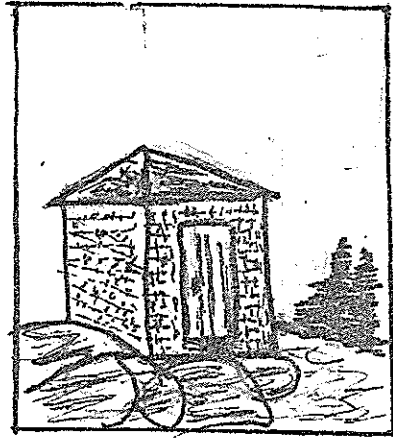


# The Powderhouse

## Seniors News



JULY 1984

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HELLO, AGAIN!

THE BERLIN COUNCIL OF AGING (COA) IS NOW PUBLISHING THE NEWS LETTER FOR ALL BERLIN RESIDENTS FROM 60 TO 80, 90, 100 OR MORE. WE HOPE TO BE OF SOME VALUE TO EACH ONE AND TO PROVIDE INFORMATION WHICH MAY NOT BE AVAILABLE ELSEWHERE.

WE WISH TO THANK MRS. HELEN BREWER FOR ALL OF HER EFFORTS IN MAKING THE NEWS LETTER A REALITY, TO MARY PETKAUSKOS FOR ALL HER INFORMATIVE ARTICLES, AND TO ALL OTHERS WHO CONTRIBUTED IN ANY WAY TOWARD THOSE EARLY LETTERS.

WE WILL WELCOME COMMENTS (PREFERABLY SIGNED) AND HOPE SHORTLY TO HAVE STREET, AREA, NEIGHBORHOOD COVERAGE. IF YOU WOULD LIKE TO HELP US AND BE A CORRESPONDENT, PLEASE LET US KNOW. WE'D LIKE TO WRITE ABOUT ANNIVERSARIES, BIRTHDAYS, FAMILY GATHERINGS, WHAT YOU FEEL THE COUNCIL CAN DO FOR YOU, GRIPES, COMPLAINTS, SHORT STORIES, POEMS, SONGS OR WHATEVER - JUST AS LONG AS YOU PARTICIPATE. WE WANT IT TO BE YOUR NEWS LETTER. SO CONTACT A COUNCIL MEMBER (LISTED ELSEWHERE).

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MANY PEOPLE HAVE CALLED OR SPOKEN TO US ABOUT JOINING THE COUNCIL ON AGING. THE "BERLIN SENIOR CITIZENS" IS A GROUP WHICH MEET THE 1ST THURSDAY OF EACH MONTH AT THE FIRST PARISH CHURCH, BERLIN AT 9:30 A. M. THIS IS THE GROUP WHICH THE FOLKS WANTED TO JOIN. DUES AT PRESENT ARE \$2.00 A YEAR. IF INTERESTED CALL HELEN BREWER 838-7317, JEANETTE ANDREWS 838-2932 OR VIOLA PHIPPS 838-2285



JULY 18, FOR OUR FIRST AND HOPEFULLY "ANNUAL" SMORGASBORD. IT WILL BE HELD AT NORTHBROOK COMMUNITY CENTER, PLEASANT STREET, BERLIN

FROM 5 - 7 P. M. THERE WILL BE ENTERTAINMENT AND PLENTY OF GOOD FOOD. A TIME FOR MAKING NEW ACQUAINTANCES AND RENEWING OLD - WITH LOTS OF TIME FOR CONVERSATION. ATTACHED IS A POST CARD FOR YOU TO FILL OUT AND RETURN BY JULY 11TH PLEASE. COME WITH YOUR WIFE OR HUSBAND. IF YOU HAVE NO SPOUSE, HAVE A RELATIVE OR FRIEND BRING YOU. TRANSPORTATION WILL BE PROVIDED FOR THOSE WHO HAVE NONE AVAILABLE. WILL BE HELD RAIN OR SHINE.

WE HOPE WE'LL SEE PAULINE POWELL, LABEL MARBLE, BARBARA & HOWARD WATKINS MILDRED MILLS, GRACE PENDERGAST, DORIS ANNIS, RUTH SHULTZ, WALTER ROGERS, KENDRA DONNELLY AND ALL YOU OTHER FOLKS THAT WE DON'T GET TO SEE WHICH COVERS THOSE WHO DON'T THINK THEY SHOULD BE INCLUDED IN THE "SENIOR" GROUP.

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COUNCIL MEMBERS

PRESENT "POWDERHOUSE NEWS" STAFF

	TEL. #	
GRACE PENDERGAST	838-2583	MARY PETRAUSKOS - EDITOR
DONA BELLAROSA	838-2922	HELEN BREWER - CORRESPONDENT FOR SENIOR CITIZEN
RUTH WHEELER	838-2433	MARY ELLEN MATHEW - FIRST PARISH CHURCH & CLINTON ITEM
PATRICIA WHEELER	838-2559	MARY WARNER - ST JOSEPH THE GOOD PROVIDER CHURCH
MARY PETRAUSKOS	838-7380	PAM DONA - WORCESTER TELEGRAM & BERLIN MEMORIAL SCHOOL
EVA TOBEY	838-2238	PHYLLIS MURKON - ART WORK
CONSTANCE BARTER	838-2832	HERBERT MUELLER - COMPUTER ADDRESSING
		RUTH WHEELER - TYPIST
		PAT WHEELER - TYPIST
		CONNIE BARTER - TYPIST
		EVA TOBEY - "GO FOR"

## HEALTH NOTES BY MARY R. PETKAUSKAS R.N.

The Summer Months bring not only beautiful flowers and weather but also many Insects which can cause many problems.

### HOW TO AVOID REACTIONS TO INSECT STINGS

#### 1. Common Stinging Insects

Honeybee, Paper Wasp, Yellow Jacket, Yellow Hornet and White Faced Hornet. Overall Yellow Jacket is number one offender followed by Honeybee, Wasp and Hornet.

### MILD REACTIONS TO STINGS

When an insect stings, it injects venom under the victim's skin. In a vast majority of people, the injected venom produces pain, some minor swelling and itching right around the site of the sting. These symptoms develop immediately after the sting and disappear in a day or two. Sometimes, a more extensive swelling appears around the site of the sting one or two days later and lasts for as long as a week. This represents a mild allergic reaction.

### MORE SERIOUS REACTIONS

In a small number of people, the body reacts more violently to being stung by an insect. These people develop a widespread allergic reaction about an hour after the sting. Hives appear all over their bodies and their eyes and lips may become swollen. Swelling usually around the site of the sting as well. This is a medical emergency and medical care is advised.

### WHAT TO DO IF YOU ARE STUNG

If you are stung by an insect take the following steps as soon as possible.

1. If you are stung by a Honeybee remove the stinger and venom sac. since venom continues to be released from the sac for about two or three minutes after the sting, removing the sac may lessen the severity of your reaction. To remove the venom sac (which looks like a tiny splinter) scrape the spot with your fingernail. Do not try to grab the stinger or squeeze it between your fingers since this may actually push more venom into the wound.
2. Wash the wound thoroughly with soap and water.
3. After the wound has been washed, quickly apply ice to the sting site. Keeping the area cold will help lessen swelling. Ice should be kept on the site of the sting for a few hours.

For most insect stings it is enough to remove the stinger, wash the wound and apply ice. However if you notice any signs of an allergic reaction, such as widespread swelling or hives and most importantly tightness in the throat or chest, wheezing or other difficulty Medical attention should be sought.

### HOW ALLERGIC PERSONS CAN AVOID INSECT STINGS

#### 1. Most important precautions

Wear closed shoes outdoors

Don't eat or drink outdoors

Don't wear scents (for example perfume, cologne, hair spray, hair tonic scented sunlotion.)

#### 2. Other useful precautions

Wear dull colored clothing. Avoid wearing bright colors or black.

Avoid wearing loose clothing since insects may get caught in it.

Don't wear shiny jewelry

Stay away from flowers

Avoid open garbage cans

MORE WALKING FOR SENIORS IS ENCOURAGED DURING THE SUMMER

Some precautions must be taken by those using canes while walking. A study has shown that many canes used by the Elderly are unsuitable and could be a danger as well. The ideal cane should be the correct length, which is found by measuring the distance from the wrist crease to the ground when persons arms are hanging loosely at the side, stands erect in shoes. The cane should have a comfortable handle, a sturdy shaft, a cap on the tip and a good gripping surface.

COMMUNITY SERVICE VAN WHEAT

Wheat has been notified by the van company in Pennsylvania that there will be a delay on the arrival of the van with a lift which was scheduled for July. HOPEFULLY IT WILL BE HERE BY MIDDLE OF AUGUST )

Have you completed your Van Questionnaire? The questionnaire information will help in scheduling the van. If you have not completed your questionnaire and you need a form or other information please call 838-7380

OTHER NEWS

Mary Ellen Matthew prepared an excellent article on the Hot Meal Program at Northbrook Village and the service provided by the Assabet Vocational School Culinary Arts Dept. which was published with a picture in the Clinton Item and the Community Shopper the week of June 8, 1984.

Northbrook Village and the Hot Meal Program has received much publicity in Worcester County and we had visitors from Hubbardston, Winchenden, Ashburnham and Groton who were interested and asked if they could visit. This group are involved in a special project called Venture Living and recently received a large grant from the Dept of Elders to develop a Creative Housing Alternative (Congregative Living)

Region 11 News

Jean Ford, Associate Director for many years and who was very helpful to all the area Councils on Aging retired July 1, and left for Sarosta FL to enjoy her retirement. We will all miss her wise counsel, help and pleasant smile.

# THE POWDERHOUSE SENIORS NEWS

Berlin, Mass.



SEPTEMBER 1984

VOL. 1 3

WHILE PLANNING FOR THE COMING YEAR WITH AUGUST NEARLY GONE, WE REALIZE THE ONLY WAY WE REACH/TALK TO MANY OF YOU FOLKS IN TOWN IS THROUGH THE "NEWS-LETTER". WE ARE GETTING FEEDBACK FROM THE "LETTERS" AND HOPE TO GET MORE. WE'RE TRYING TO MAKE THEM INTERESTING AND INFORMATIVE AND THINK THEY'LL BE MORE SO IN THE NEAR FUTURE. SO KEEP READING.

NOW FOR THE "BERLIN TRIVIA". WE HAD 2 WINNERS - CHARLIE NUTTING AND VIOLA PHIPPS. CONGRATULATIONS! THERE WERE SEVERAL WHO ANSWERED AND SOME EVEN SENT ME SOME TRIVIA (SOME I HADN'T THOUGHT OF)

THE ANSWERS ARE

1. POWDER HOUSE LOCATED ON HILL BEHIND TOWN HALL.  
(MANY HAD SUCH AN EXACT LOCATION THAT IF I DIDN'T KNOW ANYTHING ABOUT BERLIN I COULD HAVE FOUND IT)
2. INDIAN HEAD FARM LOCATED ON PLEASANT STREET AND OWNED BY THE WILLARD WHEELER FAMILY (EVERYONE GOT THIS)
3. CARR RD. RUNS OFF RANDALL RD. NEAR HIGHLAND STREET AND GOES UP TO THE GOLF COURSE AND COUNTRY CLUB.
4. WALTER COLE WAS CONSTABLE AND CHIEF OF POLICE FROM 1908 TO 1933. (DICK ROGERS WAS CHIEF FOR MANY YEARS BUT AT A LATER DATE)
5. BALANCE ROCK FARM LOCATED ON HIGHLAND STREET AND OWNED BY THE FREDDIE WHEELER FAMILY. (EVERYONE GOT THIS TOO)
6. EVERYONE KNEW THE TRAINSTOP IS A RESTAURANT AND WAS FORMERLY HARRIMAN'S ICE CREAM PLACE.

