

# Sterling Council on Aging

October 2011

Volume 16, Number 102

*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

## 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

## Message from the Director

Autumn is here – my favorite season. I love the changing leaves, the brisk evenings, and the comfortable days. It is so much fun to rake a pile of leaves and then jump in! The simple joys in life! I hope you can find some simple joys this month.

The COA board is going to try something new and be open 2 evenings for programs. The first program is a candy making class. If you every wanted to learn how to make candy with molds, here is your chance. The second program will be a game night. Some people can't use the center due to commitments during the day. The board is going to open up the center one night to see if there is any interest. Hope to see you here!

We are still looking for a computer instructor. If you are computer literate and have some time on your hands, we would love to have you run a class to teach others basic skills, advanced skills, or internet skills. Give the office a call to get started.

Thanks to all who are signing in when they come to the Senior Center. Our numbers and usage are being scrutinized. Be counted and let others know that the Senior Center is important.

Wishing you all a happy month. Hope to see you soon.



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

Thanks to everyone who donated items and volunteered their time for the yard sale. This is a huge fundraiser for the Senior Center. The volunteers do an amazing job. The money goes towards programming events at the Senior Center. Thank you, thank you, thank you!!

We would like to thank the following people who donated baked goods for our program in September: Barbara Foster, Nancy Kristoff, Sheila Hudson, Sharon Bloom, Susan Duquette, Mary Higgins, Anita Benware, Irene Camerano, and Elaine Theriault.

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

## Special Events for October

Tuesday, October 4 – Blood pressures at 12 PM.

Thursday, October 6 – Needlework group at 12:30 PM. Bring your needlework to do with friends.

Monday, October 10 – Senior Center closed for Columbus Day.

Wednesday, October 12 – The Recreation Department will be previewing 3 upcoming trips from Colette Tours at 1 PM. Learn about upcoming trips to Hawaii, Portugal, and Northern National Parks.

Refreshments will be provided. All are welcome.

Wednesday, October 12 – Candy Making Class from 4 – 7 PM. Come to the Senior Center to learn and make candy. \$2.00 a person. Sign up is required by calling the Senior Center office at 978-422-3032.

Thursday, October 13 - "Music is Love" by Dawn and Dick at 1 PM. Back by popular demand, this amazing duo will play music on the keyboard and guitar while impressing us with their singing. Throw in magic, a few jokes, and free refreshments and it makes for a great afternoon. All are invited. This program is sponsored in part by a grant by the Sterling Cultural Council, a local agency, of the Massachusetts Cultural Council, a state agency.

Monday, October 17 - "Health Plan Options for Seniors" by Susan Flanagan from Blue Cross/Blue Shield of Massachusetts at 12:30 PM. This year's open enrollment for Medicare Part D has changed. There are many new choices out there. Come and find how these changes will affect you.

Thursday, October 20 – SHINE counselor will be available to answer health insurance questions.

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

Thursday, October 20 – Elder Keep Well clinic from 12 – 2 PM.

Tuesday, October 25 – USDA food distribution at 12 noon.

Wednesday, October 26 – MOC Nutrition talk at 11:15 AM. Sign up for lunch and learn some healthy facts before we eat. Sign up with Pam in the Meal Site Office, 978-422-8022.

Wednesday, October 26 – Game night from 6 – 8 PM. The Senior Center will be open for dominoes, pool, cards, etc. Come experience the Senior Center at night. Have some fun with us!

Thursday, October 27 – Book club at 12:30 PM. This month's selection is Big stone Gap by Adriana Trigliani. All are welcome.

Monday, October 31 – Halloween party. The fun starts with lunch and continues through the afternoon. Costumes, prizes, goodies, surprises. Sign up for lunch by calling 978-422-8022. All are welcome.

"October's poplars  
are flaming  
torches  
lighting the way to  
winter."  
- Nova Bair



Mark your calendar: Senior Foxwoods Trip on Wednesday, November 9<sup>th</sup>. The bus will be leaving the Senior Center at 8 AM and returning around 5 PM. Cost is \$20 a person. Call Pam or Rick at 978-422-8863 for more information or to sign up.

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.

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:

October 27 – Big stone Gap by Adriana Trigliani

November 17 (note date change) – Between Sisters by Kristin Hannah

December 22 – Call Me Mrs. Miracle by Debbie Macomber

## **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 –

Walking club at 4 PM at the Cider Mill, weather permitting (note time change).

