

POWDERHOUSE SENIOR NEWS

SPRING EDITION

MARCH 1987

UP-COMING EVENTS !!!

SPRING TRIPS WITH WEAGLE

DAY TRIPS ARE BEING PLANNED AND SCHEDULES WILL BE SENT TO SENIORS THAT REGISTERED AT THE FEB. 5TH MEETING. GROUP ARRANGEMENTS WILL THEN BE MADE.

MAY 17 TULIP FESTIVAL TRIP

TO OTTAWA - 1000 ISLANDS IS BEING PLANNED BY VERA SENIORS INTERESTED IN GOING ARE ASKED TO CONTACT VERA.

JUNE 20 BERLIN OLDE HOME DAY

ALL BERLIN CRAFT PEOPLE INTERESTED IN SELLING, DEMONSTRATING OR ADVERTISING AT THE BERLIN OLDE

HOME DAY SHOULD CONTACT KATHY FARNSWORTH 838-2937.

YOU MUST BE FROM BERLIN AND THE BOOTH FEE IS \$15.00. DEADLINE FOR REGISTRATION IS APRIL 1ST.

*** ON SICK LEAVE ! ***

JENNY ZEIGLER IS IN HAHNNEMANN HOSPITAL

MARY SPINNEY IS HOME FROM ST. VINCENTS

VIOLA Phipps IS CONFINED TO HER CENTRAL ST HOME

GRACE PENDERGAST IS CONFINED TO HER PEACH HILL HOME.

HAROLD JILLSON IS IN CLINTON MANOR CURSING HOME ON MAIN STREET, CLINTON

ALL THESE PEOPLE WOULD LIKE TO HEAR FROM THEIR FRIENDS !!!!!!!!!!!

SENIOR DENTAL INFORMATION !!!

DR. ROBERT SPINGLER, MASS DENTAL SOCIETY

ACCESS CHAIRMAN, HAS ANNOUNCED A TOLL FREE 800 NUMBER FOR POTENTIAL PATIENTS ON THE ACCESS PROGRAM.

1) DENTAL CARE FOR SENIOR CITIZENS ON LIMITED INCOME WHO ARE NOT COVERED BY MEDICAID DENTAL TREATMENT.

2) AVAILABILITY OF DENTURES FOR PEOPLE ON LIMITED INCOME.

THE HOURS TO CALL ARE FROM 10 AM TO 4 PM MONDAY THRU FRIDAY & THE NUMBER IS:

800-342-8747

***** CELEBRATIONS *****

WILLARD & JOANNE WHEELER ON THEIR 40TH WEDDING ANNIVERSARY (FEB.20)

ALSO ON THE ARRIVAL OF THEIR 1ST GRANDCHILD .

ED & MARGARET GENIS ON THEIR 49TH WEDDING ANNIVERSARY (FEB.14)

MARY PETKAUSKAS ON THE ANNIVERSARY OF HER 49TH YEARS AS AN RN. (FEB 24)

JOHN & BETTY RISI ON THEIR 20TH

WEDDING ANNIVERSARY (MAR 11)

CHARLES & LAURA NUTTING ON THEIR 53RD WEDDING ANNIVERSARY (MAR 16)

CARL & VIOLA Phipps ON THEIR 54TH WEDDING ANNIVERSARY (MAR 19)

WE WISH TO WELCOME SUSAN COLDWELL AS HARRIET GOODWINS REPLACEMENT IN THE OFFICE OF THE COMMUNITY BUILDING.

CONGRATULATIONS TO ALL FROM THE COA !!

WHEN YOU LISTEN TO DONA BELLAROSA TALK ABOUT GARDENING YOU QUICKLY GET THE IMPRESSION YOU'RE LISTENING TO SOMEONE WHO KNOWS WHAT HE'S TALKING ABOUT. THAT IS NOT SURPRISING BECAUSE HE HAS BEEN GARDENING FOR 50 YEARS.

MOST GARDENERS WHO'VE BEEN AT IT THAT LONG DEVELOP A SPECIALTY. HIS IS TOMATOES. PLUMP, SUCCULENT, RICH-RED TOMATOES. THE KIND SOME CUSTOMERS HAVE BEEN RETURNING TO BUY FROM HIM FOR THIRTY YEARS.

DONA ATTRIBUTES MUCH OF HIS SUCCESS IN TOMATO GROWING TO STARTING HIS PLANTS FROM SEED, AND HE RECOMMENDS THE PRACTICE TO ALL GREEN THUMBERS.

"STARTING TOMATO PLANTS FROM SEED PRODUCES STRONGER PLANTS," HE SAYS, "IT'S LESS EXPENSIVE AND YOU ARE ALWAYS CERTAIN OF THE VARIETY YOU'LL GROW".

DONA SUGGESTS THE FOLLOWING PROCEDURE: START YOUR SEEDS IN THE MID TO LATE FEBRUARY BY PLANTING FOUR OR FIVE SEEDS IN THREE INCH PLASTIC POTS FILLED WITH POTTING SOIL. WATER THEM EVERY OTHER DAY AND AS THE PLANTS GROW EXPOSE THEM TO AS MUCH WINDOWED SUNLIGHT AS POSSIBLE.

WHEN THE PLANTS REACH A HEIGHT OF TWO AND ONE HALF INCHES TRANSFER THEM INDIVIDUALLY TO THEIR OWN THREE INCH PEET POTS FILLED WITH FRESH POTTING SOIL. LEAVE THE POTS OUTSIDE IN THE SUNLIGHT WHENEVER THE SPRING TEMPERATURES PERMIT. BY MEMORIAL DAY THE PLANTS SHOULD BE 10 TO 12 INCHES HIGH AND READY TO BE PLANTED OUTSIDE.

