

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



An Atlantic Puffin; photo taken off the coast of  
Maine by Sherry Fendell

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## Coming in September for Fall Prevention Month

### *Energy Conservation Techniques and Safety with Functional Mobility*

**Tuesday, Sept 21 at 10:00 AM onsite at the Senior Center**

Did you know that the majority of falls in the elderly population occur in or around the home?  
Several behavioral and environmental factors can jeopardize your safety in your own home.

Come join Aditi Chandra, Doctor of physical therapy, of the Longfellow Holistic Health Center, as she discusses tips to conserve your energy, easy behavioral and environmental changes you can make to reduce your risk of falling, and ways to be safer with all your functional mobility in and around your house! Call the Senior Center at 978-443-3055 to register or email [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).



**A message from Director, Debra Galloway**

Hello Everyone!

I am thrilled to be back at the Senior Center after my adventure hiking a large part of the Appalachian trail with my husband. I cannot thank the Senior Center staff enough for all of their support and hard work during my absence. I am also so grateful to Town Manager Henry Hayes for granting the leave time to fulfill this dream.

The Senior Center is gradually beginning to reopen and move to a more normal schedule. Of course, we are moving cautiously, keeping an eye on the latest health information from the Sudbury Health Department and other authorities. We understand that you may feel very comfortable coming back to the Center, or you may not, and respect your decisions about when to come in. We expect to continue to offer a hybrid of both smaller in-person programs and remote programs into August. We are evaluating what to do in September – we are hoping that all signs will be positive for more and larger in-person gatherings.

Take a look at the wonderful newsletter that Program Coordinator Sharon Wilkes has been preparing every month since March. We have a few exciting new programs and events for you to consider. Join us for an Ice Cream social on August 18, meet the new Town Nurse on August 25, don't forget our August Grab n' Go!

*The Great Courses DVD Series*  
*The Symphony via Zoom*

Tuesdays, 9:30 -10:30 AM

**August 3 - October 5**



August 3, 2021

Brahms, Bruckner and the Viennese Symphony

Lecture 15

August 10, 2021

Gustav Mahler

Lecture 16

August 17, 2021

Nielsen and Sibelius

Lecture 17

August 24, 2021

The Symphony in Russia

Lecture 18

August 31, 2021

Charles Ivies

Lecture 19

September 7, 2021

Aaron Copland and Samuel Barber

Lecture 20

September 14, 2021

Roy Harris and William Schuman

Lecture 21

September 21, 2021

The 20th Century British Symphony

Lecture 22

September 28, 2021

Olivier Messiaen and Turangalila!

Lecture 23

October 5, 2021

Dmitri Shostakovich and his Tenth Symphony

Lecture 24

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

Wednesday, 9:30 -10:45 AM

**Last class August 4, John Adams & Recent Bestsellers**

Lecture 23—Did you know? By the end of 2007, David McCullough's *John Adams* had sold over 3 million copies, making it, by a considerable margin, the best selling biography in America's literary history.

Lecture 24—The bestsellers of today are quite different products than some of those discussed in earlier lectures; today there are "brand-name" writers, whose success is nearly guaranteed on their name alone

To sign up for any of the Great Courses DVD series, please email Chery Finley [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us).

*The Great Courses DVD Series*  
*From Monet to Van Gogh:*  
*A History of Impressionism via Zoom*

Mondays, 10:00 -11:00 AM

**August 2 - August 30**

**Aug 2 Gustave Caillebotte—Lecture 15**

**Mary Cassatt—Lecture 16**

**Aug 9 Manet's later works—Lecture 17**

**Departures—Lecture 18**

**Aug 16 Paul Gauguin—Lecture 19**

**The Final Exhibition—Lecture 20**

**Aug 23 The Studio of the South —Lecture 21**

**Henri de Toulouse —Lecture 22**

**Aug 30 The Nabis—Lecture 23**

**La Fin—Lecture 24**

**STAMP CLUB**

**Monday, August 9 at the  
Senior Center**



**The Stamp club meets on the 2nd  
Monday of the month at 10:00 AM.**

Please contact the Senior Center at 978-443-3055 to sign up.



