

Sterling Council on Aging

Living Out Our Sterling Years Together

September 2015

Volume 21, Number 137

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: 8:30 – 2:30 PM

Fri: 8:30 – 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

The new Senior Center is underway. The groundbreaking was in June. Construction is going well. We are all excited to see this project finally come to fruition. We will keep you updated as the building progresses. Thanks, Karen

Senior Center Staff

Director:

Karen L. Phillips

Outreach Aide:

Nickole Boardman

Regular Driver:

Pam Dell

Part-time Driver:

Lou Massa

Friday Driver:

Joan Seymour

Spare Drivers:

Gloria Rugg

Meal Site Manager:

Sandra Jacala



Barbara Foster Michael Szlosek Karen Phillips Mary Higgins Sharon Bloom Irene Camerano Anita Benware Ken Day

♦ COA Board

Sharon Bloom, Chair

Barbara Foster, Vice Chair

Sue Doucette, Secretary

Constance Cleary, Treasurer

Anita Benware

Irene Camerano

Mary Higgins

Debra MacLennan

Peter Watson

Ken Day, Associate

Ellen Sesia, Associate

Robert Bloom, Associate

The **COA vans** are available to bring you to the doctor's office, to the hair dresser, to the grocery store, to the food pantry, and many other places. Call the Senior Center at 978-422-3032 to check for availability.

The Senior Center is looking for volunteers to cover the office during vacations, illness, conferences, etc. If you are interested, contact the Senior Center office at 978-422-3032 to fill out a CORI form.

The **Friends of Sterling Seniors** is a non-profit group dedicated to promoting the health and welfare of Sterling seniors. They provide financial support to the Senior Center, as they do the fundraising. For \$10, you can become a member of FOSS. Send your check payable to Friends of Sterling Seniors to PO Box 576, Sterling, MA 01564.

The COA Board generally meets the 1st Thursday of the month at 4:30 PM in the Senior Center.

Special Events for September

Thursday, September 3 – Movie at 1 PM.

Monday, September 7 – Senior Center closed for Labor Day.

Wednesday, September 9 – Flu Clinic from 9 – 11 AM in room 205 of the Butterick Building. Sterling residents 60 and over are welcome to come to this free flu clinic. You must bring your health insurance cards with you.

Thursday, September 10 – Magic Show at 1 PM. Mr. Magic (Larry Parker) will be entertaining us with a Top Hat full of Magic Tricks. Enjoy an afternoon of magic. Refreshments will be served after the program.

Monday, September 14 – Arthritis talk by River Terrace at 12:30 PM. Arthritis affects many of us. It can be debilitating at times (especially during the rain) and can start at a young age. Join us for this informational talk.

Thursday, September 17 – SHINE counselor will be available to answer health insurance questions. Appointments are required by calling the Senior Center at 978-422-3032.

Thursday, September 17 – Elder Keep Well Clinic at 12 noon. Meet with a nurse for blood pressures, medication management, and disease management.

Saturday, September 19 – Volunteers of the Senior Center Annual Yard Sale from 8-2 PM. Help the volunteers raise money for entertainment throughout the year. Donations accepted until Thursday, September 17th at 2 PM.

Monday, September 21 – The Last Word talk by RSVP at 12:30 PM. Most of us don't think about funeral arrangements until we are dealing with the loss of a loved one. Unfortunately, there are those who take advantage of us during this emotional time. Join the Retired and Senior Volunteer Program to learn in an unemotional setting, receive an outline for an obituary, and learn your rights regarding final arrangements.

Thursday, September 24 – Book club at 12:30 PM. This month's selection is Water for Elephants by Sarah Gruen. All are welcome.

Friday, September 25 – Pancake breakfast from 7:30 – 9:30 AM. \$2.00 a plate for pancakes, sausage, fruit cup, tea bread, coffee and juice. All are welcome.

Monday, September 28 – Cancer Prevention talk by Dr. Diane Lockhart at 12:30 PM. Cancer is the diagnosis that no one wants to hear. Learn some ways to protect you and your loved ones.



*By all these lovely
tokens September
days are here,
With summer's
best of weather
And autumn's best
of cheer.
Helen Hunt
Jackson*



If you have an email address and would like to get updates, we are going to start sending out email reminders about upcoming events. Send me an email at kphillips@sterling-ma.gov, and I will add you to the list.

Do you have birthday cards that you haven't used? We send a card to everyone 75 and older in town. If you can spare a birthday card or two, please drop them off at the office. Thanks!

Book Club Choices:

September 24 – Water for Elephants by Sara Gruen

October 22 – The Walk by Richard Paul Evans

Ongoing Events:

Mondays –

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. Get the benefits of yoga without leaving your chair. \$5.00 a class.

