

Sterling Council on Aging

Living Out Our Sterling Years Together

October 2013

Volume 18, Number 120

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

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Karen L. Phillips

Outreach Aide:

Nickole Boardman

Regular Driver:

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Part-time Driver:

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Friday Driver:

Spare Drivers:

Gloria Rugg

Meal Site Manager:

Sandra Jacala

♦ COA Board

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Mary Higgins, Secretary

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Anita Benware

Irene Camerano

Sue Doucette

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

Message from the Director

Welcome Fall! I love the crisp mornings and the warm days. Being in shorts and a sweatshirt is my idea of a perfect day! I love going to the apple orchards for fresh, local apples, cider, and cider donuts.

The Fall is typically the busiest time at the Senior Center. Grandchildren are back in school and the weather is not an excuse to stay home. Come on down and join us for lunch, book club, computers, or one of the various exercise programs that we offer. You would be amazed at the people you run into at the Center. Hope to see you soon!

Halloween is this month. Be sure to watch out for the little ones in costume as they travel around town on the 31st.

For a cute and easy decoration, take an empty paper towel holder, cut out 2 eyes, snap a glow stick and tape it inside the holder so that the glow is seen through the eyes, then place it in a bush. It will look like your bush has eyes! Sure to make the little ones happy!

On a different note, this is my 8th year at the Senior Center. Thank you all for making my time here fun and exciting. There is never a dull moment.



Karen

New offering:
Starting in October, MOC will be offering breakfast at the Senior Center from Monday – Thursday. For \$2.25, you will get oatmeal, muffin, milk, and a smoothie. The meal can be taken home to eat. Please order the meal the day before you want it. Call the Meal Site at 978-422-8022 to order.

We are forming a Wii Bowling League to play against other Senior Centers. If interested, call the office at 978-422-3032.

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.

Special Events for October

Monday, October 7 – Issues Affecting Older Drivers by Bill Shea from Fairlawn Rehab at 12:15 PM. There is a lot of talk about when one should retire from driving. Come to this talk to learn how to drive safely as you age. All are invited.

Wednesday, October 9 – Game night from 6 – 8 PM. Pizza will be served. Donations accepted. Come and have a fun night out at the Senior Center playing dominoes, pool, cards, Wii, etc. All are welcome.

Thursday, October 10 – Music is Love by Dick and Dawn at 1 PM. This wonderful duo has been invited back to the Senior Center for another performance. Come and see what the excitement is all about. Refreshments will be served.

Monday, October 14 – Senior Center closed for Columbus Day.

Tuesday, October 15 – Flu Clinic from 9:30 – 11:30 AM. Sterling Seniors 60 and over are welcome. Please bring your insurance card. The clinic will be in the Selectmen's room on the top floor of the Butterick Building. Please call the Senior Center at 978-422-3032 with any questions.

Thursday, October 17 – SHINE counselor will be available to answer health insurance questions. Appointments are required by calling the Senior Center at 978-422-3032.

Thursday, October 17 – Elder Keep Well Clinic from 12 – 2 PM.

Thursday, October 24 – Book Club at 12:30 PM. This month's selection is Miracle on the Hudson by William Prochnau. All are welcome.

Friday, October 25 – Pancake Breakfast at the Senior Center from 8 – 10 AM. \$2.00 a plate. All are invited.

Monday, October 28 - Gothic GHOST Tales by Candlelight by Rita Parisi from Waterfall Productions at 1 PM. This theatrical storytelling presentation will feature 20th century ghost stories by female writers that probe the possibilities of other dimensions in time and human consciousness. Celebrate Halloween early with this great production. All are invited. Refreshments will be served.

Thursday, October 31 – Halloween Jingo at 12:30 PM. Come and play a fun, bingo-like game. Prizes will be awarded. Refreshments will be served.