BERLIN TRIVIA CONT.

7. THE FAMILY THAT HAD 5 SONS IN WORLD WAR I WAS THE WILLIAM/FRANK MARBLE FAMILY. (THERE WAS FRANK, CARL, BEN, RALPH AND ARTHUR) I THINK SOME PEOPLE MUST HAVE GOTTEN THIS BY PROCESS OF ELIMINATION AS TO WHO HAD ENOUGH SONS TO QUALIFY. SOME VERY GOOD GUESSES.

8. BAILEY RD. RUNS OFF SOUTH STREET.

9. SAWYERS CELLAR SELLS/REPAIRS SCANNERS, CB ETC. EVERYONE GOT THIS RIGHT TOO.

10. AS DID EVERYONE WITH CHEDCO FARM ON SAWYER HILL RD. (SOME EVEN GAVE ME THE BOUNDRIES OF SAME).

I ENJOYED HEARING FROM MANY AND WILL TRY SOME MORE AGAIN. THANKS TO YOU ALL - BOTH LETTERS AND TELEPHONE (EVEN THOUGH YOU COULDN'T BE CONSIDERED ACCORDING TO "RULES OF THE CONTEST")

GLAD TO HEAR THAT MRS. EVERETT SMITH ( RITA ) , ANDY MATTHEW AND BILL STRUNTZ ARE OUT OF THE HOSPITAL AND BACK HOME. AND BOB HARMON WILL BE SOON - HE'S AT CLINTON HOSPITAL.

HELLO'S TO FRANK GRALA, FLORENCE MACDONALD, ROLAND & LENA PLUMMER, JOSEPH DAYTON, FREEMAN AND HAZEL PULSIFER AND JULIA PAPPAS.

WHILE TALKING ABOUT THE "VIAL OF LIFE" IN THE LAST NEWSLETTER I MOVED THE MEDI-MART WHERE THEY ARE AVAILABLE FROM MARLBORO TO NORTHBORO. IT IS LOCATED IN MARLBORO-

THE BLUE MAIL COLLECTION BOX LOCATED OUTSIDE LOWE'S VARIETY STORE IN BERLIN CENTER CAN BE/IS STILL USED TO SEND MAIL. THE MAIL IS PICKED UP THERE DAILY AROUND 3 PM SO IT'S NOT NECESSARY TO GO TO SOUTH BERLIN POST OFFICE IF YOU WANT TO MAIL A LETTER. I JUST FOUND THIS OUT THIS WEEK SO MAYBE SOMEONE ELSE DIDN'T KNOW IT EITHER. ALSO THE SOUTH BERLIN POST OFFICE IS OPEN FROM 8 - 5 MON. THRU FRIDAY (8 - 12 ON SAT) EVEN DURING LUNCH TIME.

YOU MAY NOTICE AN ADDITIONAL NAME WITH THE COUNCIL ON AGING MEMBERS VERA MUNGEAM - ACTIVITIES COORDINATOR. SHE'S NOT NEW TO THE JOB - SHE'S BEEN DOING THIS FOR MANY YEARS - JUST A NEW TITLE WITH LITTLE PAY LIKE A LOT OF JOBS. UNLESS ONE HAS DONE A SIMILAR TYPE THING ONE CANNOT APPRECIATE THE AMOUNT OF TIME ALONE SPENT ON ARRANGING LETS SAY A BUS TRIP. WHERE TO GO, WHEN TO GO, HOW TO GET THERE, HOW MANY PEOPLE, EATING, REFRESHMENTS, SHOPPING AREAS, GETTING THERE, RETURNING HOME - EMERGENCIES. VERA HAS DONE AN

EXCELLANT JOB AS MOST OF YOU KNOW WHO GO ON THE BUS TRIPS. THE ACTIVITIES WILL BE LISTED FROM NOW ON IN THE NEWSLETTER SO MORE CAN PARTICIPATE. HER HOME PHONE (#) NUMBER IS LISTED BUT IF YOU'RE INTERESTED IN A PARTICULAR ACTIVITY AND CANNOT REACH VERA CALL ONE OF THE COUNCIL MEMBERS - (EVA TOBEY OR MARY PETKAUSKAS ARE USUALLY AVAILABLE) BUT ANY MEMBER CAN BE CONTACTED.

#### BUS TRIPS

WEDNESDAY, SEPTEMBER 12, 1984

PICK UP AT TOWN HALL AT 9 A.M. RETURN 4:30 P.M. APPROXIMATELY  
PICK UP AT NORTHBROOK VILLAGE AT 9:10 A.M. RETURN 4:30 APPROXIMATELY

RIDE ALONG SEACOAST FROM SALISBURY TO HAMPTON BEACH, N.H. STOP FOR WALK AROUND. THEN ON TO LUNCH AT "HECTOR'S COUNTRY KITCHEN" IN RYE FOR A CHOICE OF ROAST BEEF, FRIED CHICKEN, BAKED HADDOCK, BROILED SCROD OR SPAGHETTI WITH APPETIZER AND DESSERT.

WE WILL THEN DRIVE BACK TO COAST ROAD AND VISIT THE FULLER GARDENS IN NORTH HAMPTON. THEY WERE DESIGNED IN 1939 FOR THE SUMMER HOME OF FORMER MASSACHUSETTS GOVERNOR ALVAN T. FULLER.

THE COST OF BUS WILL BE \$4.00 EACH AND LUNCH WILL BE \$7.50 FOR A TOTAL OF \$11.50 EACH.

RESERVATIONS AND PAYMENT CAN BE MADE:

1. Senior Citizens meeting, Sept. 6, First Parish Church
2. Northbrook Village Community Building
3. Contact Vera Mungeam at 838-2935

TUESDAY, OCTOBER 23, 1984

WE WILL VISIT "BETHLEHEM IN STURBRIDGE." LUNCH WILL BE AT ROM'S RESTAURANT. THERE IS A J. C. PENNEY'S NEARBY WHICH WILL ALLOW FOR SOME SHOPPING. THE NEXT STOP WILL BE THE FAIRBANKS DOLL MUSEUM.

WE WILL LEAVE TOWN HALL AT 9 A.M. AS USUAL. FURTHER DETAILS ON COST IN NEXT ISSUE.

I HOPE WE HAVE A GOOD RESPONSE AND CAN FILL THE BUS. YOU MAY INVITE FRIENDS, BUT BERLIN SENIORS WILL OF COURSE HAVE FIRST CHOICE. I AM ALWAYS GRATEFUL FOR HELP AND SUGGESTIONS FOR TRIPS AND WANT TO THANK ALL THOSE WHO HAVE HELPED IN ANY WAY TO MAKE THESE BUS TRIPS A SUCCESS AND HOPEFULLY ENJOYA BE.

VERA MUNGEAM, ACTIVITIES DIRECTOR

HEALTH NOTES AND INFORMATION OF INTEREST TO SENIORS

BY MARY R. PETKAUSKOS' R.N.

MEDEX HIKE INCREASES COST OF HEALTH CARE FOR SENIORS

MEDEX FINAL SETTLEMENT

As you are probably are aware, on July 27, Insurance Commissioner rejected the request of Massachusetts Blue Cross/Blue Shield for a Medex rate increase of 24.4%. The Company then returned with a request for a 17.9% increase, which was also determined to be too high, so an agreement was reached on August 2. This agreement for 15.9% average increase, 16.4% on Medex 3 will help to save Senior Citizens money on Health Care. A savings for Senior Citizens will result through the agreement of BC/BS to pay 100% of the cost of generic drug prescriptions. The 20% prescription co-payment is eliminated for generic drugs through this agreement. Elders will be encouraged to request generic drugs and health costs should thus be better controlled. (Memo from the Dept. of Elders)

Since the cost of Medex has gone up. A look at alternative types of Insurance will help decrease the cost of Health Care.

HEALTH MAINTENANCE ORGANIZATIONS (HMO) SENIOR PLANS

At a recent Governor's Conference on Aging, Gov. Michael Dukakis spoke of his administration's interest in promoting HMO Senior plans for Mass. as a means to combat the high cost of medical care for Senior Citizens. Health and Human Services Secretary Margaret Heckler, the Governor said, has been most cooperative in drawing up the regulations to implement the new payment plan which is mandated by Congress in the Tax Equity and Fiscal Responsibility Act of 1982. The rules are now completed so that most of the 270 HMOs throughout the country will be able to provide a Senior Plan.

HMO's provide both health insurance and health services through an organization. They give personal routine care as well as full coverage for major illness through specially designated doctors, hospitals, skilled nursing homes, home health agencies and other affiliated health care professionals and facilities. The HMO's help protect health by stressing early disease detection, prevention and prompt treatment.

The Senior Plans combine Medicare coverage and HMO benefits into one program. Consequently, they are for persons who have Medicare. They were developed under contract with the U.S. Government (Medicare). In place of Blue Cross and Blue Shield Medex, the HMO Senior Plan covers all Health Services specified in the enrollment contract with no deductibles or co-payments. Hence, there is little or no out-of-pocket expenses with HMOs.

HMO membership cost to enrollees under a Senior Plan ranges from \$15-28 dollars per month as a fixed premium. The remainder of the medical costs is generally paid for by funds provided from the Health Care Financing Administration (Medicare). Included are unlimited hospitalization paid in full, special benefits that are not covered by traditional insurance, such as routine care in a Doctor's office, eye examinations, physical exams and immunizations and prescription medication either free or for a small fee.

BERLIN RESIDENTS IN WORCESTER COUNTY ARE FORTUNATE AND HAVE CHOICE OF TWO HMOs WITH SENIOR PLANS

FALLON SENIOR PLAN WORCESTER COST \$15 a month and free Prescriptions

CENTRAL HEALTH CARE SENIOR PLAN WORCESTER COST \$28 a month \$2 for prescription and \$2 an office visit.

BOTH PLANS WILL BE RECRUITING IN SEPTEMBER FALLON TEL NO. 852-7085

Central Health Tel No.



## HEALTH NOTES BY MARY RITA PETKAUSKOS R.N. CONTINUED

### BRIEF NOTES ON AGE SPOTS AND SKIN CANCER

DRS. JOHN PERSON AND GREGORY BISHOP both DERMATOLOGISTS AT THE FALLON CLINIC presented the following information at a recent lecture sponsored by the Health Education Committee of the Fallon Community Health Plan.

#### 1. SKIN PROBLEMS AND DANGER OF OVEREXPOSURE TO THE SUN

VASTmajority of skin cancer arises on the head and neck because those are the areas most exposed to the sun. Doctors are unsure if several bad sunburns are responsible for the skin cancer or if extended sunlight exposure is the culprit. Skin cancer develops very slowly, eventually the area becomes sore ulcerates and bleeds. But even at this stage it can be cured by excision. Cryosurgery (the use of cold to remove tissue) or Electrocautery (the use of heat to remove tissue) are two common methods of removing cancerous lesions or moles.

#### 2. PREVENTION OF SKIN CANCERS

The key is not to be afraid of skin lesions but to be observant of changes, looks and feelings of moles, skin age spots and have them checked by your Doctor.

Since skin cancer is related to sun exposure you have an opportunity to prevent its occurrence.

There are four types of people according to Dr. Bishop who are more likely to become victims of skin cancer.

