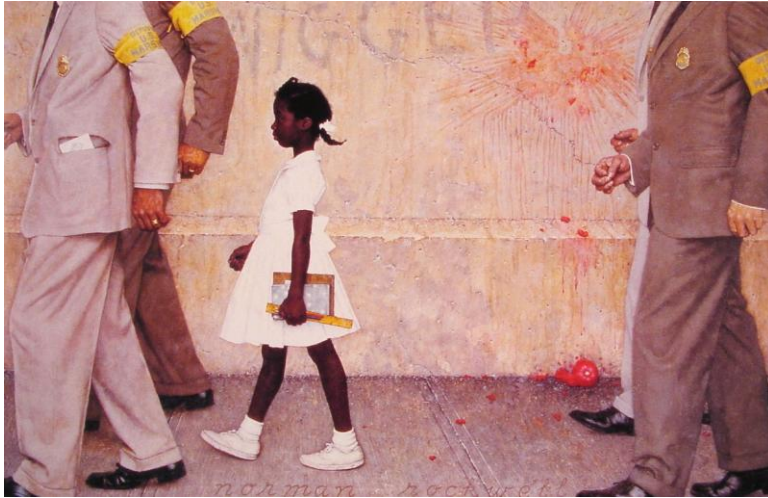


A PUBLICATION OF THE SUDBURY SENIOR CENTER: THE PLACE FOR THE *NEW* OLDER ADULT



The Problem We All Live With
Norman Rockwell, 1963

**American Art:
Cultural Nationalism in America 1820-1950**
Wednesdays, Oct. 5 – Nov. 16, no class Oct. 19
1:30 PM
\$30

The fall offering in American Art by Donald Oasis will chronicle the rise of *Cultural Nationalism* from the Hudson River School of painting to the works of Norman Rockwell. After the American Revolution, traditional religion lost many followers. America came to assert its cultural independence from Britain. This style of art became distinctively and singularly American in taste. The "new" American Cultural Nationalism was not only in the form of paintings but also in literature and music. Noah Webster, James Fenimore Cooper, Walt Whitman and Washington Irving were some of the authors involved.

Their influence on the American psyche was important in directing us into the country we have become. Two lectures, the 3rd and 4th, will highlight the subtle changes in art, music, literature, photography, and sculpture which culminated in changing the American character. The seven artists who will receive the most attention during this survey are: George Caleb Bingham, William Sidney Mount, Frederic Remington, Charles Russell, Eastman Johnson, Reginald Marsh, and Norman Rockwell.

Please make your **\$30 checks payable to Sudbury Senior Activities** when you register. Call the Senior Center for more information at (978) 443-3055.

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FROM THE CHAIR OF THE COUNCIL ON AGING, DAVID LEVINGTON:

We're really proud of the survey we completed this summer, entitled "OUTREACH TO THE OLDEST". We were able to interview over 100 Sudbury residents age 85 or older, and we learned a lot, some of it unexpected!

The major purpose of the survey, which was funded by a federal Title III grant from BayPath Elder Services, was to find ways the Senior Center could be more supportive; what are the unmet needs, what are the health problems, transportation issues, and so forth. And, we found answers. There are a number of "The Oldest" who were unaware of services we offer, and also a number who have needs we didn't know about. The surprise, at least to me, was that we also found a great group of interesting, active folks who are getting along just fine! To give you a picture, here are some responses, based on 104 interviews:

- 89 get out regularly
- 72 have lived in Sudbury 40 years or more (some much more)
- 86 report that someone checks on them regularly
- 53 use a computer
- 81 participate in town elections
- 76, when asked what services would help them remain in their residences reported "none" (or left the answer blank).
- 78 when asked what would make it possible for them to participate at the Senior Center replied either "active", "nothing" or left the answer blank.
- 91 stated that transportation was not an issue
- 87 do not need assistance managing daily activities
- 55 either walk or use exercise equipment, and almost all the others exercised in some way.