- 1 PKG RICE PILAF (COOKED ACCORDING TO PACKAGE DIRECTIONS)
- 1 CHICKEN COOKED & CUT OR BROKEN INTO PIECES
- 1 CAN CR. OF CELERY SOUP & 1/2 CAN OF WATER
- 1 CAN CR. OF MUSHROOM SOUP & 1/2 CAN OF WATER

SPREAD PILAF IN A BUTTERED 7 X 9 PYREX DISH. SPREAD CHICKEN ON TOP OF PILAF. MIX CANS OF SOUP & WATER AND POUR OVER CHICKEN. (MORE WATER CAN BE ADDED IF THIS IS NOT ENOUGH)

BAKE 1 HOUR AT 350% IF MIXTURE HAS BEEN REFRIGERATED. BAKE ONLY ABOUT 1/2 HOUR IF PILAF & CHICKEN ARE WARM.

PINEAPPLE CRACKER DESSERT

- 28 RITZ CRACKERS - FINELY CRUSHED
- 3/4 CUPS CHOPPED NUTS. MIX & SET ASIDE
- BEAT 3 EGG WHITES MED - STIFF
- ADD 1 CUP SUGAR & 1/2 TSP BAKING PORDER
- BEAT WELL. FOLD INTO CRUMB MIXTURE.
- POUR INTO WELL GREASED & FLOURED 8 X 8 PAN. BAKE 350% - 30 MINS. (OR LESS)

TOPPING: 1 SM PKG. CREAM CHEESE. BEAT UNTIL SMOOTH. ADD 1 SM CAN CRUSHED PINEAPPLE, DRAINED. SPREAD OVER CRACKER

CRUST. CUT INTO SQUARES. REFRIGERATE. CAN BE MADE AHEAD.

WE WERE SADDENED TO HEAR OF THE DEATH OF ALICE RYAN ON FEB. 17TH.

THE BIRTHDAY CORNER:

HAPPY BIRTHDAY TO ALL

JANUARY BIRTHDAYS: CECILIA KERRIGAN
 BETTY KITTREDGE
 FEN LASKOWSKI
 JEAN MUSCHE
 HAZEL OLENEK
 ALFRED ST. JOHN
 LORRAINE SAWYER
 EVA TOBEY
 RUSSELL WHEELER

CECIL ALLSOBROOKS
 WINTHROP BRAY
 HELEN BREWER
 RUTH COULSON
 JERRY ENRIGHT
 GEORGE ESTABROOK
 JAMES HART
 MARION KATES
 SANDY KENNEDY

FEBRARRY BIRTHDAYS: MARCH BIRTHDAYS:
 HOPE DUCKWORTH
 HARRIET FIELD
 FRANCIS KENNEDY
 ANDREW MATHW
 PAULINE PAINE
 MARY PETKAUSKAS
 JOHN WHITTEMORE
 LEPHE WILSON
 WILLIAM QUINTON (90)

LEONARD FERRIERA
 HAZEL HARRIMAN
 MARGARET LASKOWSKI
 FLORENCE ANN MARTI
 MELVIN MASON
 HELEN MATHW
 BLANCHE NUTTING
 JOANNE WHEELER
 MARJORIE WHEELER

ELDER Affairs



ACTION ALERT

HOME TAX CREDIT FOR HOUSING ELDERS

Elder Affairs Secretary Richard H. Rowland today alerted Massachusetts elders of a new enabling legislation which will eliminate increased property taxes for some homeowners who build additions onto their homes so that elders can live there.

"This bill -- filed by Representative James Miceli, was passed by the Legislature in June and signed by Governor Dukakis in July -- and will help keep more elders at home by providing tax incentives for homeowners," said Secretary Rowland. "The more affordable home renovations and additions are for homeowners, the more opportunities elders will have to live at home with families, friends, or within a home environment," he added.

Not all homeowners will be eligible for tax credits, however, and certain guidelines must be met:

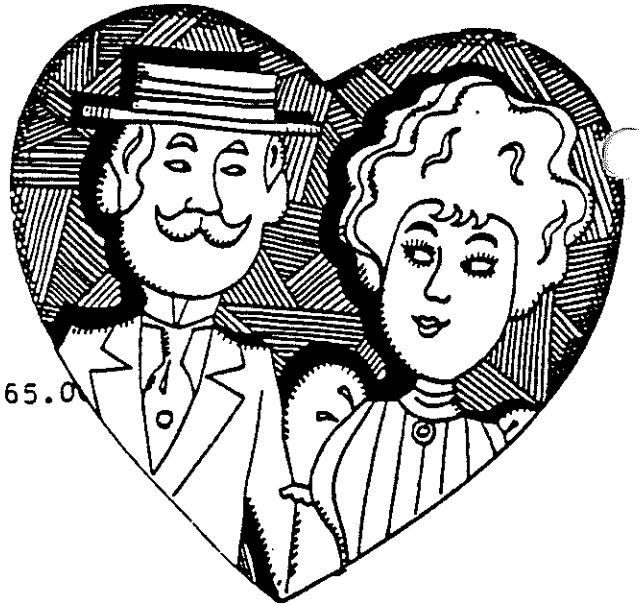
1. Although the new tax exemption has been approved by the state, in order for homeowners to claim it, the law must first be accepted by their local town or city government.
2. While housing additions normally will be made to accommodate elder relatives, the resident and homeowner do not have to be related. The resident must, however, be an elder, i.e., at least 60 years of age.
3. The homeowner is free to charge rent to the elder, regardless of their relationship.
4. Only the areas of the house renovated for use by the elderly would be tax exempt, and this exemption applies only so long as the elder is in residence.
5. There is no limitation on the size of the addition, although most additions would include a bedroom and a bathroom, with the rest of the house being shared with the rest of the family.
6. Local housing authorities must verify annually that there is a person 60 years of age or older living in the renovated areas. If the elderly person leaves, the space can be re-occupied by another person aged 60 or older.
7. The person 60 or older cannot be the homeowner.
8. The owner applying for the tax exemption must give local assessors a certificate from the local housing authorities certifying that the improvements were necessary to provide housing for an elder.
9. The act is not retroactive and does not apply to improvements made before the enactment date by the city or town in which the property is located.

