

A PUBLICATION OF THE SUDBURY SENIOR CENTER: THE PLACE FOR THE *NEW* OLDER ADULT

The Senior Strutters present
their 15th annual musical:



Rehab Rhapsody



Saturday November 18,
7:30 PM
Sunday, November 19,
2:30 PM

Curtis Middle School
22 Pratts Mill Road, Sudbury
(Handicapped accessible)

Donation*: \$10 (children under 12, \$5)

Tickets available at the door or
Sudbury Senior Center
40 Fairbank Road

*Proceeds benefit the Sudbury Senior Center

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Golden Tones Open Rehearsal

Come watch, and sing along if you like. The renowned Golden Tones sixty person elder chorus will hold an open rehearsal here **Tuesday, November 14** from **10:00-11:30**.

The chorus, founded in 1988 by professional singer Maddie Sifantus, feature senior singers from communities all around the area, including Sudbury. Hearing their music fill a room lifts your spirits and makes you want to dance. The event is **free**.



Need help paying for heat this winter?

The federally funded fuel assistance program provides a benefit to income eligible persons who need help paying for heat. The application requires documentation of income and other information. For a person living alone, the maximum income to be eligible is \$19,140, for two persons living together, the income maximum is \$25,660. The maximum income level increases for larger families. Persons who are eligible for fuel assistance may also receive discounts on electricity, heating fuel and other utilities. To apply, please make an appointment with Debra Galloway at 978-443-3055.

Outreach Calls

Your telephone may ring some time in the next few months, with someone from the Senior Center on the other end of the line. It may be Debra Galloway, the Senior Center Information and Referral Specialist, or Ruth Mori, our Public Health Nurse.

Their call is part of a new project to reach out to seniors in Sudbury, offering them service, asking if they would like to be on the new Emergency Assistance List, and finding out what else they might like from the Senior Center staff.

Don't worry, this isn't a sales call! The Senior Center has lots of free services and programs, but many people aren't aware of all we do. So when your phone rings, please tell us what you think and what you need!

COUNCIL ON AGING

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MISSION STATEMENT

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

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Remembering Pearl Harbor

Sixty-five years ago, Japan's attack on Pearl Harbor on December 7, 1941 was one of the most momentous events of the twentieth century. Admiral Yamamoto achieved a major tactical victory at Pearl Harbor, but not the strategic knockout blow he had hoped for.

Japan's attack on the Hawaiian Islands globalized the Second World War, as within days both Germany and Italy declared war on the United States as well. What followed was the most destructive conflict in world history.

Join us on **Monday, November 6**, at **2:00 PM** for a fascinating presentation on Pearl Harbor with Dr. Gary Hylander, professor of American History at Stonehill College.

This presentation is **free** in honor of our veterans, but because seating may be limited, we request that you call 978-443-3055 to reserve your seat.



HOLIDAY BAZAAR

Saturday, November 18
9:00 AM to 1:00 PM

ADMISSION FREE

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

Wonderful handmade gifts, attic treasures and baked goods will go on sale at the Sudbury Senior Center at **9:00 AM**, one hour earlier than usual so everyone can come and shop early! As usual, there will be Children's Activities put on by the students from Curtis Middle School and our popular Basket Raffles and Cookie Bar.

You can help! Bakers are needed to bake **cookies, brownies, breads** and **cupcakes** for sale. We ask only that you include a list of ingredients (no nuts, please) and drop the goodies at the Senior Center either on Friday November 17, or Saturday morning after 8:30AM.



Flu Clinics

Flu clinics sponsored by the Sudbury Board of Health will be held at the Sudbury Senior Center on two Tuesdays in November.

November 7 from **11:00** to **3:00** will be for people whose last names begin with **A-L** (To minimize wait times, A, B, C should arrive at 11:00; D, E, F at 12:00; G, H, I at 1:00; and J, K, L at 2:00.)

November 14 from **12:00** to **4:00** will be for those whose last names begin with **M-Z**. (To minimize wait times, M, N should arrive at 12:00; O, P, Q at 1:00; R, S, T at 2:00; and U, V, W, X, Y, Z at 3:00.)

The shots are for Sudbury residents **aged 65 and older** or who have a chronic medical condition.

An especially important part of this year's flu clinic will be the ability to be immunized against pneumonia. It is highly recommended that everyone receive this protection. 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).



