

*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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Dear Readers -

We hope that you benefit from this newsletter - learning about the programs and services of the Sudbury Senior Center; getting to know one of your neighbors through our Senior Profile; or getting information and resources about Medicare, safety at home, scams or other issues.

As you know, we are trying to minimize the cost of mailing the paper newsletter, but understand that many of you still benefit from receiving it via postal mail. We are going to try a new method this month and ask those who don't want the paper newsletter mailed to them to let us know. If you **do not** need the paper newsletter mailed to you, please **email us at senior@sudbury.ma.us** with the subject line of: **NO PAPER MAILING**; include your name and address so that we can remove you from our list. Thank you so much for your patience as we try to keep you informed while minimizing the cost of the mailing. As always, please reach out if you have questions or concerns!

HEALTH PROGRAM ON ZOOM

Sudbury's Go Red for Women

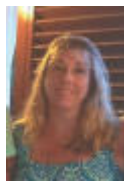
Zoom Event – The time is now!
 Tuesday, February 16, 1:00 PM



The American Heart Association's Go Red for Women campaign is designed to increase women's heart health awareness. Dr. Mary Ann McLaughlin, Director of Cardiovascular Health and Wellness at Mount Sinai Heart will discuss Heart Health tips for maintaining a strong heart after age 50, the warning signs of heart disease, "is the flutter in my heart serious" and the latest advances in heart valve surgery. Nearly 80 percent of cardiac events can be prevented, cardiovascular diseases continue to be a woman's greatest health threat.



To register for this event, please email Program Coordinator Sharon Wilkes at wilkess@sudbury.ma.us.



HISTORY ON ZOOM

**Pushing the Envelope -
 A History of the Post Office
 Through Stamps**

Tuesday, February 2 at 12:30 PM

Henry Lucas has been the Education Director at the Spellman Museum of Stamps and Postal History in Weston since 2004. A retired Social Studies teacher and high school principal for thirty-five years, he has served as a docent at the Museum of Fine Arts, the Harvard Peabody Museum, and gives historical tours of Boston.

By viewing images of vintage US postage stamps, learn about the history of the US Post Office from the first letters carried on the Boston Post Road to the current postal controversies. Hear about the expansion of the Post Office after the Revolution, the introduction of home delivery, the short-lived Pony Express, the carrying of mail by railroads, buses and trollies, the start of Parcel Post, mailbox designs, V-mail of World War II, the start of zip codes, postal strikes, and the impact of email on the PO's financial situation. To register for this Zoom event please email Venetia Kelly at senior@sudbury.ma.us or 978-443-3055.

Venetia "Tia" Kelly, Front Desk Receptionist



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.

FROM MONET TO VAN GOGH

The Great Courses'

From Monet to Van Gogh: A History of Impressionism
 Mondays, 10-11:00 AM, Feb. 8-Mar. 22, no class 2/15

"They appeared in a period of upheaval. They saw the rebuilding of Paris, the rise of industrialism, the ruin of the Franco-Prussian war. They displayed their startling and shocking works in a series of exhibitions from 1874 to 1886. And by the 1890s, this "loose coalition" of artists who rebelled against the formality of the French Academy had created the most famous artistic movement in history. Professor Brettell is your expert curator and guide to a movement that created a new, intensely personal vision of the world." Contact Tia Kelly at senior@sudbury.ma.us or 978-443-3055.

SNEAK PEEK FOR MARCH!

Ride Hailing 101: How to Use Uber and Lyft

Wednesday, March 3, 12:30 PM

Get prepared for Sudbury's new grant-funded Uber program. Please contact Venetia "Tia" Kelly at senior@sudbury.ma.us or 978-443-3055.

A MESSAGE FROM DIRECTOR DEBRA GALLOWAY

As I write this, I have sadly learned of the passing of Ed Gottmann. Ed, who was a Sudbury resident, was the Volunteer Coordinator of the Sudbury Senior Center for almost 20 years, and he gave of himself wholeheartedly to the role. In fact, it was just a part of what Ed saw as his place in the Sudbury community. As soon as he retired, he jumped right in, becoming a Home Delivered meals volunteer, FISH driver and then he founded and ran the Sudbury Food Pantry. Pretty soon it was apparent that Ed's energy, skills and enthusiasm lent themselves to more than just volunteering for the programs.

