

Sterling Council on Aging

Living Out Our Sterling Years Together

April 2014

Volume 19, Number 126

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

Senior Center Staff

Director:

Karen L. Phillips

Outreach Aide:

Nickole Boardman

Regular Driver:

Pam Dell

Part-time Driver:

Lou Massa

Friday Driver:

Spare Drivers:

Gloria Rugg

Meal Site Manager:

Sandra Jacala

◆ COA Board

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Sharon Bloom, Vice Chair

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Constance Cleary, Treasurer

Anita Benware

Irene Camerano

Sue Doucette

Debra MacLennan

Peter Watson

Ken Day, Associate

Ellen Sesia, Associate

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

Message from the Director

April showers. I hope that they are warm rain showers this year and that the snow has ended!

I am often asked why a Senior Center is important. We provide aging adults with meaningful opportunities for engagement. What does this mean? At any age, we need to find something important or worthwhile to do. As children, we have school. Most adults have work. Once one retires, our social circles can shrink, and many lose their meaning or purpose. Senior Centers are available to fill that void. Whether you enjoy volunteering, or chatting over coffee, we are here to help you. We try to offer as many programs as our space will hold. It is difficult, as we do not have the ability to run 2 programs at the same time. Even so, we are always open to new ideas and suggestions.

Here is wishing you all a happy and safe spring!

Karen



Thanks to all of the volunteers who continue to enter their hours into MySeniorCenter. Remember anyone who volunteers a minimum of 8 hours a month gets entered for a chance to win a \$10 gift card!

Come and have breakfast before exercise and yoga classes. For \$1.50 you can have oatmeal, fruit, muffin, milk, and a smoothie. What a great way to start your morning! Call the kitchen at 978-422-8022 to order.

My Word!

I'm a Crossword Puzzle nerd
of

This game my mind gets
blurred of;

Cuz toward the end

I must contend

With a word I never heard of.

By Robert Malcolmson

Senior Hula Hoopers

Wanted: Looking for a few active, energetic, and FUN seniors for a hula hooping group at the Sterling 1835 Town Hall. No experience necessary. Limited to 10 people. Adult hula hoops will be provided. FREE! Classes are on Tuesdays from 5 – 6 PM. Call the Senior Center at 978-422-3032 to sign up.

Special Events for April

Saturday, April 12 – Chinese Luncheon at 11:30 AM. The Senior Center will be having a Chinese lunch. Cost is \$2.00 a person. Seating is limited to 50 people. You must sign up at the office, 978-422-3032.

Thursday, April 17 – SHINE counselor will be available to answer health insurance questions.

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

Thursday, April 17 – Elder Keep Well clinic from 12 – 2 PM.

Monday, April 21 – Senior Center closed for Patriot's Day.

Monday, April 28 – Chronic Medical Issues – diabetes, osteoarthritis, and cholesterol by Dr. Corpuz at 12:15 PM. Come and talk to a doctor about your medical issues. We all have questions. This is a great opportunity to talk to a doctor and get some answers. All are welcome.

Plan ahead: The Annual Town Meeting will be on Saturday, May 3rd at 4 PM. If you need transportation to the meeting, please let the Senior Center know.



*No matter how
long the winter,
spring is sure to
follow.*

~Proverb



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!

We are forming a Wii Bowling League to play against other Senior Centers. This is a fun group of seniors who like to visit others and have a good time. If interested, call the office at 978-422-3032.

Book Club Choices:

April 24 – The Time Keeper by Mitch Albom
May 22 – One Book, One Town with the Library

Ongoing Events:

Mondays –

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 –

Walking club at 9 AM. Suspended until Spring.

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. \$3.00 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 stretches for strength and flexibility with a certified instructor - \$3.00 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.

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 2014

The Affordable Care Act (Obamacare) Exchanges and Medicare

Much media attention is being focused on the Affordable Care Act and the deadline for people to enroll through the health insurance exchanges (also known as marketplaces). Medicare beneficiaries should know the following:

- The health insurance exchanges are for people without health insurance, and **not for Medicare beneficiaries.**
- Beneficiaries who have Medicare Part A and B meet the requirement for health insurance.
- Medicare supplement plans (Medigaps), are not sold in the health insurance exchanges.
- In most cases, it is illegal to sell health insurance exchange policies to Medicare beneficiaries.
- People with Medicare **do not need to re-enroll or get new Medicare cards.**

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.

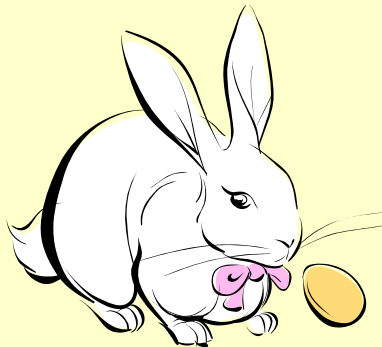
Attention Homeowners Aged 60 and Over in North Central Massachusetts

Do you need repairs done around your home that you are no longer able to do yourself? Do you know where and how to contract the work you need done? Is the cost of home repairs greater than you can afford? We might have the solution you need.

Montachusett Opportunity Council's (MOC's) Elder Home Repair Program, available to area homeowners, provides modifications and repairs to homes of elders "at risk" from health and safety hazards. Health and safety repairs include, but are not limited to, bathtub grab bars, stair handrails, safety treads for stairs, stair replacement, floor repairs, screen and window repairs, door replacement, and minor roof and foundation repairs.

Funding for this program is provided by the Central Mass Agency on Aging (CMAA) under Title IIIB of the Older Americans Act. The program can pay for essential repairs up to \$3000. Clients are required to pay for **materials** and a voluntary donation or 5% of the total job cost. MOC provides the **labor** and coordinates the repair process for you.

