

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



**Dementia Friendly Sudbury Recognition
December 6, 2022**



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Improving Health through Nutrition: A Healthy Diet at Any Age

Emerson Hospital Virtual Program

Wednesday, January 11, 10:00 AM on ZOOM

**Watch from Home or
at the Senior Center!**

While discussing the components of a healthy, balanced diet, learn how nutrition affects optimal aging, the relationship between nutrition in maintaining overall health, and how to make health and nutrition decisions going forward.

Speaker Rhonda Hamer is a Certified Personal Trainer with specialties in Senior Fitness, Functional Aging, Corrective Exercise, Posture, and Balance and is a Certified Nutrition Coach.

You can sign up individually for this talk through the Emerson Hospital link below, or sign up through the Senior Center and watch the talk with us. We will screen this livestream in the Sudbury Pines room. To register for attending the talk at the Senior Center, please call 978-443-3055 or if you want to watch from home: **Register directly with Emerson Hospital:** <https://www.emersonwellness.org/classes/improving-health-through-nutrition-a-healthy-diet>

From Director Debra Galloway

Wishing you peace and joy in the New Year!



While I am looking forward to a New Year filled with excitement about the new Senior Center, I would like to also look back at the past year with you. I am happy to report there were some real successes and positive changes. The new Community Center broke ground and is continuing to grow. In spite of a few little hiccups, the Community Center construction is moving forward and expected to be finished some-time in early 2024. We are so excited!

COA Chair Jeff Levine and the Sudbury Council on Aging has welcomed several new members and are setting new goals for the coming year, having made lasting contributions to the new Community Center planning and design.

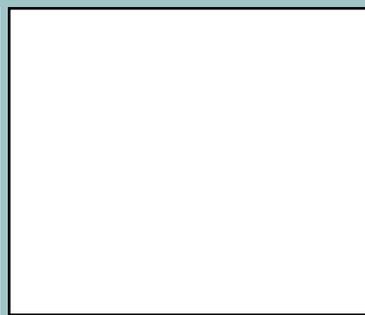
The Dementia Friendly Sudbury Action Team solidified their pledge to create a community that is safe, respectful, and welcoming for people living with dementia. The DFS Team was recognized by Dementia Friendly Massachusetts with a special program on December 6 (see photo on page 1). Learn more about Dementia Friendly Sudbury at the Senior Center website or on the DFS Facebook page; we are looking for more Dementia Friends!

Other successes this past year include the Transportation Committee’s continued support of the GoSudbury Uber and Taxi programs. This program has 169 (Taxi) and 132 (Uber) registered riders, with about 65 different individuals taking rides each month. The service is clearly filling a need and we are pleased to be able to continue the programs.

Lifelong learning continues to be popular, with three virtual lifelong learning classes each week, focusing on history, art history and music history. Our very active groups, Connection Circle and Current Events, continue weekly. Cards and games have become even more popular since the pandemic, with weekly Canasta, Bridge, Cribbage and Mah Jong groups. And there’s plenty more – think about what you would like to participate in for 2023 and let us know...

Debra

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ACADEMICS

The Great Courses DVD Series

Leonardo da Vinci and the High Renaissance

on Zoom Mondays, 10:00—11:00 AM

Sept. 12, 2022 - Feb. 8, 2023



January 2— No Class

January 9

Lec. 29 - The Anatomical Drawings

Lec. 30 - In Praise of Painting

January 16— No Class

January 23

Lec. 31 - Leonardi and the Medici in Rome

Lec. 32 - High Renaissance Art from Rome to Venice

January 30

Lec. 33 - Last Years —Leonardo in France

Lec. 34 - Renaissance Man

To sign up for any of the Zoom DVD series,
please contact Chery Finley
at 978-443-3055.

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 Operas of Mozart

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

Aug. 9, 2022 – Jan. 24, 2023

January 3

Lec. 22 – The Magic Flute, Part Six

January 10

Lec. 23 – The Magic Flute, Part Seven

January 17

Lec. 24— The Magic Flute, Part Eight

January 24—Last Class

Lec. 25 – The Magic Flute, Part Nine



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.

GROUPS, CARDS AND GAMES

Low Vision Support Group

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

JANUARY 5th



MAH JONG

We are playing on Mondays

12:30 - 3:00 PM



CRIBBAGE

Meets on Monday
10:00 AM—12:00 PM



Looking for a few more players.

