



Four Plays by Arthur Miller
Tuesdays, November 17-December 8 at 2:00

Arthur Miller was one of America's greatest playwrights. He combined social awareness with deep insights into personal dynamics. Miller's plays continued the realistic tradition that began in the United States in the period between the two world wars.

Join Professor Larry Lowenthal for an in-depth examination of four of Miller's most famous plays.

November 17: *All My Sons* (1946) This play revolves around the tragedy of a father's moral failure and a son's demand for punishment and atonement. *All My Sons* has increased in popularity over the years, and continues to be produced worldwide, in many languages.

November 24: *Death of a Salesman* (1949) Considered by many critics to be the greatest play in American dramatic literature, *Death of a Salesman* is the tragedy of a little man who never awakens to the illusion of the American dream which dominates his life and the ruined lives of his two sons. The theme of death remains a hallmark of 20th century theater.

December 1: *The Crucible* (1953) On the surface, this is an historical tragedy about the Salem Witchcraft Trials, but in reality it is a searing attack on the McCarthy era witch hunt for subversives in 1950 America. *The Crucible* is Miller's brave demand for moral courage at a time of mass fear and hysteria.

December 8: *After the Fall* (1964) Miller's most controversial play, *After the Fall* explores the painful reality of Twentieth Century moral failure (both private and public) with the backdrop of the holocaust dominating the personal consciousness of the protagonist. Miller's exploration of his tragic marriage to Marilyn Monroe created a heated public debate that persists to this day.

Dr. Lowenthal has a PhD in English from New York University and has taught English and American Literature at Hebrew University in Jerusalem and locally. The cost is **\$35** for all four classes or \$10 a class individually.

INSIDE THIS ISSUE	
Holiday Bazaar	2
Balance	2
Caregiver support	2
Islam	3
Wayside Inn Dinner	3
Soup's On	4
Warren Court	4
The Older, Wiser Driver	4
Tax Work Program	4
Assistive technology	5
Calendar	6
Menus	7
Movie: <i>Amelia</i>	7
Memory Screening	8
Thanksgiving lunch	8
Falls Prevention	8
Sand buckets	9
Legal clinic	9
Shine	9
Trips	10
Services	11
Pancake Breakfast	12

HOLIDAY BAZAAR

Saturday, November 21
9:00 AM to 1:00 PM

ADMISSION FREE

★ Handmade Crafts ★ Baked Goods ★
 ★ Cookie Bar ★ Grandma's Attic ★

Come see what the Thursday Crafters have been working on all year. We will offer wonderful handmade gifts, attic treasures and baked goods, as well as our popular cookie bar.

You can help! Bakers are needed to bake cookies, brownies, breads and cupcakes. We ask only that you include a list of ingredients (No nuts, no peanut butter, please!) You can drop the goodies off at the Senior Center Friday, November 20, or Saturday morning after 8:30. Donations of knick knacks can be brought in any time.

The annual holiday bazaar is an opportunity for children to come and shop for inexpensive gifts to give at holiday time.

All proceeds benefit the Friends of Sudbury Seniors.

Balance and Flexibility begins again **Monday, November 30 at 1:00**

Get steady on your feet and prevent falls with this popular eight-week class. Try the first class to see if this is right for you. Instructor Leslie Worris helps participants individually adjust the class for best results. The cost is **\$50**. Register by calling 978-443-3055.

Caregiver Support

Wednesday, November 18-December 23, 1:00-2:00

Come to a **free** six week education and support group for caregivers here at the Senior Center. The meetings will be brown bag lunch and dessert will be provided. The focus of the group will be to help caregivers learn skills needed to be successful caregivers. Topics to be covered in the group include: balancing work, family and caregiving; strategies for replenishment; building a support network; setting boundaries; and asking for help.

