



Henry Wadsworth Longfellow

The Senior Center is lucky enough to be a partner in activities celebrating the life of Henry Wadsworth Longfellow in March. We will host a three-session series, **Mondays, March 10, 17 and 24 at 1:00**. The series is **free** thanks to a grant, but advance registration is a must, as the class will be fully enrolled.

"He was in himself a beautiful poem," Oscar Wilde declared after visiting the ailing Longfellow in Cambridge, Massachusetts. Today Longfellow continues to be recognized for his extraordinary life, work, and associations. In this series, we will illuminate some of his poems with information about his extraordinary life and era.

The series will feature a discussion of important events in Longfellow's life, and sample some of his work at each stage, through readings, presentations on CD, and class participation. Each class member will receive a copy of *Favorite Poems*. An * below indicates that the poem is included in this book.

March 10: Overview and Family This session will provide an overview of Henry Wadsworth Longfellow and his life, including his Maine ancestors and life in Portland, his college years and marriage, life in Cambridge, and his children. It will quote from "To be seventy . . .", "My Lost Youth"*, "Psalm of Life"*, "Mezzo Cammin", "The Castle Builders", "To a Child" and "Children's Hour"*

March 17: Long Poems will include the prelude to "Tales from a Wayside Inn", "Paul Revere's Ride"*, "Evangeline", the "Song of Hiawatha" and "Courtship of Miles Standish"*.

March 24: Endings and Beginnings will feature "The Slave's Dream"*; sonnets preceding Dante, "Three Friends of Mine"; and Longfellow's friendship with Nathaniel Hawthorne, "From My Armchair" after "Village Blacksmith"*, "Morituri Salutamus," "Chaucer", "Cross of Snow" and cemetery tributes, and will finish with a discussion of Longfellow's reputation today.

The presenter, Maureen Griffin, majored in English at Trinity College in Washington, and earned dual graduate degrees at Middlebury's Bread Loaf School of English and Simmons' School of Library and Information Science. She is Professor Emerita at Kawasaki University of Medical Welfare in Japan. Maureen teaches literature and writing through the Notre Dame Virtual School.

INSIDE THIS ISSUE

Backyard wildlife	2
Join the Board	2
Andrew Carnegie	3
<i>Blithe Spirit</i>	3
Bone density screening	4
Men's breakfast	4
Arthritis-related fatigue	4
Senior Center service numbers	5
Calendar	6
Lunch menus	7
Movie: <i>Becoming Jane</i>	7
Change your health care plan	8
Carousels	8
Voluntary registry	8
Tax assistance	8
Tax deferral	9
2-1-1/emergency resources	9
Children's Hospital dance	9
Trips	10
Services	11
St. Patrick's Day	12



Backyard Wildlife
Tuesday, March 25
10:00-11:00

Raccoons in the chimney, squirrels in the attic, baby birds out of their nests, turkeys challenging mailmen . . . the natural world is all around us, and sometimes is even trying to live in our houses!

Come hear Linda Cocca, coordinator of the Wildlife Information Line of the Mass Audubon Society, speak on things like what to feed birds to attract them, how to keep squirrels from chewing up the bird feeder, why moths are flying around in the middle of winter, and what to do if a bird nests in your hanging planter.

Linda will show slides, discuss animal behavior, and give information on how to prevent conflicts with wildlife. You can even bring a sample insect for her to identify.

The Wildlife Information Line answers more than 5,000 calls and e-mails each year from people curious about plants, animals, bugs, birds and the environment. The number is 781-259-2150, and the e-mail address is: www.massaudubon.org/livingwithwildlife The call is free.

The cost for the talk is **\$5.00**. Advance registration is required, as the seating capacity of the room is limited to 40. To reserve your slot, please call 978-443-3055. If you find you have reserved a space and won't be able to come, please let us know so that we can replace you with someone from the waiting list!

Join the Board

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 by joining our Board.

Council on Aging meetings are held the first Tuesday of each month at 3:30 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.

The deadline for receipt of applications is **Monday, March 31**, and interviews will be held in early April.

