

POWDER HOUSE SENIOR NEWS

BERLIN, MASS.



VOLUME 5 - 7

COUNCIL ON AGING BERLIN, MASS 01503

JANUARY
FEBRUARY &
MARCH 1989

CALENDAR OF EVENTS

- SENIOR CITIZENS MEETING**
FEB. 2nd - * TRAVEL LOG BY LEONARD MUNGION - ~~PORTORICO~~
BLOOD PRESSURES WILL BE TAKEN.
MAR 2ND - SENIOR CITIZENS MEETING WILL BE HELD AT FIRST PARISH CHURCH
SPEAKER WILL BE ANNOUNCED AT THE NEXT MEETING. BLOOD PRESSURES WILL BE TAKEN.

FIRST PARISH CHURCH

- FEB. 5TH - 1ST SUNDAY COMMUNION SERVICE AT 10:30 A.M.
FEB. 8TH LENTEN PROGRAM STARTS WITH A-6 PART SERIES
"WHAT GIVES YOUR LIFE MEANING" FOURTEEN CON-TEMPORARY AMERICAN PROTESTANT ROMAN CATHOLIC AND JEWISH THINKERS RESPOND TO QUESTIONS OF FAITH.
PART I- 7:30 P.M. ASH WEDNESDAY
"WHAT IS QUESTIONS OF FAITH"
FEB. 15th II - WHO IS GOD?
FEB. 22nd III - WHAT GOOD IS PRAYER?
MAR. 1ST IV - WHAT'S GOD GOT TO DO WITH EVIL?
MAR. 8TH V - WHAT'S BEING GOOD, GOOD FOR?
MAR. 15th VI - WHO NEEDS ORGANIZED RELEGION?
MAR. 19TH - PALM SUNDAY
MAR. 23rd - MAUNDY THURSDAY
MAR. 26th - 6 A.M. EASTER SUNRISE SERVICE
10:30 AM. EASTER SERVICE

ST. JOSEPH'S CHURCH

- FEB. 3RD 11:A.M. FIRST FRIDAY MASS AT NORTHBROOK VILLAGE
RENEW BEGINS THE WEEK OF FEBRUARY 5th.
FEB. 6th 8:P.M. A TALK AND FILM ON THE APPARITIONS OF THE BLESSED VIRGIN MARY AT MEDJUGORJE
FE. 8th ASH WEDNESDAY MASS AT 7:30 P.M.
MAR. 3rd 11:00A.M. FIRST FRIDAY MASS AT NORTHBROOK VILLAGE
MARCH 18th 5:30 P.M. PASSION ELAY
MARCH 19th 10:45 A.M. PASSION PLAY
MARCH 23RD HOLY THURSDAY MASS AT 7:30 P.M.
FRIDAY MARCH 24th GOOD FRIDAY 3:00P.M. WAY OF THE CROSS 7:30 P.M. LITURGY OF GOOD FRIDAY
MARCH 25 th 7P30 P.M. SOLEMN VIGIL OF EASTER (MASS)
MARCH 26th EASTER SUNDAY MASSES AT 8:30A.M. & 10:45

The Morning Sun

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

--Paul Thomason

HAPPY EASTER



For Your Information

BIRTHDAYS

JAN. 2 RUSSELL B. WHEELER
 8 RUTH COULSON
 9 CECIL ALLSOBROOKS
 11 BEN LASKOWSKI
 12 ELIZABETH KITTREDGE
 13 MARION KATER
 13 JAMES HART
 15 HELEN BREWER
 17 ALFRED ST. JOHN
 18 JEAN MUSCHE
 19 CECILIA KERRIGAN
 9 LORAINNE SAWYER
 24 SANDY KENNEDY
 16 HAZEL HODDER ROWE
 17 WINTHROP E. BRAY
 10 GEORGE ESTABROOK
 12 EDWARD AKROYD
 21 ALICE BURKE

FEBRUARY 13 LEPHE WILSON
 9 ANDREW MATTHEW
 20 FRANCIS KENNEDY
 18 FREDA WHEELER
 4 NATALIE AKROYD
 10 PAULINE PAINE
 18 JOHN QUINTIN
 24 MARY PETKAUSKAS
 1 HOPE DUCKWORTH
 19 HARRIET FIELD
 28 EDWARD GENIS

MARCH 4 BLANCHE NUTTING
 11 HELEN MATTHEW
 13 MARGARET LASKOWSKI
 27 LEONARD FERRIERA
 8 FLORENCE ANN MARTIN
 5 MELVIN MASON
 25 MARJORIE WHEELER
 14 JOANNE WHEELER
 12 HAZEL HARRIMAN
 18 LILIAN HOLYOKE
 23 JOHN HAMIIN

"A HAPPY BIRTHDAY TO ALL"

ANNIVERSARIES

FEBRUARY 20 BILL & JOANNE WHEELER
 14 EDWARD & FRANCES JENIS
 24 MARY PETKAUSKAS ON HER
 50TH ANNIVERSARY AS A RN

MARCH 16 LAURA & CHARLES NUTTING
 19 CARL & VIOLA PHIPPS
 11 BETTY & JOHN RISI

"CONGRATULATIONS AND BEST WISHES
 TO ALL"

THE NORTHBROOK VILLAGE COMMUNITY BUILDING IS LEASED ON A PART TIME BASIS TO THE TOWN OF BERLIN FOR USE BY THE MEMBERS OF THE TOWN COUNCIL ON AGING AND ANY GROUP COMING UNDER THEIR AUTHORITY.

THE CUMMUNITY BUILDING IS AVAILABLE FOR USE BY THE TENENTS OF NORTHBROOK VILLAGE AT NO COST. IT MAY ALSO BE USED FOR ANY EVENT FOR ANY SENIOR CITIZEN OF THE TOWN. RESERVATIONS FOR THE USE MUST BE OBTAINED THROUGH THE MANAGERS OFFICE.

BLOOD PRESSURES WILL BE TAKEN EVERY LAST TUESDAY OF THE MONTH AT NORTHBROOK VILLAGE FROM 1-3 P.M.

A REMINDER THAT THE SENIOR CITIENS MEMBERSHIP DUES WERE DUE IN OCTOBER. ANYONE WHO HAS NOT SUBMITTED THEIRS, SEE BLANCHE NUTTING.

THE OFFICE OF ELDER AFFAIRS HAS ASKED THE COUNCILS ON AGING TO KEEP A VOLUNTEER LOG ON THE HOURS SPENT BY OUR CITIZENS IN VOLUNTEER WORK. WE THINK IT WOULD BE APPROPRIATE IF WE HAD A RECOGNITION DAY IN BERLIN FOR OUR VOLUNTEERS TO BE HELD AT OUR SMORGUSBOARD IN JULY. ANYONE INTERESTED IN VOLUNTEER WORK WOULD BE WELCOMED.

WE HAVE GROUPS AS FOLLOWS:

1. TELEPHONE ASSURANCE
2. FRIENDLY VISITORS
3. SHOPPING
4. CHORE DUTIES
5. MEALS ON WHEELS
6. TRANSPORTATION
7. PREPARING NEWSLETTER

SENIOR OBITUARIES

MYRTLE HARMON, VERONICA PAULIS AND HELEN DUPREY - OUR DEEPEST SYMPATHY TO THEIR FAMILIES IN THIS TIME OF SORROW.

HOSPITAL SICK LIST

HELEN BREWER - MARLBORO HOSPITAL
 ANNE MARIE COULSON " "
 ELIZABETH JONES - CLINTON HOSPITAL
 PAULINE PAINE - FAIRLAWN HOSPITAL
 MARY LONG - ST. VICENTS HOSPITAL
 PRISCILLA JEWETT - NOW HOME CONVVALESING

"A SPEEDY RECOVERY TO ALL"

Safe Steps for Seniors

Fall prevention for the elderly.



DO's

Positive action is the first defense against accidental injury.

DO

Provide adequate lighting to all areas. Special problem areas are: halls, stairways, cellars and outside walks.

DO

Provide floor surfaces with good traction, especially floors that are subject to getting wet, such as kitchens, bathrooms and entryways. Stick-on abrasive strips, high-traction floor coverings and shoes with high-traction soles of rubber rather than leather are best.

DO

Provide the most direct possible access to bathroom from bedroom. Obstacle courses for midnight visits pose dangers.

DO

Make home accessible from outdoors. Single-level living and wheelchair ramps can help here.

DO

Provide something to hold on to. Firmly anchored grab rails, especially in bathrooms, offer more security than a nearby piece of furniture. Use your walker or cane, if prescribed.

DO

Have someone check on you daily, especially if you live alone.

DON'T's

DON'T

Travel in the dark. The flip of a switch may mean the difference between a visit to the bathroom or a visit to Burbank.

DON'T

Use "throw" or "scatter" rugs especially on waxed floors. This combination may look nice but can be quite slippery.

DON'T

Have a wall phone as your only phone. If you should fall, a desk style phone can usually be reached or pulled into reach to call for help, a wall phone cannot.

DON'T

Run extension cords across the floor. These make great trip cords, not to mention possible fire hazards.

DON'T

Rise too quickly from sitting. This can cause sudden dizziness and thus lead to a fall.

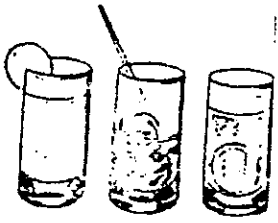
DON'T

Use furniture that is difficult to get up from. Getting stuck in your living room chair could be embarrassing to say the least.

