

Sterling Council on Aging

Living Out Our Sterling Years Together

Summer 2014

Volume 19, Number 128

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 Smith

Spare Drivers:

Gloria Rugg

Meal Site Manager:

Sandra Jacala

♦ COA Board

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Irene Camerano

Sue Doucette

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Peter Watson

Ken Day, Associate

Ellen Sesia, 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 know the nice weather is upon us, as my allergies are going crazy! I hope this newsletter finds you all able to breathe and function without sneezing, runny itchy eyes, and severe headaches!

Thank you all for showing up at town meeting and at the polls. It is great to see a large turnout for town events. No matter how you vote, it is important to exercise that right to vote. Thank you again.

Some events don't run in the summer due to vacations. The computer class will not be meeting during the summer. The hula hoopers may not meet every week due to summer schedules. Feel free to call the Senior Center at 978-422-3032 to make sure that an event is running.

May the summer find you healthy enough to enjoy the weather. The Senior Center is air conditioned. We keep it around 72 degrees. If this is too cold, please bring a sweater. If this is too warm, leave your sweater at home. Give us a call if you need a ride in to cool off. Enjoy.



Dust off your sneakers! The Walking Club has started up! Join us on Tuesdays at 9 AM. Meet at the Cider Mill Entrance to the Rail Trail. Walkers of all abilities are welcome. Call the Senior Center at 978-422-3032 with any questions.

Dotel Recall

I'm 85 and I'm worry-free,
But 2 little things still bother me.
The first is one you can plainly see:
My memory's not what it used to be.
And my memory's not what it used to be.

Bob Malcolmson

Special Events for Summer

June

Monday, June 2 – Spring Jingo at 12:30 PM. Join us for a fun bingo-like game. Prizes will be awarded. All are welcome.

Monday, June 9 – Father's Day Ice Cream Social at 12:30 PM. \$1.00 a person. Sign up by June 6 by calling the Senior Center at 978-422-3032. All are welcome.

Thursday, June 12 – Butterflies of the Northeast talk by John Root at 12:30 PM. This program offers enchanting images of butterflies throughout their life cycles. You will learn the distinguishing characteristics of butterfly families and of selected species within each family. This should be a fun, informative program. All are welcome. Refreshments will be served after the program.

Monday, June 16 - Longevity Gifts of Abkhazia, Vilcabamba and Hunza by Tricia Silverman at 12:30 PM. Come join Tricia Silverman, Registered Dietitian, for an engaging and informative presentation. She will discuss the lifestyle and dietary practices of cultures where elders are known for living long lives full of vitality and health. Explore the unique breakfast habits of the Abkhazians and Hunzans. Learn about the natural-foods diet of the Vilcabambans, and see how reducing processed foods in your own diet may contribute to longevity and robust health. All are welcome. This program is sponsored, in full, by the Sterling Cultural Council, a local agency of the Massachusetts Cultural Council, a state agency.

Thursday, June 19 – SHINE counselor will be available to answer health insurance questions.

Appointments are required by calling the Senior Center at 978-422-3032.

Thursday, June 19 – Elder Keep Well clinic from 12 – 2 PM.

Monday, June 23 – Senior Safety Talk sponsored by the Sterling Municipal Light Department. Come and learn some electrical safety information at 10:30 AM followed by a free pizza lunch at 11:30 AM. You must come for the talk in order to enjoy the lunch. Sign up required by calling the Senior Center at 978-422-3032 by Friday, June 20.

Thursday, June 26 – Book club at 12:30 PM. This month's selection is The Silver Star by Jeannette Walls. All are welcome.

Friday, June 27 – Pancake Breakfast by FOSS from 8 – 10 AM. \$2.00 gets you pancakes, sausage, fruit cup, tea breads, coffee, and juice.

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



Summer
afternoon,
summer
afternoon; to
me those have
always been the
two most
beautiful words
in the English
language.

[Henry James](#)

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!

Ongoing Events:

Mondays –

Art class at 10 AM. Discover your artistic side with classes taught by Artist Howard Besnia, at his studio – 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.

Hula Hooping at 5 PM at the 1835 Town Hall, second floor. Free

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. Suspended for the Summer. See you in the Fall.

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.

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
Medicare and Mental Health Benefits

Since January 2014, Original Medicare increased its payment for most outpatient mental health services to the same 80% level as other Medicare Part B services: you or your supplemental insurance must pay the remaining 20% coinsurance.

Medicare Advantage plans must cover the same services as Original Medicare, but your plan will likely require an in-network mental health care provider. If you have a Medicare Advantage Plan, contact your plan to find out about your copayments.

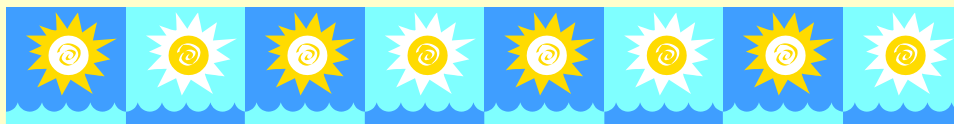
You can receive mental health services in an outpatient hospital program, at a doctor's or therapist's office or a clinic. Medicare will help pay for outpatient mental health services from general and nurse practitioners, physicians' assistants, psychiatrists, clinical psychologists, clinical social workers or clinical nurse specialists, as long as they are Medicare providers. Know that psychiatrists are less likely to not accept Medicare than other practitioners.

Ask your provider if they take Medicare before you begin receiving services!

Medicare covers yearly screenings to detect depression. Part D Medicare prescription drug plans must cover nearly all antidepressant, antipsychotic, and anticonvulsant prescription drugs used to treat mental health conditions.