I was one of a dozen or more volunteer interviewers, and had a great time. I did see some old friends, but mostly people I'd never met, and every interview was enjoyable. We tend to think of "elderly" and "frail" as going together, but it's pretty clear that in Sudbury that isn't always the case. Our oldest neighbors may not be skateboarding, but most are living an independent life and finding sources of enjoyment.

We went looking for those who could use some help, and we found them. But we also found a rich resource of elders, who are active in their families, their churches and synagogues, and in our community. And it was also gratifying to hear their almost unanimous words of support and appreciation for our Senior Center.

COUNCIL ON AGING

CHAIRPERSON:

David Levington

BOARD OF DIRECTORS:

- John Beeler
- Elizabeth David
- Robert Diefenbacher
- Marilyn Goodrich
- Susan Kasle
- Mary-Lee Mahoney-Emerson
- Robert May
- Sam Merra

**SUDBURY
SENIOR CENTER
STAFF**

DIRECTOR

Debra Galloway

**ADMINISTRATIVE
ASSISTANT**

Claire Wigandt

**INFORMATION AND
REFERRAL**

Anne Manning

RECEPTIONIST

Jean Taylor

**SENIOR COMMUNITY
WORK PROGRAM
COORDINATOR**

Peg Whittemore

S.H.I.N.E. COUNSELORS

Kathleen Fitzgerald

Kathleen Woerhling

MEALSITE MANAGER

Debbie Peters

TRIP COORDINATOR

Carmel O'Connell

VAN DRIVER

Linda Curran

VOLUNTEER

COORDINATOR

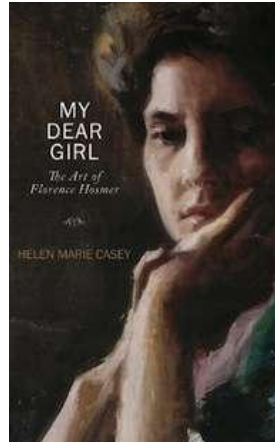
Ed Gottmann

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.*



The Making of
My Dear Girl: The Art of Florence Hosmer

Tuesday, October 11, 2:00 PM
with Sudbury Author, Helen Marie Casey

Florence Arnes Hosmer, born in 1880, was a farmer's daughter determined to succeed as an artist. Acclaimed in the early part of the twentieth century, she has fallen almost entirely from view. This book tells the story of how Miss Hosmer, a feisty New England woman, painted her way through the new century and created well more than five hundred works. Join us for a presentation by Helen Marie Casey, Sudbury resident and author, as she discusses the making of her new book, *My Dear Girl: The Art of Florence Hosmer*.

Helen Marie Casey is a long-time member of the League of Women Voters, the National Writers Union, and the New England Poetry Club. She serves on the board of the Boston Authors Club and has served on the board of The Learning Center for Deaf Children as well as Sudbury's Fin Com. She is the author of two poetry chapbooks, *Inconsiderate Madness* (Black Lawrence Press) and *Fragrance Upon His Lips* (Finishing Line Press) as well as a monograph, *Portland's Compromise: The Colored School 1867-1872*. Her newest book is a biography of the Sudbury artist, Florence Hosmer, entitled *My Dear Girl: The Art of Florence Hosmer*, available from both Black Lawrence Press and Amazon.

This presentation is free, but please call (978) 443-3055 to let us know that you are coming so that we can prepare the room.



Teen Tech Help

Wednesday, October 12, 2-4pm



Need help with special features on your cell phone? Hoping to get faster at emailing your family? Two student volunteers from Lincoln-Sudbury High School will be here to give you one-on-one assistance. Sign up for a 30 minute time slot by calling (978) 443-3055.



Soups On!

Understanding Osteoporosis

With Dr. Paula Cerasuolo

Thursday, October 20
12:00 Soup
12:30 Speaker

Osteoporosis is a preventable disease for most people, if they take the necessary steps throughout their lives. Contrary to popular belief, osteoporosis is not a disease of the elderly.