Ed was instrumental in making the Senior Center what it is today - more than a place to go to, but also a provider of services in the community. He established and ran the following Senior Center programs: Friendly Visitor, Medical Equipment Loan Closet, In-Home Fix-it, Space Heater Exchange, Lawn Clean-up, Grocery Shopper, and Lockbox (with the Fire Department). In addition to launching and coordinating these

programs, Ed recruited and supervised volunteers for the Home Delivered Meals program, Baked Goods & Sand Buckets programs and special events.

Ed had a heart of gold, if someone was in need, he would find a way to help them. He loved to solve problems and he would use the wide network he created to figure out a solution. Each year, the Senior Center would receive letters of appreciation for Ed's commitment and tireless efforts to help.

Of course, in order to provide all of those services, Ed needed assistance. All of the Senior Center volunteers (over 200) knew that when Ed called, they would be saying Yes to whatever he asked of them. The golden telephone plaque he received at retirement was emblazoned "Chief Volunteer Persuader". This was partly in jest, as Ed had a great sense of humor and many of the volunteers had become his friends over the years. Ed made the most of his second act in life, and the Sudbury community was the beneficiary.

Debra Galloway



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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](https://www.cdc.gov/emergency-preparedness-response-recovery/prepare). Are you concerned about a neighbor? Contact Ana Cristina Oliveira, Outreach Specialist, at 978-639-3268 or oliveiraa@sudbury.ma.us.



Severe Weather Notifications



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 there is Emergency information to share, an Emergency Alert will be sent to all phones that are signed up for Emergency notifications. See below to sign up for notifications.

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 username.

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SPECIAL PROGRAM ON ZOOM

Paint by Number

**Monday, February 8 & Tuesday, February 9
11:30 AM – 1:00 PM**

Paint by number has come a long way, with sophisticated subjects and amazing results. Purchase your own paint by number kit and get ready to paint with friends while on Zoom. To allow time to complete the project, we have scheduled two sessions, both 1 1/2 hours long, but feel free to attend for an hour each day, if that suits your schedule better.



It's no secret that we all love to be creative. Painting is very beneficial for our mental health and so therapeutic. Did you know that painting provides stress relief, improves your hand eye coordination, and sharpens your mind through conceptual visualization? To register for this Zoom event please email Venetia "Tia" Kelly at senior@sudbury.ma.us, or call 978-443-3055.

AARP TAX PREP HELP

AARP Tax Preparation
Registration begins February 4

Due to the pandemic, we are planning to offer AARP Tax Preparation assistance with special safety protocols. You may call to schedule appointments beginning on Thursday, February 4. Appointments will be available 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. Protocols will involve completing forms in advance and two brief visits inside the Senior Center.

Chery Finley, Senior Center
Administrative Coordinator



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.

HEART TO HOME MEAL

GRAB N' GO LUNCH WITH HEART TO HOME MEALS
Tuesday February 23 (Snow date: Thursday, Feb. 25)

Pick up times 11:30 AM – 12:30 PM

The team at Heart to Home Meals based in Marlboro is giving away frozen Chicken pot pies to seniors. The pies are made with tender chicken breast chunks and vegetables in a creamy sauce, covered with pastry and served with mashed potatoes and mixed vegetables. Meals are frozen and can be stored in your freezer until you are ready to heat and enjoy! The company provides a selection of over 160 healthy and delicious meals, soups and desserts, delivered for free by a local driver. Their friendly, convenient service can be adapted to suit many dietary preferences, with no contract or minimum commitment required.

Please sign up for lunch by February 16 in order to be included. Please contact Chery Finley at finleyc@sudbury.ma.us to sign up or call 978-639-3269. Registration is limited to the first 45 people. NOTE: *The Drive Thru will be split into two groups, and due to the cold weather, will proceed a bit more quickly than past drive thrus.* Thank you for understanding!



