



Photograph by Sherry Fendell of Sudbury. Thank you Sherry!

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

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Please note: If you need to refer
back to the Resource information
in the May newsletter, you can
access it online at the Senior Cen-
ter website at [https://
www.sudburyseniorcenter.org](https://www.sudburyseniorcenter.org).

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 home and safe and healthy. Although the Sudbury Senior Center is closed to the public until further notice 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.

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-

All of us at the Senior Center send wishes for good health and safety. The Coronavirus pandemic has turned all of our lives upside down. Many of us are experiencing more stresses to our daily lives, whether it is isolation from family and friends, or anxiety about becoming sick. It is normal to feel more stress, but monitor your reactions and keep in touch with family and friends often for support and other healthy ways to relieve stress. If you feel you need more support, please contact Ana Cristina Oliveira, Outreach Specialist at the Senior Center - see page 11 for her report.

Both staff and volunteers are working hard to offer programs and services. Programs change quickly—stay up to date by getting our Email Updates.

Sudbury volunteers are doing some amazing work! Our Volunteer Program Coordinator Janet Lipkin reports about the many volunteers she has come into contact with who have lifted her spirits - see page 10 for her report. We have volunteers who are

grocery shopping, making connections over the phone, interviewing and checking in with and getting to know their neighbors.



Meals on Wheels continue on a Tuesday and Friday delivery schedule. Many thanks to BayPath Elder Services Meals Manager Debbie Peters, the delivery volunteers, and all of the other Senior Center volunteers who are keeping our community safe and connected!

Staying connected is so important...We miss seeing you all in person, but are glad you can stay in touch via phone and computer while we are working on a phased, thoughtful and safe reopening plan. Please understand that it may be a while before we can fully reopen. However, we are still here to provide services. Above all, your and your family's safety is at the top of our priorities. We miss you all!

Debra
Senior Center Director

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WATERCOLORS



**“A Zoom Class”
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8 Fridays-June 5, 12, 19, 26, July 10, 17, 24, 31
11:30-1:30

Class fee must be received by Thu., June 4: \$65

Join our delightfully relaxing Watercolors workshop with popular instructor and local artist Sandy Wilensky! Beginners and more experienced artists welcome. Class minimum is 10 students. Class fee is \$65 and payable at the time of registration.

You may sign up via email to finleyc@sudbury.ma.us. However, we must receive your check by Thurs., June 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.

If you have a financial challenge, please speak to Ana Cristina Oliveira, Outreach Specialist, about a possible scholarship (978-443-3055 or oliveiraa@sudbury.ma.us).



Chery Finley, Senior Center Administrative Coordinator

SPECIAL PROGRAMS

**~A Zoom Event~
Take Me Out to the Ballgame
Musical Baseball Show
Monday, June 16
12:30 PM**



Howie Newman will perform a unique, interactive and highly entertaining program, a local singer-songwriter (and former sportswriter) Howie sings baseball songs, offers up baseball trivia and tell stories about his days as a sportswriter on the Red Sox beat. Howie covered baseball for the Patriot Ledger, Lowell Sun and Boston Globe as well as several other newspapers and magazines. For three years, he provided color commentary for the Lowell Spinners, a Red Sox farm team, on WCAP radio. To sign up send an email to wilkess@sudbury.ma.us or leave a message at 978-443-3055. Sharon will contact you to confirm your registration and will then send along the link to the Zoom presentation, closer to the presentation date.

Sponsored by Friends of Sudbury Seniors!

Foreign Policy Association
Great Decisions Course
June-September

The Great Decisions course is being offered virtually this year, via the Zoom online platform. Many thanks to volunteer Bill Allard for coordinating and planning this course each year. Also thank you to the volunteer moderators who will host each of 8 classes. The class is full and we wish the participants a wonderful class journey. They are exploring many very interesting and intense topics. For more information, please go to the website at <https://www.fpa.org/>.

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=9isp3gPeQ0E>



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.