Ancient Celestial Voices

Continue the age-old tradition of listening to ancient stories from cultures all over the world at this entertaining two-session presentation on **Mondays, November 27** and **December 4 at 2:00** in the Senior Center.

Ed Jameson, the retired planetarium director from the Natick public schools, will speak on how stories from long ago have woven themselves into the fabric of our modern age and how they still "speak" to us today.

These seminars will be illustrated with projected images, audio tracks, and a "starry night" planetarium show using computer software. The cost for the series is **\$20**. Reservations are required, by calling 978-443-3055.

Pickleball

Kind of like tennis, but on a smaller court. Kind of like ping-pong, but without a table. Kind of like badminton, but played with paddles and a large-size whiffle ball . . . that's Pickle-ball! The game gives a good work-out, but also involves strategy and teamwork. If you like any of the games listed above, you'll have fun with Pickle-ball. It's **free**.

Pickle-ball will be played at **1:00** on **November 14** and **28**. If you'd like to try, call the Sudbury Senior Center to let us know you're coming (or just come!)



Soup's On: Ethical Wills Thursday, November 16

Who are you? What are your highest values? What message would you like to pass on to future generations? An Ethical Will is a way of preserving life experiences and of passing on personal values and experiences to others.

An Ethical Will, which is not a legal document, is a means of recognizing that a personal legacy is often as valued as a financial legacy, and is beneficial both for the writer and the person(s) to whom it is written.

Writing an Ethical Will can occur at various life stages. Examples include anticipation of the birth of a child or grandchild, becoming "empty nesters", at graduations or weddings, or at times of crisis.

This presentation will provide an overview of the history of ethical wills and offer strategies and resources for creating and preserving these documents.

The presenter will be Mary Swanson of Kindred Healthcare and Walden Rehabilitation Center in Concord.

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.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY



Creating a Disaster Kit

Disasters are not common in Sudbury. We experience power outages, snowstorms and occasional hurricanes but not “disasters”. We are fortunate that this is true, but should not let it lull us into complacency. In light of recent world and weather events, we know that the possibility for some sort of disaster or emergency, though slight, does exist here.

But how do we prepare? What will we need if we are confined to our homes for a few days, or if we are asked to evacuate?

In an emergency it can be hard to think straight and time to respond may be short. It can be crucial to have a “disaster kit” or emergency “Go” bag already packed: a supply of food, water, first aid supplies and more, that can be used in the home or transported easily should we need to leave in a hurry. Along with a Family Disaster Plan, the “Go” bag is a key feature of planning ahead and being ready for an emergency.

A “Go” bag or disaster supply kit is a portable container, such as a duffle bag or backpack, that can be brought with you to an evacuation site or used to sustain you if you are confined to your home. What should your kit contain? You should stock these basics in your kit: water, food, first aid supplies, clothing/bedding, important phone numbers, tools and emergency supplies and special items. You may also want to keep a smaller amount of the same items somewhere in your car.

Probably the most difficult part of creating a disaster kit is starting the process! Since the whole idea is to be prepared *before* an emergency, the time to start is now. If you would like some inspiration or more details on what to do, come to our workshop on creating a disaster kit. Red Cross speaker, Irene Rusu, will provide guidance and tips for preparing a kit that is practical and portable.

Our presentation **Your Home Disaster Kit** on **Monday, November 20**, at **2:00 PM**, is **free**, but please call ahead to let us know you are coming.

The Red Cross has supplied the Senior Center with a variety of disaster planning guides. If you have any questions, or to receive a guide, please call Debra Galloway at the Senior Center at (978) 443-3055 or e-mail her at gallowayd@town.sudbury.ma.us.