ARTS/DISCUSSION PROGRAMS

Wonderful Watercolors! On Zoom

Feb. 12, 19, 26, Mar. 5, 12, 19, 26, Apr. 2
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

Continuing - The Great Courses'
Music as a Mirror of History

Tuesdays - 9:30-10:15

Feb. 2, 9, 16, 23 and March 2 - April 20

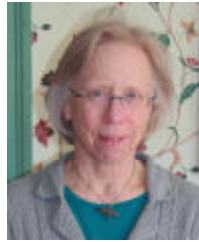
Please contact Chery Finley, Administrative Coordinator, to register for this class at finleyc@sudbury.ma.us or 978-639-3269.
View more information at www.thegreatcourses.com.

SENIOR PROFILE: KAY BELL

Senior Profile: **Kay Bell**

Written by Caleb Cochran, Senior Center volunteer

When asked what initially sparked her interest in volunteering many years ago, Kay Bell replies, "As the twig is bent, so grows the tree."



As a child in San Francisco, Kay was inspired by her mother who volunteered with the Mothers' Guild, supporting activities for local children, and her father who supported school improvement and building projects.

"My parents died when I was young, but it stayed with me that [volunteering] was worthwhile," Kay says. "I thought, 'When I grow up, I want to be like them.'"

When she moved to Sudbury from Lexington six years ago to be closer to her daughter and grandsons, now ages 7 and 11, Kay spent about a year acclimating to her new surroundings before branching out into community activities including the Senior Center and attending some of the town boards' meetings.

"I noticed there were no members and no meetings of the Commission on Disability," Kay says. "I realized that's not a great thing."

The Select Board soon appointed Kay as the first member of the revived Commission. She took a grassroots approach to recruiting members.

"I used to go to meetings with a string around my neck and a little card that said, 'Ask me about the Commission on Disability,' and by God, it worked," Kay recalls. The Commission is now a fully functioning, five-member board that meets monthly.

The Commission works independently and in collaboration with other town boards and departments to eliminate barriers and to assist people living with disabilities in becoming empowered to advocate for themselves.

"We have four more seats available and would love to see them filled with people who can bring their wisdom to the group," Kay says. "We're looking for anyone who might want to contribute, and particularly people who are living with any kind of disability, because the insights they can bring are extremely valuable." (For more information on the Commission on Disability, visit <https://sudbury.ma.us/disability/> or email disability@sudbury.ma.us.)

In addition to her work on the Commission, Kay ran a singing group for seniors that met regularly before the pandemic made it impossible to meet in person. The group, which met for about an hour and a half, twice a month, evolved into what Kay calls "social singing." Kay brought in lyric sheets or music notation sheets for about a dozen songs. Sometimes she would find accompaniment for the singers, and sometimes the group would sing *a cappella*.

"My family has always sung together, so I am familiar with a lot of songs," Kay says. Among the selections performed by the group were classics from the Great American Songbook such as Irving Berlin's "God Bless America" and "Cheek to Cheek," as well as classics including "Danny Boy," "Down by the Old Mill Stream," "Fly Me to the Moon," "Yesterday," and "Will You Still Love Me Tomorrow?" The group of about 12 members typically drew six to seven attendees at each session.

"It has been a sore spot in my heart" to miss the gatherings, Kay says. "When the Senior Center can open up again, we'll be happy to use their facilities."

In the meantime, Kay encourages others to volunteer their time in any way they can.

"Helping others is a form of self-care," she says. "It gives purpose to life. I encourage anyone to reach out to others, even in a small way. A word to a neighbor you haven't seen in a while, or a phone call to an old friend you've been thinking about. It's a mutual benefit, so I encourage everyone to try it."

BRAIN HEALTHY NUTRITION

Brain Healthy Nutrition Update
with Nancy Emerson Lombardo,
Ph.D.

Boston University School of Medicine

Dr. Lombardo, in conjunction with B.U. School of Medicine, shares important, research-based information on the foods that nourish both body and mind. The video is now available on YouTube or at her website: <http://brainwellness.com>. You can also download the powerpoint presentation at her website. The video has valuable information about prevention and slowing the progression of dementia. You don't want to miss it!



PHYLLIS SCHILP GOING TO MASS. DPH

The Sudbury Senior Center wishes to thank Phyllis Schilp, Sudbury Board of Health Nurse, for her leadership, planning and tireless efforts to improve the health and safety of Sudbury residents. She was instrumental in creating, training and sustaining the Sudbury Medical Reserve Corps (MRC) which is comprised of medical specialists (doctors, nurses, etc.) who volunteer to assist with Sudbury medical and emergency needs, such as the Flu Clinic and the Emergency Shelter operation. This is just one example of the awesome work Phyllis has done during her time here. She has also been the longtime Wellness Clinic nurse at the Senior Center, with weekly Clinics and frequent educational presentations. There are huge shoes to fill as she brings her expertise to the MA Dept. of Public Health. See below for a note from Phyllis.

