

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



**Two Special Workshops:  
Tuesday, November 8**

**Consumer Assistance  
10:00-10:30 AM**

**Discrimination Prevention/Creating Welcoming Spaces  
10:30 – 11:30 AM**

Have you ever had a dispute with a contractor you hired? Were you unsure what to do? Or maybe you had problems with your car dealer? The Consumer Assistance Office exists to help consumers in this type of situation. They provide guidance and assist with mediation if necessary. They have been providing consumer assistance since 1979, on issues ranging from auto sales and repair to home improvement to shopping rights (unsolicited merchandise). In our 10:00 AM workshop, Judy Diamond, Assistant Director of the Consumer Assistance Office will discuss some of what the office can do to help you and give examples of how they have helped others.

Our 10:30 AM workshop tackles a wholly different difficult situation. Have you ever been in a situation where a comment or a joke was made about your or a friend's ethnic group? All in jest... but how did that feel? Were you unsure how to respond? Have you made these jokes yourself out of habit and wondered what the big deal is? Learn more about how we can be more sensitive to others while still preserving our sense of humor.

Many of the Senior Center staff participated in a Town sponsored training on discrimination and maintaining a welcoming workplace. Of course at the Senior Center the workplace is not just in the offices but in all the spaces of the Senior Center. How does the behavior of the staff and all of our participants make a difference? What can we do to preserve our positive and welcoming atmosphere?

Nancy McShea, Sudbury Park and Recreation Director, a trained leader on this subject, will lead this workshop. Please join us to learn more about this challenging topic. We ask that you register in advance by calling the Senior Center at (978) 443-3055; you may register for either or both workshops. Free.

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COUNCIL ON AGING

A MESSAGE FROM DIRECTOR DEBRA GALLOWAY

Our Senior Center is extraordinary. We do a lot with a little – or should I say we do a lot with many. We have had a large contingent of skilled, hard-working, dedicated volunteers who have helped create and shape the Senior Center into the thriving place it is today. Nearly every day, 50-60 people come through our doors for programs, classes and fitness. Every day our volunteers deliver 15-20 meals. Every week, fix-it volunteers repair steps, replace smoke detector batteries, or fix a leaky faucet; while other volunteers give rides to doctor’s appointments and make friendly visits.

Of course, every year some of our volunteers move, or need to “retire” from volunteering or recover from hip or knee surgery. As this happens, new people are needed to take their places. For example, the F.I.S.H. (Friends in Service Helping) program provides medical transportation to those who need a ride and don’t have family available to provide one. We continue to have a large roster of volunteer drivers but at times recently it has been more challenging to fill ride requests. If you occasionally have the time to provide a ride for someone, please let us know. As a FISH driver, you could meet a new neighbor and learn something new about our town. FISH volunteers decide whether they are able to volunteer once in a while or more frequently. And you’ll feel great about helping out!

Meanwhile, at the Senior Center, our small staff has often relied on volunteers for extra help. A new possibility is now available for someone to help with bookkeeping. If you enjoy working with numbers, are proficient with Microsoft Excel and have a few hours each week – let us know.

Of course, volunteers also help with setting up and cleaning up for large events, with coordinating our Lifelong learning classes, with the Medical Equipment loan closet, visiting seniors who do not get out much and more. If you are interested in getting that “volunteer high”, give us a call! Our Volunteer Coordinator, Ed Gottmann will fill you in on all the opportunities.

\*\*\*\*\*

**Love’s Labour’s Lost - Complimentary Tickets**

LSB Players, the theatre production company of Lincoln Sudbury Regional High School invites seniors to their first show of the 2011-2012 season - Shakespeare’s *Love’s Labour’s Lost*. Set on the beaches of L.A., this is not the Shakespeare you think you know! A large singing and dancing chorus and some classic tunes by The Beach Boys will be interspersed throughout this “beach-themed” comedy about love.

A limited number of complimentary tickets for the Wednesday, November 16<sup>th</sup>, 7:00 PM performance will be made available for distribution at the Sudbury Senior Center (as well as the Lincoln Senior Center) beginning on November 7th. Seniors are invited to a small reception before the show that evening at 7:00 PM outside the Kirshner Auditorium at the high school. Stop by the Senior Center to pick up your tickets! (Tickets for the other shows are \$8 for seniors and students, \$15 for adults.)

