

# POWDER HOUSE SENIOR NEWS:

BERLIN, MASS.



VOLUME 2-3

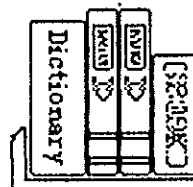
MARCH 1985



## Happy St. Patrick's Day



### Joy of Unselfish Giving



### For Your Information

Time is not measured  
 by the years you live  
 But by the deeds that you do  
 and the joy that you give--  
 And each day as it comes  
 brings a chance to each one  
 To love to the fullest,  
 leaving nothing undone  
 That would brighten the life  
 or lighten the load  
 Of some weary traveler  
 lost on life's road  
 So what does it matter  
 how long we may live  
 If as long as we live  
 we unselfishly give.

---Helen Steiner Rice

-----  
 MUSTARD SEED--soup kitchen and place  
 for the homeless, supported by both  
 St. Joseph's and First Parish Church  
 through donations and the Ecumenical  
 Yard Sale. This event will again be  
 held on May 18, 1985 on the grounds of  
 St. Joseph's. Donations are urgently  
 needed. More details to follow next  
 month. An open house at the recently  
 rebuilt Mustard Seed will be held  
 March 24 and 25. Public invited.

Sixth Annual Seniors Conferance  
 on April 18, 1985 at Assabet  
 Vocational School. This year  
 Senior Citizens *will not be*  
*admitted without a ticket.*  
 Complimentary tickets will be  
 collected at the door and used  
 in the door prize raffle. Those  
 planning to attend must contact  
 Helen Brewer 838-7317 or  
 Mary Petkauskas 838-7380  
 before April 1, 1985.

\*\*\*\*\*

Grant Award --was received this  
 month from the Department of  
 Elder Affairs to be utilized only  
 for the preparation of Newsletters  
 and Health Education.

\*\*\*\*\*

Wheat Van--Tuesday is Berlin  
 Day!!!! Weekly trips have been  
 very successful. Reservations  
 accepted on a first come first  
 serve basis. 24 hours notice  
 required. See schedule on page 3  
 for further information.

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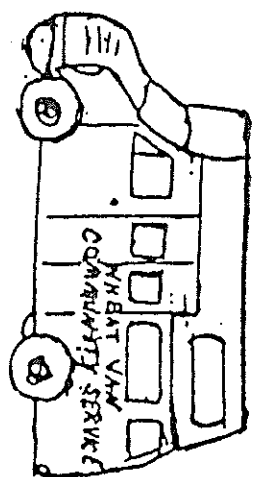






# Massachusetts Health Education Action Team

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



## MARCH 1985

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>4</b> BOLTON</p> <p>Reserved for Bolton Residents on first call basis-24 hr. adv.</p> <p>Other requests space permitting Choice destination</p> <p>Destination choice Pick-up 9:15 Return 12:15 VAN SERVICE 9am Hotel Station</p>	<p><b>5</b> BERLIN</p> <p>Reserved for Berlin Residents on first call basis-24 hr. adv.</p> <p>Other requests space permitting Choice destination</p> <p>Destination choice Pick-up 9:15 Return 12:15</p>	<p><b>6</b> LANCASTER</p> <p>Reserved for Lancaster Res. on first call basis-24 hr. adv.</p> <p>Other requests space permitting Choice destination</p> <p>Destination choice Pick-up 9:15 Return 12:15</p>	<p><b>7</b> STERLING</p> <p>Reserved for Sterling Res. on first call basis-24 hr. adv.</p> <p>Other requests space permitting Choice destination</p> <p>Destination choice Pick-up 9:15 Return 12:15</p>	<p><b>8</b> CLINTON</p> <p>Reserved for Clinton Res. on first call basis-24 hr. adv.</p> <p>Other requests space permitting Choice destination</p> <p>Destination choice Pick-up 9:15 Return 12:15</p>
<p><b>11</b> BOLTON</p> <p>Unscheduled trips on first call basis, 24 hr. adv. notice</p>	<p><b>12</b> BERLIN</p> <p>Unscheduled trips on first call basis, 24 hr. adv. notice</p>	<p><b>13</b> LANCASTER</p> <p>Unscheduled trips on first call basis, 24 hr. adv. notice</p>	<p><b>14</b> STERLING</p> <p>Unscheduled trips on first call basis, 24 hr. adv. notice</p>	<p><b>15</b> CLINTON</p> <p>Unscheduled trips on first call basis, 24 hr. adv. notice-Fitchburg WERRAKE &amp; SOC. SEC</p>
<p><b>18</b> BOLTON</p> <p>Medical/shopping daily service unscheduled first call basis 24 hr. advance</p>	<p><b>19</b> BERLIN</p> <p>Medical/shopping daily service unscheduled first call basis 24 hr. advance</p>	<p><b>20</b> LANCASTER</p> <p>Medical/shopping daily service unscheduled first call basis 24 hr. advance</p>	<p><b>21</b> STERLING</p> <p>Medical shopping daily service unscheduled first call basis 24 hr. advance</p>	<p><b>22</b> CLINTON</p> <p>WERRAKER SOCIAL SECURITY OFFICE - ON REQUEST</p>
<p><b>25</b> BOLTON</p> <p>Unscheduled trips</p>	<p><b>26</b> BERLIN</p> <p>Unscheduled trips</p>	<p><b>27</b> LANCASTER</p> <p>Unscheduled trips</p>	<p><b>28</b> STERLING</p> <p>Unscheduled trips</p>	<p><b>29</b> CLINTON</p> <p>Unscheduled trips</p>

### DONORS

Coldwell's Inc. (Coldwell Lumber Co.)  
Central Street, Berlin, Mass.  
Tel: 838-2491 - 365-2789

La Casa Mia Restaurant  
619 Main Street, Clinton, Mass.  
Tel: 365-9381

This space is reserved for names of local businesses who have contributed to the operational cost of the van. Please call 365-6349 to reserve space for the name of your business.



\*\*\*\*\*  
**Health Notes**  
 \*\*\*\*\*

By Mary Patkuskas, RN

\*\*\*\*\*  
What is Arthritis?

It is a group of diseases that cause the and connecting tissues to become painful and sometimes inflamed. Once started, Arthritis may continue for life.

What are the warning signs?

1. Persistent pain & stiffness upon rising.
2. Pain or tenderness in joints
3. Swelling in one or more joints.
4. Pain or stiffness in neck, lower back, knees and other joints.
5. Tingling sensation in fingertips, hands, feet.
6. Unexplained weight loss, fever and weakness.

What can be done to relieve Arthritis Symptoms??

1. The aim in treating arthritis is to relieve pain and stiffness, stop joint destruction from inflammation and maintain ability to get around.
2. **Medications:**  
*Aspirin* is the medicine most often used to treat arthritis. It relieves pain and reduces joint inflammation. But aspirin should be taken under medical supervision, since large doses are required to reduce inflammation. In some patients, long term use of aspirin can cause stomach irritation and other side effects, and may interfere with blood clotting

*Tylenol* or Acetaminophen, a common aspirin substitute, does not reduce inflammation, aches and pains. Newer prescription drugs that are antinflammatory may be prescribed by a physician.

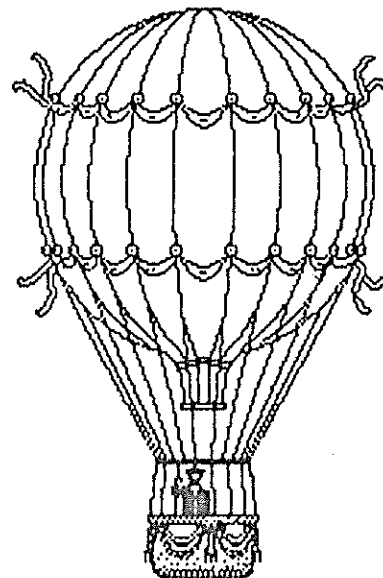
Treatment and Prevention

*Physical Therapy* is a fundamental treatment. People with arthritis do not move around very much and while rest can reduce inflammation, too much rest stiffens joints. Therefore, rest and exercise must be balanced.

*Daily Exercise* such as walking or swimming can maintain mobility.

*Good Posture* can help prevent joint strain.

*Proper Eating Habits* to prevent overweight as added weight puts strain on weight bearing joints and causes more discomfort.







# POWDER HOUSE SENIOR NEWS

BERLIN, MASS.



VOLUME 2-4

April 1985

## HAPPY EASTER:



### The Morning Sun

The Morning Sun brings tender joy  
With happiness awakes the earth  
The dew kissed flowers its light employ  
Their petals open in new birst  
The birds awake and all mankind  
Rejoices withsongs they sing  
Should not we, too give thanks a new  
Greet joyfully each newborn sun and  
spring  
Wash old sins clean with morning dew  
give old sins to Him, the Holy One..

--Paul Thomson



### Wheat News

Wheat has a new Executive Director Janet Saluk , who has already reorganized and staffed the office with the following people:

- Angelina Joyce-Clinton Outreach & Spanish Center
- Dorothy Rockwell- Berlin, Bolton Lancaster, & Sterling, Housing
- Mary Savage-Receptionist
- Eleanor Bosselman-Van Dispatcher
- Claire Ballard-Food Programs
- Helen Seymour-Office Staff
- Thelma Brewer-Van Driver
- Ida Walters-Van Driver

The Wheat Van will again be on the road by April 8, this time full time. Van schedules are available in Northbrook Village, the Town Hall and the two Berlin churches. For more information, contact WHEAT office at 365-6439.

Dorothy Rockwell, who is a Senior Advocate and R.N., will be visiting each of the five communities on a regular basis. She will be available at Berlin town hall on Tuesday, May 14, 1985 to answer your questions regarding WHEAT programs, & senior issues such as medicare, SSI and HMOs. Please note that the van is available for transportation to the town hall on that date.





The "Powderhouse Senior News" is published monthly by the Council on Aging, Berlin, MA.

Editor in Chief-Mary Petkauskas, RN  
 Production Layout-Janet Saluk  
 Activities Director-Vera Mungeam  
 Local News--Eva Toby  
 Printing--Mary Ellen Matthew

**Cheese & Rice: April 18, 1985**

Distribution at the Berlin Town Hall from 11:00 until 1:00. It is no longer necessary for Seniors to be on SSI to receive commodities. All seniors on social security, who meet certain income guidelines are eligible. Please call the WHEAT office at 365-6439 for further details.

Seniors attending the 6th Annual Senior Conference At Assabet School on April 18th should contact Audrey Craver at 838-2446 to make alternate arrangements for pick-up.



**Hot Meal Program:**

The Hot Meal Program provided by Assabet Valley Culinary Arts Dept, will be served for the last time on April 10, 1985, due to changes in the Student Curriculum, and a new project they have undertaken. It is with regret that they have to discontinue this program, as both the students and the Senior Citizens who participated have enjoyed the meals and the students serving them.



**Elder Affairs Secretary Urges Use of Safety Belts!!!!**

Elder Affairs Secretary Richard H. Rowland has urged Seniors to use seat belts when riding in a car. Research experts suggest that seniors are at greater risk of injury or death in a car accident due to more fragile bones and a reduced ability to withstand the trauma of an accident.



**Reminder!!!!!!**

All Seniors attending the Senior Conference, be sure and bring your tickets! as admission by ticket only this year. Tickets will also be used for Door Prizes.



**Community Yard Sale:**

Saturday May 18, 1985 at St. Joseph's. Please save and share donations (flea market items, plants, garden items, books, hardware, old appliances, furniture toys, old clothes, gifts, handcrafts, baked goods, and time.) Proceeds to be shared among WHEAT(support the Van), Mustard Seed in Worcester, and James 2:15 Soup Kitchen in Clinton.





BLUE CROSS/BLUE SHIELD

A new law aims to protect subscribers to Medex Plans. From March 4, 1985 on, physicians and other providers who participate with Blue Shield will not be able to bill Medex subscribers for any balance above the amount approved by Medicare for their services, as long as the Services are covered under your Medex Plan. Services not covered by Medex including Physical exams, ambulance services and office visits are not subject to the new law.

