

Sterling Council on Aging

Living Out Our Sterling Years Together

November 2014

Volume 19, Number 131

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

Message from the Director

The Senior Center has been very busy for the past few months. Thanks to all who have been coming to the programs. We try to offer a wide variety of programming which will interest a wide variety of people. We are always open to new suggestions.

It is easy to get caught up in all of the negative things that are going on in life – health issues, money issues, and losses – that sometimes we lose sight of the good things that are going on. Take some time this month to focus on the good things in your life. Even just writing down one thing to be thankful for each day can make you feel better. Give it a try!

I hope everyone has a good Thanksgiving. If nothing else, eat some pie. Pie makes everything better! ☺

Karen



Volunteer opportunity: We need someone who is available from 7:30 – 8:30 AM to help pack meals on wheels. We also need people to help serve and clean up the meal site from 11 AM – 12:30 PM. If you are interested and available, please call the Senior Center at 978-422-3032 or stop by the office.

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.

♦ 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 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.

Outreach News:

Nickole is working on several projects right now.

- If you are over 80, she will be contacting you about getting a CO detector
- If you need books from the library, she will deliver them for you
- If you need sand, give us a call and she will deliver it

Call the Senior Center at 978-422-3032 with any questions.

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

Special Events for November

Tuesday, November 4 – Voting Day. The van will be available to bring people to and from the voting polls. Call the Senior Center at 978-422-3032 to book your seat.

Thursday, November 6 – Movie afternoon at 1 PM. This month's movie tells the true story of Philomena Lee's 50-year-long search for her forcibly adopted son, and a journalist's efforts to help her find him. Popcorn and drinks will be served.

Monday, November 10 – Blood Drive. The Red Cross will be holding a blood drive at the Senior Center from 2 – 7 PM.

Tuesday, November 11 – Senior Center will be closed for Veterans' Day.

Thursday, November 13 – Native American Flute performance by Strong Eagle at 1 PM. Strong Eagle is a member of the Nipmuck nation. He plays flutes that he has carved by himself. Come and join us in this unique experience. All are welcome. Refreshments will be served after the program.

Saturday, November 15 – Chinese Luncheon at 12 noon. Come and join us for a Chinese lunch. \$4.00 a person. Tickets are required. Sign up in the office at 978-422-3032. Limited to 50 people.

Monday, November 17 and 24 – Leominster Credit Union will be coming at 12:30 PM on both days to talk about money issues for seniors. As we age, there are scams, questions, and issues regarding how to stay safe and live on retirement. This 2 part program will answer some questions and give lots of information on staying safe. Sign ups are preferred by calling the Senior Center at 978-422-3032. All are welcome.

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

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

Thursday, November 20 (note date change) – Book club at 12:30 PM. This month's selection is The Shunning by Beverly Lewis.

Friday, November 21 (note date change) – FOSS Pancake Breakfast from 7:30 – 9:30 AM. All are welcome for pancakes, sausage, coffee, juice, fruit cup, and tea breads. \$2.00 a person.

Thursday, November 27 – Senior Center closed for Thanksgiving.

Friday, November 28 – Senior Center closed for Thanksgiving.

Sunday, December 7 – Senior Center Christmas Party at 1 PM. Roger Tincknell will be joining us for a wonderful holiday performance. Refreshments will be served.

Thanksgiving is one of my favorite days of the year because it reminds us to give thanks and to count our blessings.

Suddenly, so many things become so little when we realize how blessed and lucky we are.

Joyce Giraud

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:

November – The Shunning by Beverly Lewis

Ongoing Events:

Mondays –

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. Stopped until spring.

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 November 2014
MEDICARE OPEN ENROLLMENT UPDATE MEETING
PLAN YEAR 2015

A MEDICARE OPEN ENROLLMENT UPDATE MEETING IS COMING SOON TO A SENIOR CENTER NEAR YOU!!!! At this meeting we will be discussing your options for MEDICARE IN 2015. We will be reviewing changes to MEDICARE Health Plans, we will also talk about MEDICARE Part D coverage and how it works. Finally we will speaking about programs that may be available to assist you with some or all of your MEDICARE costs. Please call your local Senior Center to get the location of a meeting near your home. Then call and reserve a space for this important meeting. Remember MEDICARE Open Enrollment is from October 15th to December 7th. **YOU MUST MAKE ANY CHANGES TO YOUR PLAN BY DECEMBER 7th. If you have any questions call us at 1-800-AGE-INFO/1-800-243-4636 option 3 or call our direct line at 508-422-9931.**

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 have received information from your plan by the end of September. It is important to **understand** and **save** this information because it explains any changes in your plan for 2015. 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!**

"SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly cable tv program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.

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.

Medicare Changes

Seniors! Pass this Quiz and you may save money on medications!

