

# Sterling Council on Aging

*Living Out Our Sterling Years Together*

February 2014

Volume 19, Number 124

*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

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.

## Message from the Director

### Valentine Treasures

Valentine treasures are people who  
have often crossed your mind,  
family, friends and others, too,  
who in your life have shined  
the warmth of love or a spark of light  
that makes you remember them;  
no matter how long since you've actually met,  
each one is a luminous gem,  
who gleams and glows in your memory,  
bringing special pleasures,  
and that's why this Valentine comes to you:  
You're one of those sparkling treasures!

*By Joanna Fuchs*

Wishing you all a very Happy Valentine's Day. I hope you can get out this month and enjoy life. The Senior Center is open and waiting for you to visit. See you soon.

Karen 

Valentine's Concert on  
Thursday, February 13<sup>th</sup> at 1  
PM. Time to get out of the  
house and enjoy an afternoon  
of music and goodies. All  
invited.

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.

While the Senior Center is  
usually open, certain classes  
may be cancelled due to  
inclement weather. Please  
call the Senior Center at 978-  
422-3032 to check before  
coming out. As a general rule  
of thumb, many programs are  
cancelled if Wachusett schools  
are delayed and/or cancelled.

### 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  
will start on Tuesday, February 11  
from 5 – 6 PM. Call the Senior Center  
at 978-422-3032 to sign up.

## Special Events for February

Thursday, February 13 – Love Songs and Sing-Alongs Valentine's Day Concert by Roger Tincknell at 1 PM. Celebrate Valentine's Day with friends at the Senior Center. Good music followed by refreshments. This is a great excuse to get out of the winter doldrums. All are invited. Hope to see you there!

Monday, February 17 – Senior Center closed for Presidents' Day

Thursday, February 20 – SHINE counselor will be available to answer health insurance questions.

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

Thursday, February 20 – Elder Keep Well Clinic from 12 – 2 PM. Come and see a nurse in a comfortable setting. Get answers to medical questions.

Monday, February 24 – Valentine's Day Jingo at 12:30 PM. Come and enjoy a fun bingo-type game. Prizes will be awarded.

Thursday, February 27 – Book club at 12:30 PM. This month's selection is Suzanne's Diary for Nicholas by James Patterson. Come into the Senior Center to pick up a copy.

Friday, February 28 – Pancake Breakfast from 8 – 10 AM. Enjoy pancakes, sausage, and more for \$2.00 a plate. Put on by the Friends of the Sterling Seniors.



*All you need is love.  
But a little  
chocolate now and  
then doesn't hurt.*

Charles M. Schulz



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](mailto: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:

February 27 – Suzanne's Diary for Nicholas by James Patterson

March 27 – Where Are You Now? By Mary Higgins Clark

## **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 February 2014**  
**Can I still change my Medicare Plan?**

The 2013 Medicare Open Enrollment period ended on December 7, but some people may still be allowed to change plans.

For those with a Medicare Advantage Plan:

Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage Plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period.

For those with Prescription Advantage or getting “Extra Help” paying for prescription drugs:

You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

**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.

## It's National Heart Month

Did you know that in 24 hours –

Your heart beats about 100,000 times?

Your blood travels 168,000,000 miles?

Your heart has a lot of work to do and you can keep it working smoothly by eating a healthy diet that is **LOW** in fat, cholesterol, and calories and **HIGH** in fiber, vitamins and minerals.

One of the best ways to increase fiber, vitamins and minerals is to eat plenty of whole grains, fruits, and vegetables.

Examples of whole grains –

Brown rice, oatmeal, rye bread, quinoa, barley, 100% whole wheat products

Examples of heart healthy fruits and vegetables –

Apples, pears, peaches, pineapple, oranges, prunes, green beans, dark leafy vegetables, peppers, onions, garlic, carrots, broccoli, cauliflower, cabbage, squash

These foods will supply calcium, magnesium, potassium, and sodium that are needed to keep your heart pumping strong.