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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.*



## CELEBRATE VETERANS

### Luncheon

*for Veterans and their spouses*

Thursday, November 3, 12:00 PM

A special luncheon for our local veterans and their spouses featuring a lovely Wayside Inn hot meal will be offered on Thursday, November 3.

Sponsored by the Sudbury Senior Center and Sudbury Military Network, our very special guests will include: Brian Stearns, Sudbury's Veterans Agent, Rear Admiral Victor Beck, Lt. Col. Christopher Hamilton and Patrick Mullen, U.S. Army, Ret.

Veterans are invited to bring in a photo or other memorabilia from their time of service for a display to be available at the luncheon.

Longfellow's Wayside Inn has graciously offered to provide a delicious hot meal. Sudbury Military Network's generous volunteers will supply bread, desserts and other assistance. Veterans and spouses of any age are welcome to attend. Please call (978) 443-3055 to make a reservation, as space is limited.

### Increase Bone Density and Improve Strength

Leslie Worriss, MPH, RYT, our Balance and Yoga instructor is changing the Better Balance class to "Better Bones, Senior Strength". This is a continuation class for Better Balance. You will use free weights, resistance bands, and gentle yoga to improve functional muscular strength and endurance.

The next class session begins Monday, November 21 from 1:00-2:00 PM. The cost is \$50 for the 8 week series. *Preregistration and payment is required 1 week in advance of the first class.*

### \*\* IMPORTANT MEDICARE REMINDER \*\*

#### The Medicare Open Enrollment period ends on December 7th!

Every year, Medicare Part D and Medicare Advantage (managed care) plans may change their formularies (list of drugs covered), premiums, co-pays, and deductibles. It's important to review your options EVERY year to make sure you have the plan that works best for you.

Some of the bigger changes to Medicare plans in our area for 2012 are:

- Seven Medicare Part D plans are leaving and three new ones are entering. **If you are a member of a drug plan that is leaving, you need to make certain that you have a new drug plan for January 2012.**
- **Humana Walmart-Preferred Rx Plan** (currently \$14.80/month) will still have the lowest monthly premium of all the stand-alone drug plans (\$15.10/month in 2012).
- Medigap Supplements will increase their monthly premiums slightly.
- Two new Medicare Advantage plans will be added – a Blue Cross/Blue Shield HMO and a Fallon HMO.

Our trained SHINE (Serving Health Information Needs of Elders) volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center and ask for a SHINE appointment. Many of our SHINE appointments are already taken, if this is the case when you call, you may be referred to the SHINE telephone number or to the Callahan Center in Framingham. The SHINE telephone number is 1-800-AGE-INFO (1-800-243-4636), after the phone is answered, you should 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. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE.



## Soups On!

**Thursday, November 10**

**12:00 Soup**

**12:30 Speaker**

**David Shikes**  
**Storyteller/Comedian**

David Shikes is a long time resident of New Hampshire and Mass. who spent many years traveling the two states to market books to libraries. In his semi-retirement years, he has decided to share a favorite pastime of his, telling stories. His travels across the state to libraries and now Senior Centers has given him many humorous stories and jokes to share. Enjoy a different kind of Soups On visit this month, as David Shikes provides us with a little humor to lift our spirits as winter approaches.

Soup is served at 12:00 noon, our speaker will begin at 12:30 PM. To reserve your space, call the Senior Center at (978) 443-3055. If you also would like to order soup, please call before 4:00 PM on Wednesday, November 9. Free.

### **Got Grit?**

Our volunteers will deliver a bucket of sand for you to use on your walks and driveways, **free**, just for the asking. Just call 978-443-3055 and tell us if this is a new bucket or a refill. Pick a place for the bucket to be placed and we'll do the rest.



## TEEN TECH HOURS

Wednesday, November 9

2:00 – 4:00 PM

Perhaps you need assistance with using your email or setting up an email account? Maybe you would like to use your phone more efficiently? Or you were given a computer or laptop and need to know how use it. One Wednesday each month, Lincoln-Sudbury Regional High School students will be at the Senior Center to provide technical assistance with software, computers, cell phones or ipods. We have a computer and a laptop available, if you need one.