SENIOR CITIZENS DENTAL CARE PROGRAM

The Massachusetts Dental Society is embarking on a program this Spring to provide free preliminary Dental Examinations for Senior Citizens who will visit a participating dentist.

Senior Citizen Dental Care Program aims "to educate and motivate citizens over 60 years old to become regular users of dental care", says Mass Dental Society Secretary Dr. Robert Hunter. The free preliminary examination involves an examination of existing teeth and oral tissues and an initial screening for cancer detection. Anyone interested in participating call Mary 838-7380 .

For more information concerning a comprehensive Dental Care Program, or for a full Denture program at special rates for Seniors, individuals may call the Massachusetts Dental Society--toll free 1-800-342-8747.

HEALTH NOTES

By Mary Petkouskas, R.N.

PERIODONTAL OR GUM DISEASE

Of all the things that can go wrong with the Human Body, gum disease must rank among the least glamorous. Three fourths of all Senior Citizens have the disease and they don't feel a thing until the damage is done. It is responsible for roughly 70% of all lost teeth and bad breath.

Warning Signs

- 1-Gums that bleed when you brush your teeth.
- 2-Gums that are red, swollen, tender
- 3-Gums that have pulled away from the teeth
- 4-Pus between the teeth and gums when gums are pressed
- 5-Permanent teeth that are loose or separating
- 6-Any change in way your teeth fit together when you bite
- 7-Any changes in the fit of partial dentures
- 8-Bad Breath

Prevention of Periodontal Disease

- 1-Protect yourself by brushing and flossing your teeth daily and have professional cleanings.
- 2-Early stages may only require scaling -the process of removing hardened bacterial deposits from the teeth.
- 3-Serious conditions may require root planing so gums can reattach to the teeth.





THE UNIVERSITY OF CHICAGO  
DEPARTMENT OF CHEMISTRY  
5708 SOUTH CAMPUS DRIVE  
CHICAGO, ILLINOIS 60637  
TEL: 773-936-3700  
FAX: 773-936-3701

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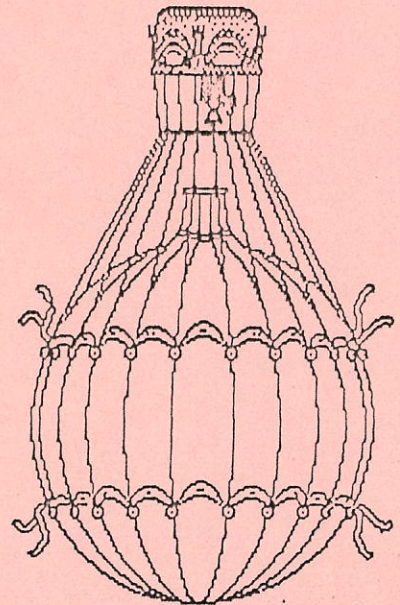
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POWDERHOUSE SENIOR NEWS:

Council on Aging, Berlin MA

Grace Pendergast 838-2583  
Dona Bellarosa 838-2922  
Ruth Wheeler 838-2433  
Patricia Wheeler 838-2559  
Mary Petkuskas 838-7380  
Constance Barter 838-2832  
Eva Tobey 838-2238



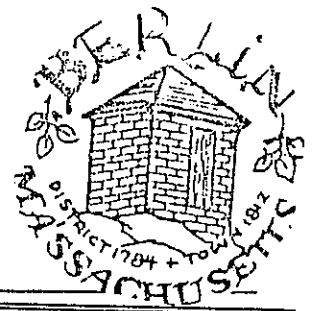
Council on Aging  
Berlin, MA 01503

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# POWDER HOUSE SENIOR NEWS

BERLIN, MASS.



Volume 2:5

May 1985

Berlin, Massachusetts



From the Editor's Desk:



This is a glorious time of the year when flowers begin to bloom and birds warble a welcome to the new season, which is for most of us an era of good feeling. As the days grow warmer and brighter, we draw hope and joy from the rebirth of the world around us.. Everything seems possible, so let us change our Lifestyle and help each other.

## COMMUNITY YARD SALE

St. Josephs Church on May 18, 1985  
Please collect and save old furniture, appliances, clothes, books, toys, hardware items, jewelry, kitchen gadgets, garden supplies, plants, floral displays, health foods and preserves as well as items for the white elephant table. Bring any of the above items to the church on Friday afternoon or evening May 17th. For further information call Mary at 838-7380  
We particularly invite donations of crafts and there will also be an artists corner.

## CULTIVATING FRIENDS

Sow a word of praise today  
Plant a kindness seed  
Listen to a troubled friend  
Help someone in need

Compliment a weary soul  
Too fatigued to try  
Shine forth rays of hope on all  
Comfort those that cry

Scatter deeds of love each day  
Plant each row with care  
Sprinkle joy along your way  
Soak each one in prayer

Ask the Lord to bless each one  
And one day you'll reap  
A harvestful of loving friends  
To cherish and to keep.

---Connie Hennin---

For more information call:  
838-7380

Editor: Mary Petkauskas  
Layout: Janet Saluk  
Activities: Vera Mungeon  
Production: Council on  
Aging  
Local News: Eva Tobey

# Health Notes

By Mary Petkuskas, RN

Now that Spring is here and everyone is beginning to have a spirt of energy it is time to resume our daily walks which is the best exercise for the Senior Citizen.

In order to enjoy our walks we need to think about Foot Health.

## SOME SUGGESTIONS RE FOOT CARE

Proper foot care is of the utmost importance to you. Many foot problems can be prevented by simple hygienic care. Your feet are important if you want to continue to walk and remain active.

## EXERCISE

Walking is the best exercise for your feet. Sometimes special exercises are advised by your Doctor for special problems.

## SHOES

Your feet must have adequate protection and support. a shoe with a firm sole and soft upper is best for daily activities. Your shoes should

Should be of correct size and free of seams and darns and changed daily. Loose woolen socks may be worn at night to keep feet warm.

## REMEMBER

Donot wear constrictiing garters as this can stop circulation to you feet and legs. Donot wear constricting hose such as Elastic Stockings unless they are prescribed for you.

## CORNS AND CALLUSES

They are growth of hard skin at points of pressure and should be treated by your Podiatrist. Foot deformity with an improper fitting shoe may cause them. Never cut them with a razor or any other instrument. Never apply strong antiseptic "corn cures" or other strong medication to your feet these chemicals and other forms of self treatment can cause serious infection.

## BATHING

Bathe feet daily in lukewarm water using mild soap after thoroughly rinsing gently blot feet dry with soft towel. Pay special attention to skin between toes.

## TOE NAILS

Your toe nails should be even with the end of the toes Trim or file your nails straight across.

## SOCKS AND STOCKINGS



Regular trips have been scheduled to accomodate the large number of requests for medical and shopping trips at a reasonable fare. These trips are available to residents of the five towns, including Berlin. The fare will be \$3.00 round trip and is used to help cover the expenses.

Worcester Area:

Monday 1:00-5:00

Wednesday 9:00-12:30

Friday 1:00-5:00

Fitchburg/ Leomeister:

Friday 9:00-12:30

Seniors needing to travel to Fallon Clinic in Westboro, should make their appointments on days scheduled for Worcester between 2:30 and 3:30, and WHEAT will try our best to accomodate them.

The van is available at other times for medical trips, however we will not be able to make these special custom trips for only \$3.00. Please contact the dispatcher at the WHEAT office for more information.



The WHEAT van may be reserved for Senior Excursions for outings, meetings, shopping, etc. The charge for the use of the van for a half day is \$25.00 for trips within Worcester County, and includes driver. Please patronize the van sponserers for their assistance in allowing us to make this service available to seniors at a reasonable cost.

RESERVATIONS:

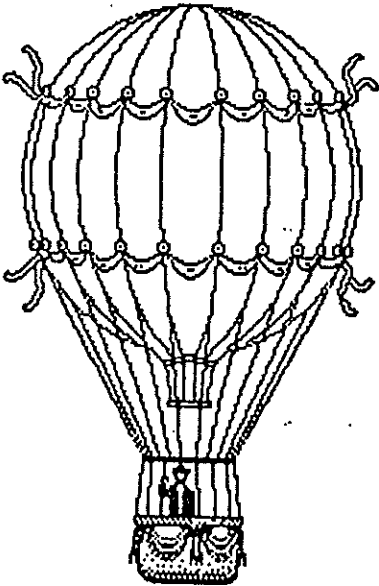
Contact the WHEAT dispatcher, Elle Bosselman at 365-6349 between 9:00 and 1:00 for additional information and to reserve your trip. ACTIVITIES DIRECTORS NOTES

Bus trips are getting expensive. Having checked into the cost of various trips and the Council on Aging paying partly toward the bus. The trip to Lake Sunapee N.H. boat trip and lunch would cost approximately \$20.00. A boat trip to Boston Harbor with entertainment and lunch on the "Spirit of Boston" would be approximately \$15.00. These prices are guaranteed for 40 people. Are there enough of you willin\$ to commit yourself fo these prices. I must know before I go ahead and plan. Other trips that seem interesting are Cranberry World in Plymouth in August. Please let us know what you would like. Call Vera 2935 or Mary 7380.

*Vera*

Bulk Rate  
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Berlin, MA 01503



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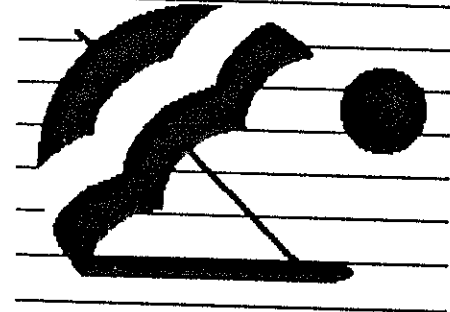


VOLUME 2-6

June 1985

## Senior CITIZENS LAMENT

THOUGHT I WOULD LET MY DOCTOR CHECK ME  
CAUSE I DIDNT FEEL RIGHT  
ALL THOSE ACHES ANS PAINS ANNOYED ME ;  
AND I COULDNT SLEEP AT NIGHT  
HE COULD FIND NO REAL DISORDER, BUT  
HE WOULDNT LET IT REST,  
WHAT WITH MEDICAR E AND BLUE CROSS, IT  
WOULDNT HURT TO DO SOME TESTS,  
TO THE HOSPITAL HE SENT ME. THOUGHÉ DIDNT  
FEEL THAT BAD  
I WAS FLUOROSCOPED AND CYSTOSCOPED,  
MY AGING FRAME DISPLAYED  
STRIPPED UPON AN ICE COLD TABLE WHILE  
MY GIZZARDS WERE XRAYED  
I WAS CHECKED FOR WORMS AND PARASITES  
FOR FUNGUS AND THE CRUD  
WHILE THEY PIERCED ME WITH LONG NEEDLES  
TAKING SAMPLES OF MY BLOOD.  
DOCTORS CAME TO CHECK ME OVER. PROBES  
AND PUSHED AND POKED AROUND,  
AND TO MAKE SURE I WAS LIVING, THEY  
WIRED ME FOR SOUND,  
THEY HAVE FINALLY CONCLUDED; (THEIR  
RESULTS HAVE FILLED A PAGE)  
WHAT I HAVE WILL SOMEDAY KILL ME.  
MY AFFLICTION IS OLD AGE



# SUMMER

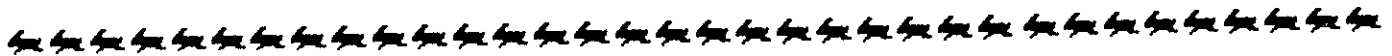


### TAKE TIME

TAKE TIME TO WORK  
IT IS THE PRICE OF SUCCESS  
TAKE TIME TO THINK  
IT IS THE SOURCE OF POWER  
TAKE TIME TO PLAY  
IT IS THE SECRET OF PERPETUAL YOUTH  
TAKE TIME TO READ  
IT IS THE FOUNDATION OF WISDOM  
TAKE TIME TO BE FRIENDLY  
IT IS THE ROAD TO HAPPINESS  
TAKE TIME TO DREAM  
IT IS HITCHING YOUR WAGON TO A STAR  
TAKE TIME TO LOVE AND BE LOVED  
IT IS THE PRIVILEGE OF THE GODS  
TAKE TIME TO LOOK AROUND  
THE DAY IS TOO SHORT TO BE SELFISH  
TAKE TIME TO LAUGH  
IT IS THE MUSIC OF THE SOUL.