*The Great Courses DVD Series*  
**Great Decisions 2021**  
**Via ZOOM**

**Wednesdays, 9:30 - 10:45 AM**  
**Continues every other week**  
**July 14—Sept 8**

**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](mailto:finleyc@sudbury.ma.us) or call 978-639-3269.**

**The Korean Peninsula by Scott Snyder**

The Korean Peninsula is facing a defining era. Attempts by South Korean President Moon Jae-in and former U.S. President Donald Trump to repair the rift between the North and South have lost any momentum as Pyongyang continues to test long-range missiles for its nuclear weapons program. As the rift between the U.S. and China grows further, South Korea may end up in the middle of the two superpowers. What does the future hold for the U.S. relationship with the ROK?

**Roles of International Organizations in a Global Pandemic**

**by Mara Pillinger**

The Covid-19 pandemic has thrust the World Health Organization (WHO) into the limelight, for better and for worse. While some of the Trump administration's criticism of the organization is unfair, the response to the early stages of the pandemic left many experts wanting more from the WHO. What is the WHO's role in responding to international pandemics? What can be done to improve the WHO's response to future global health crises?

Please contact Chery Finley at [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us) or call 978-443-3055 for your pick up time.

To sign up, please call the Senor Center at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

Let us know you are coming so we can buy enough for everyone to enjoy! Call us at 978-443-3055.

**Starting October 4  
from 1:00 – 3:00 PM  
Class will meet every Monday  
at the senior center.**

Toby Wollner will be the group leader and is looking for beginner players that want to learn how to play, as well as experienced players. All are welcome. To register, please email Sharon Wilkes at [Wilkess@sudbury.ma.us](mailto:Wilkess@sudbury.ma.us).

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 [finleycc@sudbury.ma.us](mailto:finleycc@sudbury.ma.us).

Next meeting: August 12 at  
1:00 PM via ZOOM



## S.A.I.L.

### Staying Active & Independent for Life

8 Thursdays from 9:15 – 10:00 AM  
August 12, 19, 26, Sept 2, 9, 16, 23, 30



**ON ZOOM**

Instructor Derry Tanner is a retired nurse and certified personal trainer.

SAIL is 45-minute safe and effective fitness class. Learn research-tested strength, balance and flexibility exercises that can help to make you stronger, make you feel better, and improve your balance.

This class is marked safe for beginners.



### T'ai Chi with Jon Woodward

8 Mondays from 2:15 - 3:00 PM  
August 2, 9, 16, 23, 30, Sept 6, 13, 20

**ON ZOOM**

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

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

**All sessions are currently running at the Senior Center**

**\$3 per class - Exact Change Only**

- Call on Friday to reserve your spot for next week's classes.
- 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.
- Instructor Lois Leav has been teaching the *Fit for the Future* class for over 25 years.



To register, call Chery Finley at 978-639-3269 or email [finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us).

### Chair Yoga with Rebecca Reber

8 Fridays from 9:30 - 10:15 AM  
August 6, 20, 27, Sept 3, 10, 17, 24, Oct 1  
**No class on August 13**

New session starts on Aug 6 . Please indicate whether you will join the class **in person or on Zoom**.

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](mailto:finleyc@sudbury.ma.us).



- Mail your check to 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 with Marilyn and Bob Ellsworth



Marilyn and Bob Ellsworth have been town residents for more than 46 years, moving from Oakland, CA, to Sudbury with their two daughters on the 4<sup>th</sup> of July weekend in 1975. Since then, they have been active in town events and activities, such as annual town meetings and Sudbury street cleanups in the Spring. They have both volunteered their time for a wide variety of town and regional organizations.

For the past few years, Bob has volunteered with the Sudbury Senior Center on two ongoing projects: the sand bucket brigade, delivering buckets of sand to the homes of local seniors for use on their icy sidewalks and driveways in the winter, and the delivery of donated baked goods from area supermarkets to the Senior Center.

When Bob is not assisting Marilyn with her *Gifts of Hope Unlimited* activities, he has his own particular volunteer activities. For several hours every week since 2002, he has volunteered with a national educational agency, Learning Ally. As an organization with historic roots in the late 1940's assisting blind WW11 veterans, Learning Ally's scope and mission have seen major expansion in the ensuing decades. The nationwide effort now works with schools, colleges, teachers, and parents to provide audio versions of textbooks and fiction and nonfiction literature to blind and dyslexic elementary, high school, and college students. In conjunction with hundreds of other volunteers throughout the country, Bob uses special software and his laptop computer at home to record chapters in selected books. His material is uploaded to a central library in Princeton, NJ, where professional staff collate the readings to produce complete audiobooks for distribution to client students.

