



Powderhouse Senior News

MARCH / APRIL 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.

Auditions for Flyleaf Theater

Production - Falsettos

March 10 & 11

7:00pm-10:00pm

Visit flyleaftheater.com to register for auditions

Berlin Seniors Coming Events

Thursday, March 7, 2013, the Berlin Senior Citizens Association meeting will be held at the First Parish Church. President Hazel Miele will conduct the business meeting starting promptly at 10:30 a.m. At 11:00 a.m., there will be a presentation provided by Life Care of Acton, MA. Director of Admissions, Jackie Wasmer, who recently succeeded Benjamin Moore, will have a member of Life Care's Rehab staff speak on the subject of "In Home Safety for Seniors". At 12 Noon, once again, Life Care's Chef, John Andrade will provide a delicious complimentary meal for Members of the Berlin Senior Citizens Association. Berlin Seniors acknowledge and appreciate Life Care of Acton for the many years that they have been providing important health issue lectures, and wonderful free meals.

Thursday, April 4th, President Dora Cummings will conduct the business meeting for the Berlin Seniors, in the First Parish Church hall, promptly at 10:30 a.m. At 11:00 a.m., professional musician John Pross will entertain everyone with a sing-a-long of "Music of the Heart". Bob Lowe will provide a catered luncheon at 12 Noon. Cost of lunch is \$5.00 for members.

Bring a friend to the meetings. All meetings & lunch do Require RESERVATIONS. If you have yet to confirm your reservation for the meetings & lunches, you may either contact Hazel @ 508-485-8135 or Joyce @ 978-838-2920 to make a reservation or to make a cancellation.

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.

Lions Club Annual Raffle

The Lion's club annual raffle will be held at Village Power Supply on March 30th, 2013. Advance ticket sales will be at the Transfer Station on the previous two Saturdays. Prizes include a 32" flat screen T.V., a gas powered Husquavarna power tool, an enormous cookie jar filled with fresh homemade cookies, a toy collectable tractor, and a Gift certificate from Serendipity Gift Shop in Hudson.

QUOTES

The brain is a wonderful organ; it starts working the moment you get up in the morning and does not stop until you get into the office.

Robert Frost

Hope is the thing with feathers that perches in the soul - and sings the tunes without the words - and never stops at all.

Emily Dickinson

PUBLIC HEALTH NURSE VISITS

I wanted to remind you I'll be offering blood sugar/diabetes screening in addition to blood pressure checks at my regularly scheduled clinics in March. Please feel free to advertise in your newsletters as you see

(978)-838-0157

fit. I've also attached an informational article that relates to the topic if you're interested...

Hope all is well,
 Tamara Bedard, BSN, RN
 Public Health Nurse
 Nashoba Associated Boards of Health
 978-772-3335 ext 340
 tamarabedard@nashoba.org

I visit Northbrook Village each month on the 4th Tuesday from 9-10 am in the community room. Typically, I'm in the area longer (usually until at least noon) as I make some home visits to those who can't get out while I'm there. I try to intermittently provide information/articles/quotes, etc for senior newsletters that are season appropriate for each of my towns

MARCH RECIPE

Carrot Cupcakes Recipe Prep:

15 min. Bake: 20 min.

Yield: 24 Servings

15 20 35

Ingredients

•4 eggs

•2 cups sugar

•1 cup canola oil

•2 cups all-purpose flour

•2 teaspoons ground cinnamon

•1 teaspoon baking soda

•1 teaspoon baking powder

•1 teaspoon ground allspice

•1/2 teaspoon salt

•3 cups grated carrots

•CHUNKY FROSTING:

•1 package (8 ounces) cream cheese, softened

•1/4 cup butter, softened

•2 cups confectioners' sugar

•1/2 cup flaked coconut

MARCH BIRTHDAYS

March 8th Florence Martin
 March 9th Kenneth Harrold
 March 14th Joanne Wheeler
 March 17th Wes Durant
 March 21st Kay Johnson
 March 26th Lorraine Cedar
 March 26th Madeline McTague
 March 27th Carolyn F. Landry
 March 29th Arthur Lamy
 March 31st Shirley Potter