Call (978) 443-3055 to reserve your space. We are currently scheduling ½ hour time slots, but could expand the time to 45 minutes or an hour if you tell us in advance.

## LIFELONG LEARNING

Senior Center participants have flocked to classes on DVD. Generous participants have shared their DVDs with us, others have coordinated the classes, and others have helped to introduce the class each week.

New DVDs have been offered to us and we are looking for persons interested in these topics who can help to coordinate the classes. Some of the topics are: *European Art* and the *History of Ancient Egypt*. Let us know if you are interested in helping us offer these courses.



**Silent Movie Show**  
**With Richard Hughes**

**Monday, November 7**  
**10:00 AM**

Silent Movie pianist Richard Hughes takes you on a trip into the past, where silent black and white films flickered on screens with piano accompaniment. The vintage films he shows have plenty of charm, wit and slapstick. Laurel and Hardy, Buster Keaton and Charlie Chaplin make appearances during this trip to the past.

All you need is your sense of humor and appreciation of America's cultural history. Enjoy the pantomime and the fun! Please call (978) 443-3055 to reserve your space.



### **Flu Shots?**

We have just received word from the state Department of Public Health that they are expecting to have flu vaccine available in November. This is a change from the previous plan which was that we would not be getting any flu vaccine for the Senior Center. At press time, this plan is tentative, but *should the vaccine become available*, a clinic will be held on Wednesday, November 9, from 12 noon until 4:00 PM. Call us after November 4 for more information.

**FROM THE DESK OF  
INFORMATION AND REFERRAL SPECIALIST  
ANNE MANNING**

*Planning for your Discharge while in the hospital*

If you are expected to need continuing care after coming home, a discharge planner will work with you and your family to develop a plan to meet your needs. This plan should include:

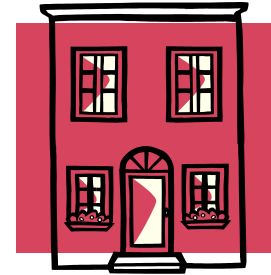
- the continuing care services that you need, including medical treatments, medical transportation and homemaker services
- detailed information about the services that you have agreed to
- names, addresses, and phone numbers of the service providers. You have the right to choose the home care agency that you want to provide your care
- a schedule outlining when nursing, therapy or personal care services will begin
- medications you will need and instructions on their use
- information about special diets and treatments
- the schedule for any of your follow-up appointments

The discharge planner will contact the home care agency that you have chosen, and will set up all of the home care services that you will need. You should feel free to ask questions and indicate your preferences. Some of the options available for Visiting Nurse services after hospitalization are:

- o Emerson Home Care – (978) 287-8300
- o Parmenter Community Health – (508) 358-3000
- o Natick VNA – (508) 653-3081

For more information about discharge planning or other topics, please contact Anne Manning at (978) 443-3055 or [manninga@sudbury.ma.us](mailto:manninga@sudbury.ma.us).

References: Anne Fitzpatrick-Neu, MS - Parmenter Community Health Care  
Lorraine Connors, RN - Emerson Hospital



**Sudbury Community  
Work Program**

Get help with your property taxes! If you are age 60 or older, and are a Sudbury resident living in your own home, and are willing to commit 100 hours of service to Sudbury in 2012, you may qualify for this program.

Participants earn **\$750** toward their 2012 property taxes by serving in a variety of jobs that support Town departments. Every attempt is made to make the skills and interests of applicants mesh with the needs of Town departments.

Applications are available at the Senior Center, 40 Fairbank Road. Funding is available this year for about 50 positions. First round interviews will be held during November and final interviews will be conducted by department heads, who will make the final choice of applicants.

Although many participants fill the same job year after year, there is no guarantee that you will receive the same assignment each year. All qualities being equal, preference is given to those in greatest financial need.

The program begins January 1, 2012. Applications are due to the Senior Center no later than **November 16**.

**Questions?** Call the Senior Center at (978) 443-3055 or Program Coordinator Peg Whittemore at 978-443-2023 for further information.



