

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



Picture taken at the Cushing Memorial Park in Framingham MA

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## 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](mailto: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](mailto: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](mailto:senior@sudbury.ma.us) for Flu Clinic dates and information.

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**All courses are held at Temple Shir Tikva in Wayland**

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*370 Boston Post Rd., Sudbury*

*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



*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

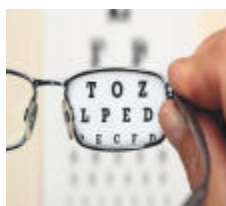
Thank you to the Cliftons for loaning this DVD series to the Sudbury Senior Center!

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

**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.

*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

*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](http://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:

Household Size	Gross monthly income	Net monthly income
1	\$1,383	\$ 1,064
2	\$1,868	\$1,437
3	\$2,353	\$1,810
4	\$2,839	\$2,184

FALL 2021

## ADVENTURES in LIFELONG LEARNING



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**Enjoy courses for seniors 60+!**

**Tuesdays October 5, 12, 19 and 26**

Visit our website to join the mailing list and learn more.

[www.bit.ly/Adventures-FSU](http://www.bit.ly/Adventures-FSU)

Registration will open on Wednesday, September 8, at 11am.

Adventures in Lifelong Learning courses are free to all participants, thanks to partial funding support from the Older Americans Act as granted by BayPath Elder Services, Inc., and grants from Ashland Cultural Council, Framingham Cultural Council, Marlborough Cultural Council, Natick Cultural Council and Sudbury Cultural Council. Because federal funding is being used, we provide participants an opportunity to make a voluntary donation toward the cost of this service. Voluntary donations are put directly into program enhancement, allowing for expansion of services. Whether or not a participant makes a voluntary donation in no way informs or influences this service delivery.



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**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.

**TURN THE PAGE Book Group**Wednesday, October 20  
at 1:00 PM**Hybrid Class (in person)****Book:** The Vanishing Half**By:** Britt Bennett**Quote:** "A library is not a luxury, but one of the  
necessities of life" - Henry Ward Beecher**C A N A S T A**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.**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.**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.**CRIBBAGE & SCRABBLE  
PLAYERS WANTED****We have people  
interested in playing.  
Call the Senior Center to  
sign up!**

## 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.

## 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.

## 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.

## CHAIR YOGA

8 Fridays from 9:30 - 10:15 AM  
Oct 29, Nov 5, 12, 19, Dec 3, 10,17, Jan 7

No Class Oct 22 & Nov 26, Dec 24, Dec 31  
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](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.
- If you need financial assistance, please contact the Senior Center.



## Volunteer Profile: George Connor



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.)



## OCTOBER 2021 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
<b>Green— Great Learning via Zoom</b> <b>Black—programs via Zoom</b> <b>Orange -at the Senior Center</b>				9:30 Chair Yoga (6) 11:15 Uber Tech Clinic 11:00 Fit for the Future 11:30 Watercolors (1) 1:00 Movie—Greece 1:00 Uber Tech Clinic 1:45 Watercolors (1)
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)
11	12	13	14	15
<b>Senior Center is closed TODAY</b> <b>Columbus Day</b>	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)
18	19	20	21	22
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)
25	26	27	28	29
10:00 Michelangelo (Lec. 9 & 10) 11:00 Fit for the Future 1:00 Mah Jong 2:15 T'ai Chi (2)	9:00 English Learner Class 9:00 Coffee Hour 9:30 It's Fall Y'all 9:30 The Concerto (Lec. 3) 3:00 Uber Tech Clinic	9:30 —History of the Ancient World (Lec. 11 & 12) 11:00 Fit for the Future	9:00 Coffee Hour 9:15 Staying Active (3) 10:00 Current Events 1:00 Canasta 2:30 Connection Circle	9:30 Chair Yoga (1) 11:15 Uber Tech Clinic 11:00 Fit for the Future 11:30 Watercolors (5) 1:00—Movie -Ove 1:00 Uber Tech Clinic 1:45 Watercolors (5)

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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](mailto: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

\*\*\*\*\*

**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](mailto: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](mailto: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***

## From Outreach/Information Specialist Ana Cristina Oliveira

**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/](http://www.sudbury.ma.us/)

**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/>

**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.

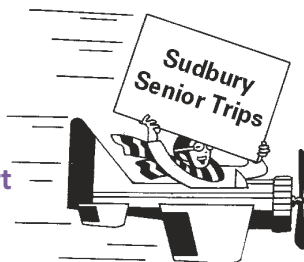
**Do you have any questions regarding transportation or need additional information?**

**If so, please contact Ana Cristina Oliveira, Outreach/Information Specialist at [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us) or 978-639-3268.**

Offered by: Best of Times

November 18, 2021

Yesterday Once More Concert



December 10, 2021

The Boston Pops Orchestra

Offered by: Colette Tours:

March 7—15, 2022

Costa Rica Tour

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



## 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.

*REMINDER: 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.



## COFFEE HOUR



**Every Tuesday & Thursday  
at 9:00 AM**

*Meet inside or outside.  
We just purchased a new patio set.  
All are welcome!*

## 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.**

After shooting 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.

## 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: 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

## 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.



## 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/>

## Bridges by Epoch

### Virtual Caregiver Programs on Zoom

October 13<sup>th</sup> at 11:00 AM

Caregiver Support Group

October 20<sup>th</sup> 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@bridgesbyepoch.com](mailto:cgerante@bridgesbyepoch.com)



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

#### SUDBURY COUNCIL ON AGING

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##### Trip Coordinators

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Joanne Bennett

##### Van Drivers

Linda Curran

Ron DeMarco

##### Volunteer Program Coordinator

Janet Lipkin



#### Uber Clinic Technology Support

Tuesdays 3:00-4:00 PM & Fridays 11:15- 12:15 PM and 1:00- 2:00 PM .  
Call 978-443-3055 to schedule an appointment.

The Sudbury Senior Center hosts many special programs, some with guest speakers or moderators. Each guest may present their own views or opinions. The Senior Center does not approve, recommend or reject any of these views. While we very much appreciate the advertisers support for this newsletter, we do not and cannot endorse any products or services.

## 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](http://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 MIIIS, call 617-983-4335 or email at [MIISHelpDesk@state.ma.us](mailto:MIISHelpDesk@state.ma.us).



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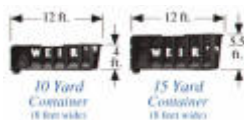
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