STATE REP. CARMINE GENTILE

More than half of the COVID-19 fatalities in the Commonwealth have been residents of nursing homes and rest homes. We have seven specially trained and equipped mobile National Guard units able to visit a nursing home or congregate care facility and test everyone with results available free on site within a few hours or less. However, for the residents and staff to be tested the facility has to ask. Remarkably, some have not asked to be tested. When a person tests positive for COVID-19 they should expect a call from a public health contact tracer, a person employed to reach out to the infectious person's contacts who were with them long enough in the previous couple of days to be infected. If your phone rings and reads "MA COVID TEAM" or you get a text from "833" or "857" please answer it or call back. Never give your Social Security number or other identification numbers, only scammers would ask for that.



Recently, the Committee on Elder Affairs (on which I serve) was successful in having legislation passed and signed by the Governor requiring nursing homes to make COVID-19 data available on a daily basis to family members of their residents and weekly to the Commonwealth.

SUDBURY SENIOR TRIPS

All 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>



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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, as soon as information is available. Her direct line is 978-639-3269. Unfortunately, as of the printing of this newsletter, we do not have information on rescheduling appointments.

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

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.

[ELIGIBILITY REQUIREMENTS FOR FREE FILE OPTIONS](#)

Tax Help Available

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/>.

HOUSING 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.

LEGAL INFORMATION

**Senior Center Volunteer Attorneys
to Provide Legal Education on SudburyTV**

Starting in June and running monthly thereafter 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 June, Atty. Arthur Bergeron will kick off the series with a **Married Couples: Update on Estate Planning Strategies**. The seminar will focus on couples who may already have an estate plan. Atty. Bergeron will give tips on when it might be time to update the plan you already have in place. Check future newsletters as well as the SudburyTV schedule, for announcement of the later 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, June 9
1:00-3:00 PM



Schedule a free 20 minute phone consultation at the Senior Center with volunteer Elder Law Attorney Arthur Bergeron. 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.

THE GREAT COURSES

Coming in July and August ~ On Zoom ~
The Great Courses'
The Irish Identity and The Great Masters
Dates TBD

We will be scheduling a continuation of both the The Irish Identity and the Great Masters Mozart courses in July. The courses will be shown via the videoconferencing platform Zoom*. The days and times are to be determined. Look for information in our Email Updates, on the website and in the July newsletter.

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 Jane Graham - May 5, 2020 - By Sue and Kyle O'Connell

Amidst this global pandemic, there are plenty of things we can each worry about. But during these long quiet days, we also have the opportunity to notice people around us who have lessons to offer from their life experiences – lessons that we can absorb to help us navigate this “new normal”.

On May 5, we had the opportunity to speak with fellow Sudbury resident, Jane Graham, about how being a polio survivor provided her with the resilience needed to thrive both in her lifetime and during the current global pandemic. She shared her story as a message of encouragement to our residents during this very challenging time.

By way of introduction, Jane is no stranger to helping her community. While raising her daughter, she led Sudbury's Girl Scouts Program which included 50 troops and nearly 500 girls. Today she is the lead coordinator of the F.I.S.H. program for our town's Senior Center – a volunteer initiative that provides residents with rides to medical appointments when family, friends and neighbors are not able to do so. She spent much of her career as a middle school science teacher in Brookline. Jane shared that she loves community service and believes in the passage “to whom much is given, much is expected”.

Following is a recap of our conversation:

Kyle: We are surely going through a difficult time in the world right now. Could you please describe another challenging time in your life that required you to be resilient?

Jane: In my childhood, during the years before there was a polio vaccine, I remember we would have episodes of “polio scares” where we would all be required to stay home and avoid public gatherings. I remember not being able to play in parks, swim in pools, or visit beaches. In fact, I never got to go to an amusement park until I was an adult! I was an athlete and enjoyed sports (including figure-skating and skiing). All of these activities came to a halt during the polio outbreaks.

Despite all of these precautions, I was exposed to polio at summer camp when I was 11 years old. However, I was not officially diagnosed with the disease until I was 18 years old and a college student in Connecticut.

Sue: Wow! How did you not know you had polio for 7

years?

