

The Senior Scene

October 2022

Get up Get out Get Active

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





Sudbury Board of Health

FLU CLINICS

Saturday, October 1 from 10:00 – 2:00 PM

Curtis Middle School located at 22 Pratts Mill Road. Weather permitting, it will be a Drive-thru Clinic, otherwise indoor clinic at same time and location.

Thursday, October 13 from 10:00 – 2:00 PM Lower Town Hall located at 322 Concord Road.

Wednesday, October 19 from 2:00 – 5:00 PM

Curtis Middle School located at 22 Pratts Mill Road.
Register here: https://home.color.com/vaccine/register/sudbury/

If you are a senior and have any questions or need assistance registering, please contact the Sudbury BOH at 978-440-5479 or email Health@sudbury.ma.us or contact Janet Lipkin, Coordinator of Volunteer Programs, at 978-443-3055 or email Lipkinj@sudbury.ma.us.

Newsletter Index

- ♦ Director Notes p.2
- ♦ Academics p.3
- ♦ Groups, Cards & Games p.4
- ♦ Save the Dates- p.5
- ♦ Fitness and Wellness classes p.6
- ♦ Volunteer Programs p.7
- ♦ October Calendar p.8
- Senior Profile p.9
- Outreach/Information and Referral p.10
- **♦ Movies and Trips p.11**
- ♦ Health & Transportation Resources p.12
- ♦ Staff listing p.13
- **♦ Senior Center Services p.13**
- ♦ Home Safety Check p.13
- ♦ BCBS of MA Medicare Talk p.14

pomake

MEN'S BREAKFAST

Wednesday, October 19 at 9:00 AM \$4.00 at the door.

Come on down to the Senior Center. We are serving pancakes, sausage, fruit cup, OJ and coffee.

Sponsored by:



Register by calling the Senior Center 978-443-3055.

IT'S FALL Y'ALL

Tuesday, October 25 from 5:00 - 7:00 PM A collaboration with the Park & Rec Department



5:00 PM - Pumpkin carving and decoration Candy give-away

5:30 PM - Live performance by the Flashback Band Marlboro

We will have hot apple cider, coffee, cider donuts, and an assortment of desserts.

Register by calling Tricia from Sudbury Park & Rec at 978-639-3227.

This is an intergenerational event! Bring the family

PAGE 2 SUDBURY SENIOR SCENE

From Director Debra Galloway

Welcome to October!

Are you treasuring the change of seasons? Perhaps you are looking for a little change for yourself? Peruse our newsletter to check out our classes, programs and social groups. Perhaps you would like to try one out. With our paid fitness classes, you can try your first class free to see if it meets your needs before signing up.

If you've ever wondered about your balance, quickly sign up for a visit with Dr. Aditi Chandra, Doctor of Physical Therapy, from Longfellow Holistic Health, on October 4 from 9:30-12:00 PM. She will be conducting 10 minute individual Balance Assessments. See page 5.

We are always interested in the possibility of new classes or groups. If you are an experienced instructor, or would like to be a volunteer facilitator, please let us know.

Join us at a special early evening event at the Senior Center! The Park and Recreation and Senior Center staff will be here to offer lots of fun fall activities such as pumpkin decorating, Trick or Treats, live music, hot apple cider and donuts! See page 1.

Some classes we are considering for the future include: Line Dancing, Floor Yoga, Zumba, Strength building, Ukulele, and others. Are you interested in taking these classes or do you have a suggestion? Drop a note in our Suggestion Box, or send an email to senior@sudbury.ma.us to let us know.

The Sudbury Board of Health will be offering Flu Clinics at several locations in October. See page 1.

Special Note:

Veterans! Look for information on our Veterans Appreciation Luncheon in November coming soon.

Best wishes, Debra We are a welcoming Senior Center!







