



This beautiful photograph was taken by Sharon Wilkes, Program Coordinator, of Rexhame Beach in Marshfield.

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

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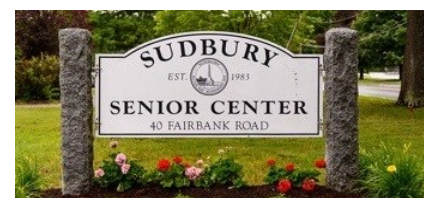
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Please note: If you need to refer back to the Resource information in the May, June or July newsletters, you can access the links online at the Senior Center website at <https://www.sudburseniorcenter.org>.

All of us at the Senior Center hope you are all 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 offering virtual programming, 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. We also send out press releases to the Sudbury Town Crier and other publications. 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.

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.



A MESSAGE FROM DIRECTOR DEBRA GALLOWAY

Hello All-

As we go to print with this newsletter, Massachusetts has just started Phase 3 of Reopening the economy since closing due to the pandemic. Because the Senior Center provides services and programming to the most at-risk population, we are still uncertain about when and how many services, programs and events will either restart, or return to a more normal operation. We, as you also must be, are anxious to get back to "normal". However, we recognize the need to proceed cautiously. We will continue to develop and follow safety guidelines to minimize exposure to the virus and keep everyone safe.

Included in this newsletter are several programs that will be offered virtually, meaning that they will be offered on SudburyTV - our local cable station, or via an online video platform such as Zoom. For Zoom programs make sure to sign up by the due date and provide your email address. We are also offering a drive-in/pick-up box lunch in August, as we did in July.



Please sign up by the due date so that we have the right amount of meals, and remember to follow instructions on how to pick up the meal, so that we are all safe! Thank you!

As always we are open to your ideas and suggestions, and certainly are ready to help, if you have question or a concern. Please reach out!

To learn more about upcoming program changes, 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.

Directions to sign up for our Email List are on Page 1. The Senior Center website is at <https://www.sudburyseniorcenter.org>. To call, please dial 978-443-3055. Take good care,

Debra
Senior Center Director

THE IRISH IDENTITY

*Continuing....***The Great Courses DVD Series - on Zoom****The Irish Identity ***

Wednesdays, 9:30-10:30 AM

August 12, 26

Prof. Mark Connor, PhD., Washington and Lee University

Lectures 13 and 14 - on August 12

Please register by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us at least 2 days in advance of the program. We will need your email address in order to invite you to the program in a secure way. 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".)

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 an email
2. **Find a friend or family member to practice with!**
3. **If you are using your computer or smartphone:**
Join the activity – one to two days before the event you will receive an email with a link to click on when the class starts– this will bring you to the Zoom meeting.
4. **If you are using your landline phone:**

Join the activity by calling the phone number on the Zoom link.

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>

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>

SPECIAL PROGRAMS

~A Zoom Event~

(Will also be videotaped for SudburyTV)

Shopping Rights and Scams**Thursday, August 20****11:30 AM**

Robin Putnam, Research and Special Projects Manager from the Office of Consumer Affairs and Business Regulation, will present "Shopping Rights and Scams". The presentation will include information about the Consumer Affairs Office, expressed & implied warranties, return policies, defective merchandise, pricing discrepancies, and shopping online, through the mail or television.

Robin has been with the Massachusetts Office of Consumer Affairs and Business Regulation since 2015 serving as its Research and Special Projects Manager. In her role within Consumer Affairs, she has conducted over 600 lectures in 215 towns and cities in the Commonwealth, planning, coordinating, scheduling, and participating in a wide variety of events to provide consumers with information, education, and resources.

To register for this Zoom presentation, please email Sharon Wilkes by August 18 at wilkess@sudbury.ma.us. You will receive a Zoom link the day before the presentation.

Do you need help learning to Zoom?

Below are videos taught by an older instructor that are very user friendly and accessible for all ages. All are produced by the **Creative Life Center**.

NEW!**Click on the links to check them out:**

- 1) **Joining a Zoom Call for the First Time:** <https://www.youtube.com/watch?v=9isp3qPeQ0E&t=9s>
- 2) **Joining a Zoom Call via Phone for the First Time:** <https://www.youtube.com/watch?v=d6QjODgTuQE>
- 3) **Using Zoom Breakout Rooms:** <https://www.youtube.com/watch?v=WFVRxBH4ehU>

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!

