

# Sterling Council on Aging

Summer 2011

Volume 16, Number 101

*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

Summer is upon us. The newly formed Sterling Senior Center Site Development Committee will be working hard to fulfill their charge of looking into the Senior Center issue. This is a diverse group of dedicated citizens, all with various backgrounds and strengths. Together, they have formed a remarkable group which should be able to tackle this issue and bring back some solid suggestions to the Board of Selectmen in the fall. The board members are: Sharon Bloom, Chair, Jack Chandler, Vice Chair, John Kilcoyne, Secretary, Greg Aubin, Kevin Beaupre, Patrick Fox, and James Simpson, Jr. We are grateful for their assistance with this project.

### 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

There was a question at town meeting about moving the Senior Center to the 1835 Town Hall. This idea has been looked into and rejected in the past. Some of the main reasons for not moving to the 1835 Town Hall are: no parking, no kitchen, no elevator, and inadequate bathrooms. Also, the Recreation Department and the Veteran's Agent currently occupy the first floor of the building, which does not leave a lot of usable square footage for the Senior Center to use for our various programs.

I hope the Summer finds you all in good health. Try to get out and enjoy the good weather. Come on down to the Senior Center for a break from cooking. We 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

Dick Maki, Associate

If you are willing to bake a dessert or two 2 – 3 times a year for our entertainment, please call the Senior Center at 978-422-3032. We try to provide homemade goodies for our programs. Your help is appreciated.

The Line Dancing Instructor in Holden is available to teach a class here. If you are interested in a weekly line dancing class, please contact the Senior Center office at 978-422-3032. If there is enough interest, we will start this program up again. Thanks.

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

## Special Events for Summer

June –

Thursday, June 2 – Needlework group at 12:30 PM

Tuesday, June 7 – Blood pressures at 12 noon

Thursday, June 9 – “Atticus” portrayed by Richard Clark at 1 PM. Atticus Finch steps from the pages of “To Kill A Mockingbird” and brings to life the tragedy and triumph of Harper Lee’s classic novel. Mr. Clark is always well received and many look forward to seeing him at the Senior Center. All are welcome.

Refreshments will be served after the play. This program is sponsored, in full, by a grant from the Sterling Cultural Council, a local agency of the Massachusetts Cultural Council, a state agency.

Monday, June 13 – “Financial Solutions for Today’s Economy” by Edward Awiszio, Financial Services Professional at 12:30 PM. With all that’s going on today in the stock market and the ever changing rules and regulations, now is a perfect time to learn some ways to simplify your financial affairs with some safe and secure ways to protect your nest egg. All are invited.

Thursday, June 16 – SHINE counselor will be available to assist with health insurance questions.

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

Thursday, June 16 – Elder Keep Well Clinic from 12 – 2 PM.

Monday, June 20 – Father’s Day Ice Cream Social at 12:30 PM. \$1.00 a person. Sign up is required by calling 978-422-3032. All are welcome.

Thursday, June 23 – Book club at 12:30 PM. This month’s selection is Past Perfect by Susan Isaacs.

Tuesday, June 28 – USDA food distribution at 12 noon.

Wednesday, June 29 – Nutrition talk at 11:15 AM. A MOC nutritionist will be at the Senior Center to discuss nutrition issues.

July –

Monday, July 4 – Senior Center closed for Independence Day

Tuesday, July 5 – Blood pressures at 12 noon

Thursday, July 7 – Needlework group at 12:30 PM

Thursday, July 14 – Senior Trip to Foxwoods. \$20.00 a person. Contact Pam and Rick Dell at 978-422-8863 for more information or to sign up.

Thursday, July 21 – SHINE counselor will be available to assist with health insurance questions.

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

Thursday, July 21 – Elder Keep Well Clinic from 12 – 2 PM

Tuesday, July 26 – USDA food distribution at 12 noon

Thursday, July 28 – Book club at 12:30 PM. This month’s selection is Twenty Wishes by Debbie Macomber.

August –

Tuesday, August 2 – Blood pressures at 12 noon

Thursday, August 4 – Needlework group at 12:30 PM

Thursday, August 18- SHINE counselor will be available to assist with health insurance questions.

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

Thursday, August 18 – Elder Keep Well Clinic from 12 – 2 PM

Tuesday, August 23 – USDA food distribution at 12 noon

Thursday, August 25 – Book club at 12:30 PM. This month’s selection is Tears of the Giraffe by Alexander McCall Smith.

\*\*Please note that this is the last newsletter until September. There may be additions to these events. Please check the Meetinghouse News, cable station, town website, The Landmark, and The Item for updated monthly listings of events. Events are also posted at the Senior Center. \*\*



**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 –

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.

