

# Sterling Council on Aging

Living Out Our Sterling Years Together

March 2013

Volume 18, Number 115

*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

Spare Drivers:

John Perry

Gloria Rugg

Meal Site Manager:

## Message from the Director

Spring is almost here. After this cold and snowy Winter, I think we are all looking forward to nicer days.

The Building Committee is still working diligently to get an article at town meeting for the new Senior Center. Stay tuned for more information about the town meeting in May.

Thinking of trying something new? Our Chair Yoga Class on Wednesday mornings might be it! Come and learn simple yoga techniques without leaving your chair! You will be amazed at the results. The cost is \$3.00 per class. We would love to see you!

Getting sick of staring at the same walls and eating by yourself? For \$2.25, you can join us for lunch at the Senior Center. We do the cooking, serving, and clean up. All you have to bring is your conversation. Just let us know by 12 noon the day before you want to come (or 12 noon on Friday for a Monday reservation). There is always room at our table.

Happy Saint Patrick's Day to all. Be safe.



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.

### ♦ COA Board

Barbara Foster, Chair

Sharon Bloom, Vice Chair

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Debra MacLennan

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Susan Doucette, Associate

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

### Meal Site Manager Volunteer:

Our Meal Site Manager has left the position to become our van driver. MOC in Fitchburg, who was the funder for this position, recently informed us that due to budget cuts they would not be funding the position any longer. If you are interested in volunteering weekly to do the ordering, maintain the paperwork, and handle the money, please contact the office at 978-422-3032.

## Special Events for March

Sunday, March 3 – FOSS Corned Beef & Cabbage Dinner at the First Church in Sterling at 5 PM. Tickets required.

Thursday, March 14 – “From Ireland to America: Irish Songs, Instruments, and Dances” by Roger Tincknell at 1 PM. Join us for this upbeat program which will include traditional and contemporary Irish and Irish American songs and instrumentals performed on guitar, banjo, mandolin, harmonica, Irish bouzouki, Bodhran (Irish drum), and Limberjack (Irish “dancing” instrument). This will be an amazing program. Free refreshments after the program. All are welcome.

Thursday, March 21 – SHINE counselor will be available to answer health insurance questions. Appointments are required by calling the Senior Center at 978-422-3032.

Thursday, March 21 – Elder Keep Well Clinic from 12 – 2 PM.

Thursday, March 28 – Book club at 12:30 PM. This month’s selection is Homer’s Odyssey by Gwen Cooper. All are invited.



On Tuesday mornings at 9 AM, Sarah LaMountain, School Committee rep, will be available at the Senior Center to discuss the school department, school issues, the Senior Center, or any other questions residents have. 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.

*May you have the  
hindsight to know  
where you've been,  
The foresight to know  
where you are going,  
And the insight to  
know when you have  
gone too far.*

*Irish Toast*



The book club is still going strong. It generally meets the 4<sup>th</sup> Thursday of the month at 12:30 PM. Here are the next selections:

March 28 – Homer’s Odyssey by Gwen Cooper

April 25 – TBD

May 23 – One Book, One Town with the Conant Public Library

### **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 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 March 2013***  
***Can I Enroll in a Medigap Plan now?***

**Yes!** In Massachusetts, all Medigap plans currently offer continuous enrollment, which means you can sign up at anytime, with coverage effective the first of the following month. A Medigap plan, also known as a Medicare Supplement plan, can help with some of the extra costs of Medicare. If you have Original Medicare with both Parts A & B (as long as you are not under 65 with kidney disease), you can get a Medigap plan.

Massachusetts has two types of Medigap plans, Core and Supplement 1. The Core plan covers some of the “gaps” in Medicare. The Supplement 1 plan covers all deductibles, co-pays and coinsurance for Medicare covered services. These two types of plans are offered by six insurance companies.

In 2012, the lowest premium for a Core plan is \$96.38/month and for a Supplement 1 is \$182.00/month. If you sign up when you first enroll in Medicare, you may be able to get a discount. There are no restrictions due to pre-existing health conditions. You can go to any provider who accepts Medicare anywhere in the United States with no referrals required.

