



Sterling Council on Aging February 2017

Happy Valentine's Day

Our Valentine's Luncheon will be served on Tuesday, February 14th at 11:30 am.

Fruit Cup
Yankee Pot Roast with mashed potatoes and seasonal vegetables
Sherbet

\$3 donation

RSVP by noon on February 13th

At 12:30 stroll down memory lane as we listen to our own Denis Coughlin and his mother-in-law, Esther Trow on the keyboards, perform love songs of the 30's, 40's and 50's. Drop ins welcome to the musical event, but sign ups are encouraged.

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Debra MacLennan Charles Madden
Bob Bloom Kevin Beaupre
Associate: Angela Richards

Sterling Senior Center PO Box 243

36 Muddy Pond Rd 978 422 3032

Director: Veronica Buckley

Outreach Coordinator: Nickole Boardman

Drivers: Pam Dell, Lou Massa, Denis Coughlin,
Robert Protano, Gloria Rugg

Meal Site Manager: Melissa Cassata

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

Hours: Mon—Wed 8-4; Thurs 8—8; Fri 8—12:30

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Sterling Council on Aging, Sterling 06-5262



Mary Higgins

Senior Spotlight by Maureen Cranson

So approximately 42 years ago Sterling had a bona fide 'joisey girl' blow into town! Mary Higgins relocated to the area when her husband, Bob, was transferred by his company. They came to Sterling after being 'crowded out' in Holden. They came for more space which they found up on North Row Road where they raised their family.

After losing her husband, Mary began her 'giving back' to the community. She became a volunteer at our old Senior Center and continues her efforts here on Muddy Pond. Mary begins most of her days overseeing our 'Meals on Wheels' program. After she sees the drivers off, you can find her bustling around the kitchen or maybe taking a break with the crochet hook busy between her fingers.

Mary joined the COA Board about 9 years ago and just signed on for another term. She started our very successful (champion) WII Bowling Team. Mary also loves to see those Bingo balls rolling around and calls numbers if she's not grabbing a chair and a card. She involves herself in any and all fundraising efforts whenever the occasion arises. When asked what else she has started or promoted, her response: trouble! Granted Mary is feisty and opinionated but it doesn't make her contributions less appreciated!

There is no doubt Mary's favorite thing at this juncture in life is travel. The list of her travels is long, although visiting Mt. Rushmore was one of her favorites. At the moment she is getting prepared to do a trip to Iceland in the fall. We, at the Senior Center, can only wish there were a few more like Mary (sans the 'trouble' of course)!



In my few short months here, I have come to know what a giving community Sterling is. I see it in our spirit of volunteerism, formal and informal; in the donations of gifts, food, money; as well as in the suggestions as to how we at the center can improve our programs and services. One thing that I need to do better as director is to acknowledge these gifts and say thank you. So, to the person who dropped off the boxes of fruit, to the person who sat me down in my office to give me a history lesson on Sterling and to everyone in between, I am appreciative of your generosity and thank you!

At the same time, I would like to ask for more assistance. Social isolation among the elderly is a real problem and can lead to adverse health consequences, premature nursing home admission and / or death. With estimates of isolation affecting up to 43% of the senior population, our Sterling seniors are not immune. We would like to expand our services beyond our walls to encompass a Friendly Visiting Program to begin to address this complex problem. If this is an issue that is near and dear to your heart or if you are interested in being on the ground level as we work toward solutions in our community, please talk to me.