Group members will have time to learn from each other and develop a support network to help them cope with the stress of caregiving. Care services are available for care recipients while caregivers are attending the group. Anyone interested in attending should call Heather Lacasse or Leslie May-Chibani at (508) 573-7200 to register for the group, or call the Senior Center at 978-443-3055. Sponsored by BayPath Elder Services.

COUNCIL ON AGING

CHAIRPERSON:

Patrick Mullen

BOARD OF DIRECTORS:

Barbara Bahlkow

John Beeler

Elizabeth David

Marilyn Goodrich

Susan Kasle

David Levington

Mary-Lee Mahoney-Emerson

Robert May

SUDBURY SENIOR CENTER STAFF

DIRECTOR

Kristin Kiesel

ADMINISTRATIVE ASSISTANT

Claire Wigandt

INFORMATION AND REFERRAL

Debra Galloway

RECEPTIONIST

Jean Taylor

SENIOR COMMUNITY WORK PROGRAM COORDINATOR

Peg Whittemore

S.H.I.N.E. COUNSELOR

Kathleen Fitzgerald

MEALSITE MANAGER

Debbie Peters

TRIP COORDINATOR

Carmel O'Connell

VAN DRIVER

Linda Curran

VOLUNTEER

COORDINATOR

Ed Gottmann

PUBLIC HEALTH NURSE

Linda Sullivan

MISSION STATEMENT

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

ads



Islam

Three-part series Mondays, November 2, 16, and 30 at 1:30

Join Professor Jason Gianetti for a three part, every-other week look at Islam and the principles underlying the Muslim faith. We will examine the historical precursors of Islam, the vision of its prophet, Muhammad, the rise of Islam to its golden age, and its place in the world today.

We will also discuss the comparative philosophical and theological approaches among the three Abrahamic religions: Judaism, Christianity, and Islam, as well as the social and political interactions these three great world religions have had in the past and the way this history has shaped the current geopolitical situation. The price is **\$25** for the series, or \$10 a session.

Professor Gianetti has a Master’s of Theological Studies from Harvard Divinity School, and a Master’s in Near eastern and Judaic Studies from Brandeis. He had a JD from Boston College law School and teaches at Regis College. Advance registration is required by calling 978-443-3055.

This course is offered in partnership with Sage Educational Services.



**Wayside Inn
Christmas Dinner
Wednesday, December 2, at noon**



If you are 60 years of age or older and live in Sudbury, come to the annual Christmas dinner sponsored by Longfellow’s Wayside Inn.

To sign up, come to the Senior Center after **9:30** on Monday, November 9. Please bring the registration form below, and a check for \$15.00 made out to *Sudbury Senior Activities, Inc.* (A gratuity for the staff is included in the price.) Reservations must be accompanied by payment.

You may make reservations for two people, but all must be from Sudbury. There is a limit of 80 participants.



**Wayside Inn Christmas Dinner
Reservation Form**

Name(s)	Telephone	Pot Roast	Salmon

Please make checks payable to “Sudbury Senior Activities, Inc.”



**Soup's On:
Beauty and Dignity
in India's Slums
Thursday, November 5
Soup: 12:00; Talk 12:30**

When Photographer Marika Barnett visited India for the first time in 2003 she was frightened at the sight of the slums in the larger cities. But as the weeks went by, she couldn't help but recognize the beauty and the dignity of the people who dwelled in these slums.

When she returned for a longer stay in 2005, she was determined to enter these areas and (with the permission of the people there) photograph them in their everyday life. The people welcomed her with open arms. No language exchange was necessary. They understood each other just with a smile.

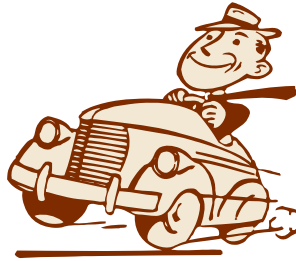
Marika will share the powerful resulting slides with us November 5. She repaid the generosity of her new friends by making extra prints made of the photographs to share. She has given the talk at MIT, Harvard, and twice at the Boston Public Library.

