

# Sterling Council on Aging

*Living Out Our Sterling Years Together*

November 2013

Volume 18, Number 121

*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

November is a month of giving thanks.

Here is a short list of things for which we are thankful:

- Thanks to everyone who volunteered and donated to the Volunteers' Yard Sale. We made over \$1600 for entertainment for the Senior Center.
- Thanks to the COA Board who work very hard to keep the Senior Center viable.
- Thanks to the Building Committee for continuing to push for a new Senior Center.
- Thanks to the Volunteers who give their time to the Senior Center every month. Our programs could not survive without them.
- Thanks to the Seniors who come down to the Center to show that our programs are valuable.
- Thanks to the staff for working very hard, often doing more than is required in order to accommodate the needs of our Seniors.
- Thanks to the town for supporting our existing and future needs and letting us serve the town's Seniors.
- Thanks for giving me a great place to call home.

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.

Christmas Party – The Senior Center will be having its Annual Christmas Party on Sunday, December 1 at 1 PM. Christmas music by Roger Tincknell. Enjoy music and refreshments with us and then stay for the Town's tree lighting at 3:30 PM.

### ♦ 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

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.

### 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.

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

## Special Events for November

**Monday, November 4** – Independent for Life: Options for Staying at Home at Being Prepared for Your Future talk by Elder & Disability Law Advocates at 12:30 PM. Join us for a FREE seminar discussing health care proxies, powers of attorneys, how to be prepared for the future, and other ways to stay at home. All are welcome. Please call the Senior Center at 978-422-3032 if interested, but drop ins are welcome.

**Monday, November 11** – Senior Center closed for Veterans' Day

**Wednesday, November 13** – Game night from 6:30 – 8:30 PM. Come and learn dominoes, play a game of pool, use the Wii system, play cards, and enjoy a night out. Pizza will be served.

**Thursday, November 14** – Local musician Ernie Spencer will be entertaining at the Senior Center at 12:30 PM. Ernie has a great reputation around the area and plays many different genres of music. Enjoy an afternoon of great music and refreshments. Tickets are \$5.00 each, free to the first 30 attendees. Hope to see you there!

**Monday, November 18** – Stroke Awareness talk at 12:15 PM. Agusta Ishola, a Nurse Educator and Wound Care Specialist at Fairlawn Rehabilitation Hospital in Worcester and Adjunct Clinical Instructor at Worcester State University, will present an educational and informative discussion at senior centers in eight communities regarding how to recognize strokes, the importance of quick response, and free handouts to reinforce the message and spread the word to others about the importance of recognizing and preventing strokes. Please attend to help this educator meet her goal of reaching as many seniors as possible.

**Friday, November 22** – Pancake Breakfast from 8 – 10 AM. Volunteers of the Friends of the Sterling Seniors are having their monthly breakfast. \$2.00 a plate. All are invited.

**Thursday, November 28** – Senior Center closed for Thanksgiving

**Friday, November 29** – Senior Center closed for Thanksgiving

**Sunday, December 1** – Senior Center Christmas Party at 1 PM. Roger Tincknell will be back performing: *A Winter Solstice Celebration* including traditional songs from Chanukah, Christmas and other winter holiday traditions. In addition, the program also includes songs of light from around the world and seasonal sing-a-longs. The program is performed on guitar, mandolin, banjo, Irish Bodhran, harmonica and Russian balalaika. The COA board happily provides this program free of charge. A vast array of sweets and goodies will be provided at the end of the performance. The Recreation Department has the Town's Tree Lighting at 3:30, so come for the entertainment and goodies and stay for the tree lighting.



There is one day that  
is ours.

Thanksgiving Day is  
the one day that is  
purely American.

O. Henry



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.

