

Sterling Council on Aging

Living Out Our Sterling Years Together

April 2013

Volume 18, Number 116

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

Volunteer is defined as a person who performs a service willingly and without pay. At the Senior Center, volunteer is defined as our lifeline. With no full time staff, volunteers are the glue that holds the Senior Center together. Volunteers answer questions, serve meals, coordinate the yard sale, straighten out the library, move furniture, and perform many other functions throughout the day. Our volunteers are essential to keeping our programs running. Thank you, thank you, thank you to all of our wonderful volunteers!

Enjoy the (hopefully) nicer weather!



Senior Center Staff

Director:

Karen L. Phillips

Outreach Aide:

Nickole Boardman

Regular Driver:

Pam Dell

Part-time Driver:

Lou Massa

Spare Drivers:

John Perry

Gloria Rugg

Meal Site Manager:

♦ COA Board

Barbara Foster, Chair

Sharon Bloom, Vice Chair

Mary Higgins, Secretary

Constance Cleary, Treasurer

Anita Benware

Irene Camerano

Sue Doucette

Debra MacLennan

Peter Watson

Ken Day, Associate

Susan Doucette, Associate

Ellen Sesia, Associate

On April 22, 2013, more than one billion people around the world will take part in the 43rd anniversary of Earth Day. The April 22 Earth Day, founded by Senator Gaylord Nelson, was first organized in 1970 to promote ecology and respect for life on the planet as well as to encourage awareness of the growing problems of air, water and soil pollution.

SALT Council Info: Be sure to check the back of your checkbook periodically. If someone is going to steal a check or two from you, they will take it from the back of the checkbook, where you are less likely to miss it until it is too late.

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

Special Events for April

Thursday, April 11 – “Hear That Whistle Blow: America’s Fabled Railroad Years in Story and Song” program at 1 PM. Storytellers **Katie Green** and **Bob Reiser** have developed a program that celebrates heroes, heroines, scoundrels, and the everyday folk who worked and traveled on America's railroads. This program appeals to any and all who are interested in trains. It is excellent entertainment for any railroad enthusiast. All are invited. Refreshments will be served.

Monday, April 15 – Senior Center closed for Patriot’s Day

Wednesday, April 17 – Floor/Back Yoga at 2 PM. This Yoga class takes place mostly on a mat on the floor. The cost is \$5.00 a person. All are invited.

Thursday, April 18 – SHINE counselor will be available to answer health insurance questions.

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

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

Thursday, April 25 – Book club at 12:30 PM. This month’s selection is Thursdays at Eight by Debbie Macomber. All are invited.



On Tuesday mornings at 9 AM, Sarah LaMountain, School Committee rep, will be available at the Senior Center to discuss the school department, school issues, the Senior Center, or any other questions residents have. All are welcome.

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.

April prepares her
green traffic light
and the world
thinks Go.
~Christopher
Morley, *John*
Mistletoe



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

April 25 – Thursdays at Eight by Debbie Macomber

May 23 – One Book, One Town with the Conant Public Library

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 9 AM at the Cider Mill, stopped until Spring.

Chair Yoga at 9:30 AM. Get the benefits of yoga without leaving your chair. \$3.00 a class.

Computer class at 10 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 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 \$2.25 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.

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. The van is available Monday, Tuesday, Thursday, and Friday afternoons.

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

LGBT Rainbow Lunch Club for those 60+ on the 2nd Wednesday of the Month at the Unitarian Universalist Church in Worcester. Call 508-756-1545 X339 for more info.

News from SHINE April 2013

**RELIANT MEDICAL GROUP WILL NO LONGER BE A FALLON
SENIOR PLAN PROVIDER EFFECTIVE JANUARY 1, 2014**

On Friday, February 15th, members of the Fallon Senior Plan received a letter from Fallon notifying them that as of January 1, 2014 Reliant Medical Group will no longer be a provider for Fallon Senior Plan. This means that as of that date members of the Fallon Senior Plan who see Reliant physicians will have to get different providers if they want to keep there Fallon Senior Plan. If Reliant patients want to continue to see their Reliant doctors, they will have to change their Health Plan during the Medicare Open Enrollment Period from October 15, 2013 thru December 7, 2013.

Reliant Medical Group has announced that as of January 1, 2014, Tufts Medicare Preferred Health Plan will be the sole Medicare Advantage Plan that Reliant contracts with.

In plain language all this means is that folks who received this letter will continue to get their Health Care at Reliant for the rest of this year. During the Open Enrollment Period folks will be able to change their plan to Tufts Medicare Preferred Health Plan or a Medicare Supplement Plan offered by several insurers including Fallon, if they want to continue to see there current doctors at Reliant. If not they can change to another Fallon Provider. Also if someone has retiree Fallon Senior Plan coverage supplied by their former employer, they should check with their plan administrator at the time of their plans open enrollment.

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 and click on Connection for Caregiver button. Then click on the Support Groups and Chat 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.

Fight Identity Theft!

Saturday, April 20, 2013

9:00 a.m.- 11:00 a.m.

Bay State Savings Bank

799 Grafton St

Worcester, MA

Your BBB is hosting Secure Your ID Day. This is a FREE community shredding event that will help fight identity theft. Spread the word to employees, customers, family and friends- all are welcome!

Bring up to 5 boxes or bags of paper documents that contain information you do not want in the hands of identity thieves.

Protecting your identity is largely in you own hands. More than half of all identity theft victims traced the theft to something that was stolen from their own possession.

If you don't need it, destroy it- responsibly! BBB encourages you to bring old bills, credit card records and other personal paperwork.