To my cherished seniors,

It is with a very heavy heart that I have resigned from my role as Health Department Nurse for the Town of Sudbury. My last day will be January 18th. Over the past 6 years I have made a family in this town and will miss all of you.



I have been offered an accepted a job at the Massachusetts Department of Public Health. This new role for me is a great career advancement. I will miss working for a town that I have grown to love and support with strong nursing goals.

Over the last 6 years I am very proud of the growth of the Town Nursing Role. Prior to my full-time position there was only a contracted Public Health Nurse Position for a few hours each week. Growing the role and expanding care in the community has been a passion that I valued. I particularly loved working with the seniors and the staff at the Senior Center. I have had a very rewarding career in service and help of the senior population in the Town of Sudbury. I have missed seeing all of you over the past year and will be sure to come back to visit once things are back to normal.

Wishing the best for everyone!!

Stay safe and healthy,

Phyllis

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 - **\$15***

Feb. 12, 19, 26, Mar. 5, 12, 19, 26, Apr. 2

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 - **\$15***

February 18, 25, Mar. 4, 11, 18, 25, Apr. 1, 8

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 (Feb starts) . Next session fees will be \$15.**

FITNESS CLASS IN GYM


Fit for the Future -Physically Distanced Class

Wednesdays, February 3, 10, 17, 24 - 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. 29 for the Feb. 3 class. First come, first served. Please wear face covering and wait outside the gym lobby door. New students will complete a waiver. Please contact Chery Finley to pre-register at 978-639-3269 or finleyc@sudbury.ma.us.

FEBRUARY 2021 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
2:15 Tai Chi (4) (Zoom)	9:00 <i>English Learner Class</i> 9:30 <i>Music as a Mirror of History (13)*</i> 12:30 <i>History of Stamps: Henry Lucas of the U.S. Postal Museum</i> 2:00 Sudbury Virtual Caregiver Group (Zoom)	9:30 <i>The Ottoman Empire (Lectures 19, 20) (Zoom)</i> 11:00 Fit for the Future (G) tentative (by reservation) 1:00 <i>Phone Buddies & Friendly Visitors Volunteer Meeting (Zoom)</i>	9:00 <i>AARP Tax Prep Registration Begins today</i> 9:15 Staying Active and Independent for Life Fitness (7) (Zoom) 10:00-12:00 Current Events (Zoom) 2:30 Connection Circle (Zoom)	9:30 Chair Yoga (8, last) (Zoom) 11:30 Watercolors (8, last) 1:45 Watercolors (8, last) (Zoom)
8	9	10	11	12
10:00-11:00 From Monet to Van Gogh: A History of Impressionism (Lec. 1, 2) 11:30-1:00 Paint by Number 2:15 Tai Chi (5) (Zoom)	9:00 <i>English Learner Class</i> 9:30 <i>Music as a Mirror of History (14)*</i> 11:30-1:00 Paint by Number 1-3 Legal Clinic (on phone)	9:30 <i>The Ottoman Empire (Lectures 21, 22) (Zoom)</i> 11:00 Fit for the Future (G) tentative (by reservation)	9:15 SAIL Fitness (8, last) (Zoom) 10:00-12:00 Current Events 1:00 Short Story Group (Zoom) 2:00 <i>Grocery Shopper Volunteer Meeting (Zoom)</i> 2:30 Connection Circle	9:30 Chair Yoga (1) (Zoom) 11:30 Watercolors (1) 1:45 Watercolors (1) (Zoom)
15	16	17	18	19
President's Day Holiday  Senior Center Closed	9:00 <i>English Learner Class</i> 9:30 <i>Music as a Mirror of History (15)*</i> 1:00 <i>Go Red for Women!</i>	9:30 <i>The Ottoman Empire (Lectures 23, 24) (Zoom)</i> 11:00 Fit for the Future (G) tentative (by reservation) 1:00 Turn the Page Book Group (Zoom)	9:15 Staying Active and Independent for Life Fitness (1) (Zoom) 10:00-12:00 Current Events (Zoom) 2:30 Connection Circle (Zoom)	9:30 Chair Yoga (2) (Zoom) 11:00 Fit for the Future 11:30 Watercolors (2) 1:45 Watercolors (2) (Zoom)
22	23	24	25	26
10:00-11:00 From Monet to Van Gogh: A History of Impressionism (Lec. 3, 4) 2:15 Tai Chi (6) (Zoom)	9:00 <i>English Learner Class</i> 9:30 <i>Music as a Mirror of History (16)*</i> 12:30 <i>Grab n Go - Heart to Home (p. 5) (Snow date Feb. 25)</i> 1:00 FISH Volunteer Meeting (Zoom)	9:30 <i>The Ottoman Empire (Lectures 25, 26) (Zoom)</i> 11:00 Fit for the Future (G) tentative (by reservation) 1:00 <i>Fix-it/Tech Support Volunteer Meeting (Zoom)</i>	<i>AARP Tax Prep Help by appt.</i> 9:15 Staying Active and Independent for Life Fitness (2) (Zoom) 10:00-12:00 Current Events (Zoom) <i>(12:30 Snow date for Grab n Go)</i> 1:00 Short Story Group (Zoom)	<i>AARP Tax Prep Help by appt.</i> 9:30 Chair Yoga (3) (Zoom) 11:30 Watercolors (3) 1:45 Watercolors (3) (Zoom)

