

Sterling Council on Aging

Living Out Our Sterling Years Together

September 2014

Volume 19, Number 129

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:

Joan Seymour

Spare Drivers:

Gloria Rugg

Meal Site Manager:

Sandra Jacala

♦ COA Board

Barbara Foster, Chair

Sharon Bloom, Vice Chair

Sue Doucette, Secretary

Constance Cleary, Treasurer

Anita Benware

Irene Camerano

Mary Higgins

Debra MacLennan

Peter Watson

Ken Day, Associate

Ellen Sesia, Associate

Robert Bloom, Associate

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

Message from the Director

I hope you all had a wonderful summer. Come back to the Senior Center this month, as it is Senior Center month. We have quite a few activities going on. Make new friends or catch up with an old one.

The new Senior Center project is moving along. The Owner's Project Manager is ready to go. The next step is to hire the Architect. The plan is to break ground next spring. We will keep you updated throughout the process. The COA would like to publicly thank the Senior Center Building Committee for their hard work to keep this project moving forward. In the end, this will be a great asset to the entire town.

School has started. Keep an eye out for kids and school buses. Taking that extra moment to look may save a life.

Enjoy the weather!

Karen



September Yoga Themes:

Week 1: Circle Yoga

Week 2: A – Awareness –

Arthritis – Align the Spine

Week 3: B – Bones – Breath-
Balance

Week 4: C – Calm – Centered

– Core - Compassionate

Week 5: Super Brain Yoga

The COA vans are available to bring you to the doctor's office, to the hair dresser, to the grocery store, to the food pantry, and many other places. Call the Senior Center at 978-422-3032 to check for availability.

Volunteer opportunity: With our new Senior Center right around the corner, we are going to need people to answer the phone. If you are interested in volunteering at the Senior Center to answer phones please stop by the office to fill out a CORI form.

Volunteer opportunity: Are you good with people? Can you take a project and run with it? We are looking for a Volunteer Coordinator. We would like to make sure that our volunteer program is running smoothly. We are looking for someone to update our volunteer manual, volunteer job descriptions, and assist with volunteer recruitment and retention. If interested, please contact the office.

Special Events for September

Monday, September 1 – **Senior Center closed** for Labor Day.

Tuesday, September 9 – **State Primary Elections**. The van will be available to drive people to the polls. Call the Senior Center at 978-422-3032 to book a ride.

Thursday, September 11 – **“This Land is Your Land” musical concert by Roger Tincknell** at 12:30 PM. Please join us for this interactive musical program that celebrates our country in song. We are excited to have Roger Tincknell back at the Senior Center. All are invited – bring a friend. Refreshments will be served after the program.

Monday, September 15 – The American Red Cross will be hosting a **blood drive** at the Senior Center from 2 – 7 PM. Walk ins are welcome or go to redcrossblood.org to schedule an appointment.

Thursday, September 18 – **SHINE** counselor will be available to answer your health insurance questions. Appointments are required by calling the Senior Center at 978-422-3032.

Thursday, September 18 – **Elder Keep Well clinic** from 12 -2 PM.

Saturday, September 20 – The Volunteers for the Senior Center will be holding their **annual yard sale** and bake sale in conjunction with the Town Wide Yard Sale from 8 – 2 PM in front of the Butterick Building. Donations will be accepted until 3 PM on Thursday, September 18th. If you have a donation but cannot get to the Senior Center, call us at 978-422-3032 and someone will come pick it up. Due to storage, furniture cannot be accepted as a donation. Money raised goes towards entertainment at the Senior Center. Thank you for your support.

Monday, September 22 – **CO Detector Talk by the Sterling Fire Department** at 12:30 PM. Did you know that you are required by law to have at least one carbon monoxide detector in your home? Did you know that carbon monoxide is a silent killer that claims the lives of many people every year? Please come to this informative talk to learn how to protect you and your loved ones.

Thursday, September 25 – **Book club** at 12:30 PM. This month’s selection is Riding Lessons by Sara Gruen

Friday, September 26 – FOSS is holding their monthly **Pancake Breakfast**. \$2.00 a person. All invited.

Monday, September 29 – **Tax Changes for Seniors talk by Heather** at 12:30 PM. There are several changes to the tax code which could affect many seniors. Come to this free talk to learn about these changes and how they might affect you or a loved one.



What children need most are the essentials that grandparents provide in abundance. They give unconditional love, kindness, patience, humor, comfort, lessons in life. And, most importantly, cookies.

~Rudy Giuliani

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, 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:

Thursday, September 25 – Riding Lessons by Sara Gruen

Ongoing Events:

Mondays –

Art class at 10 AM. Stopped due to illness.

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.

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.

News from SHINE September 2014

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 Open Enrollment Update Meetings to explain any changes to Medicare or Medicare Health Plans or Drug Plans for the 2015 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 Senior Center Newsletter for more information, or call us at the number below or 508-422-9931 to get the location of a meeting near you.

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.

Grandparents Day, September 7, 2014

In 1970, Marian McQuade began a campaign to establish a special day of recognition for grandparents. Through her efforts, she reached out to the civic, business, faith, and political leaders and began a statewide campaign for Grandparents Day. In 1973, the first Grandparents Day was proclaimed in West Virginia by Governor Arch Moore. In 1978, the United States Congress passed legislation proclaiming the first Sunday after Labor Day as National Grandparents Day. President Jimmy Carter signed a presidential proclamation and thus began the observation of this special holiday.

