



The Senior Scene

May
2020

A Publication of the Sudbury Senior Center: the place for information, learning and connection!

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All of us at the Senior Center hope you are all home and safe and healthy. The Sudbury Senior Center is closed to the public until further notice due to the Coronavirus pandemic and safety recommendations per the Centers for Disease Control (CDC) and Gov. Baker. Senior Center Staff are available to answer your calls and emails. Please contact us at 978-443-3055 or senior@sudbury.ma.us.

Due to the uncertainty about when and how we will be able to reopen, there is no calendar included in this newsletter. Any programs listed have a date TBD (to be determined). When we have additional information, we will post it on our website and the Town website, as well as on our voicemail message. In addition, we will send an email to our email contact list.

To add your email address to the Senior Center Email Contact List, please go to the town website at www.sudbury.ma.us. Click on "Email Lists" on the top tab line. Enter your name and email address, click the box next to "Senior Center News and Information".

Keep your spirits up and contact us if you need to talk for a few minutes, or if you have a concern or question (978-443-3055) or senior@sudbury.ma.us.



**Respect for All
Participants**

THE U.S. CENSUS!

Please participate in the 2020 United States Census! Every 10 years, the U.S. Census Bureau conducts a census. This one will arrive in your mailbox in April 2020.

The U.S. Census data is used for many purposes and helps not only the Federal government, but many local governments and organizations to plan for the future and to allocate funding. This is important for the Senior Center - so that we can get the most up-to-date information on the older population, and get the appropriate proportion of funding for the number of residents who are 60+. Please fill it out and send it in, or complete it online as soon as possible. If you have questions, please contact Ana Cristina Oliveira, Outreach Information Specialist at 978-443-3055 or oliveiraa@sudbury.ma.us.

Phone Buddies



New Volunteer Service-Phone Buddies



The Senior Center is setting up a new way of connecting you to your neighbors. We are looking for residents who would like to be matched with a phone buddy (a volunteer from the Senior Center*). Phone Buddies will call once a week for friendship and conversation.

Please contact the Senior Center at senior@sudbury.ma.us or 978-443-3055 and leave a message with your name, phone number and email address, if possible.

*All Senior Center volunteers are interviewed and complete the required paperwork, including a Mass. CORI Criminal background check.



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A MESSAGE FROM DIRECTOR DEBRA GALLOWAY

Hello All-

All of the Senior Center staff send wishes for good health and safety during this Corona-virus crisis.



We are attempting to find ways to offer programs and services in a safe way. We have been able to continue some limited services, including: SHINE Medicare Counseling via phone, Legal consultations by phone, Friendly Visitor via phone, Phone Buddies, and Grocery Shopping assistance. Please contact us if you are interested in one of these services, or have a question. Also, see pages 9 and 10 for reports from both Janet Lipkin and Ana Cristina Oliveira.

We would like to facilitate some online, SudburyTV and phone activities. We are also looking into some activities that may lend themselves to phone conference calls, Zoom meetings and SudburyTV.

We have heard from many of you that you are already connecting with each other via phone or online services such as Zoom, Facebook, or phone services such as Facetime. We are heartened to hear that and happy that the connections you have made in this community are strong!

Although we can not offer the programs listed in the next column yet, we hope to do so in the future. These are just a few of the many programs that were planned for late March, April and May that we hope to offer when it is safe to do so. We will communicate about any planned opening of the Senior Center or alternate methods of programming, via our email contact list, our website, and via phone message. If you are able to sign up for our email contact list, you will receive information more quickly. Please see information on sign-up for our email notices on page 1.

One of the programs that we hope to offer is Chair Yoga with Rebecca Reber on Zoom*. Rebecca has been teaching Chair Yoga at the Senior Center since fall 2019. We hope to offer an initial 8 week session for free.

Unfortunately, we are still not able to offer Transportation services in a safe way. We will let people know via our website and email updates if this situation changes. Thank you for your patience.

Please contact us if you are interested in the possible Chair Yoga class or other potential classes at senior@sudbury.ma.us or 978-443-3055.

If you have a question, concern or would like to talk, please leave a message, or email us.

Thank you all and stay safe!

Debra
Senior Center Director

*Zoom is an online program that can be used to hold classes or meetings, in which you can see and hear the other participants via a cell phone or computer camera.

