

# Sterling Council on Aging

*Living Out Our Sterling Years Together*

February 2015

Volume 21, Number 133

*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

Hopefully we all made it through the cold of January. Many of you hibernate in January. Hopefully the weather will start getting better so that we will see more of you down at the Senior Center.

The Senior Center Building Committee is working diligently to get the new Senior Center designed for construction. This has been a long process, but we are almost at the end of the journey. Keep watching for the ground breaking!

Make sure to tell someone that you love them this month. Love is meant to be shared, not hoarded.

Enjoy each day as it comes.

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.

### ♦ 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.

### Genetics

A family member in our home  
Has not a single Chromosome  
Or any gene she got from me,  
But she's as loving as can be,  
Our cat, the subject of this poem.

Robert Malcolmson

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

## Special Events for February

Thursday, February 28 – Movie at 1 PM. TBD

Thursday, February 12 – Valentine's Day Jingo at 12:30 PM. Join us for this fun, bingo-like game. Prizes and refreshments.

Monday, February 16 – Senior Center closed for Presidents' Day

Thursday, February 19 – The SHINE Counselor will be available to answer health insurance questions. Appointments are required by calling the Senior Center at 978-422-3032.

Thursday, February 19 – Elder Keep Well Clinic from 12 – 2 PM.

Thursday, February 26 – Book club at 12:30 PM. This month's selection is True Believer by Nicholas Sparks. You can pick up a book in the Senior Center.

Friday, February 27 – FOSS Pancake Breakfast from 7:30 – 9:30 AM. Come and join us for the best breakfast in town. \$2.00 a plate. Pancakes, sausage, fruit cup, tea bread, coffee, and juice.

Happy  
Valentine's  
Day

*If you live to be a  
hundred, I want to  
live to be a  
hundred minus one  
day so I never have  
to live without you.*

A. A. Milne



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](mailto: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:

February 26 – True Believer by Nicholas Sparks

March 26 – Sarah's Key by Tatiana de Rosnay

## **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 February 2015**  
***Help!..My new Part D Plan doesn't cover all my Medications!!"***

If you have a **new** Medicare Part D plan and have just found out that your new plan does NOT cover a drug you have been taking, you should know about ***transition refills***. Transition refills may give you temporary coverage (one-time, 30-day supply) for a drug that is not on your new plan's formulary **OR** that has restrictions (prior authorization or step therapy).

It is important to understand that a **transition refill is only a temporary solution**. You need to call your doctor right away to talk about switching to a drug your plan does cover **OR** filing a request with your Part D plan for a "formulary exception" (which may or may not be approved).

**A transition refill is not for new prescriptions.** You can only get one if you were already taking the drug before you signed up for the plan. Also, a transition refill does NOT apply to drugs that Medicare doesn't require Part D plans to cover (like Valium and Ativan). If you are in the **same** plan as last year, you **may** still be able to get a transition refill if your plan removed a drug you had been taking in 2014 from its 2015 formulary, for reasons other than safety.

**Not all pharmacists know about transition refills.** Ask your pharmacist to call your Part D plan for special instructions.

**"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.

## Heart Attack Symptoms in Women

Even though [heart disease](#) is the No. 1 killer of women, women often chalk up the symptoms to less life-threatening conditions like acid reflux, the flu or normal aging.

“They do this because they are scared and because they put their families first,” Goldberg said. “There are still many women who are shocked that they could be having a heart attack.”

## Heart Attack Signs in Women

1. Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
2. Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
3. Shortness of breath with or without chest discomfort.
4. Other signs such as breaking out in a cold sweat, nausea or lightheadedness.
5. As with men, women’s most common heart attack symptom is [chest pain](#) or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

**If you have any of these signs, don’t wait more than five minutes before calling for help. Call 9-1-1 and get to a hospital right away.**

*From [www.heart.org](http://www.heart.org)*



## **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.

**Gratuities and a cancellation waiver fee have been added to the cost of each seat on all our day trips to cover any cancellations up to 7 days prior to the trip. If you cancel after that date, the refund will only be sent if you or we can fill your seat. The refund will be minus the cancellation waiver.**

3/22 – British High Tea at the Langham hotel plus more in Boston @ \$119.00/pp

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

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)

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

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

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

## MOC's Elder Nutrition February 2015 Newsletter

### FOUR THINGS YOU CAN DO TO PREVENT FALLS

#### **Begin a regular exercise program**

Exercise is one of the most important ways to lower your chances of falling. It makes you stronger and helps you to feel better. Exercises that improve balance and coordination (like Tai-Chi) are most helpful. Lack of exercise leads to weakness and increased falling.

