It’s Fall Y’all Apple Fest

Tuesday, October 26 at 9:30 AM.

This event will take place outside on our patio and in the Sudbury Pines room. We will have hot apple cider, tea and cider donuts.

The Long Lost String band will entertain you with a fiddle, guitar and banjo concert!

Don’t forget to sign in using your myseniorcenter id card and you will be automatically entered into a raffle to win a Dunkin Donuts gift card!

Contact the Senior Center to register at 978-443-3055 or email senior@sudbury.ma.us.

Registration is limited to the first 25 people who sign up. RAIN DATE: Tuesday, November 2, 2021.
A message from Director, Debra Galloway

Happy October! I hope you’re enjoying this month of fall colors, pumpkins and apple cider!

We are excited to offer some small socially distanced events at the Senior Center. Check out It’s Fall, Y’All! A special event featuring music, hot apple cider and cider donuts on Tuesday, October 26 from 9:30-11:00 AM. Drop in for Coffee Hour and read the Boston Globe, relax in the lounge, or maybe play a card game on Tuesdays and Thursdays. Come see a movie on Friday afternoons, or sign up for our very popular lifelong learning classes from The Great Courses.

Two of our programs are now running as hybrids: both in-person and on Zoom: Wonderful Watercolors and Turn the Page Book Group. We are experimenting with offering more programs this way, though the hybrid method works well for some classes but not others, and does take more staff time and effort.

As always, we are interested in your feedback, questions and thoughts. Please feel free to contact any of us, at 978-443-3055 or senior@sudbury.ma.us.

Debra Galloway, Director

Flu Clinic News!

The Sudbury Board of Health is planning a Flu Clinic specifically for older adults sometime in early October. Unfortunately, because the clinic scheduling software cannot be utilized until the vaccine is delivered to the town, the Clinic date has not been determined. Please check back on the Town, Senior Center and/or Sudbury Board of Health websites for the latest information. You may also contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us for Flu Clinic dates and information.

Happy October!

I hope you’re enjoying this month of fall colors, pumpkins and apple cider!
**The Great Courses DVD Series**

**The Symphony via Zoom**

Tuesday, 9:30 - 10:30 AM

October 5

Lec. 24—Dmitri Shostakovich and his Tenth Symphony

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**The Great Courses DVD Series**

**The Concerto via Zoom**

Tuesdays, 9:30—10:30 AM

October 12 - February 15

October 12
Lec. 1 - The Voice in the Wilderness

October 19
Lec. 2 - The Baroque Italian Concerto

October 26
Lec. 3 - Baroque Masters

Thank you to the Cliftons for loaning this DVD series to the Sudbury Senior Center!

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To sign up for any of the Great Courses DVD series, email Chery Finley at finleyc@sudbury.ma.us

A Zoom link will be emailed to you the day before each class. The same link is used for the duration of the series and we stream the Zoom class for 1—50 participants; no need to notify us if you can’t make it.

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**Low Vision Support Group**

Thursday, October 7 at 1:00 PM

Meets on the first Thursday of the month. 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.

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**The Great Courses DVD Series**

**Genius of Michelangelo via Zoom**

Mondays, 10:00—11:00 AM

September 20 - January 24

October 4
Lec. 5 - Florence and Bologna in the Early 1490s

Lec. 6 - First Visit to Rome and Early Patrons

October 18
Lec. 7 - The Bacchus and the Pieta

Lec. 8 - The return to Florence and the David

October 25
Lec. 9 - The David and St. Matthew

Lec. 10 - For the Republic—The Battle of Cascina

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**The Great Courses DVD Series**

**History of the Ancient World: A Global Perspective via Zoom**

Wednesday 9:30—11:30 AM

September 22 - December 15

No class Nov 24

Sign up is for new participants only. We use the same Zoom link each week.