Intermediate Bridge

Playing on Wednesdays
1:00—3:30 PM

Turn the Page Book Group—On Zoom

Date: Wednesday, January 18
Time: 1:00 PM
Book: Killers of a Certain Age
Author: Deanna Raybourn

Stamp Club

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

See you on January 9, 2023



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**



**January 5 and January 19
10:00 - 11:00 AM**

SAVE THE DATE

GET WELL GIFT BAG GIVE AWAY

No sign-up just stop by the Sudbury Senior Center on **January 10 from 10:00—11:00 AM.** Bag includes Chicken soup, cough drops, crackers, tissues, tea and other goodies. ******While supplies last******



Prevent a Fall - Have Your Balance Checked!

Tuesday, January 24 appt times 9:30 AM - 11:00 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. Snow date: January 31

New Fitness Class !

We will offer a new Zumba Gold Class with instructor Yachun Lin. Coming in March, date to be determined.

Free Trial—Mindful Meditation Class

with Lisa Campbell, Mindful Meditation, LLC
Wednesday, January 11 at 1:00 PM
Call 978-443-3055 to sign-up.

Construction Update Talk

Monday, January 23 at 11:00 AM
Sandra Duran, Combined Facilities Director will discuss construction updates.



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FITNESS AND WELLNESS CLASSES

Notice about Fitness Fees

We are so fortunate to have amazing fitness instructors and great students in our classes! In order to continue to offer these classes in a financially stable way, we need to return to our pre-pandemic fee levels. Class fees have moved back to \$48 per 8-week session. Starting with all new sessions in 2023. We do understand that times are challenging. If you have, financial constraints, please contact us.

Look for new Zumba Gold class starting in March 2023

T'ai Chi

8 Mondays from 2:30 - 3:30 PM

Current Session: Dec 19—March 6

No Class Jan 2, 16 & Feb 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 .

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

8 Thursdays from 9:15 – 10:00 AM

Current Session: Dec 15—Feb 2

Next 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.

Chair Yoga Hybrid Class

8 Fridays from 9:30 - 10:15 AM

Current Session: Nov. 18—Jan 27

Next 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.

Intermediate Tap Dance

8 Thursdays from 9:15 - 10:15 AM

Current Session: Nov. 10—Jan 19

Next Session: Jan 26 - March 16 cost \$48.00

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

Mindful Living Meditation Class

8 Wednesdays 1:00—2:00 PM

Sign up for a free class on January 11



Next Session: Jan 18 - March 8 cost \$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 .

Fit For the Future

Mondays, Wednesdays & Fridays

from 11:00 - 12:00 PM

\$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.

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 Attn: Chery Finley, Sudbury Senior Center, 40 Fairbank Road, Sudbury, MA 01776.

COORDINATOR OF VOLUNTEER PROGRAMS

The calendar shows we are now entering 2023...the year has certainly flown by! When a new year begins, many people make new goals for themselves. A common goal made is to become more engaged and involved with the community. Doing so does not have to be overwhelming...it can be a simple action—or, if one wants, something done on a regular basis. The feeling that one gets by helping others or connecting with a neighbor is energizing and exhilarating...just ask our volunteers!

Submission by a recipient of Tech Help:

"I got a new smartphone from my kids for the holidays. I was only used to my flip-phone; call me old fashioned. I had no idea how to make a call on this new phone or text or check my email. I got matched with a patient Tech Support volunteer at the Senior Center for a session. It was really helpful."

-83 year old client

BBBBRRRRR...it's cold outside!

Our Volunteer programs have ways to warm your soul:

Phone Buddies

Volunteers make a weekly phone call to their matched senior. Especially during the pandemic, this program has been a big success, creating nice relationships and helping with the isolation many have been experiencing, especially when the cold weather settles in. If you would like to participate in this program, as a volunteer or recipient of the service, please contact Janet at 978-639-3223.

Goodnow to Go

Goodnow to Go is a collaboration with the Sudbury Senior Center to supply library materials to Sudbury residents unable to travel to the Library. A Senior Center volunteer is matched with the patron and will deliver the library materials to the patron's residence, then return them to the library when the circulation period expires. For more information, contact Goodnow's Michael Briody, mbriody@minilib.net, 978-440-5535. To volunteer, contact Janet Lipkin at LipkinJ@sudbury.ma.us, 978-639-3223.

