

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

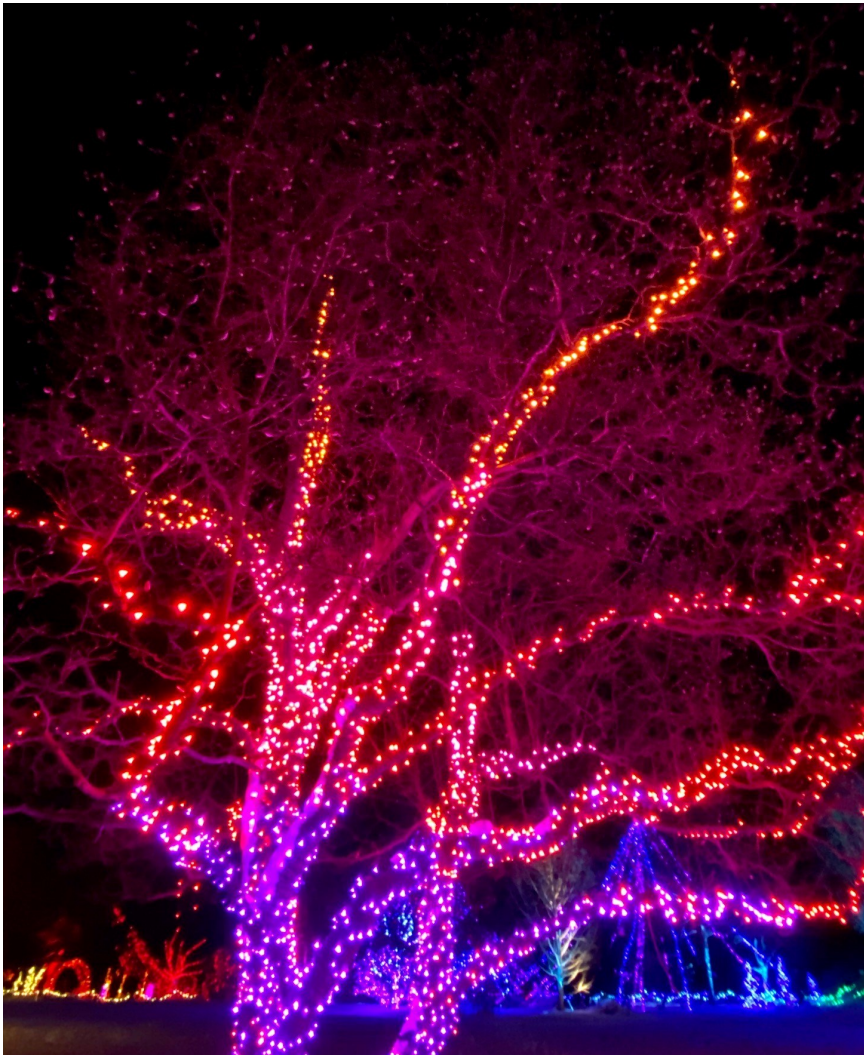


Photo courtesy of Sudbury resident and Senior Center volunteer Sherry Fendell.

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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. 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 extended the deadline to hear from you to January 20. Participants who live out-of-town may request to continue to receive the newsletter via postal mail, by sending a check for \$10 payable to the "Town of Sudbury". Thank you very much for your understanding!

A MESSAGE FROM DIRECTOR DEBRA GALLOWAY

Welcome to 2021 - Best wishes for a positive and healthy new year! Hopefully, by the time this newsletter arrives, the vaccines will be coming. We will share any information we have as soon as we can.

In the meantime, winter is upon us, and may not be as mellow as last year. We are urging everyone to prepare and to develop good habits (such as keeping your cell phone charged), and to stock up on emergency supplies of food, water, medicines, and pet supplies, and to sign up for Emergency notifications from the Town. In addition, if you have special needs that require extra planning or supplies, please reach out to Outreach Specialist Ana Cristina Oliveira at 978-639-3268 or oliveiraa@sudbury.ma.us. See more on p. 4.

We have been very fortunate in the last few months and wish to thank our volunteers and local businesses who have been generous with their time and energy or donations for special projects. Many thanks to the Milley Family, Karen Merrill-Skoloff, Brian and Barbara Clifton, Bill Allard, Ruth Griesel, Don Sherman, & Kim

Schwartz for program help. And thank you to local businesses and groups who have donated to some of our programs including Bridges by Epoch Memory Care, Generations Law Group, Visiting Angels Home Care, Shaw's Supermarket, the Chinese-American Association of Sudbury, Sudbury Farms, Sudbury's American Legion & the 1Lt. Scott Milley Fund!

