

Sterling Council on Aging **Living Out Our Sterling Years Together**

Our mission is to maintain the health and well being of the Sterling seniors and to assist them with preserving their independence.

December 2015

Butterick Building
1 Park Street

COA (Council on Aging)

Mon—Thurs: 8:30—2:30

Friday: 8:30—12 noon

Office: 978-422-3032

Rides: 978-422-3032

Meals: 978-422-8022

Fax: 978-422-9916

Message From the Director

The Best Gift

As Christmas time arrives,
We think of you and smile;
Your friendship is the gift
We think most worthwhile.

The packages are pretty
Underneath the tree,
But what we value most
Is your ability

To bring joy to our lives
In everything you do,
Enriching time together
Just by being you.

By Joanna Fuchs

*** Senior Center Staff**

*** Director:**

Karen Phillips

*** Outreach Aide:**

Nickole Boardman

*** Drivers: Pam Dell,**

Lou Massa, Joan

Seymour, Gloria

Rugg

*** Meal Site Manager:**

Sandra Jacala

Wishing you all a happy holiday season. Merry Christmas.

Happy Hanukkah. Happy Kwanzaa. *Karen*

Upcoming Events at a Glance

Wednesday, December 3—Movie at 1 PM

Friday, December 11—Chocksett Senior Breakfast at 8:45 AM

Saturday, December 12—Wachusett Rotary Breakfast at 8:30 AM

Sunday, December 13—Senior Center Christmas Party at 1 PM

Monday, December 14—Veterans' Aid & Attendance Benefit at 12:30 PM

Monday, December 21—Christmas Jingo at 12:30 PM

Friday, December 25—Senior Center closed for Christmas

Friday, January 1, 2016—Senior Center closed for New Year's Day

Special Events for December

Thursday, December 3—Movie at 1 PM. Join us for a holiday movie. Start the month with some holiday cheer!

Friday, December 11—Chocksett Senior Breakfast at 8:45 AM. The Chocksett Middle School Student Council invites you all to the school for a lovely breakfast, followed by seasonal entertainment performed by the Chocksett Chorus, Band, and Strings Ensemble. Sign up by December 8th by calling the school at 978-422-6552.

Saturday, December 12—Wachusett Area Rotary Senior Breakfast at 8:30 AM at the Manor in West Boylston. You must sign up by calling the Holden Senior Center at 508-210-5570.

Sunday, December 13—Annual Senior Center Christmas Party at 1 PM. Join us for seasonal music by Roger Tincknell. Refreshments will be served. Gifts will be given out. With any luck, Santa Claus himself will arrive.

Monday, December 14—Veterans' Aid & Attendance Benefit presented by Comfort Zone Home Care at 12:30 PM. Most veterans are not aware of the eldercare benefits available through Veterans Health Care. If you or your spouse are a veteran, come for this informational program.

Thursday, December 17—SHINE Counselor will be available to answer health insurance questions. Appointments are required by calling the Senior Center at 978-422-3032.

Thursday, December 17—Elder Keep Well Clinic at 12 noon.

Thursday, December 17—Book club at 12:30 PM. This month's selection is *The Christmas Blessing* by Donna VanLiere.

Friday, December 18—Pancake breakfast from 7:30—9:30 AM. \$2.00 a plate for pancakes, sausage, fruit cup, tea bread, coffee, and juice. All are welcome.

Monday, December 21—Christmas Jingo at 12:30 PM. Join us for this fun, bingo-like game. Prizes will be awarded. Refreshments will be served.

Friday, December 25—Senior Center closed for Christmas Day.

Friday, January 1—Senior Center closed for New Year's Day.



Don't forget to join us for a fun
pancake breakfast.

Book club choices:

December 17—*The Christmas Blessing*
by Donna VanLiere

January 28—*Miles To Go* by Richard
Paul Evans

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—

Game day at 12:15. 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 AM. Have your computer questions answered. Free.

Wii bowling at 12:30 PM. Come and bowl with some friends. Monthly tournaments.

Shopping trip to various stores at 1 PM. Sign up required. Limited to 9 people.

Thursdays—

Yoga at 9 AM. Gentle yoga for strength and flexibility. \$5.00 a class.

