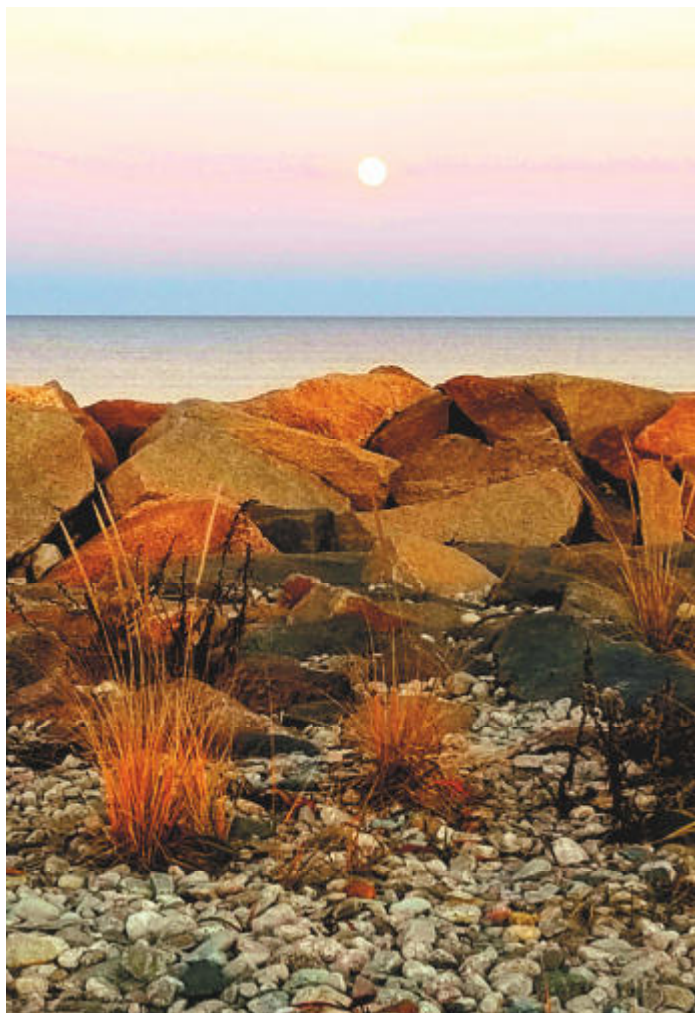


*A Publication of the Sudbury Senior Center:  
the place for information, learning and connection for all older adults!!*



Sunset at Plymouth Long Beach, Plymouth MA courtesy of Sharon K. Wilkes

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Dear Readers -

### SAVE A TREE!

We hope that you benefit from this newsletter by 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 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](mailto: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. As always, please reach out if you have questions or concerns! Thank you.

**A MESSAGE FROM DIRECTOR DEBRA GALLOWAY**

Hello Everyone,

I hope you are managing well during this new phase of the pandemic - for those 75 and older, the stress of finding a vaccination appointment! Fortunately, we are hearing that many of you have begun to find appointments. We have also been able to connect several people with organizations who are offering vaccinations and with information about the vaccination process. Please let us know if you need help and we will try to assist you. Unfortunately, due to safety concerns we are not able to formally register people online and the Sudbury Health Dept. has not been able to get any vaccine. However, the State Call Center for vaccinations is up and running and helping people connect with appointments (dial 2-1-1).

Big news for me! By the end of March, I will be taking a non-paid leave of absence for a couple of months to hike and backpack a long section of the Appalachian Trail with my husband - a longtime dream of ours. I feel extremely fortunate and grateful to the Senior

Center staff, the Town Manager and Town. Ana Cristina Oliveira, Senior Center Outreach Specialist, will be the Acting Director while I am away. Thank you Ana Cristina! In order to simplify some of the work, I have created a double newsletter issue, March and April. Sharon Wilkes, Senior Center Program Coordinator, will be editing the newsletter while I am away, and helped with this issue. Thank you Sharon! I am grateful to the Senior Center staff and volunteers for their dedication and hard work toward our mission to support the older residents of Sudbury.

On another note, I missed a Thank you last month. Many thanks to *Seniors Helping Seniors* for sponsoring Dementia Friendly Sudbury caregiver support in December, brightening the day of our Sudbury caregivers!

We continue to offer lots of educational and fun events virtually while we wait for it to be safe to reopen. Please contact us to participate or for help!

*Debra Galloway, Director*



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## LEARN HOW TO USE UBER &amp; LYFT ON ZOOM

### Ride Hailing 101: How to Use Uber & Lyft

Wednesday, March 3 at 12:30 PM

Get prepared for Sudbury's new grant-funded Uber program. Are you looking for ways to save on transportation costs? Are you curious how rideshare services (like Uber & Lyft) might work for you? Learn to use your smartphone intelligently and ride-share. Specialists from the TRIPPS program will introduce participants to ride-sharing, answer questions, and download the app (for those with a smartphone). If you plan on downloading the app, please have your smartphone and **your Apple ID or Google password**. This program is supported MCOA. Our presenter will be Jane Gould, PhD., a transportation planner and author of "Aging in Suburbia".