Osteoporosis and low bone mass are currently estimated to be a major public health threat for almost 44 million women and men. Dr. Cerasuolo, a Marlborough chiropractor, and founder of Advanced Wellness and Chiropractic Care, will discuss methods that will help to prevent osteoporosis.

Homemade soup, salad and bread are served at 12 noon. 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. To reserve soup, call before 4:00PM on October 19.

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.



Crafts Bazaar Sat., October 15 9:00 – 12:00

One part yard sale, one part bake sale, and one part crafts boutique. Start your holiday shopping early – whether it's something to keep warm, something to sparkle or something yummy – you will find it at our Bazaar!

If you have good quality jewelry, crafts, household items (though not large items), please bring them to the Senior Center by Friday, October 14 at 4:00 PM. We love your freshly baked cookies and other goods – though please refrain from bringing items with peanut butter or nuts, please.

Proceeds from the Bazaar are donated to the Friends of the Sudbury Seniors. The Bazaar is operated by Martha Dow and Thursday Crafters Group and the Friends of Sudbury Seniors team.



Fall Prevention and Recovery Workshops

October 25, November 1
10:00 AM
Sue Rushfirth, RPT

Either you're thinking "it won't happen to me", or you're thinking "it's going to happen to me"! Why not learn more about the risks of falling and the methods for preventing or recovering from a fall? How does fear play a role in possibly increasing risk? How does good lighting decrease risk?

Sue Rushfirth, a Registered Physical Therapist at Parmenter Community Health, will share her insights into the psychology of fall risk, the physical aspects and how to decrease risk and increase strength and balance in the first workshop.

The second workshop in the series will feature training on what to do if you have fallen (because it may happen even with the best of prevention). Learn what to do if you fall – whether to get up, when to call for help and more.

Please call (978) 443-3055 to register for these free workshops. Hopefully, you will be able to attend both workshops, but if not please let us know.

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
ANNE MANNING

Some Truths About Grief

- Grief is a normal and natural reaction to the death of a loved one.
- Few of us are prepared for the long journey of grief that is at times devastating, frightening, and lonely.
- Grief has been compared to a raw, open wound. With great care, it eventually will heal, but there will always be a scar.
- No two people grieve the same way.
- In order to move beyond your grief, you must “work” at it. There is no alternative.
- It is not selfish to be self-caring. Your loved one would have wanted you to be.
- You should not try to make major decisions during the early stages of your grief. Your judgment at that time is not as clear as it is normally.
- Grief work takes much longer than most people expect.
- Take each hour, each day, each week, each month, each year-one at a time.
- The best therapy for your grief is to find people who will listen to you tell your “grief story” over and over.

Local Bereavement support groups:

Holy Family Parish


55 Church Street, West Concord
Every other Wednesday evening
7:00-8:30 PM
Sister Rose Marie at 978-369-7442

Callahan Senior Center

154 Pearl Street, Framingham
Mondays, 10:00-11:30 AM
Rick Barton, at 508-424-0730

For further information about Bereavement groups, or other resources, please contact Anne Manning, Information Specialist at (978) 443-3055 or manninga@sudbury.ma.us.

