

# POWDER HOUSE SENIOR NEWS:

BERLIN, MASS.



COUNCIL ON AGING  
BERLIN, MASS 01503

VOLUME 5--2

FEBRUARY 1988

## CALENDAR OF EVENTS

FEB. 4th SENIOR CITIZENS MEETING WILL BE HELD AT THE FIRST PARISH CHURCH. BLOOD PRESSURES WILL BE TAKEN AT 9:30. MS. BRODIE, DIRECTOR OF NURSING SERVICES FOR NASHOBA NURSING SERVICES WILL BE THE SPEAKER.

MAR. 3rd SENIOR CITIZENS MEETING WILL BE HELD AT FIRST PARISH CHURCH. BLOOD PRESSURES WILL BE TAKEN AT 9:30 AM. JOANNE KLOUR OF BOLTON CRAFT CENTER WILL BE OUR GUEST. BRING A SMALL CONTAINER WITH YOU AS SHE WILL SHOW YOU HOW TO MAKE A SMALL FLORAL ARRANGEMENT.

### ST. JOSEPH'S CHURCH

#### RENEW

THE SECOND SEASON OF RENEW WILL BE STARTING THE WEEK OF FEB. 14TH. NEW FAITH SHARING GROUPS WILL BE FORMING. FOR THOSE WHO WERE INVOLVED IT'S BEEN AN EXCITING EXPERIENCE AND WE WOULD LIKE TO SEE MORE PEOPLE JOIN IN. WE WILL HAVE A GROUP AT NORTHBROOK VILLAGE, OR YOU MAY JOIN ANOTHER GROUP. SMALL GROUPS OF EIGHT OR TEN PEOPLE GET TOGETHER ONCE A WEEK FOR SIX WEEKS TO INFORMALLY SHARE THEIR FAITH AND ITS RELATIONSHIP TO EVERYDAY LIFE. OUR THEME FOR THIS SEASON IS "OUR RESPONSE TO THE LORD". FOR MORE INFORMATION CALL LOUISE CHAMPAGNE 838-2550

FEB. 5th-FIRST FRIDAY MASS WILL BE HELD AT NORTHBROOK VILLAGE AT 11 AM

MAR. 4th- FIRST FRIDAY MASS WILL BE HELD AT NORTHBROOK VILLAGE AT 11 AM

### FIRST PARISH CHURCH LENTEN SERIES

BEGINNING WITH ASH WEDNESDAY, FEB. 17TH SERVICE OF WORSHIP AT 7:30 P.M. THE NEXT FIVE WEDNESDAYS OF LENT AT 7:30 P.M., THERE WILL BE A SERIES OF VISUAL PRESENTATIONS (SLIDES) ON THE HOLY LAND, PEOPLE OF INDIA, RELIGIOUS ART OF ITALY, AND THE PASSION PLAY OF OBERAMMERGAU.. ON THURSDAY MARCH 31 THE SERIES WILL CONCLUDE WITH A MAUNDY THURSDAY SERVICE OF TENEBRAE

FEB. 12TH -SENIOR CITIZENS VALENTINE PARTY AT NORTHBROOK VILLAGE SPONSORED BY THE GIRL SCOUTS FROM ST. JOSEPH'S CHURCH FROM 3-5 P.M.

### HAPPY BIRTHDAY TO ALL BIRTHDAYS

#### FEBRUARY

1. HOPE DUCKWORTH
9. ANDREW MATTHEW
- 13 LEPHE WILSON
- 17 JOHN K. WHITTEMORE
- 18 WILLIAM G. QUINTIN
- 19 HARRIET FIELD
- 19 PAULINE S. PAINE
- 20 FRANCIS KENNEDY
- 24 MARY PETKAUSKOS

#### MARCH

- 4: BLANCHE NUTTING
- 11: HELEN MARTIN
- 13: MARGARET LASKOWSKI
- 8: FLORENCE ANN MARTIN
- 4: MALVIN MASON
- 14: JOANNE WHEELER
- 25: MARJORIE M. WHEELER
- 27: LEONARD V. FERREIRA

*Treasure is not always a friend, but a friend is always a treasure. (Russian Proverb)*



# Older Women: Surviving and Thriving

Three Ages of Women

2

It is said there are three ages of women: Youth, Middle-age and "you haven't changed" but change is the name of the game. Consider: We were before frozen food, penicillin, polio shots, radar, credit cards and ball point pens. For us, time sharing meant togetherness, a chip meant a piece of wood, hardware meant hardware and software wasn't even a word.

We were before panty hose and drip dry clothes, before ice makers and dishwashers, clothes dryers and electric blankets.

We got married first, then lived together. How quaint can you be? We wore peter pan collars and thought a deep cleavage was something butchers did. We were before the white-wine craze, disposable diapers, and the Jefferson nickel. When we were in college, pizzas, cheerios, frozen orange juice and instant coffee were unheard of. We thought fast food was what you ate during Lent.

In our day cigarette smoking was fashionable, grass was mowed, coke was something you drank, and pot was something you cooked in. We were before day care centers, house husbands, baby sitters, computer dating, and the term "making out" referred to how well you did in an exam.

There were five and ten cent stores where you could buy things for five and ten cents. For just one nickel you could ride the subway or the ferry, or make a phone call, or buy a coke, or buy enough stamps to mail one letter and two post cards. You could buy a new Chevy coupe for \$659 but who could afford it in 1938? Nobody, a pity, too, because gas was 11 cents a gallon.

We were not before the difference between the sexes was discovered, but we were before sex change. We just made do with what we had. And we were the last generation that was so dumb as to think you needed to have a husband to have a baby.

Now, consider what we did have in 1938 that college students today do not have. We had housemothers and Big Sisters. We had daily chapel and required courses in Bible, speech, and English comp. We had hats and white gloves, maids and white table cloths, linen napkins and candles....all long gone.

We also had girdles with garters on them and petticoats and serge bloomers for gym. We mailed our laundry home in cardboard containers and it came back with brownies. We had fountain pens and bottles of real ink. We had stockings made of real silk with seams up the back that were never straight. Unlike the remote control dancers of today, we knew how it felt to have your partner hold you close and double dip. We had Toscanini and Edward VIII and saddle shoes and cars with rumble seats. And when Ray Noble played "The Very Thought of You" on his piano we melted.

In the springtime of my senility, I am a misfit. I don't go in for consciousness raising groups or sensitivity training. I don't like to jog. I don't like pesto sauce. I don't know how to pump my own gas. I'm not into "veggies" or yoga or zen or Punk. My idea of a good time is to walk with a man, not jog with a walkman.

I seek silence in a day when silence is as rare as a Gutenberg Bible. The man I live with is my husband and after 42 years he's still the same one.

How Embarrassing!

Submitted by Norma Hansen





For Your Information

**TRANSPORTATION**



WHEAT VAN



Regular trips have been scheduled to accommodate 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.

Shopping trips

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**WORCESTER WESTBORO FRAMINGHAM LOGAN AIRPORT**

LEAVE WORCESTER	LEAVE WESTBORO	LEAVE FRAMINGHAM	Arrive LOGAN AIRPORT
5:15 a	5:40 a	5:50 a	8:30 a
6:15 a	6:40 a	6:50 a	7:30 a
7:15 a	7:40 a	7:50 a	8:30 a
8:15 a	8:40 a	8:50 a	10:30 a
11:15 a	11:40 a	11:50 a	12:30 p
1:15 p	1:40 p	1:50 p	2:30 p
3:15 p	3:40 p	3:50 p	4:30 p
4:15 p	4:40 p	4:50 p	5:30 p
5:15 p	5:40 p	5:50 p	8:30 p
7:15 p	7:40 p	7:50 p	8:30 p

**LOGAN AIRPORT TO FRAMINGHAM WESTBORO WORCESTER**

Leave LOGAN AIRPORT	ARRIVE FRAMINGHAM	ARRIVE WESTBORO	ARRIVE WORCESTER
7:15 a	8:00 a	8:10 a	8:35 a
8:15 a	9:00 a	9:10 a	9:35 a
8:15 a	10:00 a	10:10 a	10:35 a
11:15 a	12:01 p	12:10 p	12:35 p
1:15 p	2:00 p	2:10 p	2:35 p
3:15 p	4:00 p	4:10 p	4:35 p
4:15 p	4:00 p	4:10 p	4:35 p
6:15 p	7:00 p	7:10 p	7:35 p
7:15 p	8:00 p	8:10 p	8:35 p
8:15 p	10:00 p	10:10 p	10:35 p

LOGAN TIMES are at Southwest Terminal (A). Buses continue to South Terminal (B); North Terminal (C); and to International Terminal (E).

LOGAN AIRPORT FARES  
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Mon-Fri 12:00 Mon-Fri 8:00 Sat-Sun 15:00

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**KEN'S KASUAL RESTAURANT**  
Junction Route 9 & Mass. Tpk. (Exit 12)  
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**Powder House Seniors News**  
Published by  
Council on Aging  
Berlin, Mass.

For more information call:  
838-7380

# HEALTH NOTES

By Mary Petkuskas, R.N.

## WINTER HEALTH PROBLEMS

"AN OUNCE OF PREVENTION  
IS WORTH A POUND OF CURE"

### PROBLEMS

#### 1. HYPOTHERMIA

DUE TO OVEREXPOSURE TO COLD  
AND SUBSEQUENTLY LOSS OF BODY  
HEAT. SPECIFIC SIGNS TO LOOK FOR

1. UNCONTROLLABLE SHIVERING AND  
STIFF MUSCLES.
2. SLOW IRREGULAR PULSE, SLURRED  
SPEECH, SHALLOW BREATHING, B/P  
LOW.
3. CONFUSION, LACK OF COORDINATION  
DROWSINESS.  
ALL OF THE ABOVE SYMPTOMS RE  
REQUIRE MEDICAL CARE.

#### 2. HEART PROBLEMS

SEEM TO BE WORSE DURING COLD WEATHER  
ANGINA

USUALLY OCCURS WITH PHYSICAL ACTIVITY  
AND EXERCISE. SEVERE PRESSURE OR PAIN IN  
THE CHEST IS FELT.

HOWEVER IN COLD WEATHER AND EXPOSURE TO  
A STRONG WIND WILL CAUSE THE SAME KIND  
OF PAIN.

HEART ATTACKS ARE MORE FREQUENT IN  
THE WINTER MONTHS

WARNING SYMPTOMS OF CHEST PAIN OR  
SEVERE INDIGESTION SHOULD BE REPORTED  
TO YOUR PHYSICIAN IF YOU HAVE A HEART  
PROBLEM.

#### 3. SKIN PROBLEMS

WINTER HEATING OF HOMES  
CREATES DRYNESS WHICH IS BAD FOR THE  
SKIN AND CAUSES SKIN DRYNESS, CHAFING  
OF LIPS .

FROSTBITE IS ANOTHER PROBLEM AND  
AFFECTS FINGERS AND TOES.

EARS AND NOSE CAN ALSO BE AFFECTED  
SO TAKE PRECAUTIONS WHEN EXPOSED TO  
EXTREME COLD.

### PREVENTION

1. WHEN OUTDOORS IN EXTREMELY COLD  
DRESS WARMLY IN LAYERS OF CLOTHING  
ADDING OR TAKING OFF AS NEEDED.
2. PROPER DIET BASED ON THE FOUR BASIC  
FOODS. REDUCE INTAKE OF SWEETS,  
SALTY FOODS, SOFT DRINKS AND ALCOHOL
3. DO SOME MODERATE EXERCISE THIS WILL  
INCREASE BLOOD CIRCULATION
4. MOST IMPORTANT IS STAY INDOORS  
AND DONT EXPOSE YOURSELF TO BITTER  
COLD WEATHER.

1. LEARN TO SET LIMITS ON PHYSICAL  
EXERCISE AND ACTIVITY DURING  
COLD WEATHER.
2. AVOID BEING OUTDOORS IN BITTER  
COLD WEATHER
3. AVOID EATING LARGE MEALS AND  
NOT OVERLOAD YOUR STOMACH AS  
THIS MAY BRING ON AN ANGINAL  
ATTACK.

1. EARLY TREATMENT OF HEART  
ATTACKS WILL SAVE YOUR LIFE  
SO DONT DELAY IN SEEKING  
MEDICAL CARE.

1. HUMIDIFIERS IN THE HOME HELP  
THE SITUATION, ALSO PLANTS HELP  
HUMIDITY.
2. BATHING LESS FREQUENTLY HELPS  
TO RETAIN THE OIL IN YOUR SKIN  
OR USE BABY OIL ON THE SKIN  
AFTER BATHING
3. PROTECTION BY WEARING PROPER  
CLOTHING, FOOTWEAR AND GLOVES  
OR MITTENS

N.B. REQUESTED BY A SENIOR MEMBER

**SEDENTARY LIFESTYLE CYCLE**

**BERLIN SENIOR CITIZEN  
PROFILE 1987 CENSUS**

FEMALES	MALES	TOTAL
60-75 108	100	208
75-85 70	40	110
85-95 15	14	<u>29</u>
		337

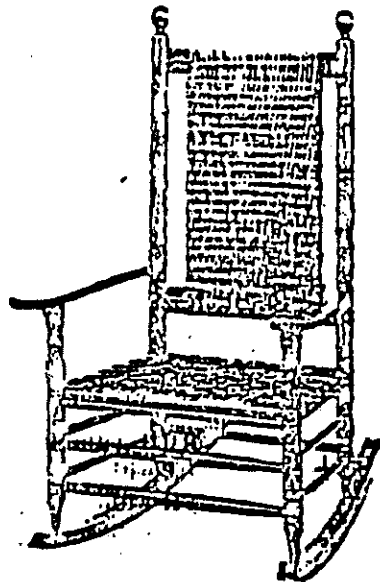
reduced  
activity

easily out-of-breath  
from climbing stairs

short-staying  
power

always tired

poor  
posture



negative  
feelings

dependence on  
modern conveniences

social  
withdrawal

avoidance of  
activities that  
demand effort

sluggish heavy feelings

**Antidote to the Sedentary Lifestyle Cycle: Gentle Exercises**

**Guidelines: FEASER**

- F = fun** (mingle varieties of exercise; introduce stimulators)
- E = easy** does it; upgrade gradually and sensibly
- A = activity** at least one hour after a meal or before meals
- S = stretch** slowly; keep exercises social; introduce seasonal elements
- E = exercise** and effort; but if you feel pain, stop immediately
- R = regular**; relax between exercises; respiration (breathe with exercises)

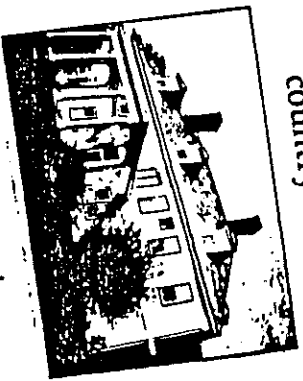
**Executive Office of Elder Affairs  
30 Chauncy Street  
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# GREAT INTEREST

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Deposits must remain for at least six months.