October 6
Lec. 5—Pharaohs, Tombs and Gods

Lec. 6—The Lost Civilization of the Indus Valley

October 13
Lec. 7—The Vedic Age of Ancient India

Lec. 8—Mystery Cultures of Early Greece

October 20
Lec. 9—Homer and Indian Poetry

Lec 10—Athens and Experiments in Democracy

October 27
Lec. 11—Hoplite Warfare and Sparta

Lec. 12—Civilization Dawns in China
SNAP PROGRAM

You may be eligible for the Supplemental Nutrition Assistance Program (SNAP), also known as food stamps. The Department of Transitional Assistance administers SNAP benefits. SNAP provides a monthly benefit to buy nutritious foods.

To receive SNAP, you must be low income and be a US citizen or legal noncitizen. Eligibility for SNAP benefits depends on financial and nonfinancial criteria. It is easy to apply! To learn more, visit Mass.gov/DTA or contact Ana Cristina Oliveira, Outreach and Information Specialist at 978-443-3055. To see if you may qualify please check the income eligibility below:

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Gross monthly income</th>
<th>Net monthly income</th>
</tr>
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<tr>
<td>1</td>
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<td>$ 1,064</td>
</tr>
<tr>
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<tr>
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</tr>
<tr>
<td>4</td>
<td>$2,839</td>
<td>$2,184</td>
</tr>
</tbody>
</table>
**OPEN ENROLLEMENT**

**OCTOBER 15 — DECEMBER 7**

Medicare plans change every year!
Now is the time to decide on your coverage for 2022.
See page 11 to make a SHINE appointment.

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**MAHJONG**

Starting on October 4
No class Oct 11
On Mondays, 1:00 – 3:00 PM
at the Senior Center.

Mahjong is a game that originated in China, commonly played by four players. Similar to the Western card game Rummy, mahjong is a game of skill, strategy and calculation and involves a certain degree of chance.

Order playing cards at:
The National Mah Jong League Inc.
450 7th Avenue
New York, New York 10123
Phone: 212-246-3052
Large Print card $10.00 and Small Print card $9.00
+++++++++++++++++++++++++++++++++++++++++++++++++
To register, please email Sharon Wilkes at Wilkess@sudbury.ma.us.

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**TURN THE PAGE Book Group**

Wednesday, October 20
at 1:00 PM

**Hybrid Class (in person)**

**Book:** The Vanishing Half

**By:** Brit Bennett

**Quote:** “A library is not a luxury, but one of the necessities of life” - Henry Ward Beecher

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**WONDERFUL WATERCOLORS**

8 Fridays, 11:30-1:30 or 1:45-3:45 PM Class fee: $65
Oct 1, 8, 15, 22, 29, Nov 5, 12, 19

**Hybrid Class (in person)**

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.

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**CANASTA**

Meets every Thursday at the Senior Center from 1:00—3:45 PM.

Carole Flynn is the Group Leader. Looking for new and experienced players.

Please call the Senior Center at 978-443-3055 to register.

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**CRIBBAGE & SCRABBLE**

PLAYERS WANTED

We have people interested in playing.
Call the Senior Center to sign up!
CHAIR YOGA
8 Fridays from 9:30 - 10:15 AM
Oct 29, Nov 5, 12, 19, Dec 3, 10, 17, Jan 7

On ZOOM - cost $40.00

Join Rebecca Reber 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.

- 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.
- If you need financial assistance, please contact the Senior Center.

T’AI CHI
8 Mondays from 2:15 - 3:00 PM
Oct 18, 25, Nov 1, 8, 15, 22, 29 & Dec 6

On ZOOM - cost $40.00

Jon Woodward is a certified T’ai Chi instructor with many years of experience and teaches at several local fitness clubs and senior centers in the MetroWest area.

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.

S.A.I.L.
Staying Active & Independent for Life

8 Thursdays from 9:15 – 10:00 AM
Oct 14, 21, 28, Nov 4, 18, Dec 2, 9, 16

No class Oct 7, Nov 11 & 25
On ZOOM - cost $40.00

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

Fit for the Future

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

All sessions are currently running at the Senior Center

$4.00 per class - Exact Change Only

- Must check-in at the Senior Center front desk
- Class is first-come, first-serve
- Limited to the first 15 people
- 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 the past 30 + years.
George Connor is a man who knows his strengths and weaknesses. "A man’s got to know his limitations," he says, quoting Clint Eastwood during a wide-ranging conversation over coffee. "I operate behind the scenes. I’m not going to go out and be the front person—that’s just not my gig."

