

# Sterling Council on Aging

December 2011

Volume 16, Number 104

*Our mission is to maintain the health and well being of the Sterling seniors and to assist them with preserving their independence.*

Butterick Building

1 Park Street

Mon – Thu: 8 – 2:30 PM

Fri: 8 – 12 noon

COA (Council on Aging)

Office: 978-422-3032

Rides: 978-422-3032

Meals: 978-422-8022

Fax: 978-422-9916

## Message from the Director

This newsletter brings wishes of good health and happiness. The holiday season is upon us. No matter what your belief, I hope that the month brings you peace of mind and old fashioned joy. Joy in the first snowfall. Joy in watching holiday movies on TV. Joy in listening to Christmas carols on the radio. Joy in hearing from an old friend. Take the time this month to enjoy life the best that you can.

The Senior Center is still going strong. Thanks to all of you who partake of our services. This month there are many special activities – movies, games, holiday concerts. Hopefully you can find the time to join us for some holiday cheer.

Here is to wishing you and your families a safe, happy, healthy holiday season.

### Senior Center Staff

Director:

Karen L. Phillips

Regular Driver:

George Guertin

Part-time Driver:

Pam Dell

Spare Drivers:

John Perry

Gloria Rugg

Meal Site Manager:

Pam Dell



◆ COA Board  
Sharon Bloom, Chair  
Barbara Foster, Vice Chair  
Mary Higgins, Secretary  
Constance Cleary, Treasurer  
Anita Benware  
Irene Camerano  
Debra MacLennan  
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Peter Watson  
Ken Day, Associate  
Sue Doucette, Associate  
Susan Duquette, Associate

In case of bad weather, call the Senior Center at 978-422-3032 before venturing out to any of our programs. While the Center itself is usually open, some activities might be cancelled due to snow and/or ice. Thank you.

A big thanks goes out to all the people who volunteered in the kitchen last month: John Perry, Mary Higgins, Joan Buffone, Terry Booth, Shirley Rotti, Enid Somma, Wendy Locke, Anita Benware, Debra O'Brien, Kaitlin O'Brien, and Carmela Emerald. We couldn't do it without you. Thanks!

The COA Board meets the 1<sup>st</sup> Thursday of the month at 4 PM in the Senior Center.

## Special Events for December

Saturday, December 3 – “Glenn Miller Orchestra Christmas Show” by Dick Partridge at 1:30 PM at the 1835 Town Hall. All are invited. Refreshments will be served. This program is jointly funded by the Recreation Department and the Council on Aging.

Sunday, December 4 – Annual Christmas Party at 1 PM in the Senior Center. Come and join us at our party. Generations Barbershop Quartet will be performing. Refreshments will be served. Santa will make an appearance. All are welcome.

Monday, December 5 – Movie at 12:30 PM. A human baby is raised as an elf and then goes to New York in search of his birth parents. This comedy came out in 2003. Popcorn will be served.

Thursday, December 8 – Christmas Jingo at 12:30 PM. Come and play a fun bingo-like game.

Monday, December 12 – Worcester County Probate Court will be coming to talk about upcoming changes to wills in Massachusetts at 12:15 PM. These changes could affect you and your assets. All are welcome.

Tuesday, December 13 – We will celebrate this month’s birthdays with a cake at lunch. Call Pam at 978-422-8022 to sign up for lunch.

Thursday, December 15 – Holiday Concert from the kids at the Houghton School at 10:30 AM at the Senior Center. This is a wonderful program that the kids put on for the seniors. It is a must-see! All are invited.

Thursday, December 15 – SHINE counselor will be available to answer health insurance questions.

Appointments are required by calling the Senior Center at 978-422-3032.

Thursday, December 15 – Elder Keep Well Clinic from 12 – 2 PM.

Friday, December 16 – Senior Breakfast at Chocksett School at 9 AM. Sterling seniors are invited to a great breakfast along with entertainment. Sign up is required by calling the Senior Center at 978-422-3032.

Monday, December 19 – Movie at 12:30 PM. A boy is wondering if he should still believe in Santa when, on Christmas Eve, a train pulls up to his house to bring him to the North Pole. This movie came out in 2004 and is adapted from a popular book of the same name. Popcorn will be served.

Thursday, December 22 – Book club at 12:30 PM. This month’s selection is Call Me Mrs. Miracle by Debbie Macomber. All are welcome.

