

Sterling Council on Aging

Living Out Our Sterling Years Together

April 2015

Volume 21, Number 135

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

Spring has sprung! Here is hoping for nicer weather and a lot of snow melting! I hope that you all decide to come to some programming now that the weather is better. Talks and entertainment have started up again. After this long winter, I think we all need to get out and start socializing again!

We will be breaking ground on the new Senior Center soon. We will keep you updated.

Here is a reminder from the kitchen – in order to come to lunch, you have to call 978-422-8022 before 12 noon, the day before you want to come in (Friday for Monday). The food is made out of town. We have to call a count in for the number of meals. If you do not call in before 12 noon, there will not be enough food available to serve you a meal. Thank you.

Take time every day to practice gratitude. We all have something for which to be grateful. It may be as simple as getting out of bed. Try focusing on the positive for a while. You will be surprised how your outlook on life changes.



Karen

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.

FOSS is looking for volunteers for the Pancake Breakfast. Call the Senior Center at 978-422-3032 if interested.

Volunteer opportunity – We are looking for individuals to keep the donated clothes neat and to manage the bookcases. If you are interested, stop by the office or call us at 978-422-3032.

The Friends of Sterling Seniors is a non-profit group dedicated to promoting the health and welfare of Sterling seniors. They provide financial support to the Senior Center, as they do the fundraising. For \$10, you can become a member of FOSS. Send your check payable to Friends of Sterling Seniors to PO Box 576, Sterling, MA 01564.

Special Events for April

Thursday, April 2 – Movie at 1 PM. This is based on a real story of a professor who finds a puppy and develops an amazing bond. Free popcorn.

Thursday, April 9 – Edible Wild Plants talk by John Root at 1 PM. This is a power point presentation offering a comprehensive introduction to the identification and uses of wild plants for food and beverage. Distinguishing characteristics, seasons of availability, habitats, methods of preparation, and nutritional and medicinal value of our region's most common and appealing wild plants are discussed. Questions and comments are welcome throughout the presentation, and *illustrated pamphlets* with plant descriptions, guidelines for responsible and safe foraging, and a bibliography for further study are distributed as well. Refreshments will be served.

Monday, April 13 – Protecting Your Nest Egg talk by Heather Keane at 12:30 PM. No one wants to run out of money. Come and learn some techniques to make sure that you don't outlive your money.

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

Monday, April 20 – Senior Center closed for Patriot's Day

Thursday, April 23 – Book club at 12:30 PM. This month's selection is The Art of Racing in the Rain by Garth Stein. Books are available to borrow at the Senior Center.

Monday, April 27 – Living a Healthier Lifestyle talk by Sharon Nolli, of Summit Elder Care at 12:30 PM. Learn about eating a rainbow of foods, cooking with fresh herbs, brain health, quiet time, and breathing exercises.

Thursday, April 30 – Springtime Jingo at 12:30 PM. Join us for this fun, bingo-like game. Refreshments and prizes awarded.



*Spread love
everywhere you
go...let no one ever
come to you
without leaving
better and happier.*

Mother Teresa

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, 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:

April 23 – The Art of Racing in the Rain by Garth Stein

May 28 – One Book, One Town with the Conant Library

Ongoing Events:

Mondays –

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. \$5.00 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 - \$5.00 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 April 2015
Did you know??

In 2013, Medicare paid for health services for approximately 51 million individuals at a cost of about \$604 billion. The Centers for Medicare & Medicaid Services (CMS) estimated that improper payments – some of which may be fraudulent – were almost \$50 billion. Fraud, waste, and abuse contribute to the rising cost of healthcare. Taxpayer dollars lost to fraud, waste, and abuse affect all of us. You can help stop fraud and abuse by reviewing your Medicare statement (Medicare Summary Notice – MSN) or Part D Explanation of Benefits (EOB) to make sure Medicare is not charged for items or services you did not receive. If you have a question or concern regarding a Medicare claim, you should first discuss it directly with your physician, provider, or supplier that provided the service.

