

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

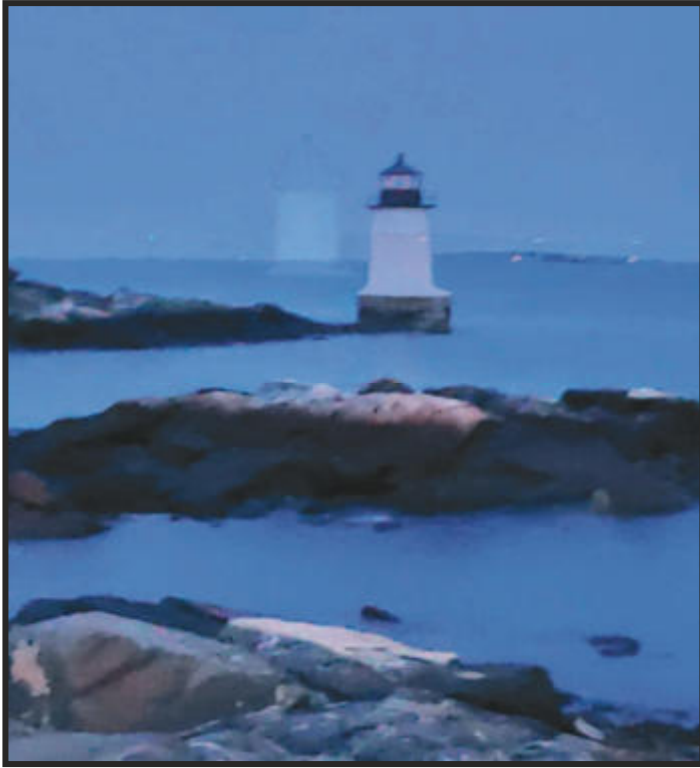


Photo taken by Chery Finley in Salem Sound, MA

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Veterans' Appreciation Grab N' Go - November 10

In appreciation for their service and in remembrance of those we lost, veterans and their spouses are invited to a special breakfast drive-through at the Sudbury Senior Center on Wednesday, November 10, at 9:30 AM. Please contact Tia Kelly, Receptionist, at the Sudbury Senior Center, by Nov 5 at 978-443-3055 or kellyv@sudbury.ma.us to make a reservation. Exact time for pick-up will be shared before the event.

This breakfast is sponsored by the **1st Lieutenant Scott Milley Fund**, and will feature a breakfast sandwich and fruit cup from Sudbury's own Juliana's Catering and Events.



A message from Director, Debra Galloway



Hello Everyone-

As we move into the holiday months, I am reminded of what I am thankful for. I'm sure you are also. We are so blessed to live in the USA, in Massachusetts with the many supports we have, and in Sudbury, with a wonderful, supportive community around us. You may not always see it, but there are many people volunteering, and offering support to their friends and neighbors. It is heartening to see this and it is another reason Sudbury is special.

If you can take time to be kind and friendly to a neighbor who may need a smile, you can make a difference too! And if you are the person who needs that smile right now, we are happy to offer it, or to chat and offer support. The holidays can bring back happy memories but can make us sad when we think about the changes or losses that have occurred. If you feel yourself slipping into darkness, reach out – we are here to help.

If you haven't been out to a social event in a long time, you may have forgotten what a mood lift it can be to connect with others. You may want to stop by to visit us. In nice weather, you have the option of sitting outside at our tables and chairs out in front of the Senior Center. We are all wearing our masks, and keeping our distance, as well as cleaning surfaces frequently. Coffee, tea and the Boston Globe are always available!

Debra Galloway, Director

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The Great Courses DVD Series

The Concerto via Zoom

Tuesdays, 9:30—10:30 AM

October 12 - February 15

November 2

Lec 4 - Bach's Brandenburg Concerti

November 9

Lec 5 - Mozart, Part 1

November 16

Lec. 6 - Mozart, Part 2

November 23

Lec. 7 - Classical Masters

November 30

Lec. 8 - Beethoven



The Great Courses DVD Series

Genius of Michelangelo via Zoom

Mondays, 10:00—11:00 AM

September 20 - January 24

November 1

Lec. 11 - The Taddei Tondo and the Pitti Tondo

Lec. 12 - The Doni Tondo

November 8

Lec. 13 - Rome and the Tomb of Julius II

Lec. 14 - Bologna and the Return to Rome

November 15

Lec. 15 - The Sistine Chapel

Lec. 16 - The Sistine Chapel, Part 2

November 22

Lec. 17 - The Sistine Chapel, Part 3

Lec. 18 - A story of Marble

November 23

Lec. 19 - The Medici Chapel Sculpture

Lec. 20 - The Medici Chapel Sculpture, Part 2

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 everyone who has signed up the day before each class.

The same Zoom link is used for the duration of the series and we stream the class for 1—50 attendees; no need to notify us if you can't participant.

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

November 3

Lec. 13 - Confucius and the Greek Philosophers

Lec. 14 - Mystics, Buddhists, and Zoroastrians

November 10

Lec. 15 - Persians and Greeks

Lec. 16 - Greek Art and Architecture

November 17

Lec. 17 - Greek Tragedy and the Sophists

Lec. 18 - The Peloponnesian War and the Trial of Socrates

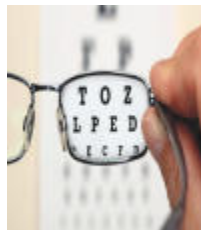
November 24 - NO CLASS

Low Vision Support Group

Thursday, November 4 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.





Medicare Open Enrollment ends December 7th

Don't miss your chance to change plans.

SHINE can help!

It's extremely important to review your options EVERY year to make sure you have the plan that works best for you for next year.

For the best comparison, you should have a Medicare account. If you don't have one already, you can go to Medicare.gov to easily create one, or SHINE can help you do it.

Call the Sudbury Senior Center at 978-443-3055 and ask for a SHINE appointment.

At the time of your appointment you should have your:

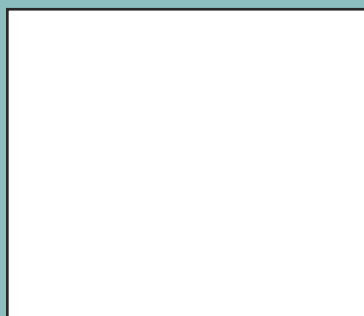
Medicare account Username and Password (if you have an account)

Medicare card # and other drug/health insurance cards and benefit information

Prescription drug list (dosage, quantity, frequency)

Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

For Medicare - related matters (other than an appointment), call 1-800-243-4636.



ADVENTURES in LIFELONG LEARNING

JOHN L. HEINEMAN INTERSESSION 2022

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Visit our website to join the mailing list and learn more about our January courses. www.bit.ly/Adventures-FSU

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.

Mass Cultural Council



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SNAP Program



You may be eligible for the Supplemental Nutrition Assistance Program (SNAP), also known as food stamps. The Department of Transitional Assistance (DTA) 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 about SNAP, visit Mass.gov/DTA or contact Ana Cristina Oliveira, Outreach and Information Specialist at 978-443-3055.

Tap Dance

8 Thursdays, 9:15 - 10:30 AM; class fee \$48

Dec. 2, 9, 16, (no class 12/23, 12/30),

Jan. 6, 13, 20, 27, Feb. 3.

Learn new steps and practice what you know in a fun, relaxed atmosphere with instructor Susan Craver.

To register call the Senior Center at 978-443-3055.

Quilt Studio

The Quilt Studio is being held at the Sudbury Senior Center on Wednesdays, Oct 13 - Dec 8; from 1:00 – 3:30 PM (No class on 11/24/21)

Do you have a quilt in progress that you would like to work on? Are you interested in trying quilt making for the first time? This class offers quilters a gathering place with guidance.

Registration and payment are online through LS Adult Education.

TURN THE PAGE Book Group

Wednesday, November 17

at 1:00 PM

Hybrid Class

Book: Klara and the Sun

By: Kazuo Ishiguro

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

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

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.

CANASTA

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

No class on Nov 11 & Nov 25

Looking for new and experienced players.

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

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 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 **S A F E** 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 Metro-west 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

Fit for the Future

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

All sessions are currently running at
the Senior Center.

Sign up on Friday for next week's
classes.



\$4.00 per class - *Exact Change Only*

- Limited to the first 15 people who sign up
- Must check-in at the Senior Center front desk
- Class is first-come, first-serve
- 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, Dec 3, 10, 17, Jan 7, 14

No Class Nov 26, Dec 24 & 31, Nov 19

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.



Complimentary Tickets to the LSB Players' Production of *The Addams Family*

The LSB Players have generously donated a limited number of complimentary tickets for the Wednesday November 17, 2021 performance at 7:30 PM.

Tickets will be available for pick-up at the Senior Center as of Friday, November 12th.

Please contact the Senior Center to reserve your tickets by emailing senior@sudbury.ma.us or call us at 978-443-3055.

Dementia Caregiving Workshop: Caregiving through the Holidays

Wednesday, November 17, 2:00 PM

Hybrid program: in-person or on Zoom

For caregivers of seniors with dementia, the holidays are often a lot more high stress than holly-jolly. Every aspect of the season has to be weighed and considered against the abilities, needs and safety of your loved one. But that doesn't mean you can't find ways to celebrate the season. We are pleased to have Alicia Seaver as our presenter. She is the Director of Memory Care at Bridges® by EPOCH in Sudbury and is a certified memory impairment specialist.

To register for this program, please contact Tia Kelly, Senior Center Receptionist, at 978-443-3055.

**Real Estate Clinic
Tuesday, November 9
9:00 AM - 12:00 PM**

Have you constantly been hearing and reading about the current Real Estate Market here in Sudbury? Do you want to know more? Allow Rachel Stocker to put you at ease and provide all of those answers. There's absolutely no obligation. As a premier Real Estate agent here in Sudbury, she is offering free 20-minute consultation calls or Zoom sessions to answer any real estate questions you may have. She can provide you with up-to-date information on both the selling and buying process. To register for this program, please contact Rachel directly at 978-460-3920.



Come one, come all! Sign up to wobble your way through November! We are going to see how many steps we can take from November 8 - 29, so start walking around your neighborhood, dance around your house, etc.

We will meet virtually on Monday mornings from 9:30—10:00 AM via Zoom to check in and share with the group how many steps you are up to.

The first 20 people to register will receive a pedometer to help you count your steps. At the end of the Gobble Wobble there will be gift cards given out to the top three Wobblers with the most steps. There will be a \$10, \$15, & \$20 gift card prize .

The Senior Center is hoping to make it to one million steps! Please sign up by calling Chery Finley at 978-443-3055 .



BOXWOODS WORKSHOP



Sudbury Garden Club is hosting a "Build Your Own Boxwood" workshop on Thursday, December 2nd from 9:00 - 12:00 PM at the Sudbury Senior Center.

The cost to make a full-sized boxwood tree, including all the supplies and decorations, is \$25.00.

On the day of the workshop, please bring a check made payable to "Sudbury Garden Club".

Sign up by Monday, November 29, by calling the Sudbury Senior Center at 978-443-3055.

November 2021 Senior Scene Calendar

1	2	3	4	5
<p>10:00 Michelangelo Great Courses series (Lec. 11 & 12) 11:00 Fit for the Future 1:00 Mah Jong 2:15 Tai Chi (3) 3:00 Uber Tech Clinic</p>	<p>9:00 English Learner Class 9:00 Coffee Hour 9:30 <i>The Concerto</i> (Lec. 4) <i>RAIN DATE: It's Fall Y' All</i></p>	<p>9:30 History of the Ancient World (13 & 14) 11:00 Fit for the Future 1:00 Quilting</p>	<p>8:30-9:30 BP walk-in clinic 9:00 Coffee Hour 9:15 Staying Active for Life (4) 10:00 Current Events 1:00 Canasta 1:00 Low Vision Support Group 2:30 Connection Circle</p>	<p>9:30 Chair Yoga (2) 11:15 Uber Tech Clinic 11:30 Watercolors (6) 11:00 Fit for the Future 1:00 Movie –Queen Bees 1:00 Uber Tech Clinic 1:45 Watercolors (6)</p>
8	9	10	11	12
<p>9:30 Gobble Wobble Check in 10:00 Michelangelo Great Courses series (13 & 14) 10:00 Stamp Club 11:00 Fit for the Future 1:00 Mah Jong 2:15 Tai Chi (4)</p>	<p>9:00 Coffee Hour 9:00 English Learner Class 9:00 Real Estate Clinic 9:30 <i>The Concerto</i> (Lec. 5) 1:00 Legal Clinic (on phone)</p>	<p>9:30 Veterans Appreciation Grab n Go 9:30 History of the Ancient World (15 & 16) 11:00 Fit for the Future 1:00 Quilting</p>	<p style="text-align: center;">Senior Center is closed <i>Veterans Day</i></p> 	<p>9:30 Chair Yoga (3) 9:30 Hearing Clinic 11:00 Fit for the Future 11:15 Uber Tech Clinic 11:30 Watercolors (7) 1:00 Uber Tech Clinic 1:45 Watercolors (7)</p>
15	16	17	18	19
<p>9:30 Gobble Wobble Check in 10:00 Michelangelo Great Courses series (15 & 16) 11:00 Fit for the Future 1:00 Mah Jong 2:15 Tai Chi (5) 3:00 Uber Tech Clinic</p>	<p>9:00 Coffee Hour 9:00 English Learner Class 9:30 <i>The Concerto</i> (Lec. 6) 4:00 COA Board meeting</p>	<p>9:30 History of the Ancient World (17 & 18) 11:00 Fit for the Future 1:00 Turn the Page Book Group 1:00 Quilting 1:00 Notary services 2:00 Caregiving through the Holidays</p>	<p>8:30-9:30 BP walk-in clinic 9:00 Coffee Hour 9:15 Staying Active for Life (5) 10:00 Current Events 1:00 Canasta 2:00 Friends of Sudbury Senior Citizens Meeting 2:00 Dementia Friends Session 2:30 Connection Circle</p>	<p>9:30 Chair Yoga—no class 11:15 Uber Tech Clinic 11:00 Fit for the Future 11:30 Watercolors (8) 1:00 Movie –Hero 1:00 Uber Tech Clinic 1:45 Watercolors (8)</p>
22	23	24	25	26
<p>9:30 Gobble Wobble Check in 10:00 Michelangelo Great Courses series (17 & 18) 11:00 Fit for the Future 1:00 Mah Jong 2:15 Tai Chi (6)</p>	<p>9:00 Coffee Hour 9:00 English Learner Class 9:30 <i>The Concerto</i> (Lec. 7)</p>	<p>11:00 Fit for the Future 1:00 Quilting –no class today</p>	<p style="text-align: center;">The Senior Center is closed for the Thanksgiving Holiday</p> 	<p style="text-align: center;">The Senior Center is closed for the Thanksgiving Holiday</p> 
29	30	<p style="text-align: center;">November is</p> 	<p style="text-align: center;">Zoom programs Blue At The Senior Center Black</p>	<p style="text-align: center;"><i>Daylight Savings</i> ***Fall Back*** Sun, Nov 7, 2021 at 2:00 AM</p>

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From Janet Lipkin Volunteer Program Coordinator

The leaves, radiant in their red, yellow, gold, and brown coloring, cling to the trees or scatter the ground, making for a beautiful landscape. The brilliance of the colors, like a painter's palette, reveals a world that is aglow. We revel in the beauty, especially knowing that all too soon, many of the trees shall become bare. The rakes are put to good use, and for many people, free time is spent clearing the yards.

November, with Thanksgiving celebrated on the 25th, is a time to reflect on all that we have to be grateful for...I know that I speak on behalf of the entire Senior Center staff when I express our deepest gratitude to our volunteers. They are true heroes. They are salt-of-the-earth individuals who are incredibly caring and giving. They are people who want to help others in need.

To Our Volunteers
by Lisa Ellinwood



V is for the Very special people that you are
O is for the Overwhelming support & compassion you offer others during their time of need
L is for the Little things you do that make such a difference in someone's life
U is for the Unspoken words that sometimes mean just as much
N is for the Need you fill when others aren't able
T is for the Time you give of yourselves on top of your own busy schedules
E is for the Emotional support you continually give
E is also for the Endless energy you all seem to possess
R is for the Responsibility you have taken on & never once complained
S is for the Smiles you bring [] by just being you

A submission of thanks from a senior for the assistance a Goodnow-to-Go volunteer has given:

"It has been an isolating time during the pandemic. My family lives in another state, and I live alone. I can't travel to the library myself, so [name deleted], who picks up and returns the books, has been a life-line to me. I never have to worry about not having good books, and she is so kind. I am grateful."

Program Highlights:

Home Safety Checks: This is a collaborative program with the Sudbury Fire Department to ensure that your residence has working smoke and carbon monoxide detectors. The program is for older Sudbury homeowners who have a non-urgent need. If interested in having a Home Safety Check, please contact Janet Lipkin at 978-639-3223.

Medical Loan Closet: Our Loan Closet is filled with all sorts of gently-used durable medical equipment, from canes to wheel-chairs, transport chairs to shower benches, crutches, knee scooters, walkers, rollators, and more! Our inventory changes all the time. To borrow something from our Loan Closet *at no charge, and for as long as is needed*, contact Janet Lipkin at 978-639-3223 to make an appointment. Returns & donations of equipment are by appointment only, as well.



Due to the pandemic, some of the volunteer programs are still in suspension mode, or have been modified. To learn more about becoming a Senior Center volunteer, please contact Janet Lipkin at 978-639-3223. LipkinJ@sudbury.ma.us





The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels.

Income eligibility guidelines for 2021-2022 are as follows:

Household Size	Total Gross Yearly Income
1	\$40,952 - \$54,601
2	\$53,552 - \$71,401
3	\$66,152 - \$88,201
4	\$78,752 - \$105,001
5	\$91,352 - \$121,801
6	\$103,952 - \$138,601
7	\$106,315 - \$141,752
8	\$108,677 - \$144,901

Sudbury residents can apply for assistance by contacting Ana Cristina Oliveira, Outreach/ Information Specialist at oliveiraa@sudbury.ma.us or 978-639-3268.

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.



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

Metro West Legal Services: 508-620-1830

MA Executive Office Elder Affairs: 1-800-243-4636

Sudbury Housing Authority: 978-443-5112

MWRTA -508-820-4650

Social Security: 1- 800-772-1213

Sudbury Community Food Pantry- 978-443-7725

TRIPS

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.

COFFEE HOUR



*Every Tuesday & Thursday
 9:00 - 11:00 AM
 Meet inside or outside.
 All are welcome! Let's chat!*

Medicare Savings Program

Need Help with Medicare Costs?
 If you meet the criteria below, you may be eligible for a program that pays your Medicare premium and covers other Medicare costs!

You are	Your Income is at or below	Your Assets are at or below
Single Individual	\$1, 771/month	\$15,940
Married Couple	\$2,396/month	\$23,920

To find out if you are eligible for the [Medicare Savings Program](#), call the Sudbury Senior Center at 978-443-3055 and ask for a SHINE appointment .

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options.

NOTE: This project is supported in part by Grant #90SAPG, from the US Administration for Community Living, Dept. of Health and Human Services, Washington DC, 20201.

Movies at the Senior Center



Friday, November 5 at 1:00 PM
Queen Bees, PG-13, 2 hrs.

While her house undergoes repairs, fiercely independent senior, Helen, reluctantly moves into a nearby retirement community—just temporarily. Once at Pine Grove Senior Community, she encounters feisty widows, cut-throat bridge tournaments, and a group of bullying "mean girls" that reminds her of high school and has her yearning to go home. But somewhere between flower arranging and water aerobics, Helen discovers that it's never too late to make new friends and perhaps even find a new love.

Friday, November 19 at 1:00 PM
Hero, PG-13, 2 hrs.

The Qin King has long been obsessed with conquering China and becoming her first Emperor, which makes him the target of three legendary assassins.

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

Blood Pressure Clinic

Starting on November 4

Patty Moran, Board of Health Nurse will be offering walk-in BP Clinics

at the Senior Center every Thursday

from 8:30- 9:30 AM

Center CLOSED Nov. 11 & 25



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.

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 9:00 -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/>

Hearing Clinic

Friday, November 12

9:30 - 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, November 18 at 2:00 PM

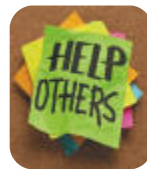
The *Dementia Friendly Sudbury Action Team* is hosting a dementia Friends Info Session. In this one-hour discussion, you will learn the following:

- 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



November 10 at 11:00 AM

Caregiver Support Group

November 17 at 4:30 PM

Early Stage Support Group for a recently diagnosed person

RSVP by calling Cindy Gerante CDP, at 978-261-7007 or email cgerante@bridgesbyepoch.com

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

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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 who support this newsletter, we do not and cannot endorse any products or services.



Thank you to the *Sudbury Garden Club* for delivering a fresh flower bouquet each week for our front lobby!

In addition, thank you to *Bill Semple, owner of Lawn Mowing & Maintenance, Inc.* for planting bright orange mum plants at the entrance of the Senior Center!

NOTARY SERVICES



By: Joe Bausk

November 17 at 1:00 PM
and
December 15 at 1:00 PM

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 and 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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A monthly publication from the

Sudbury Senior Center and Sudbury Council on Aging

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The Senior Scene



Or Current Occupant



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