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~ From Volunteer Program Coordinator, Janet Lipkin ~

February 's cold weather, while chilling, often brings out the "heart" in people. An example of this is the palpable warmth that emulates from our volunteers.



We are so deeply grateful for the work that they do. It is impactful, and is making a true difference in the lives of others.

As the pandemic continues, we are seeing an uptick in the number of seniors wanting to be matched with a Phone Buddy volunteer, someone who makes a weekly 15-30 minute call to them, offering companionship and a break from the isolation so many are experiencing. If you would like more information about this program, please be sure to call Janet Lipkin at 978-639-3223.



Many people have asked when the volunteer programs and services that are temporarily suspended due to the pandemic will be resumed. Please check the Senior Center website for updates. We, too, are eager to see them start up again, and will resume them as soon as it is safe to do so. In the meantime, if you have a need, please call the Senior Center at 978-443-3055 to let us know.

Last month we featured a terrific article on Sudbury senior Dorothy Wright, written by Christine Washburn. It is our pleasure this month to highlight Kay Bell, a hard working volunteer and advocate for the Sudbury Commission on Disability. The interview and write-up was done by Senior Center volunteer Caleb Cochran. Thank you, Caleb, for this wonderful write-up on Kay and the important work that she does.

Reminder to all new volunteers that have not yet picked up their name badge: Please stop by the outside of the Senior Center to receive yours. There is a large plastic bag taped to the window by the front door, labeled "Volunteer Name Badges." Each volunteer badge is in a sealed small plastic bag with the name visible.

- Janet Lipkin

A reminder that all volunteers should be wearing their name badge when doing any volunteer work for the Senior Center.



****UPCOMING VOLUNTEER COFFEES on ZOOM****

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. We hope you can join us!

A very special thank you to Nadine Wallack and Devon McCann who have put in lots of hard, creative work to compile the submissions from our seniors of favorite and easy-to-make recipes geared towards small households of 1 or 2 people. Coming Soon - Be sure to check out the Senior Center's website for the link to the recipe book: [https://](https://sudburyseniorcenter.org/)



sudburyseniorcenter.org/

Some favorite quotes on volunteering:

"The world is hugged by the faithful arms of volunteers." -Terri Guillemets



"As you grow older, you will discover that you have two hands—one for helping yourself, the other for helping others." - Audrey Hepburn

"The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves."
-Helen Keller

Thank you for all you do! It is deeply appreciated.

- Janet Lipkin

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. Call Ana Cristina Oliveira, Outreach and Information Specialist at 978-639-3268.

