

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



Monomoy National Wildlife Refuge
Chatham, MA

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On April 23, 2021, The Sudbury COA and Friends of Sudbury Senior Citizens presented John Beeler with an award for his dedication and many years of service.



Thank you Lauren Abraham LICSW, Resident Services Coordinator at the Sudbury Housing Authority, for sponsoring the Sudbury Senior Center's May Grab N' Go.

A message from Acting Director, Ana Cristina Oliveira

Accentuate the Positive

In 1944, Johnny Mercer wrote a song entitled "Accentuate the Positive." The next line reads "eliminate the negative." Seventy-seven years later, after living through one of the worst pandemics in the history of this country and the world, these words still ring true.

Surrounded by so much negativity, it is time to reflect on how lucky we are to have come through this terrible year with a renewed faith and love for our fellow man.

This period of reflection should help us to realize the value of friendship and social ties.

We are also heartened by the millions who have protected themselves and others by receiving a vaccine.

Thousands of people have come together at vaccination sites, and have distributed food at food pantries and meal sites. These volunteers, along with all of our essential workers, have put themselves at risk on a daily basis.

As we slowly emerge through this dark tunnel, and join our friends and family again, let us all take to heart the words of Johnny Mercer and learn to "accentuate the positive, and eliminate the negative."

Take care,
Ana Cristina Oliveira
Acting Director



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*The Great Courses DVD Series***The Symphony**

Tuesdays, 9:30 -10:30 AM

continues

June 1 - July 13

Haydn and Mozart: Titans of the Classical Age

(Lectures 6–8)

Franz Joseph Haydn wrote at least 108 symphonies. We examine his Symphony no. 1 in D Major (1759), and later symphonies, no. 77 in particular, revealing Haydn's ongoing development as a symphonist.

Unlike Haydn, Mozart never made symphonic composition as much of a priority as opera and the piano concerto. Yet he created some of the most important symphonies of the Classical era, among them his Symphony no. 41 in C Major—the *Jupiter Symphony*. We explore this symphony, which, in the words of one musicologist, "climaxed and fixed an age."

Beethoven, Romanticism, and the Reconciliation with Classicism (Lectures 9–10)

Beethoven's Fifth Symphony is the single most famous work in the orchestral repertoire—a tale of musical birth and growth, destruction, regrowth, and ultimately, triumph. We study how Schubert's *Unfinished* B Minor and *Great C Major* symphonies demonstrated that the lyric and the colorful could coexist with the Beethoven-inspired vision of the symphony as a vehicle for profound self-expression.

The schedule is as follows:

6/1, Lecture 6—Franz Joseph Haydn, Part 1**6/8, Lecture 7—Franz Joseph Haydn, Part 2****6/15, Lecture 8—Mozart****6/22, Lecture 9—Beethoven****6/29, Lecture 10—Schubert****7/6, Lecture 11—Berlioz & the Symphonie****7/13, Lecture 12—Mendelssohn & Schumann**

Please contact Chery Finley to register at 978-639-3269 or email finleyc@sudbury.ma.us.

*The Great Courses DVD Series***Great American Best Sellers:
The Books that Shaped America**

Wednesdays, 9:30 -10:45 AM

Continues every other week

June 9 - August 4

Throughout America's storied history, thousands of books have claimed the term "bestseller" in one form or another. In this course, you will learn how the works have performed many functions in American culture. The schedule is as follows:

June 9, Lecture 15 Gone with the Wind**Lecture 16 How to Win Friends****June 23, Lecture 17 Grapes of Wrath****Lecture 18 Native Son****July 7, Lecture 19 The Catcher in the Rye****Lecture 20 To Kill a Mockingbird****July 21, Lecture 21 Catch 22****Lecture 22 The Woman Warrior****August 4, Lecture 23 John Adams****Lecture 24 Resent Best Sellers**

Please contact Chery Finley to register at 978-639-3269 or email finleyc@sudbury.ma.us.

