

Decemburrrr 2021

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

Friends of Sutton Elders Holiday Store is OPEN MON to FRI 8am-3pm

THANK YOU
FRIENDS OF SUTTON ELDERS

Did you know the Friends of Sutton Elders
use 100% of their proceeds to help our seniors in need!

Our FRIENDS
*Assisted in purchasing medical equipment
*Assisted in paying for prescriptions/glasses and hearing aids
*Assisted in purchasing a lift chair for end of life comfort/
providing a new bed to replace an unsuitable one
*Assisted in providing personal care items
*Assisted in providing fuel assistance
*Assisted in providing meals
*Assisted in providing the Senior Center with supplies
and funding for social activities

Handmade
Baby Items

Cute Knick Knacks



Jewelry Gifts

Beautiful Gift Baskets



SUPPORT YOUR
FRIENDS OF
SUTTON ELDERS

Unfortunately this year we will not be
participating in the Chain of Lights
due to health concerns for our
compromised seniors/volunteers.

Senior Caring Call

We always want the best for our loved ones, whether it's our parents, grandparents or great-aunts and uncles. For busy families or ones living out of town, it's a challenge to make sure the seniors of your family are doing well — that's where the Sutton Senior Center can help. With our Caring Calls, our compassionate volunteers make daily reassurance calls. We talk to your family member about how they're doing and what they're up to today. And if we can't reach your loved one, our volunteer will contact you or another designated contact. Your family member is "checked" on but also the knowledge that they're talking to someone who's compassionate and loves what they do — talking to your loved one!
Call Director Michelle Edelstein at 508-234-0703. Sign up a loved one, friend or even for yourself!

Massachusetts Income Restricted Assistance

The Housing Navigator is a new online affordable housing search tool for income-restricted properties across the Commonwealth. This tool allows renters - as well as service providers and caregivers working with them to better understand the housing choices available. For more information visit:

<https://search.housingnavigatorma.org>



Identity Theft & Fraud Prevention

Wednesday, December 15, 2021 at 11AM

Robin Putnam, from the Office of Consumer Affairs and Business Regulation and Kevin Donohue from the Worcester County District Attorney's Office, will present on identity theft & fraud prevention. The presentation will include information about their offices and what they do. It will also cover how to spot and avoid scams, recent scams that their offices have learned about, how to prevent identity theft & steps to take if you have fallen victim. The Better Business Bureau (BBB) predicts that product shortages and increased online shopping are likely to result in even more online purchase scams this holiday season. In 2020, holiday scams accounted for nearly 40% of all scams reported to BBB Scam Tracker. There are ways to keep yourself safe while shopping this holiday season. The BBB recommends the following to "shop safe and shop smart" while online shopping:

Research before you buy. BBB.org and shopper reviews can help you do your homework before paying.

If the deal looks too good to be true, it probably is. The top motivating factor for people who made a purchase, then lost money, was price. Don't shop on price alone.

Beware of fake websites: Check the URL, watch for bad grammar, research the age of the domain, and search for contact information.

Professional photos do not mean it's a real offer. Respondents reported that website photos motivated them to engage with scammers, especially for pets/pet supplies, clothing/accessories, and vehicles.

Make sure the website is secure. Look for the "https" in the URL (the extra s is for "secure") and a small lock icon on the address bar.

Be careful purchasing sought-after products. The risk of online purchase scams rises during the holidays because more people are making online purchases, and scammers offer the most popular products for the season at great prices.

Beware of making quick purchases while scrolling through social media. Scammers have access to tools they need to learn about your buying behaviors, offering exactly what you want at enticingly low prices.

Look for the BBB seal. BBB Accredited Businesses pledge to uphold the BBB Standards for Trust and to deal fairly with consumers. If a business displays a BBB seal, verify it by going to BBB.org.

Use secure and traceable transactions and payment methods. According to BBB's research, those who paid with a credit card were less likely to lose money.

Shipment tracking information can be faked. Look closely to make sure it is a legitimate business. Avoid clicking on the tracking link. Go to the 'shipper's website and type in the code.

If you think you may have been a victim of a scam, you should do the following:

Attempt to contact the merchant. Attempt to contact the merchant and keep a record of your outreach. Contacting them in writing is a good way to leave a paper trail of the attempts.

Contact your credit card company. If you used a credit card to make a purchase, contact the credit card company and open a claim dispute.

Contact the BBB and submit a claim. Claims can be submitted to the BBB through their secure website: <https://www.bbb.org/file-a-complaint>.

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Sutton Senior Center offers Meals on Wheels to homebound seniors delivered to you by wonderful volunteer drivers.

If you would like to volunteer to drive and be the best part of a seniors day, give Michelle Saucier Meal Director a call.

