



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.

November 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

*** Senior Center Staff**

*** Director:**

Karen Phillips

*** Outreach Aide:**

Nickole Boardman

*** Drivers: Pam Dell,**

Lou Massa, Joan

Seymour, Gloria

Rugg

*** Meal Site Manager:**

Sandra Jacala

Message From the Director

Happy November to everyone! November is a month to list things for which you are thankful. I hope that everyone is thankful for the new Senior Center which is mere months away from completion. This has been a long process, with many people spending many hours to get the project to move ahead. The Senior Center Building Committee has spent countless Thursday nights discussing everything from size to color to flooring. It definitely takes a village!

We plan on adding many new activities and programs at the new Senior Center. If you have a talent such as knitting, painting, writing, photography, etc. or love to teach classes such as another language, Tai Chi, etc., please contact the Senior Center office. We would love to talk in order to be able to offer new programs to our seniors while giving you something meaningful to do. Life does not stop at 60 or 70 or 80 or 90. Keeping active and busy is the best way to stay independent. Come and share your talents or learn a new one.

Wishing everyone a healthy and happy Thanksgiving.
Please check on those neighbors who are alone.

Karen



Upcoming Events at a Glance

November 5—Movie at 1 PM

November 7—Chinese Luncheon at 12 noon

November 9—Financial Fitness talk at 12:30 PM

November 11—Senior Center closed

November 12—Music is Love at 1 PM

November 16—Cooking Magic talk at 12:30 PM

November 17—Preschool visit at 12:45 PM

November 20—Pancake breakfast

November 26 & 27—Senior Center closed

November 30—Destress your Life talk at 12:30 PM

Special Events for November

Thursday, November 5 – Movie at 1 PM.

Saturday, November 7 – Chinese Luncheon at 12 noon. \$5.00 a person. Tickets are required by calling the Senior Center at 978-422-3032.

Monday, November 9 – Financial Fitness talk by Ryan Kittredge at 12:30 PM. Come and learn how retirees can position themselves to protect against the many financial risks in retirement, including taxes, healthcare costs, and investment risk, among others. Ryan Kittredge, CFP® is an independent Certified Financial Planner with Carr Financial Group in Worcester, with a practice focused on retirement and estate planning. A Sterling resident, Ryan graduated from Saint John's High School in Shrewsbury, and obtained his bachelor's degree in Finance from Loyola University in Maryland.

Wednesday, November 11 – Senior Center closed for Veterans' Day

Thursday, November 12 – Music is Love program at 1 PM. Dick and Dawn have entertained the Senior Center before. They always have a great show. The music is fun, with a bit of humor thrown in. Come on down and enjoy the afternoon. Refreshments will be served after the performance.

Monday, November 16 – Cooking Magic talk by Sterling Village at 12:30 PM. Sylvain Boucher, Nutritional Services Director of Sterling Village treats food like an art; Sylvain, also happens to be a trained magician who has been dazzling audiences for the past 30 years! Gourmet Magic was developed to assist empty nesters and the aging population with the challenge of cooking for only 1 or 2 people. Sylvain, who graduated from Polyvalente D'Orsainville in Quebec City, Canada, combines his love of preparing good food with his magic skills and presents a magical cooking demonstration that is both entertaining and educational. All attendees even receive a recipe collection to take home.

Tuesday, November 17 – The Village Green Preschool class will be entertaining us at 12:45 PM.

Thursday, November 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, November 19 – Elder Keep Well Clinic at 12 noon.

Thursday, November 19—Book club at 12:30 PM. This month's selection is And Then She was Gone by Rosalind Noonan.

Friday, November 20 – Pancake breakfast from 7:30 – 9:30 AM. We are meeting a week early this month. Bring your \$2.00 and enjoy pancakes, sausage, tea breads, fruit cup, coffee, and juice. Thursday and Friday, November 26 & 27 – Senior Center closed for Thanksgiving

Monday, November 30 – Destress Your Life talk by Sharon Nolli from Summit Elder Care at 12:30 PM. We are in the holiday season. Learn how to take better care of yourself during this stressful time – make healthy choices, laugh, socialize, be thankful, take care of yourself, exercise, and eat a healthy, mood-boosting diet.

Book club choices:

November 19 (note date change) - And Then She was Gone by Rosalind Noonan

The flu clinic went very well. Hopefully everyone will stay healthy!

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.

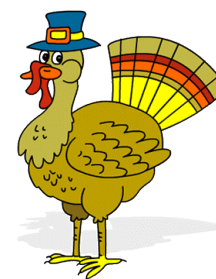
Shopping trip to various stores at 1 PM. Sign up required. Limited to 9 people.

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 November 2015

MEDICARE OPEN ENROLLMENT ENDS December 7th

Don't wait until it's too late! Make a SHINE appointment now!

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plan can change their premiums, co-pays, formularies (list of drugs covered) and preferred pharmacies. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year.

Assistance is available from the SHINE program. Call your Senior Center and ask for a s SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. You may also contact Medicare directly at 1-800-MEDICARE. Their customer service is available 7 days a week, 24 hours a day.

"SHINE'S MEDICARE AND MORE" PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly cable TV program called "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, 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.

November is Family Caregiver Month

The single most important thing you can do to function effectively as a caregiver is to create and maintain a comprehensive file of information about the person you are caring for. There is a variety of ways to create and maintain a patient file. Some people prefer paper, some electronic, some a combination of both. You can keep this information in any form that works for you, although most people simply put it in a binder or folder. It doesn't have to be pretty, it just has to work for you. The important thing is that it provides easy access and can be efficiently updated and shared when needed.

Select a place to store the file that is logical to you – where you can grab it quickly in an emergency or on your way out the door to an appointment.