Remember if you enroll in a Medigap Plan you will have to also enroll in a Medicare Stand Alone Part D Plan to cover your medications. Unlike Medicare Health Plans, Medigap Plans do not provide any drug coverage. If you have any questions regarding Medigap Plans you should speak with a SHINE Counselor.

**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](http://www.SeniorConnection.org) and click on Connection for Caregiver button. Then click on the Support Groups and Chat 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.

## Eating Right for Older Adults

Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Choose foods that provide the nutrients you need without too many calories. Build your healthy plate with foods like vegetables, fruits, whole grains, low-fat dairy, and lean protein foods.

**Make half your plate fruits and vegetables.** Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen, and canned vegetables all count. Choose "reduced sodium" or "no salt added" canned vegetables. Add fruit to meals and snacks. Buy fruits that are dried, frozen, or canned in water or 100% juice, as well as fresh fruits.

**Make at least half your grains whole.** Choose 100% whole grain bread, cereals, crackers, pasta, and brown rice. Also, look for fiber rich cereals to help stay regular.

**Switch to fat free or low fat milk, yogurt, and cheese.** Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat free or low fat milk, yogurt, or cheese each day. If you are lactose intolerant, try lactose free milk or a calcium fortified soy beverage.

**Vary your protein choices.** Eat a variety of foods from the protein food group each week, such as seafood, nuts, and beans and peas, as well as lean meat, poultry, and eggs.

**Cut back on sodium and empty calories from solid fats and added sugars.** Look out for salt (sodium) in foods you buy. Compare sodium in foods and choose those with lower numbers. Add spices or herbs to season food without adding salt. Switch from solid fats to oils when preparing food. Drink water instead of sugary drinks. Eat sugary desserts less often.

**Enjoy your food but eat less.** Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using a smaller plate, bowl, and glass. When eating out, choose lower calorie menu options. Choose dishes that include vegetables, fruits, and whole grains.

**Be physically active your way.** Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active.

*Source: US Department of Health and Human Services*



## Seniors safely practicing Yoga

Yoga often brings up the image of a young slender body in a position that seniors and others cannot imagine doing. I am often told "I am not flexible" or "I cannot twist myself into a pretzel" These thoughts and images often keep people away from Yoga. However, Yoga can be done safely for all ages and bodies. Did you know that Yoga helps to reduce stress, and blood pressure, improves range of motion, strengthens muscle tone and lengthens the spine? Yoga improves posture, balance, and improves focus, and concentration too. Yoga can be practiced to your level of comfort even if you have physical issues or limitations. Our Chair Yoga classes are very popular, and have a range of ages and abilities. One long time student is 96 years old, and tells me that this Yoga class is the highlight of her week, and keeps her feeling fit and young! Others have been able to see improvements over time in strength and flexibility. There are students with knee and hip replacements, with arthritis, osteoporosis, and scoliosis. There are students that find benefits in their daily activities such as gardening, rug hooking, knitting, crocheting, painting. Some students even notice benefits around the house, making beds, carrying groceries, cooking and cleaning. I know that doesn't sound too glamorous, but all those chores maximizes a person's mobility, independence and ability to safely live in their homes. So you see, Yoga CAN be practiced safely to your ability, and can improve your strength, health, and quality of life.

The Sterling Senior Center offers 2 chair yoga classes: Weds., 9:30 – 10:30 Chair Yoga - seated stretching and strengthening - (no standing); Thurs. 9-10 am Yoga - seated stretching and strengthening along with about 15 mins of standing postures and flow at end

Classes are taught by Katie Cohen, RYT. She has been teaching yoga for 10 years and has been teaching yoga at the Sterling Sr. Center for 3 years.



