



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

*Where all who walk through our doors are
welcome! No matter what color, race,
language, origin, religion, gender or sex.*

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Please note: If you need to refer back to the Resource information in the May or June newsletter, you can access the links online at the Senior Center website at <https://www.sudburyseniorcenter.org>.

← This beautiful photograph was taken by Sherry Fendell of Sudbury. Thank you Sherry!

Senior Center Email List

As we are able to add new programs between newsletters, we will send out Email updates. To add your email address to the Senior Center Email Contact List, please go to the town website at <https://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". Click "I am not a robot" and "Sign up". You will receive our Email Updates as well as the monthly newsletter.

All of us at the Senior Center hope you are all safe and healthy. Although the Sudbury Senior Center is closed to the public due to the Coronavirus pandemic and safety recommendations, we are working and planning for a phased reopening in the future. We will notify you via email updates, the newsletter and on the website and phone message when we know more.

NOTE: We will produce an August newsletter!

Senior Center Staff continue to be available to answer your calls and emails. Please contact us at 978-443-3055 or senior@sudbury.ma.us.



A MESSAGE FROM DIRECTOR DEBRA GALLOWAY

Hello All-

While we plan and research new programs and services, we acknowledge your frustrations and recognize your urge to come back to visit us. Unfortunately, we are all adjusting to a new reality in which we will need to do things differently in order to maximize safety and minimize virus exposure. We will need to adapt by... staying home if we are sick or have symptoms, by wearing face coverings or masks, by washing our hands frequently, or using hand sanitizer, by attending smaller classes, by getting used to new habits at home and at the Senior Center (when we are able to come back). It may take a little getting used to, but we can adapt, and we will - because we care about each other!



The Senior Center staff are hard at work redesigning our programs, learning how to host and schedule programs via Zoom, finding presenters and performers who can use Zoom or videotape for SudburyTV, as well as planning how to safely adapt our community-

based services and our programs.

Transportation is a big concern. It is one of the more complex services to restore in this time. The virus that causes COVID-19 is mainly spread through the air, and secondarily through surfaces. How do we minimize risk to both the passengers and drivers? We are working on this in consultation with Town Manager Henry Hayes and Board of Health Director Bill Murphy.

To learn more, please sign up for our Email Updates, if you are able. The updates can provide information in between newsletters. Another avenue for information is to check our website or call and leave a voicemail for a staff person to call you back. Sending peace!

*Debra
Senior Center Director*

Directions to sign up for our Email List are on Page 1. Senior Center website is at <https://www.sudburyseniorcenter.org>. Or you may call 978-443-3055.

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WATERCOLORS



**“A Zoom Class”
Wonderful Watercolors!
8 Fridays-August 7-September 25
11:30-1:30**

Class fee must be received by Tues., Aug. 4: \$65

Join our delightfully relaxing Watercolors workshop with popular instructor and local artist Sandy Wilensky! Beginners and more experienced artists welcome. **You may sign up** via email to finleyc@sudbury.ma.us. However, we must receive your check by Tues., Aug. 4. Please drop off or mail in your check to Sudbury Senior Center, 40 Fairbank Road, Sudbury, MA, 01776, **payable to “Town of Sudbury”**.

Once you have registered and paid, we will send you an email with the Zoom information.

SPECIAL PROGRAMS

**~A Zoom Event~
This Land is Your Land
with Roger Tincknell
Thursday, July 9
12:30 PM**



Roger Tincknell presents, “This Land is Your Land” via Zoom. This community music concert is an upbeat program celebrating the United States in song. Traveling from New England to New Orleans, Puerto Rico to Hawaii, the program typically includes patriotic songs, Americana folk songs, old time country, cowboy yodeling and familiar sing-alongs. The program is performed on guitar, banjo, mandolin, ukulele, harmonica and Irish bodhran.

To sign up send an email to wilkess@sudbury.ma.us by Thursday, July 3 at 3:00 PM. Sharon will contact you to confirm your registration and will then send along the link to the Zoom presentation, closer to the presentation date. (Will also be videotaped for SudburyTV.)

Sponsored by Friends of Sudbury Seniors!

**SAIL Fitness Class on Zoom -
FREE TRIAL!**



Come join Derry Tanner, retired nurse, fellow Sudbury resident and certified personal trainer for *Stay Active and Independent for Life (SAIL)*. SAIL is 45-minute safe and effective fitness class for adults 65+. Research-tested strength, balance and flexibility exercises will make you stronger, help you feel better and improve your balance enabling you to stay independent and minimizing the risk of falls. All you need to participate is comfortable clothing, a sturdy chair and light weights if you have them. A water bottle or large glass of water are also recommended. (Ideally participants will be able to stand for some exercises and sit for others. I can also do a completely seated class.)