When witches go
riding,
and black cats are
seen,
the moon laughs and
whispers,
'tis near Halloween.
~Author Unknown

Yoga themes for October:

October 2,3 –**Align the Spine**- improve spinal health and flexibility

October 9,10- **Mindful Movement** –increase body/ mind/breath awareness

October 16,17 - **Yoga to strengthen immune system** – improve overall health/well-being

October 23,24 -**Yoga to Manage Moods** – balance anxiety, depression, stress

October 30,31– **Yoga for Bone Strength** – improve skeletal health and bone density

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

October 24 – Miracle on the Hudson by William Prochnau

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

Ongoing Events:

Mondays –

Coffee 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 –

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.

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 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 October 2013

Medicare Boot Camp – Plan Year 2014

Our Medicare Boot Camp for 2014 is coming soon to a Senior Center near you. There will be a number of changes to Medicare Health Plans here in the Central Mass Region and this is your opportunity to learn about the changes that may affect you.

At this meeting, we will be discussing your options for Medicare in 2014. One of the more important issues we will be discussing is the option you may have if you are no longer going to be covered by Fallon Senior Plan when you visit your Reliant Clinic physician. Also, we may have additional Medicare Health Plans available for you to choose from. We will be reviewing Medicare Part D coverage and how it works. Finally, we will be speaking about programs that may be available to assist you with some or all of your Medicare costs. Please call the number listed below to reserve a space for this important meeting.

West Boylston Senior Center
127 Hartwell Street, West Boylston
October 28th at 10 AM
Call 508-835-6916

Don't Ignore Your Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2014

During the annual Medicare Open Enrollment, October 15 – December 7, you will have a chance to change your plan for next year. SHINE Counselors can help you understand your plan changes as well as other options you may have. Make your SHINE appointment early.

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.

Osteoporosis, Falls, and Broken Bones

What is osteoporosis?

Osteoporosis is a disease that causes bones to become thin, weak, and more likely to break. Although you can break a bone in any part of your body, the most common broken bones associated with osteoporosis are the spine, wrist, and hip.

How are falls and osteoporosis linked?

*1 in 10 falls in older adults end in serious injury such as a broken bone. If we can prevent falls, we can prevent broken bones of the hip, spine, and wrist. *Vitamin D deficiency is a risk factor for both falls and broken bones. Daily vitamin D intakes of 800 – 1000IU and 1200 mg of calcium are associated with reduced falls and broken bones in older adults. (please see doctor before starting any medications). *Regular physical activity and exercises that combine weight, muscle strengthening, and balance helps reduce the risk of falls and actually improves the health of your bones.

Take action to prevent osteoporosis and falls

- *Eat a balanced diet rich in calcium
- * Take vitamin D supplements
- * Get regular physical activity
- * Don't smoke
- * Limit your alcohol
- * Check your home for safety
- * Talk with your doctor about a screening test

Reprinted from www.americanbonehealth.com



Emergency Kit Checklist

- 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

Reprinted from www.fema.gov

What is Pilates?

We are happy to announce that Jennifer Davidson will be offering a Pilates class at the Senior Center starting this month. She is certified to teach Pilates to the over 50 crowd. It is a 6 week program that will be offered throughout the year. Exercise is one of the keys to good health and longevity. Call the Senior Center to sign up.

Here are the 6 basic principles about Pilates:

1. **Centering:** Physically bringing the focus to the center of the body, the powerhouse area between the lower ribs and pubic bone. Energetically, Pilates exercises are sourced from center.
2. **Concentration:** If one brings full attention to the exercise and does it with full commitment, maximum value will be obtained from each movement.
3. **Control:** Every Pilates exercise is done with complete muscular control. No body part is left to its own devices.
4. **Precision:** In Pilates, awareness is sustained throughout each movement. There is an appropriate placement, alignment relative to other body parts, and trajectory for each part of the body.
5. **Breath:** Joseph Pilates emphasized using a very full breath in his exercises. He advocated thinking of the lungs as a bellows -- using them strongly to pump the air fully in and out of the body. Most Pilates exercises coordinate with the breath, and using the breath properly is an integral part of Pilates exercise.
Learn more: Breathing in Pilates
6. **Flow:** Pilates exercise is done in a flowing manner. Fluidity, grace, and ease are goals applied to all exercises. The energy of an exercise connects all body parts and flows through the body in an even way. Pilates equipment, like the reformer, are very good mirrors of one's flow and concentration as they tend to bang around and suddenly become quite "machine-like" if one loses one's control and flow.



