



Powderhouse Senior News

MARCH/APRIL 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** - 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; 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

The meetings run from September through May at the First Parish Church. Yearly dues are \$5.00, however if you would like to join for the next four months we are offering six month dues price of \$2.50. The Senior Citizens of Berlin meet on the 1st Thursday of the month, beginning at 9:30 with Blood Pressure screenings and special health screenings. The business meeting at 10:30 is followed by a Presentation and lunch served by Bob Lowe.

March 6h Meeting. Nashoba Nursing Service blood pressure screening is at 9:30. The presentation for March will be Evy Dueck, the topic being an update on the restoration of the church at 19 Carter Street.

April 3rd Meeting - Nashoba Nursing Service blood pressure screening is at 9:30 as well as a free eye clinic.

Chief Thomas Galvin will talk about his role and issues that are important in the department. He will stress how his department can help the town's seniors. The band and chorus of Berlin Memorial School will perform.

EVENTS AT 1870

- Contra Dance March 1 and April 5 beginning at 8pm
- Art & Historical Programs March 22 and April 26-27 beginning at 7:30pm.

HAPPENINGS AT THE LIBRARY

The library Friends Group which has provided us with our magnificent garden will be holding their next meeting on March 12th @ 10:30.

The Adult book club is currently reading "Songs of Willow Frost" by Jamie Ford. The Book Club meets on the third Tuesday of the month at 11:00 A.M.

For more information on happenings at the library please call us at 978-838-2812 or visit the library website at: www.townofberlin.com/town/Library/index.htm

HOURS

| | |
|-----------|--------------------|
| Monday | 11:00 am - 6:30 pm |
| Tuesday | 11:00 am - 6:30 pm |
| Wednesday | 11:00 am - 6:30 pm |
| Thursday | 11:00 am - 6:30 pm |
| Friday | Closed |
| Saturday | 10:00 am - 1:00 pm |
| Sunday | Closed |

Relatable Post #4345

We are best friends.
Always remember
that if you fall,
I will pick you up...
After I finish laughing.

SUBMIT YOUR STORY

The COA Powderhouse Newsletter invites our readers to write or call with any story ideas, photos, and items for the community calendar.

Contact Carolyn Landry, editor at 978-838-0192 or e-mail: Imememom@charter.ne

OBITUARIES

Gone, but never forgotten

| | |
|------------------------|------------|
| Barbara Coolidge | January 3 |
| Florence (Faun) Schulz | February 1 |
| M. Janet Rousseau | February 1 |

FOOD SECURITY INITIATIVE (FORMERLY COMMODITIES)

Donna Jarvis is the Program Manager at WHEAT and heads the program which is available to Berlin residents. The USDA products formerly known as commodities and distributed at Northbrook Village monthly was discontinued because of a concern about the transportation of the food without the proper refrigeration.

Wheat distributes the food from their offices at 500 Main Street, Suite 203 in Clinton across from Dunkin Donuts. Not only do they offer the USDA products, they have donations from local supermarkets and they purchase foods at the Worcester County Food Bank. They have special food programs for Thanksgiving and Christmas.

Clients are required to complete an Intake Form with basic information around their income (for seniors proof of their Social Security income is all that is necessary) and proof of residency. Each client is allowed to visit the distribution center every 28 days and receive food for one week.

The hours are Tuesday (9am to 6pm), Wednesday (9am to 12pm) and Thursday (9am – 1pm). Wednesday morning is dedicated to Seniors. For more information you can call 978-365-6349, ext. 4942.

THE GENERAL LAWS OF MASSACHUSETTS

PART II. REAL AND PERSONAL PROPERTY AND DOMESTIC RELATIONS. TITLE II. DESCENT AND DISTRIBUTION, WILLS, ESTATES OF DECEASED PERSONS AND ABSENTEES, GUARDIANSHIP, CONSERVATORSHIP AND TRUSTS.