Fortunately for the Sudbury Senior Center, George knows exactly the kind of work that does fall into his wheelhouse, from driving for the Meals and Wheels and FISH (Friends in Service Helping) programs to fixing mailboxes and replacing smoke detectors and doorbells as part of the Fix-It program. "It’s a matter of personal satisfaction," George says. "I get a lot of appreciation from people who know the work that goes into it."

George started volunteering with the Senior Center in 2014, shortly after retiring from EMC Corporation after 18 years with the company. George knew Ed Gottmann, who was then heading up the Senior Center’s volunteer programs, through a local poker game. Upon receiving the news that George was retiring, Ed said, "I’ll be calling you."

George soon began volunteering, starting with the Fix-It program, and since he enjoys driving, took on assignments for Meals on Wheels and FISH, as well. Raised in Winchester, George knows the area well and doesn’t mind driving into Boston, making him a valuable driver for the FISH program, which provides Sudbury seniors with rides to medical appointments when family and friends are not available.

George recalls one senior he drove to Waltham for medical appointments every week for several months. The man suffered from multiple sclerosis, which had recently taken the life of George’s best friend. "It’s one of those things...you find your mission," George says. "It’s almost like someone called me and said, ‘I think you need to take this person.’"

In addition to his volunteer work for the Senior Center, George serves as treasurer for local nonprofit organizations including the Sudbury Community Food Pantry and the Sudbury-Wayland-Lincoln Domestic Violence Roundtable, and is a member of the finance committee for the Sudbury Historical Society. George was treasurer of Memorial Congregational Church for 25 years, and also served as treasurer for Sudbury’s 375th anniversary celebration in 2014. George is also the treasurer of his curling club, a group of about 80 members that calls the Worcester Ice Center home.

After a career that included positions at Prime Computer and ITT Sheraton corporation before EMC, George considered consulting, but after the one-year waiting period necessitated by his retirement agreement with EMC, George says, "I didn’t have the urge to get back into the corporate rat race."

George and his wife of 43 years, Melinda, have called Sudbury home since 1978. George’s family roots in the area go back to 1635 and James Hosmer. In 1775, Abner Hosmer, a distant uncle of George’s on his mother’s side, was one of two settlers killed at the Battle of North Bridge. George has been a member of the Sudbury Militia since the early 1990s, participating in events including parades, weddings, corporate functions, and school presentations. Melinda recently retired as assistant treasurer for the Town of Sudbury.

When asked why he commits so much time to volunteering for the Senior Center, George says, “One, I enjoy it. Two, I hope when the time comes, that there will be people like me available who are 10 to 15 years younger than me who will do the same thing for me.”

