



Powderhouse Senior News

JANUARY / FEBRUARY 2013

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

BERLIN COUNCIL ON AGING SERVICES AND PROGRAMS

MISSION STATEMENT OF THE BERLIN COA

Our mission is to enhance the quality of life of seniors in the community by providing services, which include nutrition, health screening, education and other programs to meet their needs.

- **Meals on Wheels (MOW)** - Meal deliveries will resume on the day after Labor Day and each Tuesday & Friday thereafter through June. Please call 978-838-2215 for further information.
- **SHINE Program (Serving the Health Information Needs of Elders)** is a counseling service providing information and assistance for Health Insurance, Medicare, Medicaid, etc. For further information call 800-243-4636 option #3 to make an appointment with SHINE counselor.
- **"Powderhouse Senior News"** - a bi-monthly newsletter mailed to each senior household in Berlin with information on health, legislative issues, and other topics of interest to elders.
- **Blood Pressure Screenings** - twice a month - 1st Thursday of the month from 9:30 to 10:30 A.M. at First Parish Church. 4th Tuesday of the month from 9:00 to 10:00 A.M. at Northbrook Village Community building.
- **Private transportation** for medical appointments. Please call 978-838-2500 for further information.
- **Council on Aging Members:** Jim Connor, Chairman; Bill Lowe, Vice Chairman; Carolyn Landry, Secretary; Joyce LaMotte, Member; Sally Bergen, Treasurer; Ken Harrold, Member. **COA meetings** every 4th Wednesday in the Town Office Building from 9 - 10 AM.
- **Senior Citizens Association Officers:** President; November-Hazel Miele, December-Madeline McTague, Vice President; Denise Davis, 2nd Vice President; George Cedar, Recording Secretary; Open, Corresponding Secretary; Barbara Halloran, Treasurer; Joyce LaMotte, Asst. Treasurer; Millie Blenkhorn.
- **Senior Citizens Association Meetings:** at First Parish Church on the 1st Thursday of each month except July and August. Blood Pressure screening by VNA 9:30 - 10:30, followed by business meeting and program or entertainment and lunch is served (\$5.00) at noon.

(978)-838-0157

Berlin News Letter

President Maddy McTague conducted the last meeting of the 2012 year for the Berlin Senior Citizen's Association, Thursday, December 6th. The featured program of the day were the instrumental players and chorus singers from the Berlin elementary 5th and 6th grade school students. Music Director, Peter Daley mentioned that the Berlin students have been entertaining the local Berlin Senior Citizens for more "than thirty years". The Superintendent of the Berlin's Schools, along with several parents were also in attendance.

Each year, Director Daley has his musician students perform in a unique way. This year, Daley segmented students by their categorical instruments, such as electric guitar, trombone, flute, drummers, saxophones, and a clarinet section. There was much applause from the Berlin seniors. Vocal Music Director, Ms. Sarah Richards, once again, had her student chorus charm the Berlin Seniors with their Christmas vocals in a variety of songs including "Ho Ho There's Nobody Home; Merry Christmas Bells; There Will Be Peace". Ms. Richards accompanied the chorus, instrumentally, as she played the guitar.

BERLIN SENIOR CITIZENS REVIEW

The December 2012 meeting was conducted by President Matty McTague, who arranged the entertainment program of the Berlin Elementary School students. Instrumental music director, Peter Daley, once again surprised and entertained the Berlin Seniors with his 5th and 6th grade students playing their various instruments in separate segments.

Chorus director, Ms. Richards filled out the musical program with her students singing renditions of "Ho Ho There's Nobody Home, Merry Xmas Bells and There Will be Peace,". Ms. Richards accompanied

the chorus on her guitar.

The first meeting of 2013 will be held at the First Parish Church, Berlin, MA, Thursday, 10:30 a.m., January 3rd. Luncheon reservations are required: contact either Hazel @ 508-485-8135 or Joyce @ 978-838-2920 one day before the event in order to cancel. Program of the Day: Hazel D. Miele, **Ulysses S. Grant: Family, Foes, and Friends**. Power-point presentation by Bob McTague.

Lunch is \$5.00 per person.

The Berlin Senior Citizens' Board meeting will be held at the new Town Hall building, Thursday, January 24th, @ 10:00 a.m., 2nd floor, conference room.

The second meeting of 2013, will be held at the First Parish Church, Berlin, MA, Thursday, 10:30 a.m., February 7th. Luncheon reservations are required: contact either Hazel @ 508-485-8135 or Joyce @ 978-838-2920 one day before the event in order to cancel. \$5.00 per person.