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. This month's distribution is Friday, September 20th. 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.



October Calendar of Events *(Menu subject to change)*

Monday	Tuesday	Wednesday	Thursday	Friday
	1 11:30 – Salisbury steak 12:15 – Game day	2 9:30 – Chair yoga 9:30 – Computer class 11:30 – roast pork 1 – Van shopping trip to Walmart	3 9 – Yoga 11:30 – meatballs and penne	4 9:30 – Pilates 11:30 – chicken with teriyaki sauce
7 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – ziti with Bolognese sauce 12:15 – Older Drivers talk	8 11:30 – chicken breast 12:15 – Game day	9 9:30 – Chair yoga 9:30 – Computer class 11:30 – meatloaf 1 – Van shopping trip to The Mall at Whitney Field 6 – Game night	10 9 – Yoga 11:30 – sliced turkey 1 – Entertainment	11 9:30 – Pilates 11:30 – fish sticks and mac and cheese
14 Senior Center closed	15 9:30 – FLU CLINIC 11:30 – Shepherd's pie 12:15 – Game day	16 9:30 – Chair yoga 9:30 – Computer class 11:30 – chicken 1 – Van shopping trip to Walmart	17 9 – Yoga 11:30 – BBQ beef 12-2 – Elder Keep Well Clinic	18 9:30 – Pilates 11:30 – sweet and sour meatballs
21 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – chicken with Marsala sauce	22 11:30 – MEGA MEAL: chili and baked potato (\$3.00) 12:15 – Game day	23 9:30 – Chair yoga 9:30 – Computer class 11:30 – tangerine diced chicken 1 – Van shopping trip to Ocean State Job Lot	24 9 – Yoga 11:30 – cold plate: tuna salad 12:30 – Book club	25 8 – Pancake breakfast 9:30 – Pilates
28 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – lasagna with meat sauce 1 – Gothic Ghost Tales	29 11:30 – shaved steak 12:15 – Game day	30 9:30 – Chair yoga 9:30 – Computer class 11:30 – breaded chicken 1 – Van shopping trip to Walmart	31 9 – Yoga 11:30 – SPECIAL: chicken sausage 12:30 – Halloween Jingo	

Choice café Wednesdays: Oct. 2nd – turkey salad with cranberries; Oct. 9th – chicken breast with red pepper pesto; Oct. 16th – seafood salad on lettuce; Oct. 23rd – chili and egg salad; Oct 30th – tortellini salad with cheese. Notify the kitchen by Monday if interested.



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

Attention Volunteers: Many of you are not logging your hours into the MySeniorCenter computer. In an attempt to get more of you to enter your hours, we are starting a contest. If you submit a minimum of 10 hours of volunteer time a month, you will be entered into a drawing to win a \$10 gift certificate to various stores. Two gift certificates will be given out monthly. If you have any questions, please see Karen in the office. Good luck!

Spotlight for the month: New class starting Friday, October 4th at 9:30 AM – Pilates for seniors. Come and join the newest exercise class at the Senior Center. Increase strength, flexibility, improve posture and feel great too all while having fun with other people of all abilities. Whether you're a first-timer or a seasoned pro at Pilates, this class is designed to improve your health and well being. The class will run for 6 weeks. It will be \$5.00 a class. This can be paid by the week or paid in full to the Senior Center office. If interested, please sign up at the Senior Center 978-422-3032. Take charge of your health and well being. Hope to see you there!

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