To register for this program contact Tia Kelly at [senor@sudbury.ma.us](mailto:senor@sudbury.ma.us) or call 978-443-3055.

## IRISH TALES AND SONGS ON ZOOM

### A Celtic Celebration: Tales and Songs

Tuesday, March 9 at 12:30 PM

Grab a cup of hot coffee and get comfy as you listen to some tales and songs from Ireland, Scotland and Wales. Hear about stories of seal folk and wee folk and join in singing some songs from popular story teller Davis Bates. Davis Bates grew up in Sudbury, is a graduate of Lincoln-Sudbury Regional High School, and is an award-winning storyteller who has over forty years of experience presenting programs in a wide variety of settings around the Northeast.

This program is supported in part by a grant from the Sudbury Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

To register for the program please email Tia Kelley at

[senior@sudbury.m.us](mailto:senior@sudbury.m.us) or 978-443-3055.



## BRAIN HEALTHY NUTRITION VIDEO LINK

Nancy Emerson Lombardo, Ph.D.  
Boston University School of Medicine

Dr. Lombardo shares 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>.

## THE CUBAN MISSILE CRISIS ON ZOOM

### The Untold Story of the Cuban Missile Crisis

Tuesday, March 23 at 12:30 PM



We are pleased to host NY Times best-selling author Michael J. Tougias. This exciting and fascinating talk is based on the best-selling book co-authored by Tougias, "Above &

Beyond: JFK and America's Most Dangerous Spy Mission".

Special emphasis is given to the heroes of the crisis: the U-2 pilots who flew unarmed over Cuba to secure the photographic proof that the Soviets were installing nuclear missiles on the island. These pilots helped President Kennedy achieve a difficult objective: have the nuclear missiles removed from Cuba without triggering Armageddon. JFK secretly audio recorded every meeting conducted during the Cuban Missile Crisis. These transcripts, as well as recently declassified CIA documents, form the basis of this fascinating analysis into JFK's successful decision making.

To register for this program email Sharon K. Wilkes, Program Coordinator at [wilkess@sudbury.ma.us](mailto:wilkess@sudbury.ma.us)

## IRISH POETS ON ZOOM

### Irish Poets of the Early Twentieth Century

Tuesday, March 30 at 12:30 PM

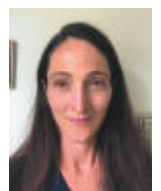
Brian O'Connell from Sage Educational Services will be on Zoom to discuss the poetry and lives of selected Irish poets from the late 1800's through the early 1900's. We shall look at some of the influential poets of the period, including: William Butler Yeats, James Joyce, Oscar Wilde, Dylan Thomas, Katharine Tynan, Samuel Beckett and Brendan Behan.

Brian has been a life-long proponent of poetry and its ability to stimulate the mind and enrich the spirit.

To register for the program please email Tia Kelley at [senior@sudbury.m.us](mailto:senior@sudbury.m.us).



Venetia "Tia" Kelly,  
Receptionist



**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](mailto: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](http://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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## VIRTUAL COFFEE HOUR

## COFFEE HOUR

March 8, 2021  
at 11:15 AM

Join Director Debra Galloway as she hosts a virtual coffee hour with our Town Manager Henry L. Hayes, Jr. to discuss the latest town news in Sudbury.

To register: contact Tia Kelly, Receptionist, at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) or call 978-443-3055.



## SPECIAL ZOOM EVENT - RUSSIA

## USSR- Russia Myths, Mysteries and Spying

Tuesday, April 13  
at 12:30 PM



From the Bolshoi Theater and the Kremlin Museum, to the Three Great Mysteries of Russia and the overthrow of Communism - you do not want to miss this special presentation with Henry Quinlan!

This will be a one-hour presentation based on Mr. Quinlan's 30 years' involvement with the former Soviet Union and Russia, including living in Moscow for five years during the demise of the USSR and the rise of the new Russia. Be prepared to be entertained and educated about the Hermitage, Moscow Subway, Pushkin Museum, along with the Czar's Jewels, and Soviet Space facilities. Mr. Quinlan has many fascinating stories to share from his many years in Russia including encounters with the Russian mafia.

Please contact Tia Kelly, Receptionist, at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us), to register for this special event on Zoom.

## CONTINUING GREAT COURSES

## Ottoman Empire – Part II

Wednesdays from 9:30 to 11:00 AM  
February 3 - March 31

From Monet to Van Gogh:  
A History of Impressionism

Mondays, 10:00 - 11:00 AM, Feb. 8 - Mar. 22

## Music as a Mirror of History

Tuesdays - 9:30-10:15 AM, March 2 - April 20

## ST PATRICKS'S DAY LUNCH

## St. Pat's Grab 'n' Go Lunch!

Monday, March 15  
(Snow date: Tuesday, March 16)



Your Senior Center staff will greet you outside with a smile and hand you a boxed lunch from The Buffet Way of Marlborough. Lunch is a corned beef sandwich on pumpernickel bread, chips, dill pickle spear and for dessert grasshopper pie.

