



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



*For bees, the flower is  
the fountain of life;  
For flowers, the bee is  
the messenger of love.  
- Kahlil Gibran*

The beautiful photo and quote  
are courtesy of Sharon Wilkes,  
Program Coordinator.

**INSIDE:**

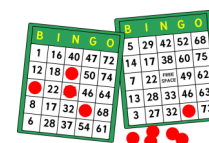
- ◇ Beethoven - p. 3
- ◇ Music as a Mirror - p. 3
- ◇ Senior Center Email List - p. 3
- ◇ Rep. Carmine Gentile-p. 4
- ◇ Turn the Page Book Grp - p. 4
- ◇ Willard Family Clockmakers - p. 5
- ◇ Drive-in Bingo! - p. 5
- ◇ Haskell Field Walks - p. 5
- ◇ Kim Canning - Highlight - p. 6
- ◇ Transportation - p. 6
- ◇ Grab n Go - p. 7
- ◇ Fitness classes - p. 7
- ◇ Calendar - p. 8
- ◇ Volunteer Program Coordinator - p. 9
- ◇ Outreach Specialist - p. 10
- ◇ Watercolors/Legal - p. 11
- ◇ Caregiver Information - p. 12
- ◇ COA Chair - p. 13
- ◇ Zoom Help - p. 14

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



**Drive-In Bingo Event**

Thursday, October 8  
1:00-2:30 PM



Reserve your spot at the first Sudbury Senior Center outdoor Drive-In Bingo event! Park your car, bring your chair and face covering, sit at a safe distance and play your bingo "cards" (provided). Local businesses have contributed prizes for this event. Make your reservation early, as space is limited!

Raindate is Wed., October 14.

Contact Sharon Wilkes at [wilkess@sudbury.ma.us](mailto:wilkess@sudbury.ma.us) or 978-639-3273 by October 6 to register. Also see page 5.

**Thank you to our sponsors!**

**For Flu Clinic information, please see page 11.**



## A MESSAGE FROM DIRECTOR DEBRA GALLOWAY

**Hello All-**

Welcome to October! I hope you are doing well - please know that if you are not, you can reach out for assistance, information or a listening ear. We are here to help and look forward to talking with you. We realize that many of you are not able to participate in our virtual programming (on Zoom) and we have not forgotten you. We urge you to get out of the house safely, if you are able, for a breath of fresh air, a change of scenery, or to meet a neighbor, friend, or family member in a safe way. Also, if you do have a smart phone, ipad, or computer but need some personal help to learn Zoom, see page 14.

As a member of the Sudbury Transportation Committee, I am pleased to announce the Go Sudbury! Taxi Rides program is now in operation. This is a temporary, grant-funded program for needed transportation to medical appointments, as well as essential grocery shopping trips, and rides to work for essential workers (grocery workers, medical staff). For more



information, please see page 6.

The Senior Center is also adding walks at Haskell Field on most Tuesdays and Thursdays in October (weather permitting) and hopes that some of you are able to participate. Please sign up in advance, so that we can be prepared. (There are several benches.)

And don't forget to sign up for the Drive Thru Bingo Event on October 8 - there are some great prizes! We are also holding a Grab 'n' Go Halloween themed lunch event on Wednesday, October 28, with a delightful tarragon chicken salad sandwich and sides! Make sure we have accurate contact information for you, so that we can contact you with schedule changes.

Winter is just around the corner... it is always challenging, and will be more so, in different ways this year. Look for information, education and support on preparations for winter in our November newsletter.

Take good care,

*Debra*  
Senior Center Director

## LIFELONG LEARNING

**Continuing in October ~ On Zoom ~****The Great Courses'****The Great Masters: Beethoven**

Tuesdays, October 6, 13, 20, 27

9:30-10:15 AM

"Ludwig van Beethoven was one of the most prolific and inspiring forces in the history of music. With his brilliant compositions and his unique approach to the piano, he changed the face of western concert music forever. After Beethoven nothing could ever be the same again."

