



SUDBURY SENIOR CENTER

COUNCIL ON AGING

Town of Sudbury, Massachusetts

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Senior Center hours: Monday through Friday, 9:00 AM to 4:00 PM

Van Service Hours: Monday through Friday, 8:30 AM to 3:30 PM

The Sudbury Senior Center offers a variety of programs and services to assist seniors as they work to maintain their independence in the community. Many services are provided **free of cost**. Some request a donation, and for those which require a fee, scholarships are sometimes available. Center programs are primarily for people 60 and older, but we also serve younger people and people with disabilities.

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. Seniors and people with disabilities can register for the van by calling the Senior Center at (978) 443-3055 or the MetroWest Regional Transit Authority at (508) 820-4650 to ask for an application. Once register, riders call the MetroWest Regional Transit Authority 48 hours in advance at (508) 820-4650 to schedule a ride. 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 people needing rides to medical appointments. Call **978-443-2145** one week in advance to schedule a ride. Seniors may leave their requests on the answering machine, and the F.I.S.H. coordinator will return their call.

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 temporary or permanent basis at no charge.

CONSULTATION

Information and Referral: Anne Manning, 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 **9:00 to 3:00**. You may reach her at **(978) 443-3055**.

Health Insurance, Tax, and Legal Assistance: Through specially trained volunteers, seniors can get assistance in managing their health insurance (called the SHINE program), completing their income taxes (sponsored by AARP), and understanding their legal affairs (with a volunteer Elder Law Attorney). Appointments can be scheduled by calling **978-443-3055** and asking for the appropriate program.

IN-HOME SERVICES

Through the devoted services of many volunteers, the Senior Center offers a variety of in-home assistance, listed below. As well as providing support for seniors, these programs offer meaningful volunteer opportunities for people of all ages.

Friendly Visitor Program: Seniors who can't get out 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.

Shopping service: Seniors who need assistance shopping for groceries can be linked with a volunteer shopper. The shopper will pick up a grocery list at a senior's home, go to a local supermarket of the senior's choice, purchase the groceries, and help the senior unpack and store the food. Seniors pay only for the actual cost of the groceries purchased.

Sand Bucket Delivery: A volunteer will deliver a sand bucket to be used for icy walks in the winter.

NUTRITION

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 **\$3.00** a meal is requested.

Luncheons: The Senior Center offers a hot noontime luncheon several times each month at 12:00 noon. The schedule is in the monthly newsletter calendar. To participate, seniors should call the center to reserve a spot by (at minimum) 11:00 of the day before the lunch. A **\$3.00** donation per meal is suggested.

SAFETY

Lock Boxes: Lock boxes are small safes attached to the outside of a home. In the safe is a key to the house. The only group with a key to the lock box is the Sudbury Fire Department. In case of an emergency, the key can be used by a firefighter to gain entrance to the house without breaking down the door. In collaboration with Firefighter's Local 2023, the Senior Center can make lock boxes available to seniors in town. The boxes are installed at **no charge**. However, a donation of **\$60** may be requested to purchase another lock box for a senior who cannot afford one.

Space Heater Swap: Senior Center volunteers will replace a dangerous space heater in a senior's home with a new, safer, heater **free** of charge.

SENIOR CENTER ACTIVITIES

A variety of programs, classes, and social events are offered at the Sudbury Senior Center. These include lifelong learning classes, exercise and fall prevention programs, nutrition and health education, luncheons, entertainment and social events, arts and crafts, card games, movies,

intergenerational events, and opportunities to volunteer. For a complete listing of events available each month, consult the *Sudbury Senior Scene*, the Senior Center newsletter, available on line.

Bridges: In collaboration with the Sudbury schools, senior volunteers meet with elementary age students for a special curriculum designed to foster communication and break stereotypes of aging.

ADVOCACY

Sudbury Property Tax Work-off Program: The Senior Center coordinates a program through which seniors and eligible veterans (any age) can receive an \$900 abatement from their property taxes by working for a Town department for 100 hours during a calendar year. Every attempt is made to match senior's interests and skills with the needs of the departments, but a position is not guaranteed.

Transportation: Through its involvement with the MetroWest Regional Transit Authority (MWRTA) at <http://www.mwrta.com>, the Senior Center is working to improve transportation options for all Sudbury residents.