Monday, December 26 – Senior Center closed for Christmas.

Tuesday, December 27 – USDA food distribution at 12 PM.



“I will honour  
Christmas in my  
heart, and try to  
keep it all the  
year.”  
~ Charles Dickens,  
English author.  
From 'A Christmas  
Carol'.

The COA is looking for donations of Birthday cards. We send out a card to every senior over 75. Donations can be dropped off at the Senior Center office. Thank you everyone who has donated cards already. We really appreciate it!

The book club is still going strong. It generally meets the 4<sup>th</sup> Thursday of the month at 12:30 PM. Here are the next selections:

December 22 – Call Me Mrs. Miracle by Debbie Macomber

January 26 – Girl in Translation by Jean Kwok

February 23 – The Notebook by Nicholas Sparks

**Ongoing Events:**

Mondays –

Coffee and donuts at 9 AM. Catch up on conversations with old friends or make some new ones - \$0.50

Art class at 10 AM. Discover your artistic side with classes taught by Artist Howard Besnia, at his studio.

Senior Fitness at 10 AM. Get in shape with a fun group of people and a certified instructor. This class is offered thanks to Oriol Healthcare – free.

Tuesdays –

Game day at 12:15 PM. Come on down to play bridge, dominoes, cards, scrabble, etc.

Wednesdays –

Chair yoga at 9:30 AM. No need to get up. Learn yoga while staying in your chair. \$3.00 a class.

Walking club – stopped until Spring

Shopping trip to various stores at 1 PM – Wal-Mart, K-Mart, Target, etc. Sign up required. Limited to 9 people.

Thursdays –

Yoga at 9 AM. Gentle yoga stretches for strength and flexibility with a certified instructor - \$3.00 per class.

Meals – we serve a healthy lunch Monday to Friday at 11:30 AM. We do the cooking and the dishes, so come to the Senior Center and enjoy. Please make your reservations 24 hours in advance (before 12 noon). Your \$2.00 donation is appreciated.

A nurse is available to check blood pressures on the first Tuesday of every month at 12 noon.

Elder Keep Well Clinic every third Thursday from 12 – 2 PM. You can have a private meeting with an RN for blood pressures, glucose levels, disease management, and medication counseling.

A SHINE counselor is available for private appointments regarding your health insurance questions once a month. Call to schedule an appointment.

Our computer lab is up and running and has internet access. Computer classes will be held throughout the year.

Don't forget that we have a pool table for impromptu games or practice.

Transportation is not an excuse to miss out on these activities. We provide transportation on our senior van. The charge is \$1.00 roundtrip in town and \$2.00 roundtrip out of town. There is no charge to come to the Senior Center. All you have to do is call us at least 48 hours in advance to make a reservation.

All reservations can be made by calling 978-422-3032.

News from SHINE December 2011

**Medicare and Prescription Drugs – Does it matter which pharmacy you use?  
For some Medicare plans, the pharmacy you use could make a difference in the  
cost of your drugs!**

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that isn't in your plan's network, your drugs will not be covered. If you find that your pharmacy does not accept your plan, you should go to one that does.

Several Medicare plans have preferred pharmacies in addition to network pharmacies. If your plan has preferred pharmacies, you may save money by using those pharmacies. Your prescription drugs may cost much less at a preferred pharmacy. For 2012, the plans with preferred pharmacies are: Aetna CVS, CVS Caremark Plus, First Health Part D Value Plus, Humana Walmart-Preferred Rx, and Rite Aid Envision Rx Plus.

Some plans also offer a mail-order program that allows you to get up to a 90 day supply of your covered prescription drugs sent directly to your home. This is sometimes a cheaper and easier way to fill your prescriptions

**Medicare Open Enrollment ends December 7!  
If you want to change your Medicare Plan, don't wait.  
Call 1-800-MEDICARE now!**

You can now access our monthly SHINE chat line, sponsored by the Central Massachusetts Agency Aging, on the second Tuesday of each month. To attend the SHINE Session, go to [www.SeniorConnection.org](http://www.SeniorConnection.org) and click on Connection for Caregiver button. Then click on the Support Groups and Chats button. Create a username and password, log in and click on SHINE.