Medicare covers related needs regarding Covid-19

Medicare covers:

- the [lab tests for COVID-19](#). No out-of-pocket costs.
- [FDA-authorized COVID-19 antibody \(or "serology"\) tests](#) if diagnosed with a known current or known prior COVID-19 infection or suspected current or suspected past COVID-19 infection.
- [monoclonal antibody treatments for COVID-19](#).
- [COVID-19 vaccines](#). You pay no out-of-pocket costs.
- all [medically necessary hospitalizations](#). This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine. You'll still pay for hospital deductibles, copays, coinsurances that apply.

If you have a [Medicare Advantage Plan](#), you have access to these same benefits. Medicare allows these plans to waive cost-sharing for COVID-19 lab tests. Many plans offer additional telehealth benefits and expanded benefits, like meal delivery or medical transport services. Check with your plan.

Scammers may use the coronavirus national emergency to take advantage of people while they're distracted. As always, guard your Medicare card like a credit card, check Medicare claims forms for errors, and if someone calls asking for your Medicare Number, hang up!

State Resources

GOVERNOR'S OFFICE: 1-617-725-4005

DISASTER DISTRESS HELPLINE: 1-800-985-5990 Available 24/7, 365-days-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, including disease outbreaks like COVID-19. This a toll-free, multilingual, and

confidential crisis support service.

SUICIDE PREVENTION HOTLINE: 1-800-273-8255

SUBSTANCE ABUSE/MENTAL HEALTH HELPLINE: 1-800-662-4357

CRISIS TEXT LINE: Text HELLO to 741741 MASSACHUSETTS

2-1-1: real-time COVID-19 information, resources, and referrals in multiple languages.

ASL HOTLINE FROM CSD (Communication Service for the Deaf) 833-682-7630 (video phone) has been established where residents can ask questions about COVID-19 and get support. www.csd.org is also available for information.

FOR NON-EMERGENCY QUESTIONS & HELP: Call 2-1-1

NURSING HOME FAMILY RESOURCE LINE: 617-660-5399 The line is available M-F, 9am - 5pm.

DOMESTIC VIOLENCE & SEXUAL ASSAULT HOTLINES: IN MASS. CALL SAFELINK: 877-785-2020 OR TTY AT 877-521-2601

Falls and Fire Safety



Hundreds of thousands of adults age 65 and older are treated in hospital emergency rooms each year due to injuries associated with consumer products.

Falls are the leading cause of both deaths and injuries in this age group. Fires are another top cause.

By spotting hazards and taking simple steps to correct them, you can prevent injuries to yourself or visitors to your home.

To prevent falls:

- Make sure stairs and other areas in the home are well lit.
- Install handrails, and remove tripping hazards, like area rugs.

To address the risk of fires:

- Use carbon monoxide and smoke alarms.
- Install a smoke alarm in every bedroom, outside every sleeping area, and on every floor of the home.
- Install a carbon monoxide alarm outside of sleeping areas.
- Carefully use and maintain space heaters, fireplaces and all fuel-burning appliances.

A REPORT FROM STATE REP. CARMINE GENTILE

The 191st General Court of Massachusetts ended in a frenzy of legislation, passing 167 bills Tuesday and into Wednesday morning, finally concluding at 4: 25A.M on Wednesday, January 6, 2021, several hours before new and returning legislators were sworn in to obey and uphold both the United States Constitution and our Massachusetts Constitution. A few hundred miles away insurrectionists invaded the Capitol building as our nation and the world watched in horror. Our democracy was threatened and the peaceful transition of power from one President to the next was challenged for the first time in our history.



In these COVID-19 times many seniors (and younger people as well) find themselves more isolated than ever. Much of the social interaction we all relish and thrive on has been suspended giving rise to loneliness and depression. The Massachusetts House and Senate passed An Act promoting a resilient health care system that puts patients first, and the Governor signed it on January 1st. This legislation requires insurance companies to cover telehealth services, including behavioral health care, increases disclosures to consumers to protect us from surprise medical bills from out of network doctors, and expands scope of practice for Advance Practice Nurses. In March I voted to send \$12 million to

local health boards to combat COVID-19 and recently voted to send them another \$10 million. By the time you read these words, seniors in congregate housing – independent living senior communities as well as nursing homes and assisted living facilities will have been vaccinated.

