

Sterling Council on Aging

Living Out Our Sterling Years Together

December 2014

Volume 19, Number 132

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

Message from the Director

Merry Christmas and Happy New Year

We're wishing you a Christmas
Full of laughter, love and light,
With delicious holiday foods
To excite your appetite.
We're hoping you receive
Delightful gifts to make you smile,
With family and friends
To love you all the while.
We wish you a Merry Christmas;
May your Christmas dreams come true,
And when Christmas is over,
Happy New Year, too!
By Joanna Fuchs



Enjoy the holidays! Karen

Volunteer opportunity: We need someone who is available from 7:30 – 8:30 AM to help pack meals on wheels. We also need people to help serve and clean up the meal site from 11 AM – 12:30 PM. If you are interested and available, please call the Senior Center at 978-422-3032 or stop by the office.

Do you need Christmas cards? We have a lot of cards for free at the Senior Center. Stop by and check out the selection that we have.

♦ 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 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.

Outreach News:

Nickole is working on several projects right now.

- If you are over 80, she will be contacting you about getting a CO detector
- If you need books from the library, she will deliver them for you
- If you need sand, give us a call and she will deliver it

Call the Senior Center at 978-422-3032 with any questions.

The COA Board generally meets the 1st Thursday of the month at 4:30 PM in the Senior Center.

Special Events for December

Thursday, December 4 – Movie at 1 PM. Hop aboard for this fantastical movie. Make sure you still believe in Santa. Hear the bell ring. Hot chocolate will be served. Free popcorn.

Sunday, December 7 – Senior Center's Annual Christmas Party at 1 PM.

Monday, December 8 - "Health Issues Common in Seniors" talk by Dr. Corpuz at 12:30 PM. Dr. Corpuz is back to talk about hypertension, diabetes, high cholesterol, osteoarthritis, and the benefits of yearly annual exams. This should be a very informative talk.

Thursday, December 11 - "Historical Society Talk" at 12:30 PM. David Gibbs and Bob Jones will be here to show their presentation combining lecture and photographs that they have restored from the early 1900s. Most pictures were taken by Charles Fremont Estabrook. This should be an interesting talk. Come and see how things used to be.

Friday, December 12 - Senior Breakfast at Chocksett School from 8:15 - 10:15 AM. This annual event is always a hit. The students at Chocksett provide entertainment while seniors get a free breakfast. The kids put a lot of hard work into this event. Sign up required by calling the Senior Center at 978-422-3032 by Friday, December 5th.

Saturday, December 13 - Wachusett Area Rotary Breakfast at the Manor Restaurant in West Boylston. Doors open at 8:30 AM. You must make a reservation for this by calling the Holden Senior Center at 508-210-5570. Seating is limited, so sign up early.

Monday, December 15 - "Staying Connected - Hearing Loss and Dementia" talk at 12:30 PM by Dr. Keith Darrow from the Hearing and Balance Centers of New England. He is a graduate of M.I.T. and Harvard Medical School and is a research Associate at the Mass. Eye and Ear Infirmary. Dr. Darrow will be presenting a short lecture on the effects of untreated hearing loss, including the link between hearing loss and dementia. Refreshments to be served.

Thursday, December 18 – SHINE counselor will be available to answer health insurance questions. Appointments are required by calling the Senior Center at 978-422-3032.

Thursday, December 18 – Elder Keep Well Clinic from 12 – 2 PM.

Thursday, December 18 (note date change) – Book club at 12:30 PM. This month's selection is A Dog Named Christmas by Greg Kincaid.

Friday, December 19 (note date change) - Pancake breakfast from 7:30 - 9:30 AM. Join the Friends of Sterling Seniors for their monthly pancake breakfast. \$2.00 gets you pancakes, sausage, tea breads, juice, and coffee. All ages are welcome.

Thursday, December 25 and Friday, December 26 - Senior Center closed for Christmas.

If you haven't got any charity in your heart, you have the worst kind of heart trouble.