FEBRUARY UPCOMING EVENTS

- Feb 1st 9:30 am** SHINE appointments. Answers to your insurance questions.
- Feb 1st 11:30 am** Home-cooked Burger, Fries, Strawberry Shortcake. \$3 donation
Sign up please.
- Feb 2nd 10 am—12** BP Clinic sponsored by Sterling EMS
- Feb 3rd 8:30 am** Guided Meditation with Bob Stickles. \$5
- Feb 3rd 12:30 pm** Lunch and Learn Volunteer Quarterly Meeting for our
volunteers. “The Vision for Our Senior Center”
- Feb 4th 6:30 pm** Pitch Party sponsored by the Grange. All are welcome!
- Feb 6th 1pm** Bingo will be provided by Senior Whole Health. DD gift cards!
- Feb 7th 8:30 am** Men’s Club.
- Feb 8th 9 am** Nursing Students from MCPHS conducting health interviews.
Elder volunteers needed.
- Feb 8th 11 am** Rick Voutour, our VSO, on VA benefits.
- Feb 8th 11:30 am** Home-cooked Beef Stew. \$3 donation. Sign up.
- Feb 10th 12:15 pm** Birthday Cake. Celebrate your February birthday with us!
- Feb 13th 1pm** Create a Valentine’s themed gift bag courtesy of Navicare. Sign up.
- Feb 14th 9:30—11:30 am** Elder Keep Well Clinic. Medical and prescription
questions answered by the VNA nurse. BP checks.
- Feb 14th 11:30 am** Valentine’s Luncheon. \$3 donation. Sign up please.
- Feb 14th 12:30 pm** Love songs of the 30’s, 40’s and 50’s with Denis Coughlin.
- Feb 15th 11:30 am** Home-cooked Chicken Pot Pie. \$3 donation. Sign up please.
- Feb 15th 12:30 pm** Valentine’s Jingo
- Feb 16th 6pm** Potluck! Create a paper bouquet! Sign up please.
- Feb 17th 8:30 am** Guided Meditation with Bob Stickles. \$5
- Feb 22nd 11 am** Kathy Devine from the Executive Office of Elder Affairs will be
here to outline the Prescription Advantage Program.
- Feb 22nd 11:30 am** Home-cooked Chili and Cornbread. \$3 donation. Sign up.
- Feb 23rd 9—2 pm** Foot Clinic by appointment. \$35 to Foot Care Nurse.
- Feb 23rd 12:30 pm** Book Club featuring “The Woman in Cabin 10” by Ruth Ware.
- Feb 24th 7:30—9:30 am** Pancake Breakfast sponsored by FOSS. \$3 per plate. All
ages welcome.

Our Lunch—Ed Series

In combination with our home cooked Wednesday lunches, we will be inviting community resources into our center to explain their programs.

The educational component will begin at 11 am followed by lunch at 11:30. Drop in for the educational session, but you must sign up in advance if you would like to stay for lunch. Thank you!

Veteran's Benefits

Rick Voutour, VSO

Wednesday Feb 8th 11am

An overview of Aid and Attendance Benefits for homebound and those seeking financial help with assisted living, VA Health Care Benefits and Ch 115 State Veteran's Benefits. Veterans and spouses strongly encouraged to attend. Lunch to follow.

Prescription Advantage

Kathy Devine, EOEa

Wednesday Feb 22nd 11 am

60% of our seniors in Sterling over the age of 65 qualify for this free program that will provide prescription coverage during the donut hole. Yet, only 30 of our Sterling seniors—that is right just 30—are enrolled!

What are we to do? We invited Kathy Devine of the Executive Office of Elder Affairs to help us help you!

All Medicare enrollees are strongly encouraged to attend. Lunch to follow.

Guided Meditation to provide second session!! 1st and 3rd Fridays at 8:30 am \$5

Men's Club

Tuesday Feb 7th at 8:30am

Inviting all men to enjoy coffee, home baked goods, good stories and camaraderie. Guest speaker, Christina Gunther, to address economic outlook under the new administration.

Potluck

Thursday!

Feb 16th at 6pm

Bring your favorite appetizer, main dish or dessert to share. Then stay to create these fun and gorgeous paper bouquets. You will need to bring a box of coffee filters, scissors and a cool glue gun (if you have one). If not, we will share! Sign up please!



Nursing Students Interviews

We need 6 elder volunteers to assist the nursing students at Massachusetts College of Pharmacy and Health Sciences to develop their skills in taking health histories of seniors. This is a fun project that has always been well received by our seniors. Enrollment limited, so sign up early please!

Knit & Crochet Club has Returned!

Welcoming all novices and those experienced with knitting needles and crochet hooks to join us on Fridays from 9:30—11:30. Let's have some laughs and help each other out with what to do with those dropped stitches and uneven borders!

