



Powderhouse Senior News

JULY/AUGUST 2014

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** - 1st Thursday of the Month. 9:30am Sept - May - First Parish Church June - Berlin Country Club July - August - Town Offices, 23 Linden Street Any questions or concerns call: Tamara Bedard, Town Nurse, 978-772-3335 ext. 340
- **Private transportation** for medical appointments. Please call 978-838-0157 for further information.
- **Council on Aging Members:** Jim Connor, Chairman; Bill Lowe, Vice Chairman; Karen Schulz, Member; Joyce LaMotte, Member; Sally Bergen, Treasurer; Carolyn Cashin, Member; Pat Wheeler, Member. **COA meetings** every 4th Wednesday in the Town Office Building from 9 - 10 AM.
- **Senior Citizens Association Officers:** President; Barbara Halloran; 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

SENIOR CITIZENS OF BERLIN

Sixty plus members and guests met at the Berlin Country Club on June 5th to close out the 2013-2014 year.

The morning began with Jeanne Snay presenting the nominated slate of officers. She asked if there were any other nominees. There were no other nominees, the group voted to accept the nominees as presented. They are: Barbara Halloran-President, Madeline McTague-Vice President, George Cedar-Second Vice President, Denise Davis-Secretary, Joyce LaMotte-Treasurer, Millie Blenkhorn-Asst. Vice President. Jeanne Snay will be acknowledging birthdays and anniversaries. Mary Wheeler and Millie Tebo will be doing the morning set up for the meetings.

After the meeting we enjoyed the music of the Calliope Singers. We were sad to hear that this was the last time the group would be performing as they are looking for a piano player. A nice buffet lunch was served by Bob Lowe. And we thank the Berlin Country Club for their hospitality. The 2014-2015 season begins on Thursday, September 4th. The town nurse does Blood Pressure Checks at 9:30 followed by a business meeting at 10:30. Presentations of interest begin at 11:00. The morning ends with a lunch served by Bob Lowe.

SCHEDULE OF COMMUNITY ACTIVITIES

- July 1:** Canada Day
- July 4:** Independence Day
- July 12:** Full Buck Moon
- July 17:** Annual COA Summer Party
5:00 PM-7:00 PM.
(Berlin Seniors 60 and over @
Northbrook Village Community
Center.

August 10: Dog Days End

August 10: Full Sturgeon Moon

The Council of Aging does not meet in July or August. Meetings will resume on September 24th, 2014.

Senior Citizens. No meetings in July or August. Meetings will resume on September 4, 2014

TOWER HILL BOTANIC GARDEN

11 FRENCH DRIVE, BOYLSTON, MA

55TH Annual Lily Show

Saturday, July 19th, 11 am-5pm

Sunday, July 20th 9am-4pm

Free with admission

Daylily Exhibition

Sat., July 26th, 1:30-4:30pm

Free with admission

Herb Show

Friday, August 1, 9am-5pm

Saturday, August 2nd, 9am-4pm

Interested citizens may pick up passes at The Berlin Library.

WELCOME EVERYONE!

To: Coffee hour with your town nurse

Blood Pressure Checks & Health Information to held at the town offices

- Thursday July 3rd
- Thursday August 7th

Room 118

9:30-11am

Courtesy of:

Berlin COA

Nashoba Boards of Health

And Nursing Service & Hospice

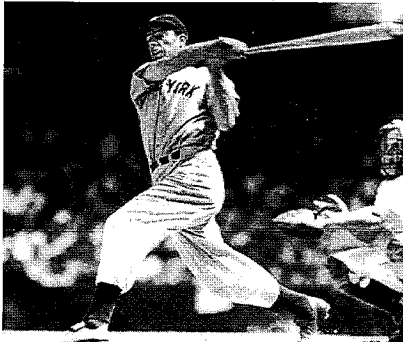
GONE BUT NOT FORGOTTEN

Ruth Hellen

BERLIN NOTES

The enrollment of the elementary schools of Berlin varied considerably from year to year. This change is due to several factors. The ratio of the number of school children to the population of the Town was much larger in the early 1800's than in the 1900's due to the difference in the size of the family. Thirteen children to a family had ceased to be popular. For instance, the population of 1820 was 625, and of 1840 it was 763, and the enrollment in the schools for the year 1836 was 193. But in 1950 with a population of 1,348, the school enrollment was only 166, and in 1952 the enrollment was 191 (not quite up to the 1836 figure).

History of the Town of Berlin
Frederick A. Krackhardt



JUL 17, 1941: JOE DIMAGGIO ENDS 56- GAME HITTING STREAK

Joe DiMaggio ends 56-game hitting streak on this day in 1941, New York Yankees center fielder Joe DiMaggio fails to get a hit against the Cleveland Indians, which brings his historic 56-game hitting streak to an end. The record run had captivated the country for two months.