**Registration for lunch begins on March 1.** Sign up is limited to the first 50 people who register. Please contact Chery Finley at [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us) to sign up or call 978-639-3269.

NOTE: *The Drive Thru schedule will split attendees into two groups due to the cold weather.*

Thank you to the Friends of Sudbury Seniors for sponsoring this event!



## APRIL GRAB N GO

## Honey Baked Ham Grab 'n' Go Lunch

Tuesday, April 20

Stop by for a special drive-thru lunch. Perhaps make a plan with a friend and park at Haskell Field while you have lunch in your car.



Sudbury Housing Authority is sponsoring this lunch through special grant funding. Lunch includes: a *Honey Baked Ham* sandwich topped with Swiss cheese, lettuce, tomato, on a flaky croissant with Deep River® Kettle Chips, a chocolate chip cookie and a bottle of water in a separate sandwich box.

**Registration for lunch begins on April 1.** Sign up is limited to the first 45 people who register. Please contact Chery Finley at [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us) to sign up or call 978-639-3269. You must make your reservation by Friday, April 16 in order to participate, spaces fill up fast, so contact us early!

## SHORT STORY GROUP ON ZOOM

## Short Story Group on Zoom

2nd & 4th Thursdays - March 11, 25, April 8, 22; 1-2 PM  
Contact Chery Finley, [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us) or 978-639-3269 for more information.

## GREAT AMERICAN BESTSELLERS

*The Great Courses DVD Series*

**Great American Bestsellers:  
The Books that Shaped America -  
Pt. 1 - 7 Wednesdays, 9:30 -10:45  
April 14 - May 26**



Why do bestsellers matter? A good place to start is probably with a definition: What is a best-seller? The phrase may seem self-evident, but in fact there is room for debate. Sign up to learn more...

Prof. Peter Conn lectures:

- 4/14 *Why Do Bestsellers Matter?/Bay Psalm Book*
- 4/21 *Common Sense/The Last of the Mohicans*
- 4/28 *Uncle Tom's Cabin/Ragged Dick*
- 5/5 *Little Women/Huck Finn*
- 5/12 *Virginian/House of Mirth*
- 5/19 *The Jungle/Main Street*
- 5/26 *The Maltese Falcon/The Good Earth*

Please register by contacting Chery Finley at [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us) or call 978-639-3269. This is the first 14 of 24 31-minute lectures.

## DISTRICT ATTORNEY ON SCAMS

**District Attorney Marian T. Ryan Seminar  
on COVID-19 Scams and Isolation**

Tuesday, March 16<sup>th</sup> at 11:00 AM - Virtual Meeting

D.A. Ryan will discuss the impacts of the COVID-19 pandemic including the increase in scams. She will also focus on the lasting impacts of isolation and how to mitigate feelings of loneliness. To register: [https://actonma.zoom.us/webinar/register/WN\\_hdCeL3tLT9KfKhpTOL7DvQ](https://actonma.zoom.us/webinar/register/WN_hdCeL3tLT9KfKhpTOL7DvQ)

Questions: [sball@acton-ma.gov](mailto:sball@acton-ma.gov); 978-929-6453.

## ARTS PROGRAMS

**Wonderful Watercolors! On Zoom**

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

Next: Apr. 9, 16, 23, 30, May 7, 14, 21, 28

8 Fridays, 11:30-1:30 and 1:45-3:45 PM\* **\$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 [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us).

## FITNESS INFORMATION-VIRTUAL CLASSES

**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  
Next: Mar. 15, 22, 29, Apr. 5, 12, 26, May 10, no 4/19, 5/3



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;

Next: April 9, 16, 23, 30, May 7, 14, 21, 28

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\***

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

Next: Apr. 15, 22, 29, May 6, 13, 20, 27, June 3



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

**REGISTRATION for T'ai Chi, Chair Yoga and S.A.I.L**

Email Chery Finley at [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us). Please mail your check to the Sudbury Senior Center, 40 Fairbank Rd., Sudbury, MA 01776. 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 before the class. Please sign up at least 2 days before class starts. **\*Thanks to the Friends for helping to reduce the cost of fitness classes for two sessions.**

## FITNESS CLASS IN GYM

**Fit for the Future -Physically Distanced Class**

Wednesdays, March 3, 10, 17, 24, 31, Apr. 7, 14, 21\*, 28  
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. 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](mailto:finleyc@sudbury.ma.us). \*Only 6 students 4/21

## TRIBUTE TO WWII GENERATION



**The Greatest Generation:  
A Tribute to the Heroes of WWII**  
Tuesday, April 6 at 12:30 PM

We are so excited to offer this 90-minute Zoom program by the Small Planet Dancers that commemorates the history of the war through routines set to Big Band music and is performed in authentic military and 1940's dress. Included are readings about the Tuskegee Airmen, the Navajo Code Talkers and the 442<sup>nd</sup> Infantry. Familiar songs of the era are sung and accompanied on piano.