Recently I met with the executive director of the Public Health Association, Carlene Pavlos, to discuss the criteria for an equitable reopening that their Equity Task Force had crafted in response to the COVID-19 challenge. #1 infection rates dropping for all, #2 enforceable protection for workers and support for small business, and #3 accelerate and expand testing, not just for diagnostic purposes but also random sampling to better determine levels of infection in every community. She emphasized the need for equitable change, having a seat at the table for every stakeholder and the need to work together, work quickly in the face of the outbreak, and act on proposals supporting communities hardest hit. Governor Baker recognized this by opening free COVID-19 testing sites in Marlborough and the other 7 communities with highest infection rates.



Together with other members of the Joint Committee on Elder Affairs I recently wrote to Governor Baker to

express concern that a bill focused on COVID-19 reporting on elder facilities' COVID-19 data (H4672) signed into law by him on June 7th has not been implemented - current reporting on the Department of Public Health dashboards is far from the standard set by the statute.

Until we have a vaccine, we all need to continue to wear masks to protect others (and ourselves), socially distance – and find reason for joy in every day.

Short Story Group on Zoom

2nd and 4th Thursdays

September 10, 24

1:00-2:00 PM

The Short Story Group will not meet in August. They will resume meeting from 1:00-2:00 PM in September.



THE GREAT COURSES' MOZART

Continuing in August ~ On Zoom ~

The Great Courses'

The Great Masters: Mozart

Tuesdays, 9:30-10:15 AM

August 4, 11, 18, 25



We will be continuing the Great Masters Mozart courses in August. The courses will be shown via the videoconferencing platform Zoom*. The schedule is:

August 4 - Paris

August 11 - The Flight from Salzburg, Arrival in Vienna

August 18 - Life in Vienna

August 25 - Operas in Vienna

September 1 - The Last Years

To register, please email Chery Finley, Administrative Coordinator. She will use your email address to invite you to the showing. You must be proficient on the Zoom videoconferencing platform in advance of the program as there is little time for coaching while hosting the program.*

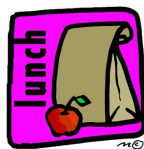
For information on The Great Courses go to their website at <https://www.thegreatcourses.com>.

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

GRAB 'N' GO!

Summer Grab 'n' Go!

Wednesday, August 26



Sign right up, for the August Grab and Go Drive Thru! Your Sudbury Senior Center staff will be outside with a delicious box lunch waiting for you to take home. Meal to include sandwich and fixin's. Timing and procedures for the pickup will be shared at a later time. It is really helpful if you can share both a phone number and an email address. Sponsored by the Friends of Sudbury Seniors!

You must sign up for the lunch by Wednesday, August 19 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 August 1; all others as of August 10. Registration is limited.

LEGAL INFORMATION

Legal Education Talks on SudburyTV

Running monthly, 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 August, Atty. Cathleen Summers will offer "Advocating for a Loved One in a Hospital or Nursing Home". The seminar will focus on:

- What to bring with you to the hospital
- How to communicate effectively with the health care team
- Planning for discharge and beyond



Check future newsletters as well as the SudburyTV schedule, for announcement of programs, from Atty. Bergeron of Mirick O'Connell, 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, August 11

1:00-3:00 PM

Schedule a free 20 minute phone consultation at the Senior Center with volunteer Elder Law Attorney Cathleen Summers 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 senior@sudbury.ma.us.

Connection Circle on Zoom

Thursdays, 2:30-4:00 PM

The Connection Circle facilitated by volunteer Kim Schwartz, will now be on the Senior Center's Zoom account every Thursday. If you are interested in this women's connection group, please email Chery Finley, who will connect you with Kim. Chery's email address is finleyc@sudbury.ma.us.