1. Type 1 person sunburns easily and never tans
2. Type 2 person sunburns but tans lightly
3. Type 3 person sunburns slightly but tans well
4. Type 4 person never burns and tans readily

TYPES 1 AND TYPE 2 are most susceptible to skin cancer and should avoid overexposure to the sun.

#### PREVENTIVE MEASURES

PABA (paramenobenzoic acid) sunscreen helps to keep out the bad ultra-violet rays. Today sunscreens come in (SPF) sunscreen protection factors from 1 to 15. The number 15 sunscreen gives the most protection as it takes 15 times the duration of exposure to get the effect of the sun rays. Sunscreens should be put on at least one half hour before going out in the sun to have it work on the skin.

Light clothing provides only 4-6 level protection from damaging effects of the sun.

## TIPS ON CARING FOR YOUR BACK BY A PHYSICAL THERAPIST

1. Sit on a hard chair put your <sup>s</sup>ine against it and try and keep one or both knees higher than hips.
2. Try to keep your lower back flat when standing; donot sway back
3. When lifting, keep load close to your body, lift anything heavy no higher than your waist.
4. Sit close to the wheel when you drive so your legs are not fully extended when working pedals.
5. Sleep on a firm mattress.
6. Get regular exercise but start slowly and give your muscles a chance to warm up.

## STATE BANK LAW EXEMPTS SENIORS

Starting October 11, 1984 State Chartered Banks in Massachusetts no longer will be able to charge minors or Elderly customers fees on Checking or Savings Accounts according to a new law. But these Banks still may charge a reasonable fee for bounced checks.

## CHARITY

Do something today to bring gladness  
To someone whose pleasures are few  
Do something to drive off sadness  
Or cause someone's dream to come true.  
Find time for a neighborly greeting  
And time to delight an old friend  
Remember-- the years are fleeting  
And life's latest day will soon end  
Do something today that tomorrow  
Will prove to be worthwhile  
Help someone to conquer sorrow  
And greet the new dawn with a smile.  
For only through kindness and giving  
Of service and friendship and cheer  
We learn the pure joy of living  
And find heaven's happiness here.

AUTHOR UNKNOWN

# September 1984

<p>2 First Parish 9:30 AM St. Joseph 10:45, 8:30 AM Oxford's Acire Festival Bolton, MAS</p>	<p>Lecture at Alden Audit. Worc. Poly Tech. Worcester, MA</p>	<p>7 Bingo 7:30 PM Northbrook Com. Ctr.</p>	<p>5 Organ Recital Symphonic Brass Quartet. Drew Bg Mechanics Hall, Worc. 12:15 PM</p>	<p>Spencer Fair Sept 1-3 Spencer Smithville Rd. Worcester, MA 01501</p>	<p>1 St. Joseph 6 PM See elsewhere for other events</p>
<p>3 Tuxedo Classic Jazz Anna Maria College (Fenton) Labor Day 3-5 PM</p>	<p>6 Senior Citizens Club First Parish Am</p>	<p>13 See letter Town Hall 9 AM Northbrook Com. 9 AM</p>	<p>12 Bus Trip See letter Town Hall 9 AM Northbrook Com. 9 AM</p>	<p>7 Arts Show CYFFS Show Auburn Mall (Sept 6, 7, 8)</p>	<p>8 St. Joseph 6 PM Indian Powwow Nipmuck Indian Council Oxford, MA Rte 12 9 AM</p>
<p>9 St. Joseph 8:30 AM, 10 AM, 10:45 AM First Parish 9:30 AM</p>	<p>10 Exercise 10 AM Northbrook Government: Public Perception vs. Reality C. Gordon Liddy 8 PM</p>	<p>11 Bingo 7:30 PM Northbrook Com. Centre</p>	<p>14 Fall Festival of Notre Dame Parish Southbridge 6-11 PM 8/18 11 AM-11 PM</p>	<p>15 St. Joseph 6 PM Apple Festival on the Common 10 AM Craftsman Show, Bolton Sawyer House</p>	<p>15 St. Joseph 6 PM Senior Citizens Arts and Crafts Show Boylston 11-11:45 AM Agricultural Fair, Bolton 9-6</p>
<p>16 First Parish 10:15 AM St. Joseph 8:30 AM, 10 AM St. Joseph's Fair Berlin, MA</p>	<p>17 Exercise 10 AM Northbrook</p>	<p>18 Bingo 7:30 PM Northbrook Concert Rod Stewart Worc. Centrum 7:30 8:25-9:15</p>	<p>19 Fitchburg Art Museum 25 Merrimack Pkwy. Oriental Rugs from different lands</p>	<p>20 Johnny Cash Chateau de Ville Frammingham</p>	<p>22 St. Joseph 6 PM Senior Citizens Arts and Crafts Show Boylston 11-11:45 AM Agricultural Fair, Bolton 9-6</p>
<p>23 St. Joseph 8:30 AM, 10:45 AM First Parish 10:15 AM</p>	<p>24 Exercise 10 AM Northbrook</p>	<p>25 Bingo 7:30 PM Northbrook Council on Aging meeting 7 PM</p>	<p>27 Artiques - their identification &amp; care Old Sturbridge Village 10 AM</p>	<p>28 Planet Party Worcester Science Center 7:30 PM</p>	<p>29 St. Joseph 6 PM Colonial Fair Weymouth &amp; Sudbury Topsfield Fair Opovin</p>
<p>30 First Parish 10:15 AM St. Joseph 8:30 AM, 10:45 AM Hockey Bruins 7:35 Worc. Centrum (PM)</p>	<p>Lakes Region (New Hampshire) Five Arts and Crafts Festival, MAIN ST. MEREDITH, NH Sept 1 and 2 10.</p>	<p>Italian Festival of Worcester Sept. 1, 2, 3, Italian Business man's Club 681 Lake Ave, Worcester 12 noon</p>	<p>Market Place Ward Park 10 AM-10 PM, Sept 3 Parade 12 noon 12:15 PM</p>	<p>King Richard's Faire (recreation of Renaissance life in England) Sept 1, 2, 3, and weekends thru Oct 14<sup>th</sup> 8:50 to 11:58 PM Fenton, MA</p>	<p>Yiddish ragtime, hop and Jewish Blues DeCordova Museum, Outdoor Amphith. Study Pond Rt. Lincoln, MA 3:00 PM Assabet Valley Mastersingers rehearsal Sept 10 7:45 PM, Aquanquin Regional High School, Northboro Hudson Symphony Pro Musica rehearsal start Sept 10. If interested call Martha Crane 537-8140</p>

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# THE POWDERHOUSE SENIORS NEWS

Berlin, Mass.



OCTOBER 1984

VOL.1 4

## IMPORTANT ANNOUNCEMENTS!

THE FUEL ASSISTANCE PROGRAM IS STARTING IN OCTOBER. ARRANGEMENTS HAVE BEEN MADE FOR APPLICATIONS TO BE TAKEN AT NORTHBROOK VILLAGE COMMUNITY CENTER ON OCTOBER 25 FROM 9A.M. TO 3 P.M. APPOINTMENTS MUST BE MADE\*\*\*CALL EVA TOBEY AT 838-2238. INCOME ELIGIBILITY IS BASED ON GROSS INCOME WHICH INCLUDES MEDICARE PAYMENTS IF ON SOCIAL SECURITY. MAXIMUM INCOME FOR TWO PEOPLE IS \$11,700 AND FOR ONE PERSON IS \$8715.

DINNERS FOR SENIOR CITIZENS AND THEIR GUESTS WILL BE SERVED AT ASSABET VALLEY REGIONAL VOC. SCHOOL STARTING SEPT.25. MEALS WILL BE SERVED TUESDAY, THURSDAY AND FRIDAY AT 4 P.M. PROMPTLY WITH A PRICE RANGE FROM \$2.59 to \$3.00. STUFFED PORK CHOPS, SCALLOPS, POT ROAST AND STUFFED CHICKEN BREAST ARE SOME OF THE ITEMS TO BE FEATURED ON TUESDAY AND FRIDAY WITH A HOT AND COLD BUFFET ON THURSDAY. ADVANCE RESERVATIONS MUST BE MADE BY CALLING 485-9430 or 393-2517 ext.466.

CHEESE AND BUTTER DISTRIBUTION WILL BE HELD ON  
OCTOBER 4 FROM 11 A.M. to 1:30 P.M. AT THE BERLIN TOWN HALL.  
FIVE POUNDS OF CHEESE AND ONE POUND OF BUTTER WILL BE GIVEN  
DEPENDING ON FAMILY SIZE.

A REPRESENTATIVE FROM THE FALLON CLINIC WILL BE  
THE SPEAKER AT THE SENIOR CITIZENS CLUB MEETING ON OCT. 4  
AT THE FIRST PARISH CHURCH. A HOT MEAL WILL BE SERVED AT THE  
CHURCH AT 12:30 P.M. BY THE ASSABET VOC. SCHOOL. THE PRICE IS \$2.50.

(MODERN MATH ANSWER IS 6)

WHILE DRIVING AROUND TOWN I'VE NOTICED A LOT OF NEW  
ROAD SIGNS SHOWING DIRECTIONS TO DIFFERENT TOWNS. I UNDERSTAND  
THAT HELEN AND KIPPY BREWER AND BENLASKOWSKI HAD A LOT TO DO  
WITH THESE. THANK YOU---THEY'RE NICE LOOKING AND USEFUL TOO.  
SURE A BIG IMPROVEMENT.

NOW ABOUT THE BUS TRIPS. WHEN CHARGES ARE QUOTED FOR  
TRIPS THEY ARE BASED ON FULL CAPACITY OF THE BUS USUALLY. IF ALL  
ARRANGEMENTS ARE MADE AND TOO FEW PEOPLE SIGN UP OR MAKE RESERVATIONS  
ONE OF TWO THINGS HAPPEN\*\*THE PRICE PER INDIVIDUAL INCREASES OR  
POSSIBLE CANCELLATION OF THE TRIP. SEATS ARE PRIMARILY ALLOTTED  
TO ALL BERLIN SENIOR CITIZENS, IF THE QUOTA ISN'T FILLED THE  
REMAINDER OF THE SEATS ARE OPEN TO THE PUBLIC\*\*SENIORS FROM OTHER  
TOWNS OR YOUNGER ADULTS. IF YOU FEEL YOU WOULD LIKE TO GO ON A TRIP  
BUT SHOULDN'T GO BY YOURSELF AND WOULD LIKE A YOUNGER FRIEND OR  
RELATIVE TO GO WITH YOU THESE ARRANGEMENTS CAN BE MADE WHEN YOU  
MAKE YOUR RESERVATIONS. SEE VERA'S PLANS FOR THE OCTOBER TRIP--  
SOUNDS INTERESTING.

3.

BUS TRIP TUESDAY OCTOBER 23, 1984.

pick up 9.A.M. TOWN HALL return 4:30 P.M. approx.

" 9:10 NORTHBROOK " " "

WE WILL VISIT "BETHLEHEM IN STURBRIDGE". LUNCH AT ROM'S RESTAURANT WITH CHOICE OF ROAST STUFFED TURKEY OR BAKED FILLET OF SCHROD BOTH WITH DESERT AND BEVERAGE. SOME TIME FOR SHOPPING WILL BE ALLOWED, THEN ON TO THE FAIRBANKS DOLL MUSEUM. THOSE THAT VISIT THE MUSEUM WILL PAY THEIR OWN ENTRANCE FEE OF \$1.00. THOSE WHO WISH TO TAKE THEIR OWN LUNCH MAY DO SO. BUS COST \$3.00, COST OF LUNCH PLUS TIP \$7.00. RESERVATIONS AND PAYMENT CAN BE MADE AT

- 1 SENIOR CITIZENS MEETING OCT. 4 FIRST PARISH CHURCH
- 2 NORTHBROOK VILLAGE COM. CENTER
- 3 CONTACT VERA MUNGEAM 838-2035.