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NOVEMBER 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		8:30 Fit for the Future 9:00 Cribbage 9:30 Middle East 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	9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:00 Pizza 12:30 Movie: <i>Mrs. Palfrey at the Claremont</i>	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
6	7	8	9	10
<i>Van trip to Natick Mall/ Olive Garden</i> 7:45 Foxwoods Trip 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Balance & Flexibility 1:30 Water aerobics 2:00 Remembering Pearl Harbor	Election day: Vote! 9-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:00-3:00 Flu Shot Clinic for A-L 12:30 Bridge 1:00 Themes in Piano Music 4:00 COA Board	8:30 Fit for the Future 9:00 Cribbage 9:30 Middle East 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting studio 8 1:00 Bridge lessons 1:30 Water aerobics	9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 10:30 T'ai Chi Practice 1:00 Healthy Eating/Healthy Living	 Veteran's Day Senior Center Closed
13	14	15	16	17
<i>Van trip to Ocean State/ Kennedy's Pub</i> 9:30-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 11:30 Bridges Celebration 1:00 Balance and Flexibility 7 1:30 Water aerobics	9:00-9:30 Parmenter Clinic 9:00 Cribbage 10-11:30 Open Rehearsal Golden Tones 12:00 Lunch 12:00-4:00 Flu Shot Clinic for M-Z 12:30 Bridge 1:00-2:00 Pickleball 1:00 Themes in Piano Music	8:30 Fit for the Future 9:00 Cribbage 9:30 Middle East 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	9-12 SHINE 9:30 Tap Class 9:30 Wayside Inn sign-up 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:00 Soup's on: Ethical Wills	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
				<i>Saturday, November 18</i> Holiday Bazaar <i>November 18 & 19</i> Rehab Rhapsody
20	21	22	23	24
<i>Van trip to Christmas Tree/Shrewsbury/Brittney's</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 11:30 Bridges Celebration 1:00 Balance & Flexibility 2:00 Your Home Disaster Kit 1:30 Water aerobics	8-9:00 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge	8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 L/S High Thanksgiving Luncheon 12:30 Informal Quilters 1:00 Bridge Lessons 1:30 Water aerobics	 Thanksgiving Senior Center Closed No van service	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
27	28	29	30	
<i>Van trip to Walmart Hudson/99 Restaurant</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 2:00 Ancient Celestial Voices 1:30 Water aerobics	9-9:30 Parmenter Clinic 8:30 Boar's Head trip 9:00 Cribbage 11:30-1:00 Parmenter Clinic 12:00 Lunch 12:30 Bridge 1:00-2:00 Pickleball 1:00 Probate Court Talk	8:30 Fit for the Future 9:00 Cribbage 9:30 Middle East 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	9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 10:30 T'ai Chi Practice 1:00 Healthy Eating/Healthy Living 3:00 Friends meeting	

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
October 31	November 1	November 3
Pumpkin bisque soup, Baked ham w/spiced glaze Scalloped potatoes Apple crisp	Chicken marsala Brown rice Broccoli Peach smoothie	Beef steak/ mushroom gravy Mashed potatoes Green beans Mixed fruit
November 7	November 8	November 10
Chicken w/Lemon Mustard Sauce Cream of Broccoli soup, Brown rice	Yankee Pot Roast Mashed Potatoes Carrots, Rye bread Fresh Fruit	Veteran's Day Holiday – Center closed
November 14	November 15	November 17
Beef Steak w/Stroganoff Seasoned rotini Cream of Spinach soup, Oatmeal bread, Pineapple	Roast Turkey/gravy Stuffing, Mashed Potatoes, Roll Peas w/onions Pumpkin pie or Bkd Cranberry Sce.	Fish Wedge Tomato Cabbage Soup Hamburger bun Parslied Potatoes Pears
November 21	November 22	November 24
Broccoli Bake Veggie Kale soup O'Brien potatoes Bread, Fig bars	Meatballs/sauce and Sub Roll Ziti Vanilla pudding	Burgundy Beef Tips Oven Rst. Potatoes Peas, Oatmeal bread, Pineapple
November 28	November 29	
Cheese Lasagna w/ Tomato sauce Broccoli Whole Wheat Bread Fresh Fruit	Baked Fish w/ Newburg sauce Rotini, Kale Dinner Roll Brownie	

Movie
Thursday, November 2
12:30

Mrs. Palfrey at the Claremont
1 hr. 48 min.

Mrs. Palfrey (Joan Plowright) is living alone and lonely in a London retirement hotel, when she has an accident outside the basement flat of a young writer. This fateful introduction is the beginning of an unusual friendship. The two discover they have a lot more in common with each other than they do with other people their own age. The writer inadvertently leads Mrs. Palfrey through her past, while Mrs. Palfrey inadvertently leads the writer to his future.

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). The movie itself is **free**.

F.Y.I. - Universal Health Care Talk "The Real Way to Universal Health Care" will be Dr. Marcia Angell's topic on Sunday, November 12, 2:30 P.M. at the Goodnow Library, sponsored by the League of Women Voters of Sudbury. For information, call Judy Deutsch at (978) 443-8609.



