

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



VALENTINE'S DAY LUNCHEON



**Tuesday, February 14
12:30 PM**

Serving homemade Lasagna, meat balls, and an assortment of desserts.

Thank you to Chef Ron Ragno for preparing our lunch.

Space is limited, please call 978-443-3055 on February 1 to reserve your spot.

Snow date 2/16/23

Please note: Be aware that the meal prepared may contain common allergens such as: milk, eggs, wheat, or soy.

Newsletter Index

- ◇ Property Tax - p.2
- ◇ Academics - p.3
- ◇ Groups, Cards and Games - p.4
- ◇ Save the Date- p.5
- ◇ Fitness and Wellness classes - p.6
- ◇ Volunteer Programs - p.7
- ◇ Calendar - p.8
- ◇ Eight Weeks in Ukraine - p.9
- ◇ Outreach/Information and Referral - p.10
- ◇ Health Resources - p.11
- ◇ Senior Profile - p.12
- ◇ Staff listing - p.13
- ◇ Senior Center Services - p.13
- ◇ Movies - p.14



Tax Season is nearly upon us!

AARP-Sponsored Tax Return Preparation Schedule February 27 - April 4

Beginning on February 3rd - appointments can be scheduled on Mondays and Tuesdays with Emil Ragonas and Dave Calder, our AARP trained and certified Tax Return Volunteers this year.

For people who **don't** have brokerage accounts, appointments will begin **Monday, February 27th.**

For those with brokerage accounts, including people with stocks, appointments will begin **Monday, March 20th.**

Please call Mary Campbell or Chery Finley at 978-443-3055 (beginning on February 3) to book your tax appointment.

PROPERTY TAX RELIEF

APPLICATIONS ARE NOW AVAILABLE AT THE SUDBURY ASSESSORS OFFICE—APPLICATION DEADLINE **APRIL 1, 2023**

The Sudbury Assessors Department offers a variety of property tax relief options for eligible homeowners. All of these programs require an application each year. Each program has different requirements. For application forms and details, call the Assessor's Office at 978.639.3393 or 978.636.3395, or visit the [Sudbury Massachusetts website](https://www.sudbury-ma.gov/assessors). Even if the exemption was approved/received in prior years, it is not guaranteed for this year. Applicants may be required to provide additional documents such as but not limited to: (1) birth certificates, (2) evidence of domicile and occupancy, (3) income tax, (4) bank statements.

Examples of available exemptions:

- ◆ Disabled Veterans, Surviving spouse with limited financial assets, Legally Blind, Certain seniors over 65 with limited income and assets, and CPA (Community Preservation Act) reduction (removal of a 3% surcharge that's added to all tax bills to be used for open space, historical preservation, and community housing projects)

Other Programs of Interest: **Property Tax Work Off** (Senior Center-sponsored) call 978.443.3055 or email JAKing82@verizon.net.; **Circuit Breaker Tax Program** Mass. Department of Revenue Customer Service 617.887.6367 or visit <https://www.mass.gov/guides/personal-income-tax-for-residents>. Residents can also apply for Property Tax Deferral - taxes are not collected until the home is sold, with a low interest rate applied. Contact the Assessor's Office for details on this program at 978.639.3393.

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 AFS/Service Corporation Int'l,
206 Winter Street, Fall River, MA 02720, 508-676-2454

Place Your Ad Here and Support our Community!