Bob Hope

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:

December 18 (note date change) – A Dog Named Christmas by Greg Kincaid
January 22 – The Promise of a Pencil by Adam Baum

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. \$3.00 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 - \$3.00 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 December 2014
MEDICARE OPEN ENROLLMENT UPDATE MEETING
PLAN YEAR 2015

A MEDICARE OPEN ENROLLMENT UPDATE MEETING IS COMING SOON TO A SENIOR CENTER NEAR YOU!!!! At this meeting we will be discussing your options for MEDICARE IN 2015. We will be reviewing changes to MEDICARE Health Plans, we will also talk about MEDICARE Part D coverage and how it works. Finally we will speaking about programs that may be available to assist you with some or all of your MEDICARE costs. Please call your local Senior Center to get the location of a meeting near your home. Then call and reserve a space for this important meeting. Remember MEDICARE Open Enrollment is from October 15th to December 7th. **YOU MUST MAKE ANY CHANGES TO YOUR PLAN BY DECEMBER 7th.** **If you have any questions call us at 1-800-AGE-INFO/1-800-243-4636 option 3 or call our direct line at 508-422-9931.**

DON'T IGNORE YOUR MEDICARE MAIL!!

It's that time of year again! If you have a **Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO)**, you should have received information from your plan by the end of September. It is important to **understand** and **save** this information because it explains any changes in your plan for 2015. During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan for next year. **SHINE Counselors can help you understand your plan changes, as well as other options you may have. Make your SHINE appointment early!**

"SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly cable tv program called SHINE's MEDICARE AND MORE", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.

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.

Fun December Facts

December is known around the world as a family time of celebration honoring cultures, religions and traditions that have been with humanity for hundreds of years. See below for a mix of the weird and wonderful facts about this magical month!

1. An almanac prediction states that if snow falls on Christmas Day, Easter will be warm, green and sunny.
2. The name December comes from the Latin *decem* for “ten”, as it was the 10th month in the Roman Calendar.
3. The term Yuletide comes from a Norse tradition of cutting and burning a tree to bring in the Winter Solstice. This was to last through 12 days – later known as the 12 days of Christmas.
4. December 12th is Poinsettia Day.
5. Saint Nickolas, who would eventually be called Santa Claus, was originally the patron saint of children, thieves and pawnbrokers!
6. December 28th is considered by some to be the unluckiest day of the year.
7. The first artificial Christmas tree was made in Germany, fashioned out of goose feathers that are dyed green!
8. Spiders and spider webs are considered good luck on Christmas.
9. Common decorations on a Christmas tree each have their specific meanings. Candles – the light of the world, the Star at the top is a reminder of the first Christmas night and Candy canes are to represent the Shepherd’s cane.
10. “Jingle bells” was composed in 1857, and not for Christmas – it was meant to be a Thanksgiving song!
11. In 1647 Oliver Cromwell, English Puritan leader, banned the festivities of Christmas for being seen as immoral on such a holy day. Anyone who was seen celebrating was arrested! The ban was lifted in 1660.
12. An ancient legend states that forest animals can speak in human language on Christmas Eve!



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.

Driver gratuity & cancellation waiver fee included in all of our day trips

3/22 – British High Tea in Boston @ \$119.00/pp

4/18 – Connecticut’s Irish Hunger Museum plus Irish Pub buffet @ \$67.00/pp

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

Overnight trip

3/01-03/2015 – Philadelphia Flower Show including Longwood Gardens starting at \$469.00/pp double.

For the following trips, call 508-421-6882 for pricing:

5/02-09/2015 – Holland America cruise, Bermuda from Boston

9/26-10/7 – National Parks of America trip with Collette Vacations

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

MOC's Elder Nutrition December 2014 Newsletter

Water, the Fountain of Life

Water's purpose in our bodies

Water plays many roles including:

- Moving nutrients and medications through the body
- Reduces constipation
- Controls temperature: cools the body in the summer and warms it in the winter
- Protects joints and organs from shock and injury
- Keeps skin moist

Frequently asked questions:

I don't feel thirsty. Do I still need to drink? Yes. Aging can lessen the sense of thirst. Since you can't depend on feeling thirsty, setting up a reminder system can help. Try following a regular routine. For example, always drink water or another fluid with every meal, and take habitual beverage breaks during the day. Schedule a mid-morning juice break, sip an afternoon cup of tea, drink a glass of water while watching television and have milk at bedtime.