BCBS Dental Talk**JUNE 22 at 12:30 PM**

Dental care is essential to your overall health!



Regular dental checkups help protect your smile and prevent problems down the road.

Blue Cross Blue Shield of Massachusetts offers Dental Blue 65. This dental plan is available to anyone 65 and older. Learn more at the Zoom presentation!

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

The Great Courses DVD Series

Great Decisions 2021-Foreign Policy Prog.

Wednesdays, 9:30 - 10:45 AM

Continues every other week

June 2—Sept 8

June 2, Global Supply Chains and US Nat. Sec.

June 16, The future of Persian Gulf Security

June 30, Brexit, taking stock and looking ahead

July 14, The Coldest War

July 28, China and Africa

August 11, The two Koreas

August 25, World Health Organization's Covid 19

September 8, The End of Globalization

To register, please contact Chery Finley at finleyc@sudbury.ma.us or call 978-639-3269.

What are some of the lasting effects that the pandemic could have on global supply chains and trade?

The shutdown of global supply chains due to the Covid-19 pandemic brought to the fore an issue with the high level of global economic interdependence: what happens when one country is the main source for an item, say face masks, and then can no longer supply the item?

Is using military force a viable foreign policy option for 2021 and beyond?

The Persian Gulf remains tense as the rivalry between the regional powers of Saudi Arabia and Iran continues. What are the historical influences that have led to these tensions? What role, if any, should the United States play?

With negotiations between the two entities continuing to stall, what does the future of Europe and the UK look like?

With the “Brexit transition period” coming to an end this year, the United Kingdom will formally leave the European Union at the start of 2021. With negotiations between the two entities continuing to stall, what does the future of Europe and the UK look like? Will the UK survive a possible Scottish vote to leave?



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JUNE GRAB N' GO LUNCH
Tuesday, JUNE 15 at 11:30 AM



Drive by and pick up a delicious tuna salad wrap and all the fixings. Lunch will be catered by Buffet Way of Marlboro. Thank you to **The Friends of Sudbury Senior Citizens who are sponsoring this event!**

Registration will start on June 1 and end on June 10.
 Please contact Chery Finley at 978-639-3269 or email finleyc@sudbury.ma.us.

RMV REAL ID Workshop

Tuesday, JUNE 8 at 12:30 PM



The Registry of Motor Vehicles is offering a Zoom workshop on driver's license renewal and how to obtain a Real ID .

Topics include:

- What is the difference between "Standard ID" and "Real ID" driver's licenses and Identification (ID) cards;
- How to renew a Massachusetts Driver's License or Massachusetts ID Card; and
- What are the new federal and state requirements for renewing a Driver's License or ID card?

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

June 7—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, metal-work 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

June 4,11,25 July 2,9, 16, 23,30

8 Fridays, 11:30-1:30 or 1:45-3:45 PM*

No Class on June 18

Class fee: **\$65**

Build your skills in a relaxing and inspiring workshop. If there is 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 at 978-639-3269 or email finleyc@sudbury.ma.us.

*If minimum amount of student is met.

Turn the Page Book Group on Zoom



Wednesday, June 16 at 1:00 PM

Book: *The Library Book* by Susan Orlean

To join the group, please email Sharon Wilkes at wilkess@sudbury.ma.us.

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

8 Thursdays from 9:15 – 10:00 AM - **\$30**
June 17, 24, July 1, 8, 15, 22, 29, August 5

Join Derry Tanner, retired nurse and certified personal trainer. SAIL is 45-minute safe and effective fitness class. These research-tested strength, balance & flexibility exercises will make you stronger, help you to feel better, and improve your balance. Spring is a great time to start a new exercise program. This class is marked safe for beginners.