SUDBURY PINES EXTENDED CARE FACILITY
Short Term Rehabilitation • Long Term Care
Secure Behavioral Care Unit • Hospice Care
Short Term Respite Care
Short Term Respite Care
Family owned and operated since 1970
Come by and visit today
642 Boston Post Road • Sudbury, MA 01776
Phone# 978-443-9000 • www.sudburypines.com
admissions@sudburypines.com

ACADEMICS

The Great Courses DVD Series

Leonardo da Vinci and the High Renaissance

on Zoom Mondays, 10:00—11:00 AM

Sept. 12, 2022 - Jan 23, 2023

October 3

Lec. 7 - Leonardo's Early Madonna's

Lec. 8 - Scandal, Reprieve, Penitent St. Jerome

No Class October 10

October 17

Lec. 9 - Inventing Early Modern Classical

Lec. 10- Arrival in Milan- Madonna of the Rocks

October 24

Lec. 11 - Leonardo at Court - Portrait of a Musician

Lec. 12 - Leonardo and the Ladies

Register for <u>all DVD Series</u> by contacting 978-443-3055 or senior@sudbury.ma.us.

Current Events Group

on Zoom Thursdays, 10:00 - 11:00 AM

Join the Current Events group for a respectful discussion of world events, where each person has an opportunity to contribute.

Group Leader: Donald Sherman

To sign up call the Senior Center at 978-443-3055.

Have you met Mary yet?

Please stop by the front desk to say Hi and meet our new Receptionist, Mary Campbell.



The Great Courses DVD Series

The Operas of Mozart

on Zoom Tuesdays, 9:30 - 10:30 AM

Aug. 9, 2022 - Jan. 17, 2023

October 4

Lec. 9 - Cosi fan tutte, Part Four

October 11

Lec. 10 - Cosi fan tutte, Part Five

October 18

Lec. 11- Cosi fan tutte, Part Six

October 25

Lec. 12 - Cosi fan tutte, Part Seven

The Great Courses DVD Series The American West: History, Myth & Legacy

on Zoom Wednesdays, 9:30 - 11:00 AM Sept 21, 2022 - Dec. 14, 2022

Designed to shine a light on truths about westward expansion and the American frontier, The American West: History, Myth, and Legacy is a way for you to experience the grit and grandeur of an epic period in American history.

Professor Patrick N. Allitt's 24 lectures take you from the era of the American Revolution to the beginning of the 20th century. Uncover new perspectives about historical events ranging from the Indian Removal Act to the creation of America's first national parks.

Packed with period maps and artwork, photographs, diary entries and more, this course is an entertaining, eye-opening, balanced look at the achievements and sufferings of a period and place as important as it was wild.

GROUPS, CARDS AND GAMES

Low Vision Support Group

Meets on the first Thursday of the month at 1:00 PM.



CRIBBAGE



No class Oct. 10

Meets on Monday
10:00—12:00 PM

For experienced players.

Turn the Page Book Group

Date: October 19, 2022

Time: 1:00 PM

Book: A Place For Us

Author: Fatima Farheen Mirza

Group meets on the 3rd Wednesday of the month. Weather permitting, we will meet outside

at the Senior Center.

If you have questions or need further information, please contact Sharon K. Wilkes at 978-443-3055.

CANASTA

Meets every Thursday at the Senior Center

1:00 - 3:45 PM.

We are looking for new and experienced players. Sign up by calling 978-443-3055.

MAH JONG

No class Oct 10

We are playing on Mondays

1:00 - 3:00 PM

Please sign up by calling 978-443-3055



Intermediate Bridge

Playing on Wednesdays

1:00-3:30 PM

Please sign up by calling 978-443-3055.

Stamp Club No class Oct. 10 Will meet on Oct. 17



Meets on the 2nd

Monday of the month at 10:00 AM

Playing



on Tuesdays

1:00 - 3:00 PM

We need a few more players

Story

Short Story Book Group

No class Oct. 10

Next Meeting: November 14 Book: The Yellow Wallpaper Author: Charlotte Perkins Gilman.

Meets on the 2nd Monday of the month at 1:00 PM Sign up by calling 978-443-3055.



Prevent a Fall - Have your Balance Checked!

Tuesday, October 4, 9:30 AM- 12:00 PM

Aditi Chandra, DPT, Co-Owner of Longfellow Holistic Health Center, will offer 10 minute individual Balance Assessments at the Senior Center.