The Great Courses' Beethoven series continues for 4 more weeks. The class will be shown via the videoconferencing platform Zoom\*. The schedule is:

10/8 - Beethoven the Pianist

10/15 - Beethoven the Composer 1792-1802

10/22 - The Heroic Ideal

10/29 - Two Concerts 1808 and 1824

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, and volunteers who can help you learn it, please see page 14. Zoom can also be accessed via land-line phone to listen to the course.

**- Continuing - 9 Week Series on Zoom ~****The Great Courses - The Ottoman Empire**

Wed., Sep. 16-Nov. 18 (no class Nov. 11)

9:30-11:00 AM

**Senior Center Email List!**

Sign up for our 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. **Please let** us know if we can remove you from the paper mailing.

## LIFELONG LEARNING

**\*Beginning in November ~ On Zoom ~****The Great Courses'****Music as a Mirror of History - Part 1**

Tuesdays, Nov. 3, 10, 17, 24, Dec. 1, 8, 15, 22

Jan. 5, 12, 19, 26

-First 12 lectures of 24-

"In the worlds of painting and literature, it's easy to see where history and art intersect. In Picasso's *Guernica* or Tolstoy's *War and Peace*, it's evident how works of art mirror and participate in the life of their times, sometimes even playing a role in historical events.

But what about music? What is the intersection—if any—between the influential works of Western concert music and the historical times that surrounded them?

In **Music as a Mirror of History**, Great Courses favorite Professor Robert Greenberg of San Francisco Performances returns with a fascinating and provocative premise: Despite the abstractness and the universality of music—and our habit of listening to it divorced from any historical context—music is a "mirror" of the historical setting in which it was created.... Music lovers and history enthusiasts alike will be enthralled by this exploration of how momentous compositions have responded to—and inspired—pivotal events."

Please contact Chery Finley, Administrative Coordinator, to register for this class at [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us) or 978-639-3269. *Description from The Great Courses*. Special thanks to Barbara and Brian Clifton for lending the DVD for viewing!

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

**Multigenerational Interview Project**

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. For information, email Judy Battat at [battatj@sudbury.ma.us](mailto:battatj@sudbury.ma.us).

## A REPORT FROM STATE REP. CARMINE GENTILE

The state's current 3-month budget, passed in July, will run out the second week of October. The legislature has been waiting to see what, if any, further relief will come to the states to deal with the pandemic, the recession it has caused, and decreased revenue. Presidents Richard Nixon and Gerald Ford each worked with Congress to make cash grants to help the states out. It was called "revenue sharing" and it's just what we need now. Our Congresswomen and men voted a relief bill which the Senate has not taken up. Regardless of what further funds we do or do not receive from the federal government; members of the Massachusetts House and Senate will continue to budget our funds to meet the needs of seniors. The Joint Committee on Elder Affairs, of which I am a member, will continue to advocate for seniors' needs to be met and I have confidence that we will be successful. The Commonwealth has a substantial rainy-day fund and there are means of



new revenue streams without raising our taxes.

If you have difficulty accessing the resources that you need, please do 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 take joy in every day!

Best wishes -

**Carmine Gentile**  
State Representative

## TURN THE PAGE BOOK GROUP

**Turn the Page Book Group**

Wednesday, October 21st, 2020, 1:00 PM

Book: *Just Mercy* by Bryan Stevenson

This will be a Zoom Meeting.

If you would like to join the group, please contact Sharon Wilkes at [wilkess@sudbury.ma.us](mailto:wilkess@sudbury.ma.us) and give your name and e-mail address. You will be added to the "Turn the Page" membership list and will be sent the link to enter the Zoom meeting.



## SPECIAL EVENT ON ZOOM

~On Sudbury TV~

## The Willard Family Clockmakers

The Willard House and Clock Museum in Grafton, Massachusetts is the birthplace and home of Simon, Benjamin, Aaron and Ephraim Willard, four of the most famous clockmakers of the 18<sup>th</sup> and early 19<sup>th</sup> century. The homestead includes the only 18<sup>th</sup> century clock shop still standing on its original foundation in America together with the tools and equipment needed to produce the most complicated of furnishings found in early homes. The Museum galleries include a wide assortment of Willard family portraits, furnishings, Jefferson drawings, and 85 Masterpiece level Willard clocks. Mr. Cheney will discuss the nearly 50-year history of the museum and the “art and mystery” of making clocks and related tools in 18<sup>th</sup> century Grafton.

