

Sterling SENIOR CENTER **Newsletter**

Connecting with each other & our community

May 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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Van Drivers:

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Melissa Cassata

Greetings from the Sterling Senior Center!

We miss you.

If only we knew what May and the remainder of the year will bring! We prepare this newsletter weeks in advance of its delivery to your mailbox. So, at this time, all we know for certain is that the path to return to some degree of normal will be slow and deliberate; and it will require a lot of patience from all of us.

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

Please continue to heed all official advisories related to the coronavirus and, when in doubt, err on the side of caution. Older adults are more at risk and while I know we don't feel old and we don't act old, just do the math. Or better yet, if you remember the premier of the Flintstones or the introduction of the Etch-A-Sketch, just consider yourself at risk.

We are here to provide assistance. Let us know how we can help!

Call the Senior Center at 978-422-3032 to receive up-to-date information regarding Sterling Senior Center and other community services.

Peter Watson



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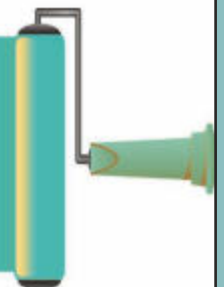
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Sterling Council on Aging, Sterling

06-5262

Services currently available through Sterling Senior Center

Please call us at 978-422-3032 for any of these services, or to request further information.

- Meals on Wheels
- Home delivery or pick up of congregate lunch
- Essential transportation
- 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
- Parkinson's Support Meetings (remotely on Zoom)
- Medical Equipment loans (Walkers, Wheelchairs. We need donations of bath chairs.)

All outreach services are continuing with phone consultations with Nickole. This includes 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.

If your financial situation has changed during this time, contact Nickole, to discuss your eligibility for financial assistance, services and benefit programs.

Wachusett Food Pantry

Seniors: Fri May 15, 9-11am **All:** Sat May 16, 9-11am
Call Nickole at Senior Center for assistance.



By this time, our population over 75 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 attempt to complete currently scheduled visits on May 14th & 28th. 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.

Shopping Suggestions:

Pharmacies: All have either drive through windows, curbside pickup or delivery options.

Hint: Call pharmacy and ask if other items (milk, vitamins, etc) may be added to your prescription order and obtained through drive up.

Grocery Stores: Order online through Instacart, Peapod, Walmart Grocery. Inquire about curbside pickup.

Produce Markets: Smaller markets are offering curbside pickup and / or outside shopping to allow for adequate social distancing.

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

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).

Most eligible U.S. taxpayers will automatically receive their Economic Impact Payments including:

- Individuals who filed a federal income tax for 2018 or 2019
- Individuals who receive Social Security retirement, disability (SSDI), or survivor benefits
- Individuals who receive Railroad Retirement benefits

Individuals who did file taxes but do not have direct deposit information on record will be able to add their direct deposit information (for a bank or prepaid account) at

[IRS.gov/coronavirus/economic-impact-payments](https://www.irs.gov/coronavirus/economic-impact-payments)

Caretaking for those with Dementia

COVID-19 is having a major impact on families caring for people living with dementia. Some of the challenges include the following:

- Exacerbated behavior challenges due to the disruption in routine and decreased formal and informal supports
- Increased caregiver stress from decreased access to respite (formal or informal) and social isolation
- Delayed residential care placement or geri-psych hospitalization due to limited availability of beds and concerns about COVID-19
- Concerns about care in residential facilities and hospitals and extreme difficulty getting important information about care needs and health condition of their loved ones
- Need for assistance in making an emergency plan if caregiver and/or loved one gets COVID-19

The good news is that The Alzheimer's Association is still fully operational and continuing to help families each day. Their 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 though this uncertain time. In addition they are now offering all their Educational Programs and Support Groups virtually, learn more at: <https://www.alzmassnh.org/virtual-programs/>

MSNME Support



A message from Donna Clark

I use a self-relaxation exercise. I find myself doing this when I need to stay in check with the RELAXED me. Try it yourself. It's okay. Find a comfortable and quiet place to sit or lie down. Find a blank spot on the wall or ceiling. Stare at it, relax and breathe. Feeling your eyelids getting heavy, close them. Breathe five times deep and slow. Relax every muscle, nerve, every inch of your body. Send the relaxation and a warm shower of light from the top of your head down to your toes, not forgetting the temples and jaw. Feel the relaxation run through your body, neck, back, arms, fingers, butt, legs, everywhere, letting go of all the stress, negativity and tension that was kept deep within you. *Breathing tip.* Breathe deep through your mouth, down through the stomach muscles, down to the diaphragm counting to five and exhale while silently counting to five. Breathe this way at least five times, several times a day.

