



# Powderhouse Senior News

JULY/AUGUST 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 978-838-0157 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

## The Berlin Senior Citizens' Review

Madeline McTague, President of the Berlin Senior Citizens' Association opened the business meeting, Thursday, May 2nd, 2013, at the First Parish Church. She welcomed Mr. Peter Daley and Mrs. Sarah Richards of the music department, Berlin School system. Mr. Daley's advanced band of 5th and 6th graders began with the "Star-Spangle Banner", and progressed to the lovely, "An Evening in Paris", followed by a super march "The American Patrol". Next from the Berlin Elementary School came Ms. Sarah Richards' Chorus. The joyful chorus started off with "A Poor Bird," and next the song "Out Break," followed by an animated, sign language rendition of "Sea Shells". Ms. Richards explained that she recently had taken a course in "sign language". She, therefore, incorporated instructions to her students in a small fundamental way, for their music experience. President Helen DiMuzio conducted the June 6, 2013 meeting, at the Berlin Country Club. She announced the new officers for the next year, they are:

President, Barbara Halloran. Vice-president/Recording Secretary, Denise Davis; Treasurer, Joyce LaMotte; Assistant Treasurer, Millie Blenkhorne; 2nd Vice-president, George Cedar.

The entertainment of the day was "Calliope Young At Heart Performers". For one hour, they danced, they sang, and, they thrilled the Berlin Seniors. They were absolutely amazing!

Thanks to Helen DiMuzio, she held a contest for anyone who could guess the nearest number of how many Gimbal jelly beans (41 flavors) were in the jar? The number was 1040. Ben Miele was the winner. He guessed 1010. Bob Lowe provided a wonderful buffet luncheon; desert by Lorraine Cedar.

The next business & luncheon meeting of the Berlin Senior Citizens' Association will be on Thursday, September 5, 2013 at the First Parish Church, 10:30 a.m., sharp. Membership dues of \$5.00 will be due, in addition to the cost of the meal of \$5.00. Reservations are required for all monthly meetings. Call Hazel @ 508-485-8135 or Joyce @ 978-838-2920 to confirm a reservation or to cancel one.

With appreciation to the Berlin Cultural Council our first speaker of the 2013-2014 Season, on September 5th will be Stonehill College and Framingham State University professor Dr. Gary Hylander. This program is sponsored in part by a grant from the Berlin Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. Dr. Hylander's presentation @ 11:00 a.m., is entitled: Paul Revere's Ride: The Dawn of the American Revolution.

Lunch cost \$5.00 per person. Dues are required at the first meeting in September for only \$5.00 per year. Additional donation are always welcome.

Best wishes for a safe and fun filled summer. See you all in September.

Submitted by Hazel Miele

## COA NEWS ANNUAL SENIOR SUMMER PARTY 2013

Berlin seniors (60 and over) are invited to attend the

Summer Buffet to be held at  
Northbrook Village Community Building,  
Thursday, July 18th from 5 PM to 7 PM.

Various salad rolls, potato salad, etc,  
Followed by dessert.

.....  
Our hearts go out to Dora Cummings.  
Her home of 63 years was destroyed by  
fire, Sunday, June 23rd, 2013.

**JULY BIRTHDAYS 2013**

"The best birthdays of all are those that haven't arrived yet." Birthstone: July Ruby (red)

13th Marguerite Bartlett  
13th Lawrence Landry  
15th Lawrence Foster  
16th Ruth Sandini  
21th Pat Simpson  
22th Elsa Polewarczyk  
23rd Helen DiMuzio  
24th Gloria Shaughnessy  
25th Claire Delaney  
28th Vera Mungeam  
29th Jeanie Trott  
31st Mary Ellen Matthew  
31st Eleanor Zwicker

**JULY ANNIVERSARIES**

23rd Kevin & Mary Diggins

**AUGUST BIRTHDAYS 2013**

The secret of staying young is to live honestly, eat slowly, and lie about your age..  
.....Lucille Ball

August Birthstone: Peridot (pale green)

2nd Robert Taylor  
9th Marjorie Lamy  
11th Ellie Potvin  
13th Benedetto Miele  
20th Barry Matthew  
25th Roger E. Wheeler  
26th Florence MacDonald  
28th Charles Newson  
29th Constance Barter  
29th Eileen Heifner

**AUGUST ANNIVERSARIES**

3rd Barry & Mary Ellen Matthew  
27th Charles & Lynda Nelson  
31st Ernest & Pat Gaboury

**OBITUARIES**

*Gone, but never forgotten*

Richard Larson  
Sue Venut

**YOGA FOR SENIORS**

YOGA FOR SENIORS sponsored  
by Council on Aging

Saturday mornings at 9:00 AM  
in Room 118 of Town Offices  
Bldg.

Hope to see you there.