Robert C. Cheney of Grafton, Massachusetts is a third-generation clockmaker and a nationally recognized authority on early American clocks. He has served as a conservator and consultant for nearly fifty museums including Old Sturbridge Village, Worcester Art Museum, The American Antiquarian Society, and the Museum of Fine Arts, Boston. He has lectured extensively on antique clocks in the United States, Canada and the U.K. After a 35-year career of self-employment and a decade as head of the Clocks, Watches and Scientific Instruments Department at Skinner Inc., he currently serves as Executive Director and Curator of the Willard House and Clock Museum, in Grafton, Massachusetts.

This program will be taped by SudburyTV staff to be shown on SudburyTV (Comcast Channel 9, Verizon Channel 32) after October 21.

Schedule:

Wednesdays at 5:00 PM

Thursdays at 1:00 PM

Saturdays at 8:00 PM

## 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. 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. Coordinated with Sudbury Fire Department staff.

## DRIVE IN BINGO!

~At Haskell Field across from Senior Center~

## Drive-In Bingo!

Thursday, October 8

1:00 PM

Win Prizes!

Take your chances at Bingo from your socially distanced chair at Haskell Field! Bingo winners will go home with door prizes from our local Sudbury businesses. (Bingo “cards” provided.) No fee!

Unfortunately, space will be limited—and you must pre-register—we cannot allow “day of” sign-ups or walk-ins.

Please bring your own chair, sunscreen, hat, bug spray, pen or marker and other necessities. Please email Sharon Wilkes at [wilkess@sudbury.ma.us](mailto:wilkess@sudbury.ma.us) by **October 6** to register. *Many thanks to Sharon and Tia for planning this special event!*

**Rain Date** is Wed., October 14 at 1:00 PM.

Decision will be made as of 4:00 PM on October 7. Rain Cancellation info will be on Senior Center phone line & via email.



Sharon K. Wilkes,  
Program Coordinator



## Share and Tell!

Monday, October 19

1:00 PM

Outdoors!

Join us for a Share and Tell - theme of the day will be a 10 minute story about what school was like when you were young! Location to be shared at sign-up. If weather is inclement, this will become a Zoom event. Please sign up by contacting Chery Finley, at [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us) or 978-639-3269.

## October Walks at Haskell Field

Most Tuesdays and Thursdays at 11:00 AM

October 6, 13, 15, 20, 22, 27, 29

Not meeting on October 1 or 8



**Sign up** to meet at Haskell Field parking lot.

Bring walking shoes, weather appropriate clothing, sunscreen, bug spray, water, snack for afterwards. Please wear your mask/face covering, and plan to keep a 6 foot distance between yourself and others. There are several benches at Haskell Field so you can plan a short or longer walk. Email [wilkess@sudbury.ma.us](mailto:wilkess@sudbury.ma.us) or call 978-443-3055 to **sign up by 9:30 AM day of!** If thunder or rain, walk will be cancelled. Make sure we have your contact information, both phone and email, if possible, in case of schedule changes.

## VOLUNTEER PROGRAM HIGHLIGHT

**Why I deliver for *Meals on Wheels***

By Kim Canning, Volunteer

After spending many years taking care of my children, tending to the household, and working part-time from home, I needed to get out of the house more. I wanted to engage with people in a meaningful way, supporting people in their time of need. Five years ago, I discovered volunteering for Meals on Wheels (MOW) meets those needs perfectly!



MOW delivers hot, nutritious meals directly to home-bound elders and elders at nutritional risk in Sudbury. Income is not a criterion for eligibility. The consistent delivery of a meal also serves as a well-check for home-bound participants. In some instances, a MOW driver is the only person a participant sees or speaks to all day. Many look forward to seeing their driver and appreciate a brief visit.