In a separate but related effort, under the auspices of the Perkins School for the Blind in Watertown, MA, Bob makes regular telephone contact with a blind woman in the greater Boston area to help her select audiobooks for her reading pleasure, using a catalog of books published by the Library of Congress.

Since 2009 Bob has been making trips to the American Red Cross blood donation center in Dedham, MA, to donate platelets about 18-20 times per year.

Marilyn has enjoyed many volunteer opportunities since joining the League of Women Voters in 1978. There, she honed her knowledge of town government and local organizations and had the opportunity to lead studies about universal health care, domestic violence, and the feasibility of establishing a Sudbury town museum and history center.

The study of domestic violence led to the founding of the non-profit Sudbury-Wayland-Lincoln Domestic Violence Roundtable in 1998 by Marilyn and two other League members. The purpose of the "Roundtable" is education and outreach to the many Metrowest shelters and organizations dedicated to the prevention of relationship violence. For 23 years the Roundtable has provided several public educational programs yearly, collected items needed by shelter residents at the annual Shower for Shelters, and placed resource/ safety cards in local area public buildings, restaurants, health care facilities, and businesses in all three towns. For more information, please visit [www.domesticviolenceroundtable.org](http://www.domesticviolenceroundtable.org).

Interest in preventing domestic violence led Marilyn in 2006 to take a 40-hour training course from Domestic Violence Services Network located in Bedford and Concord, to become a trained volunteer advocate. Serving 13 area towns and Hanscom AF Base, advocates attempt to call all victims of abuse with safety and resource information on behalf of local police departments. Marilyn accompanies mostly women requesting restraining orders to Concord District Court. Please learn more at [www.dvwap@concordma.gov](mailto:www.dvwap@concordma.gov).

The close contact with women and children survivors was the impetus for the founding in 2012 of the non-profit *Gifts of Hope Unlimited* (GOHU) by Marilyn and two other volunteer advocates. GOHU's mission is to empower families who have experienced relationship violence by providing furniture, household items, clothing and financial assistance. GOHU maintains a warehouse in Acton, a rent-free space donated by Werner Gossels of Wayland. GOHU partners with Voices Against Violence in Framingham, RIA House in the Framingham area, The Second Step in Newton, and our town social worker, Bethany Hadvab. GOHU's work is made possible through grants, financial donations, donations of needed items by individuals and other non-profits, as well as quarterly fundraisers. To learn more please visit [www.giftsofhopeunlimited.org](http://www.giftsofhopeunlimited.org).

## August 2021 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
10:00 Monet to Van Gogh (Lec. 15 & 16 ) 11:00 Fit for the Future In VH room 2:15 Tai Chi (1)	9:00 English Learner Class 9:30-10:30 The Symphony (Lec. 15) 10:00 Stamp Club 3:00—4:00 Uber Tech Clinic	9:30 Great American Bestsellers (Last class Lec. 23 & 24) 11:00 Fit for the Future in VH rm	9:15 Staying Active and Independent for Life (8) 10:00 Current Events 1:00 Low Vision Support Group in SP room 2:30 Connection Circle	9:30 Chair Yoga (1) 10:00—12:15 Uber Tech Clinic 11:00 Fit for the Future in VH rm 11:30 Watercolors (1) 1:45 Watercolors (1)
9	10	11	12	13
10:00 Monet to Van Gogh (Lec. 17 & 18 ) 11:00 Fit for the Future In VH room 2:15 Tai Chi (2)	9:00 English Learner Class 9:30-10:30 The Symphony (Lec. 16) 1-3 Legal Clinic (on phone) 3:00—4:00 Uber Tech Clinic	9:30 Great Decisions (5) 11:00 Fit for the Future in VH rm	9:30 BOH Nurse Talk 9:15 Staying Active and Independent for Life (1) 10:00 Current Events 12:00 Dementia Friends Info 1:00 Short Story Group 2:30 Connection Circle	10:00—12:15 Uber Tech Clinic 11:00 Fit for the Future in VH rm 11:30 Watercolors (2) 12:30 –Movie –Yesterday 1:45 Watercolors (2)
16	17	18	19	20
10:00 Monet to Van Gogh (Lec. 19 & 20 ) 10:00 Stamp Club 11:00 Fit for the Future in VH room 2:15 Tai Chi (3)	9:00 English Learner Class 9:30-10:30 The Symphony Lec. 17) 3:00—4:00 Uber Tech Clinic	11:00 Fit for the Future in VH rm 1:30 Ice Cream Social	9:15 Staying Active and Independent for Life (2) 10:00-Current Events 2:30 Connection Circle	9:30 Chair Yoga (2) 10:00—12:15 Uber Tech Clinic 11:00 Fit for the Future in VH rm 11:30 Watercolors (3) 1:45 Watercolors (3)
23	24	25	26	27
10:00 Monet to Van Gogh (Lec. 21 & 22) 11:00 Fit for the Future In VH room 2:15 Tai Chi (4)	9:00 English Learner Class 9:30 -10:30 The Symphony (Lec. 18) 11:30 Summer Grab N' Go 3:00—4:00 Uber Tech Clinic	9:30 Great Decisions (6) 9:30 Meet BOH Nurse 11:00 Fit for the Future in VH rm	9:15 Staying Active and Independent for Life (3) 10:00-Current Events 2:00 Friends of Sudbury Senior Citizens meeting 2:30 Connection Circle	9:30 Chair Yoga (3) 10:00—12:15 Uber Tech Clinic 11:00 Fit for the Future in VH rm 11:30 Watercolors (4) 1:45 Watercolors (4)
30	31			
10:00 Monet to Van Gogh (Lec. 23 & 24 ) 11:00 Fit for the Future in VH rm 2:15 Tai Chi (5)	9:00 English Learner Class 9:30 -10:30 The Symphony (Lec. 19) 3:00—4:00 Uber Tech Clinic		Green Great Learning via Zoom  BLUE Fitness via Zoom	Orange at the senior center



