

Sterling Council on Aging

Living Out Our Sterling Years Together

May 2015

Volume 21, Number 136

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! The snow has finally melted. It was questionable at times, but flowers are coming up. This weather is so welcoming. Try to get outside a little every day. Soak up that vitamin D!

There are a lot of activities at the Senior Center this month. If you get a chance, come on down and visit. Everyone needs to socialize and get out. Hopefully we have something that will interest you. We would love to see you!

The Senior Center project is moving along. The stumps are gone. The property is rough graded. What a difference! The contractors did an amazing job! The excitement is growing. If you get a chance, drive by and see the progress. It is really exciting!

This month we will be officially thanking all of our wonderful volunteers. The Senior Center cannot run without the donated hours from our myriad of helpers. Thank you, thank you, thank you!

Wishing you all a great month!


Karen Hello

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 May

Monday, May 4 – Health Care Proxy talk by Lisa D’Elia from Sterling Healthcare at 12:30 PM. Everyone should have a person picked out to make health care decisions in the event of an emergency. Learn about how to pick the right person and who should have copies.

Monday, May 4 – Town meeting at 7 PM.

Thursday, May 7 – Movie at 1 PM. Do you know the story behind Mary Poppins? This movie explores the story behind the story. Free popcorn.

Monday, May 11 – Town Elections. If you need a ride to the polls, please call the Senior Center at 978-422-3032.

Tuesday, May 12 – Village Green Preschool students will be coming to perform at 12:45 PM.

Thursday, May 14 – Student nurses will be coming to practice doing medical histories at 9 AM. I need 6 seniors to volunteer to help the students. Please call the Senior Center at 978-422-3032 to sign up.

Thursday, May 14 – Mother’s Day Tea Party at 1 PM. Come to the best event of the year. Bring your tea cup. Enjoy a relaxing afternoon with tea and goodies. \$1.00 a person. Sign up required by Monday, May 11th by calling the Senior Center at 978-422-3032.

Monday, May 18 – Volunteer Appreciation Dessert Social at 1 PM. If you volunteered at the Senior Center in the past year, you will be receiving an invitation to this social.

Thursday, May 21 – The SHINE counselor will be available to answer health insurance questions.

Appointments are required by calling the Senior Center at 978-422-3032.

Thursday, May 21 – Elder Keep Well Clinic at 12 noon.

Friday, May 22 – Chocksett School will be hosting a Senior Breakfast from 8:30 – 10:30 AM at the school. Enjoy a great breakfast and entertainment. Sign up by Friday, May 15 by calling the Senior Center at 978-422-3032.

Monday, May 25 – Senior Center closed for Memorial Day.

Thursday, May 28 – Book club at 12:30 PM. This month’s selection is Wonder by R.J. Palacio. The library staff will be running this club as the One Book, One Town Selection.

Friday, May 29 – Pancake breakfast from 7:30 – 9:30 AM. \$2.00 for breakfast. Best deal in town!



*Happiness radiates
like the fragrance
from a flower and
draws all good
things towards
you.*

Maharishi Mahesh
Yogi



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:

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

June 25 – If I Stay by Gayle Forman

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 May 2015

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 health care. **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 health care 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.**

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.

May is Older American's Month

Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year's celebration is "Get into the Act," to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can "Get into the Act." While the Sterling Senior Center provides services to older adults year-round, Older Americans Month offers an opportunity to emphasize how older adults can access the home- and community-based services they need to live independently in their communities. It is also an occasion to highlight how older adults are engaging with and making a difference in those communities.



"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.

7/19 – Gillette Castle, Gelston House lunch and river cruise @ \$99.00/pp

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

9/26 – The Norwich Inn in Vermont for lunch & King Arthur Flour @ \$89.00

10/24 – "Newsies" at Providence Performing Arts Center plus lunch @ \$149.00

11/14 – LL Bean, Stonewall Kitchen & dinner at Warren's Lobster House @ \$79.00

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 May 2015 Newsletter

May is Older Americans' Month

Good nutrition is critical to overall health and well being yet our older years are a time of life when many lose their desire to eat for many reasons. This can lead to malnutrition resulting in:

