

Sterling SENIOR CENTER **Newsletter**

Connecting with each other & our community

February 2021

Sterling Council on Aging Board Members

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Debra MacLennan

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Sterling Senior Center

P.O. Box 243

36 Muddy Pond Rd.

978-422-3032

Hours: Mon-Thur 8 - 4,

Fri 8 - 2

Director: Veronica Buckley

Outreach: Nickole Boardman

Operations Coordinator:

Clare Anderson-Felton

Maintenance Tech: Jim Ash

Van Drivers:

Pam Dell

Lou Massa

Marlene Neitlich

Robert Protano

Diane Sousa

Meal Site Manager:

Mohamed Samoda



CELEBRATE THE 14 DAYS OF VALENTINES!



This is a fun tradition where you express your affection every day from February 1st to February 14th.

How about taking time each of these 14 days to send a greeting (by card, letter or phone) to a friend or loved one who may need a little pick me up this month?!

If you have some time and affection left over . . . consider joining our letter writing initiative, “Cheer for Older Adults”.

Write a note, tell a joke, draw a picture or doodle, and drop off your cards / letters at the Sterling Senior Center for distribution to Sterling Seniors. The “Cheer for Older Adults” card and letter writing initiative hopes to provide as many community wide sparks as possible this winter. Wouldn’t it be awesome if every senior in town got sparked?!

Here are some guidelines.

- ♥ Be legible and in large print
- ♥ Exclude the date
- ♥ Start with a simple generic phrase like Hi, Hello, Good Day, Dear Friend, or Fellow Sterling Resident
- ♥ Envelope your card / letter if you can, but do not seal the envelope

Deliver or mail your letters to the Senior Center, or we can arrange for pick-up too!

Our mission is to maintain the health and well being of Sterling seniors and to assist them with preserving their independence.

Peter Watson



61 Redstone Hill, Sterling, MA
1-978-422-3166
cell: 978-502-8847



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Sterling Council on Aging, Sterling

06-5262

WINTER WARMER GRAB 'N' GO

PICK UP A WARM BOWL OF
CREAMY POTATO LEEK SOUP
FRIDAY FEBRUARY 5TH
11—11:30 AM

REGISTRATION REQUIRED 978-422-3032



Thanks to the Wachusett Rotary Club for sponsoring this year's Valentine Grab n Go for the five Wachusett District towns.

Registration is open until February 5th or until capacity is reached through the Holden Senior Center 508-210-5570.

If you have already registered, remember to pick up your lasagna dinner on Sunday Feb 14th from 3-4 pm at the Sterling Senior Center.

We Appreciate Your Cooperation with our Grab'n' Go's!

We often have between 100—150 sign ups for our Grab 'n' Go events. We have been able to handle this nicely (without a traffic jam or a backup on Muddy Pond Road) because you have all been so cooperative in spacing out your arrival times throughout the half hour window.

New to Grab 'n' Go? Drive around back of parking lot to check in station. Roll down a passenger window (front or back seat) or open trunk. Our volunteers will place meals in your car. This is **contact free delivery!**



February Grab 'n' Go Luncheon



***Stuffed Chicken
Roasted Potatoes
Seasonal Vegetable***

Wednesday February 24th 11-11:30 am
Registration Required 978-422-3032

Preference to Sterling Seniors for this dinner Grab 'n' Go

In the event of snow or icy conditions, we may reschedule the Grab 'n' Go's.
When in doubt, don't go out! Call us!!



David Hill, President of the Wachusett RC Flyers
February 9th at 1:30pm
An Introduction to Radio Controlled Flight & Drones



David will present a short history of drone flight, its current applications, some recreational uses, and racing. Wachusett RC Flyers is locally operated in land behind Sterling Police Dept.

<https://us02web.zoom.us/j/86954290209>

Meeting ID: 869 5429 0209

One tap mobile: +13017158592

Call 978-422-3032



BINGO goes virtual!