Program of the Day: Bob McTague, **Joshua Tree National Park**. A photographic tour of a National Park in southern California where the Mojave and Colorado deserts meet. See hidden Valley, a place that rustlers used to hide away stolen cattle until they could be rebranded. We will also see Bill Keys "Hidden Valley Ranch" looking much as it did through the first half of the 20th century with much of Bill's collected machinery still in the yard doing quite well in the dry desert air. Along the way we will look at the varied desert flora and rock formations.

BERLIN LIONS

*Senior dinner is Feb. 9th at noon
@ First Parish Church.*

We will be having Roast Pork, Gravy, Oven Roasted Potatoes, Apple Sauce, Green Beans, Rolls and Dessert.

UPCOMING EVENTS @ THE 1870 HOUSE

Circle Mirror Transformation presented by Flyleaf Theater

Friday & Saturday January 25 & 26, 8:00pm

Sunday, January 27, 2:00pm

\$10 ticket price for Berlin residents visit flyleaftheater.com for more information

CONTRA DANCES - 2013

Jan. 5 and Feb. 2

FLYLEAF THEATER COMPANY PRESENTS: CIRCLE MIRROR TRANS- FORMATION - A PLAY BY ANNIE BAKER

In this funny, curiously potent play, five people enroll in an adult creative drama class at a small-town community center. Over the course of six weeks they are led through theater games and exercises into murky

and dangerous psychological waters. By the end of the class, layers of emotional baggage are stripped off to reveal how truth and change can possibly "set the body and spirit free." Directed by Krishna Hoyt

Cast: Mary Helan Turner, Art Stoumbelis, Robert Hale, Angel Roy, Mary Lyon

This is the final production of Flyleaf's hugely successful inaugural season!

Performance Dates: January 25 (8pm),

26 (8pm), 27 (2pm), 1870 Town Hall, 12

Woodward Ave, Berlin, MA

Ticket info:

Adults (\$15), Students/Seniors (\$12),

Berlin Residents (\$10)

For tickets: Visit www.flyleaftheater.com

Email tickets@flyleaftheater.com

Call (508) 443-4FLY

CONTRA DANCES – 2013

Jan 5, 2013

Feb. 2, 2012

Held at the 1870 House, Berlin, MA

JANUARY 2013 BIRTHDAYS

9th Ruth Hellen
9th Paula LaForce
16th Virginia Keleher
16th Lee Mungeam
18th Jean Muscahe
23rd Hayward Stone
23rd Roger Stanley
31st Frederick Duprey, Jr.

JANUARY 2013 ANNIVERSARIES

5th Ernie & Nancy Savoie
31st Henry & Ruth Wheeler

FEBRUARY 2013 BIRTHDAYS

2nd Denise Davis
3RD Thomas Delaney
4th Dora Commings
13th Virginia Johnson
16th Valary Bradley
17th Pat Gaboury
20th Barbara Spencer
21st Ernest Gaboury
24th Robert McTeague, Jr.
25th Barbara Halloran

FEBRUARY 2013 ANNIVERSARIES

4th Bob & Pat Simpson
16th Paul & Dorothy Germain
20th Mario & Mary Cacciola
20th Williard & Joanne Wheeler

OBITUARIES

Gone but not forgotten

William LaForce
Flora Levile
William McKenna

BERLIN FAMILY FOOD PANTRY

The BFFP has been established to give some measure of support to Berlin residents experiencing difficulty providing food for themselves and/or their family. The pantry is located in the lower level of the TOWN OFFICES building at 23 Linden St. This level has elevator access and our volunteers are eager to assist you. The pantry is open from 11:30-1:00 on Tuesday and Saturday. Appointments should be made by calling Fran Gill @ 978-838-2508. Also check out our website at berlinfamilyfoodpantry.org for more information

Schedule of Community Activities

JANUARY 2013

Jan 1st NEW YEAR'S DAY

The Cherished fields put on their winter robe of purest white. James Thomas

January 1st – sun rises @ 7:13 AM

Sun sets @ 4:22 PM

Jan 3rd Senior Citizens Meeting, FPC

9:30 AM Blood Pressure

10:30 AM Business Meeting

11:00 AM Entertainment

12:00 PM Lunch

Jan 20th Inauguration Day

Jan 21st Martin Luther King Day

Jan 22nd Keep Well Clinic

11:00 AM – 12:00 PM

@ Northbrook Village

Community Building

Jan 26th Full Wolf Moon

Jan 30th COA Meeting

Every 4th Wed @ Town

Office Building @ 9:00 AM

FEBRUARY 2013

Feb 1st Sun rises 7:57 AM

Sun sets 4:48 PM

Feb 7th Senior Citizens

Meeting, FPC

9:30 AM Blood Pressure

10:30 AM Business Meeting

11:00 AM Entertainment

12:00 PM Lunch

Feb 9th The Berlin Lions

Senior Citizens Dinner @ Noon

First Parish Church

Feb 14th Valentine's Day

Feb 18th President's Day

Feb 25th Full Snow Moon

Feb 26th Keep Well Clinic

11:00 AM – 12:00 PM

@ Northbrook Village

Community Building



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Thomas M. Hamilton, Funeral Director

