

Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

November 2018

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Sterling Senior Center

P.O. Box 243
36 Muddy Pond Rd.
978-422-3032

Hours:

Mon-Wed 8 - 4, Thurs 8 - 6
Fri 8 - 12:30

Director: Veronica Buckley

Outreach Coordinator:

Nickole Boardman

Operations Coordinator:

Dorothy (Dot) Millhofer

Maintenance Tech: Jim Ash

Drivers: Pam Dell

Lou Massa

Denis Coughlin,

Robert Protano

Gloria Rugg

Meal Site Manager:

Melissa Cassata



To All Veterans:

We invite you to
join us for the

Veteran's Day Luncheon

Friday, November 16th

11:30 am

Thank you for your service and your sacrifice.

Reservations required. Seating is limited.

Preference for seating will be given
to our Veterans and their guests.



The Senior Center will be closed on
Thursday Nov 22nd for the **Thanksgiving Holiday**.
We are open Friday, November 23rd from 8:00-12:30 pm.

Our mission is to maintain the health and well being of the Sterling seniors
and to assist them with preserving their independence.

Peter Watson



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Sterling Council on Aging, Sterling

06-5262

The Photography of Dennis Rainville

Artist's Reception

Thursday, November 15th
6 - 8 pm



Dennis is a fine art photographer who enjoys dealing in multiple genres of photography. His work ranges from landscape, still life, long exposure, architectural, focus stacked, time lapse, and black and white photographs. The pictures that he takes are elements that he uses to create a fine art photograph through the use of the digital darkroom. This approach allows Dennis to create works that cannot always be captured in a single frame.

Dennis utilizes his background in digital technology, having a degree in Electrical Engineering, and having worked in the High Tech Industry for more than 40 years. His love of technology, when applied to his passion for the artistic approach to photography, is what gives his work its distinctive look.

The Photography of Dennis Rainville will be on display at the Sterling Senior Center through December.



Thanksgiving Centerpiece Make and Take

Sponsored by Lisa from Lilac's

Monday November 19th, 1pm

\$15

Sign up required by Nov 13th

Join us in creating a festive centerpiece of fresh flowers for your Thanksgiving table.

Educational Programs

Nov 1st 1:00pm	How to use the Medicare.gov website
Nov 6nd 12:00 pm	Computer Help by Appointment (Weekly on Tuesdays)
Nov 7th 9:30 am	SHINE Open Enrollment by appointment only.
Nov 14th 12:30 pm	Book Club "Born in Shame" by Nora Roberts

Wellness Programs

Nov 1st 10:00–Noon	BP Clinic Sponsored by the Sterling EMS
Nov 7th 10:00 am	Walking Club every Wednesday. Meet at the Senior Center
Nov 8th 9:00am	Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 1st Appt.)
Nov 13th 9-11:00am	Elder Wellness Clinic sponsored by VNA Cares
Nov 14th 3:30pm	Parkinson's Support Group
Nov 29th 9:00am	Foot Clinic by Appt. \$35 to Foot Care Nurse (\$45 1st Appt.)



Ongoing Events

Nov 1st 12:30pm	Acrylic Painting weekly on Thursdays \$3
Nov 1st 1:45-2:15pm	Beginners Ukulele Club weekly on Thursdays \$3
Nov 1st 2:30 pm	Ukulele Club weekly on Thursdays \$5
Nov 2nd 8 am–Noon	Veteran Service Officer Hours weekly on Fridays.
Nov 5th 9-11am	Advanced Photo Workshop—Last Day Congrats!
Nov 5th 2-3:30	Basic Photo Workshop—Last Day Congrats!
Nov 6th 9:00am	Dull Men's Club

Special Events

Nov 8th 11:00am	History of the Sterling Fire Department by Lt Tom Kokernak followed by the famous SFD Roast Beef Sandwiches for lunch!
Nov 15th 6-8pm	Artist's Reception with Dennis Rainville
Nov 16th 11:30am	Veteran's Day Lunch
Nov 29th 1:00pm	Armchair Travel

Make & Take

Nov 19th 1:00pm	Thanksgiving Centerpiece by Lisa at Lilacs \$15.
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Just For Fun

Nov 3rd 6:30pm	Saturday Night Pitch Party sponsored by the Grange. All welcome.
Nov 9th 12:15pm	Birthday Cake for all November Birthdays sponsored by Sterling Village.
Nov 30th 7:30 - 9am	Pancake Breakfast sponsored by FOSS. Celebrity Server: Lauren Dermerjian, Open Door Realty



Chocksett Middle School is in need of volunteers to staff the Students Library.
11:30-1:30pm Monday-Friday Any day would be very helpful.