Fridays -

Pilates at 9:30 AM. Core strength and balance with a certified instructor. \$5.00 a 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. Reservations must be made 24 hours in advance (before 12 noon). Your \$3.00 donation is appreciated.

Elder Keep Well Clinic every 3rd 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 once a month for private appointments regarding your health insurance questions. Call to schedule an appointment.

We have a computer lab with internet access. There is a pool table for impromptu games or practice.

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. Please call 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.

Reservations can be made by calling the office at 978-422-3032.

News from SHINE December 2015

With Medicare Plans, does it matter which pharmacy you use?

For many Medicare plans, the pharmacy you use could make a big difference in the cost of your drugs. All Medicare drug plans and Medicare Advantage Plans (HMOs, PPOs) have network pharmacies. Most pharmacies accept most plans. However, if you go to a pharmacy that is not in your plan's network, your drugs will not be covered, and you will pay full retail price.

For 2016, 80% of the Medicare drug plans have preferred pharmacies. By using a preferred pharmacy, you can save money! Some plans have changed their preferred pharmacies for next year. You should check that the pharmacy you currently use is the best one to use with your plan.

Most plans have a mail-order program that allows you to get a 90 day supply of your covered prescription drugs sent directly to your home. Mail order sometimes costs less, but using preferred pharmacies may cost less than mail order.

Medicare open enrollment ends December 7th.

If you want to change your Medicare Plan, don't wait. Call 1-800-MEDICARE now!

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.

The Central Mass Region has launched a website: 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, unbiased, 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.



Living Memorial Honor
Sterling COA./Senior Center
1 Park Street, Sterling, MA 01564

I am enclosing \$ _____

In honor/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.

Winter Storm Tips

- Stay indoors during the storm if possible.
- If you do go outside, protect yourself by dressing for the season, wearing several layers of loose fitting, lightweight, warm clothing, rather than one layer of heavy clothing. The outer garments should be tightly woven and water repellent. Mittens are better than gloves. Wear a hat, as most body heat is lost through the top of the head. Cover your mouth with a scarf to protect your lungs.
- Keep dry. Change wet clothing frequently to prevent a loss of body heat. Wet clothing loses all of its insulating value and transmits heat rapidly.
- Be careful when shoveling snow. Over-exertion can bring on a heart attack - a major cause of death in the winter.
- Watch for signs of frostbite: loss of feeling and white or pale appearance in the extremities such as fingers, toes, ear lobes or the tip of the nose. If symptoms are detected, seek medical help immediately.
- Watch for signs of hypothermia: uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. If symptoms are detected, get the victim to a warm location, remove any wet clothing, warm the center of the body first and give warm, non-alcoholic beverages, if the victim is conscious. Get medical help, as soon as possible.
- Drive only if it is absolutely necessary. If you must drive: travel in the day; don't travel alone; keep others informed of your schedule; stay on main roads and avoid back road shortcuts.
- Be a good neighbor. Check in on friends, family, and neighbors, particularly those most susceptible to extreme temperatures and power outages such as seniors and those with access and functional needs.



Reprinted from MEMA

Fuel Assistance: New England Farm Workers' Council 978-342-4520

Feb 19—Connecticut Flower Show in Hartford with lunch at Vito's By the Park @ \$89.00 pp

Mar 12 —"Little Bit of Ireland" Regal Theater's Irish Show @ \$99.00 pp

Apr 10—Ivoryton Playhouse featuring *On the Road* with John Denver @ \$115.00 pp

May 14/15 —2 day New York with 9/11 Memorial & Museum and the Statue of Liberty @ \$349.00 pp

May 22—Mount Auburn Sunday brunch and Kennedy Library @ \$105.00 pp

Jun 24—Crane Estate, Essex and Ispwich TBA

Jul 30—Plymouth Whale Watching, lunch at the Hearth & Kettle @ \$99.00 pp

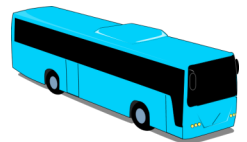
Sep TBA—4 day Niagara Falls Canada TBA

Oct 8/19—Danube River Cruise plus Prague with Viking Cruise Line—call for availability.

Pick up flyers at the senior center. Call Gladys Merrow at 508-835-4312 with any questions
or email at **glady2@verizon.net**

On the Road Again with Mary Lajoie
Call 978-827-4882 for

Feb 25—Bingo party and Wright's
Chicken Farm @ \$52 pp



If you have an email address and would like to get updates, send an email to kphillips@sterling-ma.gov.