As always, the soup and talk are **free** but please reserve your space. 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. 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.



**The Warren Court
Thursday, November 19 at 1:00**

The third session of Dr. Gary Hylander's lecture and discussion group on the Warren Court will meet this month. The cost is **\$10** a session. Please call 978-443-3055 to reserve your space if you are new to the group.



**The Older, Wiser Driver
Friday, November 13 at 1:00**

The Sudbury Senior Center, in conjunction with AAA of Southern New England, is sponsoring a **free** one-hour seminar titled *The Older and Wiser Driver*.

The course, developed by AAA, will focus on topics of interest to senior drivers including tips on night driving, defensive driving, proper driving position, driver distraction and developing strategies on reaching your destination safely. Part of the presentation uses videos, and at the end of seminar there will be plenty of time for questions.

Please call 978-443-3055 to reserve your space.



**Sudbury Community
Work Program**

Get help with your property taxes! If you are age 60 or older, and are a Sudbury resident living in your own home, and are willing to commit 100 hours of service to Sudbury in 2010, you may qualify for this program.

Participants earn **\$750** toward their 2011 property taxes by serving in a variety of jobs that support Town departments. Every attempt is made to make the skills and interests of applicants mesh with the needs of Town departments.

Applications are available at the Senior Center, 40 Fairbank Road. Funding is available this year for about 50 positions. First round interviews will be held during November and final interviews will be conducted by department heads, who will make the final choice of applicants.

Although many participants fill the same job year after year, there is no guarantee that you will receive the same assignment each year. All qualities being equal, preference is given to those in greatest financial need.

The program begins January 1, 2010. Applications are due to the Senior Center no later than **November 15**.

Questions? Call the Senior Center at (978) 443-3055 or Program Coordinator Peg Whittemore at 978-443-2023 for further information.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

Assistive Technology

What is Assistive Technology? Any device that enhances a person's ability to live more independently. Some examples include: hearing aids, print magnifiers, memory enhancement aids, vehicle modifications, and amplified telephones. These devices can not only make life easier but also safer, and enable individuals to live as independently as possible.

Hearing loss can contribute to isolation and safety concerns as it becomes more difficult to use the telephone. A telephone with greater amplification or a louder ring can allow the individual to converse on the phone, maintaining connections with friends and family. The Mass. Equipment Distribution Program (Mass EDP) provides specialized telephones and other devices that enable disabled Mass. residents to continue using the telephone independently.

To apply, persons who have a disability such as hard of hearing or deafness, vision loss, speech impairment, mobility loss or cognitive impairment complete an application form and mail it to the appropriate state commission on disability. For example, persons who are hard of hearing send the application to Mass. Commission for the Deaf and Hard of Hearing. Applications are certified there and sent to Mass EDP which sends the specialized equipment to the applicant for free or a copayment. For information, call Mass EDP at (800) 300-5658 (V/TTY) or look online at www.massedp.com.

Another resource is the Mass. Assistive Technology Loan Program. Low-interest loans are available to fund purchases such as adaptive computer equipment, print magnifiers, wheelchairs, vehicle modifications and more. This program also offers an opportunity to try out a device for a short time before purchasing it. Call Jason Luciano at Easter Seals for more information at (800) 244-2756, ext. 428 or (800) 564-9700 (TTY) or see the website at www.massatloan.org.



Additionally, you can explore the Assistive Technology Exchange Program website where used equipment is available for exchange at www.getATstuff.org.

