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Experiencing flu related symptoms  
that you believe are COVID-19

Self isolate and call your  
Primary Care Physician

Experiencing flu related symptoms  
that you believe are **not** COVID-19  
**and** you wish to speak to a medical  
professional

Self isolate and call your  
Primary Care Physician

Experiencing a medical emergency  
from either flu related or COVID-19  
related symptoms.  
Experiencing difficulty breathing.

Call 911

Experiencing a medical emergency  
unrelated to the flu or COVID 19  
such as a fall, laceration, limb  
fracture, etc.

Call 911

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Dial 2-1-1 for MA essential  
Community Services info.

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PRSRT STD  
U.S. POSTAGE  
PAID  
LEOMINSTER, MA  
PERMIT NO. 17

**Sterling**  
SENIOR CENTER  
PO Box 243, 36 Muddy Pond Rd,  
Sterling MA 01564

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April 1, 2020

Dear Sterling Seniors,

I never imagined a scenario where our doors would be closed to the public and we would be encouraging you to stay at home. But here we are. Our mission remains the same, "to maintain the health and well being of our Sterling seniors", but our tasks to accomplish that mission have drastically changed. The Senior Center is currently providing meals on wheels, home delivery of our congregate lunch for our more vulnerable seniors, essential transportation services, and any other services deemed necessary as a result of the pandemic.

This one page flyer will be in lieu of your April newsletter. Things are changing by the day and the hour, and this is the best way for us to share timely information and community resources. That being said, you may still have questions or needs. **We welcome you to call the Sterling Senior Center at 978-422-3032.**

It is understandable that we are all a little on edge. Get some fresh air, take a walk, dance, meditate, play music, express gratitude, call an old friend, get lost in a book, wear a smile for no reason, do whatever works to keep your spirits up! Stay home and stay well.

Veronica

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## Town of Sterling Info

All municipal buildings are closed to the public until further notice. Use our on-line resources for payment and/or contact the department via email or telephone.

**Sterling Senior Center**  
978 422 3032

Mon—Thurs 8-3; Fri 8-1

**Sterling Police Dept**  
978 422 7331

**Sterling Fire Dept**  
978 422 8107

**Sterling Municipal Light Dept**  
978 422 8267

**Veteran Services**  
978 534 7538

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## Scam Alert

No one is going around testing for the coronavirus.

Beware of scams regarding stimulus checks or requesting payments.

SMLD will **not** call you and demand payment.

Be cautious of phone solicitations and emails.

Call Sterling Police to report any suspicious contact.

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The Alzheimer's Association 24/7 Helpline (800 272 3900) is a free service, with specialists & clinicians offering confidential support and information to people living with the disease, caregivers and families.

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## What does a Stay-at-Home Advisory Really Mean?

According to the 3/20/20 MA Dept of Public Health Advisory:

- Only leave home for **essential** needs, get fresh air and exercise, avoiding unnecessary contact with others.
- Run **essential** errands such as going to the grocery store or pharmacy but practice social distancing. If you are at high-risk, inquire about alternative hours for high risk individuals.
- Fill prescriptions for 90 days if possible; or use a mail-order service.
- Still get fresh air, get gas, take-out & home deliveries, however, you must practice social distancing while outside and avoid touching surfaces frequently touched by others.

**Ask yourself: Is this trip essential??**

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## Pharmacy Suggestions:

**CVS:** drive up window or call for free delivery

**Rite Aid:** drive up window

**Walmart:** call for curbside pickup or free delivery

**Walgreens:** drive up window or smart phone app for delivery

**Hint:** Call pharmacy and ask if other items may be added to your prescription order and obtained through drive up.

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Hello Friends,

I have spoken to many of you recently, and am pleased that many of you are utilizing delivery services, or help from family or neighbors for errands and groceries. Statistics indicate that the 70+ age group is most susceptible to complications with this virus. I urge you to ask for help and either minimize or stop your trips out in public. This virus is so contagious and deadly to seniors. Ask your kids or neighbors to grab things for you. Times have changed, you do not need to go to the post office or store daily. Make lists and shop for a few weeks at a time to minimize your exposure if you must shop on your own.

Be safe, wash hands, wear gloves when you go out, don't touch your face or don't go out. I look forward to seeing you all again when our lives return to normal. Call the senior center if you need to reach me.

Nickole

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## Grocery Suggestions:

Order online through Instacart, Peapod or Walmart Grocery.

Inquire about curbside pickup.

Be patient for pickup/delivery times!

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**We have medical equipment, including walkers & wheelchairs, available during this time.**

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