Major Themes in Piano Music

The series continues with:

November 7, 1:00 Ragtime, the Blues, and Gershwin

Gain a new appreciation for syncopation in the Maple Leaf Rag, then “get down” with a live demonstration of the blues piano. This class will also include video clips and recorded examples.

November 14, 1:00 Melody: The Source of All Music

This lecture ties together the themes of harmony, form, and style from the first four lectures. Songs by Cole Porter and Hoagy Carmichael will be introduced. And since melody is often connected to lyrics, there will be a sing-along at the conclusion of the class.

There may be room to audit these last two classes for \$10 a class.

Call for information.



**Wayside Inn
Christmas Dinner
Tuesday, December 5**

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 Thursday, November 16**. Please bring the registration form below, and a check for **\$14.00** 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 up to four people, but all must be from Sudbury.

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 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.



Probate Court

Ever wonder what goes on at the Middlesex Probate Court? Get practical suggestions on how to avoid family problems over wills from John Buonomo, Court Register, come find out at our **free** presentation on **Tuesday, November 28 at 1:00**. The short talk will be followed by a question and answer period. Call to sign up.



Untangling Medicare Part D

Come join the audience for a televised information session on important changes to Medicare Part D for 2007, changes to Medicare Advantage Plans, and new prescription drug coverage options. SHINE Counselor Kathy Worhach will explain it all **Thursday, November 2 at 10:00** in the Town Hall auditorium. The event is **free**, but please reserve your seat by calling 978-443-3055.

Wayside Inn Christmas Dinner
Reservation Form



Name(s)	Telephone	Salmon	Pot Roast

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

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 84 hours of service to Sudbury in 2007, you may qualify for this program.

Participants earn \$500 toward their 2007 property taxes by serving in a variety of jobs that support Town departments. Past placements have been with the Senior Center, the schools, the library, the DPW and more.

Tasks have included accepting and filing permits, word processing, clerical work, organizing files, collating and envelope stuffing, serving as receptionist, drafting, building maintenance, and technology-inspired jobs such as installing software and writing training manuals.

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 40 positions. First round interviews will be held during November, and final interviews will be made with 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. ads

The program begins January 1, 2007. 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.



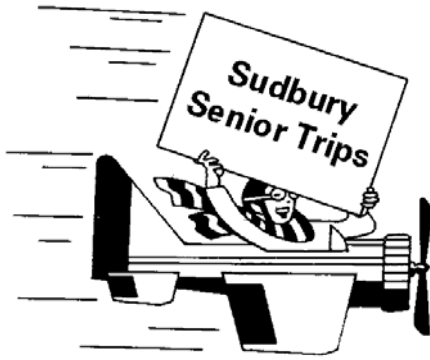
Friends of Sudbury Seniors

Fun and fundraising . . . that's what the **Friends** group is all about! The group meets each month on the **fourth Thursday** at **3:00** in the Senior Center.

Many people don't realize that only 60% of the Senior Center's annual operating budget comes from the Town of Sudbury. The remaining 40% comes from foundations through grants, and from organizations like the Friends.

One example of the support provided by the Friends is underwriting the cost of mailing this newsletter to everyone aged 60 and older in Sudbury, free of charge. The *Sudbury Senior Scene* is a vital link between the programs and services offered at the Senior Center and those who want to participate.

Come join us, and be a Friend!



Dear Traveling Friends,

A very Happy Thanksgiving to you all. Our 2007 travel season is starting off with two great trips, and more trips are in the planning stages. Watch for the annual trip brochure soon!

Florida Snowbird Escape: Join Sudbury Senior Trips **March 1-16, 2007** for a gala excursion to the sunny state. It includes 18 meals, dinner theatre, a dinner cruise, trip options as well as 10 wonderful "sun-filled" days in a lovely beachfront hotel in St. Petersburg, Florida.

The bus will travel via Fredricksburg, VA and South Carolina, arriving on the third day for ten nights at the Dolphin Beach Resort located right on St. Petersburg Beach. Each room has a microwave and a fridge, and you'll receive four breakfast coupons to be used during your stay.

Optional tours may include Busch Gardens, the Florida Aquarium, Lowery Park Zoo, local flea markets, Saratoga Springs, and lots more.

On day 13, the bus leaves for a return by way of historic Savannah, Georgia, where we'll

tour the city on a trolley, followed by a dinner and show at the Savannah Theater. After our night's stay in Savannah, we'll return home by way of Fredricksburg.