For more information on Assistive Technology or other resources, please contact Debra Galloway, Information Specialist, at (978) 443-3055 or gallowayd@sudbury.ma.us.

ads



NOVEMBER 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Real Estate Tax Due 2 <i>Foxwoods Trip</i> <i>Sunday, November 1:</i> <i>Repositioning Cruise</i> <i>Begins</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future <i>No Balance</i> 1:30 Islam (1)	8-9:00 BP Clinic 3 9:00 Cribbage 9:30 Bridge Lessons (5) 9:30 Walking Club (5) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:00 The Final Solution (4) 4:00 COA Board	8:30 Fit for the Future 4 9:00 Cribbage 9:30-2:30 I&R Hours 9:30 Abraham Lincoln 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:00 European Art (2)	9-12 SHINE 5 9:00-1:00 Flu Clinic A-L 9:30 Tap Class <i>No Thursday Crafters</i> 12:00 Soup's On: India Photos	8:30 Fit for the Future 6 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Watercolors (8) <hr/> <u><i>Saturday, November 7</i></u> 9:00 Pancake Breakfast
9:00-12:00 Flu Clinic 9 M-Z 9:30-2:30 I&R Hours 11:00 Fit for the Future 10:00 Stamp club 1:00 Balance (7) 2:00 Falls Prevention	8-9:00 BP Clinic 10 9:00 Cribbage 9:30 Bridge Lessons (6) 11:00 Yoga (8) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:00 The Final Solution (5)	Veteran's Day 11  <i>Senior Center Closed</i>	8:15 Yale Art Gallery 12 <i>Trip</i> 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: Amelia	8:30 Fit for the Future 13 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Watercolors (9) 1:00 Cards 1:00 Older, Wiser Driver
9:30-2:30 I&R Hours 16 11:00 Fit for the Future 12:00 Surprise Lunch 1:00 Balance (8) 1:30 Islam (2)	8-9:00 BP Clinic 17 9:00 Cribbage 9:00-12:00 Memory Screening 9:30 Bridge Lessons (7) 10:00-12:00 Legal Clinic 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 2:00 Arthur Miller (1)	8:30 Fit for the Future 18 9:00 Cribbage 9:30-2:30 I&R Hours 9:30 Abraham Lincoln 11:00 Fit for the Future 12:00 Birthday Lunch 12:30 Quilting Studio 1:00 Caregiver Support 1:00 European Art (3)	9-12 SHINE 19 9:30 Tap Class 9:45 Thursday Crafters 1:00 The Warren Court 3:00 Friends Meeting	8:30 Fit for the Future 20 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch <i>No Cards/no watercolors</i> <hr/> <u><i>Saturday, November 21</i></u> 9:00-1:00 Harvest Bazaar
9:30-2:30 I&R Hours 23 11:00 Bridges Celebration 11:00 Fit for the Future <i>No balance</i>	8-9:00 BP Clinic 24 9:00 Cribbage 9:30 Bridge Lessons (8) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 2:00 Arthur Miller (2)	8:30 Fit for Future 25 9:00 Cribbage 9:30-2:30 I&R Hours 9:30 Abraham Lincoln 11:00 Fit for the Future 12:00 Lunch 12:00 Thanksgiving Lunch at L/S 12:30 Quilting Studio 1:00 Caregiver Support 1:00 European Art (4)	Thanksgiving 26  <i>Senior Center Closed</i> <i>No Van Service</i>	8:30 Fit for the Future 27 9:00 Cribbage 9:30-11:30 Bingo 12:00 Lunch 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Cards 1:00 Watercolors (10)
<i>Special Van Trip 30</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance (1) 1:30 Islam (3)				

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
November 3	November 4	November 6
Baked Ham/ Pineapple Raisin Sauce Winter Squash Peas Mixed Fruit	Portuguese Kale Soup Roast Chicken/ BBQ Sauce Mashed Potatoes Butterscotch Pudding	Vegetable Barley/ Soup Broccoli Bake Stewed Tomatoes Peach Cup
November 10	November 11	November 13
Mulligatawny Soup Stuffed Shells/ Tomato Sauce Broccoli Blackberry Smoothie	Columbus Day Holiday Senior Center Closed	Shepherds' Pie Mashed Potato Corn Fresh Fruit
November 17	November 18	November 20
Roast Turkey/Gravy Stuffing Mashed Potatoes Green Beans Pumpkin Pie	Chicken/Teriyaki Ginger Sauce White Rice Broccoli Birthday Cake	Ground Beef Burgundy Egg Noodles Italian Green Beans Applesauce
November 24	November 25	November 27
Cream of Spinach Soup Baked Scallops/ Newburg Sauce Rice Pilaf Mandarin Oranges	Baked Chicken/ Gravy Mashed Potatoes Beets Strawberry Smoothie	Cheese Hot Pocket/ Tomato Sauce Salad Fresh Orange

