

Sterling Council on Aging

Living Out Our Sterling Years Together

January 2014

Volume 19, Number 123

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

Message from the Director

2014. Can you believe it? We made it! I hope this New Year brings you lots of joy and happiness.

The weather tends to be ferocious in January. Please make sure that you are safe. Keep a little extra food on hand. Don't forget to have enough toilet paper! Be prepared in case you can't get out for a couple of days. Make sure that you have someone to talk to at least several times a week. Touch base so that you both know that the other one is ok. If you need assistance of any kind, please call the Senior Center at 978-422-3032. We will do our best to help you out.

Good luck with your resolutions. An easy one is to resolve to come to the Senior Center more often. We have lots of programs available. Give us a try. You might like it!

I hope the holidays were good to you. Here's to a good year for all!

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.

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.

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 1st Thursday of the month at 4:30 PM in the Senior Center.

Special Events for January

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

Thursday, January 16 – SHINE counselor will be available to answer health insurance questions.

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

Thursday, January 16 – Elder Keep Well Clinic from 12 – 2 PM.

Friday, January 17 – Nursing Students from the MCPHS University will be visiting. They will be meeting with seniors to complete a health history. The students need your help to practice asking questions and documenting responses. Help train future nurses. They will be here from 9 – 11 AM. They need 8 people. Please sign up by calling the Senior Center at 978-422-3032.

Monday, January 20 – Senior Center closed for Martin Luther King, Jr. Day

Thursday, January 23 – Book club at 12:30 PM. This month's selection is *One Thousand White Women* by Jim Fergus. All are welcome.

Friday, January 31 – Pancake Breakfast from 8 – 10 AM. Support the Friends by coming to this great breakfast. \$2.00 gets you pancakes, sausage, coffee, tea, juice, fruit, and breads. All are welcome.



"Whose woods these
are I think I know.
His house is in the
village though;
He will not see me
stopping here
To watch his woods
fill up with snow."
- Robert Frost,
*Stopping by Woods
on a Snowy Evening*

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:

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 2nd Wednesday of the Month at the Unitarian Universalist Church in Worcester. Call 508-756-1545 X339 for more info.

News from SHINE January 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.

Growing Older with Good Vision

Good vision is a vital part of feeling your best. We rely on sight more than any other sense to enjoy life to the fullest. Your vision changes naturally throughout your life. For example, you may know that with age:

- Your eyes need more light to see
- It becomes harder to tell the difference between some colors, particularly shades of blue and green
- It becomes more difficult to focus on things that are near
- Adjusting to glare and darkness can become more troublesome.

Nearly everyone experiences these and other changes in their vision as they grow older. The good news is you can continue to lead an active and independent life even with these changes.

There are three steps you can take to help take care of your sight:

Visit an eye doctor regularly

Make changes to help yourself see better

Take care of yourself

www.preventblindness.org



Sterling Land Trust Annual Meeting

Sunday, January 26 at 2:30 PM

First Church Parish Hall, 6 Meetinghouse Hill Rd.

A brief annual meeting will be held and then a presentation on Black Bears in Central Massachusetts will be given by Susan Ingalls of the Division of Fisheries and Wildlife will follow. Light refreshments will be served. This is an event open and free for the public.

Contact: Marion Larson, SLT Board of Directors at 978-422-5162 or marion46@verizon.net



The Happy Travelers – Bus Trips for over 50

Call Gladys Merrow at 508-835-4312 to get a brochure.

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

2/21/14 – Rhode Island Flower Show, lunch, guided tour, \$79.00 per person

3/29/13 – Flash Dance in Providence at PAC, Orchestra seats, lunch, \$129.00 per person

5/31/13 – Culinary Institute and guided tour of FDR's home, \$110.00 per person

6/22/14 – Cirque Du Soleil's "Amaluna" with lunch at Maggiano's Little Italy in Boston, \$159.00

