

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



Memorial Beach , Webster MA

Photo courtesy of Sharon K. Wilkes

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Sharon, Sam, Linda and Amy handed out over 55 lunches that were generously donated by Heart to Homes.



Chery, Janet and Debra checked in attendees at the St. Patrick's Day Grab N' Go.

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

A message from our Acting Director, Ana Cristina Oliveira**Caregiving, Memory Loss, and the Pandemic**

During the pandemic, many have experienced isolation, depression, separation from family and friends, and a sense of foreboding about the future. Imagine, if you will, that you are a caregiver for a loved one with memory loss. As stressful as this role can be at times, the added impact of the pandemic has made the caregiver's role that much more complex. Increased isolation may result in worsening cognitive impairment. Common health conditions that often accompany dementia may increase the risk of contracting Covid-19.

The person with dementia may not understand the level of stress the caregiver may be under. Caregivers should stay as calm as possible, since people experiencing memory loss can often read non-verbal cues and body language. They should try to avoid exposure to anxiety or panic-inducing news coverage.

If possible, maintain a daily routine which includes consistent wake up, eating, and sleeping times every day.

Try to create a schedule which will help your loved one stay busy and engaged, improve their mood, and decrease challenging behaviors.

Most importantly, you, as a caregiver, should try to find ways to take care of yourself, whether it be learning to meditate, taking a walk, or engaging in some other form of exercise. Try to find either a friend, family member, or paid caregiver to provide a much needed break from the stresses of being a full-time caregiver.

The Sudbury Senior Center Caregiver Support Program is here to provide support for those who are caring for a loved one at home, in a nursing home, or from a distance. Come join us if you are caring for a loved one with memory loss or cognitive impairment. To register, please call the Senior Center at 978-639-3268 or email me at OliveiraA@sudbury.ma.us.

Thank you!

Ana Cristina Oliveira

Outreach /Information Specialist

Acting Director

Mother's Day Gift N' Go

MAY 11 at 11:00 AM

We would love to see you at our first Mother's Day Gift N' Go on Tuesday, May 11. We will be handing out a surprise gift and card to brighten your day!

Mother's Day is a special time of the year when you get to celebrate or be celebrated! It is also a wonderful time to show your love to all the spectacular women in your life!

Thank you to our co-sponsor Christie Bavuso, Executive Director at The Branches of Marlboro .

You must sign up by Thursday, May 6. Please contact Chery Finley at finleyc@sudbury.ma.us or call 978-639-3269. Registration is limited to the first 45 people.

"Mom: a title just above queen", author unknown.



Meditation for Busy Minds

May 27 at 2:00 PM

Meditation for Busy Minds will be presented by Lisa Farnham , Blue Cross Blue Shield of Massachusetts Representative, and Janet Fontana, RN, and Certified Health Coach .

Have you wondered about meditation and if it's for you? Join us in this 30-minute Zoom class to learn what meditation is and how it works to quiet the mind.

Practice simple meditation techniques during the webinar and discover free apps for creating an at-home practice. New and experienced meditators welcome.

Register by May 25 for this program by emailing Venetia "Tia" Kelly at kellyv@sudbury.ma.us or call 978-443-3055.

Planning for Medicare: Countdown to 65

MAY 18 at 6:00 PM

As you approach Medicare eligibility, you may have a lot of questions. *Planning for Medicare: Countdown to 65* can help you understand your health insurance options after your employer-sponsored plan has ended.

Whether you're planning to retire soon or will continue working, this seminar will provide you with the information you need to make informed decisions about your future healthcare needs.

Planning for Medicare is a presentation and discussion led by Lisa Farnham, a Blue Cross Blue Shield of Massachusetts representative. Did you know that missing your Medicare enrollment deadlines could cost you money? We'll be sure to answer your specific questions, in addition to covering these topics:

- Medicare and Medicare Parts A and B
- Medicare enrollment timeline
- Medigap plans that help supplement Medicare
- Medicare Advantage plans, such as HMOs and PPOs
- Medicare Part D prescription drug plans
- Plans and programs available to early retirees, such as COBRA

To register for this evening program, go to https://well-b.zoom.us/webinar/register/WN_0ldigFnSRm2gswFOI5VtRQ

Or email: Venetia "Tia" Kelly at kellyv@sudbury.ma.us or call 978-443-3055.

