

# Sterling Council on Aging

*Living Out Our Sterling Years Together*

March 2014

Volume 19, Number 125

*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

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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

March has arrived. I hope that this brings about an end to this Winter weather. I know this is New England, but many of us are done with this. Since we all need to get out of our houses and start socializing again, we are having 2 different St. Patrick's Day programs this month. We would love to have you come out and join in the festivities.

Did you know that we offer different exercise opportunities 5 days a week now? Exercise/fitness class on Mondays, Hula hooping on Tuesdays, Chair Yoga on Wednesdays, Yoga on Thursdays, and Pilates on Fridays. We need to keep moving in order to remain independent in our homes. Try out one or all of our classes in order to be the best you that you can be.

Don't forget that we have an Outreach Aide, Nickole Boardman, who can visit you at home. Nickole has been a great asset. She is available 15 hours a week. Give her a call at the office if you need assistance with paperwork, if you need medical equipment, or just need a visitor. Nickole will do the best she can to assist.

Here's wishing you all a Happy St. Patrick's Day. **Sláinte!**

 Karen

Daylight Savings Time: Don't forget to turn your clocks **ahead** 1 hour on Saturday, March 8<sup>th</sup> before you go to bed at night.

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 are on Tuesdays from 5 – 6 PM. Call the Senior Center at 978-422-3032 to sign up.

## Special Events for March

Thursday, March 6 – Entertainment by Glenshane Irish Folk Duo at 1 PM. Join us for a rousing performance of Irish songs mixed with an equal part of blarney. For those of us lucky to be Irish and for those who wish they were, this will be an amazing performance. All are invited. Refreshments will be served.

Sunday, March 8 – Daylight Savings Time begins. Make sure you change your clocks before you go to bed on Saturday night. This is also a great time to change the batteries in your smoke detectors.

Thursday, March 13 – Young at Heart will be performing Irish music to get you moving. Calliope Productions will be back by popular demand to entertain us. All are invited. Refreshments will be served.

Thursday, March 20- SHINE counselor will be available to answer health insurance questions.

Appointments are required by calling the Senior Center at 97-422-3032.

Thursday, March 20 – Elder Keep Well Clinic from 12 – 2 PM. Stop in to meet with the nurse.

Thursday, March 27 – Book club will be meeting at 12:30 to discuss Where Are You Now? By Mary Higgins Clark. All are invited. Books are available at the Senior Center.

Friday, March 28 – Pancake breakfast from 8 – 10 AM. The Volunteers from the Friends of the Sterling Seniors are hosting their monthly breakfast of pancakes, sausage, fruit cup, coffee, tea, and juice for \$2.00. All are welcome.



*For each petal on  
the shamrock  
This brings a wish  
your way -  
Good health, good  
luck, and happiness  
For today and every  
day.*

*~Author Unknown*

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:

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

April 24 – The Time Keeper by Mitch Albom

May 22 – One Book, One Town with the Library

## **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 March 2014**

**The Affordable Care Act (Obamacare) Exchanges and Medicare**

Much media attention is being focused on the Affordable Care Act and the deadline for people to enroll through the health insurance exchanges (also known as marketplaces). Medicare beneficiaries should know the following:

- The health insurance exchanges are for people without health insurance, and **not for Medicare beneficiaries.**
- Beneficiaries who have Medicare Part A and B meet the requirement for health insurance.
- Medicare supplement plans (Medigaps), are not sold in the health insurance exchanges.
- In most cases, it is illegal to sell health insurance exchange policies to Medicare beneficiaries.
- People with Medicare **do not need to re-enroll or get new Medicare cards.**

**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.

## Colorectal Cancer Facts

Colorectal cancer is cancer of the colon or rectum. It's as common in women as it is in men. This year, over 142,000 people will be diagnosed with colorectal cancer and an estimated 50,830 will die of the disease.

At risk:

- People over 50
- People who smoke
- People who are overweight or obese
- People who drink alcohol in excess, especially men
- People who eat a lot of red meat or processed meat
- People with family histories

Risk reduction and early detection:

- Be physically active for at least 30 minutes a day, 5 days a week
- Maintain a healthy weight
- Don't smoke. If you do smoke, quit.
- If you drink, have no more than 1 drink a day for a woman or 2 drinks a day for a man
- Eat fruits, vegetables, and whole grains
- Eat less red meat and cut out processed meat

Symptoms:

- Bleeding from the rectum or blood in the stool
- Change in bowel habits
- Weight loss for no reason

Make sure you talk to your doctor about any concerns and be screened as necessary.