To reserve your appointment time call the Senior Center at 978-443-3055.

WORDS GALORE with Val

Val Walker - Tuesday, October 11 at 1:00 PM

Join us for a fun and lively hour of word games and brain twisters.

Learn new words as well as explore the history of old words. Enjoy limericks, riddles, puns, fascinating trivia and a few laughs. Call Senior Center to sign up.

New Watercolor Class
Oct. 11, 18, Nov. 1, 8, 15, 22, 29, Dec. 6
No class Oct. 25
Tuesdays 1:00—3:00 PM; Cost is \$65.00

With instructor Fran Hewitt-

Participants in this class will learn or broaden their previous experiences using watercolors by exploring "Environments". Subjects will originate from reference photos as well as real life objects. No prior experience using watercolors is needed as participants will learn how to mix water and paint to get the consistency for painting layers of color, as well as methods for using color theory and brush techniques.

A supply list will be available at the Senior Center Front Desk. Stop by the Senior Center to pay and register for the class.



Locally Owned & Nationally Known

PROVIDING: Bathing & Dressing Assistance • Grooming • Assistance with Walking • Medication Reminders • Errands • Shopping • Light Housekeeping • Meal Preparation • Friendly Companionship • Flexible Hourly Care • Respite Care for Families • Live-In Care

978.287.2002 Visiting Angels.com/Sudbury

Each Visiting Angels agency is independently owned and operated. *2022 Visiting Angels is a registered trademark of Living Assistance Services, Inc.







Comprehensive Legal Services

Long Term Care & Medicaid Planning Guardian & Conservators Wills, Trusts & Estate Planning Probate & Trust Administration

111 Boston Post Rd • Sudbury, Burlington and Acton GenerationsLawGroup.com

978-263-0006



Protecting Today What Matters Tomorrow PAGE 6 SUDBURY SENIOR SCENE

FITNESS AND WELLNESS CLASSSES

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



8 Thursdays from 9:15 – 10:00 AM Oct. 13, 20, 27, Nov. 3, 10, 17, Dec. 1 & Dec 8

No Class Nov. 24 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 researchtested 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.

Intermediate TAP DANCE

8 Thursdays from 9:15 - 10:15 AM Sept. 15, 22, 29, Oct. 6, 13, 20, 27 & Nov. 3



In person - cost \$40.00 -OPEN SPOTS

For more than 25 years, the amazing Susan Craver has been teaching tap, ballet and jazz at MetroWest area dance

studios to students of all ages.

"Tapping is a style of dance that turns you into a musician, using your feet / tap shoes as the percussive instrument. Let's dance!" - Susan Crayer

FIT FOR THE FUTURE

Mondays, Wednesdays & Fridays From 11:00 - 12:00 PM



No class Monday, Oct 10

In person- cost \$4.00 at check in exact change only

Instructor Lois Leav has been teaching the *Fit for the Future class* for the past 30 + years. She is also the group leader of the Short Story book group.

T'AI CHI

8 Mondays from 2:30 - 3:30 PM Oct. 24, 31, Nov. 7, 14, 21, 28, Dec. 5 & 12

In person - 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.

CHAIR YOGA Hybrid Class

8 Fridays from 9:30 - 10:15 AM

Current class runs from Sept 16-Nov 4

On ZOOM and in-person - 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.

Mindful Living Meditation Class

8 Wednesdays 1:00—2:00 PM September 14 - November 2



In person - cost \$40.00. Learn practices of mindful awareness and gentle breathing exercises to help manage stress and cultivate deeper gratitude and wellbeing in your life. Instructor: Lisa Campbell is the founder of Mindfulfilled Meditation, LLC. This class cultivates kindness, community & wellbeing. OPEN SPOTS

REGISTRATION

S.A.I.L, T'ai Chi, Tap Dance, Chair Yoga & Meditation

- Email Chery Finley at finleyc@sudbury.ma.us.
- Make check payable to "Town of Sudbury"
- Mail your check to Chery Finley, Sudbury Senior Center, 40 Fairbank Road, Sudbury, MA 01776.

