

APRIL 2022

What's Happening in Sutton
Q and A
with
Sutton Town Planner
Jennifer Hager
Wednesday, April 20
11AM



Coffee Hour
with
Sutton Town Manager
Jim Smith
Wednesday, April 27
11AM

Check out our newly added TRAVEL /TOURS

Our friend Sue L’Heureux from Douglas is offering some great tours with Fox Tours.

We have information available at the Senior Center on the bulletin board.



April 2022

19 Hough Rd, Sutton MA 01590
(508) 234-0703 Mon-Fri: 8am-3pm www.suttonma.org



**Monday, April 11
1pm
Adult Bullying and Creating a Safe Environment.
Hosted by
Worcester County District Attorney Joseph Early Jr.**

Adult Bullying

When you were bullied by other kids in school, your mom and dad may have stepped in. Perhaps they had a meeting with the principal, called the bully’s parents or maybe even had a talk with the little miscreant themselves. Now you have a parent in a care facility or senior based program and they’re being bullied by other seniors — and they need your help.

You may find it hard to believe that older adults can behave this way, but it’s not so uncommon – particularly in shared senior spaces. Some studies have shown that about 20% of seniors are victims of bullying. That number may be low because many people don’t report it.

Senior bullying isn’t so different from childhood and teenage bullying. Just as in school, people in senior citizen spaces are together day after day. They’re often in common areas, like dining rooms and recreational rooms. It’s easy to end up fighting over equipment or resources, from a favorite piece of workout equipment or even the “winning” bingo card.

But there’s a lot more to it than that. Bullying can include things like:

- Ostracizing people
- Starting rumors
- Verbal abuse
- Damaging or stealing property
- Intimidation



Like child and teenage bullies, senior bullies often gravitate toward those who are the most vulnerable — physically, mentally and/or cognitively. Sadly, these are the people least likely to stand up for themselves, report the bullying or even realize that they’re being bullied. Even non-physical bullying can be upsetting enough to harm many seniors (including people that work with seniors) who are emotionally fragile or prone to anxiety and depression).

All ages are welcome to attend and professionals are encouraged to participate.



Tuesday, April 19 10:30am
Sutton Saunters Historical Walking Group
Meeting behind Puckidhuddle Preschool in Manchaug
Everyone is welcome to join this “Historical” group
as they saunter around Sutton discussing
local history and lore.

Wear comfortable clothing and good footwear!
We encourage you to bring a bottle of water!

In the event of rain, the Saunters meet at the Senior Center .

Before you speak:
THINK
T= Is it True?
H= Is it Helpful?
I= Is it Inspiring?
N= Is it Necessary?
K= Is it Kind?

April 2022

Happy Easter

Thursday, April 14 NOON

FREE

EASTER TAKE OUT LUNCH

Ham & Mixed Vegetables
with a special treat from the
Easter Bunny



RSVP by Tuesday, April 12

Discount Rates on Electric from National Grid

National Grid offers assistance to it’s customers in need

1-888-211-1313 for Electric or 1-800-233-5325 for Gas.

Or contact the Sutton Senior Center for assistance with online applications.

https://www.nationalgridus.com/MA-Home/Bill-Help

Income-eligible customers may qualify for :

The Forgiveness Program,

Budget Plan

Payment Assistance Program

More Time To Pay Program

Why do I need Prescription Advantage?

“Why do I need Prescription Advantage?” This question is often asked. Many say, “I don’t need it. I already have a Medicare Part D plan” or “I have coverage from my former employer.” Even with Part D or other coverage, there are many reasons to join Prescription Advantage, including:

- It does not replace your existing coverage, it supplements it;
- It can lower your co-pays if you reach that coverage gap, also known as the “donut hole”;
- It allows you to change your Medicare plan outside of Medicare’s open enrollment;
- At certain income levels it’s FREE!

Prescription Advantage also provides benefits for individuals age 65 and older who are not eligible for Medicare, as well as those under age 65 with a qualified disability.

Find out how Prescription Advantage can help you by calling 1-800-243-4636 or visiting www.prescriptionadvantagemma.org

Prescription Advantage is administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs.

SHINE Counselor



Pat Morris
by appointment
Monday, April 11

Call us at 508-234-0703

Our SHINE services are free and unbiased and we do not sell any plans.

Monday	Tuesday	Wednesday	Thursday	Friday
	APRIL 2022			1 9:30am Power Walk 9:30am I’m Sorry 1pm Bingo
4 10am BP Clinic 10am Chair Yoga	5 10:30am Darts 1:30pm Cardio Barre	6 10am Muscular Strength 12:30pm Gentle Mat Yoga	7 9am Tai Chi 9am Computer Club 10am Pitch	8 9:30am Power Walk 9:30am I’m Sorry 1pm Bingo
11 9am SHINE Counselor 10am BP Clinic 10am Chair Yoga 1pm Presentation with Worcester County District Attorney Joe Early Adult Bullying and Creating a Safe Environment	12 10:30am Darts 1:30pm Cardio Barre	13 10am Muscular Strength 12:30pm Gentle Mat Yoga	14 9am Tai Chi 9am Computer Club 10am Pitch 12pm Easter Ham & Mixed Veggies Take Out	15 CLOSED Good Friday/ Passover
18 CLOSED Patriots Day	19 10:30am Darts 1:30pm Cardio Barre	20 10am Muscular Strength 11am What’s Up Presentation and Q & A with Sutton Town Planner Jen Hager 12:30pm Gentle Mat Yoga	21 9am Tai Chi 9am Computer Club 10am Pitch	22 9:30am Power Walk 9:30am I’m Sorry 1pm Bingo
25 10am BP Clinic 10am Chair Yoga	26 10:30am Darts 1:30pm Cardio Barre	27 10am Muscular Strength 11am Office Hour with Sutton Town Manager Jim Smith 12:30pm Gentle Mat Yoga	28 9am Tai Chi 9am Computer Club 10am Pitch	29 9:30am Power Walk 9:30am I’m Sorry 1pm Bingo