

# Sterling Council on Aging

*Living Out Our Sterling Years Together*

May 2014

Volume 19, Number 127

*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

Spring has finally arrived, we here at the center celebrated Saturday, April 12th with a Chinese Luncheon enjoyed by all who attended. The food provided by Sterling Chinese Take Out was delicious and there was plenty for everyone. Thank you to the Board members who were a great help: Sharon Bloom, Peter Watson, and Mary Higgins. A very special thank you to those who are not board members yet stepped up and were a tremendous help: Michael & Donna Higgins, her son Tommy, Linda Davis, Elaine Theriault, her daughter Janet, and Outreach Aide Nickole Boardman. Thanks for making our luncheon a fun and delicious success.

Barbara Foster



Thanks to all of the volunteers who continue to enter their hours into MySeniorCenter. Remember anyone who volunteers a minimum of 8 hours a month gets entered for a chance to win a \$10 gift card!

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.

Dust off your sneakers! The Walking Club is starting up again on Tuesday, May 6<sup>th</sup> at 9 AM. Meet at the Cider Mill Entrance to the Rail Trail. Walkers of all abilities are welcome. Call the Senior Center at 978-422-3032 with any questions.

The Senior Center will be having our Annual Volunteer Appreciation lunch on Friday, May 9<sup>th</sup>. We will have a pizza luncheon with salad and dessert. If you are a volunteer and have entered hours into MySeniorCenter this year, you can come for a free lunch. All others will be charged \$2.00. Call the Senior Center at 978-422-3032 to sign up.

## Special Events for May

Saturday, May 3 – Annual Town Meeting at 4 PM. If you need a ride to Town Meeting, the COA will be running a van. Call the Senior Center at 978-422-3032 to set up a ride.

Friday, May 9 – Volunteer Appreciation Pizza Party at 11:30 AM. Volunteers and friends are invited to a special pizza lunch to thank the volunteers for their hard work. Volunteers eat for free. Non-volunteers will be charged \$2.00. Sign up required by calling the Senior Center at 978-422-3032.

Monday, May 12 – Annual Town Elections. If you need a ride to vote, the COA will be running a van. Call the Senior Center at 978-422-3032 to set up a ride.

Monday, May 12 – Ice Cream party after lunch. We won an ice cream party by submitting the most recipes for MOC's contest. If you come for lunch, you can stay for a free ice cream party afterwards. Sign up for lunch by Friday, May 9<sup>th</sup> at 12 noon by calling the Meal Site at 978-422-8022.

Thursday, May 15 – Annual Mother's Day Tea Party at 1 PM. This is arguably one of the best events of the year. Bring your own tea cup. Hats are optional. There will be finger sandwiches, desserts, and chocolate. \$1.00 a person. Sign up required by Monday, May 12<sup>th</sup> by calling the Senior Center at 978-422-3032.

Monday, May 19 – "Good Eats" talk by Michele Jones of Corcoran House at 12:30 PM. Learn how to make and enjoy healthier versions of your favorite foods.

Friday, May 23 – Chocksett Senior Breakfast from 8:30 – 10:15 AM. The students at Chocksett are having a Spring breakfast for seniors. The band, spring ensemble, and chorus will be performing. Sign up by May 16<sup>th</sup> by calling the Senior Center at 978-422-3032.

Monday, May 26 – Senior Center closed for Memorial Day.

Friday, May 30 – Pancake Breakfast hosted by FOSS 8 – 10 AM. For \$2.00, enjoy pancakes, sausage, fruit cup, coffee, juice, and tea breads. All are welcome!



*If evolution  
really works,  
how come  
mothers only  
have two  
hands?*

*Milton Berle*

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!

Book Club Choices:

May 22 – One Book, One Town with the Library

June 26 – The Silver Star by Jeannette Walls

## **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. Start your morning with a walk with friends.

Game day at 12:15 PM. Come on down to play bridge, dominoes, cards, scrabble, etc.

Hula Hooping at 5 PM at the 1835 Town Hall, second floor. Free

### **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 for strength and flexibility - \$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 May 2014**

Need help with prescription drug costs?  
Prescription Advantage may be your answer!

Prescription Advantage is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on **income only** and there is **no asset limit**.

Who can join?

If you are a Massachusetts resident, eligible for Medicare and are:

- 65 years or older with an annual income at or less than \$58,350 for a single person or \$78,650 for a married couple.
- Under 65 years and disabled, with an annual income at or less than \$21,940 for a single person or \$29,572 for a married couple.

If you are 65 years or older and not eligible for Medicare, you can also join and there is no income limit.

There is no charge for joining Prescription Advantage, if you have an annual income at or less than \$35,010 for a single person and \$47,190 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2. **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.

## Safety Tips for Older Americans Month

### Talk to your healthcare provider

- Discuss physical activities that are appropriate for you. Regular exercise helps to improve endurance, strength, balance, and coordination.
- Have your vision checked regularly. Your sight plays a large part in preventing injuries at home, on the road, and in the community.

