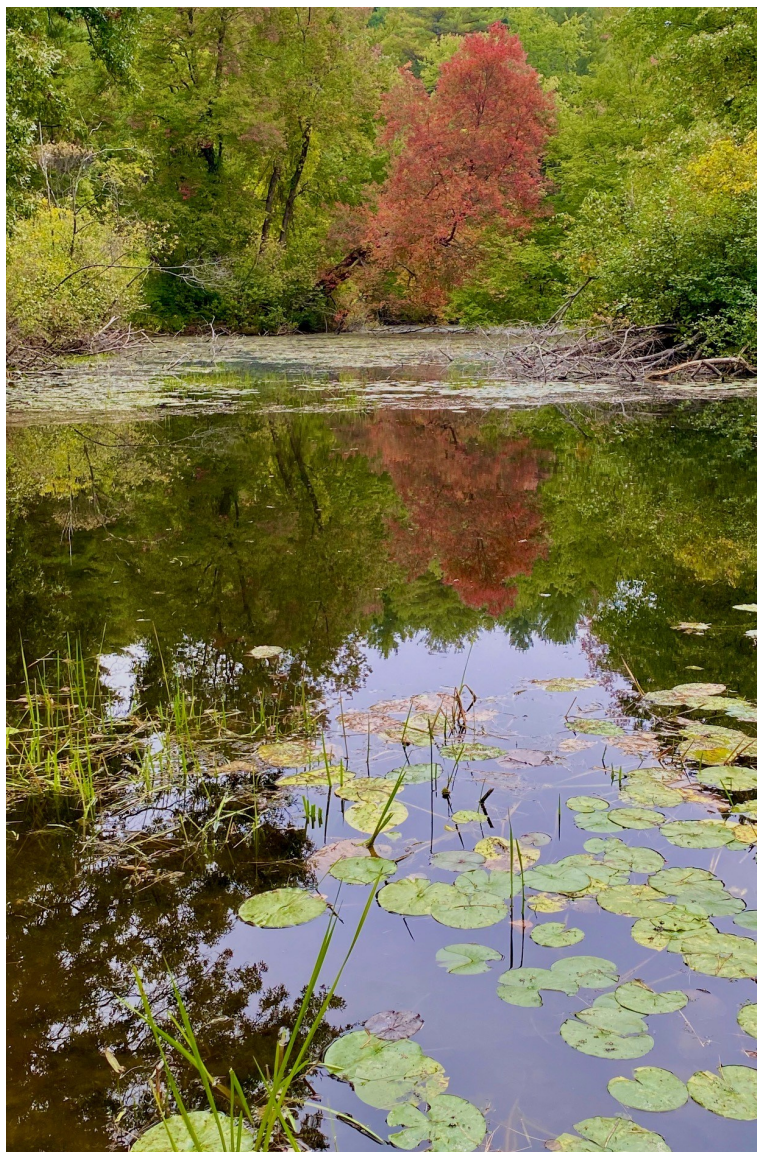




*A Publication of the Sudbury Senior Center:
the place for information, learning and connection for all older adults!*



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The Upper Mill Brook reservation in Wayland - photo courtesy of Sudbury Senior Center volunteer Sherry Fendell.



~Veterans Appreciation~

Remembering our veterans, service members and their families with appreciation for their service and sacrifice.

*We look forward to seeing our local veterans and service members at the Veterans Appreciation Drive Thru! We are so thankful for our veterans and service members' efforts and sacrifices. We are also grateful for the support and sponsorship of the **1Lt. Scott Milley Fund** and the **Wayside Inn**.*

Please note: Unfortunately, we are quickly filling up and may only have a spot or two left by the time the newsletter reaches you. Please contact Chery Finley at finleyc@sudbury.ma.us to sign up or call 978-639-3269.

A MESSAGE FROM DIRECTOR DEBRA GALLOWAY

Hello All-

The Senior Center staff and I recognize that there will be more challenges this winter due to the pandemic. How can we support you? Are there projects, programs or information that would be helpful to you? Are you prepared for weather-related power outages? Are you watching local cable TV (SudburyTV)? What would you like to see presented on Zoom or SudburyTV?