Burbank Hospital

Requested by A Senior

**Nutrition
Corner !!**



THIRSTY OR NOT, DRINK MORE FLUIDS

"You are what you eat" might well be "You are what you drink." The reason is that the body is one half to two thirds water, and without taking in enough fluids you would become gravely ill within a matter of days. That's particularly important to keep in mind during the hot summer months, when we lose more water than usual through perspiration and thereby run a higher risk of suffering the chills, dizziness, nausea and headaches brought on by dehydration.

Thirst, the brain's signal that the body's water level has fallen too low, goes a long way in saying we need to replace lost fluids. Older people also appear to be less likely to feel thirsty when they need water; the thirst mechanism simply becomes less efficient as we age. Moreover, aging decreases the kidneys' ability to hold on to water when the body starts to become "dry," leaving elderly people especially susceptible to dehydration.

What to do? The solution is simple. Drink at least 6 to 8 cups of fluids a day whether you feel like it or not. Water, juice, and milk will do fine. Alcoholic beverages, however, as well as the caffeine in coffee, tea, and cola drinks increase water output and thereby raise fluid needs, so they should not be considered as part of the 6-8 cup count. (Tufts Univ. Diet & Nutrition Letter

POWDERHOUSE NEWSLETTER COMMITTEE :

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



Orange Marmalade Bread

- 3 cups sifted flour
- 3 teaspoons baking powder
- 1 teaspoon soda
- 1/2 teaspoon salt
- 1 pound jar orange marmalade
- 1 beaten egg
- 3/4 cup orange juice
- 1/2 cup salad oil or melted shortening
- 1 cup nuts

Reserve 1/2 cup marmalade. Mix eggs, butter or oil, and beat well. Add marmalade (minus 1/2 cup) and orange juice. Add dry ingredients and nuts. Pour into greased loaf pan and bake at 350 degrees for about 1 hour, or until toothpick inserted comes out clean.

Remove from oven, remove from pan and put on cookie sheet; spread with reserved marmalade, return to oven for 1 or 2 minutes, or until glazed. Cool before cutting.

*Submitted by
Connie Barter*

BASIC BUTTERMILK BRAN MUFFINS

- 1 3/4 CUPS ALL PURPOSE OR WHOLE WHEAT FLOUR
- 1 3/4 CUPS BRAN
- 2TBSP SUGER
- 1 1/2 TSP BAKING SODA
- 2 CUPS BUTTERMILK
- 1 EGG BEATEN
- 1/2 CUP UNSWEETENED MOLASSES
- 1TBS MELTED MARGERINE

MAKES 18_20 MUFFINS
 1- combine flour, bran, sugar, and baking soda in large bowl.
 2- BEAT TOGETHER THE BUTTERMILK EGG, MOLASSES AND MARGERINE TO
 3-ADD LIQUID MIXTURE TO DRY INGREDIENTS IN BOWL AND STIR TOGETHER ONLY ENOUGH TO MOISTEN.
 4-FILL GREASED MUFFINS PANS 2/3 FULL AND BAKE 25 MINUTES IN 350 OVEN.



POWDERHOUSE SENIOR NEWS

HAPPY VALENTINES DAY



ACTIVITY DIRECTORS REPORT

MORE ON HUGS

A HUG CAN CHEER YOU WHEN YOU ARE BLUE. IT'S WONDROUS WHAT HUGS CAN DO.

A HUG CAN SAY "I LOVE YOU OR GEE I HATE TO SEE YOU GO".

A HUG IS WELCOME BACK AGAIN"

OR GREAT TO SEE WHERE YOU HAVE BEEN.

A HUG CAN SOOTHE A SMALL CHIL IN PAIN AND BRING A RAINBOW AFTER RAIN.

A HIG THERE IS NO DOUBT ABOUT IT WE COULD SCARELYSURVIVE WITHOUT IT.

A HUG DELIGHTS...IT WARMS AND CHARMS IT MUST BE WHY GOD GAVE US ARMS.

HUGS ARE GREAT FOR FATHERS AND MOTHERS SWEET FOR SISTERS AND SWELL FOR

BROTHERS. AND CHANCES ARE FOR YOUR FAVORITE AUNTS, LOVE THEM MORE THAN POTTED PLANTS'

KITTENS CRAVE EM, PUPPIES LOVE EM' HEADS OF STATE ARE NOT ABOVE THEM.'

A HUG CAN BREAK THE LANGUAGE BARRIER AND MAKE YOUR TRAVELS SO MUCH MERRIER NO NEED TO FRET ABOUT YOUR STORE OF THEM, THE MORE YOU GIVE THE MORE THERE ARE OF THEM. SO STRETCH THOSE ARMS WITHOUT DELAY AND PLEASE GIVE SOMEONE

A BIG HUG TODAY.'

YOU ARE NEEDED

You are needed where you are.
As in the heavens each and every star
fills appointed space
So you fill that space where God has need.
Oh, so not doubt--
Your hand held out to help a friend,
Your love to warm an empty heart,
even your smile to light the dark.
Walk serene in grace; you are in your
needed place.

Elizabeth Searte Lamb.

FOR THOSE OF YOU WHO MIGHT BE INTERESTED WE HAVE BEEN MEETING ONCE A MONTH AT THE COMMUNITY BUILDING FOR CRAFTS. IN DECEMBER WE MADE SEVERAL CHRISTMAS ITEMS AND POTPOURRI. IN JANUARY WE MADE A RAG HEART WREATH WHICH MAKES A DECORATIVE TOUCH FOR THE HOME. IN FEBRUARY OUR PLANS ARE FOR FANS MADE FROM COLORFUL SAMPLE WALLPAPER ANOTHER DECORATIVE ITEM FOR THE HOME. HOPEFULLY MORE OF YOU WILL ATTEND AND ENJOY THE FUN. ALSO IN FEBRUARY A LUNCHEON WILL BE PLANNED AT TAHANTO REGIONAL SCHOOL--ANNOUNCEMENT WILL BE MADE AT THE SENIOR MEETING IF ARRANGEMENTS CAN BE MADE FOR A SPECIFIC DATE AND SIGN UP SHEET WILL BE AVAILABLE FOR THOSE INTERESTED.

COORDINATOR OF VOLUNTEERS REPORT

MANY THANKS TO ALL THE VOLUNTEERS INVOLVED IN THE "MEALS ON WHEELS" PROGRAM WHO ARE SO WILLING TO GIVE OF THEIR TIME FOR PREPARATION OF MEALS AND THE FAITHFUL DELIVERERS FROM FIRST PARISH CHURCH & ST. JOSEPHS CHURCH ON TUESDAYS AND FRIDAYS. NOTES & PHONE CALLS FROM THE HOMEBOUND EXPRESSED THEIR APPRECIATION FOR THE MEALS DELIVERED.

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Bestsellers, popular videos, Large Print Books, favorite magazines and more are available at the Berlin Public Library. Hear of a popular title or want to learn more about a subject? Ask the librarian -- if the library doesn't own it, it can probably be borrowed for you from another library. The library hours are Mon, Tues and Thurs 1-5; Wed 1-8 and Sat 10-1. Give it a try! The library staff is eager to help you!

POWDERHOUSS SENIOR NEWS

THE NEW MEDICARE

How Medicare Coverage Is Changing

▼ UNDER PRESENT LAW ▼

▼ UNDER NEW LAW ▼

HOSPITAL STAYS

You pay a \$540 (in 1988) deductible for each benefit period and the cost for the first 3 pints of blood. Medicare pays all allowable charges during the first 60 days. You pay \$135 a day for the next 30 days, and \$270 a day for 60 lifetime reserve days.

As of January 1, 1989 after you pay a single annual \$560 deductible the first time you are hospitalized, Medicare pays all your allowable hospital costs with the exception of your first 3 pints of blood. No matter how often you enter the hospital or how long you stay, you pay only one deductible per year.

SKILLED NURSING FACILITY CARE

Medicare covers the full cost of care for 20 days, then all but \$67.50 for days 21 through 100. You must need medical, not custodial, care and you must be hospitalized for at least three days first.

The number of days per year for skilled nursing facility benefits increases to 150 days. You will be responsible for a co-payment of \$25.50 a day for the first eight days. Your doctor must certify care, but no previous hospital stay is required. Long-term custodial care is still not covered.

PHYSICIAN SERVICES

Medicare pays 80% of all approved charges after you meet a \$75 deductible. There is no limit on your out-of-pocket costs.

Starting in 1990, Medicare pays 100% of the allowable doctor bills after you pay \$1,370 in annual out-of-pocket costs. Medicare continues to pay 80% of the charges after a \$75 deductible. Both the initial deductible and the 20% co-payment will count toward the \$1,370 cap. You are responsible for the charges not allowed by Medicare.

PRESCRIPTION DRUGS

You pay the full cost of all prescription drugs.

Starting in 1990, Medicare will pay 80% of the cost of intravenous drugs used at home. You pay the remaining 20% after a \$550 annual deductible is met. In 1991, Medicare will begin paying 50% of your prescription drug costs, after a \$600 annual deductible. Medicare pays 60% the following year, and 80% in 1993 with the deductible rising gradually each year.

HOME HEALTH CARE

You may receive 21 days per year of skilled nursing care, generally limited to 5 visits per week.

You may receive 38 days per year of skilled nursing care when prescribed by a doctor.

HOSPICE CARE

You're covered for 210 days for up to \$68 a day. Home hospice care is allowed.

You may receive benefits beyond the 210-day limit if you are certified to be terminally ill.

RESPIRE CARE

No coverage.

Medicare will pay for up to 80 hours a year for a nurse or home health aide to relieve family caring for a terminally ill patient at home.

MAMMOGRAPHY SCREENING

Medicare pays for mammograms only after order by a physician for diagnosis of cancers. Mammography screening for early detection of breast cancer prior to evidence of disease is not covered.

