



## 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.*

**October 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

This month marks my 10th year as the director of the Sterling Senior Center. I want to personally thank everyone for making me feel welcome.

The new Senior Center is coming along nicely. We will be in before we know it! We are looking for active people to run new programs at the Senior Center. If you have a talent or a skill that you would like to share, please let us know. All ideas are welcome. Some things that we have considered are: art classes, writing classes, photography classes, cribbage tournaments, line dancing, genealogy classes—the list goes on and on. Please consider what you can do to enhance the lives of others.

We are also going to need volunteer receptionists at the Senior Center. If you have good phone skills and good people skills, come and fill out a CORI at the Senior Center office. We would love to have your help!

Wishing you all a happy and safe month!

Karen



## Upcoming Events at a Glance

October 1—Movie at 1 PM.

October 7: Senior Flu Clinic from 9—11 AM.

October 19 : Fall Prevention talk at 12:30 PM

October 21: Village Green Preschool visit at 12:45 PM

October 21 : Halloween Jingo around 1:30 PM

October 26: Hearing and Balance talk at 12:30 PM

October 29: Two to Tango play at 1 PM

October 30: Pancake breakfast from 7:30—9:30 AM

## Special Events for October

Thursday, October 1—Movie at 1 PM. Come and see the new live action rendition of a classic princess movie. Free popcorn.

Wednesday, October 7—Senior Flu Clinic from 9—11 AM in room 205 of the Butterick Building. Sterling residents 60 and over are welcome to come to this free flu clinic. You must bring your health insurance cards with you.

Monday, October 12—Senior Center closed for Columbus Day.

Wednesday, October 14—Wii Bowling Tournament with other towns at 1 PM.

Thursday, October 15—SHINE counselor will be available. Call the office at 978-422-3032 to schedule an appointment.

Thursday, October 15—Elder Keep Well Clinic at 12 noon.

Monday, October 19—Fall Prevention talk by River Terrace Nursing Home at 12:30 PM. Falls do not have to be a part of aging. Learn about how to be safe in your own home and while out and about.

Monday, October 19—Special Town Meeting at 6:30 PM.

Wednesday, October 21—Village Green Preschool students will be at the Senior Center at 12:45 PM. All are invited to see them perform.

Wednesday, October 21—Halloween Jingo after the preschool performance (around 1:30 PM). Come and join us for this fun bingo-like game. Prizes awarded. Free refreshments.

Thursday, October 22—Book club at 12:30 PM. This month's selection is *The Walk* by Richard Paul Evans. All are welcome.

Monday, October 26—Hearing and Balance Presentation by Dr. Darrow at 12:30 PM. This talk will be providing a free seminar to highlight the importance of Healthy Hearing and Balance. Hearing loss is the 3<sup>rd</sup> most prevalent disorder and dizziness is a major cause of falls in the senior population. This seminar is intended to providing education on normal hearing and balance, age-related changes in the hearing and balance system, and how both hearing loss and dizziness are treatable!

Thursday, October 29—"Two to Tango" play by Richard Clark and Lynne McKenney Lydick at 1 PM. This play offers scenes from "A Lion in Winter" and "Visitor from New York". This performance is sponsored, in full, by a grant from the Sterling Cultural Council. Refreshments will be served.

Friday, October 30—Pancake breakfast from 7:30—9:30 AM. \$2.00 a plate. All are invited.



Mr. Magic performed an amazing show last month!

### Book club choices:

October 22—*The Walk* by Richard Paul Evans

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

## 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 9:30 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.**

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**News from SHINE October 2015**

**MEDICARE OPEN ENROLLMENT UPDATE MEETING**  
**PLAN YEAR 2016**

**A MEDICARE OPEN ENROLLMENT UPDATE MEETING IS COMING SOON TO A SENIOR CENTER NEAR YOU!!!!**

At this meeting we will be discussing your options for MEDICARE IN 2016. We will be reviewing changes to MEDICARE Health Plans, we will also talk about MEDICARE Part D coverage and how it works. Finally we will speaking about programs that may be available to assist you with some or all of your MEDICARE costs. Please call your local Senior Center to get the location of a meeting near your home. Then call and reserve a space for this important meeting. Remember MEDICARE Open Enrollment is from October 15<sup>th</sup> to December 7<sup>th</sup>. **YOU MUST MAKE ANY CHANGES TO YOUR PLAN BY DECEMBER 7<sup>th</sup>. If you have any questions call us at 1-800-AGE-INFO/1-800-243-4636 option 3 or call our direct line at 508-422-9931.**

**DON'T IGNORE YOUR MEDICARE MAIL!!**

It's that time of year again! If you have a **Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO)**, you should have received information from your plan by the end of September. It is important to **understand** and **save** this information because it explains any changes in your plan for 2016.

During the annual Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan for next year. **SHINE Counselors can help you understand your plan changes, as well as other options you may have. Make your SHINE appointment early!**

**"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.

## October is Oral Health Month

Advancing age puts many seniors at risk for a number of [oral health](#) problems, such as:

**Darkened teeth** . Caused, to some extent, by changes in dentin -- the bone-like tissue that underlies the [tooth enamel](#) -- and by a lifetime of consuming stain-causing foods and beverages. Also caused by thinning of the outer enamel layer that lets the darker yellower dentin show through.

**Dry mouth.** [Dry mouth](#) is caused by reduced [saliva](#) flow, which can be a result of [cancer](#) treatments that use [radiation](#) to the head and neck area, as well as certain diseases, such as [Sjögren's syndrome](#), and medication side effects. Many medicines can cause dry mouth.



**Diminished sense of taste.** While advancing age impairs the sense of taste, diseases, [medications](#), and dentures can also contribute to this sensory loss.