To register for class please email Sharon Wilkes at wilkess@sudbury.ma.us by July 28, 2020. A Zoom link and password will be sent to you the day before the class. Note: Students must have a working email address and sign a waiver to participate.

More Zoom Information!



Zoom seems to be everywhere these days! If you are new to using this video platform, check the company’s tips and tutorials at: <https://support.zoom.us/hc/en-us/categories/200101697>

Also there are many how-to videos on YouTube, including this one on how to get on a Zoom call for the first time: <https://www.youtube.com/watch?v=9isp3qPeQ0E>

Are you new to Zoom?

How do you participate in one of our Zoom video or audio events? You will use your computer or smart phone to see and hear the presentation, or you can use your landline phone to hear the presentation.



1. **Sign-up:** Most activities will require registration via a form and or email through the Senior Center.
2. **Mark your calendar**
3. **If you are using your computer or smartphone:**

Join the activity – on the day of the event you will receive an email with a link to the Zoom event. All you need to do is click on the link. There is no need to download or sign into any software.

4. **If you are using your landline phone:**

Join the activity by calling the phone number shared with you by the Senior Center staff person.

Chery Finley, Senior Center Administrative Coordinator



STATE REP. CARMINE GENTILE

Bright and sunny days offer us the opportunity to get outside and enjoy summer breezes and nature in all its glory, whether gardening in our yards, taking a walk in the hundreds of acres of conservation land within Sudbury's borders or a cheery walk around the neighborhood.



As time goes by we find ourselves having more medical appointments and hospitalizations. Often when leaving the hospital the doctor prescribes skilled nursing care, and, while each of us has the right and ability to receive that care in our own home, usually hospital staff ask the patient or their family for the names of nursing homes to call for an available bed. With more than 60% of COVID-19 deaths occurring in nursing homes there are 3 things that can be done: 1) Give every health care facility access to the personal protective equipment (PPE) that staff and patients require together with safe testing procedures; 2) require all staff to be tested twice a week (legislation which I co-sponsored with

Senators Mark Montigney and Jamie Eldridge); 3) stay home – receive all the nursing care you require in the comfort of your own home. It costs the same or less. Recently, I spoke with an 82 year old friend daily while she recovered from COVID-19 at home. She's fine now but mourning the death of her sister who succumbed to the virus in a nursing home.

A gorgeous photo by Sharon Wilkes, Program Coordinator.
Thank you Sharon!



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NEW WORKSHOP!

Via Zoom

My Life, My Health

July 28 - Sept 1

11:30 AM - 2:00 PM



Are you living with a physical or mental health condition such as diabetes, heart disease, asthma, COPD, cancer, arthritis, depression, anxiety, chronic pain, or other ongoing health condition?

Learn how to manage your health and improve your well-being. This FREE six-week workshop helps you devise a personalized approach to managing chronic illness symptoms on a daily basis. Topics include:

- Exercise and nutrition, •Managing pain, fatigue, difficult emotions, and depression, •Medications and making treatment decisions, and more!

You will learn skills to help you have increased energy and physical activity, decreased pain, fatigue, depression and fewer social limitations.

Participate from the comfort of your home via Zoom. The program encompass 6 weekly sessions and con-

~Federal and State Tax Returns

Are now Due July 15, 2020~

AARP Tax Return Help



As of the printing of this newsletter, we do not have information on rescheduling appointments. **People with previously scheduled** Tax Return appointments will be contacted by the Senior Center staff, as soon as information is available. You may want to use the AARP online assistance with Taxes, if you are able, or contact MCDC below.

From AARP: Prepare Your Taxes Online - New Info!

Because of the current suspension of in-person tax assistance, AARP Foundation Tax-Aide is providing access to selected tax preparation software so you can prepare and file your own tax returns — at no cost. Click on this link:

[ELIGIBILITY REQUIREMENTS FOR FREE FILE OPTIONS](#)

Tax Help Available at MCDC

Metro Community Development Corporation

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

LEGAL INFORMATION

Senior Center Volunteer Attorneys to Provide Legal Education on SudburyTV

Running monthly until the end of 2020, three of the elder law experts who give free legal advice at the Sudbury Senior Center have agreed to tape a series of seminars on topics that should be relevant and of interest to many of you. In July, Atty. Denise Yurkofsky will offer **“Planning for Incapacity (Health Care Proxies, Durable Powers of Attorney, Living Wills, HIPAA Releases and a MOLST form)”**. The seminar will focus on all the important documents that you want to have ready should a serious health issue arise.