Medicare will cover a mammogram exam every other year for women age 65 or over beginning in 1990. Payment is initially limited to \$50.



GOODIES FOR YOU!

If you're 55 or older, we have a

GRAND PACKAGE

of services for you at FREE or DISCOUNTED Prices.

- Yes. It's true!
- Direct Deposit
- Discounts on Consumer Loans
- Free Checking
- Free Notary Service
- Service by Telephone
- Senior Life Insurance SBLI
- Safe Deposit Box Discounts & More!

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422-8133 |
| Bolton
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at the Salt Box
779-2857 | Berlin
25 Central St.
838-2286 | Princeton/ATM
2 Mountain Rd.
464-5718 |

Thanks to Clinton Savings Bank for paying newsletter postage.

NEW YEAR RECIPE

- | | |
|-----------------------|------------------------|
| 4 CUPS OF LOVE | 5 SPOONS OF HOPE |
| 2 CUPS OF LOYALTY | 2 SPOONS OF TENDERNESS |
| 3 CUPS OF FORGIVENESS | 4 QUARTS OF FAITH |
| 1 CUP OF FRIENDSHIP | 1 BARREL OF LAUGHTER |

TAKE LOVE AND LOYALTY,
MIX IT THOROUGHLY WITH FAITH,
BLEND IT WITH TENDERNESS, KINDNESS
AND UNDERSTANDING.
SPRINKLE ABUNDANTLY WITH LAUGHTER,
BAKE IT WITH SUNSHINE,
SERVE DAILY WITH GENEROUS HELPINGS.

No one is old until regrets take the place of dreams.

--John Barrymore

MY TEN COMMANDMENTS...

Thou shalt not worry, for worry is the most unproductive of all human activities.

Thou shalt not be fearful, for most of the things we fear never come to pass.

Thou shalt not cross bridges before you get to them, for no one yet has succeeded in accomplishing this.

Thou shalt face each problem as it comes. You can handle only one at a time anyway.

Thou shalt not take problems to bed with you for they make very poor bedfellows.

Thou shalt not borrow other people's problems. They can take better care of them than you can.

Thou shalt not try to relive yesterday for good or ill - it is gone. Concentrate on what is happening in your life today.

Thou shalt count thy blessings, never overlooking the small ones, for a lot of small blessings add up to a big one.

Thou shalt be a good listener, for only when you listen do you hear ideas different from your own. It's very hard to learn something new when you're talking.

Thou shalt not become bogged down by frustration, for 90 percent of it is rooted in self-pity and it will only interfere with positive action.

Elodie Armstrong
90 years old.

Life's Clock

The clock of life is around but once
And no man has the power
To tell just where the hands will stop
At late or early hour.

To lose one's wealth is sad indeed,
To lose one's health is more,
To lose one's soul is such a loss
As no man can restore.

The present only is our own
Live, love, toil with a will,
Place no faith in tomorrow,
For the clock will then be still.

838-2832 CONSTANCE BARTER
 838-2550 LOUISE CHAMPAGNE
 838-2081 NORMA HANSON
 838-2586 ALICE KIDDER
 838-7380 MARY PETKUSKAS
 838-2750 GEORGIA SASSER
 838-2559 PATRICIA WHEELER

COUNCIL ON AGING

**POWDERHOUS SENIOR NEWS
BERLIN, MASS**



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Volume 5-8

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APRIL & MAY 1989

CALENDAR OF EVERNTS

FIRST PARISH CHURCH CONTINUED

APRIL 23rd WORSHIP SERVICE

APRIL 30th - CHILDREN'S DAY
ALL CHURCH SERVICE IN
RICE CHAPEL OF THE CHILDREN'S
CHURCH

MAY.
WORSHIP SERVICE EVERY SUNDAY AT
10:30 A.M.

MAY 14th 7 A.M. WOMEN'S CUMMUNION
BREAKFAST, THE WOMEN'S
EVENING GUILD
10:30 A.M. CELEBRATION OF
PENTECOST.
MOTHER'S DAY

May 23rd LAST DAY OF CHURCH SCHOOL
CLASSES FOLLOWED BY ALL-
CHURCH PICNIC ON TOWN
COMMON.

ST. JOSEPH'S CHURCH

APRIL 14th- 11 A.M. FIRST FRIDAY MASS
AT NORTHBROOK VILLAGE

MAY 5TH 11 A.M. FIRST FRIDAY MASS
AT NORTHBROOK VILLAGE.

APRIL 17th- AUTUMN FAIR COMMITTEE MEETS
APRIL 21th - & APRIL 22nd - 8:00 P.M.
THE PLAY DAMIEN ON THE LIFE OF
FR. DAMIEN OF MOLOKAI, WILL TAKE
PLACE AT HOLY NAME HIGH SCHOOL TO
BENEFIT DISMAS HOUSE.

APRIL 29th. PARISH SOCIAL -DINNER DANCE
TO CELEBRATE THE LIQUIDATION OF THE
PARISH DEBT WILL BE HELD AT THE
ITALIAN CLUB IN LEOMINSTER. TICKETS
ON SALE \$10 EACH FOR SENIOR CITIZENS
* \$15.00 EACH REGULAR PRICE. 8 P.M.

MAY 4th - ASCENSION THURSDAY MASS AT
9 A.M. & 7:30 P.M.

SENIOR CITIZENS MEETINGS

APRIL 6th- AT FIRST PARISH CHURCH
HOME EQUITY PROGRAM-HOUSE
RICH - CASH POOR PRESENTED
BY MARGE BURT. AND REGION II
AGENCY. SLIDE SHOW "HISTORY
OF MEMORIAL SCHOOL" BY Linda
CASACELI and BARRY EAGER.

MAY 4th- SLIDE SHOW BY WILLARD WHEELER
ABOUT A RECENT TRIP. BLOOD
PRESSURES WILL BE TAKEN

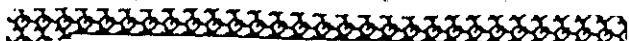
FIRST PARISH CHURCH

APRIL 1 FUND'S NITE. SOCIAL AND
DANCE. PARISH HALL
REFRESHMENTS AND DOOR PRIZES
ENTERTAINMENT BY DORI WELLS
DUO. DONATION; \$5.00 AT
DOOR OR CALL (838-2278)
RENA WHEELER. SPONSORED BY
THE PROPERTY COMM. FOR
SPECIAL CHURCH PROJECTS
8 - 12 P.M.

2 10:30 A.M. WORSHIP SERVICE
WITH COMMUNION. RECEPTION OF
NEW MEMBERS.

9 10:30 A.M. WORSHIP SERVICE
PEOPLE AND PULPIT SWAP
CENTRAL ASSOC. ONE GREAT
HOUR OF SHARING OFFERING.

16 10:30 A.M. WORSHIP SERVICE
SECOND MILE SUNDAY - REC-
OGNITION OF MEMBERS WHO GIVE
SPECIAL SERVICE TO THE
COMMUNITY



BIRTHDAYS "HAPPY BIRTHDAY TO ALL"

- APRIL - 9 WILLIAM OLENIK
 9 MILDRED MUNROE
 9 DORIS E. WHITEMORE
 10 ESTELLE BOYCE
 24 ANN MARIE COULSON
 17 MARGUERITE BELLAROSA
 28 HENRY NUTTING
 30 LEONARD MUNGEAM
 19 LEWIS RANDALL PAINE
 11 ELIZABETH WRIGHT
 8 WILLIAM WRIGHT
 14 EDITH M. WILSON
- MAY 3 PHYLLIS WARBIN
 1 ROGER M. WHEELER
 4 MARY LOUISE WHEELER
 3 MARY LONG
 7 CLYDE MANNING
 14 CARL PHIPPS
 17 VINCENT S. EAGER
 21 JOHN RISI
 12 MARGUERITE KRACKHARDT
 16 GLENDON BLENKHORN

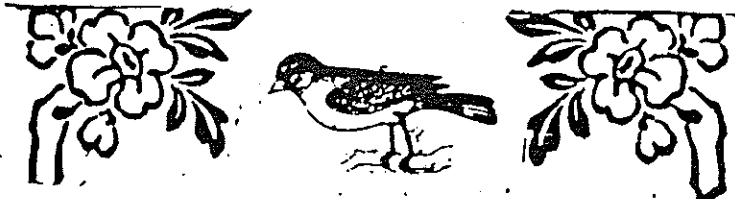
ANNIVERSARIES

- APRIL 19 MR. & MRS. LEONARD AND
 ARMIND FERREIRA
 30 MR. & MRS. RUTH & LEONARD
 MUNGEAM
 14 MR. & MRS. ERNEST WHEELER
 8 MR. & MRS. CARL BRODUER
 15 MR. & MRS. JOHN HAMLIN
- MAY 28 MR. & MRS. CLIFTON BREWER
 2 MR. & MRS. ROGER WHEELER
 12 MR. & MRS. BENJIMEN LASKOWSKI
 24 MR. & MRS. GEORGE CEDAR

"MANY HAPPY RETURNS TO ALL"

SENIOR OBITUARIES

OUR DEEPEST SYMPATHY TO THE MEMBERS OF THE FAMILY OF RUTH COULSON, WHO PASSED AWAY. SHE WILL BE REMEMBERED BY MANY OF OUR SENIORS AND TOWNS PEOPLE.



HOSPITAL SICK LIST

WE HAVE JUST BEEN INFORMED THAT LOUISE LOCKHART HAS RETURNED TO MARLBORO HOSPITAL. WE WISH HER A SPEEDY RECOVERY.