#### **Have your health care provider review your medicines**

Have your doctor or pharmacist review all the medicines you take. As you get older, the way medicines work in your body can change. Some medicines can make you sleepy or dizzy and can cause you to fall.

#### **Have your vision checked**

Have your eyes checked by an eye doctor at least once a year. You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.

#### **Make your home safer**

About half of all falls happen at home. To make your home safer:

Remove things you can trip on from the stairs and place where you walk. Remove throw rugs. Have grab bars next to your toilet and shower. Use non-slip mats in the bathtub and on shower floors. Have lights and handrails on all staircases. Wear Shoes!

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 3<sup>rd</sup> 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.





## February Calendar of Events

(Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
2  10 – Exercise 11:30 – turkey	3  11:30 – chicken patty parmesan 12:15 – Game day 5 – Hula hooping	4  9:30 – Chair yoga 9:30 – Computer class 11:30 – Salisbury steak 12:30 – Wii 1 – Van shopping trip to Walmart in West Boylston	5  9 – Yoga 11:30 – Cajun lentil pork stew 1 – Movie	6  9:30 – Pilates 11:30 – chicken with soy ginger sauce
9  10 – Exercise class 11:30 – chicken stew	10  11:30 – stuffed cabbage casserole 12:15 – Game day 5 – Hula hooping	11  9:30 – Chair yoga 9:30 – Computer class 11:30 – chicken with gravy 12:30 – Wii 1 – Van shopping trip to Family Dollar and the Dollar Tree	12  9 – Yoga 11:30 – SPECIAL: salmon with peach salsa 12:30 – Valentine's Day Jingo	13  9:30 – Pilates 11:30 – BBQ meatballs
16  Senior Center closed for Presidents' Day	17  11:30 –chicken 12:15 – Game day 5 – Hula hooping	18  9:30 – Chair yoga 9:30 – Computer class 11:30 – fish sticks 12:30 – Wii 1 – Van shopping trip to Walmart in Leominster	19  9 – Yoga 11:30 – turkey 12 – 2 – Elder Keep Well Clinic	20  9:30 – Pilates 11:30 – broccoli bake
23  10 – Exercise class 11:30 – chicken with tarragon sauce	24  11:30 – white chicken chili 12:15 – Game day 5 – Hula hooping	25  9:30 – Chair yoga 9:30 – Computer class 11:30 – kielbasa 1 – Van shopping trip to The Mall at Whitney Field	26  9 – Yoga 11:30 – beef Stroganoff 12:30 – Book club	27  7:30 – Pancake breakfast 9:30 – Pilates





**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](mailto:kphillips@sterling-ma.gov)  
[nboardman@sterling-ma.gov](mailto:nboardman@sterling-ma.gov)

**We're on the Web!**  
[www.sterling-ma.gov](http://www.sterling-ma.gov)

The library is hosting a classics book club. The February selection is: *The Red Badge of Courage* by Stephen Crane. The club meets at 1 p.m. in the Baker Room upstairs at the library.

The Conant Public Library is hosting the "Afternoon Matinee" film series on Tuesday, February 24<sup>th</sup> at 1:00 p.m. Warm up this February with the classic Oscar nominated romantic comedy from 1949, *Adam's Rib*, starring Katherine Hepburn and Spencer Tracy. Registration is required as seating is limited. Please call (978)422-6409 to register.

Valentine's Day Trivia: The tradition of Valentine's cards did not become widespread in the United States until the 1850s, when Esther A. Howland, a Mount Holyoke graduate and native of Worcester, Mass., began mass-producing them. Today, of course, the holiday has become a booming commercial success. According to the Greeting Card Association, 25% of all cards sent each year are valentines.

*Distribution of this newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs.*

PRESORTED  
STANDARD  
US POSTAGE  
PAID  
STERLING, MA  
01564

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