Since 2010, Generations United has worked with President Barack Obama to bring awareness to Grandparents Day. In 2010 and 2011, President Obama issued presidential proclamations calling on Americans to “honor those who have helped shape the character of our Nation, and thank these role models for their immeasurable acts of love, care, and understanding.”

This year Grandparents Day is Sunday, September 7th. Generations United is inviting grandparents and older adults to do something grand and share your wisdom, perspectives, and key civic values with and on behalf of young people. Together, older and younger people can reach out to decision makers and begin one of the most important dialogues in our history: discussing how, as a country, we can address the many challenges facing future generations – from literacy to health and wellness to financial stability. What better way to celebrate the contributions of grandparents to our nation than joining together and reaching for greater heights for our future!

Grandparents Day is a time to Do Something Grand. Generations United is calling on people of all ages to advocate on behalf of America’s future: our children and youth. Visit www.grandparentsday.org for more information.



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

9/27 – NYC 9/11 Memorial & Museum @ \$89.00/pp (full, waiting list)

10/12 – Vermont Foliage, country Inn lunch, the Vermont Country Store, plus @ \$79.00/pp

11/16 – Boston for a pre Christmas stocking stuffer tour and lunch, plus @ \$89.00/pp

12/14 – Regal Players Christmas Show and Lunch @ \$90.00/pp

6/13/15 – “Kinky Boots” at PPAC & lunch at Spirito’s of Providence @ \$139.00/pp (full, waiting list)

Overnight trip (see brochures for pricing)

5/02-09/2015 – Holland America cruise, Bermuda from Boston

Property Tax Exemptions Available To Qualifying Sterling Residents

Clause 41D: If you are aged 70 by July 1 and own and occupy your property for at least 5 years, you could be eligible for a \$500.00 exemption off your tax bill.

Income limits –	Single person no more than \$18,577 a year
	Married persons no more than \$22,660 a year
Asset limits –	Single person no more than \$40,014
	Married persons no more than \$42,869

Note: income is counted from all sources: wages, Social Security, pensions, interest, rent, etc. Proof of income is required. Assets include bank accounts, checking accounts, stocks, bonds, 401K, IRA, savings certificates, motor vehicles, boats, real estate, etc. (Value of domicile including up to a 3 unit dwelling is exempt). Documentation is required.

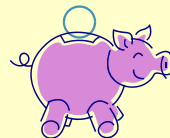
Clause 17D: If you are elderly and lost your spouse or are elderly and don't meet the limits for clause 41D, you might be eligible for a \$273.00 exemption off your tax bill.

Income limits –	not considered
Asset limits –	no more than \$57,161

Clause 37A – If you are registered with the Division of the Blind and have a certificate, you could qualify for a \$437.50 exemption off your tax bill.

There are also exemptions for veterans with service connected disabilities.

In order to be considered for these exemptions, please contact the Assessor's Office at 978-422-8111 x2313. An application with any and all documentation has to be received back in the office in order for it to be processed. If you need assistance filling out the paperwork, contact the Senior Center at 978-422-3032.



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. 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
1 Senior Center closed for Labor Day	2 9 – Walking club 11:30 – chicken breast with red pepper pesto 12:15 – Game day	3 9:30 – Chair yoga 11:30 – special: turkey chow mein 1 – Van shopping trip to Target	4 9 – Yoga 11:30 – roast pork	5 9:30 – Pilates 11:30 – diced chicken with cacciatore sauce
8 10 – Exercise class 11:30 – chicken kielbasa	9 9 – Walking club 11:30 – breaded fish 12:15 – Game day	10 9:30 – Chair yoga 11:30 – chicken breast 1 – Van shopping trip to Walmart in West Boylston	11 9 – Yoga 11:30 – cold plate: roast beef sandwich 12:30 – Music by Roger Tincknell	12 9:30 – Pilates 11:30 – broccoli bake
15 10 – Exercise class 11:30 – American chop suey 2 – Blood Drive	16 9 – Walking club 11:30 – chicken breast 12:15 – Game day	17 9:30 – Chair yoga 9:30 – Computer class 11:30 – roast pork 1 – Van shopping trip to Ocean State Job Lot	18 9 – Yoga 11:30 – chicken alfredo 12 – Elder Keep Well Clinic	19 9:30 – Pilates 11:30 – burger with mushroom gravy Saturday, the 20 th : Yard Sale 8-2 PM
22 10 – Exercise class 11:30 – sweet and sour meatballs 12:30 – CO Detector talk	23 9 – Walking club 11:30 – beef Bolognese with ziti 12:15 – Game day	24 9:30 – Chair yoga 9:30 – Computer class 11:30 – breaded chicken 1 – Van shopping trip to Walmart in Leominster	25 9 – Yoga 11:30 – roast turkey 12:30 – Book club	26 7:30 – Pancake Breakfast 9:30 – Pilates
29 10 – Exercise class 11:30 – shepherd's pie 12:30 – Tax change talk	30 9 – Walking club 11:30 – diced chicken 12:15 – Game day			



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

It's that time of year again. If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2015. It is important to review, understand, and save this information. Medicare Open Enrollment is October 15th to December 7th.

YARD SALE DONATIONS BEING ACCEPTED

The Senior Center volunteers are accepting donations for the annual yard sale on Saturday, September 20th. Donations can be dropped off at the Senior Center during business hours. If you cannot get the donations to us, someone will come and pick them up by calling the Senior Center at 978-422-3032. Donations will be accepted until 3 PM on Thursday, September 18th. Furniture cannot be accepted.

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