

Emergency Preparedness

“I saw the news today, oh boy . . .” that’s more than just a lyric from a classic Beatles song. We are all bombarded with information about earthquakes, volcanoes, floods, epidemics and terrorism. But while there is not a lot one person can do to prevent a natural or man-made disaster, no one has to be helpless in the face of such challenges.

In the next few months, the Senior Center will be presenting helpful, hands-on workshops to assist people in thinking through their responses to emergency situations and in developing a personal and family plan to survive, even if you are cut off from help for a day or two. The workshops will be facilitated by local experts in planning, and will be offered at no charge.

September 18, 1:00: Kicking off the series will be Richard Simon, chair of the Sudbury Local Emergency Planning Committee (LEPC). Richard will provide a general overview of planning for a disaster, speak a little about the local and regional efforts, and offer a quick overview of the basic elements of planning that an individual needs to consider.

October 23, 2:00: Making a Good Emergency Plan: This hands-on workshop will provide information about the basic elements everyone should have in their emergency plans, and provide an opportunity to develop an individual emergency plan right on the spot.

November 20, 2:00 Your Home Disaster Kit: A speaker from the American Red Cross will provide detailed information about what everyone should have on hand in an emergency survival kit, with examples of what should be included.

January 2007 Families with Special Needs: This evening workshop will help families with members who are dependent or have disabilities plan for emergencies.

February 2007 Emergency Plan for Pets: One lesson from hurricane Katrina is that people with pets are reluctant to leave them behind, even when their own lives may be at risk. Emergency planning for pets is crucial. This workshop will help individuals develop a personal pet plan.

March 2007 Flexible Planning: What you do in emergencies may vary depending on the type of emergency. No one response fits every situation. This workshop will focus on specifics.

April 2007 Medicines in Emergencies: A Pharmacist will speak on safe handling of medication and medical supplies such as oxygen in emergencies.

May 2007 Evacuation: A representative of the Sudbury police will speak about emergency evacuation plans and routes.

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The Secrets of Long Life: Centenarians of the World

We've all gotten this far . . . but just exactly how do the most successful older people stay so healthy, active, alert and involved into their late 90s and beyond?

Join us for an exciting new mini-series to explore the newest wisdom about aging on **Thursday** mornings, September 21, 28, and October 5 and 12 at 9:30.

September 21: Learn about the lifestyles of the Okinawans of Japan, the Sardinians of Italy, and the Adventists of California, who rank among the world's happiest and healthiest older people.

September 28 and October 5: Explore the work of Dr. Andrew Weil drawn from his book *Healthy Aging: A Lifelong Guide to your Physical and Spiritual Well-Being*, and Deepak Chopra, from his book *Ageless Body, Timeless Mind: The Quantum Alternative to Growing Old*. Both present clues to successful aging.

October 12: Use what has been learned to create a personal top-ten list of secrets for a long and rewarding life.

Our guide and facilitator will be Judy Royster, who has a Bachelor's Degree in Psychology, an MBA, and a degree in Transformational Counseling. Her work is rooted in decades of spiritual practice and study in Christian and Buddhist traditions, as well as breath and body work, meditation, Reiki, and yoga.

The cost for the four-session mini series is **\$40**.

This program is offered in partnership with Framingham State College,
The Center for Lifelong Learners.

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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.*

Bridge Lessons Resume

Our regular bridge lessons will resume on **Wednesdays** at **1:00** in September.

The instructor is Joyce Pearson, a nationally recognized bridge player and teacher, and the classes involve both instruction and a chance to play the game. The **\$80** cost is split evenly among those who come each day.



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Prescription Advantage announces Open Enrollment September 15 – November 15

The Prescription Advantage program has announced an open enrollment period for September 15th – November 15th. This is good news for the many seniors who can lower their prescription costs by adding Prescription Advantage coverage to their Medicare Part D coverage.

Prescription Advantage is run by the Executive Office of Elder Affairs. It helps moderate and low income seniors cover the premiums, co-payments, deductibles and “donut hole” costs associated with Medicare Part D plans. It also is open to some younger people with disabilities, and to seniors who don't qualify for Medicare.