### *Taking a Closer Look at Diabetes*

*"The Senior Focus"* is proud to bring to you a FREE Community Symposium on Thursday, March 21, 2013, from 8:30 a.m. - 3:00 p.m., at the Worcester State University. This Symposium on Diabetes is a free community event designed specifically for those who want to learn more about the latest advancements in the treatment of Diabetes and the community resources available to help you. Many companies will be exhibiting that day and those attending are encouraged to visit their booths to learn more about the services they offer. Throughout the day, there will be ample time to visit each booth, sign up for free raffles, and receive materials regarding important community services that are available to you. Free lunch and parking will be provided to all who attend.

The symposium features lectures by national and local experts: **Dr. David Harlan, MD:** Chief, Diabetes, UMass Memorial Medical Center; Co-Director, Diabetes Center of Excellence, UMass Memorial Medical Center; **William Robinson, MD:** Vascular Surgeon, UMass Memorial Medical Center; Director, Limb Preservation Program, UMass Memorial Medical Center; Assistant Professor of Surgery, University of Massachusetts Medical School; **Frank McCabe, MD:** Specialist in Diabetic Retinopathy; Assistant Professor of Ophthalmology, University of Massachusetts Medical School; **Samir Malkani, MD:** Director, Adult Diabetes Clinic, University of Massachusetts Memorial Medical Center; Clinical Associate Professor of Medicine, University of Massachusetts Medical School. Again, this event is totally free and there is no cost to attend. Whether you suffer from Diabetes, are pre-Diabetic, care for someone suffering from Diabetes, or would just like to know more about the latest medical advancements, please join us. Please visit [www.theseniorfocus.com](http://www.theseniorfocus.com), or call 508-459-5057, to sign up for this free event or to get more information.

You are invited to join us for this very special day!

Attorney Kaltsas practices law at Elder & Disability Law Advocates in Worcester and Framingham, Massachusetts and hosts WCRN's Monday morning talk show "The Senior Focus" at 11:00 AM.



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 3<sup>rd</sup> 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, March 15<sup>th</sup>. Proof of residency is required. The Pantry is also always in need of volunteers.



# March Calendar of Events

(Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
				1  11:30 – Macaroni and cheese
4 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – boneless chicken	5 9 – School Committee Chat 11:30 – stuffed shell and meatballs 12:15 – Game day	6 9:30 – Chair yoga 11:30 – turkey, ham, and cheese bake 1 – Van shopping trip to Walmart	7 9 – Yoga 11:30 – roast pork	8  11:30 – potato fish wedge
11 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – teriyaki chicken	12 9 – School Committee Chat 11:30 – Salisbury steak 12:15 – Game day	13 9:30 – Chair yoga 11:30 – breaded chicken 1 – Van shopping trip to Target	14 9 – Yoga 11:30 – hot turkey sandwich 1 – Entertainment	15  11:30 – cheese tortellini
18 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – SPECIAL: Corned beef hash	19 9 – School Committee Chat 11:30 – baked fish 12:15 – Game day	20 9:30 – Chair yoga 11:30 – Shepherd's pie 1 – Van shopping trip to Walmart	21 9 – Yoga 11:30 – balsamic glazed chicken 12 – 2 Elder Keep Well clinic	22  11:30 – broccoli bake
25  9 – Coffee hour 10 – Exercise class 10 – Art Class 11:30 – roast pork	26 9 – School Committee Chat 11:30 – chicken chow mein 12:15 – Game day	27 9:30 – Chair yoga 11:30 – chili 1 – Van shopping trip to Christmas Tree Shop	28 9 – Yoga 11:30 – chicken breast 12:30 – Book club	29  11:30 – lasagna

# HAPPY ST. PATRICK'S DAY



**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)

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.

The Friends of the Sterling Seniors (FOSS) are hosting their 2<sup>nd</sup> Annual Corned Beef & Cabbage Dinner on Sunday, March 3 at 5 PM at the First Church in Sterling. Tickets at \$10 for adults and \$6 for children under 12. There will be entertainment. Last year's event was fun for all. Hope to see you there!

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

Sterling Council on Aging  
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Sterling, MA 01564-0243

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