I would also like to thank the Sudbury Council on Aging members, and in particular, Jeff Levine, for his steadfast advocacy and support for the new Fairbank Community Center and Sandy Lasky, for her hard work and enthusiasm for the Transportation Committee.

I would also like to thank and recognize the awesome Senior Center staff and volunteers! For working hard and being flexible and creative when faced with the new challenges of 2020. We hope as the new year dawns, we all feel a renewed sense of hope and energy... Join us for a program or class. Let us know if you need some help, or you have a suggestion.

Take good care,

Debra

SOLO AGERS ON ZOOM

**The Unique Needs of Solo Agers**

Tuesday, January 12 at 12:30 PM

Whether you are a 'solo' ager, now or may be in the future, or simply know others who are, this program will explore the needs and unique considerations of solo agers and will review specific needs related to healthcare and community, strategies and tips for avoiding loneliness and isolation, and tools for creating and identifying support systems. You'll leave this talk with useful resources and questions answered.

This program is presented by Ailene Gerhardt, an independent Board-Certified Patient Advocate (**BCPA**) and founder of Beacon Patient Solutions LLC. Both in her private practice and in her community education programs, she works to inform and assist with navigating our complex healthcare system and to provide the tools to become educated, confident health care consumers. Please contact Sharon Wilkes, Program Coordinator, to register for this program at wilkess@sudbury.ma.us or 978-639-3273.

HISTORY ON ZOOM

**The Life and Legacy of Dr. Martin Luther King, Jr.**January 21st at 12:30 PM

Award-winning historian John Horrigan talks about the life and legacy of Dr. Martin Luther King. He was a leader and a champion of civil rights and desegregation. His speeches were some of the greatest ever given by any American orator. Join us for this celebration of Dr. King's life.

Please register for this Zoom program by emailing Venetia Kelly at senior@sudbury.ma.us or calling 978-443-3055.

WINTER SAFETY AND LATEST SCAMS ON ZOOM

**Winter Safety and Latest Scams**

With Sudbury Police Chief Scott Nix

Tuesday, January 19, 1:00 PM

Police Chief Scott Nix will share tips for Winter Safety as well as the latest scams happening in Sudbury. Don't miss this informative and important talk and Q & A with Chief Nix! Please contact Chery Finley, Admin. Coordinator at finleyc@sudbury.ma.us or 978-639-3269.

LIFELONG LEARNING LECTURES ON ZOOM

The Great Courses'**Ottoman Empire – Part II**

Wednesdays from 9:30 to 11:00

February 3 - March 31

When confronting the future, nations and civilizations always look to the past for guidance, lessons, and a shared sense of purpose and meaning. For the peoples of the Middle East, that immediate past is the Ottoman Empire. This session will include lessons 19-36, with two 30 minutes lessons shown each week.

The Sudbury Senior Center has the great fortune to have three volunteer co-leaders for this course (and several preceding history courses), Ruth Griesel, Bill Allard and Don Sherman, who plan out history courses every year. Volunteer moderators provide a short introduction/lesson, adding their own research and/or perspective to each week's lesson.

Please contact Chery Finley, Admin. Coordinator, to register for the course at finleyc@sudbury.ma.us or 978-639-3269 by Mon., February 1. Chery will send an email with the Zoom link information to all registered participants the day before the course starts.

THE IRISH IDENTITY - CONTINUES ON ZOOM

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

Wednesdays, 9:30-10:45 AM

January 6, 13, 20, 27

This very popular series continues, finishing on January 27, but you can join anytime. Please register by contacting the Senior Center at 978-443-3055 or finleyc@sudbury.ma.us. For more information on using Zoom see Page 14.

PREPARE FOR WINTER - INFORMATION**WEATHER EMERGENCIES DURING THE PANDEMIC**

Winter brings beautiful snowy landscapes, but also the possibility of severe weather and power outages. Prepare in advance by having a cell phone and keeping it charged at all times. Sign up for Emergency Notifications. Talk with your neighbors - do you need a neighbor to check on you? Do you know of someone who you could check on? Make sure family and friends' contact information is written near your phone. Have a flashlight, lantern or headlamp ready. Set up an emergency kit with extra non-perishable food, water, snack bars, medications, pet food (if applicable). Check your smoke/CO detectors, add fresh batteries. See more info at [CDC Emergency Planning](#). Are you concerned about a neighbor? Contact Ana Cristina Oliveira, Outreach Specialist, at 978-639-3268 or oliveiraa@sudbury.ma.us.