Written by: Caleb Cochran, Volunteer, Sudbury Senior Center (Note: The FISH program is currently suspended.)
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| Green—Great Learning via Zoom  
Black—programs via Zoom  
Orange—at the Senior Center |  |  |  |  |
| 4 | 5 | 6 | 7 | 8 |
| 10:00 Michelangelo (Lec. 5 & 6)  
11:00 Fit for the Future  
1:00 Mah Jong  
2:15 T’ai Chi (8) | 9:00 English Learner Class  
9:00 Coffee Hour  
9:30 The Symphony Lec. 24 Last class  
3:00 Uber Tech Clinic | 9:30—History of the Ancient World (Lec. 5 & 6)  
11:00 Fit for the Future | 9:00 Coffee Hour  
9:15 Staying Active (no class)  
10:00 Current Events  
1:00 Short Story Group  
1:00 Low Vision Support  
1:00 Canasta  
2:30 Connection Circle | 9:30 Chair Yoga (7)  
9:30 Hearing Clinic  
11:00 Fit for the Future  
11:15 Uber Tech Clinic  
11:30 Watercolors (2)  
1:00 Uber Tech Clinic  
1:45 Watercolors (2) |
| 9 | 10 | 11 | 12 | 13 |
| Senior Center is closed TODAY  
Columbus Day | 9:00 English Learner Class  
9:00 Coffee Hour  
9:30 The Concerto (Lec.1)  
1:00 Legal Clinic (phone)  
3:00 Uber Tech Clinic  
4:00 COA meeting | 9:30—History of the Ancient World (Lec. 7 & 8)  
11:00 Fit for the Future | 9:00 Coffee Hour  
9:15 Staying Active (1)  
10:00 Current Events  
1:00 Canasta  
2:00 Dementia Friend Info Session  
2:30 Connection Circle—No meeting | 9:30 Chair Yoga (8)  
11:15 Uber Tech Clinic  
11:00 Fit for the Future  
11:30 Watercolors (3)  
1:00 Movie—Breathless  
1:00 Uber Tech Clinic  
1:45 Watercolors (3) |
| 14 | 15 | 16 | 17 | 18 |
| 10:00 Michelangelo (Lec. 7 & 8)  
10:00 Stamp Club  
11:00 Fit for the Future  
1:00 Mah Jong  
2:15 T’ai Chi (1) | 9:00 English Learner Class  
9:00 Coffee Hour  
9:30 The Concerto (Lec. 2)  
3:00 Uber Tech Clinic | 9:30—History of the Ancient World (Lec. 9 & 10)  
11:00 Fit for the Future  
1:00 Turn the Page Book Club | 9:00 Coffee Hour  
9:15 Staying Active (2)  
10:00 Current Events  
1:00 Canasta  
2:00 Friends of Sudbury Senior citizens meeting  
2:30 Connection Circle | 9:30 Chair Yoga no Class  
11:15 Uber Tech Clinic  
11:00 Fit for the Future  
11:30 Watercolors (4)  
1:00 Uber Tech Clinic  
1:45 Watercolors (4) |
| 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | 32 | 33 |

Contact Lisa Templeton to place an ad today!  
litempleton@lpicommunities.com or (800) 477-4574 x6377  

Mary Ann Morse  
Long-Term & Memory Care, Short-Term Rehabilitation, Outpatient Rehabilitation  
45 Union Street, Natick  
508-433-4404  

www.maryannmorse.org  
NEW! Mary Ann Morse Home Care provides skilled home health services throughout Metro West: 508-433-4479
From Volunteer Program Coordinator, Janet Lipkin

There is a special feel to the air in October. The mornings are often cool and crisp, prompting people to don sweaters, lightweight coats and shawls. Local farms offer hayrides and apple cider donuts, a sure sign that you are in New England. Meanwhile, the landscape is all things pumpkin...be it in fields, door entrances, or present in foods and beverages as pumpkin scones and flavored coffees make their seasonal appearances. It is a favorite time of year for many. To be sure, nature’s cycles often act as a touchstone for people...the normalcy and predictability of its rhythms give reassurance, especially when other aspects of our world may seem random, unsettling or unexpected.

The Senior Center is a refuge for many. Seniors can participate in the Center’s classes, programs and events, knowing that they will be welcomed here with a smile and nice conversation. The various Volunteer Services offered by the Senior Center are also a mainstay. A huge thank you to our valued team of volunteers who, with kind hearts, share their talents and time. Some are in grocery stores doing weekly food shopping for their matched senior, others are delivering library materials to individuals unable to get to the library themselves, many are doing small outdoor home repairs for seniors or making a weekly visit or phone call to combat social isolation, and several are delivering mid-day meals. Volunteer opportunities abound, and I urge you, if you have not done so already, to get involved. The joy of knowing you are making a positive impact on others is invaluable.

Who are our volunteers? I can tell you that they range from high school students to individuals in their 90’s. We have volunteers that are in every stage of adulthood, including new parents and early retirees. People come from all different ethnic backgrounds, and are from all parts of the world. I have the pleasure and honor of getting to know the volunteers, and I must say, it is a privilege to be in the company of such dedicated and kind souls. Volunteering is flexible and done when it works within the person’s schedule, making it ideal for people who have lots of free time or for those that have busy lives and can give an hour every now or then. For more information about how to apply to become a part of our team of volunteers, please contact me at LipkinJ@sudbury.ma.us or by calling 978-639-3223.