THE FOLLOWING PEOPLE ARE HOME ONCE AGAIN AFTER BEING IN MARLBORO HOSPITAL
 MADELINE RAYMOND
 FRED A WHEELER
 EDITH WILSON

MARY LONG FROM ST. VINCENT'S HOSPITAL
 WE WISH ALL OF YOU A SPEEDY RECOVERY.

CALENDAR OF EVENTS

APRIL 20th SENATOR PAUL CELUCCI
 9 - 3P.M. SENIOR CONFERENCE TO BE HELD AT ASSABET VOCATIONAL SCHOOL, HUDSON, MASS.

A ROAST BEEF DINNER WILL BE SERVED. WORKSHOPS AND ENTERTAINMENT. SEE MARY PETKAUSKAS FOR TICKETS.

APRIL 8 - 8 - 9th - "ARSENIC & OLD LACE"

THE ABOVE PLAY WILL BE PRESENTED AT THE TAHAWTO REGIONAL HIGH SCHOOL EACH EVENING AT 8 P.M. AND AT 2 P.M. ON SUNDAY. SENIOR CITIZENS TICKETS ARE \$5.00

APRIL 27th - COMMONWEALTH GAS ENERGY CONFERENCE WILL BE HELD AT THE SHERATON IN MILFORD, MASS. FROM 9-3 P.M. RAFFLES AND A BUFFET LUNCH WILL BE SERVED. SEE MARY PETKAUSKAS.

MAY 3rd TRANSPORTATION CONFERENCE SPONSORED BY THE REGION II AGENCY AT THE UNITED CONGREGATIONAL CHURCH IN WORCESTER, MASS. 9 - 3 P.M. THIS IS IMPORTANT TO RURAL COMMUNITIES LIKE BERLIN. SEE ALICE KIDDER.

WE WISH TO THANK THE CATHOLIC CHARITIES FRIENDLY VISITORS PROGRAM FOR THE BASKETS THAT WERE DISTRIBUTED TO SEVERAL OF OUR SENIOR CITIZENS, WHO ARE HOMEBOUND. THEY WERE GREATLY APPRECIATED.



By Mary Petkavick, RN



Simple Ways to Keep Back

Pain Out of Your Life



Sidestepping back pain

There is much you can do to prevent backache. In more than half of all cases back pain eventually recurs, so if you have a history of back problems—and even if you don't—it's a good idea to take some preventive measures. Most backaches are due at least in part to weak or tense muscles and excessive strains on them. To protect your back, consider the following:

Extra weight. A paunch can strain back muscles, distort posture, and overly compress the disks in the lower back. Not surprisingly, then, most obese people have chronic back problems. Excess weight, particularly if it has been recently gained, puts increased strain on back muscles and ligaments. Being pregnant can have a similar adverse effect because it alters your center of gravity.

Poor posture. A sagging stomach, swayback, and slouched shoulders are a trio that almost guarantees back pain. Overly erect posture (military stance) can also endanger the lower back by arching it too much. Correct posture keeps the head and chest high, neck straight, pelvis forward, and stomach and buttocks tucked in.

Standing. Don't stand too long in one position. Try to keep moving. Bending forward at the kitchen or bathroom sink is an easy way to strain the back. Occasionally shift your weight from one foot to the other, or stand with one foot elevated on a low stool to relieve back pressure.

Sitting. A sedentary life-style can be hard on your back. Particularly stressful are slumping in a chair, which leaves the lower back unsupported, and hunching over, which tenses the muscles in the neck and upper back. When sitting, keep your shoulders back, and be sure that your feet are flat on the floor (or resting on a chair rung or stool). Don't cross your legs above the knee, since this can pull your pelvis out of alignment. Choose a firm chair that supports your lower back. Chair armrests are a plus because they can support some of your weight. When driving, keep the car seat forward so that your knees are comfortably bent. Make sure that the seat is supportive. If the car seat isn't adjustable, try using a firm folding seat insert; or place a small pillow or piece of foam behind your lower back to improve your driving posture.

Sleeping. Don't lie on your stomach, since that makes the stomach sag and increases swayback. Instead, lie on your side with your knees bent to relieve pressure on the disks. For the same reason, if you lie on your back, keep your knees slightly bent by putting a pillow under them. For most people, the ideal mattress has firm inner support but adequate surface cushioning. If your mattress is too soft, insert a board under it.

Exercise. Regular exercise is vital to the health of your back. For information on some types of exercise that may help your back, see page 6.

Lifting and carrying. Bending to pick up an object puts maximum strain on your back and is probably the number one cause of backaches. When you lift, bend at the knees, not at the waist, making your leg muscles do most of the work. To pick up something heavy, squat with your legs apart, tighten your stomach muscles, keep your back straight, and hold the object close to your body. Better yet, push a heavy object instead of lifting it. Pulling is more likely to injure your back. When carrying a heavy load, don't arch your back or twist your body—try to let your arms and abdominal muscles bear the weight. Because a heavy purse or briefcase can pull your back out of alignment, alternate the load from side to side.

Dress. Prolonged use of tight pants and girdles may promote weak abdominal muscles and result in back trouble. Avoid high heels because they tend to increase the curvature of the back and increase the risk of a fall.

Psychological stress. The role of stress in backaches (and pain in general) is much debated. Since emotional stress can generate muscle tension, and tense muscles are more susceptible to injury, some back specialists claim that it's the major cause of many backaches. In some people anxiety and back pain become a vicious cycle: they worry about recurrent backache, which in turn leads to more anxiety, more muscle tension, and eventually more back pain. Depression, too, may contribute to back pain by magnifying it. Try to recognize when stress is building up. To reduce tension—emotional and physical—try exercise or relaxation techniques.

POWDERHOUSE SENIOR NEWS

TRANSPORTATION FOR BERLIN

By Alice E. Kidder

Chairman

Berlin Council on Aging

DO YOU EVER HAVE A PROBLEM
WITH TRANSPORTATION?

HERE ARE SOME ANSWERS FOR YOU:

(1) IF YOU NEED TO GO SHOPPING,
GET TO A MEDICAL APPOINTMENT,
OR JUST WANT TO TRAVEL FOR SOME
OTHER REASON WITHIN WORCESTER
COUNTY....

CALL WHEAT AT 365-6349 MORE
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FOR THE DISPATCHER. WHEAT
GETS SUPPORT FROM THE BERLIN
TOWN BUDGET AND YOU ARE ENTITLED
TO A RIDE AT THE WHEAT RATES.

(2) IF YOU NEED TRANSPORTATION
FOR RECURRING MEDICAL TREATMENT
(SUCH AS CHEMOTHERAPY, DIALYSIS,
ETC.) CALL THE AREA AGENCY ON AGING
AT 1-800-322-3032 FOR INFORMATION
ON SPECIAL TRANSPORTATION FURNISHED
BY NONPROFIT ORGANIZATIONS SUCH
AS THE CANCER SOCIETY. THIS CALL
IS TOLL-FREE. ASK FOR PEGGY
MANOOGIAN OR SOMEONE HANDLING
INFORMATION AND REFERRAL.

(3) IF YOU WANT TO PARTICIPATE
IN AN OUTING FINANCED IN PART
BY THE BERLIN COUNCIL ON AGING
PLEASE CALL OUR ACTIVITIES
DIRECTOR, JOANNE OLIVER AT
562-3198. CHARTER BUS TRANS-
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(4) IF YOU NEED A FRIEND TO TAKE
YOU GROCERY SHOPPING OR DO OTHER
ERRANDS, CALL THE FRIENDLY
VISITORS PROGRAM OF THE BERLIN
COUNCIL ON AGING. TO GET IN
TOUCH WITH A FRIENDLY VISITOR,
CALL ALICE KIDDER AT 838-2586 or
MARY PETKAUSKAS AT 838-7380.

NEEDED: BERLIN SENIORS WHO WANT
TO ATTEND THE AAA CONFERENCE
ON TRANSPORTATION FOR SENIORS
WEDNESDAY, MAY 3, 1989.

CALL ALICE KIDDER AT 838-2586.
WE NEED YOUR SUPPORT. THANK YOU.

Grandma Tells It As It Was

Some folks talk of the "good
old days"
When Grandma was a lass;
They tell us things were better
then,
And they're sad to see them pass.
Well, I made jelly, canned the
corn,
Spent hours at the churn,
Fed the hired hands, baked
the pies,
And at weedin' took my turn.
I carried out the chamber pots,
Plucked feathers for my bed,
Scrubbed all the clothes upon
a board,
Stoked fires and made the bread.
I fed the ducks and chickens,
Picked berries in the bog,
My only entertainment was,
Sears-Roebuck's catalog.
I made the scrapple, kraut and
soup,
And all the children's togs,
Then, if I had some time to spare,
I helped at butcherin' hogs.
I raised a pack of droolin' kids,
Was doctor, farmhand, wife,
There was no respite from the
chores--
It was a gruelin' life.
The children walked three miles
Through snow,
Before they reached the school.
I often went to bring them home
Upon our old gray mule.
I scraped and scoured from morn
til night
And to make my day complete,
I hopped into an icy bed
With hot bricks at my feet.
I milked our old cow every day,
And often chopped some wood,
If these were the "good old days"
I'm glad they're gone for good.
(Thanks to Kay Neelley for this
one.)

.....



HOW TO BE HAPPY
by Clover Kerr

Nutrition
Corner 11



Take 12 fine, full-grown months. See that they are entirely free from all the old memories of bitterness, rancor, hate and jealousy. Cleanse them of every clinging spite, be careful to pick off any specks of pettiness or self-pity. In short, free these months from all the past.

