



Sterling Newsletter

SENIOR CENTER

Connecting with each other & our community

September 2020

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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 - 2

Director: Veronica Buckley

Outreach: Nickole Boardman

Operations Coordinator:

Clare Anderson-Felton

Maintenance Tech: Jim Ash

Van Drivers:

Pam Dell

Lou Massa

Marlene Neitlich

Robert Protano

Diane Sousa

Meal Site Manager:

Mohamed Samoda

Introducing Social Slots!

The pandemic has created a challenge in scheduling some of our most popular activities where the use of shared resources must be limited (cards, games, pool, etc.). Also, we are all missing the opportunities for socialization that spontaneously occurred at our Center.

As such we are establishing "Social Slots," an opportunity to meet and socialize with others for an hour. These social slots are by registration only - no walk-ins - and will be held under cover on the senior center patio while weather permits.



Masks and 6 foot social-distancing required.
We are not able to accommodate food or beverage.
Let us know if you need transportation.

Social Slots in September:

Tuesdays at 1:30pm 1st, 8th, 22nd, 29th

Wednesdays at 1:30pm 2nd, 9th, 23rd, 30th

Thursdays at 9:30am 3rd, 10th, 17th, 24th

Call us at 978-422-3032 to reserve your Social Slot !

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

Peter Watson



61 Redstone Hill, Sterling, MA
1-978-422-3166
cell: 978-502-8847



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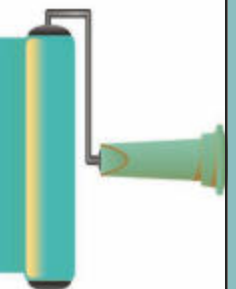
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Sterling Council on Aging, Sterling

06-5262



Thursday, October 1st
noon to 5:00pm
By appointment only

DRIVE THROUGH CLINIC at the Senior Center for your annual flu shot

Appointments will be made in half-hour blocks, e.g. (1-1:30), by calling the Senior Center at 978-422-3032. If there will be two people in a car, you will need to make two appointments.

Your flu shot is covered by Medicare Part B or your Medicare Advantage Plan (HMO, PPO). Insurance information will be taken during the reservation call. Flu clinic questionnaires will be available at the Senior Center and must be completed and brought with you to your appointment. Remember to wear a short sleeved shirt!

According to the CDC (Centers for Disease Control and Prevention), you should get the flu vaccine before flu begins spreading in your community. It takes about two weeks after vaccination for antibodies that protect against flu to develop in the body, so make plans to get vaccinated early in the autumn, before flu season begins. CDC recommends that people get the flu vaccine by the end of October.

Visiting the Senior Center

At this time all visits to the Senior Center are
BY APPOINTMENT ONLY

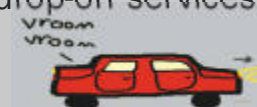
On arrival you will be screened for symptoms of COVID-19.

You will visit our entranceway sanitation station then check in to the front desk prior to your appointment.



Please note and observe our new traffic arrows in the SSC parking lot!

Traffic is now one way only to ensure safe travel during pick-up and drop-off services. Thank you.



Newsletter Delivery



Mailing of our monthly newsletter is made possible by a grant from the Executive Office of Elder Affairs. Effective the October edition, all non-Sterling residents will receive their newsletter by email. Postal mailing will not be an option, so make sure we have your email address! We will continue to mail to Sterling residents. However, to reduce costs, we encourage **everyone** to consider receiving their newsletter via e-mail. Please contact Clare with your e-mail address if you are able to make this change.

Newsletters are also available online at <https://www.sterling-ma.gov/senior-center/pages/monthly-newsletters>

Experiencing flu related symptoms that you believe are COVID-19

Self isolate and call your Primary Care Physician

Experiencing flu related symptoms that you believe are **not** COVID-19 and you wish to speak to a medical professional

Self isolate and call your Primary Care Physician

Experiencing a medical emergency from either flu related or COVID-19 related symptoms.
Experiencing difficulty breathing.

Call 911

Experiencing a medical emergency unrelated to the flu or COVID 19 such as a fall, laceration, limb fracture, etc.

Call 911

MONTACHUSETT HOME CARE CORPORATION

Your Aging Services Access Point (ASAP) for North Central MA

CAREGIVER SCHOLARSHIP PROGRAM

Are you:

- Caring for someone who has a diagnosis of Alzheimer's or a related disease?
- A grandparent age 55+ caring for a grandchild?
- A spouse, adult child or other loved one caring for someone who is 60 or older?
- 55 and older, and caring for a disabled adult between ages 19 and 59?