WE ALL ENJOYED OUR LAST TRIP. THE GARDENS REMINDED SOME OF HAWAII AND FLORIDA. THE WEATHER WAS PERFECT, THE OCEAN CALM: SOME OF THE MEN COMPLAINED THE SEATS WERE HARD \*\* THE WOMEN MUST HAVE MORE NATURAL PADDING. I'LL SPEAK TO THE BUS COMPANY ABOUT THE NEXT BUS. HOPE WE FILL THIS BUS AS THERE WERE ONLY 39 FROM BERLIN SO WE HAD A FEW FROM CLINTON.

I AM GOING TO ENGLAND NOV. 1 TO VISIT MY MOTHER SO HAVE NO TRIP PLANNED FOR NOV. BUT HOPE TO HAVE A SHOPPING TRIP FOR DEC. PLEASE LET ME KNOW YOUR THOUGHTS ON THIS!

VERA MUNGEAM

PLANS ARE BEING MADE FOR A MEAL AT TAHANTO "KULINARY KITCHEN" IN NOVEMBER. EACH PERSON WILL PROVIDE THEIR OWN TRANSPORTATION AND PAY FOR THEIR OWN MEAL THERE. THE DATE WILL BE ANNOUNCED IN THE NEXT NEWSLETTER.

OUR THOUGHTS HAVE BEEN WITH MANY BERLIN FAMILIES THESE PAST FEW WEEKS ---ROLAND (BUDDY) WHEELER, JOE SCHARTNER, CLIFFORD (HERBIE) WHEELER AND HARRY FLOOD.

HOW ABOUT SOME MODERN (?????) MATH?

- 1 WRITE DOWN ANY NUMBER
- 2 ADD 12
- 3 MULTIPLY BY 2
- 4 DIVIDE BY 4
- 5 SUBTRACT HALF OF THE ORIGINAL NUMBER

THE ANSWER WILL BE FOUND ELSEWHERE IN THE LETTER.

HELLO'S TO ANTHONY AND RUTH SANDINI, ROGER AND MARIAN MILLS,  
LOUISE KENT, HESTER AND MARY GIBBS, EARLE WHEELER AND ANTHONY  
AND TERESA CASALINO.

REMEMBER WHEN?

WHEN YOU WERE LITTLE (YOUNGER) DID YOUR GRANDPARENTS OR  
AN OLDER RELATIVE LIVE WITH YOU AND YOUR PARENTS? WERE THEY  
SPECIAL TO YOU? DID THEY HAVE TIME TO DO THINGS WITH YOU THAT  
YOUR PARENTS DIDN'T? TIMES HAVE CHANGED AND MODES OF LIVING HAVE  
CHANGED TOO. NO LONGER DO WE GENERALLY HAVE SEVERAL GENERATIONS  
LIVING IN THE SAME HOUSE OR HOME --- THE BIG HOUSES GAVE WAY TO  
SMALLER AND FAMILIES SPLIT UP WHEN THE KIDS GOT MARRIED OR WENT AWAY  
TO SCHOOL OR WORK. SOMETIMES GRANDPARENTS LIVED MANY MILES AWAY  
AND SAW THE GRANDCHILDREN ON HOLIDAYS OR AT VACATION TIME. SOME  
KIDS TODAY DON'T HAVE ANY GRANDPARENTS AT ALL AND LOTS OF ELDERLY  
PEOPLE DON'T HAVE ANY GRANDCHILDREN. MANY OF EITHER THE KIDS OR  
THE OLDER ONES ARE LONELY SO IN MANY PLACES IN THE UNITED STATES,  
NEW ENGLAND AND EVEN IN MASSACHUSETTS GROUPS GOT TOGETHER AND  
DECIDED SOMETHING COULD BE DONE. "ADOPT A GRANDPARENT" OR  
"FOSTER GRANDPARENTS" ARE THE OUTCOME.

THESE GROUPS GO TO NURSING HOMES, SCHOOLS FOR THE BLIND,  
DEAF, MENTALLY AND/OR PHYSICALLY HANDICAPPED, HOUSING FOR THE  
ELDERLY, NURSERY SCHOOLS, DAY CARE CENTERS, INDIVIDUAL HOMES AND  
ABOUT ANYWHERE THAT SOME COMMUNICATION AND TIME CAN BE SPENT WITH



5.

REMEMBER WHEN CON'T.

EACH OTHER ---THE OLDER AND THE YOUNG.THERE ARE NO LEGAL OBLIGATIONS,  
ONLY TIME AND CARING. I'M SURE YOU'RE ALWAYS GLAD TO SEE YOUR  
GRANDCHILDREN AND GLAD THEY CAN GO HOME AGAIN AFTER A WHILE  
EITHER HOURS OR DAYS BUT WHILE THEY WERE THERE, THERE WAS COME  
INTERACTION ---A SMILE, A STORY TOLD, A TIME REMEMBERED AND  
A CHANCE FOR THE KIDS TO BRING HAPPINESS(OR SOMETIMES TEARS)  
WITH THEIR ENDLESS CHARTER AND VITALITY AND MOVEMENT.

DON'T SHUT YOURSELF OFF,BUILD A WALL, OR TURN A DEAF EAR  
IF SOMEONE WANTS TO ADOPT YOU ----YOU HAVE A LOT TO GIVE AND A  
LOT TO RECEIVE. LISTEN AND CONSIDER THE NEXT TIME SOMEONE WANTS  
TO ADOPT YOU.I DOUBT YOU'LL REGRET IT.OLDER YOUNG PEOPLE(TEEN AGERS)  
AREN'T ALL BAD EITHER,THEY'RE CARING TOO.

PLEASE EXCUSE THE MANY TYPING ERRORS IN THIS PART OF  
THE LETTER AS MY TYPING HAS BEEN VERY,VERY LIMITED THE PAST TWENTY  
YEARS. EVA TOBEY

THE JOY OF GROWING OLD

DO NOT FEAR TOMMORROW, FRIEND  
BEHOLD THAT RAINBOW, ROUND THE BEND!

THIS LIFE IS SWEET, SO SMILE AND SPEND  
THE JOY OF GROWING OLD !

GOD, IN HIS WISDOM, LETS US GROW  
ALONG WITH THOSE WE CHERISH SO.....

THEY AGE WITH US, AND LET US KNOW  
THE JOY OF GROWING OLD

WE LEARN TO LOVE THE LITTLE THINGS.....  
THE THRILL THAT CHILDREN'S LAUGHTER BRINGS,  
AND FROM EACH HUMBLE BLESSING SPRINGS  
THE JOY OF GROWING OLD !

A CHILD LIVES IN WONDERLAND.....  
YOUTH LAUGHS AWAY LIFE'S TRICKLING SAND ....  
BUT YOU AND I CAN UNDERSTAND

IMPORTANT INFORMATION BY MARY R. PETKAUSKAS R.N.

HOT MEAL PROGRAM AT NORTHBROOK VILLAGE EVERY WEDNESDAY AT 4.30 p.m.

Hot Meal including a well balanced diet, low sodium and fat will again be served by the Students in the Extended Care Culinary Arts Program of Assabet Valley Vocational School starting Wednesday October 3, 1984 at 4.30 p.m. Following each Meal there will be a planned Educational or Cultural Program. A calendar for these events will be set up when all arrangements have been completed and will include a menu for the month. Reservations for meals are to be made by Tuesday p.m. of each week so that the school can be notified in advance of the number of meals to be served. please call Mary 838-7380.. Thank you

WHEAT VAN (CALENDER)

THE COMMUNITY SERVICE VAN has finally arrived and will be in operation by October 15, 1984 and will serve Berlin, Bolton, Clinton, Lancaster and Sterling. A tentative schedule has been set up for October based on the survey that was conducted a few months ago and will change each month based on the needs of the people in each community. a calendar is included in this newsletter. Please read the regulations re scheduling and the use of the Van which will transport Handicapped as it has a lift. Further publicity will be forthcoming about the Van in each community and at present a brochure is being prepared by the Transportation Committee of Wheat.

HEALTH EDUCATION PROGRAMS

As part of the Health Education Program of Council on Aging we will continue presenting Health Information on various topics relating to Health and Aging. If you have a concern on any Health Problem and would like this topic presented please let Mary know or any of the members of the Council on Aging

NOBODY GROWS OLD

"NOBODY GROWS OLD MERELY LIVING A NUMBER OF YEARS,  
PEOPLE GROW ONLY BY DESERTING THEIR IDEALS.  
YEARS MAY WRINKLE THE SKIN, BUT TO GIVE UP INTEREST,  
WRINKLES THE SOUL ..... YOU ARE AS YOUNG AS YOUR FAITH,  
AS OLD AS YOUR DOUBT, AS YOUNG AS YOUR SELF-CONFIDENCE,  
AS OLD AS YOU FEAR"

GENERAL MACARTHUR

# A DAILY FOOD GUIDE

WHAT DO I NEED TO EAT?

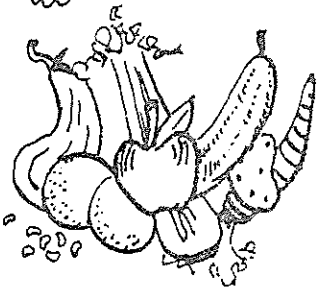
HOW MANY SERVINGS EVERY DAY?

WHY?

Food Groups

Number of Servings

Nutrients



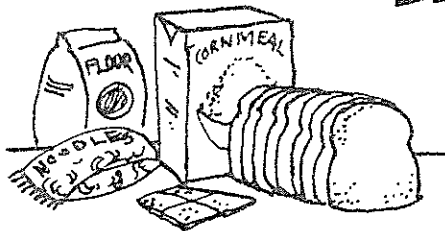
## FRUITS AND VEGETABLES

All vegetables and fruits. Use Vitamin A and Vitamin C rich foods every day.

4

VITAMINS & MINERALS

## BREADS AND CEREALS



This group includes: Breads, cooked & ready-to-eat cereals, cornmeal, crackers, flour, noodles, macaroni and spaghetti. Use whole grain, enriched or restored.

4

VITAMINS, MINERALS, PROTEIN, & CARBOHYDRATES

## MILK AND MILK PRODUCTS

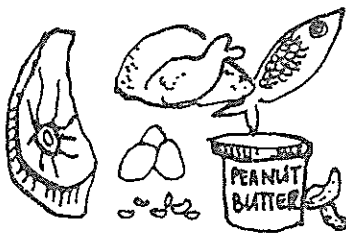


All kinds of milk, cheese, ice cream, and dishes with lots of milk.

2

MINERALS, VITAMINS, & PROTEIN

## MEAT AND MEAT ALTERNATES

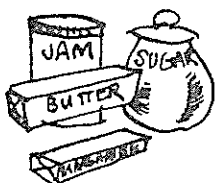


Meat: Beef, veal, lamb, pork, poultry, and eggs. Alternates: Dry beans, dry peas, lentils, nuts and peanut butter.

2

PROTEIN, MINERALS, & VITAMINS

## OTHER FOODS



Unenriched, refined breads and cereals, sugars, and syrups, jams and jellies, butter, margarine and other fats.