SNEAK PEEK FOR JUNE

The Registry of Motor Vehicles presents: Real ID

At this Zoom meeting you will learn about the new Federal and State requirements concerning driver's license and ID card renewals.

Weather Emergencies during the Pandemic

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/Information 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.

MAY GRAB N' GO LUNCH**Tuesday, May 18**

Drive Thru times are 11:30 AM—12:30 PM

Sign right up, for the May Grab N' Go!

Your friendly Senior Center staff will be outside with a delicious lunch. Meal to include a sandwich and all the fixings from The Buffet Way of Marlboro. Thank you to **The Friends of Sudbury Seniors who are sponsoring this event!**

You must have a reservation by Friday, May 14 in order to participate. Please contact Chery Finley at finleyc@sudbury.ma.us or call 978-639-3269. Registration is limited.

Sudbury Police Talk**Tuesday, May 25 at 1:00 PM**

Detective Lieutenant John Perodeau and Sergeant Wayne Shurling will be hosting a Zoom talk on the latest scams and other important news from the Sudbury Police Department.

They will share information on the recent unemployment scams, as well as tax scams. Please join them for this informative talk, with plenty of time for your questions.

To register please email Venetia "Tia" Kelly at kellyv@sudbury.ma.us or call 978-443-3055.

The Great Courses DVD Series

**Museum Masterpieces:
The Metropolitan Museum of Art
Continues**

Mondays, 10:00 -11:00 AM

May 3—July 12

Where else can you find masterpieces extending from the dawn of civilization to today; or encyclopedic holdings from all the major cultures on earth; or genres ranging from paintings to period rooms, metalwork to musical instruments—all situated in a palatial building beside one of the world's most magnificent parks?

No other museum covers the history of humanity and its achievements as thoroughly as The Metropolitan Museum of Art in New York City.

Professor Richard Brettell believes that The Metropolitan Museum of Art is not just the greatest art museum in America, but that it is also the most complete encyclopedic art museum on the planet, rivaled only by the Louvre in Paris and the Hermitage in Saint Petersburg.

To register please email Venetia "Tia" Kelly at kellyv@sudbury.ma.us or call 978-443-3055.

Wonderful Watercolors! On Zoom

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

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 minimum amount of student is met.

Turn the Page Book Group on Zoom

Wednesday, May 19, 2021, 1:00 PM

Book: *American Dirt* by Jeanine Cummins

To join the group please contact Sharon Wilkes at 978-443-3055 or wilkess@sudbury.ma.us.

The Great Courses DVD Series
Great American Bestsellers:
The Books that Shaped America

Wednesdays, 9:30 -10:45 AM

May 5 - May 26

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

Professor Peter Conn lectures:

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. or call 978-639-3269.

The Great Courses DVD Series

The Symphony

Tuesdays, 9:30 -10:30 AM

April 27 - July 13

The composer Gustav Mahler once said, "A symphony must be like the world. It must embrace everything." Over the course of its nearly 300-year life, the symphony has indeed embraced almost every trend to be found in Western concert music. The symphony evolved from the 17th-century Italian opera overture and the Baroque *ripieno* concerto.

By the mid to late 18th century, the symphony became the single most important genre of orchestral music. In 300 years—with backdrops ranging from the French Revolution to the Soviet Empire, the Enlightenment to the Roaring Twenties—the symphony would arrive at where it stands today: one of the longest lived genres of instrumental music.

Professor Robert Greenberg guides the listener on a survey of the symphony. You'll listen to selections from the greatest symphonies by many of the greatest composers of the past 300 years. Please contact Chery Finley to register at 978-639-3269 or finleyc@sudbury.ma.us.

FITNESS CLASS INFORMATION

T'ai Chi on Zoom with Jon Woodward

8 Mondays from 2:15-3:00 PM - **\$15***

May 24, June 7, 14, 21, 28, July 12, 19, 26

No class May 31 & July 5



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***

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

New Session starts on June 4

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***

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

New Session starts on June 10

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

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 of Sudbury Seniors for helping to support our fitness classes during the month of May.**

FITNESS CLASS IN GYM

Fit for the Future -Physically Distanced Class

Wednesdays, 11:00-11:45 AM

May 5, 12, 19, 26

\$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 preregister at 978-639-3269 or finleyc@sudbury.ma.us.

