

***Wishing all a
happy, healthy
holiday season!***

Many wonderful
volunteers at our
Holiday Luncheon
on December 11,
2019.



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



More than 60
people attend-
ed our Dementia
Friendly
Sudbury Kick-
off on Nov. 15,
2019

Patrons enjoying the
new furniture in the
Senior Center
Lounge on Decem-
ber 20, 2019, pur-
chased by the
Friends of Sudbury
Seniors.



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

Postage for the newsletter is very expensive. We are hoping those who are able will transition to using email for receipt of the newsletter (p. 12). We absolutely understand that this is not possible for everyone. However, we believe there may be residents who currently receive the newsletter via postal mail, who do not want to receive it. We'd like to eliminate mailing the newsletter to these residents. Therefore, we are 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 would like to hear from you by December 20. Participants who live out-of-town may request to continue to receive the newsletter via postal mail, by sending a check for \$7* payable to the "Town of Sudbury". Thank you very much for your understanding! *Please note: Out-of-town mailing cost will increase to \$10 as of January 2021.

A MESSAGE FROM DIRECTOR DEBRA GALLOWAY

Happy Holiday Season to you! With the challenges of the pandemic continuing, this holiday season will certainly be different. I hope you are able to celebrate with family and friends in some way, whether in-person and distanced or via a Zoom or Facetime call.

Although Thanksgiving is over, we continue to count our blessings. We would like to thank all of the town departments and local businesses who have partnered with us to offer special programs and events during the pandemic. Local businesses like the Wayside Inn, Buffetway of Marlborough, Russell's Garden Center, Cavicchio's, Carlo Tailoring, Selections Boutique, Sky-Bar, and Town Line Hardware, along with Sandy Wilensky - local artist/Watercolors instructor, are appreciated for donations used for many special events. I'd also like to thank Town Manager Henry Hayes, Sudbury Police Chief Scott Nix and his staff, DPW Director Dan Nason and his staff, Fire Chief John Whalen and his staff, Bill Murphy, Health Director, and his staff, Library Director Esmé Green and her staff, Park and

Rec Director Dennis Mannone and his staff, and Facilities Director Bill Barletta and his staff for all of the support and help with special events.

A special shout-out to our Town Clerk, Beth Klein, and her office staff and many of our Senior volunteers, who went above and beyond to take care of the overwhelming turnout at our recent election.

At the Senior Center we continue to try to offer a variety of programs for your education and entertainment but we are always looking for new ideas. We also continue to provide services such as Phone Buddies, Sand Buckets, and with the Fire Department and Firefighters Local #2023, the Home Safety Checks and Lockbox programs, along with many others.

Let's all think about our neighbors during this season and winter. Let us know if you would like to volunteer for one of our many programs, or reach out on your own and make a difference!

Take good care, *Debra* Senior Center Director



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LOCAL AUTHOR/LOCAL HISTORY ON ZOOM

The Finest Hours: The True Story of the U.S. Coast Guard's Most Daring Sea Rescue

With Author **Michael Tougias**

Thursday, December 3, 12:30 PM

New York Times bestselling author Michael Tougias will give a slide presentation on Zoom regarding his new book ***The Finest Hours: The True Story of the U.S. Coast Guard's Most Daring Sea Rescue***. The Disney Corporation has made a movie based on the book, starring Chris Pine and Casey Affleck.



On February 18th, 1952, an astonishing maritime event began when a ferocious nor'easter split in half a 500-foot long oil tanker, the *Pendleton*, approximately one mile off the coast of Cape Cod, Massachusetts. Incredibly, just twenty miles away, a second oil tanker, the *Fort Mercer*, also split in half. On both fractured tankers men were trapped on the severed bows and sterns, and all four sections were sinking in 60-foot seas. Thus began a life and death drama of survival, heroism, and a series of tragic mistakes. Of the 84 seamen aboard the tankers, 70 would be rescued and 14 would lose their lives.