SPECIAL PROGRAMS TO LOOK FORWARD TO:



From the Great Courses

The Ottoman Empire

9 Wednesdays, **Dates TBD**

9:30-11:00 AM

Prof. Kenneth W. Harl, PhD., Tulane University



Abba Shocair and her son, Tareef Kawaf with their ouds (lutes)

A Sampling of Traditional Arabic Food and Music

Date **TBD**

Abba Shocair, a resident of Sudbury and native of the Arab World, will present a video of her and her son Tareef Kawaf, playing songs and instrumental Arabic music on the oud. She'll be talking about the fundamentals of Arabic tonal music and demonstrating a couple of its maqam structures on the oud.

Take Me Out to the Ballgame Musical Baseball Show

Postponed until Fall 2020



The Sudbury Senior Center will host this Musical Baseball Show with local singer-guitarist Howie Newman sometime in the fall of 2020.

RESOURCE INFORMATION

STATE REP. CARMINE GENTILE

IMPORTANT NUMBERS

The Department of Public Health (in partnership with the United Way) has opened "2-1-1" to all callers, 24 hours a day, 7 days a week. Operators fluent in Spanish are available, and more than 150 other languages are supported through an interpreter services line. Residents with questions can dial 2-1-1 from any landline or cellphone, or use the live chat option on the Mass 2-1-1 website.

State Updates:

You can receive State of Mass. government updates on your mobile phone by texting "COVIDMA" to 888-777.

An update from State Rep. Carmine Gentile and his work in the legislature during the Coronavirus crisis:



I've been working seven days a week with leaders in the four communities I represent and have several meetings a day Monday -Friday with other legislators. All are focused on meeting challenges presented by the pandemic and all by ZOOM or teleconference - actually on Zoom right now - in Massachusetts first ZOOM legislative hearing - listening to testimony on H4662 - An Act to provide short term relief for families in deep poverty. We have 52,000 children in 31,000 families in the Commonwealth who live on an amount of money that is one-third the amount of the federal poverty level. This bill would give these families one extra monthly payment at a time when many are on the cusp of homelessness (some are already homeless).

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FINANCIAL/TAX INFORMATION

~Federal and State Tax Returns Are now Due July 15, 2020~

AARP Tax Return Help



People with previously scheduled Tax Return appointments will be contacted by Chery Finley, Administrative Coordinator, for a new date as soon as new dates are available. As of March, all tax appointment dates were filled. If any new slots become available, we will share the information on our website and voicemail message.

Please note: Many other due dates related to tax and financial requirements (including **Required Minimum Distributions**) may have changed. Please check with your financial specialists and institutions.

Mass. Department of Revenue Update: <https://www.mass.gov/info-details/important-covid-19-coronavirus-response-update-from-dor>

Tax Help

Metro Community Development Corporation

Non-profit community and tax assistance and workshops for low to moderate income families. Contact them at info@strongcommunity.org or (508) 658-0880. On the web: <http://strongcommunity.org/>.

INFORMATION

Coolidge at Sudbury 2

Housing Lottery

Coolidge at Sudbury 2 is a new mixed-income, 55+ apartment community on Route 20, near Landham Road. There are 56 one-bedroom apartments available designed for those who are 55 and over. You may apply to be entered into the lottery until June 18, 2020. Apartments are available to those with incomes at or below 60% of the AMI (Average Median Income) or \$53,760 for one person/\$61,440 for two people; and at or below 30% of the AMI or \$23,850 for one person/\$30,700 for two people.

You may apply online at coolidgesudbury.com or pickup from the dropbox at 189 Boston Post Rd. Sudbury. There will be an information session online, please call 781-794-1044 or email coolidgesudbury@peabodyproperties.com for more information.

FINANCIAL/TAX INFORMATION

RECOVERY REBATES ARE NOT CONSIDERED FEDERAL INCOME: The federal CARES Act COVID-19 legislation created Recovery Rebate payments (\$1,200 for eligible adults, \$500 for eligible children) that will be disbursed over the coming weeks and months. Federal law says the Recovery Rebates do not count as income or as assets for 12 months for programs that use federal funds like SNAP, CSFP, and LIHEAP (fuel assistance).

NON-TAX FILERS: The IRS will be making direct payments via direct deposit to those who filed taxes in 2018 or 2019 and have direct deposit information on record. For all others, the IRS web page where non tax filers (those who did not file in 2018 or 2019) can request the Recovery Rebate payments. <https://www.irs.gov/newsroom/treasury-irs-launch-new-tool-to-help-non-filers-register-for-economic-impact-payments>

The Social Security Administration (SSA) is sharing information with the IRS directly for Social Security recipients and is working with the IRS about sharing data to get stimulus payments to Supplemental Security Income (SSI) recipients – purportedly without their needing to file anything with the IRS. They will continue to update Social Security's COVID-19 web page at www.socialsecurity.gov/coronavirus/ as further details become available.