Assistance is also available through the Massachusetts Senior Medicare Patrol (SMP), which is a group of trained volunteers who teach Medicare beneficiaries how to protect their personal information, identify and report errors on their healthcare statements, and report fraud and abuse to the proper authorities. You can contact the Massachusetts SMP program at Elder Services of the Merrimack Valley, 1-800-892-0890.

Central Mass SHINE Website

The Central Mass Region has recently launched its website. You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with your insurance needs.

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.

April is Distracted Driving Awareness Month

Kids are not the only ones who use their phones while driving. As more seniors are going cellular, there are more issues popping up.

The ringing of a phone or pinging of a text creates irresistible urges for many people to answer the call, read the message or respond. To avoid these temptations:

Turn off your cell phone, or put it on silent, before driving. Toss your cell phone in the trunk or glove box to avoid temptation. Pre-set your navigation system and music playlists before driving. Schedule stops to check voicemails, emails and texts. Set special ring tones for important incoming calls, and pull off to a safe place to take them. Tell coworkers, family and friends not to call or text you when they know you're driving. Start all conference calls by asking if anyone is driving, and have them call back when they are in a safe location. Install an app on your phone that disables it while your vehicle is in motion. Ask a passenger to answer incoming calls and say "You'll call back when not driving". Change your voicemail greeting to tell people that you may be driving and you'll call them back when you can safely do so.

For more information, go to www.nsc.org/cellfree



"On the Road Again" with Mary Lajoie, 978-827-4882

5/21/15 – Mystery Tour with lunch @ \$67.00/pp

6/24 – Kill Joy at the Newport Playhouse with buffet lunch @ \$87.00/pp

7/19 – Boston Symphony Orchestra at Tanglewood with lunch @ \$75.00/pp

10/4-10/10 – Myrtle Beach Show trip @ \$625.00/pp double occupancy

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. Do not hesitate to put your name on a waiting list for any of our trips.

5/17 – A day in the Pioneer Valley of Massachusetts @ \$89.00/00

6/13/15 – "Kinky Boots" at PPAC & lunch at Spirito's of Providence @ \$139.00/pp (full, waiting list)

7/19/15 – Connecticut River Cruise, Gelston House and Gillette Castle @ \$99.00

8/23/15 – City of President's Tour "Quincy", buffet lunch and boat ride @ \$104.00/pp

Overnight Trips, call 508-421-6882 for prices and reservations

9/26-10/07 – National Parks of America trip with Collette Vacations

10/08-10/11 – Washington DC in the fall with a new itinerary price TBA

11/7-11/15 – Tropical Costa Rica with Collette Vacations

MOC's Elder Nutrition April 2015 Newsletter

Did you know?

Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.

Store your opened chunks of cheese in aluminum foil. It will stay fresh much longer and not mold.

Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with 4 bumps on the bottom are firmer and better for cooking.

Add a teaspoon of water when frying ground beef. It will help pull the grease away from the meat while cooking.

Add garlic immediately to a recipe if you want a light taste of garlic and at the end of the recipe if you want a stronger taste of garlic.

Reheat pizza: heat leftover pizza in a nonstick skillet on top of the stove. Set heat to med-low and heat until warm. This keeps the crust crispy.

Easy deviled eggs: put cooked egg yolks in a ziploc bag. Seal and mash until they are all broken up. Add the remainder of the ingredients and reseal. Keep mashing it up thoroughly. Cut the tip of the bag and squeeze the mixture into the egg. Just throw the bag away when done for an easy clean up.

Reheating refrigerated bread: to warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave next to a cup of water. The increased moisture will keep the food moist and help it reheat faster.

Funded by Title III Funds of the Older Americans Act through the Central Mass Area Agency on Aging and Mass EOEA, State Elder Lunch, and Town and participant donations.



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.