Please contact Lisa at 978-563-1690 or Irma04@comcast.net

History of the Wachusett Reservoir



Dull Men's Club

Tuesday, November 6th
9am



The Wachusett Watershed Rangers will be conducting a power point presentation about the **History of the Wachusett Reservoir**. They will discuss the growing need for water to feed the exponential population growth happening in Boston during the 19th century. This thirst for water led to the creation of the Wachusett Reservoir, which in turn led to the demise of many mills, farms, churches, and entire town commons.

The presentation includes many photographs that were taken by water works personnel during this massive construction project. The Rangers will also discuss present day activities that are allowed or prohibited at the Reservoir, and how the Rangers go about educating the public about the importance of protecting this pristine water source. The presentation is about 45 minutes and the Rangers will be on hand afterward to answer questions.



"History of the Sterling Fire Department"

Presentation by *Tom Kokernak*

Followed by the famous SFD
Roast Beef Sandwiches
(served with Caesar salad and chips)

Thursday Nov 8th Presentation

starts at 11 am

Sign ups required!

The Sterling Fire Department, the Red Cross and the Sterling Senior Center are teaming up to install :

Free smoke alarms!

If you are a homeowner and your home was built prior to 1975 (your home does not have a wired, interconnecting system), you may be eligible. Homeowners of all ages are eligible. Call the Senior Center at **978 422 3032** and sign up for the **"Free Smoke Alarm Program."**

You must call by November 15th!

In December you will be contacted for an appointment for installation. You will be provided with up to 3 Kidde photoelectric smoke detectors with sealed 10 year batteries and 1 BRK 9V CO alarm. A fire safety talk will be provided to the homeowner while the detectors are installed.

NOVEMBER ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Exercise Fees</p> <p>Line Dancing \$2</p> <p>Tai Chi \$5</p> <p>Zumba\$5</p> <p>Pilates \$5</p> <p>Yoga \$5</p>	<p>Van Shopping</p> <p>Wednesdays 12:30</p> <p>11-7 Christmas Tree</p> <p>11-14 Walmart-W.B.</p> <p>11-21 Ocean State</p> <p>11-28 Walmart-Leom..</p>		<p>1</p> <p>8:00-6:00 Coffee</p> <p>8:00-Zumba</p> <p>9:00 Strengthen Yoga</p> <p>10-12:00 BP Clinic</p> <p>11:30 Lemon Butter</p> <p>Fish Filet</p> <p>12:30 Acrylic Painting</p> <p>1:45 Beginners Uke</p> <p>2:00 Mahjong</p> <p>2:30 Ukulele Club</p>	<p>2</p> <p>8:00-11:30 Coffee</p> <p>8:00 VSO Hours</p> <p>9:30 Knitting and Crocheting</p> <p>9:30 Pilates</p> <p>11:30 Smorgasbord</p> <p>Closed 12:30</p>
<p>5</p> <p>8:00-4:00 Coffee</p> <p>8:30 Tai Chi</p> <p>9-11:00 Adv Photo WORKSHOP</p> <p>10:00 Oriol Fitness</p> <p>11:30 Chix Noodle Casserole</p> <p>1:00 BINGO</p> <p>2-3:30 Basic Photo Workshop</p> <p>4-6:00 Pickleball</p> <p>6:00 Meditation</p>	<p>6</p> <p>8:00-4:00 Coffee</p> <p>8:00-Chair Pilates</p> <p>9:00 Dull Men's Club</p> <p>9:30 Line dancing</p> <p>9:30 Open Coloring</p> <p>11:30 Sw Potato Casserole</p> <p>12:00 Computer Help</p> <p>12:30 Game Day</p>	<p>7</p> <p>8:00-4:00 Coffee</p> <p>9:30 SHINE</p> <p>9:30 Chair yoga</p> <p>10:00 Walking Club</p> <p>11:30 Veg Soup & Meatloaf</p> <p>12:30 Van shopping trip</p> <p>12:30 Rummikub</p> <p>1:00 Wii Bowling</p>	<p>8</p> <p>8:00-6:00 Coffee</p> <p>8:00-Zumba</p> <p>9:00 Strengthen Yoga</p> <p>9:00 Foot Clinic</p> <p>11:00 Hx of SFD</p> <p>12:00 SFD Roast Beef Sandwich</p> <p>12:30 Acrylic Painting</p> <p>1:45 Beginners Uke</p> <p>2:00 Mahjong</p> <p>2:30 Ukulele Club</p>	<p>9</p> <p>8:00-11:30 Coffee</p> <p>8:00 VSO Hours</p> <p>9:30 Knitting and Crocheting</p> <p>9:30 Pilates</p> <p>11:30 Smorgasbord</p> <p>12:15 Birthday Cake</p> <p>Closed 12:30</p>
<p>12</p> <p>CLOSED</p> <p>Veterans Day</p> 	<p>13</p> <p>8:00-4:00 Coffee</p> <p>8:00-Chair Pilates</p> <p>9:30-11:30 Elder Keep Well Clinic</p> <p>9:30 Line Dancing</p> <p>9:30 Open coloring</p>	<p>14</p> <p>8:00-4:00 Coffee</p> <p>9:30 Gentle Chair Yoga</p> <p>10:00 Walking Club</p> <p>11:30 Pork Tenderloin</p> <p>12:30 Van shopping trip</p>	<p>15</p> <p>8:00-6:00 Coffee</p> <p>8:00-Zumba</p> <p>9:00 Strengthen Yoga</p> <p>11:30 Smorgasbord</p> <p>12:30 Acrylic Painting</p>	<p>16</p> <p>8:00-11:30 Coffee</p> <p>8:00 VSO Hours</p> <p>9:30 Knitting and Crocheting</p> <p>9:30 Pilates</p> <p>11:30 Veteran's Day</p>