APRIL BIRTHDAYS

April 4th Beverly Baldwin
 April 10th Judy Wilson
 April 22nd Virginia Wheeler
 April 27th Hazel Miele

ANNIVERSARIES

April 4th Frederick & Beverly Duprey
 April 19th Tom & Claire Delaney

OBITUARIES

Gone, but never forgotten

Valary Bradley

Virginia Wheeler

NOTES ON BERLIN

"At the opening of the twentieth century there were at least five stores in the Town of Berlin. One at the Center, one in Carterville, two at the South and one at the West Village. The store at the Center had its origin in the "Howe Tavern" at the corner of Central and Pleasant Streets in 1803. The same was moved to its present location... in 1852." From Krackhardt's History of the Town of Berlin.

MARCH 2ND – ON THIS DATE IN HISTORY

1925 - SDAP-Second-Faction of parliament demands drastic disarmament

1929 - Chicago Black Hawks shut-out for NHL record 8th straight game

1929 - Congress creates Court of Customs & Patent Appeals

1930 - 1st US indoor glider flight, St Louis Terminal Building

1933 - "King Kong," premieres at Radio City Music Hall & RKO Roxy NYC

1933 - Most powerful earthquake in 180 years hit Japan

1934 - Union Pacific tests light-weight high-speed passenger train, Omaha

Schedule of Community Activities

MARCH 2013

Mar 5: Senior Citizens Meeting, FPC

9:30am Blood Pressure
 10:30am Business Meeting
 11:00am Entertainment
 12:00pm Lunch

Mar 8: Full Worm Moon

Mar 10: Daylight Savings Time Begins!
 Don't forget to "Spring Ahead"

Mar 17: St. Patrick's Day

Mar 20: Spring Begins-
 Vernal Equinox: "And Spring arose on the garden fair, Like the Spirit of Love felt everywhere."Percy Bysshe Shelley

Mar 24: Palm Sunday

Mar 26: Keep Well Clinic

11:00AM - 12:00PM
 Northbrook Village
 Mar 27: COA Meeting
 Every 4th Wednesday

at Town Office Building
 9:00AM-10:00AM

Mar 26: First day of Passover

Mar 27: Full Worm Moon

Mar 29: Good Friday

Mar 31: Easter Sunday

APRIL 2013

Apr 1: April Fool's Day

Apr 4: Senior Citizen's Meeting, FPC

9:30AM Blood Pressure
 10:30AM Business Meeting
 11:00AM Entertainment
 12:00PM Lunch

Apr 6: Good Friday; Full Pink Moon

Apr 8: Easter Sunday

Apr 22: Earth Day

Apr 23: Keep Well Clinic

11:00AM - 12:00PM
 Northbrook Village

Apr 24: COA Meeting

Every 4th Wednesday
 at Town Office Building
 9:00AM-10:00AM

Apr 25: Full Pink Moon

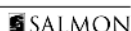


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Thomas M. Hamilton, Funeral Director

APRIL 1ST – ON THIS DAY IN HISTORY

1934 - Bonnie & Clyde kill 2 police officers

1935 - 1st radio tube made of metal announced, Schenectady, NY

1936 - Orissa constituted a province of British India

1937 - Aden becomes British crown colony

1938 - Baseball Hall of Fame opens in Cooperstown, NY

1938 - Joe Louis KOs Harry Thomas in 5 for heavyweight boxing title

MARCH RECIPE, 2013

Steak Sandwich Recipe

• *Prep/Total Time: 20 min.*

• *Yield: 5 Servings*

INGREDIENTS

- 1 medium onion, thinly sliced
- 1 medium green pepper, thinly sliced
- 1 medium sweet red pepper, thinly sliced
- 1/2 cup mayonnaise, divided
- 3/4 pound thinly sliced deli roast beef
- 1/4 cup Italian salad dressing
- 5 sandwich rolls, split
- 3/4 cup shredded part-skim mozzarella cheese

DIRECTIONS

- In a large skillet, sauté the onion and peppers in 2 tablespoons of mayonnaise until crisp-tender. Remove vegetables and keep warm.
- In the same skillet, add the roast beef, Italian dressing and remaining mayonnaise. Cook and stir for 4-5 minutes or until heated through. Place beef and vegetables on rolls; sprinkle with mozzarella cheese. Yield: 5 servings.