## From Volunteer Program Coordinator, Janet Lipkin

From our Volunteer Program Coordinator,

It is an exciting time at the Senior Center, and we welcome having the building filled with people attending classes, programs and events, having lively discussions, forming new friendships while nurturing old ones, and taking part in volunteer services.

Our volunteer programs continue to be extremely well-utilized. Some were in full operation mode throughout the pandemic, others resumed with time and modifications, and some are still suspended, temporarily. Please feel free to call the Senior Center (978-443-3055) to find out about a particular volunteer program you are interested in or are in need of.

The Town of Sudbury requires a Liability Waiver be signed by residents using our volunteer services. The Liability Waiver form can be found on our website (on the "Services" tab) or can be mailed to you.

People often ask what the process is to becoming a volunteer. Anyone expressing interest in volunteering should get in touch with me, the Volunteer Program Coordinator. I will then provide them with information about the various volunteer opportunities the Senior Center offers, as well as provide a Volunteer Application packet which includes a CORI check form (criminal record check), and request for personal references. For those volunteer roles requiring driving (Meals on Wheels, FISH transportation to medical appointments), an additional driving record check is conducted. Once I receive a completed Volunteer Application, I set up an interview. During the interview, I get to know you a bit, discuss in more detail your specific interests in our volunteering opportunities as well as your availability, go over details of the volunteer roles, and answer any questions you may have. Once all of the reference and background checks are completed, I contact you to let you know final steps.



It is a thorough process but an important one, as our volunteers are representatives of the Senior Center. We are most grateful for the incredible team of valued volunteers that we have.

*If interested in applying to be a volunteer, please contact me at [LipkinJ@sudbury.ma.us](mailto:LipkinJ@sudbury.ma.us) or call 978-639-3223. I look forward to hearing from you!*

This month's featured article is written by Marilyn Ellsworth and Bob Ellsworth, a Senior Center volunteer. The article describes the important work being done by each of them, making a huge impact on the lives of many. Please see page 7. Kudos to Marilyn and Bob for the important work that they do!



### **Volunteer Program Highlight: Goodnow to Go**

*Goodnow to Go* is a collaboration with the Goodnow Library to supply library materials to Sudbury residents unable to travel to the Library. A Senior Center volunteer will be matched with the patron and will deliver the library materials to the patron's residence, then return them to the library when the circulation period expires. Materials will be selected by the patron or by the patron in discussion with Goodnow Library staff or a Senior Center volunteer. For more information, contact Goodnow's Michael Briody, [mbriody@minlib.net](mailto:mbriody@minlib.net), 978-440-5535; to volunteer contact Janet Lipkin at [LipkinJ@sudbury.ma.us](mailto:LipkinJ@sudbury.ma.us), 978-639-3223.