We have many programs on Zoom, we urge you to reach out if you have not yet been able to participate. You will need WiFi at your home, and a smart phone, tablet or computer. Many who thought that they could not learn Zoom are happily connecting with our programs on a regular basis now. Let us know if you need help, we have volunteers willing to walk you through the steps.

Thinking ahead to the coming winter, we have two special talks to help you prepare. Sudbury Board of



Health Social Worker Bethany Hadvab hosts a live Zoom presentation/discussion on “Mental Health Resources during COVID” on Monday, November 16 and Geriatric Care Manager Joan Harris hosts a Zoom presentation on “Strategies for Success during COVID and Winter” on Monday, November 9. Both presentations are sure to be informative and to remind you of things you want to do and to help you be better prepared for the future.

We are also taking time to remember and honor our Veterans during November. On November 10, we will offer a Veterans Grab n Go lunch. We are also hosting a Zoom talk by John Horrigan, folklorist, on the Second World War, as well as a lecture by the ever popular Larry Lowenthal about the impact of Langston Hughes on the Harlem Renaissance. And please check out Regina O’Rourke’s interview of Sudbury Veteran Cap. Paul Mawn on page 6!

Take good care,

Debra
Senior Center Director

LIFELONG LEARNING LIVE LECTURE ON ZOOM

Langston Hughes and the Harlem Renaissance

Thursday, November 5, 12:30 PM
With Prof. Larry Lowenthal



Please join us via Zoom on as Prof. Lawrence Lowenthal presents a history of Langston Hughes - poet, novelist, fiction writer, and playwright. The works of Langston Hughes reflect the lives of African Americans and celebrates the richness of black American culture. From the Harlem renaissance to black power, Langston Hughes spoke to the hopes, dreams, passions, agonies and triumphs of the African American community. Prolific in his production of poems, essays, plays, short stories and novels, Hughes remains today, 53 years after his death, one of the most celebrated but one of the most controversial of all-American poets. Included in the Zoom presentation will be a full analysis of Hughes impact on the Harlem renaissance, the intellectual, social and artistic explosion that centered in Manhattan in the 1920's and still resonates with tremendous cultural authority in black American life today.

Please email Sharon Wilkes at wilkess@sudbury.ma.us by November 4 to register - a reminder email will be sent out a day before the event. Thank you to the *Friends of Sudbury Seniors* for their support.

RESOURCES/TIPS FOR WINTER/MENTAL HEALTH

Strategies for Success during COVID and Winter - on Zoom

Monday, November 9
10:30 AM

Joan Harris, LSW, MBA, CMC, will help you assess your needs and come up with a plan to tackle the winter during the pandemic. What will help you get through? What kind of back-up plan will you need? Do you want to learn about or clarify advanced directives, such as power of attorney, MOLST form, etc.? Get accurate and useful information and support in planning ahead and thriving this winter!

Please sign up by contacting Chery Finley, at finleyc@sudbury.ma.us by Thursday, November 5. A Zoom link will be emailed to you on Friday, November 6. Questions? Please contact Chery at 978-639-3269.

LIFELONG LEARNING LIVE LECTURE ON ZOOM

Hide, Dig and Dash

Thursday, November 19 at 12:30 PM via ZOOM
With John Horrigan

Did you know that two U.S. soldiers hid in foxholes on Japanese-occupied Wake Island for 3 months during World War II? Join us for a Zoom presentation with five-time Boston/New England Emmy Award-winning folklorist John Horrigan. Learn about the many great escapes during the Second World War. He'll talk about the Great Escape, the Wooden Horse, the Channel Dash and the Colditz Birdmen. Thank you to the *Friends of Sudbury Seniors* for supporting this special presentation.

Please email Sharon Wilkes, Program Coordinator, at wilkess@sudbury.ma.us or leave a message for her at 978-639-3273, by Tuesday, November 17.

RESOURCES/TIPS FOR WINTER/MENTAL HEALTH

Mental Health Resources during COVID - on Zoom

Monday, November 16, 10:30 AM

Join us for a informative and relaxed discussion about our mental health while getting through a pandemic. Learn more about mental health needs and ways to support yourself, your loved ones, and friends as we navigate this pandemic together. Town Social Worker Bethany Hadvab seeks to help all of us stay informed about resources so we can access them when/if needed. Please sign up by contacting Chery Finley, Administrative Coordinator, at finleyc@sudbury.ma.us.