The "Powderhouse Senior News" is  
published monthly by the Council  
on Aging, Berlin, MA.

Editor in Chief - Mary Petkauskas, RN  
Production Layout - Janet Seluk  
Activities Director - Vera Mungeam  
Local News -- Eva Tobey  
Printing -- Ruth Wheeler



JUNE EVENTS CALENDAR

JUNE 6, 1985

Senior Citizens Meeting at First Parish Church at 9:00 AM. Blood pressures will be taken. Speaker and lunch will be announced.

JUNE 20, 1985

CHEESE AND BUTTER DISTRIBUTION at Berlin Town Hall by WHEAT staff, from 11:00-1:00.

JUNE 29, 1985

STRAWBERRY FESTIVAL AT BEEZY BENSONS FARM.

Seniors Strawberry Recipes would be welcome and there will be an award for the winning recipe. Send recipes to Mary or call her at 838-7380.

BUS TRIPS

Suggestions for bus trips to be sent to Vera Mungeon, or call her at 838-2935.

WHEAT VAN JUNE SCHEDULE

Monday 1:00-5:00  
Worcester Area

Wednesday 9:00-12:30  
Worcester Area

Friday 9:00-12:30  
Fitchburg/Leominster

Friday 1:00-5:00  
Worcester Area

Call dispatcher, Elle Bosselman at 365-6349 for further information and to make your reservation. Please call 24 hours in advance if possible.

Please note, that in addition to medical and social service appointments, these trips ARE available for visits to shopping centers and restaurants!!!!!! All for a fare of only \$3.00 round trip.





**HEALTH NOTES**

By Mary Petkauskas, R.N.

**HOW TO DEAL WITH STRESS**

1. VENTILATE, SIMPLY STATED TALK IT OUT about your problem with an individual you trust.

2. MOVE AWAY- get away from the source of pressure even for a moment can do much to change the scene and help eliminate stress.

3. SWEAT AWAY ANGER ,trick is to get the anger out of the system in same way as perspiration rids body of certain impurities.

PHYSICAL ACTIVITY is highly recommended.

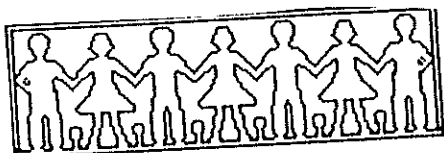
4. MOVE ON. if you run into a block dont let it gain weight as you fuss and fret. The idea is to get away from area for a few days and come back to it.

5. AVOID PERFECTION. far too many capable individuals tie themselves in knots and are less effective because they seek something called perfection. The result is that they cannot meet their expectations and they get feelings of failure and it results in stress.

6. GIVE IN, yielding occasionally reduces a lot of strain on your nervous system. It pays off in better all round relations.

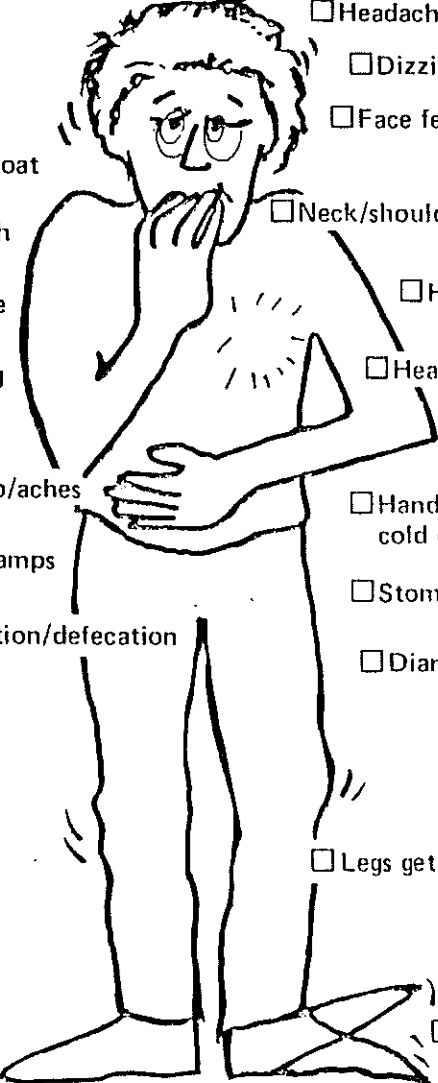
7. CAJSTHENICS AT END OF THE DAY OR OTHER PERIODS WHEN TENSION IS BUILDING WORK IT OFF WITH EXERCISE.

8. REST AND RELAXATION interrupt periods of extreme tension with rest and relaxation bygoing off to a quiet spot, closing your eyes for ten minutes, taking a walk or doing something for a change of pace.



# Dis-Stressed?

Do you feel that you are under a lot of stress and pressure? To evaluate your condition, place a check "✓" before those items which you experience frequently.



- Headaches
- Dizziness
- Face feels hot, flushed
- Neck/shoulders tighten up/ache
- Heart beats faster
- Heartburn
- Dry mouth/throat
- Grind teeth
- Loss of appetite
- Nail biting
- Back tightens up/aches
- Hands and/or feet feel cold or sweaty
- Stomach upset/nausea
- Cramps
- Diarrhea
- Increased urination/defecation
- Legs get shaky or tighten up
- Tapping fingers/feet

Issued by the Cooperative Extension Service, Daniel I. Padberg, Director, in furtherance of the Acts of May 8 and June 30, 1914; United States Department of Agriculture and County Extension Services cooperating. The Cooperative Extension Service offers equal opportunity in programs and employment.

J1300:10/81-5M



**THE CLINTON SAVINGS BANK  
BERLIN BRANCH OFFICE**

THE CLINTON SAVINGS BANK BERLIN BRANCH OFFICE HAS BEEN FULLY OPERATIONAL FOR ONE FULL YEAR, AND WHAT A SUCCESSFUL AND ENJOYABLE YEAR THIS HAS BEEN FOR ALL OF US AT CLINTON SAVINGS BANK AND FOR THE CUSTOMERS WHICH WE SERVE.

THE IMPACT WHICH OUR NEWEST BANKING FACILITY HAS HAD ON THE BERLIN COMMUNITY CAN BE MEASURED BY THE DEPOSIT LEVEL OVER 1.5 MILLION DOLLARS AND WE HAVE ISSUED NEARLY 1 MILLION DOLLARS IN MORTGAGES AND CONSUMERS LOANS TO OUR CUSTOMERS,

AS MANY AS 600 CUSTOMERS FREQUENT OUR BERLIN OFFICE WEEKLY, THE STRENGTH OF OUR SERVICES DEMONSTRATED IN OUR ABILITY TO KNOW AND UNDERSTAND OUR CUSTOMERS AS INDIVIDUALS, NOT JUST AS NUMBERS, WE CONSIDER IT OUR OBLIGATION AND A PLEASURE TO SERVICE THE PERSONAL AND BUSINESS FINANCIAL NEEDS OF THIS COMMUNITY, THIS RAPPORT WHICH WE HAVE DEVELOPED WITH THE BERLIN AND SURROUNDING COMMUNITIES HAS PROVED TO BE OUR STRONGEST ASSET; WE HAVE TRULY LIVED UP TO OUR COMMITMENT TO BE YOUR COMMUNITY BANK.

WE WELCOME YOU TO VISIT OUR BERLIN OFFICE, LOCATED IN THE COLDWELL LUMBER BUILDING ON ROUTE 62. BUSINESS HOURS  
MON, TUES, WED, FRI 9 a.m. TO 5 P.M.  
THURS 9 A., M. TO 7 P.M.,  
SAT 9 A. M. TO 12.00 NOON

WE LOOK FORWARD TO SERVICING YOU  
CLINTON SAVINGS BANK

Thanks to Clinton Savings Bank for paying newsletter postage.

**SAFE DEPOSIT BOXES**

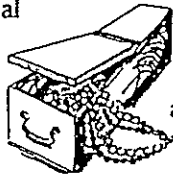
**GIVE YOUR VALUABLES**



**A QUIET PLACE TO REST**

You won't worry about losing valuable papers and other personal possessions when they're stored fireproof and burglar

proof in one of our safe deposit boxes.



Come in and see how easy it is to arrange a safe home for your valuables.

SIZE	PRICE	SENIOR CITIZEN DISCOUNT
2"x 5"x24" .....	\$20.00 .....	\$15.00
3"x 5"x24" .....	\$22.00 .....	\$16.50
5"x 5"x24" .....	\$30.00 .....	\$22.50
3"x10"x24" .....	\$35.00 .....	\$26.25
5"x10"x24" .....	\$50.00 .....	\$37.50
10"x10"x24" .....	\$85.00 .....	\$63.75



**Clinton  
Savings  
Bank**

"Your Bank from Generation to Generation — Since 1851"

200 Chapel St. 761-4560      Branch Office 117 at the Safe Box 779-2857  
121 Main St. 761-9711      Branch 25 Central St. 836-7286

All deposits insured in full





Bulk Rate  
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# POWDERHOUSE SENIOR NEWS

BERLIN, MASS.



VOLUME 2-7

JULY 1985



Announcing:

THE COUNCIL ON AGING IS PLANNING ITS SECOND ANNUAL SMORGASBOARD ON JULY 24, 1985 at 5 P.M. FOR ALL SENIOR CITIZENS IN BERLIN AT NORTHBROOK VILLAGE.

ENTERTAINMENT WILL BE PROVIDED AND THE COUNCIL MEMBERS WILL ARRANGE FOR TRANSPORTATION IF NEEDED. CONTACT EVA TOBEY 2238 OR MARY PETKAUSKAS 7380

WHEAT VAN IS AVAILABLE FOR OUTINGS AND OTHER RECREATIONAL TRIPS FOR 8-10 PEOPLE FOR A HALF DAY FOR \$25. IF ANYONE IS INTERESTED PLEASE CONTACT VERA OR MARY SO SPECIAL ARRANGEMENT CAN BE MADE.

## BUS TRIP FOR AUGUST

I AM PLANNING A TOUR OF CRANBERRY WORLD IN PLYMOUTH MASS... IT WILL BE A GUIDED TOUR WITH SOME WALKING AROUND THE VISITOR CENTER. COME FOR THE RIDE AND SEE THE OCEAN. HOPING TO FIND A PLACE FOR LUNCH. FURTHER DETAILS AT AUGUST SENIOR MEETING, WHICH WILL BE AT M. NELSON'S HOME.

*VERA*

WANT A HEALTHY FORM OF EXERCISE?  
TRY WALKING.

DEPT OF ELDER AFFAIRS IS INTERESTED IN STARTING WALKING CLUBS IN ALL THE LOCAL COMMUNITIES. ARE THE SENIORS IN BERLIN INTERESTED IN STARTING SUCH A CLUB WITH DIFFERENT LEADERS AND EXPLORING ALL THE INTERESTING AREAS IN BERLIN FOR WALKING.



**From the Editor's Desk:**



This is your news letter!!! Contributions from our readers are wanted. Help make this newsletter representative of the Berlin Senior Community. Please submit your poems, writings, recipes, letters, historical information, events, concerns, etc to the editor

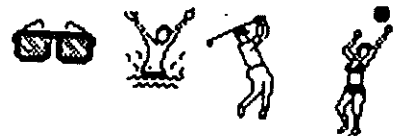
The "Powderhouse Senior News" is published monthly by the Council on Aging, Berlin, MA.

Editor in Chief - Mary Petkauskas, RN  
Production Layout - Janet Seluk  
Activities Director - Vera Mungean  
Local News - Eva Tobey  
Printing - Ruth Wheeler



## HEALTH NOTES

By Mary Potkoushac, R.N.