**Jeff Levine Interview, written by Tia Kelly,
Senior Center Receptionist and Volunteer**



We are excited to have the opportunity to spotlight Jeff Levine this month!

Jeff has been a Sudbury resident since 1979, with a 3-year stint in California in the middle.

Jeff grew up in Chelsea and Beverly, and moved from the North Shore to Sudbury with his wife Alice to reduce his commute when he joined Digital Equipment, the originator of the mini-computer. As a corporate lawyer involved in international business development, he was able to travel much of the world, including the Far East, South America, Mexico and India. He fondly remembers being part of Digital's first delegation to China in 1979 where he spent the 4th of July at a cook-out for ex-pats at the US Embassy in Beijing and a subsequent trip to China, Hong Kong and Singapore when Alice was able to join him. While in California, Jeff managed Digital's US field legal operations west of the Mississippi.

As the moon began to wane on the Digital Equipment empire, Jeff was laid off in the early 90's. While looking for a full-time job, he took on part-time legal work with several companies in the area which turned into a 20-year private practice servicing multiple corporate clients as their part-time General Counsel until his retirement.

Jeff and Alice raised 3 children, all of whom are well on their way to successful careers, and they have 4 grandchildren that they love to pamper, as most grandparents do. He volunteered as a soccer and softball coach when his children were young, and he and Alice still swim at the Greenwood Club where they have been members since arriving in Sudbury.


Upon retirement, Jeff joined the Sudbury Senior Center and began taking life-long learning programs. He rarely misses the Current Events discussion group meetings each week and he has been one of the regular moderators for various Great Courses and Great Decisions series programs. Being at the Senior Center has enabled Jeff to reconnect with old friends in town as well as meet many others.

Retirement has also given Jeff the time to renew his interest in foreign travel and culture. He and Alice have taken annual trips throughout the world, traveling to Southeast Asia, India, Peru, the Galapagos, the Baltic, Spain, New Zealand and the Eastern Mediterranean. The pandemic forced them to cancel this year's trip, but next year they have planned a cruise to Antarctica. He is very willing to share his experiences with anyone interested in any of his prior destinations.

Jeff joined the Council on Aging several years ago with a strong interest in making a new community center a reality. He became a member of the Fairbank Working Group representing the COA and collaborated with representatives from Park and Recreation, the School Committee, the Select Board and town staff to come up with a plan for a new center. He researched senior centers in other communities and endeavored to educate our community on the benefits of an innovative multi-generational community center designed specifically for the needs of our community. Undeterred by the pandemic, he and Mara Huston, from Park and Recreation, gave more than 40 Zoom presentations to groups ranging from 5-25 people over the past spring and summer. As word spread in our community, older adults really came out and "carried the vote" at Town Meeting. The new center was finally approved at the town election!

Jeff has now become the Chairman of the COA. He continues to work on policy issues at the senior center and, once an architect has been chosen, he intends "to ensure the new center's design best serves the growing needs of our senior community". The process of bringing a new community center to fruition has already begun, and the target date for completion of construction is January, 2024, or, with luck, maybe sooner.