Jane: Well – I was a teenager and it was important for me to keep up with my peers and do things that regular teenagers did. I had pain and was increasingly tired but I just pushed myself to find ways to “work around” the limitations I was experiencing. I do remember passing out during a field hockey game in high school but I only remember being so embarrassed - - and, even after that, was still not diagnosed with polio! It wasn't until I was away at college, at age 18, when I was finally diagnosed. I then spent many years after that in physical therapy to manage my muscle atrophy, back aches, blurred vision, spinal curvatures and many other debilitating effects of polio. I learned how to manage my disease so I could still enjoy my life.

Sue: Can you give us an example of how you did that?

Jane: I am naturally right-handed. Polio reduced my mobility in my right arm and it was painful to lift it above my shoulder. So, as a school teacher in my twenties, I wrote on the chalk board with my right hand below my shoulder and then learned to write with my left hand when I needed to write above my shoulder. I was determined to push ahead. I would seek out treatments that could help me – even when money was tight or when a treatment was viewed as “untested” – like any type of chiropractic work which was not considered mainstream back then.

Sue: It's remarkable how resilient you were as a young woman in the face of this painful disease.

Jane: I'm not necessarily brave. I just did what I had to do. A lot of times you look back and say there is no way I could do that. But.... I did.

Kyle: Could you please share a lesson you learned through your polio experience that you rely on now to stay positive?

Jane: I refuse to live in fear. I see so many people living in fear today. Worried that there's not going to be any toilet paper, there's not going to be this or that. Fear has a negative effect on our immune systems. It does no good. It just saps our energy and takes the joy out of now. All we have is now. I'm not going to deny fear but I'm just going to do the best I can to get through this. For me, I've seen that the universe provides in ways I

Interview with Jane Graham cont'd

just couldn't imagine. I find that whenever I'm in need, there is somebody there to help. It's never the people I expect to be, but there is always somebody. It's very comforting.

I also learned many years ago how important it is to surround myself with positive people. I learned to ask myself "what is this person contributing to the quality of my life?" If the answer is "nothing", I wish them health, wealth, and great distance! It is so important to stay positive.

Kyle: What do you miss the most as we quarantine?

Jane: I'd give my left ear to go out for a steak dinner! And my hair is down to my knees at this point. I also miss the library being open as I prefer to have an actual book in my hand. Oh – and I would really like to enjoy an ice cream cone at Erikson's or Kimball Farms but we have to wait for that!

Kyle: Do you have anything else you would like to

share with our community?

Jane: I love this quote from Winston Churchill, "Fear is a reaction. Courage is a decision."

I also believe that being grateful can help calm fears. Gratitude is the foundation of joy. When you feel grateful, you can't feel afraid. They can't co-exist. So, I try to find three new things a day to be grateful for. Of course, we are all grateful for our family but I try to look for other things like being grateful for a flower that bloomed or being grateful for a piece of music that I heard.

Sue and Kyle: Thank you so much for sharing your story with us! You are an inspiration.

Sue O'Connell and her son, Kyle, live in Sudbury and are volunteers at the Senior Center.

Interview coordinated by Janet Lipkin, Volunteer Program Coordinator, based on an idea from Ann Gordon, Wayland Volunteer Coordinator

SHINE/MEDICARE INFORMATION

Medicare Questions?

Are you turning 65 in the next three months?

Are you over 65 and need to enroll soon?

Do you understand your Medicare deadlines & options?

Are you having trouble paying for medical expenses and prescription drugs?

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.

Be wary of SHINE based and other scams -

see Scam Alert ➡

MEDICARE WEBINAR

Planning for Medicare

Thursday, June 18

1:00 PM

If you're getting close to Medicare eligibility, this webinar is for you. Whether you are planning to retire or will continue to work, it's important to know your Medicare options. Did you know that missing your Medicare enrollment deadlines could cost you money? Medicare can be confusing, this webinar is designed to help you be confident you're making the right health coverage decisions. Presented by Blue Cross Blue Shield Medicare options specialists.

Here's the link to register for this webinar:

<https://attendee.gotowebinar.com/register/6320330793587617547>

After registering, you will receive a confirmation email containing information about joining the webinar. Questions? Please contact Ana Cristina Oliveira at 978-443-3055 or oliveiraa@sudbury.ma.us.

