



## Remembering the Warren Court

When Earl Warren became Chief Justice in 1953, few would have predicted that the Warren Court would be remembered for inaugurating a progressive constitutional revolution that changed the entire landscape of American law and life.

For the first time in American history, the Supreme Court demonstrated its concern for the weak, powerless and socially marginalized. As poet Archibald MacLeish observed, the Warren Court had “restored the future”.

Themes from the Warren Court continue to be at issue today, as the court balances opinions from justices who are considered conservative with those from justices considered liberal. With the confirmation of Sonia Sotomayor as the first Hispanic justice, how will she decide on some of today’s hot button issues, including abortion, issues of discrimination, and more. How will the court’s balance be affected by the newest justice? Our four-session combination lecture and discussion group will consider Warren court themes in the light of events occurring right now.

The sessions will be held on **Thursdays** at **1:00** once a month, **September 10, October 15, November 19** and **December 10**. The cost is **\$35** for the series or **\$10** for individual sessions.

The course will be taught by Professor Gary Hylander. Dr. Hylander is a Professor of American History at Stonehill College in Easton, Massachusetts where he specializes as a Presidential Historian. He is a frequent lecturer at historical societies, libraries, and professional organizations. He has been very well received at several earlier lectures here at the Sudbury Senior Center.

This series is presented in collaboration with Sage Educational Services.

INSIDE THIS ISSUE	
Walden Pond	2
Abraham Lincoln	3
Currier Museum cultural trip	3
CPR and AED Training	4
Medicare coverage	4
Cultural trips	4
Watercolors	4
Driving safety	5
Calendar	6
Menus	7
Movie: <i>Changeling</i>	7
Buying and selling on eBay	8
Soup’s on: While You Were Away	8
Balance and flexibility	8
Yoga	8
Do us a favor	9
Legal clinic	9
Blood pressure	9
Trips	10
Services	11
Birthday lunch	12



**Walden Pond**  
**Monday, September 21**  
**1:00**

*“A lake is the landscape’s most beautiful and expressive feature. It is the Earth’s eye; looking into which the beholder measures the depth of his own nature.” – Henry David Thoreau*

We have a natural and historic treasure right in our own back yard. Walden Pond is still in many ways the idyllic gem it was in Thoreau’s day.

Join us for a one-hour talk by a park interpreter from the Walden Pond State Reservation. The talk will feature information about Thoreau’s stay at Walden, offer a brief geological history of the pond, as well as a land use history and a glimpse into the current flora and fauna at the reservation.

The talk will be illustrated with slides of Walden. The talk is **free** of charge, but please call to say you are coming.

**Help wanted**

We have three volunteer opportunities for adults who would like to help homebound seniors and others who could use assistance.

The **Friendly Visitor Program** seeks volunteers to visit homebound seniors in Sudbury, for approximately an hour once a week. The timing of the visit is completely up to the volunteer and the senior client.

The **Shopping for Seniors Program** is looking for volunteers to do grocery shopping once a week for a homebound senior. The trip to a local Sudbury supermarket can be combined with your own shopping. The senior client pays the cost of the groceries. Call 978-443-3055 for more info!

Adults who have a car may consider becoming a **F.I.S.H.** driver. F.I.S.H. (Friends In Service Helping) volunteers provide free transportation for Sudbury adults to medical appointments. Volunteer drivers are under no obligation to accept any assignment unless it fits comfortably with their own schedule. There is no weekly or daily schedule or requirement. For more information, leave a message on the F.I.S.H. answering machine at 978-443-2145 or call Senior Center Volunteer Coordinator Ed Gottmann at 978-443-9233.

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**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



**Abraham Lincoln**  
**beginning Wednesday, September 9 at 9:30**

The year 2009 marks the 200th anniversary of the birth of Abraham Lincoln. How did a man, born in the humblest of circumstances and with little formal education, rise to become President of the United States?

Our series on American history continues with a study of Lincoln's life. There are two texts; choose either one or get both. They are the Pulitzer Prize-winning biography *Lincoln* by Herbert Donald, or *Team of Rivals* by Doris Kearns Goodwin. Material from both books will be used in class.