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 October 2011**  
**Medicare Open Enrollment is Changing!**  
**New Dates: OCTOBER 15 – DECEMBER 7**

Your health needs change from year to year. And, your health plan may change the benefits and costs each year too. That's why it's important to evaluate your Medicare choices every year. Open Enrollment is the one time of the year when ALL people with Medicare can see what new benefits Medicare has to offer and make changes to their coverage.

Starting this year, Open Enrollment starts earlier – on October 15<sup>th</sup> – and last longer (7 full weeks) to give you enough time to review and make changes to your coverage. But, also starting this year, you will need to make your final selection for next year's Medicare coverage by December 7<sup>th</sup>. This change ensures Medicare has enough time to process your choice so your coverage can begin without interruption on January 1, 2012.

It's worth it to take the time to review and compare, but you don't have to do it alone. If you typically use the December holidays to discuss health care options with family or friends, plan now to move that conversation earlier. And remember that SHINE is available to help. We have scheduled update meetings in the following communities to get more information: Templeton, Fitchburg, Pepperell, Groton, Leominster, Barre, Rutland, Holden, Grafton, Auburn, West Brookfield, Sturbridge, Oxford, Northbridge, Franklin, Uxbridge, and Millville. We will also be scheduling meetings in Worcester, Gardner, Ashburnham, Shrewsbury, and Milford. Contact the Senior Center nearest you to get more information and reserve a seat.

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.

## National Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month (NBCAM). Since the program began in 1985, mammography rates have more than doubled for women age 50 and older and breast cancer deaths have declined. This is exciting progress, but there are still women who do not take advantage of early detection at all and others who do not get screening mammograms and clinical breast exams at regular intervals.

- Women age 65 and older are less likely to get mammograms than younger women, even though breast cancer risk increases with age.
- Hispanic women have fewer mammograms than Caucasian women and African American women.
- Women below poverty level are less likely than women at higher incomes to have had a mammogram within the past 2 years.
- Mammography use has increased for all groups except American Indians and Alaska Natives.

If all women age 40 and older took advantage of early detection methods – mammography plus clinical breast exam – breast cancer death rates would drop much further.

The key to mammography screening is that it be done routinely – once is not enough.

For more information about NBCAM, please visit [www.nbcam.org](http://www.nbcam.org). For additional information, please call: American Cancer Society 1-800-227-2345, National Cancer Institute 1-800-4- CANCER, or the Y-  
ME National Breast Cancer Organization 1-800-221-2141.



The National Breast Cancer Awareness Month program is dedicated to increasing public knowledge about the importance of early detection of breast cancer. Fifteen national public service organizations, professional associations, and government agencies comprise the Board of Sponsors, who work together to ensure that the NBCAM message is heard by thousands of women and their families.

### Prevent Candle Fires: Follow the Circle of Safety

- Burn candles inside a one foot circle of safety, an area free of anything that could come in contact with the flame and burn.
- Stay in the same room with burning candles; never leave them burning unattended.
- Use candles out of reach of children and pets.
- Keep all matches and lighters out of reach of children.
- Teach everyone in the family the rules of safe candle use.
- Candle fires have tripled in Massachusetts over the past decade.
- Candles have become one of the leading causes of fire deaths in the home in this state.

Fire Factors from the Massachusetts Department of Fire Services, Office of the State Fire Marshall.

## Alzheimer's Symposium

Elder & Disability Law Advocates, a law firm dedicated to serving the needs of the elderly population and people with disabilities, is proud to present the 1<sup>st</sup> Annual Focus on Alzheimer's Awareness Symposium. This Symposium, "Life After the Diagnosis: Medical, Legal, and Support Services", is a free community event designed for those suffering from, or those providing care to those suffering from, early Alzheimer's disease and related dementias. The event is designed to equip those people with the skills to understand and address issues they are likely to encounter.

Over 7 million Americans have been diagnosed with Alzheimer's or other dementias, affecting over 70 million Americans today. With a new diagnosis occurring every 70 seconds, more families, caregivers, and professionals are struggling to understand and respond to this growing epidemic among seniors. This symposium, sponsored by Elder & disability Law Advocates, Central Massachusetts Agency on Aging, Living Well Adult Day Health Center and WTAG, is a FREE event where you are invited to come and learn how to replace fear with knowledge, hope, and practical help from expert speakers and community resource providers.

