



Powderhouse Senior News

SEPTEMBER/OCTOBER 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; Fran Gill, Secretary; Joyce LaMotte, Treasurer; Pat Wheeler, Member; Carolyn Cashin, Member; Karen Schultz, Member.
- **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:** President, Barbara Halloran; Vice President, Madeline McTague; 2nd Vice President, George Cedar.

(978)-838-0157

SCHEDULE OF COMMUNITY ACTIVITIES

SEPTEMBER 2014

Sept. 4th Senior Citizen's Meeting @ FPC

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

Sept 1 Labor Day
("Without labor, nothing prospers" -Sophocles
Greek playwright,c.496-406)

Sept. 8th Full Harvest Moon
Sept. 16th St. Joseph's Annual Fall
Fair Rain or Shine
Home made donuts, coffee
Chicken Barbeque tickets:

½ chicken \$8.00; ¼
chicken \$5.00; Harvest
Booth – baked pies
Attic Treasure

Sept.22nd Autumnal Equinox
Sept. 24th COA Meeting
9-10 Town Office Building
Sept. 25th Rosh Hashanah

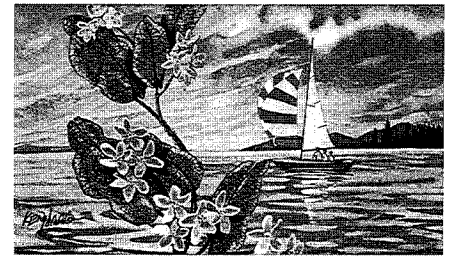
OCTOBER 2014

Oct. 2nd Senior Citizen's Meeting @ FPC
Flu Clinic 9:30-11:30
9:30 AM Blood Pressure
10:30 AM Business Meeting
11:00 AM Entertainment
12:00 Noon Lunch
Oct. 8th Full Hunter's Moon
Oct. 13th Columbus Day
Oct. 22 COA Meeting
9-10 Town Office Building

MEDICARE

OCTOBER - NOVEMBER 2014

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2015: it is important to review, understand and save this information. During Medicare Open Enrollment, from October 15th to December 7th, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. To make an appointment with a SHINE counselor, call your local senior center now



MAYFLOWER

(epigaea repens)

Massachusetts State Flower

Also commonly known as the ground laurel or trailing arbutus, the Mayflower has ovate hairy leaves and fragrant pink or white spring-blooming flowers with five petals. It grows in woods, preferring sandy or rocky soils, under or near evergreens. It was adopted as the official Flower of the commonwealth by the General Court on May 1, 1918. This scene is from the original canvas painted especially to give true rendition to the Office Massachusetts

SEPTEMBER RECIPE

OLD-FASHIONED BANANA CREAM PIE

INGREDIENTS

- 1 cup cold 2% milk
- 1/2 teaspoon vanilla extract
- 1 package (3.4 ounces) instant vanilla pudding mix
- 1 carton (12 ounces) frozen whipped topping, thawed, divided
- 1 graham cracker crust (9 inches)
- 2 medium firm bananas, sliced
- Additional banana slices, optional

Directions

1. In a large bowl, whisk milk, vanilla and pudding mix for 2 minutes (mixture will be thick). Fold in 3 cups whipped topping.
2. Pour 1-1/3 cups of pudding mixture into pie crust. Layer with banana slices and remaining pudding mixture. Top with remaining whipped topping. Garnish with additional banana slices if desired. Refrigerate until serving. Yield: 8 servings. Originally published as Banana Cream Pie in Taste of Home August/September 2002,

OCTOBER RECIPE

Ingredients Cake

- 2 cups water
- 1/2 cup vegetable oil
- 2 eggs
- 2 packages (15.8 oz each) Betty Crocker™ lemon-poppy seed muffin mix

Lemon Glaze

- 1 cup powdered sugar
- 2 tablespoons butter or margarine, melted
- 1/2 teaspoon grated lemon peel
- 1 tablespoon lemon juice