- | | | |
|------------------------------|-----------------------------|--|
| <input type="checkbox"/> yes | <input type="checkbox"/> no | Did you have NEW medications during 2014? |
| <input type="checkbox"/> yes | <input type="checkbox"/> no | Were you happy with the cost of your medications this year? |
| <input type="checkbox"/> yes | <input type="checkbox"/> no | Did you know that Medicare drug plans have special deals with some pharmacies to lower costs? |
| <input type="checkbox"/> yes | <input type="checkbox"/> no | Did you make an appointment with your SHINE counselor yet to find the best drug plan for 2015? |

If you answered NO to any of the above, don't miss out on saving money. Open enrollment to buy or change Medicare drug plans runs from October 15th to December 7th. Call your local Senior Center or Council on Aging or 1-800-243-4636 for information or to schedule an appointment.



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

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

3/22 – British High Tea in Boston @ \$119.00/pp

4/18 – Connecticut's Irish Hunger Museum plus Irish Pub buffet @ \$67.00/pp

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

Overnight trip

3/01-03/2015 – Philadelphia Flower Show including Longwood Gardens starting at \$469.00/pp double.

For the following trips, call 508-421-6882 for pricing:

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

9/26-10/7 – National Parks of America trip with Collette Vacations

11/7-15 – Tropical Costa Rica with Collette Vacations

November is American Diabetes Month

Type II Diabetes is the most common type in which the body does not make or use insulin well. The incidence has dramatically increased due to lack of exercise, obesity, and our high intake of processed foods, especially refined carbohydrates such as white flour and sugar. Most people need to take pills or insulin, but many can be controlled with diet and weight reduction.

People with diabetes have the same nutritional needs as anyone else. Along with exercise and medications, nutrition is important for good diabetes control. Diabetes can lead to other complications, so it is important to manage the ABCs:

- A stands for A1C test which measures blood sugar control over the last 3 months. Desirable level is under 7.
- B stands for blood pressure. The goal for most people with diabetes is now below 130/80.
- C stands for cholesterol. For most people with diabetes the LDL goal (the bad cholesterol) is less than 100 and the HDL goal is above 40.

A healthy meal plan includes choices such as fruits and vegetables, fish, lean meats, chicken or turkey without the skin, dry peas or beans, whole grains, and low-fat or skim milk and cheese.

Keep fish, lean meat and poultry portions to about 3 ounces (the size of a deck of cards) and bake, broil, or grill it.

Eat foods that have less fat and salt.

Eat food with more fiber like whole grain cereals, reads, crackers, rice, or pasta.

The latest guidelines for healthy eating are to make $\frac{1}{2}$ your plate vegetables, $\frac{1}{4}$ of your plate for lean meat, poultry, soy products or fish and $\frac{1}{4}$ of your plate grains, bread or starches.

MOC's Elder Nutrition November 2014 Newsletter



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.



November Calendar of Events

(Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
3 10 – Exercise class 11:30 – chicken primavera	4 State Elections 11:30 – turkey chow mein 12:15 – Game day	5 9:30 – Chair yoga 9:30 – Computer class 11:30 – breaded chicken 12:30 – Wii 1 – Van shopping trip to Walmart in West Boylston	6 9 – Yoga 11:30 – meatloaf 1 – Movie 4:30 – COA Board Meeting	7 9:30 – Pilates 11:30 – fish sticks
10 10 – Exercise class 11:30 – roast pork 2 – Blood drive	11 Senior Center closed for Veteran's Day	12 9:30 – Chair yoga 9:30 – Computer class 11:30 – sausage bolognese 12:30 – Wii 1 – Van shopping trip to Ocean State Job Lot	13 9 – Yoga 11:30 – broccoli bake 1 – Native American Flute performance	14 9:30 – Pilates 11:30 – roast chicken Saturday the 15 – Chinese Luncheon at 12 noon
17 10 – Exercise 11:30 – salmon 12:30 – Leominster Credit Union talk	18 11:30 – SPECIAL: turkey dinner 12:15 – Game day	19 9:30 – Chair yoga 9:30 – Computer class 11:30 – Salisbury steak 12:30 – Wii 1 – Van shopping trip to Walmart in Leominster	20 9 – Yoga 11:30 – chicken meatballs 12 – Elder Keep Well Clinic 12:30 – Book club	21 7:30 – Pancake Breakfast 9:30 – Pilates
24 10 – Exercise class 11:30 – turkey and corn stew 12:30 – Leominster Credit Union talk	25 11:30 – chicken breast 12:15 – Game day	26 9:30 – Chair yoga 9:30 – Computer class 11:30 – beef stroganoff 12:30 – Wii 1 – Van shopping trip to The Mall at Whitney Field	27 Senior Center closed for Thanksgiving	28 Senior Center closed for Thanksgiving

****The Friends of the Sterling Seniors are looking for volunteers to help set up the Senior Center for the Pancake Breakfast once a month. If you are interested, call Pam at 774-696-3513.****



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 have received 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.

Sterling COA
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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

Daylight Savings Time: Don't forget to turn your clocks **back** one hour before you go to bed on Saturday, November 1st.



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