AUTOMATIC DEPOSITS: Individuals who did file taxes will be able to add their direct deposit information (for a bank or prepaid account) and that link is anticipated to go live mid-April: IRS.gov/coronavirus/economic-impact-payments

For those who do not have a bank or prepaid account, JoinBankOn.org has a list of low fee, safe check-less checking accounts that can be opened online and are open to people with blemished bank account histories.



Legal Clinic via Phone

Tuesday, May 12
1:00-3:00 PM

Schedule a free 20 minute phone consultation at the Senior Center with volunteer Elder Law Attorney Denise Yurkofsky. Elder Law Attorneys provide assistance focusing on: estate planning, financial issues, Medicaid/Mass Health legal questions, etc. Contact us at 978- 443-3055 or senior@sudbury.ma.us.

SCAM ALERT

2020 CENSUS



The 2020 US Census is underway. You should receive an official letter in the mail with your household's unique Census ID encouraging you to reply online or by phone. If you do not respond in the next several weeks, the U.S. Census will send you a questionnaire in the mail. This is the government's decennial count of all residents regardless of citizenship status. **It is imperative that each of us is counted!** The numbers generated in this count of the U.S. population every 10 years helps apportion federal and state funds as well as determine the number of our representatives in the U.S. Congress.



The Massachusetts Senior Medicare Patrol Program strongly recommends you respond to the 2020 Census once you receive your unique Census ID in the mail so that a census enumerator will not need to knock on your door.



The US Census WILL NOT call you except in rare circumstances if they have questions and only after you have filled out your response. So if you receive a call from someone saying they are from the US Census Bureau and you haven't responded yet, you should hang up the phone and then report the call to your local police department. Do not provide your personal information including your Medicare number to someone you do not know. **If you have any questions or to report a scam, call the US Census Bureau at 844-330-2020. You can also report a scam at ReportAScam@MASMP.org.**



Census enumerators are not scheduled to start door-to-door visits until May. They will be wearing ID badges that confirm **their official visit**. If someone comes to your door **before May 1** saying that they are with the U.S. Census, **DO NOT OPEN THE DOOR**. Report the unwanted visitors to your local police department.

Remember: Never give your Medicare card number, your bank account information, your credit card numbers or any other personal information to someone you do not know.

For additional guidance call the Massachusetts Senior Medicare Patrol Program at 800-892-0890 or visit www.MASMP.org. To report a scam email ReportAScam@MASMP.org or call 978-946-1243.



SHINE/MEDICARE INFORMATION

**High Prescription Drug Costs?
Prescription Advantage May Help!**

Prescription Advantage is a state assistance program that may lower the amount you pay for prescription drugs. It also allows qualified applicants to join or change their Medicare drug plan or Medicare Advantage plan. Eligibility is based on **income only** and there is **no asset limit!**

Who can join?

For **Massachusetts residents eligible for Medicare**, Prescription Advantage may provide secondary drug coverage if you are:

65 or older with an annual income at or less than \$63,800 for a single person or \$86,200 for a married couple

OR

Under 65 with a disability, with an annual income at or less than \$23,989 for a single person or \$32,411 for a married couple.

For Massachusetts residents not eligible for Medicare, who are 65 or older, or under 65 with a disability, Prescription Advantage may provide primary drug coverage.



Call Prescription Advantage to enroll over the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **3**. You can apply online by going to www.prescriptionadvantagemma.org.

You may also contact the SHINE Program for help applying for Prescription Advantage. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE phone appointment, contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say **4**.

SHINE - Medicare Help



Trained and screened Senior Center volunteers are available by appointment to assist with Medicare questions and planning **via phone** - until further notice. *Please contact* Ana Cristina Oliveira, Outreach Specialist, so she can assess your needs and schedule your appointment, at 978-443-3055 and leave a message with a phone number or email or reach her at oliveiraa@sudbury.ma.us.

Medicare Savings Programs

Want to save money on your Medicare Coverage? New income and asset limits for the Medicare Savings Program began in January 2020. This program, also known as the MA Health Buy-In, is administered by MA Health and may provide assistance with paying your Part B premium and certain deductibles.