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.

**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.

SPECIAL PROGRAM ON ZOOM

What came First...the Chicken or the Egg?

January 26 at 12:30 PM

Which did come first...

The Statue of Liberty or Eiffel Tower? Jeopardy or Family Feud.... Harmonica or the Revolver Gun? Think you know which came first? Explore these questions with Magdalena Grace Siegel of Elder Lectures New England. Magdalena Grace Siegel is a consultant with many years' experience as a therapist with offices in Newburyport & Boston <https://www.elderlectureseriesnewengland.com>.

Please register for this program by emailing Sharon K. Wilkes, Program Coordinator at wilkess@sudbury.ma.us. If you'd like to listen to the talk on the phone, call Sharon at 978-639-3273 for more information.

Sharon K. Wilkes,
Program Coordinator

**AARP Tax Preparation**

Registration begins February 4

Due to the pandemic, we are planning to offer AARP Tax Preparation assistance with special safety protocols. We expect to have a plan in place by the beginning of February, but please understand that it may change depending on the current situation with the pandemic. We plan to schedule appointments on Thursdays and Fridays between February 25-April 9. The method of operation will depend on the current situation and level of safety needed. We cannot begin registration until February 4 at the earliest. **As of Feb. 4**, you may contact Chery Finley, Admin. Coordinator to sign up at finleyc@sudbury.ma.us or 978-639-3269.

SUDBURYTV

**Senior Center Programs
on SudburyTV!**

Online or on Cable TV -

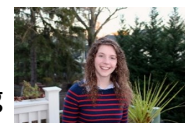
Did you know? Many Senior Center programs are videotaped and available for viewing at the Sudbury TV website and are also periodically shown on your local cable station. See www.Sudburytv.org.

Don't Miss on SudburyTV: **The Finest Hours**—with local author Michael Tougias and **Strategies for Success During COVID** - Find these and other excellent program that we taped on SudburyTV, our local cable channel.

FREE TRIAL YOGA CLASS ON ZOOM

Free Gentle Yoga with Taylor

Monday, January 11 at 10:00 AM



Yoga is especially beneficial for lowering the risk of falls, managing arthritis and inflammation, improving sleep quality, and more. This free 60-minute Zoom class will combine movement, mindfulness, meditation, and breathing techniques to build functional strength and bring balance both to your body and your mind.

You may want a mat, blanket, and pillow for practice as well as a space near a wall or a chair for optional modifications. Please register by emailing Sharon Wilkes, Program Coordinator at wilkess@sudbury.ma.us. It is important that we have your correct email address, and phone number and mailing address for the Fitness waiver form. The Zoom link and password will be sent to you a day before the class.

ARTS/DISCUSSION PROGRAMS

Wonderful Watercolors! On Zoom

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

LIFELONG LEARNING PROGRAM

~ On Zoom ~

The Great Courses'

Music as a Mirror of History

Continuing on Tuesdays, Jan. 5, 12, 19, 26
- Feb. 2 - April 20 - 9:30-10:15 AM

"In the worlds of painting and literature, it's easy to see where history and art intersect....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



SENIOR PROFILE: DOROTHY WRIGHT

"When I was young everybody had a job," recalls Dorothy "Dot" Wright. "I used to shake out a mop for .02 cents and pick blueberries but I enjoyed all of my work experiences — I had a lot of fun."



Having just celebrated her 95th birthday, Dot Wright has held a number of jobs and roles ranging from wife, mother, grand and great-grandmother to exemplary Sudbury citizen and fund-raiser, as a founding member of the Senior Strutters. Dot was also one of the first women at Digital Equipment Corporation, working closely with Ken Olson, Digital's legendary founder.

Dorothy (née Burke) grew up in Saxonville as the second oldest of four children. She met her husband-to-be, Warren Wright, on a blind date just as WW II was accelerating. A top student at her high school, Dorothy possessed an affinity for numbers and worked at Hodgeman Rubber, calculating timecards after school and later served as an office assistant in the Framingham Assessor's office.

"Is this the one?" Warren reportedly asked when he arrived at Dorothy's family house to take her to the 1941 Saxonville High School Prom. He spotted Dot on the stairs with her older sister, Marguerite. Dorothy's younger brother, Jimmy, worked with Warren on his farm and was about to ship out into the service but wanted to attend his prom first. Jimmy recruited Warren and several others as part of a group "blind date." Dorothy recalls that she was "extremely bashful" and normally let the more extroverted Marguerite do all the talking. In this case, Marguerite confirmed that Dorothy was indeed "the one."

