

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



Sunset on Frye Island, Maine; This beautiful photo comes courtesy of Sharon Wilkes, Program Coordinator.

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



**Sudbury Board of Health—DRIVE THRU 65+ FLU CLINIC**

**Wednesday, October 7 - 1:00-4:00 PM at Curtis Middle School by Appointment only**  
**For Sudbury residents 65 and up. There will be two other clinics available for all ages.**

The Board of Health is working on the Registration process and will have information available soon. Please go to [www.sudbury.ma.us/health](http://www.sudbury.ma.us/health) for updates on the registration process. Due to COVID-19 we ask that residents who are having symptoms or are in the process of isolating/quarantining and have signed up, to please call 978-440-5479 to cancel your appointment. If you are symptomatic and have not been tested, please call 211 (COVID Hotline). if you need help to register, please call the Senior Center at 978-443-3055. We can assist you in registration. **Registration will begin in September. There will be specific instructions** for the Drive Through - please review in advance on Board of Health or Senior Center websites.



**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-***

Happy Autumn! I hope the weather is turning a bit cooler and we are all feeling a little more hopeful that a vaccine will be developed for COVID-19 in the coming months.

The Senior Center staff and I are still planning mostly virtual programming on Zoom and SudburyTV to minimize the risk to our participants, volunteers and staff. We held a Drive-Thru Grab 'n' Go event on July 24 which was a lot of fun! All of the staff were there, with masks and outside, and we so enjoyed seeing many of you driving up to pick up your reserved lunch! See photo below of all of us after the event. We look forward to the next Grab n Go events in August and September. We hope to hold a special Drive-in event that will involve games and prizes in early October! More information to come.

We will be assisting Phyllis Schilp, Sudbury Board of Health Nurse, with implementation of the Flu Clinic this year on Wednesday, October 7 from 1:00-4:00 PM at the Curtis Middle School. Please check the Board of Health website or contact the Senior Center for more info at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) or 978-443-3055.

As much as possible, we will try to videotape programs that are on Zoom, for later showing on our local cable channels via SudburyTV. Check their schedules often. You can also watch videos on demand at their website at [www.sudburytv.org](http://www.sudburytv.org). Need help? Let us know.

We know that this time is not easy. If you need to talk or need some information, please do call us. We miss talking to all of you! Also, if you have a suggestion for an activity or class-we'd love to hear it!



Take good care,

*Debra*  
Senior Center Director

## LIFELONG LEARNING

~ 9 Week Series on Zoom ~

### The Great Courses - The Ottoman Empire - Pt. 1

Wed., Sep. 16-Nov. 18 (no class Nov. 11)  
9:30-11:00 AM

When confronting the future, nations and civilizations always look to the past for guidance, lessons, and a shared sense of purpose and meaning. For the peoples of the Middle East, that immediate past is the Ottoman Empire.

In the West, we often overlook the fact that the achievements of the Ottoman Empire at the zenith of its power matched those of contemporary Western Europe – as well as the other great Islamic states of Safavid Iran and Mughal India. According to Kenneth W. Harl, award-winning professor of Classical and Byzantine history at Tulane University, “the cultural achievements of Ottoman civilization still endure, and they speak of a wealthy and sophisticated Islamic civilization.”

It is by understanding the vast, dramatic story of the Ottoman Empire – from its early years as a collection of raiders and conquerors to its undeniable power in the 15th and 16th centuries to its catastrophic collapse in the wreckage of the First World War – that one can better grasp the current complexities of the Middle East, including geopolitical tensions between Turkey and its Balkan and Middle Eastern neighbors, the sustained political and cultural power of Islam, and the balancing act between religious tradition and cultural modernity.

**If you were already signed up** for the course in the spring, you will receive an email, if we have your email, or a call, if we do not have your email, to confirm that you are still interested in the program. If you have questions - please email Chery at [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us).

If you were **not already signed up**, you may sign up for this class by contacting Chery Finley at 978-639-3269 or [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us). You must register, and ensure that we have your name, phone and current email address in order to attend on Zoom. You will receive an email with the Zoom meeting link by September 14 at 4:00 PM. Please contact the Senior Center if you have not received this link by then. Contact the Senior Center at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

Thank you to Bill Allard, Don Sherman, and Ruth Griesel for planning this series & coordinating the moderators.

## LIFELONG LEARNING

### Ottoman Practice Zoom Meeting

Learning to use Zoom usually requires a few practice sessions, so that you can be confident that when the class is ready to start you will be able to participate. Unfortunately, if you have difficulty at the start of the first class, Senior Center staff will not be able to help as they will be working on getting the class going.