You are:	Income at/below:	Assets at/below:
Single individual	\$1,738/month	\$15,720
Married Couple	\$2,346/month	\$23,600

To learn more and to see if this program may be beneficial to you, please call the Senior Center at 978-443-3055 and schedule a SHINE phone appointment.

SUDBURY SENIOR TRIPS

Many trips are cancelled due to the Coronavirus pandemic, please contact the Tour company directly for information about trips and trips cancellations.

Collette Tours - 800-340-5158 - <https://www.gocollette.com/en/landing-pages/2020/travel-advisory-coronavirus>

Best of Times trips - 800-343-8999 - <https://bestoftimestravel.com/wp-content/uploads/2019/11/Update-as-of-March-20.pdf>

Looking for Trips Coordinators... many thanks to our long-time Coordinators Joanne Bennett and Joe Bausk!

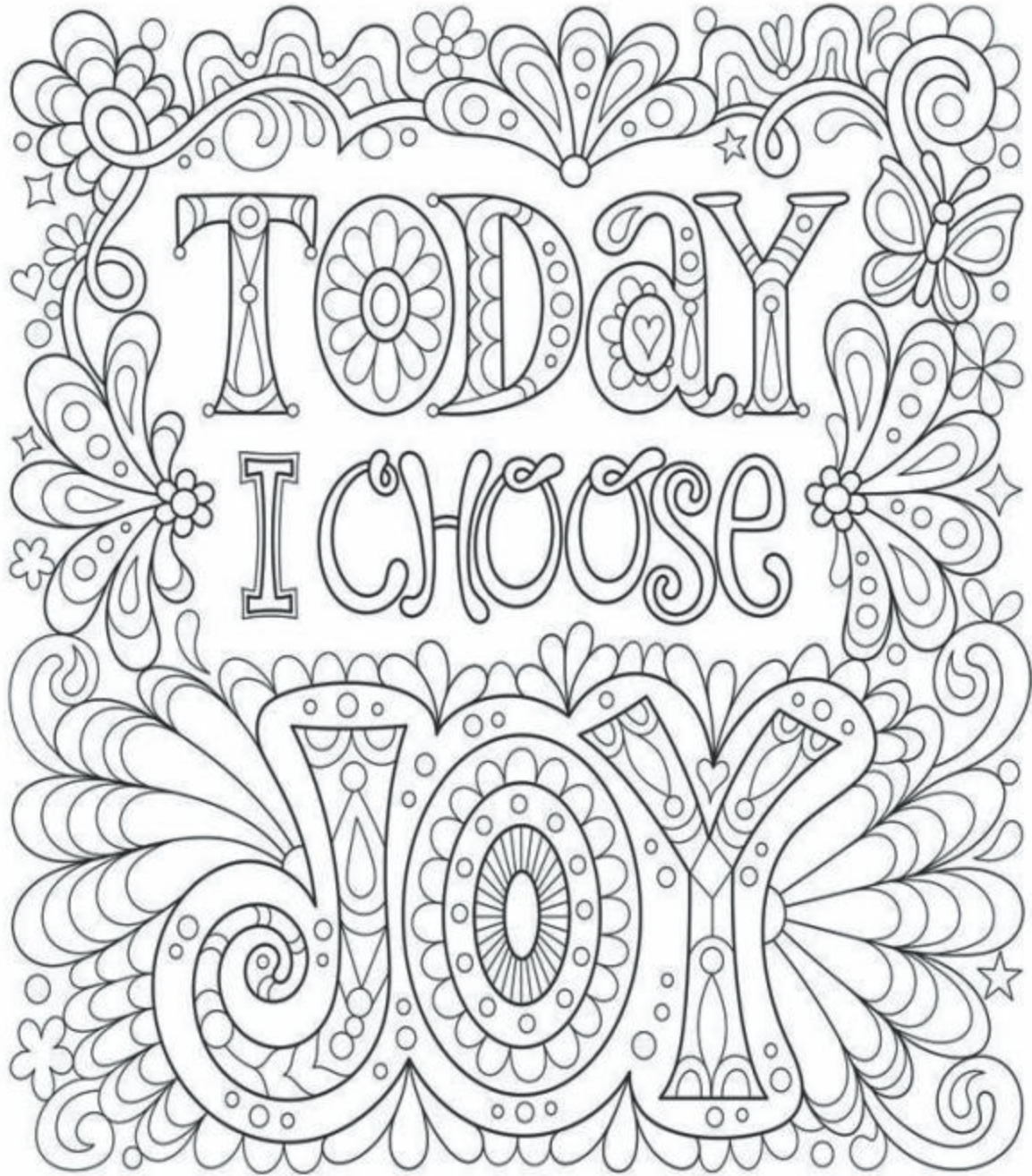
**Foxwoods Trip
May Trip - CANCELLED
Next Trip TBD**



We will let you know via the Senior Center website and email updates. You may also call 978-443-3055 and leave a message.