Warren Wright and his family were well-respected dairy farmers in Sudbury and owners of Wright Farm, which was a working farm established in the 1850s. By WW II, the farm spanned more than 200 acres of land from Sudbury into Framingham. Warren didn't think twice about hopping on one of his horses and was a popular sight galloping away on the various trails on the property.

Despite this less-than-sparkling introduction, Dorothy and Warren enjoyed a loving marriage of 65 years filled with family, numerous travel adventures, and a devotion to the Sudbury community.

"Warren was very regimented," Dorothy said. "I met him on May 15th and he proposed on May 15th the fol-

lowing year." Dorothy borrowed her wedding gown from a wealthy friend when she married Warren in April 1943; her sister Marguerite wore the same dress a few months later in August at her own wedding. Sharing clothes was not uncommon for the sisters. Dorothy and Marguerite loved shopping for clothes and planned their outfits in advance so they could share business suits when they were both working.

During the WW II air raid drills and before her marriage, Dorothy's Saxonville home served as a congregating point for other neighbors. Dot's brothers played the guitar and banjos while Dorothy played piano to help everyone forget what was going on outside.

"We always tried to think positively," Dorothy recalls, "and tell ourselves that this too shall pass." She believes surviving WW II helped prepare her mentally to weather the storm from today's Coronavirus threat and subsequent quarantines. "At least we don't have any bomber planes flying up and down the East Coast and we can shelter with family in a safe environment."

Dorothy's early years of married life were challenging as she moved into the farm to help care for her in-laws while raising her own four children. Her father-in-law was stricken with Parkinson's and bedridden, leaving much of the burden of running the farm to Warren. In those days Dorothy didn't have a driver's license, complicating matters further. And, in the late 1940s and 50s, there wasn't much in Sudbury — the area comprised largely farmland with just one grocery store and a drugstore. Much of Route 20 wasn't even paved. After the birth of her fourth child, Jennifer, Dorothy went back to work in Personnel at Digital Equipment Corporation. One of her favorite memories was the occasional ride on the corporate helicopter as she travelled with the founder back and forth to remote offices. Believing her younger brother was "one of the smartest men I knew," Dorothy introduced Norm Burke to Ken Olson, who immediately hired him. Norm went on to have a wildly successful career at Digital.

Dorothy's husband retired early after years of service as a custodian for the Sudbury School Department, paving the way for the couple's next chapter. Together, Dot and Warren travelled to Italy and the rainforests of Australia, among other destinations. They also drove a camper across the country to see Yellowstone Park, fulfilling many of their travel dreams. ~ See p. 7 ~

Dorothy Wright - continued

Around this time, Dorothy and her sister, Marguerite joined the Sudbury Senior Center and leveraged their creative and musical talents to form "The Senior Strutters," a theatrical troupe. Along with another Sudbury resident, Rosemary Verri, the group put on 12 shows. Ultimately the Strutters donated more than \$30,000 to the Senior Center, as well as funding and building the kitchen there.

Dorothy describes the vivacious Marguerite as "the movie star that never happened." Marguerite wrote all of the shows and coerced the eight members to take tap-dancing lessons and learn many of the songs as well as sew costumes, which were heavy on glitz and feather boas. The original cast were all Sudbury residents but as the shows became more renowned, the cast expanded to include members from all over MetroWest. A glowing article in *The Sudbury Town Crier* praised the cast members, "who at 70 and 80 were singing and dancing with a vigor that would be impressive in performers half their age." A granite bench located just outside the center is dedicated to the Strutters.

Dot echoes what her sister used to say that the shows "were all about fun and putting on a treat for children, grandchildren and friends that proved that age is no barrier to performing."

While Dorothy may have hung up her feather boa when the group disbanded, she still plays the piano and is active in the Senior Center. Dot lives with her daughter, Jennifer, in a separate apartment on Wright Farm which is located off Woodside Road in the Loring elementary school neighborhood. As recently as the early 1990s, Hopestill Brown neighbors fondly recalled the Wrights welcoming them onto the property to enjoy the animals, including many Clydesdale horses and most recently, miniature horses and baby goats. Today Wright Farm boasts a children's daycare facility that gives its students the opportunity to experience the baby goats and other farm animals onsite as part of its country setting. Dorothy enjoys seeing the children and neighbors every day on her walks and remains close with her own children and grand and great-grandchildren, many of whom live nearby.