### SUMMER HEALTH TIPS

1. HEAT IS ONE OF THE BIGGEST LIABILITIES THE OLDER YOU GET. SENIOR CITIZENS SWEAT LESS AND SWEAT IS NECESSARY TO KEEP THE BODY COOL IN THE HEAT. WITHOUT COOLING THE BODY, FEVER AND HEAT STROKE CAN DEVELOP."

DR. SAM CLARK

SUGGESTIONS TO ASSIST THE BODY TO ADAPT TO HEAT AND HOT WEATHER.

1. REDUCE PHYSICAL ACTIVITIES DURING HOT WEATHER, IF CHORES OR ERRANDS NEED TO BE DONE THEY SHOULD BE DONE DURING THE COOLER PART OF THE DAY.

2. CLOTHING SHOULD BE LIGHT IN COLOR AND WEIGHT AND PREVENT ABSORPTION OF HEAT AND AID IN EVAPORATION OF PERSPIRATION WHICH IS THE MECHANISM TO REDUCE BODY HEAT.

3. FANS AND AIR CONDITIONERS SHOULD BE USED TO CIRCULATE THE AIR AND REDUCE AMOUNT OF HEAT IN THE HOUSE.

4. ADEQUATE FLUID INTAKE IS VERY IMPORTANT TO PREVENT DEHYDRATION, AT LEAST A QUART OF FLUID SHOULD BE TAKEN PREFERABLY FRUIT JUICES AND NON CAFFEINE DRINKS.

5. DIRECT SUNLIGHT SHOULD BE AVOIDED SINCE OVEREXPOSURE TO

ULTRAVIOLET LIGHT ACCORDING TO DERMATOLOGISTS IS ONE OF THE CAUSES OF SKIN CANCER IN OLDER PEOPLE. SUNLIGHT EXPOSURE DURING THE HOURS 10a.m. and 2p.m, WHEN SUN RAYS ARE MOST INTENSE AND SUNSCREEN WITH SUN-PROTECTION FACTOR OF AT LEAST 15 CAN PROVIDE PROTECTION AGAINST THE SUNS DAMAGING ULTRAVIOLET RADIATION.

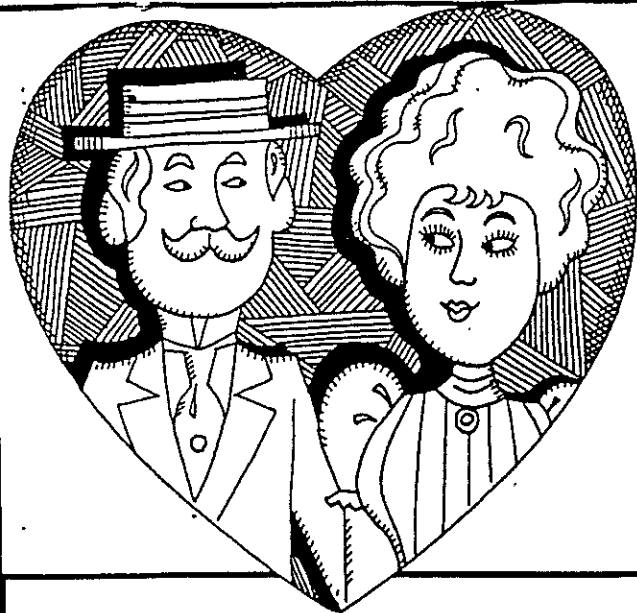
6. SUN GLASSES SHOULD BE WORN SINCE ULTRAVIOLET RAYS IN DIRECT SUNLIGHT MAY HAVE A DAMAGING EFFECT ON EYES FROM PROLONGED EXPOSURE.

7. DIET IN SUMMER SHOULD BE LIGHT AND EASILY DIGESTIBLE TAKE ADVANTAGE OF ALL THE FRESH GREEN

VEGETABLES AND FRUITS, THEY NOT ONLY PROVIDE FIBER AND ROUGHAGE AND PREVENT CONSTIPATION

8. EXERCISE REGULAR EXERCISE IS AN IMPORTANT PART OF GOOD HEALTH ANY TIME OF THE YEAR. WALKING IS THE BEST EXERCISE AND THE GOOD WEATHER IN SUMMER HELPS, HOWEVER WALK EARLY IN THE MORNING OR EARLY EVENING WHEN IT IS COOLER.

HEAT EXHAUSTION AND HEAT STROKE ARE SOME OF THE COMPLICATIONS OF EXCESSIVELY HOT WEATHER. WEATHER



**We love doing business with you**

GRAND PACKAGE FOR GRAND PEOPLE

Since 1851, Clinton Savings Bank has been "Your Bank from Generation to Generation".

Our bank recognizes that every little bit helps. For those very special people aged, sixty (60) or over, Clinton Savings Bank continues its tradition of respecting your needs and offering you a "Grand Package" of benefits.

GRAND PACKAGE

DIRECT DEPOSIT-

Guaranteed automatic crediting to your account. Safe, fast, no lines. Sign up today!

FREE N.O.W. CHECKING-

No charge at all for regular checks or services if you maintain a \$10.00 minimum balance.

SAFE DEPOSIT BOXES-

Available at our Clinton Office at a 25% discount. Safe, secure and available during bank hours.

CONSUMER LOANS-

Rates discounted by 1% (excluding specials) for direct deposit customers.

FREE TRAVELERS CHEQUES-

American Express or VISA cheques available for all occasions.

FREE NOTARY SERVICES-

Notarize your personal documents.

INDIVIDUAL RETIREMENT ACCOUNTS-

No fees or commissions. Earn more retire with more. Free advisory service.

RATE LINE-



CSB Rate Line — phone 368-1371, anytime — 24 hours a day.

Call for investment rates without leaving your home. Up to date information.

ALSO AVAILABLE:

- . US Savings Bonds
- . Christmas Clubs
- . Vacation Clubs



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Clinton 200 Church St. 365-4401    Bolton Rte. 117 at the Salt Box 779-2857  
Sterling 3 Main St. 422-8133    Berlin 25 Central St. 838-2286

All deposits insured in full.



Thanks to Clinton Savings Bank for paying newsletter postage.

**SENIOR CITIZEN' S LETTER TO A FRIEND**

JUST A LINE TO SAY I'M  
LIVIN  
THAT I'M NOT AMONG THE  
DEAD  
THOUGH I'M GETTING MORE  
FORGETFUL  
AND MORE MIXED UP IN THE  
HEAD

FOR SOMETIMES I CAN'T  
REMEMBER  
WHEN I STAND AT THE FOOT  
OF THE STAIRS,  
IF I MUST GO UP FOR  
SOMETHING  
OR I'VE JUST COME DOWN  
FROM THERE

AND BEFORE THE FRIG SO  
OFTEN  
MY POOR MIND IS FILLED  
WITH DOUBT  
HAVE I JUST PUT FOOD  
AWAY, OR  
HAVE I COME TO TAKE  
SOMETHING OUT.

AND THERE'S TIME WHEN IT  
IS DARK OUT  
WITH MY NIGHT CAP ON MY  
HEAD,  
I DON'T KNOW IF I'M  
RETIRING  
OR JUST GETTING OUT OF BED

SO, REMEMBER--I DO LOVE  
YOU  
AND WISH THAT YOU WERE  
HERE  
BUT NOW, ITS NEARLY  
MAILTIME  
SO, I MUST SAY, "GOOD-BY

**AUTHOR UNKNOWN**

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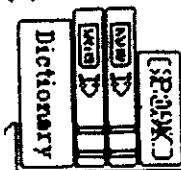
# POWDERHOUSE SENIOR NEWS

BERLIN, MASS.



AUGUST 1985

VOLUME 2- 84



For Your  
Information



1985

## SUMMER



### SOCIAL SECURITY 50TH BIRTHDAY

THE EXECUTIVE OFFICE OF ELDER AFFAIRS IS URGING SENIORS TO ATTEND A CELEBRATION OF THE 50TH YEAR OF SOCIAL SECURITY. THERE WILL BE FIVE EVENTS, EACH AT REGIONAL SITES ACROSS THE COMMONWEALTH, THE FESTIVITIES WILL PROVIDE AN OPPORTUNITY TO DEMONSTRATE OUR STRONG SUPPORT FOR A PROGRAM WHICH HAS SERVED US ALL FOR FIVE DECADES. THE SPECIAL EVENT FOR WORCESTER COUNTY WILL BE HELD AT WORCESTER STATE COLLEGE, STUDENT UNION ON AUGUST 16, 1985, AT 3PM AT 486 CHANDLER STREET WORCESTER. ANYONE INTERESTED IN ATTENDING GET IN TOUCH WITH MARY AND TRANSPORTATION WILL BE ARRANGED..



### AUGUST CALENDAR OF EVENTS

AUGUST 1, 1985

SENIOR CITIZENS MEETING AT MARJORIE NELSONS HOME. B/P WILL BE TAKEN AND KENETUCKY FRIED CHICKEN WILL BE SERVED FOR LUNCH. RESERVATION REQUIRED FOR LUNCH.

AUGUST 7, 1985

POSTURE, PEP, AND FOOD POWER'  
A LECTURE AND DEMONSTRATION AT DEPT OF EDUCATION WEST BOYLSTON. ANYONE INTERESTED CALL MARY 838-7380

AUGUST 14, 1985

TRIP TO CRANBERRY WORLD IN PLYMOUTH. RESERVATIONS TO BE MADE WITH VERA. BUS SCHEDULE AND OTHER INFORMATION ON BULLETIN BOARD AT NORTHBROOK AND WILL BE ANNOUNCED AT THE SENIOR MEETING.

AUGUST 15, 1985

SALISBURY BEACH SENIOR CITIZENS DAY AN THE TOWN OF SALISBURY HAS INVITED ALL SENIOR CITIZENS TO PARTICIPATE IN A FUN DAY AT THEIR 10TH SENIOR CITIZENS DAY. ANYONE IN BERLIN INTERESTED CALL MARY AS SHE HAS TO LET SALISBURY KNOW HOW MANY WILL BE GOING. PARKING IS FREE. THERE WILL BE MUSIC, DANCING, PRIZES, DISCOUNTS AN A TALENT SHOW.

# POWDER HOUSE SENIOR NEWS

2

## MESSAGE FROM VERA

I HAVE ASKED THE COUNCIL ON AGING COMMITTEE TO FIND A REPLACEMENT FOR ME, SOMEONE ELSE MAY HAVE MORE ENTHUSIASM AND IDEAS TO ENTERTAIN YOU. ITS BEEN A WONDERFUL EXPERIENCE FOR ME AND I HAVE UNTIL THIS PAST YEAR ENJOYED PLANNING TRIPS AND GETTING TO KNOW YOU ALL. I STILL HOPE TO SEE YOU ALL AND IN THE FUTURE WHEN I BECOME A SENIOR CITIZEN. I WILL CONTINUE TO DO THE EXERCISES IN SEPTEMBER IF ENOUGH OF YOU ARE INTERESTED.

VERA

## BUS TRIP WEDNESDAY AUGUST 14, 1985

NORTHBROOK VILLAGE 6.30 A.M.

TOWN HALL 8.40 a.m.

TO: PLYMOUTH MASS.

TOUR CRANBERRY WORLD 10.30 A.M.

LUNCH MAYFLOWER SEAFOODS 12 NOON

BAKED STUFFED FILET OF SOLE WITH  
NEWBURG SAUCE

OR

CHICKEN CORDON BLEU

ABOVE ENTREE SERVED WITH SOUP AND SALAD, RICE PILAF, HOMEMADE BREAD, VEGETABLE OF THE DAY, COFFEE AND DESERT.

THOSE THAT WOULD LIKE TO VISIT .

"PLIMOUTH PLANTATION" OR SHOP

CHRISTMAS SHOP I WILL HAVE BUS TAKE YOU TO YOUR CHOICE.

THE PRICE FOR LUNCH INCLUDES TAX AND

TIP \$ 8.00

BUS ALONE \$3.00

TOTAL IS \$11.00

THIS PRICE FOR 40PEOPLE SO LETS TRY TO FILL THE BUS, INVITE FRIENDS OR RELATIVES.

