



Powderhouse Senior News

SEPTEMBER/OCTOBER 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; Barbara Halloran, 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

NEW SCAM / FRAUD SCHEME

Dear Colleagues: FYI.

This warning came from Central MA Agency on Aging But/and, obviously, phone calls can originate from anywhere. See you all in September.

Residents have been receiving calls from a person claiming to be a Police Officer or Federal Agent. These persons claim to have a warrant for the arrest of the resident which can only be cleared up by sending a money order or rechargeable Visa/Master card to them. The caller is extremely aggressive and will attempt to intimidate the victim into sending them money or face being arrested.

Be reminded that the Police will NEVER contact anyone demanding money for any reason. These calls have been originating out of state, anyone receiving calls of this nature may file a report with the Federal Trade Commission or with the FBI. If anyone has actually lost money or had their identity compromised to this or any other fraud it should be reported to the local Police. Anyone wanting more information about ongoing fraud schemes can find it on the FBI website.

Emmett H. Schmarsow, Prog. Manager for Councils on Aging and Senior Centers
Executive Office of Elder Affairs
1 Ashburton Place, 5th Floor

SEPTEMBER/OCTOBER EVENTS AT FIRST PARISH

Pizza Nite

Friday, September 6 // 5pm-7pm
\$8 / Buffet for Seniors

Pizza Nite

Friday, October 4 // 5pm-7pm
\$8 / Buffet for Seniors

NASHOBA ASSOCIATED BOARDS OF HEALTH

Fight the flu! Protect yourself, protect others – get a flu vaccine every year.

Nashoba Associated Boards of Health, in conjunction with your Local Board of Health, announces that the Seasonal Flu Clinics for residents of the Nashoba member towns will be held during the month of October. No appointment necessary. Age 6 months and older. Bring your Health Insurance Card(s). For further information, please contact Nashoba Associated Boards of Health at 978-772-3335 or 1-800-427-9762 at extension 333.

OCTOBER 2013 – FLU CLINICS Thursday Oct. 3rd

Berlin 1st Parish Church
9:30-11:30



RENTALS AT NORTHBROOK II

Eloise Salls said that when the building is 90% complete there will be notices in area newspapers advertising informing Senior Citizens when the rentals will be available in Northbrook II. The advertisements will give the information necessary to apply for an apartment.

BIRTHDAYS & ANNIVERSARIES

For years we have listed the birthdays and anniversaries of the Senior Citizens of Berlin members in the Powder House News. However we have decided to discontinue this practice as the newsletter is for all seniors in our town and listing all seniors celebrating these dates would take a lot of space. If you are a member of Senior Citizens of Berlin you will be recognized at the monthly meeting and will receive a card when you reach the young age of 80. Wedding anniversaries will be recognized as well and the happy couples will receive a card after 50 years of Wedded Bliss.

All seniors are invited to note their birthdays and anniversaries for a small fee on the Community Calendar distributed each year in September. For more information on the Community Calendar call Mary Wheeler @ 978-415-0069.

OBITUARIES

Gone, but never forgotten

Joanne Wheeler	June 26th
Roland Wilkinson	June 30th
June Hemmerdinger	July 14th
Thomas Karuzis	July 17th
Armen Mikielian	July 23rd
Thomas Huckestein	August 8th
Mildred Classon	August 16th



SEPTEMBER / OCTOBER EVENTS AT THE 1870 TOWN HALL

Flyleaf Theater Production

The 39 Steps directed by Brian Kelly
Friday, September 6 @ 8pm
Saturday, September 7 @ 2pm and 8pm
Sunday, September 8 @ 2pm
Tickets are only \$10 for Berlin residents - visit www.flyleaftheater.com to purchase.

Community Coffee / Knitting will resume in September

Sponsored by the Berlin Public Library
Wednesday 9:00am - 11:00am
We're looking for new knitters of all abilities, we love teaching beginners. If you can't attend but would like to knit for kids, we have patterns and yarn you can use. Contact Louise Janda at LRJanda@verizon.net

ON AUGUST 14, 1935 FDR SIGNED THE SOCIAL SECURITY ACT

In his public statement that day, FDR expressed concern for "young people [who] have come to wonder what would be their lot when they came to old age" as well as those who had employment but no job security. Although he acknowledged that "we can never insure one hundred percent of the population against one hundred percent of the hazards and vicissitudes of life," he hoped the act would prevent senior citizens from ending up impoverished.