Interview conducted and written by Sudbury Senior Center Volunteer Christine Washburn

FITNESS CLASS INFORMATION

T'ai Chi on Zoom with Jon Woodward

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

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.

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.

S.A.I.L.-Staying Active & Independent for Life

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 & certified personal trainer. SAIL is 45-minute safe and effective fitness class with strength, balance & flexibility exercises.

REGISTRATION for SAIL, Chair Yoga or T'ai Chi

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. You will be asked to complete a waiver form if you are new to the class. 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. ***Thanks to the Friends for help supporting fitness class costs next session (Jan/Feb starts) . Next session fees will be \$15.**

FITNESS CLASS IN GYM

Fit for the Future -Physically Distanced Class


Wednesdays, January 6, 13, 20, 27 - 11:00-11:45 AM

\$3 per class - Exact Change Only

On a trial basis, Sudbury residents may sign up the Friday before the class, beginning at 9:00 AM; all others call on Monday before the class from 9:00-4:00. For ex., please call/email on Friday, Jan. 8 for the Jan. 13 class.

*Note: For the Jan. 6 class, Sudbury residents register on Monday, Jan. 4. First come, first served. Please wear face covering and wait outside the gym lobby door. Please contact Chery Finley to pre-register at 978-639-3269 or finleyc@sudbury.ma.us or .

JANUARY 2021 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
<i>*All programs with an asterisk are offered on Zoom.</i>	January is National Soup Month!	Volunteers are eager to help you learn to Zoom! See p. 14		New Year's Day Holiday
4	5	6	7	8
2:15 Tai Chi (1) *	9:00 English Learner Class * 9:30 Music as a Mirror of History (9) * 2:00 Sudbury Senior Center Virtual Caregiver Group *	9:30 The Irish Identity (Lectures 29, 30) * 11:00 Fit for the Future (G) (by reservation)	9:15 Staying Active and Independent for Life Fitness (3) * 10:00-12:00 Current Events * 2:30 Connection Circle *	9:30 Chair Yoga (4)* 11:30 Watercolors (4)* 1:45 Watercolors (4)*
11	12	13	14	15
10:00 Free Trial of new Yoga Class with Taylor Welch * 2:15 Tai Chi (2) *	9:00 English Learner Class * 9:30 Music as a Mirror of History (10)* 12:30 Solo Aging with Ailene Gerhardt * 1-3 Legal Clinic (on phone) 2:00 Council on Aging meeting*	9:30 The Irish Identity (Lectures 31, 32) * 11:00 Fit for the Future (G) (by reservation)	9:15 Staying Active and Independent for Life Fitness (4) * 10:00-12:00 Current Events * 1:00 Short Story Group * 2:30 Connection Circle *	9:30 Chair Yoga (5)* 11:30 Watercolors (5)* 1:45 Watercolors (5)*
18	19	20	21	22
Martin Luther King Jr. Holiday Observed	9:00 English Learner Class * 9:30 Music as a Mirror of History (11)* 1:00 Winter Safety with Sudbury Police Chief Scott Nix *	9:30 The Irish Identity (Lectures 33, 34) * 11:00 Fit for the Future (G) (by reservation) 1:00 Turn the Page Book Group *	9:15 Staying Active and Independent for Life Fitness (5) * 10:00-12:00 Current Events * 12:30 The Life and Legacy of Dr. Martin Luther King * 2:30 Connection Circle	9:30 Chair Yoga (6) * 11:30 Watercolors (6)* 1:45 Watercolors (6) *
25	26	27	28	29
2:15 Tai Chi (3) *	9:00 English Learner Class * 9:30 Music as a Mirror of History (12)* 12:30 What came first? The Chicken or the Egg *	9:30 The Irish Identity (Lectures 35, 36 - last) * 11:00 Fit for the Future (G) (by reservation)	9:15 Staying Active and Independent for Life Fitness (6) * 10:00-12:00 Current Events * 1:00 Short Story Group * 2:30 Connection Circle * 2:00 Friends of Sudbury Seniors *	9:30 Chair Yoga (7)* 11:30 Watercolors (7)* 1:45 Watercolors (7) *

~ From Volunteer Program Coordinator, Janet Lipkin ~

The calendar year has changed from 2020 to 2021, and I think many are glad to have a new year begin. Who would have guessed the many challenges that 2020 brought? The new year offers hope. The new year also offers a chance to make goals for oneself...a common resolution made is to become more involved and connected with the community. Some might assume that to do that is a daunting task, but actually, it can be simple and take just a few minutes—or as much time as you want—to dedicate to it. The payoff is extraordinary, that is certain. The feeling that you get by helping someone or connecting with a neighbor is priceless. Just ask our volunteers and they will tell you...