OCTOBER 2011

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 9:00-2:30 I&R Hours 11:00 Fit for the Future 11:00-12:30 Bridges Training Session 1:00-2:00 Bridges Liaison Training 1:00 Better Balance (3) 2:00 Powerful Tools for Caregivers (4) | <i>John Adams Cultural Trip</i> 4 8-9:00 BP Clinic 9:00 Cribbage 9-12 SHINE 9:30 Walking Club (2) 9:40/11:00 Yoga (3) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:30 Cultural Trip luncheon 3:30 COA Board Meeting at Longfellow Glen | <i>North Shore Music Theatre</i> 5 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 9:30 American Revolution DVD class (4) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:00 Zumba 55+ 1:30 American Art (1) | 6 9-12 SHINE 9:30 Tap Class 10:30 The 1960s (2) 9:45 Thursday Crafters | 7 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Watercolors (4) |
| 10 Columbus Day Holiday – Senior Center Closed  | 11 8-9:00 BP Clinic 9:00 Cribbage 9-12 SHINE 9:30 Walking Club (3) 9:40/11:00 Yoga (4) 10:00-12:00 Legal Clinic 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 2:00 <i>The Making of My Dear Girl</i> – Helen Marie Casey | 12 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 9:30 American Revolution DVD class (5) 11:00 Fit for the Future 12:00 Lunch 12:30 <i>No Quilting</i> 1:00 Zumba 55+ 1:30 American Art (2) 2:00-4:00 Teen Tech Help | 13 9-12 SHINE 9:30 Tap Class 10:30 The 1960s (3) 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Jane Eyre</i> | 14 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch <i>No Watercolors</i> Saturday: <i>Crafts Bazaar – Sat. 9-12</i> |
| 17 9:00-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 1:00 Better Balance (4) 2:00 Powerful Tools for Caregivers (5) | 18 8-9:00 BP Clinic 9:00 <i>Men's Breakfast</i> 9:00 Cribbage 9-12 SHINE 9:30 Walking Club (4) 9:40/11:00 Yoga (5) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge | 19 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 9:30 American Revolution DVD class (6) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:00 Zumba 55+ <i>No American Art</i> | 20 9-12 SHINE 10:30 The 1960s (4) 9:30 Tap Class 9:45 Thursday Crafters 12:00 Soup's On: Understanding Osteoporosis – Dr. Cerasuolo | 21 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Watercolors (5) |
| 24 9:00-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 1:00 Better Balance (5) 2:00 Powerful Tools for Caregivers (6) | 25 8-9:00 BP Clinic 9:00 Cribbage 9-12 SHINE 9:30 Walking Club (5) 9:40/11:00 Yoga (6) 10:00 Fall Prevention Workshop (1) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge | 26 8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&R Hours 9:30 American Revolution DVD class (7) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio 1:00 Zumba 55+ 1:30 American Art (3) | 27 9-12 SHINE 10:30 The 1960s (5) 9:30 Tap Class 9:45 Thursday Crafters 3:00 Friends meeting | 28 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Watercolors (6) |
| <i>Special Van trip</i> 31 9:00-2:30 I&R Hours 11:00 Fit for the Future 1:00 Better Balance (6) | | | | |

LUNCH MENUS

A full lunch is served at the Sudbury Senior Center at noon on Tuesdays, Wednesdays and Fridays. A voluntary donation of \$2.00 per meal is requested. Please call by 10:00 AM the day before to make a reservation.

| TUESDAY | WEDNESDAY | FRIDAY |
|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| 4 Baked Fish/ Dill Sauce Sweet Potatoes Brussel Sprouts Rye Bread Cinnamon Apple Muffin | 5 Stuffed Shells w/ Tomato Sauce Spinach Italian Bread Chocolate Pudding | 7 Broccoli Bake Stewed Tomatoes Whole Wheat Bread Peaches |
| 11 Beef Stew Diced Potatoes Green Beans Whole Wheat Bread Lemon Grahams | 12 Split Pea Soup Baked Chicken w/ Lemon Mustard Sce Brown Rice Rye Bread/Fresh Fruit | 14 Chicken Tettrazini Penne Pasta Italian Green Beans Italian Bread Mandarin Oranges |
| 18 Roast Chicken w/ BBQ Sauce Red Bliss Potatoes California Blend Rye Bread Applesauce | 19 Cold Plate Corn Chowder w/ Crackers Deli Ham Cole Slaw Whole Wheat (2) Peaches | 21 Roast Turkey w/Gravy Mashed Potatoes Mixed Vegetables Rye Bread Blueberry Muffin |
| 25 Portuguese Kale Soup Baked Fish w/ Herb Sauce Mashed Potatoes Rye Bread Vanilla Pudding | 26 Diced Chicken w/ Alfredo Sauce Penne Zucchini/Red Peppers Whole Wheat Bread Fresh Fruit | 28 American Chop Suey Italian Green Beans Rye Bread Fruited Gelatin |
| Menu may change without notice. | <i>This program is made possible in part by funding</i> | <i>from the Executive Office of Elder Affairs.</i> |