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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.*

ads



Great Scot, It's Andrew Carnegie!
Wednesday, April 2
1:00

He rose from humble beginnings to become the “King of Steel” and the richest man in the world. His wealth and power shaped the spirit of the age, yet his inhumane labor practices earned him the enmity of millions.

He was a violent young revolutionary who went on to grace the drawing rooms of New York high society, counting Mark Twain, Helen Keller, and Booker T. Washington among his closest friends.

He was called the “greediest little devil that ever lived”, yet he gave away millions to build thousands of public libraries. Andrew Carnegie was a man of contradictions.

Come join us **Wednesday, April 2** to meet the man in person, as performed by veteran actor Richard Clarke. Richard is a graduate of Clark University in English and Theatre, has appeared in many productions at regional theaters, as well as on television shows and on film.

The performance is **free**, courtesy of a grant from the Sudbury Cultural Council. If you would like to join us for a lunch of roll-up sandwiches before the performance, the cost for the meal is **\$4.00**.

Reservations are required. The audience is limited to 50, so register quickly, and please remember to say whether you want lunch. Deadline for lunch reservations is Monday, March 24.

***Blithe Spirit* at Trinity Repertory Theater**
Wednesday, April 23

Come to Providence, RI with the Cultural trips group to see Noel Coward's classic comedy. We will visit the Old Canteen restaurant on Federal Hill before the show for lunch. You will rave about both the restaurant and the theater! We will leave promptly at 11 AM, and return at approximately 5:30 PM. The cost is **\$65**. Trip is limited to 26. *Sudbury only until March 17; thereafter open to all.*



Bone Density Screening

Are you at risk for osteoporosis? Find out at a **free** bone density screening test **Thursday, April 3, 9:00 - 12:00**

A nurse from the VNA Care Network will perform the screening which is easy, fast and painless. You will be asked to place your foot in a portable device which takes ultrasound measurements of your heel. This measurement correlates well with identifying the risk of hip and spine fractures.

After the screening, the nurse will review your test results, provide information, and make recommendations on how to improve your bone health.

The screening is provided **free** to Sudbury seniors age 60 and over through a grant from MetroWest Community Health Care Foundation. Appointments are necessary, and will be scheduled every ten minutes, with the last appointment at 11:50. Please call us at 978-443-3055 to schedule yours.

Osteoporosis is a disease that affects bone mass, resulting in fragile bones that are more likely to break. Age is one risk factor for osteoporosis, and women are four times more likely to develop the disease than men.

Osteoporosis is sometimes called a “silent disease” because people may not be aware they have a problem until a bone breaks. Hip fractures, one of the more common types of breaks from osteoporosis, usually lead to hospitalization and surgery as well as a loss of independence.

For additional information on osteoporosis, please call Maureen Sendrowski, RN, MPH, at the VNA Care Network at 888-663-3688 ext. 5603.



Men's Breakfast

Two intrepid volunteers, Joe Bausk and Barry David, are planning a men-only breakfast **Thursday, May 8** at the Senior Center. We'll be inviting some Town officials for a brief update, and we'll offer pancakes and sausages, with juice, coffee, and tea. The cost will be **\$3.00**.

Lunch with the Town Manager Friday, March 21 12:30

Do you have questions about Town affairs? What's the latest on tax breaks for seniors, the police station, the new walking loop at Haskell Field or the agenda for Town Meeting?

Come and get answers at our quarterly lunch with Maureen Valente, the Sudbury Town Manager. Sign up for lunch in advance, or just come for the chat at 12:30.



Soup's On: Managing Arthritis- Related Fatigue Thursday, March 13 (Postponed from December!)

Fatigue is a frequent, troubling and potentially debilitating symptom of arthritis and related diseases. The process of inflammation from the disease may lead to fatigue. Living with a chronic disease like arthritis can be emotionally draining, and stress can also lead to fatigue. The best way to ease your fatigue is to identify the cause.

This talk will identify causes of fatigue in people with arthritis. Strategies to help decrease fatigue and to increase energy will be presented. Resources will be provided to help you find the right balance between rest and activity.

Karen Kaufmann has a Master of Science degree in Nutrition from the University of New Haven, and has been diagnosed with Lupus.