*If you need help on any aspect of your health insurance, SHINE offers free counseling at your local Senior Center or Council on Aging. Call your Senior Center or COA and ask for a SHINE appointment. You can reach a SHINE volunteer by phone at 1-800-AGE-INFO (1-800-243-4636) If you get the SHINE voice mail, leave your name and phone number and a counselor will call you back as soon as possible. SHINE (Serving the Health Information of Elders) is coordinated by the Massachusetts Executive Office of Elder Affairs in partnership with the Friends of the Milford Senior Center, The Massachusetts Councils on Aging, and other local agencies.*

Living Memorial Honor  
Sterling COA/Senior Center  
1 Park Street \* Sterling, MA 01564

I am enclosing \$ \_\_\_\_\_  
In honor of \_\_\_\_\_  
In memory of \_\_\_\_\_  
Donor's name \_\_\_\_\_  
Address \_\_\_\_\_

This coupon is for your convenience in making a gift that will enhance senior services in our community today and tomorrow. Your support is greatly appreciated. Our sincere thanks to those who are remembering their friends and family by making contributions in their name to the Senior Center.

### Little Known and Bizarre December Holidays

December 1 – National Pie Day and Eat a Red Apple Day  
December 2 – National Fritters Day  
December 3 – National Roof-Over-Your-Head Day  
December 4 – Wear Brown Shoes Day  
December 5 – National Sacher Torte Day  
December 6 – National Gazpacho Day and Mitten Tree Day  
December 7 – National Cotton Candy Day  
December 8 – Take It In the Ear Day  
December 9 – National Pastry Day  
December 10 – Festival for the Souls of Dead Whales  
December 11 – National Noodle Ring Day  
December 12 – National Ding-A-Ling Day  
December 13 – Ice Cream and Violins Day  
December 14 – National Bouillabaisse Day  
December 15 – National Lemon Cupcake Day  
December 16 – National Chocolate Covered Anything Day  
December 17 – Underdog Day and National Maple Syrup Day  
December 18 – National Roast Suckling Pig Day  
December 19 – Oatmeal Muffin Day  
December 20 – Games Day  
December 21 – Look at the Bright Side Day, National Flashlight Day, National French Fried Shrimp Day, and Hamburger Day  
December 22 – National Date-Nut Bread Day  
December 23 – Roots Day  
December 24 – National Egg Nog Day  
December 25 – National Pumpkin Pie Day  
December 26 – National Whiners Day  
December 27 – National Fruitcake Day  
December 28 – Card Playing Day and National Chocolate Day  
December 29 – Pepper Pot Day  
December 30 – Festival of Enormous Changes at the Last Minute and National Bicarbonate of Soda Day  
December 31 – Unlucky Day

#### Tag line contest

The COA received 25 entries for a catch phrase. We would like to thank the following people who submitted a suggestion: Charlotte Gildutis, Nat Pecorelli, Mary Gaffney, Millie Alzapiedi, Charlie Madden, June Crone, Anita Benware, Helene Gray, Shirley Rotti, Bill Lavalley, Marilyn Morgan, and Karen Phillips. The board narrowed the list down to their favorite 4. Now you get to choose the winner. You have until January 10<sup>th</sup> to vote for your favorite. The winner will be announced in the February newsletter and the person who wrote it will get a prize. Here are your final 4:

- Having a Sterling Attitude
- Live, Love, Laugh – Be Happy
- Continue to Grow With Us in Mind, Spirit, and Body
- Living Out Our Sterling Years Together

You can call, email, or mail in your choice. We look forward to your responses!

### Season's Greetings

The holidays are a festive time and many gatherings of friends and family will take place. Joy and happiness abound, toasts are made, and many a glass of cheer will be drunk. Many wishes to good health will happen.

One of the very best presents you can give your family is the peace of mind they will have when they know you have memorialized your wishes in a Last Will and Testament, Durable Power of Attorney, Health Care Proxy, and/or Trust. Having an appropriately drafted estate plan will give you great joy and happiness and the security you feel at this time of year will be more profound.

As you know, life can change suddenly. How many times have you torn apart your house trying to find an important document? Often times, these documents contain important pieces of your life. As a result, we created our "Be Organized – Be Prepared" kit, which is designed to prepare you and your family for the unexpected and to help eliminate problems and expenses. By putting your affairs in order now, you not only simplify things for your family, but clearly express to them how much you love them.

I would like to offer you a holiday gift, the "Be Organized – Be Prepared" kit! A small amount of time and energy completing our kit will help you avoid a great deal of wasted time, hassle, and expense for your family. Don't leave your loved ones with a mess! Order your FREE "Be Organized – Be Prepared" kit by calling 508-755-6525 or by visiting us on the web at [www.edlalaw.com](http://www.edlalaw.com).