Directions

- 1 Heat oven to 350°F. Grease 12-cup fluted tube cake pan; lightly flour. In large bowl, stir water, oil and eggs with fork. Stir in muffin mixes until moistened. Pour into pan; spread evenly. Bake 50 to 55

minutes or until toothpick inserted in center comes out clean and top is golden brown. Cool in pan 15 minutes. Turn upside down onto heatproof serving plate or cooling rack. Remove pan; cool cake completely. In small bowl, mix powdered sugar, butter and lemon peel. Stir in lemon juice until glaze is smooth and can be drizzled easily. Spoon glaze over top of cake, letting some drizzle down side

OBITUARIES

Charles H. Pitard, Sr. – June 25, 2014

Linda Coldwell Wilding – July 4, 2014

Virginia Johnson – July 7, 2014

Shirley Brissette – August 13, 2014

Julian Prehnick – August 17, 2014

+++++

THE LEGACY AWARD

Formally known as the **MARY PETKAUSKAS SERVICE AWARD**

This award began in 1995. The COA has awarded 19 people for their volunteer work with Berlin Seniors.

The latest being Kenneth Harrold. Ken was born on March 9th, 1946 at Marlborough Hospital. He grew up in the family residence at 180 Gates Pond Road.

Ken was home schooled during his elementary years due to a diagnosis of juvenile rheumatoid arthritis. He was cared for by Dr. Rittenhouse who made house calls carrying his 'little black bag'. He attended Tahanto and graduated with the Class of 1966. He was named to the Dean's List at Quinsigamond College with a degree in retail management.

He worked as a claims adjuster for Sentry Insurance for 34 years. He met his wife Janice there in 1984. Janice passed away in 2003.

His volunteer activities included the Lions Club, where he sold hot dogs and coffee to the public at town affairs. He

just recently resigned from the COA. He was the Chairman of the Board of Berlin Retirement Homes. He was also involved in the development of the current Transfer Station. He was a 'Quiet Force' in our community. He appreciated this recognition and in accepting he let us know he enjoyed living in "a small town with a big heart"

SENIOR CITIZENS OF BERLIN

The Senior Citizens of Berlin begin a new year in September. All seniors from Berlin as well as neighboring towns are welcome to join and attend our monthly meetings. The meetings are held on the first Thursday of the month. The dues this year will be \$7.00. The Nashoba Associated Boards of Health sponsors blood pressure screenings and medical information from 9:30 – 10:30. The business meetings will take place at 10:30 – 11:00. The program starts at 11:00 and lunch is at 12:00.

On September 4th we will have an important and informative program on scams and identity theft. The program will be presented by a representative of the Worcester County's sheriff office.

On October 2nd **There will be flu shots 9:30-11:30 PM** We will have Professor Gary Hylander who will present a tribute overview marking **The 70th Anniversary of the Allied Invasion of Europe, June 6, 1944.**

"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."

PEOPLE OF THE BOOK

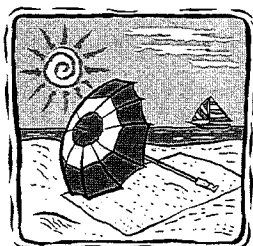
by Geraldine Brooks
Fiction...2008....available on readers, and on audio

People of the Book is based on a true story of the Hebrew codex known as the Sarajevo Haggadah. While some facts are true in the story, most of the plot and all of the characters are imaginary. The hardcopy version has a map of Europe tracing the journey of the prayer book from medieval Spain to