**Root decay.** This is caused by exposure of the [tooth](#) root to decay-causing acids. The [tooth](#) roots become exposed as gum tissue recedes from the [tooth](#). Roots do not have any enamel to protect them and are more prone to decay than the crown part of the tooth.

**Gum disease.** Caused by plaque and made worse by food left in teeth, use of [tobacco](#) products, poor-fitting bridges and dentures, poor diets, and certain diseases, such as [anemia](#), [cancer](#), and [diabetes](#), this is often a problem for older adults.

**Tooth loss.** [Gum disease](#) is a leading cause of tooth loss.

**Uneven jawbone.** This is caused by tooth and then not replacing missing teeth. This allows the rest of the teeth to drift and shift into open spaces

**Denture-induced stomatitis.** Ill-fitting dentures, poor dental hygiene, or a buildup of the fungus [Candida albicans](#) cause this condition, which is inflammation of the tissue underlying a denture.

**Thrush.** Diseases or drugs that affect the immune system can trigger the overgrowth of the fungus [Candida albicans](#) in the [mouth](#).

Age in and of itself is not a dominant or sole factor in determining [oral health](#). However, certain medical conditions, such as [arthritis](#) in the hands and fingers, may make brushing or flossing teeth difficult to impossible to perform. Drugs can also affect oral health and may make a change in your dental treatment necessary.

*www.ada.org*

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

## The Happy Travelers, bus trips for the over 50 traveler

10/24—Providence Performing Art Center for the Musical play “Newsies”, lunch at Zooma Trattoria @ \$149 pp, waiting list

11/14—LL Bean shopping trip to Freeport, Maine with a stop at Stonewall Kitchen and dinner at Warren’s Lobster House @\$79.00 pp

11/20—1940s Radio Hour: included is a Sunday brunch at the Curtis House Inn, CT @ \$89.00 pp

12/13—Inn to Inn cookie tour in the Monadnock region, collect cookies and the recipes along with coffee or tea, lunch is at the Monadnock Inn @ \$89.00 pp, waiting list

2/1/16—35th Annual Connecticut Flower Show in Hartford with lunch at Vito’s By the Park @ \$89.00 pp

5/14 & 15/2016—2 day New York City, the 9/11 Memorial & Museum, over night at the Holiday Inn Se-caucus, NJ after breakfast Ellis Island & the Statue of Liberty

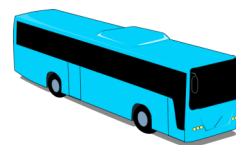
Pick up flyers at the senior center. Call Gladys Merrow at 508-835-4312 with any questions.

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](mailto: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)

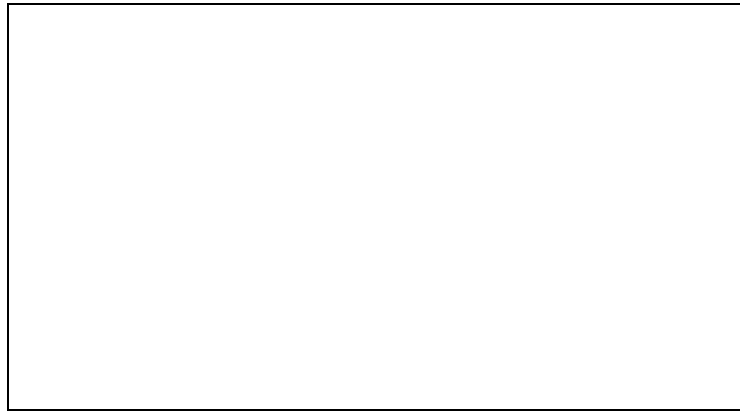
St. Richard’s: 978-422-8881 (food pantry Mondays and Thursdays 10-1)



Monday	Tuesday	Wednesday	Thursday	Friday
			1 9—Yoga 11:30— chicken chow mein	2 9:30—Pilates 11:30— beef Bolognaise
5 10—Exercise 11:30—Swedish meat-balls	6 11:30—BBQ pork patty 12:15—Game day	7 9—Flu Clinic 9:30—Computer class 11:30— baked chicken 12:30—Wii 1 Van shopping trip to Walmart (Leom)	8 9—Yoga 11:30—turkey	9 9:30—Pilates 11:30—fish sticks
12 Senior Center closed for Columbus Day	13 11:30—beef stew 12:15—Game day	14 9:30—Computer class 9:30—Chair yoga 11:30—Caribbean pork 12:30—Wii tournament 1—Van shopping trip to The Mall at Whiney Field	15 9—Yoga 11:30—lasagna 12—Elder Keep Well clinic	16 9:30—Pilates 11:30—chicken marsala
19 10—Exercise 11:30—rainbow trout/salmon 12:30—Fall Prevention talk 6:30—Special Town Meeting	20 11:30—hot dog 12:15—Game day	21 9:30—Computer class 9:30—Chair yoga 11:30—BBQ chicken breast 12:45—Preschool visit 1:30—Halloween Jingo 1 Van shopping trip to Walmart (WB)	22 9—Yoga 11:30— Thai sweet chili 12:30—Book club	23 9:30—Pilates 11:30—meatloaf
26 10—Exercise 11:30—ground beef 12:30—Balance talk	27 11:30—chicken with honey mustard 12:15—Game day	28 9:30—Computer class 9:30—Chair yoga 11:30—turkey with tetrazzini sauce 12:30—Wii 1—Van shopping trip to Target	29 9—Yoga 11:30—SPECIAL: pulled pork 1—Play by Richard Clark	30 7:30—Pancakes 9:30—Pilates

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



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