Safety First



•Sand Buckets:

Our volunteer Sand Bucket Brigade is making deliveries to seniors that request sand. The sand can then be applied by the homeowner to the walkways and driveways to help prevent slips and falls. ***If you are in need of a sand bucket for the winter, please call Janet Lipkin at 978-639-3223, and we will have a volunteer deliver it to you within a few days of the request being made.***

•Space Heater Exchange:

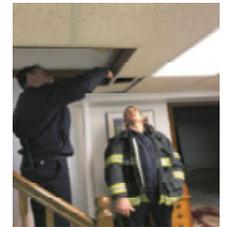
Exchange a poorly or non-functioning space heater for a new one, free of cost. Safety information is shared. Limited supply.

•Home Safety Checks:

A collaboration with the Sudbury Fire Department to ensure working smoke and carbon monoxide detectors/alarms. This is for older Sudbury homeowners who have a **non-urgent** need.

•Lockbox:

A small key safe with the owner's housekey is affixed to the home for emergency access by the Fire Department.



If you are interested in scheduling a Home Safety Check or getting a lockbox, please contact Janet Lipkin at 978-639-3223.

Volunteers needed:

- ⇒ **Writers to interview and compose a one-page article about featured seniors for our newsletter.**
- ⇒ **Substitute and weekly grocery shoppers.**

With deep gratitude to our Senior Center volunteers for all they do!

Janet Lipkin

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
The Senior Center is closed today. HAPPY NEW YEAR	9:00 English Learner 9:30 Operas of Mozart 10:00 Grief Support Grp. 1:00 Bingo (rm 1) 1:00 Shine (phone) 1:30-3:30 Gym Walking 2:00 Circle of Friends Grp. Meets at Orchard Hill	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	9:15 Staying Active for Life 9:15 Inter. Tap Dance 10:00 Current Events 10:00 Walk-in BP Clinic 1:00 Canasta 1:00 Low Vision Support Grp 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: Mrs. Harris Goes to Paris 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic
9	10	11	12	13
10:00 Leonardo da Vinci 10:00 Cribbage 10:00 Stamp Club 11:00 Fit for the Future 11:30 Van Trip to Target 12:30 Mah Jong 2:30 Tai Chi 3:30 COA Meeting	9:00 English Learner 9:30 Operas of Mozart 10:00 Get Well Gift Bags 1:00 Bingo (rm 1) 1:00 Shine (phone) 1:00 Legal Clinic (phone) 1:30-3:30 Gym Walking	9:30 The Power of Myth 9:30 - 10:30 Gym Walking 10:00 Nutrition Talk 11:00 Fit for the Future 12:30 Lovin' Spoonful 1:00 Intermediate Bridge 1:00 Free Trial - Meditation Class	9:15 Staying Active for Life 9:15 Inter. Tap Dance 10:00 Current Events 1:00 Canasta 2:30 Connection Circle meeting at the Senior Ctr. 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
16	17	18	19	20
The Senior Center is closed today in honor of Martin Luther King Jr.	9:00 English Learner 9:30 Operas of Mozart 1:00 Bingo (rm 1) 1:00 Shine (phone) 1:30-3:30 Gym Walking 2:00 Making Memories Café	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	9:15 Staying Active for Life 9:15 Inter. Tap Dance 10:00 Current Events 10:00 Walk-in BP Clinic 11:00-2:00 COVID Booster Clinic 1:00 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: Blinded by the Light 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic
23	24	25	26	27
10:00 Leonardo da Vinci 10:00 Cribbage 11:00 Fit for the Future 11:00 Construction update Talk 12:30 Mah Jong 2:30 Tai Chi	9:00 English Learner 9:30 Operas of Mozart 9:30 Balance Assessments 1:00 Bingo (rm1) 1:00 Shine (phone) 1:30-3:30 Gym Walking	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 1:00 Canasta 1:30-3:30 Gym Walking 2:30 Connection Circle 2:00 FOSS meeting	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
30	31			
10:00 Leonardo da Vinci 10:00 Cribbage 11:00 Fit for the Future 12:30 Mah Jong 2:30 Tai Chi	9:00 English Learner 9:30 Balance Assessments—SNOW DATE 1:00 Bingo (rm1) 1:00 Shine (phone) 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.	FONT COLORS Lovin' Spoonful Zoom Events On-site events Special onsite event	FOSS - Friends of Sudbury Seniors



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TRANSPORTATION / TAX PREPARATION / NEWSLETTER MAILING RENEWAL

Sudbury Transportation Services

Provide low and no-cost transportation options for people who qualify and are registered through the Sudbury Senior Center.