For more information, please contact the Executive Office of Elder Affairs Housing Unit at 617-727-0690. 1-800-882-

CHANGES EFFECTIVE JANUARY 1, 1987

MEDICARE

- PART B - Premium \$17.90 month
- PART A - Premium \$226.00 month
- HOSPITAL DEDUCTIBLE - \$520.00
- HOSPITAL 61 - 90th day \$130. day
- LIFETIME RESERVE DAYS - \$260.00 day
- SKILLED NURSING FACILITY 21st - 100 day \$65.00
- PART B - Deductible \$75.00 same



S.S. PAYMENTS - 1.3% Increase

Average monthly benefit \$488.00

Maximum benefit worker retiring in 1986 at age 65 -
~~\$770.00~~

S.S.I. PAYMENTS - 1.3% increase in Federal amount only

Exact amounts depend on living arrangements and marital status

THANK YOU TO THOSE SENIORS WHO HAVE GIVEN ME THE NEWS, I HOPE YOU WANT TO HEAR. PLEASE KEEP IT COMING. THIS IS YOUR PAPER


ANNUAL EARNINGS TEST

- A. Under age 65
 - Allowed to earn \$6000. No loss of benefits
- B. Age 65 or older
 - Allowed to earn \$8,160. No loss of benefits
- C. Age 70 or older
 - No loss of benefits regardless of earnings

NO DAY IS LOST



Sometimes you feel discouraged
When evening shadows come
And you look back, regretting
The "little" that you've done.
Apparently the losses
Far outweigh the gain,
And wearily you question,
"Have I lived this day in vain?"

Remember this--No day is lost
In which you've tried to share
The blessed news that Jesus saves,
And spent some time in prayer
For others. For your Father knows
Your heart. He paid the cost.
Remember--If you've done your best
For Him--No day is lost!



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Clinton 100 Church St. 365-4591	Berlin 25 Central St. 838-2286	Bolton Rta. 117 at The Salt Box 779-2857	Sterling 3 Main St. 422-8133
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Thanks to Clinton Savings Bank for paying newsletter postage.

WHAT IS DIABETES ?

SUGARS, STARCHES AND OTHER FOODS ARE CONVERTED IN THE BODY TO A FORM OF SUGAR CALLED GLUCOSE. THE BLOOD STREAM DISTRIBUTES THIS GLUCOSE TO THE BODY CELLS WHERE WITH THE AID OF INSULIN, IT IS CONVERTED TO READY ENERGY OR STORED FOR FUTURE USE. INSULIN IS A NATURAL HORMONE PRODUCED BY THE PANCREAS, A LARGE GLAND LOCATED BEHIND THE STOMACH.

WHEN DIABETES DEVELOPS, THE BODY EITHER DOES NOT PRODUCE ENOUGH INSULIN OR MAY NOT BE ABLE TO USE WHAT IT PRODUCED. WITHOUT INSULIN GLUCOSE ACCUMULATES IN THE BLOOD UNTIL SOME OF THE SURPLUS IS ELIMINATED BY THE KIDNEYS AND PASSED OFF IN THE URINE. HENCE, SUGAR IN THE URINE AND TOO MUCH SUGAR IN THE BLOOD ARE SIGNS OF DIABETES. ALSO THERE IS EVIDENCE THAT THE HIGH SUGAR LEVEL IN BLOOD DIRECTLY CAUSES DAMAGE TO EYES, KIDNEYS AND NERVES. IN THE LAST NEWSLETTER INFORMATION WAS GIVEN ABOUT EYE EXAMS - TO CHECK FOR DIABETES.

TYPES OF DIABETES

THERE ARE TWO TYPES --INSULIN DEPENDENT, SEEN MOSTLY IN YOUNGER PEOPLE AND NON INSULIN DEPENDENT OR MATURITY TYPE OF DIABETES.

MY DISCUSSION WILL CONCENTRATE ON MATURITY TYPE DIABETES OR TYPE II DIABETES

TYPE II DIABETES -- WHO IS MOSTLY LIKELY TO GET THIS TYPE ?

- 1) PEOPLE WHO ARE OVERWEIGHT
- 2) PEOPLE WITH DIABETIC RELATIVES
- 3) PEOPLE OVER 40
- 4) WOMEN MORE LIKELY THAN MEN

JUST FOR THE RECORD !!!!!

HOW DO YOU LIKE YOUR NEW FURNISHINGS ? DO YOU ALL AGREE WITH THE NEW LOOK IN THE COMMUNITY BUILDING ?

WARNING SIGNALS OF THIS TYPE OF DIABETES

- D --- DROWSINESS
- I --- ITCHING
- A --- FAMILY HISTORY OF DIABETES
- B --- BLURRED VISION
- E --- EXCESSIVE WEIGHT
- T --- TINGLING, NUMBNESS, PAIN IN EXTREMITIES
- F --- EASY FATIGUE
- S --- SKIN IRRITATIONS AND SLOWED HEALING OF CUTS AND SCRATCHES ESPECIALLY ON THE FEET

THE COA HAD NOTHING TO DO WITH GIVING AWAY YOUR TREASURES. THE BRH AND YOUR SELECTMEN MADE THE DECISIONS WE RECEIVED THE NEWS AFTER THE FACT.