# NOVEMBER 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (7) 9-4 SHINE 10:00 Fall Recovery workshop 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 3:30 COA Board</p>	<p>2</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&amp;R Hours 9:30 American Revolution DVD class (8) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio (6) 1:30 American Art (4)</p>	<p>3</p> <p>9-12 SHINE 9:30 Tap Dance class 9:45 Thursday Crafters <i>10:30 1960s class postponed to Nov. 17</i> 12:00 Veteran's Luncheon for Veterans and Spouses</p>	<p>4</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Watercolors (7)  *Wayside Inn Dinner Lottery Entry Begins*</p>
<p>7</p> <p>9:00-2:30 I&amp;R Hours 10:00 <i>Silent Movie Show</i> 11:00 Fit for the Future 1:00 Better Balance</p>	<p>8</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9-12 SHINE 9:40/11:00 Yoga (8) 10:00 <i>Consumer Help/Discrimination Prevention Workshops</i> 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge 1:30 Florida Trip Mtg.</p>	<p>9</p> <p>8:30 Fit for the Future 9:00-2:30 I&amp;R Hours 9:30 American Revolution DVD class (9) 11:00 Fit for the Future 12:30 Quilting Studio (7) 1:30 American Art (5) 2:00-4:00 Teen Tech Workshop Hours</p>	<p>10</p> <p>9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 12:00 Soup's On: David Shikes - Storyteller</p>	<p>11</p> <p><i>Veteran's Day Holiday</i></p>  <p><i>Senior Center closed</i></p>
<p>14</p> <p>9:00-2:30 I&amp;R Hours 10:00 Stamp Club 10:30 Acupuncture Workshop 11:00 Fit for the Future 1:00 Better Balance 1:30 *Wayside Inn Dinner Lottery Tickets Chosen*</p>	<p>15</p> <p>8-9:00 BP Clinic 9:00-12:00 <i>Memory Screening</i> 9:00 Cribbage 9:40/11:00 Yoga (1) 10:00-12:00 Legal Clinic 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge</p>	<p>16</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&amp;R Hours 9:30 American Revolution DVD class (10) 11:00 Fit for the Future 12:00 Lunch 12-4 <i>Possible FLU CLINIC</i> - call Nov. 4 or later 12:30 Quilting Studio (8) 1:30 American Art (6)</p>	<p>17</p> <p>9-12 SHINE 9:30 Tap Dance 9:45 Thursday Crafters 10:30 The 1960s (6) <i>(rescheduled from Nov. 3)</i></p>	<p>18</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&amp;R Hours 11:00 Fit for the Future 12:00 Lunch 1:00 Watercolors (8)</p>
<p>21</p> <p>9:00-2:30 I&amp;R Hours 9-4 SHINE 11:00 Fit for the Future 1:00 Better Balance</p>	<p>22</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9-12 SHINE 9:40/11:00 Yoga (2) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge  *Wayside Inn Dinner Payments Due*</p>	<p>23</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:00-2:30 I&amp;R Hours <i>No American Revolution</i> 11:00 Fit for the Future 12:00 Lunch  12:00 L/S High School Thanksgiving Luncheon</p>	<p>24</p> <p><i>Happy Thanksgiving</i></p>  <p><i>Senior Center closed</i></p>	<p>25</p> <p>8:30 Fit for the Future 9:00 Cribbage 9:30-11:30 Bingo 9:00-2:30 I&amp;R Hours 11:00 Fit for the Future 1:00 Watercolors (9)</p>
<p>28</p> <p><i>Special Van Trip</i> 9:00-2:30 I&amp;R Hours 11:00 Fit for the Future 1:00 Better Balance</p>	<p>29</p> <p>8-9:00 BP Clinic 9:00 Cribbage 9-4 SHINE 9:40/11:00 Yoga (3) 12:00 Lunch 12-1:00 BP Clinic 12:30 Bridge</p>	<p>30</p> <p>8:30 Fit for the Future 9:00-2:30 I&amp;R Hours 9:30 American Revolution DVD class (11) 11:00 Fit for the Future 12:00 Lunch 12:30 Quilting Studio</p>	<p>Pizza and Movie on December 1 – <i>Mao's Last Dancer</i></p>	

