



Powderhouse Senior News

MAY/JUNE 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 UPCOMING MEETINGS-

May 1st – Nashoba Nursing Service will do blood pressure screening. There will be a free eye clinic sponsored by a local optometrist. The band and chorus of Berlin Memorial School will entertain us.

June 5th – Meeting will be held at the Berlin Country Club. Nashoba Nursing Service will be there for blood pressure screenings at 9:30.

After a brief business meeting we are looking forward to a repeat performance of The Calliope Singers. A buffet lunch will be served by Bob Lowe.



MAY 2014



WALKING MAKES EXERCISE EASY FOR SENIORS!

Now that spring is almost here it's a great time to enjoy one of the best forms of exercise there is for those over 65 – walking. Walking is more than just an enjoyable activity that gets you outdoors. It helps

keep your muscles strong, promotes bone and joint health, and helps keeps the cardiovascular system healthy. No matter what kind of shape you are in, chances are, you can begin a regular walking program. Here's some tips to help you get started:

- Try to walk for 15 to 30 minutes at least three times per week
- Wear a good athletic sneaker to cushion your feet
- Feel free to start with short walks and add distance as you build stamina
- Don't be afraid to use an assistive device, such as a cane (or walking stick) if you need one
- Try walking indoors, such as in a mall, on bad weather days to start off your program or as a routine.

Stretching before you start walking can help minimize the chance of injury and also decrease muscle soreness afterwards. You can learn four key stretching exercises here. It's also a good idea to check with your doctor if you have been inactive for a while or suffer from a chronic condition such as diabetes or heart disease before you start a walking program. Most doctors agree that the more exercise you get, the healthier you'll be – so start walking!

OBITUARIES

Gone, but not forgotten

Charles O. Eager - Feb. 26th
Maureen Sharon - Apr. 4th
Phyles Stone - Apr. 5th
Clara Munroe - Apr. 2nd
Joann Eastman - April
Merle D. Chase - Apr 16th
Florence Martin - Apr. 20th
Mildred Ewing - April
Carl Brodeur - Apr 25th



HISTORY OF THE TOWN OF BERLIN

From 1784 to 1959

By Frederick A Krackhardt

Excerpts from Pages 130 – 135

Relating to the Public Transportation of Berlin Citizens

Berlin's first public transportation was furnished by the Berlin Stage Coach and Liv-
ery. The vehicles were horse drawn and the trips lengthy.

The first railroad to lay its tracks in Berlin was the Agricultural Branch Railroad (chartered on April 26th, 1847) which extended its line from Northborough to Pratts Junction in Sterling. The Berlin Station was located in the south part of town at the junction of South Street with Jones Road. A second station was on West Street opposite the village store. There was a third station that was convenient to Lancaster Road.

With consolidations and name changes Berlin, for the next forty years had connections with Boston, Fall River, and New

Bedford on the sea, and Fitchburg on the north.

With the advent of the trolley cars and especially that of the automobile, passenger service on the railroads gradually decreased, so that in 1933 passenger service on the NY, NH & H line between Fitchburg and Framingham was discontinued.

Another railroad, which provided Berlin with passenger service was the Boston and Maine. Berlin Selectman authorized a financial interest in the railroad on April 9, 1897.. It provided passenger service from Clinton to Boston. It was discontinued on May 17, 1958. On this date, a large group of Berlin Citizens assembled at the station to witness the "last train" at 7:08pm. Several children boarded the train in order to have a farewell ride. (through the tunnel and over the bridge) into Clinton. They returned to Berlin by autos.

A new mode of travel was introduced to Berlin in 1900 when the Clinton and Hudson Street Railway began to run its trolley cars through the Town. On October 17, 1900, the Fitchburg Suburban Street Railway Company, the Clinton and Hudson Railway Company were consolidated, and on March 1, 1901, it became known as the Worcester Consolidated Street Railway Company.

For a quarter of a century this method of transportation was prevalent. Not only did

our citizens patronize the trolley for the regular business and commercial trips, but many were the "joy-rides" taken to Boone Pond, Leominster and Whalom Park. Cars were chartered and hundreds of picnickers crowded on them to the running board.

After automobiles came into common usage, the trolley business began to decline. Finally, on September 7, 1924, the time of the expiration of its contract, Berlin witnessed the last trip of a trolley car on the Clinton-Hudson branch of the Worcester Consolidated Street Railway.