Computer class at 9:30 AM. Have your computer questions answered. Free.

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 for strength and flexibility - \$5.00 per class.

Fridays –

Pilates at 9:30 AM. Core strength and balance with a certified instructor - \$5.00 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 \$2.25 donation is appreciated.

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. Don't forget that we have a pool table for impromptu games or practice. We have coffee and toast every morning.

Transportation is not an excuse to miss out on these activities. We provide transportation on our 2 senior vans. 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. The van is available Monday, Tuesday, Thursday, and Friday afternoons and Monday through Friday mornings.

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

Rainbow Lunch Elder Services of Worcester Area, Inc. invites you to the Rainbow Lunch Club* at the Unitarian Universalist Church, 90 Holden Street, Worcester. Now held on the 2nd & 4th Wednesday of every month at Noon; Social hour follows. Reservations required: 508-756-1545 Ext. 404. *Hosted for the LGBTQA (Lesbian, Gay, Bisexual, Transgender, (Questioning and Allies) Elder Community, 60 years and older Gay, Bisexual, Transgender, (Questioning and Allies) Elder Community.

News from SHINE September 2015

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016. It is important to review, understand, and save this information!

During Medicare Open Enrollment, from October 15 – December 7, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Learn more about how SHINE can help you: call your local senior center now!

The Central Mass Region has recently launched its website. You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your senior center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, within 2 days. SHINE...with Medicare, is coordinated by the Massachusetts Executive Office of Elder Affairs in partnership with the Friends of the Ruth Anne Bleakney 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.

Take Control of Your Health: 6 Steps to Prevent a Fall

Every 13 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. Stay safe with these tips!

1. Find a good balance and exercise program: Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.
2. Talk to your health care provider: Ask for an assessment of your risk of falling. Share your history of recent falls.
3. Regularly review your medications with your doctor or pharmacist: Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.
4. Get your vision and hearing checked annually and update your eyeglasses: Your eyes and ears are key to keeping you on your feet.
5. Keep your home safe: Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.
6. Talk to your family members: Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

*www.ncoa.org www.facebook.com/NCOAging www.twitter.com/NCOAging NATIONAL COUNCIL ON AGING ©2014
National Council on Aging. All Rights Reserved. To learn more, visit ncoa.org/FallsPrevention.*



“On the Road Again” with Mary Lajoie, 978-827-4882

12/5 – “Christmas Time” show at the Reagle Music Theatre in Waltham, lunch included @ \$90

The Happy Travelers, bus trips for the over 50 traveler

Pick up brochures at the Shrewsbury, Sterling or West Boylston Senior Centers

Call: Gladys Merrow (508) 835-4312 if you have any questions, want to reserve a seat or request a brochure. Do not hesitate to put your name on a waiting list for any of our trips.

9/12 – Albany & the Hudson River, lunch at CH Evans Brewing Co

9/26 – The Norwich Inn in Vermont for lunch & King Arthur Flour @ \$89.00

10/8 – 11 – Overnight trip to Washington, DC @ \$619.00

10/24 – “Newsies” at Providence Performing Arts Center plus lunch @ \$149.00

11/14 – LL Bean, Stonewall Kitchen & dinner at Warren’s Lobster House @ \$79.00

11/29 – 1940s Radio Hour included is a Sunday brunch at the Curtis House Inn, CT

12/13 – Inn to Inn Cookie Tour in the Monadnock region, college cookies and the recipes @ \$89.00

Overnight Trips

9/26-10/07 – National Parks of America trip with Collette Vacations

11/7-11/15 – Tropical Costa Rica with Collette Vacations

10/8 – 19 – Danube River, Budapest to Prague with Viking Cruise Lines

Notice from MOC:

Dear MOC Elder Nutrition Meal Recipient –

We would like to take this opportunity to thank you for your continued support and ask you to take a moment to reflect on how vital your contributions are to our community and our nutrition program.

It is increasingly difficult to keep up with the demand for our services since, each year, funding becomes more limited as a result of government cuts and the growing costs of meals. Your donation is a very important part of our funding and allows us to continue this much-needed service. After much consideration, we have decided to increase the requested voluntary donation from \$2.25 to \$3.00 to better manage the needs of the program and not limit our services to the community. Your donation is exclusive to our program and 100% of your contribution supports meal expenses. This change will go into effect October 1, 2015.

We understand that you may be unable to send the entire suggested contribution and appreciate whatever amount you are able to provide. We would also like to remind you that you can use SNAP/Food Stamps toward your donation. For further details on receiving this benefit, please call Jessica Collins in our office.

Although donations are critical to our program, please remember that your inability to contribute does not mean that you cannot receive our meals.

