



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.

April 2016

36 Muddy Pond Road

COA (Council on Aging)

Mon—Wed 8—4

Thursday: 8—8

Friday: 8—12:30

Office: 978-422-3032

Rides: 978-422-3032

Fax: 978-422-9916

*** Senior Center Staff**

*** Director:**

Karen Phillips

*** Outreach Aide:**

Nickole Boardman

*** Drivers: Pam Dell,**

Lou Massa, Joan

Seymour, Denis

Coughlin, Gloria

Rugg

*** Meal Site Manager:**

Message From the Director

On Monday, April 4, we will be open in the new Senior Center. Come on down and check us out. We have a lot of new programs starting. Be sure to sign up.

We will be giving tours of the center during the week from 10—12 noon. While you are more than welcome to walk around on your own, the tours will give you some history and information.

What a long, strange trip it has been to get to the opening of the new Senior Center. There are too many people to thank. To everyone who has volunteered time, money, energy, thoughts, etc., we thank you. It definitely took a village to get this built. We are very thankful to the residents for supporting the seniors. Thanks!
Thanks! Thanks!

Karen



Upcoming Events

Monday, April 4—Opening

Wednesday, April 6—SHINE counselor

Thursday, April 7—Blood Pressure clinic with the EMTs at 10 AM

Thursday, April 7—Movie at 1 PM

Thursday, April 14—Meditation & Aromatherapy at 1 PM

Monday, April 18—Senior Center closed

Thursday, April 21—May baskets at 12:30

Thursday, April 21—Elder Keep Well clinic at 12 noon

Thursday, April 28—Book club at 12:30 PM

Friday, April 29—Pancakes at 7:30 AM

Special Events for April

Monday, April 4—Open at the new Senior Center.

Wednesday, April 6—SHINE counselor will be available to answer health insurance questions. Appointments are required by calling the Senior Center at 978-422-3032.

Thursday, April 7—Blood Pressure Clinic by the Sterling Fire Dept/EMTs from 10—12 noon

Thursday, April 7—Movie at 1 PM.

Thursday, April 14—Meditation & Aromatherapy by Michelle Jones from River Terrace at 1 PM. Everyone is stressed these days. Learn how meditation is good for your soul.

Monday, April 18—Senior Center closed for Patriots' Day

Thursday, April 21—May Baskets with Tara from Navicare at 12:30 PM. Come and join us as we make May baskets. Sign up by calling the Senior Center at 978-422-3032 by Tuesday the 19th.

Thursday, April 21—Elder Keep Well Clinic at 12 noon. Come and see a nurse in the new, private room.

Thursday, April 28—Book Club at 12:30 PM. This month's selection is The Road to Grace by Richard Paul Evans.

Friday, April 29—Pancake breakfast by FOSS. 7:30—9:30 AM. \$2.00 a plate for pancakes, sausage, fruit cup, tea breads, coffee, and juice.



April Book Club—The Road to Grace by Richard Paul Evans. This is the third book in the series. What do you do when you lose everything? This book explores the will to go on in the face of extreme adversity.

Come and play pool! The Senior Center has had 1 pool table for many years. Many people have enjoyed using it but wished for more opportunities to play. Your prayers have been answered. At the new center, our current pool table will be accompanied by a new table, graciously donated by Leominster Credit Union through the efforts of the Friends of the Sterling Seniors. The pool tables will be usable during regular Senior Center hours. You can come and practice your trick shots, play a solo game, or play with a friend or two. Now that we have 2 tables, we have the ability to join the Senior Pool League, playing against other Senior Centers. Dust off your cue stick, or use one of ours! We look forward to having



you come on down!

Yoga Classes with Katie to help you live and move more gracefully through the years! Leave your troubles at the door and treat yourself and your body to the gentle stretching and strengthening, breathing, and movement that will keep your mind and body happy and healthy! Join us for Chair Yoga on Wednesdays at 9:30 AM and Yoga on Thursdays at 9 AM.

News from SHINE April 2016

ARE YOU TURNING 65 WITH A HEALTH CONNECTOR PLAN

People with Health Connector coverage nearing Medicare eligibility face many obligations – to enroll in Medicare in a timely way, to notify their Connector plan about their Medicare eligibility, and to cancel their Connector plan. Despite these responsibilities, people with Connector plans receive **no notice about their Medicare eligibility** unless they are auto-enrolled in Medicare because they receive Social Security cash benefits. **In addition, Connector enrollees receive no notification that their access to premium tax credits automatically terminates when they become Medicare eligible.**

These notification gaps put people in the Health Connector who are nearing Medicare eligibility at serious risk. Honest enrollment mistakes can lead to lifetime premium penalties, gaps in coverage, disruptions in access to needed care, **tax penalties and recovery, by the IRS resulting from the loss of premium tax credits** and delayed Medicare enrollment. To avoid these consequences, it is imperative that Health Connector members who are eligible for Medicare enroll in Medicare in a timely manner, notify their Connector plan about their Medicare eligibility, and cancel their Connector plan. **As always feel free to contact your local SHINE Regional Office at 1-800-243-4636 #3 if you have any questions.**

“SHINE’S MEDICARE AND MORE” PROGRAM

The Central MASS SHINE Program is now sponsoring a monthly Cable TV program called SHINE’s 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.