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:

November 27 (note date change) – The  
Things We Do for Love by Kristin  
Hannah

December 19 (note date change) –  
Christmas Jars by Jason Wright

## **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 November 2013**

**Medicare: Stronger Than Ever**

**Medicare Open Enrollment is October 15 – December 7**

Medicare is stronger than ever with more benefits, better choices, and lower costs to beneficiaries. Expanded Medicare benefits under the health care law (the Affordable Care Act) continue to be available – including certain free preventive benefits, cancer screenings, and an annual wellness visit. Whether you choose Original Medicare or a Medicare Advantage Plan – take advantage of Open Enrollment to review cost, coverage, or both for next year (2014).

**More Benefits** – certain preventive benefits, including cancer screenings, are available with no cost to patients when furnished by qualified and participating health professionals. The annual wellness visit allows people to sit down and discuss with their doctor their health care needs and the best ways to stay healthy.

**Better Choices** – Medicare will notify beneficiaries about plan performance and use its online Plan Finder to encourage enrollment in quality plans.

**Lower Costs** – Average premiums for 2014 for prescription drug coverage and Medicare health plans will remain stable. People who are in the donut hole in Medicare's prescription drug benefit will enjoy approximately 53% discounts on covered brand name drugs and see increased savings on generic drugs.

The new Health Insurance Marketplace won't affect your Medicare coverage and is not part of Medicare Open Enrollment. Medicare is not part of the Health Insurance Marketplace. You do not need to enroll in the new Health Insurance Marketplace to maintain or change your Medicare coverage. Your health needs change from year to year. And, your health plan may change the benefits and costs each year too. That's why it's important to evaluate your Medicare choices regularly. Open Enrollment is the one time of year when ALL people with Medicare can see what new benefits Medicare has to offer and make changes to their coverage.

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.

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.

## November is Diabetes Awareness Month

American Diabetes Month is a time to raise awareness of diabetes prevention and control. In the United States, more than 25 million people are living with diabetes and 79 million more are at risk of developing type 2 diabetes.

Over time, if it's not controlled, type 2 diabetes can cause serious health problems like heart disease, stroke, and blindness. You may be at risk for type 2 diabetes if you:

Are overweight

Exercise less than 3 times a week

Are over 45 years old

Have high blood pressure or high cholesterol

Are African American, Latino, American Indian, Alaska Native, Asian American or Pacific Islander

Have a parent, brother, or sister with diabetes

You can do a lot to lower your chances of getting type 2 diabetes by:

Eating healthy

Watching your weight

Being active

Controlling your blood pressure and cholesterol



## Emergency Kit Checklist – Cold Weather is Coming!

- 3 days of nonperishable/ non-cook food, water (1 gal. per day per person), medication
- Flashlight
- Battery operated radio and extra batteries
- First aid kit
- Cash
- Cell phone and charger
- ID card, insurance cards
- Name of doctors, medications, allergies
- Family/friend contact names, addresses, and phone numbers
- Toothbrush and toothpaste
- Blanket
- Soap and washcloth
- Pet supplies

If you keep items in a bag, ready to go, it will make it easier for you when an emergency occurs.

## How to Add Fiber to Your Diet

Fiber offers excellent nutritious benefits for a healthy diet. In fact, research suggests [eating more fiber may reduce women's stroke risk](#), with every seven-gram increase in total dietary fiber associated with a 7 percent lower risk of first-time stroke. The American Heart Association recommends at least 25 grams of fiber daily for most adults.

Fiber-rich foods include some whole-grains, fruits, vegetables and nuts. As a perspective, one serving of whole-wheat pasta plus about two servings of vegetables and fruits can provide 7 grams of fiber.

How can you guarantee more fiber in your diet every day?