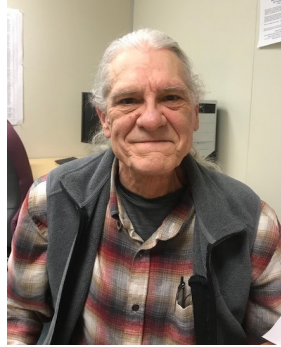


Interview with Danny Vellom

By Sherry Fendell, Sudbury Senior Center Volunteer

In mid-June, I had the pleasure of interviewing Danny Vellom, a Sudbury Senior Center volunteer, about his professional background, career in vaccine manufacturing processes, and personal interests. Following is a recap of the conversation:

Sherry: What kind of volunteer work do you do, and what are your other interests?



Sudbury resident and Sudbury Senior Center volunteer Danny Vellom

Danny: I am a volunteer with the Meals on Wheels program, and spent the last 20 years of my scientific career working on vaccine development. My interests include antique houses, fishing, and exploring the great outdoors. I have been a Cub Scout, Boy Scout and Eagle Scout myself, and an adult leader for more than 14 years, often taking the scouts hiking, fishing and camping.

Sherry: How did you become interested in the manufacturing of vaccines?

Danny: The concept of vaccines always intrigued me. I became a budding scientist from age 11 when I received my first microscope. My mother was a Registered Nurse and I picked up one of her books entitled "Microbe Hunters." I became fascinated with growing and observing mold and plants, which set me on my career path. While working for a small vaccine biotechnology firm years later, my job was to develop vaccine manufacturing processes and scale them up into a large number of doses. I had to research the purity and stability of the vaccine candidate and turn it into a viable product.

Sherry: What type of educational background is needed for this profession?

Danny: My undergraduate degree was in Microbial Bi-

ology. As an undergraduate, I did research in Microbiology that led me to find an interesting mechanism in soil bacteria.

I hold a Masters degree in Chemistry, as well as a PhD in Chemistry and Biochemistry.

Sherry: What are some of the challenges you faced in the manufacturing of vaccines? The successes?

Danny: **CHALLENGES:** Prior to 9/11/01, the US government wanted to have 40 million doses of the new Smallpox vaccine in its National Pharmaceutical Stockpile (NPS) within 5 years. The fear was that the Soviet Union or terrorist groups would attack us using biological warfare. After 9/11 the government asked the company to accelerate their development program to produce 50 million doses of the vaccine in 2 years. The FDA assigned some of their specialists to assist my company to help guide them. Later that year they adjusted the development contract again, asking that 200 million doses be produced for the NPS as quickly as possible. The next challenge came in late 2003 when a Japanese Encephalitis vaccine was needed for children. The company's CEO promised their investors that it could be done in 9 months. It actually took 14 months to be ready for clinical trials.

SUCCESSSES: I led teams of scientists to develop manufacturing processes for the new Smallpox vaccine, a new single-dose Japanese Encephalitis vaccine for children in Southeast Asia, Japan and South Korea, and candidate vaccines to be used in clinical trials for West Nile, C. difficile and a universal flu vaccine.

As of this writing, Danny believes that a best-case scenario is that we will have a COVID-19 vaccine ready between January and July of 2021. Let's hope so...

Many thanks to both Sherry and Danny for this article. We are so fortunate to have such amazing volunteers working with the Senior Center in the community!

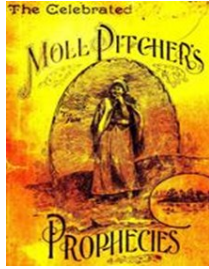
SPECIAL EVENT!

- A Zoom Event -

Don't Go Down to the Sea!

Thursday, August 27, 12:30 PM

Lynn clairvoyant Moll Pitcher's predictions of an ill-fated voyage were so powerful that they could render a ship crew-less if word got out. This 17th century sybil is said to have made predictions that came to pass long after her death, and she numbered among her clients such notables as the wealthy and eccentric Lord Timothy Dexter. This presentation will amaze and surprise you!



This program will be provided on the videoconferencing platform Zoom. To register, please email Sharon Wilkes, Program Coordinator at wilkess@sudbury.ma.us by August 25, 2020. She will use your email address to invite you to the showing. A Zoom link and password will be sent to you the day before the class. You must be proficient on the Zoom videoconferencing platform in advance of the program as there is little time for coaching while hosting the program.*

For more than ten years Anne Barrett has been entertaining and educating audiences with her lectures and performances at dozens of libraries, historical societies, museums and other social and civic groups throughout New England. She is Vice President of the Topsfield Historical Society, editor of its newsletter Local Lore, and was a history columnist in Community Newspaper's Tri Town Transcript. She is a member of the Daughters of the American Revolution. She has held leading roles in community theater plays and musicals. She holds a B.S. cum laude from ColbySawyer College and an M.S. from Boston University.