Join us for Zoom Bingo

Mondays at 1:30pm

Call to pick up your February BINGO cards
 978-422-3032

Cards \$1 each / Weekly Prizes

Join Zoom Meeting

<https://us02web.zoom.us/j/89538527554>

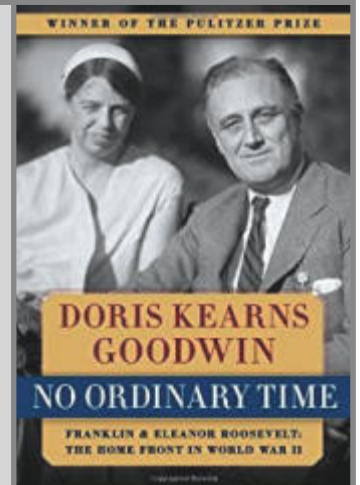
Meeting ID: 895 3852 7554

One tap mobile

+19292056099

Book Club
Wednesday
February 17th
1:30pm

Zoom Meeting ID:
862 9298 5698
Passcode: 919327



Ukulele Club

Beginners Class

Wednesdays at 9:30am via Zoom

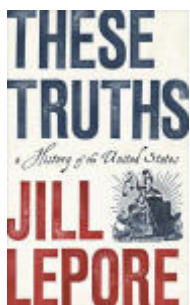
Contact Joan at jonesy1932@aol.com

Intermediate/Advanced
Club

Thursdays at 1:30pm via Zoom

Contact Nancy at nancyhp246@gmail.com

HISTORY CLUB



These Truths: a History of the United States by Jill Lepore
 Friday February 12th at 9:30am
 Part IV, led by Bob Cronin

<https://us02web.zoom.us/j/89538527554>

Zoom Meeting ID: 895 3852 7554



Peter Cummings offers technical help through phone and online meetings.
 Call 978-422-3032

Zoom Chair Yoga with Katie

Wednesdays at 9:30am

Appropriate for all levels

A fun new class for \$2!

Bring to class a chair, mat, strap (a tie, belt or scarf) plus blocks if you want to use them.

<https://us02web.zoom.us/j/89538527554>

Zoom Meeting ID: 895 3852 7554

New to Zoom? Call for an e-mail with [clickable link](#).

Marty's Fitness and Yoga

Weekly class incorporating circulation, balance cardio and yoga.

Every Monday at 10:30am

<https://us02web.zoom.us/j/7610148460>

Zoom ID: 761 014 8460

Line Dancing

Mondays at 9:30-10:30 am

Zoom ID: 910-010-3705

Password: 973540

To receive group updates & alerts, send an e-mail to cabutler@wpi.edu

Tai Chi

Mondays at
8:30am

Newcomers welcome.

Call 978-422-3032 to join!

<https://us02web.zoom.us/j/89346204723>

Meeting ID: 893 4620 4723

Password: 839376

\$2 fee

Fitness Reimbursement Document Requests

If you'll be claiming insurance reimbursement for 2020 fitness classes, please call us and we'll provide documentation of your expenses at the Senior Center.



Going Steady with Marty returns on Zoom

The most exercise fun in MA!

Fridays at 1:00 pm

This balance class is suitable and educational for all abilities, whether you need a walker or can play pickleball.

Free to you as this program is generously funded by a grant from *Determination of Needs (DoN) Fund of UMass Memorial HealthAlliance-Clinton Hospital Community*.

<https://us02web.zoom.us/j/7610148460>

Zoom ID: 761 014 8460

Worried about participating because you're new to Zoom?

Call us to schedule a 10-minute how-to session.

We'll walk you through joining a meeting, changing your display, muting and unmuting, etc., so that you can enjoy a meaningful presentation, class or discussion.

FEBRUARY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:30 Tai Chi* 9:30 Line Dancing* 10:30 Marty's Fitness & Yoga* Toasted Ravioli 1:30 Bingo*	2 8:00 Bread Pickup Fish Italiano 12-3 Tech Help (Zoom or phone)	3 9:30 Beginner Ukulele* 9:30 Chair Yoga* Egg Salad Rollups with Corn Chowder 3:30 Parkinson Support*	4 Baked Chicken Casserole 12-1 BINGO Card Pickup 1:30 Ukulele Club*	5 11-11:30 Grab 'n' Go Winter Soup 1:00 Going Steady*
8 8:30 Tai Chi* 9:30 Line Dancing* 10:30 Marty's Fitness & Yoga* Breakfast at Lunch: Cinnamon Raisin Casserole with Breakfast Sausage 1:30 Bingo*	9 8:00 Bread Pickup 9:30-11:30 Elder Keep Well Clinic** Beef Stew 12-3 Tech Help (Zoom or phone) 1:30 Dull Mens'*	10 9:30 Beginner Ukulele* 9:30 Chair Yoga* Spinach & Chicken Parmesan 3:30 Parkinson Support*	11 8:30-1:30 Foot Clinic** Beef Barley Soup 1:30 Ukulele Club* 5:30 COA Board Mtg	12 9:30 History Club* Smorgasbord 12-1 Pick up Take & Make Kit 1:00 Going Steady*
15  PRESIDENT'S DAY CLOSED	16 8:00 Bread Pickup Chicken Cacciatore 12-3 Tech Help (Zoom or phone) 1:30 Take & Make Rag Wreath Zoom*	17 9:30 Beginner Ukulele* 9:30 Chair Yoga* Roast Pork 1:30 Book Club* 3:30 Parkinson Support*	18 Manhattan Fish Chowder 1:30 Ukulele Club*	19 9:00 Food Pantry 10:30 Armchair Travel* Smorgasbord 1:00 Going Steady*
22	23	24	25	26

