

**Scott Nix**

Sudbury Police Chief  
Police@sudbury.ma.us  
978-443-1042

**John Wayland**

Sudbury Fire Chief  
Fire@sudbury.ma.us  
978-440-5310

**Bethany Hadvab**

Sudbury Social Worker  
socialworker@sudbury.ma.us  
978-440-5476

**Deb Galloway**

Sudbury Senior Center Director  
Www.sudburyseniorcenter.org  
978-443-3055

**Council on Aging**

Hours M-F 9-4  
coa@sudbury.ma.us  
978-443-3055

**Seminar for Living Independently  
and Safely**

**Sponsored by the Town of Sudbury  
Hosted by Our Lady Fatima**

**November 5th, 10:00 - 11:30 AM**

**Our Lady of Fatima  
160 Concord Road  
Sudbury, MA 01776  
Hurley Hall**

Any Questions Contact:

Christine Dunn  
978-443-2798 ext 102  
Christine@fatimasudbury.org



**Seminar for Living  
Independently and  
Safely for Seniors and Care  
Givers of Sudbury**

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**Police Chief Scott Nix  
Fire Chief John Wayland**

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**Town Social Worker  
Bethany Hadvab**

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**Senior Center Director  
Debra Galloway**

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Please join us and learn about our services in Sudbury to ensure your safety. Our presentations will be about the numerous programs available to you, your family, and care givers.

**Monday November 5th  
10:00—11:30 AM**

**Our Lady of Fatima  
160 Concord Road  
Sudbury, MA 01776**

978-443-2798

Contact Christine Dunn with any questions.

Coffee and Pastries will be served

### **Police Chief Scott Nix Fire Chief John Wayland**

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- Medical & Emergency Procedures
- Lock Box program with Fire Department
- Senior's and caregiver Registration - Police Department keeps list of registered seniors with list of care takers, relatives, Dr.'s, medication linked to 911 calls.
- Rapid Contact Registration - linked to 911-list of contacts, Dr.'s, medication.
- VIP (Vulnerable In Town Persons)-refrigerator forms to post on refrigerator.
- Awareness Program - senior special issues, mobility transfer equipment for emergencies.

### **Bethany Hadvab - Sudbury Social Worker**

- Planning for aging in place - programs available:
- SHINE (Serving Health Insurance Needs of Everyone)- Informational Recourses with confidential counseling of health insurance and Medicare.
- Metro west for Independent Living with Disabilities - Advocate services and programs as needed for individual plan.
- Bay Path Elder Services - Personal plan developed on needs for housekeeping, meal preparation, home health, transportation to medical appointments, adult daycare, bill paying etc.
- Emergency Shelter Procedures- for registered seniors, emergency wellness checks.
- Age friendly plan-consultation on improving home safety and services available.

### **Deb Galloway Senior Center Director**

Livable Sudbury Assessment Program  
Services provided for every level of Senior Independent Living:

- At Senior Center: Drop in health center for Blood Pressure and sugar test
- Lunch program
- Tax return assistance
- Comfort care giver focus group and Comfort care social group monthly meetings.
- Social events, arts & crafts, movies
- Fitness Classes

In Home Services:

- Friendly Visitor-weekly visits offering friendship, company & conversation.
- In Home Fix It-minor home repairs, small maintenance & task
- Shopping Services-shop and help unpack grocery's
- Sand Buckets- delivered bucket of sand for driveway and walks
- Home Delivered Meals - hot lunches 5 days a week, cold meals to heat up for weekends.
- Loan Closet - Medical equipment for loan.
- Space heater swap - replace damaged space heater.
- Transportation - MWRTA, M-F, 8:30-4:00 and Sudbury Rte 20 shuttle