Prescription Advantage charges **no monthly premium**, so you have nothing to lose by joining. (A few seniors with higher incomes may have to pay a \$200 enrollment fee.)

Prescription Advantage works with all Part D coverage. This includes prescription coverage offered by Medicare HMOs and Preferred Provider Organizations. It also works with many retiree and other plans that are considered “creditable coverage” by Medicare.

Applications and eligibility information will be available here at the Senior Center. They are also available directly from Prescription Advantage. Just call 1-800-AGE-INFO (1-800-243-4636). Press or say “1” at the voice menu to be connected to Prescription Advantage.

You can also meet with a Kathy Worhach, our SHINE counselor. Kathy is a volunteer who has had extensive training in assisting people with their health insurance questions. Call us at (978) 443-3055 and ask for a SHINE appointment.

Hear How Prescription Advantage can Benefit You

Many people are not aware of the ways in which this Massachusetts program can benefit them, especially when they have spend so much money on prescriptions that they find themselves in the “donut hole”, that part of Medicare Part D which pays nothing for medications.

Come learn more **Thursday, September 21 at 1:00** at the Senior Center. A representative of the SHINE program will be on hand to explain the program and help people understand how to enroll. The presentation is **free**, but **seating is limited**, so please call (978) 443-3055 to reserve your space.



Avoiding Scams and Fraud Monday, September 25, 1:00

Is the caller on the telephone really speaking for a charity, or is it a scam? Is that sweepstake a real chance to win, or is it a fraud? Is someone using your name and credit card number to buy a television in Spain?

Learn about the latest scams going around, and how to protect yourself from identity theft, charity scams, and prize and sweepstake fraud, as well as how to handle telephone and mail solicitation.

Learn how to use the free services of the Better Business Bureau to check on the legitimacy of a company or charity.

The speaker will be JoAnn Cohen from the Bureau. She encourages questions and comments during her presentation.

The event is **free**, but please call the Senior Center in advance to register.

Quilting Resumes

Experienced quilters are welcome to join the ongoing quilting studio **Wednesday September 20 at 12:30** in the Senior Center. Marianne Hatton provides instruction and guidance as the group creates fabric masterpieces. Call **978-443-9961, ext. 3325** for info.



Soup's On: A Matter of Hearing Wednesday, September 14 Soup at **12:00** Talk at **12:30**

What is it like to live with hearing loss? As we age, many of us are finding out. Friends and family of someone with hearing loss are also finding out that deafness affects everyone, not just the person whose hearing is fading.

Our first Soup's On of the new season will feature Linda Sakin, a specialist in hearing loss from the Center for Independent Living and Work.

She will lead a discussion about hearing loss, the ways it influences both those that are hard of hearing and their families, what can be done to deal with hearing loss, and much more. Linda herself is hard of hearing.

People who would like to ask Linda anonymous questions can leave their queries at the Senior Center front desk, and she will provide answers during the session.

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.

Emergency Assistance List

When it's hot, when it's cold, or even for those unpredictable emergencies, Sudbury residents are welcome to join the Emergency Assistance List.

The Sudbury Police and Fire Departments, the Senior Center, and the Town Social Worker are starting a list of people who might want assistance in case of an emergency.

Severe weather, power outages, and other types of emergency situations can arise unpredictably. These situations may put some community members at risk of serious health consequences.

By registering with the emergency assistance list, Sudbury citizens can alert the emergency response personnel to the fact that they may have special needs, and we can call them to check to see that they are all right.

We are especially concerned about frail seniors and people who use oxygen or other medical equipment requiring electricity or batteries.

To sign up for the list, people can print out the form from the Town website at [Emergency Assistance List](#). Copies of the form can also be mailed to your house, picked up at the Fire Station, (978-443-2239), Police Station, (978-443-2121), the Senior Center, (978-443-3055) or from Martha Lynn, the Town Social Worker, (978-443-8891, X 358).

FROM THE DESK OF
INFORMATION AND REFERRAL SPECIALIST
DEBRA GALLOWAY

What is an LEPC . . . and what is it doing in Sudbury?