Classes will supplement live presentations with lectures on DVD that describe the national events and personalities shaping American history from the 1830s through the 1860s. The Civil War years will also be covered.

There may be one or two openings due to cancellations. Call 978-443-3055 if you are interested. The cost for the twelve week series is **\$30**.



**Currier Museum of Art and Zimmerman House trip**  
**Wednesday, September 23, leaving at 9:00**

Come with the Friends of Sudbury Seniors Cultural Trips group to the newly renovated Currier Museum (<http://www.currier.org/>) in Manchester, NH for a docent-led tour of the museum.

Following the tour, we'll travel in groups to the Zimmerman House for a tour of this Frank Lloyd Wright "usionian" home built for Dr. Zimmerman in the 1950s. Lunch will be in the museum Café.

We must limit the group to 25. Registration is open to all beginning September 2. The cost is **\$50**. Bus leaves promptly at 9:00 AM.



## CPR and AED Training Tuesday, September 22 9:30-11:00

Taking a CPR course could help you save a family member (or someone else's) life someday. About 75 to 80 percent of all out-of-hospital cardiac arrests happen at home. Being trained to perform CPR can mean the difference between life and death.

Our qualified instructor, Lily Gordon, will teach an American Association course that includes CPR and automated external defibrillator (AED) training. The course will cover adult and child CPR and choking. Participants will practice the techniques on mannequins, have opportunities to ask questions, and get individualized instruction.

The course will last between 2-3 hours, and will take place within one session. We have a very limited ability to offer this opportunity to join our staff for the training. The class is limited to 10.

The **\$15** cost is to cover the mask and the certification card you will receive.

Advance registration is required. Come dressed comfortably for the class!



## Medicare coverage of skilled nursing facility care

After your hospital stay, you may receive rehabilitation services in a skilled nursing facility, or "SNF", sometimes called a nursing home. A SNF generally provides less intensive medical care than you would receive in a hospital.

Medicare Part A pays for SNFs for up to 100 days per benefit period. If Medicare approves, you are entitled to full coverage for the first 20 days of SNF care. From days 21 through 100, you pay a co-payment of \$133.50 per day. These co-payments will be paid in full if you have a Medigap Supplement 1 policy, such as Medex Bronze. If you are a member of a Medicare Advantage plan, different co-payments may apply.

Medicare will only pay for SNF care if:

- You were hospitalized for at least three days and admitted to the SNF within 30 days of leaving the hospital. Medicare Advantage plans may waive this requirement.
- A physician states that you need SNF care.
- You require skilled care daily and the services can only be provided in a SNF.
- The SNF is a Medicare approved facility.

If you feel you have been unfairly denied coverage for SNF care, you can appeal the decision. For assistance with Medicare appeals, contact the Medicare Advocacy Project (MAP) at 800-323-3205. *Often appeals are won!*

## Cultural Trips

Our Cultural trips committee has planned four fantastic excursions for the 2009-2010 season.

**September 23:** Manchester, New Hampshire (see page 3 for details)

**November, 2009: The Yale Art Gallery** in New Haven, Connecticut. This is a different museum than the one we went to last year. The focus will be on American and European art.

**March 18, 2010:** A rehearsal of **the Boston Symphony Orchestra.** The program will feature the Mendelssohn Overture with Alice Coote, mezzo-soprano, and the Tanglewood Festival Chorus with John Oliver conducting.

**April 2010** *The Odd Couple* at Trinity Repertory Theater in Providence.



## Watercolors Friday, September 11

Our popular watercolor class taught by Cynthia Durost will begin its next 12-week session **Friday, September 11 at 1:00.** Sudbury residents may enroll beginning August 17; the class is open to all beginning August 31. The cost is **\$80.** Due to the size of the room, we must limit class size to 18. A list of brushes and other materials needed for the class is available at the Senior Center front desk.