SUDBURY SENIOR SCENE Page 7

Volunteer Program Coordinator Janet Lipkin

October is a favorite month of mine, loaded with warm apple cider, donuts, apples, and lots and lots of pumpkins! The air has a crispness to it, and the leaves are stunning in their red, gold and orange colors. The cyclical timing of the tial to turn a life around." change in seasons is grounding, a welcome relief from the upheaval that the pandemic has caused.

The Senior Center continues to be very active! Our volunteers are a core component of our success, helping out in numerous ways. On a typical morning here, upon arriving at the Senior Center, you will be welcomed by a volunteer Greeter, and will see in our lobby an array of free baked goods for you to take, thanks to our volunteers that pick up and deliver the donated food from local supermarkets. At 11:00 you will notice a group of volunteers arrive to pick up coolers filled with mid-day meals to be delivered to our Meals on Wheels recipients. Meanwhile, other volunteers are providing technology support, delivering library materials to residents unable to get to/ from Goodnow on their own, making phone calls and home visits to seniors, and doing weekly grocery shopping for those unable to get to the supermarket...all very important roles and providing needed services.

We are seeking seniors who are interested in being matched with a volunteer:

- *Friendly Visitor
- *Grocery Shopper
- *Phone Buddy



In addition, we have volunteers who deliver/pick-up library materials (Goodnow To Go program), as well as offer technology support to seniors.

If interested in receiving any of these services, or to apply to become a volunteer, contact Janet Lipkin at 978-639-3223.

Quotes of Note

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the poten-Leo Buscaglia

"Remember that the happiest people are not those getting - H. Jackson Brown Jr. more, but those giving more."

"I've learnt that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back." - Maya Angelou

"Unselfish and noble actions are the most radiant pages in - David Thomas the biography of souls."



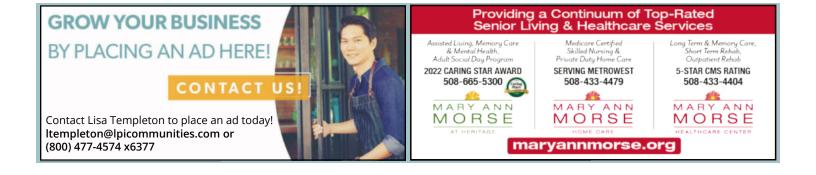
Did you know that our volunteers are involved in all kinds of special projects? This cookbook was created by volunteers Nadine Wallack and Devon McCann, with many recipes submitted by our seniors. The link to the Cookbook is available on our website, and a copy of it is in our lobby. https:// sudburyseniorcenter.org/ looking-to-try-a-new-recipecheck-out-ssc-new-cookbook/



Volunteers Mary M. and An-Ping C. welcoming participants at a Senior Center luncheon.