Now cut them into thirty or thirty-one equal parts. Don't attempt to make up the whole batch at once, but prepare, one day at a time and into each day put:

- 12 parts of faith
- 11 of courage
- 10 of patience
- 9 of work
- 8 of hope
- 7 of fidelity
- 6 of thoughtfulness
- 5 of kindness
- 4 of rest
- 3 of prayer
- 2 of meditation, and add
- 1 carefully selected resolution

Put in about one teaspoon of good-spirits, a dash of fun, a pinch of folly, a sprinkly of play, and a heaping cup of humor. Pour into the whole a liberal amount of love and mix-- with vim. Cook thoroughly in a fervent heat. Garnish with smiles and a sprig of joy. Then serve with quietness, unselfishness and cheerfulness.

submitted by Barbara St. John



STRAWBERRY OR RASPBERRY PIE

- 2 pie crusts-baked
- 1 1/2 c sugar
- 1/4 c cornstarch
- 1 1/2 c water
- 1 sm. box strawberry (raspberry) Jello
- 1 pint strawberries (rasp) frozen is O.K.

Combine sugar, cornstarch, water and bring to a boil. When it boils-add Jello. Remove from heat and let cool. Add 1 pint sliced strawberries (whole rasp). Pour mixture into pie shells and chill in refrig. Top with Cool Whip. Use less sugar if desired.

submitted by Barbara St. John

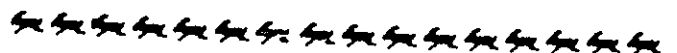
Lime & Cottage Cheese Salad

- 1 pkg. 3 oz. lime jello
- 1/4 teasp. salt
- 1 cup boiling water
- 1 tlb. lemon juice
- 1 cup cottage cheese
- 1 cup pineapple juice drained from can of crushed pineapple
- 1 cup pineapple crushed

Disolve jello and salt in boiling water add lemon and pineapple juice. Chill until firm. Combine cottage cheese, pineapple and fold in and set in mold till set.

Diet jello can be used as well as light cottage cheese and natural Pineapple juice and crushed pineapple *from the can.

From Marjorie Wheeler



**You've Worked
For This
Moment
All Your
Life...**

**Get The
Most Out
Of It.**



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paying newsletter postage.

GRANDPARENTS

*Grandparents are like rainbows
They bring life to a cloudy day,
And they always have something good to say
They would drive for miles,
Just to see you smile.
Don't push them away,
Because they won't be around everyday.*

by Bonnie Anderson (age 13)

TIPS FOR A BETTER MEMORY

Is some degree of memory loss an inevitable result of aging? Is forgetfulness alone a sign of incipient Alzheimer's disease? No on both counts, according to Dr. Carl Eisdorfer, medical director of the Wein Center for Alzheimer's Disease and Memory Disorders in Miami, Florida. "Older people worry too much about memory," he says.

While an estimated 2.5 million Americans suffer from the degenerating brain disease known as Alzheimer's, Eisdorfer notes that "fully 90 percent of the population will not develop it." For most of us, it is perfectly normal to occasionally forget facts - at any age.

"Do's and Don'ts" to Improve your Memory Power as recommended by memory experts:

- *Don't pressure yourself.* Becoming emotional about the inability to remember something makes it pretty near impossible to remember anything.

- *Do one thing at a time.* Divided attention - doing several things at once - makes it easy to forget something important.

- *Establish routines.* A place for everything and everything in its place.

- *Write it down.* Buy a pad of sticky paper and make notes to yourself.

- *Exercise your memory* just as you would your body. Try crossword puzzles, cards, anagrams, and Scrabble.

- *Beware prescription drugs and alcohol;* they can make it harder to remember things.

- *Associate.* Use word association to help you remember things.

- *Take it easy on yourself.* People at age 70 will sometimes demand of themselves what they couldn't do at age 30. A truly critical human attribute that need not decrease with age is a sense of humor - apply it, retain your sense of perspective.

- *Keep intellectually involved* in life.

Source: "50 Plus" - June 1988



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PATRICIA WHEELER	838-2559



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.



"Life is a garden,
Good friends are the flowers,
And times spent together
Life's happiest hours;
And friendship, like flowers,
Blooms ever more fair
When carefully tended
By dear friends who care."

Time is Precious

If there's a deed you've left undone
before the setting of the sun-
Do it now!

If there are words you didn't speak
to soothe a hurt or boost the weak-
Do it now!

If you can make a sick friend well,
or just a happy story tell-
Do it now!

Time is precious every day-
Make it count in a selfless way.

Submitted by

Edith Wilson

To Whet Your Appetite

Test your knowledge of nutrition and aging

There seems to be an explosion of information on nutrition in the media today—but it seldom addresses the special needs and concerns of our older population. How should our diets and eating habits change as we age? What factors influence how we select and prepare our food? What are some popular myths and misconceptions about what we should eat, how much, and how often—especially as we grow older?

What's your opinion of the statements below—are they True or False?

1. As we age it becomes more difficult to absorb essential nutrients, therefore we should eat more food than when we were younger. T F
2. Eating too little is a far greater health problem among older people than eating too much. T F
3. Older people who are moderately overweight are more likely to live longer than those who are underweight. T F
4. Chances of recovery from serious illness or surgery are better if you're thin. T F
5. Prepared foods, like TV dinners, are a good way for older people to get the nutrition they need. T F
6. A good rule of thumb these days is to reduce calories, fat, sugar and salt, and to increase fiber and variety. T F
7. Mental/emotional problems like depression and apathy have nothing to do with what we eat. T F

The correct answer is TRUE for numbers 2, 3, and 6. The rest are false.

How did you do? Most of us aren't sure how our nutritional needs change as we age, how to determine our proper weight as we grow older, how lifestyle adjustments affect our eating patterns, or where to go for advice and information on maintaining healthful diets.



POWDER HOUSE SENIOR NEWS

ANNIVERSARIES

JUNE 2 - MEL & MYRTLE MASON
20 DORIS & VINCENT EAGER

JULY 11 BARBARA & LARRY FOSTER
12 MILLIE & GLENDON BLENKHORN

AUGUST 3 EVERETT & MARGUERITE BARTLETT
12 WALTER & PHYLLIS MUNYON
29 ANDREW & HELEN MATTHEW
31 EDWARD & NATALIE AKROYD
28 JOHN & ESTELLE BOYCE
8 DANIEL & ELEANOR PLASTRIDGE

"HAPPY ANNIVERSARY TO ALL"

I have become quite a frivolous old gal. I'm seeing five gentlemen every day. As soon as I awake, Will Power helps me out of bed. When he leaves I go see John. Then Charley Horse comes along and when he is there, he takes a lot of my attention. When he leaves, Arthur Ritis shows up and stays the rest of the day. He doesn't like to stay in one place very long so he takes me from joint to joint. After such a busy day, I'm really tired and ready to go to bed with Ben Gay. What a day!

anon.



ACTIVITY DIRECTORS

REPORT

THE PAST TWO MONTHS INCLUDED

TWO CRAFT NIGHTS AT NORTHBROOK COMMUNITY BUILDING.

CLOTH PICTURE FRAMES AND DOLLY HATS WERE EASY TO MAKE AND QUITE DECORATIVE.

REFRESHMENTS OF PUNCH OR HOT COCOA AND COOKIES WAS ENJOYED BY ALL.

ANY SUGGESTIONS FOR FUTURE CRAFT NIGHTS ARE WELCOME

OTHER ACTIVITY WAS A TOUR OF WILLOWS IN WESTBORO WHERE A GOURMET LUNCH WAS ENJOYED BY 28 SENIORS.

SUMMER ACTIVITIES MAY INCLUDE A BUS TRIP TO FOSTERS IN MAINE.

SUGGESTIONS FOR TRIPS WILL BE CONSIDERED
CALL JOAN 562-3198 or MARY 838-7380

Nutrition Corner !!

QUAKER OATBRAN MUFFINS
SUBMITTED BY
CECILIA KERRIGAN

2 CUPS QUAKER OAT BRAN CEREAL
1/4 CUP FIRMLY PACKED BROWN SUGAR
2 TSP. BAKING POWDER
1/2 TSP. SALT (OPTIONAL)
1 CUP SKIM MILK OR 2% LOWFAT MILK
2 EGGS WHITES SLIGHTLY BEATEN
1/4 CUP HONEY OR MOLASSES
2 TBLE. VEGETABLE OIL

HEAT OVEN TO 425 F. LINE 12 MUFFIN CUPS WITH PAPER BAKING CUPS OR SPRAY BOTTOMS ONLY WITH VEGETABLE COOKING SPRAY. COMBINE DRY INGREDIENTS, ADD MILK, EGG WHITES, HONEY AND OIL; MIX JUST UNTIL DRY INGREDIENTS ARE MOISTENED. FILL PREPARED CUPS ALMOST FULL. BAKE 15 to 17 MINUTES OR UNTIL GOLDEN BROWN.

VARIATIONS: ADD TO BETTER ANY OF THE FOLLOWING: 1/4 cup RAISONS AND 1/4 CUP CHOPPED NUTS. 1/2 CUP MASHED BANANA AND 1/4 CUP CHOPPED NUTS. 1/2 CUP FRESH OR FROZEN BLUEBERRIES, OR 1/2 CUP CHOPPED APPLES, 1/4 CUP CHOPPED NUTS AND 1 TSP. CINNAMON



LOW CALORIE CALIFORNIA ONION DIP
ONLY 10 CALORIES PER TBSP

2 cups of skim milk
unsalted beef bouillon cubes
cup unsalted dry cottage
teaspoon lemon juice
teaspoons vermouth or dry white win
teaspoon onion powder
2 teaspoon garlic powder
tablespoons onion flakes or 1/4 cup
chopped green onion

POWDERHOUSE SENIOR NEWS



COOKS' CORNER

LOWER YOUR CHOLESTEROL

Having joined the ranks of those warned by their doctors to lower their cholesterol, I have been replacing the favorite old family recipes with those containing less fat. I thought some of you might enjoy trying the ones that passed the taste-test in my kitchen.