IF YOU CARE TO RESPOND (IN WRITING) WE WILL PRINT IT IN THE NEXT ISSUE.

MANY ADULTS MAY HAVE DIABETES WITH NONE OF THE ABOVE SYMPTOMS, AND IS OFTEN DISCOVERED DURING ROUTINE PHYSICAL EXAMS. HOWEVER IF YOU HAVE ANY OF THE ABOVE SYMPTOMS -- SEE YOUR DOCTOR.

COUNCIL ON AGING
BERLIN, MASS, 01503

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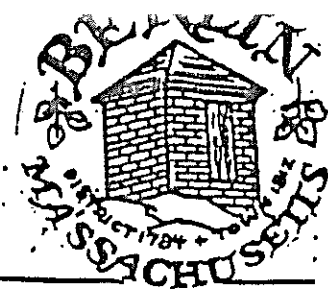


POWDERHOUSE SENIOR NEWS
COUNCIL ON AGING, BERLIN, MASS.

CONNIE BARTER	838-2832
DONA BELLAROSA	838-2922
NANCY KELSEY	838-7376
MARY PETKAUSKAS	838-7380
EVA TOBEY (CHAIRMAN)	838-2238
PAT WHEELER	838-2559
RUTH WHEELER	838-2433
	480-3810
W H E A T	365-6359

POWDER HOUSE SENIOR NEWS:

BERLIN, MASS.



VOLUME 2.

Fall 1987

SEPT. 20 1987

ST. JOSEPH'S FALL FAIR ;
CHURCH GROUNDS, 10 AM TO 5 PM.

RAFFLE THIS YEAR INCLUDES:
A \$500 SHOPPING SPREE AT SPAG'S.
\$200 FOR SHOES AT TOM MC CANN
AND MANY MANY MORE.

MANY NEW IDEAS WILL BE INTRODUCED
AT THE FAIR THIS YEAR.

ST. JOSEPH'S PARISH IS ALSO COMING
OUT WITH A PICTORAL DIRECTORY. THIS
WILL BE READY FOR DISTRIBUTION LATE
OCTOBER / NOVEMBER.

THIS WILL BE A BIG HELP AS THE FACES
WILL BE IDENTIFIED WITH NAMES SO WE
WILL KNOW OUR NEIGHBORS.

SEPT. 20 1987 REMINDER !!!!

TO THE 'KEEP MOVING' WALKING
CLUB. THE FOURTH ANNUAL GOVERNOR'S
CONFERENCE WILL BE HELD ON THE
BOSTON COMMON.

ANYONE INTERESTED IN PARTICIPATING
CALL PENNY CARVER AT: 1-800-882-2003,

FOR MORE INFORMATION.

CONGRATULATIONS TO THE SEVERAL BERLIN
SENIORS WHO HAVE CONFIRMED TO WALK
DAILY.

NOV. 1 1987 VILLAGE FAIR

FIRST PARISH CHUCH GROUNDS
STARING AT 10 AM.

EVENTS IN THE PLANNING STAGES

- 1) MATURE DRIVING PROGRAM
- 2) EXERCISE / LINE DANCING PROGRAM
- 3) ARTS & CRAFTS
- 4) RENEW PROGRAM AT ST. JOSEPH'S
- 5) SPECIAL HEALTH PROGRAM

ANY SUGGESTIONS FROM SENIOR CITIZENS
WILL BE WELCOME AND EVERY EFFORT WILL
BE MADE TO PLAN WHAT IS REQUIRED.

WHEAT VAN INFORMATION CALL 368-6349

THE WHEAT VAN TAKES SENIOR CITIZENS
SHOPPING ON TUESDAYS;

TO MARS IN HUDSON, GALLERA IN WORC.,
AND SEARSTOWN IN LEOMINSTER.

ALL THESES PLACES HAVE SENIOR DISCOUNTS
FOR OTHER INFORMATION: ON NUTRITION;
HOMEBOUND MEALS; OR TO MAKE RESERVATIONS

FOR THE VAN , CALL THE WHEAT OFFICE ON A
MONDAY TO FIND OUT WHICH WEEK THEY GO TO
WHICH SITE.

WANTED

AN 'ACTIVITY DIRECTOR'
IS WANTED BY THE COA
ANY INTERESTED PARTY
PLEASE CONTACT:

EVA TOBEY 838- 2238
BY SEPT.24

*** HOSPITAL CORNER ***

CHARLES MUSCHE IN LEONARD
MORSE HOSPITAL.

OLGA OLENICK IN N. E.
REHABILITATION WOBURN

*** CONGRATULATIONS ***

AFTER 42 YEARS IN THE INSURANCE
FIELD, CONNIE BARTER RETIRED !

A PARTY IN HER HONOR WAS HELD
AT THE HOME OF HER SISTER
BARBARA NEUHAUS IN
MARLBORO ON AUGUST 29TH.

BEST OF LUCK TO A REAL NICE
LADY FROM YOUR FRIENDS ON
THE COUNCIL

BERTHA BRIDGES FORMALLY OF
BERLIN, ANOTHER LOVELY LADY
FROM THE INSURANCE FIELD WAS
HONORED ON HER 90TH BIRTHDAY.
ON AUGUST 16TH.

ON JULY 3RD MABLE MARBLE
CELEBRATED HER 94TH BIRTHDAY.

ON NOVEMBER 16TH EULA KRACKHARDT
WILL BE 92 YEARS YOUNG.

WE WISH TO EXTEND OUR SYMPATHY
TO THE FAMILIES OF:

CARL STRUNTZ MILDRED MILLS
GLADYS SOWERBY
SHIRLEY MATSON SAWYER

DURING THEIR RECENT BEREAVMENT.

