

# Sterling Council on Aging

*Living Out Our Sterling Years Together*

December 2013

Volume 18, Number 122

*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

### Wishes

We wish for you a holiday  
That's better than your dreams,  
Filled with peace, good will and hope  
And firelight that gleams,  
Overflowing with holiday spirit  
Good food and holiday laughter;  
And when it's done, We hope that you  
Live happily ever after!

*By Joanna Fuchs*

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

The holidays bring a lot of joy and sometimes sorrow. I hope that you all can find some peace and happiness.

*Karen*



Do you need sand this year? The Girl Scouts will bring a bucket of sand to your door. Call the Senior Center at 978-422-3032 to sign up.

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.

Christmas Party – The Senior Center will be having its Annual Christmas Party on Sunday, December 1 at 1 PM. Christmas music by Roger Tincknell. Enjoy music and refreshments with us and then stay for the Town's tree lighting at 3:30 PM.

### Consultants needed!!

Retired? Looking for something productive to do? We are looking for motivated professionals to teach classes at the Senior Center:

- Photography
- Spanish
- Line Dancing
- Something else?

If you have the time and skill, call the office at 978-422-3032.

### ♦ 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

Ellen Sesia, Associate

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

## Special Events for December

Sunday, December 1 – Senior Center Christmas Party at 1 PM. Join us for a fun afternoon with entertainment from Roger Tincknell. Free refreshments after. Start the holiday season off on the right foot! All are welcome.

Monday, December 9 – Rights and Choices in Healthcare by Attorney Nicholas Kaltsas at 12:30 PM. With the changes to Medicare, people have more rights and options than ever before. Come and learn how to advocate for yourself and make sure you are getting the care you want. All are welcome.

Thursday, December 12 – Christmas Sing A Long with Dick Chase at 1 PM. Who doesn't like Christmas carols? Come and join us for an entertaining afternoon of holiday music. Singing along is encouraged. Free refreshments. All are welcome.

Friday, December 13 – Chocksett School will be having their Annual Senior Breakfast at the school from 8:45 – 10:45 AM. Seniors are invited for a free breakfast followed by Holiday music. Please call the Senior Center at 978-422-3032 to sign up for this wonderful event. Sign up required by Friday, December 6<sup>th</sup>. Don't miss out! The van will be available to bring people.

Monday, December 16 – Managing Stress During the Holidays talk by Michele Jones from Corcoran House at 12:15 PM. The holidays can bring on added and unnecessary stress to our already busy lives. Come and learn how to deal with stress, manage your budget, and enjoy the holidays. All are invited.

Wednesday, December 18 – Houghton School Holiday Concert at the Senior Center at 10:30 AM. One of the best events of the year! Join us as the kids come and sing at the Senior Center. You will talk about this program for weeks on end – it is that good! All are welcome.

Thursday, December 19 – SHINE counselor will be available to answer health insurance questions. Appointments are required by calling the Senior Center at 978-422-3032.

Thursday, December 19 – Elder Keep Well Clinic from 12 – 2 PM.

Thursday, December 19 – Book club at 12:30 PM. This month's selection is Christmas Jars by Jason Wright.

Tuesday, December 24 – Senior Center will be closing after lunch. No afternoon programs.

Wednesday, December 25 – Senior Center will be closed for Christmas.

Friday, December 27 – Pancake Breakfast from 8 – 10 AM. For \$2.00 you can have pancakes, sausage, juice, coffee, tea, and tea breads. All are welcome. Sponsored by the volunteers from the Friends of the Sterling Seniors.



*Remember  
This December,  
That love weighs  
more than gold!  
~Josephine Dodge  
Daskam Bacon*

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.

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:

December 19 (note date change) – Christmas Jars by Jason Wright  
January 23 – One Thousand White Women by Jim Fergus

### **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 2<sup>nd</sup> Wednesday of the Month at the Unitarian Universalist Church in Worcester. Call 508-756-1545 X339 for more info.

**News from SHINE December 2013**  
**The Medicare Open Enrollment ends on December 7th!**  
**Don't Wait Until It's Too Late!**

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans change their premiums, co-pays, deductibles and formularies (list of drugs covered). It's important to review your options EVERY year to make sure you have the plan that works best for you. Assistance is available from the SHINE program. Call the center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

**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**



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.

## Pet Safety During the Winter

**Keep Older Pets Indoors:** While many dogs love running through the snow, chomping at snowballs and exploring the white winter world outside, the extreme cold temperatures of winter are not for all pets. Puppies and older dogs especially cannot handle the temperature plunge quite as well as healthy, adult pets in winter because they do not have the fat, metabolism or full fur coat that is necessary to keep warm in low temperatures. Therefore, be sure that trips outside for these young and old pets are quick and that you dry them off as soon as they come back indoors to keep them from becoming cold.