T'ai Chi on Zoom with Jon Woodward

8 Mondays from 2:15 - 3:00 PM - **\$30**
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.

Fit for the Future (FIT) Physically Distanced Class in the Gym

Mondays & Wednesdays, 11:00-11:45 AM

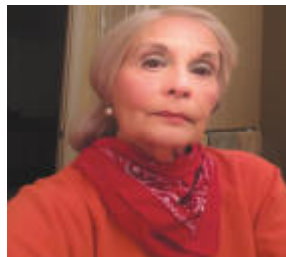
June 2,7, 9, 14, 16, in the Gym
June 21, 23,28 & 30 in the Van Houten room
\$3 per class - Exact Change Only

- Participants can sign up for Mondays class beginning on Thursday .
- Participants can sign up for the Wednesdays class beginning on Friday.

Class size is limited and on a first come, first serve basis. Please wear a mask and social distance yourself as you wait to be checked in. New students need to complete a fitness waiver.

Did you know that Lois Leav has been teaching the Fit For the Future class since 1987? Thank you Lois for your commitment in practicing and promoting a healthy life-style!

Please call Chery Finley to register at 978-639-3269 or email finleyc@sudbury.ma.us.



Chair Yoga on Zoom with Rebecca Reber

8 Fridays from 9:30 - 10:15 AM - **\$30**

June 4, 11, 25, July 2, 9, 16, 23, 30

No class June 18

Join Rebecca for a gentle and relaxing class, with stretching. Yoga is excellent for loosening muscle tension and maintaining range of motion for the joints. Most of the class takes place while sitting.

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

Please register by emailing Chery Finley at finleyc@sudbury.ma.us.



- Please mail your check to the Attn: Chery Finley, Sudbury Senior Center, 40 Fairbank Rd., Sudbury, MA 01776.
- New participants will be asked to complete a fitness waiver form .
- The Zoom link and password will be sent to you the day before the class.
- Please sign up at least 2 days before class starts.

Volunteer Profile: Robert (Bob) Diefenbacher

By Caleb Cochran, Volunteer, Sudbury Senior Center



Bob Diefenbacher has seen a lot over the course of an expansive career that has included leading a regional Chamber of Commerce, establishing his own printing and graphic design company, working at IBM in the

nascent stages of the commercial computer industry, coaching executives and business owners, and serving as an officer aboard a U.S. Navy destroyer.

Today, Bob brings all of this experience to his role as president of the Friends of Sudbury Senior Citizens, Inc., where he oversees the crucial work of the Friends in supporting the Sudbury Senior Center through the funding of programs, furnishings, and more.

For more than 20 years, the Friends of Sudbury Senior Citizens has supported the Senior Center by providing funding to augment the Center's budget, which covers staff salaries but cannot completely pay for the many programs offered by the Senior Center, including special events, arts and crafts classes and presentations, clinics and health sessions, fitness classes, intergenerational events, lifelong learning programs, and social and recreational activities. In addition to programming, the Friends has furnished the entire interior of the current Senior Center over the years.

Although some organizations and companies, such as Middlesex Bank, have generously contributed to the Friends, most gifts are made by individuals, and most of those gifts are the result of a single annual mailing, which brings in close to \$20,000 each year. "People are very generous and they like the Senior Center," Bob says.

Bob and the Friends enjoy a strong partnership with the Council on Aging. The groups have worked together on projects including the campaign for the new community center, which was supported by town residents in a September 2020 vote.

We work hard to keep the profile of seniors in the town up," Bob says, noting that more than 20 percent of town residents are age 60 and older. "There is a good bunch of seniors in town and they are very active."

Bob's volunteer work goes back to his pre-Sudbury days, when he lived in Chester County, Pennsylvania. There, he was involved in town planning, served on a local concert-planning committee, was president of the Rotary Club, and participated on the boards of local churches.

He was also president of a camera club. An avid photographer, Bob's travels have taken him to all seven continents, with highlights including Antarctica, Alaska, and the American southwest.

"Antarctica was probably number one," Bob recalls of the trip he took with National Geographic Expeditions in 2011. "That's something you'd have on your bucket list."

Bob grew up in Southold, New York, on the North Fork of Long Island, before attending Rensselaer Polytechnic Institute. From there it was on to the Navy, where he served as the chief engineer on a destroyer before returning to RPI to earn a master's degree in management engineering.