**Movie and pizza
Thursday, November 12**



Amelia

Pizza: 12:00
Movie: 12:30

After becoming the first woman to fly across the Atlantic, Amelia was thrust into a new role as America's sweetheart. Yet, even with her global fame solidified, her belief in standing up as her own, outspoken woman never changed. She was an inspiration to people everywhere. In the summer of 1937, Amelia set off on a solo flight around the world that she foresaw as destined, whatever the outcome, to become one of the most talked-about journeys in history.

Stars [Hilary Swank](#), [Richard Gere](#), and [Ewan McGregor](#)

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**.

Memory screening
Tuesday, November 17
9:00-12:00

Is it a senior moment or something more serious? Many causes of memory loss are due to treatable conditions or the effects of medications, and can clear up by taking certain steps.

If you or a relative would like a **free** status check on your memory, you can get a free, confidential screening on **November 17** as part of National Memory Screening Day, an annual initiative of the Alzheimer's Foundation of America.

The day is designed to promote proper detection of memory problems and strategies for successful aging.

The face-to-face screening, which takes only about five to ten minutes, and consists of a series of questions and tasks, will be administered by Linda Sullivan, Sudbury's public health nurse. The results do not represent a diagnosis, and individuals with below-normal scores or those who have normal scores but are still concerned will be advised to follow up with a qualified healthcare professional.

Memory screenings are advised for adults concerned about memory loss or experiencing the warning signs of dementia (Go to <http://www.nationalmemoryscreening.org/memory-screening-warning-signs.php>); whose family and friends have noticed changes in them; or who believe they are at risk due to a family history of Alzheimer's disease.



Thanksgiving Luncheon
Wednesday, November 25
Noon-2:00

Come join the Martin Luther King Action Project for their traditional holiday treat for senior citizens in Lincoln and Sudbury at Lincoln/Sudbury Regional High School.

This annual event is hosted by high school students in honor of local seniors, and with respect for all the contributions older people have made to our country and our community's life.

Turkey and all the fixings donated by Sudbury Farms will be served in the high school cafeteria. Entertainment is included, and there is **no charge**. This year there will also be a time for dancing.

Reservations are required! Call the Sudbury Senior Center at 978-443-3055 by **Wednesday, November 18**.

We are very grateful to Tom Danko and all the students and staff from the MLK Action Project for hosting this event each year.



Birthday Lunch
Wednesday, November 18
12:00

If you were born in November, have lunch and birthday cake with us **free** November 18. (See page 7 for the menu.) Others are welcome to join us that day for lunch too; a donation of **\$2.00** is requested. Call 978-443-3055 by 10:00 November 17 to reserve a space.

Free Lunch
Monday November 16, 12:00

Psst: We have a **free** surprise lunch to offer. The meal is all organic and healthy, yet delicious. The entree was not known at press time, but we have it on good authority that it will be very tasty. Check out the offerings at <http://www.reallycoolfoods.com> We need 20 (or 40) people to sign up to make this work. Please call 978-443-3055 today to register!



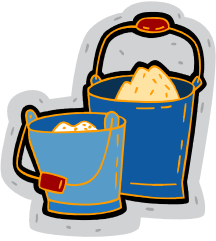
Falls: A new approach
to an old problem
Monday, November 9
2:00, Free

An interactive group discussion to identify:

- The reasons we fall.
- The situations in which falls occur
- The ways we can prevent them.