 9:30 Open coloring 11:30 Chili 12:00 Computer Help 12:30 Game Day	12:30 Book Club 12:30 Rummikub 1:00 Wii Bowling 3:30 Parkinson Support	1:45-Beginners Uke 2:00 Mahjong 2:30 Ukulele Club 6:00 Artist's Reception	11:30 Vegetarian's Day Luncheon Closed 12:30	
19 8:00-4:00 Coffee 8:30 Tai Chi 10:00 Oriol Fitness 11:30 Pulled Pork Sand 1:00 BINGO 1:00 Make & Take 4-6:00 Pickleball 6:00 Meditation	20 8:00-4:00 Coffee 8:00-Chair Pilates 9:30-Line dancing 9:30 Open coloring 11:30 Chix Tortilla Soup 12:00 Computer Help 12:30 Game day	21 8:00-4:00 Coffee 9:30 Chair yoga 10:00 Walking Club 11:30 BBQ 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling	22 CLOSED FOR Thanksgiving 	23 8:00-11:30 Coffee 8:00 VSO Hours 9:30 Knitting and Crocheting 9:30 Pilates 11:30 Veronica's Choice Closed 12:30
26 8:00-4:00 Coffee 8:30 Tai Chi 10:00 Oriol Fitness 11:30 Fish Bake 1:00 BINGO 4-6:00 Pickleball 6:00 Meditation	27 8:00-4:00 Coffee 8:00-Chair Pilates 9:30-Line Dancing 9:30 Open Coloring 11:30 Ravioli & Chix Meatballs 12:00 Computer Help 12:30 Game Day	28 8:00-4:00 Coffee 9:30 Chair yoga 10:00 Walking Club 11:30 Beef Stew 12:30 Van shopping trip 12:30 Rummikub 1:00 Wii Bowling	29 8:00-6:00 Coffee 8:00 Zumba 9:00 Strengthen Yoga 9:00 Foot Clinic 11:30 Smorgasbord 12:30 Acrylic Painting 1:45 Beginners Uke 2:00 Mahjong 2:30 Ukulele Club	30 7:30-9:00 PANCAKE Breakfast Sponsored By FOSS 8:00 VSO Hours 9:30 Pilates Closed 12:30

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Medicare Open Enrollment October 15th — December 7th

Medicare health and drug plans can make changes each year such as cost, coverage, and which providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

Medicare.gov Workshop Thursday November 1st at 1pm

Learn how to use the Medicare.gov website to choose a Medicare Part D Plan (or stand alone prescription drug plan). Use the Medicare.gov website to determine if your Medicare Health Plan covers your prescription medication. If you have a computer, can access the internet, and know how to do an internet search (use Google for example), you will be able to follow this program. Sign up, please!!

Are you or a loved one living with Parkinson's?

You are not alone.

Parkinson's Support Group Wed Nov 14th at 3:30 pm

Eligibility Guidelines for Fuel Assistance

Family size of 1 \$ 35,510 Gross Annual Income

Family size of 2 \$ 46,437 Gross Annual Income

Family size of 3 \$ 57,363 Gross Annual Income

Obtain an application through the New England
Farm Workers Council at 978 342 4520.

