



Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

June 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

Director: Veronica Buckley

Outreach: Nickole Boardman

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Van Drivers:

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Pam Dell

Lou Massa

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Meal Site Manager:

Melissa Cassata



Photograph by Ginette Hebert

Participant in Everett Heller's Photography Class

<https://ginet200479d8.myportfolio.com/home>

Did you know that hummingbirds have a long history of folklore, generally symbolizing joy and playfulness, as well as adaptability? Despite its small size, this fascinating bird is capable of amazing feats such as traveling great distances and being able to fly backwards.

Life is slower now. We are trying to stay connected while we are practicing distancing. (There is nothing social about distancing!) Activities like grocery shopping and banking have new norms. But, like the hummingbird, we can adapt, we can play, we can find joy and, most importantly, we can accomplish great things.

Welcome to June 2020!

Peter Watson



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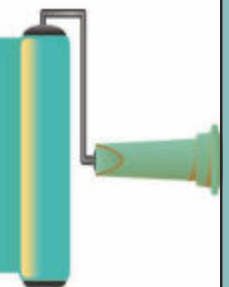
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Sterling Council on Aging, Sterling

06-5262

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



Zoom meetings every
Wednesday at 3:30pm
Please contact Joe at 508-335-0672 or
northworcparkies@yahoo.com
for meeting invitation

MSNME has
temporarily merged
with the Worcester MS
support group.



Monthly zoom meetings are held on the
second Wednesday at noon
Please contact Donna at 978-660-4744
for a meeting invitation and support.



Please e-mail Patricia Keay at
pat.keay@gmail.com
for support and information.
This group is also suitable for multi-
generation families, so please contact us
with questions or for help.

Caregivers Connect



Monthly Zoom meeting
last Monday of month 9:30-11:00am
Please contact Veronica at
ybuckley@sterling-ma.gov
for information or for individual support.

Wachusett Food Pantry

Seniors: Fri Jun 19, 9-11am **All:** Sat Jun 20, 9-11am
Call Nickole at Senior Center for assistance.



By this time, **our population over 70** should
have received a call from us. If you haven't
received a call, it may be that our information
is out-of-date. 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 on
June 11th & 25th.

To schedule an appointment,
please 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 is still providing books in
a number of different ways.
Books, magazines, and
audiobooks are available for
download at any time.
To learn how to download
free materials visit
www.sterlinglibrary.org
For people who don't have
an internet connection, the
library will mail a book to
you. For more information,
call 978-422-6409 and
leave a message and phone
number. A staff member will
call you back and help you
find your next read.

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

Dial 2-1-1 for MA Essential Community Services Info.

Please stay up to date with advisories from the Governor's Office, the Massachusetts Department of Public Health and the Sterling Board of Health.

Wear a Mask! My mask protects you, your mask protects me.

Face masks or cloth face coverings are required in public places where social distancing is not possible. This applies to both indoor and outdoor spaces.

Thanks to all the wonderful volunteers who have been sewing and donating cloth face masks to the Sterling Senior Center. These masks have been "flying off the shelves!" We have no idea how the volunteers are keeping up! That being said, if you need a face mask, call us at 978 422 3032 and we will do our best to provide you with one.

Information on Stimulus Payments: Recovery Rebate payments (\$1,200 for eligible adults, \$500 for eligible children) are being disbursed over the coming weeks and months. Federal law says the Recovery Rebates do not count as income for programs that use federal funds like SNAP and Fuel Assistance (LIHEAP).

If the IRS did not have your direct deposit information on file and you missed the May 13th deadline to update your info with the "Get My Payment" tool on the IRS website, you will receive a paper check. Mailing of these checks will begin the end of May or during the month of June.



Caretaking for those with Dementia

Emergency situations, such as the current Covid-19 pandemic, present special challenges to those caring for a loved one with dementia. Your typical routine is likely disrupted, and the programs and services you may utilize may be inaccessible.

Consider structuring the day with pleasant, meaningful activities. The type of activity and how well it is completed are not important. Engagement and developing a sense of purpose are important.

