

Sterling Council on Aging

Living Out Our Sterling Years Together

Summer 2013

Volume 18, Number 118

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

Spare Drivers:

John Perry

Gloria Rugg

Meal Site Manager:

Sandra

Message from the Director

Thanks to all who came to the Annual Town Meeting in May and supported the Senior Center. As the Building Committee has stated, "we are not done yet!" Many agree that our current space is not perfect. We will keep trying to get a better center for Sterling's seniors.

Thank you also to everyone who supported the position of Meal Site Coordinator. This position is crucial to keeping the meal site open. This will also give a much needed break for our volunteers who have been keeping the kitchen open. A special thanks has to go out to Mary Higgins who worked diligently to keep the meal site open during this transitional phase.

The COA has a second van. We will start offering transportation for morning appointments this month. You still have to call the Senior Center at least 48 hours in advance to schedule a ride. We can go from Worcester to Fitchburg. Over the years we have not been able to accommodate morning appointments. We hope the addition of this van will assist more seniors with keeping up their health care.

Please stay safe this summer. If heat becomes a problem, please call us at 978-422-3032.



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

The Walking Club is starting up again on Tuesdays.

Meet at the Cider Mill entrance to the Rail Trail for a 9 AM start. The long winter kept many of us indoors and now our bodies are craving some fresh air outside. This is a great group. Walking with friends is more motivating than trying to do it on your own. Hope to see you!

The Senior Center is air conditioned in the summer. If it gets too hot for you, come on down and cool off. We try to keep it around 72 degrees. If that is too chilly, please bring a sweater. We cannot change the temperature based on one person's preference.

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

Special Events for Summer

June

Thursday, June 13 – Crop Circles talk by John Root at 12:30 PM. *The Majesty and Mystery of “Crop Circles”* is a power point presentation featuring breathtaking images of exquisite designs found each year, especially in the last three decades, in farmers’ fields all over the world. Photographs of anatomical changes often observed in the plants and the intricately layered weaving of downed plants are presented as evidence of powerful and mysterious energies at work. Other phenomena, including dramatic effects of the formations on electronic equipment, soils, animals, and humans as well as frequent observations of hovering “balls of light”, are also related. Interpretations of these complex and captivating designs, many of which incorporate animal motifs, encode mystical traditions, and occur near sacred sites, are also discussed. All are welcome. Refreshments will be served.

Monday, June 17 – Father’s Day Ice Cream Social at 12:30 PM. \$1.00 a person. Sign up by June 12th. Come and celebrate Father’s Day with ice cream.

Wednesday, June 19 – Floor Yoga at 2 PM. \$5.00 a person.

Thursday, June 20 – SHINE counselor will be available to answer health insurance questions. Appointments are required by calling the Senior Center at 978-422-3032.

Thursday, June 20 – Elder Keep Well Clinic from 12 – 2 PM.

Monday, June 24 – Medicare Fraud and Abuse Training at 12:30 PM. Learn the best practices of how to protect, detect, and report healthcare errors, fraud, and abuse.

Thursday, June 27 – Electrical talk for Seniors by the Light Department at 11 AM. Come and listen to a program on electricity and stay for a pizza lunch. You must attend the talk to be eligible for the pizza lunch. Sign up required by calling the Senior Center at 978-422-3032. Reservations must be received by Monday, June 24th.

Thursday, June 27 – Book club at 12:30 PM. This month’s selection is The ABC Murders by Agatha Christie.

July

Thursday, July 4 – Senior Center closed for Independence Day.

Thursday, July 17 – Floor Yoga at 2 PM. \$5.00 a person.

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

Thursday, July 18 - Elder Keep Well Clinic from 12 – 2 PM.

Thursday, July 25 – Book club at 12:30 PM.

August

Thursday, August 15 – SHINE counselor will be available to answer health insurance questions. Appointments are required by calling the Senior Center at 978-422-3032.

Thursday, August 22 – Book club at 12:30 PM.



Events may change and/or be added over the summer. Please check the local paper and cable station for these changes.

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. Thank you everyone who has donated cards!

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 June 2013
Medicare Fraud and Abuse

While most Medicare payment errors are simple billing mistakes, Medicare Fraud and Abuse does exist. Fraud occurs when someone intentionally falsifies information or deceives the Medicare Program. A common example of fraud is knowingly billing Medicare for services or equipment that were never provided or received. Abuse occurs when doctors or suppliers do not follow good medical practices. These practices may result in unnecessary costs to the Medicare Program for services that are not medically necessary.

You can help stop fraud by reviewing your Medicare statement (Medicare Summary Notice – MSN) to make sure Medicare is not charged for items or services you did not receive. The MSN shows what Medicare was billed, what Medicare paid and what you may owe. If you have a question or concern regarding a Medicare claim, you should first discuss it directly with your physician, provider, or supplier that provided the service.