*We are still looking for seniors who  
would like to receive their  
newsletter by*

*Email.*

*All email is kept confidential and not  
used for any other purpose.*

*Please email*

*Carolyn F. Landry*

*Email: [lmemom@charter.net](mailto:lmemom@charter.net)*

*Telephone: 978-838-0192*

**Schedule of Community Activities****JULY - 2013**

July 1, Canada Day

Avoid using hummingbird feeders with  
Yellow parts; wasps are attracted to the color

**July 4: Independence Day**

"Look, Look down in the garden how  
The firefly lights are flitting now!  
A million tiny sparks I know  
Flash through the pinks and golden-glow"  
.....Evaleen Stein, American Poet

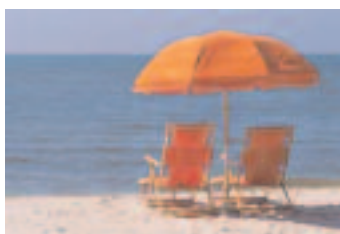
- Construction of Erie Canal began,  
Rome, NY 1817

**July 22nd:** Full Buck Moon (July's full  
Moon is also known as The  
Ripe Corn Moon)

**July 18th:** Annual COA Summer Party  
5:00 PM-7:00 PM. (Berlin  
Seniors 60 and over @  
Northbrook Village  
Community Center.

**AUGUST -2013**

Aug. 20th Full Sturgeon Moon



*The Council of Aging does not meet in  
July or August. Meetings will resume on  
Sept. 25th, 2013.*

*Senior Citizens. No Meetings in July or  
August Meets will resume on  
September 5th, 2013*

**GROWING ROOM**

[www.growingroomusa.com](http://www.growingroomusa.com)

Riverbridge is pleased to welcome The Growing Room Child Development Center, an upscale day care center as our second major tenant to Riverbridge. It has been a dream of the owner for years to be able to match up the kind of childcare program with the needs parents have in this area. The Growing room will be able to provide care for children from infants to 12 year olds, with instructional programs in science, math and computer technology.

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will be a very special place for your children to learn and Grow! Take a tour at [www.growingroomusa.com](http://www.growingroomusa.com) and when ready come take a tour of the Growing Room of Berlin.

We are in the process of building a beautiful 12,500 sq ft building. Construction will be completed in November of this year and opening for children by January 1st 2014. The building was designed by Union Studio Of Providence RI. They are the same architectural company who designed Riverbridge Shell the first building in the mixed use village. The contractor is Integrated Builders. [www.growingroom.com](http://www.growingroom.com)

## JULY RECIPE 2013

### Tangy Spareribs Recipe

#### Ingredients

- 4 to 5 pounds pork spareribs
- 2 tablespoons butter
- 1 medium onion, finely chopped
- 1/2 cup finely chopped celery
- 1 cup water
- 1 cup ketchup
- 1/3 cup lemon juice
- 2 tablespoons brown sugar
- 2 tablespoons white vinegar
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon ground mustard
- 1/8 teaspoon pepper
- 1/8 teaspoon chili powder

**Directions** • Cut ribs into serving-size pieces; place in a shallow roasting pan, bone side down. Bake, uncovered, at 350° for 45 minutes.

• Meanwhile, in a large saucepan, heat butter over medium-high heat. Add onion and celery; cook and stir for 4-5 minutes or until tender. Stir in the remaining ingredients. Bring to a boil; reduce heat. Simmer for about 10 minutes or until slightly thickened, stirring occasionally; remove from the heat.

• Drain fat from roasting pan. Pour sauce over ribs. Bake 45-60 minutes longer or until ribs are tender. Yield: 6 servings.

Originally published as Tangy Spareribs in Taste of Home June/July 1995, p35

## AUGUST RECIPE 2013

### Butter Pecan Crunch Recipe

**Prep: 15 min. + freezing**

Yield: 12-16 Servings

#### Ingredients

- 2 cups graham cracker crumbs
- 1/2 cup butter, melted
- 2 cups milk

- 2 packages (3.4 ounces each) instant vanilla pudding mix
- 1 quart butter pecan ice cream, softened
- 1 carton (8 ounces) frozen whipped topping, thawed
- 2 Heath candy bars (1.4 ounces each), crushed

#### Directions

- Combine cracker crumbs and butter; press into a 13-in. x 9-in. dish. Chill.
  - In a large bowl, whisk milk and pudding mixes for 2 minutes (mixture will be thick). Fold in ice cream and whipped topping. Spoon over crust. Sprinkle with candy.
  - Freeze for at least 2 hours. Remove from the refrigerator 20 minutes before serving.
- Yield: 12-16 servings.

## HERE IS WHAT JEFF FOXWORTHY HAS TO SAY ABOUT NEW ENGLANDERS...

Forget Rednecks .... If someone in a Home Depot store offers you assistance and they don't work there, you live in New England . If you've worn shorts and a parka at the same time, you live in New England. If you've had a lengthy telephone conversation with someone who dialed a wrong number, you live in New England.

If Vacation means going anywhere south of New York City for the weekend, you live in New England . If you measure distance in hours, you live in New England . If you know several people who have hit a deer more than once, you live in New England .

