

Sterling Council on Aging

Living Out Our Sterling Years Together

September 2013

Volume 18, Number 119

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:

Marsha Paine

Spare Drivers:

John Perry

Gloria Rugg

Meal Site Manager:

Sandra Jacala

Message from the Director

The Summer is flying by and September is upon us! The cool mornings are followed by beautiful days and cool nights for sleeping. It is almost the best of both worlds!

The Senior Center tends to get busier in the Fall, as most are back from vacations and the grandchildren are back in school. Please take some time to come to the Senior Center and check out our activities for the month.

The Volunteers hold their Annual Yard Sale on Saturday, September 21st, in conjunction with the Town Wide Yard Sale. Please support the Senior Center. We are still accepting donations. Feel free to donate boxed items at the Senior Center.

Thanks to all the volunteers who keep the Senior Center running. Your help is invaluable.

Hope to see you soon!

Karen



♦ 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

School is back in session. Please pay attention to school buses and kids. Don't forget to plan for more traffic on school days.

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.

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

Special Events for September

Monday, September 2 – Closed for Labor Day

Wednesday, September 11 – Game Night from 6 – 8 PM. Come to the Senior Center to play cards, dominoes, pool, etc. Pizza and drinks provided. Donations accepted.

Thursday, September 12 – “Olde Time Schools” by Dave Downs at 1 PM. Come and learn about 19th century school houses, slate pencils, the horn book, punishments, and many other interesting topics. Since we are located in an old school, this topic was made for us! This should be an enjoyable presentation, mixed with humor, and full of little known historical facts. All are invited. Refreshments will be served after the program.

Wednesday, September 18 – Yoga for Building Strong Bones at 2 PM. This class would have some floor/mat work, but also standing poses and postures. \$5.00 a person.

Thursday, September 19 – Ice Cream Social by Associated Home Care at 12:30 PM. Heidi Albert will present a program regarding AHC. AHC was founded in 1991 and provides a wide range of customized in-home senior care services from companionship to around the clock senior in-home care, which are designed to bring peace of mind to our clients and their families. Free ice cream and toppings will be provided.

Saturday, September 21 – Volunteers’ Annual Yard Sale from 8 AM – 2 PM, rain or shine. Please help support the Senior Center. The money raised goes towards entertainment at the Senior Center, as this is not included in our budget. **We are currently accepting donations for the yard sale. Donations can be dropped off at the Senior Center. We cannot accept furniture or large items, as we have little storage. If you have questions or need someone to pick up your donations, please call the office at 978-422-3032.

Monday, September 23 – Relaxation and Stress Reduction by Michelle from Corcoran House at 12:15 PM. This is rescheduled from last month. Come join us for this great program. We all get stressed. Let us all relax together!

Monday, September 30 – Health Care Proxy talk by Tina Sibley from Oriol Healthcare at 12:15 PM. Everyone should have a health care proxy – someone designated to make health decisions when you can’t. Forms will be handed out. Questions will be answered. All are welcome. Snacks will be provided.



*By all these lovely
tokens September
days are here, with
Summer’s best of
weather and
Autumn’s best of
cheer.*

Helen Hunt Jackson

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.

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:

September 26 – Hatchet by Gary Paulsen

October 24 – Miracle on the Hudson by William Prochnau

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 –

Walking club at 9 AM. Meet at the Cider Mill and walk the Rail Trail with Friends.

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 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 2nd Wednesday of the Month at the Unitarian Universalist Church in Worcester. Call 508-756-1545 X339 for more info.

News from SHINE September 2013

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!

Beginning in October we will be conducting our Medicare Boot Camp Meetings to explain any changes to Medicare or Medicare Health Plans or Drug Plans for the 2014 plan year. These meetings are important and you should plan to attend one near you. Although we will not have a meeting in all Senior Centers, I am sure we will have one near your home. Watch your local papers for more information.

Fallon/Reliant Medical Group Issue

As most folks know, as of January 1, 2014, the Reliant Medical Group/Reliant Clinic will no longer be accepting the Fallon Senior Plan. This means that folks who currently have a Fallon Senior Plan will no longer be able to use that plan at Reliant facilities. **DON'T PANIC!** During the Annual Enrollment Period, you will have several options that will allow you to keep your current physician at the Reliant Clinic. If you have any questions, feel free to call us.

Trained SHINE (Serving the Health Information of Elders) volunteers can help you. They offer free, confidential counseling on all aspect 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 as soon as possible.



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.

What is Cholesterol?

Cholesterol is a waxy, fat-like substance that is found in all cells of the body. Dietary cholesterol is only found in animal products. Our livers produce enough cholesterol to help lubricate our joints, transportation of fats around the body, the creation of Vitamin D and building cell membranes.

Cholesterol cannot dissolve in blood so to travel in the bloodstream; cholesterol must be carried in small packages called lipoproteins. The small packages are made of fat (lipid) on the inside and proteins on the outside. Two kinds of lipoproteins carry cholesterol throughout your body.

It is important to have healthy levels of both:

Low-density lipoprotein (LDL) cholesterol ("Lousy cholesterol"). High LDL cholesterol leads to a buildup of cholesterol in arteries. The higher the LDL level in your blood, the greater chance you have of getting heart disease.