JANUARY 2013 RECIPE

Creamy Tuna-Noodle Casserole Recipe **Creamy Tuna-Noodle Casserole** **Recipe/Prep: 25 min. Bake: 25 min.**

Yield: 6 Servings

Ingredients

- 5 cups uncooked egg noodles
- 1 can (10-3/4 ounces) reduced-fat reduced-sodium condensed cream of mushroom soup, undiluted
- 1 cup (8 ounces) fat-free sour cream
- 2/3 cup grated Parmesan cheese
- 1/3 cup 2% milk
- 1/4 teaspoon salt
- 2 cans (5 ounces each) light water-packed tuna, drained and flaked
- 1 cup frozen peas, thawed
- 1/4 cup finely chopped onion
- 1/4 cup finely chopped green pepper
- **TOPPING:**
- 1/2 cup soft bread crumbs
- 1 tablespoon butter, melted

Directions

- Cook noodles according to package directions.
 - Meanwhile, in a large bowl, combine the soup, sour cream, cheese, milk and salt. Stir in the tuna, peas, onion and pepper. Drain noodles; add to soup mixture.
 - Transfer to an 11-in. x 7-in. baking dish coated with cooking spray. Combine topping ingredients; sprinkle over top. Bake, uncovered, at 350° for 25-30 minutes or until bubbly. Yield: 6 servings.
- Originally published as Creamy Tuna-Noodle Casserole in Healthy Cooking December/January 2010, p53**

FEBRUARY 2013 Receipt

Maple Hot Chocolate

Ingredients

- 1/4 cup Imperial Sugar® / Dixie Crystals® Granulated Sugar
- 1 tablespoon baking cocoa
- 1/8 teaspoon salt
- 1/4 cup hot water
- 1 tablespoon butter
- 4 cups milk
- 1 teaspoon maple flavoring
- 1 teaspoon vanilla extract
- 12 large marshmallows

Directions

- In a large saucepan, combine sugar, cocoa and salt. Stir in hot water
- and butter; bring to a boil. Add the milk, maple flavoring, vanilla
- and 8 marshmallows. Heat through, stirring occasionally, until
- marshmallows are melted. Ladle into mugs and top each with a
- marshmallow. Yield: 4 servings.

WHAT CAN CAUSE A COUGH?

Explanation: With allergies, a nighttime cough can be caused by postnasal drip -- mucus from your nose or sinuses that builds up in your throat. With heartburn, it may be from acid reflux -- acid that backs up into your throat. Asthma can cause a cough -- in fact, a cough may be the only symptom of mild asthma. And a cough with cold or flu is common. Some medications, such as angiotensin-converting enzyme (ACE) inhibitors that treat high blood pressure, can also cause a cough.

If you are coughing because you have a cold or flu, it's normal to cough up mucus.

Explanation: Coughing up clear or pale yellow mucus is normal with a cold. You should see your doctor if you're coughing up mucus and have fever, chills, or shortness of breath, or your symptoms aren't better after 10 days.

What kinds of cough can be treated with cough medicine?

Explanation: Cough medicine won't cure a cold- or flu-related cough, but it can help calm a cough that is keeping you from getting a good night's sleep or making you miserable during the day. Don't use cough medicine for a cough that is helping to clear your lungs -- such as one caused by smoking, emphysema, pneumonia, asthma, or chronic bronchitis -- without talking to your doctor. If your cough is due to asthma, it means your asthma is not under control. Which of these home remedies can help calm a cough?

Explanation: Grandma may have prescribed a shot of whiskey for a cough, but there's no proof that it works. Plus, some cough and cold medicines should not be taken when drinking alcohol, particularly those that may cause drowsiness, such as nighttime cold medicines. Read the label. Chocolate and milk may not hurt a cough, but they won't necessarily help it. Hard candies may ease a dry cough and soothe an

irritated throat.