FEBRUARY Activity Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
8		1 8:00 - 4:00 Coffee/snacks 9:00 Computer class 9:30 Gentle Chair Yoga 9:30 SHINE Appts 11:30 Burger and Fries 12:30 Van shopping trip to Target Plaza 1:00 Wii Bowling	2 8:00 - 8:00 Coffee/snacks 9:00 Strengthening Yoga 10:00 BP Clinic 11:30 Lasagna Roll 2:00 Open Coloring 2:00 Mahjong 2:00 Cribbage 7:00 Rec Dept Cribbage	3 8:00 - 12:30 Coffee/snacks 8:00 VSO Hours 8:30 Meditation 9:30 Knitting and crocheting 9:30 Pilates 11:30 Baked Pollock CLOSED at 12:30
6 8:00 - 4:00 Coffee /snacks 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 Beef Patty 12:30 Zumba 1:00 BINGO \$1 a card	7 8:00 - 4:00 Coffee/snacks 8:30 Men's Club 9:30 Line dancing 9:30 Open coloring 11:00 Chair pilates 11:30 Baked Ham 12:30 Game day	8 8:00 - 4:00 Coffee/snacks 9:00 Computer class 9:30 Gentle Chair yoga 11:30 Beef Stew 12:30 Van shopping trip to Walmart WB 1:00 Wii Bowling	9 8:00 - 8:00 Coffee/snacks 9:00-Strengthening Yoga 11:30 Chicken Cacciatore 2:00 Open Coloring 2:00 Mahjong 2:00 Cribbage 5:30 COA Board Meeting 7:00 Rec Dept Cribbage	10 8:00 - 12:30 Coffee/snacks 8:00 VSO Hours 9:30 Knitting and crocheting 9:30 Pilates 11:30 Broccoli Bake 12:15 Birthday Cake CLOSED at 12:30
13 8:00 - 4:00 Coffee /snacks	14 8:00 - 4:00 Coffee/snacks	15 8:00 - 4:00 Coffee/snacks	16 8:00 - 8:00 Coffee/snacks	17 8:00 - 12:30 Coffee/snacks

/snacks 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 Baked Salmon 12:30 Zumba 1:00 BINGO \$1 a card	9:30 Line dancing 9:30 Open coloring 9:30 Elder Keep Well Clinic 11:00 Chair pilates 11:30 Valentine's Luncheon 12:30 Game day	9:00 Computer class 9:30 Gentle Chair yoga 11:30 Chicken Pot Pie 12:30 Van shopping trip to Ocean State Job Lot 1:00 Wii Bowling	9:00 Strengthening Yoga 11:30 Meatloaf 2:00 Open Coloring 2:00 Mahjong 2:00 Cribbage 6:00 Potluck Dinner 7:00 Rec Dept Cribbage	Coffee/snacks 8:00 VSO Hours 8:30 Meditation 9:30 Knitting and crocheting 9:30 Pilates 11:30 Chicken Meatballs CLOSED AT 12:30
20 Closed President's Day	21 8:00 - 4:00 Coffee/snacks 9:30 Line dancing 9:30 Open coloring 11:00 Chair pilates 11:30 Chicken Breast 12:30 Game day	22 8:00 - 4:00 Coffee/snacks 9:00 Computer class 9:30 Gentle Chair yoga 11:30 Turkey Chili and cornbread 12:30 Van shopping trip to Walmart Leominster 1:00 Wii Bowling	23 8:00 - 8:00 Coffee/snacks 9:00 Foot Clinic 9:00 Strengthening Yoga 11:30 Roast Pork 12:30 Book Club 2:00 Open Coloring 2:00 Mahjong 2:00 Cribbage	24 8:00 - 12:30 Coffee/snacks 7:30 Pancake Bkfst 8:00 VSO Hours 9:30 Knitting and crocheting 9:30 Pilates No Lunch Served CLOSED AT 12:30
27 8:00 - 4:00 Coffee /snacks 8:30 Tai Chi 9:30 Peer writing 10:00 Exercise 11:30 Grilled Chicken 12:30 Zumba 1:00 BINGO \$1 a card	28 8:00 - 4:00 Coffee/snacks 9:30-Line dancing 9:30 Open coloring 11:00 Chair pilates 11:30 Beef Stew 12:30 Game day			

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PREMIER SKILLED NURSING FACILITIES

Men's Club Meets with Local Vietnam Era Author



The January meeting of the Senior Center

Men's Club was treated to a review and discussion of Vietnam era experiences of Sterling author and resident Larry Stoddard!. His book chronicles the author's wartime exploits while serving as a United States Air Force Marine during the 1960's. Stoddard!'s unique dual role as a member of the USAF and the Marine Corp made for an interesting exchange of military service stories from the Men's Club. Upon his return to Sterling following the military, Stoddard! joined the Massachusetts State Police where he served for twenty-one years with a major assignment patrolling the Massachusetts Turnpike.