We will consider SPLATT: Symptoms, Previous falls, Locations, Activities, Time, and Training. *Please call to register.*

Sue Rushfirth, Supervisor of Rehab Services at Parmenter, will speak.



Sand buckets

Would you like a bucket of sand to sprinkle on those slippery walks and driveways? The Senior Center is once again offering its free sand bucket delivery program.

A volunteer will bring you a filled bucket. It is up to you to use the sand wherever you need it. If you use up all the sand during the winter, call and get a refill. It's free.

To sign up, call the Senior Center at 978-443-3055.

Lock box

Can emergency personnel get access to your house when you are away or when you need an ambulance? They can if you have a lock box! Call the Senior Center for details at 978-443-3055.



Legal clinic Tuesday, November 17

Elder law attorney Denise Yurkofsky will be here from **10:00-12:00** to give free, twenty-minute legal consultations. For an appointment with Denise, please call 978-443-3055.

Medicare changes are coming!

Every year, Medicare Health plans and Medicare Drug plans change. If you have Medicare, you should have received a package last month telling you about changes to your plans for 2010. Plans may change their premiums, their co-pays, their network of doctors, or the list of drugs they cover.

Some plans are being discontinued and if you are in one of these plans, you *must* choose a new plan. If you do nothing, on January 1, 2010 you will automatically return to "Original Medicare" without drug coverage.

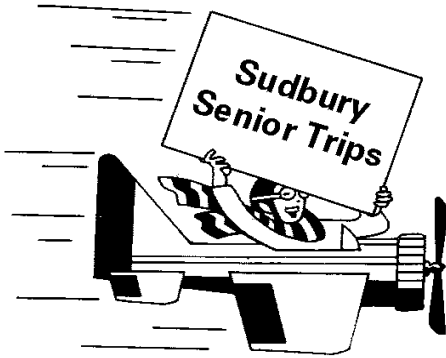
Plans not being offered in 2010 are:

- Tufts Medicare Preferred PPO & PFFS
- Medicare HMO Blue Premier Rx
- Medicare PPO Blue Premier Rx
- Blue Medicare PFFS Plus Rx
- Fallon Senior Plan Plus (no drug coverage)
- Fallon Senior Plan Plus Basic Rx

During Medicare Open Enrollment (November 15–December 31) you can make changes to your coverage. Everyone on Medicare should review their coverage, understand possible changes to that coverage, and consider other plans that are available.

Our SHINE counselor offers free help! Call for an appointment at 978-443-3055.

ads



Another Thanksgiving is almost here and it is almost time to publish next year's Trip Brochure. As you have probably noticed I already have a few 2010 trips planned. I am hoping to have the rest of them ready soon.

Foxwoods, Monday, November 2 (If numbers warrant it; we need 40 participants to run the trip!) This will be our last Foxwoods trip for 2009. We will have to raise the price next year to \$22.00 if we are to continue to offer them. We have barely been able to meet our motor coach costs this year as participation has gone down considerably. With the economy the way it is it might be time to rethink these trips. I am interested in feedback from those who regularly go on them.

Holiday Pops, Thursday, December 17: SOLD OUT! (Wait list only as we do not have any more motor coach space.) Please call the Center by **December 4** if you would like us to order a bag lunch for you to bring on the trip for **\$5.00**.

Oberammergau Passion Play and Sightseeing trip, September 5 – 13, 2010: If anyone is still interested you must call me at 978-443-8320 regarding the availability of space on the trip.

Florida Getaway, February 27 to March 12: We are still hoping for at least 10 more participants since we must have a minimum of 35 in order to run this trip. As of this writing (early October) we have 25 people signed up. It should really be a great trip so let's hope it picks up a little more steam and really takes off.

Please remember checks only, no cash. Please feel free to call me at home 978-443-8320 with any questions, concerns or suggestions regarding the trip program.