Additionally, through live streaming, the performers discuss the routines, share personal stories of their interest in World War II and relate the impact of the war back home.

This program is supported in part by a grant from the Sudbury Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

Funding also provided by the *Friends of Sudbury Seniors*. To register for this event please email Tia Kelly at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) or call 978-443-3055.



It was one of  
those March days  
when the sun  
shines hot and the  
wind blows cold:  
when it is summer in the light,  
and winter in the shade.

*Great Expectations* by Charles Dickens

## CALL THE SENIOR CENTER



Hello, Hello, Hello . . .

**Live Answering Service**

**Call the Senior Center at 978-443-3055**

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 Monday, Tuesday, Thursday & Friday, between 9:30-11:30 AM. We expect a high call volume, so she may not answer your call immediately, but will get back to you promptly. We hope that this is helpful and that we can continue to offer this in the coming months.

## THANKS TO FRIENDS OF SUDBURY SENIORS

**The Friends of Sudbury Senior Citizens, Inc.**

The *Friends* are providing a lot of funding support to Senior Center programming which is allowing us to minimize or eliminate fees during the pandemic. Many thanks to the *Friends*!

## TAX PREPARATION

**AARP Tax Preparation**

**Thursdays and Fridays by Appt. Only**

Due to the pandemic, we are planning to offer AARP Tax Preparation assistance with special safety protocols. Appointments will be available on Thursdays and Fridays through April 9. The method of operation will depend on the current situation and level of safety needed.

AARP sponsored Tax Preparation is targeted to taxpayers with incomes of: **single up to \$60,000, head of household up to \$75,000, and couples filing jointly up to \$80,000.**

Please complete the AARP Intake form, and bring that and your last year's tax return, and all of your income and tax paperwork with you to the appointment.

You will be COVID screened before entering the Senior Center for a brief check-in with the Tax preparer. Everyone is required to wear a mask and to wash their hands using sanitizer. Limited appointments are available. No shows may not be able to be rescheduled.

Please contact Chery Finley, Admin. Coordinator, to sign up at [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us) or 978-639-3269.

## MARCH 2021 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
10:00 From Monet to Van Gogh : History of Impressionism (Lec. 5, 6) (DVD series from Clifton's) 2:15 Tai Chi (7)	9:00 <i>English Learner Class</i> 9:30 <i>Music as a Mirror of History (17)</i> 2:00 Sudbury Virtual Caregiver Group (Zoom)	9:30 <i>The Ottoman Empire (Lectures 27, 28) (Zoom)</i> 11:00 <i>Fit for the Future</i> 12:30 <i>Ride Hailing 101: Learn how to use Uber and Lyft</i>	AARP Tax Help by Appt. 9:15 Staying Active and Independent for Life Fitness (3) (Zoom) 10:00-12:00 Current Events (Zoom) 2:30 Connection Circle (Zoom)	AARP Tax Help by Appt. 9:30 Chair Yoga (4) 11:30 Watercolors (4) 1:45 Watercolors (4)
8	9	10	11	12
10:00 From Monet to Van Gogh : History of Impressionism (Lec. 7, 8) 11:15 Town Manager Coffee Hour 2:15 Tai Chi (8, last)	9:00 <i>English Learner Class</i> 9:30 <i>Music as a Mirror of History (18)</i> 12:30 <i>A Celtic Celebration with storyteller Davis Bates</i> 1-3 Legal Clinic (on phone)	9:30 <i>The Ottoman Empire (Lectures 29, 30) (Zoom)</i> 11:00 <i>Fit for the Future</i> 1:00 <i>Meals on Wheels Volunteer Gathering on Zoom</i>	AARP Tax Help by Appt. 9:15 Staying Active and Independent for Life Fitness (4) (Zoom) 10:00-12:00 Current Events (Zoom) 1:00 Short Story Group (Zoom) 2:30 Connection Circle (Zoom)	AARP Tax Help by Appt. 9:30 Chair Yoga (5) 11:30 Watercolors (5) 1:45 Watercolors (5)
15	16	17	18	19
10:00 From Monet to Van Gogh: History of Impressionism (Lec. 9, 10) 12:00 St. Patrick's Day Grab n Go Lunch 2:15 Tai Chi (1)	9:00 <i>English Learner Class</i> 9:30 <i>Music as a Mirror of History (19)</i> 11:00 <i>DA Ryan Seminar on Zoom</i> SNOW DAY - St. Patrick's Day Grab n Go lunch	9:30 <i>The Ottoman Empire (Lectures 31, 32) (Zoom)</i> 11:00 <i>Fit for the Future</i> 1:00 Turn the Page Book Group (Zoom)	AARP Tax Help by Appt. 9:15 Staying Active and Independent for Life Fitness (5) (Zoom) 10:00-12:00 Current Events (Zoom) 2:30 Connection Circle (Zoom)	AARP Tax Help by Appt. 9:30 Chair Yoga (6) 11:30 Watercolors (6) 1:45 Watercolors (6)
22	23	24	25	26
10:00 From Monet to Van Gogh: History of Impressionism (Lec. 11, 12, last) 2:15 Tai Chi (2)	9:00 <i>English Learner Class</i> 9:30 <i>Music as a Mirror of History (20)</i> 12:30 <i>Cuban Missile Crisis Lecture with Author Michael Tougias</i>	9:30 <i>The Ottoman Empire (Lectures 33, 34) (Zoom)</i> 11:00 <i>Fit for the Future</i>	AARP Tax Help by Appt. 9:15 Staying Active and Independent for Life Fitness (6) (Zoom) 10:00-12:00 Current Events (Zoom) 1:00 Short Story Group (Zoom)	AARP Tax Help by Appt. 9:30 Chair Yoga (7) 11:30 Watercolors (7) 1:45 Watercolors (7)
29	30	31		
(Space for delayed Impressionism class) 2:15 Tai Chi (3)	9:00 <i>English Learner Class</i> 9:30 <i>Music as a Mirror of History (21)</i> 12:30 <i>Irish Poets with Instructor Brian O'Connell</i>	9:30 <i>The Ottoman Empire (Lectures 35, 36, last) (Zoom)</i> 11:00 <i>Fit for the Future</i>	GREEN—Great Learning Series RED—Special Event BLUE—Fitness Class	