**Watch Your Pets When They Head Outside:** Pets are naturally curious creatures, which can be dangerous when there are harmful chemicals or substances lurking outside. In winter specifically, antifreeze is one of the most common toxicities that affects dogs and outdoor cats year after year. If ingested, antifreeze can be deadly and can seriously harm our loved ones. Therefore, be sure that you keep a close eye on your pets each time they head outside and clean up after any spill that may occur around your home.

**Know The Signs of Frostbite and Hypothermia:** Sometimes, despite our best efforts to keep our pets warm, the plunging temperatures outside can be just too much and can affect our pets and their body temperatures. It is important to recognize and understand the signs of frostbite and hypothermia just in case your pets are exposed to the cold for too long this season. For instance, common hypothermia symptoms in dogs and cats includes problems breathing, violent shivering, a weak pulse, lack of breathing and more. If this happens, bring your pet into a warm room and call your veterinarian immediately. The winter season is a great time to spend time with your friends and loved ones, including the special pets in your life. However, ensure that this holiday season is a happy, safe one by following these important pet safety tips.

- See more at: <http://www.petag.com/important-pet-safety-tips-for-the-cold-winter-season/#sthash.8H7hEDvj.dpuf>

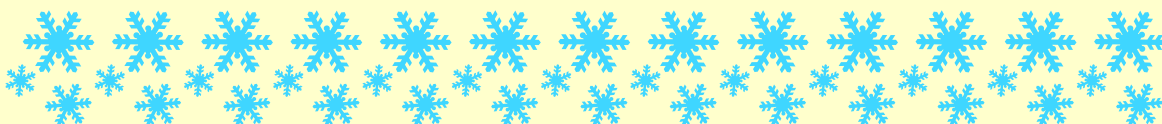


During the holidays, we come into contact with a lot of people. It is important to stay healthy. One way to stay healthy is to practice safe, clean hand habits. While clean hands do not stop all problems, they go a long way to keep you healthy.

### The 4 Principles of Hand Awareness

1. Wash your hands when they are dirty and BEFORE eating
2. DO NOT cough into your hands
3. DO NOT sneeze into your hands
4. Above all, DO NOT put your fingers into your eyes, nose or mouth

Try to follow these guidelines along with taking your medicine and seeing your doctor when needed. Even though we were all taught to share, germs are not something most people like getting. Stay safe!



## How To Survive the Holidays

**Don't skip meals.** Many people believe that if they skip [breakfast](#) or lunch, they can save up all of those calories for the holiday party that night. That sounds like a good idea, but skipping meals can make you crabby, tired and maybe even leave you with a headache that just might ruin your evening festivities. Plus, when you are really hungry and surrounded by high-calorie holiday treats, you may very easily turn into a raving eating-machine and consume many more calories than the ones you skipped earlier in the day.

**Eat small meals.** Eat a bowl of whole grain cereal and low-fat milk for breakfast, a mid-morning snack of raisins and nuts, followed by a healthy lunch with a big [salad](#) or a sandwich made with whole grain bread will keep your body and your brain fueled throughout the day.

**Eat high-fiber foods before the party.** When you have a party to attend, snack on some fiber-filled foods just before you go. Fiber helps you to feel full, and if you aren't feeling so hungry, you might not eat so much at the party. Choose foods like low-calorie vegetables, a small salad, a piece of fresh fruit, or a small bowl of [oatmeal](#).

**Eat small amounts of the foods you love.** No one wants to feel deprived, so go ahead and take a small piece of pie or one cookie -- but not both. Look over the buffet or the serving table, and pick out one thing that you really would love to enjoy. The rest of your plate can be filled with healthy vegetables and fruits, whole grain crackers, cheese and lean meats.

**Don't hang around the buffet.** It isn't easy to resist the delicious foods you find on a buffet at a party, so get away from the table. Choose your foods and your drink and move to a different part of the room. As they say, out of sight, out of mind. At the very least you will have to think about what you are doing before filling your plate again and again.

**Pace yourself - slow down.** When friends and family gather at a meal, the food is usually piled high on most everyone's plate. You wolf down the first plate and pick out more of your favorites to gobble down as second helpings. It takes a few minutes for your brain to realize your stomach is getting full, and you can eat a lot of extra food in those few minutes. You don't need a giant mound of food, so place small portions on your plate. Set your fork down between bites and sip some water. Relax and enjoy the flavor of each mouthful. Chew each bite thoroughly before you swallow. Savor each moment with your friends, your family and this wonderful food, but remember it's a meal, not a race to see who can eat the fastest.