ASSABET COOP MARKET - MAYNARD

Assabet Co-op Market Info Session!

Thursday, Nov. 12, 12:30pm, on Zoom

The [Assabet Co-op Market](https://assabetmarket.coop/) is building a locally sourced, community-owned grocery store in Maynard! Join the Co-op's Director of Outreach and Communication Lorne Bell as he shares the Co-op's plans for a full-service grocery store that prioritizes local farms and producers, is owned by more than 1,500 local residents from 40 towns, and builds a thriving local economy. More Co-op info can be found here: <https://assabetmarket.coop/>. For Zoom access to this online event and to register, please email Sharon Wilkes at wilkess@sudbury.ma.us.

A REPORT FROM STATE REP. CARMINE GENTILE

An October economic summit at the State House estimated that Massachusetts will suffer a revenue shortfall of \$3.5 - \$5 billion. We have a record high \$3.5 billion in our stabilization or “rainy day” fund and there are possible new revenue streams which would not increase taxes on residents but would allow us to balance our budget -which our state Constitution requires we do every year.



The Joint Committee on Elder Affairs recently held a hearing to examine what happened to cause the deaths of one in seven of our nursing home residents earlier this year, two thirds of the 9,000 plus COVID-19 deaths in the Commonwealth. We need to honor the memories of those we lost and learn from it to prevent future deaths. We heard from nursing home residents, their family members, Former Secretary of Elder Affairs Paul Lanzikos, Secretary of Human Services/COVID-19 Commander Marylou Sudders, and many others.

We need to see that all nursing home patients/residents are treated with dignity, expand eligibility for communit-based services, create more housing options, promote smaller nursing facilities with single room occupancy, and pay direct care staff adequate salary/wages and benefits – until we do we will always be grappling with a lack of needed staffing.

This year the most dangerous occupation in the Commonwealth was not fishing, farming, or construction. It was direct care nursing home staff. We can and will do better for our residents and staff.

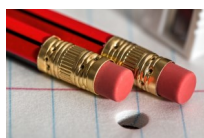
Please call me at 617 722-2810 x8 or email Carmine.Gentile@MAhouse.gov if I might assist you, a friend, or family member – or to share an observation or concern.

I hope you enjoy the crisp autumn days and reach out every day to say hello and share conversation with a friend, neighbor, or family member!

Best wishes,

Carmine Gentile, State Representative

SPECIAL EVENT

**Share and Tell!**

Monday, November 9, 1:00 PM
Outdoors - if weather cooperates!

Join us for a Share and Tell - theme of the day will be a favorite memory with your parents or siblings! Location to be shared at sign-up. If weather is inclement, this will be a Zoom event. Sign up by contacting Chery Finley, at finleyc@sudbury.ma.us or 978-639-3269.

Don't Miss!
~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 18th and early 19th century. 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 18th century Grafton.

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

Sharon K. Wilkes,
Program Coordinator



VETERANS BENEFITS WEBINAR

Veterans and Veterans' Family Members -

Veterans Benefits Webinar

Thursday, November 5, 4:00 PM

Patty Servaes, of Elder Resource Benefits Counseling, will help you learn about possible benefits and how to navigate the application process. Hosted by Branches Assisted Living and Memory Care, Marlborough. To reserve a spot, contact Virginia Lehr, at 508-466-5923 or vlehr@benchmarkquality.com.

LIFELONG LEARNING

**Favorite Recipes Sought**

Tired of eating the same meals over and over? Would you like to try something new? We are excited to start a collection of **favorite recipes made to serve 1 or 2 people**. We need your help! **Please submit your recipe(s), with easy, simple steps, for soups, entrees, side dishes or desserts by December 20th** - just be sure they are geared towards small households. Devon McCann and Nadine Wallack, two of our Senior Center volunteers, will be compiling the recipes and creating an on-line Senior Center Cookbook which will be available for all to enjoy. Please send recipe submissions by Dec. 20 via email to Devon McCann at dvnmccann@gmail.com, or via postal mail to Janet Lipkin, Sudbury Senior Center, 40 Fairbank Rd, Sudbury, MA 01776. Please indicate whether you would like your name mentioned as the author of the recipe. Questions? Call Janet Lipkin at 978-639-3223.