A hurricane roars up the coast and hits Massachusetts, power is out and travel is difficult. You and your neighbors may be asked to evacuate or to stay at home depending on the circumstances of the emergency. Is Sudbury ready for such an event? Who is helping our community to plan for such a possibility?

As first responders, the Fire and Police Departments plan and practice for urgent scenarios such as hurricanes, hazardous spills, and power outages. Yet in many of these emergencies other community members can be of great help – if they know what to do. Sometimes it is as simple as every citizen knowing the best way to help him or herself.

The Sudbury Local Emergency Planning Committee or LEPC is a federally designated committee with the responsibility of coordinating planning for the entire community in the event of an emergency or disaster. Although the LEPC was originally designated to be a committee that focused on hazardous materials in or passing through the community, the Town recognized the need to broaden their focus to include planning for all types of hazards and to make sure that special populations are taken into consideration.



Our LEPC first met in February 2006 to begin to establish goals and plans for emergency situations. The Committee's responsibilities include identifying resources for emergencies, educating the public, networking with other towns and formulating an emergency plan. They are working to get Sudbury fully certified by the Federal government, which will improve the town's chances of getting funding for additional emergency resources.

Richard Simon, a Sudbury community member who volunteered to participate on the LEPC, is Chairman and also acts as a representative from Sudbury to the Regional Emergency Planning Committee. (The LEPC also includes representatives from many town departments, such as: the Fire Chief, Board of Health Director, the Department of Public Works and the Council on Aging Director, and other interested parties such as the Red Cross and the media.)

Simon will be the first speaker in our series of workshops on emergency planning and preparation (see page 1). Each month, I'll also write an article with more information on the topic of the workshop. In the meantime, if you have any questions or need information on disaster planning for your home and family, please call me at the Senior Center at (978) 443-3055.


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SEPTEMBER 2006

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 9:00 Cribbage 9:30 Bingo 9:30-2:30 I&R Hours 12:00 Lunch 1:00 Cards
4  Labor Day Holiday	5 9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge 4:00 COA Board	6 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 <i>Blue Danube River Trip begins</i>	7 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 10:30 T'ai Chi Practice 10:00 Legal Clinic 12:00 Pizza 12:30 Movie: <i>On a Clear Day</i>	8 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 1
11 <i>Van trip to Solomon Pond Mall/Bertucci's</i> 9:30-2:30 I&R Hours 10:00 Stamp club 11:00 Fit for the Future 1:00 Balance and Flexibility, (first of 8 sessions)	12 9:00-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge	13 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	14 9-12 SHINE 9:30 Tap Class 9:45 Thursday Crafters 10:30 T'ai Chi Practice 12:00 Soup's On: <i>A Matter of Hearing</i>	15 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 2 <i>Saturday September 16</i> FISH Pancake Breakfast
18 <i>Van trip to Christmas Tree Shop/Brittney's</i> 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Emergency Preparedness	19 8-9:00 Parmenter Clinic 9:00 Cribbage 11:30-1:00 Parmenter Clinic 12:00 Lunch with Sue Pope 12:30 Bridge	20 8:30 Fit for the Future 9:00 Cribbage 9:30 Middle East 9:30-2:30 I&R Hours 9:30-12 Podiatry Clinic 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting studio 1 1:00 Bridge Lessons 1:00 Villa Roma mtg 2:30 Florida mtg	21 7:45 Ronan Tynan Trip 9-12 SHINE 9:30 Tap Class 9:30 Secrets of Long Life 9:45 Thursday Crafters 10:30 T'ai Chi Practice 1:00 Prescription Advantage Presentation	22 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 3
25 <i>Van trip to Walmart, Hudson/Picadilly Pub</i> 8:00 Portland Art Museum trip 9:30-2:30 I&R Hours 11:00 Fit for the Future 1:00 Scams and Fraud 1:00 Balance and Flexibility 2	26 9-9:30 Parmenter Clinic 9:00 Cribbage 12:00 Lunch 11:30-1:00 Parmenter Clinic 12:30 Bridge	27 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 Fall In Luncheon 12:30 Quilting studio 2 No Bridge Lessons	28 9-12 SHINE 9:30 Tap Class 9:30 Secrets of Long Life 9:45 Thursday Crafters 10:30 T'ai Chi Practice 3:00 Friends Meeting	29 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 4