Instantly create and
purchase an ad with

AD
CREATOR
STUDIO



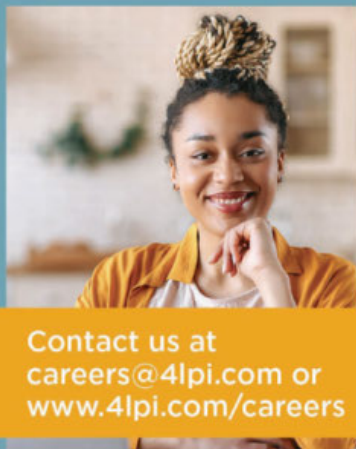
ipicommunities.com/adcreator

WE'RE HIRING! AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

FAMILY OWNED. FAMILY ORIENTED. RESIDENT CENTERED. SUDBURY PINES EXTENDED CARE FACILITY



Short Term Rehabilitation • Long Term Care
Secure Behavioral Care Unit • Hospice Care
Short Term Respite Care

Family owned and operated since 1970

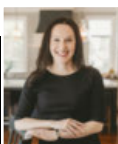
Come by and visit today

642 Boston Post Road • Sudbury, MA 01776

Phone# 978-443-9000 • www.sudburypines.com

admissions@sudburypines.com

RUTLEDGE PROPERTIES



Buy & Sell Local

Rachel Stocker
Sudbury Resident &
Real Estate Advisor
978.460.3920

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

TRAIN with SHAIN IN HOME PERSONAL TRAINING FOR SENIORS

Gait, Balance/Fall Prevention
& Strength Training

(508) 231-6378

www.trainwithshain.net

FULLY INSURED



ACADEMICS



**The Great Courses
DVD Series**
A History of European Art
On Zoom - Mondays
10:00—11:00 AM
Beginning on February 13

The development of the arts in Europe from the Middle Ages to the modern era is an astonishing record of cultural achievement, from the breathtaking architecture of Gothic cathedrals to the daring visual experiments of the Cubist painters.

We all have our favorite artists, periods, or styles from this immensely rich tradition, but how many of us truly know the full sweep of European art? How many of us can connect the dots of influences and inspiration that link the Renaissance with Mannerism, or that tie the paintings of the creator of modern art, Edouard Manet, to masterpieces from centuries earlier?

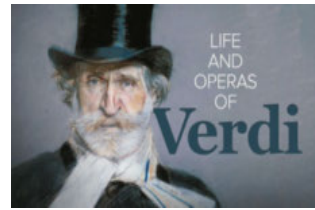
A History of European Art is your gateway to this visually stunning story. In 48 beautifully illustrated lectures you will encounter all the landmarks you would expect to find in a comprehensive survey of Western art since the Middle Ages. Works such as Giotto's Arena Chapel, Van Eyck's *Ghent Altarpiece*, Leonardo's *The Last Supper*, Michelangelo's *David*, Vermeer's *View of Delft*, Van Gogh's *The Starry Night* and Picasso's *Guernica*. You'll be introduced to lesser-known artists—perhaps names you've heard but never connected to specific works—and you'll understand why they deserve to be classed among the great masters. Professor: William Kloss, M.A.

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.



**The Great Courses
DVD Series**
**The Life and Operas
of Verdi**

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

Feb. 7, 2023 — May 23, 2023

The Italians have a word for the sense of dazzling beauty produced by effortless mastery: "*sprezzatura*." Perhaps no cultural form associated with Italy is as steeped in the love of *sprezzatura* as opera, a genre the Italians invented. And no artist working in opera has embodied the ideal of *sprezzatura* as magnificently as that gruff, self-described "farmer" from the Po Valley and composer of 28 operas, Giuseppe Verdi (1813–1901).

Verdi is still the most popular composer in the 400-year-old history of opera. His operas are produced more than any other composer's, and one (admittedly unverifiable) source claims that his *La traviata* (1853) has been staged live somewhere around the world every evening for the past 100 years. Professor: Robert Greenberg, PH.D.

DVD Series

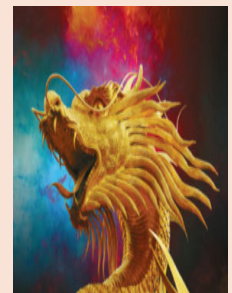
Joseph Campbell—The Power of Myth

on Zoom Wednesdays, 9:30 - 11:00 AM

January 4—February 8

In *The Power of the Myth*, the beloved 1988 PBS series, mythologist and storyteller Joseph Campbell joins Bill Moyers to explore what enduring myths can tell us about our lives.