Tougias goes on to say, "This event was--and still is--the greatest and most daring sea rescue ever performed by the Coast Guard, and it happened right here off the New England coast. I felt this episode of heroism and tragedy needed to be told in its entirety because it's an important piece of overlooked history."

For Zoom access to this online event and **to register**, please email Sharon Wilkes at wilkess@sudbury.ma.us by December 2 - a reminder email will be sent out a day before the event. If you have questions, please call 978-443-3055. You can also listen to the Zoom event on your phone line.

The Branches of Marlboro, A Benchmark community living experience, is proud to sponsor this exciting program for the Sudbury Senior Center.



Sharon K. Wilkes,
Program Coordinator



LIFELONG LEARNING LECTURES ON ZOOM

The Great Courses DVD Series—Returns The Irish Identity: Independence, History and Literature*

Wednesdays, 9:30-10:45 AM

December 2, 9, 16, 23, 30, January 6, 13, 20, 27

1916: James Joyce publishes *A Portrait of the Artist as a Young Man*, a deeply personal reflection of his own exploration of identity, mirroring Ireland's struggle to define its national identity. 1921: Michael Collins returns from England with a treaty by which the transition to an independent Ireland can finally begin, but back home, nationalists are extremely displeased.

These are just a few of the monumental occurrences and artistic events that rocked the world in the late 19th and early 20th centuries as Ireland gradually shook off the shackles of British rule.

Please register by contacting the Senior Center at 978-443-3055 or finleyc@sudbury.ma.us by December 1. See Zoom information on Page 14.

We will show the two 30-minute lectures each week and those who are interested can participate in a 15 minute open discussion period following the lectures. The last two lectures shown on September 9 were # 17, 18. We will be showing the second half of the lecture series, Lectures 19-36 for 9 weeks.

(*Course description from "The Great Courses".)

REDUCE STRESS!

Taming the Mind with Mindfulness Techniques

Tuesday, December 8

2:00-2:30 PM

When stress levels rise, our minds can become filled with worried, anxious thoughts. Mindfulness, the practice of focusing on the present moment, can quiet your mind and help you feel calmer. Join us to practice a mindful breathing exercise and a five-minute sitting meditation. Discover ways to be more mindful throughout your day. We'll share resources for free mindfulness meditations. This excellent program will be presented by Janet Fontana, RN and Certified Health Coach and is sponsored by Blue Cross Blue Shield of Mass. Please register with Blue Cross at: [Taming the Mind](#) or contact Sharon Wilkes at 978-639-3273 or at wilkess@sudbury.ma.us with questions.

A REPORT FROM STATE REP. CARMINE GENTILE

The legislature voted the final FY 2021 budget in November which will take us through June of next year. To reduce the spread of COVID-19 in our nursing homes where 14% of residents have already died this year from COVID-19 (versus one half of one percent of similar age people living at home) in the House of Representatives I co-sponsored amendments to provide zero-interest loans to nursing homes in order to convert 3 or 4-bed rooms to 1 or 2-bed rooms and to convert 2-bed rooms to single rooms. I co-sponsored another amendment to prevent hospital patients from being infected with COVID-19 and upon discharge infecting others in nursing homes. That amendment would cause all hospital employees to receive frequent testing, all non-COVID-19 patients be tested at least 48 hours prior to discharge to a nursing home, or other congregate care facility, and PPE use to be increased for all hospital employees providing direct care to patients over the age of 70, and among first responders and home care providers.



place \$17 million in the budget to pay home care workers enough of an hourly wage so that sufficient numbers of people will choose to do that work in order to service seniors who need those services. Some time ago I learned that a hearing-impaired blind constituent had waited three months for a home care aide because so many positions were unfilled because of the low pay. Thousands of others across the Commonwealth were similarly without services. I filed legislation to pay staff enough pay to stay and its now working out and has been during the pandemic.