## LUNCH MENUS

A full lunch is served at the Sudbury Senior Center at noon on Tuesdays and Wednesdays. 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
1 Cheese Lasagna w/ Tomato Sauce Italian Green Beans Bread Fresh Fruit	2 Tomato Cabbage Soup Orange Chicken Brown Rice Bread Tapioca Pudding	4 Meatballs w/Sauce Onions and Peppers Mexican Corn Mini Sub Roll Pineapple
8 Butternut Macaroni & Cheese Stewed Tomatoes Bread Pears	9 Three C Soup/Crackers Teriyaki Diced Chicken Corn & Black Bean Salad Tortilla Applesauce	11 <b>Veteran's Day (no meal delivery)</b>
15 <b>SPECIAL</b> Roast Turkey w/ Gravy Stuffing Mashed Potatoes Green Bean Casserole Dinner Roll Apple Crisp	16 American Chop Suey Carrots Bread Fresh Fruit	18 Ham & Cheese Bake Mexican Corn Stewed Tomatoes Bread Arctic Ice **High Sodium Entree
22 Meatballs with Sauce Ziti Broccoli Rye Bread Fresh Fruit	23 Cheesy Cauliflower Soup/Bread Chicken/Rosemary Gravy Couscous w/Peas/Carrots Peaches	25 No Meal Today*
29 Cream of Broccoli Soup /Bread BBQ Chicken Breast German Potato Salad Chocolate Chip Cookie	30 Sloppy Joes Brown Rice California Blend Hamburger Bun Peaches	<b>Menu is subject to change</b>

**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, December 1<sup>st</sup>



### *Mao's Last Dancer*

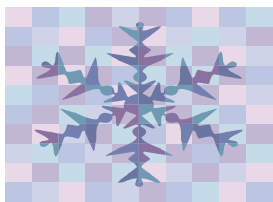
Pizza: 12:00  
Movie: 12:30

2010      117 minutes      Rated PG

A delegation from Madame Mao's Beijing Dance Academy selects 11-year-old peasant villager Li Cunxin to study ballet in far-off Beijing, where he trains for seven grueling years to become one of China's greatest dancers. His efforts win him the opportunity to dance in America, opening his eyes to a new love and the possibility of a dramatic defection from China in this remarkable true story based on Cunxin's autobiography.

Starring: Bruce Greenwood, Kyle MacLachlan, Joan Chen

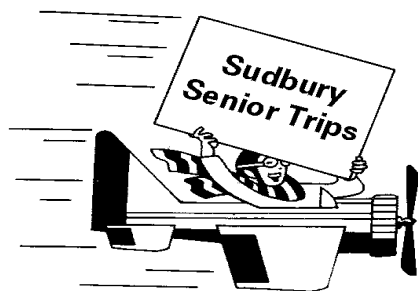
**Please call by 10:00 that morning if you are coming!** Also please let us know if you want pizza (\$1.25/slice). Pizza will be served at **12 noon**, followed by the movie at **12:30**.



**Bad weather policy:** If Sudbury schools are cancelled due to bad weather, the Senior Center *will be open* but all events, meals, and classes are canceled. In some cases, bad road conditions mean that the van services will be cancelled. For the latest information, call the recorded **cancellation line** at 978-639-3276.

### \*Lunch at the Senior Center

Due to declining participation, the Friday lunch time meal will be removed from the Senior Center schedule as of Friday, November 25. Lack of participation may be due to lack of interest in a lunchtime meal at the Senior Center, or perhaps it is the type of meal served. We will be examining this issue, and looking at possible alternative offerings over the next several months. If you would like to have a lunchtime meal at the Senior Center on Fridays at noon and anticipate that you would come out to try something new, please leave a message for Director Debra Galloway. She will compile a list of interested parties and call you back. Thank you for your understanding!



## NOVEMBER Trip News

As the last of our trips for 2011 will soon be here ("Holiday Pops"), it is time to begin planning for our 2012 trip year. I have had many inquiries as to what I have planned but very few suggestions. I have been busy looking at the different offerings from all the Trip Companies out there but as of now I have not made any firm decisions. We have been doing Sudbury Senior Trips for 20 years now so there is "not much new under the sun."