GoSudbury! Uber Rides

The **GoSudbury! Uber Rides** program is a Town-funded, partially subsidized, transportation program provided via Uber to get from one place to another if no other public transportation is available. Rides are provided for non-urgent healthcare and vaccination appointments, work, shopping, and accessing community resources.

In order to register for the program, please complete the application form at the following link: <https://forms.gle/hxV2TjnZuAAeka1R9>.

Go Sudbury! Taxi Rides

The **GoSudbury! Taxi Rides** program provides medical rides and is Town and grant funded, and currently fully subsidized.

In order to register for the program, please complete the application form at the following link: <https://forms.gle/FnQzYotpDRMzyFoK8>.

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).

Residents 60 years of age and older, as well as residents who have a disability are eligible for this service.

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

If you have any questions or need further information regarding transportation, please call Ana Cristina Oliveira at 978-639-3268.

Tax Season is nearly upon us!

AARP-Sponsored Tax Return Preparation Schedule
Feb. 27 - April 4, 2022

As of Friday, February 3rd - Appointments can be scheduled on Mondays and Tuesdays with Emil Ragonese, Fred Taylor, and Dave Calder, our AARP trained and certified Tax Return Volunteers this year.

For people who **don't** have brokerage accounts, help starts **Monday, Feb. 27**. For those with brokerage accounts, including people with stocks, appointments will begin **Monday, March 20**.

Please make your appointments starting on Feb. 3 at 9:00 AM by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

**** Newsletter Mailing List Renewal ****

If you live out-of-town, and have not signed up for our paper mailing list, you are receiving a complementary January newsletter. If you haven't already, please send a check for \$12.00 along with your name and address to the Sudbury Senior Center, 40 Fairbank Road, Sudbury, MA 01776. Alternatively, you can pick up the newsletter at the Senior Center, view it on our website, or add yourself to our online email list at the town's website at www.sudbury.ma.us.

To sign up for the emailed newsletter from the Town of Sudbury homepage, click on "Email Lists", enter your name and email address, and choose "Senior Center-General Information" and click "Sign up". You will then automatically receive our monthly newsletters and Email Updates via email. Your email address will never be shared.

Michele Ellicks, Community Outreach Coordinator, Registry of Motor Vehicles helps a couple fill out a Real ID form onsite at the Senior Center.



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.

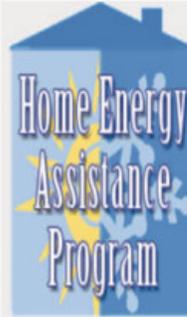
Circle of Friends—for persons with Dementia & Caregiver Support Group

Tuesday, January 3 at 2:00 PM

The Senior Center 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. Sandy Ferraro, Orchard Hill, activities director will be running the activities, Ana Cristina Oliveira, Senior Center, Outreach/Information & Referral Specialist and Susan Maki (Senior Center volunteer) will run the 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.**

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

SHINE appointments are available via the Phone on Tuesdays at 1:00 PM



Low Income Home Energy Assistance Program (LIHEAP)

APPLY NOW!

Learn about Low Income Home Energy Assistance Program (LIHEAP). Known commonly as Fuel Assistance, the Low Income Home Energy Assistance Program (LIHEAP) provides eligible households with help in paying a portion of winter heating bills.

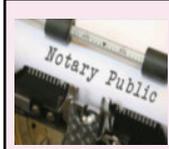
Eligibility is based on household size and the gross annual income of every household member, 18 years of age or older. Household income cannot exceed 60% of estimated State Median Income. To see if you may qualify, check the income eligibility chart listed below.

Household Size	Maximum Gross Income
1	\$42,411
2	\$55,461
3	\$68,511
4	81,561
5	\$94,610
6	\$107,660

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. Ana Cristina can be reached at oliveiraa@sudbury.ma.us or call 978-639-3268.