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 had a joyful Thanksgiving and will enjoy the holidays to come!

Best wishes,
Carmine Gentile
State Representative

The Ways and Means committee accepted my request to

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SPECIAL EVENTS

~ Sudbury Garden Club ~
**Holiday Boxwood Arrangement
 Workshop**

Tuesday, December 8: Pick-up
 Wednesday, December 9: Zoom
 Workshop 11:00 AM



Join the Sudbury Garden Club in making Boxwood arrangements for your holiday table. Pick up of Boxwood craft supplies will be on Tuesday, Dec 8 from 10:00 AM – 3:00 PM for those who register. You have the option of making small or large arrangements.

Please mail your check for \$10.00 for the small and \$25.00 for the large arrangement. **Please contact** Sharon Wilkes **by December 3** at wilkess@sudbury.ma.us or 978-639-3273. Space limited to 10 participants.

Holiday Basket Pick-up

Thursday, December 17
 10:00-11:30*

(Snow Date: Tuesday, December 22)

Pop on by for a Holiday Basket to go! Enjoy a delightful lyfresh baked good along with other surprises. Sponsored by **Bridges by Epoch of Sudbury Memory Care** and the Friends of Sudbury Seniors.

Please make your reservations by Tuesday, December 15 at 4:00 PM by emailing or calling Chery Finley at finleyc@sudbury.ma.us or 978-443-3055.

*We will notify you of a time slot for pickup at the Senior Center. The procedure for pickup will be different than our past events, information will be shared upon registration. *Sudbury residents only* may sign up as of Dec. 1; all others on Dec. 11. Space is limited.

INTERESTING TED TALK

TED Talk

Why We Should Embrace Aging
 Monday, December 7, 11:00 AM

Join us on Zoom as we show an interesting TED* Talk by Carl Honoré. The video is about 12 minutes long, will be followed by a 15 minute discussion. Please sign up by contacting Chery Finley at finleyc@sudbury.ma.us or at 978-443-3055.

*TED Talks are interesting presentations by thought leaders on various topics. Visit the website at: www.ted.com

OUT WITH 2020, IN WITH 2021!

Out with 2020!

Wednesday, December 30, 1:00 PM
 Snow/Rain Date: Thursday, December 31
 11:00 AM



Join us as we prepare to embrace 2021 with a clear mind and an open heart. We will be hosting a firepit at the Fairbank Community Center Courtyard near the Fairbank Gym for physically distanced small groups. Write your regrets of 2020 down and let them go in our fire. A small bottle of toasting champagne* will be given to be used on New Year's Eve. *non-alcoholic also available. These bottles have been generously donated by Sudbury's own **American Legion**.

Please register by contacting Chery Finley, Administrative Coordinator, at 978-639-3269, or email her at finleyc@sudbury.ma.us, before Tuesday, December 29 at 4:00 PM.

CLASSES/GROUPS

~ On Zoom ~

The Great Courses'

Music as a Mirror of History - Part 1

Continuing on Tuesdays, 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.*

Chery Finley, Senior Center
 Administrative Coordinator



**Don't Miss! On SudburyTV:
 Strategies for Success During COVID**

Find this excellent program that we taped on Nov. 9 on SudburyTV, our local cable channel, during the month of December.

SENIOR PROFILE: BRUCE PORTER

Getting to Know our Seniors:**Bruce Porter, Volunteer***written by Bruce Porter*

I have lived in Sudbury for 33 years and I retired in 2015. I was a single parent, and so every minute of my time was precious. All of my leave time from work was consumed with the children's doctor and dentist visits, rides to soccer games, etc. I received my fair share of help for which I am very appreciative. To minimize disruption to my already busy work week, I learned as much as I could about home, appliance, and car repair and shifted those tasks to the weekends. Spending quality time with your children is an important part of parenting. I shared my own passion for the great outdoors with my two boys by taking them hiking, sailing, biking, and skiing.