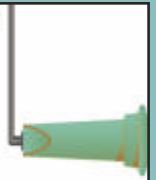
Please note: Although we make every effort to ensure that the information in our newsletter is accurate, sometimes we make an error, or information has changed since the publishing date. Call to verify!

Puzzles and Games



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~ From Volunteer Program Coordinator, Janet Lipkin ~

***National Volunteer Week is April 19-25.
With deep gratitude to each member of our Senior
Center Volunteer team for all they do!***

-Janet Lipkin



Spring is here, and with it comes warmer weather and crocuses breaking through the soil. Hope abounds with new beginnings! We count on our volunteers to help us provide many of our services for the seniors. At this time, we have more volunteers available than services that we can safely provide. However, we continue to talk with potential volunteers by phone so that we will be ready when services can start again. Do you have some free time? Want to make new friendships? Do you wish to get that wonderful feeling of having made a difference in someone's life? We encourage you to become part of our valued team of volunteers. For more information about volunteer opportunities, or to apply to become a volunteer, please contact Janet Lipkin, at 978-639-3223, or via email at LipkinJ@sudbury.ma.us.

*****Please note that most of our community services that are provided by volunteers are suspended until further notice.***

See page 2 for information about the new Phone Buddies Program!

We are interviewing grocery shopping volunteers. The Grocery Shopper Volunteer goes to a local supermarket of their client's choosing. The volunteer purchases and delivers the items on the client's grocery list. The volunteer gets immediately reimbursed by check by the client, for the amount on the receipt. *Please note that during the current coronavirus pandemic, all grocery shopping volunteers are expected to follow our strict protocol on precautions to be taken while food shopping and delivering items to the client. This is done to protect both the volunteer and the client.*

We continue to look for new clients for our Friendly Visitor program. Friendly Visitor volunteers are matched with a client and make a weekly phone call to the client. If you are interested in having a Friendly Visitor or becoming a Friendly Visitor volunteer, call the Senior Center (978-443-3055).

F.I.S.H. continues to look for additional volunteer drivers to join the team. When FISH is operational again volunteers take Sudbury residents to medical

appointments when family and friends are not available. This is a completely flexible volunteer opportunity in which you choose which rides you take and how often you do it. If interested in learning more about this, please call Janet Lipkin (978-639-3223).

Volunteer Name Badges: We are in the process of updating our Senior Center Volunteer name badges. The new name badges will have, in addition to the volunteer's name and the Senior Center logo and contact information, a small photo of the volunteer's face for identification purposes. This is especially helpful for clients that are, for example, having a volunteer pick them up to take them to a medical appointment (FISH ride), and those clients that are having a fix-it volunteer come to their home to make small repairs. In both cases, the volunteer might be someone that the client has never previously met.

Important Update about Volunteer Gatherings previously scheduled for April:

Due to the coronavirus pandemic, the previously-planned F.I.S.H. Gathering, as well as the Friendly Visitor/Grocery Shopping Gathering will be rescheduled. Once we have new dates for them, we will let you know.

Please note that the May 2nd Repair Café at the Senior Center has been cancelled. We look forward to running it next year.

With heartfelt appreciation to each and every Senior Center volunteer... you are changing lives by your acts of kindness. Thank you for being YOU!

Janet Lipkin

Nursing Home Family Resource Line:

The Baker-Polito Administration announced the new Nursing Home Family Resource Line, a dedicated telephone line that will connect family members of nursing home & rest home residents with the information and resources they need. This resource is one central contact that families can reach out to if they have questions or concerns about the care their loved one is receiving during the COVID-19 outbreak. The line is staffed from 9 AM – 5 PM, 7 days a week. Staff will coordinate across state agencies to help callers find answers to their questions. Families and community members can call the line at (617) 660-5399.

~ From our Outreach/Information Specialist, Ana Cristina Oliveira ~

**Support Services for Adults/Families/
Caregivers**



BayPath Elder Services- Provides many services such as: Information and Referral, State Home Care Program, Family Caregiver Program, Money Management Program, Personal Care Attendant Services, Options Counseling, Long Term Care Ombudsman, Meals on Wheels, and Health Aging Programs. To get more information visit www.baypath.org or call 508-573-7200.

