

#### February 2016

# 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

# 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.

### Message From the Director

2016 is the year of new beginnings for the Senior Center. We should be moving into the new Senior Center next month. This has been a long journey for everyone involved. Thank you to everyone who has dedicated a lot of time and effort. There are way too many to mention by name. Thank you!!

Once the move has occurred, we will be having a soft opening followed by a Grand Opening. Please stay tuned for all upcoming events.

We are still looking for ideas, suggestions, and instructors for various new programs. Do you have a talent that you would like to share? Please let us know. With the extra space, we can actually hold more than 1 event at a time. We are looking forward to filling the building with new, exciting, and fun activities.

Wishing you all a Happy Valentine's Day!

Karen

Don't feel like cooking? Join us for lunch. We serve and do the dishes. \$3.00 a meal. Hope to see you!

## Upcoming Events

Thursday, February 4—Movie at 1 PM
Monday, February 8—Volunteer meeting at 4 PM
Thursday, February 11—Valentine's Day Craft at 12:30 PM
Monday, February 15—Senior Center closed
Thursday, February 18—Elder Keep Well Clinic at 12 noon
Thursday, February 25—Book club at 12:30 PM
Friday, February 26—Pancake Breakfast from 7:30—9:30 AM

#### Special Events for February

Thursday, February 4—Movie at 1 PM.

Monday, February 8—Volunteer meeting at 4 PM. All volunteers, and those who would like to be a volunteer, are welcome to come to a meeting. We need to start planning for the usage of the new senior center. Bring your ideas!

Wednesday, February 10—We have a new SHINE counselor. She will be here in the morning. You must schedule an appointment at the Senior Center by calling 978-422-3032.

Thursday, February 11—Valentine's Day Craft program at 12:30 PM from Tara Riviera from Navicare. Come and make a valentine for your loved one.

Monday, February 15—Senior Center closed for Presidents' Day.

Thursday, February 18—Elder Keep Well clinic at 12 noon. Come and meet with a nurse for blood pressures, medication questions, or other medical questions. Free!

Thursday, February 25—Book club at 12:30 PM. This month's selection is Orphan Train by Christina Baker Kline. New book lovers are always welcome.

Friday, February 26—Pancake breakfast from 7:30—9:30 AM. \$2.00 a plate for pancakes, sausage, tea bread, fruit cup, coffee, and juice. All are welcome.

















**2016** is a leap year! Happy Birthday to all of those born on February 29th! This is your year!

Leap Years are needed to keep our modern day <u>Gregorian calendar</u> in alignment with the Earth's revolutions around the sun. It takes the Earth approximately 365.242199 days – or 365 days, 5 hours, 48 minutes, and 46 seconds – to circle once around the sun. This is called a tropical year.

However, the Gregorian calendar has only 365 days in a year, so if we didn't add a day on February 29 nearly every 4 years, we would lose almost six hours off our calendar every year. After only 100 years, our calendar would be off by approximately 24 days! This happened in the <u>Julian calendar</u>, which was in use until the Gregorian was introduced.

Book club choices:

February 25—Orphan Train by Christina Baker Kline

March 24—The Art of Hearing Heartbeats by Jan-Philipp Sendker

"The ultimate measure of a
man is not where he stands
in moments of comfort and
convenience, but where he
stands at times of challenge
and controversy."

Martin Luther King, Jr.

#### 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 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.

#### News from SHINE February 2016

Can I still change my Medicare Plan?

The 2015 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans. For Plan year 2016, the Tufts Medicare Preferred Plan has been designated as a 5-star Plan by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change to, one of the Tufts Medicare Preferred Plans at any time between December 8, 2015 and November 30, 2016. This is a great opportunity if you missed the Open Enrollment deadline.

For those of you with a Medicare Advantage Plan: Between January 1 and February 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage Plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to continue coverage with your current provider if you failed to make a change during the Open Enrollment Period.

For those with Prescription Advantage or getting "Extra Help" paying for prescription drugs: You can change your plan during the year. Those with Prescription Advantage can do this only once each year. Those with "Extra Help" can change every month.

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.

#### **Information**

Tips for Getting more Fiber:

- Start at breakfast—choose a high fiber cereal or oatmeal (5 g or more)
- Switch to whole grains—look for whole wheat or whole wheat flour as first ingredient, use brown rice
- Eat more fruits and vegetables—shoot for 5 a day



 Give beans a try beans, peas, or lentils are high in fiber and protein Snow Information:

While the Senior Center is usually open, certain classes may be cancelled due to inclement weather. Please call the Senior Center at 978-422-3032 to



check before coming out. As a general rule of thumb, many programs are cancelled if Wachusett schools are delayed and/or cancelled.

To be safe, call us at 978-422-3032 to make sure we are open before leaving your house.