If you have switched from 'heat' to 'A/C' in the same day and back again, you live in New England . If you can drive 75 mph through 2 feet of snow during a raging blizzard without flinching, you live in New England . If you install security lights on your house and garage but leave both unlocked, you live in New England.

If you carry jumpers in your car and your wife knows how to use them, you live in New England . If you design your kid's Halloween costume to fit over a snow-suit, you live in New England .

If the speed limit on the highway is 55 mph you're going 80 and everybody is passing you, you live in New England . If driving is better in the winter because the potholes are filled with snow, you live in New England .

If you know all 4 seasons: almost winter, winter, still winter and road construction, you live in New England . If you have more miles on your snow blower than your car, you live in New England . If you find 10 degrees 'a little chilly', you live in New England .

If there's a Dunkin Donuts on every corner, you live in New England . If you think everyone else has a funny accent, you live in New England .

If you actually understand these jokes, and forward them to all your New England friends, you live or have lived in New England.

## EDUCATION STARTS AT HOME

During a science lesson, my sister-in-law picked up a magnet and said to her second-grade class, "My name begins with the letter M, and I pick things up. What am I?" A little boy answered, "You're a mommy." —Robert Boyer, Marion, Indiana Reader's Digest.

## RESEARCH PARTICIPANTS NEEDED

### For Research on Sleep, Memory And Aging

Researchers from UMass-Amherst are recruiting individuals between 60-75 yrs of age for a study on the relationship between sleep and memory that will take place in Worcester. The study includes a memory task, brain imaging (MRI) and sleep recording. You are free to withdraw anytime. Participants should have no history of a neurological or psychiatric disorder, regular sleep patterns, and not be taking sleep-affecting medication.

Compensation is available for up to \$135 for completion of the experiment

If you would like more information about participating in our studies please call: (413) 545-4831 or email: [sleep.umass@gmail.com](mailto:sleep.umass@gmail.com)



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## *The Berlin Powderhouse Senior News*

Council on Aging  
Berlin, Massachusetts 01503

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### **HENRY DAVID THOREAU Events September 19th Thursday, 6:30-8:00 PM**

#### **Westward I Go Free**

Enjoy a travelogue tracing Thoreau's last journey to Minnesota Guided by author Corinne H. Smith. Bigelow Free Public Library, 54 Walnut Street, Clinton, MA November 16th Saturday, 9:00AM-Noon

#### **Seeking Wildness**

Meander through Thoreau's old neighborhood, walking where he once walked, guided by author and naturalist Corinne H. Smith.

Thoreau Farm: Birthplace of Henry David Thoreau, 341 Virginia Road, Concord, MA

The 2013 In Thoreau's Footsteps events are hosted by the FWNHA in partnership with the Bigelow Public Library, Clinton Historical Society, DCR/Division of Water Supply Protection, Lancaster Friends of the Nashua River, Thoreau Farm Trust, and Wachusett Meadow Wildlife Sanctuary. Programs are supported in part by grants from Massachusetts DCR and the Local Cultural Councils of Clinton, Concord, Lancaster and Princeton.

### **Better Sleep... Better Memory!**

Researchers at the University of Massachusetts Amherst have shown that "sleeping on it" really does help your memory when you are young. However, when older adults learn a new task, memory is not enhanced by sleep because sleep becomes more fragmented as we age. So, can sleep be to blame for more than just failing in the attempt to learn tennis after retirement?

Dr. Rebecca Spencer, director of the Cognition and Action Lab in the Department of Psychology, taught a group of subjects how to press a sequence of buttons as fast as possible and tested them again after a normal night of sleep and after the same amount of time awake. College students improved by 5% when they were awake but improved by 18% after sleeping between sessions, demonstrating the benefit of sleep on learning. However, subjects 60-80 years of age, improved by only 5% over intervals with both wake and sleep.

Importantly, says Dr. Rebecca Spencer, this loss of the benefit sleep can provide, was not due to a change in the overall quantity of sleep, but rather to the quality of

specific sleep stages. Motor learning, the processes underlying learning to play tennis, golf, or the piano, is boosted during stage 2 of non-REM sleep (nREM-2). While older adults often sleep less than when they were young, nREM-2 is preserved and may even increase. The downside, according to Spencer, is that this stage is more interrupted than it used to be, by the obvious awakenings like using the bathroom, but also by arousals which do not reach our awareness.

"When you sleep, the brain replays the 'movie' from your day and we believe this is how sleep improves memory. As we grow old, that movie might play a bit shorter, but it is also interrupted more frequently," says Spencer.

Dr. Spencer and her colleagues plan to explore the greater role of sleep in memory impairments in older adults in further studies funded by the National Institute on Aging. Recruitment for studies that will take place in Worcester are ongoing. You can participate in these studies if you would like to learn more about sleep and memory. For more information, contact the Cognition and Action Lab at 413-545-4831 or email sleep.umass@gmail.com.

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