We are in need of:

-Greeters to welcome people as they enter the Senior Center (generally mornings 9-11AM)

-Writers to conduct phone interviews of town residents and write a one-page article about him/her for our newsletter

-Grocery Shoppers to do weekly food shopping

-Meals on Wheels drivers (back-up) M-F, 11AM-12:30PM

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Volunteer Program Highlight: Phone Buddies

Volunteers make a weekly phone call to their matched senior. Especially during the pandemic, this program has been a big success, creating nice relationships and helping with the isolation many have been experiencing. If you would like to participate in this program, please let me know by contacting me (978-639-3223; LipkinJ@sudbury.ma.us)

*********************************************************************************************************************************************

Touched by Senior Center Volunteerism: If you are a recipient of a volunteer service that positively impacted your life, please feel free to send me a brief note about it. It can be anonymous or you may include your name, if you wish. I will then share some submissions. (lipkinJ@sudbury.ma.us; 978-639-3223).

With deep appreciation to all our volunteers; thank you for all you do! Janet Lipkin, Volunteer Prog. Coordinator
Go Sudbury! Uber Rides
If you are a Sudbury resident who meets one of the following qualifications:

♦ 50 years of age or older
♦ 18 years of age or older who is living with a disability that limits driving
♦ active duty military or veteran of the armed forces
♦ resident with financial need
♦ essential worker requiring transportation to work

...you may qualify for the grant-funded, time-limited Go Sudbury! Uber Rides program.

Uber rides are available for non-urgent healthcare appointments, work, shopping, and accessing community resources. Uber rides require an Uber account and small co-payment. There are three geographic area in which transportation can be provided, each with a nominal co-pay per one-way ride.

Go Sudbury! Taxi Rides
If you are a Sudbury resident who meets one of the following qualifications:

♦ 50 years of age or older
♦ 18 years of age or older who is living with a disability that limits driving
♦ active duty military or veteran of the armed forces
♦ resident with financial need
♦ essential worker requiring transportation to work

...you may qualify for the grant-funded, time-limited Go Sudbury! Taxi program - fully subsidized by an emergency grant from the Metropolitan Area Planning Council. Both Tommy’s Taxi and JFK Transportation (wheelchair accessible) are used to provide these services.

Taxi rides are available for non-COVID healthcare appointments and COVID vaccination appointments. All rides must begin or end in Sudbury. Please apply and register in advance.

Go to the Sudbury Transportation Committee website to register online at www.sudbury.ma.us/

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Sudbury Connection Van Service
Are you a Sudbury resident who is aged 60+, or under 60 with a disability?

The Sudbury Connection Van Service provides wheelchair accessible transportation to and from medical appointments, as well as to shopping and errands in Sudbury and surrounding towns from Monday – Friday 8:30-4:00. One passenger per trip.

Medical appointment destinations include: Sudbury, Marlborough, Concord, Wayland and Framingham.

Shopping and errand destinations include: all stores in Sudbury, Stop and Shop Town Center in Wayland, Target plaza in Marlborough and Market Basket Plaza in Maynard. Please complete the application to become a registered rider.

You can find the application at: https://sudburyseniorcenter.org/services/transportation/

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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.)

Reservations must be made at least 2 business days in advance. Note: Holidays are not considered a business day.

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.

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Do you have any questions regarding transportation or need additional information?
If so, please contact Ana Cristina Oliveira, Outreach/Information Specialist at oliveiraa@sudbury.ma.us or 978-639-3268.
MOVIES IN OCTOBER

Friday, October 1 at 1:00 PM
Lost Treasures of the Ancient World: Ancient Greece: 1 hour
Using innovative 3D graphics, computer animation, reconstructions and location footage, this intriguing video takes viewers to the birthplace of democracy to visit some of Greece's architectural wonders. Narrated by: Eminent expert John Bennet of the Institute of Archaeology.

Friday, October 15 at 1:00 PM
Breathless, NR 2 hrs.
A cartoon shooing a cop, young thief Michel meets and shacks up with American girl Patricia. Hiding out in her hotel room, Michel tries to talk Patricia into going with him to Italy, but she doesn't know that would include a foray into criminal life.