Please note: The full five-day menu for home delivered meals is available on the Senior Center section of the Sudbury Town website.

**Movie and pizza
Thursday, October 13**

JANE EYRE



Jane Eyre

2 hours, 1 minute

Pizza: 12:00
Movie: 12:30

Rated PG-13

Driven from her post at Thornfield House by her love for her brooding employer and his secret past, young governess Jane Eyre reflects on her youth and the events that led her to the misty moors in this artful adaptation of Charlotte Brontë's novel.

Starring:

Mia Wasikowska, Michael Fassbender, Judi Dench, Jamie Bell

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**.



Get your newsletter by e-mail!

You can sign up yourself, or send your e-mail address to:

senior@sudbury.ma.us

and we will add you to our list.

Please let us know if you are would like to be removed from our hard copy mailing list. We appreciate saving the paper and postage cost.

Medicare Update

Open Enrollment – NEW DATES - Oct. 15 – Dec. 7

In the world of Medicare, things are changing. For the past several years, Medicare participants have spent November 15 through December 31 deciding whether to change their prescription drug plans and which type of Medicare insurance is best for them. This year, the Medicare “Open Enrollment” period is earlier – **October 15 through December 7**. The change in dates makes it easier for Medicare participants to complete their choice before the end of the year.

SHINE is a state program providing trained, unbiased volunteer counselors to assist Medicare participants with their insurance choices. Sudbury’s two Volunteer Counselors are Kathleen Fitzgerald and Kathleen Woerhling. Both are fantastic volunteers who are very well-trained and can provide information and guidance on drug plan choices and Medicare plans based on each participant’s situation.

Medicare participants have this special enrollment period to decide whether their current plan(s) is meeting their needs or they need to change. The basic options are: 1) traditional Medicare with an optional supplemental plan, *and* a separate drug insurance plan, or 2) a plan approved by Medicare but offered by a private company, perhaps an HMO or other plan, which often covers both health and drug insurance. Within these two basic choices are various options for supplemental plans and drug plans. If you have a retirement plan, you may have different variables to consider.

For those with standalone drug plans, most will be getting information from their drug insurance plans near the end of September or beginning of October. This is the time of year to evaluate how well the plan is working. Is it covering all prescriptions? Would a no deductible plan be better? Our SHINE Counselors can help you to make these choices.

You can begin to examine your options in October, although actual changes to your plan cannot be made until October 15. Call the Senior Center at (978) 443-3055 to schedule an appointment with one of our Counselors. Generally, you will want to schedule a 1 hour appointment for each person, so a couple would schedule an appointment for each individual.

The SHINE Counselors will generally be available for assistance on Tuesday and Thursday mornings from 9:00 – 12:00. Some additional hours will be added from mid-October through December 7.

If you are unable to make an appointment at the Senior Center for some reason, another option for assistance is to call **1-800-AGE-INFO (1-800-243-4636)**, then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible. Also, for assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call **1-800-MEDICARE**.

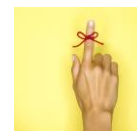


Senior Center Emergency Call List

Before severe weather events, the Senior Center tries to contact residents who are on our Emergency Call list. We checked to see that they were prepared for the storm and provided information about the scheduled opening of the Emergency Shelter at the Fairbank Community Center.