Local Emergency numbers:

Police and Fire—911 for emergencies

Police non-emergency—978-422-7331

Fire non-emergency—978-422-8107

Light Department—978-422-8267


DPW—978-422-6767

Area Food Pantries:

Wachusett Food Pantry: 978-563-1064
(distribution on Friday before 3rd
Saturday of the month)

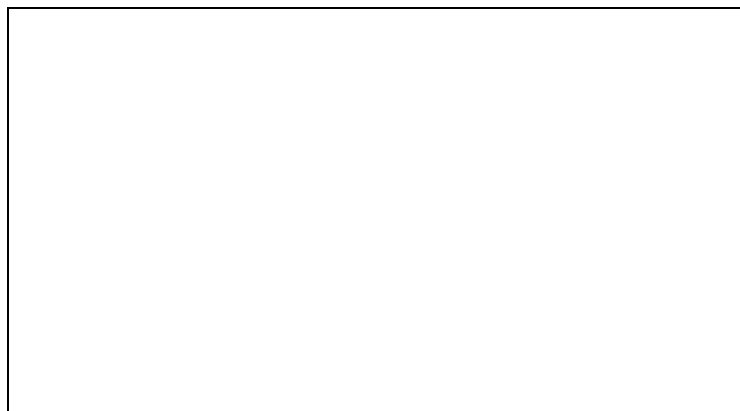
WHEAT (Clinton): 508-370-4943 (food pantry Tues, Wed, Thurs from 10—1)

St. Richard's: 978-422-8881 (food pantry
Mondays and Thursdays 10-1)

Monday	Tuesday	Wednesday	Thursday	Friday
	1 11:30— sloppy Joe 12:15—Game day	2 9—Computer class 9:30—Chair yoga 11:30— chicken parm 12:30—Wii 1—Van shopping trip to Christmas Tree Shop	3 9—Yoga 11:30— chicken divan 1—Movie	4 9:30—Pilates 11:30— sweet and sour meatballs
7 10—Exercise 11:30— chicken breast with Florentine sauce	8 11:30— Salisbury steak 12:15—Game day	9 9—Computer class 9:30—Chair yoga 11:30—turkey & corn stew 12:30—Wii 1—Van shopping trip to Walmart (Leom)	10 9—Yoga 11:30— breaded pollock	11 8:45—Chocksett breakfast 9:30—Pilates <u>Sat 12</u> —Rotary breakfast at 8:30 <u>Sun 13</u> —Senior Center Christmas Party at 1 PM
14 10—Exercise 11:30— chicken with red pepper pesto 12:30—Veterans' Benefits program	15 11:30—SPECIAL: roast beef 12:15—Game day	16 9—Computer class 9:30 —Chair yoga 11:30— chicken jam-balaya 12:30—Wii 1—Van shopping trip to Ocean State	17 9—Yoga 11:30— BBQ pork patty 12—Elder Keep Well clinic 12:30—Book club	18 7:30—Pancake breakfast 9:30—Pilates
21 10—Exercise 11:30— chicken kielbasa 12:30—Christmas Jingo	22 11:30— grilled chicken 12:15—Game day	23 9—Computer class 9:30 —Chair yoga 11:30— pork roast 12:30—Wii 1—Van shopping trip to Walmart (WB)	24 9—Yoga 11:30—meatloaf	25 Senior Center closed 
28 10—Exercise 11:30— Swedish chicken meatballs	29 11:30—cabbage casserole 12:15—Game day	30 9—Computer class 9:30—Chair yoga 11:30—grilled chicken 12:30—Wii 1—Van shopping trip to Family Dollar and Dollar Tree	31 9—Yoga 11:30—turkey	Are you in need of sand for this winter? Please give us a call at the Senior Center. Nickole will gladly deliver sand to your door.

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

PRESORTED
STANDARD
US POSTAGE
PAID
Permit 2
STERLING, MA
01564



Sterling COA
1 Park Street
PO Box 243
Sterling, MA 01564

Phone:
978-422-3032
Fax:
978-422-9916

E-mail:
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nboardman@sterling-ma.gov

The new Senior Center is coming along! Here are some pictures of the progress:



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