An official practice meeting will be held on Zoom on **Monday, September 14 at 9:15 AM**. Please be prepared to do a short test run. This is not necessary, just an option if you'd like to do one final practice. You should do your own practice in advance of this meeting.

If you would like to participate in our Lifelong Learning or other classes or events on Zoom, but are new to Zoom, please see page 14 for more information.

~A Zoom Event~

### The End of Good Feeling: Adams, Jackson, and the Electoral Crisis of the 1820s

September 17 at 12:30 PM

The late 1810s and early 1820s are often referred to as “The Era of Good Feeling”, a period in US history when there was apparent political and social unity. However, by the time of the election of 1824, that unity had dissolved, and bitter political rancor and partisanship had become the model of national politics. This lecture will examine the elections of 1824 and 1828, and the birth of modern American politics.

Presenter Paolo Di Gregorio, the Artifactual Scholar, is an historian, archaeologist, and educator with a passion for telling the stories of our past. He has presented numerous historical lectures and discussions on a variety of topics in American, European, and World history. Mr. Di Gregorio is a visiting lecturer in the History Department at Bridgewater State University (Bridgewater, MA) and an Instructor in the Anthropology Department at Wheaton College (Norton, MA). Additionally, he has several years of experience as a Park Ranger with the National Park Service and as a professional archaeologist.

Please email **Sharon Wilkes, Program Coordinator**, at [wilkess@sudbury.ma.us](mailto:wilkess@sudbury.ma.us) to register for this Zoom class by September 15.

## A REPORT FROM STATE REP. CARMINE GENTILE

Massachusetts is continuing to do well keeping COVID-19 cases low, but we still have plenty of work to do. Free testing sites are open in Framingham (1-2 hour waits) and in Marlborough (3 hour waits) with many people traveling here from western Massachusetts and the north shore to save \$100-\$200 testing fees. Clearly, we need to provide free or inexpensive testing at many more sites around the state.



Wearing masks and keeping socially distant whether inside or outside, and frequent hand washing remain key to not spreading the virus to others or contracting it oneself.

I am looking forward to formal legislative sessions returning in September so that a budget for the next fiscal year can be completed and important legislation for seniors can be voted into law to provide more and better paid home health aides and better address issues

of food insecurity, mental and physical health and housing needs.

If you have difficulty accessing state resources to meeting your needs or those of a friend or neighbor, please call me at 617 722-2810 extension 8 or email me [Carmine.Gentile@mahouse.gov](mailto:Carmine.Gentile@mahouse.gov)

I hope you are well and find some joy in every day!

Best wishes -

**Carmine Gentile**

State Representative

## SHORT STORY GROUP

## Short Story Group on Zoom

2nd and 4th Thursdays  
September 10, 24  
1:00-2:00 PM



## THE GREAT COURSES' MOZART/BEETHOVEN

**Continuing in September ~ On Zoom ~**

**The Great Courses'**

**The Great Masters: Mozart**

Tuesday, September 1, 9:30-10:15 AM



**The Great Masters: Beethoven**

September 8, 15, 22, 29

9:30-10:15 AM



We will finish the Great Masters Mozart courses with a final lecture: *The Last Years* on September 1. The following week we begin the Beethoven series for 4 weeks. The class will be shown via the videoconferencing platform Zoom\*. The schedule is:

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 14. Zoom can also be accessed via landline phone to listen to the course. You can also call the Senior Center, as we may have a volunteer who can assist you in learning Zoom.

## GRAB 'N' GO!

**Autumn Grab 'n' Go!**

**Wednesday, September 23**



*Sign right up*, for the September Grab and Go Drive Thru! Your Sudbury Senior Center staff will be outside with a delicious lunch waiting for you to take home. Meal to include sandwich and fixin's. You will be given a time to attend the Drive Through and procedures for the pickup when you make your reservation. Please arrive at your scheduled time to help with traffic flow. It is really helpful if you 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, September 16** in order to be included. Please contact Chery Finley at [finleyc@sudbury.ma.us](mailto: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** sign up anytime; all others as of September 5.

Registration is limited.