Just enough to round out meals & meet energy needs.

CARBOHYDRATES & FATS



SODIUM IN YOUR DIET.

Healthy eating for your heart includes paying attention to the amount of sodium and salt in your diet. Because sodium acts like a sponge to keep extra fluid in the blood and body tissues, too much may create more work for heart. If you are like most people you may be consuming too much salt or sodium if you are accustomed to salting your food before tasting it or if you eat many foods which contain large amounts of added sodium or salt so it is important to read the labels. It is advisable to decrease your intake of extra sodium for healthier eating.

Limit Your Intake of These Foods High in Sodium

CURED MEATS SUCH AS HAM, BACON, SAUSAGE, CORNED BEEF FRANKFURTERS AND LUNCHEON MEATS SUCH AS BOLOGNA, SALAMI, ETC.

CANNED FISH UNLESS PACKED WITHOUT SALT

CANNED SOUPS, BOUILLON CUBES OR POWDERS.

GRAVIES AND SAUCES PREPARED IN PACKAGES

CRACKERS AND SNACKS SUCH AS POTATO CHIPS, CORN CHIPS, PRETZELS, SALTED NUTS

CANNED TOMATOOR VEGETABLE JUICES

PICKLES, OLIVES, RELISHES, SAUERKRAUT

CONDIMENTS SUCH AS CATSUP, SOY SAUCE, CHILI SAUCE, BARBECUE SAUCE, MEAT SAU

SEASONING SALTS SUCH AS CELERY, GARLIC AND ONION AND MONOSODIUM GLUTAMATE

TRY USING VARIOUS HERBS OR LEMON JUICE FOR FLAVORING IN YOUR COOKING

NOT GETTING ENOUGH CALCIUM CAN BE A TOUGH BREAK

YOU ARE BREAKABLE YOU KNOW ESPECIALLY, IF YOU ARE NOT GETTING ALL THE CALCIUM YOU NEED. LACK OF CALCIUM CAN LEAD TO A SERIOUS HEALTH PROBLEM OSTEOPOROSIS.

WHAT IS OSTEOPOROSIS ?

OSTEOPOROSIS IS ALSO KNOWN AS THE "BRITTLE BONE DISEASE" THE PAINFUL AND AND OFTEN CRIPPLING CONDITION AFFECTS BOTH MEN AND WOMEN. HOWEVER DUE TO HORMONAL CHANGES IN MENOPAUSE IT IS MORE COMMON IN WOMEN. WHEN OSTEOPOROSIS

STRIKES BONES BECOME SO THIN AND BRITTLE THEY BREAK VERY EASILY. INSUFFICIENT CALCIUM INTAKE IS ONE DEFINITE FACTOR IN THE DEVELOPMENT OF THE DISEASE.

ANUMBER OF SURVEYS SHOW THAT THE AVERAGE ADULT WOMAN INGESTS 500-800 mg. of CALCIUM A DAY BUT MOST DOCTORS AGREE THAT WOMAN NEED MORE CALCIUM TO AVOID HORMONE RELATED LOSS AND STUDIES SHOW THEY NEED 1000-1500 MG DAILY

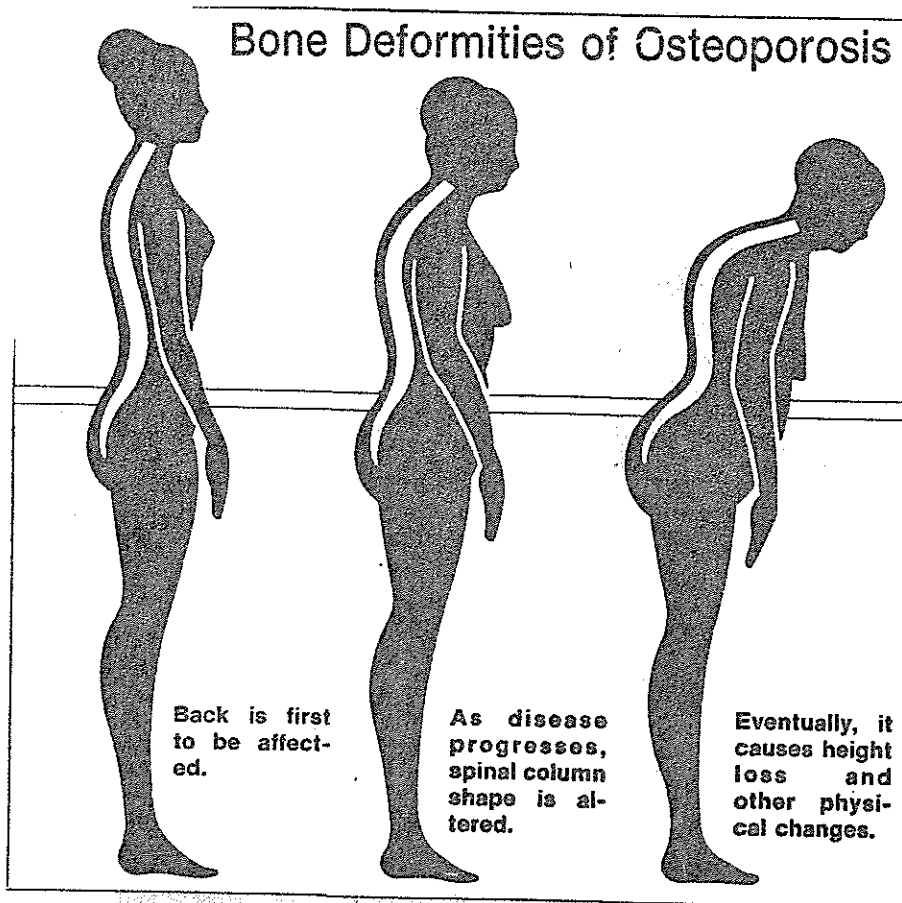
THE KEY TO PREVENTION KEEP UP YOUR CALCIUM

WHAT ARE SOME OF THE GOOD SOURCES OF CALCIUM. DAIRY PRODUCTS ARE THE MOST RICH FOODS YOU CAN EAT. HERE IS A SAMPLING OF THE CALCIUM CONTENT OF SOME DAIRY PRODUCTS.

<u>FOOD</u>	<u>AMOUNT</u>	<u>CALCIUM CONTENT</u>
WHOLE MILK	1 CUP	391 mg
SKIM MILK	1 CUP	302 mg
PLAIN LO FAT YOGURT	1 CUP	415 mg
CHEDDAR CHEESE	1 OZ	204 mg

SOME OF THE WARNING SIGNS OF OSTEOPOROSIS


1. SHRINKING HEIGHT
  2. DOWAGERS HUMP BECAUSE DISEASE AFFECTS SPINAL COLUMN FIRST AND RIB cage
  3. COLLAPSED VERTEBRAE CAUSING EXCRUTIATING PAIN ACROSS BEFORE IT GOES AWAY
- PREVENTION OF OSTEOPOROSIS THROUGH MORE CALCIUM IN THE DIET IS FAR LESS PAINFUL THAN THERAPY. DAILY EXERCISE ALSO HELPS BY INCREASING THE BONE DENSITY.

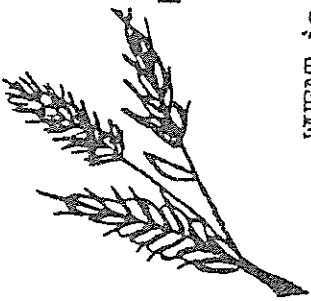


# Massachusetts Health Education Action Team

156 Church Street Clinton, MA 01510 Tel · 365-6349

# OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	<i>Tentative Schedule</i>	<i>Subject to Change</i>	5	6	
7	14	15	16	17	18	19
	UNSCHEMULED TRIPS	8:45a.m. Clinton 9:00 Berlin Town Hall 9:15 Northbrook TO HUDSON WESTBORO	8:45a.m. Clinton 9:00 Lancaster Bigelow Gard. 9:15 River Terrace TO SEARSTOWN LEOMINSTER	8:45a.m. Clinton 9:00 Sterling Sholan Terrace 9:15 First Church TO TWIN CITY HEARTLAND	UNSCHEMULED TRIPS	UNSCHEMULED TRIPS
21	22	23	24	25	26	27
	UNSCHEMULED TRIPS	8:45a.m. Clinton 9:00 Berlin Town Hall 9:15 Northbrook TO WORCESTER CENTER FALLON CLINIC	8:45a.m. Clinton 9:00 Lancaster River Terrace 9:15 Bigelow Gard. TO LINCOLN PLAZA FALLON CLINIC	8:45 Clinton Wheat 9:00 Sterling First Church 9:15 Sholan Terr. TO LINCOLN PLAZA FALLON CLINIC	UNSCHEMULED TRIPS	UNSCHEMULED TRIPS
28	29	30	31			
	UNSCHEMULED TRIPS	8:45a.m. Clinton 9:00 Berlin Northbrook 9:15 Town Hall TO SEARSTOWN	8:45a.m. Clinton 9:00 Lancaster River Terrace 9:15 Bigelow Gard. TO WORCESTER			



# Massachusetts Health Education Action Team

156 Church Street Clinton, MA 01510 Tel - 365-6349


WHEAT is providing community transportation in an 8-12 passenger van with lift for those in a wheelchair. This van is to serve the elderly, handicapped, and low-income people in Berlin, Bolton, Clinton, Lancaster and Sterling. It runs mainly between these towns and Leominster, Fitchburg and Worcester. Scheduling will be done on a monthly basis. The October schedule has been planned based on the response to the survey conducted in June and July. Response from Clinton and Bolton did not indicate sufficient interest to warrant reserving a day for them. However, they are welcome to join any of the scheduled trips. Monthly revision of the calendar allows for changes in the future.

The following are regulations that will help to keep the program running smoothly:

- 1) You must call the WHEAT office at least 24 hours in advance to arrange service.
- 2) People who are not self-sufficient must be accompanied by someone to help them.
- 3) All donations must be made upon entrance to the van and are used to defray expenses for out of town trips.
- 4) Riders are requested to be ready for pick-up fifteen minutes ahead of time.
- 5) Reservations will be accepted on first-call first-served basis until the van is filled.
- 6) There will be no regular transportation on weekends or holidays.



# October 1984

1	Exercise 10 AM	2	Bingo 7:30 Northbrook Com Ctr.	3	4	Senior Citizens Club Meeting 9:30	5	6	
7	First Parish Church 10:15 AM St. Joseph 8:30 AM, 10:45 AM	8	Exercise 10 AM	9	Bingo 7:30 Northbrook Com Ctr.	10	11	13	
14	St. Joseph 8:30 AM, 10:15 AM First Parish 10:15 AM	15	Exercise 10 AM	16	Bingo 7:30 Northbrook Com Ctr.	17	18	20	
21	First Parish 10:15 AM St. Joseph 8:30 AM, 10:15 AM	22	Exercise 10 AM	23	Bingo 7:30 BUS TRIP 9 AM TOWN HALL	24	25	26	
28	First Parish 10:15 AM St. Joseph 8:30 AM - 10 AM	29	Exercise 10 AM	30	Council on Aging meeting 7:30 Bingo 7:30	31	Halloween 		
Oct. 25 <sup>th</sup> Fuel Assistance Northbrook Com. Center 9-3 See letter.									

Senior Citizens Club Meeting at First Parish Church.