*** WELCOME HOME ***

JERRY ENRIGHT FROM WATERVILLE
HOSPITAL IN MAINE.

AL BELLUCI FROM ST VINCENT HOSP.

JIM BELLEROSA FROM CLINTON HOSP.

MINI FERRARA FROM MARLBORO HOSP.

WES GUERARD FROM FLORIDA.

*** BIRTHDAYS WISHES ***

SEPTEMBER BIRTHDAYS

CARL BRODEUR
IVA ROGERS
DORIS EAGER
HAZEL FLOOD
LOUISE LOCKHART
MARJORIE NELSON
JOSEPH ROSEBERRY
HOWARD WATKINS

OCTOBER BIRTHDAYS

NORMA HANSON
LOUISE KENT
HERBERT HUELLER
MAURICE FOULIN
DOROTHY RISI
MARY RISI
EVERETT SMITH

NOVEMBER BIRTHDAYS

ELEANOR BOSSLEMAN
SUSAN HART
EMELINE HEBB
PHYLLIS MUNYON
GRACE PENDERGAST
VIOLA PHIPPS
ERNEST WHEELER
LULU WHEELER

DECEMBER BIRTHDAYS

JOHN BOYCE
EMMA BRAY
HENRY MCLEOD
HELEN MANNING
VERONICA POULIN
WILLARD WHEELER

HEALTH NOTES

MARY R. PETKAUSKAS, R.N.

BETTER HEARING ... ADD ENJOYMENT TO YOUR LIFE

While a hearing loss usually cannot be reversed, you can use positive actions to help you communicate with your family, friends and society.

...HOW DO YOU GET STARTED?

The first step is the biggest-accept and confess.

- 1-Learn to admit the problem rather than to be thought stupid because you respond inappropriately or not at all.
- 2-Visit your doctor to determine if medical or surgical help is available for your problem.
- 3-Get a hearing test by an audiologist to determine the type and amount of loss.

Once a professional opinion is given, further action is up to you-but at least you know the options.

...THE HURT THAT DOES NOT SHOW

Some people become depressed or withdraw from contacts with others because of fear and embarrassment. The inability to follow conversations may cause frustration to the point that some people will try to avoid social situations. Hearing loss is intrusive. It affects the family and community as well as the person who is impaired. There simply is not time for passive hope that the world will read your mind and meet your needs. You must speak up and admit your disability. There are enough caring, loving people in the world who want to help you.

...LEARNING NEW WAYS TO COMMUNICATE

If medical help is not appropriate for your loss, there are still other kinds of help.

HEARING AIDS - If your main problem is that sound does not come in loud and clear, a hearing aid could be useful.

SPEECHREADING OR LIPREADING - All people use their vision when communicating. Training will help you to do it even better.

SPECIAL EQUIPMENT AND DEVICES - For radio, television or telephones.

CHANGING YOUR COMMUNICATION BEHAVIOR - You can help others to help you.

...HOW CAN I TELL IF I HAVE A HEARING LOSS?

1. Do you hear people but not understand what they say?
2. Do you sometimes give wrong answers or inappropriate comments during conversations?
3. Do you sometimes entirely miss what was said?
4. Do you avoid large groups of people?
5. Do you have problems hearing when you can't see the speaker's face?
6. Do you have problems understanding if there is background noise?
7. Do you turn the radio or TV up louder than the others do?
8. Do members of your family or friends leave you out of discussions?
9. Do people become annoyed with you because you don't understand?
10. Does listening make you tired?

If you answered yes to more than one of these questions, you may have a hearing loss which should receive attention.

...THE PROCESS OF GETTING HELP

The first step in getting help for your hearing is to either:
 a) see your personal physician and/or an otolaryngologist.

OR
 b) see an audiologist for a hearing evaluation.

If you have a true problem either of these professionals will probably send you to the other one, so you can start at either place. The physician will determine if you have a medical problem that can be helped by medical or surgical means. If your hearing problem cannot be helped by a physician, you should be referred to an audiologist for hearing aids or other devices for better hearing and/or therapy to help you

communicate better. (over) contd

If you are really having trouble hearing, don't let anyone tell you that there is no problem or there is no help. Insist on being referred, or make an appointment yourself with an audiologist.

If the audiologist decides, after a hearing evaluation, that you are a candidate for a hearing aid, a hearing aid evaluation will be done to select appropriate aids. You will then be referred and given a choice of several local hearing aid dispensers for purchase and fitting of the aids. Be sure to go back to the audiologist after getting the aid to insure that the recommendation was carried out. This follow-up visit is included in the cost of the hearing aid evaluation anyway.

Some audiologists are also hearing aid dispensers and can fit you with an aid themselves, but most will either do the hearing aid evaluation or the dispensing, not both.

DO NOT GO DIRECTLY TO A HEARING AID DISPENSER TO BUY A HEARING AID. YOU NEED PROFESSIONAL EVALUATION FIRST. THEN YOU WILL BE REFERRED TO COMPETENT DISPENSERS.

BEATITUDES FOR FRIENDS OF THE HEARING IMPAIRED

Blessed are they who know that I long...to hear voices, music and song.
Blessed are they who seem to know...that lipreading is difficult and slow
Blessed are they who seem to see...when I am lost in a group of two or three.
Blessed are they who take time out...to explain to me what they are talking about.

Blessed are they who are patient and kind...that gives me comfort and peace of mind.

Blessed are they who have a smile...that makes my life more worthwhile.