When in doubt, choose safety first.

#### 2016 Medicare Part B Premium

You may have heard your Medicare Part B premium is going us. This is not true for everyone. Those whose Part B premium was deducted from their Social Security check last year will continue to pay \$104.90 per month. Those newly enrolled in Part B this year will likely pay \$121.80 per month. (Since there is no cost of living increase in Social Security benefits for 2016, the law prevents benefit checks from being reduced.)

People with limited income and assets may qualify for a program that will pay their premium.

Those with incomes greater than \$85,000 a year (\$170,000 per couple) have higher premiums and will pay between \$170.50 and \$389.80 per month for Part B.

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

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

Do not hesitate to reserve a seat ASAP on any of these trips, then follow up with the deposit. This will hold your seat until final payment is due.

Apr 10—Ivoryton Playhouse featuring On the Road with John Denver @ \$115.00 pp

May 14/15—2 day New York with 9/11 Memorial & Museum and the Statue of Liberty @ \$349.00 pp

May 22—Mount Auburn Sunday brunch and Kennedy Library @ \$105.00 pp

Jun 25—Crane Estate, Essex and Ispwich with lunch & a boat ride @ \$115.00

July 10—Boston Pops at Tanglewood with Seth MacFarlane with Sunday Brunch @ \$139.00

Jul 30—Plymouth Whale Watching, lunch at the Hearth & Kettle @ \$99.00 pp

Aug 20—Portland Maine via Amtrak, lunch at Hearth & Kettle @ \$99.00 pp

Sep 11-14 —4 day Niagara Falls Canada @ \$579.00 double

Oct 1—Friesians of Majesty and lunch, Vermont @ \$99.00 pp

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Pick up flyers at the senior center. Call Gladys Merrow at 508-835-4312 with any questions and to sign up or email at **glady2@verizon.net** 

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.

If you have an email address and would like to get updates, send an email to kphillips@sterling-ma.gov.

#### **Local Emergency numbers:**

Police and Fire—911 for emergencies Police non-emergency—978-422-7331 Fire non-emergency—978-422-8107 Light Department—978-422-8267 DPW—978-422-6767

# On the Road Again with Mary Lajoie Call 978-827-4882 for reservations

Feb 25—Bingo party and Wright's Chicken Farm @ \$52 pp

March 30—Mystery trip

April 14—Newport Playhouse, dinner theater and lunch buffet @ \$88.00 pp

May 21-May 29—Nashville Show Trip @ \$899.00 double

June 22—Trip to Nubble Lighthouse, lunch at Foster's, and Hampton sandcastles @ \$77.00 pp

#### **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 10—Exercise 11:30—American chopped suey	11:30—grilled chicken breast 12:15—Game day	9—Computer class 9:30—Chair yoga 11:30—turkey 12:30—Wii 1—Van shopping trip to Walmart (Leom)	9—Yoga 11:30—chicken jamba- laya 1—Movie	9:30—Pilates 11:30—Shepherd's pie
8 10—Exercise 11:30— grilled chicken breast 4—Volunteer meeting	9 11:30— SPECIAL: ham 12:15—Game day	9—Computer class 9:30—Chair yoga 11:30—broccoli cheese bake 12:30—Wii 1—Van shopping trip to K-Mart	9—Yoga 11:30— chicken kiel- basa 12:30—Valentine's Craft project	9:30—Pilates 11:30—breaded pollock
Senior Center closed for Presidents' Day	16 11:30—roast pork 12:15—Game day	9—Computer class 9:30 —Chair yoga 11:30— ground beef patty 12:30—Wii 1—Van shopping trip to Walmart (WB)	9—Yoga 11:30— chicken breast w/pesto cream 12—Elder Keep Well clinic	9:30—Pilates 11:30—vegetable lasa- gna
10—Exercise 11:30— sweet and sour chicken	11:30— Salisbury steak 12:15—Game day	9—Computer class 9:30—Chair yoga 11:30— chicken florentine 12:30—Wii 1—Van shopping trip to Ocean State	9—Yoga 11:30—shaved steak 12:30—Book club	7:30—Pancakes 9:30—Pilates
10—Exercise 11:30—chicken parmesan		Choice Café Wednes-days:  2/3—Chicken breast with red pepper pesto  2/10—roast beef  2/17—chicken with peach salsa  2/24—tortellini salad		Are you in need of sand for this winter? Please give us a call at the Senior Center. Nickole will gladly deliver sand to your door.

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Sterling COA 1 Park Street PO Box 243 Sterling, MA 01564

Phone:

978-422-3032

Fax:

978-422-9916

E-mail:

kphillips@sterling-ma.gov nboardman@sterling-ma.gov The new Senior Center is coming along! Here are some pictures of the progress:







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