A panel of experts comprised of UMASS Memorial Medical Center physicians David Drachman, MD, Daniel Pollen, MD, and Suzana Makowski, MC, will talk about the latest advances in the research and the treatment of Alzheimer's disease. Elizabeth Nasser, PhD, Julie McMurray, MA, LMHC, and Nicholas Kaltsas, Esq., will provide information regarding diagnosis, support services, and legal planning.

The symposium will be held on Thursday, November 10, 2011 at the Beechwood Hotel in Worcester – across from UMASS Memorial Medical Center, University Campus. Registration begins at 9 AM and the symposium is scheduled to end at 3 PM. Admittance is free. The Symposium includes a free buffet lunch and an exhibit area with many exhibit booths to provide educational material to Symposium attendees.

Please join us for a special day of learning more about the medical, legal, and support services that are available to those struggling with Alzheimer's disease and related dementias. To register please call 508-755-6525 or visit us on the web at [www.edlaw.com](http://www.edlaw.com).

*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, October 14<sup>th</sup>. Proof of residency is required. The Pantry is also always in need of volunteers.



*October Calendar of Events (Menu subject to change)*

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday                           |
|---|---|--|--|----------------------------------|
| 3<br>9 – Coffee hour<br>10 – Exercise class<br>10 – Art class<br>11:30 – Swedish meatballs                    | 4<br>11:30 – baked fish<br>12 – Blood pressures<br>12:15 – Game day | 5<br>11:30 – stuffed shells<br>1 – Van shopping trip to Walmart                          | 6<br>9 – Yoga<br>11:30 – baked chicken<br>12:30 – Needlework group           | 7<br>11:30 – broccoli bake       |
| 10<br>Senior Center closed for Columbus Day   | 11<br>11:30 – beef stew<br>12:15 – Game day                         | 12<br>11:30 – baked chicken<br>1 – Van shopping trip to Ocean State Job Lot              | 13<br>9 – Yoga<br>11:30 – ground beef Burgundy<br>1 – Music is Love program  | 14<br>11:30 – chicken tetrazzini |
| 17<br>9 – Coffee hour<br>10 – Exercise class<br>10 – Art class<br>11:30 – meatloaf<br>12:30 – BC/BS talk      | 18<br>11:30 – roast chicken<br>12:15 – Game day                     | 19<br>11:30 – ham sandwich<br>1 – Van shopping trip to Walmart                           | 20<br>9 – Yoga<br>11:30 – chicken parmesan<br>12:30 – Elder Keep Well Clinic | 21<br>11:30 – roast turkey       |
| 24<br>9 – Coffee hour<br>10 – Exercise class<br>10 – Art class<br>11:30 – roast chicken                       | 25<br>11:30 – baked fish<br>12:15 – Game day                        | 26<br>11:15 – Nutrition talk<br>11:30 – diced chicken<br>1 – Van shopping trip to Target | 27<br>9 – Yoga<br>11:30 – SPECIAL: maple roast pork<br>12:30 – Book club     | 28<br>11:30 – American chop suey |
| 31<br><i>Halloween party</i><br>9 – Coffee hour<br>10 – Exercise class<br>10 – Art Class<br>11:30 – pot roast |   |  |  |                                  |



**Sterling COA**  
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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)

*The Senior Center will be offering **A Matter of Balance: Managing Concerns About Falls** class starting October 12<sup>th</sup> from 1 – 3 PM. Have you turned down a chance to go out with family or friends because you were concerned about falling? Have you cut down on a favorite activity because you might fall? If so, *A Matter of Balance: Managing Concerns About Falls* is a program for you. Fear of falling can be just as dangerous as falling itself. People who develop this fear often limit their activities, which can result in severe physical weakness, making the risk of falling even greater. *A Matter of Balance* can help people improve their quality of life and remain independent. The class runs for 8 weeks and is open to 12 participants. The program cost is \$5.00. A workbook is provided and refreshments will be served. Please call the Senior Center at 978-422-3032 to register.*

The Senior Center is starting a contest. We are looking for a catch phrase to positively promote aging and the Senior Center. For example, Worcester’s catch phrase is “Taking You in New Directions”. We will be accepting ideas until October 31. In order to submit, we will need your name, address, phone number, and catch phrase. The COA board will be reviewing the suggestions. The winner will be notified and win a prize to be announced. You can mail your suggestion, email it, stop by and give it to the office, or call us. Let’s be creative! We are looking forward to seeing your suggestions!

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

Sterling Council on Aging  
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Sterling, MA 01564-0243

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