Although it was initially created to combat unemployment, Social Security now functions primarily as a safety net for retirees and the disabled, and provides death benefits to taxpayer dependents. The Social Security system has remained relatively unchanged since 1935.

Schedule of Community Activities

SEPTEMBER

Sept. 2nd	Labor Day
Sept 5th: Senior Citizen's Meeting @ FPC	
9:30 AM	Blood Pressure
10:30 AM	Business Meeting
11:00 AM	Entertainment
12:00 Noon	Lunch
Sept. 5th	Rosh Hashanah
Sept. 15th	St. Joseph's Annual Fall Fair (Rain or Shine) Home made donuts, coffee fee. Chicken Barbecue tickets: ½ chicken \$8.00; ¼ chicken \$5.00; Harvest Booth – baked pies Attic Treasure
Sept. 19th	Full Harvest Moon
Sept. 22nd	First Day of Autumn
Sept. 24th	Keep Well Clinic 9-10AM

Sept. 25th	COA Meeting 9-10 @ Town Office Building Yom Kippur
Sept. 26th	
Oct. 3th	Senior Citizen's Meeting @ FPC
9:30 AM	Blood Pressure
10:30 AM	Business Meeting
11:00 AM	Entertainment
12:00 Noon	Lunch

OCTOBER

Oct. 14th	Columbus Day
Oct. 22th	Keep Well Clinic 9-10AM
Oct. 18th	Full Hunters Moon
Oct. 31st	Halloween

*"Do not go where the path may lead,
Go instead where there is not and leave
a trail." -- Ralph Waldo Emerson*



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SEPTEMBER RECIPE

Baked Potatoes

Ingredients

10 - 12 small baking potatoes
Aluminum foil

Directions

1. Stab potatoes with fork.
 2. Wrap each in foil.
 3. Fill crock pot with potatoes.
 4. Cover and cook on High 2 1/2- 4 hours.
 5. Do not add water.
 6. Cooking time depends on how big your potatoes are.
 7. Use your best judgement.
 8. It doesn't hurt to cook them for the 4 hours.
 9. For large potatoes, I have cooked five to six on Low for 8 to 10 hours and they turn out perfectly.
- Servings 10*

OCTOBER RECIPE

Baked Custard for Two

Ingredients

1 egg
1 cup milk
3 tablespoons sugar
¾ 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.

SOAR READING PROGRAM

SOAR, is a wonderful volunteer based program designed to give individual students an opportunity to read to local seniors. This program supports students in Grades 1 – 4 at the Berlin Memorial

School. Children are selected to participate by their teachers SOAR students do not typically have a reading disability, but just need practice. Senior citizens spend 30 minutes with the students, cheering them on, and giving them the special attention they need to, well, soar. All volunteers are given a background check through the state sponsored CORI program. Once that is completed they can sign up with the school secretary for a 30 minute slot.

WHEN: School year, 30 minute requirement per week.

CONTACT: Joyce LaMotte, 978-838-2920 or jlamotte2920@verizon.net for more information.



BERLIN'S OLD CHURCH RENOVATION

Our vision is to reestablish the old church at 19 Carter Street as a community gathering place.

Imagine old wood and natural light and fresh flowers. Drop in daily to enjoy comfortable reading chairs, quiet spaces, games, puzzles plus free internet. This restored landmark will exhibit works by artists and craftspeople; showcase local products and history; offer live music in the evenings and provide a spacious bulletin board for all town activities.

The half-acre lot will have an outdoor patio with picnic tables, and can be used for herb festivals, farmers' markets or ice-cream socials on weekends. Gather here to connect with friends and neighbors, support local business and delight in our community.

How We Got Started

For years the vacant "Old Methodist Church" captivated the imagination of

people living in Berlin and those driving through town. Usage ideas ranged from a private home to artist studios to a tutoring or yoga center. The blossoming of community activities at the 1870 Town Hall (across the common) revealed an additional vision.