Happy holidays!

*Attorney Kaltsas practices law at Elder & Disability Law Advocates in Worcester and Framingham, Massachusetts and hosts WTAG's Saturday morning talk show "The Senior Focus" at 11:00 AM. "The Senior Focus" can be heard on True Talk Radio -- 580 AM or 94.9 FM*

Please feel free to call Attorney Kaltsas in Worcester at 508-755-6525 or Framingham at 508-620-4525. Or listen to *The Senior Focus* and call your comments or questions into the show at 508-755-0058.



If you are having difficulty getting food, consider going to the Wachusett Food Pantry. The Pantry is a free-of-charge, supplemental, monthly food program offering 3 – 5 days of meals to any family in the region with either a short or long term need. Senior distribution is held the Friday before the 3<sup>rd</sup> Saturday of the month from 10 – 11:30 AM at Wachusett Extended Care (Holden Hospital), 56 Boyden Road, Holden (note new address). This month's distribution is Friday, December 16<sup>th</sup>. Proof of residency is required. The Pantry is also always in need of volunteers.



## December Calendar of Events

(Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
			1  9 – Yoga 11:30 – baked chicken	2  11:30 – fish strips  Saturday – music at 1835 Town Hall at 1:30 PM Sunday – Christmas party at 1 PM
5  9 – Coffee 10 – Exercise class 10 – Art class 11:30 – penne with Bolognese sauce 12:30 – Movie	6  11:30 – beef stew 12 – Blood pressures 12:15 – Game day	7  9:30 – Chair yoga 11:30 – roast chicken 1 – Van shopping trip to Christmas Tree Shop	8  9 – Yoga 11:30 – ground beef burgundy 12:30 – Christmas Jingo	9  11:30 – breaded chicken cutlet
12  9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – fish wedge 12:15 – Worcester County Probate Court	13 Monthly birthday party 11:30 – baked chicken 12:15 – Game day	14  9:30 – Chair yoga 11:30 – broccoli bake 1 – Van shopping trip to Walmart	15  9 – Yoga 10:30 – Holiday concert by Houghton School 11:30 – Swedish meatballs 12 – 2 – Elder Keep Well Clinic	16  9 – Senior Breakfast at Chocksett School  No lunch served
19  9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – roast chicken 12:30 – Movie	20  11:30 – SPECIAL: roast beef au jus 12:15 – Game day	21  9:30 – Chair yoga 11:30 – chicken Caesar salad 1 – Van shopping trip to Ocean State Job Lot	22  9 – Yoga 11:30 – chili 12:30 – Book club	23  11:30 – spicy chicken
26  Senior Center closed for Christmas	27  11:30 – baked fish 12:15 – Game day	28  9:30 – Chair yoga 11:30 – Salisbury steak 1 – Van shopping trip to Walmart	29  9 – Yoga 11:30 – chicken breast cacciatore with ziti	30  11:30 – Shepherd's pie



**Sterling COA**  
1 Park Street  
PO Box 243  
Sterling, MA 01543

**Phone:**  
978-422-3032

**Fax:**  
978-422-9916

**E-mail:**  
kphillips@sterling-ma.gov

**We're on the Web!**  
[www.sterling-ma.gov](http://www.sterling-ma.gov)

Annual Christmas Party – The Senior Center’s Annual Christmas party will be on Sunday, December 4<sup>th</sup> at 1 PM. This year’s entertainment will be Generations, a wonderful barbershop quartet. You will definitely enjoy this performance. Refreshments will follow. All are invited. This event is free. We hope to see you here.

At 4 PM the Recreation Department will be hosting the Annual Tree Lighting ceremony. This is a great community event. Come to the Christmas party and stay for the tree lighting.

Saturday, December 3 – “Glenn Miller Orchestra Christmas Show” by Dick Partridge at 1:30 PM at the 1835 Town Hall. All are invited. Refreshments will be served. This program is jointly funded by the Recreation Department and the Council on Aging.

New class: we are now offering a Chair Yoga class on Wednesdays at 9:30 AM. Cost is \$3.00 a class. Come and get all of the benefits of yoga without leaving your chair. Call the Senior Center at 978-422-3032 for more information.

*Distribution of this newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs.*

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