## LIVE CLASSICAL PIANO!

**~A Zoom Event~**

**Classical Music inspired by Dance**

**with Sivan Etedgee**

Thursday, September 24 at 11:30 AM

Pianist Sivan Etedgee appears frequently throughout Massachusetts as a recitalist, chamber musician, and lecturer. In the past year Sivan has given over 40 performances and lectures to audiences ranging from young children to senior citizens. Noted for his creative programming, he has in recent years presented programs exploring themes as diverse as jazz-influenced music from the Americas and Europe to music written by composers who perished during the Holocaust. Committed to making classical music accessible and understandable to everyone, Sivan establishes an easy rapport with his audiences, frequently giving commentary on the music throughout the concert.

Sivan earned his B.A. in Music at the University of New Hampshire, where he studied with Christopher Kies. He completed his Master of Music degree in piano performance at Boston University's College of Fine Arts in the class of Anthony di Bonaventura, and has done post-graduate studies at the Hartt School of Music with renowned pedagogue Luiz de Moura Castro.

Please email Sharon Wilkes at [wilkess@sudbury.ma.us](mailto:wilkess@sudbury.ma.us) to register. **Many thanks** to the Friends of Sudbury Seniors for their support of this special event.



Sharon K. Wilkes,  
Program Coordinator

## Share and Tell!

Wednesday, September 9

1:00 PM



Join us on Zoom for a Share and Tell - theme of the day will be a favorite photo from a walk or day trip! This can be a beautiful spot, an historical site, a family location or a special person. Space will be limited. Please sign up by contacting Chery Finley, at [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us) or 978-639-3269.

## 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, contact Chery Finley, at [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us) or 978-443-3055.

## VOLUNTEER PROGRAM HIGHLIGHT

### Volunteer Program Highlight: Phone Buddies



Written by Susan Maki, Senior Center volunteer

For the past two months I have had the privilege of volunteering with the Phone Buddy Program under the leadership of Janet Lipkin, Volunteer Program Coordinator. Phone Buddy volunteers call a homebound or isolated senior on a regularly scheduled weekly basis. The purpose of the Phone Buddy Program is to provide friendship and conversation. The call also serves as a wellness check. Phone Buddy volunteers should be good listeners, be patient, and have respect for seniors and their autonomy. It is important to talk about subjects that are of special interest to the senior, such as friends and family, as well as past and present hobbies and interests.

I call my Phone Buddy every Thursday at 3:00. We speak for about 30 minutes. She is 97 years old, and lives alone in her own home.

She is fortunate because she has family members who live close by, call frequently, and help with the isolation that has become particularly difficult during this pandemic.

My Phone Buddy is particularly proud of her Italian heritage. She often talks to me about her travels with her husband over the years to Italy, where he showed her places that he had been during the War. She also enjoys talking to me about her past employment and professional career, as well as the work she did to help her husband with his business.

My Phone Buddy always tells me how much she enjoys our calls, and how much better she feels after we converse. When recently speaking to the Senior Center's Volunteer Program Coordinator, she said *"The Program is very nice. I feel like I have known her [my Phone Buddy] all of my life. I look forward to talking with her each week."* It is gratifying to know that I am helping someone during this difficult time.

If you are interested in becoming a Phone Buddy volunteer, please call Janet Lipkin at 978-639-3223 or e-mail her at [LipkinJ@sudbury.ma.us](mailto:LipkinJ@sudbury.ma.us).



## VOTING AND TOWN MEETING

### Don't Miss Town Meeting!

This year, Annual Town Meeting will be held on **Saturday, September 12 at 9:00 AM** at Lincoln-Sudbury High School (postponed from May).

This year's annual Town Meeting will be unique in several ways—due to the COVID-19 pandemic. First of all, the Town Meeting will be outside in the back of the high school. Secondly, verbal presentations on many of the Articles up for a vote at this year's meeting will be videotaped in advance and available for viewing on the Town website and our local cable channel SudburyTV. This means they will not be presented live at the meeting. The Town Manager, Town Moderator, Select Board, Town Clerk's Office and other Town Departments are working hard to ensure that Town Meeting is accessible and safe for all residents.

Please view all of the information about Town Meeting on the Town of Sudbury website at <https://sudbury.ma.us/townmeeting/2020/08/18/atmsept2020/>. If you have questions and need help getting information, please feel free to call or email the Senior Center for information at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

### State Primary and Presidential Election

The Massachusetts State Primary is on Tuesday, September 1. The Town Clerk's office has been working extremely hard on making sure everyone is aware that they can vote by mail\*, or participate in early voting\*, or vote on September 1 in person (with a face covering). \*There are specific application deadlines for voting by mail (i.e. absentee voting-allowed for all due to COVID) and specific dates for Early Voting.