LEMON CHICKEN

- 8 boned and skinned chicken breast halves
- juice of two lemons
- 2 tablespoons margarine
- 1 tablespoon olive oil
- 1 cup unbleached white flour
- 1 teaspoon salt
- 1/2 teaspoon paprika
- 1/4 teaspoon freshly ground pepper
- 2 tablespoons grated lemon peel
- 1/4 cup brown sugar
- 2 tablespoons fresh lemon juice plus
- 2 tablespoons water
- for 2 lemons sliced thin.

Place chicken in a bowl or casserole. Cover with lemon juice and marinate in refrigerator for several hours or overnight, turning chicken periodically.

Preheat oven to 425°F.

Put margarine and olive oil in a shallow baking pan and place in oven until margarine melts (about 5 minutes).

Meanwhile, combine flour, salt, paprika, and pepper in plastic bag.

Remove chicken breasts from marinade and coat each with flour by shaking it in the plastic bag.

Remove baking pan from oven and lower heat to 350°F.

Place chicken in the baking pan in a single layer.

Either peel the yellow (zest) from two lemons and chop it fine with the brown sugar in your food processor, or grate the zest and mix it with the brown sugar.

Sprinkle the lemon zest-sugar mixture evenly over the chicken breasts. Combine lemon juice and water and sprinkle evenly over chicken.

Put 1 lemon slice on each chicken breast and bake chicken for 35-40 minutes or until it is cooked through.

Eator's Choice Cookbook

The following are some quick tips to help pick and prepare foods lower in saturated fat and cholesterol.

- 1) Use soft tub margarines, which are higher in polyunsaturates than hardened ones.
- 2) Use skim or low-fat (2%) milk.
- 3) Buy lean grades of meat and trim visible fat. Prepare mixed dishes that combine meat with other foods (vegetable stew or pasta). Eat organ meat, such as liver, brain and kidney, only occasionally.
- 4) Broil, bake, or roast meat, fish and poultry instead of pan-frying or deep-fat frying. Basting with wine, broth, lemon or tomato juice will prevent drying and give good flavor.
- 5) Eat more fish, poultry (without skin), and dried peas and beans.
- 6) Substitute low-fat sandwich meats for higher fat cold cuts, and use low-fat hot dogs instead of regular varieties.
- 7) Use yogurt as a substitute for sour cream in salad dressing or dip.
- 8) Substitute sherbet, ice milk, or nonfat frozen yogurt for ice cream.
- 9) Use only the egg whites or discard every other yolk and substitute a teaspoon of polyunsaturated oil for each discarded yolk in recipes.
- 10) Reduce the amount of fat in recipes by a third to a half. If you use commercial cake mixes, buy those to which you add the fat or oil. Use a polyunsaturated oil and reduce the amount by a third, while increasing the water. If the recipe calls for three tablespoons of oil, use only two, but add an extra tablespoon of water.
- 11) Cut down on baked goods made with lard, coconut oil, palm kernel oil, or shortening, and those deep fried in fat, such as doughnuts.
- 12) Instead of two-crust pies, serve single-crust (open-face) pies.
- 13) Use low-fat dried milk in coffee. Non-dairy creamers are generally high in saturated fats or hydrogenated fats.
- 14) Use herbs or herb-flavored croutons to flavor salads or soups.
- 15) Make your own toppings with nonfat dried milk, or use a yogurt, tofu or fruit topping.

Information taken from the FDA Consumer, HHS Publication No. (FDA) 87-2220



POWDERHOUSE SENIOR NEWS

Health Notes

By Mary Palkauskas, RN

Focus on feet is essential to good health, reflexologists say



Reflexology chart of common ailments.

Pearl Bailey used to say that if your feet hurt, honey, you'd be grouchy all day.

Soldiers know that. They value the veteran sarge who can cut and dress a blister. Waitresses know that. They soak their feet in Epsom salts after a tough day of slinging hash. And Laura Norman knows that. She's a foot reflexologist who runs her own center in Manhattan. She's written about her craft in "Feet First, A Guide to Reflexology" (Fireside, \$11.95).

Get the maximum benefit

from your walk

According to Dr. Suzanne M. Levine, sports podiatrist, there are a number of things you can do while walking to get the maximum benefit from your walk and protect yourself from injury. Dr. Levine's top 10 walking tips:

- Do warm-up and cool-down stretches.
- Practice the H.A.P.P.Y. method of walking: Hold your head erect
Abdomen tucked
Press your shoulders down
Press your pelvis in
Y-step of walking — land on the outer border of the heel, then roll off the big toe.
- Be sure you can talk at your pace.
- Eat a light meal 60 to 90 minutes before walking.
- Use weights to increase caloric expenditure.
- Swing your arms to increase the heart rate.
- Do bicep curls — scoop and swing.
- Walk with determination.
- Clear your head of stress.
- Think positive thoughts.

From Dr. Levine's book, "My Feet Are Killing Me." The book shows how to protect, pamper and cure your ailing feet. (Ballantine Books, 1987, \$2.95)

Requested by 2 SENIORS



POWDERHOUSE SENIOR NEWS

Beatitudes
for
Friends of the Aged

Blessed are they who understand
my faltering step and palsied hand.

Blessed are they who know that my ears
today must strain to catch the things
they say.

Blessed are they who seem to know that
my eyes are dim and my wits are slow.

Blessed are they who looked away when
coffee spilled at table today.

Blessed are they with a cheery smile
who stop to chat for a little while.

Blessed are they who never say, "You've
told that story twice today."

Blessed are they who know the ways to
bring back memories of yesterdays.

Blessed are they who make it known
that I'm loved, respected and not
alone.

Blessed are they who know I'm at a loss
to find the strength to carry the
Cross.

Blessed are they who ease the days on
my journey Home in loving ways.
Sylvia Giardin



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HOW WOULD YOU LIKE TO HELP?

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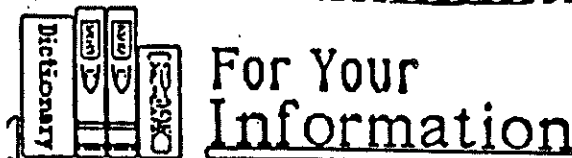


This is your news letter!!!
Contributions from our readers
are wanted. Help make this news-
letter representative of the Berlin
Senior Community. Please submit
your poems, writings, recipes,
letters, historical information,
events, concerns, etc to the editor

SOMETHING TO THINK ABOUT

The worst sin towards our fellow creatures
is not to hate them, but to be indifferent
to them: that's the essence of inhumanity.

George Bernard Shaw



TELEPHONE REASSURANCE NEWS

Are you or someone you know homebound, lonely or ill?
you would like to receive a "check-up" call in the morn-
ing please let us know. The purpose of this program is
to provide constant contact with residents who are shut
out have little contact with the outside world or are simply
interested in being reassured that someone cares about their
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SUMMER HAVE A HAPPY HEALTHY SUMMER!

Thanks to Clinton Savings Bank for paying newsletter postage.

BERLIN MEALS ON WHEELS

The smells coming from the kitchen at St. Joseph's Church are enticing. On the counters lies fresh produce, some of it donated, like fish from the Northboro fishmarket. The hot boxes are warming. What is all this commotion? It's the BERLIN MEALS ON WHEELS PROGRAM turning out another twenty-four dinners for local homebound seniors.

Who put all this together? With the leadership of Mary Patkauskas, Secretary of the Berlin Council on Aging, a new service began in October, 1988 to serve full meals twice a week (Tuesdays and Fridays) to Berlin persons unable to go out of the house, and willing to pay the requested donation of \$1.25 per meal. No volunteers work harder or more effectively than the people Mary has brought together: Claire Ballard and Louise Champagne share cooking chores with Mary. Volunteer drivers include Virginia Hopper, Sally Bergen, Paul Bogosian, George Cedar, and Faith Linzee. The Berlin Meals on Wheels needs donations to keep this program from depending on money from the town. So far, important contributions have come from local merchants such as Ben's Gulf, Coldwell's and the Wheeler Farm. Both The First Parish Church and St. Joseph's Church have contributed financial resources to help with buying disposable plates, cutlery, and food. Persons wishing to donate may contact Mary Petkauskas at 838-7380.

THANKS FOR A JOB WELL DONE!
Alice E. Kidder, Chairperson,
Berlin Council on Aging.

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POWDERHOUSE SENIOR NEWS BERLIN, MASS



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POWDER HOUSE SENIOR NEWS

BERLIN, MASS.



VOLUME 5 -10 COUNCIL ON AGING, BERLIN, MASS. 01503 SEPT. & OCT. 1989

CALENDAR OF EVENTS

SEPT. 2TH - SENIOR CITIZENS MEETING WILL TAKE PLACE AT THE FIRST PARISH CHURCH. PROGRAM TO BE ANNOUNCED. BLOOD PRESSURES WILL BE TAKEN.

OCT. 5TH - SENIOR CITIZENS MEETING WILL TAKE PLACE AT THE FIRST PARISH CHURCH. PROGRAM TO BE ANNOUNCED. BLOOD PRESSURES WILL BE TAKEN.