In retirement my mission was to give back to the community that gave to me when I needed help. I wanted to promote conservation of our open spaces which sustained and nourished our family. I wanted to contribute to solving the biggest problem facing our planet today: climate change. I wanted to spend time pursuing my passion for the outdoors. I discovered that Sudbury was sustained by a network of volunteers and professionals. The town had more than an ample supply of volunteer and paid positions to choose from. I had the luck of being offered a couple of positions that fit my plan.

I received a boost in my mission from an unexpected direction. I was asked if I was interested in an opening on the Conservation Commission ("ConComm") approving wetlands permits and I took it. Curious to know what the Conservation Office had to do to prepare an applicant's proposal for ConComm's review, I joined the tax work-off program and became a clerk in the Conservation Office. Through the exposure I received as an office clerk and member of ConComm, I became a land steward for SVT's Gray Reservation. From my predecessor I inherited a walk through Gray pointing out the various landforms created by the glacier that covered New England 10,000 years ago. The walk was particularly interesting because I could inject my physics background into the walk. I augmented my annual walk with a self-guided walk using a QR-code enabled phone.

I became sufficiently knowledgeable about the subject that I could call myself an amateur glaciologist. Weston Geophysical Observatory invited me to collaborate with a Boston College geophysicist to do a one-time more extensive 5 hr. guided tour of glacial features in the Metrowest Region. I accepted. I learned a lot from the geophysicist who validated most of my findings and provided new insights. Interest in the public increased to the point that I was doing the walk for the Appalachian Mountain Club & the L-S Adult Education Program in addition to SVT.

The best way to promote conservationism is to educate the public about the land and why it's worth preserving. *Protect Sudbury's* goal was to prevent Eversource from installing high voltage cables through much of Sudbury's conservation land. I felt honored to be asked to provide a conservationist's view to explain why this project should be blocked.

Increased use of bicycles can make a non-negligible dent in the carbon pollution responsible for climate change. If people felt safe they would use their bicycles more. But there was no town program: no signs, no bike lanes or rail trails. I petitioned Town Meeting to install 4 bicycle safety signs on Hudson Rd. and it passed almost unanimously. To promote bike safety, I have a web site (safe-biking.com) where visitors can join the Sudbury Bicycle Coalition without obligation. A final way I continue to give back to the community is to use my skills taking things apart and repairing them to help older adults. Seniors can get small tasks done using the Senior Center's volunteer "Fix-It" program. With my penchant for repairing things, I became a Fix-It volunteer. It has been a joy to see the appreciative smile on the senior's face when the task is completed.

VETERANS APPRECIATION

Nearly seventy veterans and veteran's spouses were treated to a delicious Wayside Inn turkey sandwich lunch on Tuesday, November 10 as we honored and thanked our veterans and their families for their dedication and sacrifice. With much appreciation to the Milley family and the 1Lt. Scott Milley fund for their support of this event, along with the help of many volunteers and staff.



FITNESS CLASS IN GYM

Fit for the Future - In-Person Physically Distanced Class in the Gym

Wednesdays, December 2, 9, 16

11:00-11:45 AM

\$3 per class - Exact Change Only



On a trial basis, Fit for the Future will run on Wednesdays at 11:00 AM in the Fairbank gym. You **must** pre-register in order to participate. **Sudbury residents may sign up** the Friday before the class beginning at 9:00 AM; all others on Monday before the class beginning at 9:00 AM. For example, please call or email on Friday, Dec. 4, for the Dec. 9 class. First come, first served.

Please wear your face covering and wait outside the gym lobby door; in a socially distanced line. Please contact Chery Finley to pre-register at finleyc@sudbury.ma.us or 978-639-3269.

RECIPES FOR ONE OR TWO



Favorite Recipes Sought

Tired of eating the same meals over and over? 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.** 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.

BOOK GROUP

Turn the Page Book Group on Zoom

Wednesday, December 16, 2020, 1:00 PM

Book: *The Giver of Stars* by Jojo Moyes

If you would like to join the group, please contact Sharon Wilkes at willess@sudbury.ma.us and give your name and e-mail address.

FITNESS CLASS INFORMATION

T'ai Chi on Zoom with Jon Woodward

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

January 4, 11, 25, February 1, 8, 22, March 1, 8

No class January 18, February 15



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: 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.

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

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

December 10, 17, January 7, 14, 21, 28, February 4, 11

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.

REGISTRATION for SAIL, 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. The Zoom link and password will be sent to you two days before the class. Please sign up at least 2 days before class starts.

*Zoom information on page 14

DECEMBER 2020 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
Please note: This is the last week for Medicare Open Enrollment for Drug Plans for 2021, ending on December 7	9:00 <i>English Learner Class</i> 9:30 <i>Music as a Mirror of History (5) (Zoom)</i> 2:00 <i>Sudbury Virtual Caregiver Group (Zoom)</i>	9:30 <i>The Irish Identity (Lectures 19, 20) (Zoom)</i> 11:00-11:45 <i>Fit for the Future (see p. 7)</i>	9:15 <i>Staying Active and Independent for Life Fitness (8, last) (Zoom)</i> 9:30-11:15 <i>Current Events (Zoom)</i> 12:30 <i>The Finest Hours—Coast Guard's Most Daring Rescue - Michael Tougias</i> 2:30 <i>Connection Circle (Zoom)</i>	9:15 <i>Chair Yoga (1)</i> 11:30 <i>Watercolors (1)</i> 1:45 <i>Watercolors (1)</i>
7	8	9	10	Hanukkah 1st day 11
11:00 <i>TED Talk and Discussion on Zoom - see p. 5</i> 2:15 <i>Tai Chi (8, last)</i>	9:00 <i>English Learner Class</i> 9:30 <i>Music as a Mirror (6) (Zoom)</i> 10:00-3:00 <i>Boxwood Pickup</i> 1-3 <i>Legal Clinic (on phone)</i> 2:00 <i>BCBS Taming the Mind with Mindfulness Techniques (Zoom)</i> 2:00 <i>Council on Aging meeting (Zoom)</i>	9:30 <i>The Irish Identity (Lectures 21, 22) (Zoom)</i> 11:00 <i>Boxwood Workshop with Sudbury Garden Club (Zoom)</i> 11:00-11:45 <i>Fit for the Future (see p. 7)</i>	9:15 <i>Staying Active and Independent for Life Fitness (1) (Zoom)</i> 9:30-11:15 <i>Current Events</i> 1:00 <i>Short Story Group (Zoom)</i> 2:30 <i>Connection Circle (Zoom)</i>	9:15 <i>Chair Yoga (2)</i> 11:30 <i>Watercolors (2)</i> 1:45 <i>Watercolors (2)</i>
14	15	16	17	Hanukkah last day 18
2:15 <i>Tai Chi Returns in January</i>	9:00 <i>English Learner Class</i> 9:30 <i>Music as a Mirror of History (7) (Zoom)</i>	9:30 <i>The Irish Identity (Lectures 23, 24) (Zoom)</i> 11:00-11:45 <i>Fit for the Future (see p. 7)</i> 1:00 <i>Turn the Page Book Group (Zoom)</i>	9:15 <i>Staying Active and Independent for Life Fitness (2) (Zoom)</i> 9:30-11:15 <i>Current Events (Zoom)</i> 10:00-11:30 <i>Holiday Basket (see p. 5)</i> 2:30 <i>Connection Circle (Zoom)</i>	9:15 <i>Chair Yoga (3)</i> 11:30 <i>Watercolors (3)</i> 1:45 <i>Watercolors (3)</i>
21	22	23	Christmas Eve 24	25
11:00 <i>Harpy Holiday Musical Treat</i> Tai Chi returns in January	9:00 <i>English Learner Class</i> 9:30 <i>Music as a Mirror of History (8) (Zoom)</i> 10:00 <i>Snow Date for Holiday Basket pickup</i>	9:30 <i>The Irish Identity (Lectures 25, 26) (Zoom)</i> No <i>Fit for the Future</i> today	No <i>SAIL class today</i> 9:30-11:15 <i>Current Events (Zoom) *tentative</i> Note: <i>Senior Center Closes at 12 Noon</i>	<i>Christmas Holiday</i> <i>Senior Center closed</i>
28	29	30	New Year's Eve 31	
Tai Chi returns in January	9:00 <i>English Learner Class</i> No <i>Music as a Mirror</i> today	9:30 <i>The Irish Identity (27, 28) (Zoom)</i> No <i>Fit for the Future</i> today 1:00-3:00 <i>Out with 2020!</i>	No <i>SAIL class today</i> 10:00 <i>Rain/Snow Date: Out with 2020</i> Note: <i>Senior Center Closes at 12 noon</i>	<i>New Years Day</i> <i>Senior Center Closed</i>