Puccini Opera Tosca presented at Mechanics Hall Oct 30 at 8 PM Tickets \$12.50 & \$15

CALL 752-0888 for Tickets

\* James Carroll wrote "Mortal Friends", "Fault Lines" and "Family Trade" Free Adm.

WALT Disney's World on Fee at Wore. Centrum Oct 16-21. Ticket prices \$9, \$16, \$20, \$25



COUNCIL MEMBERS TELE.# PRESENT "POWDERHOUSE NEWS" STAFF

GRACE FENDERGAST 838-2583

MARY FELKAUSKAS EDITOR

838-2922 HELEN BREWER CORRESPONDENT FOR SENIOR CITIZEN CLUB

RUTH WHEELER

838-2433 MARY ELLEN MATTHEW FIRST PARISH CHURCH & CLINTON ITEM ALSO PRINTER

FABRIGIA WHEELER

838-2559 MARY WANNER ST. JOSEPH THE GOOD PROVIDER CHURCH

MARY FELKAUSKAS

838-7380 PHYLLIS MUNYON ART WORK

CONSTANCE BARTER

838-2832 HERBERT WHEELER COMPUTER ADDRESSING

RUTH WHEELER TYPIST

EVA TOBEY

838-2238 FABRIGIA WHEELER TYPIST

ACTIVITIES COORDINATOR

CONSTANCE BARTER TYPIST

VERA MUNGAM

838-2935

EVA TOBEY "GO FOR"

COUNCIL ON AGING  
Berlin, Mass. 01503

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# THE POWDERHOUSE SENIORS NEWS

Berlin, Mass.



NOVEMBER 1984

VOL 1 5

November 6<sup>th</sup> Election Day

Berlin Memorial School Linden St. 7 AM TO 8 P.M.

November 11-12<sup>th</sup> Veterans Day Go see a parade!

November 22<sup>nd</sup> Thanksgiving Day

Don't eat too much Turkey.

Have a "Happy" anyway



# Supplemental Security Income Informational Notice

You may be able to get **MORE MONEY** because of a recent court decision about Supplemental Security Income (SSI). The court case is *Bouchard vs. Secretary of HHS*. These questions and answers will help you decide if the court decision applies to you.

## What Did The Court Say?

The court said that we have to change the way we figure how much SSI we pay to some people. The change applies to married couples living together in Massachusetts at any time since **JANUARY, 1977**.

## Does The Court Decision Mean That Any Couple Can Get More SSI?

No. The only couples who may get more money are those where only one person got SSI and the other person had income, such as wages or social security.

## What If Both Of Us Are Getting SSI?

Then the court decision won't change what you now get from SSI. If there ever was a time since January 1977 that your husband or wife didn't get SSI, then you might be able to be paid more because of the court order.

## What If I Used To Get SSI?

If you stopped getting SSI any time since January 1977, and your husband or wife had income, the court decision may apply to you.

## What If I Tried To Get SSI and Was Turned Down?

If you were turned down any time since January 1977 because of your husband's or wife's income, the court decision may apply to you.

## Will The Court Decision Raise My SSI If I'm Not Married Now?

If you were living with your husband or wife at any time since January 1977, the court decision may apply to you.

## Will The Court Decision Change?

Another court may be looking at this decision. If there is a new court decision, the way we have to figure your payments may change again.

## If I Think I Can Get More SSI Money, What Do I Do?

Call or visit your Social Security office right away. Look in the telephone book for the office closest to you. If you visit our office, be sure to bring this paper with you. It will help us answer your questions. Also, be sure to have your Social Security number.

## Attorneys Who Handled This Case?

Attorneys who benefit from this decision. Their contact your local legal service of-

**Citizens' Project  
Middlesex Legal Services**

Meet  
MA 01701

A SHOPPING TRIP IS PLANNED

ON DECEMBER 13TH WHICH IS A

THURSDAY.WE'LL TRY THE SCHOOL BUS

AGAIN.MORE DETAILS NEXT ISSUE!

VERA M.

OUR THOUGHTS WERE WITH THE

FAMILIES OF IRENE KENNEDY AND

ELIZABETH MORIN

CARL PHIPPS IS IN THE MARLBORO

HOSP. AND CLYDE MANNING IS AT

ST. VINCENTS HOSP.

HELLOS IN NOVEMBER TO

CLIFFORD & LOYCE BILLINGHAM

JOHN & MARILEA NIEDZIAL

FLORIAN & MADELINE CIESLUK

WILLIAM & HAZEL OLENIK

LESLIE & GERTRUDE WILBUR



HEALTH NOTES BY MARY R. PETKAUSKAS R. N.

CATARACTS AND GLAUCOMA CAUSE ONE-THIRD OF BLINDNESS IN THE USA

"WHILE CATARACTS OCCUR FROM NATURAL AGING PROCESS. GLAUCOMA IS A DISEASE"--  
ONCE VISION IS GONE, IT IS GONE FOR GOOD" DR. DENIS FITZERALD

THOUGH CATARACTS AND GLAUCOMA ARE BOTH LEADING CAUSES OF BLINDNESS, DIAGNOSIS  
AND EARLY TREATMENT CAN HELP RESTORE OR PRESERVE VISION. THIS IS THE MESSAGE  
OF THE TWO OPHTHALMOLOGISTS DRs. CONDON AND FITZGERALD AT A RECENT LECTURE  
SERIES AT THE FALLON CLINIC EDUCATION PROGRAM.

CATARACTS MAY ACCOUNT FOR 15-20% OF BLINDNESS BUT THE DAMAGE IS REVERSIBLE  
SAID DR. CONDON.

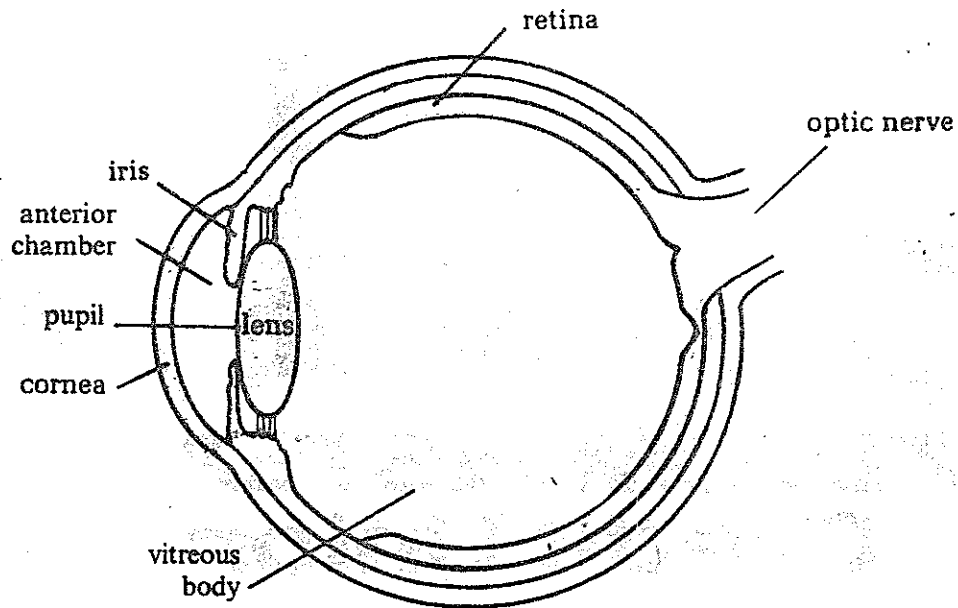
A CATARACT IS A OPACITY OR CLOUDING OF AN EYES LENS WHICH BLOCKS PASSAGE OF  
LIGHT NEEDED FOR VISION. LENS OF THE EYE IS LOCATED BEHIND THE PUPIL AND  
COLORED IRIS AND IS NORMALLY TRANSPARENT. ITS ROLE IS TO HELP FOCUS IMAGES  
ON THE RETINA, THE BACK OF THE EYE. DR. CONDON COMPARED THE OPACITY TO  
PUTTING GREASE ON THE CAMERA LENS, THE IMAGE IS BLURRED. THE POSITION OF  
THE CATARACT IS IMPORTANT-APERIPHERAL CATARCT (SIDE OF THE EYE) WILL NOT  
PROHIBIT VISION. BUT A CENTRAL CATARACT THAT IS RIGHT OVER THE PUPIL WILL  
SERIOUSLY IMPAIR VISION. MOST OFTEN A CATARACT IS RELATED TO THE NORMAL AGING  
PROCESS. OTHE CAUSES OF CATARACTS CAN BE TO EXPOSURE TO ULTRVIOLET LIGHT,  
MEDICATION OR INJURY TO THE EYE.

TREATMENT

THE ONLY EFFECTIVE TREATMENT OF CATARACTS IS SURGERY- TO REMOVE THEM, ALTHOUGH  
IT IS A DELICATE OPERATION IT IS ONE OF THE SAFEST OPERATIONS. CATARACT  
SURGERY SHOULD BE DONE WHEN YOUR VISION IS IMPAIRED TO A SIGNIFICANT DEGREE  
ACCORDING TO DR. CONDON. THE SURGERY IS SIMPLE AND IS DONE UNDER LOCAL  
ANESTHESIA. PATIENTS CAN USUALLY GO HOME THE SAME DAY AND GO TO WORK THE  
NEXT DAY. BECAUSE THE LENS IS REMOVED THE CATARACT DOES NOT RETURN, BUT  
REMOVAL OF THE LENS ALSO MEANS ABILITY TO FOCUS UPON THE RETINA LIGHT RAYS  
ENTERING THE PUPIL IS GONE- A LENS ELEMENT OR FOCUSSING AGENT IS THEN ADDED  
TO RESTORE SIGHT. DOCTORS WILL PRESCRIBE ONE OF THREE THINGS.

1. CATARACT GLASSES PROVIDE STRAIGHT ON SIGHT BUT THE PERIPHERAL (SIDE) VISION  
IS NOT RESTORED.
2. A CONTACT LENS PLACED RIGHT ON THE EYE TO RESTORE ALLAROUND VISION BUT  
THE LENS MUST BE CARED FOR AND BE REMOVED TO BE CLEANED.
3. LENS IMPLANTS ON OR NEAR THE IRIS ARE THE NEWEST TECHNOLOGY AND THEY PROVIDE  
SIGHT MOST LIKE AN EYE.

IN THE NEXT NEWSLETTER GLAUCOMA A DISEASE OF THE EYE WILL BE DISCUSSED AND  
THE PREVENTIVE MEASURES THAT CAN BE TAKEN.



LOVE IS .....

Love is .... a tiny seed  
 God planted in the mind;  
 It blossoms into flowers  
 And makes a person kind.

Love is .... compassionate  
 Has hope for those who fall;  
 Love is the effective,  
 Most Christ-like way of all!

Love is .... not resentful,  
 It readily forgives;  
 It brings great happiness  
 To those with whom it lives.

Love is .... ever patient,  
 It's found in trustful hearts;  
 It is most unselfish,  
 The finest of all arts.

Love .... like the sunshine  
 It shine on good and bad,  
 It dissipates the darkness  
 And makes the whole world glad!

Love is .... the childlike way  
 Secure in Father's care,  
 For God is Almighty  
 His love is everywhere!

INFORMATION OF INTEREST BY MARY R. PETKAUSKAS R.N.