Nutritional Facts 1 serving (1 each) equals 601 calories, 32 g fat (8 g saturated fat), 46 mg cholesterol, 1,728 mg sodium, 46 g carbohydrate, 3 g fiber, 31 g protein. Originally published as Pepper Steak Sandwiches in Quick Cooking September/October 2002.

APRIL RECIPE

Caramel Brownies Recipe

Caramel Brownies Recipe photo by Taste of Home Caramel Brownies Recipe Prep: 20 min.

Bake: 35 min. + cooling

Yield: 24 Servings 20 35 55

Ingredients

- 2 cups sugar
- 3/4 cup baking cocoa
- 1 cup canola oil
- 4 eggs
- 1/4 cup 2% milk
- 1-1/2 cups all-purpose flour
- 1 teaspoon salt

- 1 teaspoon baking powder
- 1 cup (6 ounces) semisweet chocolate chips
- 1 cup chopped walnuts, divided
- 14 ounces caramels
- 1 can (14 ounces) sweetened condensed milk

DIRECTIONS

- In a large bowl, beat the sugar, cocoa, oil, eggs and milk. Combine the flour, salt and baking powder; gradually add to egg mixture until well blended. Fold in chocolate chips and 1/2 cup walnuts.
- Spoon two-thirds of the batter into a greased 13-in. x 9-in. baking pan. Bake at 350° for 12 minutes.
- Meanwhile, in a large saucepan, heat the caramels and condensed milk over low heat until caramels are melted. Pour over baked brownie layer. Sprinkle with remaining walnuts.
- Drop remaining batter by teaspoonfuls over caramel layer; carefully swirl brownie batter with a knife.
- Bake 35-40 minutes longer or until a tooth pick inserted near the center comes out with moist crumbs (do not overbake). Cool on a wire rack. Yield: 2 dozen.

Nutritional Facts 1 serving (1 each) equals 376 calories, 18 g fat (5 g saturated fat), 43 mg cholesterol, 189 mg sodium, 51 g carbohydrate, 2 g fiber, 6 g protein.

Originally published as Caramel Brownies in Quick Cooking January/February

BERLIN NOTES

In 1792 the District [of Berlin] built four (4) new schoolhouses. They were modeled after the typical old red schoolhouse of New England (dimensions 18 x 22 feet) at a total cost of about \$850. About 1875 the increase in the number of scholars in the center district justified a demand for additional school accommodations, so that "Barnes Hall" of the Town Hall was utilized as a schoolroom where more advanced pupils from all of the districts were instructed. This was known as the Berlin High School, which continued to function until 1879. From Frederick Krackhardts History of the Town of Berlin

ACTIVITIES AT THE BERLIN 1890 TOWN HALL

This March

Berlin Contra Dance (info)

Saturday, March 2

8:00pm - 11:00pm

Tavi Merrill will call traditional contra and square dances, with live music by the Berlin Country Orchestra. All dances are taught. Plus, Tavi will provide pre-dance instruction for beginners on the basic steps at 7:30. Everyone is welcome - from beginner to experienced. Come with or without a partner. (Please wear clean, soft-soled shoes.) Admission is \$5 per person with a maximum of \$12 per family. For first-time dancers who attend the pre-dance instruction, admission is FREE! Refreshments are always served. For more info visit the BCO website at <http://web-pages.charter.net/brlncountryorch/> or contact the band at brlncountryorch@yahoo.com

The Legendary B.K.

Saturday, March 9th

This light-hearted tip-of-the-hat to Barbara Krackhardt is a fundraiser for children's charities. This play within a play is a humorous take-off on America's Got Talent - and we KNOW Berlin's got talent. Want to be part of it? We are still considering "acts" for the "America's Got Talent" portion. Anything that would appear on this television show would be great; serious, funny, amazing, solos, duets, groups. For more information visit www.legendarybk.org.