In general, we are calling people who may need assistance during a severe weather especially those with special needs or no contacts nearby. If you would like more information about our Emergency Contact list or would like to be added, please contact Anne Manning, Information Specialist, at (978) 443-3055 or manninga@sudbury.ma.us.

Looking ahead to November...



National Memory Screening Day

**Tuesday, November 15
9:00 AM – 12:00 PM**

Linda Sullivan, RN, our Public Health Nurse, will provide confidential memory screenings for those who register. The screening takes about 15 minutes. Please call to sign up at (978) 443-3055.

New Horticulture Program with Sudbury Park and Recreation...

Anna Wood, Adaptive Sports and Recreation Specialist, received grant funding for a [Therapeutic Horticulture program](#). A garden will be developed at the Fairbank Community Center and buckets planted outside the Senior Center. If you would like to be involved with this program, or could donate garden tools, please contact Debra Galloway at (978) 443-3055 or gallowayd@sudbury.ma.us.

Bridges Together

Seniors from all towns are invited to join Sudbury's intergenerational program **Bridges Together**. Spend an hour per week for 6 weeks sharing experiences and learning about 4th grade students in Sudbury, as you complete simple, fun projects together. See what amazing things are happening in our classrooms today and all that these vibrant students are learning. Participating in this program will certainly put a smile on your face and warm your heart!

An **Information/Training Session** will be held on **Monday, Oct. 3 from 11-12:30** at the Senior Center.

For more information, please contact Chris Hammer at 978-562-0760 or Andrea Weaver at 978-400-6813 or email: sudburybridges@gmail.com

Low Vision Safety Assessments

Is your vision compromised in some way? Do you realize that low vision increases the risk of a dangerous fall? Get free help!

The Carroll Center for the Blind in Newton has received a grant from the Tufts Health Plan Foundation's healthy aging programs to assist older adults with reduced vision. Certified mobility instructors will make a home visit to assess and fix safety concerns in the home.

If you are 60 years old or older and live in Mass., you are eligible for this free service. Contact Dina Rosenbaum at (617) 969-6200 x 238, or Dina.Rosenbaum@carroll.org.

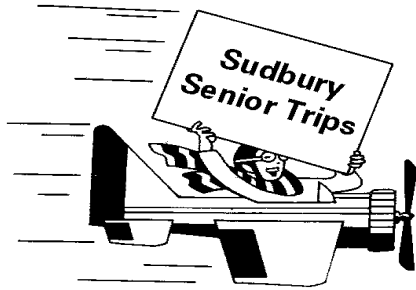
League of Women Voters Event *November 6, 2:30 PM* *Goodnow Library*

Can We Afford Not to Have Improved Medicare for All?

The League of Women Voters of Sudbury invites you to hear Senator Jamie Eldridge tell why he introduced the bill that would enact such a program; Professor Gerald Friedman of the University of Massachusetts-Amherst explains how it will save MA more than \$8 billion yearly; and Ben Day, Director of Mass-Care (the organization that works for single-payer health care in our state and nation) tells how we can work to get it enacted and implemented.

Please call 978-443-8609 for more information.

Ads



Welcome to Fall! Hopefully, Hurricane Season will soon be over and we can all enjoy the beautiful foliage this time of the year.

North Shore Music Theatre – *The King and I*

As we have had to turn our count in to the theatre for "The King and I" we can only take a wait list for this trip. For those on the trip we will be leaving the Center at 10:30. We will make a stop at the Woburn Mall for shopping and lunch before the show and should be back at the Center by 5:30 PM.

Foxwoods Trip

Our November 7th Foxwood trip has only a few people signed up as of this date. As you know, we had to raise our trip price to \$24.00. Several of you only sent checks for \$22 for our August trip. I guess you were unaware of the new amount. PLEASE try to remember the correct amount this time as we need it to cover the bus expense (especially if we have less than a full coach).

Another option when going to Foxwoods...