Funds are available to help with a variety of tools!

Technology: security camera; bed/floor/door sensors; tablet

Safety: grab bars; bed rails; equipment

Respite: in-home care; day care; facility stay

Activities: cognitive appropriate crafts; nostalgic games; fidget blankets

Grandparents: activities; supplies; respite

Comfort: weighted blanket; interactive robotic pet or baby doll; preloaded music player

Referrals: other MHCC programs; support groups; community resources

It's easy to apply!

Contact Sharon Yager, Caregiver Specialist — 978-466-5467 or syager@mhcc-1.org

Autumn and winter are an unknown in terms of COVID19. Take the time **NOW** to learn about remote programming and Facebook portal.
Call the Senior Center for assistance at 978-422-3032.

Van Transportation Services

As offices and businesses begin to open up for appointments, please be aware of the following information when booking a ride on one of the Senior Center vans.

- Passengers will be screened for COVID-19 symptoms during initial call, and also at pickup.
- Masks and gloves are required when riding the van (we can provide these if needed).
- Only two passengers per van at any time. This limits the number of rides we are able to provide.
- Priority will be given to essential transport, e.g. to doctor or dentist appointments, grocery shopping.
- Non-essential transport will be provided when availability allows.

Wachusett Food Pantry

Seniors: Friday September 18, 9-11am

All: Saturday September 19, 9-11am

Call Nickole at Senior Center for assistance.



The Conant Library

The library might be closed, but it is still providing books, movies, and TV series in a number of different ways including curbside pickup and delivery.

For more information, call 978-422-6409 Mon-Thu 10am-6pm and someone will help you.

Books, magazines, and audiobooks are available for download at any time. To learn how to download free materials visit

www.sterlinglibrary.org



Foot Care is being provided by home visits by Andrea, the nurse from Foot Care by Nurses. Andrea will be scheduling visits for September 10th & 24th. To schedule an appointment, call Foot Care by Nurses at 413-367-8369.

Free Cloth Masks! Call 978 422 3032

Face masks or cloth face coverings are required in public places where social distancing is not possible. Wash your cloth mask after each use. Try to maintain social distancing even while wearing a mask. Be careful and take your time if you find your mask affects your downward vision.



Appointments are being provided remotely or by telephone. Call the Senior Center at 978-422-3032 for an appointment.

ELDER KEEP WELL CLINIC

September 8th, 9:30-11:30 am

Meg Robinson, RN, VNACares

By appointment only

Please call 978-422-3032 to make a reservation.

Appointments for Blood Pressure only also available.



**WILLIAM JAMES
COLLEGE**


INTERFACE Referral Service

The William James **INTERFACE Referral Service** is a mental health and wellness referral Helpline. This is a confidential, free referral service for residents of the Wachusett District.

Call **888-244-6843** (toll free)

Monday - Friday 9:00am - 5:00pm

SEPTEMBER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>We are currently providing lunches for those seniors who require a little extra help with meal preparation.</p> <p><i>The September 16th barbeque is open to ALL seniors.</i></p>	<p>1</p> <p>9:00 Pilates (outside) Chicken & Waffle 12-3 Tech Help (Zoom or phone) 1:30 Social Slot *</p>	<p>2</p> <p>9:00 Yoga (outside) 9:30 Beginner Ukulele (Zoom) Orange Pork Chops 1:30 Social Slot * 3:30 Parkinson Support (via Zoom)</p>	<p>3</p> <p>9:00 Yoga (outside) 9:30 Social Slot * Cheese Pizza 12:30 Acrylic Painting (Zoom) 1:30 Ukulele Club *</p>	<p>4</p> <p>9:30 Knit & Crochet * Smorgasbord</p>
	<p>8</p> <p>9:00 Pilates (outside) 9:30-11:30 Elder Keep Well Clinic * 9:30-1:00 SHINE Appts (Zoom / phone) Mac & Tuna Salad 12-3 Tech Help (Zoom or phone) 1:30 Social Slot *</p>	<p>9</p> <p>9:00 Yoga (outside) 9:30 Beginner Ukulele (Zoom) Lasagna with chicken meatballs 1:30 Social Slot * 3:30 Parkinson Support (Zoom)</p>	<p>10</p> <p>9:00 Yoga (outside) 9:30 Social Slot * Ratatouille Chicken Soup 1:30 Acrylic Painting * 3:00 Ukulele Club (Zoom)</p>	<p>11</p> <p>9:30 History Club * Smorgasbord</p>
<p>14</p> <p>8:30 Tai Chi (outside) 9:30 Line Dancing (Zoom) 10:30 Marty's Fitness & Yoga (Zoom) Cinnamon Riasin French</p>	<p>15</p> <p>9:00 Pilates (outside) 9:30 Beginner Uke * General Tso's Chicken 12-3 Tech Help (Zoom or phone) 1:30 Caregivers</p>	<p>16</p> <p>9:00 Yoga (outside) 9:30 Beginner Ukulele (Zoom) 10:00 Card Making (Zoom) 11-11:30 End-of-</p>	<p>17</p> <p>9:00 Yoga (outside) 9:30 Social Slot * 12:30 Acrylic Painting (Zoom) Spinach Chicken Parm 1:30 Ukulele Club *</p>	<p>18</p> <p>9:00 Food Pantry 9:30 Knit & Crochet * Smorgasbord</p>