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 **by noon the day before** to register.

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

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

ads

The Senior Center is Sudbury's focal point for activities, classes, and all kinds of information and resources. Did you know that in the last twelve months the Sudbury Senior Center coordinated more than 1,500 free rides to medical appointments for 114 residents, installed 41 lockboxes, and that 198 people participated in our exercise programs? Additionally, information and resources were provided to 168 persons.

The FISH (Friends in Service Helping) program has been connecting Sudbury residents who need help getting to medical appointments with volunteer drivers for over 37 years. Rides are typically to Concord, Framingham and Marlboro, but can range to Burlington, Boston and Worcester. Over 100 volunteers drive, but more are always needed and welcome. The need for rides is great since many people do not have family available to transport them during the week. The service is available to people 60 and older and people with disabilities.

Lockboxes are one way to be prepared for an emergency. These small safes are affixed to the outside of a home; a copy of the house key is placed inside. The lockboxes are accessible only to Fire Department personnel, who can use them to enter the house in an emergency. Twenty-eight lockboxes were purchased by Sudbury Firefighters, and others were funded from the generosity of those who received them.

We have several active exercise-related programs going on every week at the Senior Center. *Fit for the Future*, led by Lois Leav, is the happening place for those who want to move and dance to great music. This program alone attracted 138 different individuals during 2007. The Balance and Tap dance classes meet regularly with classes of 10 -15 participants. In addition, our Walking Club will be back in the spring with a new walking loop at Haskell Field.

Providing assistance, information and resources is a key mission of the Senior Center. Requests for assistance this past year have included finding help at home, concerns about health, housing options, financial assistance, and transportation resources. Please call Debra Galloway at (978) 443-3055 or contact her via email at gallowayd@sudbury.ma.us for more information.