~ 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 - 9:30-10:15 AM

"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?

Please contact Chery Finley, Administrative Coordinator, to register for this class at finleyc@sudbury.ma.us or 978-639-3269. *Description is 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>.

IMPORTANT Please let us know if you need to receive the newsletter via postal mail!

Postage for the newsletter is very expensive. Next month, we will begin asking you to notify us if you want to continue to receive the newsletter via postal mail. If we do not hear from you, we will assume you do not want to receive it by postal mail, and will remove you from the postal mailing list. Please call Amy at 978-460-4780 or Linda at 978-460-5411 to indicate that you would like to continue to receive the newsletter in the postal mail. We need to hear from you by December 20. Thank you!

INTERVIEW OF CAPTAIN PAUL E. MAWN

Captain Paul E. Mawn US Navy (retired)**Interview by Regina O'Rourke, Volunteer**

Every Year we celebrate Veteran's Day on November 11th. It is a celebration to honor America's Veterans for their patriotism, love of country, and their willingness to serve and sacrifice for the cause of freedom.



This year we would like to highlight the esteemed career of Sudbury Veteran, Captain Paul E. Mawn, US Navy (retired).

Paul E. Mawn was born in Woburn (MA) as the oldest of 7 children and grew up in Lynn (MA). His father was a first generation American and served as a Navy 2nd class petty officer in the Pacific during WW II. Paul attended St. John's Prep in Danvers (MA) and then Malden Catholic High School in Malden (MA) after his family moved back to Woburn. At Malden Catholic, Paul played on the football and track teams and was the leader of the school dance band.

Paul attended Harvard College where he was a midshipman in NROTC. Paul was also a member of Pi Eta, Hasty Pudding Institute of 1770 and Harvard Catholic Clubs. Paul supported himself doing various jobs during his studies at Harvard, and graduated cum laude with a degree in Geology.

After his commission at Harvard as a Navy Ensign, Captain Mawn was sent to Norfolk, Virginia for intelligence, communications and amphibious warfare training. Captain Mawn's assignments involved extensive overseas deployment to the Caribbean, Mediterranean, Northern Europe, Atlantic & Pacific Oceans, Persian Gulf and the Middle East during the Cold War with the Soviet Union and the Vietnam War. He served as the Officer of the Deck (OOD) on the USS Spiegel Grove LSD 32 (amphibious ship with Marines and equipment), the USS Thaddeus Parker DE 369 (destroyer escort/ anti-submarine warfare ship), and the USS Albert Harris DE 447 (destroyer escort/ anti-submarine warfare ship). Upon release from active duty, Captain Mawn served in the active Navy Reserve for two decades in a variety of surface warfare and logistics billets. After briefly serving on active duty in Desert Storm, Captain Mawn was awarded the Navy Commendation Medal by the Secretary of the Navy.

Captain Mawn's last assignment was at the Pentagon, working directly for the Chief of Naval Operations (i.e. the Senior Naval Officer and 4 Star Admiral who runs the Navy). Captain Mawn retired from the Navy on the main deck of the USS Constitution in Boston Harbor. Paul received his MBA from Rutgers University and his subsequent civilian career has been in various marketing & management aspects of the oil industry.

Captain Mawn is currently serving as the Chairman of the Advocates for Harvard ROTC. The Mission Statement for the Advocates for Harvard ROTC is:

"To promote diversity of opinion at Harvard and a climate of tolerance, acceptance and support for the Harvard undergraduates who believe in duty, honor and country as evidenced by their participation in the Army, Navy/Marine Corps and Air Force ROTC programs now based at M.I.T." As a frame of reference, approximately 46,000 Harvard Alumni have served in the American military since the Revolutionary War.

Captain Mawn, upon reflecting of his time in the US Navy, said that his sentiments are echoed in the following quote of President John F. Kennedy, who stated the following to the midshipmen at the U.S. Naval Academy 3 months before he was assassinated:

"I can imagine no more rewarding career. And any man who may be asked in this century what he did to make his life worthwhile, I think I can respond with a great deal of satisfaction: I served in the United States Navy".