The Presidential Election is on Tuesday, November 3 and residents can vote by mail, participate in Early Voting, or vote in person on Election day.

Please visit the Sudbury Town Clerk's website at <https://sudbury.ma.us/clerk/> for information on voting in the Primary and/or Presidential elections. Or feel free to call the Senior Center if you need further information, or information in writing, at 978-443-3055.



## SPECIAL EVENT!

### - A Zoom Event -

#### Fall Prevention Presentation

Monday, September 21, 10:00 AM



Physical Therapists Ali Cronin and Mary Ashley will lead a Zoom presentation "Fall Prevention at Home: Tips and Recommendations" in recognition of Falls Prevention Awareness week in September. According to the U.S. Centers for Disease Control and Prevention, one in four Americans aged 65+ falls each year. Every eleven seconds, an older adult is treated in the emergency room for a fall. However, falls are preventable!

The aim of this presentation is to provide education about fall risks and strategies to reduce falls. The Zoom meeting will include a live presentation, digital handouts with tip sheets and resources, and session time for Q&A.

Please sign up by contacting Chery Finley, Administrative Coordinator, at [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us). Chery will email you the Zoom meeting information a few days before the event. You may call for further information at 978-443-3055. Space is limited.

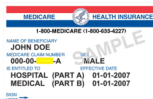
## SHINE/MEDICARE INFORMATION

### Medicare Assistance!

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](mailto: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.

**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.



## FITNESS CLASS INFORMATION

### SAIL Fitness Class via Zoom

Thursdays at 9:15 – 10:00 AM

September 10, 17, 24,

October 1, 8, 15, 22, 29

Cost of 8 week class is **\$39.00** - Introductory rate!



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. All you need to participate is comfortable clothing, a sturdy chair and light weights if you have them. A water bottle is recommended.

Please register by emailing Chery Finley at [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us). Please 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 and mailing address for the Fitness waiver form. The Zoom link and password will be sent to you two days before the class.

### Chair Yoga on Zoom with Rebecca Reber

Fridays at 9:30-10:15 AM

July 24–September 18 (No class Aug. 14)

September 25, October 2, 9, 16, 23, 30, and

Nov. 6, 13 - \$39



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

Mondays at 2:15-3:00 PM

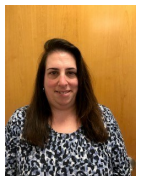
September 14, 21, 28, October 5, 19, 26, November 2, 9

No class Oct. 12 - \$39

Please register by emailing Chery Finley at [finleyc@sudbury.ma.us](mailto: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. You can always contact us at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).