High-density lipoprotein (HDL) cholesterol ("Happy cholesterol"). HDL carries cholesterol from other parts of your body back to your liver. The liver removes the cholesterol from your body. The higher your HDL cholesterol level, the lower your chance of getting heart disease.

Blood Cholesterol Level Chart	Desirable	Borderline (high)	High Risk
Total Cholesterol	< 200	200-240	> 240
Triglycerides	< 150	150-500	> 500
Low Density Cholesterol (LDL)	< 130	130-160	> 240
High Density Cholesterol (HDL)	> 50	50-35	< 35

Reprinted from MOC

Preparedness for Seniors

September is National Preparedness Month (NPM). It is a time to prepare yourself and those in your care for emergencies and disasters. This September, please prepare and plan in the event you must go for three days without electricity, water service, access to a supermarket, or local services for several days. Just follow these four steps: Be Informed; Make a Plan; Build a Kit; Get Involved.

While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared. By evaluating your own personal needs and making an emergency plan, you can be better prepared for any situation. Visit [Ready.gov/seniors](https://www.ready.gov/seniors) and consider the following. Learn more about how a disaster might affect your individual needs or the needs of someone you care for. It's possible that you will not have access to a medical facility or even a drugstore. Plan to make it on your own, at least for a period of time. Identify what kind of resources you use on a daily basis and what you might do if they are limited or not available. Build a Kit with your unique consideration in mind. What do you need to maintain your health, safety and independence? Create a network of neighbors, relatives, friends, and co-workers to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment. If appropriate, discuss your needs with your employer. Seniors should keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals and any other items you might need. Be sure to make provisions for medications that require refrigeration. Make arrangements for any assistance to get to a shelter.

Reprinted from www.fema.gov

What is Estate Planning?

Estate planning involves planning for both incapacity during your lifetime and planning for the disposition of your assets in the event of your death. If you became incapacitated, who would make medical decisions for you? Who would pay your bills? If you were to die, who should receive your assets? Who should be in charge of making sure that your estate is managed properly? Are estate taxes an issue, and if so, are you taking advantage of all available estate tax exemptions? Is avoiding probate important to you? These are some of the many questions that may be answered in the context of an estate plan.

Some clients will say "I don't need an estate plan, since I don't have an estate to plan." By this they mean that since they don't feel like they have significant assets, they don't need an estate plan. However, it is not just about money. Many elder law professionals will tell you that the most important part of an estate plan is planning for incapacity (signing a Durable Power of Attorney and Health Care Proxy), as the person you appoint to handle your financial affairs and make your medical decisions in the event of incapacity can have a very significant impact on the quality of your life.

Even clients who don't feel "rich" frequently find that significant assets will pass in the event of their death. They may not feel rich now, since their main assets are their home and an Individual Retirement Account, but from the future beneficiary's point of view, significant assets are involved, and proper planning is important in maximizing the benefits to your beneficiaries.

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.



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.



September Calendar of Events

(Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
2 Senior Center Closed	3 9 – Walking club 11:30 – stuffed shells with meatballs 12:15 – Game day	4 9:30 – Chair yoga 11:30 – SPECIAL: baked salmon 1 – Van shopping trip to Walmart	5 9 – Yoga 11:30 – breaded chicken	6 11:30 – meatloaf
9 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – fish sticks	10 9 – Walking club 11:30 – turkey 12:15 – Game day	11 9:30 – Chair yoga 11:30 – chicken breast 1 – Van shopping trip to K-Mart 6 – Game night	12 9 – Yoga 11:30 – cold plate: egg salad 1 – Entertainment	13 11:30 – lasagna with meat sauce
16 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – white chicken chili	17 9 – Walking club 11:30 – roast pork 12:15 – Game day	18 9:30 – Chair yoga 11:30 – chicken meatballs 1 – Van shopping trip to Walmart 2 – Yoga for Building Strong Bones	19 9 – Yoga 11:30 – chicken breast 12-2 – Elder Keep Well Clinic 12:30 – Ice cream social	20 11:30 – broccoli bake SATURDAY – Yard Sale 8 - 2
23 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – cheese tortellini 12:15 – Relaxation talk	24 9 – Walking club 11:30 – potato fish 12:15 – Game day	25 9:30 – Chair yoga 11:30 – breaded chicken 1 – Van shopping trip to Target	26 9 – Yoga 11:30 – cold plate: turkey salad with cranberries 12:30 – Book club	27 11:30 – shaved steak
30 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – chicken a la king 12:15 – Health Care Proxy talk				



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
nboardman@sterling-ma.gov

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

Are you a homebound senior who loves to read? Nickole, Outreach Aide, along with the library, are looking into developing a book delivery service for homebound elders. If you are interested, please call Nickole at 978-422-3032.

Spotlight for the month: "Olde Time Schools" by Dave Downs at 1 PM on Thursday, September 12th. Come and learn about 19th century school houses, slate pencils, the horn book, punishments, and many other interesting topics. Since we are located in an old school, this topic was made for us! This should be an enjoyable presentation, mixed with humor, and full of little known historical facts. All are invited. Refreshments will be served after the program.

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

PRESORTED
STANDARD
US POSTAGE
PAID
STERLING, MA
01564

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