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## APRIL 2021 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
	<b>GREEN—Great Learning Series</b> <b>RED—Special Event</b> <b>BLUE—Fitness Class</b>		<b>AARP Tax Help</b> 9:15 Staying Active and Independent for Life Fitness (7) 10:00-12:00 Current Events (Zoom) 2:30 Connection Circle	<b>AARP Tax Help</b> 9:30 Chair Yoga (8, last) 11:30 Watercolors (8, last) 1:45 Watercolors (8, last)
5	6	7	8	9
10:00 Museum Masterpieces: Metropolitan Museum of Art (Lec. 1, 2) Zoom 2:15 Tai Chi (4)	9:00 English Learner Class 9:30 Music as a Mirror of History (22) 12:30 The Greatest Generation 2:00 Sudbury Senior Center Virtual Caregiver Group	9:30 (Snow date: Ottoman Empire) (Zoom) 11:00 Fit for the Future (G) (by reservation)	<b>AARP Tax Help</b> 9:15 Staying Active and Independent for Life Fitness (8, last) * 10:00-12:00 Current Events (Zoom) 1:00 Short Story Group 2:30 Connection Circle	<b>AARP Tax Help</b> 9:30 Chair Yoga (1) 11:30 Watercolors (1) 1:45 Watercolors (1)
12	13	14	15	16
10:00 Museum Masterpieces: Metropolitan Museum (Lec. 3, 4) Zoom 2:15 Tai Chi (5)	9:00 English Learner Class 9:30 Music as a Mirror of History (23) 12:30 USSR: Myths, Mysteries & Spying with Henry Quilan 1-3 Legal Clinic (on phone) 2:00 Council on Aging	9:30 Great American Bestsellers (1) (Zoom) 11:00 Fit for the Future (G) (by reservation)	9:15 Staying Active and Independent for Life Fitness (1) 10:00-12:00 Current Events (Zoom) 2:30 Connection Circle	9:30 Chair Yoga (2) 11:30 Watercolors (2) 1:45 Watercolors (2)
19	20	21	22	23
Patriots Day Holiday  Senior Center Closed	9:00 English Learner Class 9:30 Music as a Mirror of History (24, last) Grab n Go (reservations required) Sponsored by Sudbury Housing/ Musketahquid Village	9:30 Great American Bestsellers (2) (Zoom) 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 (2) 10:00-12:00 Current Events (Zoom) 1:00 Short Story Group 2:00 Friends of Sudbury Seniors 2:30 Connection Circle	9:30 Chair Yoga (3) 11:30 Watercolors (3) 1:45 Watercolors (3)
26	27	28	29	30
10:00 Museum Masterpieces: Metropolitan Museum (Lec. 5, 6) Zoom 2:15 Tai Chi (6)	9:00 English Learner Class 9:30-10:30 The Symphony (Lec. 1)	9:30 Great American Bestsellers (3) (Zoom) 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 (Zoom) 2:30 Connection Circle	9:30 Chair Yoga (4) 11:30 Watercolors (4) 1:45 Watercolors (4)

The Great Courses'  
**Museum Masterpieces:**

**The Metropolitan Museum of Art**

12 Mondays, 10:00 AM

Apr. 5, 12, 26, May 3, 10, 17, 24, Jun. 7, 14, 21, 28, Jul. 12

With Prof. Richard Brettell, PhD. **Sign-up starts Mar. 15**, contact the Senior Center at senior@sudbury.ma.us or 978-443-3055. Two 30-min. lectures each week.