IN THIS TOGETHER
parkinson's

Until we can again meet face to face at the Senior Center, the Parkinson's support group continues to meet virtually using computers and phones and zoom.

Every Wednesday
3:30pm

If you'd like to join the meetings, please contact Joe at 508-335-0672 or northworcparkies@yahoo.com

MAY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<div>Don't forget Mother's Day</div> <div>  </div> <div>Sunday, May 10th</div>		<div>Thank you to our very special Senior Center Volunteers for contributing their favorite or original words of inspiration</div>		<div>  </div>
<div> <div>4</div>  </div>	<div> <div>5</div>  </div>	<div> <div>6</div>  </div>	<div> <div>8</div>  </div>	<div> <div>15</div>  </div>
<div> <div>11</div>  </div>	<div> <div>12</div>  </div>	<div> <div>13</div>  </div>	<div> <div>14</div>  </div>	



18

**We will
get
through
this...**

Pass it on!



19

**LAUGHTER IS
THE BEST
MEDICINE**



20

It's funny how,
when things
seem the
darkest,
moments of
beauty present
themselves
in the most
unexpected places.

**TOUGH
PEOPLE DO**

21

It takes
43 muscles to
frown and only
17 to smile

Save energy!



22

At the end of the week
I've realized staying in
place isn't too bad
after all...

I have love, I'm
safe, I have what I
need and God has
me covered.



27

**Wear your
SterlingStrong®**

28

USE
WHAT
TALENT
YOU POSSESS;
THE WOODS WOULD
BE VERY SILENT IF
NO BIRD SANG
EXCEPT
THOSE
THAT SANG
THE BEST

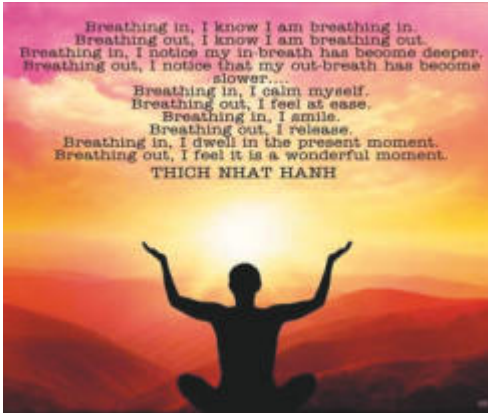
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Throw
kindness
around like
confetti.

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Hello dear Yogis and Sterling Senior Center folks,

I hope this finds you well, safe, and healthy. **Remember, we are not STUCK at home, we are SAFE at home!** As we detach from our usual busy lives we now have more opportunity to go inward, to rest, restore, and to connect to our inner selves without all the usual external busyness and distractions. This is not easy for most of us, so here are some tips and tools to help you navigate these uncharted waters and time in our lives. This situation can become a blessing in disguise, if you look for the silver lining and notice the blessings in your life.



STAY CALM - Limit watching the news. Instead, reach out, stay connected, journal, be creative with projects, and be gentle with yourself. Do what you enjoy!

BREATHE and MEDITATE – If you find yourself being anxious or worried. Take a conscious breath in and say “I am breathing IN....Exhale and say “I am breathing OUT.” Focusing on your breath mindfully keeps your mind away from fear, worry and negativity. Our breath keeps us in the present moment. Read, practice and repeat this breathing meditation from Thich Nhat Hanh.

LEFT NOSTRIL BREATHING TO SOOTHE ANXIETY – Close off right nostril, and breathe in and out through left nostril. This calms the central nervous system, turns OFF the stress reaction (flight, fight, freeze) and turns ON the parasympathetic nervous system or REST and digest. Good for falling asleep at night too!

MOVE YOUR BODY – Walk, dance, or do some Yoga.

YOGA STRETCHES FOR FLEXIBILITY – Seated or standing – 6 movements of the spine:

Forward Bend /Back Bend – Side stretches (both sides) and Spinal Twist (both sides) - Gently move in all directions. Do NOT force. Move gently and mindfully. Breathe. Don't hold breath.

YOGA POSES FOR BALANCE

Stork pose – Stand with one foot off the floor. Hold for 30 seconds (use chair /counter or wall for balance) – Switch legs. GREAT for Bones too!!

Some of you know more Yoga poses, like warriors, tree, down dog, or sun salutations. This is a good time to develop a personal practice for yourself. Use this time to stay in shape, physically and emotionally. Yoga and meditation can help you get through this challenging time. Stay healthy and safe; stay strong and positive, until we meet again.

Namaste,
Katie Cohen, Chair Yoga Instructor

2020 Census – Important Information for Sterling Seniors

You should already have received directions on how to complete the federal census. This census is performed every 10 years. The 2020 United States Census is separate from the annual town census which is used to confirm your residency and keep your voter registration status up to date. *For the next ten years, the Sterling Senior Center will rely on funding generated by information in the 2020 US Census, so it is very important to complete both your annual Sterling census and the United States Census in 2020.*

Hello Ladies!!