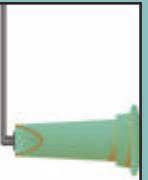
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~ From Volunteer Program Coordinator, Janet Lipkin ~

♥ I am always uplifted by the arrival of the warm weather, the flowers and trees in full bloom, and the ability to spend time outdoors without a coat and boots. That time is now. Though we are in the midst of a pandemic, prompting our need to take precautions, wear masks, and practice social distancing, I often find that hard times bring out the best in people. In the past few months I have seen, first-hand, neighbors rally for each other, communities united in efforts to help others, and people reaching out via phone calls, Zoom gatherings, FaceTime, Skype, letter writing, and creative “visits” through glass panes. Painted rocks with inspiring messages line hiking trails; others are gathered and lovingly placed at street corners and common stomping grounds, reminding people that they are not alone.



As Volunteer Program Coordinator, I have heard from many young people inquiring how they can help during these uncertain and scary times. Knowing that seniors are a vulnerable population of the potential complications of COVID-19, many young adults and middle-aged residents of Sudbury want to do what they can to enable the seniors to stay at home. I have the honor and privilege of reviewing and processing the volunteer applications and conducting interviews of prospects. I then on-board them with training in the different roles and procedures. Through this process I have met some of the kindest, most caring people, all of whom are eager to help out. They are truly making a difference in the lives of others. So while the pandemic brings uncertainties and causes many to feel anguish, it is important to remember that people do care about each other and are stepping up to help, and doing so in beautiful ways.

While some of our Volunteer Programs and Services are temporarily suspended because of the pandemic, several are running “full steam ahead,” albeit with some adjustments due to COVID-19:

- Volunteers are delivering Meals on Wheels (hot mid-day meal) to seniors.
- Volunteers are doing weekly food shopping for seniors that do not have family/friends/neighbors who can do it for them.
- Volunteers are making weekly phone calls to their “phone buddies,” promoting new friendships and helping with isolation.

- Friendly Visitors are “visiting” with their matched clients via phone calls.
- Special projects are being undertaken by volunteers including such things as making masks, conducting interviews for our newsletter, and creating step-by-step manuals on how to use popular technology.
- SHINE counselors are “meeting with clients” by phone. Please call the Senior Center to book an appointment.
- Legal counsel consultations, by appointment only, are taking place by phone.

If you would like to become a Senior Center volunteer, or know someone who might, please contact Janet Lipkin by email at LipkinJ@sudbury.ma.us, or by calling 978-639-3223. We are actively recruiting! It truly does “take a village.”

Stay well! I miss seeing you. -

Janet Lipkin, Volunteer Program
Coordinator



Additional resource links from www.Mass.gov:

Wear a Mask in Public

[Order and Guidance](#)
[Video](#)

Stop the Spread of Germs

[Fact Sheets](#)
[Video](#)

Social Distancing

[Fact Sheets](#)
[Video](#)

Stay Home. Stay Safe. Save Lives.

[Video](#)

Self-Quarantine

[Information sheet](#)
[Video](#)

Coping with Stress and Anxiety

[Fact Sheets](#)
[Video](#)

If you or a family/household member does not feel safe at home, please call **1-800-799-7233** for live support. If you are unable to speak safely, you can log onto thehotline.org to chat online, or text **LOVEIS** to **22522**.

If you or a family/household member have another concern or need, please call **211**.

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

Five Wishes

A **living will**, like **Five Wishes**, is a way for you to give consent for certain situations where you might want or not want treatment. You can appoint someone to make decisions for you, if you can't do so for yourself. It gives you a better chance of having your **wishes** carried out, when you can't speak for yourself.



Five Wishes is an easy-to-use legal advance directive **document** written in everyday language. It helps all adults, regardless of age or health, to consider and **document** how they want to be cared for at the end of life.

Wish 1: The Person I Want to Make Care Decisions for Me When I Can't.

Wish 2: The Kind of Medical Treatment I Want or Don't Want.

Wish 3: How Comfortable I Want to Be.

Wish 4: How I Want People to Treat Me.

Wish 5: What I Want My Loved Ones to Know.