The Great Courses'

**The Symphony - Part 1**

12 Tuesdays, 9:30-10:30 AM

April 27-July 13

With Prof. Robert Greenberg, PhD. We will start with the first 12 lectures. **Sign-up starts April 1**, contact the Senior Center at senior@sudbury.ma.us or 978-443-3055. One 45 minute lecture each week.

## Volunteer Program Coordinator, Janet Lipkin

The phrase “March comes in like a lion, out like a lamb” represents the change and hope that I feel as I look back at the challenges of the past 12 months and where we are now ...yes, finally, change is in the air...the COVID-19 vaccine is being distributed and administered, the daylight is longer, and spring is nearer. Navigating the past 12 months has certainly been daunting for many, but as a community, we have come together in amazing ways. The Volunteer Programs of the Senior Center have been a lifeline to many, offering a way to get grocery shopping done, making new friendships through phone calls and Zoom, delivering meals, supplying residents with sand for use on walkways and driveways, providing technological support, and much more! Our volunteers are truly a wonderful group of dedicated, kind, caring individuals. We are so grateful to each and every one. Many of the current volunteer programs were the brainchild of Ed Gottmann, the former Volunteer Coordinator, who passed away in January. Whenever Ed saw a need, he found a way to take care of it. He was a role model to humanity, and we drew, and will continue to draw, inspiration from him. His legacy lives on in the volunteer programs he created which continue to provide needed services to the residents of the town.



This month we highlight the dedication and years of service of Kathleen Fitzgerald, our SHINE (Serving the Health Insurance Needs of Everyone) counselor who recently retired after 12 years. Thank you to Senior Center volunteer Debra de Bastos for interviewing Kathleen, and for the excellent write-up! (see pg 13). Last month we held Zoom Coffees for volunteers by role(s). It was a time to reflect about the particular volunteer program, share conversation and experiences, offer insights, learn about new guidelines and protocols, and ask questions. We will be “gathering” again soon and I will keep you updated, especially related to resuming volunteer programs.

### A few reminders:

- Volunteers are required to wear their name badge when doing volunteer work for the Senior Center. If you became a volunteer within the past year and have not yet picked your name badge up, please do so. Contact Janet Lipkin for details.



- Volunteers are required to have up-to-date paperwork and credentials. You will get a notification if any of your paperwork needs updating. If you have any questions, please contact Janet Lipkin at 978-639-3223 or via email ([LipkinJ@sudbury.ma.us](mailto:LipkinJ@sudbury.ma.us)).

- We have a new Volunteer Handbook! When you receive it, we ask that you please save it and refer to it, as it is filled with important information. If you have any questions about it, please contact Janet Lipkin at 978-639-3223.

*Thank you to each and every volunteer for being the kind and caring person that you are. You are truly making a difference in the lives of others. -Janet Lipkin*

### Volunteer Quotes of Note:

*“Volunteering is an act of heroism on a grand scale. And it matters profoundly. It does more than help people beat the odds; it changes the odds.”*



– William J. Clinton

*“There is no better exercise for your heart than reaching down and helping to lift someone up.”*

– Bernard Meltzer

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

– Albert Schweitzer



## 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.



## DEMENTIA FRIENDLY BUSINESS

### Dementia Friendly Sudbury Business Spotlight

**Generations Law Group** has supported the mission of Dementia Friendly Sudbury, supporting community members living with dementia and their caregivers in the Sudbury community, in the following ways:

- All employees of Generations Law Group are Dementia Friends and have attended a Dementia Friends Info Session.
- Attorney Samantha Gentel is a Certified Dementia Practitioner (CDP) with the National Council of Certified Dementia Practitioners.
- Generous donations of time and funds to help our Action Team further our goals.

Generations Law Group provides elder law services, including MassHealth planning and applications, asset protection, estate planning, and crisis management to our local community. They can be reached at 978-263-0006.

If you or your business would like more information on how you can support the Dementia Friendly Sudbury Action Team, contact Ana Cristina Oliveira at

## Multi-Generational Special Places Project!

### Goodnow Library and the Sudbury Senior Center The Multi-generational Project - Exploring Special Places

An opportunity for all ages to come together to share and compare experiences that we 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 on the front page of the Goodnow Library website, [www.goodnowlibrary.org](http://www.goodnowlibrary.org).

- When you click on the "Share Your Experience" box, 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".

Goodnow Librarian Joanne Lee has compiled the responses in the link at the bottom of the page - ***click the link to check it out!***

## CAREGIVER INFORMATION

### Sudbury Senior Center Caregiver Support Group **on Zoom** 1st Tuesday, March 2, 2:00 PM

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/cognitive impairment. To register, please call the Senior Center at 978-639-3268 or e-mail Ana Cristina Oliveira at [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us).