Sponsored by the *Friends of Sudbury Senior Citizens, Inc.*

*For information on Zoom, see page 3.

Scam Alert: Never give your Medicare number, your Social Security number, your bank account information, your credit card numbers or any other personal information to someone you do not know and trust.

SHINE/MEDICARE INFORMATION

COVID-19 and Medicare

Did you know?

- Coronavirus testing is covered by Medicare.
- Telehealth services are covered by Medicare.
- Enrollment in Medicare may be able to be done online, by phone or mail.
- SHINE counselors are available remotely to help with these and many other Medicare-related questions.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options. To schedule a SHINE phone appointment, call Ana Cristina Oliveira, Sudbury Senior Center Outreach Information Specialist at 978-639-3268 or email her at oliveiraa@sudbury.ma.us. She will contact you for further information and schedule a phone appointment with one of our trained, volunteer SHINE Counselors.

For other SHINE related matters, call 1-800-243-4636, then press or say 4. Once you get the SHINE answering machine, leave your name, town, and number. A volunteer will call you back, as soon as possible.

FITNESS CLASS INFORMATION

Chair Yoga on Zoom with Rebecca Reber

Fridays at 9:30-10:15 AM

July 24, 31, August 7, 21, 28, September 4, 11

No class August 14

\$39

**T'ai Chi on Zoom with Jon Woodward**

Mondays at 2:15-3:00 PM

August 10, 17, 24, 31, September 14, 21, 28, October 5


\$39

Please register by emailing Chery Finley at finleyc@sudbury.ma.us. You may mail your check to the Sudbury Senior Center, 40 Fairbank Rd., Sudbury, MA 01776. It is important that we have your correct email address & phone number as well as your mailing address for the Fitness waiver form.

Other Fitness Classes

We hope to get other fitness classes up and running soon via various modes. Please stay tuned to our email updates and the Sudbury Senior Center website for more information. And you can always contact us at 978-443-3055 or senior@sudbury.ma.us.

AUGUST ADAPTED CALENDAR*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
	9:00 English Learners (virtual) 9:30-10:15 Great Masters: Mozart (4) on Zoom 11:30 My Life/My Health - Workshop (2) on Zoom 2:00 Sudbury Senior Center Virtual Caregiver Group	9:30 Great Decisions on Zoom	10:00 Current Events (Zoom) 2:30 Connection Circle via Zoom	9:30 Chair Yoga on Zoom (3) 11:30 Watercolors on Zoom (5)
10	11	12	13	14
2:15 Tai Chi via Zoom (1)	9:00 English Learners (virtual) 9:30-10:15 The Great Masters: Mozart (5) on Zoom 11:30 My Life/My Health - Workshop (3) on Zoom 1-3 Legal Clinic (by phone)	9:30 The Irish Identity on Zoom	9:30 Current Events (SP) Note: Short Story Group returns on Zoom in September 2:30 Connection Circle via Zoom	No Chair Yoga today 11:30 Watercolors on Zoom (6)
17	18	19	20	21
2:15 Tai Chi on Zoom (2)	9:00 English Learners (virtual) 9:30-10:15 The Great Masters: Mozart (6) on Zoom 11:30 My Life/My Health - Workshop (4) on Zoom 2:00 Virtual Group for Caregivers and Loved Ones with Dementia	9:30 Great Decisions on Zoom	9:30 Current Events (SP) 11:30 Shopping Scams -Zoom 2:30 Connection Circle via Zoom	9:30 Chair Yoga on Zoom (4) 11:30 Watercolors on Zoom (6)
GYM FLOOR REFINISHING 24	GYM FLOOR REFINISHING 25	GYM REFINISHING 26	GYM REFINISHING 27	GYM REFINISHING 28
2:15 Tai Chi on Zoom (3)	9:00 English Learners ((virtual) 9:30-10:15 The Great Masters: Mozart (7) on Zoom 11:30 My Life/My Health - Workshop (5) on Zoom	9:30 The Irish Identity on Zoom Time TBD—Summer Grab 'n' Go Box Lunch	9:30 Current Events (SP) 12:30 PM Don't Go Down to the Sea! With Anne Barrett via Zoom Note: Short Story Group returns on Zoom in September 2:30 Connection Circle via Zoom	9:30 Chair Yoga (5) on Zoom 11:00 Watercolors on Zoom (7)
31				
2:15 Tai Chi on Zoom (3)				