There are two routes in Sudbury, each route consisting of approximately 10 to 15 deliveries per day. The meals are packaged and distributed from the kitchen at the Senior Center by site-manager-extraordinaire, Debbie Peters. Because Debbie is organized and takes special care to ensure her drivers have all the meals and information we need to make our deliveries, I am confident my drive will run smoothly. Debbie is also available if any questions or concerns arise during the delivery process.

As a volunteer driver for MOW, I derive enjoyment from meeting people and knowing that I am a reliable presence in their lives, even if it's just for a few minutes each week. Some people, I may only hear their voice or just see their face. While others, I feel as though we have become friends because of the time we spend talking together each week.

I will forever remember a couple I made deliveries to for about 18 months before they re-located to another town. They were always so pleasant and happy to see me. Although he spoke little English, the husband enjoyed engaging in a brief conversation with me, eager to interpret our conversations for his wife, so that he

## VOLUNTEER PROGRAM HIGHLIGHT CONT'D

could learn the language better. They were a lovely couple, generous and artistic. One day, I arrived at their apartment to discover every surface of their living room covered with delicate, white sheets of paper, beautiful black ink markings drying on the pages. The gentleman explained that he was practicing his calligraphy. Next week, he gave me one of his beautiful creations that included a meaningful message for me in Chinese. On another occasion, I noticed intricately styled mini-roosters and other creatures made with hundreds of paper and foil candy wrappers folded into tiny triangles, secured together without using a lick of glue! These creations were carefully constructed by his wife. My interactions with this couple continue to warm my heart whenever I think of them.

Regardless of how much or how little contact I have with my MOW participants, I feel as though we touch each other's lives in a meaningful way. I am grateful to the seniors who accept support from BayPath and the Sudbury Senior Center. I am grateful for the opportunity to serve seniors in my community. You add meaning to my day.

## TRANSPORTATION PROGRAM

**Go Sudbury! Taxi Rides Program**

The Sudbury Transportation Committee is pleased to announce the Go Sudbury! Taxi Rides program. This is a temporary, grant funded, transportation program for eligible residents, including: older adults, veterans, residents with a disability that limits driving, essential workers, and residents with financial need (verification needed). Rides are available for non-urgent medical transportation, dental appointments, essential grocery shopping, essential workers to employment, and other needs.

To apply, please go to the online application at [Go Sudbury](https://www.go-sudbury.org). If you are unable to use the online application, please contact Ana Cristina Oliveira for an application, at [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us) or 978-639-3268.

Please note: This transportation is not intended to provide rides to persons who may be or are

sick with COVID-19 or who have been in contact with someone who is or may be sick with COVID-19.



## GRAB 'N' GO!

### Halloween Grab 'n' Go!

#### Wear your favorite Halloween Hat!

Wednesday, October 28

Sign right up, for the Halloween 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 tarragon chicken salad 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, October 21** 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 October 9. Registration is limited.



## SHINE/MEDICARE OPEN ENROLLMENT INFORMATION

### Medicare Open Enrollment for Drug Plans

October 15 – December 7

Medicare plans change every year!  
This is the time to decide on your coverage for 2021.

#### SHINE Can Help!

SHINE counselors provide free Medicare counseling to help you compare options. **Call Senior Center Outreach Specialist Ana Cristina Oliveira to schedule a SHINE phone appointment between October 15 and December 7!**

**REMINDER:** To access your Medicare information during your appointment, you will need your MyMedicare account username and password. If you don't have an account, please go to [mymedicare.gov](http://mymedicare.gov) to create one.



**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.

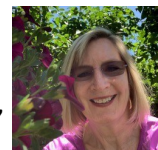
## FITNESS CLASS INFORMATION

### SAIL Fitness Class via Zoom

Thursdays at 9:15 – 10:00 AM

October 8, 15, 22, 29, November 5, 12, 19, December 3, no class Nov. 26

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



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

October 2, 9, 16, 23, 30, and Nov. 6, 13, 20 - \$39

Gentle and relaxing, with stretching and range of motion exercises.