**Drink plenty of water.** Many people believe that mild dehydration feels like hunger, and the best way to avoid becoming dehydrated is to drink plenty of water. You can also use water to slow down your eating by taking a sip or two between bites. Have a glass or two of water before you start drinking alcoholic beverages, and have one in between drinks to slow down your alcohol consumption as well. (Not only can cocktails be high in calories, but overindulging in alcohol can lower your awareness of how much you're eating.)



**Area Food Pantries:** [Wachusett Food Pantry](#): Senior distribution is held the Friday before the 3<sup>rd</sup> 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.





## December Calendar of Events

(Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
2  10 – Exercise class 10 – Art class 11:30 – breaded chicken	3  11:30 – butternut macaroni and cheese 12:15 – Game day	4  9:30 – Chair yoga 9:30 – Computer class 11:30 – shaved steak 1 – Van shopping trip to Christmas Tree Shop	5  9 – Yoga 11:30 – grilled chicken breast	6  9:30 – Pilates 11:30 – beef and lentil chili
9  10 – Exercise class 10 – Art class 11:30 – turkey 12:30 – Rights and Choices in Healthcare talk	10  11:30 – Swedish meatballs 12:15 – Game day	11  9:30 – Chair yoga 9:30 – Computer class 11:30 – Shepherd's pie 1 – Van shopping trip to Walmart	12  9 – Yoga 11:30 – roast pork 1 – Entertainment	13  8:45 – Senior Breakfast at Chocksett School 9:30 – Pilates  No lunch served
16  10 – Exercise class 10 – Art class 11:30 – chicken breast marsala 12:15 – Managing Stress During the Holidays talk	17  11:30 – SPECIAL: roast beef au jus 12:15 – Game day	18  9:30 – Chair yoga 9:30 – Computer class 10:30 – Houghton Holiday Concert 11:30 – potato fish 1 – Van shopping trip to Ocean State Job Lot	19  9 – Yoga 11:30 – teriyaki chicken 12 – Elder Keep Well Clinic 12:30 – Book Club	20  9:30 – Pilates 11:30 – BBQ beef rib
23  10 – Exercise class 10 – Art class 11:30 – spaghetti and meatballs	24  11:30 – chicken breast  Senior Center closed after lunch	25  Senior Center closed for Christmas	26  9 – Yoga 11:30 – chicken kielbasa	27  8 – 10 – Pancake Breakfast 9:30 – Pilates
30  10 – Exercise class 10 – Art class 11:30 – chicken and broccoli alfredo	31  11:30 – meatballs with Hawaiian sauce 12:15 – Game day	January 1  Senior Center closed for New Year's Day		



**Volunteer Opportunity** – Houghton School is looking for Seniors to volunteer in the school's library. The library is currently staffed by parent volunteers due to budgetary cuts. Volunteers are needed to assist children in finding books, read to classes, and check books out. If you are interested, call Nickole at the Senior Center 978-422-3032. She will get you the forms to fill out and be the liaison between you and the school.

**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](mailto:kphillips@sterling-ma.gov)  
[nboardman@sterling-ma.gov](mailto:nboardman@sterling-ma.gov)

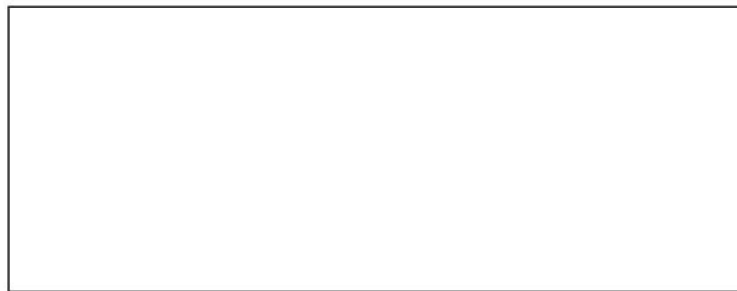


Wachusett Area Rotary Breakfast for Seniors: Saturday, December 14 at 8:30 AM at the Manor Restaurant, West Boylston, MA. Call the Holden Senior Center at 508-210-5570 by December 9<sup>th</sup> to make your reservation. Seating is limited. Reservations are required.



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

*Distribution of this newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs.*



PRESORTED  
STANDARD  
US POSTAGE  
PAID  
STERLING, MA  
01564

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