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.

***The Senior Center is air conditioned in the summer. If it gets too hot for you, come on down and cool off. We try to keep it around 72 degrees. If that is too chilly, please bring a sweater. We cannot change the temperature based on one person's preference.***

News from SHINE June 2011  
Medicare Fraud and Abuse

The Affordable Care Act fights health care fraud, waste, and abuse by providing new tools to prevent and detect fraud, and crack down on individuals who attempt to defraud Medicare. These include increased penalties for criminals, enhanced screening of providers, more coordination between agencies, and expanded efforts to recover overpayments.

Medicare beneficiaries can also play an important role. Here are some important tips for preventing, detecting and reporting fraud and abuse:

- Treat your Medicare and Social Security numbers like a credit card. Never give these numbers to a stranger.
- Remember, Medicare doesn't call or visit to sell you anything.
- Always review your Medicare Summary Notice (MSN) and Part D Explanation of Benefits (EOB) for any errors.
- If you find errors on your MSN or EOB, contact your provider immediately.
- If you are not satisfied after contacting your provider, report the questionable charges to Medicare: 1-800-633-4227.
- If you suspect Medicare fraud, contact the Department of Health and Human Services Office of the Inspector General Hotline: 1-800-447-8477.

*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.

## Heat Stroke in the Elderly

Heat stroke is a medical emergency. Often the problem is that elderly people don't want to be a problem and so they don't want someone called. They will say they will be just fine even when they are feeling very poorly. The old movies had it right when we saw someone collapse and then a bystander went to get a cool cloth, gave a cool drink, and fanned the person to give them air circulation. They were really doing the right thing.

Signs and symptoms of heat stroke:

- Fast heart beat
- Fast / shallow breathing
- Hot dry skin – (can be cold clammy skin if the person is going into shock)
- Confusion – altered mental state

Elderly at risk for heat stroke: those who are socially isolated; those on diuretics; those with decreased ability to sweat (diagnosis of hypothyroidism, on a stimulant or one of the many medications that contribute to dehydration by altering salt to water balance); those who drink alcohol in warm or hot weather – alcohol is a diuretic; those who are obese; Confused Elders; those without air-conditioning; those in large crowds where there is little air circulation

Ways to reduce incident of heat stroke: reduce physical activity in hot or humid weather; stay well hydrated; do outdoor activities during cool time of day

***Virginia Garberding, R.N.***

Director of Education, The Wealshire, Lincolnshire, Illinois

## 2011 Alzheimer's Disease Facts and Figures

Facts and Figures, an annual report released by the Alzheimer's Association, details the burden of Alzheimer's and dementia on individuals, caregivers, government, and the nation's healthcare system. Key figures from our 2011 report:

- Every 69 seconds someone develops Alzheimer's disease
- Alzheimer's disease is the 6<sup>th</sup> leading cause of death
- 5.4 million people have Alzheimer's in the US
- Alzheimer's and other dementias cost our country more than \$183 billion annually in direct and indirect costs
- About 70% of people with Alzheimer's are cared for at home
- We expect 10 million Baby Boomers to develop Alzheimer's
- There is no cure, yet.

The Alzheimer's Association also provides support and information on Alzheimer's disease with our 24/7 Helpline. Our staff can help you find the information you need. If you or a family member or friend has questions or concerns about Alzheimer's disease, we can help you. We also help health care professionals link to treatment information and options for care.

For the full 2011 Alzheimer's Disease Facts and Figures Report or for more information, please visit us on-line at [www.alz.org/MAN](http://www.alz.org/MAN) or call our 24/7 Helpline at 1-800-272-3900.

From the Alzheimer's Association

### “The Senior Focus”

This month’s article is devoted to, and extols the virtue of, The Senior Focus. As host of a radio show called The Senior Focus, I can be heard live every Saturday morning at 11:00 AM on WTAG – True Talk Radio—580 AM or 94.9 FM. I focus on issues that are of concern to the senior population. Every Saturday, helpful information is put out over the airwaves that help people in various areas of their lives. It is a live show and listeners are encouraged to call in with any questions they have. A listener can call the show and get free advice that they would otherwise be forced to pay handsomely for. The telephones at the station should be ringing off the hook every Saturday morning and listeners should constantly take advantage of this wonderful resource. Although there are times when I have been called at my office during the week and told that the caller simply couldn’t get through to the radio show because there were too many callers waiting to be heard, there are also times when the opportunity exists to call in and be heard.