Check future newsletters as well as the SudburyTV schedule, for announcement of programs, from Atty. Bergeron, Atty. Cathleen Summers from Generations Law Group, and Atty. Denise Yurkofsky of Wayland. Contact the Senior Center at senior@sudbury.ma.us or 978-443-3055 if you have any questions.

Legal Clinic via Phone

Tuesday, July 14

1:00-3:00 PM



Schedule a free 20 minute phone consultation at the Senior Center with volunteer Elder Law Attorney Cathleen Summer of Generations Law in Sudbury. Elder Law Attorneys provide assistance focusing on: estate planning, financial issues, Medicaid/Mass Health legal questions, etc. Contact us at 978- 443-3055 or sen-

THE GREAT COURSES

~ On Zoom ~

The Great Courses’

The Great Masters: Mozart

Tuesdays, 9:30-10:15 AM

July 14, 21, 28, August 4

We will be continuing the Great Masters Mozart courses in July. The courses will be shown via the videoconferencing platform Zoom*. Since it’s been so long since we showed the first one lectures in this series, we’ll start over!

For information, please call 978-443-3055 or email senior@sudbury.ma.us.

*For information about Zoom, please see page 3. Zoom can also be accessed via landline phone to listen to the course.

Interview with Marilyn Tromer - By Matt Baird

Spotlight: *Marilyn Tromer*

*By Matt Baird, Contributing Writer,
Senior Center Volunteer*



The Sudbury Senior Center would like to highlight Marilyn Tromer. Marilyn is a senior citizen living in Sudbury, and has devoted herself to making face masks at home for people and organizations in need, in response to the COVID-19 pandemic. She has hand-made over 700 masks to date; just a few places to which these masks have gone include Leonard Morse Hospital, Sudbury Senior Center, Save a Dog Rescue Shelter, and the Sudbury Department of Public Works. Many individual residents have been lucky enough to receive a mask from Marilyn as well.

Marilyn has lived in Sudbury for 34 years. She is originally from New Jersey, and was a human resources professional for high-tech companies until 2001 when she was laid off due to the recession. Marilyn has been running a custom sewing business since her retirement. 'Time Out Creations' focuses on home decorating projects as well as reupholstery and custom gifts such as tote bags, purses, and stuffed dolls. As is evident in her work as a professional seamstress and proprietress, Marilyn is a natural leader and an incredible individual overall. She is also the President of the Sudbury Villagers, a women's social and civic organization which promotes continued fellowship among the residents of Sudbury and surrounding towns, and performs service to the community. When the Senior Center is opened, Marilyn also coordinates weekly 'bridge games.'

Days after schools were shuttered and everyone was staying at home, Marilyn checked out her sewing supplies, and found that she had five yards of elastic. As an accomplished seamstress with the proper equipment, Marilyn knew that she could make masks. She looked through her numerous bins of fabric to see if anything was appropriate for masks, and found that most of the fabric was of upholstery or drapery weight, and would not be good for masks. She went to Fabric Place Basement in Natick hours before they were forced to close as a non-essential business by Governor Baker on Tuesday March 24th, and purchased 12 yards of quilting-weight fabric and 60 yards of elastic. Marilyn had seen several posts on the 'Sudbury Bulletin Board'

Facebook group, expressing a need for masks. To publicize the fact that she was making masks, she put flyers in mailboxes, and sent emails to the various groups and clubs to which she belongs. Recipients of Marilyn's masks have been very happy with her work, and in one case, there were five iterations of referrals. She enjoys making the masks, saying that "It's a win-win situation."



Marilyn says that her masks are simple. They consist of two layers of tightly woven cotton fabric, with three folds and ear band elastic. Her masks are hand and machine washable. She describes the process of making the masks as soothing, and "very zen-like."

Marilyn is eager to help her community. Her wish right now is for people to tell her where masks are needed. She has plenty of fabric and elastic, and wants to help. Individuals who would like a mask can feel free to email Marilyn at her business email address: toc_creations@yahoo.com. After requesting masks from her, she will email the recipient with her address and directions on how to pick them up when they are ready. She has an easel outside her front door, to which she pins the baggies of masks.

After receiving one of Marilyn's masks, recipients are asked to make a donation to the Sudbury Food Pantry if they are financially able. Marilyn chose the Sudbury Food Pantry as the recipient of donations "because of the fine work that organization is doing to alleviate some of the food insecurity caused by the COVID-19 pandemic." She would also appreciate it if recipients spread the word that she is making masks to friends, family members, and coworkers.

