

Sterling Council on Aging

Living Out Our Sterling Years Together

Summer 2015

Volume 21, Number 137

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

As I write this for the newsletter, the bids are in for the new Senior Center, and we wait for the awarding of the contract. If all goes well, we should be breaking ground on this building in mid-June. We, here at the Senior Center, are excited for this next chapter. Thank you to everyone past, present, and future, who have dedicated time and effort to get this project to fruition. This project has been in the works for over a decade. There are too many hands to thank individually. The new center is a dream come true. We look forward to making many memories there.

In the meantime, while summer tends to quiet down, the current Senior Center is open. We have air conditioning. The Senior Center is set at 72 degrees. If this is too cold for you, bring a sweater! Come on down when you are hot and bored. We will find something for you to do!

Make sure that you stay hydrated in the summer. It is very easy to get dehydrated which can cause many health problems. Keep a glass of water or juice next to you and drink often. Don't forget sunscreen if you go outside. Skin cancer does not discriminate based on age!

Enjoy yourselves.

Karen



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 Summer

Thursday, June 4 – Movie at 1 PM. TBA

Monday, June 8 – Movie Trivia by Tara Riviera from Navicare at 12:30 PM. Come and have some fun while we find out who has the answers.

Thursday, June 11 – Banjo Program by Dick Chase at 1 PM. Do you love the banjo? Do you know that there are different types? Come to a fun afternoon of banjo music. Refreshments will be served.

Friday, June 12 – Electrical Safety talk by Ray Gouley at 11 AM. The Sterling Municipal Light Department will be hosting this talk. Electrical Safety is everyone's concern. Come for the talk and stay for pizza. You must come to the talk to have the pizza. Sign up is required by calling the Senior Center at 978-422-3032 by Wednesday, June 10th at 1 PM.

Monday, June 15 – Bladder Control talk by Riverside Terrace at 12:30 PM. Many people don't like to talk about bladder issues. Some have a little leakage when they sneeze or cough. Rather than be embarrassed, come and learn how to control it.

Thursday, June 18 – SHINE counselor will be available to answer health insurance questions.

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

Thursday, June 18 – Elder Keep Well Clinic at 12 noon.

Thursday, June 25 – Book club at 12:30 PM. This month's selection is If I Stay by Gayle Forman. Books are available at the Senior Center.

Friday, June 26 – Pancake Breakfast from 7:30 – 9:30 AM. \$2.00 a plate. All are welcome.

Monday, June 29 – Father's Day Ice Cream Social at 12:30 PM. Come and celebrate Father's Day by making your own ice cream sundae. \$1.00 a person. Sign up at the Senior Center 978-422-3032 by Wednesday, June 24 at 1 PM.

Wednesday, June 24 at 1 PM.

Friday, July 3 – Senior Center closed for Independence Day.



It is better to look ahead and prepare than to look back and regret.

Jackie
Joyner-Kersee

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:

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. (1835 Town Hall)

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 June 2015
Staying Healthy with Medicare

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO. Some of these services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Prostate cancer screening
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

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.

Volunteer Appreciation by Steven Fuller

Twenty-eight Senior Center volunteers enjoyed an Appreciation Dessert Social on May 18. Director Karen Phillips welcomed the group and stressed the importance of their service to the community. “With just seven regular staff members, our volunteers are the primary source of the many activities and services that address the needs of our seniors”, said Phillips.

In addition to daily lunches served at the Center, the 62 volunteers pack for a meals-on-wheels program and many activities including computer instruction, yoga/pilates sessions, access to television, books and magazines, and guest speakers covering a variety of topics including health, fitness and finance. Other important tasks include addressing and sealing the monthly newsletter, and the collection, folding and storage of plastic bags used for meal packaging. Phillips noted that “The Center could not function without the indispensable work of our dedicated volunteers.”



“On the Road Again” with Mary Lajoie, 978-827-4882

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

10/8-11 – Overnight trip to Washington, DC, Annapolis, & Baltimore @ \$619.00/pp double

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

MOC's Elder Nutrition June 2015 Newsletter

Increase Your Fruit and Vegetable Intake

June is peak season for many fruits and vegetables!