Our volunteers are busy! The Sand Bucket Brigade is doing a phenomenal job delivering filled buckets to seniors in town so that the homeowner can use it on their walkways and driveways. If you are in need of a sand bucket, please call Janet Lipkin at 978-639-3223. Our Grocery Shopping volunteers deserve a big shout-out for the weekly trips to the supermarket they are making for seniors that do not have others that can shop for them. They are true superheroes that are making a huge difference in the lives of others. If you are interested in becoming a Grocery Shopping volunteer, please call Janet Lipkin at 978-639-3223. We are in need of new recruits!

The compilation of Recipes for Small Households that we received from you is terrific! Thanks to each of you that submitted favorites. Volunteers Devon McCann and Nadine Wallack have been working hard on this project and will soon have the compilation of recipes available to you on the Senior Center website. Thank you, Devon and Nadine!

Kudos to the Tech Help Volunteers who are giving invaluable support to seniors learning how to use Zoom. Examples of the types of help given include learning how to get onto Zoom, how to adjust the volume, how to write in the “chat” box, how to change the background, how to mute and unmute, and how to turn on and off the camera. If you are in need of help with using Zoom, be sure to call Janet Lipkin at 978-639-3223.

Our Phone Buddies Program is a big success! Seniors are matched with a volunteer who makes a weekly

phone call to him/her. The calls provide a nice diversion, companionship, and help with the isolation so many are experiencing. Please be sure to call Janet Lipkin at 978-639-3223 if you would like to take part in the program—either as a volunteer or as a senior receiving the call. The friendships being formed by this program are so inspiring.

A special thank you goes out to our Meals on Wheels volunteer drivers! This terrific team of volunteers delivers mid-day meals to seniors, an invaluable service to the recipients. Thank you, thank you!!

This month, on page **6-7**, we are highlighting 95 year-old Dorothy (Dot) Wright, a longtime resident of Sudbury. The article highlights Dot’s family life, career, and her involvement in the Senior Center, including the formation of *The Senior Strutters* by Dot and her sister. A very special thank you to Senior Center volunteer Christine Washburn for interviewing Dot and writing the article about her.

****UPCOMING VOLUNTEER MEETINGS on ZOOM****
Senior Center Volunteers - Please save the date(s) & attend if possible:

Feb 3 1:00-2:00 Phone Buddies & Friendly Visitors

Feb 11 2:00-3:00 Grocery Shoppers

Feb 23 1:00-2:00 FISH drivers

Feb 24 1:00-2:00 Fix-It & Tech Support Volunteers

The invitation and Zoom link will be sent to you prior to the meeting.

Thank you, thank you to all our volunteers! - Janet

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 & 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 ~

Fuel Assistance

If you need help paying your heating bill this winter, call the Sudbury Senior Center for information about Fuel Assistance Programs. Eligibility for these programs is determined by income. If your gross annual income is below \$39,105 for a single person household, or \$51,137 for a two-person household, you may qualify. Additional programs and resources may be available if you are slightly over these income levels. If you think you may be available do not wait to apply. Call Ana Cristina Oliveira, Outreach and Information Specialist at 978-639-3268.



Call2Talk

Call2Talk- is a mental health, emotional support and suicide prevention program run by Mass211. It operates 24/7 and provides confidential, compassionate listening to assist people during stressful times. Call2talk is a National Suicide Prevention Lifeline Crisis Center and also provides "Tele check" a telephone check- In service for isolated older adults living a home.

Advocates Adult Family Care: Compassionate Care at Home

Whether you are caring for an aging parent, or an adult child with a disability, Advocates Adult Family Care (AFC) provides compassionate care, a tax-free stipend, and a full range of resources to help families thrive.

Caregivers and their loved one receive regular visits from nurses & case managers and tailored supports for their unique needs. At Advocates, caring team members are culturally diverse and speak many languages.

An AFC caregiver can be a parent, adult sibling, adult child or older parent, extended family member or non-family member. Caregivers cannot be a spouse, parent (if person receiving services is under 18), or a court appointed legal guardian.

For more information or an initial screening, email AFC@Advocates.org or call (888) 628-6885.

Access to the Internet for Low-Income Older Adults

All telecommunication companies are required to provide access to the internet via a program that subsidizes low-income families. These programs offer internet services at a rate of \$9.95 per month. Families must demonstrate that they meet income requirements under the Lifeline Program.