Moyers and Campbell focus on a character or theme found in cultural and religious mythologies.



Please email Chery Finley to sign up for the Great Courses DVD series at Finleyc@sudbury.ma.us or call 978-639-3269.

GROUPS, CARDS AND GAMES

Low Vision Support Group

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

FEBRUARY 2nd

**MAH JONG**

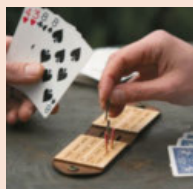
We are playing on Mondays

12:30 - 3:00 PM

Intermediate Bridge

Playing on Wednesdays

1:00—3:30 PM

**CRIBBAGE**

Meets on Monday

10:00 AM—12:00 PM

Looking for a few more players.

Let's Play Chess—Starts Feb 15

Stop by on Wednesdays

1:30—3:30 PM

Turn the Page Book Group—On Zoom

Date: Wednesday, February 15

Time: 1:00 PM

Book: The Night Portrait

Author: Laura Morelli

Stamp Club

Meets on the 2nd Monday of the month at 10:00 AM.

CANASTA

Meets every Thursday

1:00 - 3:45 PM

We are looking for new and experienced players.

BINGO

Playing every Tuesday 1:00 – 3:00 PM

Come on Down!

Want to sign up for a program?

Call the Sudbury Senior Center at 978-443-3055

or email

senior@sudbury.ma.us



Walk In Blood Pressure Clinic
at the Sudbury Senior Center



Every Thursday from 10:00 - 11:00 AM



SAVE THE DATE

Let's Play Chess

Wednesday, February 15 at 1:30 PM

Group leader David Klegon will play and or teach any one that is interested in learning chess.

Call 978-443-3055 to sign-up.

Free Trial - ZUMBA GOLD

Thursday, March 2 at 11:00 AM in the gym

Introducing instructor Yachun Lin.

Call 978-443-3055 to sign-up.

Construction Update Talk

Monday, February 27 at 11:00 AM

Presented by:

Sandra Duran, Combined Facilities Director

Music and Memory

Boston Landmarks Orchestra

Tuesday, February 28 at 12:30 PM



Members of the Boston Landmarks Orchestra will perform a program designed for older adults with Alzheimer's and other memory loss.

The program is about 45 minutes, with a string quartet of musicians performing familiar and soothing music in about five minute excerpts. In between the excerpts there are brief speaking portions which act as guided listening.

Music and Memory webpage: <https://www.landmarksorchestra.org/community/music-and-memory/>

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



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

VisitingAngels.com/Sudbury

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



LET'S GROW YOUR BUSINESS Advertise in our Newsletter!

CONTACT ME
Lisa Templeton

ltempleton@lpicommunities.com
(800) 477-4574 x6377



Protecting Today
What Matters Tomorrow

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



FITNESS AND WELLNESS CLASSES

Zumba Gold**Free class on March 2nd at 11:00 AM****8 week session starting on March 9th
On Thursdays****11:00—12:00 PM in the Gym****Sign up starts now!****NEW
CLASS****S. A. I. L. - Staying Active & Independent for Life****8 Thursdays from 9:15 – 10:00 AM****Current Session: Feb 9—March 30 cost \$48.00****On ZOOM** - Instructor Derry Tanner is a retired nurse and certified personal trainer. SAIL is a safe and effective fitness class.

Learn research-tested strength, balance and flexibility exercises that can help to make you stronger and improve your balance.

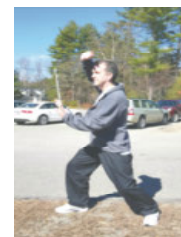
Intermediate Tap Dance**8 Thursdays from 9:15 - 10:15 AM****Current Session: Jan 26 - March 23 cost \$48.00****No class February 23**

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 Craver

**Fit For the Future****Mondays, Wednesdays & Fridays
from 11:00 - 12:00 PM****\$4.00 at check in, exact change only.****Instructor Lois Leav. No class February 20**

Due to February School Vacation week. Class will be held in the VH room on Feb 22 & 24.

