



Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

July 2020

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Sterling Senior Center

P.O. Box 243

36 Muddy Pond Rd.

978-422-3032

Hours: Mon-Wed 8 - 4,

Thurs 8 - 6, Fri 8 - 2

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REOPENING PLANS

Everyone is wondering, "When will the Senior Center reopen?" The Sterling Senior Center plans to follow the Governor's and Massachusetts Council on Aging's recommendations to open the building for limited programming and activities at some point during Phase 3 of the Massachusetts Plan. As you are all aware, the Senior Center has been providing essential services throughout the pandemic.

How will the Senior Center reopen and what will it look like? While we are in the planning stages right now, I do want to share our plans as our "home away from home" will look a little different as we meet the state guidelines for social distancing, hygiene and building sanitation. The most fundamental change is that our Senior Center will reopen by appointment or registration only. We will be unable to accept walk ins. In addition, programming and activities will be limited to start and grow cautiously.

We will balance our desire to be inclusive and offer something for everyone with our need to meet the needs of the most vulnerable. We accept these challenges because we are capable of great things! Together - staff, volunteers and participants will gather our patience, kindness, resilient spirit, sense of humor and fun loving attitude and make it happen!



Wishing you a happy and healthy
July 4th!

Veronica

Peter Watson



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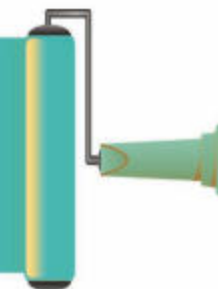
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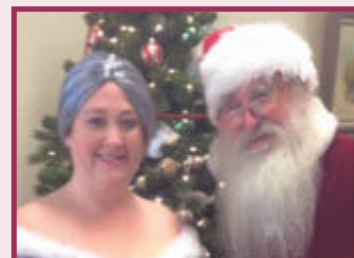


FAREWELL, MELISSA

Melissa will soon be leaving us for a new adventure in Florida!

Please join us to say cheerio and good luck to Melissa at a special drive-through event.

**July 28th 1-2pm
(Rain Date July 30th)**



To maintain social-distancing, you will enter through Chocksett school parking lot, remain in your car and spend a few minutes with Melissa at her specially decorated tent. We will take a photo, then you will exit through the senior center drive and enter onto Muddy Pond Rd.

In the spirit of good cheer, feel free to decorate your car. There will be a basket if you wish to leave a good luck card.

The Senior Center has Free Cloth Masks!

Call 978 422 3032 and we will be happy to place one outside for pick up.

My mask protects you, your mask protects me.

Face masks or cloth face coverings are required in outdoor and indoor public places where social distancing may not be possible.

Wash your cloth mask after each use. Try to maintain social distancing even while wearing a mask. Be careful and take your time if you find your mask affects your downward vision.



The Massachusetts Registry of Motor Vehicles (RMV) has implemented further extensions to the renewal timelines for expiring motor vehicle inspection stickers, passenger plate registrations, professional credentials, and driver's licenses and learner's permits, including Commercial Driver's Licenses and Permits (CDLs/CLPs).

Credential	Current Expiration Date	New Expiration Date
Class D, M, DM Licenses & CDLs Mass ID Cards	March, April, May 2020 June 2020 July 2020 August 2020	September 2020 October 2020 November 2020 December 2020
Passenger Plate Registrations	March & April 2020 May & June 2020	July 31, 2020 July 31, 2020
Inspection Stickers	March, April, May, June 2020	July 31, 2020
All Motorcycle Inspection Stickers	May 2020	June 30, 2020

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.

Call 911

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

Call 911

ATTENTION: THIS IS NOT A SCAM !



The US Treasury and the IRS are issuing some stimulus payments through **prepaid debit cards instead of paper checks**.

The Economic Impact Payment cards will be sent to around four million Americans without bank information on file with the IRS.

The card will arrive in a plain envelope with **Money Network Cardholder Services**. The Visa name will appear on the front of the card, and the back of the card has the name of the issuing bank, Meta Bank.

July 15th is Tax Day! Are you Eligible for the Circuit Breaker Tax Credit?

- You must be a Massachusetts resident and 65 or older by January 1, 2020.
- You must own or rent residential property in Massachusetts and occupy it as your primary residence.
- Income cannot exceed \$60,000 for single individual, \$75,000 for a head of household, \$90,000 for married couples filing a joint return.
- If you are a homeowner, your Mass property tax payments, together with half of your water and sewer expense, must exceed 10% of your total Mass income for the tax year.
- If you are a renter, 25% of your annual Mass rent must exceed 10% of your total Mass income for the tax year.