LUNCH MENUS

A full lunch is served at the Sudbury Senior Center at 12 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
September 5	September 6	September 8
Turkey ham/ pineapple raisin sauce Sweet potatoes Brussels sprouts Mixed fruit	Seafood Newburgh Rice pilaf Lemon glazed broccoli Chocolate pudding	Cheese lasagna/ tomato sauce Italian green beans Peaches
September 12	September 13	September 15
Veggie soup Chef salad Macaroni salad Cantaloupe	Beef rib patty/ mushroom gravy Red bliss potatoes Carrots Marble cake	Fish tenders/tartar sauce Wild rice Peas Crushed pineapple
September 19	September 20	September 22
Meatloaf/gravy Mashed potatoes Jardinière veggies Tapioca pudding	Chicken/sweet and sour sauce Brown rice Brussels sprouts Peaches	Swedish meatballs/ mushroom sauce Mashed potatoes Winter squash Pears
September 26	September 27	September 29
Roasted chicken/ lemon mustard sauce O'Brien potatoes Beets Cherry muffin	Fall In Luncheon 	Shepherd's pie Tuscany veggies Peach smoothie

**Movie Thursday, September 7
12:30**



On a Clear Day
98 minutes

After decades as a Glasgow shipbuilder, Frank Redmond, a 55-year-old working-class man, suddenly finds himself laid off. His wife sets out to get a job, and Frank himself finds the days bleakly stretching ahead of him. After a period of depression, Frank decides to set himself a huge challenge: to swim across the English Channel. Supported by a motley team of pals, Frank trains hard for the swim. In the long run, though, Frank's biggest challenge is to heal years of misunderstandings with his son. The movie is filmed in Glasgow, Scotland.

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**.



Better balance and flexibility

Come join our next series of eight classes to practice improved balance, **Monday** afternoons from **1:00-2:00**. The focus is on empowering seniors to maintain mobility and independence. Each session includes exercises to improve strength, flexibility, balance, and posture.

Class dates are **September 11, 25, October 2, 16, 23 and 30, and November 6 and 13**. The cost is **\$40** for the series, and there is a limit of 20 participants. The classes are led by Leslie Worris, the founder of The Wellness Alliance in Newton.

Free sample: Come to a class in the current session to see if this is for you!



Podiatry Clinic

Dr. Bryant Tarr of Sudbury Podiatry will be at the Senior Center **Wednesday, September 20** from **9:00 to 11:00**.

Please call Dr. Tarr directly for an appointment at (978) 443-4878. Payment arrangements are made with Dr. Tarr.



Legal Clinic

Elder Law Attorney Denise Yurkofsky will offer **free** 20-minute legal consultations for Sudbury seniors on **Thursday, September 7** from **10:00-12:00**. Call the Senior Center at (978) 443-3055 for an appointment.

COMING ATTRACTIONS

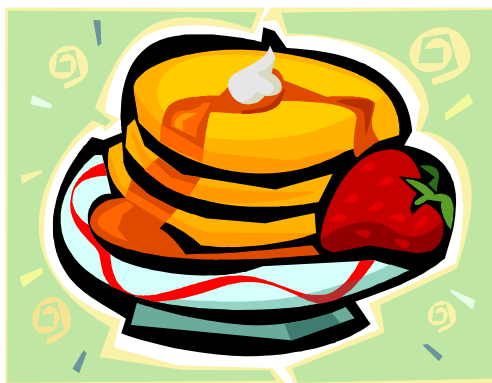
Here's an advance look at some of the other great programs we are planning for fall . . .

Soup's On: Chemical Sensitivity Join us **Thursday, October 19** for a bowl of hot homemade soup, and learn about the growing problem of multiple chemical sensitivity . . . and how you can help. **It's free!**

Remembering Pearl Harbor: Presentation by Dr. Gary Hylander on **Monday, November 6, free**, in honor of our veterans

Starry Nights: Stories from Cultures Around the World, two sessions **November 27** and **December 4** with Ed Jameson, retired director of the Natick Planetarium. **\$20** for the series.