In life there are givers and takers (and everything in between). In the several decades that I have been part of the Sudbury community one person who stood out for giving of his talent, and most precious gift of time, for many of those years, was Ed Gottman who passed away on January 8th. Ed was the volunteer coordinator at our senior center for almost 20 years *after* he founded the food pantry and had driven for meals on wheels and F.I.S.H. Unassuming, indefatigable, Ed did not look for praise but took quiet satisfaction in helping others in our community and perhaps took some satisfaction in enabling others to assist members of our community. He had a multiplier effect. We thank his wife and family for sharing him with us and offer our heartfelt condolences.

Reach out to 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! Carmine Gentile, State Representative

MANY THANKS!

The Dementia Friendly Sudbury Action Team wishes to Thank:

Donors to our Dementia Friendly special programs, including:

- ◇ **Shaw's Supermarket of Sudbury**
- ◇ **Home Helpers**
- ◇ **Bridges by Epoch Memory Care Assisted Living**
- ◇ **Generations Law Group**



The Sudbury Senior Center wishes to Thank:

The **American Legion Post #191-Sudbury** and **Sudbury Wine and Spirits** for their generous donations to our "Out with 2020!" New Year's event!

And

Bridges by Epoch Memory Care Assisted Living for their donations to the Holiday Baskets!

LEGAL EDUCATION AND CONSULTATION

Legal Education Talks

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

Legal Clinic via Phone

Tuesday, February 9 - 1:00-3:00 PM
Schedule a free 20 minute phone consultation.



SENIOR CENTER LIVE PHONE

Receptionist Answering Live 9:30-11:30 AM

Would you like to ask a question or sign up for a program? Venetia "Tia" Kelly, our awesome Receptionist, will be answering the Senior Center phone (978-443-3055) Monday, Tuesday, Thursday, 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

Caregiver Support Group **on Zoom** 1st Tuesday, February 2, 2:00 PM

Who Is A Caregiver?

Former First Lady Rosalyn Carter once said:

“There are only four kinds of people in this world:

- Those who have been caregivers
- Those who currently are caregivers
- Those who will be caregivers
- Those who will need caregivers

With that in mind, the Caregiver Support Group is expanding its definition of what it means to be a caregiver. According to the National Institute on Aging, if you live an hour or more away from a person who needs care, you are a long-distance caregiver. This kind of care can take many forms, from helping with money management, and arranging for in-home care, to providing respite care for a primary caregiver and planning for emergencies.

After a loved one enters an assisted living facility or nursing home, you are still a caregiver who is involved in making sure that your loved one’s needs are being met, whether these needs include visiting, meeting with staff, advocacy, or dealing with financial issues.

If you are a caregiver who is caring for a loved one at home, in a nursing home, or from a distance, our Caregiver Support Group may be for you. Through shared feelings and expressions, support groups develop a sense of community.

Come join us if you are caring for a loved one with memory loss. Our next meeting is Tuesday, February 2nd at 2:00 p.m. To register, please call the Senior Center at 978-639-3268 or e-mail Ana Cristina Oliveira at oliveiraa@sudbury.ma.us.

Bridges by Epoch Caregiver Programs

Virtual Education Series:

Thu., February 4 @ 11:00AM: Winter Woes

Thu., February 18 @ 11:00AM and 7:00 PM: Caring for the Caregiver

Virtual Caregiver Support Group

Wed., February 10 @ 1:00 PM Caregiver Support Grp

Virtual Memory Café

Wed., February 24 @ 11:00AM

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

Multi-Generational Special Places Project!

The Multigenerational Poster Project - Exploring Special Places

(A collaboration between Goodnow Library and Sudbury Senior Center)

We want to create a way to for all ages to come together to share and compare experiences. The goals of this project are to represent experiences all ages have shared over the past year, to represent our diverse community based on the range of ages, types of experiences, and diverse identities, and to highlight the importance of ‘place’ that we often take for granted.

To participate in the project, the steps are simple.

Access the link: <https://forms.gle/DejizuJSXWqYJ8pf7>

- When you click the link, the questions and information about the purpose appears.
- You then fill in your responses (a few words, or as long as you like). Then click “submit”.

Responses will go to Goodnow Librarian Joanne Lee and she will add each response to the poster. The poster will appear on the library webpage for others to read and respond to. (No email addresses are sent when you send your response. Just the response you shared.)