Apply by completing Schedule CB with your Mass State income tax return.

While the **Town Hall** offices may still be closed for walk-ins, you can call if you need to make an in-person appointment. 978-422-8111

Wachusett Food Pantry

Seniors: Fri Jul 17, 9-11am **All:** Sat Jul 18, 9-11am
Call Nickole at Senior Center for assistance.



Our telephone volunteers are continuing to keep in touch with **our population over 70**, so look forward to a call from one your favorite receptionists! If you haven't received a call, it may be that our information is out-of-date, so please call us with your current contact info so that we may keep in touch.



Foot Care is being provided by home visits by Andrea, the nurse from Foot Care by Nurses. Andrea will be scheduling visits for July 9th & 23rd.

To schedule an appointment, call Foot Care by Nurses at 413-367-8369.



Appointments are being provided remotely or by telephone.
Call the Senior Center at 978-422-3032 for an appointment.

The Conant Library

The library might be closed, but it is still providing books, movies, and TV series in a number of different ways including curbside pickup and delivery.

For more information, call 978-422-6409 Mon-Thu 10am-6pm and someone will help you.

Books, magazines, and audiobooks are available for download at any time. To learn how to download free materials visit

www.sterlinglibrary.org

Van Transportation Services

As offices and businesses begin to open up for appointments, please be aware of the following information when booking a ride on one of the Senior Center vans.

- Passengers will be screened for COVID-19 symptoms during initial call, and also at pickup.
- Masks and gloves are required when riding the van (we can provide these if needed).
- Only two passengers per van at any time. This limits the number of rides we are able to provide.
- Priority will be given to essential transport, e.g. to doctor or dentist appointments, grocery shopping.
- Non-essential transport will be provided when availability allows.



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For information contact

patrickfox1973@gmail.com

774-275-1174












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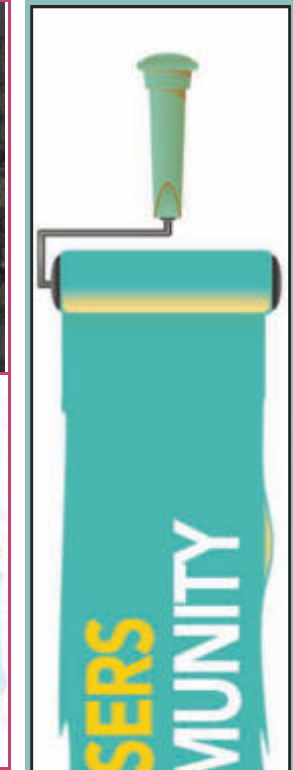
INTERFACE Referral Service

The William James INTERFACE Referral Service is a mental health and wellness referral Helpline. This is a confidential, free referral service for residents of the Wachusett District.

Call **888-244-6843** (toll free)
Monday - Friday 9:00am - 5:00pm

JULY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>11:00 Marty's Fitness & Yoga (Zoom)</p> 	<p>9:30-1:00 SHINE Appts (Zoom / phone) 12-3 Tech Help (Zoom or phone)</p> <p>Father Daughter Take a walk Day</p> 	<p>9:30 Beginner Acrylic Painting (Zoom) 9:30 Beginner Ukulele (Zoom) 12:00 MSNME Support (Zoom) 3:30 Parkinson Support (Zoom)</p> 	<p>12:30 Acrylic Painting (Zoom) 3:00 Ukulele Club (Zoom)</p> 	<p>National Fried Clam Day</p> 
<p>11:00 Marty's Fitness & Yoga (Zoom)</p> 	<p>12-3 Tech Help (Zoom or phone)</p> 	<p>9:30 Beginner Acrylic Painting (Zoom) 9:30 Beginner Ukulele (Zoom) 11:30 Senior Strong (Zoom) 3:30 Parkinson Support (via Zoom)</p>	<p>12:30 Acrylic Painting (Zoom) 3:00 Ukulele Club (Zoom)</p> 	<p>9:00 Food Pantry</p> 