BBB will shred your documentation on the spot- for FREE!



Seniors safely practicing Yoga

Yoga often brings up the image of a young slender body in a position that seniors and others cannot imagine doing. I am often told "I am not flexible" or "I cannot twist myself into a pretzel" These thoughts and images often keep people away from Yoga. However, Yoga can be done safely for all ages and bodies. Did you know that Yoga helps to reduce stress, and blood pressure, improves range of motion, strengthens muscle tone and lengthens the spine? Yoga improves posture, balance, and improves focus, and concentration too. Yoga can be practiced to your level of comfort even if you have physical issues or limitations. Our Chair Yoga classes are very popular, and have a range of ages and abilities. One long time student is 96 years old, and tells me that this Yoga class is the highlight of her week, and keeps her feeling fit and young! Others have been able to see improvements over time in strength and flexibility. There are students with knee and hip replacements, with arthritis, osteoporosis, and scoliosis. There are students that find benefits in their daily activities such as gardening, rug hooking, knitting, crocheting, painting. Some students even notice benefits around the house, making beds, carrying groceries, cooking and cleaning. I know that doesn't sound too glamorous, but all those chores maximizes a person's mobility, independence and ability to safely live in their homes. So you see, Yoga CAN be practiced safely to your ability, and can improve your strength, health, and quality of life.

The Sterling Senior Center offers 2 chair yoga classes: Weds., 9:30 – 10:30 Chair Yoga - seated stretching and strengthening - (no standing); Thurs. 9-10 am Yoga - seated stretching and strengthening along with about 15 mins of standing postures and flow at end.

Classes are taught by Katie Cohen, RYT. She has been teaching yoga for 10 years and has been teaching yoga at the Sterling Sr. Center for 3 years.

Identity Theft

What is Identity Theft? Identity Theft is when someone steals another person's personal information to commit fraud. Identity thieves may go through your trash (or "dumpster dive") or steal your mail, wallet or purse. Using stolen Social Security numbers or credit cards and other financial information, identity thieves, among other crimes, buy cars, buy cell phones and other goods, take out loans, open new credit card accounts and open bank accounts.

Deter identity thieves by safeguarding your information, detect suspicious activity by routinely monitoring your financial accounts and billing statements and defend against identity theft as soon as you suspect a problem. Here are some tips you can follow to decrease your chances of becoming a victim of identity theft:

1. Watch for ATM shoulder-surfers.
2. Require photo ID verification to use your credit cards.
3. Shred everything.
4. Destroy digital data on your computer.
5. Be diligent about checking statements.
6. Pay your bills at the post office.
7. Limit the information on your checks.
8. Analyze your credit report annually.
9. Protect your Social Security number.
10. Caveat Emptor.

A brief explanation of the 10th item is in order. Caveat Emptor means Buyer Beware. I recommend you not do business online with companies you don't know anything about. You can feel relatively secure doing business online with Amazon.com or BestBuy.com or any web site affiliated with well-known, national or global merchants. But, if you are buying something online you need to have some level of trust that the company you are doing business with is legitimate and that they take the security of your personal information seriously.

Attorney Kaltsas practices law at Elder & Disability Law Advocates in Worcester and Framingham, Massachusetts and hosts WCRN's Monday morning talk show "The Senior Focus" at 11:00 AM.



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 3rd 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, April 19th. Proof of residency is required. The Pantry is also always in need of volunteers.

April Calendar of Events (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
1 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – meatballs with sauce	2 9 – School Committee Chat 11:30 – turkey and cheese tortellini 12:15 – Game day	3 9:30 – Chair yoga 11:30 – breaded chicken 1 – Van shopping trip to Walmart	4 9 – Yoga 11:30 – turkey	5 11:30 – fish sticks
8 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – diced chicken with lime and cilantro	9 9 – School Committee Chat 11:30 – vegetable chili 12:15 – Game day	10 9:30 – Chair yoga 11:30 – Salisbury steak 1 – Van shopping trip to the Mall at Whitney Field	11 9 – Yoga 11:30 – roast pork 1 – Entertainment	12 11:30 – chicken breast with Marcella sauce and ziti
15 Senior Center closed	16 9 – School Committee Chat 11:30 – potato fish wedge 12:15 – Game day	17 9:30 – Chair yoga 11:30 – chicken with apricot glaze 1 – Van shopping trip to Walmart	18 9 – Yoga 11:30 – broccoli bake 12-2 – Elder Keep Well Clinic	19 11:30 – chicken meatballs with Swedish sauce
22 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – turkey	23 9 – School Committee Chat 11:30 – SPECIAL: roast beef 12:15 – Game day	24 9:30 – Chair yoga 11:30 – kielbasa 1 – Van shopping trip to Ocean State Job Lot	25 9 – Yoga 11:30 – boneless chicken breast with Hawaiian sauce 12:30 – Book club	26 11:30 – lasagna
29 9 – Coffee hour 10 – Exercise class 10 – Art Class 11:30 – turkey ham	30 9 – School Committee Chat 11:30 – breaded chicken breast 12:15 – Game day			



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978-422-9916

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nboardman@sterling-ma.gov

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

Are you a homebound senior who loves to read? Nickole, Outreach Aide, along with the library, are looking into developing a book delivery service for homebound elders. If you are interested, please call Nickole at 978-422-3032.

St. Richard's of Chichester Catholic Church on 4 Bridge Street is now offering a food pantry. They are open Mondays from 10 AM – 1 PM and Thursdays from 10 AM – 1 PM. All are welcome.

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Sterling Council on Aging
PO Box 243
Sterling, MA 01564-0243

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