FROM THE DESK OF  
INFORMATION AND REFERRAL SPECIALIST  
DEBRA GALLOWAY

**Driving Safety**

Recent news about older drivers having serious accidents has prompted discussion about how to know if it is safe to continue driving. Whether or not there are changes to regulations, if you or a friend or family member is concerned about your own or another's driving abilities, there are things you can do.

The reality is that driving requires a lot of skills and abilities that may diminish as we age. On the positive side, each individual ages differently and most older drivers continue to drive safely. Studies have found that even if older drivers have experienced some changes in ability, most of them notice these changes and begin to gradually alter the amount and the way they drive. Many older adults stop driving at night as low light conditions become more challenging for them. They also often drive less and avoid heavy traffic conditions.

However, for some persons, physical or mental changes may increase the risk of an accident. What can you do about changes you notice in yourself or concerns about someone else? Pay attention to your own or the other's driving and learn more about driver safety. For information about talking to family members about driving, AARP has a booklet called, "*We need to talk...*"; they also publish a booklet to go along with their Driver Safety class. Look for Driver safety courses (periodically offered at this and other Senior Centers).

Or consider one of the more comprehensive assessments listed below. These assessments might include vision, hearing and reflex tests, testing of memory and attention, as well as a simulated or real road test. For more information, please call Debra Galloway at (978) 443-3055.

**Driver Evaluation Programs:**

Beth Israel Deaconess Medical Center - Boston  
DriveWise Program – Contact: Mickey Lentz  
617-667-4074

New England Rehabilitation Hospital - Woburn  
Driver Evaluation Program  
781-935-5050 x1577




Fairlawn Rehabilitation Hospital - Worcester  
Driver Evaluation Program  
508-471-9322

ads



# SEPTEMBER 2009



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p style="text-align: right;"><b>1</b></p> 8:00-9:00 BP Clinic 9:00 Cribbage 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge	<p style="text-align: right;"><b>2</b></p> 8:30 Fit for the Future 9:00 Cribbage 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 12:30 Informal Quilters 1:00 World War II Museum Trip	<p style="text-align: right;"><b>3</b></p> 9-12 SHINE 9:45 Thursday Crafters	<p style="text-align: right;"><b>4</b></p> 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Cards
<p>Labor Day Holiday <b>7</b></p> 	<p style="text-align: right;"><b>8</b></p> 8:00-9:00 BP Clinic 9:00 Cribbage 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge 1:30 Trip Meeting	<p style="text-align: right;"><b>9</b></p> 8:30 Fit for the Future 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 Informal Quilters	<p style="text-align: right;"><b>10</b></p> 9-12 SHINE 9:45 Thursday Crafters 1:00 The Warren Court	<p style="text-align: right;"><b>11</b></p> 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Watercolors (1) 1:00 Cards <i>Biltmore Estate Trip Starts</i>
<p style="text-align: right;"><b>14</b></p> 9:30-2:30 I&R Hours 10:00 Stamp Club 11:00 Fit for the Future 12:00 Lunch 1:00 Balance (1)	<p style="text-align: right;"><b>15</b></p> 8:00-9:00 BP Clinic 9:00 Cribbage 11:00 Yoga (1) 12:00 No BP Clinic 12:00 Lunch 12:30 Bridge	<p style="text-align: right;"><b>16</b></p> 8:30 Fit for the Future 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 Informal Quilters	<p style="text-align: right;"><b>17</b></p> 9-12 SHINE 9:45 Thursday Crafters 12:00 Soup's On: While You Were Away	<p style="text-align: right;"><b>18</b></p> 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Watercolors (2) 1:00 Cards <i>Biltmore Estate Trip Ends</i>
<p style="text-align: right;"><b>21</b></p> 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Balance (2) 1:00 Walden Pond	<p style="text-align: right;"><b>22</b></p> 8:00-9:00 BP Clinic 9:00 Cribbage 9:30 CPR/AED 11:00 Yoga (2) 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge	<p style="text-align: right;"><b>23</b></p> <i>Currier Museum Trip</i> 8:30 Fit for the Future 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	<p style="text-align: right;"><b>24</b></p> <i>John Davidson trip</i> 9-12 SHINE 9:45 Thursday Crafters 12:00 Pizza 12:30 Movie: <i>Changeling</i>	<p style="text-align: right;"><b>25</b></p> 8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Watercolors (3) 1:00 Cards
<p style="text-align: right;"><b>28</b></p> <i>Special Van Trip</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Balance (3)	<p style="text-align: right;"><b>29</b></p> 8:00-9:00 BP Clinic 9:00 Cribbage 10:00-12:00 Legal Clinic 11:00 Yoga (3) 12:00-1:00 BP Clinic 12:00 Lunch 12:30 Bridge	<p style="text-align: right;"><b>30</b></p> 8:30 Fit for the Future 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		