Information provided by Montachusett Opportunity Council



## 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

02/21 – Rhode Island Flower Show, Lunch, Guided Tour of Providence @ \$79.00/PP

03/29 – Flash Dance in Providence at P.A.C., Orchestra seats, lunch included @ \$129.00

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

## Over night trip:

Apr. 3rd-6<sup>th</sup>: Washington D.C., guided tour, Embassy Suites

June 24<sup>th</sup>-July 1<sup>st</sup>: American Cowboy Country, Wyoming & So. Dakota

Aug. 23<sup>rd</sup>- 30<sup>th</sup>: Mackinac Island, Dearborn, Frankenmuth



### **This message is from the ITD's Security Office:**

**Hacked Email** – Imagine you get a flood of messages from friends and family. They're getting emails from you with seemingly random links, or messages with urgent pleas to wire you money. It looks like your email or social media account might have been taken over. What do you do? For starters, make sure your security protections are up to day, reset your password, and warn your friends.

#### **How you know you've been hacked**

You might have been hacked if: friends and family are getting emails or messages you didn't send; your sent messages folder has messages you didn't send, or it has been emptied; your social media account has posts you didn't make, you can't log into your email or social media account.

In the case of emails with random links, it's possible your email address was "spoofed", or faked, and hackers don't actually have access to your account. You'll want to take action, just in case.

#### **What to do when you've been hacked**

1. Update your system and delete any malware: make sure your security software is up-to-date. If you don't have security software, get it. Install security software only from a reputable, well-known company. Then, run it to scan your computer for viruses and spyware. Delete any suspicious software and restart your computer. Set your security software, internet browser, and operating system to update automatically. Software developers often release updates to patch security vulnerabilities. Keep your security software, your internet browser, and your operating system up-to-date to help your computer keep pace with the latest attacks.
2. Change your passwords: someone may have gotten your old password. If you use similar passwords for other accounts, change them, too. Make sure you create strong passwords that will be hard to guess.
3. Check your account settings: once you're back in your account, make sure your signature and away message don't contain unfamiliar links, and that messages aren't being forwarded to someone else's address.
4. Tell your friends: a quick email letting your friends know they might have gotten a malicious link or fake plea for help can stop them from having problems.



**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.

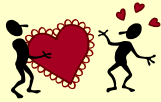


## February Calendar of Events

(Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
3  10 – Exercise class 10 – Art class 11:30 – ziti with Bolognese sauce	4  11:30 – breaded chicken 12:15 – Game day	5  9:30 – Chair yoga 9:30 – Computer class 11:30 – ham and cheese bake 1 – Van shopping trip to K-Mart	6  9 – Yoga 11:30 – turkey	7  9:30 – Pilates 11:30 – diced chicken
10  10 – Exercise class 10 – Art class 11:30 – roast pork	11  11:30 – rotini and meatballs 12:15 – Game day 5 – Hula hoop class	12  9:30 – Chair yoga 9:30 – Computer class 11:30 – chicken coq au vin 1 – Van shopping trip to Walmart	13  9 – Yoga 11:30 – SPECIAL: salmon mac & cheese 1 – Entertainment	14  9:30 – Pilates 11:30 – Shepherd's pie
17  Senior Center closed for Presidents' Day	18  11:30 – MIGHTY MEAL \$3.00: white turkey chili 12:15 – Game day 5 – Hula hoop class	19  9:30 – Chair yoga 9:30 – Computer class 11:30 – potato fish 1 – Van shopping trip to Target	20  9 – Yoga 11:30 – baked ham 12 – Elder Keep Well Clinic	21  9:30 – Pilates 11:30 – chicken breast marsala
24  10 – Exercise class 10 – Art class 11:30 – lasagna 12:30 – Valentine's Jingo	25  11:30 – roast pork 12:15 – Game day 5 – Hula hoop class	26  9:30 – Chair yoga 9:30 – Computer class 11:30 – Swedish meatballs 1 – Van shopping trip to Walmart	27  9 – Yoga 11:30 – diced chicken teriyaki 12:30 – Book club	28  8 – Pancake breakfast 9:30 – Pilates





**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)

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