Here is the link to the Five Wishes site:

<https://fivewishes.org/five-wishes/individuals-families/individuals-and-families>

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 through 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](#)

How to deal with Emotions during COVID-19

First, we need to expand the focus. We know that information is one of the essential tools to fight the new COVID-19. Therefore, watching the news is important to keep abreast of the situation. However,



avoid being focused solely and exclusively on news related to Covid-19. Try to watch movies, read books. Allocate just one moment of your day to update what happens in the outside world. Don't be consumed, just take care! *Secondly*: stay active and prepare your recipes in the kitchen, learn and risk new dishes.

And be sure to exercise indoors, according to your possibilities and physical limitations. Walk, sit, get up... change your position! Avoid sitting or lying down all day when possible. *Third*: Use technology to your advantage. Distancing and social isolation don't have to mean loneliness. Contact family and friends through video calls or social networks. Schedule conversations, group meetings. Take advantage of technology to connect with those you love. And, of course, use the good old phone as well.

For older adults, we need to pass on a particular message: accept help. Many people are willing to help older adults in the confinement period. Accept this support in your community so that someone can do it for you and bring purchases from the market and the pharmacy, for example. And be sure to use delivery services. **Another idea** is to keep your spirituality active during those hours. Regardless of your belief, try to meditate or pray. Spirituality contributes to healthy aging. Studies show that people who hold a belief have a better balance in the connection between mind and body, are more positive and respond better to problems and adversities-such as the Covid-19 pandemic. Lastly keep in mind that Senior Center staff is available by phone or email to provide support, resources and guidance. Stay healthy!

Ageless Grace - Tuesdays & Fridays thru June 30, 10:30 am, MA General Hospital online for caregivers. A playful seated movement class that is done with upbeat music. Combining music and movement and we can sometimes find our way to magic! Click [here](#) to join classes. Dementia Care Collaborative Support Group for Caregivers. For more information email Norie Mozzone at nmozzone@mgh.harvard.edu. No charge.

LOW VISION/HARD OF HEARING RESOURCES

From Sharon Wilkes, Program Coordinator

Great Info for Low Vision and Hearing-Impaired Adults

- 1) Great Online Support Groups for Vision Impaired experiencing isolation during coronavirus closures:
<https://www.afb.org/blog/entry/telephone-and-digital-support-groups>
- 2) Support for hearing impaired: HLAA tips for hearing impaired re: coronavirus:
https://journals.lww.com/thehearingjournal/Documents/000_HJ0420_Patient%20Handout_COVID%2019_R1.pdf
- 3) Print out for Hearing Impaired Seniors for Medical Visits:
https://www.franklinma.gov/sites/franklinma/files/uploads/hearing_1.pdf
- 4) FYI – CaptionCall Inc. (captioned phones) – has waived the required medical/Dr. certification and seniors wanting a CaptionCall phone can now self-certify online (see separate email I will forward to you – or – use the attached Ad I created for our FB page).
- 5) Seniors with Alexa or Echo Dot can ask Alexa to read “Talking Information Center Radio” or click “Listen Now” from their website: <https://ticnetwork.org>

*~ Believe in yourself. You are braver than you think, more talented than you know, and capable of more than you imagine.
Roy T. Bennett ~*



Fun things to Watch at Home

BSO at Home: Boston Symphony Orchestra has content available through its website and social media channels. This includes performances, behind the scenes videos as well as musicians as they stay at home. For more information: <https://www.bso.org/brands/bso/athome.aspx>.

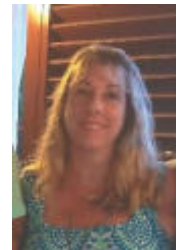
- Digitalconcerthall.com
- Ludwig van Beethoven
 - Pyotr Ilyich Tchaikovsky
 - Alexander Scriabin

Hugh Byrne Mindfulness and Poetry Meditation
<https://www.youtube.com/watch?v=4OtJYDGiuEE>

Italian Grandma Makes Baked Ziti/Rigatoni (Pasta al Forno)
<https://www.youtube.com/watch?v=AnyNZM1X73w>

Italian Grandma Makes Eggplant Parmigiana
https://www.youtube.com/watch?v=Pd8_SyK-5i4

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.