Paul and his wife June have moved many times during their marriage and have lived twice in Sudbury most recently since 1984. They have 3 children, one of whom was a Marine officer, and 4 grandchildren.

Paul was also active in the American Legion parade in Sudbury and he led veterans and members of the American Legion Post 191 & VFW Post 8771 in these parades for many years in his Navy uniform

"As we look ahead to Veteran's Day, it is incumbent upon us and future generations to honor their service and keep their history alive even after their marching cadence falls silent." (1)

To all the men and women who have served our Country in the Armed Services: Thank you for your Service!

(1) Quoted from MSgt Robert (Bob) Smith USAF (retired), Post Commander, American Legion Post 191, The Patriot Ledger, June 06, 2011

FITNESS CLASS INFORMATION

S.A.I.L.-Staying Active and Independent for Life Fitness Class via Zoom

8 Thursdays from 9:15 – 10:00 AM - \$39

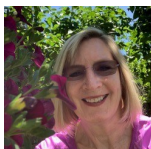
Current: October 8, 15, 22, 29, November 5, 12, 19,
December 3, no class Nov. 26

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. 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.

*Zoom information on page 14



SPECIAL GROUPS

Turn the Page Book Group

Wednesday, November 18, 2020, 1:00 PM

Book: *The Dutch House* by Ann Patchett



This will be a Zoom Meeting.

If you would like to join the group, please contact Sharon Wilkes at wilkes@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.

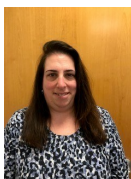


Connection Circle on Zoom

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 or 978-443-3055.

Chery Finley, Senior Center Administrative Coordinator



FITNESS CLASS INFORMATION

T'ai Chi on Zoom with Jon Woodward

Mondays at 2:15-3:00 PM - \$39

October 19, 26, November 2, 9, 16, 23, 30, December 7

T'ai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body, utilizing slow, graceful movements, breath work and meditation to help promote relaxation, healing and well-being.

In this class you will be introduced to T'ai Chi and will learn many of the postures and movements of the forms as well as basic concepts & deeper philosophies.



Chair Yoga on Zoom with Rebecca Reber

8 Fridays from 9:30-10:15 AM - \$39

Current: October 2, 9, 16, 23, 30, and Nov. 6, 13, 20

Next: Dec. 4, 11, 18, Jan. 8, 15, 22, 29, Feb. 5,
no class Dec. 25, Jan. 1

Join Rebecca for a gentle and relaxing class, with stretching and range of motion exercises. Yoga is excellent for loosening tension and maintaining range of motion for the joints.

To sign up for either Chair Yoga or T'ai Chi -

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

Fit for the Future - Trial In-Person Class

Wednesdays, November 4 and 18

No classes on November 18, 25









11:00-11:45 AM

\$3 - Exact Change Only



On a trial basis, Fit for the Future will run on Wednesdays at 11:00 AM. You must pre-register in order to participate, as there are strict guidelines on number of participants. Please wear your mask/face covering and wait outside the gym door near the parking lot; in a socially distanced line. You must remain at your seat location at all times during class. Please contact Chery Finley, by Tuesday, Nov. 3 before 2:00 PM, and Tuesday, Nov. 17 before 2:00 PM to pre-register at finleyc@sudbury.ma.us or 978-639-3269.