Friday, October 29 at 1:00 PM
OVE, PG-13, 2 hrs.
Despite being deposed as president of his condo's resident association, 59-year-old misanthrope Ove continues to plague his neighbors with dictatorial demands. But when Ove's new neighbor runs over his mailbox, the old crank finds he's met his match.

COFFEE HOUR

Every Tuesday & Thursday
at 9:00 AM
Meet inside or outside.
We just purchased a new patio set.
All are welcome!

APPOINTMENTS

Schedule a SHINE appointment between
October 15 - December 7 if you need to change / review your Medicare plan.

Medicare plans change every year! This is the time to decide on your coverage for 2022.

REMEMBER: At your appointment, please have your Medicare card, other insurance cards, your drug list and your Medicare account username and password.

If you don’t have an account, you can go to medicare.gov to create one.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options. Call the Sudbury Senior center for an appointment.

For other SHINE related matters, call 1-800-243-4636, then press #4.
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.prescriptionadvantagema.org

Resources

BayPath Elder Services 508-573-7200
Meals on Wheels (BayPath): 508-573-7246
Caregiver Resources: www.caregivingmetrowest.org
Domestic Violence Hotline: 1-877-785-2020
Elder Abuse Hotline: 1-800-922-2275
MA Executive Office Elder Affairs: 1-800-243-4636
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

Dementia Friends Info Session on Zoom

Thursday, October 14 at 2:00 PM

The Dementia Friendly Sudbury Action Team is hosting a dementia Friends Info Session. In 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/

Low-income Home Energy Assistance Program (LIHEAP)

The Low-income Home Energy Assistance Program (LIHEAP) has been available in Massachusetts to low-income households since 1977.

Also known as Fuel Assistance, this program helps income-eligible households pay a portion of their heating bills between November 1 and April 30.

To see if you qualify, call the Sudbury Senior Center and ask to speak with Ana Cristina Oliveira, Outreach Information Specialist at 978-443-3055.

Hearing Clinic

Friday, October 8
9:30 AM - 11:00 AM

Michael Drennan, BC-HIS, of Rogers Hearing Solutions offers complimentary wax and hearing screenings at the Senior Center. Please call us at 978-443-3055 to schedule your appointment.

Bridges by Epoch

Virtual Caregiver Programs on Zoom

October 13th at 11:00 AM
Caregiver Support Group
October 20th at 4:30 PM
Early Stage Support Group
(for the early diagnoses person)

RSVP by calling Cindy Gerante, at 978-261-7007 or email cgerante@bridgesbyepcoh.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
Marc Hertzberg
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
Ron DeMarco
Volunteer Program Coordinator
Janet Lipkin

COMING SOON

Veterans Celebration
Quilting
Tap Dance
Bingo
Flu Clinic

Daylight Savings Time

Sunday, Nov 7, 2021 at 2:00 AM

On Saturday night, set your clocks back one hour to “fall back”

Note: 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. (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.
What should you do if you lose your vaccination card?

The Centers for Disease Control recommends taking a photo of your vaccination card and keeping a copy on your phone or in your wallet. However, if you lost your card and you didn’t take a photo, you may still be able to get a copy. The CDC recommends contacting the vaccination provider directly.

For example, if you received your vaccination at a local pharmacy, you can call them. Walgreens keep records of all vaccinations at their pharmacies, and will provide you with a new card.

If you received a vaccination at CVS, you can access the vaccination record information on the CVS app or online at www.cvs.com. In order to do this, you need to set up an account. You could alternatively contact CVS pharmacy directly and an employee can print out a vaccine record for you. Also, if you provided an email address when you registered for a CVS vaccination, you would have received an email with the vaccine record and can search for that email.

If for some reason you cannot get in touch with the vaccine provider, the CDC says you should contact your state health department’s immunization information system (the Massachusetts Immunization Information System is the agency for Mass. residents). You can request a copy of your vaccination record. Unfortunately, this method will be slower. You will need to fill out an application, have it notarized, before submitting it. It may take up to 6 weeks to get the records. To contact the MIIS, call 617-983-4335 or email at MIISHelpDesk@state.ma.us.
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40 Fairbank Road
Sudbury, Massachusetts 01776-1681

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The Senior Scene

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