Auditions for Flyleaf Theater Production - Falsettos

March 10 & 11

7:00pm-10:00pm

Visit flyleaftheater.com to register for auditions

HARD TO BELIEVE - BUT TAX SEASON IS RIGHT AROUND THE CORNER!

Do you - or someone you know - need help managing tax time stress? Look no further than AARP Foundation Tax-Aide, the nation's largest, free volunteer-run tax preparation and assistance service. This month's AARP Bulletin shines a light on the program's dedicated corps of volunteers in Massachusetts. In 2012, more than 600 AARP Foundation Tax-Aide volunteers helped 40,000 residents with their tax returns.

Continued on Page 4



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The Berlin Powderhouse Senior News

Council on Aging
Berlin, Massachusetts 01503

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Available to moderate and low-income taxpayers, with special attention to those age 60 and older, AARP Foundation Tax-Aide provides face-to-face tax assistance and preparation services at more than 200 sites across the Bay State, including libraries, and senior and community centers. Sites are open from February 1 through Tax Day, April 16, 2013.

To find a site near you, visit AARP Foundation Tax-Aide online or call toll-free 1-888-227-7669.

FIRST PARISH CHURCH

First Parish Church is putting on the play "The Legendary B. K. (And Indisputable Proof That Talent Skips A Generation)." This light-hearted tip-of-the-hat to Barbara Krackhardt is a fundraiser for children's charities and will be held Saturday March 9, 2013 at 7:00 PM at the 1870 Town Hall in Berlin.

- This play-within-a-play is a humorous take-off on America's Got Talent - and we KNOW Berlin's got talent! It will include
- Singers
- Dancers
- Musicians
- Jugglers
- Lots of laughter!

There will also be a silent auction during the intermission. We have everything from a gift certificate to The Flat Penny, to a beautiful original Haitian painting up for auction. For additional information, visit the website www.legendarybk.org.

CLASSES AT THE 1870 TOWN HALL

Zumba- now 5 classes every week All ZUMBA classes are taught by licensed instructors. Class minimum of 3 required.

Zumba with Corinne

Tuesday
9:30-10:30am
Saturday
8:30-9:30am

Drop in fee \$8. Contact Corinne at
corinne.egustafson@gmail.com or 774-249-4986.

Zumba with Cyndy

Tuesday
5:30-6:30pm
Wednesday
11:00am- 12:00pm

Drop in fee \$8. Contact Cyndy at jbredbenner@hotmail.com or 508-269-4106 with questions.

Zumba Toning with Cyndy

Thursday
6:30-7:30pm

Drop in fee \$10. Contact Cyndy at jbredbenner@hotmail.com or 508-269-4106 with questions.

Yoga Classes

Thursday
9:00-10:00am

Gentle Yoga with Lisa

For more information contact Lisa Mair at
lisamair31@yahoo.com.
Friday
9:30-10:45am

Kripalu Yoga with Lisa

For information contact Lisa Mair at 508-735-9751 or lisamair31@yahoo.com

Watercolor Class

Tuesday
6:30-8:30pm

Watercolors with Sue

Open watercolor studio for all levels age 16 and up. Drop in fee \$6. Contact Sue Dinion at 508-333-0242 or Suzannaski@gmail.com

Berlin Contra Dances

Saturday, March 2 & Saturday April 6th
8:00pm - 11:00pm

Traditional contra and square dances, with live music by the Berlin Country Orchestra. All dances are taught. Plus, pre-dance instruction for beginners on the basic steps is provided at 7:30. Everyone is welcome - from beginner to experienced. Come with or without a partner. (Please wear clean, soft-soled shoes.) Admission is \$5 per person with a maximum of \$12 per family. For first-time dancers who attend the pre-dance instruction, admission is FREE! Refreshments are always served. For more info visit the BCO website at <http://web-pages.charter.net/brlncountryorch/> or contact the band at brlncountryorch@yahoo.com

Youth Ensemble of New England Pop Concert

Sunday, April 28, 5:00pm

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

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