You should see a doctor for a nighttime cough that lasts:

Explanation: Most coughs from colds or flu go away in one to two weeks, and you shouldn't take over-the-counter cough medicine for more than a week without talking to your doctor. A cough that lingers three or four weeks after a cold or other respiratory infection may still go away on its own or it may need to be treated, so you should see a doctor for a diagnosis.

You should see a doctor for a cough :

Explanation: A cough may come and go with a cold, flu, or allergies. But if you have shortness of breath or are coughing up blood, you should see a doctor. These could be signs of a more serious illness that needs to be treated. Any infant up to 3 months old with a fever of 100.4 or higher should see a doctor. For children over 3 months and adults, call your doctor for a fever over 102 that doesn't improve with treatment. Also, you should see your doctor if a fever of 100.4 lasts more than three days.

POWDERHOUSE NEWSLETTER

The COA would like to be able to email the Powderhouse Newsletter to those people that would prefer to receive the newsletter electronically, rather than by mail. We hope to save money on postage by doing this. If you are interested, either call Carolyn Landry, Editor, @ 979-838-0192, or email to Carolyn Landry: carolynlandry531@yahoo.com.

All email addresses will not be used for any other purpose, and your privacy will be protected.

WHITE CITY REDEVELOPMENT NEARLY COMPLETE

Source -- "Shrewsbury Patch"

After two years of work, Charter Realty and Development is nearing the final stages of completely revitalizing the White City Shopping Center.

According to Paul Brandes, the landlord of the plaza, development started on the west side of the plaza bordering Lake Quinsigamond and the work on that was completed earlier this year.

Continued on Page 4



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The Berlin Powderhouse Senior News

Council on Aging
Berlin, Massachusetts 01503

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More Recently, Brandes and his associates tackled the East Side.

"We've created something the shopping center has never had, fresh new landscaping, sidewalks and lighting. It used to just be a sea of asphalt without a single plant and today it's a modern shopping center," Brandes said.

Many businesses on the east side were in need of some upgrades including KFC / Taco Bell and T-Mobil. Other new businesses joined the fray such as, 2Ovens and Planet Fitness.

"We've made an enormous amount of changes since we purchased the property," he said.

Brandes said in total there are 12 new tenants since the property was purchased and they all bring something special to the shopping experience.

"We have been very proactive about the types of tenants that are there because we've invested an incredible amount of capitol on this project," Brandes said. "What we really need is tenants that bring something extra, as a result we are selective."

Soon visitors will see a second new restaurant by the name of B.Good, a burger chain that boasts, "food made by people, not factories."

Elements Massage will also be opening soon, right next door to Planet Fitness. More changes include a renovated Lady Grace, which is open, and an updated India Café

THE IMPORTANCE OF VACCINATION

Though vaccination is often thought of as a responsibility for parents of infants, vaccines are important for people of all ages.

Some infectious diseases are still common enough that not receiving the recommended vaccines may put children at risk of natural infection. A number of diseases, such as polio, have been eliminated or nearly eliminated in the United States thanks to successful, sustained vaccination efforts. However, an unvaccinated person exposed to these diseases (for example, by traveling) can not only become ill, but can also expose others. For these reasons, it's very important for people to continue receiving recommended vaccinations, even for less common diseases. As children get older, they need additional vaccines to help protect against other diseases, and they may also need to receive certain booster shots. Efforts to vaccinate adults have not been nearly as successful as similar efforts to vaccinate children. While adults generally recognize the importance of childhood vaccination, often they don't keep up with their own recommended vaccines.

COUNCIL ON AGING

COA urgently needs drivers to take seniors to doctor's appointments. Please call Jim Conners @ 978-838-0157.

DID YOU KNOW?

Theodore Roosevelt was the first President to ride in an automobile. He toured Hartford, CT. in a Columbia Electra Victoria on August 22, 1902.

YANKEE TRIVIA BOOK

.....PETER FARROW

DOES YANKEE APPLY EQUALLY TO ALL NEW ENGLANDERS?

Ye gods, no! Looking at it from my perch in Maine, I see Yankees in six degrees. In ascending order they are: Massachusetts, Connecticut, Rhode Island, New Hampshire, Vermont and Maine Yankees. While opinions may differ, all agree that Bostonians are not Yankees, just Bostonians – a race apart.

TOWN OF BERLIN WINTER OF 2013 PARKING BAN

A winter Parking Ban is now in effect. No Vehicle shall be parked on the streets of Berlin for longer than one (1) hour between the hours of 11:00PM and 6:00AM during the period from Nov. 1st to April 1st of each year.

Along with our advertisers, "Powderhouse Senior News" is partly supported by Executive Office of Elder Affairs.

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