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~ From Volunteer Program Coordinator, Janet Lipkin ~



It has been busy.....

Despite the weather being chilly outdoors, there is much warmth permeating from the caring work being done by our Senior Center volunteers. The weekly food shopping trips being made are a huge help to those seniors who do not have others that can do it for them. The phone calls between Phone Buddy/Friendly Visitor volunteers and their matched seniors are offering companionship and helping with the isolation so many are experiencing during the pandemic. Seniors wanting help with learning how to use Zoom to access classes, programs, discussions & meetings are getting great assistance by our Tech Help volunteers. Deliveries are being made by volunteers to participants of the Meals-on-Wheels program. Photos for our newsletter are being snapped by volunteers, and we continue to relish the articles being written, and interviews being conducted, by volunteers, enabling us to get to know seniors in our town and ways they stay involved in the community and beyond. Last month volunteer Regina O'Rourke wrote about Captain Paul Mawn and his service to the country. This month we feature an article about Bruce Porter, a Senior Center volunteer, who continues to be involved with many types of service to the town of Sudbury.



Our volunteer Sand Bucket Brigade is all geared up! This is a collaborative effort of the Wayside Inn (which donates the empty buckets), the Department of Public Works (which fills the empty buckets with sand), and our Senior Center volunteers who make the deliveries to seniors that request sand. The sand can then be applied by the homeowner to the walkways and driveways to help prevent slips and falls. A huge thank you, in advance, to our Sand Bucket Brigade, for helping to keep our seniors safe.



Finally, we are extremely excited about a special project being coordinated by volunteers Devon McCann and Nadine Wallack. They are collecting favorite recipes geared towards households of 1 or 2 people. The compilation of recipes will be available for you to see on our website sometime in late January or early February. We hope that you try some of the recipes, as they can offer you some new meal ideas, something most of us welcome instead of having the same foods over and over.

So – as you can see, it has been busy!! Volunteer opportunities abound! If you would like to become a member of our valued team of volunteers, please be sure to contact me at 978-639-3223 or LipkinJ@sudbury.ma.us.



- Janet Lipkin



A terrific training for our volunteers was given (via Zoom) by Bethany Hadvab, town social worker, on "Mental Health Needs and Resources During COVID-19." Additional repeated sessions of this important training, geared towards community members, can be offered. Please contact Janet Lipkin at 978-639-3223 if interested.

A huge shout out to the Boy Scouts, Cub Scouts, Girl Scouts, Curtis Angels, and members of the Chinese American Association for the extraordinary amount of community service work they did for our seniors last month, further testimony as to how a community really comes together to help each other.

Home Safety Programs:

Lockbox, Sand Buckets, Home Safety Checks

A lockbox is a small key safe that can be attached to your home so that Sudbury Emergency personnel can access your house key in an emergency. Sand Buckets are filled by Sudbury DPW staff, and delivered by our volunteers to your driveway or front step. Home Safety Checks provide assessment and possible replacement of smoke and CO detectors and batteries and assistance and education about home safety.