MARCH 2008



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p><i>Van trip to Natick Mall/ Olive Garden</i></p> <p>7:45 Foxwoods Trip 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (3) 1:30 Water aerobics (7) Sunday March 2 Snowbird Escape Trip</p>	<p>4</p> <p>9:00-5:00 AARP Tax Help 9:00-9:30 Parmenter Clinic 9:00 Cribbage 9:00-12:30 UMass Survey 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 3:30 COA Board</p>	<p>5</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 (7) 1:00 Bridge lessons 1:30 Water aerobics</p>	<p>6</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:30-5:00 AARP Tax Help</p>	<p>7</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 Cards 1:00 Watercolors (9)</p>
<p>10</p> <p><i>Van trip to Christmas Tree Shop/Brittneys</i></p> <p>9:30-2:30 I&R Hours 10-2:30 AARP Tax Help 11:00 Fit for the Future 1:00 Balance (4) 1:00 Reading Longfellow (1) 1:30 Water aerobics (8)</p>	<p>11</p> <p>9:00-5:00 AARP Tax Help 9:00-9:30 Parmenter Clinic 9:00 Cribbage 10:00 Legal Clinic 10:00 Dublin's Irish Cabaret Trip 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>12</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:30 Quilting Studio (8) 1:00 Bridge lessons 1:30 Water aerobics</p>	<p>13</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: Managing Arthritis-Related Fatigue 12:30-5:00 AARP Tax Help</p>	<p>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 Cards 1:00 Watercolors (10)</p>
<p>17</p> <p><i>Van trip to Ocean State/ Stephen Anthonys</i></p> <p>9:30-2:30 I&R Hours 10:00 Stamp club 10-2:30 AARP Tax Help 11:00 Fit for the Future 1:00 Balance (5) 1:00 Reading Longfellow (2) 1:30 Water aerobics (9)</p>	<p>18</p> <p>8-9:00 Parmenter Clinic 9:00-5:00 AARP Tax Help 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>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 St. Patrick's Luncheon 12:30 Informal Quilters 1:00 Bridge lessons 1:30 Water aerobics</p>	<p>20</p> <p>9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 10:30 Bridges Celebration 12:00 Pizza 12:30 Movie: <i>Becoming Jane</i> 12:30-5:00 AARP Tax Help</p>	<p>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 with the Town Manager 1:00 Cards 1:00 Watercolors (11)</p>
<p>24</p> <p><i>Van trip to Shoppers World/The Villa</i></p> <p>7:45 Foxwoods Trip 9:30-2:30 I&R Hours 10-2:30 AARP Tax Help 11:00 Fit for the Future 1:00 Balance (6) 1:00 Reading Longfellow (3) 1:30 Water aerobics 10</p>	<p>25</p> <p>9:00 British Museum Trip 9:00-5:00 AARP Tax Help 9:00-9:30 Parmenter Clinic 9:00 Cribbage 10:00 Backyard Wildlife 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge</p>	<p>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 Informal Quilters 1:00 Bridge Lessons 1:30 Water aerobics</p>	<p>27</p> <p>9-12 SHINE 9:00-12:30 UMass Survey 9:30 Tap Class 9:45 Thursday Crafters 10:30 Bridges Celebration 12:30-5:00 AARP Tax Help 3:00 Friends Meeting</p>	<p>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 Cards 1:00 Watercolors (12)</p>
<p>31</p> <p><i>Van trip to Walmart Natick/99 Restaurant</i></p> <p>9:30-2:30 I&R Hours 10-2:30 AARP Tax Help 11:00 Fit for the Future 1:00 Balance (7)</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
March 4	March 5	March 7
Roasted/Apricot Sauce Brown Rice Tuscany Veggies Apple Slices	Cheesy Potato Soup BBQ Beef Rib Creamed Spinach Spice Cake/ Whipped Topping	Tuna Rotini Broccoli Pineapple
March 11	March 12	March 14
Baked Chicken/ Soy Grinder Sauce Oriental Veggies Brown Rice Mandarin Oranges	Corned Beef/Broth Boiled Potatoes Carrots Cabbage Pudding Cake	Tomato Rice Soup Broccoli Bake Lyonnais Potatoes Peaches
March 18	March 19	March 21
Stuffed Shells Parmesan Cheese Italian Style Blend Apricot Smoothie	<i>Special St. Patrick's Luncheon with the Senior Strutters!</i>	Cream of Broccoli Soup Baked Fish/ Newburgh Sauce Rice Pilaf Tropical Fruit
March 25	March 26	March 28
Cream of Spinach Soup Cheese Lasagna Pineapple	Roast Chicken Diced Potatoes Mixed vegetables Peaches	Smokey Grill Beef Steak/Gravy Mashed Potatoes Broccoli Peaches

Movie Thursday, March 20 12:30



Becoming Jane 1 hour 52 minutes

In 1795, at age 20 the young Jane Austen has a vision of a world in which young women may marry according to their own inclinations, not according to improving the family's social network or net worth. As she is becoming a writer, she is also reinventing herself as a woman in control of her own destiny. She meets a decidedly unsuitable man with whom she has an instant love-hate relationship. He certainly is not the man her parents would choose for her. Like a plot from one of her novels, Jane's life pits conventional wisdom against the energy of young love.

Stars Ann Hathaway, Maggie Smith, and Ian Richardson.

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).



Want to change your Medicare health plan?

During the month of March, you can change your Medicare Health Plan one time. Your new coverage would start the first of April. However, during this time you cannot add nor drop Medicare drug coverage (Part D). (Special rules apply to members of Prescription Advantage, MassHealth, and anyone qualifying for “extra help” (LIS) with the costs of Medicare Part D.)

After March 31, your next chance to change your Medicare Health Plan in 2008 will be from November 15 through December 31, the Medicare Annual Open Enrollment Period, so that your new coverage would start January 1, 2009. There are Special Enrollment Periods for persons first becoming eligible for Medicare, and persons who involuntarily lose health insurance. If you have special circumstances, you need to speak with a SHINE counselor.

If you need help with any aspect of your health insurance, SHINE (Serving Health Insurance Needs of Elders) offers free counseling here at the Senior Center with Kara Harvey. Call 978-443-3055 and ask for a SHINE appointment.



Carousels

Grab the brass ring by seeing a selection of carousels from the collections of Marie Lupien this month in the display case at the Senior Center.