Marilyn is clearly a selfless individual who is doing something great for her community. She is using her professional talents to the advantage of many, and giving back to her community in a meaningful way. If readers have any questions about Marilyn's masks, or her custom sewing business, 'Time Out Creations', they can feel free to email her at toc_creations@yahoo.com.



DRIVE-THRU!

**Summer BBQ Drive Thru!
Wednesday, July 22**



Sign right up, for the first ever Summer Barbecue Grab and Go Drive Thru! Your Sudbury Senior Center staff will be outside with a delicious BBQ lunch waiting for you to take home. Meal to include BBQ chicken and fixin's. Timing and procedures for the pickup will be shared at a later time. Sponsored by the Friends of Sudbury Seniors!

You must sign up for the lunch by Wednesday, July 15 in order to be included. Please contact Chery Finley at finleyc@sudbury.ma.us to sign up and put "Drive Thru" in the subject line of your email or call 978-639-3269. **Sudbury residents can begin** signing up on July 1; all others as of July 8. Registration is limited.

SHINE/MEDICARE INFORMATION

Medicare Questions?

If any of these apply to you, contact the **SHINE** (Serving Health Insurance Needs of Everyone...on Medicare) program. Certified SHINE counselors offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Senior Center volunteer SHINE Counselors are available by appointment to assist with Medicare questions **via phone** (until further notice).

Please contact Ana Cristina Oliveira, Outreach Specialist, so she can assess your needs and schedule your appointment. Leave a message at 978-443-3055 or email her at oliveiraa@sudbury.ma.us.

You may also contact the MetroWest regional office at 781-453-8076. Once you get the SHINE answering machine, leave your name, phone number and town. A counselor will call you back, as soon as possible.

Sudbury Senior Center Fitness Programs

We have been able to offer Chair Yoga via Zoom and are working to schedule additional classes including T'ai Chi, Yoga, Fit for the Future and more. As of the printing date of the newsletter, details are still to be worked out. Please check back on our website, call and leave a message, or sign up for our Email updates to find out more as classes are scheduled. See page 1 for instructions on adding your email address to the Senior Center Email list. Senior Center website is at: <https://www.sudburyseniorcenter.org>.

THE IRISH IDENTITY

**The Great Courses DVD Series
The Irish Identity ***

Wednesdays, 9:30-10:30 AM
July 15, 29, August 12, 26

Prof. Mark Connor, PhD., Washington and Lee University
1916: James Joyce publishes *A Portrait of the Artist as a Young Man*, a deeply personal reflection of his own exploration of identity, mirroring Ireland's struggle to define its national identity. 1921: Michael Collins returns from England with a treaty by which the transition to an independent Ireland can finally begin, but back home, nationalists are extremely displeased.

These are just a few of the monumental occurrences and artistic events that rocked the world in the late 19th and early 20th centuries as Ireland gradually shook off the shackles of British rule.

Please register by contacting the Senior Center at 978-443-3055 or finleyc@sudbury.ma.us by July 13. To participate you must be able to access Zoom via your computer, smart phone or home phone. See Zoom information on Page 3, or at www.zoom.us, where there are tutorials. Note: We will show the two 30-min. lectures each week. We will repeat Lectures 11, 12 - which were shown on March 11 and then continue. (*Course description from "The Great Courses".)

Sudoku Solution from page 14-

4	6	2	1	7	3	9	8	5
3	9	8	5	2	4	7	1	6
1	5	7	8	6	9	4	3	2
6	8	1	9	3	7	5	2	4
7	3	4	2	5	1	8	6	9
9	2	5	4	8	6	3	7	1
8	4	6	7	1	5	2	9	3
2	1	9	3	4	8	6	5	7
5	7	3	6	9	2	1	4	8

A healthy social life is found only when, in the mirror of each soul, the whole community finds its reflection, and when, in the whole community, the virtue of each one is living – Rudolf Steiner