NOVEMBER 2020 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
2:15 Tai Chi (3) (Zoom) 	9:00 English Learner Class (Zoom) 9:30 Music as a Mirror of History (1) (Zoom) 2:00 Sudbury Virtual Caregiver Group (Zoom)	9:30 Ottoman Empire (Lec. 15, 16, on Zoom) 11:00 Fit for the Future (see p. 7, Gym)	9:15 SAIL (Staying Active and Independent for Life) Fitness (5) (Zoom) 9:30 Current Events (Zoom) 12:30 Poet Langston Hughes with Larry Lowenthal (Zoom) 2:30 Connection Circle (Zoom)	9:30 Chair Yoga (6) 11:30 Watercolors (6) 1:45 Watercolors (6) 
9	10	11	12	13
10:30 Strategies for Success during COVID and Winter with Joan Harris (Zoom) 1:00 Share n Tell (see pg. 5) 2:15 Tai Chi (4) (Zoom)	9:00 English Learner Class (Zoom) 9:30 Music as a Mirror of History (2) (Zoom) Veterans Grab n Go Drive Thru (reservations necessary) 1-3 Legal Clinic (phone consult)	Veteran's Day Holiday  Senior Center Closed	9:15 SAIL Fitness (6) (Zoom) 9:30-11:15 Current Events (Zoom) 12:30 Learn about Assabet Co-op Market! (Zoom) 1:00 Short Story Group (see page 11) 2:30 Connection Circle (Zoom)	9:30 Chair Yoga (7) 11:30 Watercolors (7) 1:45 Watercolors (7) 
16	17	18	19	20
10:30 Mental Health Resources during COVID with Town Social Worker Bethany Hadvab (Zoom) 2:15 Tai Chi (5) (Zoom)	9:00 English Learner Class (Zoom) 9:30 Music as a Mirror of History (3) (Zoom)	9:30 Ottoman Empire (Lec. 17, 18, on Zoom) last of Part 1 11:00 Fit for the Future (see p. 7, Gym) 1:00 Turn the Page Book Group (Zoom)	9:15 SAIL Fitness (7) (Zoom) 9:30-11:15 Current Events (Zoom) 12:30 "Hide, Dig and Dash" with John Horrigan (Zoom) 2:30 Connection Circle (Zoom)	9:30 Chair Yoga (8, last) 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 Watercolors (8, last) 1:45 Watercolors (8, last)
23	24	25	26	27
2:15 Tai Chi (6) (Zoom) 	9:00 English Learner Class (Zoom) 9:30 Music as a Mirror of History (4) (Zoom)	Senior Center Services closing at 12 noon	Thanksgiving Day Holiday 	Thanksgiving Day Holiday Senior Center Closed
30				
2:15 Tai Chi (7) (Zoom)		Look for Michael Tougias presentation on December 3! See page 10.	The Great Courses: Ottoman Empire and Music as a Mirror of History	

Senior Center Email List!

To receive this newsletter via email - 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 on "Senior Center News and Information".

~ From Volunteer Program Coordinator, Janet Lipkin ~

The month of November offers gorgeous landscapes as leaves, brilliant in yellow, red, and orange, start to fall, coloring our lawns and sidewalks to look like a painter's palette. The air is crisp, and Mother Nature reminds us to relish these days before we settle in for the winter months.



Thanksgiving is around the corner. It is a holiday that often prompts people to pause, reflect, and seek an opportunity to give back to the community. I am forever grateful for the phone calls and emails that I get from residents looking to become involved. Please keep it up! I am uplifted by people who want to make a difference in the lives of others. Thank you for being the heroes that you are.

Service to others comes in infinite ways. This month we especially want to thank those who are currently serving or have served in the military. There are various ways that the town is planning to honor our veterans. I am excited that included in this month's newsletter is a write-up by Senior Center volunteer Regina O'Rourke, of an interview she conducted with Sudbury resident Paul Mawn, a retired Navy Captain. Please see page 6. A huge thank you to Captain Paul Mawn, to each veteran, to every individual serving in the military, and to all of their families, as well. We are so grateful for your service.

Our team of volunteers serve our seniors in so many ways, some of which include making weekly calls to Phone Buddies and Friendly Visitor clients, grocery shopping for those seniors that do not have others to help them with it, delivering meals and sand buckets, taking photos and writing articles for our newsletter, taking part in intergenerational programs, and offering technology assistance. Volunteer opportunities abound, even during the pandemic, so if you would like to become involved and part of our team of valued volunteers, please call or email Janet Lipkin at 978-639-3223; LipkinJ@sudbury.ma.us.

Staying Informed: While some of our volunteer services have resumed, others are still in "suspension" mode due to the pandemic. We, too, are eager to see the volunteer programs resume as soon as possible. Please continue to check the Senior Center's website to stay informed about the status of our services: <https://sudburyseniorcenter.org/>

"As we lose ourselves in the service of others we discover our own lives and our own happiness."