Local seasonal foods are tastier, fresher, and more nutritious. Why? It's because the produce has been harvested in the last few days and has only travelled a short distance to market. This means less packaging, processing, and refrigeration. This is good for the environment and for your health.

What's in season in June?

- Apricots
- Arugula
- Asparagus
- Basil
- Beans
- Beets
- Blackberries
- Blueberries
- Cherries
- Fennel
- Leaf lettuce
- Melons
- Peaches
- Plums
- Rhubarb
- Raspberries
- Strawberries
- Summer squash

Eat more fruits and vegetables because they are cholesterol free, low in sodium, high in fiber, high in vitamins and minerals, and low in calories.

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.

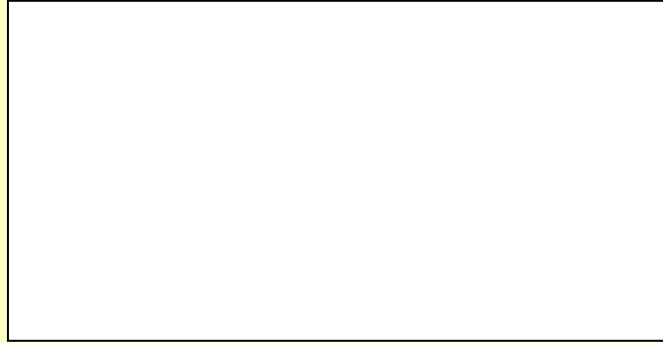
Area Food Pantries: Wachusett Food Pantry: Senior distribution is held the Friday before the 3rd Saturday of the month from 9 - 11 AM. The pantry is now located in Sterling, at 50 Worcester Road. Proof of residency is required. St. Richard's of Chichester Catholic Church on 4 Bridge Street: They are 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.

June Calendar of Events (Menu subject to change)

Monday	Tuesday	Wednesday	Thursday	Friday
1 10 – Exercise 11:30 – chicken primavera	2 11:30 – hot dog 12:15 – Game day	3 9:30 – Chair yoga 11:30 – turkey 12:30 – Wii 1 – Van shopping trip to Walmart in West Boylston	4 9 – Yoga 11:30 – chicken with apricot sauce 1 – Movie	5 9:30 – Pilates 11:30 – fish sticks
8 10 – Exercise 11:30 – sausage and potato casserole 12:30 – Movie Trivia Talk	9 11:30 – COLD PLATE: chicken Caesar salad 12:15 – Game day	10 9:30 – Chair yoga 11:30 – roast pork 12:30 – Wii 1 – Van shopping trip to K-Mart	11 9 – Yoga 11:30 – cheese lasagna 1 – Banjo program	12 9:30 – Pilates 11 – Electrical Safety Talk followed by pizza
15 10 – Exercise 11:30 – chicken with herb sauce 12:20 – Bladder Control Talk	16 11:30 – chicken picatta 12:15 – Game day	17 9:30 – Chair yoga 11:30 – SPECIAL: roast beef au jus 12:30 – Wii 1 – Van shopping trip to Walmart in Leominster	18 9 – Yoga 11:30 – sliced BBQ pork 12 – Elder Keep Well Clinic	19 9:30 – Pilates 11:30 – cheese tortellini
22 10 – Exercise 11:30 – Swedish meatballs	23 11:30 – chicken cacciatore 12:15 – Game day	24 9:30 – Chair yoga 11:30 – COLD PLATE: chef salad 12:30 – Wii 1 – Van shopping trip to Target	25 9 – Yoga 11:30 – turkey 12:30 – Book club	26 7:30 – Pancake Breakfast 9:30 – Pilates
29 10 – Exercise 11:30 – chicken with honey mustard sauce 12:30 – Father's Day Ice Cream Social	30 11:30 – potato crunch fish 12:15 – Game day	1 9:30 – Chair yoga 11:30 – sweet and sour meatballs 12:30 – Wii 1 – Van shopping trip to Walmart in West Boylston	2 9 – Yoga 11:30 – pork riblet	3 Senior Center closed for Independence Day

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

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We do not send out a newsletter for the months of July and August. Please check The Meetinghouse News, The Item, The Landmark, or the local cable channel for updated events.

Sterling COA
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PO Box 243
Sterling, MA 01543

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

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