Watch for more details in October, or inquire at the Senior Center.



Start Sudbury Day off right! Come to the annual

Pancake Breakfast

Saturday, September 16

8:00 to 10:30

Fairbank Community Center Gym
40 Fairbank Road

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

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

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

In 2005 **F.I.S.H.** arranged for 1,862 medical rides.

Featuring the famous...

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

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



Watercolors for everyone!

Our popular watercolor class begins again
Friday, September 8
1:00-3:00

Whether you've always wanted to try watercolors but thought they were too difficult, or whether you're an experienced painter who wants to get back in touch with the fun and versatility of watercolors, we have a great opportunity for you.

Join our 12-week course in watercolor painting with instructor Cynthia Durost. We will explore wet-on-wet and wet-to-dry techniques for landscapes, floral still lifes, and much more.

Each class begins with a demonstration on washes, color, value, or composition. Then students get a chance to try their hand. Open discussion and a shared critique round out each session.

Ms. Durost has studied at the Museum School in Boston and apprenticed for three years with a Chinese Brush painter. She has taught watercolor for more than seven years.

The class will be **\$75** for the twelve week series.

COMING ATTRACTION



Major Themes in Piano Music

Join us **Tuesday** afternoons at **1:00** in October and November for a wide ranging consideration of the ins and outs of listening to piano music. This series of five lecture/performances will be presented by Steve Snitzer, a classical pianist, who was well received at our music sampler this past spring.

Here's the line-up:

October 17, Basic harmony for the serious listener: Bach, Mozart, Chopin and Faure

October 24, Mozart, Beethoven and the Sonata

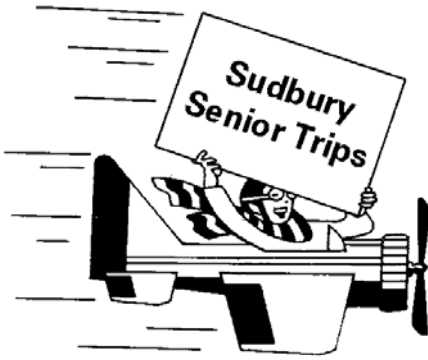
October 31, The Waltz: Schubert, Schumann, Chopin and Ravel

November 7, Ragtime, the Blues, and Gershwin (will include video clips and recorded examples)

November 14, Recap, Reprise, Requests (tying together themes from the first four sessions and bringing it all together)

The cost for the five-week series is **\$45**.

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Dear Traveling Friends,

Now that this rather different but enjoyable summer weather is practically over I am happy to tell you that for the most part this has been a most successful year for Sudbury Senior Trips, and we're already planning for our 2007 trips.

Prague and the Blue Danube, September 6-17 is sold out and ready to go. If you have made arrangements with me to use our travel service into Logan you will need to be at the Senior Center by 2:15 on September 6. Call me if you have any last-minute questions. We hope to be back at the Center around 2:30 on September 17.

Villa Roma Trip, October 9-13 is also sold out. We will have a short meeting with Kathy Donahue from Scout Tours at **1:00 on September 20**. Kathy will have information on possible excursions and other activities that we can participate in while we are there. By the way, if Mother Nature cooperates this is supposed to be prime foliage time in the Catskills.

Foxwoods, November 6 is fast filling up, cost \$19.00. *See special note at the end of my column.

Boar's Head Christmas Trip November 28: I am pleased to tell you we have completely sold out this trip to the Berkshires. We will leave the Center at 8:00 AM with a first stop at the Berkshire Museum for their Festival of Trees before arriving at the elegant Williams Inn for a "Sumptuous Buffet" and entertainment. After the lighting of the Yule Log and a hot wassail toast to the season we will head for home and be there hopefully by 6:00 PM.

Florida! Kathy Donahue has been very diligently working on this year's trip to make it even more wonderful than last year's. We will be staying for most of the time in St. Petersburg in a wonderful beachfront hotel and returning by way of beautiful Savannah! Come to a meeting **Wednesday, September 20 at 2:30** to learn details. We plan to leave here at the end of February (exact date to be announced in mid-September) for a 16 day trip south for "sun and fun."