Assistance is also available through the Massachusetts Senior Medicare Patrol (SMP), which is a group of trained volunteers who teach Medicare beneficiaries how to protect their personal information, identify and report errors on their health care statements, and report fraud and abuse to the proper authorities. You can contact the Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890.

You can now access our monthly SHINE chat line, sponsored by the Central Massachusetts Agency Aging, on the second Tuesday of each month. To attend the SHINE Session, go to www.SeniorConnection.org and click on Connection for Caregiver button. Then click on the Support Groups and Chat button. Create a username and password, log in and click on SHINE.

If you need help on any aspect of your health insurance, SHINE offers free counseling at your local Senior Center or Council on Aging. Call your Senior Center or COA and ask for a SHINE appointment. You can reach a SHINE volunteer by phone at 1-800-AGE-INFO (1-800-243-4636) If you get the SHINE voice mail, leave your name and phone number and a counselor will call you back as soon as possible. SHINE (Serving the Health Information of Elders) is coordinated by the Massachusetts Executive Office of Elder Affairs in partnership with the Friends of the Milford 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.

MEMA Tornado Warning

The Oklahoma Tornado is a strong reminder of the devastation that these storms can bring this time of year. Tornadoes are nature's most violent storms, with whirling winds that can reach 300 mph. Spawned from powerful thunderstorms, damage paths can be in excess of one mile wide and 50 miles long. Massachusetts residents have recently experienced the destruction of the Greater Springfield Tornado in June 1, 2011 which killed three, injured over 300 and destroyed or damaged over 1,400 homes and businesses. The infamous Worcester Tornado, which swept through Central Massachusetts in June 9, 1953, killed 94, seriously injured over 1,200 and over 4,300 homes and businesses destroyed or damaged. "Although tornadoes as severe as the Springfield and Worcester Tornadoes are rare, we are reminded that they can happen here and how damaging they can be," states Massachusetts Emergency Management Agency Director Kurt Schwartz. "It is important that we all familiarize ourselves with what we should look for and what steps we should take if a tornado is forecast."

Before a Tornado threatens Know the terms used by meteorologists: Tornado Watch – Tornadoes are possible. Remain alert for approaching storms. Listen to the Media for updates. Tornado Warning – A tornado has been sighted or indicated by weather radar. Take shelter immediately. Purchase a NOAA Weather Radio with a battery backup and tone-alert feature, as well as a battery-powered commercial radio and extra batteries. Download the free *ping4alert!* app to your Smartphone to receive important weather alerts and emergency messages from MEMA. Easy instructions are available at www.mass.gov/mema/mobileapp. Determine locations to seek shelter, such as a basement or storm cellar. If an underground location is not available, identify an interior room or hallway on the lowest floor. Know locations of designated shelters in places where your family spends time such as public buildings, nursing homes, shopping centers and schools. Assemble your family's Disaster Supply Kit. Make a record of your personal property, taking photographs/video of your belongings. Store these documents in a safe place.

During a Tornado Watch Listen to NOAA Weather Radio or commercial Media for updates. Be alert for approaching storm, particularly revolving funnel-shaped cloud. Other tornado danger signs include a dark, almost greenish sky; large hail; a large, dark, low-lying cloud; or a loud roar, similar to a freight train. Be warned that sometimes tornadoes develop so rapidly; there is no visible advanced warning. Avoid places with wide-span roofs such as an auditorium, cafeteria, supermarket or shopping mall. Be prepared to take shelter immediately. Gather household members, pets and Disaster Supplies. **During a Tornado Warning** In a residence or small building, move to a pre-designated shelter, such as a basement or storm cellar. If there is none, go to an interior room on the lower level, away from windows (closet, interior hallway, bathroom). Put as many walls as possible between you and the outside. Get under a sturdy table and use your arms to cover your head and neck. Do not open windows. Use the time to seek shelter. Go to the center of the room, avoiding the corners, which attract debris. In large public buildings, go to predetermined shelter areas. Interior hallways on the lowest floor are usually safest. Stay away from windows and open spaces. In a high-rise building, go to a small interior room or hallway on the lowest possible floor. Get out of vehicles, trailers and mobile homes immediately and go to the lowest floor of a sturdy nearby building. Never try to outrun a tornado in a congested area. If caught outside with no shelter, lie flat in a nearby ditch or depression and cover your head with your hands. Be aware of the potential of flooding. Do not go under a bridge or overpass. You are safer in a low, flat location. Watch out for flying debris from tornadoes, which is the cause of most fatalities and injuries.