To learn more about the Lifeline Program, click here.

<https://www.mass.gov/how-to/apply-for-a-discounted-communications-service-through-the-lifeline-program>.

Information on Programs from BayPath Elder Services Outreach to LGBTQ+ Older Adults

BayPath Elder Services, Inc.'s mission is to be a trusted partner in providing an array of services and programs to older adults, caregivers and persons with disabilities to support their independence and dignity.

As part of that mission, BayPath strives to provide the very best information, resources and supports to Lesbian, Gay, Bisexual and Transgender, Queer (LGBTQ+) older adults and their allies living in MetroWest.



Pathways Virtual Coffee Hours

Tuesdays at 11:00 AM*

Grab your favorite mug and pull up a comfy chair for a casual chat! LGBTQ+ folx and SOFFAs (Significant Others, Family, Friends, and Allies) are always welcome! Don't worry if you have to arrive late/leave early... we're a chill and friendly bunch!

**Except on 3rd Tuesday of each month, see below!*

The Dune Shack

An Uplifting Artspace - Thursdays, 11:00 AM

Relax and let your inner child play and be curious in our virtual artspace... or just chill out and chat!

Pathways Café

BYO Lunch to our Intergenerational Conversation
3rd Tuesday each month at 12:00 PM noon

Fix yourself a fancy lunch (or eat ice cream out of the bucket, it's all good) and pull up a comfy chair! LGBTQ+ folx and SOFFAs (Significant Others, Family, Friends, and Allies) are always welcome! Please RSVP to Julie to get the password to join any of the above virtual programs!

Not sure how to use Zoom? Contact Julie Nowak at 508-573-7288 (direct line w/voicemail) or jnowak@baypath.org and she will be delighted to walk you through the easy set-up. You can also use Zoom on a smartphone, or just dial in to join our conversations! PLEASE feel really good about reaching out to Julie anytime to help you or a friend or family member learn to Zoom! ☺

A REPORT FROM STATE REP. CARMINE GENTILE

This is a summary of the elder-related highlights in the Final FY21 Budget that was sent to the Governor in the first week of December.



COVID-19 has been particularly hard on our elder population. The final budget recognizes this fact by making a significant additional investment of \$57,916,411 beyond the FY20 budget on programs for aging adults and adopts several important policies that will benefit older adults.

The state has over time made a commitment to building a continuum of care so that older adults who choose to remain in the community, rather than live in a nursing home, will be able to do so. This approach is further supported in this budget by making a new investment of \$17 million for rate adjustments for home care services. We also established a commission to develop a licensure process for home care agencies, a move that will pave the way for ensuring quality home care. Language in the home care line item (9110-1630) requires that a range of home care providers receive training that will ensure sensitivity to the LGBTQ community.

The pandemic has heightened our awareness of the supports that aging adults need to live successfully in the community. With that in mind, the final budget increases the appropriations for geriatric mental health services, elder protective services, and supportive senior housing.

The Elder Affairs committee on which I serve has heard testimony indicating that there seems to be transmission of the virus from individuals leaving hospitals when their care is concluded and returning to nursing homes. The Final budget includes a section that requires DPH to issue a report on preventing the trans-

mission of COVID-19 from hospitals to nursing homes, in order to prevent future outbreaks.

The following appropriations were increased from last year:

Home and Community Based Services Rates: This *new line item which I championed* provides \$17,508,295 for adjustments to rates for home and community-based services provided by home health aides, homemakers and personal care homemakers. Agencies must spend the additional funding on worker compensation and other eligible costs, such as PPE.

MassHealth Senior Care : Provides \$3,894,496,052 for health care services for MassHealth members who are seniors and for the operation of MassHealth Senior Care Options program. **This appropriation reflects a \$14,801,236 increase over FY20.**

Community Choice: Provides \$237,165,314 for health care services for MassHealth members who are seniors eligible for community-based waiver services, so that more people can receive services in the community. **This appropriation reflects an increase of \$4,650,300 over FY20.**

Elder Home Care & Elder Home Care Case Management: Provides \$183,184,468 for the Elder Home Care Program, a **\$4,227,484 increase over FY20**, and \$64,433,467 for Elder Home Care Case Management, a **\$5,466,706 increase over FY20**, so that eligible elders can continue to live independently and safely at home. Language to ensure LGBTQ training for a range of home care service providers is included. 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.