8:30 Tai Chi* 9:30 Line Dancing* 10:30 Marty's Fitness & Yoga* Chicken Noodle Casserole 1:30 Bingo*	8:00 Bread Pickup Shepherd's Pie 12-3 Tech Help (Zoom or phone)	9:30 Beginner Ukulele* 9:30 Chair Yoga* 11-11:30 Grab 'n' Go Stuffed Chicken 3:30 Parkinson Support*	8:30-1:30 Foot Clinic** Cheese Steak Sub 1:30 Ukulele Club*	Smorgasbord 1:00 Going Steady*
We are currently providing Grab & Go or home-delivered lunches for those seniors who require a little extra help with meal preparation.	<i>The February 5th Soup Grab 'n' Go is open to ALL</i> <i>The February 24th luncheon Grab 'n' Go is open to all, with preference to Sterling residents</i>	* Zoom only ** In-person. Mask & social distancing required.	Fees for Tai Chi and Chair Yoga exercise classes: \$2 Zoom	



Look out for our Spring Raffle coming up soon.
Check the March newsletter for information on prizes, cost and how to buy your tickets!
Sponsored by Friends of Sterling Seniors (FOSS)

When calling an advertiser, please let them know you saw their ad in this Newsletter!





You may be eligible for the Circuit Breaker Tax Credit

If you are a homeowner, your Massachusetts property tax payments, together with half of your water and sewer expense, must exceed 10% of your total Massachusetts income for the tax year.

If you are a renter, 25% of your annual Massachusetts rent must exceed 10% of your total Massachusetts income for the tax year.

For tax year 2020 the maximum credit amount is \$1,150.

- You must be a Massachusetts resident or part-year resident
- You must be 65 or older by January 1, 2021
- You must own or rent residential property in Massachusetts and occupy it as your primary residence
- Income no more than \$61,000 for single person, \$76,000 for head of household, \$92,000 for married couple

You must file a Mass personal income tax return with Schedule CB. More information is available at <https://www.mass.gov/how-to/apply-for-the-circuit-breaker-credit>

You may be eligible to reduce a portion of your Real Estate Taxes!



Senior & Surviving Spouse exemptions require you be age 70 by July 1 of 2020, and own and occupy your home for at least 5 years. Your application must be filed by April 1st.

- For Exemption Amount of \$500
- Income for single no more than \$20,873 with assets no more than \$44,964 (not including value of home)
- Income for married persons no more than \$25,464 with assets no more than \$48,173 (not including value of home)
- For Exemption Amount of \$273
- No income standard, but assets cannot exceed \$64,418

Call Debbie Dreyer, Assistant to the Assessor, for more info. 978 422 8111 x 2313

What if I missed the Medicare Open Enrollment Period?

People who are currently enrolled in a Medicare Advantage (MA) plan have until March 31 to switch to another MA plan or to Original Medicare with or without a stand-alone prescription drug plan (Part D) during the Medicare Advantage Open Enrollment Period (MA OEP).

Call the Senior Center for a SHINE appointment 978-422-3032

IMPORTANT INFORMATION REGARDING STERLING SENIOR CENTER SERVICES

At the present time, the Senior Center is open for "essential" service appointments that require in person attendance: the Foot Clinic and the Elder Keep Well Clinic.

All other programs and services will be conducted by telephone, by remote platform or by prearranged parking lot visits.

As a community, we have all become very creative in "getting things done."

So, no matter what the need, CALL US ! 978-422-3032 Together, we will figure it out.