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
<b>September 1</b>	<b>September 2</b>	<b>September 4</b>
Stuffed Shells/Tomato Sauce Italian Blend Veggies Peaches	Ground Beef Stroganoff Mashed Potatoes Carrots Tapioca Pudding	Baked Ham/Sweet & Sour Sauce Brown Rice Spinach Mixed Fruit
<b>September 8</b>	<b>September 9</b>	<b>September 11</b>
Salisbury Steak/ Jardinière Gravy Mashed Potatoes Beets Peaches	Gumbo Soup Cheese Steak Sub/ Peppers, Onions, Mushrooms Birthday Cake	Chili Con Carne Mixed Veggies Spanish Rice Corn Bread Fresh Orange
<b>September 15</b>	<b>September 16</b>	<b>September 18</b>
Corn Chowder Tuna Salad Marinated Bean Salad Strawberry Cup	Hot Dog Baked Beans Carrots Mandarin Oranges	Roast Chicken/ Apricot Glaze Mashed Potatoes Spinach Muffin
<b>September 22</b>	<b>September 23</b>	<b>September 25</b>
Broccoli Bake Stewed Tomatoes O'Brien Potatoes Applesauce	Stuffed Cabbage/ Tomato Sauce Corn Pears	Shepherd's Pie Mashed Potatoes Chuckwagon Corn Smoothie
<b>September 29</b>	<b>September 30</b>	<b>October 2</b>
Roast Pork/ Rosemary Gravy Baked Potato Green Beans Snack Loaf	Ground Beef/ Mushroom Gravy Mashed Potatoes Peas Chocolate Pudding	Fish Tenders Spinach Corn Strawberry Cup

**Movie and pizza  
Thursday, September 24**



*Changeling*

2 hours 21 minutes

**Rated R**

**Pizza: 12:00**

**Movie: 12:30**

Based on actual articles, transcripts, and testimonies, this is the story of Los Angeles native Christine Collins, whose nine-year-old son disappeared in March of 1928. Five months later, the LAPD returned a boy Collins knew was not her son. Because the police refused to admit that a mistake was made, they deemed Collins an unfit mother. But she wouldn't be silenced and she took on one of the most shameful cases of police corruption in Los Angeles history. Stars [Angelina Jolie](#), [Amy Ryan](#), and [John Malkovich](#), directed by Clint Eastwood.

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 (**\$1.25** per slice).



**Buying and selling on eBay**  
**Thursday, October 8**  
**1:30**

Come hear some tips on how to use eBay to buy items you want at low prices, as well as sell items you need to get rid of. Rich Fivek has been selling on eBay for over five years and will go online to demonstrate techniques for effective use of this system.

What sells on eBay? How do you search for the item you want? How can you tell if the seller is honest? How do you place a bid? What's the best bidding strategy? eBay requires PayPal to buy or sell something. So what is PayPal? How do you decide your starting price? What does it cost you to sell on eBay? What is eBay feedback all about? Rich will demonstrate eBay live.

The cost is **\$5**, and we have a limit of 45 participants.



**Friends website**

Check out the new website for the Friends of Sudbury Seniors at [www.friendsofsudburyseniors.org](http://www.friendsofsudburyseniors.org) The Friends group raises money to support the Senior Center, and their help has allowed us to make many improvements, including getting a new van and installing the new media system we all enjoy.