MAY 2021 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10:00 Museum Masterpieces (Lec. 7, 8) Zoom 2:15 No Tai Chi today	9:00 English Learner Class 9:30-10:30 The Symphony (Lec. 2) 2:00 Sudbury Virtual Caregiver Group (Zoom)	9:30 Great American Bestsellers (4) (Zoom) 11:00 Fit for the Future in the Gym (by reservation only)	9:15 Staying Active and Independent for Life Fitness (4) (Zoom) 10:00-12:00 Current Events (Zoom) 2:30 Connection Circle (Zoom)	9:30 Chair Yoga (5) 11:30 Watercolors (5) 1:45 Watercolors (5)
10	11	12	13	14
10:00 Museum Masterpieces (Lec. 9, 10) Zoom 2:15 Tai Chi (7)	9:00 English Learner Class 9:30-10:30 The Symphony (Lec. 3) 11:00 Mothers Day Gift N ' Go 1-3 Legal Clinic (on phone)	9:30 Great American Bestsellers (5) (Zoom) 11:00 Fit for the Future	9:15 Staying Active and Independent for Life Fitness (5) (Zoom) 10:00-12:00 Current Events (Zoom) 1:00 Short Story Group (Zoom) 2:30 Connection Circle (Zoom)	9:30 Chair Yoga (6) 11:30 Watercolors (6) 1:45 Watercolors (6)
17	18	19	20	21
10:00 Museum Masterpieces (Lec. 11, 12) Zoom 2:15 Tai Chi (8, last)	9:00 English Learner Class 9:30-10:30 The Symphony (Lec. 4) 11:30 —Grab N ' Go 6:00 PM—Planning for Medicare	9:30 Great American Bestsellers (6) (Zoom) 11:00 Fit for the Future 1:00 Turn the Page Book Group	9:15 Staying Active and Independent for Life Fitness (6) (Zoom) 10:00-12:00 Current Events (Zoom) 2:30 Connection Circle (Zoom)	9:30 Chair Yoga (7) 11:30 Watercolors (7) 1:45 Watercolors (7)
24	25	26	27	28
10:00 Museum Masterpieces (Lec. 13, 14) Zoom 2:15 Tai Chi (1)	9:00 English Learner Class 9:30 -10:30 The Symphony (Lec. 5) 1:00 Sudbury Police Talk	9:30 Great American Bestsellers (7) (Zoom) 11:00 Fit for the Future	9:15 Staying Active and Independent for Life Fitness (7) 10:00-12:00 Current Events 1:00 Short Story Book Group 2:00—Mediation for Busy Minds 2:30 Connection Circle (zoom)	9:30 Chair Yoga (8, last) 11:30 Watercolors (8, last) 1:45 Watercolors (8, last)
31				
MEMORIAL DAY - Senior Center CLOSED 		Green - Great Learning Series RED—Special Events BLUE—Fitness Purple—Book Group		

From our Volunteer Program Coordinator, Janet Lipkin

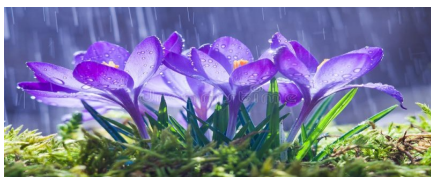


We welcome the spring with open arms! The flowers bring dashes of beautiful colors and fragrance, and the promise of warmer weather brings smiles to faces throughout the community. We made it through another winter.

Our volunteers continue to be busy positively impacting people's lives! A sampling of how...Our grocery shoppers, an amazing group of individuals, go each week to get the items on their matched senior's food list. Members of our volunteer Sand Bucket Brigade delivered much needed sand to seniors throughout the winter, thereby helping to keep walkways safe and preventing falls from the slippery surfaces. Our Phone Buddies and Friendly Visitors continue to lend an eager ear to their matched seniors each week through their phone call, aiding with the loneliness and isolation so many seniors feel. It is an act of kindness that goes a long way. Our Meals on Wheels drivers are also heroes, delivering nourishment and providing a well-check to homebound seniors. In addition, our Tech Help volunteers provide an invaluable service, enabling seniors to get one-on-one instruction via phone on how to navigate Zoom. We are grateful to each and every volunteer.

If you ask any one of the volunteers why they do it, though the answers may vary a little, a theme that runs through is often about giving back. Someone had done something for them when they were in need, and they want to do the same for someone else. Another common theme is that the volunteer gets *as much if not more* out of volunteering than the person being serviced. The satisfaction felt, the inner happiness experienced, the feeling of having made a difference in the life of another— it is truly

uplifting.



A huge thank you to Front Desk Receptionist Tia Kelly for this month's feature interview and write-up. We are pleased to highlight Jeff Levine, COA board member and community volunteer whose service has made such a positive impact. Please see page 7.