Joseph Paul DiMaggio was born November 25, 1914, in Martinez, California. In 1891, his father Giuseppe had emi-

grated from Sicily to the Bay Area, where he made his living as a fisherman (he was later made legendary by Ernest Hemingway's 1952 novel *The Old Man and the Sea*.) The DiMaggio family moved to San Francisco's Italian-dominated North Beach neighborhood the year Joe was born. Joe was the eighth of nine children, the fourth of five boys, two of whom--his older brother Vince and younger brother Dominic--joined him in the major leagues. His two brothers had successful major league careers, but "Joltin' Joe," arguably the best player of his generation, and one of the greatest of all time, was a phenomenon.

In 1941, DiMaggio was in his sixth season as center fielder for the New York Yankees. He had already helped lead the team to the American League pennant and World Series wins alongside first baseman Lou Gehrig in 1936, '37 and '38. In 1939, Gehrig fell ill with amyotrophic lateral sclerosis, later known as Lou Gehrig's disease, and DiMaggio picked up the slack. That year, he led the American League with a .381 batting average and helped the Yankees to their fourth championship in a row; they were the first major league team ever to four-peat. In 1940, DiMaggio led the American League in hitting again at .352, but the Yankees finished two games behind Hank Greenberg's Detroit Tigers. On May 15, 1941, DiMaggio began his record-breaking streak against the White Sox in Yankee Stadium with a single and an RBI. As the streak continued, fans across the nation took notice. DiMaggio broke George Sisler's American League record of 41 consecutive games with a hit on June 29 at Griffith Stadium in Washington, and four days later, on July 2, DiMaggio broke "Wee" Willie Keeler's major league record streak of 44 games. As the nation followed DiMaggio's progress and he continued to hit in game after game, the Les Brown Orchestra scored a hit with the

popular tune "Joltin' Joe DiMaggio."

Finally, on July 17 in Cleveland, in a night game in front of 67,468 fans, DiMaggio went hitless against Cleveland pitchers Al Smith and Jim Bagby, Jr. In his first three at-bats, DiMaggio grounded out to third twice against Smith, both on hard-hit balls, and then walked. With Bagby pitching in the eighth inning, DiMaggio hit into a double play, ending a Yankee rally and the greatest hitting streak in major league history. DiMaggio confided to a teammate after the game that by failing to get a hit he had also lost the \$10,000 promised to him by Heinz ketchup for matching the number "57" featured on their labels.

DiMaggio won the 1941 American League MVP over Red Sox slugger Ted Williams in spite of the latter's .406 batting average that season, the last time any major league player hit over .400. DiMaggio retired after the 1951 season after 13 seasons with the Yankees that included 11 pennants and 10 World Series wins. He was elected to the Baseball Hall of Fame in 1955.

UNDERSTANDING DEMENTIA


Dementia is a broad term for a group of symptoms that mean your learning and memory are damaged. Alzheimer's disease is one form of dementia, the most common type. But Alzheimer's accounts for only 60% to 80% of all dementias.

Other types include vascular dementia, frontotemporal dementia, dementia with Lewy bodies, and Parkinson's. Drug side effects, brain injury, depression, and alcoholism can create dementia symptoms, too. But they usually get better when those conditions are treated.

No vitamin, supplement, food, or drug has been shown to cure Alzheimer's. One promising antioxidant, resveratrol, is found in red grapes. But resveratrol also could wind up like vitamin E, vitamin C, ginkgo

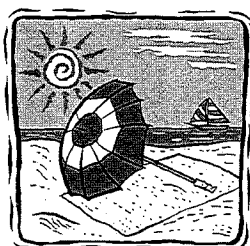


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biloba, B vitamins, and coenzyme Q10. All carried similar hopes at one time or another, but none has been proved to prevent or slow Alzheimer's, much less reverse it.

Research suggests your best bet is an antioxidant-rich diet of fruits, vegetables, fish, and nuts to help protect your brain. There's no silver bullet.

Age is the No. 1 risk factor. The older you are, the more likely you are to get Alzheimer's. The actual cause isn't fully known, though. Many suspects have been studied and rejected.

The list of things that don't cause dementia includes aluminum cans and cooking pots, flu shots, artificial sweeteners, and silver dental fillings.

Less than 5% of cases are true "familial Alzheimer's," a type that runs in families. Your genes do play a role, though. Having a parent or sibling with Alzheimer's means you have a higher chance of getting it. That's something you can't change.

But research shows that many things you do can lower your odds a lot. These include keeping a healthy weight, eating a healthy diet, exercising, taking care of your heart, and controlling diabetes if you have it. Having an active social life -- seeing friends and family and doing things outside your home -- can lower your risk too. Even more education can make a difference for good.

Repeating yourself, getting lost, and showing fuzzy thinking skills all show up after the process of Alzheimer's has already begun in the brain. Researchers believe that the brain changes of the disease may begin years or decades before symptoms appear.

It's normal to forget a meeting. It's a warning sign if you forget many or forget big events or where you are. Normal is misplacing your keys. Abnormal is putting the keys somewhere odd, like the oven, or accusing your spouse of stealing them.