**Soup's On:**  
**While you were away**  
**Thursday, September 17**  
**Soup at 12:00**  
**Talk at 12:30**

When we are faced with a medical crisis and are rushed off to the hospital we often leave a trail of unfinished items in our wake from open windows to unpaid bills. This presentation will offer a review of the details that often get overlooked when dealing with a health or medical crisis. There is more to it than simply having a reliable friend to cover for you. Do you have a plan in place if you find yourself in this situation?

Then, when we prepare to return home after a hospitalization there is often a need to make changes that must be in place from day one. Perhaps you now need assistance or are walking with a cane or walker and need to rearrange your home accordingly.

Michael Abend, Director of Extended Family of Wayland will provide a checklist to guide you in preparing your own plan for when you are suddenly away from home.

As always, the soup and talk are **free**. Please reserve your space so we know how much soup to prepare.

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.



**Better Balance/  
 Living Stronger**  
**Monday, September 14, 1:00**

Learn strategies to avoid falls, decrease stress, learn relaxation techniques, gain confidence, and improve overall quality of life.

Using balls, bands, weights while having fun, this eight-week series will focus on individualized goals and group support. The cost is **\$50**. Preregistration is required. Call us at 978-443-3055.



**Yoga for seniors**  
**Tuesday, September 15, 11:00**

We have had lots of requests to offer yoga and we have had a free sampler class; now we will offer an eight week series.

This class will feature some floor work, so participants should come dressed comfortably for ease of movement.

The cost for the course is **\$56**, and we need participation from 14 people in order to break even. If you plan to come, please register early.





**Please do us a favor  
(Well, two favors . . .)**

*Favor #1:* Please **call to reserve your spot** for our classes and events. Sometimes there are changes after the newsletter goes to press and we will call you with updates on times and other details, but we can't call you if we don't even know you are coming.

And please, (*Favor # 1½*) if you sign up for an event and can't make it, **do call to let us know.** We often have a waiting list, and someone would be delighted to take your place.

*Favor #2:* Please **scan your card** at the front desk each time you come in, even if it is just for a cup of coffee.

In doing the statistical report for FY 09, we note that only about 75-80% of participants scan their cards. This means a huge job of data entry for us, and our staff would much rather be assisting you than typing information into a computer. In these tight economic times, help us save our efforts for things that are truly valuable. (We can enter your name manually if you forget your card; just let us know!)



**Legal clinic  
Tuesday, September 29  
10:00-12:00**

Have a **free** twenty-minute consultation with Elder Law Attorney Denise Yurkofsky here at the senior center in September. Advance appointments are required; call 978-443-3055 to schedule yours.



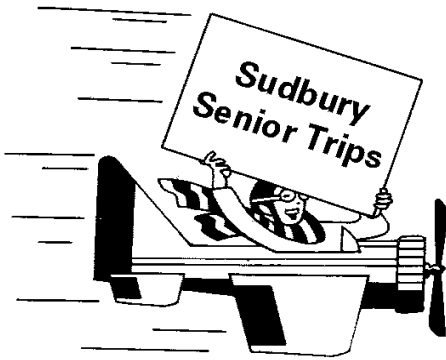
**Sudbury Senior Access  
reminder**

Although we are no longer selling coupon books for our subsidized taxi program, Tommy's Taxi has agreed to honor any outstanding coupons. If you are still holding coupons, feel free to use them any time until June 30, 2010. The rates for Tommy's Taxi remain the same as for the past year. We can supply you an updated information sheet if you are a coupon holder.

**Blood Pressure Clinic**

There will be no noontime blood pressure clinic on **Tuesday, September 15.** Linda Sullivan will be at a staff meeting. The 8:00-9:00 clinic will be held as usual.

ads



Unfortunately, what is left of summer will soon be over, but Sudbury trips will still be going strong. You will be pleased to know that I have been working on a few trips for 2010, because they are trips that should sell out early and two of them require early fall deposit dates.