CHAPTER 201D. HEALTH CARE PROXIES.
CHAPTER 201D: Section 2. Appointment of

Schedule of Community Activities

MARCH

| | |
|----------|---|
| March 5 | Ash Wednesday |
| March 6 | Senior Citizens Meeting, @ First Parish Church 9:30AM Blood Pressure 10:30AM Business Meeting 11AM Entertainment 12:00PM Lunch |
| March 9 | Daylight Savings Time Begins! Don't forget to "Spring Ahead" |
| March 16 | Full Worm Moon <i>This rule in gardening never forget: To sow dry and to set wet.</i> |
| March 17 | St. Patrick's Day |
| March 20 | Spring Begins |

APRIL

| | |
|------------------------|--|
| April 1 | Palm Sunday APR 13 April Fool's Day |
| April 7 3 | Senior Citizen's Meeting @ First Parish Church 9:30AM Blood Pressure 10:30AM Business Meeting 11AM Entertainment 12:00PM: Lunch |
| April 14 18 | Good Friday Full Pink Moon |
| April 17 15 | First Day of Passover |
| April 18 20 | Easter Sunday |
| April 22 | Earth Day |
| April 25 23 | COA Meeting Every 4th Wednesday at Town Office Building. 9AM - 10AM |

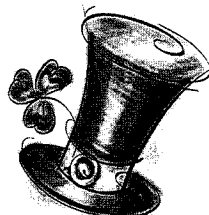


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health care agents; execution of proxy; alternate agents.

Section 2. Every competent adult shall have the right to appoint a health care agent by executing a health care proxy. Said health care proxy shall be in writing signed by such adult or at the direction of such adult in the presence of two other adults who shall subscribe their names as witnesses to such signature. The witnesses shall affirm in writing that the principal appeared to be at least eighteen years of age, of sound mind and under no constraint or undue influence. No person who has been named as health care agent in a health care proxy shall act as a witness to the execution of such proxy. For the purposes of this section, every adult shall be presumed to be competent and every health care proxy shall be presumed to be properly executed unless a court determines otherwise.

A competent adult may designate an alternate health care agent as part of a valid health care proxy. Said alternate may serve when the designated health care agent is not available, willing or competent to serve and the designated health care agent is not expected to become available, willing or competent to make a timely decision give the patient's medical circumstances; or, the health care agent is disqualified from acting on the principal's behalf pursuant to other requirements of this chapter.

NASHOBA ASSOC. BOARDS OF HEALTH NEW SCHEDULE FOR MONTHLY VISITS

Monthly blood pressure screenings are held at the First Parish Church on the first Thursday of the month before the Senior Citizens of Berlin meeting and luncheon.

The June meeting is held at the Berlin Country Club. During the summer the monthly blood pressure screenings will be held at the Town Offices Rm 118. from 9:30am to 10:00am.

Tamara Bedard is our town nurse and is available for wellness check visits or any health questions you have. You can reach her at 978-772-3335 X340.

MEMORABLE MUSIC FOR HISTORIC BERLIN MOMENTS

On March 29th at the 1870 Town Hall starting at 7:30 pm, please join the Berlin Art and Historical Society for an entertaining evening of music and song. Robyn Tarantino, a member of the First Parish Church choir, has put together a program of memorable music and song tied to events in Berlin's 200 year history. There will be audience sing-alongs to popular and period music that we all know correlating to a significant event in the town's growth. Some examples might be the 1812 incorporation, 1900 trolley service, 1928 library building, 1950 Berlin Memorial School, 1960 Tahanto Regional, 1998 renovation of Berlin Memorial into the Municipal offices, and many more!

Berlin Art and Historical Society program are open to the public, accessible and usually free of charge. Donations are always appreciated so that we can continue to offer entertaining and educational programs. Light refreshments are offered after the program. Please contact Marsha Johnston at 978 838 7314 if you need a ride!