Alzheimer's isn't a normal part of aging. It's true that most people who get it are over 65. Your risk doubles every 5 years after 65. Nearly half of 85-year-olds don't have it, though. And it can start young. Among those with younger-onset Alzheimer's, a rare inherited form, symptoms start as early as 30 to 50.

It's not known if brainwork can prevent Alzheimer's. But it may help build brainpower that helps you hold off memory loss. It's better to learn new things than to fall into habits. It's also better to work out your brain every day.

Also key to protecting brain health: Daily exercise and a busy social life.

Those who live more than 2 hours away from a loved one with Alzheimer's spend almost \$10,000 per year on travel, phone, and paid helpers. That's almost twice as much as those who live locally. Local caregivers put in more hours.



RECIPE FOR JULY *Easy Salsa Sloppy Joes Recipe*

Ingredients

1 pound ground turkey or beef
1-1/3 cups salsa
1 can (10-3/4 ounces) condensed tomato soup, undiluted
1 tablespoon brown sugar
8 hamburger buns, split

Directions

1. In a large skillet, cook beef over medium heat until no longer pink; drain.

Stir in salsa, soup and brown sugar. Cover and simmer 10 minutes or until heated through. Serve on buns.
Yield: 8 servings.

RECIPE FOR AUGUST *PHILADELPHIA Marble Brownies*

Ingredients

1 package (18.3 to 19.5 ounces) brownie mix (family size)
1 package (8 ounces) PHILADELPHIA® Cream Cheese, softened
1/3 cup sugar
1 egg
1/2 teaspoon vanilla

Directions

1. HEAT oven to 350°F.
2. PREPARE brownie batter as directed on package; spread into greased 13x9-inch pan.
3. BEAT cream cheese with mixer until creamy. Add sugar, egg and vanilla; mix well. Drop by tablespoonfuls over brownie batter; swirl with knife.
4. BAKE 35 to 40 min. or until cream cheese mixture is lightly browned. Cool completely before cutting to serve. Keep refrigerated. Yield: 32 servings. TOTAL TIME: 1 hr

SPECIAL EXTRA: Sprinkle 1/2 cup BAKER'S Semi-Sweet Chocolate Chunks over brownie batter before baking.

UNDERSTANDING GALLSTONES -- THE BASICS

Gallstones are crystal-like deposits that develop in the gallbladder -- a small, pear-shaped organ that stores bile, a digestive fluid produced by the liver.

These deposits may be as small as a grain of sand or as large as a golf ball; they may be hard or soft, smooth or jagged. You may have several gallstones or just one.

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Find out more about gallstones:

Nearly 10% of men and 20% of women in the U.S. have gallstones or will develop them at some time in life, yet most of those who have the condition do not realize it. In this case, what you don't know probably won't hurt you; gallstones that are simply floating around inside the gallbladder generally cause no symptoms and no harm.

These "silent" stones usually go unnoticed unless they show up in an ultrasound exam conducted for some other reason. However, the longer a stone exists in the gallbladder, the more likely it is to become problematic. People who have gallstones without symptoms have 20% chance of having an episode of pain during their lifetime.

When symptoms do occur, it's usually because the gallstone has moved and become lodged within a duct that carries bile, such as the cystic duct, a small conduit that connects the gallbladder to another tube called the common bile duct. The typical symptom is abdominal pain, perhaps accompanied by nausea, indigestion, or fever. The pain, caused by the gallbladder's contraction against the lodged stone, generally occurs within an hour of eating a large meal or in

the middle of the night. Stones can also clog the common bile duct, which carries bile into the small intestine, and the hepatic ducts, which take bile out of the liver.

Obstructions in the bile pathway can cause a duct to become inflamed and possibly infected. Blockage of the common bile duct, which merges with the pancreatic duct at the small intestine, can also lead to inflammation of the pancreas (gallstone pancreatitis).

In a rare but dangerous condition that occurs most often in older women, gallstones migrate into the small intestine and block the passageway into the large intestine; symptoms include severe and frequent vomiting. Although gallstones are present in about 80% of people with gallbladder cancer, it is uncertain whether gallstones play a role, except when really large stones (greater than 3 centimeters in diameter) are present.

About a million new cases of gallstones are diagnosed in the U.S. each year. For reasons that are still unclear,

women are two times more likely than men to be afflicted. Native Americans have the highest rates of gallstones in the U.S. because they have a genetic disposition to secrete high levels of cholesterol in bile (a contributing factor to gallstones.) Mexican-Americans also have high rates of gallstones.

Gallstones are also more common in people over the age of 60, in those who are obese or have lost a lot of weight in a short amount of time, in those who have diabetes, and in women who have had multiple pregnancies and who take hormone replacement therapy or birth control pills.

UPDATED MAILING LIST

We have compiled a new mailing list from this year's town census. If you have any corrections please send an email to jlamotte2920@verizon.net or call 978-838-2920. If you would like to receive the PHN in your email send your request to: carolyn.landry1@gmail.com

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