Andrea, RN, has appointments at the Senior Center.

Call us at 978-422-3032 to schedule your clinic visit for \$45 on February 11 or 25, or March 11 or 25.

ELDER KEEP WELL CLINIC

February 9th, 9:30-11:30 am

VNACares

By appointment only

Call 978-422-3032 to make a reservation.

Appointments for Blood Pressure only also available.

SMLD Medical Priority List

Do you use life-support equipment?

Sterling Municipal Light Department maintains a list of people who, for medical reasons, are given priority for service restoration. The list is updated regularly to enable the SMLD to better assist those most in need.

To be placed on the priority list, individuals who depend on electricity for life-support equipment should contact the SMLD annually, and include the type of medical equipment required and the estimated time the equipment will run on backup power.

In the event of widespread outages, being on the list is not a guarantee of early service restoration, and people who depend on electrical equipment for a medical necessity should always have alternate plans in place in case the power goes out for an extended amount of time. This may include a backup power source, extra medical supplies or an alternate location until the outage is over.

For further information, call SMLD at 978-422-8267



parkinson's

IN THIS TOGETHER

Zoom meetings every Wednesday at 3:30pm

Please contact Joe at 508-335-0672 or

northworcparkies@yahoo.com

Wachusett Food Pantry

Seniors: Friday Feb 19, 9-11am

All: Saturday Feb 20, 9-11am

Call Nickole at the Senior Center for assistance.



Muffin Monday Nominations

Nominate a special someone who deserves some recognition, is really missing friends and family, or just needs a cheer-me-up! They'll get a Monday Muffin Surprise and an appropriately distanced Friendly Visit courtesy of SSC kitchen staff & volunteers!

Call 978-422-3032 or e-mail
nboardman@sterling-ma.gov



Free Bread Tuesdays!

Drive-through pick-up
Every Tuesday 8am-4pm

or until supplies last

Free to all ages

Limit two loaves

COVID-19 Vaccination Update

Seniors are included in the Massachusetts Vaccination Plan Phase 2 (Feb—March).

According to www.mass.gov, Phase 2 groups by order of priority:

- Individuals with 2+ co-morbid conditions and/or age 75+ (high risk for COVID-19 complications)
- Early education, K-12, transit, grocery, utility, food and agriculture, sanitation, public works and public health workers
- Adults 65+
- Individuals with one condition

The Senior Center is working closely with the Board of Health, and we will provide more information as it becomes available. Feel free to call the Senior Center at 978-422-3032 for the latest updates.

Thank You!



Our Monday—Friday lunch program is funded through the commodity food program of the EOEA, confidential contributions from participants and generous donations from the community. Thanks to all who have so generously donated to the Senior Center and the Senior Center lunch program over the past months.

Even during this pandemic, our Senior Center continues to be a volunteer-driven organization. Approximately 50 volunteers are currently involved preparing meals, delivering meals, running remote programming, conducting outreach calls and more. If you would like to join our team, call Clare 978-422-3032. There are contact-free and remote opportunities available.

ARMCHAIR TRAVEL

XIAN, CHINA WITH BILL AYADI

FEBRUARY 19TH AT 10:30AM

ZOOM MEETING ID: 895 3852 7554

Let's celebrate the Lunar New Year with a visit to Xian, China. Xian was both the first capitol of Ancient China and the beginning point of the Silk Road. Bill spent extended periods in the area over four years, during which he was constructing a factory. We'll travel both inside and outside the city and see well known and unknown treasures. Much of Xian's old walls and city remain intact as does the oldest mosque in China. We're going there, and to the old Muslim quarter, maybe do some shopping and, of course, see the Terracotta Army. The unexpected highlight of this tour is the visit to the Shadow Puppet Museum and it's poignant story. All in all, a good way to begin the Year of the Ox.





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Mailing of this edition of our newsletter made possible by a grant from the Executive Office of Elder Affairs



Take and Make Rag Wreath

Join Laurel and the gang for a Zoom session
Tuesday February 16th at 1:30pm
Zoom ID: 895 3852 7554

Sign up in advance ,
and pick up your kit on
February 12th
12 – 1pm

Cost of Kit \$5
includes hoop, fabric
and instructions.
All you will need
is scissors.

Project takes about 2 hours from start to finish.
The zoom session will get you off to a good start.
When you are done, we want pictures!!