

Sterling Council on Aging

Living Out Our Sterling Years Together

January 2013

Volume 18, Number 113

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 – 2:30 PM

Fri: 8 – 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

I hope everyone's holidays were full of joy and happiness. We are now starting out the new year, 2013. Every year seems to come so quickly! This month we should all take some time to reflect on where we are in our lives and what we could do to make things better. It might be to eat less junk food, or to meet with friends more often, or to better incorporate exercise into our lives. Whatever your personal goal is, I hope that the Senior Center can help you out. If you need anything, give us a call. We will do our best to make sure that your needs are being met.

Happy New Year to you and yours!



Senior Center Staff

Director:

Karen L. Phillips

Regular Driver:

Part-time Driver:

Pam Dell

Spare Drivers:

John Perry

Gloria Rugg

Meal Site Manager:

Pam Dell

◆ COA Board

Barbara Foster, Chair

Sharon Bloom, Vice Chair

Mary Higgins, Secretary

Constance Cleary, Treasurer

Anita Benware

Irene Camerano

Debra MacLennan

Peter Watson

Ken Day, Associate

Susan Doucette, Associate

During bad weather, the Senior Center is usually open, even during school cancellations. Even so, some activities may be cancelled. It is a good plan to call the Senior Center on any questionable days. Yoga and Chair Yoga **will be cancelled** if there is a cancellation or delay at the Wachusett Regional School District. Lunch may be cancelled as well. Be safe. Call first.

Volunteers/Consultants needed!

Many people are looking for more activities at the Senior Center. With our budget, we are looking for people to volunteer to lead classes and workshops on various subjects such as crafts, learning a language, cooking, etc. Call the Senior Center at 978-422-3032 if interested.

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

Special Events for January

Tuesday, January 1 – Senior Center closed for New Year's

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

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

Thursday, January 17 – Elder Keep Well Clinic from 12 – 2 PM. An RN will be available to take blood pressures and help with medication or disease management.

Monday, January 21 – Senior Center closed for Martin Luther King, Jr. Day

Thursday, January 24 – Book club at 12:30 PM. This month's book is *The Help* by Kathryn Stockett. 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.

It is memory that enables a person to gather roses in January.

- *Author Unknown*

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:

January 24 – *The Help* by Kathryn Stockett

February 28 – *Hotel on the Corner of Bitter and Sweet* by Jamie Ford

March 28 – *Homer's Odyssey* by Gwen Cooper

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 January 2013
Can I still change my Medicare Plan??

The 2012 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 at this time.

For those with a **Medicare Advantage Plan that ended in 2012**: If you did not select a different Medicare Advantage or a Prescription Drug Plan for 2013, then you are currently in Original Medicare without drug coverage. You have until the end of February to enroll in a new Medicare Advantage or drug plan for 2013, which will begin the first of the month after your enrollment. If you choose a drug plan, you may also add a supplement.

For those with **Prescription Advantage** or getting “**Extra Help**” paying for prescription drugs: You can change your plan anytime during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

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 Chats 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.

January is Thyroid Awareness Month

Thyroid Top Ten

1. As many as 30 million Americans may be affected by [thyroid disorders](#), although more than half remain undiagnosed.
2. Thyroid disorders are more common amongst women.
3. Thyroid disorders tend to run in families.
4. Fatigue is a common complaint for under and [overactive thyroid conditions](#).
5. TSH testing is the most useful test for thyroid screening.
6. Regular check-ups are the key to successfully managing a malfunctioning thyroid gland.
7. Changing formulations and dosage that affect thyroid hormone levels should be followed by retesting.
8. Do not change your dose of thyroid medication without guidance from your physician.
9. Thyroid conditions in [pregnancy](#) warrant close attention.
10. [Thyroid cancer](#) is one of the fastest growing cancers in America and one of the most curable.

Reprinted from www.thyroidawareness.org



Given the intense desire of scam artists to obtain very valuable personal information, we remind seniors to **NOT** to give out their social security number (or **any** other pertinent personal information, e.g., date of birth, address, etc.) over the phone to callers.

If the person is insistent, **Hang Up The Phone**.

Then call/contact:

- the Social Security Administration (1-800-772-1213) or www.socialsecurity.gov
- Medicare (1-800-633-4227) or www.medicare.gov
- Elder Services in MA (1-800-243-4636) -- TTY: 1-800-872-0166) or www.800ageinfo.com

If you did NOT initiate the call, **Hang Up The Phone**. Do **not** trust toll-free or other numbers from the party that called! If you want to confirm telephone numbers on-line, you (the senior) should use web-sites that end in **.gov**.