Chery Finley, Senior Center  
Administrative Coordinator

## SEPTEMBER ADAPTED CALENDAR\*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
<b>National Senior Center Month</b> <b>Fall Prevention Day - September 22</b> <b>SHINE MEDICARE HELP-phone appointments available - call 978-443-3055</b>	9:00 English Learner Class (Zoom) <b>9:30-10:15 The Great Masters: Mozart (8) on Zoom</b> 2:00 Sudbury Senior Center Virtual Caregiver Group (Zoom)	<b>9:30 Great Decisions (8, last) (on Zoom)</b>	9:30-11:15 Current Events (on Zoom) 2:30 Connection Circle (on Zoom)	<b>9:30 Chair Yoga (6) (Zoom)</b> 11:30 Watercolors (5) (Zoom) 1:45 Watercolors (5) (Zoom)
7	8	9	10	11
Labor Day Holiday	9:00 English Learner (Zoom) <b>9:30-10:15 The Great Masters: Beethoven (1) on Zoom</b> 1-3 Legal Clinic (via telephone) 3:00 COA Meeting on Zoom* *tentative date	<b>9:30 The Irish Identity—Lectures 17, 18 (on Zoom)</b> <b>1:00 Share and Tell with Senior Center Staff (Zoom)</b>	<b>9:15 SAIL Fitness Class (1) (Zoom)</b> 9:30-11:15 Current Events (on Zoom) 1:00 Short Story Group (on Zoom) 2:30 Connection Circle (on Zoom)	<b>9:30 Chair Yoga (7) (Zoom)</b> 11:30 Watercolors (6) (Zoom) 1:45 Watercolors (6) (Zoom)
14	15	16	17	18
<b>9:15 Ottoman Empire Zoom Practice (15 minutes)</b> 2:15 Tai Chi (1) (Zoom)	9:00 English Learner Class R1 <b>9:30-10:15 The Great Masters: Beethoven (2) on Zoom</b>  2:00 Virtual Group for Caregivers and Loved Ones with Dementia (Zoom)	<b>9:30 Ottoman Empire (Lec. 1, 2) (on Zoom)</b>  1:00 Turn the Page Book Group (Zoom) (tentative)	<b>9:15 SAIL Fitness Class (2) (Zoom)</b> 9:30-11:15 Current Events (on Zoom) <b>12:30 Paolo DiGregorio: The End of the Era of Good Feeling</b> 2:30 Connection Circle (Zoom)	<b>9:30 Chair Yoga (8, last) (Zoom)</b> 11:30 Watercolors (7) (Zoom) 1:45 Watercolors (7) (Zoom)  <b>Rosh Hashanah begins this evening</b>
21	First Day of Fall 22	23	24	25
<b>10:00 Fall Prevention Presentation (Zoom)</b> 1:00 Sudbury Virtual Caregiver Support Group (Zoom) 2:15 Tai Chi (2) (Zoom)	9:00 English Learner Class <b>9:30-10:15 The Great Masters: Beethoven (3) on Zoom</b>	<b>9:30 Ottoman Empire (Lec. 3, 4) (on Zoom)</b>  <b>Autumn Grab n Go Drive Through Lunch (reservation necessary by Sep. 16) (page 5)</b>	<b>9:15 SAIL Fitness Class (3) (Zoom)</b> 9:30-11:15 Current Events (on Zoom) <b>11:30 Classical Piano with Sivan Etedgee</b> 1:00 Short Story Group (Zoom) 2:30 Connection Circle (Zoom)	<b>9:30 Chair Yoga (1) (Zoom)</b> 11:30 Watercolors (8) (Zoom) 1:45 - Watercolors (8) (Zoom)
Yom Kippur 28	29	30		
2:15 Tai Chi (3) (Zoom)	9:00 English Learner Class <b>9:30-10:15 The Great Masters: Beethoven (4, last) on Zoom</b>	<b>9:30 Ottoman Empire (Lec. 5, 6) (on Zoom)</b>	Look for Legal Education Talks on SudburyTV	<b>*This calendar is adapted due to the pandemic.</b>

~ From Volunteer Program Coordinator, Janet Lipkin ~

*The* new month is upon us, its arrival bringing with it cooler temperatures, and for some, a return from time spent elsewhere during the summer. For many, the start of September depicts a return to more activity, leaving the lazy days of summer behind us. The COVID-19 pandemic, though, has certainly thrown a curveball into our old routines, and we look ahead as to how to fill our days. In addition to taking part in the classes, programs and presentations we are offering via Zoom (see calendar, page 8), a wonderful way to pass the time is to get involved in volunteering!



The Senior Center volunteers continue to be busy with:

- Making weekly phone calls to their matched "phone buddy," or Friendly Visitor client, offering friendship and conversation to aid with the isolation so many are feeling.
- Doing food shopping for seniors that do not have family, friends or neighbors who can help them with it.
- Delivering mid-day meals.
- Taking photos for our newsletter, and interviewing seniors in the community.
- Becoming involved in "virtual" intergenerational projects.
- Leading some "virtual" presentations/classes.

Though many of our Volunteer Services/Programs are still suspended due to COVID-19, we look forward to one day in the future when it will be safe to resume them. Please check the Senior Center website for updates as to when specific programs and services will be resumed. Thank you for your patience!



For those that do not know, I am a quote collector.

Some of my favorite quotes on volunteering:

"The best way to find yourself is to lose yourself in the service of others."

- Mahatma Gandhi

"Volunteers are not paid, not because they're worthless, but because they are priceless."

- Sherry Anderson

"Life's most persistent and urgent question is, What are you doing for others?"

- Martin Luther King, Jr.

*If you have a favorite quote about volunteering, please let me know! Just email it to me at [LipkinJ@sudbury.ma.us](mailto:LipkinJ@sudbury.ma.us). Please be sure to include the author of the quote. Thank you!*



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](mailto:LipkinJ@sudbury.ma.us). Volunteers are of all ages, including parents of young children, high school and college students, and middle-aged and older adults. I am happy to speak with you by phone to let you know about the various volunteer opportunities that we have.

To all our volunteers: Thank you, thank you for all you do!