- Tip: Put a measured amount of water in a pitcher and place it in a spot that's easy to see. Try to drink the contents by the end of the day.

I use a walker and can't go back and forth to the kitchen all day. Any ideas? Keep a water bottle by your chair. Or keep a thermos of hot water to use for tea or hot chocolate. Many people enjoy plain hot water with lemon.

- Tip: Juice boxes can be stored anywhere without refrigeration. Or freeze a beverage in ice cube trays and put the frozen cube in a pitcher where you can reach it.

If I drink more fluid won't I have to use the bathroom frequently? You may find that you urinate more often – it's a normal reaction to drinking more. This may be a bother, but the benefits really are worth the effort. It may be helpful to plan a bit: for example, instead of drinking a glass of water before you leave to shop, have it when you return home. If you, like many others, have a problem with bladder control, talk to your doctor. While you may need to avoid certain types of beverages, (e.g. those with caffeine), cutting back on all fluids isn't the answer.

Funded by Title III Funds of the Older Americans Act through the Central Mass Area Agency on Aging and Mass EOE, 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.



December Calendar of Events

(Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
1 10 – Exercise class 11:30 – Swedish meatballs with egg noodles	2 11:30 – potato Pollock filet 12:15 – Game day	3 9:30 – Chair yoga 9:30 – Computer class 11:30 – breaded chicken 12:30 – Wii 1 – Van shopping trip to Walmart in West Boylston	4 9 – Yoga 11:30 – shaved steak 1 – Movie 4:30 – COA Board Meeting	5 9:30 – Pilates 11:30 – butternut mac and cheese Sunday, December 7 – Christmas party at 1 PM
8 10 – Exercise class 11:30 – sloppy Joe 12:30 – Health Issues talk	9 11:30 – roast chicken 12:15 – Game day	10 9:30 – Chair yoga 9:30 – Computer class 11:30 – pork roast 12:30 – Wii 1 – Van shopping trip to Christmas Tree Shop	11 9 – Yoga 11:30 – chicken divan 12:30 – Historical Society talk	12 8:15 – Breakfast at Chocksett 9:30 – Pilates Saturday, December 13 – Rotary Breakfast
15 10 – Exercise 11:30 – meatball cacciatore 12:30 – Hearing talk	16 11:30 – SPECIAL: roast beef 12:15 – Game day	17 9:30 – Chair yoga 9:30 – Computer class 11:30 – baked chicken 12:30 – Wii 1 – Van shopping trip to Walmart in Leominster	18 9 – Yoga 11:30 – turkey 12 – 2 – Elder Keep Well Clinic 12:30 – Book club	19 7:30 – Pancake breakfast 9:30 – Pilates
22 10 – Exercise class 11:30 – salmon	23 11:30 – penne and meatballs 12:15 – Game day	24 9:30 – Computer class 11:30 – Salisbury steak	25 Senior Center closed for Christmas	26 Senior Center closed for Christmas
29 10 – Exercise 11:30 – pork lo mein	30 11:30 – BBQ beef rib 12:15 – Game day	31 9:30 – Chair Yoga 9:30 – Computer class 11:30 – chicken picatta 12:30 – Wii 1 – Van shopping trip to K-Mart	1 Senior Center closed for New Year's Day	



It's that time of year again. If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should have received a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2015. It is important to review, understand, and save this information. Medicare Open Enrollment is October 15th to December 7th.

Sterling COA
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PO Box 243
Sterling, MA 01543

Phone:
978-422-3032

Fax:
978-422-9916

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

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

Sunday, December 7 – Senior Center Christmas Party at 1 PM. Come and join us for a fun filled afternoon. Roger Tincknell will be joining us for a wonderful holiday performance. He puts on a great show. We will be serving lots of goodies. Come on down for the party and stay for the Town's Christmas Tree Lighting at 3:30 PM. Around 4 PM, there will be caroling on the Common. Enjoy the spirit of the season in Sterling!

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