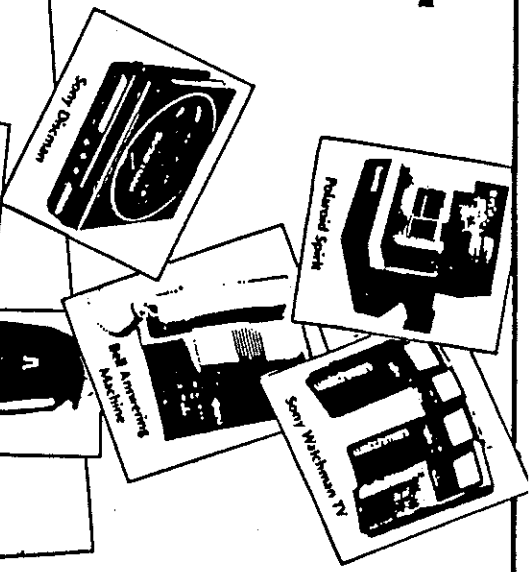
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**B**  
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GOLDEN KEY "GREAT ESCAPE"	\$ 1,000.00	\$ 2,000.00	\$ 3,000.00	\$ 4,000.00
GOLDEN KEY "GREAT ESCAPE"	\$ 1,000.00	\$ 2,000.00	\$ 3,000.00	\$ 4,000.00
DINING-OUT CLUB MEMBERSHIP	\$ 1,000.00	\$ 2,000.00	\$ 3,000.00	\$ 5,000.00
NONIAD BACK-PACK	\$ 2,500.00	\$ 4,000.00	\$ 5,000.00	\$ 7,000.00
POLAROID SPIRIT	\$ 2,500.00	\$ 4,000.00	\$ 5,000.00	\$ 7,000.00
SONY CLOCK RADIO	\$ 3,000.00	\$ 4,500.00	\$ 6,000.00	\$ 8,000.00
GOLDEN KEY "GREAT ESCAPE"	\$ 5,000.00	\$ 7,500.00	\$ 12,000.00	\$ 30,000.00
AND BACKPACK	\$ 8,000.00	\$ 12,000.00	\$ 20,000.00	N/A*
BINOCULARS AND SUNGLASSES	\$ 8,000.00	\$ 15,000.00	\$ 24,000.00	N/A*
SONY WATCHMAN TV	\$ 12,000.00	\$ 20,000.00	\$ 45,000.00	N/A*
BELL ANSWERING MACHINE	\$ 15,000.00	\$ 20,000.00	\$ 50,000.00	N/A*
SONY DISCMAN	\$ 25,000.00	\$ 35,000.00	\$ 50,000.00	N/A*
GREAT CANADIAN CANOE				

\*N/A = NOT AVAILABLE

Allow 4-6 weeks for delivery. All merchandise will be delivered directly to the depositor and is warranted exactly as shown. Value of merchandise is repayable for rate and federal tax purposes. Federal regulations by the manufacturer. Value of merchandise is repayable for rate and federal tax purposes. Federal regulations require substantial interest penalty for early withdrawal. The value of the merchandise received will be taken into consideration when calculating such early withdrawal penalty. The bank reserves the right to substitute a like item of equal or greater value. One gift per account. New money only. Rates subject to change.



**RATES:**

Rate	Yield
Compounded Interest:	6.30% to 6.58%
Money Market:	7.75% to 7.75%
Simple Interest:	8.00% to 8.00%
6 Month TCD	8.20% to 8.20%
1 Year TCD	8.30% to 8.30%
2 Year TCD	
3 Year TCD	

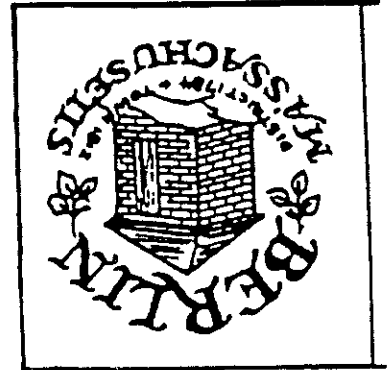


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- Berlin: 25 Central Street, 838-2286
- Bolton: Rte. 117 at the Salt Box, 779-2857
- Clinton/LFE: 55 Green Street, 368-7938
- Sterling: 3 Main Street, 422-8133
- Princeton/ATM: 2 Mountain Road, 464-5718

POWDERHOUSE SENIOR NEWS: Thanks to Clinton Savings Bank for paying newsletter postage.

FOURTH QUARTER SENIOR NEWS  
COUNCIL ON AGING, BERLIN, MASS.



COUNCIL ON AGING  
BERLIN, MASS 01503

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BERLIN, MASS.



# POWDER HOUSE SENIOR NEWS:

## BERLIN, MASS.



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VOLUME 5-3

PUBLISHED BY THE BERLIN COUNCIL ON AGING

APRIL 1988

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#### REMINDER

APRIL 5th and 6th - MATURE DRIVING COURSE ON TUESDAY AND WEDNESDAY. FROM 9:30 A.M. TO 2 P.M. APPLICATIONS SHOULD BE FILLED OUT AND GIVEN TO MARY PETKAUSKAS ALONG WITH THE \$7.00 FEE FOR THE COURSE. BRING A BROWN BAG LUNCH AND COFFEE WILL BE SERVED AT THE FIRST PARISH CHURCH.

APRIL 20th - SENATOR CELLUCCI'S SENIOR CONFERENCE WILL BE HELD AT ASSABET VOCATIONAL SCHOOL. 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 GO MUST CONTACT MARY PETKAUSKAS 838-3780.

### HOLY WEEK ACTIVITIES

#### FIRST PARISH CHURCH

APRIL 3RD - EASTER SUNDAY-

SUNRISE SERVICE AT 6 A. M. SAWYER HILL AND BREAKFAST TO FOLLOW, IN THE MEETING HOUSE.

EASTER WORSHIP SERVICE AT 10:30 A.M. (PLEASE NOTE THAT DAYLIGHT SAVINGS TIME BEGINS EASTER SUNDAY)

#### ST. JOSEPH'S THE GOOD PROVIDER CHURCH

APRIL 1st - FIRST FRIDAY MASS WILL BE HELD AT NORTHBROOK VILLAGE AT 11 A.M. *Good Friday - No Mass*

MAY 6 TH - FIRST FRIDAY MASS WILL BE HELD AT NORTHBROOK VILLAGE AT 11.A.M.

#### ST. JOSEPH CHURCH CONT'D

#### HOLY WEEK SERVICES

PASSION (PALM) SUNDAY MAR. 26 & 27TH  
MASS AND BLESSING OF THE PALMS  
AT 5:30 P.M. SATURDAY

MONDAY MARCH 28TH

7:00 P.M. PENNANCE SERVICE

INCLUDING GRADE 4 FIRST PENANCE

HOLY THURSDAY, MARCH 31

7 P.M. MASS OF THE LORDS SUPPER

GOOD FRIDAY, APRIL 1ST

3 P.M. WAY OF THE CROSS

7:30 P.M. LITURGY OF THE PASSION  
AND DEATH OF THE LORD

HOLY SATURDAY APRIL 2ND

EASTER VIGIL AT 7:30 p.m.

EASTER SUNDAY

MASS AT 8:30 A.M. and 10:45 A.M.

#### DEATHS

EULA L. KRACKHARDT OF 171 WEST ST.  
DIED FEB. 25th. SHE WAS 92 YEARS OLD

HAZEL L. OLENIK WAS 83 YEARS OLD.  
SHE PASSED AWAY FEB. 23RD

BOTH WERE LONG TIME MEMBERS OF THE  
SENIOR CITIZENS ASSOCIATION. OUR  
HEARTFELT SYMPATHY IS EXTENDED TO  
THEIR FAMILIES

DORIS MICHELSKI AND FREDA WHEELER  
ARE HOME FROM THE HOSPITAL AFTER  
MAJOR SURGERY. WE WISH THEM A SPEEDY  
RECOVERY.



- EXALTED HAPPINESS -

Happiness like sunshine is not to hold -  
Our scattered deeds of Love bring bliss untold.

BIRTHDAYS

APRIL

- 9: WILLIAM OLENIK
- 9: MILDRED MUNROE
- 9: DORIS WHITTEMORE
- 10: ESTELLE BOYCE
- 12: ALFRED W. WHEELER
- 17: MARGUERITE BELLAROSA
- 19: LEWIS RANDALL PAINE
- 24: ANN MARIE COULSON
- 28: HENRY NURRING
- 30: LEONARD MUNGEAM

MAY

- 1: ROGER M. WHEELER
- 2: GRACE BAILEY
- 3: PHTLLIS WARBIN
- 4: MARY LOUISE WHEELER
- 7: CLYDE MANNING
- 14: CARL PHIPPS
- 17: VINCENT S. EAGER
- 21: JOHN RISI

HAPPY BIRTHDAY TO ALL

ANYONE CELEBRATING THEIR FIFTIETH WEDDING ANNIVERSARY WE WOULD LIKE TO HEAR FROM YOU.

LIFE IN THE AFTERNOON  
by EDWARD FISCHER

LEARNING TO GROW OLD IS AS MUCH AN ACCOMPLISHMENT AS LEARNING TO PLAY THE VIOLA, AND BOTH SHOULD BE STARTED EARLY.

YOU NEED TO DO SOMETHING TO KEEP MATURING, WHICH IS NOT AN ACHIEVEMENT FOR EARLY YEARS ALONE BUT FOR ALL OF LIFE. YOU SHOULD UNFOLD THROUGH SPRING, SUMMER, AUTUMN, AND WELL UP INTO DECEMBER. YOUR ATTITUDE REVEALS YOUR MATURITY. FOR INSTANCE, TO KEEP FREE OF SELF-PITY AND BITTERNESS YOU NEED TO REMIND YOURSELF THAT THE IMPORTANT THING IS NOT SO MUCH WHAT HAPPENS TO YOU BUT HOW YOU FEEL ABOUT WHAT HAPPENS. IT MEANS LEARNING TO COMPENSATE, PUTTING ASIDE ONE ASPECT OF LIFE AND TURNING TO ANOTHER STILL WITHIN RANGE; FOR INSTANCE, I CAN NO LONGER SPRINT THE HUNDRED-YARD DASH, BUT I NOW WRITE A BETTER SENTENCE. MY MEMORY IS LESS GOOD THAN IT ONCE WAS, BUT NOW WHATEVER I REMEMBER HAS MORE MEANING.

IN WORKING OUT OUR DESTINIES THE ELDERLY MOVE IN VARIOUS DIRECTIONS AND YET THEY SHARE A COMMON VOCATION; ALL NEED TO GIVE COURAGE TO THOSE WHO ARE

WHEN AROUND THE ELDERLY, YOUNG PEOPLE FEEL THEY ARE LOOKING AT THEIR FUTURE SELVES. IF WHAT THEY SEE CAUSES DISCOMFORT, THIS LEADS TO FEAR AND FEAR LEADS TO ANGER. IF YOU GROW OLD WITH GRACE, THOSE WHO SEE YOU ARE LESS APT TO REBEL AGAINST THE JOURNEY INTO THE FUTURE.

WITH SELF-DISCIPLINE ONE GROWS OLD WITH DIGNITY. THE LESSON AS REFLECTED IN THE LINEAMENTS OF THE FACE AND IN THE LINE OF THE BODY. SUCH REFLECTIONS COME NOT FROM ONE BIG DRAMATIC EFFORT BUT FROM DOZENS OF RIGHT DECISIONS MADE EACH DAY; THE DECISION TO SIT UP INSTEAD OF SLUMP, THE DECISION TO HAVE JUST ONE MORE DRINK, THE DECISION TO STOP EATING BEFORE FEELING STUFFED, AND THE DECISION TO BESTIR THE BODY INSTEAD OF LOLLING ABOUT ALL DAY, AND DECISIONS OF THE SPIRIT - THE DECISION TO KEEP INTERESTED, TO SHUN SELF-PITY, TO AVOID BITTERNESS. SUCH DAILY DECISIONS ARE MORE IMPORTANT THAN YOUR INHERITED GENES WHEN IT COMES TO DETERMINING WHAT YOU WILL BE LIKE LATE IN LIFE.

ALL OF THIS IS A DEFENSE AGAINST THAT AILMENT OF OLD AGE KNOWN AS LONELINESS

LONELINESS CANNOT BE WISHED AWAY; TO GET RID OF IT YOU NEED TO CROWD IT OUT. WITHOUT AN ABIDING PURPOSE, DRY-ROT SET IN. WORKING AT THAT ABIDING PURPOSE, CALL IT A VOCATION, IS A DAILY EFFORT. EACH OF YOUR VICTORIES WILL BE TEMPORARY. GOD DOES NOT GIVE COURAGE TODAY FOR TOMORROW'S BATTLES. TOMORROW YOU WILL NEED TO PRAY FOR COURAGE ALL OVER AGAIN.

SUBMITTED BY LOUISE CHAMPAYNE



ACTIVITIES --- VERA MUNGEAM

APRIL SENIOR CITIZENS MEETING---FUND RAISER SILENT AUCTION. EACH PERSON PLEASE BRING ONE OR MORE NEW ARTICLES. DORIS EAGER OR VERA MUNGEAM WILL PROVIDE YOU WITH SLIP OF PAPER. RULE IS TO WRITE NAME AND BID, PUT UNDER ARTICLE--HIGHEST BID WILL GET THE ARTICLE.