Limited to 10 participants.

T'ai Chi**8 Mondays from 2:30 - 3:30 PM****Current session: Dec 19—March 6****No class February 20****Next Session: March 13—May 15****No class March 27 cost \$48.00**

Jon Woodward is a certified T'ai Chi instructor and teaches at several local fitness clubs 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, movements.

Chair Yoga Hybrid Class**8 Fridays from 9:30 - 10:15 AM****Current Session: Feb 3—March 24 cost \$48.00.****In Person and On ZOOM -**

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****Wednesdays 1:00—2:00 PM****New Session: March 15 - May 3 cost is 48.00**

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, Mindfulfilled Meditation, LLC.

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

- * Make check payable to "Town of Sudbury"
- * Mail your check to Attn: Chery Finley, Sudbury Senior Center, 40 Fairbank Road, Sudbury, MA 01776.

COORDINATOR OF VOLUNTEER PROGRAMS

In the midst of winter, oftentimes people assume that everyone retreats to their homes or flies to somewhere warmer to escape the cold weather. No doubt, many people do...yet I can tell you that despite the blustery cold, our valued team of volunteers is out and about, quite busy serving seniors in the town. ***You may wonder, "What are they up to?" Here's the answer:***

- Assisting with technology support for use on ipads, smartphones, and laptops.
- Teaching individuals how to download and use the Uber app.
- Making a weekly phone call to a matched senior, offering a listening ear and delightful conversation to aid with the loneliness so many experience.
- Doing small outdoor repairs.
- Creating homemade cards for others to foster a sense of human connection.
- Interviewing people, and then writing about them, for our newsletter's *Featured Profile* section.
- Food shopping, on a weekly basis, for those unable to get to the supermarket.
- Delivering donated baked goods from Shaw's of Sudbury and Stop & Shop of Hudson, to our Senior Center. Displayed by our volunteers, the baked goods are located in our lobby.
- Setting up, cleaning up, and serving at any of our Special Events for our seniors.
- Delivering filled sand buckets throughout the winter. The homeowner can then apply the sand to walkways and driveways which can aid in preventing falls on slippery surfaces.
- Bringing a new space heater,* free of cost, to a senior household, in exchange for a poorly/non-functioning one. Safety information is also given at the time of delivery. (*while supplies last)
- Returns of library materials are also brought back to Goodnow by the volunteer.

•Delivering a hot mid-day meal five days a week. Cold meals for seniors to heat up on weekends are also available.

•Affixing mailing labels to our monthly newsletters.

•Welcoming people as they come to the Senior Center, and conversing with patrons.

....plus much, much more!

Want to join the volunteer team? To apply, please contact Janet Lipkin at 978-639-3223; LipkinJ@sudbury.ma.us.

If interested in receiving any of the volunteer services, please contact Janet Lipkin at 978-639-3223.

Kudos to volunteer Sherri Lowery for the terrific *Senior Profile* article on Dale Casto. See page 12.



A sampling of volunteers and the wonderful things they do!



Be the change you want to see in the world."