Roast Casserole 1:30 BINGO * 4:00-7:00 Pickleball	Support * 21	9:00 Pilates (outside) Shepherd's Pie 12-3 Tech Help (Zoom or phone) 1:30 Social Slot *	22 9:00 Yoga (outside) 9:30 Beginner Ukulele (Zoom) Caramel Apple Pork Chops 1:30 Social Slot * 3:30 Parkinson Support (Zoom)	Summer Barbecue 12:30 Book Club * 3:30 Parkinson Support (via Zoom)	23 9:00 Yoga (outside) 9:30 Beginner Ukulele (Zoom) Caramel Apple Pork Chops 1:30 Social Slot * 3:30 Parkinson Support (Zoom)	24 9:00 Yoga (outside) 9:30 Social Slot * Baked Cod 1:30 Acrylic Painting * 3:00 Ukulele Club (Zoom)	25 Smorgasbord
8:30 Tai Chi (outside) 9:30 Line Dancing (Zoom) 10:30 Marty's Fitness & Yoga (Zoom) Chicken Pot Pie 1:30 BINGO * 4:00-7:00 Pickleball	28 8:30 Tai Chi (outside) 9:30 Line Dancing (Zoom) 10:30 Marty's Fitness & Yoga (Zoom) Beef Stew 1:30 BINGO * 4:00-7:00 Pickleball	29 9:00 Pilates (outside) 9:30 Beginner Uke * Cheesesteak Sub with French Onion Soup 12-3 Tech Help (Zoom or phone) 1:30 Social Slot *	30 9:00 Yoga (outside) 9:30 Beginner Ukulele (Zoom) Stuffed Chicken 1:30 Social Slot * 3:30 Parkinson Support (Zoom)	* On the patio, weather permitting. Reservations, masks and social distancing required. 10/1 12-5pm Flu Clinic 10/2 9:30 History Club	A huge Thank You to all the local farmers who have kindly donated vegetables and fruit for use in our lunch program. If you would like to donate, please call the senior center at 978-422-3032.		



New Outdoor Exercise Class Schedule

We follow [Mass.gov/reopening](https://www.mass.gov/reopening) regulations for fitness classes.
Weather permitting. Newcomers welcome. No walk-ins. Reservations required.

Call us at 978-422-3032 to join a class!

Tai Chi \$5
Monday 8:30 am
Peg's Pond

Pilates \$5
Tuesday 9:00 am
Peg's Pond

Yoga \$5
Wednesday 9:00 am
Thursdays 9:00 am
Peg's Pond

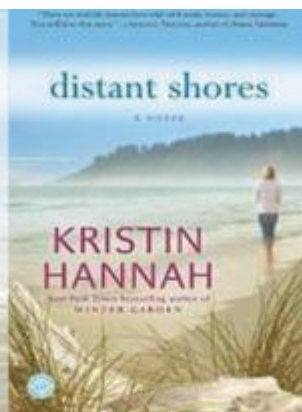
Pickleball
Mondays 4-7pm
Tennis Courts
at West Sterling Fields



Mondays at 1:30pm
Small socially distanced group setting.
Reservations required.
Call 978-422-3032 to reserve your spot!

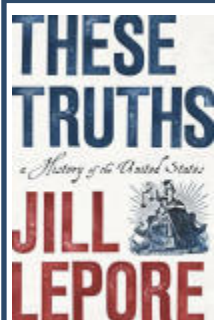
**September
Book Club
Discussion
Group**

**New
Members
Welcome!**



**Sept 16th
12:30pm
on the
Patio**

**Call to
Register**



HISTORY CLUB

**These Truths: a History of the
United States by Jill Lepore**
September 11th at 9:30am
Part One, discussion led by
Maryann MacLeod
Registration Required.



**Knitting & Crocheting
Fridays 4 and 18
at 9:30am
on the Patio!
Registration Required.**

IN-PERSON & REMOTE !