Involving your loved one in household chores may feel more meaningful than coming up with something new. Look for favorites. A person who has always enjoyed drinking coffee and reading the newspaper may still find these activities enjoyable, even though he / she is not able to completely understand what the newspaper says.

Sample afternoon activities may include: set the table, prepare and eat lunch, wash dishes, listen to music, take a walk, reminisce about old photos, watch a TV show. If the person seems irritable or bored, it may be time to introduce a new activity.

The Alzheimer's Association's 24/7 Helpline is available at 1-800-272-3900 to anyone who needs to talk about the challenges of dementia during this time. They can help address feelings of isolation, and link you to important resources that can help through this uncertain time.

Learn more at: <https://www.alzmassnh.org/virtual-programs/>



FINANCIAL ASSISTANCE FUND FOR STERLING RESIDENTS IN NEED



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Forms Available at the Town Hall
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electric bill payment.
The extra \$ will go
to support this fund.

For more information
call SMLD at
978-422-8267.

JUNE CALENDAR for history, trivia & sports fans

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div> 1926: Marilyn Monroe born as Norma Jean Mortensen </div> <div>  </div>	<div>2</div> <div> 1924: Congress grants US citizenship to people of American Indian descent </div> <div>  </div>	<div>3</div> <div> National Egg Day </div> <div>  </div>	<div>4</div> <div> 1919: Congress passed the 19th Amendment guaranteeing women the right to vote. </div> <div>  </div>	<div>5</div> <div> NATIONAL DOUGHNUT Day </div> <div>  </div>
<div>8</div> <div> 1867: American architect, Frank Lloyd Wright was born in Richland Center, Wisconsin. </div> <div>  </div>	<div>9</div> <div> 1893: Composer and lyricist Cole Porter was born in Peru, I. </div> <div>  </div>	<div>10</div> <div> 1922: Judy Garland was born in Grand Rapids, Minnesota (as Frances Gumm). </div> <div>  </div>	<div>11</div> <div> 1944: The five Allied landing groups, made up of some 330,000 troops, converge in Normandy France </div> <div>  </div>	<div>12</div> <div> 1924: George Bush, the 41st U.S. President, was born in Milton MA. </div> <div>  </div>
<div>15</div> <div>  </div>	<div>16</div> <div> 1978: The movie "Grease," starring John Travolta and Olivia Newton-John opened </div> <div>  </div>	<div>17</div> <div>  </div>	<div>18</div> <div>  </div>	<div>19</div> <div> 2020: Father's Day Brunch take out 10:00-10:45am. </div> <div>  </div>

Reservations
Required

<p>1935: New Deal Legislation Passes</p>		<p>1885: The French gift to the United States "The Statue of Liberty" arrives in New York City</p>	<p>1983: Dr. Sally Ride became the first American woman in space</p>	<p>Call by June 18th. 978 422 3032</p>
<p>1847: Doughnuts are created by American sailor, Captain Hanson Gregory.</p>	<p>23</p>  <p>1989: The movie "Batman" opened in theaters</p>	<p>24</p>  <p>National Fairy Day</p>	<p>25</p> <p>1876: "Custer's Last Stand" at the Little Bighorn Battlefield, Montana.</p> 	<p>26</p> <p>1906: The first French Grand Prix, the first race of it's kind to be held anywhere, was staged in Le Mans, France.</p> 
<p>29</p>  <p>1983: Angel Cordero wins his 5,000th horse race</p>	<p>30</p>  <p>1971: The 26th Amendment to the U.S. Constitution granted the right to vote to all citizens 18 years or older.</p>		<p>Happy Father's — DAY —</p>  <p>Don't Forget - Sunday June 21st</p>	



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Connecting with Older Adults with or without Technology

Recent Pew Research Center surveys find that seniors are moving towards more digitally connected lives. Around four-in-ten (42%) adults ages 65 and older now report owning smartphones, up from just 18% in 2013. Internet use and home broadband adoption among this group have also risen substantially. Today, 67% of seniors use the internet – a 55 percentage point increase in just under two years.