- M. Gandhi



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		9:30 The Power of Myth 9:30 - 10:30 Gym Walking 11:00 Fit for the Future 12:30 Lovin' Spoonful 1:00 Intermediate Bridge 1:00 Mindful Meditation	9:15 Staying Active for Life 9:15 Inter. Tap Dance 10:00 Current Events 10:00 Walk-in BP Clinic 12:30 Canasta 1:00 Low Vision Support 1:30-3:30 Gym Walking 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 1:00 Movie: Lean on Pete 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic
6	7	8	9	10
10:00 da Vinci last class 10:00 Cribbage 11:00 Fit for the Future 12:30 Mah Jong 2:30 Tai Chi	9:00 English Learner 9:30 Operas of Verdi 10:00 Grief Support Grp. 1:00 Bingo (rm 1) 1:30-3:30 Gym Walking 2:00 Eight weeks in Ukraine 2:00 Circle of Friends Grp. 2:00 Caregiver Support Grp. Shine appointments	9:30 The Power of Myth 9:30 - 10:30 Gym Walking 11:00 Fit for the Future 12:30 Lovin' Spoonful 1:00 Intermediate Bridge 1:00 Mindful Meditation	9:15 Staying Active for Life 9:15 Inter. Tap Dance 10:00 Current Events 10:00 Walk-in BP Clinic 12:30 Canasta 2:30 Connection Circle Onsite 1:30-3:30 Gym Walking	9:30 Chair Yoga 9:30 Hearing Clinic 11:00 Fit for the Future 11:30 Watercolors Drop-in 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic
13	14	15	16	17
10:00 European Art 10:00 Stamp Club 10:00 Cribbage 11:00 Fit for the Future 11:30 Trip to Target 12:30 Mah Jong 2:30 Tai Chi 3:30 COA Meeting	9:00 English Learner 9:30 Operas of Verdi 12:30 Valentine Luncheon 1:00 Legal Clinic (phone) 1:00 Bingo (rm 1) 1:30-3:30 Gym Walking Shine appointments	9:30 The Power of Myth 9:30 - 10:30 Gym Walking 11:00 Fit for the Future 12:30 Lovin' Spoonful 1:00 Turn the Page Book Grp 1:00 Intermediate Bridge 1:00 Mindful Meditation 1:30 Chess—new	9:15 Staying Active for Life 9:15 Inter. Tap Dance 10:00 Current Events 10:00 Walk-in BP Clinic 12:30 Canasta 1:30-3:30 Gym Walking 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 1:00 Movie: Redeeming Love 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic
20	21	22	23	24
CLOSED IN HONOR OF PRESIDENTS DAY 	9:00 English Learner 9:30 Operas of Verdi 1:00 Bingo (rm1) 2:00 Making Memories Cafe Shine appointments	9:30 The Power of Myth 11:00 Fit for the Future 12:30 Lovin' Spoonful 1:00 Intermediate Bridge 1:00 Mindful Meditation 1:30 Chess	9:15 Staying Active for Life 9:15 No Tap Dance today 10:00 Current Events 10:00 Walk-in BP Clinic 12:30 Canasta 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic
27	28		FONT COLORS	
9:00 AARP Tax Prep 10:00 European Art 10:00 Cribbage 11:00 Fit for the Future 11:00 Construction Update Talk 12:30 Mah Jong 2:30 Tai Chi	9:00 AARP Tax Prep 9:00 English Learner 9:30 Operas of Verdi 12:30 Boston Landmarks Orchestra program 1:00 Bingo (rm1) Shine appointment 1:30-3:30 Gym Walking	Sign up for Emergency Alerts from the town— at www.sudbury.ma.us , or call the Senior Center for help.	Zoom Events On-site event Special on-site event Lovin' Spoonful food delivery Green off-site	FOSS - Friends of Sudbury Seniors Meeting on Feb 23 at 2:00 PM



Live Here, Live Well

*Sudbury's Premier
Assisted Living
Community*

www.orchard-hill.com

978-443-0080

**Providing a Continuum of Top-Rated
Senior Living & Healthcare Services**

Assisted Living, Memory Care
& Mental Health,
Adult Social Day Program

2022 CARING STAR AWARD
508-665-5300

MARY ANN MORSE
AT HERITAGE

Medicare Certified
Skilled Nursing &
Private Duty Home Care

SERVING METROWEST
508-433-4479

MARY ANN MORSE
HOME CARE

Long Term & Memory Care,
Short Term Rehab,
Outpatient Rehab

5-STAR CMS RATING
508-433-4404

MARY ANN MORSE
HEALTHCARE CENTER

maryannmorse.org

***Eight Weeks in Ukraine:
Life in the city of Lviv during war***
Tuesday, February 7 at 2:00 PM



Street art, Drukarska Street, Lviv, Ukraine

*"I will wait for you
I will wait for you day and night
I will wait for you forever, until you return"*