BILL SUTHERLAND FROM COLLETTE TOURS WILL GIVE A SHORT SLIDE SHOW OF PRINCE EDWARD ISLAND. A FIVE DAY TRIP IS PLANNED FOR JUNE 27, 1988 WITH VERA MUNGEAM 838-2935. DEPOSITS TO BE IN BY APRIL 12th, 1988.

# HEALTH NOTES

Page 3

By Mary Pothoukas, RN

## WHAT IS FIBER AND WHY DO WE NEED IT ?

INCREASING THE FIBER IN THE DAILY DIET IS BENEFICIAL FOR MOST EVERY ONE, BUT STUDIES SHOW THAT THEY MAY DOUBLE THE HEALTH BENEFITS FOR PEOPLE WITH DIABETES. STUDIES REPORT THAT LOW FIBER INTAKE IS ASSOCIATED WITH THE DEVELOPMENT OF CONSTIPATION, HEMORRHOIDS, DIVERTICULAR DISEASE, CANCER OF THE LARGE BOWEL AND HEART DISEASE.

## FIBER AND DIABETES

RECENT RESEARCH INDICATES THAT PERSONS WITH DIABETES BENEFIT FROM A DIET HIGH IN FIBER AND COMPLEX CARBOHYDRATE. A HIGH FIBER DIET CAN MINIMIZE LARGE FLUCTUATIONS IN BLOOD GLUCOSE AND HELP LOWER GLUCOSE LEVELS AS A RESULT SOME PEOPLE WITH DIABETES OFTEN CAN GET BY REDUCING INSULIN DOSES OR ELIMINATING

INSULIN COMPLETELY. FOODS HIGH IN DIETARY FIBER ARE VIRTUALLY CHOLESTERAL AND FAT FREE AND DIET CHANGE REDUCES THE HIGH LEVEL OF BLOOD FAT OFTEN FOUND IN PEOPLE WITH DIABETES

FIBER CONSISTS OF THE INDIGESTIBLE SKINS SEEDS, SHREDS AND COATINGS OF VEGETABLES FRUITS AND GRAINS. BECAUSE THESE MATERIALS REMAIN UNDIGESTED THEY INCREASE THE BULK AND COARSEN THE TEXTURE OF BOWEL MOVEMENTS AND THEY HOLD MORE WATER. THE EFFECT OF HIGH FIBER DIET WHEN EATEN OVER A PERIOD OF TIME REGULATE BOWEL FUNCTION. THIS IS VERY IMPORTANT FOR THE OLDER INDIVIDUAL WHOSE BOWEL MOTILITY HAS DECREASED.

## HOW TO INCORPORATE FIBER IN YOUR DIET

1. INCLUDE BREAD AND PASTA PRODUCTS CONTAINING WHOLE WHEAT
2. UNPROCESSED HIGH FIBER GRAIN PRODUCTS SUCH AS OATMEAL, BROWN RICE, RYE AND BARLEY.
3. TRY ONE OF THE HIGH FIBER CEREALS FOR BREAKFAST OR SNACK
4. CHOOSE WHOLE FRUITS OVER JUICES ESPECIALLY THOSE WITH SKIN, SEEDS AND PULP.

5. USE MORE VEGETABLES EITHER RAW OR COOKED FIBER IS NOT AFFECTED.
6. SNACK ON NUTS, SEEDS, DRIED FRUIT BUT THEY ARE HIGHER IN CALORIES SO USE IN MODERATION.
7. EAT MORE MEALS MADE WITH DRIED PEAS BEANS AND OTHER LEGUMES.

INCLUDING MORE FIBER IN YOUR DIET CAN BE ENJOYABLE AS WELL AS BENEFICIAL TO YOUR HEALTH. MANY OF THESE FOODS REQUIRE LITTLE PREPARATION AND TANTALIZE YOUR APPETITE.

MAKE NATURE'S FOOD A REGULAR PART OF YOUR EATING TODAY.

## HIGH FIBER BRAN MUFFIN RECIPE

- 1 3/4 ALL PURPOSE OR WHOLE WHEAT FLOUR
  - 1 3/4 CUPS BRAN
  - 2 TBSP SUGAR
  - 1 2/2 TSP BAKING SODA
  - 2 CUPS OF BUTTERMILK
  - 1 EGG BEATEN
  - 1/2 CUP UNSWEETENED MOLASSES
  - 1 TBSP MELTED MARGARINE
- MAKES 18- 20 MUFFINS
1. COMBINE FLOUR, BRAN, SUGAR AND BAKING SODA IN A LARGE BOWL
  2. BEAT TOGETHER THE BUTTERMILK, EGG MOLASSES AND MARGARINE
  3. ADD LIQUID MIXTURE TO DRY MIXTURE IN BOWL AND STIR TOGETHER ONLY ENOUGH TO MOISTEN.
- FILL GREASED MUFFIN-TINS 2/3 FULL AND BAKE IN 350 degree OVEN

## NOTE

THE DRY INGREDIENTS IN THIS RECIPE CAN BE KEPT AS A MIX TO USE AT YOUR CONVENIENCE. QUADRUPLE THE QUANTITIES AND STORE IN A CLOSED TIN OR JAR.

WHEN YOU WISH TO MAKE MUFFINS MEASURE OUT 3 1/2 CUPS OF DRY MIXTURE AND PROCEED WITH THE RECIPE. FOR VARIETY ADD NUTS, RAISINS, DATES, MASHED BANANA, ORANGE RIND ETC.

# POWDER HOUSE SENIOR NEWS

## RAMBLING

### SIGNS OF SPRING

MARCH IS NAMED FOR THE ROMAN GOD MARS, APTLY SO, GIVEN THE NATURE OF THE WEATHER. CRUEL MARCH WINDS, UNPREDICTABLE SNOW STORMS, AND BLEAKNESS ARE STILL ALL AROUND; BUT THE HINT OF BEAUTY IS READY TO OPEN ON FORSYTHIA, THE PUSSY WILLOWS ARE READY TO BE ENJOYED, THE SWALLOWS RETURN TO CAPISTRANO AND A CERTAIN AROMA IN THE AIR WHEN WE LEAST EXPECT IT, TELLS US WARMTH AND BEAUTY WILL ABOUND IN A FEW SHORT WEEKS.

IT'S TIME TO PREPARE FOR THAT EVENT BY STARTING SEEDLINGS INDOORS. MARIGOLDS, IMPATIENS, BACHELOR BUTTONS, ASTER, PETUNIAS OR ANY ANNUALS YOU PREFER CAN BE STARTED FROM SEED NOW AND WHEN THEY'VE SPROUTED, PUT THEM IN A SUNNY WINDOW AND THEY WILL BE READY TO ENJOY LATER IN YOUR GARDENS AND WINDOW BOXES. VEGETABLES, ESPECIALLY EARLY TOMATOES SUCH AS EARLY GIRL OR VF'S FOR YOUR GARDEN AND PATIO F OR PATIO PRIZE FOR THE CONTAINER GARDENER.

YOU CAN START FERTILIZING YOUR HOUSEPLANTS AT HALF STRENGTH AND REMEMBER TO USE ROOM TEMPERATURE WATER FOR FERTILIZING AND WATERING. BRING INDOORS A BREATH OF SPRING BY FORCING BULBS OR CUTTINGS OF FORSYTHIA IN WATER FOR EARLY BLOSSOMS.

YOU HAVE TO BELIEVE IN HAPPINESS, OR HAPPINESS NEVER COMES... OH, THAT'S THE REASON A BIRD CAN SING--- ON HIS DARKEST DAY HE BELIEVES IN SPRING.

DOUGLAS MALLOCH

INDIAN HEAD FARM

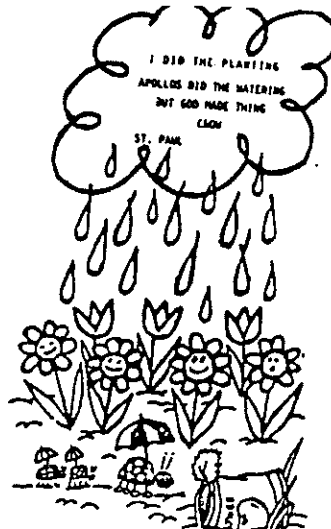
*Ann, Joanne, Tom & Bill*



WHEN I WAS IN SCHOOL, I LIKE MOST OF YOU, HAD TO LEARN THE SONG AMERICA THE BEAUTIFUL IN OUR MUSIC CLASS. THERE ARE PHRASES LIKE "PURPLE MOUNTAIN MAJESTIES" REFERRING TO THE BEAUTY OF MOUNTAINS. "FROM SEA TO SHINING SEA". THAT WAS PRETTY EVIDENT IF YOU DID YOUR GEOGRAPHY, BUT WHEN IT CAME TO THE PHRASE "AMBER WAVES OF GRAIN", THAT I COULD NOT QUITE COMPREHEND. ALL WE HAD AROUND NEW ENGLAND WERE FIELDS OF GREEN CORN. MY HUSBAND AND I HAD THE OCCASION TO VISIT OUR DAUGHTER AND HUSBAND IN KANSAN CITY, MISSOURI IN 1978. WE FLEW OUT, BUT WE ENJOYED MORE JUST A PLEASANT AFTERNOON RIDE THROUGH THE COUNTRYSIDE IN AN AUTOMOBILE LOOKING AT THE HOUSES AND FARMS. OUR CAMERAS ARE ALWAYS READY TO USE. WE SOON CAME UPON FIELDS AND FIELDS OF AMBER COLOR SPREADING OUT AROUND US ON BOTH SIDES OF THE ROAD. IT GOT A LUMP IN MY THROAT AS I RECALLED THE PHRASE FROM "AMERICA THE BEAUTUFUL"--AMBER WAVES OF GRAIN". I TOOK A PICTURE BUT IT CAN'T COMPARE TO IT BEING ETCHED PERMANENTLY IN MY MIND TO REALLY SEEING IT GROWING AND WAVING IN KANSAS CITY, MISSOURI USA 1

SUBMITTED BY  
BARBARA ST. JOHN

I WONDER IF OTHERS HAVE SPECIAL MOMENTS OR EXPERIENCES TO SHARE?





WARNING

When I am an old lady I shall wear purple  
 With a red hat, which doesn't go and doesn't suit me.  
 And I shall spend my pension on brandy and summer gloves,  
 And satin sandals and say we have no money for butter.  
 I shall sit down on the pavement when I am tired  
 And gobble up samples in shops and press alarm bells  
 And run my stick along the public railings  
 And make up for the sobriety of my youth.  
 I shall go out in my slippers in the rain  
 And pick the flowers in other people's gardens  
 And learn to spit.



It's not that we grow old and stop laughing, it's that we stop laughing and grow old.

....  
 But maybe I ought to practice a little now  
 So people who know me are not too shocked and surprised  
 When suddenly I am old and start to wear purple.

MY OWN BACKYARD

*Barbara St. John*

SUBMITTED BY MARY SPINNEY

DOES THIS SOUND FAMILIAR????

DEAR LORD, WHEN THINGS GET HECTIC,  
 AND LIVING SEEMS SO HARD,  
 I JUST GO OUT AND SIT AWHILE,  
 WITHIN MY OWN BACKYARD.  
 FOR THERE IT'S QUIET AND PEACEFUL,  
 BENEATH THE SHADY TREES,  
 AND SUNLIGHT THROUGH THE BRANCHES,  
 ACCOMPANIES EVERY BREEZE.

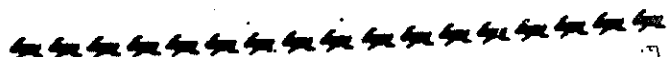
BUT MOTHER, NOW THAT YOU AND DAD  
 HAVE RETIRED, I'M SURE YOU WOULD  
 ENJOY HAVING THE KIDS WHILE WE  
 ARE ON VACATION.

THERE ARE A DOZEN SHADES OF GREEN,  
 DESIGNED TO PLEASE THE EYE,  
 CHUBBY SQUIRRELS AND HUMMING BIRDS,  
 ... A GOLDEN BUTTERFLY,  
 THE HONEYSUCKLE'S PERFUME,  
 PERMEATES THE AIR,  
 AND THOUGH I DO NOT SEE HIM,  
 I KNOW THAT GOD IS HERE.



THE SKY SO HIGH ABOVE MY HEAD,  
 IS AN ELECTRIC BLUE,  
 AND THERE ARE LAZY COTTON CLOUDS,  
 WITH NOTHING ELSE TO DO,  
 BUT SAIL ACROSS THE HEAVENS,  
 AND YET I KNOW THAT I  
 WAS GIVEN HOPE WHOSE STURDY WINGS  
 WERE ALSO MEANT TO FLY.

THIS OLD WORLD WE INHABIT,  
 IS MUCH THE WORSE FOR WEAR,  
 BEAUTY FADES SO QUICKLY,  
 AND HEARTS FORGET TO CARE,  
 BUT SOMEHOW I'VE DISCOVERED,  
 WITHIN MY OWN BACKYARD,  
 A PEACEFUL SANCTUARY,  
 ....IN WHICH I FIND THE LORD.



POWDERHOUSE NEWSLETTER COMMITTEE

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## Coping: A Column on Mental Health for the Elderly

By Georgia Sassen, Ph.D. Clinical Psychologist  
Member, Berlin Council on Aging

### HOBBIES AND YOUR HEALTH

Are hobbies a waste of time? All those hours spent looking at bird feeder, tramping around after red tail hawks, collecting dried weeks or knitting and ripping out and knitting again? Couldn't you be doing something more important? NO, say the experts on retirement and mental health. Hobbies are good for you. They are an example of "use it or lose it".

Use it or lose it can refer to physical strength--use those leg muscles and keep up your endurance; stop using them and you get weak and flabby. But use it or lose it refers to your mind as well. Use your memory when you discuss which birds came around to the feeder, and you actually keep your memory in shape. Just like your muscles, your mind needs to be used. Go to a film and talk about it later--again you exercise your memory. If you actually go outside and walk around looking at birds, you get both kinds of exercise at the same time. Feeding two birds with one stone, you might say, but don't take along a stone.

But you could bring home a stone. Collecting things, especially on a trip, is a way of remembering where you've been and what you did. Date your collection, and go over it now and then. Or better yet, collect things you can use in crafts. Crafts help you maintain your manual dexterity and your creative thinking and can also be done in groups.