Have some of you who don't like to gamble ever thought of going on the Foxwoods trips and then boarding the free shuttle to the wonderful

Mashantucket Pequot Museum?

It is only a few miles down the road it is absolutely a great take-in. You must pay a fee at the museum but it is worth it. If anyone is interested, please call me for more information after September 28 or look it up on line at www.pequotmuseum.org.

Holiday Pops

Our final trip for the year will be to the 4PM, December 12th Holiday Pops performance at Symphony Hall in Boston. If you did not get your tickets from us by September 15th your seating will have to be the best available that I can get. I tried to reach as many of our wonderful travelling friends both by telephone and with our bulletin board notice to inform them that this year Symphony is not taking group deposits on blocks of tickets but required full payment at the time of booking. For us that was September 15th. We had 40 seats in Row B of the first balcony which could not be held after that date. Please leave your name at the Center and I will call anyone who after reading this notice would like to go and let you know what seats are available. Price will be ticket cost + transportation (see below).

For those who made the early deadline your ticket price is \$54.00 and I will let you know in the next newsletter what your motorcoach cost is (possibly \$20.00 or \$25.00, which will be due in early November). Our good friends at Wingate of Sudbury will be providing box lunches for us on this trip.

Suggestions

I am still very much open to your multi-day or one-day trip suggestions for next year. Just leave me a message at the Senior Center and I'll call you.

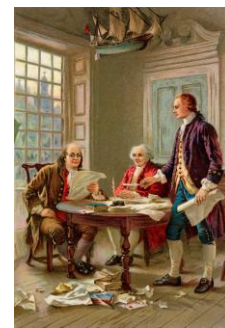
Carmel

Sudbury Cultural Trip

John Adams National Historic Park Tuesday, October 4 9:30-1:30

Visit the birthplace of two of our early presidents, John Adams and his son, John Quincy Adams, then tour the Stone Library.

The bus will depart from the Senior Center at 9:30 AM and return at approximately 1:30 PM. There will be an optional lunch and discussion at the Senior Center following the outing. Please let us know if you would like to attend the lunch. Make your \$40 check payable to Sudbury Senior Activities. For information, call (978) 443-3055.



Interest in Caregiver Series?

Our *Powerful Tools for Caregivers* series was very popular. If you are interested in taking part in this series at the Senior Center in the future, please let us know so that we can consider offering this series again.

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 **8:30 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: Anne Manning, our I&R Specialist, provides information about resources and services for older adults and their families in Sudbury. She can provide referrals for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Mondays, Wednesdays and Fridays** from **9:00 to 2:30**.

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

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

IN-HOME SERVICES

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

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

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

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

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

NUTRITION

Meals on Site: A full lunch is served at the Senior Center on Tuesdays, Wednesdays and Fridays at noon. Please call to make a reservation **by 10:00 AM the day before**. A voluntary donation of **\$2.00** a meal is requested. Menus can be found each month in the *Sudbury Senior Scene* or by calling **978-639-3278**.

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

THE
SUDBURY
SENIOR

SCENE

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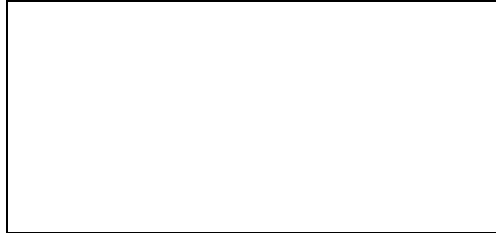
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E-mail: senior@sudbury.ma.us

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

General Information Line: 978-639-3275

Cancellation Line: 978-639-3276

Trip Information: 978-639-3277



MEN'S BREAKFAST

Tuesday, October 18 – 9:00 – 10:00 AM

Pancakes, fresh fruit, juice and coffee

\$3.00 at the door

Brought to you by:

Chefs Joe Bausk and Barry David

Please call the Senior Center at (978) 443-3055 to reserve your space.