A big shout-out to all of the Girl Scouts, Boy Scouts, the Sudbury Family Network, students of all ages, and general community members who have been creating cards for Sudbury's seniors. They are deeply appreciated and bring great cheer to the recipients. We continue to collect homemade or computer-generated cards throughout the pandemic to distribute to our seniors, so if interested in creating some, please contact Janet Lipkin (LipkinJ@sudbury.ma.us) for details. Please note that the cards should not have identifying information about the creator on them (no last names, phone, address).

All volunteers should have received via email or postal mail our new *Volunteer Handbook*. If you have not yet received it, please notify Janet Lipkin at 978-639-3223; LipkinJ@sudbury.ma.us

To apply to become a volunteer or to learn more about the numerous volunteer opportunities we offer, please contact Janet Lipkin (978-639-3223).

Volunteer Quotes of Note:

The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others. - DeAnn Hollis

Volunteering is at the very core of being a human. No one has made it through life without someone else's help. - Heather French Henry



Information regarding in-home vaccinations for homebound individuals

We wanted to share additional information regarding in-home vaccinations for homebound individuals in Massachusetts. For people who cannot leave their home for a vaccine appointment, even with assistance, the Commonwealth has developed a multi-pronged solution to ensure these individuals are able to get vaccinated in their home. In-home vaccinations are available to individuals who are not able to leave their home to get to a vaccination site, even with assistance. These homebound individuals either:

- Require ambulance or two-person assistance to leave the home, or
- Are not able to leave the home for medical appointments under normal circumstances, or
- Have considerable difficulty and/or require significant support to leave the home for medical appointments

If you support individuals who are homebound, you may refer them to the State Homebound Vaccination Central Intake Line (1-833-983-0485) to be screened for appropriateness for an in-home vaccine.

The Central Intake Line will help connect any homebound individual from across the Commonwealth with the right resource. If in-home vaccination is appropriate, individuals will be registered with the State Homebound Vaccine Provider, Commonwealth Care Alliance, or referred to their local Board of Health based on where they live.

We ask that you share this important information with individuals whom you believe would qualify for an in-home vaccination.



Sudbury Connection Van Service



The Sudbury Connection Wheelchair Accessible Van Service, offered in conjunction with the MetroWest Regional Transit Authority (MWRTA), is running again on a part-time basis.

Service is currently available on Mondays, Wednesdays and Fridays. Service is available to Sudbury residents who are 60+ and residents who have a disability.

Mondays - Rides for Medical/Dental Appointments as well as Grocery Shopping and Pharmacy trips

Wednesdays - Rides for Medical/Dental Appointments only

Fridays - Rides for Medical/Dental Appointments as well as Grocery Shopping and Pharmacy trips

Registered Riders

If you are a registered rider, you can call the MWRTA Reservation Center to schedule a ride at 508-820-4650, Monday-Friday, 8:00 AM—4:00 PM. You must reserve a ride at least 2 business days in advance, and up to 2 weeks in advance.

(Holidays are not business days.)

Need to Register

If you are not registered yet, please click the link below or contact the Senior Center (or MWRTA) for an application. When your application is approved you will set up a debit account for van fees. Van fees are \$1.00 in town; \$2.00 out of town for a one-way ride.

[Click here for the MWRTA ride application.](#)

The Connection vans are able to provide rides to Sudbury, Wayland, Framingham, Marlborough, and Concord for medical appointments. Please provide the address of your destination when reserving your ride.

If you have any questions or need further information, I can be reached at oliveiraA@sudbury.ma.us or 978-639-3268.

Sudbury Senior Trips

The following trips are being offered by Best of Times :

The Patsy Cline Show

June 24, sign up by using this link. <https://tri.ps/EDCOi>

Icons and Legends Concert

August 19, sign up by using this link

<https://tri.ps/WeivE>

Penn Dutch Country, New Hit Show with Queen Ester

Sept. 21-24, sign up by using this link

<https://tri.ps/2EX2H>

Simon Pearce Glassblowing and King Arthur Fall Foliage

October 7, sign up by using this link

<https://tri.ps/UrpDo>

Yesterday Once More

With, ABBA, The Carpenters, The 5th dimension, The Mamas and the Papas all in one show

November 18, sign up by using this link,

<https://tri.ps/ozoJY>

If you have any questions or need further information please email Joe Bausk at Joebausk@verizon.net or call him at 978-443-8963.