Page 8		October 2022 CALI	INDAR	Sudbury Senior Scene
MONDAY	TUESDAY	Wednesday	Thursday	FRIDAY
3	4	5	6	
10:00 Leonardo da Vinci 10:00 Cribbage 11:00 Fit for the Future 1:00 Mah Jong 2:30 Tai Chi	9:00 English Learner 9:30 Opera of Mozart 9:30 Prevent A Fall-Have Your Balance Checked 1:00 Bingo (rm 1) 1:00 Shine (phone) 2:00 Caregiver Support Grp. at Orchard Hill	9:30 The American West 11:00 Fit for the Future 1:00 Intermediate Bridge 1:00 Meditation Class	9:15 Staying Active for Life 9:15 Inter. Tap Dance 9:30 BP Clinic at DPW bldg. 10:00 Current Events 1:00 Canasta 1:00 Low Vision Support Grp 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 1:00 Movie: Death on the Nil 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic
10	11	12	13	1
Senior Center Closed in honor of COLUMBUS DAY	9:00 English Learner 9:30 Opera of Mozart 1:00 Bingo (rm 1) 1:00 Shine (phone) 1:00 Watercolor class 1:00 Words Galore 1:00 Legal Clinic (phone)	9:30 The American West 11:00 Fit for the Future 1:00 Intermediate Bridge 1:00 Meditation Class	9:15 Staying Active for Life 9:15 Inter. Tap Dance 9:30 BP Clinic at DPW bldg. 10:00 Current Events 1:00 Canasta 2:30 Connection Circle	9:30 Chair Yoga 9:30 Hearing Clinic 11:00 Fit for the Future 11:30 Watercolors Drop-in 2:00 Uber Tech Clinic
Van Trip to Target 17	18	19	20	2
10:00 Leonardo da Vinci 10:00 Cribbage 10:00 Stamp Club 11:00 Fit for the Future 1:00 Mah Jong 2:30 Tai Chi 3:30 COA Meeting	9:00 English Learner 9:30 Opera of Mozart 1:00 Bingo (rm 1) 1:00 Shine (phone) 1:00 Watercolor class 1:00 Trips Meeting	9:00 Men's Breakfast 9:30 The American West 11:00 Fit for the Future 1:00 Turn the Page mtg 1:00 Intermediate Bridge 1:00 Meditation Class	9:15 Staying Active for Life 9:15 Inter. Tap Dance 9:30 BP Clinic at DPW bldg. 10:00 Current Events 1:00 Canasta 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 1:00 Movie: 12 Mighty Orphans 2:00 Uber Tech Clinic
24	25	26	27	28
10:00 Leonardo da Vinci 10:00 Cribbage 11:00 Fit for the Future 1:00 Mah Jong 1:30 BCBS Medicare Talk 2:30 Tai Chi	9:00 English Learner 9:30 Opera of Mozart 1:00 Bingo 1:00 Shine (phone) 1:00 NO Watercolor class 5:00 -7:00 It's Fall Y'all	9:30 The American West 10:00 Fit for Future 1:00 Intermediate Bridge 1:00 Meditation Class	9:15 Staying Active for Life 9:15 Inter. Tap Dance 9:30 BP Clinic at DPW bldg. 10:00 Current Events 1:00 Canasta 2:00 Friends Meeting 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 2:00 Uber Tech Clinic
30				
10:00 Leonardo da Vinci 10:00 Cribbage 11:00 Fit for the Future	FONT COLORS Zoom Events—Or	n-site events—Special	events at the Senior Co	enter— Classes

10:00 Cribbage 11:00 Fit for the Future 1:00 Mah Jong 2:30 Tai Chi



GO GET CLAIRE! Written by Sherri Lowery, volunteer.



For some, life starts to slow down when they reach their 60's but not for Claire Wigandt. Claire started her first full-time position when she was in her 60's as the Sudbury Senior Center Administrative Coordinator. However, Claire wasn't at all new to service with a smile. Claire had taken multiple part-time positions in various nearby towns throughout her life. When Claire was offered a part-time job at the Sudbury Senior Center she was thrilled to help her own neighbors in her own beloved town.

Within months she was promoted to full-time work at the Senior Center as Administrative Coordinator. Claire was a jack-of-all trades, fulfilling many varied tasks. She recalls, "I had many responsibilities and I enjoyed every one of them." Claire became the "go-to" person. Any issue that arose, large or small, people in the Senior Center knew to "go get Claire". If there was something that needed doing, Claire did it.

Many of the programs that the Senior Center currently offers did not exist when Claire was first hired, and she participated in the development of many of them. The program most dear to Claire's heart was "Soup's On". For years, with the help of volunteers Judy Demers and Lorraine Wigandt, Claire served a monthly lunch of homemade soup with bread and dessert. Her chicken noodle soup and her squash soup were among her most popular offerings.

Claire was respected by those for whom she worked and by those who worked for her. Marie Gardiner, a volunteer at the front desk, stated, "Every time the phone rings at the Senior Center it's a different question, and you have to know where to find the answer and who to refer to. Claire made it so easy because she explained everything. Claire taught me how to welcome everyone."

Ruth Griesel was the first Senior Center Director for whom Claire worked. Ruth observed that "Claire seemed to know what was needed before it was needed." Ruth admired Claire's conscientiousness and her calm. Ruth remarked that "Claire never took credit for anything, but she could have taken credit for a whole lot. "Although Claire Wigandt is no longer a paid employee there, she continues to be a huge fan of the Senior Center.