See Nickole at the Senior Center for application
assistance.

Election Day Nov 6th

Call the Senior Center at 978
422 3032 if you need a ride to
the polls!

Sheriff's Coat Drive in November

Collection Bin located in the foyer of
the Senior Center.

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.

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Age and Dementia Friendly Survey Completed!

To explore community perceptions regarding age and dementia-friendliness, the Senior Center completed a survey with the following results.

Community:

95% of respondents reported that it was *Extremely Important* or *Very Important* to be able to live independently in their own home as they age. 67% reported that they would rate Sterling as an *Excellent* or *Very Good* place to age.

Open Space & Buildings:

84% stated that it was *Extremely Important* or *Very Important* to have well maintained and clearly marked buildings and facilities accessible to people of different physical and cognitive abilities. Sidewalks that are in good condition and accessible to mobility and cognitively impaired individuals were strongly supported by 78% of the respondents.

Housing:

80% of survey-takers indicated that it was *Extremely Important* or *Very Important* for the community to have seasonal services such as lawn work or snow removal for low-income or older adults. 79% strongly supported home repair services for low income and/or older adults.

Transportation:

83% of respondents stated that it was *Extremely Important* or *Very Important* to provide special transportation for all ages with disabilities, including dementia. 70% strongly supported accessible and convenient public transportation.

Health and Wellness:

80% of survey-takers reported that it was *Extremely Important* or *Very Important* to have conveniently located emergency care centers. Similarly, 79% of respondents strongly favored conveniently located health, social, and caregiver services.

For more information about the survey (including the Social Interaction, Volunteering, Civic Engagement, and Community Information categories), please go to the Town website to access the detailed report: <https://www.sterling-ma.gov/senior-center>.

FREE RESPONSE

Of those responding to this question, 20% expressed concerns about property tax and financial stability. 10% suggested that there is no need to duplicate services available in neighboring communities, and 10% raised the issue of caregiver support and care for those with dementia.

NEXT STEPS

The results of this survey indicate a relatively high degree of satisfaction with aging in the Town of Sterling while identifying several areas of need. The survey results will provide guidance for future actions and goal setting by the Sterling Council on Aging, the only social service agency in Sterling. Many thanks to those who participated!

**FOSS****Pancake Breakfast**

Friday, November 30th 7:30 - 9:00 am

\$3 suggested donation

Celebrity Server : Lauren Demerjian-Open
Door RealtyPlain and special pancakes, sausage, eggs,
mixed fruit, juices & coffee.**Saturday Monthly
Community Lunches**

at the First Church

November 3rd at 12 Noon

Garden Salad, Mashed Potato,
Meatloaf, Glazed Carrots,
Apple dessert

Vegetarian meal is always available

*If you need a ride call the Senior Center***978-422-3032****Wachusett Food Pantry**

Friday, Nov 16th, 9-11 am Saturday, Nov 17th, 9-11 am

**Next Bus Trip to Foxwoods**

Thursday, December 6, 2018

Bus departs from back parking lot of
Sterling Town Hall at 8:30amCost is \$25 Sign up at Senior Center
978-422-3032**THE HAPPY TRAVELERS TRIP LIST — For the over 50 travelers for 2019****Sun Mar 10** - Cabin Fever Tour: Brunch, Chocolates & Wines, in NH, \$99.00pp (*almost full*)**Sun Apr 14** - "Dreamgirls" Cheney Hall, Manchester CT, lunch at Adams Mill Restaurant**Sat May 18** - Million Dollar Quartet at the Stone Theater Stoneham, Ma. \$127.00pp**Oct. 25 - Nov. 8** - Fifteen Day Southern Caribbean Cruise, no flying, round trip from Boston

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SPECIAL REPORT

by Neuroscientist Dr. Keith Darrow



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Arm Chair Travel

Destination: Burma

Thursday November 29th

1:00 pm

Linda Gilberti will introduce you to the beautiful but little-known country of Burma where she visited for 16 days last winter. Known for its thousands of pagodas, it has so much more to offer. Life is bustling in the cities whereas portions of the countryside are devoted to farming. Nevertheless, the Burmese have cellphones! Their lifestyle is simple; water buffalo help do the work. The people are gentle and warm. Many exist on \$120 US per month.



A common question to Linda is, “Why did you go to Burma?”

Linda answers, “I enjoy the cultures of the world!”

Burma is a Southeast Asian nation of more than 100 ethnic groups, bordering India, Bangladesh, China, Laos and Thailand. Linda will be sharing her collection of 8 x 10 photographs that were previously on exhibit at the Acton Senior Center.