RETURN TO BERLIN 5P.M..

## BERLIN SENIORS PROFILE 1985 CENSUS

<u>FEMALES</u>	<u>MALES</u>	<u>TOTALS</u>
60-70=83	77	160
70-80=46	32	78
80-90=69	52	121
90+ =8	3	11
-----		
206	164	370

## WALKING PROGRAM IN BERLIN

THE EXECUTIVE OFFICE OF ELDER AFFAIRS IS COORDINATING A STATEWIDE NETWORK OF WALKING CLUBS IN EVERY COMMUNITY. THREE LEADERS FROM BERLIN WILL BE GOING TO THE TRAINING PROGRAM AT THE TUFTS NUTRITION RESEARCH CENTER ON AGING IN BOSTON ON AUGUST 2, 1985. WALKING PROGRAM IN BERLIN WILL BE STARTING IN SEPTEMBER. MORE INFORMATION WILL BE IN NEXT MONTHS NEWSLETTER.

The "Powderhouse Senior News" is published monthly by the Council on Aging, Berlin, MA.

Editor in Chief - Mary Petkauskas, RN  
Production Layout - Janet Saluk  
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By Mary Potkoushac, RN

**HAVE A HAPPY  
HEALTHY SUMMER!**



WARM WEATHER AND PICNIC POINTERS FOR  
SAFE SUMMER EATING.

1. DON'T LET GROCERIES SIT IN A WARM CAR WHILE YOU DO OTHER ERRANDS.
2. DONT LET COOKED FOODS STAND AT ROOM TEMPERATURE FOR MORE THAN 2-3HRS (THIS INCLUDES PREPARATION, STORAGE AND SERVING TIME).
3. HANDS SHOULD ALWAYS BE CLEAN WHEN YOU HANDLE ANY FOOD (AFTER HANDLING RAW MEAT, FISH, POULTRY OR EGGS, WASH YOUR HANDS WITH SOAP AND HOT WATER BEFORE WORKING WITH OTHER FOODS) ALSO THOROUGHLY WASH YOUR CUTTING BOARD AND KNIVES.
4. DONT LOAD A WARM REFRIGERATOR WITH WARM FOOD AND EXPECT IT TO BE SAFE.(this would apply to a vacatiion spot, cool the refrigerator before loading)
5. REFRIGERATE CREAM PIES AND CREAM FILLED PASTRIES, FILL AS CLOSE TO SERVING TIME AS POSSIBLE. TO REALLY BE SAFE DONT SERVE THESE IN HOT WEATHER.
6. FREEZE CUBES OF CHICKEN, TURKEY, OR HAM AND USE TO PREPARE SALADS. SALADS WILL THAW AS IT STANDS KEEPING IT COLD AS POSSIBLE.
7. MAKE YOUR SANDWICHES WHEN YOU ARE READY TO EAT. BREAD NEED NOT BE REFRIGERATED, ONLY THE FILLINGS.
8. DONT PREPARE OR PURCHASE FRESHLY PREPARED PICNIC FOODS MORE THAN 24 HOURS IN ADVANCE.

\*\*\*\*\*  
**ON  
VACATION**

A LOW CALORIE CALIFORNIA ONION DIP--  
ONLY 10 CALORIES PER TBSP

- 1/2 cup of skim milk
- 2 unsalted beef bouillon cubes
- 1 cup unsalted dry cottage
- 2 teaspoon lemon juice
- 2 teaspoons vermouth or dry white wine

- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 2 tablespoons onion flakes or 1/4 cup chopped green onion

MIX MILK AND BOUILLON CUBES IN BLENDER UNTIL CUBES DISSOLVE. AS REMAINING INGREDIENTS EXCEPT ONION AND BLEND AT HIGH SPEED UNTIL SMOOTH. STIR IN ONION. USE AS A DIP FOR RAW VEGETABLES, TOAST STRIPS OR CRACKED TORTILLA SHEETS

## POWDERHOUSE SENIOR NEWS:

SECOND ANNUAL SMORGASBORD SPONSORED BY THE BERLIN COUNCIL ON AGING WAS VERY SUCCESSFUL AND BROUGHT OVER 85 SENIOR CITIZENS TO NORTHBROOK VILLAGE WHERE THEY ENJOYED A FABULOUS MEAL WITH ENTERTAINMENT AND DANCING FOR SOME OF THE MORE ACTIVE GROUP.

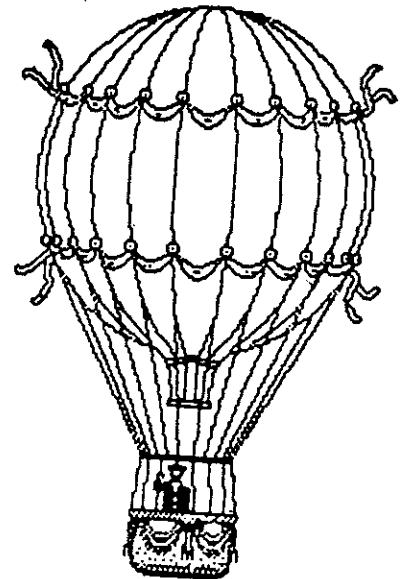
BIRTHDAY CELEBRATION FOR THE OLDEST RESIDENT AT NORTHBROOK VILLAGE.

FAMILY, RELATIVES, NEIGHBORS AND FRIENDS CELEBRATED MRS. JENNIE ZIEGLERS 92ND BIRTHDAY AT THE COMMUNITY CENTER ON SUNDAY JULY 28, 1985. SHE RECEIVED MANY GIFTS, CARDS AND FLORAL ARRANGEMENTS AND EVERYONE ENJOYED AN EXCELLENT WELL PLANNED BUFFET.

### WHITE HOUSE GREETINGS

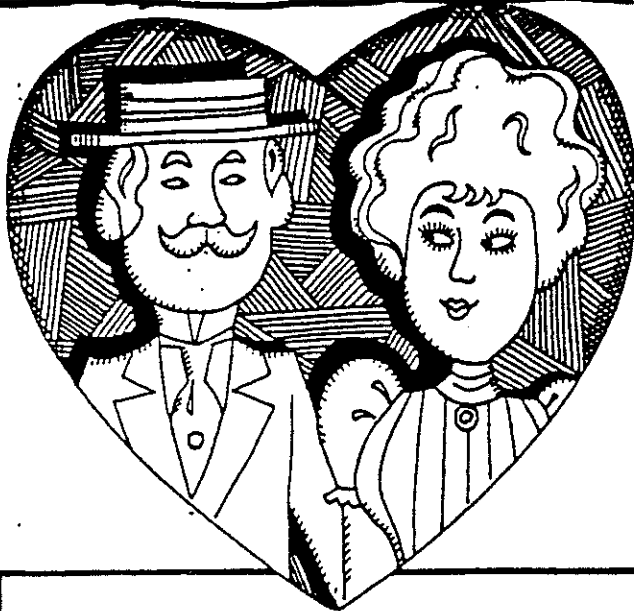
THE WHITE HOUSE SENDS BIRTHDAY CARDS TO PERSONS AGED 80 OR OVER AND ANNIVERSARY GREETINGS TO COUPLES CELEBRATING 50 OR MORE YEARS OF MARRIAGE. TO RECEIVE THESE GREETINGS INFORMATION MUST BE RECEIVED AT LEAST 30 DAYS BEFORE THE ANNIVERSARY. INCLUDED MUST BE THE RECIPIENT'S NAME, DATE OF BIRTH, OR WEDDING ANNIVERSARY DATE AND ADDRESS TO WHOM TO SEND GREETING.

MAIL TO ;  
GREETINGS OFFICE  
WHITE HOUSE  
1600 PENNSYLVANIA AVE.  
WASHINGTON, D.C. 20500



### TAKE TIME

TAKE TIME TO WORK  
IT IS THE PRICE OF SUCCESS  
TAKE TIME TO THINK  
IT IS THE SOURCE OF POWER  
TAKE TIME TO PLAY  
IT IS THE SECRET OF PERPETUAL YOUTH  
TAKE TIME TO READ  
IT IS THE FOUNDATION OF WISDOM  
TAKE TIME TO BE FRIENDLY  
IT IS THE ROAD TO HAPPINESS  
TAKE TIME TO DREAM  
IT IS HITCHING YOUR WAGON TO A STAR  
TAKE TIME TO LOVE AND BE LOVED  
IT IS THE PRIVILEGE OF THE GODS  
TAKE TIME TO LOOK AROUND  
THE DAY IS TOO SHORT TO BE SELFISH  
TAKE TIME TO LAUGH  
IT IS THE MUSIC OF THE SOUL.




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- FREE NOTARY SERVICES- Notarize your personal documents.
- INDIVIDUAL RETIREMENT ACCOUNTS- No fees or commissions. Earn more retire with more. Free advisory service.
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SOME SHARE THEIR LIVES WITH ALL  
 THEY MEET  
 ALONG LIVES THOROUGHFARE  
 A SMILE--A NOD--A SILENCE SWEET  
 THESE ARE THE JOYS THEY SHARE  
 SOME CLOSE THEIR EYES ALONG THE  
 ROAD  
 WHILE OTHERS HOLD THEIR EARS  
 AND THERE ARE QUICK AND  
 THOUGHTLESS WORDS  
 THAT TRANSFORM SMILES TO TEARS  
 OUR HEARTS TICK OFF NIGHTS AND  
 DAYS  
 LIKE CLOCKS UPON A SHELF  
 AND LONELY IS THE ONE WHO WASTE  
 GOD TIME UPON HIMSELF.

NICK KENNEY



**From the Editor's Desk:**



This is your news letter!!!  
 Contributions from our readers are wanted. Help make this newsletter representative of the Berlin Senior Community. Please submit your poems, writings, recipes, letters, historical information, events, concerns, etc to the editor



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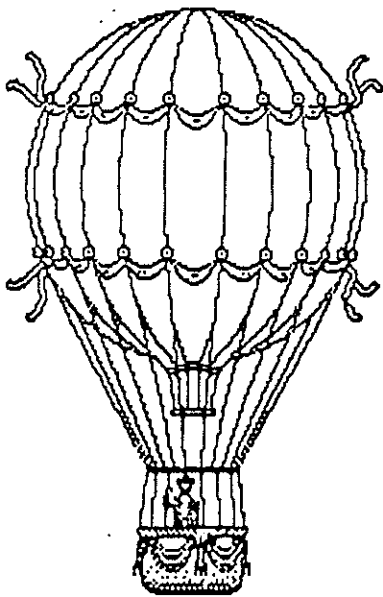
Clinton 200 Church St. 365-4691 Bolton Pk. 117 at the Salt Box 778-2667  
 Sterling 3 Main St. 423-9138 Berlin 25 Central St. 638-2388

All deposits insured in full.



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# POWDERHOUSE SENIOR NEWS

BERLIN, MASS.



VOLUME 2-9



SEPTEMBER 1985

## SOCIAL SECURITY 50TH BIRTHDAY

WHEAT VAN BROUGHT SEVERAL SENIORS FROM BERLIN TO WORCESTER STATE COLLEGE STUDENT UNION TO THE 50TH BIRTHDAY OF SOCIAL SECURITY WHERE THEY ENJOYED THE CELEBRATION. THE THEME OF THE CONFERENCE "CUT THE CAKE BUT DONT CUT THE COLA (COST OF LIVING)" REFRESHMENTS, ENTERTAINMENT AND MUSIC FOR LINE DANCING WAS PROVIDED AND AN ENJOYABLE TIME WAS HAD BY ALL.

**The WHEAT van may be reserved for Senior Excursions for outings,**

## WALKING PROGRAM IN BERLIN

IN BERLIN PLANS ARE FOR GROUP LEADERS TO MEET AT VARIOUS LOCATIONS TO HELP FORM GROUPS TO MEET INDIVIDUAL NEEDS AND OUTLINE WALKING TRAILS AS OUTLINED BY THE CONSERVATION COMMITTEE.

FOR FURTHER INFORMATION CONTACT VERA MUNGEON 838-2935.