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modern Bosnia in the mid-1990's. The main character, other than the Haggadah itself, is a rare book expert, Hannah, whose job is to analyze and conserve the rare treasure. Hannah's voice is refreshing and modern and moves the plot along as she learns more and more of the Haggadah's history. The novel is clearly structured. The first chapter introduces Hanihah, an Australian conservator. In the ancient parchment pages of the book she notices small artifacts—an insect's wing, a wine stain, a feather. These unusual items provide the titles of subsequent chapters that tell the story of each of the people who had possessed the book. Going back in time the reader finds herself eventually at the beginning of the fifteenth century. Interspersed among these historical passages are chapters narrated by Hannah that tell the reader of her research, and of the intrigue that almost destroys the sacred text. The reader is entranced, saddened, and uplifted, as human frailty and human bravery, by turn, influence the journey of the sacred manuscript. In the end it is clear that it does not matter if one is Muslim, Jewish, Christian or any other religion. The recognition of the sacred and the artistic, and the will to protect these for future generations is the uniting force that People of the Book celebrates.

'Pat Smith. Berlin Library Book Club'.

BERLIN ART AND HISTORICAL SOCIETY "FALL" EVENTS

On **September 27th** we'll be traveling "**Around the World**" **1964 style!** Beezy Bentzen will be celebrating her 1964 Trip Around the World with an original slide show. The evening will start at 6:30 pm with a Pot Luck dinner at Mosaic Commons, 22 Village Lane. Society members will be called to provide food (maybe with an ethnic flair)! Parking and signage to the Common House will be available. Membership dues can be paid to Treasurer Marsha Johnston.

If you missed last year's **Fall Fling** sponsored by the Berlin Art and Historical Society and hosted by the Wheelers at Indian Head Farm....you have another chance on

October 18th to "fling" a pumpkin to raise funds for the Historical Society and 19 Carter. The trebuchet is being refurbished and will be ready for us to watch flying pumpkins! We'll be starting earlier in the day to finish before sunset. There will be food vendors, hayrides and more plus another visit from the Society of Creative Anachronism (medieval re-enactors), who will share their knowledge of swords and ancient military weapons.

FORTY CAVES

Forty caves is an area in Berlin that is distinguished by two natural features. The first is a winding, fast running stream that flows under large stones in a number of places (really cool-my sons love going there). The second unique feature is a large stone ridge, a couple hundred yards from the stream, that slopes gradually up from the east and drops off sharply to the west- I'd guess the cliffs are about 60-70 feet high. The easiest way to get into the area is to park at the "Garfield Woods" sign on Lancaster Rd in Berlin. Walk along the stream to the railroad tracks; the trails are well-marked. - See more at: <http://www.clintonmass.com/forum/view-topic.php?id=2372#sthash.5TifWUg3.dpuf>



The large cliffs mentioned form a valley which was an outlet from Glacial Lake Nashua, an ancient lake that filled the Nashua River Valley during the last glacial period around 10,000 yrs ago. If you stood at Bufton Farm on Chase Street at that time, you would be standing on the shore of the lake and the large valley running through 40 Caves was one of several drains from the lake. The melting continental ice sheet which covered this area was blocking the northward flow of the Nashua River, creating the lake. I believe the cliffs consist of Ayer Granite which can be identified by

large white rectangular feldspar crystals. Ayer Granite rocks are roughly 400 million years old and are related to the Clinton-Newbury Fault System. As the granite weathers it exfoliates in large blocks or sheets which lie at the base of the cliffs.

JoelF(The comments/ideas presented are my personal opinion, not those of my company, clients, or organizations I represent, unless otherwise noted.) - See more at:

<http://www.clintonmass.com/forum/view-topic.php?id=2372#sthash.WgWqM-Fuq.dpuf>

COUNCIL ON AGING PROGRAMS

Yoga, Saturday Mornings from 9:00 to 10:15. Sharon Santello conducts this popular class weekly.

Single Chair Yoga, Saturday Mornings from 10:30 to 11:45. Beginning September 27th with Sharon Santello. You all know how to sit on a chair but do you sit in good postural alignment? Incorporating the Mountain pose brings you into good postural alignment on the chair. You then use the chair as a tool to assist you.