Acrylic Painting

Thursday 3rd & 17th 12:30-2:00pm
via Zoom

Thursday 10th & 24th 1:30-3:00
on the patio!

For intermediate to advanced painters.

Registration Required

\$5 fee per class

Contact Andrea for information at
andreadriscoll@hotmail.com

Ukulele Club

Beginners Class

Wednesdays at 9:30am via Zoom

Tuesdays 15th & 29th at 9:30am on the patio*

Contact Joan at jonesy1932@aol.com

Intermediate/Advanced Club

Thursdays 10th & 24th at 3:00pm via Zoom

Thursdays 3rd & 17th at 1:30 on the patio*

Contact Nancy at nancyhp246@gmail.com

*Strumming Only *Registrations Required



Peter Cummings continues to offer technical help. Telephone and online meetings are encouraged, however essential in-person appointments may be made by appointment only. Call 978-422-3032 for an appointment.



**FINANCIAL ASSISTANCE FUND
FOR STERLING RESIDENTS IN NEED**

For information contact
patrickfox1973@gmail.com
774-275-1174

We are currently providing home-delivered or grab & go lunches for those seniors who require a little extra help with meal preparation.

The September 16th barbecue is open to ALL seniors.

Interested in helping deliver our lunches? Monday through Friday mornings, approximately 11-12:30. CORI required. Zero-contact pick-up and deliveries. Call Clare at 978-422-3032.



**INTERESTED IN
FILMING FOR SLCTV
OR YOUTUBE?
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TRAINING PROVIDED.**



Are you a grandparent raising your grandchild/ren? Join our new group. Contact Patricia Keay for information at pat.keay@gmail.com

Muffin Monday Nominations

Do you know a special someone who deserves some recognition, is really missing spending time with friends and family, or just needs a cheer-me-up? Nominate them for a Monday Muffin Surprise and an appropriately distanced Friendly Visit courtesy of Sterling Senior Center kitchen staff and volunteers!



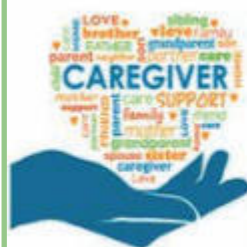
Call 978-422-3032 or send an e-mail to nboardman@sterling-ma.gov or vbuckley@sterling-ma.gov



parkinson's IN THIS TOGETHER

Zoom meetings every Wednesday at 3:30pm
Planning for in-person small group support

Please contact Joe at 508-335-0672 or northworcparkies@yahoo.com



**Sterling Senior Center
CAREGIVER SUPPORT**

MONTHLY, 3RD TUESDAY @ 1:30PM

Registration Required. Call 978-422-3032.

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Card Workshop via Zoom Wed. Sept 16th at 10:00am

Join MaryEllen Cocks as she guides you through making three beautiful cards.

All materials will be provided cut and ready to assemble.

Limited Group Size * Registration Required * \$5 Fee

Materials and Zoom Info will be provided upon registration and payment
978-422-3032



Marty's Fitness and Yoga

A new online Zoom class incorporating circulation, balance cardio and yoga.

Every Monday at 10:30am

<https://us02web.zoom.us/j/7610148460>

or www.zoom.us/join
Meeting ID 761 014 8460

Line Dancing

Mondays at 9:30-10:30 am

Zoom ID: 910-010-3705

Password: 973540

To receive group updates & alerts,
send an e-mail to cabutler@wpi.edu

Out and About in Sterling by Joyce Hinckley

Spend a few hours on Chase Hill Road for an easy outing with homemade food, ice cream, and local produce. If you plan it correctly you can have a meal, a walk, an ice cream and something to bring home for tonight or tomorrow.



Begin at Meadowbrook Orchards (209 Chase Hill Road) for food that is simply delicious. Sit outside if the weather's nice, and walk off your meal in their orchard. There's a bit of a grade but I use a cane and can make the approximately half mile trip. Take a camera to capture the trees, the pond, and the serenity.

Next, pretend you're going to Rota Spring Farm (117 Chase Hill Road) to feed the goats. Walk to them and take more pictures, before you stop and get an ice cream. Both places offer local produce. Rota Spring also has frozen meat, and Meadowbrook has frozen meals and desserts. Oh, and remember putting groceries away counts as exercise!





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Mailing of this edition of our newsletter made possible by a grant from the Executive Office of Elder Affairs



End of Summer Barbecue Drive-Through Pick-up!

Open to
ALL
Seniors!



Sponsored
by
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Wednesday, September 16th
Pick-up 11:00-11:30am

Reservations Required 978-422-3032