The cost for the Snowbird Escape is \$1,799 pp/dbl, \$1,699 pp/triple, and \$2,399 for single. A deposit of \$276 is due by **November 13**, and includes a \$76 non-refundable fee for group insurance. Full payment is due by **January 10, 2007**. Make checks payable to **Scout Tours**.

The Incredible Acrobats of China: February 27 Performers from the New Shanghai Circus will appear at the Mohegan Sun Casino. Our trip cost is \$69.95* and includes transportation and a casino package: a food coupon and two free bet coupons. These amazing acrobats have appeared all over the world to sell-out audiences. This is surely a show not to be missed and expected to be a fast sell-out. For this reason, we will probably only be allowed one bus. Please sign up early if you are interested.

*Note: Best of Times will offer a 100% refund if the "company" has to cancel this show due to severe winter weather.

Our last two 2006 trips are both to the Williams Inn up in the Berkshires for a **Boars Head Christmas** celebration, as well as a visit to the Berkshire Museum to see their 200 decorated Christmas trees, November 28 and 29. The November 28th trip is completely sold out so we put on another trip for November

29th which is also selling out (as of this writing in early October). We are taking a wait list for November 28th at this time. If you have a last minute interest in either of these dates please check with us. You may pick up a flyer from our trip rack. Cost is **\$69.00** and we expect them both to be to be great fun.

Carmel O'Connell



Cultural Trips

Harvard University is the site of one of the gems of America: The Fogg Art Museum. Opened to the public in 1895, the Fogg is Harvard's oldest art museum. Around its Italian Renaissance courtyard are galleries illustrating the history of Western art, with particular strengths in Italian early Renaissance, British pre-Raphaelite, and nineteenth-century French art.

The Wertheim Collection, housed on the second floor of the Fogg, is one of America's finest collections of Impressionist and post-Impressionist work. The museum will soon be packing away its treasures to prepare for closure for renovation, so this may be your last chance for a while.

We'll visit this museum **Thursday, January 25**. The trip includes transportation, a docent-led tour of the museum, and lunch at a nearby restaurant (to be determined). We have a limit of 40 participants. More details will be available soon, but in the meantime, add your name to our interest list.

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.

A monthly publication from the

SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

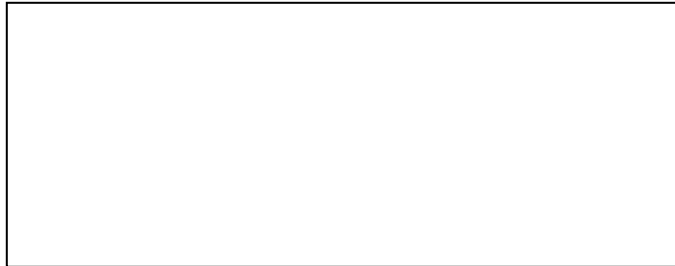
40 Fairbank Road

Sudbury, Massachusetts 01776-1681

on the web at:

http://sudbury.ma.us/services/department_home.asp?dept=SeniorCenter

Change Service Requested



U.S. POSTAGE

PAID

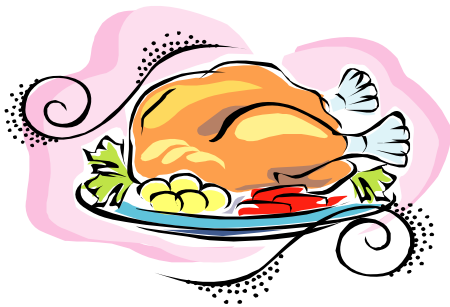
Sudbury, MA

PERMIT NO. 141

PRESORT STANDARD

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

Senior Center hours: Monday through Friday, 9 AM to 4 PM/Van Service Hours: Tuesday through Friday, 8:00 AM to 3:00 PM



Annual Senior Citizen Thanksgiving Luncheon

Lincoln/Sudbury
Regional High School

Wednesday, November 22

at Noon

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

Dinner with all the fixings will be served at noon in the high school cafeteria.

Entertainment is included, and there is **no charge**.

Reservations are required! Call the Sudbury Senior Center at 978-443-3055 by **Monday, November 13.**

A big thank you to Tom Danko, Grace Gunderson,
and all the students and staff from the MLK Action project.

Happy Thanksgiving to Everyone!