With deep appreciation,

Janet Lipkin

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

Each month we highlight and share resources on a specific topic in our newsletter. Outreach Specialist Ana Cristina Oliveira found a wonderful list of resources posted by Katie Couric on the website *Medium* recently and we thought we would share some of them with you. To see all of the resources listed on the post, please visit <https://medium.com/wake-up-call/a-detailed-list-of-anti-racism-resources-a34b259a3eea>.

## List of Anti-Racism Resources

Excerpted from [www.Medium.com](https://medium.com/wake-up-call/a-detailed-list-of-anti-racism-resources-a34b259a3eea) – posted on June 1, 2020 by Katie Couric



“...All these stories require not only our attention but a deeper understanding of systemic racism and implicit bias. We have pulled some resources that we believe will be helpful during these frightening and frustrating times. Understanding begins with all of us looking inward, reflecting on our own attitudes, and of course, having difficult conversations with family and friends.”

## JUNETEENTH RESOURCES

“What is Juneteenth?” by Derrick Bryson Taylor for the *New York Times*

“Juneteenth Is a Reminder That Freedom Wasn’t Just Handed Over,” by Brianna Holt for the *New York Times*

...

### Books:

*The Warmth of Other Suns: The Epic Story of America’s Great Migration* by Isabel Wilkerson

*A Spectacular Secret: Lynching in American Life and Literature* by Jacqueline Goldsby

*The New Jim Crow: Mass Incarceration in the Age of Colorblindness* by Michelle Alexander

*So You Want to Talk About Race* by Ijeoma Oluo

*Born a Crime: Stories from a South African Childhood* by Trevor Noah

*How To Be An Antiracist* by Ibram X. Kendi

*White Fragility* by Robin DiAngelo

*Biased* by Dr. Jennifer Eberhardt

*I’m Still Here: Black Dignity in a World Made for Whiteness* by Austin Channing Brown

*Between the World and Me* by Ta-Nehisi Coates

*The Underground Railroad* by Colson Whitehead

## WHAT TO WATCH

*The Hate U Give*, a film based on the [YA novel](#) offering an intimate portrait of race in America

*Just Mercy*, a film based on civil rights lawyer Bryan Stevenson’s work on death row in Alabama

The [1965 debate](#) between James Baldwin and William F. Buckley

My hour on the history of Confederate statues in Nat Geo’s *America Inside Out*

*Becoming*, a Netflix documentary following Michelle Obama on her book tour

*Let It Fall*, a documentary looking at racial tensions in Los Angeles and the 1992 riots over LAPD officers’ brutal assault on Rodney King

*When They See Us*, a Netflix miniseries from Ava DuVernay about the Central Park Five

*13th*, a Netflix documentary exposing racial inequality within the criminal justice system

*I Am Not Your Negro*, a documentary envisioning the book James Baldwin was never able to finish

*Selma*, a film that chronicles the marches of the Civil Rights Movement

## WHAT TO FOLLOW

[Rachel Cargle](#), a writer and lecturer who explores the intersection between race and womanhood

[Ibram X. Kendi](#), the author of *How To Be An Antiracist* and Director of the Antiracism Center

[Nikkolas Smith](#), the artist behind portraits of George Floyd, Ahmaud Arbery and others

[Charlene Carruthers](#), founder of the [Black Youth Project 100](#)

[Ally Henny](#), a Christian commentator on race

To see the complete list of resources, please visit:

<https://medium.com/wake-up-call/a-detailed-list-of-anti-racism-resources-a34b259a3eea>

## What is a Lockbox and Why do I Need One?

A lockbox is a small key safe that can be attached to your home so that Emergency personnel can access your house key in an emergency. The Sudbury Fire Department and International Association of Fire Fighters Sudbury Local 2023 support this program in Sudbury and work with Sudbury Senior Center Volunteer Program Coordinator Janet Lipkin to coordinate it. Please contact Janet Lipkin at [lipkinj@sudbury.ma.us](mailto:lipkinj@sudbury.ma.us) or call her at 978-639-3223 for more information. Donation of \$60 suggested, but not required.

## HEALTHY LIVING WORKSHOP

### MY LIFE, MY HEALTH

#### Workshops beginning in September

Enjoy connecting with others  
from the comfort of your home.

Healthy  
Living

Come join with others who have similar concerns about physical and emotional health. Increase your energy and be more physically and socially active by better managing pain, fatigue, depression, and anxiety that can come with an ongoing chronic health condition.