In October and November of 2022, I spent eight weeks in Lviv, volunteering at the Ukrainian Educational Platform (UEP), a Ukrainian non-profit assisting Internally Displaced Persons (IDPs). According to the International Office for Migration (IOM), as of Dec. 5, 2022, there were 5,914,000 IDPs in Ukraine due to the Russian invasion.

Lviv, located in western Ukraine, has managed to avoid large-scale destruction but deals with frequent, sometimes daily power blackouts and often a lack of water. How do Lviv city residents manage to keep going while Russian missiles and Iranian drones cut power and water, and lay waste to near and far cities, villages, and towns? I will share my photos to give the audience a glimpse of life during war, how I managed a daily routine during frequent air raid sirens and assisted a rapidly expanding non-profit organization working with the neediest of families and children.

Presenter Tania Vitvitsky has been active as: Commissioner, Sudbury Housing Authority; Chair, Sudbury Democratic Town Committee; Trustee, Vice President, Trustees of Donations for Education in Liberia, Boston, MA; Member, Advisory Committee, Ukrainian Catholic University Foundation, Chicago, IL; Volunteer, Sudbury Food Pantry

Please sign up by contacting the Sudbury Senior Center at 978-443-3055 or senior@sudbury.ma.us.

Snow date: 2/23/23 at 2:00 PM



**Sudbury Connection Van
Trip to Target in Marlboro**
Monday, February 13

Pick Up: 11:30 AM

Shopping: 12:00 — 1:00 PM

Ride Home: 1:00 PM

If you are a registered Van Rider, please contact the MWRTA Reservation Center to schedule your target trip.

New participants need to register to ride the van by contacting Ana Cristina Oliveira, Outreach/Information Specialist, at 978-639-3268 or email oliveiraa@sudbury.ma.us.

Sudbury Connection Van Service

The Sudbury Connection Wheelchair Accessible Van Service, offered in conjunction with the Metro West Regional Transit Authority (MWRTA), operates Monday-Friday, five (5) days a week (excluding holidays) from 8:45 AM-4:00PM (last pickup at 3:30PM).

If you would like to register, please contact the Senior enter for an application or go to: <https://sudbury.ma.us/transportation/documents/> to access the application form directly.

Get Well Gift Bags were given away to over 40 participants on January 10. Thank you to Ms. Nicole Corron's Grade 4 class at Loring School.

They did a fantastic job decorating the gift bags!



FROM OUTREACH/INFORMATION AND REFERRAL SPECIALIST ANA CRISTINA OLIVEIRA

Massachusetts Behavioral Health Help Line FAQs

1. What is the Behavioral Health Help Line? The Behavioral Health Help Line (BHHL) connects individuals and families to the full range of treatment services for mental health and substance use offered in Massachusetts, including outpatient, urgent, and immediate crisis care. Call for real-time support, initial clinical assessment, and connection to the right evaluation and treatment.

2. How does it work? The BHHL is available 24 hours a day, 365 days a year by phone call and text at 833-773-2445 (BHHL), and online chat at masshelpline.com.

3. When I contact the BHHL, who answers? The BHHL is staffed by trained clinicians and certified peer specialists to support every caller's needs. Every call, text, or chat conversation includes follow up by trained clinicians, and staff will remain on the line with you until you are connected to the help you need.