The next meeting of the Men's Club is Tuesday, February 7th at 8:30am.

EXERCISE SAFETY

For everyone's safety, wear outside shoes into center, then change into your clean exercise sneakers. Thank you!

FIRST SATURDAY COMMUNITY LUNCHES IN STERLING

Lunches will be served to the community by the First Church in Sterling on the first Saturday of each month. No charge. No reservations. ALL are welcome.

The next lunch will be Saturday, Feb 4th, at 12 noon in the First Church's Parish Hall. The church and hall are handicapped accessible.

Please join us! Questions may be directed to the First Church office, 978-422-6657.

ON THE ROAD AGAIN TRIPS

Save the dates—

April 27, 2017— Wrights Chicken Farm and Bingo for prizes. More info soon.

September 1st-11th, 2017 - Mt. Rushmore. Call for more information.

Contact: Mary Lajoie 978 827 4882

THE HAPPY TRAVELERS TRIPS LIST

Contact: Gladys Merrow At: 508-835-4312, cell phone 508-612-5312 Or via e-mail: glady2@verizon.net
Flyers can be picked up at Shrewsbury, Sterling, or WB Senior Center

2017 TRIPS

Mar 17 (Fri) A Mystery Tour to a New England city with 2 attractions & lunch	(FULL/waitlist)	\$89.00
Apr 08 (Sat) the Broadway Show "ONCE" at the Palace Theater, Waterbury, CT	(seats on the second bus)	\$139.00
Apr. 23 (Sun) Daffodils at Blithewold Mansion & a tour of Linden Place, Beautiful Bristol, R.I.		\$99.00
May 13 (Sat) Albany, N.Y. Tulip Festival, buffet lunch at The Evans Brewing Co.		\$99.00
May 20-24 Williamsburg, VA, Jamestown, VA, Philadelphia, PA and more		\$879.00 PP Double
June 17 (Sat) Tall Ships Parade of Sail, ships with their sail up & Sail Boston Festival	(2 buses FULL/waitlist)	\$199.00
July 15 (Sat) Provincetown by fast ferry from Plymouth with dinner on return		\$115.00
Aug. 05 (Sat) Isle of Shoals (New Hampshire) Cruise, lunch at the Warren Lobster House		\$109.00
Oct 8—13 Six days Iceland		\$2269.00 PP Double
Nov / Dec 2 Day New York City with botanical gardens, Radio City and more		TBA

Do not hesitate to get on the wait list. Life changes!

Tour list is subject to change. All day trip pricing includes driver & escort gratuity and cancellation waiver. A \$5.00 cancellation waiver has been added to the cost of the day trips to cover any cancellations up to 7 days prior to the trip. The refund will be minus the cancellation waiver. If you cancel after that date, the refund will only be sent if you or we can fill your seat.

What is Outreach?



Did you know that the Sterling Senior Center has an outreach worker willing to help seniors with a broad range of tasks? Nickole Boardman has been our outreach worker for over 4 years and has helped many Sterling Seniors access programs and services to meet their needs.

Outreach services include application assistance, advocacy, durable medical equipment loan, family support, nutritional support and more. On any given day Nickole may be helping a senior obtain fuel assistance, delivering library books to a homebound elder, or arranging for emergency food supplies. Nickole is available for home visits, office visits or phone consultations with seniors and their family members.

Oftentimes, all is well until a crisis hits—a fall, a hospitalization, the loss of a spouse. These circumstances can be overwhelming. Nickole is here to help you assess the situation and find a solution. Feel free to give Nickole a call- 978 422 3032.