PAGE 10 SUDBURY SENIOR SCENE

From Outreach/Information and Referral Specialist Ana Cristina Oliveira



The New Mental Health Hotline is 988

Available 24/7, 365 days a year.

- 988 can be used anytime, anywhere you or a loved one is in emotional distress or having suicidal thoughts.
- Qualified call takers, who are not licensed clinicians, are available to provide free, confidential emotional support to all callers. You do not need to be suicidal to call 988.
- Text is also available through 988
- When someone texts to 988, they will complete a brief survey before connecting to a group of lifeline crisis centers that respond to chat and text.

Circle of Friends –for persons with Dementia

The Senior Center staff understands how important it is for care "partners" to be able to connect with others that are on the same journey of caring for their loved ones with Dementia. Therefore, we are partnering with Orchard Hill to offer a Respite Community Engagement Program for persons with dementia, providing activities and socialization, while their care partner attends a monthly Support Group.

Sandy Ferraro, Orchard Hill's Activities Director, will be running the activities, Ana Cristina Oliveira, Senior Center, Outreach/Information and Referral Specialist, and Susan Maki, Senior Center volunteer will run a one hour Support Group for care partners.

The programs will be held on the first Tuesday of the month from 2:00-3:00 PM at Orchard Hill, located at 761 Boston Post Rd, Sudbury, MA.

Space is limited and registration is required by calling Ana Cristina Oliveira at 978-639-3268 or email at oliveiraa@sudbury.ma.us

Medicare Open Enrollment.

Schedule your appointment now!

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should be mailed an information packet from your plan by the end of September.

It is important to understand and save this information because it explains the changes in your plan for 2023. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! Open enrollment ends on December 7. The Senior Center's trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential and unbiased counseling on Medicare options.

To schedule a SHINE appointment, contact Ana Cristina Oliveira, Outreach Specialist at 978-639-3268.

Pride Across Generations:

LGBTQ+ Halloween Edition Gala

Tuesday, October 11 at 5:30 PM

Framingham State University – McCarty Center

In recognition of National Coming Out Day and in participation with Springwell and Mass Rainbow Groups, join us for a buffet dinner and some dialogue as we celebrate the Halloween season. This will be followed by a costume contest and dancing!

RSVP to Pride Across Generations at <u>tinyurl.com/</u>
<u>PrideGen</u>. This event is free.

If you have additional questions, please contact Kim Dexter at kdexter@framingham.edu

Need Information and/or Assistance?

Ana Cristina Oliveira, Outreach/Information and Referral Specialist, provides information and assistance to individuals age 60 and over and their families, in the areas of food, utilities assistance, Medicare counseling, caregiver support, transportation, and other needs. She can be reached at oliveiraa@sudbury.ma.us.

MOVIES AND TRIPS

/ 1 /

Thank You to Hanson's Farm and Springwell!

Thank you to *Hanson's Farm* for their generosity with fresh produce delivered to the Senior Center for pickup.

The program was made possible by funding from the Older American's Act as granted by Springwell/BayPath Elder Services, Inc.

Free Notary Services provided by Joe

Notary services provided by Joe Bausk on Thursdays or Fridays at 1:00 PM. Call Joe directly at 978-443-8963 to schedule an appointment.

FRIDAY MOVIES at 1:00 PM

Death on the Nile - Oct. 7 rated PG-13; 2.5 hrs.

Belgian sleuth Hercule Poirot's vacation aboard a glamorous river steamer turns into a terrifying search for a murderer when a picture-perfect couple's idyllic honeymoon is tragically cut short. Set against an epic landscape of sweeping Egyptian desert vistas and the majestic Giza pyramids, this tale of unbridled passion and incapacitating jealousy features a cosmopolitan group of impeccably dressed travelers, and enough wicked twists and turns to leave audiences guessing until the final, shocking denouement.