Family Caregiver Support Program- offers counseling, information and help accessing resources from a trained caregiver specialist, who is available to you to offer guidance and the extra time and attention you deserve as you continue on your caregiving journey. Call the family support program at 508-573-7239 or visit: Caregivingetrowest.org

SNAP-Supplemental Nutritional Assistance Program- Provides a monthly Supplement for purchasing nutritious food. To see if you may qualify call Project Bread at 1-800-645-8333 or visit www.mass.gov/dta.

Healthcare Websites- compare options for home health, hospital and nursing. **Nursing Home-** www.medicare.gov/nursinghomecompare/search.html **Hospital-** www.medicare.gov/hospitalcompare/search.html

Prepare for the expected (wandering) -It's common for a person with Alzheimer's to wander and become lost, even in the early stage of the disease. In fact, six out of 10 people with dementia will wander; many do so repeatedly. Wandering can be dangerous, life threatening and stressful on care partners and family. **MedicAlert+Alzheimer's Association Safe Return** is a 24-hour nationwide emergency response service for individuals with dementia who wander or have a medical emergency. Provides 24-hour assistance, no

Respect for All Participants



The Senior Center is committed to respect and service for all LGBT+ Older Adults and hopes to increase opportunities for engagement in activities at our center. Call us when you need guidance, and let us know how we can help. We are here to help if you are looking for a SHINE counselor, elder attorney, or home services that are committed to honoring and respecting LGBT+ adults.

Resources for Caregivers

Family Caregiver Support Program-508-573-7239
Caregivingmetrowest.org

Alzheimer's Association MA/NH Chapter
24/7 Helpline 800-272-3900; www.alzmassnh.org

Alzheimer's Foundation of America - 866-232-8484 -
National toll-free Helpline and on the web at:
<https://alzfdn.org/>

The Family Caregiver Handbook - online from MIT
<http://web.mit.edu/workplacecenter/hndbk/sec4.html>

Advocates - Services for Older Adults and Caregivers -
(508) 628-6300
24-Hour Crisis Support **1 (800) 640-5432**
<https://www.advocates.org/services/elder-services>

~All On-site Memory Cafes, Support Groups and Day Break hours are suspended until Further Notice~



Chery Finley, Senior Center Administrative Coordinator



**Fuel Assistance 2019-2020
Application Due Date Extended to
May 29, 2020**

The Low Income Home Energy Assistance Program (LIHEAP) is designed to keep families and individuals safe and healthy by assisting with energy costs, such as: Home Energy bills, energy crisis, weatherization costs, and energy-related minor home repairs. Fuel Assistance helps thousands of local families with home heating bills each year. Eligibility is based on household size & the gross annual income of every household member, 18 +. Household income cannot exceed 60% of estimated State Median Income. To see if you qualify, check the income eligibility or call and speak with Ana Cristina Oliveira, Outreach/Information Specialist at 978-639-3268.

Hou seho ld Size	Max. Gross Income
1	\$37,360
2	\$48,855
3	\$60,351
4	\$71,846
5	\$83,341
6	\$94,837

PROGRAMMING BY PHONE/NURSING HOME FAMILY RESOURCE

Programs available by Phone!

Looking for programming but do not have access to a computer? Here are some “**phone only**” options. You will need access to the internet to select the program and register.

DOROT’s University Without Walls program offers hundreds of classes, appealing to a wide range of interests – all available over the telephone. For more information or to enroll, call (877) 819-9147 or email at www@dorotusa.org. <https://www.dorotusa.org/our-programs/at-home/university-without-walls>. Programs are available in English and Russian.

Covia Well Connected is a telephone and online community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value feeling connected. (Formerly Senior Center Without Walls, based in San Francisco). You do need access to the internet to download the catalog, but the programming is all delivered via telephone. <https://covia.org/services/well-connected/> (877) 797-7299.

Mather Lifeways Telephone Topics, you simply call a toll-free number to listen to a wide range of interesting discussions and programs. You can choose from wellness programs, **education programs**, discussion topics, **music reviews**, **live performances**. **You do need access**

to the internet to view the choices and register. <https://www.mather.com/neighborhood-programs/telephone-topics> (888) 600-2560.

Thank you the Massachusetts Councils on Aging organization for providing this information!