MEALS ON WHEELS

PROGRAM FOR HOMEBOUND SENIORS AND EARLY DISCHARGES FROM HOSPITALS WILL RESUME OPERATION ON SEPT. 12TH. ANYONE NEEDING MEALS PLEASE CALL MARY, 838-7380.

SEPT. 14, 1989 - SENIOR CITIZENS TRIP TO MAINE FOR FOSTER'S LOBSTER TRIP. FINAL COST WILL BE ANNOUNCED AT THE SENIOR CITIZENS MEETING WITH FURTHER DETAILS.

SEPT. 17, 1989 - ST. JOSEPH'S ANNUAL FAIR WILL BE HELD ON THE CHURCH GROUNDS. MANY INTERESTING EVENTS AND EXHIBITS AND PLENTY OF FOOD ARE BEING PLANNED. PUBLIC IS INVITED TO ATTEND.

HOSPITAL SICK LIST

LOUISE KENT - MARLBORO HOSPITAL
LOUISE LOCKHART - MARLBORO HOSPITAL
OR HUDSON HEALTH CARE NURSING HOME.

VIOLA PHIPPS - CLINTON MANOR NURSING HOME

MARY LONG - CLINTON MANOR NURSING HOME
"WE WISH ALL A SPEEDY RECOVERY"



"Memory is the power to gather roses in winter."

Anonymous

BIRTHDAYS

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

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

"HAPPY BIRTHDAY TO ALL"

ANNIVERSARIES

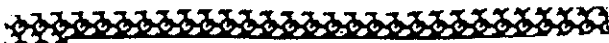
SEPT. 2 MAURICE AND BERNADINE
POULIN
17 ELIZABETH AND WILLIAM
WRIGHT
23 RUSSELL AND MARJORIE WHEELER
28 ALFRED & BARBARA ST. JOHN

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

"MANY HAPPY RETURNS"

IT HAS COME TO OUR ATTENTION THAT TWO OF OUR SENIORS TURNED NINETY YEARS OLD THIS YEAR. GRACE STAMMERS ON JULY 22ND AND WILLIAM FOSTER ON AUGUST 10TH.

"CONGRATULATIONS TO BOTH OF YOU AND MAY YOU ENJOY MANY MORE HAPPY YEARS"



SENIOR OBITUARIES

A NEW ENGLAND GET AWAY

JOHN NUTTING FREDA WHEELER
JOHN VIZAIRE AL BELLUCCI

OUR DEEPEST SYMPATHY TO THEIR FAMILIES IN THEIR TIME OF SORROW. "
Eddie Schwartz

WHAT ABOUT A NEW ENGLAND GET AWAY? I KNOW MOST OF US HAVE THOUGHT OF HOW WE'D LIKE TO TAKE A SHORT TRIP FOR A DAY OR TWO, BUT WHERE? FOR A START HOW ABOUT THE NEW HAMPSHIRE SEACOAST REGION? IT HAS 18 MILES OF THE MOST BEAUTIFUL MILES ON THE NEW ENGLAND COAST. IT HAS AN APPEALING BLEND OF THE OLD AND THE NEW. YOU'LL FIND OVER 100 MILES OF SHORELINE ALONG NEW HAMPSHIRE'S OCEAN FRONT AND INLAND WATERWAY - CLEAN WARM SAND AND BEAUTIFUL SUNRISES AND SUNSETS. THE SCENERY FROM THE RUGGED ROCKS OF THE COAST TO THE GLORY OF GREAY BAY. TAKE A SENIC DRIVE OR A BOAT RIDE, OR A QUIET WALK. FOR THE HISTORY BUFFS, EXPLORE THE FORTS THAT HAVE THEIR ROOTS IN THE AMERICAN REVOLUTION. DISCOVER NORSEMAN'S ROCK (HAMPTON,N.H. MARKED BY VIKING EXPLORERS. THERE ARE SEVERAL MUSUEMS TO HOLD YOUR INTEREST. THE SHOPPING IN THE SEA-COAST AREA IN ITSELF IS AN EVENT. YOU'LL SHOP TAX FREE AT ANY OF THE

ANNOUNCEMENTS

SURVEY OF CARE GIVERS

- 1. FIRST PARISH CHURCH SPECIAL COMMITTEE HAS BEEN CONDUCTING A SURVEY TO DETERMINE THE NEEDS OF INDIVIDUALS WHO ARE CARING FOR RELATIVES HOME.
2. CARE GIVERS FAIR
A CARE GIVERS FAIR WILL BE HELD ON SEPT. 23, 1989. IT IS SPONSORED BY THE AREA AGENCY ON AGING. FALLON CLINIC AND FALLAN COMMUNITY HEALTH PLAN. IT WILL TAKE PLACE AT WORCESTER STATE COLLEGE. THE PUBLIC IS INVITED TO ATTEND, ESPECIALLY THOSE INVOLVED IN CARE GIVING.

OUTLETS AND MALLS IN THE DOWNTOWN AREAS. HAVE A NICE TRIP AND WE'LL SEE YOU NEXT MONTH TO EXPLORE ANOTHER CORNER OF NEW ENGLAND.

FANTASY ISLAND

Many will be shocked to find, when the day of judgment nears, That there is a special place in heaven, Set aside for volunteers. Furnished with recliners, Satin couches and footstools; Where there is no committee chairman, No group leaders or car pools, No eager team that needs a coach, No bazaar and no bake sale; There will be nothing there to staple, Not one thing to fold or mail; Telephone lists will be outlawed, But a finger snap will bring Cool drinks and gourmet dinners And rare treats fit for a king. You ask, who'll serve these privileged few and work for all they're worth? Why, all those who reaped the benefits, AND NOT ONCE VOLUNTEERED ON EARTH.

WHEAT COMMUNITY SERVICES

A NEW EXECUTIVE DIRECTOR WAS APPOINTED BY THE BOARD OF DIRECTORS. GERALD COPPENRATH WILL ASSUME HIS POST ON SEPT. 11, 1989. MORE INFORMATION AND DETAILS IN THE NEXT NEWSLETTER.

RECOGNITION OF VOLUNTEERS, WHO SERVED BERLIN SENIORS DURING THE YEAR WAS HELD AT THE RECENT ANNUAL SMORGASBOARD SPONSORED BY THE COUNCIL ON AGING. FIFTEEN VOLUNTEERS WERE RECOGNIZED AND RECEIVED AWARD CERTIFICATES AND THEIR NAMES WERE PLACED ON A PERMANENT VOLUNTEER ROSTER IN THE NORTHBROOK VILLAGE COMMUNITY BUILDING.

FALL RIVER FACTORY OUTLET



POWDERHOUSE SENIOR NEWS

Health Care Is Self Care
As You Get Older



I'M FINE, THANK YOU



There is nothing the matter with me
I'm healthy as can be.
I have arthritis in both knees
And when I talk, I talk with a wheeze.
My pulse is weak, my blood is thin,
But I'm awfully well for the shape I'm in.

Arch supports I have for my feet,
Or I wouldn't be able to walk down the street.
Sleep is denied me night after night,
But every morning I'm all right.
My memory's failing, my head's in a spin
But I'm awfully well for the shape I'm in.
The moral is this, as my tale I unfold,
That for you and for me that are growing old,
It's better to say "I'm fine" with a grin,
Than to let folks know the shape we are in.

How do I know that my youth is all spent?
Well, my 'get up and go' got up and went.
But I really don't mind when I think with a grin
Of all the grand places my 'get up' has been.
Old age is golden, I've heard it said,
But sometimes I wonder, as I get into bed,
With my ears in the drawer, my teeth in a cup,
My eyes on the table until I wake up.
'Ere sleep overtakes me I say to myself,
"Is there anything else I can lay on the shelf?"

When I was young my slippers were red,
And I could kick my heels over my head.
When I was older my slippers were blue,
But I could still dance the whole night through
Now I am old, my slippers are black,
I walk to the stove and I puff my way back.
I get up each morning and dust off my wits,
And pick up the paper and read the "obits".
If my name is missing, I know I'm not dead,
So I have a good breakfast
And go back to bed! (author unknown-

Berlin Senior Citizens,

Hope all of you are having a wonderful summer and are now getting ready for our winter program of activities. I hope all of you who went to the smorgasbord had a good time. I know I did and all the food was delicious.

Our first activity for the season will be the lobster and clam bake in Maine on Sept. 14th. Looks like we'll be filling the bus. Money will be collected at the meeting the first Thursday of September.

This year I hope to have more activities and would appreciate any suggestions you may have. We will continue craft night, a few movies and maybe a trip or two.

See you in September!

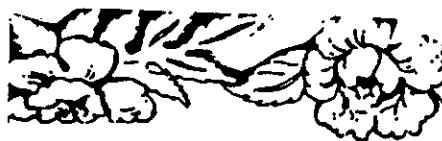
JoAnn Oliver
Activities Director

LOUISE KENT DIED 8/25/89

WE WILL ALL REMEMBER HER
WONDERFUL SENSE OF HUMOR
PLEASANT AND CARING
ATTITUDE AND THE MANY
CARDS SHE SENT TO ALL
SENIORS WHO WERE ILL.
MAY SHE REST IN PEACE.



CARING





COOKS' CORNER

SUBMITTED BY ELIZABETH JONES

QUEEN ELIZABETH CAKE

POUR A CUP OF BOILING WATER OVER 1 CUP OF CHOPPED DATES WITH ONE TEASPOON OF BAKING SODA. LET STAND UNTIL COOL.