Please contact Janet Lipkin at lipkinj@sudbury.ma.us or call her at 978-639-3223 for more information.

Lockboxes and Home Safety Checks are offered in partnership with the Sudbury Fire Department staff and supported by Sudbury Fire Department Local #2023 and a Fire Department Senior SAFE grant.

~ 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 and/or Eversource - most recent bills
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 letter with end date
 - Veteran's Benefit letter
 - Financial assistance letter from family member, etc.

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

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



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.

Residential Assistance for Families in Transition (RAFT)

Department of Housing and Community Development (DHCD) RAFT program provides short-term financial assistance to low-income families who are homeless or at risk of becoming homeless. During COVID-19, DHCD expanded RAFT and created new programming to prevent evictions and support housing stability. You can find more information at www.mass.gov/CovidHousingHelp or contact Ana Cristina Oliveira at 978-639-3268 or oliveiraa@sudbury.ma.us.

Does Your Home Need Repairs to Maintain Safety? Sudbury Small Grants Program

This program provides assistance to moderate income Sudbury residents to make repairs and alterations to their homes for safety and health reasons. The [Small Grants Program Application](#) is designed to be simple and quick, with grants awarded for up to \$5,000 each. The [Small Grant Program Agreement](#) is a document that the recipient of the grant will need to sign. Applications can be submitted twice a year on or before March 30 and on or before September 30 for a grant awarded in May and November respectively. Please contact 978-639-3397 for [Small Grants Program Application](#) information.



LEGAL EDUCATION AND CONSULTATION

Legal Education Talks on SudburyTV

The Senior Center's volunteer elder law attorneys are taping a series of seminars. In December, the topic is "Giving It All Away". In this presentation, Atty. Arthur Bergeron, will discuss gifting as it affects MassHealth eligibility gift and estate taxes, and capital gains matters.

To be shown on SudburyTV: **Every 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, December 8 - 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.

HARPY HOLIDAYS!

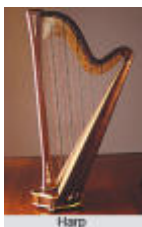
The American Harp Society, Inc. will be offering a...

Harpy Holiday Treat in December on Zoom

Monday, December 21

11:00 AM

Harpists of the Northeast region are creating a virtual concert of holiday and seasonal music to lift your spirits! Join us for this musical collage of beautiful harp music.



Sign up to watch or just listen! You can participate by computer or phone. Please contact Chery Finley at finleyc@sudbury.ma.us or 978-639-3269 to register.

SUDBURYTV

**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

ARTS/DISCUSSION PROGRAMS

Wonderful Watercolors! On Zoom

December 4, 11, 18, January 8, 15, 22, 29, Feb. 5

No class December 25, 31

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. *If min. # student is met.

Short Story Group on Zoom

2nd and 4th Thursdays - December 10 -

1:00-2:00 PM

No meeting on Dec. 24



Join the group for reading and discussion of both classic and unique short stories. Contact Chery Finley, finleyc@sudbury.ma.us or 978-639-3269 for more information.

PREPARE FOR WINTER - INFORMATION

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. We will also share this information on our phone message and the website. Please sign up 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* and password. If you need help with sign up, please call 978-443-3055.

*A username is usually an email address, but can just be a made up name. For example, you could enter your LastNameFirstName01776 as all one word for a user name.