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

Mondays at 2:15-3:00 PM

October 19, 26, November 2, 9, 16, 23, 30, December 7 - No class Oct. 12 - \$39

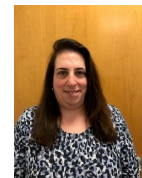


T'ai Chi is well known to keep joints fluid and muscles strong and balanced.

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. Please stay tuned to our email updates and website for more Information, or call 978-443-3055.



Chery Finley, Senior Center  
Administrative Coordinator

## OCTOBER ADAPTED CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
Medicare Open Enrollment for Medicare drug plans is from October 15 -December 7	SHINE Medicare Counselors will be offering assistance via phone and/or Zoom this year, see page		9:30-11:15 Current Events (Zoom) 2:30 Connection Circle (Zoom)	9:15 Chair Yoga (1) (Zoom) 1:45 Watercolors (1) (Zoom)
5	6	7	8	9
	9:00 English Learner Class (Zoom) 9:30 The Great Masters: Beethoven (5) (Zoom) 11:00 Haskell Field Walk * 2:00 Sudbury Senior Center Virtual Caregiver Group	9:30 Ottoman Empire (Lec. 7, 8 on Zoom)  1:00-4:00 65+ Flu Clinic at Curtis Middle School by Appointment only! - See p. 11	9:15 SAIL Fitness (1) (Zoom) 9:30-11:15 Current Events (Zoom) 1:00 Fall Bingo Event at Haskell Field (reservations needed) 1:00 Short Story Group (Zoom) 2:30 Connection Circle (Zoom)	9:15 Chair Yoga (2) (Zoom) 1:45 Watercolors (2) (Zoom)
12	13	14	15	16
Columbus Day Holiday/ Indigenous Peoples Day 	9:00 English Learner Class (Zoom) 9:30 The Great Masters: Beethoven (6) (Zoom) 11:00 Haskell Field Walk * 1-3 Legal Clinic (by telephone) 2:00 COA Meeting (Zoom)	9:30 Ottoman Empire (Lec. 9, 10 on Zoom)  1:00 RAINDATE for Fall Bingo Event at Haskell Field	9:15 SAIL Fitness (2) (Zoom) 9:30-11:15 Current Events (R1) 11:00 Haskell Field Walk * 2:30 Intro to T'ai Chi (6) 2:30 Connection Circle (Zoom)	9:15 Chair Yoga (3) (Zoom) 1:45 Watercolors (3) (Zoom)
19	20	21	22	23
1:00 Share n Tell with Senior Center staff (Outside with social distancing—reservations required) 2:15 Tai Chi (1)	9:00 English Learner Class (Zoom) 9:30 The Great Masters: Beethoven (7) (Zoom) 11:00 Haskell Field Walk * 2:00 Virtual Group for Caregivers and Loved Ones with Dementia	9:30 Ottoman Empire (Lec. 11, 12 on Zoom) 1:00 Turn the Page Book Group (Zoom)	9:15 SAIL Fitness (3) (Zoom) 9:30-11:15 Current Events (SP) 11:00 Haskell Field Walk * 1:00 Short Story Group (on Zoom) 2:30 Connection Circle (Zoom)	9:15 Chair Yoga (4) (Zoom) 1:45 - Watercolors (4) (Zoom)
26	27	28	29	30
2:15 Tai Chi (2)	9:00 English Learner Class (Zoom) 9:30 The Great Masters: Beethoven (8, last) (Zoom) 11:00 Haskell Field Walk *  *Walks are cancelled if thunder or rain; sign up ahead	9:30 Ottoman Empire (Lec. 13, 14 on Zoom)  Halloween Theme Grab n Go - wear your favorite Halloween hat!	9:15 SAIL Fitness (4) (Zoom) 9:30-11:15 Current Events (Zoom) 11:00 Haskell Field Walk * 2:30 Connection Circle (Zoom)  *Walks are cancelled if thunder or rain; sign up ahead	9:15 Chair Yoga (5) (Zoom) 1:45 Watercolors (5) (Zoom)  6-8 PM - Drive-Thru Great Pumpkin Carving Contest at Haskell Field (Park and Rec program)



## ~ From Volunteer Program Coordinator, Janet Lipkin ~

October is a favorite month of mine. The crisp air welcomes the day, the leaves stunningly color the landscape, the aroma of all-things-pumpkin fills the air, and favorite cozy sweaters are worn once again.