JULY ADAPTED CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
Please note: As of the printing of this newsletter, the Senior Center is scheduling only virtual programs (Zoom, SudburyTV and phone) in July.	Some of our groups, such as the Current Events group, Connection Circle, and Short Story Group, are meeting via Zoom through a volunteer in the group.	Feel free to contact the Senior Center staff at 978-443-3055 or senior@sudbury.ma.us to find out more.	Tap Dance return date TBD 10:00 Current Events 2:30 Connection Circle	Independence Day Holiday  Happy 4th of July!
6	7	8	9	10
1-2:30 Low Vision Group return date TBD 2:15 T'ai Chi classes may resume via Zoom in August	No Yoga today 9:00 English Learner Class SP 1:00 Sudbury Caregiver Support Group	9:30 Great Decisions - Modern Slavery and Human Trafficking (4) - on Zoom	10:00 Current Events 12:30 This Land is Your Land with Roger Tincknell via Zoom 1:00 Short Story Group on Zoom 2:30 Connection Circle	9:30 Chair Yoga (7) (on Zoom) 11:00 Fit for the Future—return date TBD 11:30 Watercolors (5) on Zoom
13	14	15	16	17
** Please Note - Fitness Students ** We are in the midst of planning more fitness classes via Zoom, Facebook live or other avenues. Information was not ready in time for this newsletter.	9:00 English Learner Class R1 9:30-11:00 Great Masters: Mozart (1) 11:00 Zoom Coffee Hour with Senior Center Staff 1-3 Legal Clinic via Zoom or phone COA Meeting on Zoom - Time TBD	9:30-10:30 The Irish Identity (Lectures 11 and 12 to review) on Zoom Last day to sign up for Summer BBQ Drive-thru!	10:00 Current Events (R1) 12:30 Mass Audubon Butterflies Presentation on Zoom 2:30 Connection Circle on Zoom	9:30 Chair Yoga (8, last) (on Zoom) 11:00 Fit for the Future 11:30 Watercolors (6) on Zoom
20	21	22	23	24
More Fitness classes on Zoom, Facebook Live, SudburyTV or other avenues coming soon!	9:00 English Learner Class 9:30-11:00 Great Masters: Mozart (2) on Zoom 9:40/11 Yoga (1) 1:30 Tai Chi for Healthy Living (1)	9:30 Great Decisions - U.S. Relations with the Northern Triangle (5) 12:00 SUMMER BBQ - Grab and Go Drive-Thru Event	10:00 Current Events 12:30 Mass Audubon Belize Presentation on Zoom 1:00 Short Story Group - on Zoom 2:30 Connection Circle on Zoom	9:30 Chair Yoga (1) (on Zoom) 11:30 Watercolors (7) (on Zoom)
27	28	29	30	31
	9:00 English Learner Class 9:30-11:00 Great Masters: Mozart (3) on Zoom 11:30 My Life/My Health - Workshop (1) on Zoom	9:30-10:30 The Irish Identity (Lectures 13 and 14) on Zoom	10:00 Current Events on Zoom 10:30 SAIL (free trial class on Zoom) 2:30 Connection Circle on Zoom	9:30 Chair Yoga (2) (on Zoom) 11:30 - Watercolors (8, last) (on Zoom)

SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY

~ From Volunteer Program Coordinator, Janet Lipkin ~

 The heat of the summer is upon us, and we find ourselves enjoying the outdoors, yet also taking refuge indoors, as needed, from the hot temperatures. When outside, the sounds of nature swell...bees buzzing, birds singing, crickets chirping, and owls hooting. These sounds are comforting. Beautiful visions of nature abound, too, as we look at the night stars, see the sun rise and set, and watch the tide go in and out...reminders that the world continues in cyclical rhythms despite the uncertainty that the pandemic has brought.



While nature's beauty is a feast for our senses, the kindness and giving of our volunteers is a feast for our hearts. So many residents of our town have stepped forward and asked how they can help seniors during these challenging times. I am so grateful for all they are doing, including such things as helping with isolation by making weekly phone calls, delivering hot mid-day meals, and by providing needed shopping of grocery items for those that do not have family/friends/neighbors who can do it for them.

While many of our Volunteer Programs are still suspended due to COVID-19, we look forward to some day in the future when it will be safe to resume them. Please continue to check the Senior Center website for updates as to when specific programs and services will be back up and running.

In the meantime, though, if you have any questions about the Volunteer Programs, or would like to become a valued volunteer of the Senior Center, please contact me (Janet Lipkin) at 978-639-3223; LipkinJ@sudbury.ma.us.

Upcoming events for volunteers:

We will be having some virtual Zoom meeting gatherings for volunteers by role, running 40 minutes in length. The schedule is as follows:

July 9 at 2:00 PM	Grocery Shopper Volunteers
July 14 at 2:00 PM	Phone Buddies/ Friendly Visitors
July 21 at 2:00 PM	FISH Volunteer Drivers
July 22 at 2:00 PM	Fix-it Volunteers

You will be emailed a link to the meeting in advance, with instructions on how to use Zoom, as well. These

meetings are not mandatory, but instead will be a time to connect with each other, talk about challenges and successes, and to give an update about the program.