In this FREE 6 week series, plus Intro Session, you will learn ways to make simple lifestyle changes that improve your health and well-being. *You can join this confidential health education program remotely from the comfort of your home. The Intro Session will ensure everyone can get started with conferencing, as well as group introductions, and materials overview; followed by 6 weekly sessions covering different health and wellness topics.*

Any person over the age of 60 who is 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 can join.

All workshop materials are provided as funded by a grant to BayPath from the Administration on Community Living and Massachusetts Executive Office of Elder Affairs\*. Consistent attendance is required.

Continued... 

### MY LIFE, MY HEALTH Continued...

Voluntary donations accepted, but not required in provision of program. **For more information and to sign-up:** Please call Renee D'Argento, Healthy Living Program Coordinator at 508-573-7214, or email me at [rd'argento@baypath.org](mailto:rd'argento@baypath.org).

### Bridges by Epoch Caregiver Programs

Caregiver Support Group (via Zoom) call 978.261.3468

**Virtual Education Series**, led by Alicia Seaver:

September 10 -11:00AM Humor and Caregiving

September 24 -11:00AM Coordinating a Caregiving Team

RSVP by either calling Cindy Gerante at 978.261.7007 or sending an email at [cgerante@bridgesbyepoch.com](mailto:cgerante@bridgesbyepoch.com)

### The Friends of Sudbury Senior Citizens, Inc.

The Friends provide fundraising support and advocacy to the Sudbury Senior Center and Sudbury Council on Aging. The Friends sponsor many of our special events and programs, such as Roger Tincknell's performance and Mass Audubon's Presentations on Butterflies and Belize in July and Ann Barrett's performance in August.

The Friends will be sending out their Annual Appeal in the coming weeks. Please know that your support is so appreciated! For more information on joining or supporting the Friends, please contact President Bob Diefenbacher at [denbrook@verizon.net](mailto:denbrook@verizon.net).

## 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](http://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](http://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 made up name) and password. If you need help with sign up, please call 978-443-3055.



## CAREGIVER INFORMATION

## INFORMATION

**Wonderful Watercolors! On Zoom**

October 2, 9, 16, 23, 30, November 6, 13, 20  
8 Fridays, 1:45-3:45 PM

Class fee must be received by Tues., Sep. 23: \$65  
Build your skills in a relaxing and inspiring workshop.  
If there is enough demand, a 2nd class will be added at  
11:30 AM. Please register early! Contact Chery Finley  
with questions at 978-639-3259 or  
finleyc@sudbury.ma.us. Max. # students - 13

**Sudbury Senior Center Virtual Group for Care  
Partners and Loved Ones with Dementia**  
**3rd Tuesday of the Month on Zoom**  
**September 15, 2:00 PM**

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 caregiv-  
er and her husband who enjoy performing music to-  
gether. Perhaps you and your loved one have a partic-  
ular 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 videoconfer-  
encing platform. Please let Ana Cristina know if you  
are interested in attending this meeting at 978-639-  
3266 or at [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us).

**Virtual Caregiver Support Group**  
**1st Tuesday of the Month on Zoom**  
**September 1, 2:00 PM**

Caregivers often feel like they are alone. 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 reju-  
venate 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  
978-639-3266 or email Ana Cristina Oliveira at  
[oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us).

**Legal Education Talks on SudburyTV**

Running monthly, three of the elder law experts who  
give free legal advice at the Senior Center are taping a  
series of seminars on topics that should be relevant and  
of interest to many of you. In September, Atty. Arthur  
Bergeron will offer "Programs to help you stay out of a  
nursing home". To be shown: **Thurs., 4 PM, Sat. and  
Sun. at 6:30 PM**. Check future newsletters as well as  
the SudburyTV schedule at [www.sudburytv.org](http://www.sudburytv.org), for an-  
nouncement 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 978-443-3055 with any  
questions.

**Legal Clinic via Phone**

Tuesday, September 8 - 1:00-3:00 PM

Schedule a free 20 minute phone consultation at the  
Senior Center with volunteer Elder Law Attorney Arthur  
Bergeron of ??? in Sudbury. Elder Law Attorneys pro-  
vide assistance focusing on: estate planning, financial  
issues, Medicaid/Mass Health legal questions, etc. Con-  
tact us at 978-639-3269 or [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us).