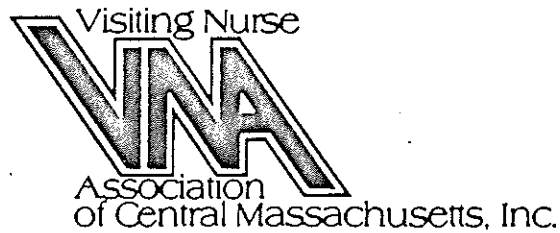
author unknown

This material was excerpted from "A Directory Of Professional Services For The Hearing Impaired"; the directory was made possible through the Quota Club of Worcester.

Deep Breathing

By Elma N. Forshey

How often during the day
my mind and body need refreshment.
At these times
I stop,
become very still,
and take a God-break.
I breathe in God
and breathe out irritation;
I breathe in God
and breathe out frustration;
I breathe in God
and breathe out limitation.
My whole being responds.
I am renewed,
restored,
revitalized.
I am ready to begin again!



THE HOSPICE PROGRAM OF THE VISITING NURSE ASSOCIATION OF CENTRAL MASS. INC. NEEDS VOLUNTEERS. THIS PROGRAM IS DEDICATED TO CARING FOR THE TERMINALLY ILL AND THEIR FAMILIES AT HOME.

VOLUNTEERS OFFER ASSISTANCE, COMFORT AND COMPANIONSHIP. THE TRAINING PROGRAM FOR NEW VOLUNTEERS BEGINS THE WEEK OF SEPTEMBER 2 COME HELP US HELP THEM.

FOR FURTHER INFORMATION CALL KATIE PRYOR AT 756-7176.

POWDERHOUSE SENIOR NEWS

*** A CREED TO LIVE BY ***

Lord, thou knowest better than I know myself that I am growing older, and will someday be old.

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

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

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

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

Seal my lips to many aches and pains... they are increasing and my love of rehearsing them is becoming sweeter as the years go by. I ask for grace enough to listen to the tales of others' pains. Help me to endure them with patience.

Teach me the glorious lesson that occasionally it is possible that 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 person is one of the crowning works of the devil.

Help me extract all possible fun out of life. There are so many funny things around us and I don't want to miss any of them.

(Author unknown)



IF THIS LOOKS FAMILIAR...

LOOK INTO DIRECT DEPOSIT.

in Berlin.

838-2286



Clinton Savings Bank

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BERLIN, MASS, 01503

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POWDERHOUSE SENIOR NEWS
COUNCIL ON AGING, BERLIN, MASS.

CONNIE BARTER	838-2832
IONA BELLAROSA	838-2922
NANCY KELSEY	838-7376
MARY PETKAUSKAS	838-7380
EVA TOBEY (CHAIRMAN)	838-2238
PAT WHEELER	838-2559

W H E A T

365-6359

POWDERHOUSE SENIOR NEWS BERLIN, MASS

VOL 3 -5

DECEMBER 87

CALENDAR OF EVENTS:

First Parish Church
Dec 20th - Christmas Sunday
Worship service 10:30AM

Dec 24th- Christmas Eve
Candelight Serv 11pm

St. Joseph Church

DEC 19 9:30 "Happy Birthday
Jesus" party Gr K-6 5:30
Special Liturgy for Advent

DEC 24 6:00 pm Mass
11:30 pm Lessons & Carols
Midnight Mass

Dec 25 10:45 am Mass

Dec 31 5:30 pm New Year's Eve
Mass

BIRTHDAYS:

DECEMBER

John J Boyce
Henri McCloud
Veronica Poulis

Hazel Hamlin
Frances Burke

JANUARY

Alfred St. John
Helen Brewer
Sandy Kennedy
James Hart
Cecil Allobrooks
Cecelia Kerrigon
Marian Kater
Lorraine Sawyer
Hazel O'Neil
Ben Laszkowski
Jean Musche
Betty Kittredge
Ruth Coulson
Russell B. Wheeler
Hazel Owe
Winthrop Bray
Geo Estabrook
Edward Akroyd
Frances Underwood
Alice Burke

ANNIVERSARIES

DECEMBER

Mr. & Mrs. WM O'Leary
Mr. & Mrs. Clyde Manning

SHARING

The "Powderhouse Senior News"

JANUARY EVENTS

JAN. 4 - 9TH
ST JOSEPHS CHURCH
ALL CHURCHES IN THE DIOCESE OF WORCESTER OBSERVE NATIONAL MIGRATION WEEK.
"THE CELEBRATION WILL FOCUS UPON REMINDING AMERICANS THAT THEIR LOVE AND COMPASSION FOR THE NEW ARRIVED MEANS A GREAT DEAL"

JANUARY 24TH

RENEW SIGN UP SUNDAY FOR SECOND SERIES OF SHARING OF FAITH FOR 6 WEEKS THROUGH LENT

WEEK JANUARY 17TH UNITY WEEK

REV. WINIFRED JONES AND FATHER GRATTORATTI WILL EXCHANGE PULPITS JANUARY 23RD AND 24TH AT FIRST PARISH CHURCH & ST JOSEPHS CHURCH

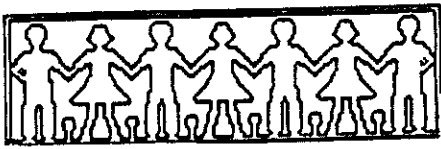
JANUARY 10TH 5 P.M.
FIRST PARISH CHURCH

"INSIGHTS ON THE HISTORY OF SOUTH AFRICA CONTEMPORARY FOCUS."
SPEAKER MR SACHS COOPER, LECTURER AT BOSTON UNIVERSITY.
REFRESHMENTS - TRADITIONAL SOUTH AFRICAN FOOD. COME EARLY, COME LATE, COME FOR FUN AND A UNIQUE OPPORTUNITY TO BE INFORMED BY AN EXPERT. MR. COOPER HAS SHARED INCARCERATION ON ROBIN ISLAND WITH MR. NELSON MANDELA AND IS AQUAINTED WITH RECENT EVENTS AND ANTECEDENTS.