-Dieter F. Uchtdorf

"Small acts, when multiplied by millions of people, can transform the world." -Howard Zinn

 A million thanks to our volunteers! - Janet Lipkin

Home Safety Checks

The Sudbury Fire Department, recipient of the Senior SAFE Program grant, is collaborating with the Sudbury Senior Center to offer home safety checks to senior residents of the town. The safety check may include the installation of smoke and carbon monoxide alarms, testing and replacing batteries, and education specific to the circumstances. If you would like to receive a free home safety check, please call Janet Lipkin at 978-639-3223 and leave your name, address, phone number and email address so that we may schedule a date and time for it. Space is limited.



~ 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.

Medicare Open Enrollment for Drug Plans

Through December 7

Medicare plans change every year!

This is the time to decide on your coverage for 2021.



Our trained volunteer SHINE counselors provide free Medicare counseling to help you compare options. Contact Senior Center Outreach Specialist Ana Cristina Oliveira to schedule a SHINE phone appointment at oliveiraa@sudbury.ma.us or 978-639-3268.

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 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.

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 or call her at 978-639-3223 for more information. Donation of \$60 suggested, but not required. Coordinated with Sudbury Fire Department staff.

Coming on Thursday, December 3!

Author Michael Tougias to present from his new book: ***The Finest Hours: The True Story of the U.S. Coast Guard's Most Daring Sea Rescue***
On Zoom - contact wilkess@sudbury.ma.us.

LEGAL EDUCATION AND CONSULTATION

Legal Education Talks on SudburyTV

The Senior Center's volunteer elder law attorneys are taping a series of seminars. In November, the topic is [Planning for your Pet](#). In this presentation, Cathleen Summers, Esq., will discuss how to make sure your pets are cared for if you are unable to care for them yourself.

Attendees will learn:

- What all pet owners need to think about if they become sick for an extended period of time
- Who you should ask to help you care for Fido and Fluffy
- What you can and cannot do legally
- Tips and Resources to make sure Fido and Fluffy are happy and healthy

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, for information on programs.

Legal Clinic via Phone

Tuesday, November 10 - 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.

ARTS/DISCUSSION PROGRAMS

Wonderful Watercolors! On Zoom

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

8 Fridays, 11:30-1:30 and 1:45-3:45 PM

Class fee: \$65

Build your skills in a relaxing and inspiring workshop. If there is a enough demand we will continue to offer both classes, if not, we will only offer the 1:45 PM class. Please register early! Contact Chery Finley with questions at 978-639-3269 or finleyc@sudbury.ma.us. Max. # students - 13

Short Story Group in the Fairbank Gym

2nd and 4th Thursdays

November 12 - 1:00-2:20 PM

No meeting on Nov. 26 (Thanksgiving)

On a trial basis, this meeting will be at the Fairbank Gym. Space is limited to 10 and you must pre-register by Tuesday, Nov. 10. Enter through Fairbank Gym door. More instructions available upon registration. Contact Chery Finley, finleyc@sudbury.ma.us or 978-639-3269.

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.



PREPARE FOR WINTER - INFORMATION

**Senior Center Programs on SudburyTV!**

- Online or on Cable TV -

Did you know? Many Senior Center programs are videotaped and available for viewing at the Sudbury TV website and are also periodically shown on your local cable station. www.sudburytv.org

Severe Weather/Emergencies

The Senior Center will share information about storms and emergencies on the Town and Senior Center websites, as well as the main phone line (978) 443-3055. If the Town Emergency shelter needs to be activated, there will be an Emergency Alert sent to all phones that are signed up for Emergency notifications. Please sign your phone numbers up to receive Emergency notifications from the town. See below.

Make Sure You Receive Emergency Notifications

Sign up for Sudbury's Emergency Notifications to receive important messages from the town. Go to the Town website at www.sudbury.ma.us and click on the red "Emergency Notifications" button on the right side. You will need to enter a username (usually an email address, but can just be a made up name) and password. If you need help with sign up, please call 978-443-3055.



CAREGIVER INFORMATION

**Sudbury Senior Center
Virtual Caregiver Support Group
1st Tuesday of the Month on Zoom
November 3, 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 978-639-3268 or email Ana Cristina Oliveira at oliveiraa@sudbury.ma.us.