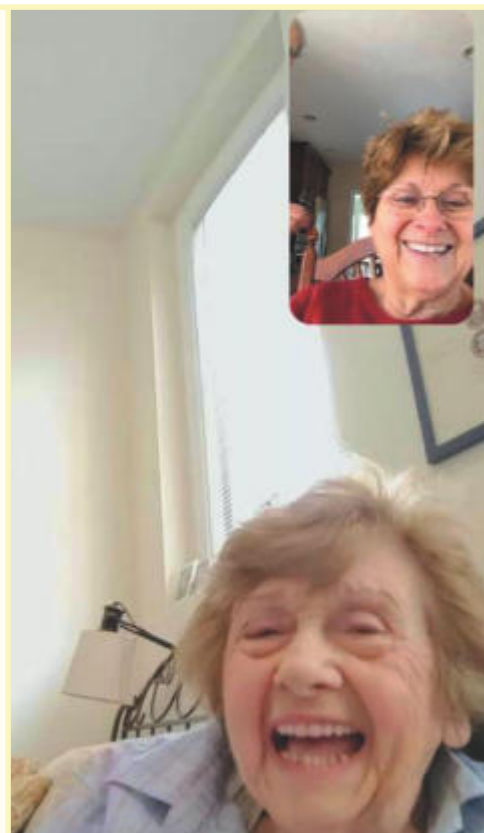
However, many seniors remain largely disconnected from the digital revolution. We recognize this at the Sterling Senior Center. So, while we encourage the use of technology (please read the article on the Facebook Portal below), that will not be our only means of communication. We will continue to publish our newsletter and we look forward to partnering with SLCT to provide more on your community TV channels!

Facebook Portal to the Rescue!

On Monday, March 9th my 97 year old mother and SSC member, Lucy Reale, entered the Corcoran House Assisted Living in Clinton. She was looking forward to her new life there with new friends and activities. The following Sunday, March 15th, Governor Baker issued a no visitors order for nursing homes and assisted living across the state. To keep residents safe during this time, assisted livings required that their residents remain by themselves.

Not being able to see their grandmother was not an option for Lucy's grandchildren. Since she does not use a smartphone or a computer, they found the perfect solution, a Facebook Portal . This is a digital frame which acts as a hands-free device to send and receive video calls. To use it, one must have the internet and a Facebook account. Video calls can be made to other Facebook users from the Portal using voice commands. My mother can now make video calls to her family simply by saying, "Hey Portal, Call ...". We can call and see her through the video option in Facebook messenger.

This device has been a Godsend to my family during these challenging times. If you would like more information about setting a Portal up for you or a loved one, please call the senior center at 978-422-3032. We are starting a pilot program.



2020 Census — Important Information for Sterling Seniors

For the next ten years, the Sterling Senior Center will rely on funding generated by information in the 2020 US Census. The Census Bureau strongly encourages the public to respond online at 2020census.gov. Households can also respond by mail using the paper questionnaire that was recently mailed to every non-responding address.

Meditation for a little more Breath

by Cindy Popp-Hager,

leader of the Monday meditation sponsored by the library

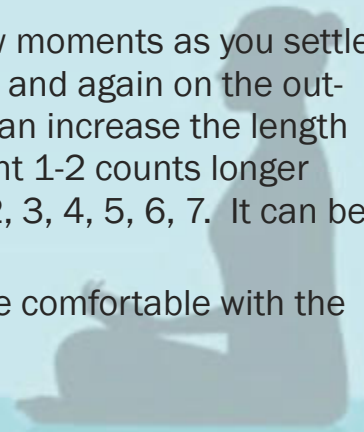
Perhaps you've heard about meditation but you were never inspired enough to attend a class. During this time of social isolation, it's not even a real option to join others for instruction, but it's a perfect time to try out some simple meditation practices at your own home, at your own pace, in your own timing.

Research has identified that meditation and deeper breathing practices reduce anxiety and inflammation and increase benefits for the immune system.

Try this simple practice. Sit in a comfortable but firmer chair (like kitchen or dining room chair) where your back can be straight but supported. If your feet don't easily touch the floor, put an old book on the floor and rest your feet on the book. This will take strain off your lower back. Let your hands and arms rest gently on your lap. If you're more comfortable in a recliner or bed, that's fine.