In the news:

We are excited to continue to have some volunteers interviewing seniors in the community, talking about a variety of topics and highlighting things they are doing, have done, and/or to offer insights and perspectives. These write-ups appear in our newsletter.

Last month we highlighted Jane Graham and her resiliency during difficult times, an interview done by Sue and Kyle O'Connell. This month we share with you an interview conducted by Matt Baird, with Marilyn Tromer, about Marilyn's mask-making and simultaneous fundraising efforts for the Sudbury Food Pantry. Please see page 6.

To all our volunteers, thank you for doing all that you do! It is deeply appreciated not only by the seniors you serve, but also by their family and friends, the Senior Center, and the Town of Sudbury.

- Janet Lipkin, Volunteer Program Coordinator



A Poem by Bob Ellsworth

In the worst pandemic we've seen,
We're obeying orders to quarantine.
We're hunkering with our spouse,
Rarely leaving the house,
Trying to avoid nasty Covid-19.



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

Sudbury Senior Center Caregiver Support Group
- includes both caregivers and
people they are caring for.



I hope you and your family are staying healthy and safe during these trying times. In an effort to stay in touch and provide some support, we are offering a Caregiver Support Group Meeting that includes both caregivers and the people they are caring for.

We are fortunate enough to have a caregiver and her husband who enjoy performing music together. Perhaps you and your loved one have a particular talent you would like to share, or maybe you would like to just sit back and listen.

We will be meeting on Tuesday, July 21 at 2:00. Please let Ana Cristina know if you are interested in attending this meeting. I hope to hear from you.

Sudbury Senior Center
Virtual Caregiver Support Group

Caregivers often feel like they are alone. Therefore, a Support group can act like a family, where members feel supported, cared for, and accepted for who they are. Inside a Support Group, people often feel protected and safe to express their feeling, whether positive or negative. A Support Group offers a place to be vulnerable and one's self. Support Groups develop a sense of community through shared feeling and experiences. People feel connected with one another which can assist them in addressing their personal concerns and their need to ask questions. People feel comfortable to have a good laugh and rejuvenate through inspiring, and often comical stories that are shared between members.

Come join us if you're caring for a loved one with memory loss. We are meeting via Zoom on the first Tuesday of each month from 2:00PM- 3:00PM. Hope to see you! To register please call the senior Center at 978-443-3055 or email Ana Cristina Oliveira at oliveiraa@sudbury.ma.us.

Tips to ease isolation while you're Social distancing
These tips can help you stay connected with others and prevent loneliness during the coronavirus pandemic.

Identify your vital connections. These are the people that you view as essential to your health, well-being, and quality of life. They can be friends, neighbors, and family. Your health provider may also be important to add to this list, but remember that they may be particularly busy at present. They also may want you to avoid their offices as much as possible to reduce your risks for becoming sick. Therefore, you should consider contacting them by phone as much as you can and only when needed.

Contact information. Gather your connections' phone numbers, mailing addresses, and email addresses. This makes it easy to stay in touch regularly with the people you care about by phone, email and, even writing old-fashioned letters. Set up times to call friends and family and make staying in touch with each other a priority while you're stuck at home.

Get outside. Social distancing doesn't mean you have to stay inside. Take a walk, sit on the porch, wave to your neighbors. This is the perfect time to clean up your garden and to plant seeds.

Stay as physically active as possible. You can find many different fitness programs online.

Get creative! Some people are enjoying virtual dinners with each other. They use FaceTime or Zoom, which is a free app that allows you to connect several people to a video conference. Or talk to friends about reading the same book or watching the same movie so you can group-chat about it later. Also, this is a great time to practice your favorite crafts, such as needlework, scrapbooking, knitting, or crocheting. Creative activities can prevent feelings of loneliness.



Upgrade your basic self-care habits. This is a time to make sure you're eating well. Vegetables and fruits contribute to hormones that make you happy. Try to get to bed and wake up at the same time every day and do your best to stay active. Even a walk around the block is helpful.

Deal with caregiver isolation. Caregiving itself can be isolating, and practicing social distancing can make you feel even more alone. Try connecting with other caregivers through virtual support groups online. Some are specific for caregivers of people with Alzheimer's

Outreach/Information Specialist, continued...

Disease or other illnesses.

Try to dial down the bad news. Too much bad news can overwhelm your emotions, therefore take a break from the all-day news. Consider tuning in just once or twice a day for only 10 or 15 minutes. Then turn off the news and focus on activities that help you stay happy and positive.

