

Sterling Council on Aging

Living Out Our Sterling Years Together

October 2014

Volume 19, Number 130

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

Thank you to everyone who donated, volunteered, and bought things at the Volunteers' Yard Sale in September. This money is donated to the Senior Center to fund the entertainment throughout the year. Thank you again.

I want to thank you all for making me feel welcome for 9 years now. When I started I had a 5 month old daughter and a 10 year old son. My daughter is now in the 4th grade and my son is a sophomore in college. Time flies when you are having fun!

Being in New England gives us the opportunity to really enjoy fall to the fullest – the changing leaves, pumpkins, apples, and cider. There are a lot of local orchards to visit. I hope you take the time to partake of some of the local fun. Enjoy the month.



Karen

Wachusett Senior Socials

are having "A Spooktacular Halloween" on Saturday, October 18 from 12 noon – 3 PM. \$5.00. Costumes optional. Lunch will be served and lots of ghoulish surprises to follow, including prizes for original and scariest costumes. Hosted by St. Columba's 2014 Confirmation Class. RSVP by October 10 to Cindy Love, 508-397-5471.

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 October

Monday, October 6 – Pulmonary Talk by River Terrace at 12:15 PM. Our lungs are very important. As we age there are things we need to know in order to keep them working as efficiently as possible. Come on down to this informative talk to learn something for yourself or a loved one.

Monday, October 13 – Senior Center closed for Columbus Day

Thursday, October 16 – SHINE counselor will be available to answer health insurance questions. Appointments are required by calling the Senior Center at 978-422-3032.

Thursday, October 16 – Elder Keep Well Clinic from 12 – 2 PM.

Monday, October 20 – Ice Cream Social at 12:30 PM presented by Sharon Nolli from Summit Elder Care and Navicare. Enjoy free ice cream while learning about the programs at Summit Elder Care and the benefits of Navicare. All invited.

Wednesday, October 22 – Game night from 6 – 8 PM. Come on down to the Senior Center after hours to play dominoes, cards, scrabble, pool – you name it! Refreshments will be available. If enough people show up, we will order pizza. All are welcome.

Thursday, October 23 – Book club at 12:30 PM. This month's selection is We'll Meet Again by Mary Higgins Clark. All are welcome. Books are available at the Senior Center.

Monday, October 27 – Advanced Planning talk by Miles Funeral Home at 12:30 PM. There are many steps that need to be taken when a loved one passes away. Some of these things can be addressed beforehand in a less emotional, stressful state. Come on down to learn about some advanced planning that could benefit everyone. All are welcome.

Thursday, October 30 – Halloween Pizza Party at 11:30 AM. \$2.00 a person. Sign up is required. Come and celebrate Halloween a day early with us. Goodies will be abundant. Costumes are encouraged. Prizes will be given out. We will be playing Halloween Jingo around 12:30 PM. Call the Senior Center at 978-422-3032 to sign up.

Friday, October 31 – FOSS Pancake Breakfast from 7:30 – 9:30 AM. \$2.00 gets you pancakes, sausage, coffee, juice, and tea breads. This is the best deal in town! Hope to see you here!

Tuesday, November 4 – Massachusetts Elections. The van will be available to drive people to and from the polls. Call the Senior Center at 978-422-3032 to book your seat to vote.



When witches go
riding,
and black cats
are seen,
the moon laughs
and whispers,
'tis near
Halloween.
~Author
Unknown



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](mailto: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:

October 23 – We'll Meet Again by Mary
Higgins Clark

November – The Shunning by Beverly Lewis

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. 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 October 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

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)

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

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

MOC's Elder Nutrition October 2014 Newsletter

What should I eat while I am taking warfarin (Coumadin)? What foods should I avoid?

Coumadin is a blood-thinning medication that helps treat and prevent blood clots. There is NO specific warfarin (Coumadin) diet. However, certain foods and beverages can make it so warfarin doesn't work effectively to prevent blood clots. It's important to pay attention to what you eat while taking warfarin.

One nutrient that can lessen warfarin's effectiveness is vitamin K. **It is important to be consistent in how much vitamin K you get daily.** The average daily allowance of vitamin K for adult men is 120 micrograms (mcg), and for adult women, it's 90 mcg. Some people find it helpful to avoid the foods containing more than 200 mcg of vitamin K (foods that are very high in vitamin K). This helps them get about the same amount of vitamin K each day. While eating small amounts of foods that are rich in vitamin K shouldn't cause a problem, avoid eating or drinking **LARGE** amounts of:

- Kale
- Spinach
- Brussels sprouts
- Parsley
- Collard greens
- Mustard greens
- Chard
- Green tea
- Cranberry juice
- Alcohol

Talk to your doctor before making any major changes in your diet and before starting any over the counter medications, vitamins, or herbal supplements. If you are unable to eat for several days or have ongoing stomach upset, diarrhea, or fever, consult your doctor. These signs and symptoms may mean you need a different dose of warfarin.



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.



October Calendar of Events (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30 – Chair yoga 9:30 – Computer class 11:30 – Salisbury steak 12:30 – Wii 1 – Van shopping trip to The Mall at Whitney Field	2 9 – Yoga 11:30 – lasagna 4:30 – COA Board Meeting	3 9:30 – Pilates 11:30 – chicken breast with lemon sauce
6 10 – Exercise class 11:30 – turkey 12:15 – Pulmonary Talk	7 11:30 – BBQ beef rib 12:15 – Game day	8 9:30 – Chair yoga 9:30 – Computer class 11:30 – breaded fish 12:30 – Wii 1 – Van shopping trip to Walmart in West Boylston	9 9 – Yoga 11:30 – breaded chicken	10 9:30 – Pilates 11:30 – meatloaf
13 Senior Center closed for Columbus Day	14 11:30 – diced chicken with penne 12:15 – Game day	15 9:30 – Chair yoga 9:30 – Computer class 11:30 – white turkey chili 12:30 – Wii 1 – Van shopping trip to K-Mart	16 9 – Yoga 11:30 – roast pork 12 – Elder Keep Well Clinic	17 9:30 – Pilates 11:30 – Swedish meatballs
20 10 – Exercise class 11:30 – mac & cheese 12:30 – Ice cream social	21 11:30 – fish sticks 12:15 – Game day	22 9:30 – Chair yoga 9:30 – Computer class 11:30 – cold plate: chicken breast 12:30 – Wii 1 – Van shopping trip to Walmart in Leominster	23 9 – Yoga 11:30 – Thai diced chicken 12:30 – Book club	24 9:30 – Pilates 11:30 – NE boiled dinner
27 10 – Exercise class 11:30 – chicken and stew 12:30 – Advanced Planning Talk	28 11:30 – chicken kielbasa 12:15 – Game day	29 9:30 – Chair yoga 9:30 – Computer class 11:30 – broccoli bake 12:30 – Wii 1 – Van shopping trip to Target	30 9 – Yoga 11:30 – HALLOWEEN PIZZA PARTY 12:30 – Jingo	31 7:30 – FOSS pancake breakfast 9:30 – Pilates



Sterling COA
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Sterling, MA 01543

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978-422-3032

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978-422-9916

E-mail:
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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 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.

The next quarterly meeting of the Massachusetts Manufactured Homes Commission is Tuesday, October 21, 2014 from 10 AM – 12 noon at the Peabody Council on Aging, 79 Central Street, Peabody. If you wish to be on the agenda or submit any written correspondence, please contact: Sherri Sore, Recording Secretary, sherri.sore@state.ma.us.

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Sterling Council on Aging
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