If you established a group to go out and collect

flowers or dried plants (or stones, since that's where we started) and then arranged them or pressed them or used them in a terrarium, you would get exercise, mental stimulation and socialization. These are the three things that go into healthy adjustment to retirement. They all contribute to mental health. They all help prevent loss of memory, the thing that elders fear most.

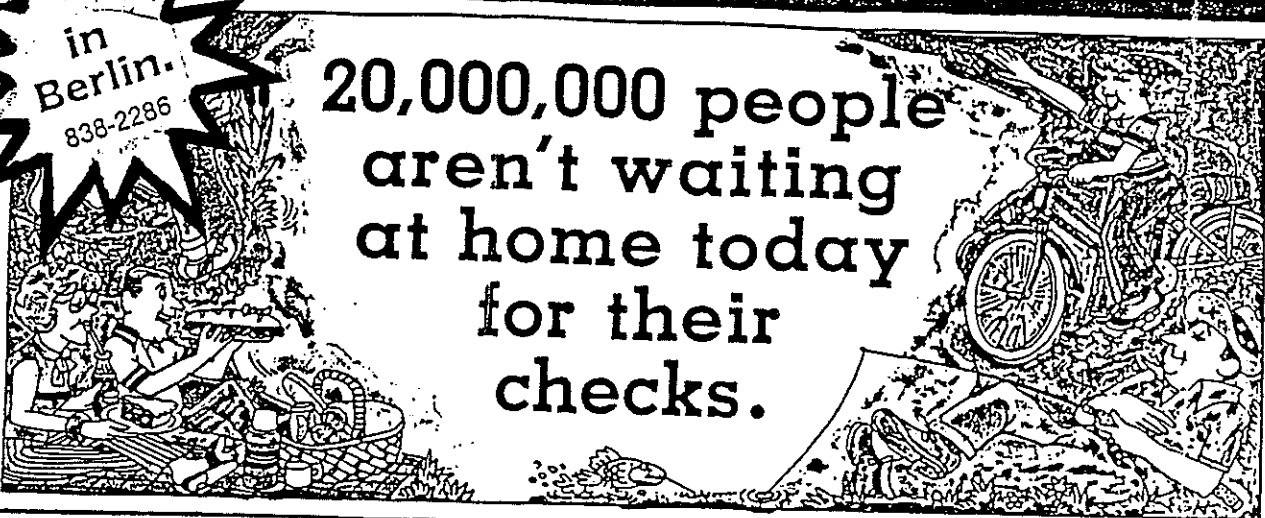
Building things also provides mental and physical stimulation. If you build a bird feeder or a dog house, you use your muscles and your mind. You also keep up a skill, which is a source of self-esteem. If you feel good about things you can do, you feel better. If you are able to do a craft--carving, knitting, crocheting--you are able to create things people can use. You may also be keeping alive a skill that fewer and fewer people have. What are the possibilities for teaching a craft? The Berlin Recreation Committee can sponsor classes such as baking, needlework or jigsaw puzzle making.

Hobbies don't have to create, either. Games like checkers and cards are exercise for the brain. They also bring you together with other people, which is important, especially, if you have gone from working to staying at home, or from a household full of people to a one-person home. Try to form a group to participate in hobbies like this. They are worth the time.

# POWDERHOUSE SENIOR NEWS

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## Greetings From the White House

People 80 and over can receive a birthday card from President Reagan. The President will also send congratulations for wedding anniversaries of 50 years and up.

Send name, address, birthdate of celebrant or anniversary date, a month in advance, to: Joan DeCain, Greetings Office, White House, Washington, D.C. 20500.



**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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# POWDERHOUSE SENIOR NEWS BERLIN, MASS



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# POWDER HOUSE SENIOR NEWS

BERLIN, MASS.



VOLUME 5-4

Council on Aging, Berlin MA

June  
1988

## CALENDAR OF EVENTS

JUNE 2nd- SENIOR CITIZENS MEETING WILL BE HELD AT THE BERLIN COUNTRY CLUB. A BUFFET LUNCH WILL BE SERVED. WE ASK THAT YOU BRING COOKIES OR SQUARES FOR DESERT TO BE SHARED BY ALL. JOSEPH GAUDET'S ORCHESTRA WILL PROVIDE THE MUSIC AND THERE WILL BE LINE DANCING AND BALLROOM DANCING. AN INVITATION HAS BEEN EXTENDED TO MR. PAUL J. LANZIKOS, SECRETARY, EXECUTIVE OFFICE OF ELDER AFFAIRS. IF HIS CALANDAR PERMITS, HE WILL UPDATE YOU ON PROGRAMS AND THE ELDER AFFAIRS NETWORK. HE HAS BEEN WELL RECEIVED THROUGHOUT THE STATE. BLOOD PRESSURES WILL BE TAKEN.

JUNE 7th- A STRAWBERRY FESTIVAL WILL BE HELD AT INDIAN HEAD FARM BLOOD PRESSURES WILL BE TAKEN.

JULY 13th- A SMORGUSBOARD WILL BE HELD AT NORTHBROOK VILLAGE FROM 5P.M. TO 7 P.M. ANY CASSEROLES, SALADS, OR DESERTS WILL BE WELCOMED. ENTERTAINMENT WILL BE PROVIDED.

JUNE 18th-OLD HOME DAY WILL BE HELD. THE BERLIN COUNCIL ON AGING WILL HAVE A WHITE ELEPHANT AND ARTS AND CRAFTS BOOTH. ANY DONATIONS WILL BE WELCOMED. SEE MARY PETKAUSKAS 838-7380 OR LOUISE CHAMPAGNE 838-2550.

ANYONE INTERESTED IN JOINING A WALKING CLUB PLEASE CONTACT MARY PETKAUSKAS OR LOUISE CHAMPAGNE.

## ST. JOSEPH'S CHURCH

JUNE 3rd- FIRST FRIDAY MASS WILL BE HELD AT NORTHBROOK VILLAGE AT 11 A.M.  
JULY 1st- FIRST FRIDAY MASS WILL BE HELD AT NORTHBROOK VILLAGE AT 11 A.M.

## BIRTHDAYS

JUNE 1 JOHN NUTTING  
6 DORIS MICHALSKI  
7 BARBARA ST. JOHN  
9 ELLSWORTH GO SAWYER  
18 ALICE MURPHY  
20 LAURA A. NUTTING  
26 ELINOR BRODEUR  
26 JOSEPHINE UNDERWOOD  
30 AUGUSTINE MURPHY  
JULY 4 WALTER MUNYON  
4 MYRTLE H. MASON  
6 JAMES BRANNIGAN  
13 MARGUERITE BARTLETT  
23 ARMINDA FERRIERA  
23 RUTH MUNGEAM  
25 RUTH JILLSON

HAPPY BIRTHDAY TO ALL

## ANNIVERSARIES

MAY 25 - CLAIRE AND ARTHUR BALLARD  
CONGRATULATIONS ON YOUR 25th ANNIVERSARY

JUNE 2 MEL & MYRTLE MASON  
20 DORIS & VINCENT EAGER  
25 LORAIN & ELSWORTH SAWYER

JULY 7 BETTY & HAROLD JILLSON

**Walking Club**

## TRAVEL SUGGESTIONS

FRUITLANDS MUSEUM - LOCATED IN THE MIDST OF THE PICTURESQUE SCENERY OF HARVARD, MASS. STANDS THE FRUITLANDS MUSEUM. THIS GROUP OF FOUR MUSEUMS WAS THE PRIVATE COLLECTION OF MISS CLARA ENDICOTT SEARS. THE MUSEUMS ARE THE OLD ALCOTT FARMHOUSE, THE SHAKER HOUSE, THE PICTURE GALLERY AND THE AMERICAN INDIAN MUSEUM.

AFTER YOU VISIT THE FOUR MUSEUMS, RETURN TO THE FIRST BUILDING, PROSPECT HOUSE, WHERE YOU WILL FIND A TEA ROOM WITH A TERRACE OVERLOOKING A MAGNIFICENT VIEW. SAMPLE THE REFRESHMENTS WHICH INCLUDE SHAKER TEA AND SHAKER BEVERAGE, OR, PACK A PICNIC LUNCH TO ENJOY THE GROUNDS.

THE FRUITLANDS MUSEUMS ARE OPEN TUESDAYS THROUGH SUNDAYS, AND MONDAY HOLIDAYS, FROM 10 A.M. TO 5 P.M. FROM MAY 14 TO MID-OCTOBER. ADULT ADMISSION IS \$5. SENIOR CITIZEN ADMISSION IS \$4.50. THE MUSEUM IS OFF PROSPECT HILL ROAD IN HARVARD. FOR MORE INFORMATION CALL 456-4523.

MOORE STATE PARK - FOR MAGNIFICENT NATURAL BEAUTY AND HISTORICAL ARCHITECTURE ON ITS ORIGINAL SITE, TRAVEL A MERE 20 MINUTES TO MOORE STATE PARK IN PAXTON. THIS 315 ACRE STATE PARK INCLUDES AN 18th CENTURY SAWMILL, BLACKSMITH SHOP, AND OTHER HISTORICAL BUILDINGS IN WOODED SURROUNDINGS. EAMES POND AND NUMEROUS CASCADING WATERFALLS ARE THE PERFECT BACKGROUND FOR LEISURELY STROLLS ON THE EASY HIKING TRAILS.

THERE IS NO ADMISSION CHARGE AND THE PARK IS OPEN FROM 10 A.M. TO DUSK ALL YEAR. FOR MORE INFORMATION CALL DENNIS MELICAN AT 792-3969. THE PARK IS LOCATED ON ROUTE 31 ABOUT 1-1/2 MILES FROM PAXTON CENTER. A SIGN ON THE RIGHT MARKS THE ENTRANCE TO THE PARK.

## IT'S UP TO YOU

GOD GAVE YOU THIS DAY TO DO JUST AS YOU WOULD.  
YOU CAN THROW IT AWAY -- OR DO SOME GOOD.  
YOU CAN MAKE SOMEONE HAPPY, OR MAKE SOMEONE SAD.  
WHAT HAVE YOU DONE WITH THE DAY THAT YOU HAD?  
GOD GAVE IT TO YOU TO DO JUST AS YOU WOULD.  
YOU COULD DO WHAT IS WICKED, OR DO WHAT IS GOOD.  
YOU CAN HAD OUT A SMILE, OR JUST GIVE'EM A FROWN.  
YOU CAN LIFT SOMEONE UP, OR PUSH SOMEONE DOWN.  
WHAT DID YOU DO WITH YOUR BEAUTIFUL DAY?  
GOD GAVE IT TO YOU, DID YOU THROW IT AWAY?

SUBMITTED BY  
EDITH WILSON •

A COMMERCIAL FLIGHT WAS EXPERIENCING CONSIDERABLE TURBULENCE. ONE FIRST-TIME TRAVELER BEGAN PRAYING. "LORD," HE SAID, "I'M A RICH MAN. IF YOU JUST LET THIS PLANE LAND SAFELY, I'LL GIVE YOU HALF OF EVERYTHING I OWN."

THE PLANE LANDED, AND THIS GENTLEMAN WAS THE FIRST ONE OFF. IN THE TERMINAL, A PREACHER TAPPED HIM ON THE SHOULDER. "SIR," HE SAID, "I WAS ON THAT PLANE WITH YOU, AND I HEARD YOUR PRAYER. WELL, I'M A MAN OF THE CLOTH, AND I'M HERE TO COLLECT."

"I MADE THE LORD A BETTER OFFER," THE RICH MAN SAID. "I TOLD HIM IF HE EVER CATCHES ME ON A PLANE AGAIN, HE CAN HAVE IT ALL!"

SUBMITTED BY  
NORMA HANSON

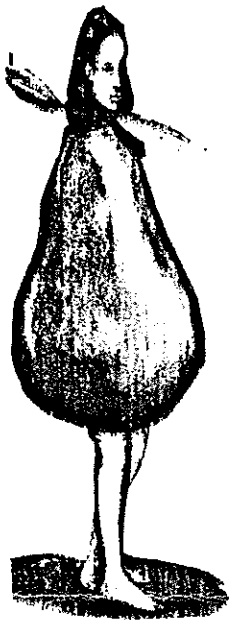


# Health Notes

By Mary Petkauskas, RN

## WHAT SHAPE IS YOUR WEIGHT?

### Having a pear shape



### may be a blessing in disguise

"Thunder thighs," a woman groans as she examines her legs in a full-length mirror, ruing the fact that whenever she diets to diminish the size of her hips, thighs, or derriere, she winds up getting smaller only on top, where she doesn't need to or want to. It's true that a woman who is big on the bottom rather than around the middle or on top has a harder time reshaping the contours of the oversized areas. That's because the fat cells she has accumulated on the lower part of her body are of normal size to begin with and can't shrink much further. The problem is that she simply has "too many" of them.

Fat cells on the upper part of the body, on the other hand, are fewer in number, grow larger than normal when excess weight is put on, and therefore *can* shrink when the extra pounds are taken off. While that may seem like a damning pronouncement for women who were never too happy about the way they look from the waist down, evidence has amassed that pear-shaped women (as well as men, although there are fewer of them) are less likely than others to fall victim to diabetes as well as heart disease.

According to the "University of California, Berkeley Wellness Letter" the only effective way to get rid of excess fat permanently is to moderately reduce caloric intake while starting an exercise program at the same time.

NO-GUILT SNACKING  
=====  
(Each snack has less  
than 100 calories):

### NO-GUILT SNACKING

WE ALL KNOW ABOUT EATING BALANCED MEALS BY CHOOSING FOODS FROM THE DAIRY, PROTEIN, FRUITS AND VEGETABLES AND BREAD GROUPS.

BUT...SOMETIMES WE WANT A SWEET OR A SNACK, NOT AS A SUBSTITUTE FOR GOOD EATING, BUT AS A TREAT, AND WE DON'T WANT TOO MANY CALORIES!