Goodnow Library**Goodnow Reads****April 13-May 31, 2020**<https://goodnowlibrary.beanstack.com/reader365>

The Goodnow Library and the Goodnow Library Foundation have partnered with HOPEsudbury to raise money for those who are struggling during this time of COVID-19. For every minute you read, a nickel will be donated towards this good cause. The more you read the more is raised! The hope is that as a community we can collectively read 30,000 minutes to raise \$1500.

Goodnow Library also has many online resources, visit their website at www.goodnowlibrary.org.



Sharon Wilkes,
Senior Center
Program Coordinator

INFORMATION

**Senior Center Programs on SudburyTV!**

- Online or on Cable TV -

Did you know many Senior Center programs are videotaped and available for viewing at the Sudbury TV website and are also periodically shown on your local cable station.

www.Sudburytv.org

Severe Weather/Emergencies

The Senior Center will share information about storms and emergencies on the Town and Senior Center websites, as well as the main phone line (978) 443-3055. When the Sudbury Public Schools cancel school, the Senior Center will cancel all programs and services; if school is delayed, we will delay programs. If unsafe, the Town Manager may also decide to close the Senior Center entirely. Information will be posted online at the Town and Senior Center websites, and available on the Senior Center phone at 978-443-3055.

Make Sure You Receive Emergency Notifications!

Sign up for Sudbury’s Emergency Notifications to receive urgent messages from the town. Go to the Town website at www.sudbury.ma.us and click on the red “Emergency Notifications” button on the right side. You will need to enter a username (usually an email address, but can just be a madeup name) and password.



HEALTH AND WELLNESS

COVID-19/Coronavirus Information from the CDC - U.S. Centers for Disease Control

If you have a fever or cough, you might have COVID-19. Most people have mild illness and are able to recover at home. If you think you may have been exposed to COVID-19, contact your healthcare provider immediately.

- Keep track of your symptoms.

If you have [an emergency warning sign](#) (including **trouble breathing**), get medical attention right away.

When to Seek Medical Attention

If you develop any of these **emergency warning signs*** for COVID-19 get **medical attention immediately**:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

Call 911 if you have a medical emergency: Notify the operator that you have, or think you might have, COVID-19. If possible, put on a cloth face covering before medical help arrives.

An Excerpt from the Sudbury Board of Health COVID-19 update as posted on their webpage on April 21, 2020.

“Based on recent epidemiologic data, we know that 50-60% of all cases in communities remain unidentified, even though they are readily spreading COVID-19. We conservatively estimate the number of COVID-19 positive cases is at least two or three times larger than what is identified and reported in most communities. The number of cases continues to grow in Sudbury among residents and non-residents every day. PLEASE THINK CAREFULLY ABOUT WHAT YOU CONSIDER ESSENTIAL ACTIVITIES, CONTINUE TO PRACTICE SOCIAL DISTANCING TO HELP PROTECT YOURSELF, YOUR FAMILY AND OUR COMMUNITY. The MA Department of Public Health recommends reviewing state, county and town data found at: <https://www.mass.gov/info-details/covid-19-cases-quarantine-and-monitoring#COVID-19-cases-in-Massachusetts>. “

Health and Wellness Resources

Interface Referral Line: Monday through Friday, 9 am-5 pm, at 888-244-6843 (toll free) or at <https://interface.williamjames.edu/>. Interface is a free, confidential mental health and wellness referral line. Also, offering connections to telehealth providers who are accepting new patients and meet client needs.

Considerations for Facing Serious Illness

Mass. Health Care Proxy - Mass. Medical Society: <http://www.massmed.org/Patient-Care/Health-Topics/Health-Care-Proxies-and-End-of-Life-Care/Health-Care-Proxy-Information-and-Forms/#.XqLWnmhKhPY>

5 wishes: <https://fivewishes.org/five-wishes/individuals-families/individuals-and-families> Scroll down to see a sample of the document in the right hand column. Helpful planning for last phase of life.

Durable Medical Power of Attorney: A medical power of attorney (also known as a **health care power of attorney** or **durable power of attorney for health care**) is a legal document that authorizes someone you trust (called an agent, attorney-in-fact, or surrogate) to make medical decisions on your behalf. The agent only has this authority if it is determined by your doctor that you are incapable of making such decisions, or you are unable to communicate your wishes, if you're in coma, for example.

Support Groups

Sudbury Caregiver Support Group

SUSPENDED

The Support Group is cancelled until further notice. Please contact Ana Cristina Oliveira, at 978-443-3055 or email at oliveiraa@sudbury.ma.us.

Low Vision Ssuupport Group

SUSPENDED

For more information about this group, please contact Ana Cristina Oliveira, at 978-443-3055 or email at oliveiraa@sudbury.ma.us.