HEALTH AND WELLNESS

A Message from the Mass. Dept. of Public Health:

Governor Baker issued an [Order](#) effective May 6th requiring face masks or cloth face coverings in public places where social distancing is not possible. This applies to both indoor and outdoor spaces. Exceptions include children under the age of 2 and those unable to wear a mask or face covering due to a medical condition. Read the full DPH [Guidance](#).

There are many things that you can do to help protect yourself and others from becoming infected with COVID-19. People who show no symptoms of illness may still be able to spread COVID-19. A face covering may help prevent you from spreading COVID-19 to other people.

Tips on the Proper Use of Masks and Face Coverings:

- A face covering can include anything that covers your nose and mouth, including dust masks, scarves and bandanas.
- Do not use health care worker masks, such as the N95 masks – those should be preserved for healthcare workers.
- It is important that you wear these face coverings or masks in situations where it is difficult to maintain a social distance of six feet from others. For example, in a pharmacy or grocery store.

When you wear a cloth mask, it should:

- Fit snugly but comfortably against the side of the face,
- Be secured with ties or ear loops,
- Include multiple layers of fabric,
- Allow for breathing without restriction, and
- Be able to be laundered and machine dried without damage or change to shape.

When putting on and taking off a mask, do not touch the front of it, you should only handle the ties or ear straps, and make sure you wash the cloth mask regularly. Wash your hands or use hand sanitizer after touching the mask.

Cloth masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

Instructions on [How to Use Face Coverings Effectively](#) are available from Mass. DPH (Dept. of Public Health) on [COVID-19 Printable Fact Sheets](#).

In addition to wearing a cloth mask you should continue to practice proven methods to protect yourself.

- Practice social distancing at all times by remaining 6 feet away from others when you have to leave your home for essential trips.
- Stay home if you are sick and avoid close contact with others.
- Wash your hands often with soap & water for at least 20 seconds; using alcohol-based hand gel with at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth.
- Clean things that are frequently touched (like door-knobs and countertops) with household cleaning spray or wipes.
- Cover your mouth when you cough or sneeze. Use a tissue or your inner elbow, not your hands.

How COVID-19 Spreads

COVID-19 is thought to spread mainly through close contact from person-to-person. Some people without symptoms may be able to spread the virus. We are still learning about how the virus spreads the severity of the illness it causes.

Thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

The virus that causes COVID-19 is spreading very easily and sustainably between people. Information from the ongoing COVID-19 pandemic suggest that this virus is spreading more efficiently than influenza, but not as efficiently as measles, which is highly contagious.

COVID-19 is a new disease and we are still learning about how it spreads. It may be possible for COVID-19 to spread in other ways, but these are not thought to be the main ways the virus spreads.

From touching surfaces or objects. It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. This is not thought to be the main way the virus spreads, but we are still learning more about this virus.

Excerpts from CDC: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>

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.

SUDBURY COUNCIL ON AGING

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 Sandy Lasky
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 Robert May
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 Dr. Patricia Tabloski

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 Administrative Coordinator
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 Judy Battat
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 Joanne Bennett
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 Ron DeMarco
 John Wood
 Volunteer Program Coordinator
 Janet Lipkin

COA Chair John Beeler

OUT OF SIGHT - IS NOT OUT OF MIND

As my term as the Chair of the Sudbury Council on Aging comes to a close, I want to thank the following people for their past and current support of the Sudbury Senior Center.

They're hard work, working as a team. Sensitivity while dealing with our Older Adults, is a major reason for the ongoing success of the Sudbury Senior Center.

A special thanks to the following:

The Friends of the Sudbury Senior Center
 Debra Galloway, Chery Finley, Debbie Peters, Judy Battat, Janet Lipkin, Ana Cristina Oliveira, Sharon Wilkes, and Venetia "Tia" Kelly. A really large thank you to our over 300 volunteers.

Last but not least, a thank you to my fellow members of the COA Board of Directors. The "we" team that has been a constant advocate for our Older Adults.

John Beeler

SUDBURY SENIOR CENTER SERVICES

Due to the COVID-19/Coronavirus pandemic, the Senior Center is offering only very limited services in the community. 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.