For further information on MOC's Elder Home Repair Program, please call Helen Velazquez at 978-342-7025, extension 306.



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.

Driver gratuity & cancellation waiver fee included in all of our day trips

05/31 – Culinary Institute & guided tour of F.D.R.'s Home @ \$110.00/pp

06/21 – Cape Cod Canal Cruise, Sandwich Glass Museum, lunch at the Daniel Webster Inn @ \$83.00/pp

07/20 – Maine Lobsterbake at the Bull & Claw, Wells & Ogunquit @ \$77.00/pp

Over night trip:

June 24th-July 1st American Cowboy Country, Wyoming & So. Dakota for pricing see brochure

Aug. 23rd- 30th Mackinac Island, Dearborn, Frankenmuth for pricing see brochure

Tips for Choosing a Pavement Contractor

Did the winter weather take a toll on your driveway? Spring is the time of year many consumers consider re-paving their driveways. An attractive, well-kept driveway can help a home make a good first impression, but replacing a driveway can be a costly endeavor. The Better Business Bureau advises homeowners to take the time to choose a contractor you can trust. When looking to hire a contractor for your driveway, BBB recommends the following tips:

Check references. Ask for local references and verify that the contractor is in compliance with all local licensing, bonding, and insuring requirements. Always check out a contractor's BBB Business Review before doing business with them. Before you agree to a paving or paving repair job, there are three things to check – the status of the contractor's license, whether the contractor's bond is current, and the contractor's complaint history with BBB. You may want to make sure that the contracting company is a member of an industry trade association such as National Asphalt Pavement Association.

Get it in writing. Be sure that the contract spells out which party is responsible for grading and subgrading, equipment and materials, labor, pavement thickness and smoothness, etc. Make sure the payment schedule is satisfactory and that there is a clear guarantee or warranty for the work. Also, get in writing an agreement that your yard is to be returned to pre-construction condition. Don't sign an agreement without understanding it.

Know your rights. If you hire a contractor, pay by check or credit card when the work is completed to your satisfaction. If you are dealing with a traveling contractor, be extra cautious and make sure to ask for identification and note the license plate number on the contractor's vehicle. If you get "buyer's remorse" you may be able to change your mind after the contract is signed: "the Federal Trade Commission has a 3 day cooling off rule for in-home purchases. This allows a purchaser to cancel purchases of \$25 or more if the purchase was made at the buyer's home or at a location that is not the seller's permanent place of business (with the exception of real estate, insurance, securities, or vehicles). According to the cooling-off rule, you have the right to cancel for a full refund up to midnight of the third business day after the sale.



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 from 1 – 4 PM.



April Calendar of Events

(Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
	1 11:30 – roast chicken 12:15 – Game day 5 – Hula hoop class	2 9:30 – Chair yoga 9:30 – Computer class 11:30 – turkey tetrazzini 1 – Van shopping trip to Christmas Tree Shop	3 9 – Yoga 11:30 – meatball sandwich	4 9:30 – Pilates 11:30 – butternut mac and cheese
7 10 – Exercise class 10 – Art class 11:30 – roast turkey	8 11:30 – American chop suey 12:15 – Game day 5 – Hula hoop class	9 9:30 – Chair yoga 9:30 – Computer class 11:30 – chicken breast 1 – Van shopping trip to Walmart (Leominster)	10 9 – Yoga 11:30 – chicken a la king	11 9:30 – Pilates 11:30 – crunch lite fish sticks April 12 – Chinese luncheon
14 10 – Exercise class 10 – Art class 11:30 – Salisbury steak	15 11:30 – SPECIAL: baked salmon 12:15 – Game day 5 – Hula hoop class	16 9:30 – Chair yoga 9:30 – Computer class 11:30 – Swedish meatballs 1 – Van shopping trip to K-Mart	17 9 – Yoga 11:30 – breaded chicken 12 – Elder Keep Well Clinic	18 9:30 – Pilates 11:30 – ravioli bake with marinara sauce
21 Senior Center closed for Patriots' Day	22 11:30 – mighty meal \$3.00: sweet and sour chicken 12:15 – Game day 5 – Hula hoop class	23 9:30 – Chair yoga 9:30 – Computer class 11:30 – Tyson burger 1 – Van shopping trip to Walmart (West Boylston)	24 9 – Yoga 11:30 – turkey ham bake 12:30 – Book club	25 8 – Pancake breakfast 9:30 – Pilates
28 10 – Exercise class 10 – Art class 11:30 – baked chicken breast 12:15 – Chronic Medical Issues talk	29 11:30 – potato fish 12:15 – Game day 5 – Hula hoop class	30 9:30 – Chair yoga 9:30 – Computer class 11:30 – mighty meal \$3.00: roast turkey 1 – Van shopping trip to Target		



Annual Senior Citizen Dinner Dance on May 1st from 5-8 PM at Wachusett Regional High School: On Thursday, May 1st, there is a free dinner dance being held at Wachusett Regional High School for all seniors of the Wachusett area. This dance is sponsored by the Wachusett Mountaineer Volunteer students and the Holden Council on Aging. Sign up by call the Holden Senior Center at 508-210-5570 by April 19th. This is a fun evening. Seating is limited, so sign up now!

Sterling COA
1 Park Street
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

Do you need a large print newsletter? We received a grant from CHNA9 (Community Health Network Area of North Central Massachusetts) to distribute large-print newsletters to those in need. If you would like a large print version, or know someone who would benefit from one, please give us a call at the Senior Center, 978-422-3032. Thanks.

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