WHEAT VAN

THE COMMUNITY SERVICE WHICH ARRIVED ON SEPTEMBER 24th AND WAS SUPPOSED TO BE OPERATING BY OCTOBER 15th HAS BEEN DELAYED BECAUSE THE TITLE TO THE VAN HAS NOT ARRIVED FROM NEW YORK DESPITE SEVERAL CALLS . THE VAN CANNOT BE REGISTERED UNTIL WE HAVE THE TITLE. AS SOON AS THE VAN IS REGISTERED PLANS ARE TO EXHIBIT THE VAN IN EACH COMMUNITY AND SET UP SCHEDULES FOR ITS USE. WATCH YOUR NEWSPAPERS FOR FURTHER DETAILS.

WORCESTER STATE COLLEGE

THE ELDER CONNECTION, WORCESTER COMMISSION OF ELDER AFFAIRS AND THE AGE CENTER IN CONJUNCTION WITH WORCESTER STATE COLLEGE ARE PLANNING A PROGRAM FOR ELDERS 1. TO FOSTER INTERGENERATIONAL COMMUNICATION ( ELDERS GETTING TOGETHER WITH YOUTH) 2. TO CREATE INFORMED DISCUSSION ON DOMESTIC ISSUES. 3. TO IMPACT POLICY MAKERS ON ISSUES THAT UNITE GENERATIONS. TWO FORUMS ARE PLANNED FOR THIS PURPOSE.

1. TUESDAY OCTOBER 30, 1984 WORCESTER STATE COLLEGE STUDENT CENTER  
"RISING COST OF HEALTH CARE" 1 to 5 p.m.
2. JOBS AND JOBLESS " NOVEMBER 8, 1984 1. to 5p.m.

THERE WILL BE PANEL DISCUSSIONS, FILMS, REFRESHMENTS, INTERGENERATIONAL DANCING \_\_\_\_\_ FOLLOWED BY FUN!!!!!!!

NOVEMBER IS DESIGNATED AS SMOKE OUT MONTH BY THE AMERICAN CANCER SOCIETY

NOVEMBER 15, 1984 IS SMOKE OUT DAY AND THE CANCER SOCIETY WOULD LIKE PEOPLE WHO SMOKE TO REFRAIN FROM SMOKING FOR 24 HOURS.

THE AMERICAN LUNG ASSOCIATION HAS RECENTLY PUBLISHED

"HELP TO KICK THE HABIT"

1. WHAT TO AVOID
2. WHAT TO SUBSTITUTE
3. THOUGHT CONTROL
4. WEIGHT CONTROL

READ PAMPHLET FROM YOUR LUNG ASSOCIATION

HINTS TO HELP "KICK-THE-HABIT"  
FROM YOUR  
LUNG ASSOCIATION

AVOID: The first few days after you quit, it's wise to avoid situations that encourage or trigger your smoking, and any situation that was an individual signal for smoking; small social gatherings with people who smoke; the usual after dinner cup of coffee; sitting in your usual comfortable chair; stress or tension-producing situations.

Caffeinated drinks: (coffee, tea, colas), alcoholic beverages, spicy food; these will increase your desire for nicotine.

SUBSTITUTE: Other activities for smoking and/or smoking situations: Eat fruit; chew gum or on toothpicks, etc.....

Drink plenty of water and fruit juices, especially the first three days, to help rid your system of the nicotine.

Take five slow, deep breaths when you feel the urge for a cigarette. Physically, the extra oxygen helps relieve tension. Also, take this occasion to congratulate yourself for choosing not to smoke while you still are able to take these deep breaths.

A walk around the block or more strenuous exercise helps relieve tension. Keep yourself and your hands occupied. Do crossword puzzles, write letters, read, doodle, etc.....

THOUGHT CONTROL: Do not permit your thoughts to dwell on cigarette smoking. When you start to think about a cigarette, be ready to perform some mental gymnastics, directing your thoughts away from smoking and involving yourself in some other activity that will keep your hands as well as your mind busy.

Some persons are helped by forming a most negative mental image of smoking, and then quickly shifting their attention to another activity (for example, picture a filled ashtray and think about emptying it into your mouth).

Think about an exhilarating outdoor pastime, i.e.: skiing, tennis, etc., or a walk through very scenic country. Note that maybe one "can't take the country" out of some cigarettes but those same cigarettes most surely can remove you from these exhilarating and beautiful scenes!

When you get a sudden urge for a cigarette, think that at that moment you might very well have been in a place where smoking is prohibited. Were you in such a place, you would have to wait for a cigarette. Tell yourself that you will wait and do something else!

WEIGHT CONTROL: When you stop smoking, your senses of taste and smell are restored and suddenly you enjoy food more; also, food becomes an easy substitute for the usual cigarette. Weight gain as a result of "kicking-the-habit" usually levels off in two or three weeks, the weight gain not being anywhere near as detrimental to one's health as were cigarettes. However, some measures can be taken to help control the weight gain:

- ...Drink plenty of water and fruit juices.
- ...Keep low-calorie snacks handy (sugarless gum, celery, carrots, radishes, apples, pretzels, etc...).
- ...Use a sugar substitute.
- ...Weigh yourself regularly. If you begin to gain weight, start eating slightly smaller portions than usual at meals; limit in-between meal snacks to low-calorie foods; and substitute fresh fruit for higher calorie desserts.



## NEWS FROM VERA

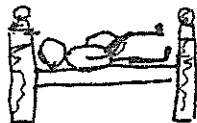
### PROTECT YOURSELF FROM FALLS IN THE HOME

- 1 REMOVE ALL SCATTER RUGS FROM WAXED FLOORS OR CARPETS
- 2 REMOVE EXCESS FURNITURE FROM PASSAGEWAYS
- 3 SIT DOWN TO PUT ON AND REMOVE BOOTS AND SHOES
- 4 HOLD ONTO RAILINGS WHEN USING STEPS OR STAIRS
- 5 KEEP KITCHEN UTENSILS USED DAILY WITHIN EASY REACH
- 6 USE NONSLIP MAT IN BATHTUBS. SIT ON EDGE OF TUB AND SWING LEGS OVER TO GET IN OR OUT ,OR KNEEL IN THE TUB

### MORNING STRETCH



- 1 BEFORE GETTING OUT OF BED EVERY DAY---LYING FLAT ON YOUR BACK STRETCH EACH LEG TO A CORNER AT THE BOTTOM AND EACH ARM TO THE CORNER AT THE TOP



- 2 BEND EACH KNEE TO CHEST AND HOLD WITH HANDS FOR A COUNT OF TEN FOR EACH KNEE

VERA MUNGEAM

EXERCISE CLASS WILL START DECEMBER 3, at 10A.M, AFTER I RETURN:  
IN THE MEANTIME\*\*\*\*WALK!!!

OUR LAST BUS TRIP WAS TO STURBRIDGE WHERE WE VISITED "BETHLEHEM IN STURBRIDGE". SORRY WE HAD SUCH A SHORT TIME TO SHOP BUT WE NEEDED TO BE HUNGRY FOR THAT HUGE SERVING AT LUNCH WHICH WAS EXCEPTIONALLY GOOD. MRS. FAIRBROTHERS OF THE DOLL MUSEUM WAS A GOOD EXAMPLE OF KEEPING BUSY AND ACTIVE. SHE IS 81 YEARS OLD (?YOUNG).

# Weight Exercise Love Daughter Nutrition Emotions Stress Self-esteem

Nashoba Associated  
Boards of Health

Presents:

WELLNESS

a new concept in  
better living — —

come share with  
others your personal  
commitment to health  
and creative problem  
solving.....

MAKE AN  
IMPACT ON LIFE  
— DON'T —  
LET LIFE  
IMPACT  
YOU!

Serving:

Ashburnham, Ashby, Ayer,  
Berlin, Bolton, Boxborough,  
Dunstable, Groton, Harvard,  
Lancaster, Littleton, Lunenburg  
Shirley, Townsend, Westford

### Bus Trips

Would anyone be interested in the FLOWER SHOWS either in Boston or Worcester??? It was suggested Worcester, which would be less walking. Then lunch at Legal Seafoods. I will check on this idea.

### Exercise While Watching T.V.

To prevent BACKACHES. Take a deep breath and tighten up the big important abdominal muscles. Pull in the sagging belly and count to 15. Then exhale. Do this every time a commercial comes on and you will have a stronger back and flatter abdomen. This was copied from a book on exercise for over 60 year olds.

---Yera

### Cheese and Butter Distribution

Cheese and butter will be distributed at Berlin Town Hall on February 21, 1985 for 11:00-1:00. Federal guidelines will be used for distribution.

# INFORMATION OF INTEREST TO SENIORS:

## 1) Health Plans for the Elderly---

Starting in February, the nation's 30 million medicare recipients will be eligible to join prepaid health plans, also known as health-maintenance organizations. Under rules just published in the "Federal Register," the HMO's will collect a monthly fee from medicare--and, in some cases, a small premium averaging \$15 per month from beneficiaries--in return for comprehensive health services at least equal to those paid for by medicare. HMO members will receive all medical care guaranteed by medicare without paying the usual hospital deductible or 20 percent share of medical bills. In addition, some HMO's will offer extras such as eyeglasses and prescription drugs.

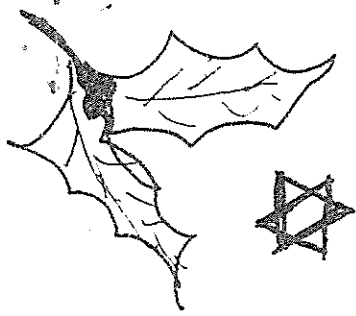
## 2) Picture Identification Badges--

Senior Citizens needing picture identification badges may obtain these at the Registry of Motor Vehicles, even though they do not have a driver's license.

# ACTIVITY DIRECTOR'S NOTES:

## Pitch

Thursday, 1:30 P.M. each week at NORTHBROOK VILLAGE COMMUNITY BUILDING, there are a few people still playing pitch. It would be good to see more of you use the building and enjoy some pleasant companionship. Where are all those good pitch players Berlin had??? I remember the grange members and friends enjoying Saturday night pitch parties at each others homes. So go down to Northbrook Village on Thursday



*Seasons*

*Greetings to all.*



# THE POWDERHOUSE SENIORS NEWS

Berlin, Mass.



DECEMBER 1984

VOL.1 6

## INVITATION !!!!!

THE BERLIN LIONS CLUB DINNER FOR BERLIN SENIOR CITIZENS

WILL BE HELD ON DECEMBER 8th AT 5 p.m. THIS ANNUAL EVENT IS

AT THE FIRST PARISH CHURCH, BERLIN AND INCLUDES AN EXTENSIVE

ENTERTAINMENT PROGRAM BY MEMBERS OF THE LIONS CLUB, GIRL AND BOY

SCOUTS. SANTA'S HELPERS WILL BE THERE TOO. EACH PERSON IS ASKED

TO BRING A GIFT (\$3.00 limit) WRAPPED AND LABELED\*----- A WOMAN

TO BRING FOR A WOMAN AND A MAN FOR A MAN. PLEASE BE SURE TO PUT

ON THE TAG WHETHER IT IS FOR A MAN OR WOMAN. IT IS HOPED THAT

AS MANY AS POSSIBLE ATTEND IN PERSON. TO ARRANGE FOR TAKE\*OUT

DINNERS CALL PHILIP BARTLETT AT 838-2572

SHOPPING BUS TRIP

THE SHOPPING TRIP IS AT NATICK MALL THIS TIME, TRAVELING ON THE SCHOOL BUS. THERE WILL BE NO CHARGE FOR THIS TRIP AS THE COUNCIL ON AGING IS PICKING UP THE TAB. IF SCHOOL IS CANCELLED BECAUSE OF INCLEMENT WEATHER THE BUS TRIP WILL BE TOO.