Dementia Friendly Program Resources

[Cafe Connect](#) – virtual Memory Cafes

The Alzheimer’s Association is still operational and continuing to help families each day living with dementia. Their 24/7 Helpline is available at 1-800-272-3900 to anyone who needs to talk about the challenges of dementia during this time, and they can help address feelings of isolation, and link you to important resources that can help though this uncertain time. In addition they are now offering all their Educational Programs and Support Groups virtually, learn more at: <https://www.alzmassnh.org/virtual-programs/> . In the coming weeks they’ll be launching virtual ALZ Meetups to offer persons living with early stage dementia social engagement with peers.

[COVID Tips – Caring for a Person with Dementia at Home](#)

[Activity Ideas during COVID-19](#)

From Sharon Wilkes, Program Coordinator

Fun things to Watch at Home

Have you tried woodcarving lately?

Check out <https://youtu.be/1BnebcTPoxQ>

Gardening:

27 Gardening hacks – <https://youtu.be/jD8n2CKEWtA>

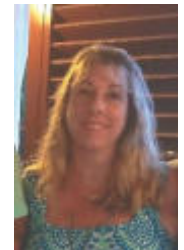
Re growing 14 Store bought Veggies

- <https://youtu.be/ZJuXpiEjdcc>

10 questions for Maya Angelou

– <https://youtu.be/bdagJKsKSp8>

Build the Easiest and Simplest Bird House – <https://youtu.be/fGZXwEFeqPY>



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. If the Town Emergency shelter needs to be activated, there will be an Emergency Alert sent to all phones that are signed up for Emergency notifications. Please sign your phone numbers up to receive Emergency notifications from the town. See below.

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. If you need help, please call 978-443-3055.



INFORMATION AND WELLNESS

Mass. Audubon Zoom Slide Presentations Butterflies of Massachusetts



Thursday, July 16, 2020 from 12:30-1:30 PM

Joy Marzoff, Education Coordinator-Public Programs at Mass Audubon's Broadmoor Wildlife Sanctuary presents, "Butterflies of Massachusetts". A wide variety of butterflies may visit the Greater Boston area, from the large Eastern tiger swallowtail to the tiny Eastern blue and the flashy monarch, there is a huge range of size and coloration. What makes a good butterfly habitat? How do you attract these beautiful animals? Find out more about our local butterflies and what brings them to our neighborhoods. Experience the sights of some of our most beautiful seasonal visitors!

To register for this Zoom presentation, please email Sharon Wilkes by July 14 at wilkess@sudbury.ma.us. See information about the Zoom videoconferencing platform on the lower half of page 3. Landline phones can also access Zoom presentations. However, presentations that are primarily visual and do not lend themselves as well to phone call participation.

Exotic Turneffe Atoll, Belize



Thursday, July 23, 2020 from 12:30-1:30 PM

Escape to the exotic nature of this remote tropical island chain off the coast of Belize.

Beyond the second largest barrier reef in the world lies Turneffe Atoll. Away from the cruise ships of the mainland soar magnificent frigate birds and blue and red footed boobies. Winter migrants, including warblers and hummingbirds, can also be seen on these remote islands. Some of the locals, such as the golden fronted woodpecker and spiny iguana, can even be seen competing for space on the same tree! From above the water, dolphins can be seen frolicking in the waves while manatees slowly cruise along feeding on sea grasses. Under the crystal-clear waters are beautiful scenes of colorful reef fish and corals with even the occasional turtle or spotted eagle ray. Join us!

To register for this Zoom presentation, please email Sharon Wilkes by July 21 at wilkess@sudbury.ma.us. See information about the Zoom videoconferencing platform on the lower half of page 3. Landline phones can also access Zoom presentations, however, these presentations are primarily visual do not lend themselves to phone call participation.

11 Must see TED talks

https://www.ted.com/playlists/77/11_must_see_ted_talks

Mindfulness Meditation

The Ten Percent Happier website/app has a Coronavirus Sanity Guide which includes free 3 p.m. EST daily meditation and Q&A with host Dan Harris and meditation teachers. <https://www.tenpercent.com/coronavirussanityguide>

Additional meditation links

<https://www.youtube.com/watch?v=40tjYDGiUE>

<https://www.youtube.com/watch?v=sz7cpV7ERsM>

Other Great Sites to Visit...