RESOURCE INFORMATION

Grocery Shopping - Some Stores have Delivery, or Senior Only Hours

◇ **Sudbury Farms** - 978-443-3575 or at <http://www.rochebros.com/>

◇ **Shaws Supermarket** - 978-443-7066
<https://local.shaws.com/ma/sudbury/509-boston-post-rd.html>

◇ **Whole Foods Market** - Delivery -
◇ Amazon Prime Delivery for Members -
◇ <https://www.wholefoodsmarket.com/grocery-delivery-and-pickup>

◇ **Stop and Shop** - Wayland - 508-358-0740 or at <https://stores.stopandshop.com/ma/wayland/101-andrew-avenue>

InstaCart: delivery from various markets - <https://www.instacart.com/>

Restaurant Delivery:

GrubHub: restaurant delivery - <https://www.grubhub.com>

Food:

Sudbury Food Pantry - 978-443-7725 - Outdoor pickup or delivery may be available

Pharmacy:

Sudbury Pharmacy - 978-443-6311
CVS - 978-443-7141

Information/Resources:

Sudbury Senior Center - 978-443-3055 -
Email at senior@sudbury.ma.us or visit <https://sudburyseniorcenter.org/>

Sudbury Board of Health - 978-440-5479 -
<https://sudbury.ma.us/health/>

Sudbury Social Worker - 978-440-5476 -
<https://www.instacart.com/>

BayPath Elder Services - 508-573-7200 -
<http://www.baypath.org/>

Sudbury Board of Health Updates

The Sudbury Board of Health lists updates on COVID-19 (Coronavirus):

<https://sudbury.ma.us/health/2020/04/21/coronavirus/>

Town Social Worker Bethany Hadvab has an extensive resource listing at her website:

<https://sudbury.ma.us/socialworker/>

SUDBURY SENIOR CENTER SERVICES

Due to the COVID-19/Coronavirus pandemic, the Senior Center is offering only very limited services in the community. We continue to provide information and assistance via phone and email. We also offer the services listed below to older adults and their family members. For information about any of the services described below, contact the Sudbury Senior Center at 978-443-3055 or senior@sudbury.ma.us (unless otherwise indicated).

Consultation

Outreach and Information— Information about resources and services for older adults and their families in Sudbury. Free consultation by appointment.

Legal Clinic- Free 20-minute phone consultation by appointment.

S.H.I.N.E./Medicare Help (Serving the Health Information Needs of Everyone on Medicare)- Free consultation on Medicare health

insurance by appointment.

Community Services

New! Phone Buddies-Volunteers make weekly calls to older adults who would like to socialize.

Friendly Visitor Program- Volunteers make weekly phone calls to Seniors unable to leave their homes to socialize.

Grocery Shopping— For critical need only - i.e. no other resources - Very Limited - Volunteers make weekly

visits to supermarket and bring food to the door.

Nutrition

Home Delivered Meals- Hot lunch delivered to older residents who are unable to leave home. \$3 suggested donation. Registration through BayPath Elder Services: 508-573-7200.



MENTAL AND EMOTIONAL HEALTH RESOURCES

**Coronavirus Disease 2019 (COVID-19):
Frequently Asked Questions About Mental Health Updated April 23, 2020***

What can older adults and adults with disabilities do to reduce emotional stress and anxiety?

- ◇ Avoid excessive exposure to media coverage of COVID-19
- ◇ Only consult legitimate sources, like the Centers for Disease Control and Prevention, for information about COVID-19
- ◇ Engage in activities that bring comfort or joy
- ◇ Take deep breaths, stretch or meditate
- ◇ Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs
- ◇ Make time to unwind and remember that strong feelings will fade
- ◇ Share your concerns and how you are feeling with a friend or family member
- ◇ Call your health care provider if stress reactions interfere with your daily activities for several days in a row
- ◇ Avoid making major life decisions Be especially aware of scams related to COVID-19.

The Federal Trade Commission has identified several of them and is offering tips to protect yourself and others: <https://www.consumer.ftc.gov/features/coronavirus-scams-what-ftc-doing>.

SAMHSA’s Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories: 1-800-985-5990
Where can I find additional resources? *https://phpa.health.maryland.gov/Documents/FAQ_covid19_Maintaining_Mental_Health.pdf



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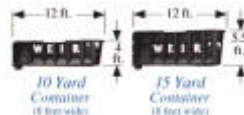
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