After a 19-year run at IBM and a subsequent stint at a company that produced IBM peripherals, Bob opened the Denbrook Company, a printing, graphic communications, and marketing company. "When I figured out how to run a business, I said, 'OK, I've had enough of that,'" he laughs.

Bob went on to serve as president of the Exton (PA) Region Chamber of Commerce before joining The Alternative Board (TAB), where he advised company leaders and executives, work he has also done through his own group, Denbrook Strategic Advisors.

"We would love to have more people be active in the Friends," Bob says. If you are interested in learning more, email Bob at bobdiefenbacher006@gmail.com or visit <https://sudburyseiorcenter.org/about-us/friends-of-sudbury-seniors/>.

JUNE 2021 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	9:00 <i>English Learner Class</i> 9:30-10:30 <i>The Symphony</i> <i>Lec. 6)</i> 2:00 Sudbury Virtual Caregiver Group (Zoom)	9:30 <i>Great Decisions (1)</i> 11:00 Fit for the Future in the gym	9:15 Staying Active and Independent for Life Fitness (7) 10:00-12:00 Current Events (Zoom) 1:00—Low Vision Support Group in Sudbury Pines room 2:30 Connection Circle	9:30 Chair Yoga (1) 11:30 Watercolors (1) 1:45 Watercolors (1)
7	8	9	10	11
10:00 Museum Masterpieces (Lec. 15,16) 11:00 Fit for the Future in the gym 2:15 Tai Chi (2)	9:00 <i>English Learner Class</i> 9:30-10:30 <i>The Symphony</i> <i>(Lec. 7)</i> 12:30 <i>RMV Real ID</i> 1-3 Legal Clinic (on phone) 2:00 COA Board meeting	9:30 <i>Great American</i> <i>Bestsellers (Lec. 15, 16)</i> 11:00 Fit for the Future in the gym	9:15 Staying Active and Independent for Life Fitness (8) 10:00-12:00 Current Events 1:00 Short Story Group 2:30 Connection Circle	9:30 Chair Yoga (2) 11:30 Watercolors (2) 1:45 Watercolors (2)
14	15	16	17	18
10:00 Museum Masterpieces (Lec. 17,18) 11:00 Fit for the Future in the gym 2:15 Tai Chi (3)	9:00 <i>English Learner Class</i> 9:30-10:30 <i>The Symphony</i> <i>Lec. 8)</i> 11:30 <i>June Grab N' Go</i>	9:30 <i>Great Decisions (2)</i> 11:00 Fit for the Future in the gym 1:00 Turn the Page Book Group	9:15 Staying Active and Independent for Life Fitness (1) 10:00-12:00 Current Events 2:30 Connection Circle	THE SENIOR CENTER IS CLOSED TODAY IN HONOR OF Juneteenth Day
21	22	23	24	25
10:00 Museum Masterpieces (Lec. 19,20) 11:00 Fit for the Future In VH room 2:15 Tai Chi (4)	9:00 <i>English Learner Class</i> 9:30 -10:30 <i>The Symphony</i> <i>(Lec. 9)</i> 12:30 <i>BCBS Dental Talk</i>	9:30 <i>Great American</i> <i>Bestsellers (Lec. 17,18)</i> 11:00 Fit for the Future in VH room	9:15 Staying Active and Independent for Life Fitness (2) 10:00-12:00 Current Events 2:00 Friends of Sudbury Senior Citizens meeting 2:30 Connection Circle	9:30 Chair Yoga (3) 11:30 Watercolors (3) 1:45 Watercolors (3)
28	29	30		
10:00 Museum Masterpieces (Lec. 21,22) 11:00 Fit for the Future in VH room 2:15 Tai Chi (5)	9:00 <i>English Learner Class</i> 9:30 -10:30 <i>The Symphony</i> <i>(Lec. 10)</i>	9:30 <i>Great Decisions (3)</i> 11:00 Fit for the Future in VH room	Green - Great Learning RED—Special Events BLUE—Fitness Purple—Book Group	

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From Volunteer Program Coordinator, Janet Lipkin



Ahhhh... summer will be making an entrance on June 20th, and we welcome its warmer weather, long hours of daylight, stunning flowers, smells of food grilling, and the ability to gather outdoors. It is a favorite time of year for many. The continued progress in vaccinating those that choose to do so also adds to the feeling of hope and positivity.