WONAM'S DAY HAD JUST THE ANSWER. HERE ARE JUST SOME OF THE FIFTY "NO-GUILT GOODIES" featured in a recent issue. (EACH SNACK IS LESS THE 100 CALORIES):

- \*FIVE VANILLA WAFERS
- \*HALF A 5-INCH CANTALOUPE
- \*TWENTY SWEET CHERRIES
- \*HALF A CUP OF UNSWEETENED APPLESAUCE WITH TWO TEASPOONS RAISINS, AND ONE GINERSNAP
- \*TWO CUPS DICED WATERMELON
- \*THREE QUARTERS OF A CUP OF SEEDLESS GRAPES
- \*FIFTEEN JELLY BEANS
- \*ONE SLICE RAISING BREAD WITH TWO TEASPOONS CREAM CHEESE
- \*ONE WEIGHT WATCHERS FROZEN CHOCOLATE MINT TREAT POP
- \*ONE HALF CUP ICE MILK
- \*ONE CUP CANNED MANDARIN ORANGES SPRINKLED WITH ONE TABLESPOON SWEETENED SHREDDED COCONUT
- \*THREE TABLESPOONS RAISINS
- \*THREE GINGERSNAPS
- \*TWO FIG BARS
- \*ONE-THIRD CUP OF 1% FAT COTTAGE CHEESE SPRINKLED WITH A TABLESPOON OF RAISINS MIXED WITH A TEASPOON OF BRWON SUGAR

HAPPY AND HEALTHY SNACKING!

# POWDERHOUSE SENIOR NEWS:

## WAYS TO ENJOY GOOD MENTAL HEALTH

- CHEER A FRIEND
- TAKE TIME TO SMELL THE FLOWERS
- PET AN ANIMAL
- HUG FAMILY, FRIENDS
- READ A GOOD BOOK
- EXERCISE
- EAT PROPERLY
- LEND A SYMPATHIC EAR
- TREAT YOURSELF TO ALONG SOAK IN THE TUB
- TAKE CONTROL OF YOUR LIFE
- SMILE
- VOLUNTEER AT YOUR FAVORITE CHARITY
- ACCEPT A GIFT WHEN OFFERED
- ENCOURAGE OTHERS
- SHARE YOUR TALENTS
- ATTEND CHURCH
- WRITE A LETTER
- BAKE FOR SOMEONE
- LISTEN TO MUSIC
- REMEMBER YOU ARE UNIQUE

## KNOW ABOUT STARCHES

(...BUT JUST THE SIGHT OF A POTATO MAKES YOU GAIN 10 POUNDS)

STARCHES ARE THE ONLY FOODS NOT ASSOCIATED WITH ANY LEADING KILLER DISEASES.

STARCHES-ALSO CALLED COMPLEX CARBOHYDRATES - ACTUALLY HAVE NO MORE CALORIES THAN PURE PROTIEIN. THE CALORIES COME FROM SAUCES, BUTTER, SOUR CREAM AND ALL THE OTHER RICH FOODS THAT END UP ON TOP OF STARCHES. STARCHY FOODS ARE VIRTUALLY FAT FREE AND LOADED WITH VITAMINS, MINERALS AND FIBER.

STARCHS RICH IN NUTRIENTS AND LOW IN CALORIES INCLUDE POTATOES, WHOLE GRAIN BREADS AND CEREALS, PASTA, FRESH FRUITS AND VEGETABLES, AND DRIED BEANS AND PEAS.

STARCHES PROVIDE ADDED ENERGY. RUNNERS OFTEN "CARBO-LOAD - STORE CARBOHYDRATES BY EATING LOTS OF STARCHES -BEFORE A BIG RACE. STARCHES ARE SLOWLY TRANSFORMED GLUCOSE DURING DIGESTION. THIS PROVIDES CONTINUOUS ENERGY AS OPPOSED TO THE QUICK BURSTS OF ENERGY YOU GET FROM EATING SUGAR.

STARCHY VEGETABLES CONTAIN FIBER (A NON-DIGESTIBLE STARCH), WHICH KEEPS YOUR DIGESTIVE SYSTEM RUNNING SMOOTHLY.

STARCH ARE READILY AVAILABLE AND INEXPENSIVE.

STARCHES CAN ACTUALLY HELP WITH WEIGHT LOSS, AS DIETERS CAN FEEL SATISFIED WITHOUT EATING TOO MANY CALORIES.

STARCHES AS A MAJOR PORTION OF A DIET HAVE BEEN SHOWN TO REDUCE THE INSULIN REQUIREMENTS OF DIABETICS. STARCH IS FOUND IN ONLY ONE NON-PLANT FOOD -MUSCLE AND LIVER -WHERE I IS STORED AS GLYCOGEN.

STARCHES SHOULD REPLACE MANY OF THE FATTY AND SUGARY FOODS IN OUR DIETS, ACCORDING TO MOST EXPERTS.



## HAVE A HAPPY HEALTHY SUMMER!

# POWDERHOUSE SENIOR NEWS



## Nutrition Corner !!

### BLOOD PRESSURE TESTING

ON TUESDAY, MAY 31ST, MARY BERZINIS FROM NASHOBA NURSING WILL BE GIVING BLOOD PRESSURE TESTING BETWEEN ONE AND THREE IN THE COMMUNITY BUILDING. THIS IS A FREE SERVICE AND WILL BE OPEN TO ALL TENENTS OF NORTHBROOK VILLAGE AND ALL SENIORS OF BERLIN.

ALSO ON TUESDAY, JUNE 28TH, SHE WILL BE HERE AND GIVING CHOLESTROL TESTING AS WELL AS BLOOD PRESSURE TESTING. WE ARE HOPEFULLY GOING TO HAVE THIS SERVICE THE LAST TUESDAY OF EVERY MONTH AT THIS TIME ONLY JUNE AND JULY HAVE BEEN SCHEDULED.

### COOKING FOR A CROWD

325 DEGREES

- 1 PKG. ELBOW MACARONE
- 1 ELEPHANT
- 2 RABBITS
- BROWN GRAVY
- SALT
- PEPPER
- HERBS

DICE ELEPHANT (TAKES ABOUT 60 DAYS) PLACE IN LARGE CASSEROLE WITH CUT-UP RABBITS. ADD BROWN GRAVY TO COVER MEAT. SALT, PEPPER AND SEASON TO TASTE. BAKE. FINAL MINUTE, COOK MACARONI AS DIRECTED AND MIX WITH STEW. SERVE HOT. SERVES 3,752.

IF GUEST BRINGS FRIENDS, ADD RABBITS, BUT ONLY IF NECESSARY. MOST PEOPLE DO NOT LIKE HARE IN THEIR STEW.

SUBMITTED BY  
HAZEL HARRIMAN &  
HARRIET FIELD

\*\*\*\*\*  
POWDERHOUSE NEWSLETTER COMMITTEE

- LOUISE CHAMPAYNE
- NORMA HANSON
- BARBARA ST. JOHN
- EDITH WILSON
- MARY PETKAUSKAS EDITOR

### APPLE BREAD

- 1/2 CUP OLIVE OR POLYUNSATURATED OIL
- 1/4 CUP EGGBEATER OR 2 EGG WHITES
- 2 CUPS WHEAT FLOUR
- 1 TSP. BAKING SODA
- 1/2 TSP. SALT
- 1/2 TSP. CLOVES
- 1 TSP. CINNAMON
- 2 CUPS PARED APPLES CHOPPED
- 2/3 CUP CHOPPED NUTS

BEAT SHORTENING AND SUGAR, ADD EGG. SIFT DRY INGREDIENTS. ADD TO SHORTENING. MIXTURE WILL SEEM VERY DRY. STIR IN APPLES AND NUTS. PACK INTO 9 INCH GREASED LOAF PAN BAKE AT 350 for ONE HOUR. LET STAND UNTIL COOL. CAN BE STORED AS FRUIT CAKE OR FROZEN.  
L. Champagne

### CRAN-ORANGE NUT BREAD

- 1 C. ALL BRAN
- 1 C. CRANBERRY-BERRY RELISH
- 1/4 C. VEG. OIL
- 1 C. MASHED PUMPKIN OR SQUASH
- 1 LG. EGG
- 1 C. SKIM MILK
- 2 C. FLOUR
- 1/2 TSP. CREAM OF TARTAR
- 2 TSP. BAKING SODA
- 1 C. CHOPPED NUTS

SET OVEN TO 375 DEGREES. GREASE ONE LARGE OR TWO SMALL LOAF PANS. MIX 1st 6 INGREDIENTS TOGETHER IN LARGE BOWL AND SET ASIDE. SIFT FLOUR, CREAM OF TARTAR AND SODA TOGETHER; STIR NUTS INTO FLOUR MIXTURE. ADD TO FIRST MIXTURE AND STIR TOGETHER ONLY UNTIL BLENDED. SPREAD INTO WELL GREASED LOAF PAN. BAKE ONE HOUR. TEST WITH TOOTHPICK. DONE WHEN TOOTHPICK INSERTED IN CENTER OF LOAF COMES OUT DRY.

SUBMITTED BY  
CLAIRE BALLARD



# POWDERHOUSE SENIOR NEWS:

## CALENDAR OF EVENTS

### SENIOR ACTIVITIES

SEVERAL BERLIN SENIORS TOOK ADVANTAGE OF VARIOUS PROGRAMS OFFERED DURING THE MONTHS OF APRIL AND MAY

1. MATURE DRIVING PROGRAM  
25 PEOPLE COMPLETED THE COURSE

2. INTERGERENERATION CONFERENCE

SPONSORED BY AARP AT WORCESTER STATE COLLEGE. "WHO WILL PAY THE BILL?" PANEL DISCUSSION MEDICARE MEDIGAP AND HEALTH INSURANCE. EIGHT ATTENDED.

3. SENATOR CELLUCCI SENIOR CONFERENCE  
HELD AT ASSABET VOCATIONAL SCHOOL FORTY SENIORS ATTENDED.

4. ELDER ENERGY CONFERENCE  
SPONSORED BY COMMONWEALTH GAS CO. AT THE RAYAL PLAZE IN MARLBORO. 8 ATTENDED. TWO WON RAFFLES

5. ELDER ADVOCATE WORDSHOP  
4 ATTENDED THE ELDER ADVOCATE SPONSORED WORKSHOP APRIL 11th & 25th. AT THE FITCHBURG SENIOR CENTER.

MAY 5, 1988 CHOLESTERAL TESTING BY NASHABA NURSES AT THE SENIOR MEETING ABOUT 70 PARTICIPATED IN THE PROGRAM,

MAY 17th, 1988- GOVERNORS CONFERENCE  
THREE SENIORS ATTENDD THE GOVERNORS CONFERENCE ON AGING IN SPRINGFIELD AND PARTICIPATED IN ALL THE ACTIVITIES WITH 1300 OTHER SENIORS IN THE COMMONWEALTH.

THE SENIORS PARTICIPATING IN THE ABOVE PROGRAMS LEARNED A GREAT DEAL AND HAD AN OPPORTUNITY TO TALK TO OTHER SENIORS FROM DIFFERENT COMMUNITIES.

SENIORS INTERESTED IN FUTURE PROGRAMS CALL MARY 838-7380

WHERE TO TAKE YOUR  
USED CLOTHES-SUDBURY  
STARR MARKET PARKING LOT

RECEIPT GIVEN FOR  
TAX PURPOSES

## FIRST PARISH CHURCH

SUNDAY SERVICES FROM JUNE 19th THROUGH LABOR DAY SUNDAY WILL BE HELD AT 9:30A.M.

ROSE AND MUSIC SUNDAY, JUNE 19th SENIOR CHOIR WILL PRESENT A SPECIAL PROGRAM OF MUSIC DURING MORNING WORSHIP SERVICE AND THE SANCTUARY WILL BE DECORATED WITH ROSES.

OLD HOME DAY THE FIRST PARISH CHURCH WILL HAVE A BOOTH FOR THE SALE OF HAND CRAFTED ITEMS FROM SERRV AND FRAMED COPIES OF THE PRAYER OF ST. FRANCIS. THE PROCEEDS FROM THE SALE OF THE PRAYER WILL AIDE THE HANDICAPPED ACCESS FUND. SERRV IS A SELF HELP ORGANIZATION FOR THE THIRD WORLD COUNTRIES.

### NEWS ITEM

MARY PETKAUSKAS R.N., RECEIVED WORD FROM THE EXECUTIVE OFFICE OF ELDER AFFAIRS THAT THE COUNCIL ON AGING UNDER THE STATE COUNCIL ON AGING DISCRETIONARY GRANT PROGRAM RECEIVED AN AWARD OF \$2000. FOR FISCAL 1988 TO HIRE A PART TIME COORDINATOR OF VOLUNTEERS AND PROVIDE A HOT LINE FOR THE SENIORS OF BERTIN.



## Where Clothing Donations Go

What happens to clothing donations to Morgan Memorial Goodwill Industries? Clothes are shipped from the Attended Donation Trailers to the main Morgan Memorial plant at 1010 Harrison Ave. in Boston, where they are processed by handicapped and disadvantaged workers.

# POWDERHOUSE SENIOR NEWS



## Clinton Savings Bank

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

The Clinton Savings Bank has served the people of the area since 1851. We are known for excellent service with friendly attention. We offer competitive rates for our savings accounts as well as consumer loans and mortgages. Please call us to discuss any of your banking needs — we want your business and we promise you a quick response. You'll love our personal banking with a personal touch.

Visit us at one of our convenient locations.

**Clinton** — 200 Church Street — 368-1801

**Sterling** — 3 Main Street — 422-8133

**Bolton** — Rte. 117 at the Salt Box — 779-2857

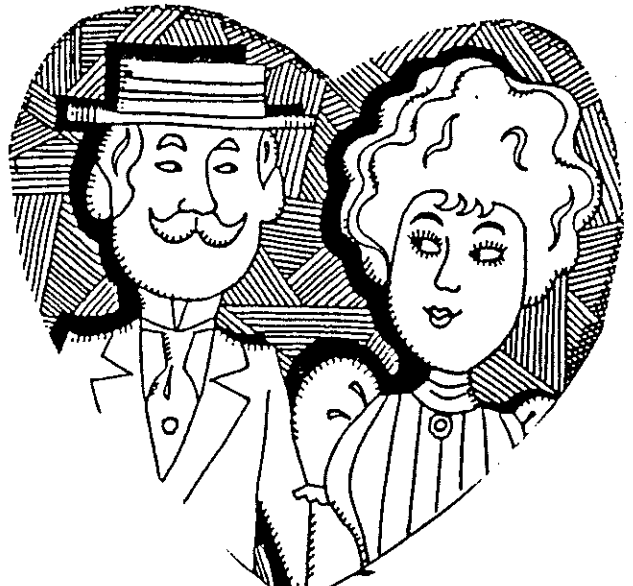
**Berlin** — 25 Central Street — 838-2286

**Clinton/LFE** — 55 Green Street — 368-7938

**Princeton/ATM** — 2 Mountain Road — 464-5718

Thanks to Clinton Savings Bank for  
paying newsletter postage.