### Manage medications

- Be aware of how your medications interact with other prescription and over the counter drugs, certain foods, alcohol, and other medical conditions.
- Learn how medications may make you unsteady on your feet or impact your ability to operate a motor vehicle.
- Create a medication schedule or use a scheduler box to make sure you take no less or more than prescribed.
- Ask your pharmacist for help. Large print labels, medication tracking devices, and easy open containers may be available.

### Prevent falls

- Install handrails and grab bars wherever they are helpful, especially around stairs and in bathrooms.
- Ensure ample lighting inside and outside of your home, particularly around frequently used walkways. Add one or more nightlights between your bedroom and bathroom.
- Choose shoes with non slip soles that provide support without bulk that could cause you to trip.
- Use a walking aid, if needed to improve balance and stability.

Live a longer, healthier life by taking control of your safety today. Learn more about Older Americans Month and find additional resources at <http://acl.gov/olderamericansmonth>



## 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 & Ogunquit @ \$77.00/pp

08/17 – Boston Duck Tour, Swan Boats with lunch at Maggiano's @ \$90.00pp

9/27 – NYC 9/11 Museum and Memorial @\$89.00 pp – limited seating call early

10/12 – Vermont Foliage featuring the Vermont Country Store @ \$79.00 pp

### Over night trip:

Aug. 23<sup>rd</sup> – 30<sup>th</sup>: Mackinac Island, Dearborn, Frankenmuth for pricing see brochure

Sept. 7<sup>th</sup> – 11<sup>th</sup>: Montreal and Quebec, step on guided tour of each city plus much more

May 2<sup>nd</sup> – 9<sup>th</sup> 2015: 8 Day Bermuda Cruise on Holland America

**Older Americans Month 2014**  
**Safe Today. Healthy Tomorrow.**

Older adults have made countless contributions and sacrifices to ensure a better life for future generations. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. This celebration recognizes older Americans for their contributions and demonstrates our nation's commitment to helping them stay healthy and active.

This year's theme for Older American's Month is "Safe Today. Healthy Tomorrow." The theme focuses on injury prevention and safety to encourage older adults to protect themselves and remain active and independent for as long as possible.

Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With an emphasis on safety during Older Americans Month, we encourage older adults to learn about the variety of ways they can avoid the leading causes of injury, like falls.

While Senior Centers provide services, support, and resources to older adults year round, Older Americans Month offers an opportunity for us to provide specialized information and services around the important topic of injury prevention. This information will help older adults take control of their safety and live longer, healthier lives.

Contact your local Area Agency on Aging office by visiting [www.eldercare.gov](http://www.eldercare.gov) or calling 1-800-677-1116 to find ongoing opportunities to celebrate and support older Americans.



**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.





## May Calendar of Events

(Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
			1  9 – Yoga 11:30 – diced chicken cacciatore	2 9:30 – Pilates 11:30 – shaved steak  Saturday, May 3 – Town Meeting 4 PM
5  10 – Exercise class 10 – Art class 11:30 – roasted chicken	6 9 – Walking club 11:30 – fish sticks 12:15 – Game day 5 – Hula hoop class	7 9:30 – Chair yoga 9:30 – Computer class 11:30 – white bean chicken chili 1 – Van shopping trip to Walmart (Leominster)	8  9 – Yoga 11:30 – cold plate roast beef	9  9:30 – Pilates 11:30 – Volunteers' pizza party
12 Town Elections 10 – Exercise class 10 – Art class 11:30 – broccoli bake 12:15 – Ice cream party (must attend lunch)	13 9 – Walking club 11:30 – SPECIAL: chicken cordon bleu 12:15 – Game day 5 – Hula hoop class	14 9:30 – Chair yoga 9:30 – Computer class 11:30 – roast pork 1 – Van shopping trip to Ocean State Job Lot	15 9 – Yoga 11:30 – teriyaki chicken 12 – Elder Keep Well Clinic 12:30 – Mother's Day Tea Party	16  9:30 – Pilates 11:30 – meatballs
19  10 – Exercise class 10 – Art class 11:30 – chicken tetrazzini 12:30 – Good Eats talk	20 9 – Walking club 11:30 – BBQ burger 12:15 – Game day 5 – Hula hoop class	21 9:30 – Chair yoga 9:30 – Computer class 11:30 – cold plate chicken breast 1 – Van shopping trip to Walmart (West Boylston)	22  9 – Yoga 11:30 – turkey 12:30 – Book club	23  8:30 – Spring Breakfast at Chocksett 9:30 – Pilates 11:30 – no lunch served
26  Senior Center closed for Memorial Day	27 9 – Walking club 11:30 – chicken kielbasa 12:15 – Game day 5 – Hula hoop class	28 9:30 – Chair yoga 9:30 – Computer class 11:30 – Swedish meatballs 1 – Van shopping trip to The Mall at Whitney Field	29  9 – Yoga 11:30 – ravioli bake	30  8 – Pancake Breakfast 9:30 – Pilates



**Sterling COA**  
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[nboardman@sterling-ma.gov](mailto:nboardman@sterling-ma.gov)

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

The students at Chocksett are having a Spring breakfast for seniors. The band, spring ensemble, and chorus will be performing. The breakfast will be on Friday, May 23<sup>rd</sup> from 8:30 AM to 10:15 AM. Reservations are required. Sign up by May 16<sup>th</sup> by calling 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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