While many of our Volunteer Services are still in "suspension" mode due to the pandemic, we continue to re-assess our Volunteer Programs, resuming those, in some form, that we can, safely. Protocol is in place, and new procedures and required paperwork have been added. It is a process, but one that we welcome in our quest to resume services that have been put on hold for more than a year. We appreciate your patience.

Our very active Volunteer Programs throughout the pandemic continue to be Tech Support (by phone), Grocery Shoppers, Meals on Wheels drivers, Phone Buddies, and Friendly Visitors (by phone only). At this time of year, many people make plans to be away for all or part of the summer months. Given this, we tend to have gaps in coverage for July and August. Knowing this and planning ahead, I urge people that might be interested in volunteering to contact me. It is a wonderful way for those community members that have the summer months off or have a reduced schedule, to become involved and get the magnificent feeling of making a difference in people's lives.

We are in need of volunteers to:

- Grocery shop on a weekly basis or to fill in for others.
- Conduct & write up interviews of town residents for our newsletter.

Please contact Janet at 978-639-3223.



Featured Senior: This month we highlight Robert (Bob) Diefenbacher, President of Friends of Sudbury Seniors. A big thank you to Caleb Cochran, volunteer of the Senior Center, for his excellent interview of, and write-up about, Bob. Please see page 7.

A reminder that our Medical Loan Closet is an incredible resource to the residents of Sudbury. The Loan Closet is housed in the Senior Center and is filled with all sorts of gently-used durable medical equipment, from canes to wheelchairs, transport chairs to shower benches, crutches, knee scooters, walkers, rollators, and more! Our inventory changes all the time, and even has some hard-to-find items. If you are interested in borrowing something from our Loan Closet *at no charge, and for as long as is needed*, please call Janet Lipkin at 978-639-3223 to make an appointment. Returns & donations of equipment are by appointment only, as well.



Kudos to the Boy Scouts, Girls Scouts, Brownies, Sudbury Family Network, students and community members who continue to cheer our seniors with their home-made cards laden with notes of encouragement, poems and hand-drawn pictures. We are so appreciative for their work on this special project that brings smiles & a feeling of connection to our seniors.

Quote of note: *"What is the essence of life? To serve others and to do good."* - Aristotle

To apply to become a volunteer, please contact Janet Lipkin at 978-639-3223, LipkinJ@sudbury.ma.us

From Outreach Information Specialist Ana Cristina Oliveira

Go Sudbury! Taxi Rides

We are delighted to share that the Metropolitan Area Planning Commission of Massachusetts is extending its emergency taxi grant funding. The town of Sudbury has received sufficient funding to provide several rides per week (including wheelchair accessible vehicles).

Both Tommy's Taxi (Framingham) and JFK Transportation (Natick) will be used. Rides will be focusing on non-COVID related healthcare appointments and vaccination appointments.

Similarly, residents must meet one of the following qualifications:

- 50 years of age or older 18 years of age or older with a disability that limits driving
- Active duty military or veteran of the armed forces
- Resident with financial need
- Essential worker requiring transportation for work.

The ride service area is within Sudbury and up to 25 miles outside of Sudbury. All rides must begin or end in Sudbury.

Go Sudbury! Uber Rides

The *Go Sudbury! Uber Rides* program is also a grant-funded, temporary program for Sudbury residents who meet the same qualifications as the **Go Sudbury! Taxi** program mentioned above.