## CAREGIVER WORKSHOPS/MEMORY CAFES

### Bridges by Epoch Caregiver Programs

Bridges by Epoch of Sudbury offers many monthly educational workshops, Memory Cafes and Caregiver Support Groups. Please see their schedule at [www.bridgesbyepoch.com](http://www.bridgesbyepoch.com). You can get more information and RSVP by calling Cindy Gerante at 978-261-7007 or emailing [cgerante@bridgesbyepoch.com](mailto:cgerante@bridgesbyepoch.com).

## 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, 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

## SPECIAL PROGRAMS

**Turn the Page Book Group on Zoom**  
Wednesday, March 17 and April 21, 2021, 1:00 PM  
March Book: *Ordinary Grace* by William Kent Krueger  
April Book: *The Henna Artist* by Alka Joshi  
Contact Sharon Wilkes at [wilkess@sudbury.ma.us](mailto:wilkess@sudbury.ma.us).

## LEGAL HELP

### Legal Clinic via Phone

Tuesday, March 9, April 13 1:00-3:00 PM  
Schedule a free 20 minute phone consultation with one of our volunteer Elder Law Attorneys. Also, look for **Legal Talks** by these same attorneys on SudburyTV, or local cable station.

**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.

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Volunteer Program Coordinator  
Janet Lipkin

COUNCIL ON AGING SEEKING MEMBERS

**Sudbury Council on Aging Seeks New Members**

Join our Team! The Sudbury Council on Aging (COA) is seeking energetic and passionate individuals to join our Board of Directors. We are searching for two new members who would like to work with others who have volunteered their time to support and promote the COA mission, help develop connections to plan for the future of the Senior Center/Community Center, and bring enthusiasm and knowledge of social networking to help us plan for the future.

The focus of our Council is to provide oversight while influencing policy, building community relationships, participating in strategic planning, and giving voice to the needs of older Sudbury residents who now represent a growing and dynamic segment of our town's citizenry. Our Council meets once a month (virtually at this point) and members serve as liaisons to other town advisory boards according to their interests. Seniors, non-seniors interested in aging issues, persons with disabilities, and diverse persons are encouraged to apply. If you are interested in volunteering on a dynamic Board and have a passion for advancing issues related to aging, health and quality of life in your community, we invite you to contact the Senior Center for an application at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) or 978-443-3055.

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](mailto:senior@sudbury.ma.us) (unless otherwise indicated).

**Consultation**

**Outreach and Information**

– Information about resources and services for older adults, caregivers, and their families in Sudbury. Free consultation by appointment.

**Legal Clinic** - Free 20-minute phone consultation by appointment.

**S.H.I.N.E./Medicare Help (Serving the Health Information Needs of Everyone on Medicare)-** Free consultation on Medicare health insurance by appointment. Call Ana

Cristina Oliveira, at 978-639-3268.

**Community Services**

**Phone Buddies**-Volunteers make weekly calls to older adults who would like to socialize.

**Friendly Visitor Program**-Volunteers make weekly phone calls to Seniors unable to leave their homes to socialize.

**Grocery Shopping– For critical need only** - 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.

## VOLUNTEER PROFILE: KATHLEEN FITZGERALD

“SHINE” is certainly what Kathleen Fitzgerald did during her 15 years as a volunteer SHINE counselor, the last 12 of which were in Sudbury.

Kathleen and her husband have lived in Sudbury for 25 years and raised their two daughters here. Kathleen grew up in a medical family in Bethesda, Md. She always had a strong interest in health care policy and went to law school planning to focus on health care clients. She loved her position as associate general counsel for Harvard Community Health Plan (HCHP), New England’s first HMO, where she was part of a team driven to create an alternative, more affordable model of health care. Although it was fulfilling to be part of a fast-growing organization on the cutting edge of change, it was also very demanding. Part-time work was not a viable option. Therefore, after six years, Kathleen left her position to raise her growing family. She then found many opportunities to consult for academic medical centers and insurers who desperately needed short-term help due to maternity leaves or other pressing situations.



After advising medical insurers and providers, Kathleen switched to the consumer side. She worked at a small elder and disability law firm where she helped her clients navigate the health care system. During this time she shared her knowledge with other professionals by writing chapters for legal education books on Medicare.

When Kathleen’s husband retired, Kathleen wanted to find a way to keep using her health care knowledge on a reduced schedule while spending time with him in his retirement. She learned about SHINE, a volunteer counseling program providing free, personalized, unbiased advice to anyone on Medicare, elderly or disabled. Kathleen’s decision to become a certified counselor was a blessing for Sudbury. The Town gained a highly experienced, hard-working and committed professional who went on to give 12 years of volunteer service.