Quotes of



Note:

*"One of the greatest gifts you can give is your time."*

-volunteer

*"I am only one, but still I am one. I cannot do everything, but still I can do something."*

- Edward Everett

## From Outreach/Information Specialist Ana Cristina Oliveira

**Go Sudbury! Taxi Rides**

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.

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 co-pay 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**

The Sudbury Connection Wheelchair Accessible Van Service, offered in conjunction with the Metro West Regional Transit Authority (MWRTA), is 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.

**If you have any questions regarding transportation or need additional information, please contact Ana Cristina Oliveira, Outreach/ Information Specialist at [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us) or 978-639-3268.**



## Sudbury Senior Trips 2021



The following trips are being offered by **Best of Times** :

**September 21-23, 2021**

**Tour the Pennsylvania Dutch Country, attend two shows, Queen Ester and Mamma Mia.**

**October 7, 2021**

**Simon Pearce Glassblowing and King Arthur Fall Foliage.**

**November 18, 2021 Concert with Yesterday Once More, ABBA, The Carpenters, The 5th Dimension, The Mamas and the Papas all in one show.**

To sign up for a trip, please email Joe Bausk at Joebausk@verizon.net or call him at 978-443-8963.

## Should You Delay Medicare Enrollment?



Most people first become eligible for Medicare when they turn 65. To have coverage begin the month of your 65th birthday, you must enroll during the three months prior to your birthday. Your Initial Enrollment Period (IEP) extends three months past your birthday month, but your effective date will be later. If you don't enroll during your IEP, you may have a lifetime penalty.

There is an exception for people still working past age 65. If you are covered through your employer group health plan and there are 20 or more employees, you may delay enrolling in Medicare without penalty. This also applies if you are covered through your spouse's current employment. However, once employment ends, other coverage, such as COBRA or a Health Connector plan, will not prevent the penalty.

For further assistance about this or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call the Sudbury Senior Center. For other SHINE related matters, call 1-800-243-4636.

## FREE BOOK DELIVERY SERVICE



**What:** Goodnow to Go is a collaboration with the Goodnow Library to supply library materials to Sudbury residents unable to travel to the Library.

**Who:** This service is provided free of charge to Sudbury residents of private homes, apartment buildings, or assisted living facilities who are unable to travel to the library due to a temporary or permanent disabling condition.

**How:** A Senior Center volunteer will deliver materials to locations and return them to the library when circulation period expires. Materials will be selected by patron or by patron in discussion with Goodnow Library staff or Senior Center volunteer. Patrons wishing to use this service will fill out the Goodnow to Go form, indicating their relevant information and material preferences. You may return this form to the Goodnow Library in person, by email ([mbriody@minlib.net](mailto:mbriody@minlib.net)) or snail mail.

**When:** Deliveries and pick-ups will occur approximately every two weeks. **Contact:** Michael Briody, [mbriody@minlib.net](mailto:mbriody@minlib.net), 978-440-5535.

## August MOVIE—Yesterday



**Friday, August 13 at 12:30 PM, 2 hrs.**

While he's still looking for his next big break, musician Jack Malik gets hit by a bus during a global blackout. When he wakes up, he finds out he's the lone person on Earth who knows of the Beatles and all of their songs. **Showing at the Senior Center. Sign up by call-**

## Low Vision Support Group—No Aug meeting See you on Thursday, September 3 at 1:00 PM



You must sign up in advance by calling the Senior Center at 978-443-3055. If you have any questions, please contact Ana Cristina Oliveira, Outreach/Information Specialist, at 978-639-3268.

## I'm in the "donut hole". What can I do?

### Try the Prescription Advantage Program

If you have reached or are about to reach that gap in your Part D plan, the Commonwealth's Prescription Advantage program can help. For individuals with an annual income less than \$38,640 (single) or \$52,260 (married), Prescription Advantage can lower your co-payments while in this gap. There is no premium for this state-sponsored pharmacy assistance program. Call today for more information at 1-800-243-4636. You can also learn more online at [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org)

### Resources

BayPath Elder Services 508-573-7200

Meals on Wheels (BayPath): 508-573-7246

Caregiver Resources: [www.caregivingmetrowest.org](http://www.caregivingmetrowest.org)

Domestic Violence Hotline: 1-877-785-2020

Elder Abuse Hotline: 1-800-922-2275

MA Executive Office Elder Affairs: 1800-243-4636

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Metro West Legal Services: 508-620-1830

Sudbury Housing Authority: 978-443-5112

MWRTA -508-820-4650

Social Security: 1- 800-772-1213

Sudbury Community Food Pantry- 978-443-7725

## Dial a Ride

The Dial-a-Ride Van Service is available on Tuesdays and Thursdays from 4:00 -7:00 PM and is handicapped accessible.