CAREGIVER INFORMATION

**Sudbury Senior Center
Caregiver Support Group**
1st Tuesday of the Month **on Zoom**
December 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 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., December 3 @ 11:00AM: Caregiver Tips: Balancing Caregiving and Holiday Stress

Virtual Caregiver Support Group

Thu., December 9 @ 1:00 PM Caregiver Support Grp

Virtual Memory Café

Wed., December 16 @ 11:00AM Holiday Baking Traditions

Thu., Dec. 17 @ 11:00AM-Virtual EDU-Educating Family (for positive visits)

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

Connection Circle on Zoom

Thursdays, 2:30-4:00 PM

The Connection Circle is facilitated by volunteer Kim Schwartz. If you are interested, contact Chery Finley, at finleyc@sudbury.ma.us or 978-443-3055.

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. Wheelchair Accessible Taxis are also available.

To apply, please go to the online application at [Go Sudbury](https://www.sudbury.ma.us). 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.

SIGN UP FOR NEWSLETTER VIA EMAIL

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". The form does have a field for an email address, but it is not required. The User ID can be LastNameFirstName01776 this will make sure that the User ID is unique. We are also happy to help you sign up for Emergency Notifications, just contact us at 978-443-3055 or senior@sudbury.ma.us.

SAND BUCKETS

Would you like a sand bucket delivered to your home before winter sets in? Volunteers will pick up sand buckets filled by the staff at Sudbury 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, 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

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Board of Directors:

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Margaret "Peg" Espinola

State Rep. Carmine Gentile

Sandy Lasky

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Robert May

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SUDBURY SENIOR CENTER STAFF

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BayPath Mealsite Manager

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Judy Battat

Outreach Information Specialist

Ana Cristina Oliveira

Program Coordinator

Sharon Wilkes

Receptionist

Venetia "Tia" Kelly

S.H.I.N.E. Counselors

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 MESSAGE FROM COA CHAIR JEFF LEVINE

You've Got to Have Friends

After eight years of churning, the Town has finally approved a new community center facility for the Fairbank site. This will enable the Senior Center to expand its programs and services to meet the needs and interests of an increasing senior population in Town. This will enable us to offer more lifelong learning programs, host lectures and enrichment performances, furnish support services to seniors and their caregivers, make the Senior Center more accessible and accommodating, and so much more. But this could not have happened without the support of the ***Friends of Sudbury Senior Citizens***. This charitable organization has raised tens of thousands of dollars for the benefit of the Senior Center, and was instrumental in the campaign to educate Town residents and promote the new community center. Members worked directly on the campaign, wrote letters, held signs, passed out leaflets, and kept the proposal active in residents' minds. The Friends were the moral and financial backbone for this campaign. There are too many people to name here, but it goes without saying that we are very fortunate to have such a committed group of residents backing up our Senior Center and to whom we must give our thanks. You've got to have Friends.

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. 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. **Senior Center Volunteers** are ready to help! Contact Janet Lipkin, Volunteer Program Coordinator at lipkini@sudbury.ma.us or 978-639-3223 for more information.



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The Senior Scene



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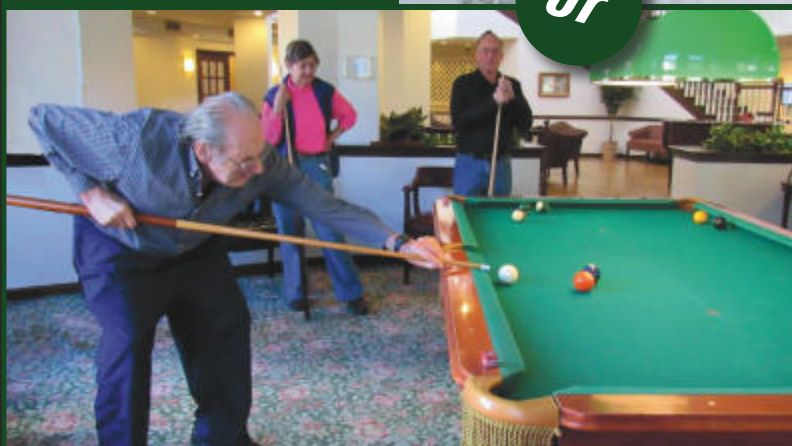
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