Transportation via Uber services are partially subsidized by the Town of Sudbury and is available for non-urgent healthcare, vaccination appointments, work, shopping, and accessing community resources. There are three geographic areas in which transportation can be provided, each with a nominal copay per one-way ride:

1. Within Sudbury (\$1 per ride)
2. To/from towns contiguous to Sudbury (\$2 per ride)
3. To/from destinations up to 25 miles outside of Sudbury (\$10 per ride).

You must have a private account with Uber on your smartphone for this service.

Approved rides will be ordered via your *Go Sudbury!* supplemental account, and the applicable copayments will be deducted from your personal credit card account.

Sudbury Connection Van Service Update

The Sudbury Connection Wheelchair Accessible Van Service, offered in conjunction with the Metro West Regional Transit Authority (MWRTA), will be running five days a week (excluding holidays). If you are a registered rider, please call the MWRTA Reservation Center at 508-820-4650, Monday - Friday, 8:00 AM - 4:00 PM. Reservations must be made at least 2 business days in advance, and up to 2 weeks in advance. (Holidays are not business days.) Please have the first appointment start at 9:15 AM or later if possible, and the last appointment start at 2:30 PM or earlier (so that drivers have time for cleaning protocols before and after van service).

If you would like to register, please 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 for out of town for a one-way ride.

Please note: appointments will be made on a first come, first serve basis and medical appointments take priority over shopping and errands, which may be changed at the discretion of the Senior Center Director and or the Outreach/ Information Specialist. Screening people who have been fully vaccinated is still necessary.

Please see schedule below:

Mondays - Rides for Medical/Dental appointments as well as Grocery Shopping and Pharmacy trips, including medical appointments in Concord, Wayland, Marlborough, and Framingham.

Tuesdays - Rides for local medical appointments, grocery shopping, and errands.

Wednesdays - Rides for Medical/Dental appointments as well as Grocery Shopping and Pharmacy trips, including medical appointments in Concord, Wayland, Marlborough, and Framingham.

Thursdays - Rides for local medical appointments, grocery shopping, and errands.

Fridays - Rides for Medical/Dental Appts as well as Grocery Shopping and Pharmacy trips, including out of town trips to medical appointments to Concord, Wayland, Marlborough and Framingham.

If you have any questions regarding transportation or need additional information, please contact Ana Cristina Oliveira, at oliveiraa@sudbury.ma.us or 978-639-3268.

Sudbury Senior Trips 2021

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.mcoonline.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@mcoonline.com

The Sudbury Senior Center wants to thank:

The Branches of Marlborough for their donation of geranium plants for the Mother's Day Gift N' Go.

Friends of Sudbury Senior Citizens for their on-going financial support of our programs and events.

Senior Center Staff for their continued hard work and dedication operating the Senior Center during a pandemic!



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.

Low Vision Support Group

We are happy to share that our low vision participants will be meeting in person at the Senior Center starting on Thursday, June 3 at 1:00 PM. You must sign up in advance by calling the Sudbury Senior Center at 978-443-3055. If you have any questions please contact our Outreach/Information Specialist, Ana Cristina Oliveira, at 978-639-3268.

Caregiver Support Group on Zoom 1st Tuesday, June 1 , 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.

Come join us if you are caring for a loved one with memory loss. Our next meeting is Tuesday, June 1 at 2:00 p.m.

To register, please call Ana Cristina Oliveira at 978-639-3268 or email oliveiraa@sudbury.ma.us.

Dementia Friendly Sudbury Action Team

Dementia Friendly Sudbury Action Team is working to make our community more welcoming to residents with dementia and their families. Dementia Friendly Sudbury strives to create a community that addresses the needs of our residents, advocating for dementia awareness and providing services, programs, and public spaces that support people with dementia and their care partners. Each dementia friendly community is different, but all dementia friendly communities share these goals:

- To make their community inclusive, welcoming those touched by dementia to continue to be active, contributing citizens.
- To be informed, safe and respectful of individuals with the disease, their families and caregivers
- To provide supportive options that provide quality of life
- To foster the ability of people living with dementia to remain in community and engage and thrive in day- to- day living



Dementia Friends Info Session

On Friday, June 4 at 12:00 PM via Zoom, the *Dementia Friendly Sudbury Action Team* is hosting a Dementia Friends Info Session. During this one-hour discussion, you will learn the following:

- What dementia is and what it's like to live with it
- Five key messages about living with dementia
- Simple things you can do to make a difference in your community.