Rides are also available to Framingham to catch the Boston Hospital Shuttle on Tuesdays (early morning, return midday or early evening.)

If you're a registered van rider, please call the MWRTA Call Center at 508-820-4650, Monday-Friday, 8:00AM-4:00PM to schedule a ride.

Reservations must be made at least 2 business days in advance.



## More Memory Cafés to enjoy

Many Massachusetts memory cafés now offer virtual programs; some are meeting outdoors, and some are gearing up to resume indoor meetings. We continuously update the directory, which can be found at : [www.ifcsboston.org/MemoryCafeDirectory](http://www.ifcsboston.org/MemoryCafeDirectory). (Look for the blue sidebar listing virtual cafés, on the right side of the page.)

## Dementia Friends Info Session on Zoom

**Thursday, August 12 at 12:00 PM**

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://goodnowlibrary.assabetinteractive.com/calendar/dementia-friends-information-session-2/>

## Bridges by Epoch

**Virtual Caregiver Programs on Zoom**



**August 11 at 11:00 AM**

Caregiver Support Group

**August 18 at 4:30 PM**

Early Stage Support Group (for the person with the diagnosis)

**August 19 at 11:00 AM**

Dementia education- Signs and Stages of Alzheimer's

RSVP by calling Cindy Gerante, CDP at 978.261.7007 or email [cgerante@bridgesbyeepoch.com](mailto:cgerante@bridgesbyeepoch.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:

Margaret "Peg" Espinola  
State Rep. Carmine Gentile  
Sandy Lasky  
Patricia Lewis  
Robert Lieberman  
Anna Newburg  
Donald Sherman  
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 are assisting clients with issues relating to how to download and use the Uber application on their 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

Tuesdays from 3:00-4:00 PM, and

Fridays from 10:00 AM - 12:15 PM.

To register for a one-on-one consultation with a volunteer, please email [senior@sudbury.ma.us](mailto:senior@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 call 978-443-3055

### 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. (Serving the Health Information Needs of Everyone on Medicare)**

Free consultation on Medicare health insurance by appointment.

### Community Services

#### **Phone Buddies**

Volunteers make weekly calls to older adults who would like to socialize.

#### **Friendly Visitor Program**

Volunteers make weekly visits to seniors unable to leave their homes to socialize.

#### **Grocery Shopping**

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 the 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.

### Safety

#### **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**

**Next session: August 5 at the Senior Center**

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 Sharon K. Wilkes at [Wilkes@sudbury.ma.us](mailto:Wilkes@sudbury.ma.us) or call 978-443-3055.



## Sudbury Care Pantry



**Compassion Assistance & Resources for Everyone**

The Sudbury CARE Pantry exists to help neighbors in need get the personal care, laundry, and household cleaning supplies that SNAP or WIC benefits don't cover.

### **NEED HELP?**

**Contact: [pantry@st-elizabeths.org](mailto:pantry@st-elizabeths.org)**

A volunteer will reply with a checklist which will allow you to choose the items you need.

Orders can be delivered to the recipient's front door or picked up at: St. Elizabeth's Church, 1 Morse Road, Sudbury MA



U.S. POSTAGE

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Sudbury, MA

PERMIT NO. 4

PRESORT STANDARD

A monthly publication from the

**Sudbury Senior Center and Sudbury Council on Aging**

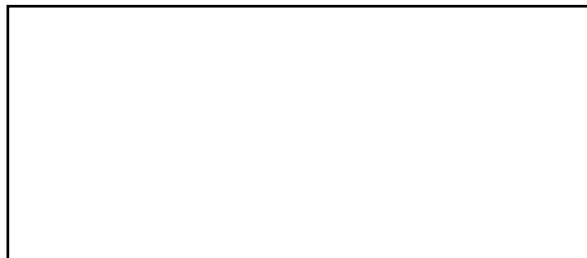
40 Fairbank Road

Sudbury, Massachusetts 01776-1681

<http://sudburyseniorcenter.org>



**The Senior Scene**



**Or Current Occupant**



**Sudbury Senior Center**

**Phone: 978-443-3055**

**Fax: 978-443-6009**

**E-mail: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)**

**Senior Center hours: Monday through Friday 9:00 AM to 4:00 PM**