While this fall promises to be different than others we have experienced, one human characteristic stands out to me as being a constant: altruism. What is always so uplifting to me is to see the kind, caring nature of people when faced with challenges and adversity. This pandemic has been, and continues to be, challenging for most everyone, but when people become aware of needs within the community, I have seen, time and time again, how people rise up to help out. It is inspiring. It is hopeful. It validates my belief that the world is filled with countless individuals wanting to make a difference in others' lives. By doing so, he/she is imparting one of the greatest gifts to give, and in return, the person is filled with the glorious feeling of having made a positive impact in the world. It is a win-win for all.



To date, there are still many volunteer programs/services that are in "suspension" mode due to the pandemic. We are eager to resume them as soon as it is safe to do so. Please continue to check the Senior Center website for updates and for announcements on upcoming Zoom volunteer gatherings.

In the meantime, the Senior Center volunteers continue to be busy:

- Making weekly calls to Phone Buddies.
- Doing food shopping for those that do not have friends/family/neighbors that can help them.
- Conducting interviews of seniors and taking photographs for our newsletter.
- Running classes/making presentations via Zoom.
- Offering SHINE and legal consultations.
- Making weekly phone calls to their matched Friend-

ly Visitor client.

- Offering technology assistance by phone to seniors on how to use Zoom.
- Delivering hot mid-day meals.
- Piloting an intergenerational program.

\*\*\*\*\*

Last month in our newsletter we featured an article written by volunteer Susan Maki highlighting the Phone Buddy program. This month we are excited to highlight the Meals-on-Wheels program and the important work that our volunteers do to deliver the hot mid-day meal to our seniors. Kim Canning, a valued volunteer that has been in this role for 5 years, authors the article. Please see page 6.

A reminder: If you are in need of a lock box\* (see pg. 5) or a home safety check by the Fire Department, please contact me by calling 978-443-3055, or email me directly at [LipkinJ@sudbury.ma.us](mailto:LipkinJ@sudbury.ma.us).

Quotations to be inspired by:



*"Wherever you turn, you can find someone who needs you. Even if it is a little thing, do something for which there is no pay but the privilege of doing it. Remember, you don't live in the world all of your own."*

~Albert Schweitzer

*"Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve.... You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love."*

~Martin Luther King, Jr.

A huge thank you to our incredible team of volunteers!

With deep gratitude, Janet

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

### Need Help Paying heating costs?

Help is available!



The Fuel Assistance Program helps income-eligible households pay a portion of their heating costs.

If your gross income falls within the limits shown below you may be eligible! You may also qualify for electricity discounts and weatherization programs!

Deadline to apply is April 30, 2021

#### DOCUMENTS NEEDED FOR FUEL ASSISTANCE

(copies okay, if clear)

1. PHOTO ID FOR HEAD OF HOUSEHOLD

2. SOCIAL SECURITY CARDS FOR ALL NEW APPLICANTS

3. ELECTRIC BILL – most recent bill showing name, address & account number (both sides)

4. HEATING BILL – (both sides)

- Oil/Propane - delivery slip or bill (name, address & account number)
- NEW APPLICANTS verify your oil dealer accepts Fuel Assistance!
- National Grid - most recent bill / Eversource - most recent bill

5. TOWN WATER BILLS / CONDO FEES, if applicable

6. CURRENT REAL ESTATE TAX BILL, if applicable

7. CURRENT HOMEOWNER/TENANT INSURANCE POLICY

8. CURRENT MORTGAGE STATEMENT or RENTAL LEASE

9. MONTHLY GROSS INCOME DOCUMENTATION for ALL household members;

- 4 Most recent, consecutive pay stubs
- Social Security award letter, showing monthly gross amount (2020)
- Monthly benefit letter from Dept. of Transitional Assistance (DTA)
- Income from Pensions, IRAs, Annuities, Interest from bank accounts
- Workmen's Compensation Benefits
- Unemployment Benefits, if ended, must provide

Household Size	Maximum Gross Income
1	\$39,105
2	\$51,137
3	\$63,164
4	\$75,201
5	\$87,233
6	\$99,265
7	\$101,521

letter with end date

- Veteran's Benefit letter
- Financial assistance letter from family member, etc.