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 WASTES
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 news-
letter representative of the Berlin
Senior Community. Please submit
your poems, writings, recipes,
letters, historical information,
events, concerns, etc to the editor

Powder House Seniors News
Published by
Council on Aging
Berlin, Mass.



HEALTH NEWS

By Mary Petkauskas R.N.

WHAT YOU SHOULD KNOW ABOUT CHOLESTEROL:

The body makes its own cholesterol primarily in the liver and intestines and adds more from the foods you eat, including egg yolk, red meats, liver, and whole-milk dairy products. Cholesterol travels through the blood in tiny protein-containing packets called lipoproteins, two of which are called low density lipoprotein (LDL) and high density lipoprotein (HDL). The higher your HDL levels, the lower the risk of cardiovascular disease because these lipoproteins somehow protect against its development.

It is LDL that can cause a problem. On the one hand, it's useful because it delivers cholesterol from the blood to certain body cells in order to help make hormones, cell walls, vitamin D, and bile acids that aid in the digestion of fats. But on the other hand, the more LDL that remains in the blood stream enters the cells, the greater the likelihood of

developing atherosclerosis, the disease in which blood vessels become clogged with fatty deposits that can eventually lead to a heart attack or stroke.

Scientists have found that they may reduce blood levels of the bad LDL cholesterol that promotes atherosclerosis while keeping constant the levels of good HDL cholesterol, the kind that helps protect against heart disease. Olive oil which is a monounsaturated fatty acid researchers have found that it will lower the blood pressure and thereby reduce the risk of cardiovascular disease caused by the bad LDL cholesterol.

WHAT YOU SHOULD DO ABOUT CHOLESTEROL

You should find out what your cholesterol is as it is the strongest predictor of heart disease and take steps in your diet to keep it down or get it down if necessary. Fortunately, it is easy to learn your blood cholesterol level. All it takes is a blood sample drawn from

the arm in a doctor's office or clinic and then sent to a lab for analysis. Some doctors' offices and clinics simplify the procedure and make it much less expensive because they have machines that measure cholesterol in a matter of minutes-- and for only a few dollars--using just a drop of blood from a pricked finger.

If the total concentration is under 200 milligrams per deciliter of blood, you can safely assume that as far as cholesterol goes, you are at relatively low risk for heart disease. If it is above 240, you are at high risk. Indeed, the risk of having a heart attack with a total cholesterol level of 240 is almost double the risk of having one when the level is 200.

PLANS FOR CHOLESTEROL TESTING WILL TAKE PLACE IN BERLIN IN THE SPRING BY THE NASHOBA NURSES.

The best way is a healthy diet eliminating a fourth of the fat calories and substituting with complex carbohydrates such as vegetables and fruits. This also reduces the number of calories, thereby causing weight loss and fortunately weight loss lowers

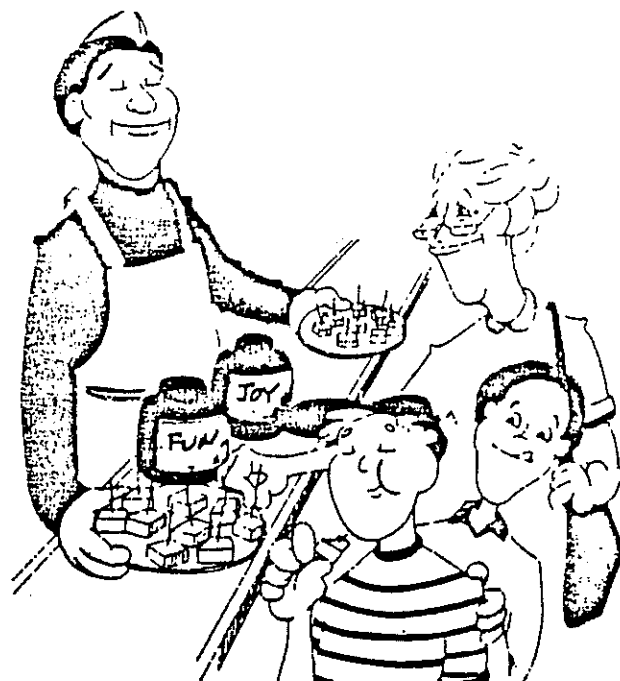
cholesterol levels. In fact some people, sliming down to desirable body weight, will completely correct elevated LDL cholesterol concentrations.

REDUCING YOUR LEVEL OF CHOLESTEROL -- TRY OATS

Grandma knew plenty about oats. She always said there was nothing more warming on a brisk autumn morning than a steaming bowl of oatmeal. She also vowed there was no better after-school treat than a plateful of chewy, straight-from-the-oven oatmeal cookies. But what Grandma didn't know was that oats are more than the quintessential comfort food that satisfies and nourishes.

It has long been known that fiber in oats lowers blood cholesterol in people who have extremely high levels, thereby reducing their risk of developing heart disease. Results of a study published in a journal of the American Dietetic Association reported that research scientist at Northwestern University School of Medicine have found that just 2 oz. of oatmeal or oatbran equivalent to about 2

cups of hot cereal or 2 muffins can lower cholesterol by almost 5% in a matter of weeks. The substance in oats that lowers cholesterol is thought to be a soluble fiber of which oats are one of the best sources in the American diet, forms of gel as it moves thru the intestine and, in some way not yet fully understood, interferes with the absorption or metabolism of cholesterol.