Income Tax Assistance

Seniors who need help preparing their 2007 income tax documents can get assistance **free of charge** through the Senior Center. AARP-trained tax preparer volunteers David Calder, Bill Cole, and Dave Levington, all led by Tom Sifferlen, are available to assist until mid-April.

One and a half hour appointments are available **Mondays, Tuesdays, and Thursdays**. Most assistance will be at the Senior Center, but Dave Levington's appointments will be at 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 returns* to your appointment.



Voluntary Registry

In the event of an emergency in Sudbury, you may need to care for yourself for up to 72 hours, even if the electric power fails. The Town is making plans to help its residents in case of a serious emergency, but it is important for everyone to be prepared to help themselves.

Some people may need or want special help planning for themselves, or might need special assistance if they should have to be evacuated to a shelter. It will help our “first responders” (police and fire personnel, the Citizens' Emergency Response Team and the Medical Reserve Corp) to be aware of the location and needs of people with these special circumstances.

If you are such a person (or are the caregiver for one), you can join a Voluntary Registry that will help local authorities be aware of your special needs, by filling out a form that you received with your *Annual Town Report*. The information will be kept confidential to the extent required by law. The Sudbury Public Health Nurse will call you to provide additional planning assistance.

You can mail the form or go on line to complete it at <http://sudbury.ma.us/services/seniorcenter/emergencyform.asp>. Drop off boxes are also available at Town Hall, the Senior Center, and the Fire Department.



2-1-1 for Emergency Resources

Let's say there is a town-wide emergency situation, like an ice storm with lines down and extended power outages. You want up-to-date information on the situation, but you know you shouldn't tie up the 9-1-1 emergency line with information calls.

Now the Massachusetts Emergency Management Agency (MEMA) has arranged with United Way to use the 2-1-1 information line to provide updated disaster information, interpreter services, tracking caller locations, and registering volunteers who wish to help or make donations.

You can also call 2-1-1 for information on clothing, food and shelters, or to get accurate information on whether a rumor is true or not.

The goal of the 2-1-1 system is to provide maximum community access to critical resources and information to help reduce the harmful effects of the emergency. 2-1-1 will also be available with information helpful to preparing for and recovering from a disaster.

2-1-1 is also available on line at: <http://www.211.org/>



Free Children's Hospital fundraising dance party

Sunday, March 2 from 1:00-3:00 seniors are invited to come to a free fundraising dance party in the gym at the Fairbank Community Center.

Coleslaw Productions will provide the DJs for music, and you can watch the kids dance as well as join in if the spirit moves you, or even dance with the children.

There is no charge and no sign-up. Dress comfortably, stop by and have fun!

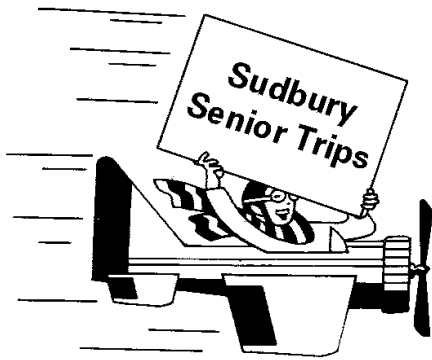
Consider the tax deferral!

More than sixty Sudbury seniors have decided that paying property taxes is something they'd rather do later.

The major advantages are:

- Anyone can apply, so long as either the husband or wife is at least age 60.
- Taxes can be repaid at any time, but can also be allowed to accumulate until the house is sold or the taxpayers die.
- The interest rate for each year's taxes (currently only 2.5%) is guaranteed. Once it is declared it can never go up.
- Qualifying income can be any amount up to \$60,000.
- You can defer all, a part, or none of each year's taxes individually.

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Hopefully, we will soon be seeing some tiny signs of spring here this month. But I expect that spring will be well on its way down in St. Petersburg by the time our group arrives on March 5. The group will try to bring some fresh air back here when they return March 16.

On April 6 you may start to sign up for the trips that will be taking place after June.

