beautiful southern Vermont with a first stop at Famous Bill's Restaurant for a scrumptious lunch of steak tips, chicken marsala or baked scrod. Then we will continue to Bellows Falls to board *The Green Mountain Flyer* (with restored coaches dating back to the 1890's) for a trip through the picturesque countryside. After a rest stop at the General Store and a little shopping we head back to Bellows Falls for our motorcoach trip home. There may be an ice cream or beverage stop on the way. Cost **\$63.00**, payable to Sudbury Senior Trips.

You all have probably heard that we sold out completely on our **Hawaii Cruise** on the first day. This will be a great fun-filled holiday. If you had been thinking about it but missed the boat (no pun intended) you can put your name on our wait list for a possible cancellation.

Sign-ups for our August and fall trips will be open for our Sudbury friends on May 1 and to our local out-of-town friends on May 15.

We hope to have all our Tanglewood information by then.

Carmel

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

Van Transportation: This door-to-door, handicapped accessible service is available **Tuesday** through **Friday** from **9:00 AM to 3 PM** within Sudbury. On Mondays we provide transportation for shopping at a location outside of Sudbury. Please call the Senior Center by 9 AM to schedule a ride for that day. The cost for in-town trips is **\$1.00** each way, and \$4 (total) for out-of-town trips.

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

Sudbury Senior Access:

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

HEALTH SERVICES

Blood Pressure Clinic: The Senior Center, in conjunction with the Board of Health and Parmenter Health Services, offers weekly

free drop-in health clinics. Clinic hours are **Tuesdays 9:00-9:30** and **11:30 to 1:00**. Free blood sugar testing is provided on the **third Tuesday** of each month **8:00-9:00**. No appointment is necessary.

Medical Equipment Loan Closet:

For those in need of a wheel chair, walker, shower chair, commode, transfer bench, cane etc., the Senior Center can provide the item on loan. We welcome donations of equipment that is no longer needed.

COUNSELING

Information and Referral: Debra Galloway, our Information and Referral Specialist, provides information about resources and services for older adults and their families in the Sudbury area. 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**. You may reach her at **978-443-3055**.

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

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

IN-HOME SERVICES

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

In-Home Fix-It Program: Seniors who can no longer (or should not) do small repair tasks at home can get free volunteer assistance with small jobs like fixing stuck windows, changing light bulbs, changing curtains on rods or installing curtain rods, repairing wall switches, wall plugs and lamp cords, tacking down carpets and installing grab bars and hand rails. Seniors will only be expected to pay for any necessary parts and materials.

Grocery Shopping: Homebound seniors are matched with a volunteer shopper who can make weekly visits to the store, and assist the senior in putting away the groceries. Seniors pay only for the cost of the groceries.

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*.

Home Delivered Meals: A hot mid-day meal can be delivered to seniors who can't get out to the Senior Center and who can't prepare a nutritionally adequate meal for themselves. Those who deliver the meal 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

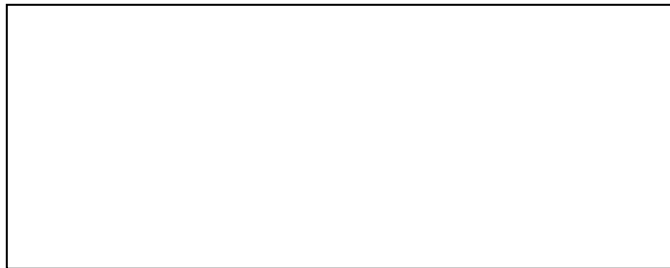
40 Fairbank Road

Sudbury, Massachusetts 01776-1681

on the web at:

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

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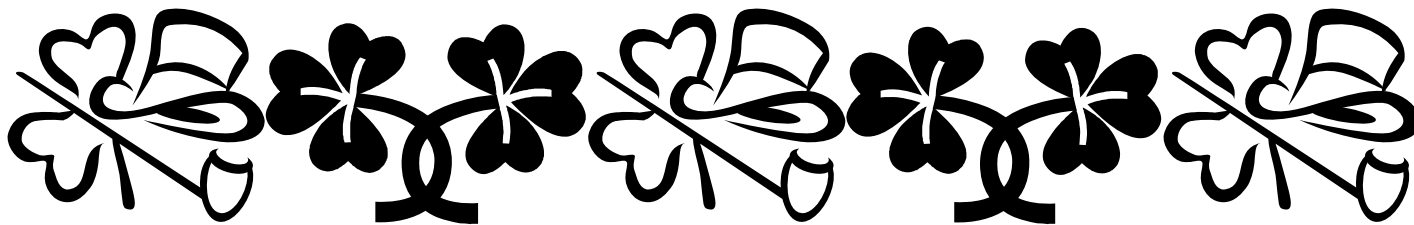
PRESORT STANDARD

Sudbury Senior Center Phone: 978-443-3055 Fax: 978-443-6009 E-mail: senior@town.sudbury.ma.us

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

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

Cancellation Line: 978-639-3276



St. Patrick's Day Luncheon

Wednesday, March 14

12:00-2:00

Entertainment by the Senior Strutters and the Curtis Middle School

Menu: Corned beef, cabbage, and all the trimmings

March birthdays will be celebrated



Reservations are required by Wednesday, March 7