## Foxwoods

Our last Foxwood trip for 2011 will be on November 7, cost \$24.00. We need 35 paid customers for this trip so please sign up ASAP (your fellow passengers will appreciate it).

## Florida Winter Getaway

Unfortunately, the response to our Clearwater trip for February/March 2012 was not sufficient to be able to run it this year. Therefore, I am proposing a little shorter and much less expensive trip instead. We will be having a short afternoon meeting on **November 15 at 1:30 PM** to discuss this possibility. Please either call me at (978) 443-8320 or at the Senior Center at (978) 443-3055 so that we can get an idea how many people are interested

in attending the meeting. We will also be taking some of your ideas for other multi-day trips at that time.

## Holiday Pops

Our last trip for 2011 is our wonderful Holiday Pops event, December 12<sup>th</sup>. We may be completely sold out by the time you receive this notice but we will be happy to put you on our "wait list" or we may be able to get you a seat near us (ticket prices may be higher).

For those already on the trip we will be leaving the Center at 2:00 PM and returning at approximately 8:00 PM, after a short tour around Boston Common to view the Holiday Tree. Again this year, Wingate of Sudbury has generously offered to treat us to box lunches for our trip. Motorcoach fare for this trip is \$25.00 per person (due after Nov. 1) and includes the driver gratuity.

*Carmel*



## Learn About Acupuncture

Monday, November 14, 10:30 AM

Hing-Lan Lo, licensed acupuncturist will talk about acupuncture and offer a demonstration of ear acupuncture at this morning workshop. Ms. Lo graduated from the New England School of Acupuncture in 2002. She has clinic hours in Sudbury and teaches Qi-gong in Framingham. Please register for this workshop by calling (978) 443-3055. Free.



## Thanksgiving Luncheon Wednesday, November 23 Noon-1:30

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

This annual event is hosted by high school students in honor of local seniors, and with respect for all the contributions older people have made to our country and our community's life.

Turkey and all the fixings donated by Sudbury Farms will be served in the high school cafeteria. Entertainment is included, and there is **no charge**. Reservations are required! Call the Sudbury Senior Center at 978-443-3055 by **Wednesday, November 16**.

We are very grateful to Tom Danko and all the students and staff from the MLK Action Project for hosting this event each year.

## Like to Drive?

Our Van Driver, Linda Curran, occasionally needs to take time off for vacation or other needs. Substitute drivers are needed to fill in. The job pays \$10.00/hour with a typical schedule of 8:30 AM – 3:30 PM. Our new van is larger than the previous one, so you will need to be comfortable driving a larger vehicle.



## 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 at **least 24 hours in advance**. 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.

A monthly publication from the

**SUDBURY SENIOR CENTER AND  
SUDBURY COUNCIL ON AGING**

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

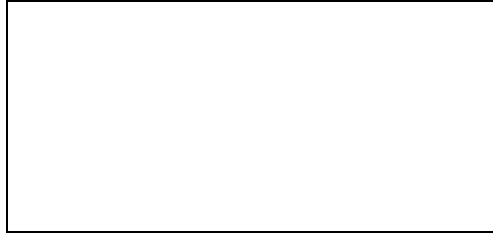
on the web at:

<http://senior.sudbury.ma.us>

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**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

**Cancellation Line:** 978-639-3276

**Trip Information:** 978-639-3277



## Wayside Inn Holiday Dinner

This year interested parties will be entered into a lottery for the Wayside Inn dinner. If you would like to enter the lottery, please bring in or mail in the form below *between Friday, November 4 and Monday, November 14*. On **November 14 at 1:30 PM**, we will pull the lottery tickets. You will be notified by email or phone if your ticket was pulled. Once notified, you must send payment by Tuesday, November 22, in order to preserve your registration. If payment is not received by that date, another ticket will be chosen. Please call (978) 443-3055 with any questions.

You may enter the lottery for one or two people, and both must be from Sudbury. There is a limit of 90 participants. You will be notified if your ticket is chosen. Payment will be due by Tuesday, November 22.

### Wayside Inn Holiday Dinner Lottery Entry Form

Name(s)	Telephone	Email	Pot Roast	Salmon