I have put all new 2008 trip brochures on the trip rack. Due to a few changes made by our trip companies and a couple of wrong "days" on the schedule, I felt it best to do them over. You can either fix the flyer you have or pick up a new blue brochure from our trip rack. *Items underlined on this page represent changes from our original publications.*

Dublin Irish Cabaret on **Tuesday, March 11** at the Venus De Milo in Swansea: The leaders will be Joe and Jackie Bausk. The Venus De Milo in Swansea is a nice spot. The food, corned beef and cabbage or baked haddock should be very good and the entertainment as well. If you have not signed up please check with our front desk to be sure that there is still room on the bus before sending in your check.

Cost is **\$64** payable to Sudbury Senior Trips. Please call the Center after March 1 to get the correct departure time, as the number who go will influence how early we must start. The return time is still approx. 5:00 PM.

Our **Michael Amante** trip, **Tuesday, April 15** is one of the trips that had to be changed from Mohegan Sun to the MassMutual Center, a newly renovated state-of-the-art facility in Springfield. Lunch will be on your own at the Holyoke Mall. The cost has been reduced to **\$54**. The Holyoke Mall is supposed to be New England's largest shopping destination (don't get lost!) Please call us after April 4 for our departure and return times. Checks payable to Sudbury Senior Trips. Michael Amante has been hailed as the Next Mario Lanza. He is a very versatile and gifted singer.

Foxwoods, May 5, \$19.00 payable to Sudbury Senior Trips.

Northshore Music Theatre, Wednesday, May 14 Come see their fabulous production of the acclaimed Broadway show ***The Producers***. The trip has been planned for only 26 people so if you are interested I advise an early sign up. The mini-coach is already partially filled. The cost of **\$63** includes the show (inner circle seating) and transportation. We will stop at the Mall in Danvers for a lunch on your own. Departure time is 10:15, and return will be approx 5:30 PM. Please make checks payable to Sudbury Senior Trips.

South Dakota May 19-23, Cost **\$1,499** pp. double occupancy. For those of us who have always wanted to see the President's Memorial and the other wonders in Dakota, this should be a wonderful experience. It includes transportation to and from the airport, air fare, nine meals, accommodations, travelers insurance and tours. The trip is sold out, but call us to see if more spaces open up. Final payment is due April 1.

Philadelphia Mummers, Tuesday, June 10. The site for this trip has changed from the Mohegan Sun to the Springfield Symphony Hall and the price is now **\$54**. We will again be making a stop at the Holyoke Mall for lunch on your own. The Joseph Ferkel Band has performed all over the world. With their elaborate costumes and unique sound, they have been entertaining people since 1922. Departure and return time to be determined by the end of May.

This may be your last opportunity to sign up for our **Western Mediterranean Cruise** because of an anticipated rise in the airfare, our "bargain price" will rise and our spaces will probably be gone very soon. If you are interested pick up information from the trip rack and call me at 978-443-8320 before March 2. Prices pp double occupancy range from **\$1,949** to **\$2,449**. A deposit of \$250 payable to **PML Tours** will hold your space until the **final payment is due August 13**. Upgrades are possible and insurance is recommended.

Carmel

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

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

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

Sudbury Senior Access:

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

HEALTH SERVICES

Blood Pressure Clinic: The Senior Center, in conjunction with the Board of Health and Parmenter Health Services, offers weekly free drop-in health clinics. Clinic hours are **Tuesdays 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 medical equipment, the Senior Center may provide the item on loan. We welcome donations of equipment that is no longer needed.

COUNSELING

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

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

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

IN-HOME SERVICES

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

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

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

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

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

NUTRITION

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

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

A monthly publication from the

SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

on the web at:

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

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Sudbury Senior Center

Phone: 978-443-3055

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E-mail: senior@sudbury.ma.us

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

General Information Line: 978-639-3275

Menus: 978-639-3278

Trip Information: 978-639-3277

Cancellation Line: 978-639-3276



Go for the gold at the

Sudbury Senior Center
Annual St. Patrick's Day

Luncheon and party

Wednesday, March 19

12:00-2:00

Featuring performances by the renowned **Senior Strutters**

Menu: Corned beef, cabbage, potatoes, carrots and all the trimmings
by the fabulous chefs of the Sudbury schools

Cost: \$4.00 each Reservations are required by Wednesday, March 12

March birthdays will be celebrated