10. SELF EMPLOYMENT- copy of income tax with all schedules. If applying after January 2021, income taxes must be for the YEAR 2020.

**For more information contact South Middlesex Opportunity Council at 508-620-1230 or Sudbury Senior Center, Outreach Specialist Ana Cristina Oliveira at 978-443-3055.**

#### 10 TIPS TO STAY SAFE ON SOCIAL MEDIA

With so many of us using social media today, sites like Facebook, Twitter, and LinkedIn make perfect targets for scams. Here are our top 10 tips to stay safe:

- Use a strong password. The longer it is, the more secure it will be.
- Use a different password for each of your social media accounts.
- Set up your security answers. This option is available for most social media sites.
- If you have social media apps on your phone, be sure to password protect your device.
- Be selective with friend requests. If you don't know the person, don't accept their request. It could be a fake account.
- Click links with caution. Social media accounts are regularly hacked. Look out for language or content that does not sound like something your friend would post.
- Be careful about what you share. Don't reveal sensitive personal information ie: home address, financial information, phone number. The more you post the easier it is to have your identity stolen.
- Become familiar with the privacy policies of the social media channels you use and customize your privacy settings to control who sees what.
- Protect your computer by installing antivirus software to safeguard. Also ensure that your browser, operating system, and software are kept up to date.
- Remember to log off when you're done.

## LEGAL EDUCATION AND CONSULTATION

**Legal Education Talks on SudburyTV**

The Senior Center's volunteer elder law attorneys are taping a series of seminars. In October, Atty. Denise Yurkofsky will offer "What to do When a Loved One Dies-How to Handle a Death in the Family". 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 information on programs.

**Legal Clinic via Phone**

Tuesday, October 13 - 1:00-3:00 PM

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

## FLU CLINICS

**Sudbury Board of Health Drive-Thru Flu Clinics**

The Flu Clinics are currently full. If you are signed up for a clinic and cannot make it, please call 978-440-5479 or email [Health@sudbury.ma.us](mailto:Health@sudbury.ma.us). Leave your name date of clinic and times. This will allow another resident to take your spot. If another clinic is added, it will be posted by 10/23/20. Please check back at [www.sudbury.ma.us/health](http://www.sudbury.ma.us/health). If you need a flu vaccine, contact your Physician or choose a facility that can provide you with the appropriate vaccine type and dose that you require.

## ARTS PROGRAMS

**Wonderful Watercolors! On Zoom**

October 2, 9, 16, 23, 30, November 6, 13, 20

8 Fridays, 1:45-3:45 PM

Class fee: \$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](mailto:finleyc@sudbury.ma.us). Max. # students - 13

**Great Pumpkin Carving Contest!**

Sudbury Park and Recreation is holding the Great Pumpkin Carving Contest for all ages. For information, go to the [www.sudbury.ma.us/myrec](http://www.sudbury.ma.us/myrec). \$5 fee to enter your carved pumpkin. Pumpkins will be put out for display that evening. If your pumpkin carving days are over, you can still join in on the fun by voting on the best pumpkins at the Friday evening drive-thru, see them from your car between 6:00-8:00 PM on Friday, October 30 at Haskell Field. Check latest at Park and Rec site.

## ELECTION INFORMATION

The U.S. Presidential Election, and local ballot questions, are approaching. Learn about your voting options, including about mail-in/absentee voting and early voting at the Town Clerk's webpage at: <https://sudbury.ma.us/clerk/> or call the Senior Center for information at 978-443-3055.



## 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

**Virtual Caregiver Support Group**  
**1st Tuesday of the Month on Zoom**  
**October 6, 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 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. 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).