NORMA HANSON 838 -2081

MARY PETKAUSKAS 838-7380

THE ABOVE LEADERS HAVE BEEN TRAINED AT THE NUTRITION RESEARCH CENTER ON AGING AT TUFTS UNIVERSITY SPONSORED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS.

# Walking Club



FITNESS AFTER 50

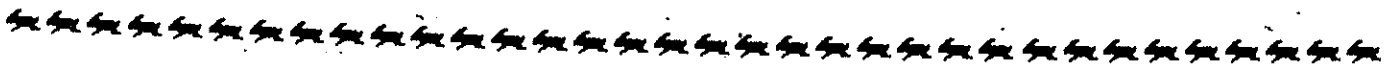
"WALK FOR THE FUN OF IT",  
"WALK FOR THE HEALTH OF IT"

THIS IS THE THEME OF "KEEP MOVING FITNESS CAMPAIGN FOR OLDER ADULTS

INITIATED BY GOVERNOR MICHAEL DUKAKIS AND IS PART OF OF THE NETWORK OF COMMUNITY BASED WALKING CLUBS.

WALKING CLUB ACTIVITIES INCLUDE EXERCISE WALKS, HISTORIC WALKS, BEACH WALKS, PARK AND COMMUNITY WALKS. MEMBERS OF WALKING CLUBS RECEIVE CERTIFICATES, SEALS FOR REWARD EFFORT AND ACHIEVEMENTS AND PASS BOOKS TO RECORD DISTANCES.

"KEEP MOVING" IS SPONSORED BY NABISCO BRANDS, INC, THE ROCKPORT COMPANY AND BLUE CROSS//BLUE SHIELD



## CALENDAR OF EVENTS

SEPTEMBER 5, 1985

SENIOR CITIZENS MEETING AT FIRST PARISH CHURCH

BLOOD PRESSURES WILL BE TAKEN

PROGRAM:

"MONTACHUSETTS HOME CARE SLIDE PRESENTATION AND SPEAKER"

SEPTEMBER 15, 1985

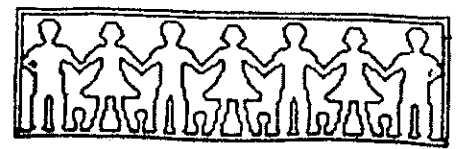
ST JOSEPHS ANNUAL FAIR WILL BE HELD ON THE CHURCH GROUNDS. THERE WILL BE A CHICKEN BARBECUE, AS WELL AS MANY INNOVATIVE CHANGES. COME AND ENJOY ALL THE ACTIVITIES. THERE WILL BE A FLEA MARKET AND SPACE WILL BE AVAILABLE FOR THOSE WHO HAVE PRODUCTS THEY WISH TO SELL. DONATIONS FOR THE FLEA MARKET WILL BE GRATEFULLY ACCEPTED AND MAY BE LEFT IN THE CHURCH BASEMENT.



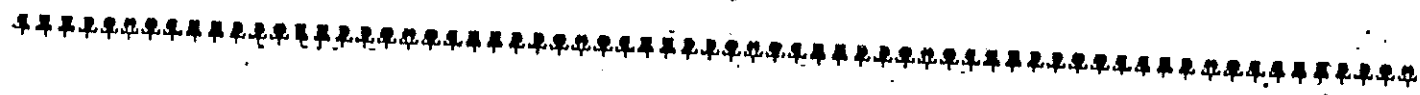
BERLIN COUNCIL ON AGING IS ACCEPTING APPLICATION FOR ACTIVITIES DIRECTOR FOR FURTHER INFORMATION CALL EVA TOBEY 838-2238

## BIRTHDAY GREETINGS AND BEST WISHES TO ALL ENJOYING BIRTHDAYS IN SEPTEMBER

- MARJORIE NELSON
- JOSEPH ROSEBERRY
- LOUISE LOCKHART
- ELIZABETH RISI
- DORIS EAGER
- IVA ROGERS



KEEP US, O GOD, FROM PETTINESS; LET US BE LARGE IN THOUGHT, IN WORD, IN DEED. LET US BE DONE WITH FAULT-FINDING AND LEAVE OF SELF-SEEKING. MAY WE PUT AWAY ALL PRETENSE AND MEET EACH OTHER FACE TO FACE-- WITHOUT SELF-PITY AND WITHOUT PREJUDICE. MAY WE NEVER BE HASTY IN JUDGEMENT AND ALWAYS GENEROUS. LET US TAKE TIME FOR ALL THINGS. MAKE US TO GROW CALM, SERENE, GENTLE. TEACH US TO PUT INTO ACTION OUR BETTER IMPULSES, STRAIGHTFORWARD AND UNAFRAID. GRANT THAT WE MAY REALIZE IT IS THE LITTLE THINGS THAT CREATE DIFFERENCES. THAT IN THE BIG THINGS IN LIFE WE ARE AT ONE. AND MAY WE STRIVE TO TOUCH AND TO KNOW THE GREAT, COMMON HUMAN HEART OF US ALL AND, O LORD GOD. LET US FORGET NOT TO BE KIND. MARY STEWART



By Mary Pzkauskas, RN

## VALUE OF EXERCISE

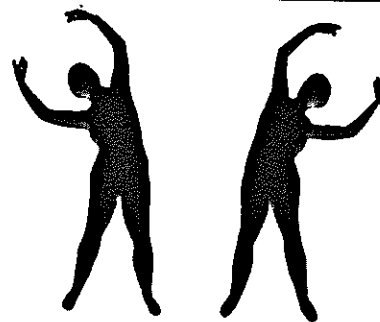
ALL PEOPLE NO MATTER WHAT AGE, WHETHER OVERWEIGHT OR NOT NEED SOME FORM OF EXERCISE, TO REMAIN HEALTHY

## BENEFITS OF EXERCISE

1. HEART PUMPS MORE EFFICIENTLY AND CIRCULATION IS IMPROVED..
2. LUNGS ARE BETTER ABLE TO PROCESS OXYGEN.
3. FITNESS- MUSCLE TONE AND ENDURANCE IMPROVE AS WELL AS DIGESTION.
4. EXERCISE STRENGTHENS BONES AND MUSCLES AND MAINTAINS JOINT FLEXIBILITY
5. WEIGHT AND CHOLESTEROL LEVEL DECREASE WITH PROPER DIET.
5. EMOTIONAL HEALTH IMPROVES- YOU FEEL BETTER ABOUT YOURSELF AND YOU ARE HAPPIER. ,

## EXERCISE FOR SENIORS.

- . EXERCISE SHOULD FIT YOUR LIFESTYLE AND ONE YOU ENJOY.
- . YOU SHOULD CHECK WITH YOUR DOCTOR BEFORE ATTEMPTING ANY FORM OF EXERCISE SPECIALLY IF YOU HAVE BEEN INACTIVE.
- . WALKING IS THE BEST, EASIEST AND MOST EFFECTIVE EXERCISE FOR SENIORS AND YOU CAN SET YOUR OWN PACE AND FOR FUN TRY NEW ROUTES AND TRAILS.
- . AEROBIC(OXYGEN) EXERCISES IMPROVE THE CIRCULATION AND CARDIOVASCULAR SYSTEM- BUT SHOULD BE STARTED SLOWLY AT FIRST
- FOR AEROBIC EXERCISES YOU SHOULD WARM UP BEFORE EXERCISES AND SLOW DOWN BEFORE STOPPING TO PREVENT ANY COMPLICATIONS.



## NOW'S YOUR TIME TO EXERCISE

Age does not prevent you from exercising. Studies show that exercise can improve an older adult's physical fitness.

### What Exercise Can Do for You

#### Improve physical fitness by:

- Strengthening bones and muscles
- Maintaining joint flexibility
- Improving circulation
- Enhancing heart and lung function

#### Promote a sense of well-being by:

- Providing energy and pep
- Reducing stress and tension
- Promoting a deep and restful sleep

#### Enhance personal appearance by:

- Toning muscles and improving posture
- Helping in weight control by burning calories and regulating the appetite

### Abnormal Responses

(Discuss any with your doctor)

- Severe shortness of breath
- Wheezing, coughing or difficulty in breathing
- Feeling or hearing your heart beat irregularly
- Chest pain, pressure or tightness
- Lightheadedness, dizziness, fainting
- Cramps or severe pain or muscle aches
- Severe fatigue or exhaustion after exercise
- Nausea

# Aging Is When . . .

- Everything hurts and what doesn't hurt, doesn't work.
- The gleam in your eye is from the sun hitting your bifocals.
- You feel like the night after, and you haven't been anywhere.
- Your little black book contains only names ending in M.D.
- You get winded playing chess.
- Your children begin to look middle aged.
- You finally reach the top of the ladder and find it leaning against the wrong wall.
- You join a health club and don't go.
- You begin to outlive enthusiasm.
- You're still chasing a woman but can't remember why.
- Your mind makes contracts your body can't meet.
- A dripping faucet causes an uncontrollable bladder urge.
- You look forward to a dull evening.
- Your favorite part of the newspaper is "25 Years Ago Today."
- You sit in a rocking chair and can't get it going.
- Your knees buckle and your belt won't.
- You're 17 around the neck, 42 around the waist, and 96 around the golf course.
- The best part of your day is over when alarm clock goes off.
- Your back goes out more often than you do.
- A fortune teller offers to read your face.
- Your pacemaker makes the garage door go up when you watch a pretty girl go by.
- The little gray haired lady you help across the street is your wife.
- You have too much room in the house and not enough room in the medicine chest.

## POWDERHOUSE SENIOR NEWS:



The "Powderhouse Senior News" is published monthly by the Council on Aging, Berlin, MA.

Editor in Chief - Mary Petkuska, RN  
 Production Layout - Janet Seluk  
 Activities Director - Vera Mungam  
 Local News - Eve Tobey  
 Printing - Ruth Wheeler

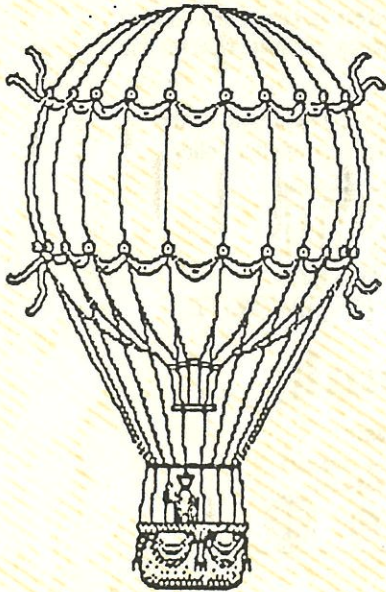






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## POWDERHOUSE SENIOR NEWS:

Council on Aging, Berlin MA

Grace Pendergast	838-2583
Dona Bellarosa	838-2922
Ruth Wheeler	838-2433
Patricia Wheeler	838-2559
Mary Petkauskas	838-7380
Constance Barter	838-2832
Eva Tobey	838-2238

GRAPHIC AUTUMN

OCT. CALENDAR OF EVENTS

OCT.1 Berlin Senior Citizens have been invited by Burbank Hospital to attend their Health Fair The Wheat Van has been reserved to pick up 10 people at Northbrook Village at 9am. Please call Ellie Bosselman at Wheat office by Monday Sept. 30 for reservations.

OCT.8 FOLIAGE BUS TRIP to East Hill Farm Troy N.H. (See Vera's note on pg.2)

OCT.8 Berlin Tuesday Club Presents Musical Entertainment at Berlin Town Hall at 8pm. FREE OF CHARGE. Starring the Famous soloist of Boston Bruins games, accompanied by his Wife

OCT. 17 FUEL ASSISTANCE applications will be taken at Northbrook Village 9 to 3. Appointments will be scheduled 1/2 hourly intervals. Contact Eva Tobey 838-2238.

OCT.3 SENIOR CITIZENS ASSOCIATION MEETING at First Parish Church. B./P will be taken. FLU SHOTS TODAY. Program will be a Slide Show presented by Williams at Westboro, Beaumont Nursing Home & New Condominiums for Senior Citizens.

BIRTHDAYS OF THE MONTH

HAPPY BIRTHDAY & BEST WISHES TO ALL

Everett Smith	Dorothy Risi
Maurice Poulin	Mary Risi
Norma Hanson	Louise Kent
Herbert Mueller	Dona Bellarosa

A Note from the Editor

A special THANKS to all who remembered me with cards, calls, & floral arrangements during my resent hospitalization at St. Vincents Hospital & Convalescence Home.

Mary

WALKING CLUB UPDATE. Congratulations to the daily walkers seen all over Town, both, group & individual, under the leadership of Vera.



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OCT. 8. - Bus TO PICK-UP PASSENGERS AT:  
Town Hall 9 am Northbrook 9:10 am

The Berlin Senior Citizens will be going on a "FOLIAGE TRIP" to East Hill Farm, Troy, N.H. for lunch. We will also visit Colony Mills. The bus IS FULL and I would like to thank all those that are supporting it. This is the first full bus in a long-time. If anyone DOES NOT plan to go, please notify me before hand as I have a waiting list. The money for lunch \$8.00 MUST be in cash, please. I will collect before or until the Senior Citizens Meeting Oct. 3 at First Parish Church.

### Health Notes

Mary R. Petkauskas, RN

### Medicare & DRGs

1. What are DRGs? "Diagnostic Related Groups". There are 470 ailments in this list and Massachusetts, on October 1, will adapt a Flat Fee for each of these ailments as 46 other states have been doing for the last 2 years.
2. How will this affect Senior Citizens of Medicine? This prospective payment system is a federal venture in cost constraint designed to reduce unnecessary hospital stays and encourage efficiency in Health Care.

It will affect the length of hospital stay, which will be shorter, and there will be much earlier discharges from the hospital for patients who require more care according to some doctors, hospital administrators, etc.

With more patients recuperating at home and in nursing homes, Home Health Services will be used more heavily and families of the Elderly will carry a greater burden of care.

3. How will the payment system work? Under this system the Hospitals will get a flat fee for each Medicare Patient's stay, based on diagnosis, age and complicating medical problems. Each patient is assigned one of 470 categories of Diagnostic Related Groups.

Previously, Hospitals were paid for each Hospital Day, each Test or Procedure incurred by Medicare Patients.

DRG fees are meant to be average. If a patient's care costs more than the fee, the Hospital must cover the "loss". If care costs less, the Hospital keeps the difference.

# POWDERHOUSE SENIOR NEWS

## BERLIN, MASS.

VOL. 2 ----11

NOVEMBER 1985

NEARLY BACK TO NORMAL? ! ? ! ? ! ? ! ?

DESPITE HURRICANE GLORIA, DOWNED POWER  
LINES, MARY'S RECUPERATION AND HUMAN ERROR THE OCTOBER  
POWDERHOUSE NEWS FINALLY REACHED THE POSTOFFICE & GOT DELIVERED.  
THANKS TO ALL WHO MADE AN EXTRA EFFORT AND MADE IT HAPPEN.

### 1985 NOVEMBER EVENTS :

- NOV.2 FRIENDSHIP VILLAGE FAIR 10 A.M. LOOK FOR SIGNS  
AT BERLIN CENTER RTE.62.
- NOV.7 SENIOR CITIZENS ASSOC. MEETING 9:30 A.M.  
FIRST PARISH CHURCH LUNCH WILL BE SERVED
- NOV.17 ECUMENICAL CHOIR CONCERT 4P.M. FIRST PARISH CHURCH  
"PROMISES TO BE ONE YOU WON'T WANT TO MISS". DO COME.
- NOV.23 ST. JOSEPH'S SHARED "TIME AND TALENT APPRECIATION"  
CELEBRATED WITH A DINNER/DANCE AT THE BERLIN COUNTRY CLUB.
- NOV. 28 THANKSGIVING HAVE YOU ORDERED YOUR TURKEY YET?  
HOW ABOUT SHARING A FAVORITE RECIPE WITH US OR A  
FAMILY TRADITION FOR EITHER THANKSGIVING OR CHRISTMAS.  
SEND IT TO EVA TOBEY AND IT'LL BE PRINTED IN DEC. ISSUE.

TWO UNRELATED THINGS HAPPENED IN OCTOBER WHICH MAY MAKE A MARK  
IN BERLIN'S HISTORY. ONE WAS THE DEATH OF MR. CHARLES COTTING  
OWNER OF CHEDCO FARM. HIS PRESENCE WAS KNOWN TO MANY  
IN BERLIN AS A QUIET FRIENDLY UNASSUMING PERSON AND  
HE'LL BE MISSED BY ALL. THE OTHER WAS THE RECENT FIRE  
WHICH DESTROYED THE FORMER WALTER WHEELER HOUSE NOW  
OWNED BY BILL SAWYER.

con't: over

UNRELATED CON'T.

MR. COTTING AND THIS HOUSE ON CARTER ST. SEEM TO HAVE PART OF BERLIN FOREVER OR AT LEAST AS LONG AS MANY CAN REMEMBER.

GRACE PENDERGAST HAS GIVEN MANY YEARS OF FAITHFUL VOLUNTEER SERVICE TO THE BERLIN COUNCIL ON AGING BUT FEELS THAT DUE TO FAILING PHYSICAL HEALTH SHE CAN NO LONGER DO SO. WE WANT TO THANK HER FOR ALL HER TIME AND INTEREST IN THE COUNCIL'S ACTIVITIES AND TO SHOW OUR APPRECIATION HAVE MADE HER AN HONORARY CHAIRPERSON. GRACE, WE'LL THINK OF YOU OFTEN AND TRY TO KEEP IN TOUCH. STAY AS WELL AS YOU CAN.

MRS. NANCY KELSEY HAS BEEN APPOINTED TO FILL GRACE'S UNEXPIRED TERM. WELCOME TO YOU ----KEEP YOUR TRACK SHOES HANDY!!

HAPPY BIRTHDAY IN NOVEMBER TO

PHYLLIS MUNYON	SUSAN HART	LULU WHEELER
ARCHIE CAMPBELL	PEARL CLARK	DORIS SHORTT
VIOLA PHIPPS	GRACE PENDERGAST	MERLE SHORTT
ERNEST WHEELER	EMELINE HEBB	ELEANOR BOSSELMAN

HAVE WE MISSED YOURS??? LET US KNOW SO WE CAN CONGRATULATE YOU TOO.

HARRIET FIELD HAD A PLEASANT VISIT WITH HER SON DAVID WHEN HE WAS HERE RECENTLY FROM THE STATE OF WASHINGTON. I ALSO UNDERSTAND THAT CHARLIE AND LAURA NUTTING'S DAUGHTER BARBARA WAS HERE TOO. KEEP US POSTED, WE LIKE TO HEAR ABOUT FORMER BERLINITES. OR EVEN PRESENT ONE'S.

## HEALTH NOTES

MARY R. FETKAUSKAS, R.N.

---

### MAKE CONTROL YOUR LIFETIME GOAL

CONTROL OF YOUR LIFE HAS MANY ASPECTS BUT THE ONE WE'RE

TALKING ABOUT THIS TIME IS BLOOD PRESSURE(B/P).

HAVE YOU HAD YOURS CHECKED LATELY? A SIMPLE BLOOD PRESSURE

CHECK CAN DETERMINE IF YOUR BLOOD PRESSURE IS HIGH

AND THE MOST HARMFUL EFFECT OF HIGH BLOOD PRESSURE

CAN BE PREVENTED OR REDUCED WITH PROPER MEDICAL

TREATMENT. MOST HIGH BLOOD PRESSURE CAN GO UNDETECTED

FOR YEARS USUALLY BECAUSE THERE ARE NO SPECIFIC WARNINGS.

B/P NORMALLY GOES UP AND DOWN DURING THE COURSE OF THE

DAY DEPENDING ON ONE'S ACTIVITIES ETC. IT IS IMPORTANT

TO KNOW YOUR B/P AND HAVE IT CHECKED REGULARLY. KNOW

WHAT YOUR WEIGHT SHOULD BE AND KEEP IT AT OR BELOW

THAT LEVEL. FOLLOW YOUR DOCTER'S ADVICE ABOUT EXERCISE.

DON'T USE EXCESSIVE SALT IN COOKING OR AT MEALS & AVOID

SALTY FOODS. IF YOUR DOCTER PRESCRIBES MEDICATION, TAKE IT

EXACTLY AS HE PRESCRIBED IT AND DON'T RUN OUT OF PILLS

EVEN FOR A SINGLE DAY, AND DON'T CUT DOWN OR STOP TAKING

IT WITHOUT CONSULTING HIM FIRST, AND KEEP YOUR APPOINTMENTS.

LIVE A NORMAL LIFE IN EVERY WAY AND AVOID

EXCESSES IN EVERYTHING; SMOKING, DRINKING ALCOHOLIC BEVERAGES,

EATING, STRESS, WORRY, WORK AND LEISURE TIME. EVEN EXCESS

AMOUNTS OF WATER CAN BE HARMFUL TO YOU.

HEALTH NOTES CON'T.

IF YOU WISH TO REPLACE THE TABLESALT(SODIUM CHLORIDE) WHICH YOU MAY NOW BE USING TRY USING HERBS. YOU CAN BUY AN ALREADY PREPARED MIX AT THE SUPERMARKET CALLED "MRS. DASH" OR YOU CAN MAKE YOUR OWN BY USING ANY OR ALL OF THE FOLLOWING IN COMBINATION.

HERB SHAKE RECEIPE

½ tsp CAYENNE PEPPER	1 tsp SAVORY
1 tsp GARLIC POWDER NOT SALT	1 tsp MACE
1 tsp GROUND BASIL	1 tsp ONION POWDER NOT SALT
1 tsp GROUND MAJGRAM	1 tsp BLACK PEPPER
1 tsp GROUND THYME	1 tsp GROUND SAGE
1tsp PARSLEY	

YOU'LL FIND MOST OF THESE INGREDIENTS IN THE SUPERMARKET OR AT A HEALTH FOOD STORE WHERE YOU CAN USUALLY GET SMALLER AMTS.FOR LESS MONEY. THIS MIXTURE CAN BE USED IN COOKING OR SPRINKLED ON MEAT SALADS OR VEGETABLES DIRECTLY.

A SHOPPING TRIP IS BEING SCHEDULED FOR THE SECOND WEEK IN DECEMBER. DATE AND TIME TO BE ANNOUNCED LATER UNLESS I HEAR BEFORE THIS GOES TO PRESS. SHOPPING DATE IS DECEMBER 11th.TIME AND PLACE TO BE ANNOUNCED. MARK IT ON YOUR CALENDER.



# POWDERHOUSE SENIOR NEWS

BERLIN, MASS.

## *Ideals Are Like Stars*

In this world of casual carelessness  
it's discouraging to try  
To keep our morals and standards  
and our IDEALS HIGH . . .  
We are ridiculed and laughed at  
by the smart sophisticate  
Who proclaims in brittle banter  
that such things are out of date . . .  
But no life is worth the living  
unless it's built on truth,  
And we lay our life's foundation  
in the golden years of youth . . .  
So allow no one to stop you  
or hinder you from laying  
A firm and strong foundation  
made of FAITH AND LOVE AND  
PRAYING . . .  
And remember that IDEALS  
are like STARS UP IN THE SKY,  
You can never really reach them,  
hanging in the heavens high . . .  
But like the mighty mariner  
who sailed the storm-tossed sea,  
And used the STARS TO CHART HIS COURSE  
with skill and certainty,  
You too can CHART YOUR COURSE IN LIFE  
with HIGH IDEALS AND LOVE,  
For HIGH IDEALS ARE LIKE THE STARS  
that light the sky above . . .  
You cannot ever reach them,  
but LIFT YOUR HEART UP HIGH  
And your LIFE will be as SHINING  
as the STARS UP IN THE SKY.



OPEN A  
**Christmas Club**  
AND  
RECEIVE  
A  
HANDSOME  
GIFT!