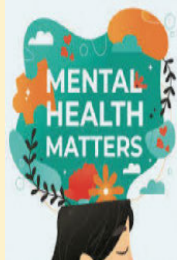
4. Who can use the BHHL? Everyone! The BHHL is for anyone in Massachusetts, including LGBTQIA+, Black, Indigenous, and People of Color (BIPOC), individuals who are Deaf or hard of hearing, individuals with disabilities, and individuals whose first language is not English. The BHHL is available in more than 200 languages. Individuals who are Deaf or hard of hearing can also use the BHHL by contacting MassRelay at 711.

5. How much does it cost, and do I need to have health insurance? The BHHL is free and available to all Massachusetts residents, even if you do not have insurance.

6. What kinds of mental health issues can I call about? The BHHL can help with any mental health concern. Maybe you're sad, or anxious or worried about drug or alcohol use. Even if you're not quite sure what the problem is or what kind of help you need, the BHHL staff will listen and connect you with care for yourself or a loved one.

7. For a mental health crisis, should I go to the emergency room or call the BHHL? The BHHL is available 24/7 for anyone experiencing a mental health crisis and can directly connect you with crisis support in your community. The BHHL connects callers to 911 when needed for immediate safety.

To learn more, visit [Masshelpline.com](https://masshelpline.com)

**SHINE**

Book your appointment today with a SHINE counselor to see if you're eligible and start saving now!

Remember SHINE counselors are available year-round to assist with all of your Medicare needs including screening for public assistance, going over claims, and much more.

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

Low Income Home Energy Assistance Program (LIHEAP)**APPLY NOW!**

We are currently assisting residents with applying for Fuel Assistance. This program runs from November-April.

Please call Ana Cristina Oliveira, Outreach Information Specialist at 978-639-3268 to see if you may qualify.

Circle of Friends—for persons with Dementia & Caregiver Support Group

Tuesday, February 7 at 2:00 PM

The Senior Center has partnered with Orchard Hill to offer a Community Engagement Program for persons with dementia, providing activities and socialization, while their care partners attends a monthly Support Group.

The program will be held on the first Tuesday of the month from 2:00-3:30 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

HEALTH RESOURCES

SENIOR PROFILE

**Dale Casto: The Salesman Ever Selling Himself Short**

Written by Sherri Lowery, Senior Center volunteer

Market Basket, UNO pizza, Cabot Stains, Berkley & Jensen, Ocean Spray, Welch's, Friskies. These are all brand names you know and are familiar with. The other thing they all have in common: they are just a few of the brands that Dale Casto helped to build or re-build in his long and successful professional life.

However, that's not what Dale wants you to know about him. He spends his time talking about his fluffy cats that love to jump right into his lap while he converses with you on his living room couch. He wants to show you pictures of the adorable and blind baby owl that repeatedly fell from its nest in his front yard prompting he and neighbors to build a special ledge for it, and monitor its safety and growth. Dale wants to talk about his 3 grown sons and his grandchildren to whom he is devoted and of whom he is understandably proud. Dale wants to talk to you about his beautiful wife who always believed in him and gave him the confidence to move forward in his career. He wants to tell you why Sudbury is an exceptional town and the perfect place to raise a family. He wants to remind you again and again that he has wonderful neighbors that came immediately to his aid and cared for him extensively after his wife passed away.

A most humble man, Dale claims over and over that he has not helped people in his life, but that is not true. He makes this claim despite reminiscing about the time he took 3 girls to his senior prom—the only 3 girls that did not get asked to the prom in his high school. He claims this even though he walks his neighbor's dog daily. He claims that he does not help people even though he talks about his enjoyment of taking a chainsaw to clear trails and unruly spots in his neighbors' yards. He makes this claim despite stating that he loves driving for Meals on Wheels, delivering sand buckets, and picking up donated baked goods for the Senior Center. He IS certainly a most caring, giving individual; one who is truly making a difference in this world.

Please visit our website at www.sudburyseniorcenter.org to see a longer version of this article.