Begin to observe your own breath, coming in and going out for a few moments as you settle down. Next, find an easy, steady count, and count on the in-breath, and again on the out-breath. For example: IN, 2, 3, 4, and OUT 2, 3, 4. Next, see if you can increase the length of your in-breath by 1 or 2, hold for a count of 2, then exhale to count 1-2 counts longer than your inhale. For example: IN 2, 3, 4, 5, HOLD 1, 2, and OUT 2, 3, 4, 5, 6, 7. It can be a little shorter, or a little longer.

Try this practice every day for at least 5-10 minutes. As you get more comfortable with the practice, you can add more minutes.



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COLLEGE**

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

STERLING WALKING TRAIL OPEN DURING COVID19 CAUTION

**Always Practice Social Distancing . If
Too Crowded Do Not Use.**

**This Trail Is NOT To Be Used For Social
Gatherings.**

**Use Good Judgement To Prevent The
Spread Of COVID19.**

For your daily outside exercise, please consider using the following Sterling trails in addition to the Rail Trail which may not be a good option due to overcrowding:

- Waushtacum Overlook:* 0.25 mile easy woodland trail. Entrance at end of Tara Lane.
- Butterick Nature Trail:* 0.5m easy wooded terrain. Entrance behind Butterick Building.
- Peg's Pond Trail:* Easy 0.3m woodland & pond trail. Entrance by Muddy Pond playground.
- Gaylord Trail:* 1.5m easy old road trail. Park on roadside at 10 Hardscrabble Rd.

Hello Line Dancers,

What a different world we live in compared to a few months ago! I hope you and your families are all doing well. I've been practicing the line dances 4-5 days per week in order to stay in shape, and let's be honest, in order to remember the steps!



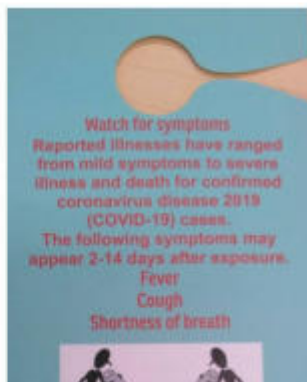
You can YouTube the dances to keep up with some of them if you like. All you have to do is go onto the YouTube page and in the search bar you can put in the name of a dance such as "Crash and Burn line dance" and it will pop up. Make sure you put the words **line dance** after the name of the dance. You can also google it the same way. Here are some of the dance names to jog your memory;

<i>Cut-a-Rug</i>	<i>Bullfrog on a Log</i>	<i>Gin & Tonic</i>	<i>Trashy Woman</i>
<i>Country as Can Be</i>	<i>Over the Moon</i>	<i>In the Basement</i>	
<i>Achy Breaky Heart</i>	<i>Canadian Stomp</i>	<i>Drinkin' Bone Boogie</i>	
<i>Happy People</i>	<i>Honk if you Honky Tonk</i>	<i>Crash and Burn</i>	

These are just a few of the dances that you have all learned! I hope you look them up and have fun trying them out. I can't wait until we can all get together to dance and have fun again. I miss all of you, especially all the laughs we have together!

Stay healthy, stay safe, and stay positive. Hope to see you all soon.

Carol Butler



The Wachusett Medical Reserve Corp with the Sterling Board of Health has provided the Senior Center with colorful and informational door hangers to remind all to wash hands, monitor for symptoms and more. Call us if you could benefit from some reminders in your home!

The Sterling Strummers on Zoom!

Since their first class in April 2017 under the tutelage of Lou Valentino, the Ukulele Club has been sharing their “zestfulness for ukulele music.” Now a peer led group, they wasted no time in transitioning to remote practices on Zoom. Beginners are welcome and can attend a Zoom beginners class to develop their skills.



For more information or to join their zoom sessions, contact carolhoffman14@gmail.com



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

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

Our initial focus was to provide needed services to our community. As the summer progresses, we will be investigating opportunities to provide more programming.