**Sudbury Senior Center Virtual Group for Care Partners and Loved Ones with Dementia**  
**3rd Tuesday of the Month on Zoom**  
**October 20, 2:00 PM**

In an effort to stay in touch and provide some support, we are offering a Caregiver Support Group 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 on the Zoom videoconferencing 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 JOB FAIR

**Seniors Helping Seniors Virtual Hiring Fair**  
**Thursday, October 15, 11:00 AM-12:00 PM**

Seniors Helping Seniors is a unique home care agency that uses a model of peers helping peers, providing older adults a worthwhile way to enhance the quality of life for those who need it most. PPE is provided. If you are looking for meaningful, part-time work to supplement your income, you might consider attending the hiring fair to learn more. To register, please call Lisa at (617) 877-3163 by October 14<sup>th</sup>.

## CAREGIVER INFORMATION

**"Grateful Moments Cafe"**  
**Monday, October 19 at 2pm**

For caregivers and their loved ones with cognitive concerns: Sing along to your favorite 70s songs! Musician Pam Steinfeld recreates the age of the singer/songwriter. She brings the songs of James Taylor, Carole King, Carly Simon, Eagles, etc. to life - on guitar, piano, and vocals. An award-winning singer/songwriter herself, Pam peppers the show with anecdotes about the artists, songwriters, and often lyrical meaning behind the songs. Come join the party!

Hosted by Right At Home Boston Metro West and Seniors Helping Seniors - email [doug@shsboston.com](mailto:doug@shsboston.com) or [bob@rahbostonmetro.com](mailto:bob@rahbostonmetro.com) for the link to attend.

## Bridges by Epoch Caregiver Programs

**Virtual Education Series:**

Thu., October 8<sup>th</sup> @ 11:00AM: Brain Health, Keeping the Mind Active

Thu., October 22<sup>nd</sup> @ 11:00AM Dementia 360

**Virtual Caregiver Support Group**

Wed., October 14<sup>th</sup> @ 1:00 PM Caregiver Support Group

**Virtual Memory Café**

Wed., October 28<sup>th</sup> @ 11:00AM National Chocolate Day

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

## 50+ JOB SEEKERS

**50+ Job Seekers -Join the Fall Workshop Series**

The 50+ Job Seekers program provides career transition support, strategies, materials and guidance to the 50+ demographic of job seekers. The series continues bi-monthly, October-December, with virtual, interactive, hands-on workshops. Tuesdays, 10 AM-12 PM:

10/13: Create a Robust LinkedIn Profile

10/27: Use LinkedIn as a Job Search Tool

If you are **New** to the 50+ program and have never attended any sessions, **Registration is Required**. Use the Registration is Required link to register; select Town Hall and complete the rest of the form. Upon receipt, you will receive an email with a link to attend the event. For more information, please contact: Susan Drevitch Kelly, Founder/Program Director at [susan@sdkelly.com](mailto:susan@sdkelly.com).



**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

##### 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

## A WORD FROM COA CHAIR JEFF LEVINE

### The Power of Participation

I am writing this only a couple days after the Town Meeting. It was a beautiful day for a meeting outdoors, but the beauty was not only in the weather. It was also in the turnout of seniors. We are a significant portion of the Town's population, and participation in voting is the primary way to make our voices heard. That is what happened at Town Meeting. The two most controversial articles dealt with the acquisition of the land needed to complete the Rail Trail and the approval of the proposed Fairbank Community Center. These are both amenities that the Town has wanted for many years, and the participation of seniors at Town Meeting helped move these two projects closer to fruition. Seniors must continue to make their voices heard on important issues of the day. So, be sure to vote in this year's election where these two important issues will also be finally decided. Every vote counts.

**\*COA seeks applicants! At the time of publication, the COA is still seeking applicants for an open position.** Go to <https://sudbury.ma.us/councilonaging/> for information, or call the Senior Center at 978-443-3055 to have an application mailed to you.

## 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, caregivers, 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. Call Ana Cristina Oliveira, at 978-639-3268.

### 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.

## 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://>

**Get Personalized Help Learning Zoom**

Would you benefit from one-to-one help with learning how to use Zoom. Volunteers are ready to help! 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

A monthly publication from the

**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**