After a Tornado Listen to the Media for the latest emergency information. Be aware of broken glass and downed power lines. Help injured or trapped persons. Do not attempt to move seriously injured persons unless they are in immediate danger of death or further injury. Stay out of damaged buildings, returning only when authorities deem it safe. Use the telephone only in emergencies. Texting is more likely to work. Leave the area if you smell gas or chemical fumes. Take photographs/video of the damage for insurance purposes. Remember to help your neighbors, particularly those who may require special assistance. The Massachusetts Emergency Management Agency (MEMA) is the state agency responsible for coordinating federal, state, local, voluntary and private resources during emergencies.

Heat Stroke in the Elderly

Heat stroke is a medical emergency. Often the problem is that elderly people don't want to be a problem and so they don't want someone called. They will say they will be just fine even when they are feeling very poorly. The old movies had it right when we saw someone collapse and then a bystander went to get a cool cloth, gave a cool drink, and fanned the person to give them air circulation. They were really doing the right thing.

Signs and symptoms of heat stroke:

- Fast heart beat
- Fast / shallow breathing
- Hot dry skin – (can be cold clammy skin if the person is going into shock)
- Confusion – altered mental state

Elderly at risk for heat stroke: those who are socially isolated; those on diuretics; those with decreased ability to sweat (diagnosis of hypothyroidism, on a stimulant or one of the many medications that contribute to dehydration by altering salt to water balance); those who drink alcohol in warm or hot weather – alcohol is a diuretic; those who are obese; Confused Elders; those without air-conditioning; those in large crowds where there is little air circulation

Ways to reduce incident of heat stroke: reduce physical activity in hot or humid weather; stay well hydrated; do outdoor activities during cool time of day

Virginia Garberding, R.N.

Director of Education, The Wealshire, Lincolnshire, Illinois



Who's at Risk for Eye Damage from the Sun

Yes, **everyone (including children)** is at risk for eye damage from UV radiation that can lead to vision loss. Any factor that increases the amount of time you spend in the sun will increase your risk.

People who work or play in the sun for long periods of time are at the greatest risk.

The risk of sun related eye problems is higher for people who:

- spend long hours in the sun
- have had cataract surgery* or have certain retina disorders
- are on certain medicines, such as tetracycline, sulfa drugs, birth control pills, diuretics and tranquilizers that increase the eye's sensitivity to light.

*If you have had cataract surgery, you may be more at risk of injury from sunlight unless the artificial lens you received during surgery absorbs UV rays.

Reprinted from www.preventblindness.org

June Calendar of Events (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
3 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – pork	4 9 – School Committee chat 11:30 – grilled chicken 12:15 – Game day	5 9:30 – Chair yoga 11:30 – broccoli bake 1 – Van shopping trip to The Mall at Whitney Field	6 9 – Yoga 11:30 – kielbasa	7 11:30 – turkey tetrazzini
10 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – Swedish meatballs	11 9 – School Committee Chat 11:30 – tuna salad on lettuce 12:15 – Game day	12 9:30 – Chair yoga 11:30 – SPECIAL: baked ham 1 – Van shopping trip to Walmart	13 9 – Yoga 11:30 – breaded chicken 1 – Entertainment	14 11:30 – cheese tortellini
17 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – chicken breast 12:30 – Ice cream social	18 9 – School Committee Chat 11:30 – macaroni and cheese 12:15 – Game day	19 9:30 – Chair yoga 11:30 – turkey 1 – Van shopping trip to Ocean State Job Lot 2 – Floor Yoga	20 9 – Yoga 11:30 – potato fish wedge 12-2 – Elder Keep Well Clinic	21 11:30 – sloppy Joe
24 9 – Coffee hour 10 – Exercise class 10 – Art class 11:30 – BBQ beef rib 12:30 – Medicare Fraud talk	25 9 – School Committee Chat 11:30 – breaded chicken 12:15 – Game day	26 9:30 – Chair yoga 11:30 – ziti with Bolognese sauce 1 – Van shopping trip to Walmart	27 9 – Yoga 11- Light Department talk followed by pizza 12:30 – Book club	28 11:30 – sweet and sour pork

Choice Wednesday menu (must be called in before 12 noon on Monday):

June 5 – tomato soup, seafood salad on lettuce, Italian potato salad

June 12 – Minestrone soup, grilled chicken Caesar salad, pasta salad

June 19 – chef salad, macaroni salad

June 26 – sliced turkey with cheese, potato salad, peaches





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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.

St. Richard's of Chichester Catholic Church on 4 Bridge Street is now offering a food pantry. They are open Mondays from 10 AM – 1 PM and Thursdays from 10 AM – 1 PM. All are welcome. The WHEAT food pantry in Clinton also offers an opportunity to get assistance with food.

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