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.



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COUNCIL ON AGING  
BERLIN, MASS  
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# POWDERHOUSE SENIOR NEWS BERLIN, MASS



## COUNCIL ON AGING

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GEORGIA SASSEN	838-2750
PATRICIA WHEELER	838-2559



# POWDER HOUSE SENIOR NEWS: BERLIN, MASS.



VOLUME 5-5

Council on Aging,

SEPTEMBER-OCTOBER 1988

## CALENDAR OF EVENTS

SEPT. 8TH SENIOR CITIZENS MEETING  
AT THE FIRST PARISH CHURCH.  
REBECCA STEVENSON, PHYSICAL  
THERAPIST, WILL SPEAK ON SENIOR EX-  
CERCISES. BLOOD PRESSURES WILL BE  
TAKEN.

OCT. 7TH - SENIOR CITIZENS MEETING  
AT THE FIRST PARISH CHURCH. SPEAKER  
WILL BE THE DIRECTOR OF VOLUNTEERS  
FROM MONTCHUSETT HOME CARE. MS.  
BOUCHER WILL SPEAK ON VOLUNTEERISM.  
BLOOD PRESSURES WILL BE TAKEN.

### FIRST PARISH CHURCH

SERVICES WILL RESUME AT 10:30 AM.  
ON SEPTEMBER 11TH.

SEPT. 16 RALLY DAY

SEPT. 25th - 9:30 A.M. SUNDAY SCHOOL

### ST. JOSEPHS CHURCH

SEPT. 2ND - FIRST FRIDAY MASS  
WILL BE HELD AT NORTHBROOK  
VILLAGE AT 11 A.M.

OCT. 7TH - FIRST FRIDAY MASS  
WILL BE HELD AT NORTHBROOK  
VILLAGE AT 11 A.M.

SEPT. 18TH ST. JOSEPH'S CHURCH  
ANNUAL FAIR WILL BE HELD. THERE WILL  
BE BIG RAFFLE PRIZES AGAIN THIS YEAR  
A \$500.00 SHOPPING SPREE AT SPAG'S,  
AS WELL AS TOM MCANN SHOES AND  
SAVINGS CERTIFICATES. A CHICKEN  
BARBERQUE WILL BE SERVED.

NOTES & COMMENTS FROM SENIOR CITIZENS  
TO THE NEWSLETTER COMMITTEE ARE GREATLY  
APPRECIATED AND WE WELCOME ANY COMMENTS  
OR SUGGESTIONS YOU MAY HAVE.

ONE OF THE REQUESTS IS FOR A PROGRAM  
ON PREVENTION OF FALLS, THEIR DANGERS  
AND HOW TO PREVENT THEM. THIS WILL BE  
A TOPIC IN THE FUTURE.

### BIRTHDAYS

SEPT. 1 HOWARD WATKINS  
1 MARGE NELSON  
3 JOSEPH ROSEARY  
10 HAZEL FLOOD  
11 LOUISE LOCKHART  
12 ELIZABETH RISI  
19 DORIS C. EAGER  
19 CARL BRODUER  
22 IVA M. ROGERS  
24 RUTH HILL  
17 EVERETT WHEELER

OCT. 3 LOUISE KENT  
7 LOUISE CHAMPAGNE  
8 MAURICE POULIN  
MARY RISI  
19 HERBERT MUELLER  
23 DOROTHY RISI  
24 NORMA HANSON  
27 EVERETT SMITH

HAPPY BIRTHDAY TO ALL

### ANNIVERSARIES

SEPT. 2 MAURICE & BERNADINE POULIN  
17 WILLIAM & ELIZABETH WRIGHT  
23 RUSSELL & MARJORIE WHEELER  
28 ALFRED & BARBARA ST. JOHN

OCT. 6 LEWIS & PAULINE PAINE  
25 MILLIE & EVERETT WHEELER  
31 DORIS & MERLE SHORTT  
RUTH & RAY BAUM

HAPPY ANNIVERSARIES TO ALL

OUR DEEPEST SYMPATHY TO THE FAMILY  
OF VALIDA SMITH WHO PASSED AWAY IN  
JULY.



# POWDERHOUSE SENIOR NEWS

POWDERHOUSE NEWSLETTER COMMITTEE

## Council on Aging News

LOUISE CHAMPAYNE  
NORMA HANSON  
BARBARA ST. JOHN  
EDITH WILSON  
MARY PETKAUSKAS EDITOR

Dear Berlin Seniors:

Many thanks to the large number of seniors who came to the July 13, 1988 COA dinner. More than fifty guests were served from a brimming table of casseroles, salads, and baked goods. My hat is off to the hardworking members of the COA who put on the feast, and to the many donors of food.

We were pleased to introduce Joanne Oliver, who is the new Coordinator of Volunteers. Please call Joanne or me if you would like to volunteer for next year's activities. We are in need of volunteers to develop a telephone reassurance network, so to volunteer all you need is a little time, and a telephone. Persons who wish to sign up for an activities program should also call Joanne at 562-3198 or me at 838-2586.

I wish to thank WHEAT's active elder outreach worker, Claire Agnetti, for the excellent job she is doing in visiting with seniors in Berlin. Please welcome her the next time she calls.

Meetings of the Council on Aging will resume in the fall, on the last Tuesday of every month, at 7:30 PM at Northbrook Village Community Center. We invite you to bring any concerns you may have to our meetings. Topics for the fall will include affordable housing in Berlin, a proposed Meals on Wheels program, and elder advocacy.

Best wishes,



Alice E. Kidder  
Chairman, Berlin Council  
on Aging

Dear Seniors,

For those of you who weren't able to attend the Strawberry Festival or the Smorgasbord I'd like to introduce myself to you, JoAnn Oliver, presently living in Stow, as your coordinator of volunteers and activities director. My experience for this position comes from working at a private health care company, TLC, in Framingham. I will be starting very soon to come around and meet with you, find out the services you require and the type of activities you would be interested in having started. See you soon.

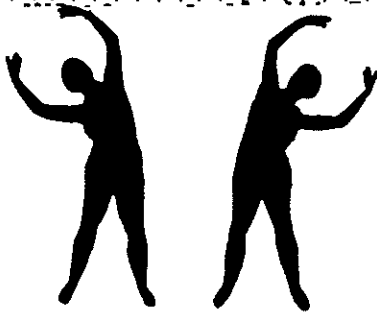
JoAnn

\*\*\*\*\*

# Health Notes

By Mary Petkavickas, RN

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## 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

National Institute on Aging

## Age Page

Each year, more and more scientific evidence points to the truth of this statement. Regular physical activity can help the human body maintain, repair, and improve itself to an amazing degree. And most older people—even those with illnesses or disabilities—can take part in moderate exercise programs.

Anyone planning to start a fitness program should see a doctor first. Those with medical problems may have to avoid some kinds of exercise or adjust their level of activity. But even people who are confined to wheelchairs can do some exercises to improve their strength and sense of well-being.

### The Benefits of Exercise

Although more research is needed, there is evidence that exercise may

strengthen your heart and lungs, lower your blood pressure, and protect against the start of adult-onset diabetes. Exercise can strengthen your bones, slowing down the progress of osteoporosis, a bone-thinning disorder common in elderly women. It can strengthen and tone your muscles, and help you move about more easily by keeping joints, tendons, and ligaments more flexible.

When combined with good eating habits, exercise can help you lose weight or maintain your ideal weight by burning excess calories and helping control your appetite. Exercise may also give you more energy, help you sleep better and feel less tense, improve your appearance and self-confidence, and contribute to good mental health by keeping you socially active.



# POWDERHOUSE SENIOR NEWS



## THESE FEET ARE MADE FOR WALKING....

WALKING HAS BEEN CALLED THE PERFECT EXERCISE. HIPPOCRATES SAID MORE THAN 2,000 YEARS AGO THAT WALKING IS THE BEST MEDICINE. HIS WORDS HAVE BEEN ECHOED BY OTHER PHYSICIANS INCLUDING PODIATRISTS, CARDIOLOGISTS FAMILY PHYSICIANS AND MEMBERS OF VIRTUALLY EVERY BRANCH OF MODERN CLINICAL MEDICINE. TODAY, THERE IS A GROWING CONSENSUS AMONG EXPERTS THAT WALKING IS THE BEST AND SAFEST EXERCISE FOR PEOPLE OF ANY AGE, AND IN ALMOST ANY CONDITION OR STATE OF HEALTH, SHORT OF A DISABILITY THAT SPECIFICALLY PREVENTS WALKING.

DR. PAUL DUDLEY WHITE, THE LATE DEAN OF AMERICAN CARDIOLOGISTS WHO WAS PRESIDENT EISENHOWER'S PERSONAL PHYSICIAN, REPEATEDLY SAID THAT WE MUST MOVE OUR BODIES AND WE MUST WALK. HE EMPHASIZED THAT "WALKING IS AS NATURAL AS BREATHING." ACCORDING TO THE AMERICAN HEART ASSOCIATION, "WALKING BRISKLY..IS THE SIMPLEST AND ONE OF THE BEST FORMS OF EXERCISE.

WALKING IS INDEED AN AGELESSS EXERCISE, AND ITS BENEFITS LAST FROM EARLY CHILDHOOD THROUGHOUT LIFE. WALTER LESE, AND 86-YEAR-OLD AVID WALKER FROM NEW YORK CITY, SAYS WALKING HAS BEEN A FAVORITE PASTIME ALL HIS LIFE. "THE HEALTH AND MENTAL BENEFITS OF WALKING ARE IMMEASURABLE," SAYS LESE, WHO WALKS THREE TO FOUR MILES A DAY BEOFRE BREAKFAST IN ALL KINDS OF WEATHER.

## CONSIDER THE MANY ADVANTAGES OF WALKING. IT: ----

- \*IS A SAFE AND EFFICIENT EXERCISE THAT CAN BE FOLLOWED THROUGHOUT LIFE:
- \*PROVIDES MANY OF THE SAME BENEFITS AS MORE STRENUOUS JOGGING, SWIMMING AND BICYCLING:
- \*EXERCISES THE WHOLE BODY BY WORKING J ALMOST EVERY MUSCLE;
- \*STRENGTHENS BONES AND ORGANS, INCLUDING THE HEART;
- \*HAS FAVORABLE EFFECTS ON MOST BODY FUNCTIONS, ESPECIALLY BLOOD CIRCULATION, DIGESTION AND ELIMINATION;
- \*CREATES A "BOOSTER HEART" ACTION TO SUPPORT THE CARDIAC PUMPING MECHANISM.

ANYONE INTERESTED IN JOINING A WALKING CLUB PLEASE CONTACT MARY PETKAUSKAS OR LOUISE CHAMPAGNE.



# Walking Club



# POWDERHOUSE SENIOR NEWS



## Nutrition Corner !!

It is important to get enough fluids particularly during hot weather. Drink plenty of water, fruit juices, low-fat milk, and eat fresh, juicy fruits. Limit the intake of caffeine and alcoholic beverages which are diuretics.

Non fat dry milk is nutritious and low in calories.. It can be used as a beverage or in cooking when the recipe calls for milk. How is nonfat milk different from fresh? Nonfat dry milk is made by removing the water from pasteurized skim milk. The concentrated milk is then sprayed with hot air, and small flakes are formed. It is then reconstituted easily when mixed well in water. Each glass provides only 80 calories and those calories are packed with protein, calcium and vitamin A & D.

Besides being used in place of fresh milk, nonfat dry milk can be:

- \*mixed with fresh milk to stretch your supply and reduce total cost
- \*used in cooking when the recipe calls for milk
- \*used to make whipped topping, yogurt & pudding

Try the following refreshing drink to quench that summer thirst:

### Fruit Milk Shake

- 3 cups ripe fresh fruit in season (or canned in natural juice)
- 1 cup water or fruit juice
- 8 ice cubes
- 1 1/2 cups nonfat dry milk
- 1/2 tsp. vanilla (optional)

Peel fruit if necessary. Cut fruit into pieces and mash with a fork or in a food mill. Crush ice cubes (one way is to place them in a heavy plastic bag and use a rolling pin or hammer.) Blend fruit, milk powder, and liquid with a beater. Add crushed ice and blend again.

Calories per serving: 90

### CORN PUDDING

- 2 CANS CREAM STYLE CORN
- 1 EGG
- 1/2 CAN OF MILK
- 3 OR 4 TABLESPOON FLOUR
- 2 TEASPOONS SUGAR

COOK FOR 1 HOUR  
WITH 375 DEGREE OVEN.

*Edith M. Wilson*

NO SUGAR, NO HONEY, NO ARTIFICIAL SWEETENERS

### DATE COFFEE CAKE

#### CAKE

- 1/3 CUP MASHED BANANA
- 1/2 CUP BUTTER, SOFTENED
- 3 LARGE EGGS
- 1 TSP. VANILLA EXTRACT
- 1 1/4 CUPS WATER
- 3 CUPS UNBLEACHED WHITE FLOUR
- 1 TSP. BAKING SODA
- 2 TSP. BAKING POWDER
- 1 1/2 CUPS CHOPPED DATES

#### TOPPING

- 1/3 CUP CHOPPED DATES
- 1/3 CUP CHOPPED WALNUTS
- 1/3 CUP FLAKED COCONUT

BEAT TOGETHER MASHED BANANA AND BUTTER UNTIL CREAMY. ADD EGGS, VANILLA EXTRACT AND WATER; BEAT. MEASURE IN FLOUR, BAKING SODA AND BAKING POWDER AND BEAT WELL. STIR IN 1 1/2 CUPS CHOPPED DATES. SPOON BATTER INTO AN OILED AND FLOURED 9" by 13" BAKING DISH. SPREAD BATTER EVENLY IN PAN.