Reprinted from [www.preventcancer.org](http://www.preventcancer.org)



## 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

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

06/21 – Cape Cod Canal Cruise, Sandwich Glass Museum, lunch at the Daniel Webster Inn @ \$83.00/pp

07/20 – Maine Lobsterbake at the Bull & Claw, Wells & Ogunguit @ \$77.00/pp

### Over night trip:

Apr. 3rd-6th - Washington D.C., guided tour, Embassy Suites @ \$499.00 pp double, \$609.00 single

June 24th-July 1st American Cowboy Country, Wyoming & So. Dakota for pricing see brochure

Aug. 23rd- 30th Mackinac Island, Dearborn, Frankenmuth for pricing see brochure

### *Planning for the Future*

As I sit and ponder the future, I look out the window of my office and I see it pouring snow. It is the early days of February, but I am actively engaged in planning by schedule for the future. The Senior Center plans its future activities and an article to be published in March or later needs to be submitted well before then. But I am not the only one that needs to plan for future events. I tirelessly preach to my constituents (those that count themselves in the senior population and their families) that it is of critical importance to plan for the future. All too often I speak with people that have waited until a serious medical event has occurred before seeking advice on what they need to do under the circumstances.

I have said many times that ALL adults need at least a basic estate plan. The surrogate decision making documents known as a Durable Power of Attorney and a Health Care Proxy are necessary elements of an estate plan designed to help you maintain your quality of life as you age, or should you suffer the misfortune of a medical tragedy – particularly one involving cognitive impairment.

The time to execute an estate plan is while a person has the cognitive ability to attend to their affairs – NOT AFTER! Too many times I have discussed this matter with people who say they don't need a Durable Power of Attorney and a Health Care Proxy because they can take care of things themselves. Well that is the point – you need to execute these documents when you are able to act for yourself. If you wait until you can no longer take care of things for yourself, you have waited too long and you will not have the requisite legal capacity to draw the documents you need to help you maintain your quality of life.

I don't know whether you are liberal or conservative, Democrat or Republican, male or female. One thing I do know, if you want to maintain the quality of your life as you age, it is essential that you execute at least a basic estate plan. Do yourself a favor. Do not wait to find out about planning. As I'm prone to say – knowledge is power. At least take the time to get information on planning for your future. If you don't, you may end up in a situation where you incur the expense of a loved one going to Probate Court to get the authority to act for you.

Attorney Nicholas Kaltsas is the host of "The Senior Focus".



**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.





# March Calendar of Events *(Menu subject to change)*

Monday	Tuesday	Wednesday	Thursday	Friday
3  10 – Exercise class 10 – Art class 11:30 – chicken breast marsala	4  11:30 – beef stew 12:15 – Game day 5 – Hula hoop class	5  9:30 – Chair yoga 9:30 – Computer class 11:30 – fish sticks 1 – Van shopping trip to Ocean State Job Lot	6  9 – Yoga 11:30 – breaded chicken 1 – Entertainment	7  9:30 – Pilates 11:30 – broccoli bake
10  10 – Exercise class 10 – Art class 11:30 – BBQ beef rib	11  11:30 – chicken with red pepper pesto 12:15 – Game day 5 – Hula hoop class	12  9:30 – Chair yoga 9:30 – Computer class 11:30 – beef stir fry 1 – Van shopping trip to Walmart (Leominster)	13  9 – Yoga 11:30 – Swedish meatballs 1 – Entertainment	14  9:30 – Pilates 11:30 – sweet potato fish
17  10 – Exercise class 10 – Art class 11:30 – SPECIAL: corned beef hash	18  11:30 – chicken chow mein 12:15 – Game day 5 – Hula hoop class	19  9:30 – Chair yoga 9:30 – Computer class 11:30 – MIGHTY MEAL: white bean chili 1 – Van shopping trip to The Mall at Whitney Field	20  9 – Yoga 11:30 – turkey 12 – Elder Keep Well Clinic	21  9:30 – Pilates 11:30 – lasagna
24  10 – Exercise class 10 – Art class 11:30 – breaded chicken	25  11:30 – MIGHTY MEAL: hot dog 12:15 – Game day 5 – Hula hoop class	26  9:30 – Chair yoga 9:30 – Computer class 11:30 – chicken meatballs 1 – Van shopping trip to Walmart (West Boylston)	27  9 – Yoga 11:30 – pepper steak 12:30 – Book club	28  8 – Pancake breakfast 9:30 – Pilates
31  10 – Exercise class 10 – Art class 11:30 – beef Stroganoff and noodles				



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

**Lunch at Monty Tech** – We are looking into going to Monty Tech for a lunch at the end of March. You pay for your own lunch. We will be providing transportation, so we need to know how many are interested. If you want to dine out, please call the Senior Center at 978-422-3032.

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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