<https://www.nationalparks.org/>

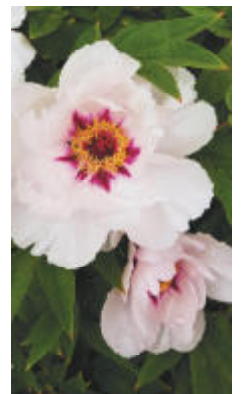
Visit All 50 States Virtually! Experience the Kenai Fjords National Park in Alaska, visit the OZ museum in Kansas and in Massachusetts take an aerial tour of Plymouth or walk along the Freedom Trail. <https://thetvtraveler.com/visit-all-50-states-with-these-virtual-tours/>

Message from AG's Office

The Office of Attorney General Maura Healey's Community Engagement Division is offering online safety webinars offering crucial information about your rights, assisting service providers and community members. Also, check out their COVID 19 resources at <https://www.mass.gov/guides/resources-during-covid-19>. If you have any additional questions or comments you can email the office at: AGOCCommunityEngagement@Mass.gov.

One of the Sudbury Senior Center's core values is inclusiveness.

Inclusiveness: definition- the quality of including many different types of people and treating them all fairly and equally.



The Sudbury Council on Aging is a nine member Town Committee, appointed by the Sudbury Select Board, to identify the needs of Sudbury's older residents; educate the community and enlist the support of all residents concerning these needs; promote services to fill these needs; and promote and support any other programs which are designed to assist older adults in the community.

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COA Chair Jeffrey Levine

Dear Friends,

I hope this newsletter finds you all safe and well, and looking forward to the reopening of our Senior Center. The temporary closing of the Community Center for programs and services of both the Senior Center and Park & Recreation has clearly demonstrated the importance of these functions to the Town. A proposal for the construction of a new Community Center will be debated at Town Meeting this Fall. Everyone needs to be familiar with this proposal, as it will certainly be one of the largest capital projects the Town will undertake in the foreseeable future. The Friends of the Sudbury Senior Citizens is sponsoring a series of small group Zoom meetings to help educate residents on the proposal and to answer questions. I urge everyone to take advantage of this opportunity to learn about this important project. Anyone interested in attending one of these meetings should contact Joe Bausk at joebausk@verizon.net for a schedule of meeting dates and times.

The Friends of Sudbury Senior Citizens, Inc.

The Friends provide fundraising support and advocacy to the Sudbury Senior Center and Sudbury Council on Aging. For more information on joining or supporting them, please contact President Bob Diefenbacher at denbrook@verizon.net.

SUDBURY SENIOR CENTER SERVICES

Due to the COVID-19/Coronavirus pandemic, the Senior Center is offering community services that we've been able to adapt safely. If you have a need for help, please let us know. 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.

SUDOKU PUZZLE

5		3						
2			3					
	4		7	1		2		3
		5	4				7	1
		4	2		1	8		
6	8				7	5		
1		7		6	9		3	
					4			6
						9		5

The object of the game is simple: Fill in the empty cells! 1-9 in each square and in every row and column

	6		5	4	9			
1			6			4	2	
7			8	9				
	7			5		8	1	
	5		3	4		6		
4	2							
	3	4			1			
9			8				5	
		4			3	7		

Easy, right? Well, hang on a sec...there is one rule you must follow: **no repeats are allowed in any row, column, or block.** To put it another way - you must use all nine numbers in each row, column, and block. For more assistance you can read more on the web site: <https://www.learn-sudoku.com/sudoku-rules.html>

The answers for this puzzle are located on page 7.



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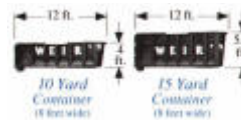
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The Senior Scene



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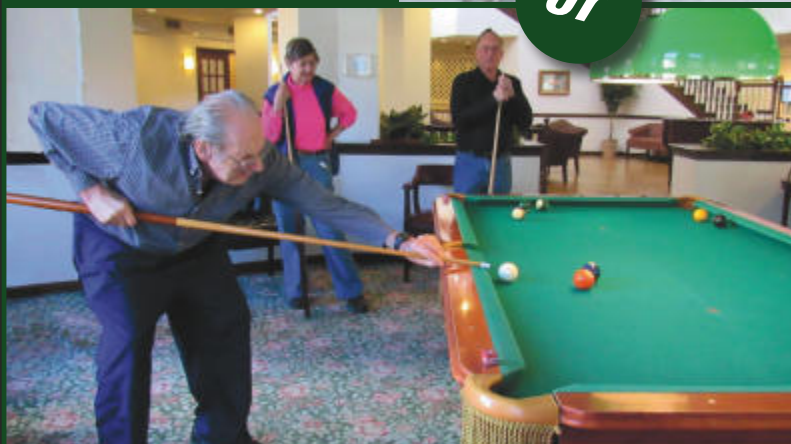


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