

Sterling Council on Aging

Living Out Our Sterling Years Together

January 2015

Volume 20, 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

Message from the Director

Happy New Year To You

Happy New Year to you!
May every great new day
Bring you sweet surprises--
A happiness buffet.

Happy New Year to you,
And when the new year's done,
May the next year be even better,
Full of pleasure, joy and fun.

By Joanna Fuchs

Wishing you all a happy and healthy New Year! Don't forget to write 2015 on your checks!!



Karen

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

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.

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.

♦ 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.

Special Events for January

Thursday, January 1 – Senior Center closed.

Friday, January 2 – Senior Center closed.

Thursday, January 8 – Movie at 1 PM. Do you want to build a snowman? Come and join us for a free movie with popcorn.

Thursday, January 15 – The SHINE counselor will be available to answer health insurance questions. Appointments are required by calling the Senior Center at 978-422-3032.

Thursday, January 15 – Elder Keep Well clinic from 12 – 2 PM.

Thursday, January 15 – Nursing students from MCPHS will be coming to learn how to take medical histories at 1 PM. I need 6 seniors to volunteer to help train these students. Please call the office at 978-422-3032 to volunteer to help the next generation of nurses.

Monday, January 19 – Senior Center closed for Martin Luther King Day.

Thursday, January 22 – Book club at 12:30 PM. This month's selection is *The Promise of a Pencil* by Adam Baum. It is a true story about helping build schools around the world.

Friday, January 30 – FOSS Pancake Breakfast from 7:30 – 9:30 AM. \$2.00 pancake breakfast. All are invited. Come and join us for the best breakfast \$2.00 can buy!



Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.

Helen Keller

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:

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 January 2015
Can I still change my Medicare Plan?

The 2014 Medicare Open Enrollment period ended on December 7th, but some people may still be allowed to change plans.

For those with a Medicare Advantage Plan:

Between January 1st and February 14th, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period.

For those with Prescription Advantage or getting “Extra Help” paying for prescription drugs:

You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with “Extra Help” can change every month.

If you want to take advantage of either of these opportunities call the SHINE Regional Office and a volunteer can talk you through the process.

“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.

Donut Hole Information

Did you reach the “donut hole” last year?

If so, chances are you could reach it again!

If you have a Medicare Part D or Medicare Advantage plan and do not get Extra Help, you will reach the coverage gap when the total retail cost of your prescription drugs reaches \$2960. Then you will pay 45% of the cost of brand name drugs and 65% for generics. Think what that means... a \$300 brand name drug will now cost you \$135!

This is where Prescription Advantage can help.

Prescription Advantage, the Massachusetts prescription drug assistance program, can help pay for your prescription drugs when you reach the “donut hole.”

To find out how to lower your drug costs, call Prescription Advantage at:

1-800-243-4636 or TTY (toll free) at 1-877-610-0241 for the deaf and hard of hearing with Text Telephone capability. You can also visit our web-site:

www.prescriptionadvantagemma.org

The money you save can be your own!



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 January 2015 Newsletter Vitamin C and Home Delivered Meals

Did you know that your home delivered meal has a good source of vitamin C in each meal?

Vitamin C exists in different forms including ascorbate and ascorbic acid. It acts as:

1. A co-factor in many enzymatic reactions, especially production of collagen in connective tissue.
 - a. Needed for wound healing and preventing bleeding from capillaries.
 - b. Helps maintain healthy gums and teeth.
2. An antioxidant to help fight free radicals.
3. Is needed for adequate iron absorption.

Since it is water soluble and not stored in the body, we need it every day. It is therefore also lost in the cooking water, so steaming, baking, or cooking with the least amount of water is recommended. Using the cooking water will give you the nutrients that are dissolved in it. The RDA is 75 mg per day for women and 90 mg for men.

Where do we get it? Here are some sources:

Asparagus, broccoli, Brussels sprouts, cabbage, cauliflower, cantaloupe, citrus fruit such as oranges, grapefruit, mandarin oranges, lemons, and limes, coleslaw, leafy greens such as kale, romaine, turnip greens, collard greens, spinach, okra, green peppers, red peppers, plaintains, strawberries, tomatoes, whipped potato.

Other sources: Honeydew melon, Kiwi, leeches, guava, mango, papaya, and parsley.

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.



January Calendar of Events (Menu subject to change)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| | | | 1 Senior Center closed for New Year's Day | 2 Senior Center closed for New Year's Day |
| 5 10 – Exercise class 11:30 – lasagna and meat sauce | 6 11:30 – turkey and corn stew 12:15 – Game day | 7 9:30 – Chair yoga 9:30 – Computer class 11:30 – chicken with tarragon sauce 12:30 – Wii 1 – Van shopping trip to Walmart in West Boylston | 8 9 – Yoga 11:30 – pork roast 1 – Movie | 9 9:30 – Pilates 11:30 – chicken a la king |
| 12 10 – Exercise 11:30 – chicken breast 12:30 – Hearing talk | 13 11:30 – potato fish 12:15 – Game day | 14 9:30 – Chair yoga 9:30 – Computer class 11:30 – baked ham 12:30 – Wii 1 – Van shopping trip to Target | 15 9 – Yoga 11:30 – Swedish meatballs 12 – 2 – Elder Keep Well Clinic 1 – Nursing students | 16 9:30 – Pilates 11:30 – butternut mac and cheese |
| 19 Senior Center closed for Martin Luther King Day | 20 11:30 – chicken coq au vin 12:15 – Game day | 21 9:30 – Computer class 11:30 – pork roast 1 – Van shopping trip to Walmart in Leominster | 22 9 – Yoga 11:30 – chicken divan 12:30 – Book club | 23 9:30 – Pilates 11:30 – Salisbury steak |
| 26 10 – Exercise 11:30 – meatball cacciatore | 27 11:30 – pork lo mein 12:15 – Game day | 28 9:30 – Chair Yoga 9:30 – Computer class 11:30 – chicken marsala 12:30 – Wii 1 – Van shopping trip to Ocean State Job Lot | 29 9 – Yoga 11:30 – turkey | 30 7:30 – Pancake breakfast 9:30 – Pilates |



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978-422-9916

E-mail:
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nboardman@sterling-ma.gov

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

The library is hosting a classics book club. On January 7 they will be discussing *Pride and Prejudice* by Jane Austin at 1 PM in the Baker room.

The Conant Public Library will present the second in the "Afternoon Matinee" film series on Tuesday, January 27th at 1:00 p.m. In preparation for the Oscars, we'll be watching last year's winner, *Gravity*. Registration is required as seating is limited. Please call (978)422-6409 to register.

Happy
New
Year
2015

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