Restored, we imagine the old church at 19 Carter as a gathering place; open throughout the day where people can meet before and after Town Hall events, local artists can sell their work and the public can find information about local businesses and services. We expect to supplement other town center activities, like a trip to Lowes General Store or a stop at the Library.

The long-time owners of the church liked this vision and generously gave us time to research the feasibility of restoration and to test the idea with community leaders before going forward.

Work to Date

In 2008 and 2009 we looked carefully at the many aspects of making this dream a reality. We invited numerous professionals to review the state of the building and advise us on its viability. We met with town officials to review zoning and code requirements. And we invited potential donors to look at the building and consider our vision for its future.

On January 31, 2011 the nonprofit OMEC Corporation became the owner of the old church at 19 Carter and the restoration officially began. That year, the building was stabilized, leaks were covered and the roof repaired. A contractor specializing in the restoration of 17th – 19th century houses (and barns) repaired the tower and sills. The basement was emptied and the building was lifted and placed on steel "I" beams. Simultaneously surveys were done and plans and designs were developed for an addition, new foundation, and drainage.

In 2012 and 2013 the old foundation was removed and a new one poured. The 68

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The Berlin Powderhouse Senior News

Council on Aging
Berlin, Massachusetts 01503

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ton building was settled safely onto the new foundation. To accommodate seniors and the handicapped an addition was designed to house a lift, interior stairway and an accessible bathroom.

If you're interested in following our progress online, we regularly post updates and pictures on www.oldchurchrenovation.org through the "Workbench" which you can see on the home page. You can subscribe to this blog, by clicking on the "Workbench" and then entering your email address in the box provided.

CURIOUS QUESTION

How are magnifying glasses produced? A magnifying glass (called a hand lens in laboratory contexts) is a convex lens that is used to produce a magnified image of an object. The lens is usually mounted in a frame with a handle. A sheet magnifier consists of many very narrow concentric ring-shaped lenses, such that the combination acts as a single lens but is much thinner. This arrangement is known as a Fresnel lens. The magnifying glass is an icon of detective fiction, particularly that of Sherlock Holmes.

History: The earliest evidence of "a magnifying device, a convex lens forming a magnified image" was Aristophanes's "lens", from 424

BC, a glass globe filled with water. (Seneca wrote that it could be used to read letters "no matter how small or dim"). Roger Bacon described the properties of a magnifying glass in 13th-century England. Eyeglasses were developed in 13th-century Italy.

Magnification: Magnifying glass on an arm lamp. The magnification of a magnifying glass depends upon where it is placed between the user's eye and the object being viewed, and the total distance between them. The magnifying power is equivalent to angular magnification (this should not be confused with optical power, which is a different quantity). The magnifying power is the ratio of the sizes of the images formed on the user's retina with and without the lens. For the "without" case, it is typically assumed that the user would bring the object as close to the eye as possible without it becoming blurry. This point, known as the near point, varies with age. In a young child it can be as close as 5 cm, while in an elderly person it may be as far as one or two metres. Magnifiers are typically characterized using a "standard" value of 0.25 m.

The highest magnifying power is obtained by putting the lens very close to the eye and moving the eye and the lens together to obtain the best focus. The object will then typically also be close to the lens. The

magnifying power obtained in this condition is $MP0 = (0.25 \text{ m})\Phi + 1$, where Φ is the optical power in dioptres, and the factor of 0.25 m represents the assumed near point (1/4 m from the eye). This value of the magnifying power is the one normally used to characterize magnifiers. It is typically denoted "mx", where $m = MP0$. This is sometimes called the total power of the magnifier (again, not to be confused with optical power).

Magnifiers are not always used as described above, however. It is much more comfortable to put the magnifier close to the object (one focal length away). The eye can then be a larger distance away, and a good image can be obtained very easily; the focus is not very sensitive to the eye's exact position. The magnifying power in this case is roughly $MP = (0.25 \text{ m})\Phi$.

A typical magnifying glass might have a focal length of 25 cm, corresponding to an optical power of 4 dioptres. Such a magnifier would be sold as a "2x" magnifier. In actual use, an observer with "typical" eyes would obtain a magnifying power between 1 and 2, depending on where lens is held.

Using this principle, a magnifying glass can also be used to focus light, such as to concentrate the sun's radiation to create a hot spot at the focus.

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