- A weak immune system which increases the risk of infections
- Poor wound healing
- Muscle weakness which can lead to falls and fractures
- Mental confusion

The tips below have been adapted from mayoclinic.com:

- Make meals social events – drop by during mealtime, invite seniors to your house or try eating out on a regular basis.
- If you can't share meals with older adults in your life, encourage them to join programs or attend congregate meal sites where they can eat with others.
- Add protein to your diet by spreading peanut butter or other nut butters on crackers and fruit or add cheese to eggs, sandwiches, vegetables, etc.
- Restore life to bland food by using lemon juice, herbs, and spices; vary the texture, color, and temperature of food; experiment with strong seasonings and flavors.
- Include snacks like fruit or cheese, a spoonful of peanut butter, even a milkshake. If liquids are more appealing, try Carnation Instant Breakfast or a canned supplement like Boost or Ensure
- Use vitamins appropriately. They can help supply missing nutrients but can't provide protein or calories or substitute for a meal.
- Talk to the doctor about changing drugs that may affect appetite.
- Maintain good oral health and get regular dental check ups and cleanings.
- Get regular exercise, which stimulates appetite, helps fight depression, and strengthens bones and muscles. Exercising with others also provides motivation and social interaction.

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, Wednesdays, and Thursdays from 10 AM – 1 PM.



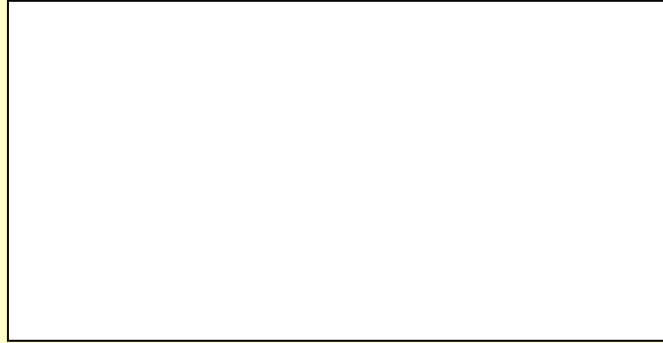
May Calendar of Events

(Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30 – Pilates 11:30 – grilled chicken with red pepper pesto
4 10 – Exercise 11:30 – baked salmon 12:30 – Health Care Proxy talk 7 – Town Meeting	5 11:30 – SPECIAL: Greek meatballs 12:15 – Game day	6 9:30 – Chair yoga 9:30 – Computer class 11:30 – grilled chicken 12:30 – Wii 1 – Van shopping trip to Walmart in West Boylston	7 9 – Yoga 11:30 – chicken chow mein 1 – Movie	8 9:30 – Pilates 11:30 – meatloaf
11 Town Elections 10 – Exercise 11:30 – beef and lentil chili	12 11:30 – grilled chicken with BBQ sauce 12:15 – Game day 12:45 – Preschool visit	13 9:30 – Chair yoga 9:30 – Computer class 11:30 – COLD PLATE: turkey cranberry salad 12:30 – Wii 1 – Van shopping trip to Family Dollar and Dollar Tree	14 9 – Yoga 9 – Student nurses 11:30 – roast pork 1 – Mother's Day Tea Party	15 9:30 – Pilates 11:30 – chicken kielbasa
18 10 – Exercise 11:30 – chicken with supreme sauce 1 – Volunteer Appreciation	19 11:30 – potato fish 12:15 – Game day	20 9:30 – Chair yoga 9:30 – Computer class 11:30 – teriyaki chicken 12:30 – Wii 1 – Van shopping trip to Walmart in Leominster	21 9 – Yoga 11:30 – beef Stroganoff 12 – Elder Keep Well Clinic	22 8:30 – Chocksett Senior Breakfast 9:30 – Pilates
25 Senior Center closed for Memorial Day	26 11:30 – grilled chicken with honey mustard sauce 12:15 – Game day	27 9:30 – Chair yoga 9:30 – Computer class 11:30 – roast pork 12:30 – Wii 1 – Van shopping trip to The Mall at Whitney Field	28 9 – Yoga 11:30 – chicken parmesan with ziti 12:30 – Book club	29 7:30 – Pancake breakfast 9:30 – Pilates

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

Genetics by Robert Malcolmson

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.

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