			
<p>20</p> <p>11:00 Marty's Fitness & Yoga (Zoom)</p> 	<p>21</p> <p>12-3 Tech Help (Zoom or phone)</p> 	<p>22</p> <p>9:30 Beginner Acrylic Painting (Zoom)</p> <p>9:30 Beginner Ukulele (Zoom)</p> <p>11:30 Senior Strong (Zoom)</p> <p>3:30 Parkinson Support (Zoom)</p> 	<p>23</p> <p>12:30 Acrylic Painting (Zoom)</p> <p>3:00 Ukulele Club (Zoom)</p> <p>Happy Gorgeous Grandma Day</p> 
<p>27</p> <p>9:30 Caregivers Connect (Zoom)</p> <p>11:00 Marty's Fitness & Yoga (Zoom)</p> <p>NATIONAL LOVE IS KIND DAY -</p> 	<p>28</p> <p>12-3 Tech Help (Zoom or phone)</p>  <p>1-2pm Melissa's Farewell Drive-through</p>	<p>29</p> <p>9:30 Beginner Acrylic Painting (Zoom)</p> <p>9:30 Beginner Ukulele (Zoom)</p> <p>11:30 Senior Strong (Zoom)</p> <p>3:30 Parkinson Support (Zoom)</p> 	<p>30</p> <p>12:30 Acrylic Painting (Zoom)</p> <p>1-2pm Melissa's Farewell Rain Date</p> <p>3:00 Ukulele Club (Zoom)</p> <p>WORLD FRIENDSHIP DAY</p> 
			<p>31</p> <p>HAPPY NATIONAL MUTT DAY!</p>  <p>SHOW US YOUR MUTTS!</p>



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Senior Strong Strength, Flexibility and Balance Training

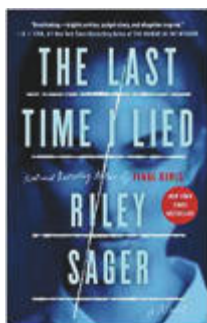
Don't let the COVID-19 pandemic cause you to lose strength and function! All Access Physical Therapy is pleased to offer our 1st *Virtual* Senior Strong Exercise Program! This 40 minute online class is led by a Physical Therapist and will meet weekly for 6 weeks. We'll teach you safe and effective strength, flexibility, and balance exercises. In between classes, you'll have access to your personal online portal with videos & instructions of the exercises to practice on your own! (Your personal information is HIPAA-secure and not used for any other purposes) The fun starts July 15th - we look forward to seeing you!

July 15 to August 19

Wednesdays at 11:30 am via Zoom

Space limited

Sign up through Senior Center at 978-422-3032



July Book Club

The Last Time I Lied by Riley Sager

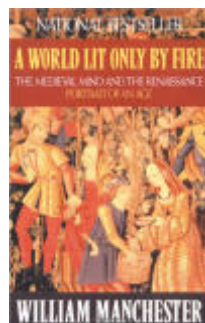
Online Discussion Group

Zoom Meeting ID: 862 9298 5698

Password: 919327

July 22nd at 12:30pm

New Members Welcome!



History Club

A World Lit Only By Fire

by William Manchester

We'll reconvene in person as soon as allowed.

Watch this space for details!

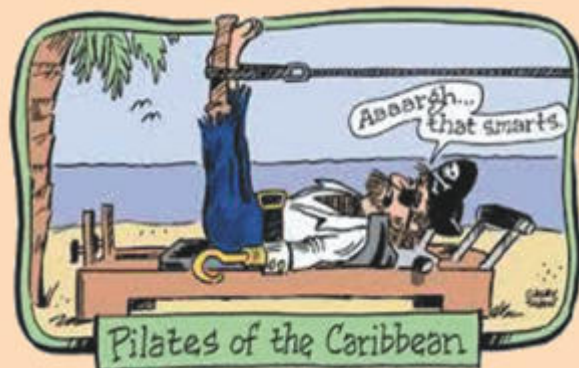


Peter Cummings continues to offer technical help. Please call the Senior Center on 978-422-3032 and we will set up an appointment for you.

Pilates

Current (or previous) participants can take advantage of Zoom classes.

Call the Senior Center for information
978-422-3032



Marty's Fitness and Yoga

A new online Zoom class incorporating circulation, balance cardio and yoga.

Every Monday at 11:00am

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

or www.zoom.us/join
Meeting ID 761 014 8460



Plans are underway to be in effect by July.
Call the Senior Center for details!

Classic Car Rally
Save the Date
August 13th, 2020

Ukulele Club

Zoom Meetings as follows

Beginners Class

Wednesday 9:30am

Contact Joan at jonesy1932@aol.com

Intermediate/Advanced Club

Thursday at 3:00pm

Contact Nancy at nancyhp246@gmail.com

Please contact the group leaders above for zoom invitation and more information.

Beginners' Acrylic Painting via Zoom!

Wednesdays 9:30-11:00am

Research has shown that any type of artistic endeavor is good for the heart, soul and mind, especially during a pandemic. Perhaps you have a little extra time now, and the desire to try something new.