Framingham State University  
and Framingham Public Library are offering:

**Adventures in Lifelong Learning!**

On Zoom

4 Tuesdays, October 6, 13, 20, 27

Academic courses are designed to provide intellectual,  
creative, and social engagement, free-of-charge, or for  
a voluntary donation, and may be accessed via land line  
phone, cell phone, desktop, laptop, or tablet. Offerings  
taught by experts in their fields may include literature,  
history, political science, science, and the arts. **To learn  
more:** Visit their website at  
[www.framinghamlibrary.org/adventures](http://www.framinghamlibrary.org/adventures) or email them  
at [lifelonglearning@framingham.edu](mailto:lifelonglearning@framingham.edu). These courses are free  
to all participants, thanks to partial funding support  
from the Older Americans Act as granted by BayPath  
Elder Services, Inc., and grants from Ashland Cultural  
Council, Holliston Cultural Council, & Framingham Cul-  
tural Council. Students have an opportunity to make a voluntary  
donation toward the cost of this service. Voluntary donations are  
put directly into program enhancement, allowing for expansion of  
services. Whether or not a participant makes a voluntary donation  
in no way informs or influences this service delivery.

**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.

**\*COA seeks applicants!** Go to <https://sudbury.ma.us/councilonaging/>

#### SUDBURY COUNCIL ON AGING

##### Chairperson:

Jeffrey Levine

##### Board of Directors:

John Beeler

Margaret "Peg" Espinola

State Rep. Carmine Gentile

Sandy Lasky

Robert Lieberman

Robert May

Dr. Patricia Tabloski

#### SUDBURY SENIOR CENTER STAFF

##### Director

Debra Galloway

##### Administrative Coordinator

Chery Finley

##### BayPath Mealsite Manager

Debbie Peters

##### Intergenerational Coordinator

Judy Battat

##### Outreach Information Specialist

Ana Cristina Oliveira

##### Program Coordinator

Sharon Wilkes

##### Receptionist

Venetia "Tia" Kelly

##### S.H.I.N.E. Counselors

Kathleen Fitzgerald

Wayne Antion

##### Sudbury Board of Health Nurse

Phyllis Schilp 978-440-5477

##### Tax Work-off Coordinator

Josephine King

##### Town Social Worker (DPW Building)

Bethany Hadvab 978-440-5476

##### Trip Coordinators

Joe Bausk

Joanne Bennett

##### Van Drivers

Linda Curran

Amy Snow

Ron DeMarco

John Wood

##### Volunteer Program Coordinator

Janet Lipkin

## INTERGENERATIONAL PROGRAMS

### Multigenerational Interview Project

A new LINC— Learning Intergenerational Community—during Zoom times. The Senior Center is beginning a new intergenerational interviewing project through story sharing and interviews.

If you would like to be in on developing the pilot program, there are a number of ways to be involved. They can be adapted to your available times, interest level, and schedule. They include: project advisor, interviewer, story sharer. Zoom expertise and/or interest in outreach to specific individuals or community groups are helpful specialties if you have an interest in these areas. What won't be possible: in-person gatherings of groups of seniors and students. What will be possible: sharing our experiences with each other, with younger family, friends, or students, and adding to our stories based on questions others may have after viewing the initial story or interview shared.

Interviewees may select with whom they will share their interviews (for example, grandchildren, friends, Sudbury students, or the wider Sudbury community). For information, email Judy Battat at [battatj@sudbury.ma.us](mailto:battatj@sudbury.ma.us).

## 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 households with older adults. For information about any of the services described below, contact the Sudbury Senior Center at 978-443-3055 or [senior@sudbury.ma.us](mailto: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

**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 - Volunteers make weekly visits to supermarket and

bring food to the door.

### Lockbox

**Lockbox** - A small key safe with the owner's housekey is affixed to the home for Emergency access by Fire Department.

### 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.

## ZOOM INFORMATION

**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.

5. If all else fails, leave a voicemail and we will try to help!

## LEARNING TO ZOOM

**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**.

**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>

**Tech Teaching Volunteers**

Are you very comfortable with using Zoom but still in touch with how challenging it is to learn at first? Are you able to teach others and looking to give back? Contact Janet Lipkin, Volunteer Program Coordinator at [lipkinj@sudbury.ma.us](mailto:lipkinj@sudbury.ma.us) or 978-639-3223 for more information.



U.S. POSTAGE

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**Sudbury Senior Center and Sudbury Council on Aging**

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

<http://sudburyseniorcenter.org>

**PAID**

Sudbury, MA



The Senior Scene



**Or Current Occupant**



**Sudbury Senior Center**

**Phone: 978-443-3055**

**Fax: 978-443-6009**

**E-mail: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)**

**Respect for All!**

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