MEMA Issues Winter Power Outage Safety Tips

- Check flashlights and portable radios to ensure that they are working, and you have extra batteries as part of your Winter Emergency Kit.
- If the power is out, use flashlights or other battery-powered lights if possible, instead of candles.
- If your water supply could be affected by a power outage (a well-water pump system), fill your bathtub and spare containers with water. Water in the bathtub should be used for sanitation purposed only, not as drinking water. Pouring a pail of water from the tub directly into the bowl can flush a toilet.
- Set your refrigerator and freezer to their coldest settings (remember to reset them back to normal once power is restored). During an outage do not open the refrigerator or freezer for 48 hours (24 if half packed).
- To keep pipes from freezing, wrap them in insulation or layers of newspapers, covering the newspapers with plastic to keep out moisture. Let faucets drip a little to avoid freezing.
- If you have medication that requires refrigeration, check with your pharmacist for guidance on proper storage during an extended outage.
- If you use medical equipment in your home that requires electricity, talk to your health care provider about how you can prepare for its use during a power outage. Ensure you have extra batteries for medical equipment and assistive devices.
- If you have life-support devices that depend on electricity, contact your local electric company about your power needs for life-support devices (home dialysis, suction, breathing machines, etc.) in advance of an emergency. Some utility companies will put you on a “priority reconnection service” list. Talk to your equipment suppliers about your power options and also let your local fire department know that you are dependent on life-support devices.
- Keep your car tank at least half full because gas stations rely on electricity to power their pumps.
- Ensure your smoke and carbon monoxide detectors are working correctly and have fresh batteries. Check your outside fuel exhaust vents, making sure that they are not obstructed by snow or ice. Never use cooking equipment intended for outside use indoors as a heat source or cooking device.
- Leave on one light, which will indicate when your power returns.
- If you lose your heat, seal off unused rooms by stuffing towels in the cracks under the doors. At night, cover windows with extra blankets or sheets.
- Make sure you always have a well-stocked Winter Home Emergency Supply Kit that includes flashlights, portable radio, extra batteries, a first aid kit, bottled water, non-perishable food, and a manual can opener.

For additional information about MEMA and Winter Preparedness,
go to www.mass.gov/mema.

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.



January Calendar of Events (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Senior Center closed for New Year's	2 9 – Yoga 11:30 – fish sticks	3 9:30 – Pilates 11:30 – breaded chicken
6 10 – Exercise class 10 – Art class 11:30 – hot dog and beans	7 11:30 – grilled chicken 12:15 – Game day	8 9:30 – Chair yoga 9:30 – Computer class 11:30 – Salisbury steak 1 – Van shopping trip to Walmart	9 9 – Yoga 11:30 – sloppy Joe	10 9:30 – Pilates 11:30 – turkey
13 10 – Exercise class 10 – Art class 11:30 – \$3.00 MIGHTY MEAL: chicken breast	14 11:30 – baked ham 12:15 – Game day	15 9:30 – Chair yoga 9:30 – Computer class 11:30 – SPECIAL: sweet potato fish 1 – Van shopping trip to The Mall at Whitney Field	16 9 – Yoga 11:30 – penne and meatballs 12 – Elder Keep Well Clinic	17 9 – Nursing students 9:30 – Pilates 11:30 – broccoli bake
20 Senior Center closed for Martin Luther King, Jr. Day	21 11:30 – diced chicken teriyaki 12:15 – Game day	22 9:30 – Chair yoga 9:30 – Computer class 11:30 – chicken breast 1 –no shopping trip	23 9 – Yoga 11:30 – roast turkey 12:30 – Book club	24 9:30 – Pilates 11:30 – lasagna with meat sauce
27 10 – Exercise class 10 – Art class 11:30 – roast pork	28 11:30 – fish sticks 12:15 – Game day	29 9:30 – Chair yoga 9:30 – Computer class 11:30 – Swedish meatballs 1 – Van shopping trip to Walmart	30 9 – Yoga 11:30 – chicken breast with Marsala sauce	31 8 – 10 – Pancake breakfast 9:30 – Pilates

Yoga Themes for January:

January 8, 9 – Yoga 101, Back to Basics
 January 15, 16 – Yoga to balance Mind/Body
 January 22, 23 – Yoga to Manage Moods
 January 29, 30 – Energy/Core Yoga



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PO Box 243
Sterling, MA 01543

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978-422-9916

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

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.

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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