12 Mighty Orphans - Oct. 21 rated PG-13; 2 hrs.

12 MIGHTY ORPHANS tells the true story of the Mighty Mites, the football team of a Fort Worth orphanage who, during the Great Depression, went from playing without shoes—or even a football—to playing for the Texas state championships. Over the course of their winning season these underdogs and their resilient spirit became an inspiration to their city, state, and an entire nation in need of a rebound, even catching the attention of President Franklin D. Roosevelt. The architect of their success was Rusty Russell, a legendary high school coach who shocked his colleagues by giving up a privileged position so he could teach and coach at an orphanage. Rusty developed innovative strategies that would come to define modern football.

SUDBURY SENIOR TRIPS 2022 –2023



November 10, 2022

Newport Playhouse, "A Christmas for Carol" (Royal Tours) \$114.00 per person. Fantastic buffet, wonderful play, and a fun-filled Cabaret all in the same place.

December 11, 2022

The Reagle Players, "Christmas Spectacular Show" \$129.00 per person. Featuring a delicious dinner and show with a superb cast of dancers and musicians.

April 30 - May 9, 2023

Shades of Ireland (Collette Tours) Travel with us to Ireland. Dublin, Kilkenny, Waterford, Blarney Castle, Ring of Kerry, Cliffs of Moher and more. Add-on options include London and Scotland.

May 24, 2023

Staying Alive-Tribute to the Bee Gees, (Best of Times) \$119.00 Lake Pearl, Wrentham, Ma. Includes plated lunch, show ticket, meal tax and meal gratuity and transportation.

June 13—15, 2023

Niagara Falls, (Best of Times) \$629.00 PP. Travel the Falls on the US and Canadian sides and see one of the great wonders of the world! Includes Cooperstown, N.Y. to the Baseball Hall of Frame.

Collette Tours Trips Meeting

Tuesday, October 18th at 1:00 PM

Informational presentation regarding the Shades of Ireland trip. In addition, the presentation will include detailed information on our trip to Italy in late 2023.

HEALTH AND TRANSPORTATION RESOURCES

SUDBURY COUNCIL ON AGING

Chairperson:

Jeffrey Levine

Vice Chair: Patricia Lewis

Secretary: Robert Lieberman

Board of Directors:

State Rep. Carmine Gentile

Anna Newburg Donald Sherman Marilyn Tromer Colin Warwick

SUDBURY SENIOR CENTER STAFF

Director

Debra Galloway

Administrative Coordinator Chery Finley

Outreach/Information Specialist
Ana Cristina Oliveira

Program Coordinator Sharon K. Wilkes

Receptionist

Mary Campbell

S.H.I.N.E. Counselors Wayne Antion Marc Hertzberg

Tax Work-off Coordinator Josephine King

Trip Coordinators Joe Bausk Franci Martel

Van Drivers Linda Curran Paul Marchand Ron DeMarco

Volunteer Program Coordinator Janet Lipkin

FRIENDS OF SUDBURY SENIORS

President: Bob Diefenbacher Vice President: Jean Semple Treasurer: Josephine King Secretary: Judy Merra

Board members: Judith Honens Patricia Howard Cay Kuras Donald Oasis Ronald Riggert

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 on the needs, promote services to fill these needs, and support any other programs which are designed to assist older adults in the community.

Uber Technology Clinic



Fridays at 2:00 PM

Call 978-443-3055 to schedule an appointment.

SENIOR CENTER SERVICES

Consultation

Outreach and Information

Information about resources and services for older adults, caregivers, and their families in Sudbury. Free consultation by appointment.

Legal Clinic

Free 20-minute phone consultation with an Elder Law Attorney 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. Sponsored by Sudbury Firefighters IAFF Local 2023.

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

A Collaboration with the Sudbury Fire Dept. to ensure working smoke and CO alarms, for senior residents who have a non-urgent need.

Home Safety Checks

The Sudbury Fire Department, a recipient of the Senior SAFE Program grant, is collaborating with the Sudbury Senior Center to offer home safety checks to senior residents of the town. The safety check may include the installation of smoke and carbon monoxide alarms, testing and replacing batteries, and information regarding preventing fires in your home.

Call Janet Lipkin from the Sudbury Senior Center at 978-639-3223 to schedule an appointment. Space is limited.