The link to register is: <https://tinyurl.com/sudburydementiainfo1>

Bridges by Epoch - Virtual Caregiver Programs

June 3rd at 11:00 AM – EDU topic:
Brain Health and Wellness Tips

June 17th at 11:00 AM and 7:00 PM – EDU topic:
Is it Normal Aging or Memory Loss?

June 16th at 1:00 PM - Caregiver Support Group

June 30th at 4:30 PM – Early Stage Support Group

June 23rd at 11:00 AM – Memory Café topic:
Traveling National Parks and Summer Getaways

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

- Chairperson: Jeffrey Levine
- Board of Directors: John Beeler, Margaret "Peg" Espinola, State Rep. Carmine Gentile, Sandy Lasky, Patricia Lewis, Robert Lieberman, Robert May, Dr. Patricia Tabloski

SUDBURY SENIOR CENTER STAFF

- Director: Debra Galloway
- Administrative Coordinator: Chery Finley
- BayPath Meal site Manager: Debbie Peters
- Intergenerational Coordinator: Judy Battat
- Outreach/Information Specialist: Ana Cristina Oliveira
- Program Coordinator: Sharon K. Wilkes
- Receptionist: 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

Uber Clinic Technology Support-New Program



We are excited to offer 30-minute time slots in our "Uber Clinics," staffed by the Senior Center's Technology Support volunteers who will assist clients with issues relating to how to download and use the Uber application on his/her smartphone for use in the subsidized Go Sudbury! Uber Program.

This support can be given by phone or remotely, and is by appointment only.

Uber Clinic hours are Tuesdays from 3:00-4:00 PM, and Fridays from 10:00AM- 12:15 PM.

To register for a one-on-one consultation with a volunteer, please email Venetia "Tia" Kelly at kellyv@sudbury.ma.us or call 978-443-3055.

Note:

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

Senior Center Services

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 - 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

Meets every Thursday, 2:30-4:00 PM

The Connection Circle is facilitated by host Kim Schwartz. Now is the time to reach out and make some friends in this friendly and supportive group. All are welcome to join!

If you are interested in joining please, contact Chery Finley, at finleyc@sudbury.ma.us or call 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.

Zoom Tutorial Videos?

Listed below are videos taught by an older instructor that are very user-friendly and accessible for all ages. The videos 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>

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The Senior Scene



Or Current Occupant



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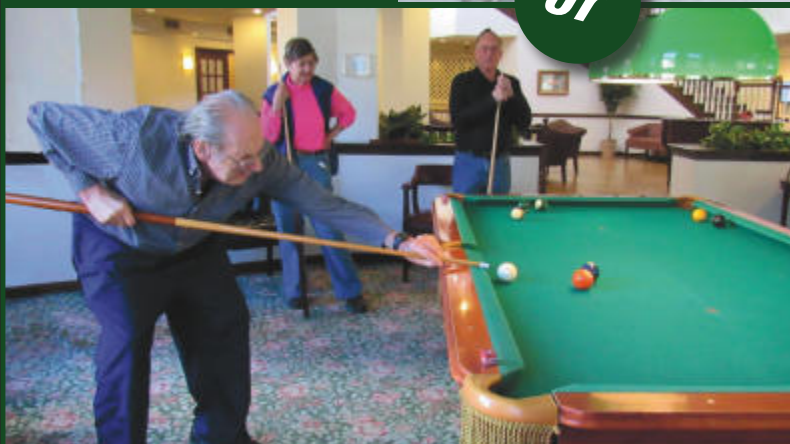


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