For the lunches you must sign up 48 hours in advance by speaking with our Meal Program Director Michelle Saucier (508) 234-0703	<u>Clubhouse Cafe</u>
Wednesday, December 8	Wednesday, December 1.....Beef with Onions and Peppers
Our Famous Baked Potato Bar	Friday, December 3.....Chicken Cacciatore
Chili	Wednesday, December 8.....Baked Potato Bar
Cheese	Friday, December 10.....Shepherds Pie
Broccoli	Wednesday, December 15.....Roast Turkey/Sweet Potato/Brussel Sprouts
Bacon	Friday, December 17.....Parmesan Fish/Wild Rice/Veggies
Sour Cream	Wednesday, December 22.....Swedish Meatballs/Mashed Potatoes/Veggies
\$3/pp	Friday, December 24.....CLOSED
RSVP to Michelle Saucier by Dec. 6	Wednesday, December 29.....Crumbed Fish/Rice/Peas&Onions/Gingerbread
	Friday, December 31.....CLOSED

Don't be cold or hungry...REACH OUT

Home Energy Assistance– LIHEAP Helps pay a portion of eligible households home heating bill during the winter season.

HEARTWAP– A year round program that serves LIHEAP eligible households with heating system repair, replacement and maintenance services.

Weatherization Assistance program– A year round program that serves LIHEAP eligible households with air sealing, attic/sidewall insulation, weather stripping and weatherization related repairs. Call Worcester Community Council at 508-754-1176

SNAP Supplemental Nutrition Assistance Program Applications are available on line at mass.gov or at the Sutton Senior Center.

Sutton Food Pantry. Assists Sutton residents in need of a helping hand with nonperishable food items and toiletries. Call 508-234-0703.



Join us as we celebrate Festivus
“for the rest of us”
December 23 at 12pm

We will be serving just spaghetti & watching the origin of Festivus!

RSVP to Clarke Alderman by Dec. 21 508-234-0703

Blood Pressure Clinic: All are welcome. Our volunteer Nurse will get your vitals and take your weight too.

Chair Yoga: Various stretching/flexibility and breathing techniques **Senior Saunters:** Walking group that visits “historic Sutton” sites. **Darts:** Join in a round or two darts...BULLEYE **Cardio Barre:** This is both in a chair and standing. Various moves to help work your heart. **Muscular Strength:** Uses bands and weights to work on all muscles. **Tai Chi:** Slow fluid moves to work on concentration and balance. **Computer Help:** Thursday mornings stop in and ask questions. **Bingo:** No need for a description...all are welcome. **Card Making:** New crafting group. We currently have supplies and a teacher to help us to learn how to make our own greeting cards. **Power Walk:** This is a video class of walking in place. **I'm Sorry:** This is a fun small card group. It is reminiscent of UNO. **Pitch:** That says it all. Come on down and try your luck at a hand. **Gentle Mat Yoga:** Bring your own mat. Easy gentle moves.

Decemburrrr 2021 Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
We wish you all a Happy & Healthy Holiday Season		1 10am Muscular Strength 11am Card Making 11:45am Lunch	2 9am Tai Chi 9am Computer Help 10am Pitch	3 9:30am Power Walk 9:30am I’m Sorry 11:45am Lunch 1pm Bingo
6 10am BP Clinic 10am Chair Yoga 1:30pm Cardio Barre	7 10am Hookers 10am Darts 1:30pm Cardio Barre CANCELLED	8 10am Muscular Strength 11am Card Making 11:45am Lunch	9 9am Tai Chi 9am Computer Help 10am Pitch	10 9:30am Power Walk 9:30am I’m Sorry 11:45am Lunch 1pm Bingo
13 10am BP Clinic 10am Chair Yoga	14 10am Hookers 10am Darts 1:30pm Cardio Barre-CANCELLED	15 10am Muscular Strength 11am Card Making CANCELLED 11am HOLIDAY FRAUD & SCAM PROTECTION with the BBB 11:45am Lunch 12:30pm Gentle Mat Yoga	16 9am Tai Chi 9am Computer Help 10am Pitch	17 9:30am Power Walk 9:30am I’m Sorry 11:45am Lunch 1pm Bingo
20 10am BP Clinic 10am Chair Yoga 11am Senior Saunters	21 10am Hookers 10am Darts CANCELLED 1:30pm Cardio Barre	22 10am Muscular Strength 11am Card Making 11:45am Lunch 12:30pm Gentle Mat Yoga	23 9am Tai Chi 9am Computer Help 10am Pitch 12PM Festivus Celebration	24 CLOSED MERRY CHRISTMAS
27 10am BP Clinic 10am Chair Yoga	28 10am Hookers 10am Darts 1:30pm Cardio Barre	29 10am Muscular Strength 11am Card Making 11:45am Lunch 12:30pm Gentle Mat Yoga	30 9am Tai Chi 9am Computer Help 10am Pitch	31 CLOSED HAPPY NEW YEAR