A special meeting will be held **Tuesday, September 8 at 1:30** to explain these trips and to take deposits for either or both of them. Flyers will also be available on the trip rack after August 18.

**Florida Winter Getaway February 27–March 12**, This 14 day trip, costs **\$1,899** pp, double occup. \$2,599 pp\*. single occup. (\*limited availability). We will spend two nights on the way down in Fredericksburg and Santee. Then there will be seven nights at the Hilton Oceanfront Hotel on Cocoa Beach, two nights at the exclusive Jekyll Island Club and two nights on the way home at the same venues as on the way down to Florida. There also will be sightseeing and a limited number of excursions will be available while at Cocoa Beach and Jekyll island. Deposits and insurance (if desired) will be due in mid-October. Trip checks and registration forms can be made out to *Sudbury Senior Trips*.

**Oberammergau Passion Play September 5–September 13:** A nine day trip, cost **\$3,429** (credit card) \$3,349 (check) plus airfare taxes of \$446.85. This world renowned play is only offered every 10 years from late Spring through September. Believe it or not I had 105 people book with us for this trip in the year 2000.

Unfortunately that will not be possible this year as tickets are already selling out and we have a limited number available at this time. We will be sightseeing in Innsbruck and Salzburg in Austria; Bolzano, Italy (Home to the Iceman Exhibit); Munich, Germany and a panoramic tour of the vast Alpine splendors of Switzerland on our way to Oberammergau. If you are not familiar with the Passion Play I encourage you to check it out on the Internet at <http://www.passionplay-oberammergau.com> or pick up a flyer here after August 18.

Checks will be payable to *Durgan Travel Service* but mailed to Sudbury Senior Trips. Registration **MUST** be filled out in full and insurance is available and highly recommended.

**John Davidson Thursday, September 24:** We still have openings! Cost is **\$69**. The ever-popular and handsome John will be featuring American classics and comedy and will be the highlight of your fall. We'll travel to the Venus De Milo in Swansea, where the meal choices are baked stuffed breast of chicken or baked haddock with all the fixings plus dessert, coffee or tea. Our bus leaves at 10:00, and we expect to return about 5:00.

**Dick Contino, Tuesday, October 20:** "The World's Greatest Accordionist". Cost **\$69**. Meal choices are chicken parmesan or baked haddock with all the fixings and a special Italian Rum Torte dessert.

**Foxwoods, Monday November 2:** We must have at least 40 participants for this trip to run. If you are a regular, do not delay signing up. We will not call with a reminder. Cost is still **\$19**.

**Boston Symphony Christmas at the Pops:** We are waiting for a date confirmation, either December 10, 11 or 17. It also looks like we can have the same seats that we had last year. Everyone who went was very pleased with the acoustics, visibility and price of the front seats in the second balcony. Trip flyers should be in the racks in early September. Sign up early for best seating on the motor coach as well as at Symphony Hall.

**Lobster bake August 26:** *Reminder to our participants:* If you did not receive a call with our departure time, please call me or the center for the correct time.

**Biltmore Estates September 13:** *Reminder to our 51 participants:* If for some reason you did not make our August 18 meeting at the Senior Center please call me for any special information that you may have missed. My home phone is 978-443-8320.

Have a wonderful rest of the summer.

*Carmel*

## SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

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

### TRANSPORTATION

**Van Transportation:** This door-to-door, handicapped accessible service is available **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>

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PRESORT STANDARD

Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: [senior@sudbury.ma.us](mailto: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

*If you are a Sudbury senior (aged 60 or older) and  
were born in the month of September, **be our guest!***



# Monthly Birthday Luncheon

**Wednesday, September 9  
12:00-1:00**

Join our regular Wednesday lunch bunch.

If you were a **September** baby,  
the meal and cake are on us.  
(For the menu, see page 7)

Call 978-443-3055 to **RSVP by 10:00 AM September 8.** (No meal will be available without reservations.)

***Not born in September? No problem!***

Reserve by 10:00 AM Tuesday, September 8, and you can have lunch for a donation of **\$2.00.**