*Excerpts from the Tufts Nutrition

LOW CHOLESTEROL RECIPES

DATMEAL COOKIES

- 3/4 CUP VEGETABLE SHORTENING
- 1 CUP FIRMLY PACKED BROWN SUGAR
- 1/2 CUP GRANULATED SUGAR
- 1 EGG 1/4 CUP OF WATER
- 1 TSP. VANILLA
- 3 CUPS OATS UNCOOKED
- 1 CUP ALL-PURPOSE FLOUR
- 1 TSP. SALT (OPTIONAL)
- 1/2 TSP. SODA

PREHEAT OVEN TO 350 F . BEAT TOGETHER SHORTENING, SUGARS, EGG, WATER AND VANILLA UNTIL CREAMY. ADD COMBINED REMAINING INGREDIENTS, MIX WELL. DROP BY ROUNDED TEASPOONFULS ONTO A GREASED COOKIE SHEET. BAKE AT 350F FOR 12 TO 15 MINUTES . FOR VARIETY ADD CHOPPED NUTS, RAISINS, CHOCOLATE CHIPS OR COCONUT

MAKES 5 DOZEN
SUBMITTED BY NORMA HANSON

ZUCCHINI BREAD

- 3/4 CUPS EGG BEATER OR 3 EGG WHITES
- 2 CUPS SUGAR
- 2 CUPS WHEAT FLOUR
- 1/4 TSP. BAKING POWDER
- 2 TSP. LEVEL BAKING SODA
- 1 TSP. SALT
- 3 TSP. VANILLA
- 1 CUP OLIVE OIL OR POLYUNSATURATED OIL
- 2 CUPS GRATED ZUCCHINI (REMOVE SEEDS)
- 3 TSP. CINNAMON
- 1 CUP WALNUTS

BEAT EGGS, ADD OIL, SUGAR AND ZUCCHINI

SIFT DRY INGREDIENTS AND ADD TO MIXTURE
ADD VANILLA AND NUTS
POUR INTO 2 PANS, GREASED AND FLOURED
BAKE ONE HOUR 350 OR CAKE TESTER COMES OUT CLEAN. CAN BE FROZEN
-SUBMITTED BY LOUISE CHAMPAGNE

POWDERHOUSE SENIOR NEWS

COPING: A COLUMN ON HOLIDAY BLUES AND BLAHS

By Georgia Sassen, Clinical Psychologist

University of Massachusetts Medical Center, and Member Berlin COA

Holidays. They used to be "holy" days, and then they became times for family celebration -- and family frustration. Too much to do, not enough time, too many demands. But somehow the glow on the children's faces on Christmas morning made it all worthwhile. For older people, the holidays still can mean family gatherings, but for some the holidays bring the holiday blues.

If you have family coming to visit there is Pitfall Number One:

Trying to do it All. Trying to do too much leads to fatigue, which can lead to illness, and feeling BLAH, instead of full of life. Admitting you are tired is not fun. But not admitting it, and getting the flu also isn't fun. If you have planned a long list of activities, go over it carefully to detect jammed up days and then schedule in rest periods, and time to eat proper meals. Get the children to do chores you don't have time for -- like stuffing the turkey, polishing silver, or sending greeting cards.

Pitfall Number Two: Eating Wrong. Eating too much or the wrong things can make you feel BLAH, or feel guilty. Do splurge a little, but try to avoid those things which will make you sick a few hours later. Avoid large amounts of sweets and salt. Large amounts of sweets become a habit amazingly fast. You can actually feel slowed down and blue when you try to stop the sugar intake.

Pitfall Number Three: Being Alone.

For many elders the family gatherings are not happening any more. There's no danger of doing too much, and you may even be wishing you had the temptations of

THE HOLY DAYS WERE NOT MEANT FOR THE BLAHS AND BLUES. YOU CAN AVOID THEM. IF ALL THESE IDEAS DO NOT WORK, TALK TO SOMEONE ABOUT YOUR BLUES. TALK TO YOUR PASTOR OR PRIEST, OR CALL UP TO SEE A DOCTOR. BUT FIRST, ADJUST THE HOLIDAY TO FIT YOUR NEEDS for relaxation, ~~relaxation, remembering, sharing joy, or~~ maybe just quiet moments.

too many parties and too long a list of things to do. For you the BLUES may be already here. Often the anticipation of a nothing Christmas is worse than the real thing. If you have no family you are planning to see, and it seems that your best friends are either gone or gone to their children's, find a gathering to go to. If necessary find someone to get you there. There are many families willing to provide you with transportation. Just call whoever is organizing the event. Don't be left out. Don't stay at home because you would rather dream of the past. Call old friends, or write to them, and include in your letters your pleasant memories.

Pitfall Number Four:

Worrying about gifts.

Worrying about money is not what you need at this time of year. Don't expect to spend a lot of money on gifts. If you can make things, do that. If you have too many gifts to make, make them simpler. Remember the young people haven't got half the skills you have -- knitting, cooking or woodwork, and a very simple project to you is a treasure to them. If you worry that the present will be late, let it be late. Draw a sketch and package a sample of yarn to be worked on later. Don't put yourself down for not finishing it or not spending enough.

POWDERHOUSE SENIOR NEWS

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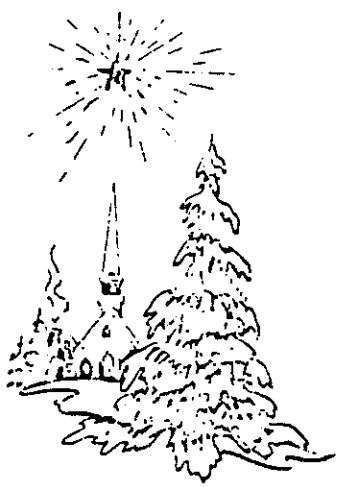
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throughout
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