LEGAL INFORMATION/COMING IN JULY/TECH RESOURCES

Estate Planning for the LGBTQ+ Community

With Attorney Samantha Gentel of Generations Law Group

As part of the Frank and Mary Elder Law Series in Framingham, this program will air on SudburyTV (our local cable) during the month of June. Check the SudburyTV schedule for more information.

A few of the programs coming in July...

July 9 - Virtual Concert "This Land is Your Land" with entertainer Roger Tincknell



July 16 - Virtual Program - Mass. Audubon presentation on Butterflies of Massachusetts with Joy Marzoff

July 23 - Virtual Program - Mass. Audubon presentation on the Exotice Turneffe Atoll in Belize with Joy Marzoff



Joy Marzoff is Mass. Audubon's Broadmoor Sanctuary Education Coordinator

Sponsored by the Friends of Sudbury Seniors

Do you Need Tech Support?

National Senior Planet is a non-profit organization that works to enable older adults and people of all ages to come together and find ways to learn, work, create, and thrive in today's digital age. Senior Planet offers a national hotline for tech support at 920-666-1959. This is NOT a toll-free call. The line is open from 9-5 EST - Monday - Friday. Senior Planet also offers a wide array of free online programming.

CandooTech.org is a service available to help older adults set up and learn how to use technology with online visits from Tech Concierges. The organization offers free downloads and video tutorials for how to use FaceTime, set up video conferencing, order groceries, and food delivery. You can also purchase more dedicated individual support with a paid membership.

Generations LAW GROUP advertisement listing services like Crisis Planning, Long Term Care & Medicaid Planning, Guardian & Conservators, Wills, Trusts, & Estate Planning, and Probate & Trust Administration. Includes contact info for 111 Boston Post Road, Suite 101, Sudbury, MA 01776 and phone number 978-263-0006.

Advertisement with the text "THIS SPACE IS AVAILABLE" in large, stylized letters.

Duckett Funeral Home of J.S. Waterman & Sons advertisement featuring William R. Duckett and Amanda J. LeBlanc, Funeral Directors. Contact info: 656 Boston Post Road (Route 20), Sudbury, 978-443-5777.

Mike Hunter REALTOR advertisement with the tagline "You'll Like Mike" and "Friendly Patient Sudbury Expert". Includes contact number 978-580-1069 and affiliation with Sotheby's International Realty.

Advertisement titled "Reach the Senior Market ADVERTISE HERE" with a "CONTACT" button and contact info for Lisa Templeton: ltempleton@lpiseniors.com or (800) 477-4574 x6377.

Blank advertisement space.

MARY ANN MORSE AT HERITAGE advertisement listing services like Independent Living, Assisted Living, Memory Care & Mental Health, and Social Day for Seniors. Contact info: 747 Water Street, Framingham, 508-665-5300.

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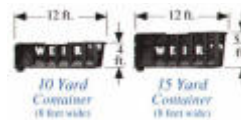
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<http://sudburyseniorcenter.org>



The Senior Scene



Or Current Occupant



Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

Respect for All!

Senior Center hours: Monday through Friday, 9 AM to 4 PM

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you rather
spend your
time?

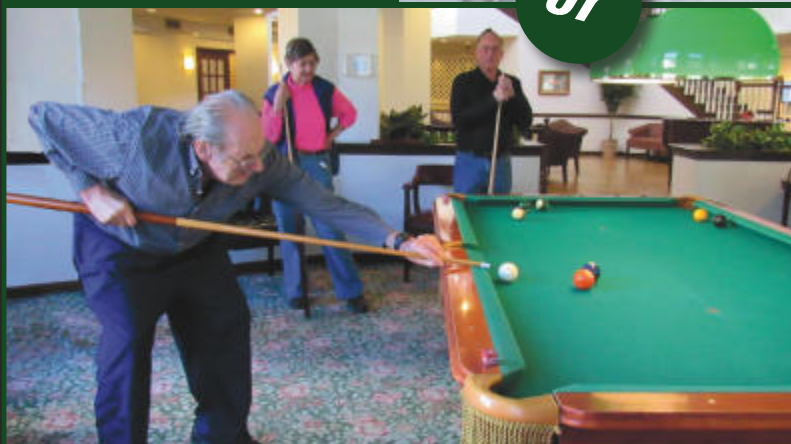


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