COMBINE TOPPING INGREDIENTS AND SPRINK OVER BATTER. BAKE AT 350 DEGREES FOR 20 TO 25 MINUTES OR UNTIL A KNIFE INSERTED COMES OUT CLEAN. COOL ON WIRE RACK. SERVES 8 TO 10. *Louise Cham Page*

### COTTAGE CHEESE ROAST

SUBMITTED BY MYRTLE MASON

BAKE AT 325 DEGREES FOR 1-1/4 HRS.

- 1/4 LB. BUTTER OR MARGERINE
- 1 C. CHOPPED ONIONS
- 2 ENVELOPES G. WASHIN BROWN BROTH OR TWO BEEF BULLION CUBES
- 5 EGGS BEATEN
- 1/2 CUP CHOPPED NUTS
- 1 (2 lb.) CARTON COTTAGE CHEESE
- 1 SMALL PKG. K CEREAL
- SAUTE BUTTER, ONIONS AND BROTH IN SMALL FRYING PAN LIGHTLY. SET ASIDE
- BEAT EGGS, ADD COTTAGE CHEESE AND NUTS ADD TO MIXTURE. ADD AND BLEND IN LIGHTLY K CEREAL, BEING CAREFUL N TO BREAK UP K CEREAL TOO MUCH. POUR INTO 9 X 13 BAKING DISH GREASED WITH BUTTER. OPTIONAL ACCENT, GARLIC POWDER, OR OREGANO. THIS REHEATS WELL.



# POWDERHOUSE SENIOR NEWS

## MEDICARE BAN ON BALANCE BILLING LAW:

### DID YOU KNOW:

There is now a *limit* on how much the doctor can charge you *if*

- (1) You are a Medicare beneficiary in Massachusetts, and
- (2) The medical services are covered by Medicare.

### HOW DOES THE LAW WORK?

- ◆ The law protects you by setting a *limit* on the fees any doctor may charge you as a Medicare patient.
- ◆ The limit is equal to the "approved charge" as determined by Medicare and indicated on the "Explanation of Medicare Benefits" form (see explanation in next question)
- ◆ This limit applies to all doctors who practice in Massachusetts and who agree to treat Medicare patients.

### WHAT SHOULD I DO IF I BELIEVE THE DOCTOR IS CHARGING ME TOO MUCH?

First, *always* ask your doctor or the doctor's staff about the amount in question. If you are unable to resolve the issue after this discussion, you should send a written complaint to:

Massachusetts  
Board of Registration in Medicine  
10 West Street, 3rd Floor  
Boston, MA 02111

OR

If you are unable to send a written complaint, you should call the board offices at:

617-727-1788

\*\*\*\*\*

### SO, HOW MUCH DO I HAVE TO PAY?

- ◆ Suppose you receive Medicare-covered services from a doctor in Massachusetts and get a bill for \$150.
- ◆ Next, you submit this bill to Medicare. You will then receive back in the mail an "Explanation of Medicare Benefits" form. On this form, Medicare has determined the *reasonable, approved amount* for the service to be only \$100.
- ◆ This means Medicare pays up to 80% of this amount, or \$80.
- ◆ You (or your supplemental insurance) are **responsible for the remainder of this amount, or about 20% (or \$20).**
- ◆ Because of the Ban on Balance Billing Law, *you do not have to pay the additional \$50 (above the \$100 amount approved by Medicare).*

### WHAT ELSE SHOULD I KNOW ABOUT MEDICARE AND MY DOCTOR'S BILLS?

- ◆ It is to your advantage to find a doctor who "*accepts assignment,*" for the following reasons:
  - (1) If your doctor "*accepts assignment,*" the doctor will submit your bill to Medicare for you.
  - (2) Doctors who do not "*accept assignment*" are paid slightly less by Medicare, leaving a slightly larger bill for you.
- ◆ Don't forget that Medicare does not cover services such as routine office visits and physical exams. If the service is not covered by Medicare, the fee is not limited by this law.
- ◆ If you have Medicare supplemental insurance, it may cover the 20% of the Medicare approved amount, but *only on services covered by your specific policy.*

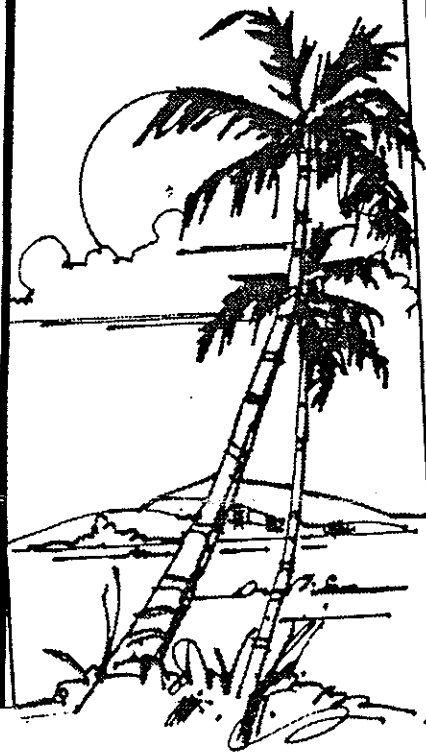
### Ages of Man

Tireless Twenties  
Thoughtful Thirties  
Frantic Forties  
Fighting Fifties  
Sober Sixties  
Scared Seventies  
Aching Eighties  
Nervous Nineties



# POWDERHOUSE SENIOR NEWS

## TRAVEL PLANS



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### THOUGHTS TO BRIGHTEN YOUR DAY

IF MY THOUGHTS COULD ONLY DO  
THE THING I WISH THEY WOULD  
THEY'D CALL ON YOU  
AND BRIGHTEN UP YOUR DAY  
THEY'D CHASE YOUR CARES AWAY  
AND BRING LAUGHTER INSTEAD  
THEY'D PERCH UPON YOUR BED.



## WHEAT COMMUNITY SERVICES, INC



### DIAL-A-RIDE

The WHEAT Van is a 8-10 passenger van with lift for those in a wheelchair. This van is used primarily by handicapped, elderly and low-income residents of our area for transportation to medical and social service appointments in Worcester and Fitchburg. The van is also available on a limited basis for group outings. For more information, contact:



### WHEAT VAN SHOPPING TRIPS

SHOPPING TRIPS WILL BE PLANNED TO INCLUDE RESTAURANTS AND STORES PROVIDING DISCOUNTS.

### SHOPPING TRIPS WEEKLY

LEOMINSTER, WORCESTER, SEARSTOWN  
OLD SHREWSBURY VILLAGE  
GALLERIA

STORES PROVIDING DISCOUNTS ON WEDNESDAY ARE BRADLEYS, CALDORS ZAYRES IN SEARSTOWN IN WORCESTER

RESTAURANTS-ABDOWS FRIENDLEYS COLONIAL IN WORCESTER LIGHTHOUSE IN SHREWSBURY VINNEYS IN HOLDEN

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# POWDERHOUSE SENIOR NEWS BERLIN, MASS

## COUNCIL ON AGING

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*Alto Editor*



# POWDERHOUSE SENIOR NEWS

BERLIN, MASS.

VOLUME 5 - 6

COUNCIL ON AGING BERLIN, MASS 01503

NOVEMBER & DECEMBER

## CALENDAR OF EVENTS

1988

NOV. 1ST - SENIOR CITIZENS MEETING WILL BE HELD AT THE FIRST PARISH CHURCH MR. EDWARD GOODWIN, VICE PRESIDENT OF THE CLINTON SAVINGS BANK IN BERLIN WILL BE THE SPEAKER. THERE HAS BEEN A REQUEST OF A SING ALONG. BLOOD PRESSURES WILL BE TAKEN.

DEC. 5TH - SENIOR CITIZENS MEETING WILL BE HELD AT THE FIRST PARISH CHURCH. THERE WILL BE A HAWAIIAN LUAU. ENTERTAINMENT WILL BE PROVIDED BY ERNIE MUSGROVE, LUNENBURG.

### FIRST PARISH CHURCH

- NOV. 5th CHURCH FAIR. LUNCHEON WILL BE SERVED ALSO
- NOV. 20th - THANKSGIVING SUNDAY
- NOV. 27th 1ST SUNDAY OF ADVENT
- DEC. 4TH LOYALTY SUNDAY. SPECIAL MUSIC
- DEC. 18TH CHRISTMAS VESPERS FAMILY SERVICE
- DEC. 24TH CANDLE LIGHT SERVICE AT 11 P.M.
- DEC. 25TH CHRISTMAS SERVICE.

### ST. JOSEPH'S CHURCH

- NOV. 1ST - ALL SAINTS DAY  
MASSES AT 9:00 A.M. & 7:30 P.M.
- NOV. 3RD - FIRST FRIDAY MASS AT  
NORTHBROOK VILLAGE
- NOV. 5th POT LUCK SUPPER AT 6:15 P.M.
- NOV. 22nd - ST. JOSEPH CHURCH THANKSGIVING  
ECUMENICAL SERVICE AT 7:00 P.M.
- Dec. 3 & 4 - CHRISTMAS SHOPPE FAIR  
SAT. 10:00 A.M. - 6:00 P.M.  
Sun. 9:15 A.M. - NOON
- DEC. 19TH - ADVENT PENANCE SERVICE  
7:30 P.M.
- DEC. 24TH - CHRISTMAS EVE MASS AT  
6:00 P.M. & MIDNIGHT
- DEC. 25TH - CHRISTMAS DAY MASS AT  
10:45 A.M.
- DEC. 2ND - MASS AT NORTHBROOK VILLAGE  
AT 11 A.M.

### BIRTHDAYS

- NOV. 2. DORIS SHORTT
- 4 EVERETT BARTLETT JR.
- 9 ELEANOR BOSSELMAN
- 14 LULU T. WHEELER
- 14 EMELINE HOBBS
- 17 MERLE SHORTT
- 21 SUSAN HART
- 27 ERNEST L. WHEELER
- 28 PHYLLIS MUNYON
- 29 VIOLA PHIPPS
- 2 GRACE M. PENDERGAST

- DEC. 1 FRANCIS BURKE
- 10 WILLARD WHEELER
- 11 JANE REED
- 12 VERONIA PAULIS
- 23 JOHN J. BOYCE
- 23 HELEN MANNING
- 25 EMMA G. BRAY
- 27 HAZEL HAMLIN

HAPPY BIRTHDAY TO ALL

### ANNIVERSARIES

- NOV. 27 AUGUSTINE & ALICE MURPHY
- 28 JOHN AND BLANCHE NUTTING
- 29 ALFRED W. & RENA L. WHEELER
- 30 JIM & SUSAN HART  
EMMA & WIN BRAY

DEC. 7 MR. & MRS. CLYDE MANNING  
MR. & MRS. SEWARD SPENNEY  
CELEBRATED THEIR 55TH WEDDING  
ANNIVERSARY RECENTLY

CONGRATULATION TO ALL

OUR DEEPEST SYMPATHY TO THE FAMILIES OF  
CLARENCE LOASBY AND ALFRED PAULIS IN THEIR  
TIME OF SORROW

# POWDERHOUSE SENIOR NEWS

## PLANT A GARDEN-----FOR LIVING

FIRST: PLANT FIVE ROWS OF PEAS

PRESENCE.  
PROMPTNESS.  
PREPARATION.  
PERSEVERANCE.  
AND PURITY

NEXT: PLANT THREE ROWS OF SQUASH

SQUASH GOSSIP  
SQUASH INDIFFERENCE  
AND SQUASH UNJUST CRITICISM.

THEN: PLANT FOUR ROWS OF LETTUCE

LET US BE FAITHFUL TO DUTY  
LET US BE UNSELFISH AND LOYAL  
LET US OBEY RULES AND REGULATIONS  
LET US LOVE ONE ANOTHER

NO GARDEN IS COMPLETE WITHOUT TURNIPS

TURN UP WITH HOPEFULNESS AND LOVE  
TURN UP WITH NEW IDEAS  
TURN UP WITH DETERMINATION TO  
MAKE EVERYTHING COUNT FOR  
SOMETHING WORTHWHILE.  
AND TURNUP WITH A SMILE

## NEW OFFICERS FOR THE SENIOR CITIZENS ASSOCIATION 1988-1989

PRESIDENT - MARY PETKAUSKAS  
1st VICE PRES.- LEONARD MUNGEON  
2nd VICE PRES.- BARBARA ST. JOHN  
SECRETARY - MARGUERITE KRACKHARDT  
TREASURER- BLANCHE NUTTING &  
JEANETTE ANDREWS  
PROGRAM CHAIRMAN- MARY PETKAUSKAS  
HOSTESS- HAZEL HARRIMAN  
CONNIE BARTLETT

## HOSPITAL SICK LIST

LOUISE LOCKHART, MARLBORO HOSPITAL  
MAURICE POULIN, ST. VINCENT HOSPITAL

## NOTES OF INTEREST

THE LOCAL CHAPTER OF THE AARP WILL HOLD THEIR XMAS PARTY AT THE CHRISTMAS TREE INN, RTE. 31 IN HOLDEN, MASS. ON DECEMBER 7th. FOR RESERVATIONS CALL MARY PETKAUSKAS 838-3780.

NOV. 8TH - VOTING DAY- YOUR VOTE COUNTS  
FLUE SHOTS WILL BE ANNOUNCED <sup>AT</sup> ~~THE~~ THE NEXT SENIOR CITIZENS MEETING.

THE ASSBET MASTER SINGERS WILL PRESENT A CONCERT ON NOV. 20TH, AT THE WESTBORO BAPTIST CHURCH IN WESTBORO. TICKETS ARE AVAILABLE. SEE MARY PETKAUSKAS.

WE WISH TO EXTEND TO VERA MUNGEON OUR HEARTFELT THANKS AND APPRECIATION FOR HER TIME AND EFFORTS OVER THE YEARS AS ACTIVITIES DIRECTOR FOR THE BERLIN SENIOR CITIZENS.

## SLOW ME DOWN LORD

"SLOW ME DOWN, LORD! EASE THE POUNDING OF MY HEART BY THE QUIETING OF MY MIND. STEADY MY HARRIED PACE WITH THE VISION OF THE ETERNAL REACH OF TIME. GIVE ME, AMIDST THE CONFUSION OF MY DAY, THE CALMNESS OF THE EVERLASTING HILLS. BREAK THE TENSIONS OF MY NERVES AND MUSCLES WITH THE SOOTHING MUSIC OF THE SINGING STREAMS THAT LIVE IN MY MEMORY.