~ From Volunteer Program Coordinator, Janet Lipkin ~

The hot days of summer simmer, bringing us not only the hot temperatures, but the glory of the flowers, trees, lighted skies through the early evenings, the smell of BBQs, and the sounds of people walking outdoors. I relish this time of year.



Yet, the pandemic has certainly thrown a wrench into what, for many, are usually the “lazy days of summer.” As the Senior Center looks to resume newly-adapted programs, classes, and services when safe to do so, you will note that volunteer services will also be modified, as needed, for safety's sake. For example, Friendly Visitors are making phone calls to their matched clients instead of in-person visits.

Many people have been inquiring about when volunteer services such as F.I.S.H., our volunteer-based transportation, will be resuming. The same is true about our Goodnow-to-Go program, as well as our Fix-It service. We, too, are very eager to see the volunteer programs resume as soon as possible. The best way to stay informed about the status of our services is to check the Senior Center's website:

<https://sudburyseniorcenter.org/>

During the month of July, we had several Zoom “gatherings” of volunteers, based on role. These included F.I.S. H. drivers, Grocery Shoppers, Phone Buddies, Friendly Visitors, and Fix-It volunteers. It was a wonderful time to connect with each other, talk about challenges, and to give an update about the program. Thank you to all who could attend. Stay tuned for future dates of similar Zoom Volunteer Gatherings in the coming months.

In the news:

We continue to enjoy having some volunteers interview seniors in the community, and then have the write-up included in our newsletter. During July, we featured an article written by volunteer Matt Baird

about an interview he did with Sudbury resident Marilyn Tromer who has devoted endless time to making face masks for people and organizations in need, while simultaneously raising money for the Sudbury Food Pantry. This month we are delighted to have an article written by volunteer Sherry Fendell about an interview she did with volunteer Danny Vellom, someone recently featured in the *Town Crier*. Please see page 6 for that interview.

A big shout-out goes to:

- Our Grocery Shopping volunteers who continue to make a huge difference in the lives of our seniors each week. Thank you, thank you!!
- Our Phone Buddy volunteers whose weekly phone calls to their matched senior helps with isolation, offers friendship, and is deeply appreciated!

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.

~ Janet Lipkin, Volunteer Program Coordinator

“Often we set out to make a difference in the lives of others only to discover we have made a difference to our own.”—Ellie Braun-Haley



An individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity.”—[Martin Luther King, Jr.](#)

Coronavirus Anxiety: Coping with Stress and Fear



Fears about COVID-19 can take an emotional toll, especially if you're already living with an anxiety disorder. These tips can help you get through this stressful time. It's vital to stay informed, particularly about what's happening in your community, so you can follow advised safety precautions and do your part to slow the spread of coronavirus. But there's a lot of misinformation going around, as well as sensationalistic coverage that only feeds into fear. It's important to be discerning about what you read and watch.

- **Stick to trustworthy sources** such as the CDC, the World Health Organization, and your local public health authorities.
- **Limit how often you check for updates.** Constant monitoring of news and social media feeds can quickly turn compulsive and counterproductive—fueling anxiety rather than easing it. The limit is different for everyone, so pay attention to how you're feeling and adjust accordingly.
- **Ask someone reliable to share important updates.** If you'd feel better avoiding media entirely, ask someone you trust to pass along any major updates you need to know about.

Focus on the Things You Can Control

There are so many things outside of our control, including how long the pandemic lasts, how other people behave, and what's going to happen in our communities. That's a tough thing to accept, and so many of us respond by endlessly searching the Internet for answers and thinking over all the different scenarios that might happen. But as long as we're focusing on questions with unknowable answers and circumstances outside of our personal control, this strategy will get us nowhere—aside from feeling drained, anxious, and overwhelmed.