It was on September 19, 1924, that John F. Lovell of Maynard began running his buses through Berlin to Clinton. By the first of the following year (1925) he had extended his run to Leominster. The line was extended to Arlington Heights where you connected with the Boston Elevated, thus assuring a continuous passage to Boston.

By the year 1950 the Lovell Bus Lines had developed a network of routes with branches from the Actons, Bedford Airport and to Waltham and Watertown. Thus Berlin felt that they were on a system that would last indefinitely. However business declined and on Tuesday, February 24, 1953, the Lovell Bus Lines, Inc. went out of business.

Since then, Berlin has not had any means of public transportation.



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COA TRANSPORTATION SURVEY – JANUARY 2014

A short survey was inserted in the town census this year with the purpose of determining where citizens go for groceries and medical appointments.

There were 232 surveys returned from the 60+ group. Hudson ranked first in locations for grocery shopping, Marlboro and Clinton following.

For medical appointments Worcester was the first, Marlboro second and Hudson third.

The survey showed that there were over 100 respondents that had provided transportation on a volunteer basis for either Berlin seniors or their relatives.

The next question is if transportation that is not available through Clinton was available would Berlin Seniors use it. If you have any comments please call Jim Connor @978-838-0157 or email him at JimConnor@charter.net

MAY/JUNE EVENTS AT THE 1870:

Community Coffee & Knitting
Wednesdays 9:00am - 11:00am

Contra Dance with Caller Paul Wilde
Saturday, May 3, 8:00pm

Ballroom Dancing
Sunday, May 4 & 11, 3:30pm

Open to anyone who would like to join us. We are going to try it without an "instructor" this spring, and if there is enough interest, get an instructor in in the fall. We will attempt beginner steps in a variety of ballroom dances from our own participants. We may also take a field trip on a Saturday or Sunday to a dance hall. Please feel free to come to one or all of the sessions and bring a friend or two. The price is \$5/couple per session for hall rental. Contact George Pendergast comodone@charter.net or 978-838-7310 with questions.

Edible Perennial Gardening and Landscaping with Naturalist and Landscaper John Root

Tuesday, May 13 at 6:30pm

Learn how to establish and maintain a variety of perennials, including trees, shrubs, vines, canes, and herbaceous plants, that yield abundant crops of delicious and nutritious food throughout the growing season with minimal maintenance. Free admission; all ages welcome. This program is supported in part by a grant from the Berlin Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

The Youth Ensemble of New England Spring Pops Concert

Sunday, May 18 at 5:00pm

The Youth Ensemble of New England is a youth orchestra made up of about thirty

young people from the age of 10, through college-age. The orchestra is based at Thayer Conservatory in Lancaster, Massachusetts. Their concert repertoire is taken from a variety of great classical and sacred music composed in the Baroque period up to the present time. A number of talented young performers that are members of the orchestra are featured in the concerts as soloists. The concerts are lively and interesting and appeal to young and old alike.

Flyleaf Theater Company Production - "Spring Awakening"



UNDIVIDED BACK ERA IN POSTCARD HISTORY (1901 - 1907)

New postal regulations from Dec. 24, 1901 ushered another change in postcard design and gave us the "undivided back" era of postcard history. The new regulations allowed pri-



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The Berlin Powderhouse Senior News

Council on Aging
Berlin, Massachusetts 01503

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vate cards, which bore the words "Private Mailing Card" on the postcard back, to have the words "Post Card" instead. The size and color restrictions that had been put on the Private Mailing Cards were also lifted for the new postcards.

Through this period of time the government postals still retained the words "Postal Card," but the private ones sometimes also used this term. Also the entire back of the postcard was still used for the address only. So even though the pictures on the fronts became larger and more colorful any personal message had to still be written on the front.



MODERN POSTCARD ERA – DIVIDED BACK POSTCARDS (1907 - PRESENT)

The final major change in postcard design came with the new postcard regulations of March 1, 1907, which allowed the back of postcards to be divided down the center. The right side of the back was now for the

address and postage and the left side was for the personal message that used to be written on the front of the card.

Because this is essentially the same basic design that is still in use today for postcards, March 1, 1907 is considered the birthday of the modern postcard. However, printers wanting to save money continued using their old designs for a time. So it is common to see postcards that were made after 1907 that still have some white space on the front for writing or to see the undivided backs with a line simply drawn down the middle.



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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