DATE:           DECEMBER 13th           PICK-UP NORTHBROOK VILLAGE       9:30 a.m.  
  "       TOWN HALL                                   9:40 a.m.

  RETURN AT 1:30 p.m.

SIGN -UP SENIOR CITIZEN CLUB MEETING ON DEC.6th  
          NORTHBROOK VILLAGE COMMUNITY CENTER       OR  
          CALL VERA   AT 838-2935

SURPRISE!!!!!!!!!!

THE "MYTHICAL" WHEAT COMMUNITY SERVICE VAN IS COMING TO BERLIN FOR VIEWING. IT FINALLY GOT REGISTERED AFTER WAITING FOR TWO MONTHS FOR THE TITLE AND WILL BE AT NORTHBROOK VILLAGE ON SATURDAY DEC.1, AT 11:30 a.m. AND AT ST. JOSEPH'S CHURCH FAIR ON WEST ST. AT 12 NOON 'TIL 3 p.m. THIS VAN HAS ACCOMODATIONS FOR WHEEL CHAIRS AS WELL AS REGULAR SEATS. A SCHEDULE IS BEING ARRANGED. NOW AND MORE INFORMATION WILL SOON BE FORTHCOMING.

\*\*\*\*\*

OUR THOUGHTS ARE WITH THE FAMILY AND FRIENDS OF JOSEPH SZEWCZYK,  
ETHEL LAFORTE AND ARTHUR TURNBULL

\*\*\*\*\*

CHRISTMAS HOLIDAY HEALTH NOTES BY MARY R. PETKAUSKAS R.N.

SHAKING THE SALT OUT OF YOUR CHRISTMAS FESTIVITIES

THROUGHOUT HISTORY, SALT HAS BEEN THE KING OF CONDIMENTS, BUT THE REVERENCE FOR SALT HAS BEEN RAPIDLY DISAPPEARING, IN FACT IT IS INCREASINGLY REGARDED AS A POTENTIAL HEALTH HAZARD. ACCORDING TO THE FOOD AND DRUG ADMINISTRATION THE AVERAGE AMERICAN EATS 10 TO 20 grams OR TWO TO FOUR TEASPOONS OF SALT A DAY. THE RECOMMENDED DIETARY ALLOWANCES IS 3 TO 8 GRAMS OF SALT. ORDINARILY THE KIDNEYS CAN HANDLE THIS EXCESSIVE SALT BY EXCRETING IT IN THE URINE. BUT SOME PEOPLE FOR REASONS THAT ARE NOT FULLY UNDERSTOOD RETAIN TOO MUCH SALT. TO MAINTAIN THE PROPER ELECTROLYTE AND FLUID BALANCE IN THE BODY, THE EXCESS SALT IS MATCHED BY A BUILD UP OF FLUID CAUSING AN INCREASE IN BLOOD VOLUME. THE BLOOD VESSELS MAY ALSO RESPOND BY CONTRACTING OR BECOMING NARROWER CAUSING THE HEART TO WORK HARDER TO PUMP AN INCREASING AMOUNT OF BLOOD THROUGH SMALLER THAN USUAL VESSELS. AS A RESULT, BLOOD PRESSURE RISES.

ALTERNATIVE FLAVORINGS FOR YOUR CHRISTMAS COOKING

THERE ARE MANY HERBS, SPICES AND OTHER FLAVORINGS THAT CAN BE USED IN PLACE OF SALT TO MAKE EVEN BLAND FOOD TASTY.

MAKE YOUR OWN HERB SHAKE

REPLACE THE SALT SHAKER ON YOUR TABLE WITH AN ALL PURPOSE HERB SHAKE. THERE ARE MANY COMBINATIONS YOU CAN TRY BUT ONE SUGGESTED IN THE AMERICAN HEART ASSOCIATIONS "COOKING WITHOUT YOUR SALT SHAKER" CALLS FOR THE FOLLOWING COMBINATION.

- 1/2 TSP CAYENNE PEPPER
- 1 TBSP GARLIC POWDER (NOT GARLIC SALT)
- 1 TSP GROUND BASIL
- 1 TSP GROUND MAJORAM
- 1 TSP GROUND THYME
- 1 TSP PARSLEY
- 1 TSP SAVORY
- 1 TSP MACE
- 1 TSP ONION POWDER (NOT ONION SALT)
- 1 TSP BLACK PEPPER
- 1 TSP GROUND SAGE

THIS CAN BE USED IN COOKING OR SPRINKLED ON MEATS, SALADS OR VEGETABLES AT THE TABLE.

THE ABOVE ARE MOST OF THE INGREDIENTS IN MRS DASH WHICH IS SALT FREE

YOU CAN MAKE UP AN HERB SHAKER WITH SOME OF YOUR FAVORITE HERBS AND ONCE YOU TRY USING THEM IN YOUR COOKING YOU WILL NOT GO BACK TO USING THE SALT SHAKER.

HAPPY HOLIDAYS!!!!!!!!!!!!!!



## HEALTH NOTES CONTINUED

### SOMETHING TO KEEP IN MIND WHEN YOU CELEBRATE THE HOLIDAYS

#### ALCOHOL AND AGING

ALCOHOL IS A PART OF MOST PEOPLES LIVES, WHETHER THEY ARE NEARABSTAINERS WHO INDULGE IN HOLIDAY TOASTS, SOCIAL DRINKERS WHO ENJOY AN OCCASIONAL COCKTAIL, OR HEAVY DRINKERS WHO CONSUME LARGE QUANTITIES ON A REGULAR BASIS. MOST PEOPLE, INCLUDING SENIOS DRINK RESPONSIBLY, TREATING ALCOHOL AS A DRUG THAT IT IS AND ARE FAMILIAR WITH ITS EFFECTS ON THE BODY AND THE DANGERS OF THESE EFFECTS SUCH AS DRIVING UNDER THE INFLUENCE. HOWEVER, WHAT PEOPLE MAY NOT REALIZE IS THAT THE EFFECTS OF ALCOHOL CHANGE WITH AGE, AND ITS EFFECTS ARE MAGNIFIED AND CAN BE DANGEROUS, WHEN ALCOHOL IS USED IN CONJUNCTION WITH OTHER COMMON DRUGS, BOTH OVER THE COUNTER AND PRESCRIPTION.

WHEN TAKEN WITH FOLLOWING DRUGS, ALCOHOL CAN SERIOUSLY SLOW DOWN REACTION TIME, IMPAIR JUDGMENT, DIMINISH PERFORMANCE SKILLS, AND REDUCE ALERTNESS: MINOR TRANQUILIZERS, SUCH AS VALIUM, LIBRIUM, MILTIWN, MAJOR TRANQUILIZERS SUCH AS THOROZINE, MELLARIL, BARBITURATES UCH AS LUMINAL, PAIN KILLERS SUCH AS DARVON, DEMEROL AND ANTHISTIMINES, SUCH AS THOSE FOUND IN MOST COLD REMEDI WITH SEVERALOF THE ABOVE DRUGS, THE COMBINATION OF REACTIONS TO THE DRUG WHEN TAKEN WITH ALCOHOL, CAN BE SEVERE ENOUGH TO CAUSE DANGEROUS HEALTH PROBLEMS AND EVEN DEATH. IN COMBINATION WITH SOME OF THE OTHER DRUGS COMMONLY PRESCRIB: FOR OLDER PATIENTS, ALCOHOL CAN EXAGGERATE THE BODY'S NORMAL RESPONSES TO THE DRUG. INCLUDED AMONG THESE ARE ANTICONVULSANTS SUCH AS DILANTIN, ANTI\_ COAGULANTS SUCH AS COUMADIN AND ANTIDIABETIC DRUGS SUCH AS ORINASE. EVEN COMMON ASPIRIN, WHEN USED TOGETHER WITH ALCOHOL CAN CAUSE BLEEDING IN THE STOMACH AND INTESTINES FOR PEOPLE SUSCEPTIBLE TO SUCH BLEEDING.

IF YOU DRINK MODERATELY, IT IS IMPORTANT TO CHECK WITH YOUR DOCTOR ABOUT POSSIBLE INTERACTIONS WITH THE THE DRUGS YOU ARE TAKING .

ABUSE OF ALCOHOL AMONG SENIOR<sup>S</sup> CAN MASK OTHER ILLNESSES AND MAKE DIAGNOSIS DIFFICULT AND CAN PRODUCE SYMPTOMS SIMILIAR TO SENILITY, SUCH AS FORGETFULNESS CONFUSION, AND REDUCED ATTENTION .

MANY PHARMACISTS ARE NOW PUTTING ON WARNING LABELS ON PRESCRIPTION DRUGS NOT TO USE ALCOHOL WHILE TAKING THE DRUG.



# December 1984

U. Joseph's 430  
St. Joseph's Christmas Fair Dec 14

2	St. Joseph's 8:30 - 10:45 First Parish 10:15	3	Exercise CLASS 10 AM	4	House Tour of Old Sturbridge Village Common 11 AM + 2 PM	5	Handbells and Organ. Benefit Mustard Seed First Congreg Church Shrewsbury 7:30	6	Senior Citizens Club Meeting 9:30 AM	7	Ice Capades Centrum, Wore. Dec 4-5th 8:00 P.M. 50	8	St. Joseph's 4 Lions Club DINNER SPI
9	First Parish 10:15 St. Joseph's 8:30 - 10:45	10	Exercise CLASS 10 AM	11		12		13	Bus Shopping Trip	14	St. Joseph's 4:30		
16	St. Joseph's 8:30 - 10:45 First Parish 10:15	17	Exercise CLASS 10 AM	18		19	HANUKKAH Traditional Jewish Music *	20		21	St. Joseph's 4:30		
23	First Parish 10:15 St. Joseph's 8:30 - 10:45	24	Exercise CLASS 10 AM Candlelight Serv. 11 PM	25	Christmas Day	26		27		28	St. Joseph's 4:30		
30	St. Joseph's 8:30 - 10:45 First Parish 10:15	31	New Years Eve										

Dec. 8 Lions Club Dinner First Parish 5 AM Church  
 Dec 13 Bus Shopping Trip Natick Mall  
 Dec 16 Christmas Cantata First Parish Church (Berlin) 5:30 P.M.  
 Dec 24 Candlelight Service First Parish Church 11 P.M.  
 \* Dec 19 Traditional Jewish Music U. Mass. Med School lobby (Worcester) 12:15 P.M.  
 BINGO discontinued for winter months  
 → Council on Aging Meeting Cancelled for December

Dec. 1 + 2  
St. Joseph's Christmas Fair



COUNCIL MEMBERS TELE.# PRESENT "POWDERHOUSE NEWS" STAFF

838-2583 GEORGE FENDERGAST

MARY PETKUSKAS EDITOR

838-2922 DONA BELLAROSA

HELEN BREWER CORRESPONDENT FOR SENIOR CITIZEN CLUB

838-2433 BETH WHEELER

MARY ELLEN MATHIAS FIRST PARISH CHURCH & CLINTON ITEM ALSO PRINTER

838-2559 PATRICIA WHEELER

MARY WARNER ST. JOSEPH THE GOOD PROVIDER CHURCH

838-7380 MARY PETKUSKAS

PHYLLIS MUNYON ART WORK

838-2832 CONSTANCE BARTER

HERBERT MUELLER COMPUTER ADDRESSING BETH WHEELER TYPIST

838-2238 EVA TOBEY

PATRICIA WHEELER TYPIST

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