Well, it's been an interesting few weeks to say the least but I have no doubt that those of you who come to Pilates class on Tuesday at 8am or Friday at 9:30am are at home doing your planks and 100's! I know at home is not the same as getting together with a group and sharing while we get stronger but this is a temporary thing. We are going to get through this and we will soon be back in class wishing we had the excuse of staying home!!! (Not really.) I miss each one of you and think about you on a daily basis. I do know that doing even a small amount of Pilates will boost your mood and energy, so I've included a few main moves to consider while we wait out this storm. If anything it helps the time go by.



Suggested exercises: plank 1 minute (can be done 3 times with your choice of arms), 100, back extension (8) and criss cross (8). These can be done on the chair but remember to make sure that all four feet of your chair are on a flat non-slip floor or mat.

Stay strong, stay positive and don't forget to BREATHE (and smile 😊)

With much love,
Jennifer

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, Waushacum 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.

my new social distancing outfit just
arrived from amazon.



A Message from your Sterling Animal Control Officer!

Dear Friends, We all know how important it is to have our domesticated pets in our lives. We are used to giving them a lot of hugs and kisses on a daily basis. Please remember, social distancing does apply with these loved ones as well.

Reminder: If you touch your pet and you are a carrier of COVID-19, then anyone else who touches your pet may contract this virus. This in turn could start increasing the number of cases again. I know we all love our best friend and companion tremendously, but please continue to work on social distancing with your pet to keep everyone safe and healthy.

Louis Massa, ACO

Marty French — Fitness Instructor

Keep Moving, Grooving and Smiling!

Knock Knock..Who's there?...Olive...Olive who..Olive You..(I love you). Miss you my sweet friends. Weather is getting warmer and you need the Vitamin D. SOOO... out you go!

You Need: Good shoes (sneakers), water and a light jacket. You also need a smile! In your mind and heart hear me, walking with you, telling you to breathe 3 big breaths and walk, and then 3 more big breaths after 2 minutes. Count to 8 a couple of times to keep your mind busy. Sing a song if you want! Make neighborhood happy! Notice the warmth, the beauty around you. You are loved and right now everything is OK!

Time: 15 minutes plus. You need to walk at least 15 minutes to get any benefit. So 30 to 45 minutes is better. Stay near home so you can get back if you get tired.

For your *inside* cardio workout, you'll need a sturdy chair, supportive shoes, loose clothing that will not make you too warm, water, your counting voice. Count out loud your segments—it helps the lungs!

Cardio Safety is rest when needed on all exercises. Don't overdo it, but put some effort into the sessions.

1. **Sit.** Roll shoulders backwards 8 times 2. Run feet and roll arms 3 sets of 8
3. Bend and touch shins then sit up and reach arms overhead 8 times
4. Twist side to side from waist 8 times 5. Lift knees up 8 times
6. Open legs wide, feet on floor, and bring back together 8 times
7. Push arms forward and pull back elbows 3 sets of 8
8. Get up from chair 2, 3, or 4 times depending on your fitness level

Repeat 1 through 8 again

1. **Stand.** March with arms pumping 3 sets of 8 2. Heel toe rock back and forth 8 times
 3. Bend knees down and up 8 times (like a squat)
 4. March as you push arms front and pull back 8 times
 5. Side step right foot to left and left foot to right 2 sets of 8
 6. Back up a little and walk forward to chair 4 counts. Walk backwards 4. Repeat 8 times.
- Repeat 1 through 6 again.

Now walk around the house a couple of times! Return to the chair for stretching.

YOU DID IT!



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

Raising a grandchild or grandchildren can be both a stressful and a rewarding time. Many empty-nesting grandparents now find themselves sharing their home with grandchildren on a full time basis. The coveted grandparent-grandchild relationship changes overnight to one of parent-child with the juggling of school work, activities, schedules and family rituals. It takes a village to help with this transition to full time parenting. A new monthly support group will begin as soon as social scheduling allows at the Senior Center, where we can learn and share resources with one another.

We hope if you're raising your grandchild or grandchildren you'll consider joining our group. In the meantime, if you'd like to contact me my email is pat.keay@gmail.com

Patricia Keay, Facilitator



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Sterling's Neighbor to Neighbor Fund may be able to help people in our community who find themselves in difficult circumstances because of the COVID 19 crisis. The whole purpose of the Fund is to lend a helping hand to our neighbors so that they can meet essential living expenses when they experience temporary economic setbacks. Residents of Sterling who qualify should not hesitate to apply and residents who are able to support the Fund with their financial donations are encouraged to do so. www.sterling-ma.gov