**A Final Note:* Please use either the pink (day trip) or the blue (multi-day trip) form when you are signing up for our trips. If signing up by mail, please include your telephone and address on your note as well as an emergency contact (name, number and relationship). Failure to do this may delay your registration. You may even lose your place if we are unable to reach you to complete your form. We only need it once each year.

Carmel



News from the Cultural Trip Committee

Portland Art Museum on Monday, September 25: There are only a few seats left for the trip to Portland, where we'll have a guided tour of the museum's fine collection of Homers and Wyeths, and the special exhibit *Paris and the Countryside: Modern life in late 19th Century France*. Then enjoy a hot lunch on your own on the waterfront. Cost: **\$60**. Meet at the Senior Center at 8:00 AM for an 8:30 departure. Return about 4 PM.

Boston Symphony Orchestra Rehearsal on Thursday, November 2. Reservations are being accepted now for this chance to have a cultural day in Boston. The trip includes transportation, a lecture, a BSO rehearsal of works by Beethoven and Schoenberg, and a special lunch at Maggianos in downtown Boston. Cost: **\$60.00**. Meet at the Senior Center at 8:30 AM for a 9:00 departure. Return about 3:00 PM.

Please note: there is a maximum of 25 participants for each of the trips. Reservations are accepted with payment. Please complete a mustard-colored form to submit with your check, made payable to *Sudbury Senior Activities*. Cancellations may be made up to seven days before the trip.

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 **8:00 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 every six weeks. 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 from 9:00-12:00. Please call to make an 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 in putting away the groceries. Seniors pay only for the cost of the ordered items.

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. The meal driver also checks 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

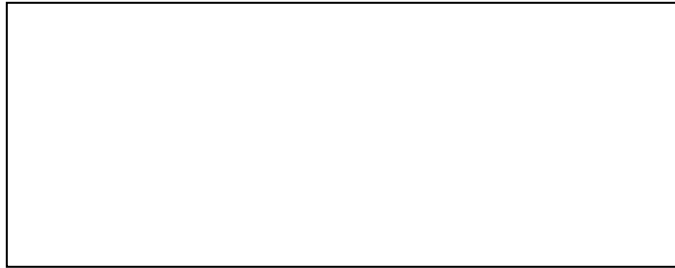
40 Fairbank Road

Sudbury, Massachusetts 01776-1681

on the web at:

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

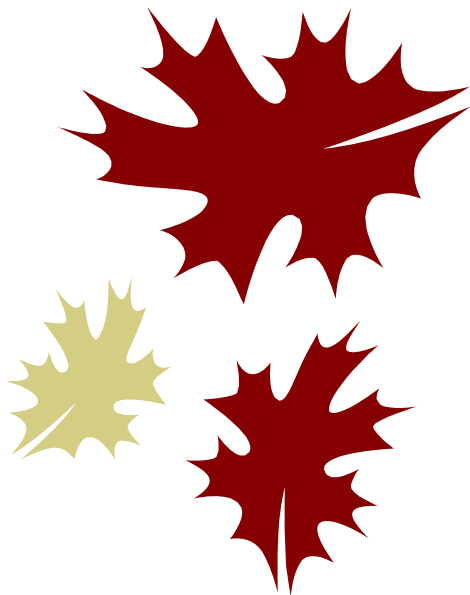
Change Service Requested



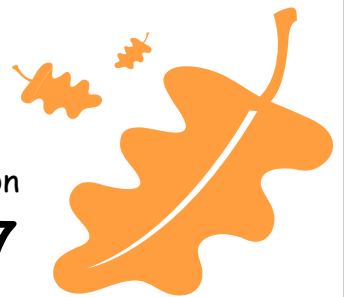
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Sudbury Senior Center Phone: (978) 443-3055 Fax: (978) 443-6009 E-mail: senior@town.sudbury.ma.us

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



Fall In!



Join us for our delicious welcome back luncheon

Wednesday, September 27

12:00-2:00

Featuring the energetic music of Louis and Janet Borelli

Menu: Fall soup, grilled chicken salad, tossed salad, rolls, and birthday cake

Cost: \$4

August and September birthdays will be celebrated.

Reservations are **required**; please call by Friday, September 22.