The April program will be a memorial triute to Joanne Wheeler who was so instrumental in collecting, cataloging and

preserving the Societies' antique clothing and textiles. This will be a two day event on Saturday, April 26th from 3:00 to 9:00 pm and Sunday afternoon April 27th from 1:00 to 4:00 pm at the 1870 Town Hall. There will be a wonderful display of clothing and accessories from the Societies' collection. A \$5.00 admission charge for this event will enable the Society to build a cedar closet in the Bullard House to store some of the clothing collection as well purchase preservation storage boxes. As we are in the planning stages, more information will be forthcoming.



BAKED CUSTARD FOR TWO RECIPE

Ingredients

- 1 egg
- 1 cup milk
- 3 tablespoons sugar
- 3/4 teaspoon vanilla extract
- 1/8 teaspoon salt
- 1/8 teaspoon ground nutmeg

Directions

In a bowl, lightly beat the egg. Stir in the milk, sugar, vanilla and salt until combined.

Pour into two ungreased 6-oz. custard cups. Sprinkle with nutmeg. Place in an 8-in. square baking dish; add 1 in. of hot water to the pan. Bake at 350° for 35 minutes or until a knife comes out clean.

Yield: 2 servings. **Nutritional Facts:** 1 serving (1 each) equals 189 calories, 7 g fat (3 g saturated fat), 123 mg cholesterol, 239 mg sodium, 25 g carbohydrate, trace fiber, 7 g protein.



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The Berlin Powderhouse Senior News

Council on Aging

Berlin, Massachusetts 01503

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TIPS FOR SENIORS: UNDERSTANDING AND IDENTIFYING DEPRESSION

by Reliant Medical Group, Jan 23, 2014
Depression

Do you often feel sad or depressed? If so, you are not alone. Depression is a common problem for many people as they get older. It can be brought on by the death of a loved one, increased isolation from others, medical issues, and other problems as we age. Some of the common signs and symptoms of depression you should be aware of include:

- Persistent sadness
- Loss of motivation/fatigue
- Losing interest in pastimes and hobbies
- Loss of appetite
- Physical pain and headaches
- Difficulty sleeping or oversleeping
- Loss of self-worth
- Neglecting personal care
- Irritability
- Increased use of alcohol or drugs
- Thoughts of suicide or dying

The Importance of Getting Care

Depression is not an inevitable part of aging. If you or a loved one is suffering from depression, the most important thing to do is seek help from your doctor. Depression can be a serious mental illness.

However, for those who have been diagnosed there are many effective treatments including medication and psychotherapy. Whether mild or severe, depression is not something you have to live with.

Alcohol and depression

Some seniors use alcohol to make themselves feel better and deal with physical and emotional pain as they get older. While alcohol may make you feel somewhat better initially, it only causes more problems over time. Besides impairing brain function, it can make symptoms of depression worse. This is because alcohol is a drug that is classified as a depressant. For this reason, it can interact in negative ways with antidepressants, making them less effective. So be sure to carefully limit any use of alcohol if you are being treated for depression.

It's normal to occasionally have a bad day or feel sad, especially if you are sick or have recently lost a friend or a loved one. However, consistently being sad or depressed should be a major cause for concern. So be sure to talk to a medical professional if you think you have a problem. Depression needs to be treated as soon as possible – not ignored.

"DOGS WELCOME"

A man wrote a letter to a small hotel in a Midwest town he planned to visit on his vacation. He wrote: I would very much like to bring my dog with me. He is well-groomed and very well behaved. Would you be willing to permit me to keep him in my room with me at night?"

An immediate reply came from the hotel owner, who wrote:

SIR: "I've been operating this hotel for many years. In all that time, I've never had a dog steal towels, bedclothes, silverware or pictures off the walls. I've never had to evict a dog in the middle of the night for being drunk and disorderly. And I've never had a dog run out on a hotel bill. Yes, indeed, your dog is welcome at my hotel. And, if your dog will vouch for you, you're welcome to stay here, to.

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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