Walk Massachusetts Challenge

Lace up your sneakers - the Walk Massachusetts Challenge is back starting on May 1, 2021.

This year features more walking options and more prizes! With five individual goals, there's a challenge for everyone - from walking 65 days to walking 692,000 steps - each tied to a fun Massachusetts fact. And 10 lucky people will win a \$50 Visa gift card, 25 people a \$25 Amazon gift card, and 50 people a \$10 Dunkin' gift card.

The first 500 people who participate will receive a handy reflective wrist band and sports pack, perfect for carrying your water bottle, keys and phone.

What's in it for you? For each person who completes the challenge, your COA gets entered into a drawing to win up to \$1,000 for future programming!

Here's how it works: Individuals sign up at
www.mcoaonline.com/walkma

The program runs from **May 1 to September 30**

If you have any questions, please email Lynn from Mass Councils on Aging at lynn@mcoaonline.com

MANY THANKS!

The Sudbury Senior Center wants to thank:

The Visiting Angels and Bridges by Epoch for their help with Dementia Friendly Sudbury.

Sudbury Housing Authority for sponsoring our Honey Baked Ham Grab N' Go on April 20.

Sudbury Garden Club for making plant tags for our Mother's Day Gift and Go.

Town Manager Henry L. Hayes, Jr. for participating in our March Coffee Hour and answering questions with such ease and diplomacy.



Legal Education Talks

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

Legal Clinic via Phone

Tuesday, May 11 - 1:00-3:00 PM
Schedule a free 20-minute phone consultation.

Live Answering Service

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

Caregiver Support Group **on Zoom** 1st Tuesday, May 4, 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, May 4 at 2:00 p.m. To register, please call Ana Cristina at the Senior Center at 978-639-3268 or e-mail Ana Cristina Oliveira at oliveiraa@sudbury.ma.us.



The Multigenerational Poster Project - Exploring Special Places

(A collaboration between Goodnow Library and Sudbury Senior Center)

We want to create a way 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/DejzuJSXWqYJ8pf7>

- 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.

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".

Bridges by Epoch - Virtual Caregiver Programs

May 6 at 11:00 AM: topic Bridges Info Session

May 20 at 11:00 AM: topic Challenging Environments

Caregiver Support Group: May 12 at 1:00 PM

Early Stage Support Group: May 19 at 4:30 PM

Memory Café: May 26 at 11:00 AM: topic Patriotic, Honoring the Red, White & Blue for Memorial Day.

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

The Sudbury Council on Aging is a nine member Town Committee, appointed by the Sudbury Select Board, to identify the needs of Sudbury's older residents, educate the community and enlist the support of all residents concerning these needs, promote services to fill these needs, and promote and support any other programs which are designed to assist older adults in the community.

SUDBURY COUNCIL ON AGING

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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

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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 K. Wilkes

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Venetia "Tia" Kelly

S.H.I.N.E. Counselors

Wayne Antion

Sudbury Board of Health Nurse

Patty Moran 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 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 we try to sign up for COVID-19 vaccine injections, scammers are 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 should ever 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.

Production and distribution of this monthly newsletter are partially funded by the State Formula Grant from the Executive Office of Elder Affairs.

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 appt. 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.

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.

Connection Circle

on Zoom - every Thurs., 2:30-4:00 PM

The Connection Circle is facilitated by volunteer Kim Schwartz.

If you are interested in joining this group, 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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A monthly publication from the

Sudbury Senior Center and Sudbury Council on Aging

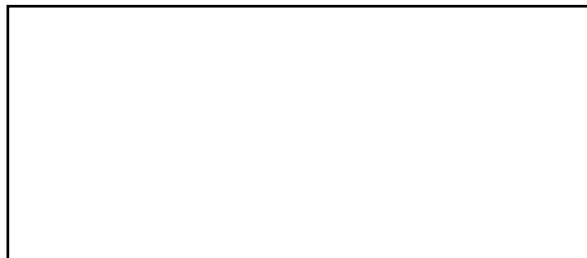
40 Fairbank Road

Sudbury, Massachusetts 01776-1681

<http://sudburyseniorcenter.org>



The Senior Scene



Or Current Occupant



Sudbury Senior Center

Respect for All!

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

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