If you have any questions about our program, we would be happy to address them for you at your convenience. Feel free to call our office at 978-345-8501 or 1-800-286-3441, option 1.

Thank you for your understanding and continued support.

Sincerely,

Nancy Fillers
Director of Elder Nutrition

Funded by Title III Funds of the Older Americans Act through the Central Mass Area Agency on Aging and Mass EOE, State Elder Lunch, and Town and participant donations.



Area Food Pantries: Wachusett Food Pantry: Senior distribution is held the Friday before the 3rd Saturday of the month from 9 - 11 AM. The pantry is now located in Sterling, at 50 Worcester Road. Proof of residency is required. St. Richard's of Chichester Catholic Church on 4 Bridge Street: They are open Mondays from 10 AM – 1 PM and Thursdays from 10 AM – 1 PM. All are welcome. WHEAT in Clinton: Food pantry available on Tuesdays, Wednesdays, and Thursdays from 10 AM – 1 PM.



September Calendar of Events

(Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
	1 11:30 – Mexican chicken 12:15 – Game day	2 9:30 – Chair yoga 11:30 – SPECIAL: cold meal – tortellini salad 12:30 – Wii 1 – Van shopping trip to Target	3 9 – Yoga 11:30- Salisbury steak 1 – Movie	4 9:30 – Pilates 11:30 – chicken cacciatore
7 Senior Center closed for Labor Day	8 11:30 – baked salmon 12:15 – Game day	9 9:30 – Flu clinic 11:30 – boneless breaded chicken breast 12:30 – Wii 1 – Van shopping trip to Walmart (Leom)	10 9 – Yoga 11:30 – ground beef bordelaise 1 – Magic show	11 9:30 – Pilates 11:30 – sweet and sour meatballs
14 10 – Exercise 11:30 – Shepherd's pie 12:30 – Arthritis talk	15 11:30 – jambalaya 12:15 – Game day	16 9:30 – Chair yoga 11:30 – turkey a la king 12:30 – Wii 1 – Van shopping trip to Ocean State	17 9 – Yoga 11:30 – chicken breast teriyaki 12 – Elder Keep Well clinic	18 9:30 – Pilates 11:30 – roast pork Sat – Volunteer Yard Sale 8-2
21 10 – Exercise 11:30 – BBQ chicken breast 12:30 – The Last Word talk	22 11:30 – COLD PLATE: tuna salad 12:15 – Game day	23 9:30 – Chair yoga 11:30 – breaded chicken nuggets 12:30 – Wii 1 – Van shopping trip to Walmart (WB)	24 9 – Yoga 11:30 – shaved steak 12:30 – Book club	25 7:30 – Pancake breakfast 9:30 – Pilates
28 10 – Exercise 11:30 – grilled chicken breast 12:30 – Cancer prevention talk	29 11:30 – beef and lentil chili 12:15 – Game day	30 9:30 – Chair yoga 11:30 – roast pork 12:30 – Wii 1 – Van shopping trip to Family Dollar and Dollar Tree		Remember school is back in session. Please watch for kids before and after school.

Choice Café Wednesday –

9/2 – seafood salad

9/9 – chicken breast with red bell pepper pesto

9/16 – sliced turkey and cheese

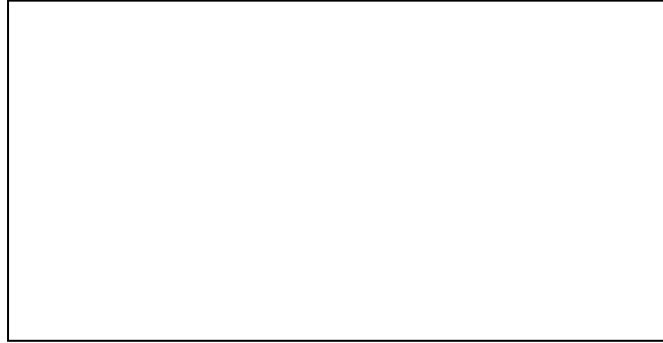
9/23 – ham salad

9/30 – turkey cranberry salad

PO Box 243
Sterling, MA 01564-0243

Sterling Council on Aging

PRESORTED
STANDARD
US POSTAGE
PAID
STERLING, MA
01564



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PO Box 243
Sterling, MA 01543

Phone:
978-422-3032

Fax:
978-422-9916

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

We're on the Web!
www.sterling-ma.gov

September is National Senior Center month. This year's theme is:

Celebrate **LIFE** at Your Senior Center:

Learning – Expand your knowledge

Independence – Life on your terms

Friends – Enjoy life

Energy – Discover health and vitality



The cement pad being poured at the new Senior Center.