MOVIES , BOOSTER CLINIC AND TRIPS



Free Notary Services

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.

COVID-19 BOOSTER CLINIC

Thursday, January 19,
11:00 AM– 2:00 PM

Pre-registration Required

Strengthen your protection - Get a COVID-19 Booster!

The Sudbury Board of Health has scheduled a mobile Covid-19 Booster Clinic at the Senior Center.

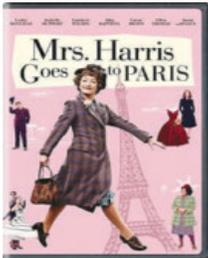
Information about registration was not available at press time.

Please contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us for more information on registration.



The Sudbury Garden Club stopped by the Senior Center and made 50 boxwood trees for residents of The Coolidge of Sudbury. How nice!

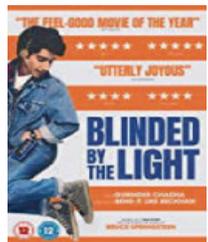
FRIDAY MOVIES at 1:00 PM



January 6

Mrs. Harris Goes to Paris
rated PG-13 - 2 hrs.

In 1950s London, a widowed cleaning lady falls madly in love with a couture Dior dress, deciding she must have one of her own. After working to raise the funds to pursue her dream, she embarks on an adventure to Paris that will change not only her own outlook -- but the very future of the House of Dior.

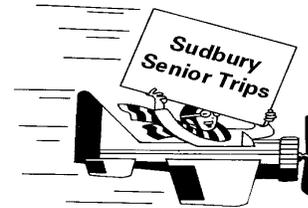


January 20

Blinded by the Light
rated PG-13 2 hrs.

In 1987 England 16 year old Pakistani Javed feels constricted by his blue-collar town and his father's rigid views. But things change when a friend lends Javed some Bruce Springsteen tapes and he starts to find his voice through the boss lyrics.

SUDBURY SENIOR TRIPS 2023



April 30 - May 9, 2023 FULL - WAIT LIST ONLY

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 Fame.

HEALTH RESOURCES

SUDBURY COUNCIL ON AGING

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Jeffrey Levine

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SUDBURY SENIOR CENTER STAFF

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Paul Marchand
Ron DeMarco

Coordinator of Volunteer Programs
Janet Lipkin

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 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.



Sudbury Connection Van Trip to Target in Marlboro

Date: Monday, January 9
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 Senior Center Grief Support Group



January 3 from 10:00—11:30 AM

A new Grief Support group will meet monthly on the first Tuesday of the month. This group is for people that have had a recent loss. Group facilitator is Jane Benger, Chaplain at Faith & Family Hospice.

Registration is required by calling Ana Cristina Oliveira, Outreach/Information Specialist, at 978-639-3268 or email oliveiraa@sudbury.ma.us.



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

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Same great community



Thanks to BetterWOMAN, I'm winning the battle for Bladder Control.



Frequent nighttime trips to the bathroom, embarrassing leaks and the inconvenience of constantly searching for rest rooms in public—for years, I struggled with bladder control problems. After trying expensive medications with horrible side effects, ineffective exercises and uncomfortable liners and pads, I was ready to resign myself to a life of bladder leaks, isolation and depression. But then I tried **BetterWOMAN**®.

When I first saw the ad for BetterWOMAN, I was skeptical. So many products claim they can set you free from leaks, frequency and worry, only to deliver disappointment. When I finally tried BetterWOMAN, I found that after 2–3 months it actually works! It changed my life. Even my friends have noticed that I'm a new person. And because it's all natural, I can enjoy the results without the worry of dangerous side effects. Thanks to BetterWOMAN, I finally fought bladder control problems and I won!



ALL NATURAL CLINICALLY-TESTED HERBAL SUPPLEMENT

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 - Sleep Better All Night* • Safe and Effective
- Costs Less than Traditional Bladder Control Options
- Live Free of Worry, Embarrassment, and Inconvenience

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A monthly publication from:

The Sudbury Senior Center and Sudbury Council on Aging

40 Fairbank Road

Sudbury, Massachusetts 01776-1681



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

New Horizons Assisted Living in Marlborough

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.

- 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

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