Keep it up to date. An outdated file won't do you much good when you are standing in the emergency room at midnight!

What should go in the Patient File?

- Care recipient's medical history
- Diagnosis
- Physician Contact Information
- Allergies
- Health history (e.g. surgeries, other medical conditions)
- Medication List
- Insurance Information
- Private medical insurance
- Prescription plan
- Medicare/Medicaid
- Long-term care insurance
- Dental and Vision Insurance
- Legal Documents
- Living Will
- Durable power of attorney for Health Care (also known as a Health Care Proxy)
- Power of Attorney for Finances
- Contact information for care recipient's lawyer



www.cargiveraction.org

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

The Happy Travelers, bus trips for the over 50 traveler

Our 2015 trips have all filled up, so we are now offering 2016 trips. Do not hesitate to reserve a seat ASAP on any of these trips, then follow up with the deposit. This will hold your seat until final payment is due.

2/19/16—35th Annual Connecticut Flower Show in Hartford with lunch at Vito's By the Park @ \$89.00 pp

3/12/16—"Little Bit of Ireland" Regal Theater's Irish Show @ \$99.00/pp

5/14 & 15/2016—2 day New York City, the 9/11 Memorial & Museum, over night at the Holiday Inn Secaucus, NJ after breakfast Ellis Island & the Statue of Liberty @ \$349.00/pp double

7/30-16—Plymouth Whale Watching, lunch at the Hearth & Kettle @ \$99.00/pp

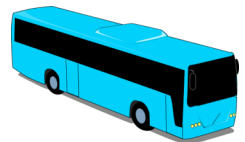
Pick up flyers at the senior center. Call Gladys Merrow at 508-835-4312 with any questions.

Do you crochet or knit? St. Richard's Church is collecting winter hats, scarves, and mittens to give out at the food pantry. There is a collection bin at the Senior Center or drop them off at St. Richard's.



On the Road Again with Mary Lajoie

12/5—"Christmas Time" show at the Reagle Music Theatre in Waltham, lunch included @ \$90.00 pp



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

Elder Services of Worcester Area, Inc. invites you to the Rainbow Lunch Club at the Unitarian Universalist Church, 90 Holden Street, Worcester. Now held on the 2nd and 4th Wednesday of every month at noon: social hour follows. Reservations required: 508-756-1545 x 404. Hosted for the LGBTQA (Lesbian, Gay, Bisexual, Transgender, Questioning and Allies Elder Community, 60 and older.

Area Food Pantries:

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

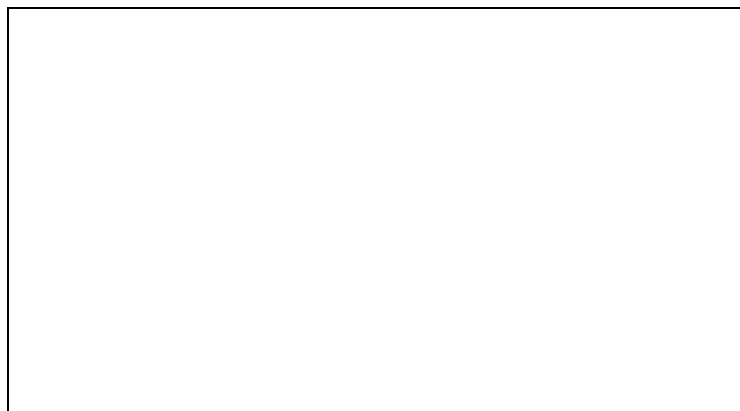
WHEAT (Clinton): 508-370-4943 (food pantry Tues, Wed, Thurs from 10—1)

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 10—Exercise 11:30—chicken meat-balls	3 11:30—breaded fish 12:15—Game day	4 9—Computer class 9:30—Chair yoga 11:30—chicken parmesan 12:30—Wii 1—Van shopping trip to Walmart (Leom)	5 9—Yoga 11:30—beef stew 1—Movie	6 9:30—Pilates 11:30—macaroni and cheese Saturday, November 7—Chinese Lunch at 12 noon
9 10—Exercise 11:30—chicken breast 12:30—Financial Fitness talk	10 11:30—pasta with beef bolognaise 12:15—Game day	11 Senior Center closed	12 9—Yoga 11:30—ham 1—Music is Love	13 9:30—Pilates 11:30—broccoli bake
16 10—Exercise 11:30—chicken kielbasa 12:30—Cooking Magic talk	17 11:30—SPECIAL: turkey 12:15—Game day	18 9—Computer class 9:30—Chair yoga 11:30—grilled chicken 12:30—Wii 1—Van shopping trip to K-Mart	19 9—Yoga 11:30—shepherd's pie 12—Elder Keep Well clinic 12:30—Book club	20 7:30—Pancake breakfast 9:30—Pilates
23 10—Exercise 11:30—roast pork	24 11:30—white bean chicken chili 12:15—Game day	25 9—Computer class 9:30—Chair yoga 11:30—grilled chicken 12:30—Wii 1—Van shopping trip to Walmart (WB)	26 Senior Center closed	27 Senior Center closed
30 10—Exercise 11:30—salmon filet 12:30—Destress your Life talk		Don't forget to change your clocks before you go to bed on Saturday, October 31st. Daylight Savings Time ends at 2 AM on Sunday, November 1st.	If you are interesting in volunteering at the Senior Center, please stop by the Office and fill out a CORI form. By law we need to do a background check on all volunteers. Come on down, we would love to have you!	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.

PO Box 243
Sterling, MA 01564-0243

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STANDARD
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PAID
STERLING, MA
01564



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

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

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978-422-3032

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978-422-9916

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