The show features many guests that provide helpful information. The Senior Focus has covered such topics as VA benefits for veterans, MassHealth benefits, Durable Powers of Attorney, Health Care Proxies, Trusts, housing issues and managing a move to downsized accommodations, Social Security, appraisals of personal property, estate planning, and more. Be Organized – Be Prepared kits have been made available at no cost. The activities of many Central Massachusetts Senior Centers and Councils on Aging have been featured, as have various state agencies, Nursing homes, Rehabilitation facilities, Assisted Living facilities, Home Health Care Agencies, and Hospice agencies.

Presently, a series is underway that deals with healthy aging. Physicians from UMass Memorial Medical Center, Summit Elder Care, and Fallon Clinic have all been featured guests on The Senior Focus. Catherine DuBeau, MD, Clinical Chief of the Division of Geriatric Medicine, Elizabeth C. Malko, MD, Chief Medical Officer of Fallon Clinic, David Wilner, MD, Medical Director of Summit Elder Care, and Robert Cavanaugh, MD, Fallon Clinic, spoke about the physiology of aging and their respective experiences about what was considered “normal” signs and symptoms of the aging process. James Karadimos, MD, spoke about foot problems in the elderly. Laura Lambert, Surgical Oncologist and Director of the Peritoneal Carcinoma Center at UMass Memorial Medical Center discussed cancer and palliative care. Dr. Christina Bratoitis, Professor and Project Director of the Hoarding Research Project, Boston University School of Social Work, spoke about the problem of hoarding and the elderly.

Future shows feature doctors Gary Blanchard, Karl Uy, and Dominic Nompleggi. Ray Mariano, Director of the Worcester Housing Authority, will also appear on a future show. Topics will range from the Physiology of Aging, lung disease, and lung carcinomas, the importance of colonoscopy, and housing issues. Please join us and call in with any questions you might have.

*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, June 17<sup>th</sup>. Proof of residency is required. The Pantry is also always in need of volunteers.



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

Monday	Tuesday	Wednesday	Thursday	Friday
		1  11:30 – roast chicken 1 – Van shopping trip to Walmart	2  9 – Yoga 11:30 – tuna salad 12:30 – Needlework group	3  11:30 – hot dog and beans
6  9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – American chop suey	7  11:30 – chicken with marsala sauce 12 – Blood pressures 12:15 – Game day	8  11:30 – potato fish wedge 1 – Van shopping trip to Ocean State Job Lot	9  9 – Yoga 11:30 – roast pork 1 – Play by Richard Clark	10  11:30 – hot dog and beans
13  9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – chicken with teriyaki sauce 12:30 – Financial Solutions talk	14  11:30 – egg salad 12:15 – Game day	15  11:30 – stuffed shells 1 – Van shopping trip to Walmart	16  9 – Yoga 11:30 – SPECIAL: pot roast 12:30 – Elder Keep Well Clinic	17  11:30 – chicken tetrazini
20  9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – roast pork 12:30 – Ice cream social	21  11:30 – breaded chicken 12:15 – Game day	22  11:30 – kielbasa with peppers and onions 1 – Van shopping trip to Target	23  9 – Yoga 11:30 – chicken 12:30 – Book club	24  11:30 – crunchy light fish with newburg sauce
27  9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – broccoli bake	28  11:30 – baked chicken 12 – USDA food 12:15 – Game day	29  11:15 – Nutrition talk by MOC 11:30 – deli plate 1 – Van shopping trip to Walmart	30  9 – Yoga 11:30 – lasagna roll	July 1  11:30 – Salisbury steak with jardinière gravy



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978-422-9916

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kphillips@sterling-ma.gov

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

The Good news: the Medicare Part D “donut hole” is closing. The Bad news: not until the year 2020. The Federal Patient Protection and Affordable Care Act (often known as Health Care Reform) provides for gradual closure of the Medicare Part D “donut hole”. That hole will not fully close until 2020. This year, when Medicare beneficiaries (who do not get Extra Help) reach the donut hole, their Part D plan will pay 50% of covered brand name drugs and 7% of covered generic drugs. The beneficiary’s cost will be the remaining 50% (brand name) or 93% (generic). If you take a brand name drug that costs \$300, you will still have to pay \$150. This is where Prescription Advantage can help. Prescription Advantage, the Massachusetts prescription drug assistance program, can help reduce your out-of-pocket costs even further when you reach the donut hole. To find out how to lower your drug costs, call Prescription Advantage at 1-800-243-4636 or TTY at 1-977-610-0241.

Foxwoods Trip: Pam and Rick Dell are running another Senior Trip to Foxwoods on Thursday, July 14<sup>th</sup>. The bus will leave the Senior Center at 8 AM and return around 5 PM. The cost is \$20 a person. This trip usually fills up quickly. Contact Pam or Rick at 978-422-8863 to sign up or 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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