When you feel yourself getting caught up in fear of what might happen, try to shift your focus to things you can control. For example, you can't control how severe the coronavirus outbreak is in your city or town, but you can take steps to reduce your own personal risk

(and the risk you'll unknowingly spread it to others), such as:

- washing your hands frequently (for at least 20 seconds) with soap and water or a hand sanitizer that contains at least 60% alcohol.
- avoiding touching your face (particularly your eyes, nose, and mouth).
- staying home as much as possible, even if you don't feel sick.
- avoiding crowds/gatherings of 10 or more people.
- avoiding all non-essential shopping and travel.
- keeping 6 feet of distance between yourself and others when out.
- getting plenty of sleep, which helps support your immune system.
- following all recommendations from health authorities.
- focusing on concrete things you can problem solve or change, rather than circumstances beyond your control.

Emotions are contagious, so be wise about who you turn to for support. If you don't have someone you trust to turn to, apps such as <http://www.7cups.com/> are good resource for free, emotional support.

Resources

Mental Health, Emotional Support & Self-Care

Maintaining Emotional Health and Well-Being During COVID-19

Mass Support: Provides immediate emotional support and counseling to assist residents during the unprecedented stress of the pandemic.

Mental Health Resource Page

Client Guide to Teletherapy

INTERFACE Referral Line: Referrals to remote mental health providers who are accepting new clients.

List of numerous virtual support groups

Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine and Isolation

Advocates Mobile Crisis: For mental health emergencies and screening call 508-872-3333.

Impact of Trauma on the Brain and Functioning:

Presentation to better understand some of the changes in our thinking and functioning as we adjust to the "new normal" of COVID-19.

Outreach/Information Specialist, continued...

ARC: COVID-19 specific information and resources for individuals with intellectual and developmental disabilities.

National Alliance on Mental Illness (NAMI) COVID-19 Resource Guide

Addressing Sleep Disturbances During COVID-19

Clear Path: Offers hoarding support remotely during COVID-19, 508-658-0880

The Emotional PPE Project: Free individual therapy and support groups for healthcare workers impacted by COVID-19

Massachusetts Network of Care COVID-19 Behavioral Health Resources

LGBTQ+ Supports for Seniors Through Bay Path Elder Services: Including a confidential support hotline with voicemail at 508-573-7288

National Suicide Prevention Lifeline: 1-800-273-8255

SAMHSA Disaster Distress Hotline: Emotional support, referrals to resources, and COVID-19 information for those experiencing distress or mental health challenges related to COVID-19.

Crisis Text Line: Text HOME to 741741

Other

Sudbury Virtual Town Hall: Town offices during social distancing

File a Civil Rights Complaint if faced with discrimination based on race, gender identity, disability status or other protected category.

Reporting Abuse/Neglect

Reporting Elder Abuse/Neglect

Self-Care

Self-Care and Social Distancing

CDC Managing Stress and Anxiety

Dementia Friendly Program Resources Virtual Memory Cafes

A memory café is a welcoming place for people with forgetfulness or other changes in their thinking and for their family and friends. Memory cafés normally meet at a variety of places including coffeehouses, museums, or community organizations. Now meeting virtually – You can participate no matter where you live. There are many cafes throughout the commonwealth, nation and the world. They would love for you to join!

<https://www.memorycafedirectory.com/cafe-connect>

Bridges by Epoch Caregiver Programs

August 12 – Caregiver Support Group (via Zoom)

Virtual Education Series, led by Alicia Seaver:

August 6 - 11:00AM, Summer Safety

August 27 - 11:00AM, Understanding Alzheimer's/Alzheimer's 101

August 19 at 11:00AM - Beatles Theme Memory Café

RSVP by either calling Cindy Gerante at 978.261.7007 or sending an email at cgerante@bridgesbyeepoch.com

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 important 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.



CAREGIVER INFORMATION

**Sudbury Senior Center Virtual Group for Care
Partners and Loved Ones with Dementia
3rd Tuesday of the Month on Zoom
August 18, 2:00 PM**

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 the third Tuesday of each month from 2:00-3:00 PM on the Zoom videoconferencing platform. The meeting this month will be Tuesday, August 18 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
1st Tuesday of the Month on Zoom
August 4, 2:00 PM**

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 feelings 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.