CENTRAL MASS SHINE WEBSITE—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 you insurance needs.

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. You can now visit us on the internet at shinema.org

Living Memorial Honor
Sterling COA./Senior Center
1 Park Street, Sterling, MA 01564

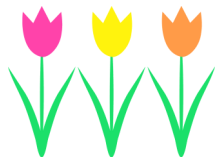
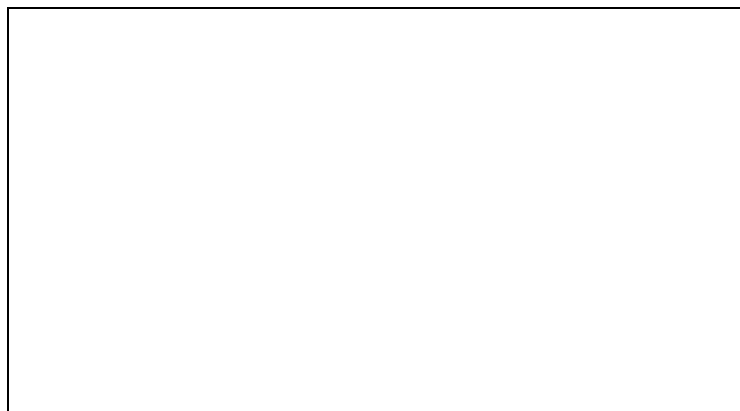
I am enclosing \$ _____
In honor/memory of _____
Donor’s name _____
Address _____

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.

Monday	Tuesday	Wednesday	Thursday	Friday
	Billiards every day while the center is open.			1 8-11:30 Coffee and 9:30—Pilates 11:30— macaroni and cheese
4 8-11:30 Coffee and 10—Exercise 11:30— pork 12:30—Art class 12:30—Pitch and poker 2—Knitting/crocheting	5 8-11:30 Coffee and 9:30—Line dancing 11—French class 11—Chair pilates 11:30— chicken 12:30—Game day 2—Open coloring	6 8-11:30 Coffee and 9—Computer class 9:30—SHINE 9:30—Chair yoga 11:30—ham & cheese bake 12:30—Wii 1 Christmas Tree Shop 1— Cribbage	7 8-11:30 Coffee and 9—Yoga 10—EMT BP clinic 11—French class 11:30—chicken divan 1—Movie 2—Open Coloring 6—Yogalates	8 8-11:30 Coffee and 9:30—Pilates 11:30— meatloaf
11 8-11:30 Coffee and 10—Exercise 11:30— chicken kiel-basa 12:30—Art class 12:30—Pitch and poker 2—Knitting/crocheting	12 8-11:30 Coffee and 9:30—Line dancing 11—French class 11—Chair pilates 11:30— penne & meat sauce 12:30—Game day 2—Open coloring	13 8-11:30 Coffee and 9—Computer class 9:30—Chair yoga 11:30— chicken 12:30—Wii 1 Walmart WB 1— Cribbage	14 8-11:30 Coffee and 9—Yoga 11—French class 11:30— turkey 2—Open Coloring 6—Yogalates	15 8-11:30 Coffee and 9:30—Pilates 11:30— breaded pollack
18 Senior Center closed for Patriots' Day	19 8-11:30 Coffee and 9:30—Line dancing 11—French class 11—Chair pilates 11:30— chicken 12:30—Game day 2—Open coloring	20 8-11:30 Coffee and 9—Computer class 9:30—Chair yoga 11:30—roast beef 12:30—Wii 1 Target 1— Cribbage	21 8-11:30 Coffee and 9—Yoga 11—French class 11:30— broccoli bake 12—Elder Keep Well 2—Open Coloring 6—Yogalates	22 8-11:30 Coffee and 9:30—Pilates 11:30— Swedish meatballs
25 8-11:30 Coffee and 10—Exercise 11:30— salmon 12:30—Art class 12:30—Pitch and poker 2—Knitting/crocheting	26 8-11:30 Coffee and 9:30—Line dancing 11—French class 11—Chair pilates 11:30— beef patty 12:30—Game day 2—Open coloring	27 8-11:30 Coffee and 9—Computer class 9:30—Chair yoga 11:30—chicken parm 12:30—Wii 1 Walmart Leom 1— Cribbage	28 8-11:30 Coffee and 9—Yoga 11—French class 11:30—Shepherd's pie 12:30—Book club 2—Open Coloring 6—Yogalates	29 7:30—Pancakes 9:30—Pilates

Sterling Council on Aging
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PRESORTED
STANDARD
US POSTAGE
PAID
Permit 2
STERLING, MA
01564



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Being a caregiver, while very rewarding, can be isolating. The Senior Center is looking to start a calling circle. Getting out of the house can be difficult at times. This calling circle would be caregivers calling caregivers to check in and give verbal support. Someone who is going through similar circumstances understands. We hope that this will help support those of you who feel all alone and overwhelmed at times. If you are interested, call Nickole at 978-422-3032.

Did you get sand from us this Winter? If yes, we would like to pick up your sand bucket in order to reuse them next year. If possible, leave them outside and someone will come and pick them up. If you have any questions, call the Senior Center at 978-422-3032.

Do you need to borrow a walker or other medical equipment? The Senior Center has some equipment to loan out. Call us at 978-422-3032 to see what equipment is available.

Distribution of this newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs.