

FEBRUARY CALANDER OF EVENTS

FEBRUARY 7, SENIOR CITIZENS MEETING/BLOOD SCREENING AT FIRST PARISH CHURCH HALL
 FEBRUARY 11 W.H.E.A.T. REPRESENTATIVE DOROTHY ROCKWELL WILL BE AT BERLIN TOWN HALL 9 TO 12. FOR THE PURPOSE OF ADVISING/DISCUSSING ANY PROBLEMS YOU MIGHT HAVE RE: W.H.E.A.T.

JANUARY BIRTHDAYS

CECIL ALLSOBROOKS
 WINTHROP BRAY
 HELEN BREWER
 RUTH COULSON
 JERRY ENRIGHT
 GEORGE ESTABROOK
 JAMES HART H
 MARION KATES B A
 SANDY KENNEDY I P
 CECLIA KERRIGAN R
 BETTY KITTREDGE T
 BEN LASKOWSKI H
 JEAN MUSCHE D
 HAZEL OLENEK A
 HAZEL HOLDER ROWE TO ALL Y
 LORRAINE SAWYER
 ALFRED ST. JOHN
 RUSSELL WHEELER

FEBRUARY BIRTHDAYS

HOPE DUCKWORTH
 HARRIET FIELD
 FRANCIS KENNEDY
 ANDREW MATTHEW
 PAULINE PAINE
 MARY PETKAUSKAS
 JOHN WHITTEMORE
 LEPHE WILSON
 WILLIAM QUINTON
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EVERETT & MILDRED WHEELER
 ALFRED & RENA WHEELER

HOSPITAL CORNER !

GRACE STAMMERS IS HOME FROM MARLBORO HOSPITAL
 MARY PETKAUSKAS IS IN ST. VINCENT HOSPITAL
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 2 CUPS OF LOYALTY 2 SPOONS OF TENDERNESS
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 BLEND IT WITH TENDERNESS,
 KINDNESS AND UNDERSTANDING
 SPRINKLE ABUNDANLY WITH LAUGHTER
 BAKE IT WITH SUNSHINE
 SERVE DAILY WITH GENEROUS HELPING

HEALTH NOTES BY MARY

REQUEST FROM READER FOR WINTER SKIN CARE

WINTER WEATHER PLAYS HAVOC ON THE SKIN

WHY LOW HUMIDITY, HARSH WINDS, COLD, FREEZING WEATHER
OVERHEATED ROOMS - ALL THESE CAN DRY UP THE OILEST SKIN.

WHAT YOU CAN DO TO AVOID PROBLEMS & KEEP SKIN GLOWING

- 1) KEEP ROOM TEMPERATURE COMFORTABLY LOW & HELP RESTORE MOISTURE TO THE AIR WITH A HUMIDIFIER.
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- 4) GENTLY PAT SKIN SO SKIN REMAINS SLIGHTLY DAMP & APPLY CREAM OR BODY LOTION TO SEAL IN MOISTURE.
- 5) CHOICES OF LOTIONS --KERI OR CURACEL OFTEN USED BY HOSPITALS SEEMS TO BE POPULAR & HELPFUL IM RETAINING MOISTURE.

HOW TO PREPARE FACE FOR FREEZING TEMPERATURES

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- 7) HANDS, ESPECIALLY FINGERS MAY ALSO BECOME CHAPPED, AND CRACK. USE A GOOD CREAMY HAND LOTION DAILY. IF, CRACKING AND DRYNESS EXISTS USE LANOLIN ON HANDS AND WEAR GLOVES TO BED.

\$100,000,000.

CLINTON SAVINGS BANK HAS GROWN TO \$100,000,000.- IN ASSETS! WE WOULD LIKE TO EXTEND OUR GRATITUDE TO ALL OUR CUSTOMERS.

FOR GENERATIONS CLINTON SAVINGS BANK HAS RESPONDED TO YOUR PERSONAL LENDING AND BANKING NEEDS. WE ARE RESPONDING TODAY REMEMBERING OUR EXPERIENCE AND PRIDE IN SERVING OUR FAMILIES FROM GENERATION TO GENERATION SINCE 1851.

**No Limit
FDIC and DIFM**

YOUR DEPOSITS ARE INSURED IN FULL BY THE FEDERAL DEPOSIT INSURANCE CORPORATION AND THE DEPOSIT INSURANCE FUND OF MASSACHUSETTS

SAFETY STABILITY STRENGTH



**Clinton
Savings
Bank**

*"Your Bank
from
Generation to Generation
Since 1851"*



Clinton
200 Church St.
365-4591

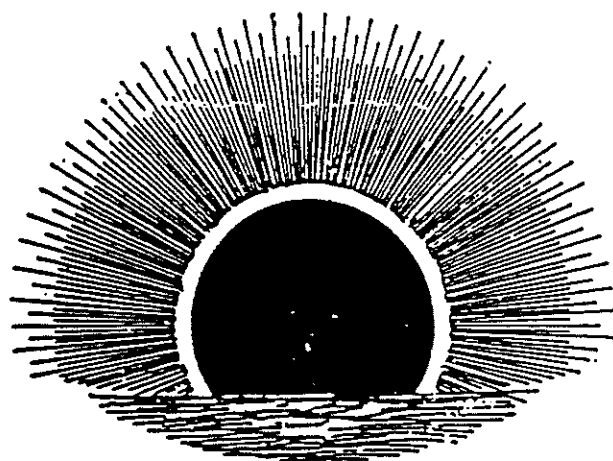
Berlin
25 Central St.
838-2286

Bolton
Rte. 117 at The Salt Box
779-2857

Sterling
3 Main St.
422-8133

THERE'S SUNSHINE IN A SMILE

Life is a mixture,
of sunshine and rain,
Laughter and pleasure,
teardrops and pain,
All days can't be bright,
but it's certainly true,
There was never a cloud
the sun didn't shine through—
So just keep on smiling
whatever betide you,
Secure in the knowledge
God is always beside you,
And you'll find when you smile
your day will be brighter
And all of your burdens
will seem so much lighter—
For each time you smile
you will find it is true
Somebody, somewhere
will smile back at you,
And nothing on earth
can make life more worthwhile
Than the sunshine and warmth
of a beautiful smile.



Thanks to Clinton Savings Bank for paying newsletter postage.

PERMIT NO. 5
BERLIN, MASS.

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U.S. POSTAGE
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BERLIN, MASS.
COUNCIL ON AGING



POWDERHOUSE SENIOR NEWS

COUNCIL ON AGING, BERLIN, MASS.

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RUTH WHEELER	838-2433
PATRICIA WHEELER	838-2559
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MARCH CALENDAR OF EVENTS:

- MARCH 6 SENIOR CITIZENS ASSOCIATION MEETING - FIRST PARISH CHURCH. Blood pressures will be checked. Speaker will be Dr. Ronald Lavenda, Podiatrist. He will speak and show slides on "CARE OF THE FEET" for Seniors. Following the speaker and entertainment, a home cooked meal will be served.
- MARCH 11 MASS AT THE COMMUNITY BUILDING at 11AM Rev. Robert Grattioti will offer Mass for Lenten Service.
- MARCH 17 A SPECIAL PROGRAM FOR SENIORS 7:30 PM at St. Joseph's Church West St. Conducted by Rev. Christopher Lynch, a Passionist Father.
- MARCH 19 LOCAL CHAPTER A. A. R. P. AT NORTHBROOK VILLAGE All Seniors as well as Members are invited to a "Special St. Patrick's Program" with refreshments, and a speaker to be announced.

MARCH BIRTHDAYS:

LEONARD FERRIERA H B
 HAZEL HARRIMAN A I
 MARGARET LASKOWSKI P R
 FLORENCE ANN MARTIN P T
 MELVIN MASON P H
 HELEN MATTHEW Y D
 BLANCHE NUTTING A
 JOANNE WHEELER Y
 MARJORIE WHEELER " TO ALL "

HOSPITAL CORNER:

Dona Bellarosa is home from Marlboro Hospital
 Grace Pendergast is home from St. Vincent Hospital
 Alice Ryan is in Marlboro Hospital

DEATHS:

Harry Munroe Dudley Rd.
 Alice Quintin Summer Rd.
 Julia Stavis

Our condolences to their families.

DO YOU KNOW
 KNOW
 YOUR POLICE ?



7TH ANNUAL SENIOR CONFERENCE To be held APRIL 22, 1986 at Assabet Valley Vocational Regional High School in Marlboro. Tickets will be required and those planning to attend must notify Council On Aging by March 21st. Luncheon, Workshops and entertainment will be part of the all day conference held from 9am to 4pm. Prominent State Legislatures will be present to answer questions

A SERIES OF WORKSHOPS FOR SENIOR CITIZENS will be held at ASSABET VOCATIONAL REGIONAL HIGH SCHOOL on APRIL 10, 17, 24, 1986 from 3pm to 4:30pm. for further information contact MARY at 838-7380

GOVERNORS 4TH CONFERENCE ON AGING will be held on May 29, 1986. Notification is being sent out early because last year 200 registration forms were returned because of over booking. Flyers and information to be used newsletters will be sent shortly. More to come in future newsletters.

OPEN HOUSE AT WHEELERS INDIAN HEAD FARM

During the Christmas Holidays the Willard Wheeler Family invited all Senior Citizens and other selected groups to an open house at Indian Head Farm. This Farm is one of the oldest farmhouses in Berlin in which six generations of Wheelers have lived. The farm produces delicious strawberries, raspberries and fresh vegetables in season and is a popular place to obtain these delicacies. Many Seniors and others visited the open house and viewed an exhibit of six generations of toys, trains and books with a fascinating story about each.

The Wheeler Family have been very active in the Senior Citizens Association. Mr. Wheeler is the President of the association and recently entertained the Senior Group with beautiful slides of Alaska with commentaries of each site visited.

WHY DID WE GIVE THIS AWAY ?
ARE YOU AWARE OF WHERE THIS FUN PLACE USED TO BE?
CAN ANY OF YOU REMEMBER THE GOOD TIMES ?
I HAVE MORE OF THESE TO SHARE .
DO YOU WANT TO ADD TO OUR PAPER ?
PLEASE SHARE WITH US.



WHY SHOULD OLDER PEOPLE TAKE PROTECTIVE MEASURES TO GUARD AGAINST HYPOTHERMIA

Some older people can develop accidental hypothermia after exposure to relatively mild cold.

WHAT CAUSES HYPOTHERMIA ?

Accidental hypothermia may occur to anyone who is exposed to severe cold without protection but it is especially true with older people.

HERE ARE SOME SUGGESTIONS TO PREVENT HYPOTHERMIA:

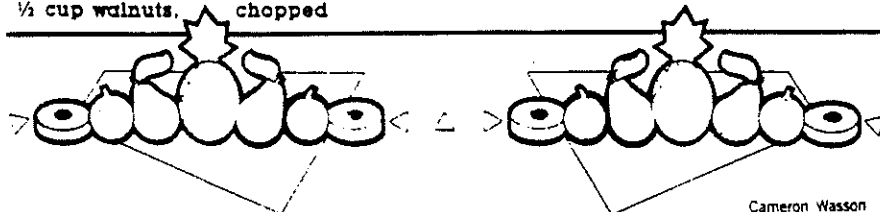
1. Dress warmly even when indoors, eat enough food and stay active as possible.
2. Because hypothermia may start during sleep, keep warm in bed by wearing enough clothing and using warm bed covers.
3. Work out a buddy system. Have an arrangement with friends or neighbors to heat up the area.
4. Several layers of clothing produce pockets of insulating air that helps trap the heat.
5. Dark colors absorb heat, thus keeping the body warm. Insulated underwear also help to keep you warm.
6. Wear a wool hat indoors as well as outdoors if the temperature is down, when there is a power outage and if the temperature goes down to 50% or less. We lose more than 25% of our body heat through the head.
7. Wool is the best cold weather fabric. It absorbs moisture and allows it to evaporate, keeping you warm and dry.
8. Wear mittens or gloves. Mittens allow your fingers to warm one another.
9. Wear two pairs of sox (wool is warmest).

QUICK FRUIT CRISP

- 1 can (8 oz.) pineapple slices
- 1 can (8 oz.) sliced peaches
- 1 can (8 oz.) apricot halves
- 1 can (8 oz.) pear halves
- 1 tablespoon lemon juice
- ¾ cup quick oats, uncooked
- ½ cup butter or margarine, softened
- ½ cup light brown sugar
- ¼ cup flour
- ½ teaspoon cinnamon
- ½ cup walnuts, chopped

Preheat oven to 375°F. Grease an 8-inch square baking dish. Drain all fruit (save juice for another use) and coarsely chop. Combine in baking dish with lemon juice.

In medium bowl mix oats, butter or margarine, sugar, flour and cinnamon until crumbly; sprinkle over fruit. Top with walnuts. Bake 40 minutes. Makes 6 servings. about 370 calories each.



LETS START A MEMORY LANE ? I WILL GO FIRST THIS MONTH !

CAN YOU TELL US WHO THESE PEOPLE ARE ?

THE YOUNG LADY IS STILL WITH US, THANKFULLY.

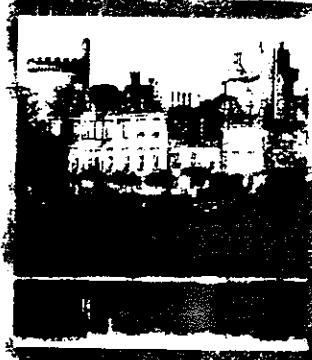


THIS YOUNG MAN GAVE MANY YEARS OF GREAT SERVICE

THEY ARE COUSINS !!

An Irish Blessing

May the road rise to meet you
May the wind be always at your back
May the sun shine warm upon your face
May the rains fall soft upon your fields
And, until we meet again
May God hold you in the palm of His hand.



Dromoland Castle, County Clare.



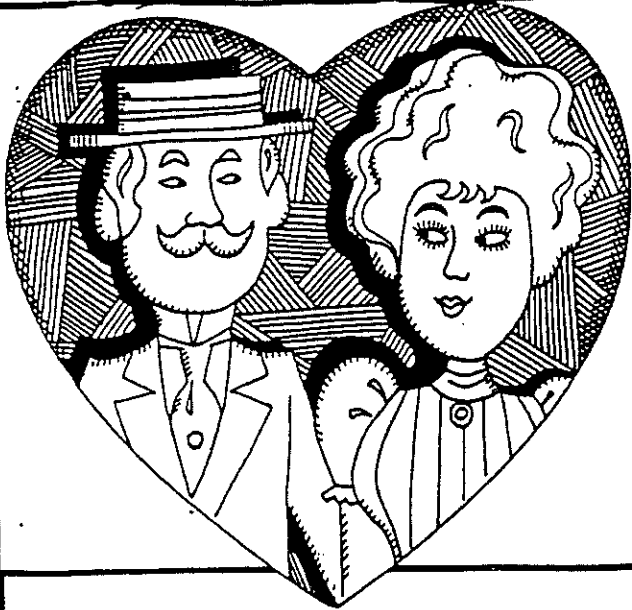
Muckless House, County Kerry.

O'Connell Bridge spans the River Liffey in Dublin, Ireland's capital.

IRELAND



IRELAND




**We love doing
business with you**

GRAND PACKAGE FOR GRAND PEOPLE

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

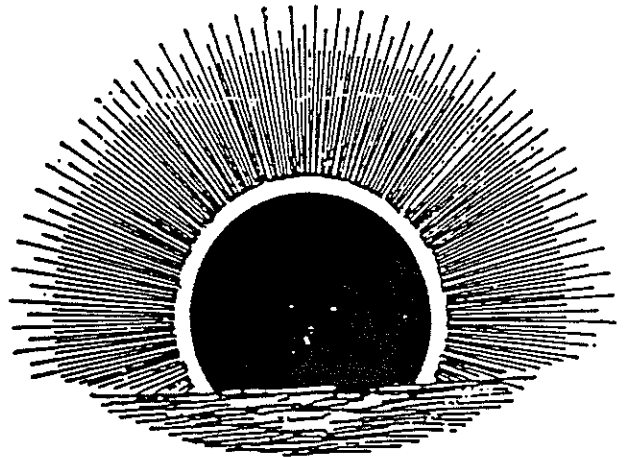
Our bank recognizes that every little bit helps. For those very special people aged, sixty (60) or over, Clinton Savings Bank continues its tradition of respecting your needs and offering you a "Grand Package" of benefits.

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 388-1371, 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

THERE'S SUNSHINE IN A SMILE

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of sunshine and rain,
Laughter and pleasure,
teardrops and pain,
All days can't be bright,
but it's certainly true,
There was never a cloud
the sun didn't shine through—
So just keep on smiling
whatever betide you,
Secure in the knowledge
God is always beside you,
And you'll find when you smile
your day will be brighter
And all of your burdens
will seem so much lighter—
For each time you smile
you will find it is true
Somebody, somewhere
will smile back at you,
And nothing on earth
can make life more worthwhile
Than the sunshine and warmth
of a beautiful smile.



Clinton Savings Bank

"Your Bank from Generation to Generation — Since 1851"

Clinton 200 Church St. 365-4891 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
making newsletter possible

HAPPY EASTER



PERMIT NO. 5
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COUNCIL ON AGING
BERLIN, MASS. 01503



POWDERHOUSE SENIOR NEWS

COUNCIL ON AGING, BERLIN, MASS.

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POWDERHOUSE SENIOR NEWS

BERLIN MASS

VOL 3 - 3

Print
MAY 1986

CALENDAR OF EVENTS :

COUNCIL CORNER:

~~MAY 17, 1986 ECUMENICAL YARD SALE:
9AM TO 4PM AT ST. JOSEPHS CHURCH LOT
SALE TO BENEFIT WHEAT FOOD BANK AND
SOUP KITCHENS. HOMEMADE WHEAT BREAD
WILL BE ON SALE. CANNED GOODS AND
DONATIONS FOR FLEA MARKET ARE WELCOME.~~

MAY 21, 1986 AARP MEETING
2PM IN STERLING
HEALTH PROGRAM FOR MEMBERS.
SPEAKER TO BE SENATOR PADULA.

APRIL

MAY

MARGARITE BELLAROSA
ESTELLE BOYCE
ANNE MARIE COULSON
LEONARD MUNGEM
MILDRED MUNROE
HENRY NUTTING
WILLIAM OLENIK
LEWIS RANDALL PAINE
ALFRED WHEELER
DORIS WHITTEMORE

GRACE BAILEY
CATHERINE DAVIS
VINCENT EAGER
CLYDE MANNING
CHARLES MUSCHE
CARL PHIPPS
PHYLLIS WARBIN
MARY LOU WHEELER
ROGER M WHEELER

WE NEED YOUR HELP !!!

DID ANYONE MISS THE NEWSLETTER LAST ISSU
SHOULD WE CONTINUE IT? THIS IS YOUR LETTE
IF NO ONE CONTRIBUTES WE HAVE NO NEWS.
THE LAST ISSUE HAD QUESTIONS AND PICTURE
(NOT ONE CALL) YOU CAN CALL ANY NUMBER O
THE BACK OF THIS NEWS LETTER, OR CALL
RUTH AT 480-3810.

WE WILL TRY AGAIN WITH THIS ISSUE:

- 1) HOW MANY WOULD BE INTERESTED IN HOT MEALS FOR SHUT-INS ? THIS MAY BE COMING THIS WINTER 'IF' WE GET ENOUGH RESPONSE.
 - 2) HOW MANY WANT NEWS LETTERS MONTHLY ?
 - 3) IS IT EASIER TO READ THE LETTER IN COLUMNS OR ACROSS THE PAGE ? (SAMPLES ENCLOSED) ?
 - 4) HOW MANY USE THE VAN ?
 - 5) DO YOU WANT THE MINUTES OF THE SENI CITIZENS MEETING MINUTES PUBLISHED
 - 6) FEEL FREE TO ADD TO YOUR MEMORIES ! ANY PICTURES WILL BE RETURNED (CALL RUTH FOR PICKUP).
- THE COMMITTEE AWAITS YOUR ANSWERS !

ANSWERS TO LAST ISSUE'S QUESTIONS:

PAGE 1 YOUR POLICE ARE: THE CHIEF IN THE CARRAIGE. SGT. HOWARD SPAULDING IS WITH THE DOG.
PAGE 2 THE FAMILY PICTURE IS: JEANETTE ANDREWS AND HER MOTHER, FATHER AND BROTHER LEON, TAKEN BEFORE HARRIET WAS BORN.
PAGE 2 THE BABY IS: CLIFFORD WHEELER. JEANETTE AND CLIFF ARE COUSINS.
PAGE 5 THE LAND WE GAVE AWAY IS: GATES POND IN THE GROUP IS FRED A & BUD WHEELER & ADDIE & CLIFF WHEELER. THE CARS ARE NOW MEMORIES.

RELATED CONGRATULATIONS TO:

CARL & VIOLA PHIPPS ON THE CELEBRATION OF THEIR ANNIVERSARY WHICH WAS IN APRIL

HOSPITAL CORNER:

EDWARD GENESIS IS HOME FROM ST. VINCENTS
GRETA MCNARY IS HOME FROM ST. VINCENT'S
HAZEL OLENIK IS IN MARLBORO HOSPITAL
CLYDE MANNING IS SCHEDULED FOR SURGERY ON MAY 12TH



HEALTH NOTES BY MARY

DON'T BELIEVE THE ADVERTISING ABOUT YOUTHFULNESS:

THERE ARE DISTINCT ADVANTAGES TO GROWING OLD. WE ACQUIRE WISDOM, A BROADER PERSPECTIVE, PERHAPS A LESS FRENZIED APPROACH TO SOLVING THE PROBLEMS OF DAILY LIVING. BUT NONE OF THESE ACCRUE TO OUR SKIN.

EVERY YEAR FORTUNES ARE MADE ON COSMETICS TO HIDE UNWANTED WRINKLES, SPOTS, LUMPS AND THE MOST COMMON SKIN CHANGES. IF YOUR OVER 60 YOU MOST CERTAINLY HAVE THEM. SOMETIMES THE SPOTS ARE REFERRED TO AS "LITTLE FINGERPRINTS OF FATHER TIME".

LIVER SPOTS ARE HARMLESS ! WHAT ARE LIVER SPOTS ?

LIVER SPOTS (SOMETIMES CALLED AGE SPOTS) ARE SMALL FLAT SKIN PATCHES THAT LOOK LIKE FRECKLES. THEIR COLOR RANGES FROM LIGHT BROWN TO BLACK. IN SPITE OF THEIR NAME, LIVER SPOTS HAVE NOTHING TO DO WITH THE LIVER. MAYBE THEY DERIVE THEIR NAME FROM THE COLOR. THE MOST COMMON SITES ARE THE BACK OF THE HANDS AS THEY OCCUR MAINLY ON SKIN SURFACES THAT HAVE BEEN EXPOSED TO THE SUN OVER A PERIOD OF YEARS.

THEIR CAUSE IS UNKNOWN, THEY JUST APPEAR. THEY HAVE NO SYMPTOMS. THERE IS NO PAIN, NO ITCHING OR SORENESS. HOWEVER, IF THEY BECOME PAINFUL, ITCH, BLEED OR CHANGE COLOR YOU SHOULD SEEK MEDICAL ADVISE.

ALTHOUGH LIVER SPOTS CAN BE UNSIGHTLY AND COSMETICALLY TROUBLESOME THEY ARE MEDICALLY INSIGNIFICANT. THEY ARE NOT, NOR DO THEY BECOME CANCEROUS. IN THIS REGARD THEY DIFFER SIGNIFICANTLY FROM MELANOMA, A MALIGNANT SKIN CONDITION

CAN THE SPOTS BE REMOVED ?

BLEMISHES CAN BE REMOVED, OR MASKED, IF THEY ARE OBJECTIONABLE IN APPEARANCE. TO LIGHTEN THE SPOTS COSMETIC BLEACHES AND CREAM LOTION ARE AVAILABLE. ONE WORD OF CAUTION. SOME SKINS ARE ALLERGIC TO SOME OF THESE COSMETICS. SKIN SPECIALISTS ELIMINATE THEM BY USING LIQUID NITROGEN WHICH DESTROYS THE SPOTS WITH A FREEZING ACTION.

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ELECTIONS - BERLIN MEMORIAL SCHOOL - Monday May 12
TOWN MEETING 7:30 PM Monday May 19
Berlin town Hall

POWDERHOUSE SENIOR NEWS

BERLIN, MASS.

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A Gift for All Seasons

By Winifred Brand

It doesn't cost a penny.
It takes no time at all . . .
a gift that knows no season
from wintertime through fall.

It doesn't come in sizes . . .
no need for fancy bows;
the color and material
no tricky problems pose.

It always is in fashion.
It always is in style . . .
a gift for every season,
a warm and friendly smile!

And if you want to add a touch,
a little extra *you*,
don't go to any bother . . .
a word or two will do!

APRIL: Cancer Control Month

Nationwide, April 1986 is Cancer Control Month. To support this year's theme, "Nutrition and Cancer," the American Cancer Society has published a pamphlet entitled "Nutrition, Common Sense and Cancer." The pamphlet explains that your chance of getting cancer might actually be lessened if, among other things, you reduce your total fat intake and eat more high fiber foods, dark green and deep yellow fresh vegetables and fruits.

To request copies of "Nutrition, Common Sense and Cancer," write to the American Cancer Society, 90 Park Avenue, New York, NY 10016.



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COUNCIL ON AGING



POWERHOUSE SENIOR NEWS

COUNCIL ON AGING, BERLIN, MASS.

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DONA BELLAROSA	838-2922
RUTH WHEELER	838-2433
PATRICIA WHEELER	838-2559
MARY PETRAUSKAS	838-7380
CONSTANCE BARTER	838-2832
EVA TOBEY	838-2238
NANCY KELSEY	838-7376

POWDERHOUSE SENIOR NEWS

BERLIN MASS

VOL 3 - 3

MAY 1986

CALENDAR OF EVENTS :

COUNCIL CORNER:

~~MAY 17, 1986 ECUMENICAL YARD SALE:
9AM TO 4PM AT ST. JOSEPHS CHURCH LOT
SALE TO BENEFIT WHEAT FOOD BANK AND
SOUP KITCHENS. HOMEMADE WHEAT BREAD
WILL BE ON SALE. CANNED GOODS AND
DONATIONS FOR FLEA MARKET ARE WELCOME.~~

MAY 21, 1986 AARP MEETING
2PM IN STERLING
HEALTH PROGRAM FOR MEMBERS.
SPEAKER TO BE SENATOR PADULA.

APRIL

MAY

MARGARITE BELLAROSA
ESTELLE BOYCE
ANNE MARIE COULSON
LEONARD MUNGEAM
MILDRED MUNROE
HENRY NUTTING
WILLIAM OLENIK
LEWIS RANDALL PAINE
ALFRED WHEELER
DORIS WHITTEMORE

GRACE BAILEY
CATHERINE DAVIS
VINCENT EAGER
CLYDE MANNING
CHARLES MUSCHE
CARL PHIPPS
PHYLLIS WARBIN
MARY LOU WHEELER
ROGER M WHEELER

WE NEED YOUR HELP !!!

DID ANYONE MISS THE NEWSLETTER LAST ISSU
SHOULD WE CONTINUE IT? THIS IS YOUR LETTE
IF NO ONE CONTRIBUTES WE HAVE NO NEWS.
THE LAST ISSUE HAD QUESTIONS AND PICTURE
(NOT ONE CALL) YOU CAN CALL ANY NUMBER O
THE BACK OF THIS NEWS LETTER, OR CALL
RUTH AT 480-3810.

WE WILL TRY AGAIN WITH THIS ISSUE:

- 1) HOW MANY WOULD BE INTERESTED IN HOT MEALS FOR SHUT-INS ? THIS MAY BE COMING THIS WINTER 'IF' WE GET ENOUGH RESPONSE.
 - 2) HOW MANY WANT NEWS LETTERS MONTHLY ?
 - 3) IS IT EASIER TO READ THE LETTER IN COLUMNS OR ACROSS THE PAGE ? (SAMPLES ENCLOSED) ?
 - 4) HOW MANY USE THE VAN ?
 - 5) DO YOU WANT THE MINUTES OF THE SENI CITIZENS MEETING MINUTES PUBLISHED
 - 6) FEEL FREE TO ADD TO YOUR MEMORIES ! ANY PICTURES WILL BE RETURNED (CALL RUTH FOR PICKUP).
- THE COMMITTEE AWAITS YOUR ANSWERS !

ANSWERS TO LAST ISSUE'S QUESTIONS:

PAGE 1 YOUR POLICE ARE: THE CHIEF IN THE CARRAIGE. SGT. HOWARD SPAULDING IS WITH THE DOG.
PAGE 2 THE FAMILY PICTURE IS: JEANETTE ANDREWS AND HER MOTHER, FATHER AND BROTHER LEON, TAKEN BEFORE HARRIET WAS BORN.
PAGE 2 THE BABY IS: CLIFFORD WHEELER. JEANETTE AND CLIFF ARE COUSINS.
PAGE 5 THE LAND WE GAVE AWAY IS: GATES POND IN THE GROUP IS FREDA & BUD WHEELER & ADDIE & CLIFF WHEELER. THE CARS ARE NOW MEMORIES.

RELATED CONGRATULATIONS TO:

CARL & VIOLA PHIPPS ON THE CELEBRATION OF THEIR ANNIVERSARY WHICH WAS IN APRIL

HOSPITAL CORNER:

EDWARD GENESIS IS HOME FROM ST. VINCENTS
GRETA MCNARY IS HOME FROM ST. VINCENT'S
HAZEL OLENIK IS IN MARLBORO HOSPITAL
CLYDE MANNING IS SCHEDULED FOR SURGERY ON MAY 12TH



HEALTH NOTES BY MARY

DON'T BELIEVE THE ADVERTISING ABOUT YOUTHFULNESS:

THERE ARE DISTINCT ADVANTAGES TO GROWING OLD. WE ACQUIRE WISDOM, A BROADER PERSPECTIVE, PERHAPS A LESS FRENZIED APPROACH TO SOLVING THE PROBLEMS OF DAILY LIVING. BUT NONE OF THESE ACCRUE TO OUR SKIN.

EVERY YEAR FORTUNES ARE MADE ON COSMETICS TO HIDE UNWANTED WRINKLES, SPOTS, LUMPS AND THE MOST COMMON SKIN CHANGES. IF YOUR OVER 60 YOU MOST CERTAINLY HAVE THEM. SOMETIMES THE SPOTS ARE REFERRED TO AS "LITTLE FINGERPRINTS OF FATHER TIME".

LIVER SPOTS ARE HARMLESS ! WHAT ARE LIVER SPOTS ?

LIVER SPOTS (SOMETIMES CALLED AGE SPOTS) ARE SMALL FLAT SKIN PATCHES THAT LOOK LIKE FRECKLES. THEIR COLOR RANGES FROM LIGHT BROWN TO BLACK. IN SPITE OF THEIR NAME, LIVER SPOTS HAVE NOTHING TO DO WITH THE LIVER. MAYBE THEY DERIVE THEIR NAME FROM THE COLOR. THE MOST COMMON SITES ARE THE BACK OF THE HANDS AS THEY OCCUR MAINLY ON SKIN SURFACES THAT HAVE BEEN EXPOSED TO THE SUN OVER A PERIOD OF YEARS.

THEIR CAUSE IS UNKNOWN, THEY JUST APPEAR. THEY HAVE NO SYMPTOMS. THERE IS NO PAIN, NO ITCHING OR SORENESS. HOWEVER, IF THEY BECOME PAINFUL, ITCH, BLEED OR CHANGE COLOR YOU SHOULD SEEK MEDICAL ADVISE.

ALTHOUGH LIVER SPOTS CAN BE UNSIGHTLY AND COSMETICALLY TROUBLESOME THEY ARE MEDICALLY INSIGNIFICANT. THEY ARE NOT, NOR DO THEY BECOME CANCEROUS. IN THIS REGARD THEY DIFFER SIGNIFICANTLY FROM MELANOMA, A MALIGNANT SKIN CONDITION

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POWDERHOUSE SENIOR NEWS

BERLIN, MASS.



VOL. 3-4

JULY 1986

CALENDAR OF COMING EVENTS

JULY 3, 1986

SENIOR CITIZENS MEETING WILL BE AT INDIAN HEAD FARM. BLOOD PRESSURES WILL BE TAKEN FOLLOWED BY A STRAWBERRY TREAT. BRING A SANDWICH, BEVERAGE AND DESSERT WILL BE PROVIDED.

JULY 23, 1986

COUNCIL ON AGING IS PLANNING ITS THIRD ANNUAL SMORGASBOARD FOR ALL SENIORS OF BERLIN AT THE NORTHBROOK COMMUNITY BUILDING. ENTERTAINMENT WILL BE PROVIDED AS WELL AS A FABULOUS MEAL. COUNCIL MEMBERS WILL ARRANGE FOR TRANSPORTATION FOR THOSE WHO NEED IT. CONTACT EVA TOBEY OR MARY TEL. NOS 2238 or 7380

AUGUST 4, 1986

SENIOR CITIZENS MEETING WILL BE A PICNIC LUNCH OF KENTUCKY FRIED CHICKEN AND PLACE OF MEETING WILL BE ANNOUNCED WHEN ARRANGEMENTS ARE COMPLETED.

AUGUST ? 1986

VERA IS MAKING ARRANGEMENTS FOR A TRIP IN AUGUST TO ROCKPORT AS MANY OF YOU REQUESTED. FURTHER INFORMATION ABOUT TRIP WILL BE PUBLICIZED IN THE NEAR FUTURE.

SEPTEMBER 4, 1986

CLINTON SAVINGS BANK, BERLIN BRANCH WILL BE SPONSORING A SENIOR IDENTIFICATION PROGRAM AT THE FIRST PARISH CHURCH DURING THE SENIOR MEETING 9:30 - 1p.m. THEY WILL ALSO HAVE A SENIOR PACKAGE ON DISPLAY. PHOTOS WILL BE TAKEN BY THE BANK STAFF AFTER COMPLETION OF THE DATA SHEETS WITH INFORMATION NEEDED IN THE PROCESSING OF THE PHOTOS.

THE BANK IS PROVIDING THIS SERVICE AS PART OF THEIR EXPANSION SERVICE AND AN INTRODUCTION OF THEIR NEW BANK MANAGER AT THE BERLIN BRANCH MRS KAREN PHILLIPS.

BIRTHDAYS FOR JUNE, JULY, AUGUST, 1986

MANY HAPPY RETURNS TO YOU ALL AND MAY YOU ALL HAVE HEALTH AND HAPPINESS.

JUNE BIRTHDAYS

B. ST. JOHN	ELLSWORTH SAWYER JR.
J. NUTTING	ELIZABETH PURUCHER
A&A MURPHY	ELEANOR BRODEUR
L. NUTTING	DORIS MICHELSKI

JULY BIRTHDAYS

W. MUNGEON	RUTH MUNGEON
R. SMITH	MYRTL MASON
G. INGALLS	JENNIE ZEIGLER
A. FERRARI	MARGARET BARTLETT
J. BRANIGAN	

AUGUST BIRTHDAYS

A. MITCHELL	JEANNETTE ANDREWS
C. NUTTINGS	PRISCILLA JEWETT
A. PAULIS	MARGARET DUBE
B. BRIDGES	RENE WHEELER
B. POULIN	
R. BIFFORD	MARIE FORD
M.L. WHEELER	

CARDS, LETTERS AND PHONE CALLS REGARDING THE NEWSLETTERS WERE GRATEFULLY RECEIVED AND WE WILL TRY TO IMPLEMENT YOUR SUGGESTIONS IN FUTURE NEWSLETTERS.

KEEP YOUR LETTERS COMING AND WE ARE ESPECIALLY INTERESTED IN YOUR CONTRIBUTIONS OF POEMS, INTERESTING EVENTS OF THE PRESENT OR THE PA

HEALTH NOTES

MARY R. PETKAUSKAS R.N.

"MAKE AN IMPACT ON LIFE--DONT LET LIFE IMPACT YOU---"

WELLNESS IS A NEW CONCEPT IN BETTER LIVING TO A FULFILLED AND HEALTHIER YOU

- WELLNESS W _____ WEIGHT KEEP IT UNDER CONTROL
- E _____ EXERCISE MAKE IT A DAILY ROUTINE__AWALK A DAY
- L _____ ENJOY AND LOVE EVERY DAY
- L _____ LAUGHTER MAKES LIFE PLEASANTER
- N _____ NUTRITION PROPER NCOURISHING MEALS KEEPS ONE HEALTHY
- E _____ EMOTIONS CONTROL IS IMPORTANT IN GOOD MENTAL HEALTH
- S _____ LEARNING TO COPE WITH STRESS HELPSTO MAKE A HEALTHIER YOU
- S _____ SELF_ESTEEM IMPORTANT IN ACHIEVING YOUR WELLNESS GOAL

WHAT IS YOUR COMMITTMENT TO A HEALTHFUL LIVING AND HANDLING OF PROBLEMS THAT EFFECT YOUR HEALTH?

WOULD YOU BE INTERESTED IN HAVING PROGRAMS TO HELP YOU WITH A WELLNESS PROGRAM SO YOU CAN BECOME A HEALTHIER YOU?

IF YOU WOULD LIKE ANY SPECIAL PROGRAM PLEASE LET MARY KNOW AND WE WILL PLAN SOMETHING TO MEET YOUR NEEDS.

SUMMER IS HERE AND THERE ARE SOME PRECAUTIONS THAT SHOULD BE TAKEN BY SENIORS REGARDING SOME OF THE DANGERS TO EXPOSURE TO TOO MUCH SUN.

A FEW WORDS OF CAUTION

1. IF YOU ARE TAKING ANTIBIOTICS, DIURETICS, HORMONES YOU SHOULD AVOID TOO MUCH SUN.
 2. SKIN SHOULD BE PROTECTED BY A SUNSCREEN F 15 LOTION OR SKIN CREAM OR MAKEUP FROM THE ULTRVIOLET RAYS WHICH CAN CAUSE SKIN CANCERS AFTER PROLONGED EXPOSURE
 3. IF YOU ARE SUN BATHING PROTECT YOUR EYES WITH SUN GLASSES OR AN EYE COVER AS ULTRAVIOLET RAYS FROM THE SUN CAN DAMAGE THE EYES WITH LONG EXPOSURE
- GET WELL WISHES TO THE FOLLOWING PATIENTS

HOSPITAL CORNER

ED GENIS
 FRANCES GENIS BOTH AT ST, VINCENTS HOSPITAL
 GRACE PEMERCAST DISCHARGED FROM ST. VINCENTS

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 vacation spot, cool the refrigerator before loading)

ON VACATION

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

- 1/2 cup of skim milk
- 2unsalted beef bouillon cubes
- 1 cup unsalted dry cottage
- 2teaspoon lemon juice
- 2teaspoons vermouth or dry white wine
- 1teaspoon onion powder
- 1/2 teaspoon garlic powder
- 2tablespoons 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 PREPARED TORTILLA SHELLS ,

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.

U.S. DEPT OF AGRICULTURE

POWDERHOUSE SENIOR NEWS:

KEEP MOVING WALKING CLUBS

CONGRATULATIONS TO SEVERAL HEARTY SENIORS WHO ARE CONTINUING THEIR WALKING PROGRAM WHICH THEY STARTED LAST FALL.

THE THIRD ANNUAL GOVERNORS CUP FOR WALKING ENTHUSIASTS WILL BE ON SUNDAY SEPTEMBER 21, 1986 ON BOSTON COMMON. ANYONE INTERESTED IN

PARTICIPATING LET MARY KNOW AND SHE WILL MAKE THE NECESSARY ARRANGEMENTS.

THE EXECUTIVE OFFICE OF ELDER AFFAIRS HAVE RECEIVED MANY REQUESTS REGARDING THE PURCHASE OF PEDOMETERS. THEY HAVE LOCATED A MANUFACTURER WHO WOULD MAKE AVAILABLE. FINE QUALITY PEDOMETER

WHICH RETAILS AT \$22 WHICH WILL COST MEMBERS OF THE WALKING CLUB \$10 IF ANYONE IS INTERESTED ~~TO~~ OBTAINING ONE YOU MAY CALL PENNY CARVER 1-800-882-2003

WHEAT VAN:

THE WHEAT VAN IS AVAILABLE FOR TRIP OUTINGS AND OTHER RECREATIONAL ACTIVITIES FOR 8-10 PEOPLE. ANYONE INTERESTED IN PLANNING A TRIP FOR THE AFTERNOON CONTACT MARY AND SHE WILL MAKE THE NECESSARY ARRANGEMENTS.

TWO FREE TRIPS ARE AVAILABLE FOR BERLIN SENIORS FOR SHOPPING FROM A DONATION BY THE COUNCIL ON AGING.

SO TAKE ADVANTAGE OF THIS WONDERFUL OPPORTUNITY

DISCOVERY

TODAY I SMILED AND ALL AT ONCE THINGS DIDNT LOOK SO BAD TODAY I SHARED WITH SOMEONE

ELSE

A BIT OF HOPE I HAD

TODAY I SANG A LITTLE SONG AND FELT MY HEART GO LIGHT AND WALKED A HAPPY LITTLE MILE WITH NOT A CLOUD IN SIGHT.

TODAY I WORKED WITH WHAT I HAD NOR LONGED FOR ANYMORE AND WHAT SEEMED LIKE ONLY WEEDS WERE FLOWERS AT MY DOOR

TODAY I LOVED A LITTLE MORE COMPLAINED A LITTLE LESS AND IN THE GIVING OF MYSELF

FORGOT MY WEARINESS.

GRACE E EASLEY



**WHEN THE GOING GETS TOUGH,
THE TOUGH GO SHOPPING!**



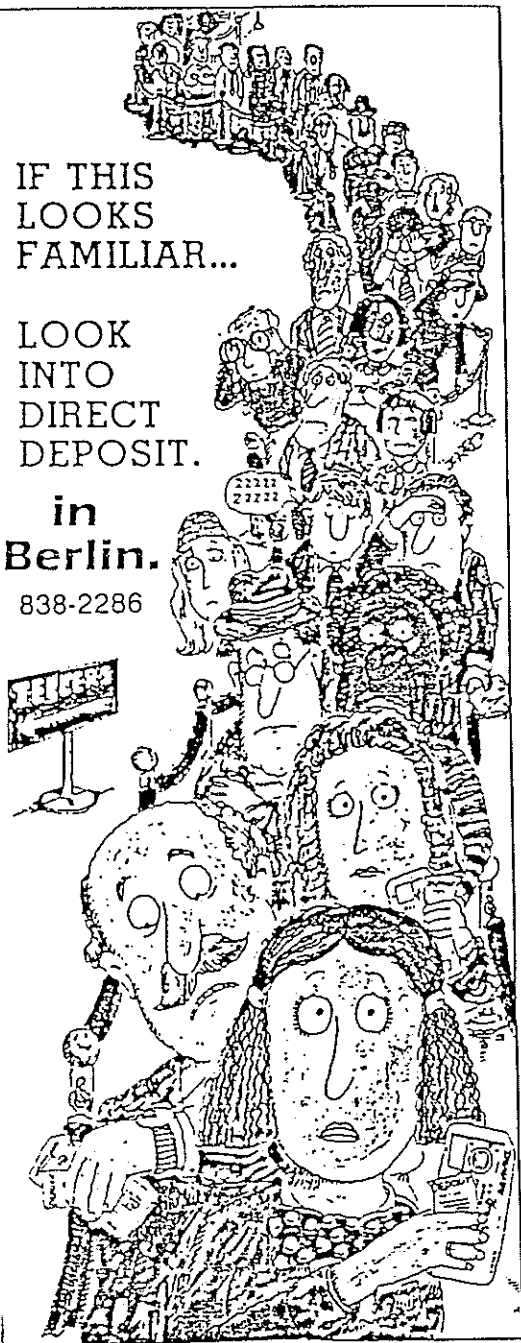
POWDERHOUSE SENIOR NEWS

IF THIS
LOOKS
FAMILIAR...

LOOK
INTO
DIRECT
DEPOSIT.

in
Berlin.

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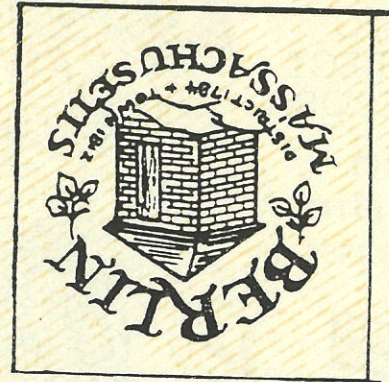
Age is
mostly
a matter
of mind -
if you
don't mind
it doesn't
matter

—Mark Twain

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 838-2238 EVA TOBEY
 838-2832 CONSTANCE BARTEB
 838-7380 MARY PETKUSKAS
 838-2559 PATRICIA WHEELER
 838-2433 RUTH WHEELER
 838-2922 DONA BELLAROSA
 GRACE FENDERGAST HONORARY CHAIRPERSON

FOWDERHOUSE SENIOR NEWS
 COUNCIL ON AGING, BERLIN, MASS.



COUNCIL ON AGING
 BERLIN, MASS 01503

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THE POWDERHOUSE SENIORS NEWS

Berlin, Mass.



VOLUME 3-5

SEPT 1986 FALL ISSUE

CALENDER OF EVENTS

=====

SEPT 4: SENIOR CITIZENS MEETING
FIRST PARISH CHURCH 9:30 AM

1. BLOOD PRESSURE SCREENING
2. BUSINESS MEETING
3. GUEST SPEAKER -- ROBERT OLCHAK
WILL SPEAK ON BLUE CROSS/MEDICARE
4. IDENTIFICATION PHOTOS TO BE
TAKEN BY CLINTON SAVINGS BANK

SEPT 21 ST. JOSEPH'S ANNUAL FAIR

10 TO 5 ON THE CHURCH
GROUNDS. (RAIN DATE SEPT
28) PRIZES, ENTERTAINMENT
FLEA MARKET TABLES AND
INTERNATIONAL FOOD,

REMINDER - 3RD ANNUAL
GOVERNORS CUP - IN BOSTON

WALKING CLUB MEMBERS ENCOURAGED
TO PARTICIPATE - RAIN OR SHINE
CONTACT MARY OR CALL 1-800-882
2003 FOR RESERVATIONS.

NOV. 1 FIRST PARISH CHURCH FAIR
IN THE CHILDRENS CHURCH 10 TO 5

ON THE 21ST ANNIVERSARY OF MEDICARE,
THE WHEAT VAN TRANSPORTED 10 SENIOR
CITIZENS TO A CELEBRATION SPONSORED
BY THE EXECUTIVE OFFICE OF ELDER
AFFAIRS. THE SPEAKERS INCLUDED THE
SECRETARY OF ELDER AFFAIRS AND STATE
REPRESENTATIVES. LETTERS FROM JOHN
KENNEDY AND JOHN KERRY WERE ALSO
READ. FOLLOWING THE MEETING A LUNCHEON
AND SPECIAL CAKE WERE SERVED. THE PROGRAM
WAS CONCLUDED WITH ENTERTAINMENT
AND DANCING.

HAPPY BIRTHDAY TO ALL

=====

SEPTEMBER BIRTHDAYS:

DORIS EAGER	ELIZABETH RISI
RUTH HILL	IVA ROGERS
LOUISE LOCKHART	JOE ROSEBERRY
MARJORIE NELSON	

OCTOBER BIRTHDAYS:

LOUISE CHAMPAGNE	
LOUISE KENT	DOROTHY RISI
MILDRED HILLS	MARY RISI
MAURICE POULIN	HERBERT MUELLER
EVERETT SMITH	

NOVEMBER BIRTHDAYS:

ELEANOR BOSSELMAN	SUSAN HART
EMELINE HEBB	PHYLLIS MUNYON
GRACE PENDEGAST	VIOLA PHIPPS
ERNEST WHEELER	LULU WHEELER

SPECIAL BIRTHDAY WISHES

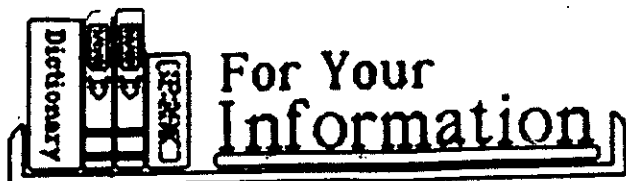
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** JENNY ZEIGLER CELEBRATED HER
93RD BIRTHDAY. MANY RELATIVES
AND FRIENDS HONORED HER WITH
FLOWERS AND BEST WISHES.

** MABEL MARBLE CELEBRATED HER
94TH BIRTHDAY WITH A FAMILY
GET-TOGETHER.

FUEL ASSISTANCE:

SIGN UP WILL BE HELD AGAIN THIS
FALL AT NORTHBROOK VILLAGE AT
A DATE TO BE ANNOUNCED. FOR MORE
INFORMATION CONTACT: EVA TOBEY
AT 838-2238



RECENTLY THE POPPS (NOW LIVING IN CLINTON) CELEBRATED THEIR 60TH WEDDING ANNIVERSARY WITH MANY OF THEIR BERLIN FRIENDS IN ATTENDANCE.

MRS. BERTHA BRIDGES HAS MOVED TO THE CLINTON HOME FOR THE AGED AT 241 CHESTNUT STREET CLINTON AND WOULD LIKE TO HEAR FROM HER FRIENDS.

RAY & RUEA BAUM HAVE SWAPPED HOUSES WITH THEIR SON DUNCAN & FAMILY. THEY CAN NOW BE REACHED AT 15 CROSBY RD.

THE TRIP TO ROCKPORT ON AUG. 11 WAS ENJOYED BY ALL WHO PARTICIPATED.

WE WISH TO EXTEND OUR SYMPATHY TO THE FAMILY OF ARCHIE CAMPBELL ON HIS RECENT DEATH.

THE WHEELER FAMILY CELEBRATED THEIR 127TH REUNION AT THE FARM OF FRED & RUTH WHEELER ON HIGHLAND STREET. RELATIVES ENJOYED A POT LUCK DINNER SERVED AT A LONG TABLE WHICH ACCOMMODATED 125 PEOPLE FROM DIFFERENT SECTIONS OF THE COUNTRY. AMONG THE GUESTS WERE SEVERAL SENIOR CITIZEN MEMBERS. RECREATION WAS ENJOYED BY THE YOUNG FOLK WHILE THE PARENTS & GRANDPARENTS VISITED ONE ANOTHER. (SENT TO US BY MILDRED WHEELER/SENIOR CITIZEN).

HOSPITAL NEWS:

CLYDE MANNING IS IN ST. VINCENTS
JENNY ZEIGLER IS IN HAHNEMANN
HOSPITAL IN WORCESTER.

GOOD NEWS

MARIE SPINNEY (SKIP'S WIFE)
SEAWARD SPINNEY (SKIP'S DAD)
ELIZABETH JONES
FREDA WHEELER
ARE ALL HOME AGAIN

A Beautiful Prayer For Each Of Us As We Grow Older

Lord, Thou knowest better than I know myself, that I am growing older, and will some day be old.

Keep me from getting talkative and particularly from the fatal habit of thinking I must say something on every subject and on every occasion.

Release me from the craving to try to straighten out everybody's affairs.

Keep my mind free from the recital of endless details--give me wings to get to the point.

I ask for grace enough to listen to the tales of others' pains. Help me endure them with patience.

But seal my lips on my own aches and pains. They are increasing and my love of rehearsing them is becoming sweeter as the years go by.

I dare not ask for improved memory, but for a growing humility and a lessening cocksureness when my memory seems to clash with the memories of others.

Teach me the glorious lesson that occasionally I may be mistaken

Keep me reasonably sweet. I do not want to be a saint--some of them are so hard to live with--but a sour old woman (or man) is one of the crowning works of the devil.

Make me thoughtful, but not moody; helpful, but not bossy. With my vast store of wisdom, it seems a pity not to use it; but Thou knowest, Lord, I want a few friends at the end.

Give me the ability to see good things in unexpected places, and talents in unexpected people. And give me, Lord, the grace to tell them so.

Author Unknown

Amen

HEALTH NOTES:

BY, MARY R. PETKAUSKAS RN:

=====

SENILITY FOR SOME OLDER PEOPLE COMES IN A BOTTLE:

Many senior citizens sometimes are depressed and lonely. Family members tell them to enjoy themselves in there twilight years. They should relax and have fun, socialize, have a drink. But, aging bodies are poorly equipped to deal with alcohol. The elderly get drunk faster, are more prone to alcohol related injuries and diseases than the young. The same beer they drank at 21 gets them drunk at 65 according to studies by "National Institute Of Alcohol Abuse" and alcoholism many cases of elderly alcohics go undetected because family and friends chalk their confusion up to senility rather than liquor. The percentage of elderly Americans who are problem drinkers is the same as that of younger Americans.

Mary Gamkos, Researcher at the "National Institute on Alcohol Abuse" says "WHAT WE ARE SEEING ARE OLDER PEOPLE WHO ARE SOCIAL DRINKERS WHEN THEY WERE YOUNG STARTING TO HAVE PROBLEMS WHEN THEY AGE." While a vast majority of elder Americans are not problem drinkers, Health Officials said all older people should be aware they are physically less tolerant of alcohol then they were when they were young.

REASONS WHY ELDERLY SHOULD WATCH THEIR ALCOHOL INTAKE

1. As the body ages its ability to metabolize alcohol and drugs slows.
2. This causes alcohol to stay in the body of an older person longer and has more of effect than it did when they were younger.
3. Older people tend to lose weight and retain less water--Both factors make alcohol more potent.
4. Many elders are on medication for Heart, Blood Pressure, etc: and many of these medications interact with alcohol. That is why special stickers are put on prescription bottles.
5. Many elders also take over the counter drugs such as Antihistamines, Sleeping Pills, etc; which also interact with alcohol.

There is much educational information available about the problem of alcohol abuse in elder population. Anyone interested call Mary @838-7380

THE MASSACHUSETTS

EXECUTIVE OFFICE OF ELDER AFFAIRS'

ACTION ALERT

-FOR SENIOR CITIZENS-

MEDICARE PATIENTS:

LEARN YOUR RIGHTS OF APPEAL:

Elder Affairs Secretary Richard H. Rowland today alerted elders to patients' rights to appeal under the Diagnostic Related Groups (DRG payment system).

"Medicare patients who disagree with a discharge decision or question a notice of non-coverage must have that hospital's notice in writing in order to appeal the decision," said Secretary Rowland. He continued, "IF YOU THINK YOU ARE BEING ASKED TO LEAVE THE HOSPITAL TO SOON:

-Remember: Without a written notice, you have no right to appeal.

"Learn your rights while a Medicare Hospital Patient," Rowland urged:

-You have a right to receive all of the hospital care that is necessary for the proper diagnosis and treatment of your illness or injury. Your discharge date should be determined solely by your Medical needs, not by "DRG'S) or by Medicare payments.

-You have the right to be fully informed about decisions affecting your Medicare Coverage or payment for your hospital stay.

-You have the right to appeal any written notices you receive from the hospital or Medicare stating that Medicare will no longer pay for your care.

-Secretary Rowland suggested that Medicare Beneficiaries establish communications with their doctors.

"TALK TO YOUR DOCTOR," He urged:

You and your Doctor know more about your condition and your health care needs than anyone else. If you have questions about your Medical treatment, your needs for continued hospital care, or your discharge date, consult your

Doctor. These decisions should be made between you and your Doctor. If you have questions or concerns about hospital services, you should talk to the Hospital's Patient Representative or discharge planner. Don't hesitate to ask questions--You and your family should ask about your care, your stay in the hospital, and your planned discharge.

PEER REVIEW ORGANIZATIONS (PROS) are groups of Doctors who are paid by the Federal Government to review Medical necessity, appropriateness and quality of Hospital treatment furnished to Medicare patients. PEER REVIEW MEDICAL ORGANIZATION will respond to Patient's request for review and appeal of written notices stating that Medicare will no longer pay for Hospital stay.

The following is a list of appeals information and assistance resources:

INFORMATION AND ASSISTANCE/PRESENTATIONS

EXECUTIVE OFFICE OF ELDER AFFAIRS
38 Chauncy Street
Boston, Ma. 02111
1-800-882-2003
(617) 727-4092

PATIENT APPEALS/PEER REVIEW ORGANIZATION (INTERIM)

BLUE CROSS UTILIZATION REVIEW/MEDICARE

20 Winthrop Square, 4th. Floor
Boston, Ma. 02103
(617) 956-3078

EMERGENCY/IMMEDIATE

DISCHARGE/PROBLEMS/COMPLAINTS

DEPARTMENT OF PUBLIC HEALTH ADVOCACY OFFICE

DIVISION OF HEALTH CARE QUALITY
80 Boylston Street (11th. Floor)
Boston, Ma. 02166
(617) 727-8984

1-800-462-5540

ASSISTANCE WITH APPEALS:

MASSACHUSETTS MEDICARE ADVOCACY PROJECT

MASSACHUSETTS MEDICARE ADVOCACY PROJECT

Greater Boston Elderly Legal Services

102 Norway Street
Boston, Ma. 02115

(617) 536-0400

POWDERHOUSE SENIOR NEWS

303 4979

IF THIS LOOKS FAMILIAR...

LOOK INTO DIRECT DEPOSIT.

in Berlin.

838-2286



A FRIEND is a person who is for you always...He wants nothing from you except that you be yourself. He is the one being with whom you can feel safe. With him you can utter your heart, its badness and its goodness. Like the shade of a great tree in the noonday heat is a friend.

Like the home port with your country's flag flying after a long journey is a friend. A friend is an impregnable citadel of refuge in the strife of existence. It is he that keeps alive your faith in human nature, that makes you believe that it is a good universe. He is the antidote to despair, the elixir of hope, the tonic for depression... Give to him without reluctance.

Anonymous



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Hugging can lift depression. It breathes fresh life into a tired body and makes you feel younger and more vibrant.

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COUNCIL ON AGING, BERLIN, MASS.

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RUTH WHEELER	838-2433
PATRICIA WHEELER	838-2559
MARY PETRAUSKAS	838-7380
CONSTANCE BARTER	838-2832
EVA TOBEY	838-2238
NANCY KELSEY	838-7376

POWDERHOUSE SENIOR NEWS

BERLIN, MASS.



VOLUME 3-5

WINTER ISSUE DECEMBER 1986

CALENDAR OF EVENTS

DECEMBER 4, 1986

SENIOR CITIZENS MEETING AT THE FIRST PARISH CHURCH. Blood pressures 9:30
Business Meeting 10:30
CAROLYN DALLAS, Executive Director, will speak on the many changes taking place at WHEAT. A HOBBIE AND CRAFT EXHIBIT including A CHRISTMAS MUSICAL PROGRAM arranged by MILLIE WHEELER and FLORENCE MARTIN will follow her talk.

DECEMBER 6 & 7 1986

ST. JOSEPH'S CHRISTMAS FAIR
10:00 am in the LOWER CHURCH HALL
The fair will include a Crafts Corner, Christmas Floral Arrangements, Baked Goods, Plant Shop and Sandwich Shoppe. There will be a GIANT RAFFLE and something new this year - A Designers Corner.

DATES TO BE ANNOUNCED

Lions Club Dinner.
Christmas Shopping Trip

** DECEMBER BIRTHDAYS **

Dec 10th - Willard Wheeler
 - Yvonne Quinn
Dec 12th - Veronica Paulis
Dec 23rd - John Boyce
 - Helen Mannings
Dec 25th - Emma Bray

Very Special 96th Birthday Wish
on Dec 22nd to Henry Mcleod

HAPPY BIRTHDAY WISHES TO ALL OUR
MEMBERS also WISHES FOR A HOLY
and HEALTHY SEASON from YOUR
COUNCIL ON AGING

ANNIVERSARIES

Mr. and Mrs. Clyde Manning (56th)
Mr. and Mrs. William Olenik (40th)

On Sunday Nov. 30th Rena & Alfred Wheeler were honored on the occasion of their 50th Anniversary at the Grille Restaurant with a lovely party

*** CHRISTMAS PROGRAMS IN BERLIN ***
First Parish Church

December 21, 1986

ECUMENICAL CONCERT following the
LIVING CRECHE display. 4:30pm

December 24, 1986

Candlelight Service Christmas Eve
Advent Lighting of Candles
by Families Every Sunday of Advent

St. Joseph The Provider

December 24, 1986

Special Christmas Program at
Midnight Mass

Advent Lighting Every Sunday During
MASS --- by Selected Families

CHRISTMAS HEART

Lord let me keep a Christmas heart
That mid the tumult of the throngs
Still hears the echo clear
And sweet of angels song
Lord let me keep a Christmas heart
That hears and sees anothers need
And strives each day to follow thee
In word and deed

So let me keep thy birthday Lord
In all I say, In all I do
A Christmas heart of faith
And love the whole year through

FRESH APPLE CAKE

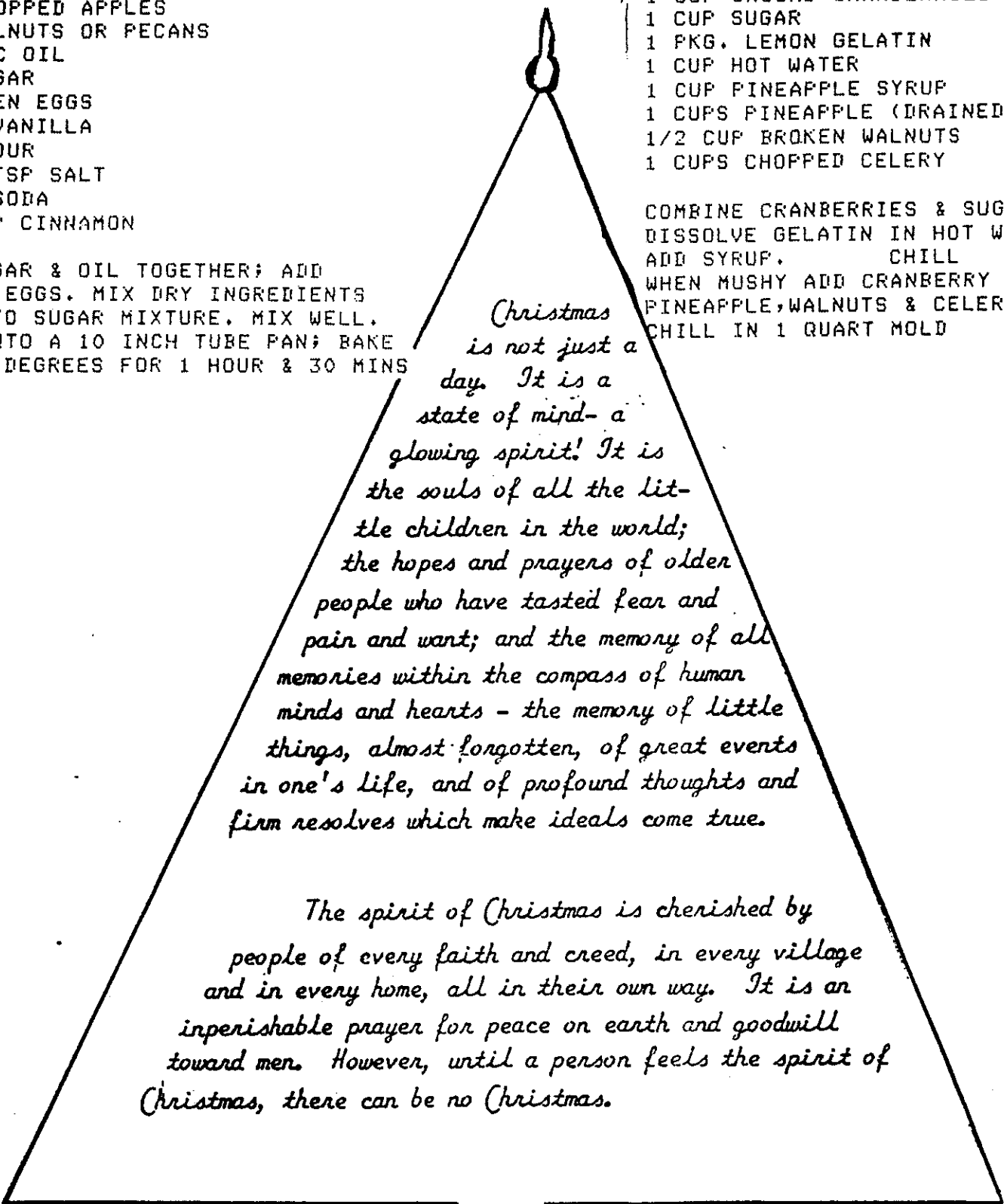
3 C CHOPPED APPLES
1 C WALNUTS OR PECANS
1 1/2 C OIL
2 C SUGAR
2 BEATEN EGGS
2 TSP VANILLA
3 C FLOUR
1 1/4 TSP SALT
1 TSP SODA
1/2 TSP CINNAMON

MIX SUGAR & OIL TOGETHER; ADD
BEATEN EGGS. MIX DRY INGREDIENTS
& ADD TO SUGAR MIXTURE. MIX WELL.
POUR INTO A 10 INCH TUBE PAN; BAKE
AT 350 DEGREES FOR 1 HOUR & 30 MINS

SMALL MOLDED CRANBERRY SALAD

1 CUP GROUND CRANBERRIES
1 CUP SUGAR
1 PKG. LEMON GELATIN
1 CUP HOT WATER
1 CUP PINEAPPLE SYRUP
1 CUPS PINEAPPLE (DRAINED)
1/2 CUP BROKEN WALNUTS
1 CUPS CHOPPED CELERY

COMBINE CRANBERRIES & SUGAR
DISSOLVE GELATIN IN HOT WATER
ADD SYRUP. CHILL
WHEN MUSHY ADD CRANBERRY MIXTURE
PINEAPPLE, WALNUTS & CELERY.
CHILL IN 1 QUART MOLD



*Christmas
is not just a
day. It is a
state of mind- a
glowing spirit! It is
the souls of all the lit-
tle children in the world;
the hopes and prayers of older
people who have tasted fear and
pain and want; and the memory of all
memories within the compass of human
minds and hearts - the memory of little
things, almost forgotten, of great events
in one's life, and of profound thoughts and
firm resolves which make ideals come true.*

*The spirit of Christmas is cherished by
people of every faith and creed, in every village
and in every home, all in their own way. It is an
imperishable prayer for peace on earth and goodwill
toward men. However, until a person feels the spirit of
Christmas, there can be no Christmas.*

CHRISTMAS 1986

CHRISTMAS

MESSAGE

POWDERHOUSE SENIOR NEWS:

DIABETIC BLINDNESS PREVENTION

Barbara Barthel, Diabetes Program manager for the Executive Office of Human Services of the Commonwealth of Massachusetts, contacted the Council and asked us to alert elders with diabetes to the need for annual eye exams. She writes, "Diabetes is a leading cause of new cases of blindness in the United States, and even here in Massachusetts. Usually the eye changes caused by diabetes create no symptoms until the damage has progressed to an advanced stage, when treatment may be less effective. National studies indicate that laser treatments may reduce the incidence of blindness from diabetes by up to 60%. The critical factor, however, is to find eye changes early enough to allow the technology to be used effectively.

The Massachusetts Department of Public Health, through its Center for Health Promotion and Environmental Disease Prevention, coordinates a Diabetic Eye Program. The Program offers a variety of services to encourage and facilitate eye exams for persons with diabetes. In the first three months of the Program's screening activities, almost 45% of the people screened showed signs of possible eye damage due to diabetes. Usually these people were unaware of the relation between diabetes and eye damage. Now that the changes have been detected, they can be monitored, and any needed treatment can be started as soon as appropriate."

Pertinent facts about diabetes and your vision:

*Diabetes may cause serious changes in your eyes.

*In Massachusetts alone, over 250 people each year go blind from diabetes.

*Early diagnosis and new methods of treatment can help you save your sight.

*With diabetes, your eyes may be damaged before your vision changes.

*The longer you've had diabetes, the greater your chances of developing vision loss.

*The best way to protect your eyes is by having regular eye exams. If you have used insulin for over five years, or if you have diabetes but don't use insulin, we urge you to have your eyes tested each year.

*To find out more about the diabetic eye, call toll-free at:
1-800-535-EYES (1-800-535-3937) or write to: "The Diabetic Eye",
P.O. Box 10, Essex Station, Boston, MA 02112

NATIONAL EYE CARE PROJECT

The Massachusetts Society of Eye Physicians and Surgeons has a National Eye Care Project to alert seniors about their vision needs. They say, "Many elderly citizens and legal residents in Massachusetts who are 65 and over think that growing older means losing their ability to see well. Today that is no longer true. Much can be done to repair and even restore damaged eyes.

A great deal of visual loss--even blindness--can be prevented if eye disease is diagnosed and treated early. The way to identify an eye problem early in its development is to have a checkup by a medical eye physician (ophthalmologist).

The NATIONAL EYE CARE PROJECT Helpline is offering medical eye care to U.S. citizens and legal residents age 65 and over who have medical eye problems, but who do not have a personal eye physician. Through a toll-free Helpline--1-800-222-EYES--disadvantaged elderly are eligible for medical care at no out-of-pocket cost to them. Information on eye diseases will be sent to anyone who calls the Helpline.

In Massachusetts, there are more than 230 ophthalmologists who are volunteering their time to care for our older citizens. Disadvantaged people 65 and over who believe they have eye disease and have not had a medical eye exam for 3 years, and lack the resources to obtain needed eye care, please call the NATIONAL EYE CARE Helpline at 1-800-222-EYES (3937)."
GROWING OLD DOES NOT MEAN GOING BLIND.

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 SALTSHAKER 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.

- ½ 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.

Marilyn Boutilier, 3 Birch St.,
Winthrop, ME 04364 is confined to her
home with a serious illness. She
would enjoy our cards!

POWDERHOUSE SENIOR NEWS

IF THIS LOOKS FAMILIAR...

LOOK INTO DIRECT DEPOSIT.

in Berlin.

838-2286



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



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