Happy thanksgiving to all,

Carmel

Concert to Benefit Seniors and lower our carbon footprint
Sunday, December 13 at 3:00
Goodnow Library

Ben Warwick, a Sudbury middle school student, is raising money to purchase compact fluorescent light bulbs for seniors. He was inspired by his positive reaction to the Bridges program at the Haynes School.

Ben will play cello, Helen Kim on piano, Joel Dawson on violin and viola, Stephen Centruria on clarinet and Wayne Hall on piano.

The exact order and details of the program are not finalized, but the concert will feature pieces by Bach, Saint-Saens, and Tchaikovsky, followed by Christmas songs.

Admission is **\$5** per person or **\$10** for a family, and the entire proceeds will go to purchase compact fluorescent light bulbs for seniors in Sudbury.



Flu Clinics Rescheduled!!!!

Flu clinics sponsored by the Sudbury Board of Health and administered by Parmenter Healthcare will be held at the Sudbury Senior Center in **November**. The immunization will be for the regular influenza, not the H1N1 version.

Thursday, November 5 from **9:00 to 1:00** will be for people whose last names begin with **A-L**. (To minimize wait times, A, B and C should arrive at 9:00; D, E, F at 10:00; G, H, and I at 11:00; and J, K, and L at 12:00.)

Monday, November 9 from **9:00 to 12:00** will be for those whose last names begin with **M-Z** (To minimize wait times, M, N, and O should arrive at 9:00; P, Q, R, and S, at 10:00; and T, U, V, W, X, Y, Z at 11:00.)

The shots are for Sudbury residents aged 65 and older or who have a chronic medical condition (a doctor's note is required).

Pneumococcal immunization shots will be available during the clinic for those with a doctor's order.

Please note: Bring with you your Medicare and your HMO health insurance card (if you have one).

➡ Please wear a short-sleeved or roll-up sleeve shirt.

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

TRANSPORTATION

Van Transportation: This door-to-door, handicapped accessible service is available **Monday through Friday from 9:00 AM to 3:30 PM**. On the last Monday of the month we provide transportation to a shopping location outside of Sudbury. Call the Senior Center by 9:00 AM to schedule a ride for that day. The van travels within Sudbury and to some destinations close to Sudbury's borders. The cost for in-town trips is **\$1.00** each way, and \$2 each way for out-of-town trips.

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

HEALTH SERVICES

Blood Pressure Clinic: The Senior Center, in conjunction with the Board of Health and Parmenter Health Services, offers weekly **free** drop-in health clinics. Clinic hours are **Tuesdays 8:00-9:00** and **noon to 1:00**. **Free** blood sugar testing is also provided each **Tuesday from 8:00-9:00**. No appointment is necessary.

Medical Equipment Loan Closet:

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

CONSULTATION

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

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

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

IN-HOME SERVICES

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

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

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

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

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

NUTRITION

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

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

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

Menus: 978-639-3278

Trip Information: 978-639-3277

Cancellation Line: 978-639-3276

Come to our annual

Pancake Breakfast

Saturday, November 7

8:00 to 10:30

Fairbank Community Center Gym
40 Fairbank Road

Featuring the famous...

- * Gristmill Pancakes
- * Wayside Sausages
- * Starbucks Coffee
- * Raffle Prizes

Advance tickets are on sale at the Senior Center for **\$4.00** per person (\$5.00 on the day of the breakfast.)

Great raffle prizes! You do not have to be present to win. Tickets are \$1.00 each or 6 for \$5.00.

The Pancake Breakfast benefits **F.I.S.H.***, a volunteer program that provides free transportation to medical appointments for Sudbury residents.

In 2009 **F.I.S.H.** arranged for 1,708 medical rides.

**F.I.S.H.* stands for *Friends In Service Helping*. *F.I.S.H.* is a program of the Sudbury Senior Center.