Bridges by Epoch Caregiver Programs

Virtual Education Series:

Thu., November 5 @ 11:00AM: What to Consider for Legal and Financial Planning

Thu., November 19 @ 11:00AM The Ethics of Fibbing
Virtual Caregiver Support Group

Thu., November 12 @ 1:00 PM Caregiver Support Grp
Virtual Memory Café

Wed., November 18 @ 11:00AM Family Stories

RSVP by either calling Cindy Gerante at 978.261.7007 or emailing at cgerante@bridgesbyepoch.com.

"Grateful Moments Cafe"

Monday, November 16 from 2:00-3:00 PM

For caregivers and their loved ones with cognitive concerns: Come join the party! Hosted by Right At Home Boston Metro West and Seniors Helping Seniors - email doug@shsboston.com or bob@rahbostonmetro.com for the link to attend.

FRIENDS OF SUDBURY SENIORS

The Friends of Sudbury Senior Citizens, Inc.

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

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. Special safety protocols are in place.

To apply, please go to the online application at GoSudbury.org. If you are unable to use the online application, please contact Ana Cristina Oliveira for an application, at 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.

LINCOLN-SUDBURY THANKSGIVING

Lincoln-Sudbury Thanksgiving Drive-Thru

Tuesday, November 24

The Lincoln-Sudbury MLK Action Project would like to host a drive-in event to honor Thanksgiving and our older resident friends instead of the usual Thanksgiving Luncheon (which can't be held because of COVID19). If you would be interested in coming by to pick up a dessert and some well wishes on the Tuesday before Thanksgiving, please email thanksgiving@lsrhs.net by November 10th to give us your email address or other contact information and we will be in touch closer to the date with details. Or you can contact Dani Weisse or Susan Frommer at the Lincoln-Sudbury high school at 978-443-9961. Please provide your name and town.

SAND BUCKETS

Would you like a sand bucket delivered to your home before winter sets in? Volunteers will pick up sand buckets from DPW and bring them to your walkway or steps. Please contact Janet Lipkin, Volunteer Program Coordinator, lipkinj@sudbury.ma.us or 978-639-3223 to request one. Please give your name, phone number, email address and home address, as well as whether you have a bucket already, & where to place the bucket.

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

THANK YOU TO OUR LOCAL BUSINESS SPONSORS!

What a great time everyone had at the Drive-In Bingo event! Many thanks to the local Sudbury businesses who contributed prizes to this event. Special prizes and great participants made it all the more fun.

- 6 Rolls of Charmin Ultra Soft Toilet Paper!
- Honey Dew Donuts Gift Card
- Sudbury Wine & Spirits Gift Card
- Town Line Hardware Gift Basket
- Russell's Garden Center - Gift Bag and Gift Certificate
- Cavicchio's Greenhouses - Fabulous Fall Planter (locally grown)
- Sandy Wilensky, Watercolor Instructor/renowned local artist - an original Watercolor
- Selection's Boutique - Stunning Winter Scarf
- Selection's Boutique - Gift Card
- *Grand Prize* – Dinner for two at the Wayside Inn

Thank you to Sharon Wilkes and Tia Kelly for planning and coordinating this special event and also for donating some of the prizes!

***COA seeks applicants! At the time of publication, the COA is still seeking applicants for an open posi-**

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 (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 - 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.

Sand Buckets

Winter safety sand delivered by volunteers.

Home Safety Checks

Collaboration with the Sudbury Fire Dept. to ensure working smoke and CO alarms.

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 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

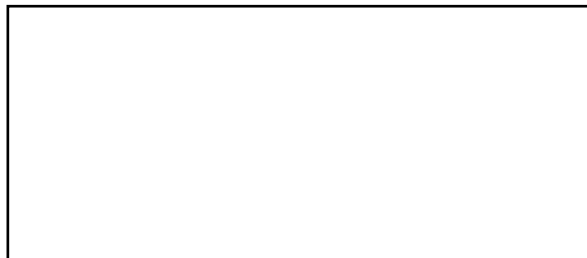
<http://sudburyseniorcenter.org>

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

Respect for All!

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