You can/should also call:

- the local police *business* line (*if non-emergency*)
- the Better Business Bureau (1-877-485-5906) or www.bbb.org;
- MA Office of Consumer Affairs (1-888 283-3757 -- toll free, in MA only) or www.mass.gov/ocabr
- the COA – to help it tell others about your concerns

from the Executive Office of Elder Affairs

New Year's Resolutions

At this time of year, many of us reflect upon where we are versus where we want to be. In order to make our lives better, many of us make resolutions. Unfortunately, many of these resolutions don't last very long. Here are some tips to make resolutions that can be kept.

1. Be realistic by setting achievable goals. While having more money might seem like a good goal, making it a resolution to win the lottery is not the way to do it.
2. Describe your resolutions in specific terms. For example, instead of saying you want to exercise, clarify by saying that you will exercise 2x a week. Or, instead of saying that you want to cut down on watching TV, say that you will only watch 2 hours of TV a day.
3. Break down large goals into smaller ones. For example, if you want to lose weight, give some specifics: I will walk for 1 mile a day 3 times a week and I will only eat 2 cookies a day. These smaller goals make it easier to see that you are doing what you want to be doing.
4. If you are trying to change a behavior, find an alternate behavior to take the place of the one you want to change. For example, if you want to quit smoking but smoking relaxes you, you need to find another activity that you find relaxing.
5. Aim for things that are important to you. Resolutions aren't about doing what others think you should do. They will mean more and last longer if they are important to you.

Don't be upset if you don't keep a resolution. Sometimes resolutions aren't achievable at that point in time. Stressful situations can bring many of us back to bad behaviors. Remember that one or two days of relapse does not mean that the world is over. Acknowledge your slip and start on the road again. With perseverance, you can achieve your goals.



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, January 18th. Proof of residency is required. The Pantry is also always in need of volunteers.



January Calendar of Events (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Senior Center closed for New Year's	2 9:30 – Chair yoga 11:30 – meatloaf 1 – Van shopping trip to K-Mart	3 9 – Yoga 11:30 – turkey	4 11:30 – turkey sausage
7 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – stuffed shells with meatballs	8 11:30 – sloppy Joe 12:15 – Game day	9 9:30 – Chair yoga 11:30 – turkey ham 1 – Van shopping trip to Walmart	10 9 – Yoga 11:30 – diced chicken cacciatore	11 11:30 – roast pork
14 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – breaded chicken	15 11:30 – chef salad 12:15 – Game day	16 9:30 – Chair yoga 11:30 – Shepherd's pie 1 – Van shopping trip to Target	17 9 – Yoga 11:30 – potato fish 12 – 2 – Elder Keep Well Clinic	18 11:30 – chicken a la king
21 Senior Center closed for Martin Luther King, Jr. day	22 11:30 – Swedish meatballs 12:15 – Game day	23 9:30 – Chair yoga 11:30 – SPECIAL: salmon boat 1 – Van shopping trip to Walmart	24 9 – Yoga 11:30 – broccoli bake 12:30 – Book club	25 11:30 – baked chicken
28 9 – Coffee hour 10 – Exercise class 10 – Art Class 11:30 – tortellini salad with chicken	29 11:30 – turkey 12:15 – Game day	30 9:30 – Chair yoga 11:30 – chicken with teriyaki sauce 1 – Van shopping trip to The Mall at Whitney Field	31 9 – Yoga 11:30 – chili	

*Choice lunch Wednesdays – If you come into the Senior Center for lunch on Wednesdays, you have a choice of the hot meal or a cold meal. **If you want the cold meal, you must call the Meal Site on Monday by 12 noon (or Friday if Monday is a holiday).***

Jan 2 – Cottage cheese, pineapple, carrot raisin salad, and peaches

Jan 9 – Tomato chick pea salad with feta cheese on lettuce, cous cous, bread, orange artichoke

Jan 16 – Vegetable chili, egg salad, corn and black bean salad, rye bread, chocolate pudding

Jan 23 – Pea soup, seafood salad, pasta salad, sliced bread, peach crisp

Jan 30 – Cobb salad, potato salad, sliced bread, jello



Nickole Boardman, Outreach Aide, is available to help any senior. She can help with paperwork, finding services, or just to be a friendly visitor. If you are interested, call the Senior Center at 978-422-3032. Nickole would love to get to know you and make sure that you are getting the services that you need.

Sterling COA
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PO Box 243
Sterling, MA 01543

Phone:
978-422-3032

Fax:
978-422-9916

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

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Sterling, MA 01564-0243

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