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” then “Email Groups”. Enter your name and email address, click on “Senior Center News and Information”. We are also happy to help you sign up for Emergency Notifications, just contact us at 978-443-3055 or senior@sudbury.ma.us.

SPECIAL PROGRAMS

Turn the Page Book Group **on Zoom**

Wednesday, February 17, 2021, 1:00 PM

Book: *American Dirt* by *Jeanine Cummins*

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

Grateful Moments Virtual Memory Cafe

February 15th—Entertainment by Lynne Caravan
Join Zoom Meeting

[https://us02web.zoom.us/j/83929738959?](https://us02web.zoom.us/j/83929738959?pwd=aIVWMnFJK3p0WUhnMlNNM0JDaIR4QT09)

[pwd=aIVWMnFJK3p0WUhnMlNNM0JDaIR4QT09](https://us02web.zoom.us/j/83929738959?pwd=aIVWMnFJK3p0WUhnMlNNM0JDaIR4QT09)

Meeting ID: 839 2973 8959

Passcode: 496519

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

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- John Beeler
- Margaret "Peg" Espinola
- State Rep. Carmine Gentile
- Sandy Lasky
- Patricia Lewis
- Robert Lieberman
- Robert May
- Dr. Patricia Tabloski

SUDBURY SENIOR CENTER STAFF

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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 /VACCINATION SCAMS

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 at www.sudbury.ma.us/assessor, or contact them for information and brochures at 978-639-3395 or at assessors@sudbury.ma.us.

Warning: Beware of COVID-19 Vaccination Scam Offers

As the Americans line up for COVID-19 vaccine injections, so also are the scammers preparing to use this opportunity to scam you. Don't get scammed! Most Medicare beneficiaries will not have to pay to get this vaccine during this public health emergency. If someone offers to put you on a vaccination list in exchange for money, you are being scammed.

No one will call you asking for your Social Security number, your credit card number, or bank account information to sign you up to get the vaccine. If you get a call, text, email, or someone knocking on your door claiming they can get you early access to the vaccine, you are being scammed. You can report scams by calling the Massachusetts Senior Medicare Patrol Program's Report-A-Scam line at 978-946-1243 or email to ReportAScam@MASMP.org.

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

639-3268.

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-

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.

GOODNOW LIBRARY/SENIOR CENTER PROGRAMS

LEARNING TO ZOOM

Goodnow Library Programs in February

Feb. 10, Wednesday: The Goodnow True Crime Book Club

Feb. 12, Friday: Craft Workshop (for adults!)

Feb. 18, Thursday: The Great American Read Book Club

Feb. 24, Wednesday: Sudbury CARES Ted Talk discussion

Feel free to contact the Reference Department with any questions at (978) 440-5520!

Friends of Goodnow Trivia Night

Friday, February 5, 7:30 PM

Join the Friends of Goodnow for a zany night of virtual trivia fun. \$25 for a team of 1-6 players. Register at www.friendsofgoodnow.org before Feb 2nd.

Connection Circle on Zoom - Thurs., 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.

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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The Senior Scene



Or Current Occupant



Sudbury Senior Center

Phone: 978-443-3055

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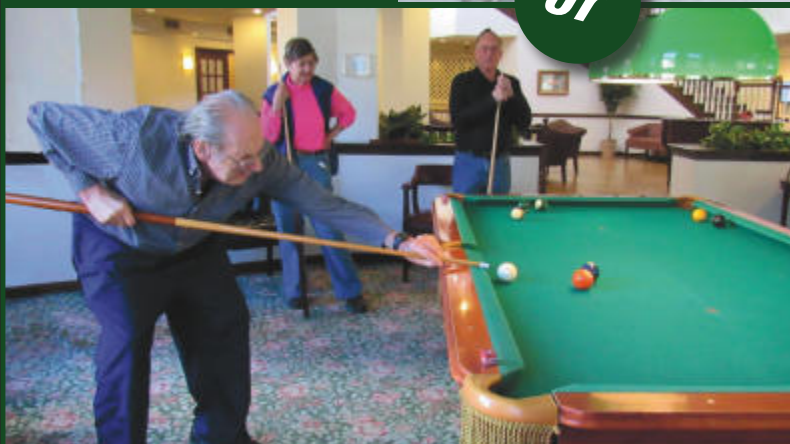


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