Tai Chi, Wednesday from 10:00 – 11:00 Jeff Cote from the Traditional Arts Institute is the instructor. This six week program will introduce us to the fundamental skills of Tai Chi. If you are interested you can call Joyce LaMotte at 978-838-2920 or send an email to coa@townofberlin.com.

Meals on Wheels will resume on September 2nd. If you are interested call Lorraine Cedar at 978-838-2215.

Soar Program at Berlin Memorial School. Students in grades 1-4 read to Senior volunteers. There are several half hour slots available. Call the school for more information 978-838-2417.



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The Berlin Powderhouse Senior News

Council on Aging

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DID YOU KNOW?

Uncover cool facts about sunflowers

837 >According to Guinness World Records, a sunflower in Michigan had 837 in one Plant.

14> Sunflowers are one of the easiest plants to grow. Pop a sunflower seed in the ground, give it a good drink of water, and you see a green sprout in about 14 days.

3> The caterpillars of several butterfly species munch on the leaves of sunflowers. Three examples: bordered patch, painted lady, and silvery checkerspot.

1,000> One sunflower head actually consists of more than 1,000 individual flowers, called disk flowers. What we think of as petals are called flowers.



PESKY STINGS AND BITES OF SUMMER

Bzz, bzz. Swat! Often, it seems that dealing with insects is just as much a part of summer as barbecues and going to the beach. Unfortunately, if you spend a lot of time outdoors, chances are you'll get bit or stung at some point during the season. That's why it's important to know how to properly deal with the different stings and bites of summer:

Bee, wasp and similar stings

Being stung by a wasp, yellow jacket, hornet or honey bee can be a painful experience. The

stinger injects venom, which causes immediate pain and often swelling. Sometimes the reaction to the venom can persist for days. Most local allergic reactions can be treated at home with ice, an antihistamine, and a topical steroid. However, if you develop a secondary skin infection, swelling or a fever, you should seek medical treatment as these reactions are more serious and can take over a week to go away. A small percentage of people will have a severe allergic reaction which can be life-threatening.

Caution: If any sting or bite causes symptoms such as hives, difficulty breathing, a fast heartbeat or pulse, tightness in throat or chest, severe swelling, vomiting or feelings of faintness or dizziness, call 911 immediately as this can be a potentially life-threatening allergic reaction known as anaphylaxis which requires emergency treatment. If you do develop such a severe reaction, you should ask your primary care provider about a prescription for an "epipen" and discuss when and how it should be used.

Biting flies

When insects such as mosquitos, gnats or deer flies bite, they release saliva into the wound which can cause itching and inflammation. Sometimes this is just a small, itchy bump, but some people have a more severe reaction. In most cases, you can treat an insect bite at home (see treatment tips below). If redness, irritation and other symptoms of an insect bite persist for more

than a few days, you should consult with a medical provider.

Spiders

All spiders can cause bites, but in our part of the world the black widow and brown recluse spider are truly dangerous. At first, their bite may only cause a pinprick sensation or mild stinging, but if you experience intense pain, chills, nausea or elevated body temperature after any spider bite, always seek medical attention immediately.

How to handle being stung or bitten:

Remove the stinger. If a stinger is present, you should remove it with a scraping motion using your fingernail, credit card, or tweezers. Be careful not to squeeze or pinch the stinger as that can inject more venom into your body (this is why a scraping motion works best).

Control the swelling. Icing the area around the bite will bring down the swelling and may reduce pain. If the sting is on your arm or leg, elevating it can also reduce the swelling.

Treat the pain. If discomfort persists after the sting, an over-the-counter pain medication such as acetaminophen or ibuprofen can help. For itchiness, try applying an antihistamine or corticosteroid cream (do not apply if the skin is broken). Calamine lotion or a mixture of baking soda and water can also help, as can applying a cold compress.

Remember that allergic reactions to insect bites and stings aren't always predictable. Your sensitivity can change over time. So always be aware of the warning signs of a serious reaction and seek medical attention if you need it.

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



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