Best wishes for a joyful holiday season!
Carmine Gentile, State Representative

LEGAL EDUCATION AND CONSULTATION

Legal Education Talks

The Senior Center's volunteer elder law attorneys are tapping a series of talks for SudburyTV. Check the SudburyTV schedule on your TV or at www.sudburytv.org, for more information.

Legal Clinic via Phone

Tuesday, January 12 - 1:00-3:00 PM

Schedule a free 20 minute phone consultation.

SENIOR CENTER LIVE PHONE

January Receptionist Answering Live 9:30-11:30 AM

Would you like to ask a question or sign up for a program? Tia Kelly, our awesome Receptionist, will be answering the Senior Center phone (978-443-3055) Monday-Friday, between 9:30-11:30 AM. We expect a high call volume, so she may not answer your call immediately. We hope that this is helpful and that we can continue to offer this in the coming months.

CAREGIVER INFORMATION

**Sudbury Senior Center
Caregiver Support Group**
1st Tuesday of the Month on Zoom
January 5, 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., January 7 @ 11:00AM: Dementia and Sleep

Thu., January 21 @ 11:00AM and 7:00 PM--Dementia and Depression

Virtual Caregiver Support Group

Wed., January 13 @ 1:00 PM Caregiver Support Grp

Virtual Memory Café

Wed., January 27 @ 11:00AM

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

GROUPS

Turn the Page Book Group on Zoom

Wednesday, January 20, 2021, 1:00 PM

Book: *Euphoria by Lily King*

Contact Sharon Wilkes at wilkess@sudbury.ma.us.

Short Story Group on Zoom

2nd and 4th Thursdays - January 14, 28- 1:00-2:00 PM

Contact Chery Finley, finleyc@sudbury.ma.us or 978-639-3269 for more information.

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.

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/go-sudbury). 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.

RESEARCH STUDY

The Aging Together Study at UMass Boston is looking for senior children (aged 65+) of parents (aged 90+) with dementia. This is a one-time, approximately 90 minute interview that will be conducted remotely via method of the participants choice (phone or video calls). Participants will receive \$40 as a thank you. Call or email for more information: agingtogether@umb.edu, 617-901-1082.

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.

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

Patricia Lewis

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

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

PROPERTY TAX RELIEF

Property Tax Relief Options

The Sudbury Assessor's Office oversees several available property tax exemptions for older residents, veterans and others. You may access information on the Assessor's webpage, or contact them for brochures.

Available brochures include: **Statutory Exemptions** brochure which includes: Surviving Spouse/Minor Child/Older Adult, Veterans, Blind, Older Adult, Unforeseen Hardship, and Tax Deferral*; **Community Preservation Surcharge Exemption** brochure; **Veterans Exemptions** brochure. Applications for many of these exemptions is open from now until April 1, 2021. (Note: The Senior Means-Tested Property Tax Exemption has a different application timeline - usually June-August).

For information please go to the Sudbury Assessor's office [webpage](#) or contact the Assessor's office at 978-639-3393, 978-639-3395 or at the email address: assessors@sudbury.ma.us.

*Property Tax Deferral is a deferral of taxes with interest to such time as the property is sold. You can learn more about Tax Deferral by contacting Assessor Cynthia Gerry.

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, for older Sudbury homeowners, who have a non-urgent need.

COMMUNITY INFORMATION

LEARNING TO ZOOM

Framingham Public Library and Framingham State University - Adventures in Lifelong Learning

**The Eighteenth Century:
The Evolution of Modern Europe**

Tuesdays, January 12, 19, 26, 9:00 AM-2:15 PM

This course offers an integrated study of history, art and literature during one of Europe's most tumultuous centuries. Registration is required by Monday, January 11. Email lifelonglearning@framingham.edu or call 508-626-4603.

Please go to www.framinghamlibrary.org/adventures or **Adventures in Lifelong Learning_FSU Website** for full course descriptions, registration information, and instructions for using Zoom.

Multi-Generational Special Places Project!

The Goodnow Library and Sudbury Senior Center are offering all ages a chance to share a special place they missed during COVID times. More information to come!

Get Personalized Help Learning Zoom

If you would benefit from help with learning how to use Zoom, **Sudbury Senior Center Volunteers** are ready to help! Contact Janet Lipkin, Volunteer Program Coordinator at lipkinj@sudbury.ma.us or 978-639-3223 for more information.

Do you need help learning to Zoom?

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



Click on the links to check them out:

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

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PRESORT STANDARD

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Sudbury Senior Center and Sudbury Council on Aging

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

<http://sudburyseniorcenter.org>



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