MASS. RMV INFORMATION

Renew Online now, get a free REAL ID later

<https://www.mass.gov/info-details/rmv-covid-19-information#renew-online-now,-get-a-free-real-id-later->

The federal and state REAL ID compliance deadline has been delayed by at least one year to October 1, 2021. To reduce volume and observe social-distancing, the Massachusetts Registry of Motor Vehicles (RMV) has introduced an appointment-only reservation system, and is not currently accepting appointments for the issuance of REAL IDs.

The RMV has also introduced a special offer to encourage everyone with a license expiring this summer to renew their 'standard' license or ID card online now, and wait to get their REAL ID.

Visit the RMV website at www.Mass.Gov/RMV, login to your "myRMV" account (or create an account if you do not already have one), and renew your standard license or ID card online by August 12, 2020. Your new license or ID card will be mailed to you.

Eligible drivers who renew online by August 12 will be able to visit the RMV in 2021 if they need to upgrade their standard driver's license or ID to a REAL ID federally compliant credential at no additional cost. There is no difference in the cost for a 'standard' vs. a REAL ID driver's license; both are \$50, while the traditional \$25 upgrade/amendment fee will be waived.

For step-by-step license/ID renewal instructions, visit: **<https://www.mass.gov/doc/online-drivers-license-renewal-process/download>** or download the attached document.

Who is eligible?

- All Massachusetts ID card holders who have an expiring 2020 ID card.
- Massachusetts driver's license holders, **up to 74 years of age**, who have an expiring 2020 license. State law mandates that license holders **75 and older** complete their driver's license renewal **in-person** to present a vision screening certificate or take an eye exam.

For participants 75 and older

The RMV does not anticipate making appointments available for REAL ID upgrades or in-person renewals

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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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Town Social Worker (DPW Building)

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Joe Bausk

Joanne Bennett

Van Drivers

Linda Curran

Amy Snow

Ron DeMarco

John Wood

Volunteer Program Coordinator

Janet Lipkin

Continued - Mass. RMV Real ID/License Renewal Information

available for REAL ID upgrades or in-person renewals prior to September except in limited circumstances. But if you have an expiring 2020 license or ID card, the RMV has applied several automatic extensions to those expiration dates, typically coinciding with an individual's birth date, to prevent them from having to come visit us anytime soon.

Driver's licenses and ID cards that expired or will expire in **March, April, and May 2020**, will now expire in **September 2020**.

Driver's licenses and ID cards that will expire in **June** have been extended until **October 2020**.

Driver's licenses and ID cards that will expire in **July** have been extended until **November 2020**.

Driver's licenses and ID cards that will expire in **August** have been extended until **December 2020**.

For more information on extensions, or to verify your current expiration date, please visit the website www.Mass.Gov/RMV and login to your myRMV account.

Please note: AAA is currently accepting appointments for in-person license renewals, including REAL IDs, for their members.

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.

PROGRAMS YOU CAN LISTEN TO

U.S. CENSUS 2020

Here are some programs offered via **phone**:
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 uww@dorotusa.org. <https://www.dorotusa.org/our-programs/at-home/university-without-walls>.

Covia Well Connected is a telephone/online community. (Formerly Senior Center Without Walls). You do need access to the internet to download the catalog, but the programming is delivered via telephone. <https://covia.org/services/well-connected/> (877) 797-7299.

Mather Lifeways Telephone Topics, you call a toll-free number to listen to a wide range of interesting discussions & programs. You can choose from wellness programs, education programs, discussion topics, music reviews, live performances. **You need access to the internet to view the choices and register.** <https://www.mather.com/neighborhood-programs/telephone-topics> (888) 600-2560.

If you haven't already, don't miss out on being counted in the 2020 United States Census!

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 number of older adults in town, 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. You can also call and do this by phone. It usually takes 5-10 minutes at most. If you have questions, please contact Ana Cristina Oliveira, Outreach Information Specialist at 978-443-3055 or oliveiraa@sudbury.ma.us.



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Sudbury Senior Center and Sudbury Council on Aging

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<http://sudburyseniorcenter.org>

PAID

Sudbury, MA



The Senior Scene



Or Current Occupant



Sudbury Senior Center

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E-mail: senior@sudbury.ma.us

Respect for All!

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