April Calendar of Events

(Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30 – Chair yoga 9:30 – Computer class 11:30 – grilled chicken 12:30 – Wii 1 – Van shopping to Christmas Tree Shops	2 9 – Yoga 11:30 – chicken ala king 1 – Movie	3 9:30 – Pilates 11:30 – broccoli bake
6 10 – Exercise 11:30 – roast pork	7 11:30 – meatball cacciatore 12:15 – Game day	8 9:30 – Chair yoga 9:30 – Computer class 11:30 – SPECIAL: chicken kiev 12:30 – Wii 1 – Van shopping trip to Walmart in West Boylston	9 9 – Yoga 11:30 – fish wedge 1 – Edible Wild Plants talk	10 9:30 – Pilates 11:30 – macaroni and cheese
13 10 – Exercise 11:30 – chicken breast teriyaki 12:30 – Protecting Your Nest Egg talk	14 11:30 – beef bolognaise 12:15 – Game day	15 9:30 – Chair yoga 9:30 – Computer class 11:30 – beef stew 12:30 – Wii 1 – Van shopping trip to Target	16 9 – Yoga 11:30 – pork rib 12 – 2 – Elder Keep Well Clinic	17 9:30 – Pilates 11:30 – chicken jambalaya
20 Senior Center closed for Patriot's Day	21 11:30 – baked chicken 12:15 – Game day	22 9:30 – Chair yoga 9:30 – Computer class 11:30 – Thai sweet chicken 12:30 – Wii 1 – Van shopping trip to Walmart in Leominster	23 9 – Yoga 11:30 – turkey 12:30 – Book club	24 7:30 – Pancake breakfast 9:30 – Pilates
27 10 – Exercise 11:30 – baked ham 12:30 – Living a Healthier Lifestyle talk	28 11:30 – beef burger 12:15 – Game day	29 9:30 – Chair yoga 9:30 – Computer class 11:30 – chicken corn stew 12:30 – Wii 1 – Van shopping trip to Ocean State Job Lot	30 9 – Yoga 11:30 – cheese lasagna with basil meat sauce 12:30 – Springtime Jingo	

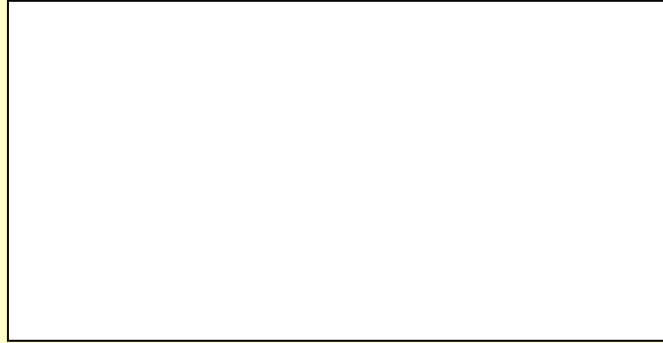
Wednesday Choice Alternate Meals: 4/1 – seafood salad

4/8 – chicken breast with red pepper pesto 4/15 – sliced turkey and cheese

4/22 – egg salad 4/29 – turkey cranberry salad

Sterling Council on Aging
PO Box 243
Sterling, MA 01564-0243

PRESORTED
STANDARD
US POSTAGE
PAID
STERLING, MA
01564



Sterling COA
1 Park Street
PO Box 243
Sterling, MA 01543

Phone:
978-422-3032

Fax:
978-422-9916

E-mail:
kphillips@sterling-ma.gov
nboardman@sterling-ma.gov

Annual Senior Dinner Dance on April 30 from 5-8 PM at Wachusett Regional High School. All Seniors in the Wachusett area are invited to a free dinner dance at the high school. Sign up is required by calling the Holden Senior Center at 508-210-5570 by April 19th. Sponsored by WRHS Mountaineer Volunteers and the Friends of the Holden Council on Aging.

Class reunion info: The Wachusett Regional High School Class of 1965 will hold a 50 year reunion at 6 PM on Saturday, September 19, 2015 at Val's Restaurant in Holden, MA. For more information contact Tom Dresser at 508-693-1050 or thomasdresser@gmail.com, Gail Johnson Mannila at 617-552-5153 or gmannila@verizon.net, or Wendy Morrison Kempland at 413-214-8401 or w_kempland@yahoo.com. Please send your email address to 65wrhs@gmail.com

We're on the Web!
www.sterling-ma.gov