Meeting Nutritional Needs of Seniors — SNAP and Meals on Wheels

The USDA defines food insecurity as “the state of being without reliable access to a sufficient quantity of affordable, nutritious food.” As we read this definition, it is obvious that affordability is just one of the characteristics of food insecurity, access is another.

SNAP (Supplemental Nutrition Assistance Program) Benefits are designed to address the affordability aspect. Lower income seniors can enhance their benefit level by providing detailed documentation to prove housing / heating costs and medical expenses. The Sterling Senior Center is partnering with certified SNAP counselors from WHEAT in Clinton to ensure that your SNAP application is processed accurately. Seniors interested in learning more about SNAP benefits can contact Nickole at 978 422 3032 or contact WHEAT directly at (508) 370-4943.

Access to food is a whole other issue. One underutilized program here in Sterling is our Meals on Wheels program. Through Meals on Wheels the Sterling Senior Center, in conjunction with Montachusett Opportunity Council, provides a hot, nutritious, home delivered meal to a homebound elder on a daily basis Monday through Friday. Frozen or cold packed meals are delivered on Friday for consumption over the weekend. One of the best benefits of this program is the knock on the door. For homebound elders living alone, the Meals on Wheels delivery serves as an invaluable safety check from a friendly face. If you or someone you know may benefit from the Meals on Wheels program, please call us at the Senior Center.

Join us on Wednesdays for our home-cooked lunches! \$3 donation

Feb 1 - Winter Cookout with Burgers, Fries and Strawberry Shortcake

Feb 8 - Hearty Beef Stew

Feb 15 - Chicken Pot Pie

Feb 22 - Turkey Chili and Cornbread

Rick Voutour
Veteran's Service Officer
Office hours Fridays 8-12 noon

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If your health insurance offers a rebate for fitness classes, ask the front desk for documentation of your participation in our exercise programs.

**MEMORY CAFÉ STARTING HERE
THIS SPRING**

A memory café is a welcoming place for people with forgetfulness or other changes in their thinking and for their family and friends. At the café, we forget about limitations and instead focus on strengths and enjoying each other's company. We are in the planning stages, please call and let us know you are interested.

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.

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Friday March 3rd at 6pm
Artist Reception for Carleen DeBlois

Those looking for a preview of what the warmer months will bring—seascapes, gardens in bloom and even a few spring chickens—can enjoy an exhibit of more than 30 paintings by Carleen DeBlois of Clinton and Leominster in March and April at the Senior Center.

HEALTHY LUNCHES

HOME-COOKED WEDNESDAYS

We serve lunch weekdays at 11:30 am. Every Wednesday we will be preparing our home-cooked favorites. Please make your reservations 24 hours in advance (by 12 noon.)
\$3 donation.

Senior Care Options (SCO's)

Senior Whole Health and Navicare are two SCO's that provide enhanced benefits such as free transportation, free medical care and free medications to their participants. Ask if you may be eligible and remember the waiver may be used to have higher income individuals qualify for services.

Meet Mindy from Senior Whole Health
at **Bingo Monday** Feb 6th 1pm

Meet Jessica from Navicare
at the **Gift Bag Craft** Feb 13th 1pm



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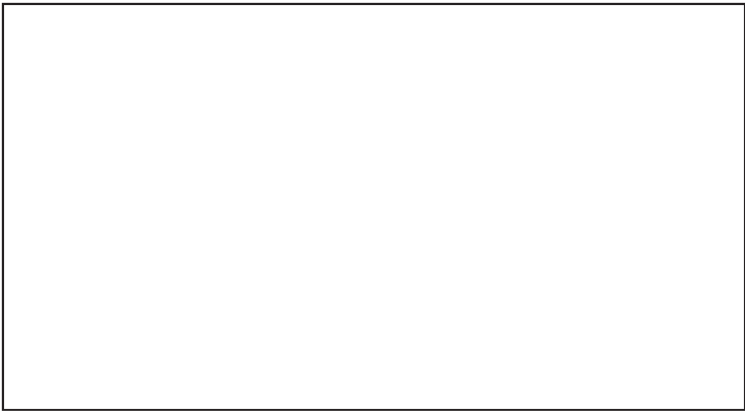


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Learn how to use pepper spray!

Schedule a van ride!

Have a toast with the guys!

Have morning coffee with John!