Original Medicare and Medicare Advantage plans continue to provide coverage for inpatient mental health services.

To better understand and access Medicare benefits, call your Senior Center and ask for a free, confidential SHINE appointment to discuss Medicare health insurance. You can also reach a SHINE counselor at 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 trained volunteer counselor 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.

Blackberries, Raspberries, and Boysenberries – June is peak season!

Take advantage of these wonderful berries during June. They are plentiful and at a lower cost than any other time of year. Boysenberries are a hybrid of blackberries, raspberries, and loganberries.

Nutrition

1 cup of these berries has only 65 calories with no fat and are very low in sodium. These berries are very high in fiber, magnesium, and Vitamin C.

Buying

Select plump, well-colored blackberries. They should not have stem caps attached. If hulls are still attached, the berries are immature and were picked too early. Avoid berries showing any signs of decay. When buying berries, shop with your nose. Always pick the plumpest and most fragrant berries. They should be firm, bright, and fresh looking with no mold or bruises. If possible, buy locally grown berries. They're likely to be sweeter and juicier than those that are bred for shipment. Select berries that are in dry, unstained containers. (Stained containers may indicate over soft berries that are not freshly picked.) Mold on berries spreads quickly. Never leave a moldy berry next to a good one.

Information provided by Montachusett Opportunity Council



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

06/21 – Cape Cod Canal Cruise, Sandwich Glass Museum, lunch at the Daniel Webster Inn @ \$83.00/pp

07/20 – Maine Lobsterbake at the Bull & Claw, Wells & Ogunguit @ \$77.00/pp

08/17 – Boston Duck Tour, Swan Boats with lunch at Maggiano's @ \$90.00pp

9/27 – NYC 9/11 Museum and Memorial @\$89.00 pp – limited seating call early

10/12 – Vermont Foliage featuring the Vermont Country Store @ \$79.00 pp

Over night trip:

Aug. 23rd – 30th: Mackinac Island, Dearborn, Frankenmuth for pricing see brochure

Sept. 7th – 11th: Montreal and Quebec, step on guided tour of each city plus much more

May 2nd – 9th 2015: 8 Day Bermuda Cruise on Holland America

Outreach News

If you or if you know of any seniors who would enjoy a visit from our Outreach Aide, Nickole Boardman, please let us know.

There are programs such as food stamps, fuels assistance, and MassHealth for which you may qualify or be entitled. Other programs that may be of interested include: getting books from the library and Food Pantry assistance. Nickole can assist in getting the applications and in filling them out.

Please call Nickole at 978-422-3032 or send her an email at nboardman@sterling-ma.gov to request a visit or help.

Also, we would like to make sure that the information we have is up-to-date. Please complete the form below and return it to the Senior Center.

Emergency Contact Information

Name: _____ Phone: _____

Address: _____

Emergency Contact: _____

Phone: _____ Relationship: _____



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.



June Calendar of Events

(Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
2 10 – Exercise class 11:30 – baked salmon 12:30 – Jingo	3 9 – Walking club 11:30 – lasagna with meat sauce 12:15 – Game day 5 – Hula hoop class	4 9:30 – Chair yoga 11:30 – chicken breast 1 – Van shopping trip to Walmart in Leominster	5 9 – Yoga 11:30 – chicken ala king	6 9:30 – Pilates 11:30 – meatballs with BBQ sauce
9 10 – Exercise class 11:30 – shaved steak stir fry 12:30 – Father's Day Ice Cream	10 9 – Walking club 11:30 – chicken breast 12:15 – Game day 5 – Hula hoop class	11 9:30 – Chair yoga 11:30 – cold plate: turkey cranberry salad 1 – Van shopping trip to K-Mart	12 9 – Yoga 11:30 – roast pork 12:30 – Butterflies talk	13 9:30 – Pilates 11:30 – chicken alfredo
16 10 – Exercise class 11:30 – breaded chicken 12:30 – Longevity talk	17 9 – Walking club 11:30 – fish sticks 12:15 – Game day 5 – Hula hoop class	18 9:30 – Chair yoga 11:30 – SPECIAL: roast beef au jus 1 – Van shopping trip to Walmart in West Boylston	19 9 – Yoga 11:30 – sweet and sour chicken 12 – Elder Keep Well Clinic	20 9:30 – Pilates 11:30 – MIGHTY MEAL \$3.00: broccoli bake
23 No exercise class 10:30 – SMLD Safety Talk 11:30 – pizza party (must attend safety talk to get pizza)	24 9 – Walking club 11:30 – breaded chicken 12:15 – Game day 5 – Hula hoop class	25 9:30 – Chair yoga 11:30 – spaghetti with beef Bolognese 1 – Van shopping trip to Target	26 9 – Yoga 11:30 – cold plate: egg salad 12:30 – Book club	27 8 – Pancake breakfast 9:30 – Pilates
30 10 – Exercise 11:30 – American chop suey	1 9 – Walking club 11:30 – chicken kielbasa 12:15 – Game day 5 – Hula hoop class	2 9:30 – Chair yoga 11:30 – chicken breast 1 – Van shopping trip to Walmart in Leominster	3 9 – Yoga 11:30 – meatballs with Hawaiian sauce	4 Senior Center Closed for Independence Day



The Senior Center does not send out newsletters during the months of July and August. Events will be advertised in the Meetinghouse News, the Landmark, the Item, and on cable.

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Sterling, MA 01543

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nboardman@sterling-ma.gov

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

Do you need a large print newsletter? We received a grant from CHNA9 (Community Health Network Area of North Central Massachusetts) to distribute large-print newsletters to those in need. If you would like a large print version, or know someone who would benefit from one, please give us a call at the Senior Center, 978-422-3032. Thanks.

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