PLEASE NOTE: 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. In addition, while we appreciate the advertisers who support this newsletter, we cannot endorse any products or services.

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

PAGE 14 SUDBURY SENIOR SCENE



MEDICARE CAN BE CONFUSING, WE'RE HERE TO HELP.

MASSACHUSETTS

Date: Tuesday, October. 24, 2022

Time: 1:30 - 2:30 PM

Location: The Sudbury Senior Center

We know how important it is to find coverage that fits your needs. That's why there are both Medicare Supplement and Medicare Advantage plans—and why BCBS Medicare experts are leading a free seminar to help you understand the differences between the two different plan types.

Presented by: Lisa Farnham, Senior Plan Consultant

Blue Cross Blue Shield of Massachusetts

What We'll Cover

- 1. What's Original Medicare?
- 2. Differences between Medicare Supplement and Medicare Advantage Plans.
- 3. Do I need Prescription Drug Coverage?
- 4. Real-life case studies.
- 5. Resources to help you in the decisionmaking process.





Sudbury's Premier Assisted Living Community

978-443-0080

www.orchard-hill.com

TRAIN with SHAIN

IN HOME PERSONAL TRAINING **FOR SENIORS**

Gait, Balance/Fall Prevention & Strength Training

(508) 231-6378

www.trainwithshain.net **FULLY INSURED**

Duckett Funeral Home of J.S. Waterman & Sons

William R. Duckett **Funeral Director**

656 Boston Post Road (Route 20), Sudbury 978-443-5777

Duckett-Waterman.com

Dignity A Service Family Affiliate of AFFS/Service Corporation Int'l, 206 Winter Street, Fall River, MA 02720. 508-676-2454

SUPPORT OUR ADVERTISERS!





Recently relocated to: 144 North Rd Sudbury

Dr. Becky Lansky DO **Integrative Osteopath**

Specialist: Physical Medicine and Rehabilitation Helping individuals return to their active lives for greater than 15 years of practice.

Call (978) 580-3502

to learn about how to increase mobility and start the healing







Rachel Stocker Sudbury Resident & Real Estate Advisor 978.460.3920

rachel.stocker@rutledgeproperties.com www.rachelstocker.com



For buyers, consignors, and the passionately curious FIND WORTH AT SKINNERING.COM





仓

CHRISTOPHER HEIGHTS of Marlborough

AN ASSISTED LIVING COMMUNITY

Private Apartments • New Friendships A Call Away - 508-281-8001

99 PLEASANT STREET, MARLBOROUGH, MA 01752

www.ChristopherHeights.com



U.S. POSTAGE

PAID A monthly publication from:

The Sudbury Senior Center and Sudbury Council on Aging

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

Sudbury, MA PERMIT NO. 4 PRESORT STANDARD



Get up, Get out, Get active

Or Current Occupant

Phone: 978-443-3055 E-mail: senior@sudbury.ma.us Webpage: http://sudburyseniorcenter.org

Fax: 978-443-6009 Hours: Monday through Friday 9:00 AM to 4:00 PM



New Horizons Independent Living, Assisted Living, and Memory Care in Marlborough

Memory Care at New Horizons Where daily fun will keep your loved one engaged and happy!

New Horizons: Make the most of your retirement

- Bring all the comforts of home
- Leave the laundry, cooking, and housekeeping to us
- Enjoy and add to our outdoor and greenhouse gardens
- Feel secure knowing a licensed nurse is scheduled on site 24 hours a day

There is no one-size-fits-all approach to supporting seniors with memory impairment. That's why our expert team offers personalized support—with a choice of care levels—in a safe environment that includes 35 private residential suites for seniors with Alzheimer's and other dementias. At New Horizons, we make every day a meaningful adventure.

New Horizons Memory Care residents enjoy:

- Music therapy
- Neighborhood drives
- Group cooking sessions
- Scenic on-campus walks
- · Painting and arts & crafts
- Reminiscing through photo albums

For new residents, we will guarantee no increase for SIX YEARS to the basic monthly fee!

Learn more about our community by contacting our rental team seven days a week.

400 Hemenway Street, Marlborough | 508-460-5200 | CountryCommunities.com