"HELP ME TO KNOW THE MAGICAL, RESTORING POWER OF SLEEP. TEACH ME THE ART OF TAKING MINUTE VACATIONS....OF SLOWING DOWN TO LOOK AT A FLOWER, TO CHAT WITH A FRIEND, TO PAT A DOG, TO READ A FEW LINES FROM A GOOD BOOK, TO FISH, TO DREAM. REMIND ME EACH DAY OF THE FABLE OF THE HARE AND THE TORTOISE THAT I MAY KNOW THAT THE RACE IS NOT ALWAYS TO THE SWIFT; THAT THERE IS MORE IN LIFE THAN INCREASING SPEED.

"LET ME LOOK UPWARD INTO THE BRANCHES OF THE TOWERING OAK AND KNOW THAT IT GREW GREAT AND STRONG BECAUSE IT GREW SLOWLY AND WELL. SLOW ME DOWN, LORD, AND INSPIRE ME TO SEND MY ROOTS DEEP INTO THE SOIL OF LIFE'S ENDURING VALUES THAT I MAY GROW UPWARD TOWARD THE STARS OF MY GREATER DESTINY."



# POWDER HOUSE SENIOR NEWS

COUNCIL ON AGING.



ACTIVITIES DIRECTOR

BY THE TIME YOU READ THIS, OUR NEWPORT TRIP WILL BE ONLY A FOND MEMORY. OUR NEXT EVENT WILL BE AN EVENING AT THE MOVIES. WE WILL BE HAVING POPCORN AND HOT CIDER. WE WILL CHOOSE A DATE AND TIME AT THE MEETING IN NOVEMBER. I'M GETTING GEARED UP FOR OUR FIRST CRAFT NIGHT WHERE WE WILL BE DOING A CHRISTMAS ITEM.

FOR DECEMBER WE ARE WORKING ON A CHRISTMAS SING-A-LONG WITH PUNCH AND GOODIES. SHOULD BE A FUN EVENING. HOPE ALL WILL ATTEND.

SINCERELY,

JO ANN OLIVER  
ACTIVITIES DIRECTOR

MEALS ON WHEELS PROGRAM WILL BECOME A REALITY THIS MONTH. ALL HOME BOUND BERLIN SENIORS WHO WOULD LIKE TO HAVE A MEAL DELIVERED TWICE A WEEK, PLEASE CALL JO ANN OLIVER AT 562-3198 or MARY PETKAUSKOS AT 838-7380



You give but little when you give of your possessions.  
It is when you give of yourself that you truly give.

-- Kahil Gibran

SERVICE

INVOLVEMENT

FULFILLMENT

FRIENDSHIP

COORDINATOR OF VOLUNTEERS

I'M NOT HAVING MUCH LUCK IN ROUNDING UP VOLUNTEERS. REMEMBER THERE IS NO AGE LIMIT ON VOLUNTEERING.

I'M HOPING THAT I'LL HEAR FROM THE HEALTHY SENIORS TO HELP THEIR NEIGHBORS WHO ARE NOT SO FORTUNATE IN SOME WAY.

CALL HOT LINE--TEL NO. 562-3198.

JO ANNE OLIVER  
COORDINATOR OF VOLUNTEERS.

## A CREED

THERE IS A DESTINY THAT MAKES US BROTHERS;  
NONE GOES HIS WAY ALONE;  
ALL THAT WE SEND INTO THE LIVES OF OTHERS  
COMES BACK INTO OUR OWN.  
I CARE NOT WHAT HIS TEMPLES OR HIS CREEDS,  
ONE THING HOLDS FIRM AND FAST--  
THAT INTO HIS FATEFUL HEAP OF DAYS AND DEEDS  
THE SOUL OF MAN IS CAST.

EDWIN MARKHAM

POWDERHOUSE NEWSLETTER COMMITTEE

LOUISE CHAMPAYNE  
NORMA HANSON  
BARBARA ST. JOHN  
EDITH WILSON  
MARY PETKAUSKAS EDITOR

# Thanksgiving

## Prayer



We did nothing  
to merit the blessings  
we take so for granted.  
Few of us have tilled the fields  
which give us food.  
Few of us have built the homes  
which shelter us.  
Few of us have spun the wool  
or picked the cotton  
or cut the trees  
which provide our clothing.

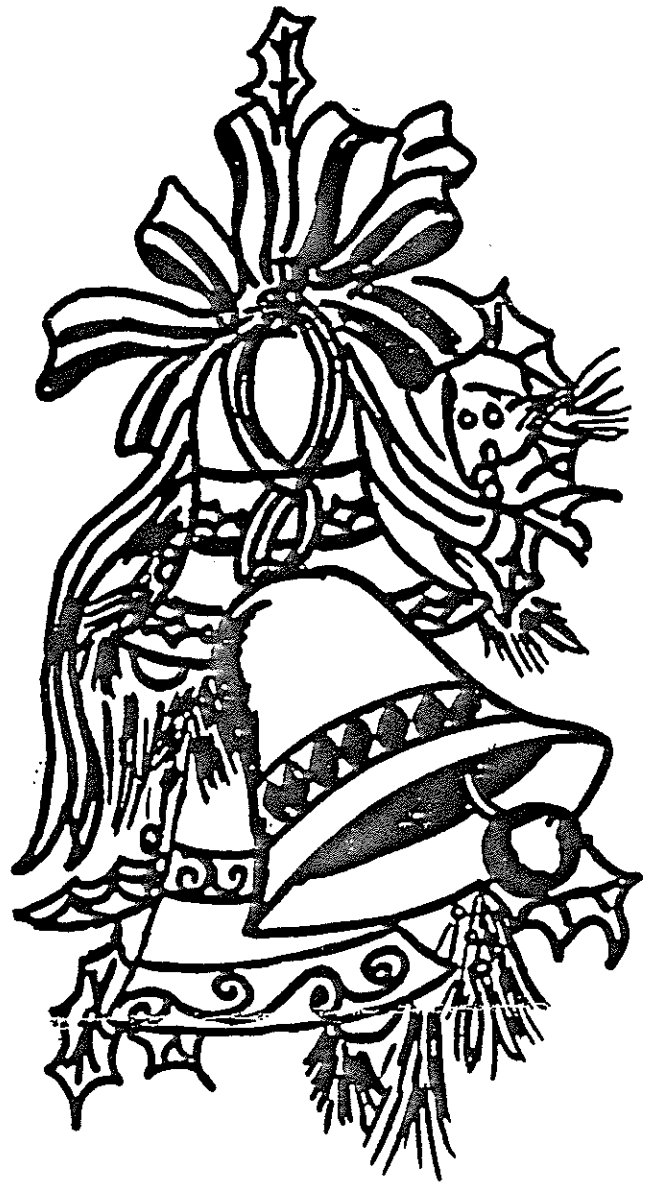
Lord of the nations  
and friend of all peoples,  
today  
we give you thanks  
for the blessings  
you have heaped upon our people.

We have food and shelter,  
a chance to learn,  
a time of peace,  
great stretches of safety  
in our lives.

Now, Lord, let us return your gift  
by caring for your other peoples--  
the poor who have no homes,  
the hungry who have no food,  
the naked who are not clothed,  
the oppressed who know no freedom.  
These, too, are your peoples.  
You are their Lord  
as much as you are ours.

Let us, Lord of the nations,  
make peace  
and bring safety  
to all who are in need.

Amen.



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

# POWDERHOUSE SENIOR NEWS

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## Health Notes

By Mary Patkuska, RN

### 10 FACTORS THAT AFFECT BLOOD PRESSURE

#### THESE LOWER BLOOD PRESSURE:

**EXERCISE** - Most experts suggest aerobic exercise for 20 to 30 minutes at least three times a week to lower mildly elevated blood pressure.

**POTASSIUM** - High intake appears to lower high blood pressure slightly. Eat three to four servings of grain products, fresh fruits, and vegetables daily to maintain potassium intake.

**CALCIUM** - Extra calcium may lower high blood pressure. Eat low-sodium, low-fat milk products to get the recommended daily allowance of calcium (1,000 mg for men; 1,000 to 1,500 for women).

**POLYUNSATURATED FAT** - (corn, soy, safflower oil). Lowers high blood pressure in some cases. Despite potential benefits, daily intake should be no more than 10 to 12% of total calories.

**VEGETARIAN DIET** - Lowers high blood pressure, perhaps because it is low in sodium and high in potassium, polyunsaturated fat, and fiber.

#### THESE RAISE BLOOD PRESSURE:

**SODIUM** - High intake increases blood pressure. Limit intake to three grams a day by avoiding high-sodium foods and not adding salt during cooking or eating.

**STRESS** - Effect may vary greatly, but repeated stress appears to raise blood pressure, while relaxation techniques may lower blood pressure.

**OBESITY** - Gaining excess weight, especially between ages 24 and 36, usually raises blood pressure; losing weight at a moderate pace almost always lowers high blood pressure.

**SMOKING** - Don't smoke. Smoking briefly increases blood pressure and clearly contributes to heart disease.

**ALCOHOL** - Limit intake to two ounces a day (equivalent to two four-ounce glasses of wine, two eight-ounce glasses of beer, or two shots of spirits). Greater amounts can raise blood pressure; withdrawal from alcohol can also raise it.

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Blood Pressures will be taken the last Tuesday of the month at Northbrook Village between 1:00 and 3:00

# POWDERHOUSE SENIOR NEWS

## SPICE UP YOUR LIFE

Meal sites are now offering a spice shaker to use instead of salt. This "salt surprise" mixture can be used on meat, poultry, sea food, salads, vegetables, and soups according to your taste preference.

These seasonings are also great for those watching their sodium intake. Low sodium cooking need not be dull - just add a little flavor with herbs and spices.

### Salt Surprise

1 teas. basil  
1 teas. oregano  
1 teas. lemon peel  
2 teas. garlic powder

Here is a new recipe to try on your own!

### All Purpose Spice Blend

5 tsps. onion powder  
2 1/2 tsp. garlic powder  
2 1/2 tsp. paprika  
2 1/4 tsp. powdered mustard  
1 1/4 tsp. thyme leaves, crushed  
1/2 tsp. ground white pepper  
1/4 tsp. celery seed

Combine all ingredients, mix and spoon into a shaker.

## *Dieter's Prayer*

Lord, grant me the strength that I may not fall  
Into the clutches of cholesterol.  
At polyunsaturate, I'll never mutter  
For the road through life is paved with butter.  
The cake is cursed, and cream is awful,  
And ten extra pounds are hiding in every waffle.  
A double chin is in each chocolate drop,  
And tummy bulge comes with every lollipop.  
Teach me the evils of Hollandaise,  
Of pasta, and gobs of mayonnaise,  
And crisp fried chicken from the South,  
Lord, if you love me, shut my mouth!

## Nutrition Corner !!

### Pumpkin-oat muffins

1 1/2 cups oat bran	1/2 tsp ginger
1 cup rolled oats	3/4 cup pumpkin, fresh (cooked) or canned
1 1/4 cups skim milk	2 egg whites or 1/4 cup egg substitute
3/4 cup whole-wheat flour	2 tbsp vegetable oil
1/2 cup brown sugar	1/2 cup raisins
1 tbsp baking powder	
2 tsp cinnamon	
1/2 tsp nutmeg	

Preheat oven to 400 degrees. Combine oat bran, rolled oats, and milk in a bowl. In a separate bowl, mix flour, brown sugar, baking powder, and spices. Blend pumpkin, egg whites, oil, and raisins in a third bowl and then add to oat-milk mixture. Add in the flour-sugar mixture and stir contents just until moist.

"Grease" 12 muffin tins with vegetable oil spray and divide the batter equally among them.

Bake 20 to 25 minutes, or until lightly browned.

### CELERY NUT LOAF

SUBMITTED BY M. MASON

1 CUP GROUND NUTS  
1 CUP CHOPPED CELERY  
1 CUP BREAD CRUMBS  
1 1/2 CUPS CANNED MILK  
2 EGGS  
1 ONION GRATED  
3 TBS. OIL  
1 TSP. SALT

MIX ALL INGREDIENTS TOGETHER PUT IN BAKING DISH AND BAKE ONE HOUR AT 350 DEGREES

### CARROT LOAF

SUBMITTED BY  
MYRTLE MASON

1 CUP PEANUT BUTTER  
3/4 CUP MILK  
1/3 CUP GRATED RAW CARROTS  
3/4 CUP COOKED RICE  
1 EGG  
2 TBSP. MARGERING  
1 GRATED ONION  
PINCH OF SAGE  
1/2 TSP. SALT

MIX MILK INTO PEANUT BUTTER SLOWLY  
COMBINE ALL INGREDIENTS, MIX WELL  
AND PLACE IN BAKING DISH. BAKE AT  
350 DEGREES UNTIL DONE



# GOODIES FOR YOU!

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# Everyone Needs Someone

People need people  
 and friends need friends,  
 And we all need love  
 for a full life depends  
 Not on vast riches  
 or great acclaim,  
 Not on success  
 or on worldly fame,  
 But just in knowing  
 that someone cares  
 And holds us close  
 in their thoughts and prayers—  
 For only the knowledge  
 that we're understood  
 Makes everyday living  
 feel **WONDERFULLY GOOD,**  
 And we rob ourselves  
 of life's greatest need  
 When we "lock up our hearts"  
 and fail to heed  
 The outstretched hand  
 reaching to find  
 A kindred spirit  
 whose heart and mind  
 Are lonely and longing  
 to somehow share  
 Our joys and sorrows  
 and to make us aware  
 That life's completeness  
 and richness depends  
 On the things we share  
 with our loved ones and friends.



HELEN STEINER RICE

# Volunteering

... making new friends and meeting new people. . .

... helps others. . .

... makes your city or town a better place to live. . .

... enables you to pursue new interests. . .

... makes you feel good. . .



BERLIN, MASS.  
FEBRUARY NO. 3

PAID

BULK RATE  
U.S. POSTAGE

BERLIN, MASS.  
COUNCIL ON AGING  
01503

# POWDERHOUSE SENIOR NEWS BERLIN, MASS



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