STARTING NOVEMBER 4

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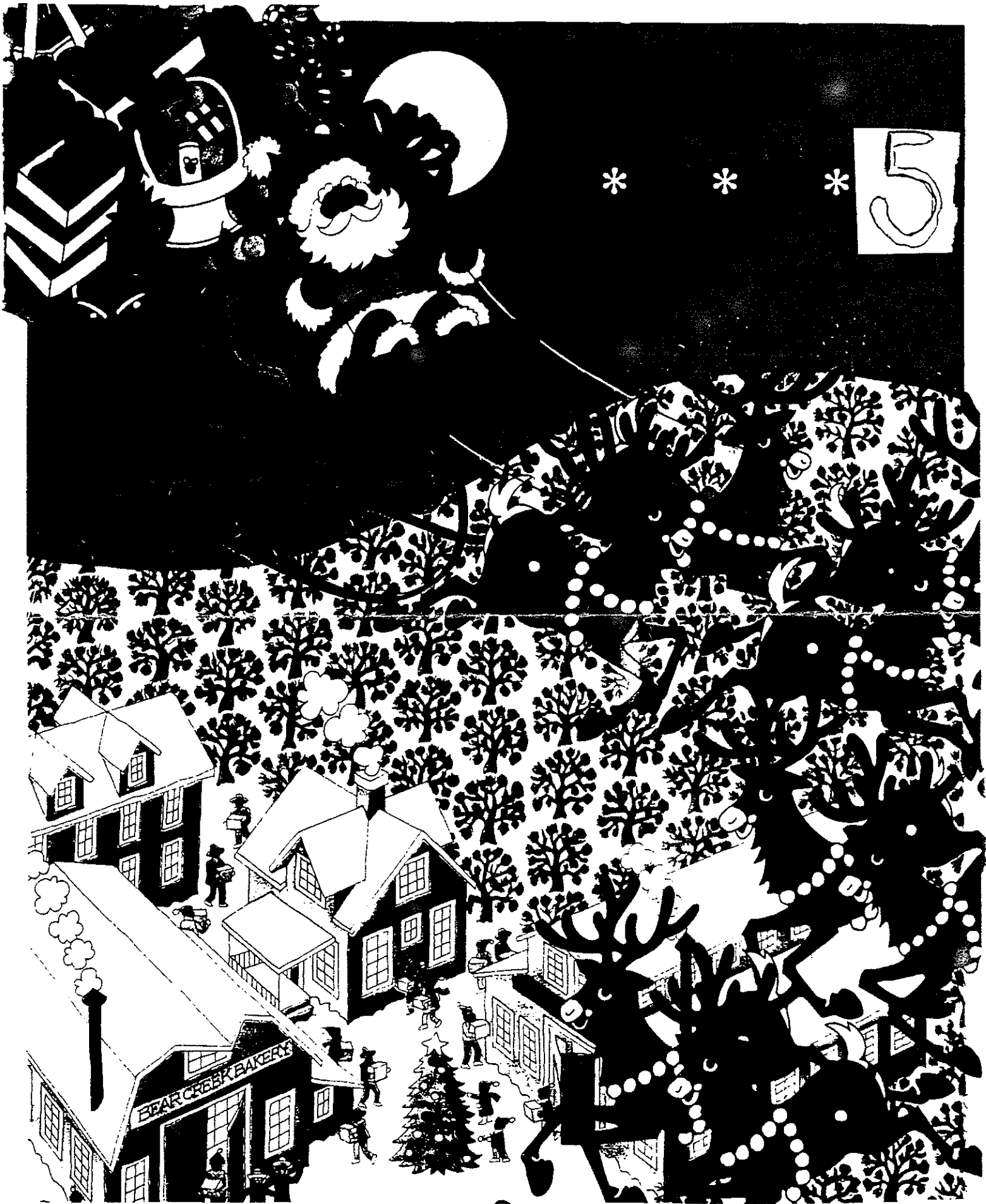
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POWDERHOUSE SENIOR NEWS

COUNCIL ON AGING, BERLIN, MASS.

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# THE POWDERHOUSE SENIORS NEWS

Berlin, Mass.



VOL.2----12

DECEMBER 1985

## DECEMBER EVENTS

- DEC. 5 SENIOR CITIZENS ASSOC. MEETING AT THE FIRST PARISH CHURCH  
9:30 a.m. DINNER WILL BE SERVED
- DEC. 7 CHRISTMAS FAIR ST. JOSEPH'S CHURCH 10 a.m. to 6 p.m.  
8 9 a.m. to 12:30 p.m.
- DEC. 11 SHOPPING TRIP TO FRAMINGHAM MALL FOR ALL BERLIN'S  
SENIORS 60 or over. PICK UP AT THE TOWN HALL AT 9:20 a.m.  
NORTHBROOK VILLAGE AT 9:30 a.m.
- DEC. 14 ANNUAL DINNER FOR THE BERLIN SENIORS BY THE LIONS CLUB  
AT THE FIRST PARISH CHURCH AT 6:30 p.m. FOOD WILL BE  
READY FOR DELIVERY TO SHUT-INS AT 6 p.m.
- DEC. 24 CHRISTMAS EVE SERVICES AT BOTH ST. JOSEPH'S AND THE  
FIRST PARISH CHURCH. (MIDNIGHT-ST. J) (11 p.m. - FI. PARISH)
- DEC. 25 CHRISTMAS DAY MERRY CHRISTMAS TO ALL !
- DEC. 31 NEW YEARS DAY HAPPY NEW YEAR TO ALL!

## DECEMBER BIRTHDAYS

JOHN BOYCE	HENRY MCLEOD	VERONICA PAULIS
ALICE QUINTIN	WILLARD WHEELER	HELEN MANNING

JANE REED  
BELATED TO MRS. EULA KRACKHARDT ON HER 90 th.

NO COUNCIL ON AGING MEETING THIS MONTH (DECEMBER)

DEC. 12 DISTRIBUTION OF CHEESE AT THE TOWN HALL FROM 11 a.m. TO 1 p.m.

## HEALTH NOTES

MARY R. PETKAUSKAS R.N.

WHAT DO YOU KNOW ABOUT DIGESTION?

THE DIGESTIVE SYSTEM PERFORMS THE AMAZING TASK OF BREAKING-DOWN THE FOOD WE EAT INTO THE NUTRIENTS YOUR BODY NEEDS. MOST OF THE TIME THIS SYSTEM STAYS REMARKEDLY FREE OF TROUBLE. HOWEVER AS YOU GROW OLDER AND/OR YOUR LIFESTYLE CAN CHANGE, THE BODY BEGINS TO WORK LESS EFFICIENTLY IN SOME WAYS; AS A RESULT YOU MAY OCCASIONALLY HAVE A DIGESTIVE PROBLEM. DURING THE CHEMICAL PROCESS OF DIGESTION THE FOOD IS BROKEN DOWN INTO SMALL PIECES, TINY ENOUGH TO BE TAKEN INTO THE BLOOD STREAM WHICH IN TURN CARRIES THESE FOOD ELEMENTS TO CELLS IN ALL PARTS OF BODY WHERE THEY ARE CHANGED INTO ENERGY OR USED TO FORM NEW STRUCTURES. MANY BODY ORGANS ARE INVOLVED IN THIS PROCESS--MOUTH/TEETH, THE ESOPHAGUS, STOMACH, PANCREAS, GALLBLADDER AND THE SMALL AND LARGE INTESTINES. MOST PEOPLE HAVE FEW IF ANY PROBLEMS DUE TO AGING. CHANGES THAT MAY OCCUR ARE USUALLY MINOR SUCH AS DECREASED MUSCULAR ACTION OR/AND REDUCED ACID PRODUCTION. BOTH OF THESE THINGS CAN AFFECT HOW FAST THE FOOD TRAVELS THROUGH THE SYSTEM AND MIGHT SLOW DOWN THE DIGESTIVE PROCESS. POSSIBLE LIFESTYLE CHANGES INCLUDES INCREASED USE OF MEDICATIONS, REDUCED EXERCISE, CHANGES IN EATING HABITS OR AN ACTUAL PHYSICAL PROBLEM.

WHAT CAN YOU DO TO KEEP THE DIGESTIVE SYSTEM WORKING WELL?  
EAT A WELL BALANCED DIET THAT INCLUDES A VARIETY OF FRESH FRUITS,  
VEGETABLES, AND WHOLE GRAINED BREAD AND CEREALS.  
EAT SLOWLY AND TRY TO RELAX FOR THIRTY MINUTES AFTER A MEAL.  
EXERCISE REGULARLY, TAKE WALKS DAILY; KEEP REGULAR BOWEL HABITS  
DRINK ALCOHOL IN MODERATION --IF AT ALL.  
AVOID LARGE AMOUNTS OF CAFFEINE IN COFFEE, TEA, SOFT DRINKS OR COCOA.  
USE CAUTION WHEN TAKING OVER THE COUNTER DRUGS AND ALWAYS FOLLOW  
CON'T OVER

HEALTH NOTES CCN'T.

YOUR DOCTER'S DIRECTION EXACTLY WHEN TAKING PRESCRIBED  
MEDICATIONS.

WHEN SHOULD YOU CALL/SEE YOUR DOCTER?SOME WARNING SIGNS.

NO MATTER HOW WELL YOU TREAT YOUR DIGESTIVE SYSTEM THERE ARE  
THINGS THAT GO WRONG. SOMETIMES HOWEVER SYMPTOMS YOU MAY HAVE  
MAY BE A SIGNAL THAT SOMETHING MORE SERIOUS IS WRONG.

STOMACH PAINS THAT LAST A LONG TIME, ARE SEVERE,ARE RECURRING  
OR COMES ON WITH SHAKING,CHILLS AND COLD CLAMMY SKIN.

RECURRENT VOMITING AND/OR BLOOD IN THE VOMITUS

A SUDDEN CHANGE IN BOWEL HABITS LASTING MORE THAN A FEW DAYS.

CHANGE IN CONSISTANCY OR APPEARANCE OF MOVEMENT SUCH AS BLOOD,  
CLAY-COLORED, MUCCUS SHREDS,DIARRHEA OR CONSTIPATION.

IF YOU HAVE ANY OF THESE SYMPTOMS OR THEY PERSIST  
CONTACT YOUR DOCTER

EXCERPTS FROM NATIONAL INSTITUTE ON AGING AS REFERENCE

\*\*\*\*\*  
\*\*\*\*\*

A "COFFEE HOUR" HONORING JOHN NUTTING WAS HELD RECENTLY  
AT THE FIRST PARISH CHURCH.LOUISE KENT WROTE AND READ A POEM  
WHICH WAS A TRIBUTE TO JOHN--HIS LIFE, HIS DELICATION TO THE CHURCH,  
AND HIS DEDICATION TO THE COMMUNITY. THANK YOU TO BOTH JOHN AAND LOUISE.  
A COPY OF THE POEM WILL BE PRINTED IN NEXT MONTH'S "THE RECORD"  
THE FIRST PARISH CHURCH'S MONTHLY LETTER IF YOU WOULD LIKE TO READ IT.

SUE BELLUCCI,HOWARD WATKINS,MARJORIE NELSON AND MRS.JENNIE  
ZIEGLER WERE HOSPITALIZED DURING THE PAST FEW WEEKS.HOPE YOU ARE  
ALL WELL ON YOUR WAY TO A COMPLETE RECOVERY BY NOW.

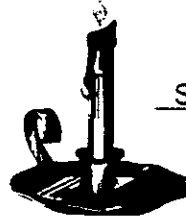
BERLIN, MASS.

Age is  
mostly  
a matter  
of mind -  
if you  
don't mind  
it doesn't  
matter

—Mark Twain

OPEN A  
**Christmas Club**

AND  
RECEIVE  
A  
HANDSOME  
GIFT!



STARTING NOVEMBER 4

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Branch: 75 Center St. Meriden, Conn. Tel. 243-2200



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*With every good wish  
for Happiness  
this Christmas and  
throughout  
the New Year*

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POWDERHOUSE SENIOR NEWS

COUNCIL ON AGING, BERLIN, MASS.

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