July classes sponsored by Sterling Senior Center. August fees \$5 per class.

Acrylic Painting via Zoom!

Thursday 12:30-2:00pm

For intermediate to advanced painters.

\$5 fee per class.

Contact Andrea at andreadriscoll@hotmail.com for information on both classes.

Support Groups are continuing in different formats, so please contact each facilitator for more information or to join.



Are you a grandparent that is now raising your grandchild or several of your grandchildren?

Raising grandchildren can be both a stressful and a rewarding time.

After experiencing an empty nest, many grandparents find themselves now sharing their home with their grandchildren on a full-time basis. The coveted grandparent-grandchild relationship is changed overnight to one of parent-child and with it the juggling of school work, activities, schedules and family rituals.

It takes a village to help with this transition to full-time parenting. Part of that village we hope will be our support group where we can learn and share resources with one another. If you're raising your grandchild or grandchildren, please consider joining our newly formed group.

Contact Patricia Keay for information, at pat.keay@gmail.com



Zoom meetings every
Wednesday at 3:30pm

Please contact

Joe at 508-335-0672 or
northworcparkies@yahoo.com



Monthly zoom meetings
2nd Wednesday at noon

Please contact Donna at
978-660-4744

for a meeting invitation
and support.

Caregivers
Connect



Monthly Zoom meeting
Monday July 27 at 9:30
Please contact Veronica at
vbuckley@sterling-ma.gov
for support or information.

Services currently available through Sterling Senior Center

Please call us at 978-422-3032 to request services or further information

- Meals on Wheels
- Home delivery or pick-up of congregate lunch
- Essential transportation
- Outreach services including application assistance, advocacy, case management, crisis intervention, family support, telephone friendly visiting, well-being checks and links to programs and services including SNAP benefits, food pantry, and home care.
- Any services the SSC can provide to help our seniors meet their essential needs
- SHINE appointments (Medicare counseling, especially helpful if you have lost your employer group health insurance)
- Foot Care by Nurses (through home visits)
- Veteran Services by calling 978-534-7538
- All Support Groups — Caregiver, Parkinson's, MS and Grandparents Raising Grandchildren -- offering telephone and / or remote support (see details inside)
- Medical Equipment loans (Walkers, Wheelchairs. We need donations of bath chairs.)
- Remote or telephone technology assistance

Out and About In Sterling

Now is the time to get out and go. Sterling is full of walks and hikes that are enjoyable, educational and relaxing because they allow you to maintain social distancing. It's exercise without worry. This month we'll begin with a walk that is suitable for all levels of ability except wheelchairs and walkers.

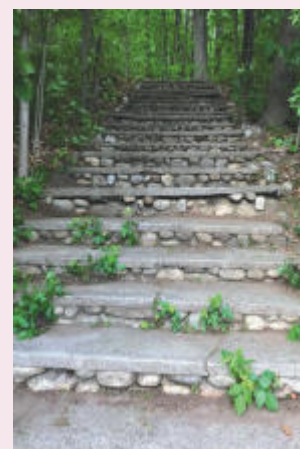


The [Butterick Nature Trail](#) is in the center of town and is accessed from the parking lot of the Butterick Municipal Building. Look for a wooden marker at the foot of the cement and fieldstone steps. This walk is a loop walk, i.e. it brings you back to near the starting point. NOTE: Here the trail descends somewhat steeply.

The distance is 0.5 miles including a side trail to the former Town Pound.

The area is mostly wood of white and red oak, hickories and maples with an understory of low bush blueberries, viburnums and spring wildflowers. The flora near the Town Pound tells its history with ornamental daylilies, vinca and more. There are warblers, wrens, chickadees and chimney swifts to serenade you, and chipmunks and squirrels to delight you. In winter there may be the tracks of raccoon, fox and coyote to surprise you.

Combine this with a visit to the nearby Mary's Little Lamb Statue on the town common and a snack or meal from one of the nearby restaurants or ice cream stands and you have a perfect outing. All of this is here, now: a safe opportunity to discover something both new and familiar.





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

SSC Muffin Monday Nominations



Do you know a special someone who deserves some recognition?

Someone who is really missing spending time with friends and family?

Perhaps someone who just needs a cheer-me-up?

Nominate them for a Monday Muffin Surprise and an appropriately distanced Friendly Visit courtesy of Sterling Senior Center kitchen staff and volunteers!

Call 978-422-3032 or send an e-mail to nboardman@sterling-ma.gov or vbuckley@sterling-ma.gov