Being a SHINE counselor requires a big commitment and a big heart. SHINE counselors come from all walks of life but share the desire to help people evaluate their health care options. They must complete an intensive six-week training course and pass the certification exam. Then there are monthly training meetings and annual recertification exams. Counselors meet with clients several hours every week throughout the year

and add many more appointments during fall open enrollment. They handle a wide range of matters, including enrollment at initial eligibility; adding, dropping or switching plans; identifying public assistance options and helping with applications; solving problems with denial of care, billing disputes and termination of coverage; and accessing long-term care. Medicare is becoming more complex all the time with endless options, leaving many people bewildered. The counseling is especially challenging when clients have significant medical needs and/or limited finances.

Kathleen could not say enough about her rewarding experience as a SHINE counselor. One example was helping cancer patients pay for their expensive specialty medications by carefully researching drug plans, screening for public assistance and exploring private grants. “It was probably the most rewarding work of my life.” In addition to the satisfaction of working with her clients, she appreciated the ongoing support of the Senior Center directors and the employees who gladly gave up their offices when space was tight so Kathleen could hold private meetings with clients. She also enjoyed the other committed volunteers with whom she worked and developed friendships. Kathleen went on to say that “Sudbury is lucky to have a senior center that strongly supports the SHINE program.”

Although it was hard for me to get Kathleen to talk about things other than her fulfilling experience as a SHINE counselor, with some prodding I learned that she met her husband of 38 years through folk dancing, a passion that greatly enriched their lives. They traveled behind the Iron Curtain to Bulgaria, Romania and Yugoslavia in search of traditional folk dance, discovered hurdy gurdy museums in France and Appalachian clogging in Asheville. They performed in a folk-dance ensemble that traveled throughout New England, making many friends. Kathleen also plays classical piano.

Kathleen decided to leave SHINE during the pandemic to help care for her two grandchildren, when her older daughter, who recently moved back to Sudbury after living nine years in England, lost her childcare. That way, her daughter could continue her career as a senior manager in e-commerce.

Kathleen’s younger daughter recently finished her medical residency at Boston Children’s Hospital and is working as a pediatrician in Providence. This daughter

**VOLUNTEER PROFILE - CONT'D FROM P. 13** **S.H.I.N.E. MEDICARE INFORMATION**

continued the family tradition of dance and music as an accomplished Irish step dancer who made it to the World Championships.

Since Kathleen left during the pandemic, she regrets that she was not able to say goodbye to her clients, co-volunteers and staff. Although she will miss SHINE, Kathleen leaves with wonderful memories and is grateful to have had the opportunity to help others.

The Town of Sudbury will greatly miss Kathleen and is so thankful for her incredible volunteer commitment to the SHINE program and the countless hours she spent helping Sudbury residents with their health care needs. Kathleen is a special person who is full of compassion and energy. Her energy will now be focused on family, especially her grandchildren, and the opportunity for more travel and music.

You may still be able to change Medicare plans during 2021. If you have been in a Medicare Advantage (HMO or PPO) plan since the beginning of the year, a change can be made once through the end of March. You can switch to a different Medicare Advantage plan or go back to Original Medicare and a drug plan, and add a Medigap plan, if you want.

You may also be able to change plans if you're a Prescription Advantage member, if you're getting Extra Help with your Medicare drug coverage, if you've have recently moved, or for other reasons.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on these issues and all Medicare options. Due to COVID-19, counseling is being done by phone. To schedule a SHINE appointment, contact senior@sudbury.ma.us or 978-443-3055. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Your voicemail will be returned.

**Get Personalized Help Learning Zoom**

Contact Janet Lipkin, Volunteer Program Coordinator at [lipkinj@sudbury.ma.us](mailto:lipkinj@sudbury.ma.us) or 978-639-3223.



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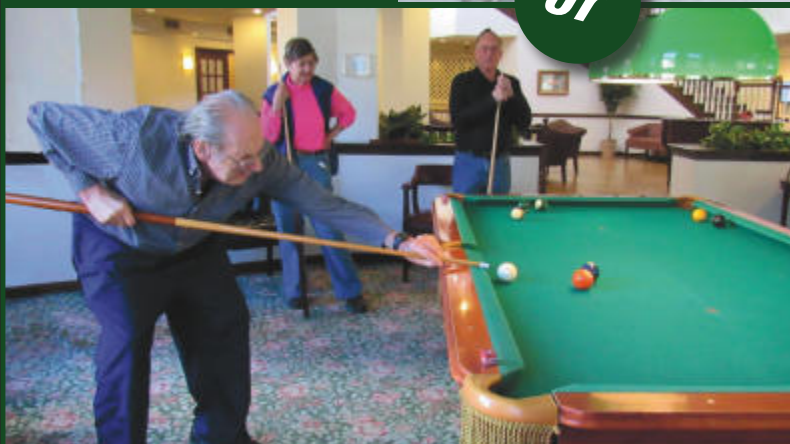


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