1. Read nutrition labels: It is important to get 100 percent of the fiber you need every day. Learning how to read and understand food labels can help you make healthier choices. Look at the nutrition labels, and about halfway down each label you will see a line for "Dietary Fiber." According to the American Heart Association, if you want to ingest more fiber, read your nutrition label and seek foods with a [higher % DV of fiber](#) (note that 20 percent or more is high).
2. Eat whole grains: Choose breads, crackers and cereals made from high fiber whole grains. Refined grains are stripped of their healthy outer coat (bran), which lowers the fiber content. Brown rice is a whole grain; white rice is not. Similarly, removing the skin from fruits and vegetables decreases their fiber content. It's better to eat an apple than to drink apple juice.
3. Try new things: Whole-grain pasta may sound unusual, but it's delicious and doesn't take any longer to cook than white pasta. Bulgur, quinoa and barley are good side dishes or chilled in salads. Add fresh or frozen vegetables to soups and sauces. For example, mix chopped frozen broccoli into prepared spaghetti sauce or toss fresh baby carrots into stews. Add chopped fresh spinach or frozen spinach to soups. Or make a pesto from spinach and walnuts. Try adding crushed bran cereal or oat bran to muffins and cookie recipes.
4. Add some beans: Tuck beans into whole-grain tortillas or pita bread. Add them to soups, salads, and pasta dishes. Toss beans into sautéed veggies or mix them with cooked greens and garlic.
5. Rise and shine (and snack): Start your day with a high-fiber cereal or oatmeal. Add some bananas, berries or other fruit. Or, crush up that high-fiber cereal and mix it with yogurt. Whip up a [breakfast smoothie](#) in your blender with frozen fruit and nonfat milk. Fresh or dried fruit, raw vegetables, and low-fat popcorn and whole-grain crackers are all good snack choices. And a small handful of unsalted, unroasted nuts or pumpkin seeds is a portable, healthy, high-fiber snack star!

**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.





## November Calendar of Events

(Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30 – Pilates 11:30 – macaroni and cheese
4 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – fish sticks 12:30 – Independent for Life talk	5 11:30 – breaded chicken 12:15 – Game day	6 9:30 – Chair yoga 9:30 – Computer class 11:30 – empanada 1 – Van shopping trip to K-Mart	7 9 – Yoga 11:30 – chicken with tarragon sauce	8 9:30 – Pilates 11:30 – meatloaf
11  Senior Center closed for Veterans' Day	12 11:30 – BBQ beef ribs 12:15 – Game day	13 9:30 – Chair yoga 9:30 – Computer class 11:30 – roast pork 1 – Van shopping trip to Walmart 6 – Game Night	14 9 – Yoga 11:30 – \$3.00 MEGA MEAL: spaghetti and meatballs with salad 12:30 – Music by Ernie Spencer	15 9:30 – Pilates 11:30 – chicken alfredo
18 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – Swedish meatballs 12:15 – Stroke Awareness Talk	19 11:30 – SPECIAL: turkey dinner 12:15 – Game day	20 9:30 – Chair yoga 9:30 – Computer class 11:30 – cheese lasagna 1 – Van shopping trip to Target	21 9 – Yoga 11:30 – chicken 12 – 2 – Elder Keep Well Clinic	22  8 – Pancake breakfast 9:30 – Pilates
25 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – roast pork	26  11:30 – broccoli bake 12:15 – Game day	27 9:30 – Chair yoga 9:30 – Computer class 11:30 – chicken chili 12:30 – Book Club 1 – Van shopping trip to Walmart	28  Senior Center closed for Thanksgiving	29  Senior Center closed for Thanksgiving

## Yoga Themes for November:

November 6 &amp; 7 – Yoga for Mind/Body BALANCE (focused and strong)

November 13 &amp; 14 – Yoga to Relieve STRESS (calm and centered)

November 20 &amp; 21 – Yoga for SELF-CARE (being Thankful and Grateful)

November 27 – FLOW Yoga (breath and movement)



**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)

**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.



**Turn your clocks back on Saturday, November 2<sup>nd</sup>.**



We would like to send a big thank you out to Chocksett School! Rachel Grabek brought by beautiful artwork from the art classes! Come and see the new art gallery along the hallway and inside the Senior Center. These kids are really talented. You will definitely appreciate the creativity of the Chocksett students. The artwork will be swapped out periodically, so make sure you come in to view the work while it is up!

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

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Sterling Council on Aging  
PO Box 243  
Sterling, MA 01564-0243