SUDBURY COUNCIL ON AGING

Chairperson:

Jeffrey Levine

Vice Chair:

Secretary: Robert Lieberman

Board of Directors:

State Rep. Carmine Gentile

Paul Marotta

Anna Newberg

Donald Sherman

Marilyn Tromer

Colin Warwick

SUDBURY SENIOR CENTER STAFF

Director

Debra Galloway

Administrative Coordinator

Chery Finley

Coordinator of Volunteer Programs

Janet Lipkin

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

FRIENDS OF SUDBURY SENIORS

President: Joe Bausk

Vice President: Ron Riggert

Treasurer: Josephine King

Secretary: Judy Merra

Board members:

Joanne Bennett

Judith Honens

Patricia Howard

Cay Kuras

Donald Oasis

The Sudbury Council on Aging

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 only.

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 Springwell, Inc. : 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.

Sages & Seekers at the Rivers School

April 4 – May 17, 2023

The non-profit organization Sages & Seekers and The Rivers School in Weston are recruiting older adults (age 65+) to participate in a 7-week intergenerational storytelling program. You will be paired with a 10th grade student (the same student each week) with whom you will meet for 75 minutes once a week for 7 weeks to share your life experiences.

If you have any questions, please email Sage and Seekers at

riverssagesandseekers@gmail.com

Sudbury Senior Trips Presents:

June 1, 2023:

Beautiful-The Carole King Musical.

At the Ogunquit Playhouse and lunch at Warren's in Kittery, Maine.

Cost is \$150.00.

Royal Tours Include:

Transportation, reserved tickets, dining room taxes and gratuities, drivers gratuity and lunch. Stop by the Senior Center a check secures your spot.

FRIDAY MOVIES AT 1:00 PM



February 3

Lean on Pete rated PG-13 - 2 hrs.

Passing his teen years largely neglected, Charley Thompson finds a part-time job with a slightly shady horse trainer and develops a strong bond with worn-out racehorse.

February 17

Redeeming Love rated PG-13 2 hrs.

Based on the bestselling novel by Francine Rivers, a young couple's relationship clashes with the harsh realities of the California Gold Rush of 1850.



BayPath is now Springwell

Providing MetroWest families of all income levels the resources necessary when facing the challenges of aging. On July 1, 2022, BayPath merged with Springwell.

Now, proudly serving 22 communities.



Learn more at
www.springwell.com



Same great services

Same great people

Same great community



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit www.mycommunityonline.com

ADVERTISE HERE

to reach your community



Call 800-477-4574

SKINNER

VALUE YOUR COLLECTION.

One item or entire collections. Experts in 30 specialties; offering auction, insurance, probate, and estate planning services.
evaluations@skinnerinc.com
508.970.3299



EVERY OBJECT HAS A STORY
worth telling, worth finding.

For buyers, consignors, and the passionately curious

FIND WORTH AT SKINNERINC.COM

THRIVE LOCALLY



FREE
AD DESIGN
with purchase
of this space

CALL 800-477-4574



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



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Sudbury Council on Aging, Sudbury, MA

06-5177

A monthly publication from:

The Sudbury Senior Center and Sudbury Council on Aging

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

U.S. POSTAGE

PAID

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



Memory Care

As part of its continuum of care, **New Horizons in Marlborough** offers a 35-suite residential Memory Care program that provides expert, personalized, and safe memory care for people with Alzheimer's disease and other types of dementia.

We are guided by the principle that, because Alzheimer's and dementia affect every person differently, each resident must be cared for as an individual. Recognizing that there is no one-size-fits-all approach, we offer multiple levels of dementia care options, allowing you to select the most appropriate services for your loved one.

New Horizons

Assisted Living in Marlborough

- Laundry service
- Hourly safety checks
- Assistance with showers
- Daily bed making and trash removal
- Daily escorts to all three meals and activities
- Medication passes provided by a licensed nurse
- Daily AM and PM scheduled assistance with grooming and dressing

**Memory
Care
Services**



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



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Sudbury Council on Aging, Sudbury, MA

06-5177