- 1 CUP SUGAR
- 1 TEASPOON VANILLA
- 1 BEATEN EGG
- 1 1/2 CUPS SIFTED FLOUR
- 1/4 CUP OLEO OR BUTTER
- 1 TEASPOON BAKING POWDER
- 1/2 TEASPOON SALT
- 1/2 CUP CHOPPED WALNUTS

COMBINE SHORTENING SUGAR, EGG & VANILLA. BEAT IN USUAL MANNER. SIFT DRY INGREDIENTS ADD ALTERNATELY TO DATE MIXTURE. BEGIN AND END WITH DRY INGREDIENTS.

- SPRINKLE WITH TOPPING BEFORE BAKING
- 1/2 CUP OF CHOCOLATE BITS
 - 2 TABLESPOONS SUGAR
 - 1/2 CUP FINELY CHOPPED NUTS

BAKE AT 350 DEGREE IN 9x9x3/4 PAN 40-45 MINUTES. (I USED A 7X10X1 INCH PAN)

NUT CAKE

- 3/4 CUP SHORTENING
- 1 1/2 CUPS SUGAR
- 3 CUPS FLOUR
- 3 TEASPOONS BAKING POWDER
- 1 1/4 CUPS OF MILK MORE OR LESS
- 1 CUP CHOPPED NUTS
- 5 EGG WHITES BEATEN (LARGE)

CREAM BUTTER OR SHORTENING AND SUGAR MIX AND SIFT DRY INGREDIENTS AND ALTERNATE WITH MILK. ADD NUT MEATS WELL FLOURED AND FOLD IN EGG WHITES BEATEN. BAKE AT 350 DEGREE ABOUT 45 MINUTES OR UNTIL WIRE OR TOOTHPICK COMES OUT CLEAN.



SUMMER SQUASH PIE

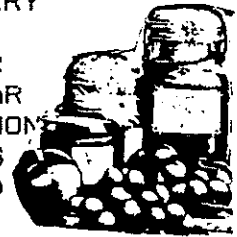
- 3 LARGE SUMMER SQUASH
- 1 CUP SUGAR
- 2 TABLESPOONS FLOUR
- 1 TEASPOON SALT
- 1 TEASPOON NUTMEG
- 1 TEASPOON CINNAMON
- 2 EGGS, BEATEN
- 2 CUPS MILK
- 1 UNBAKED 9-INCH PIE SHELL



COOK SQUASH AND PUT THROUGH A SIEVE. MEASURE 2 CUPS OF THE SQUASH, AND ADD THE SUGAR MIXED WITH FLOUR AND SEASONINGS. MIX BEATEN EGGS WITH MILK, AND BLEND INTO SQUASH MINTURE. POUR INTO UNBAKED PIE SHELL. BAKE 10 MINUTES AT 425 DEGREES. THEN REDUCE HEAT TO 350 DEGREES AND CONTINUE COOKING FOR 50 MINUTES OR UNTIL SILVER KNIFE COMES OUT CLEAN.

OUR RELISH

- 3 PINTS RIPE TOMATOES
- 3 PINTS GREEN TOMATOES
- 1 QUART ONIONS
- 3 RED SWEET PEPPERS (LARGE)
- 3 BUNCHES OF CELERY
- 1/2 CUP SALT
- 3 LBS BROWN SUGAR
- 3 PINTS OF VINEGAR
- 1/2 TEASPOON CINNAMON
- 1/2 TEASPOON CLOVES
- 1/2 CUP MUSTARD SEED



CHOP TOMATOES AND CUT UP CLERY. SOAK GREEN TOMATOES OVER NIGHT IN SALT AND DRAIN IN THE MORNING. COOK 1/2 HOURS OR LONGER. PUT IN STERILE JARS.

Do Yourself a Flavor

Herb Blends to Replace Salt

Saltless Surprise

2 teaspoons garlic powder and 1 teaspoon each of basil, oregano, and powdered lemon rind (or dehydrated lemon juice). Put ingredients into a blender and mix well. Store in a glass container. Label well, and add rice to prevent caking.



Spicy saltless Seasoning

1 teaspoon each of cloves, pepper, and coriander seed (crushed), 2 teaspoons paprika, and 1 tablespoon rosemary. Mix ingredients in a blender. Store in airtight container.

4

JOHN NUTTING 1905 - 1989 POEM DEDICATED ON HIS RETIREMENT

June 1, 1905 -- ". . . a child is born . . ." Part of Isaiah 9:6a
'Twas on an early June first morn,
When to the Nuttings a son was born;
To him they gave the good name John
Like the beloved of our Lord.

AS SEXTON FIRST
PARISH CHURCH BERLIN

Thank You!

No need for fancy wording, John,
To tell the good that you have done:
You know it well, and so do we,
And up in Heaven, so does He;
So we can tell straight from the heart
How great in our lives you've been a part.

And the Lord God planted a garden eastward in Eden, and there He put the man He
had formed (Genesis 2:8) . . . to dress it and to keep it. (Genesis 2:15b)
He planted the garden, He sowed the first seed,
Then He gave it to man to till and to tend;
And into man's hands He gave the keeping
Of all living creatures for him to defend.

The Grange: Patrons of Husbandry

John is a Granger, for many years plus ten
Obeying the instinct God gave the first man;
They honor the land He gave them to till,
And their sheep graze peacefully upon the side hill;
Theirs is the heritage of our father Adam
To keep the earth's garden as best as they can.

2 Timothy 2:15b: . . . a workman that needeth not to be shamed-- And Matthew 20:26b
. . . whosoever will be great among you, . . . let him be your servant.

For John:

Who kept God's House in order For worship on the Sabbath Day,
And for other meetings also He kept it in array:
Who vac'd the bright red carpet And dusted news and all
For the joyous wedding day And the solemn funeral;
Who mowed the lawns in summer And raked leaves in the fall:
Who cleared iced steps in winter Lest someone slip and fall:
Who mopped the sticky kitchen floor Lest someone take a snill,
And cleaned the other floors also So none would come to ill:
Who took the garbage out As quickly as a flash,
And while he was about it Took away the trash.
Who took the tithes and offerings And kept them in account
And reported faithfully Of great or less amount.

Revelations 2:10c . . . Be thou faithful until death, and I will give thee a
crown of life.

So when we stand before the Throne
And God gives crowns to each His own,
He'll say to you, "John, Welcome home;
Come in, come in! Well done, well done!"

WRITTEN BY LOUISE KENT

DECEMBER 1985

Health Notes

By Mary Pethauskas, RN



"Fatigue" is one of the most common complaints people take to their doctors.

The following factors are often associated with fatigue; most can be solved by making simple lifestyle changes.

1. Stress

If you are irritable, over-scheduled, and you feel as if you're always behind, stress could be the reason you're always tired.

• Adjust your schedule and priorities, and make room for free time. Cut back, delegate, relax, and simplify.

2. Depression, Boredom

Fatigue, aches and pains, sleeping and eating disorders, and a general lack of enthusiasm characterize depression.

Regarding boredom, it's been said that the only difference between a rut and a grave is the dimensions.

If simple depression or boredom are bothering you, get out more and find ways to laugh more. Schedule pleasant activities and events. Seek the company of happy people. Donate some time to a worthy cause.

If your depression doesn't respond to lifestyle change, see your doctor.

3. Sleep

If you don't fall asleep easily, stay asleep naturally, and wake up refreshed, you may need to change some habits. Or you may have a sleeping disorder. (See your doctor).

12 reasons for feeling pooped

STEPHEN R. YARNALL, MD
Fellow of the American College of Cardiology
Fellow of the American College of Cardiology

4. "Slobbery"

If you aren't doing healthful things to maintain (or achieve) your ideal weight, and to keep your cardiovascular system in shape, you are gaining points on

the "Slobbery Index" and this will come back to you in the form of fatigue.

Everyone must make time for at least 30 minutes of brisk (aerobic) exercise (e.g. brisk walking, jogging, cycling) at least every other day.

5. Diet

Fat and fatigue usually go hand in hand; when you lose weight, you usually gain energy.

Sugar addicts rely on sugar to give them brief spurts of energy, but the high is usually followed by an extended low called "sugar blues."

Needless to say, a balanced diet that emphasizes fruit, vegetables, grains, and nonfat dairy foods — and restricts fatty foods, alcohol, and sugar — helps fight

6. Caffeine

Whatever picks you up will let you down. In the case of caffeine, the letdown is always longer than the pick up. Gradually dis-

continue your use of caffeine; after six weeks of abstinence, see if you have more energy.

12. Medications

Many medications are associated with drowsiness and fatigue. Ask your doctor or pharmacist which of the non-prescription and prescription medicines you are taking might

7. Nicotine

Moments after a smoker finishes a cigarette, his/her body starts going through nicotine withdrawal. When withdrawal becomes uncomfortable, he/she looks for another fix of nicotine. This up and down cycle is fatiguing.

8. High Blood Pressure (Hypertension)

You cannot tell if your blood pressure is high by the way you feel; high blood pressure has no symptoms. If you feel fatigued, however, you could have hypertension. Get it checked.

9. Hardening of the Arteries (Atherosclerosis)

This disease decreases circulation to your head, heart, kidneys, and legs, and fatigue is one of the most common symptoms noticed in retrospect by people who have had heart attacks.

If fatigue is associated with other symptoms such as chest heaviness or pain, it is all the more important to have a cardiovascular evaluation, including treadmill testing.

10. Medical Disorders

Many medical problems that are associated with fatigue can be diagnosed by a simple blood test and then treated with medication. Check with your doctor if your fatigue lasts over four weeks.

11. Viruses

For years it's been said: "If you don't know what to blame something on, blame it on a virus." Now there seems to be substantial evidence that viruses called "adenoviruses" can cause CEBV ("Chronic Epstein-Barr Virus syndrome" or "chronic mononucleosis") which is associated with chronic fatigue

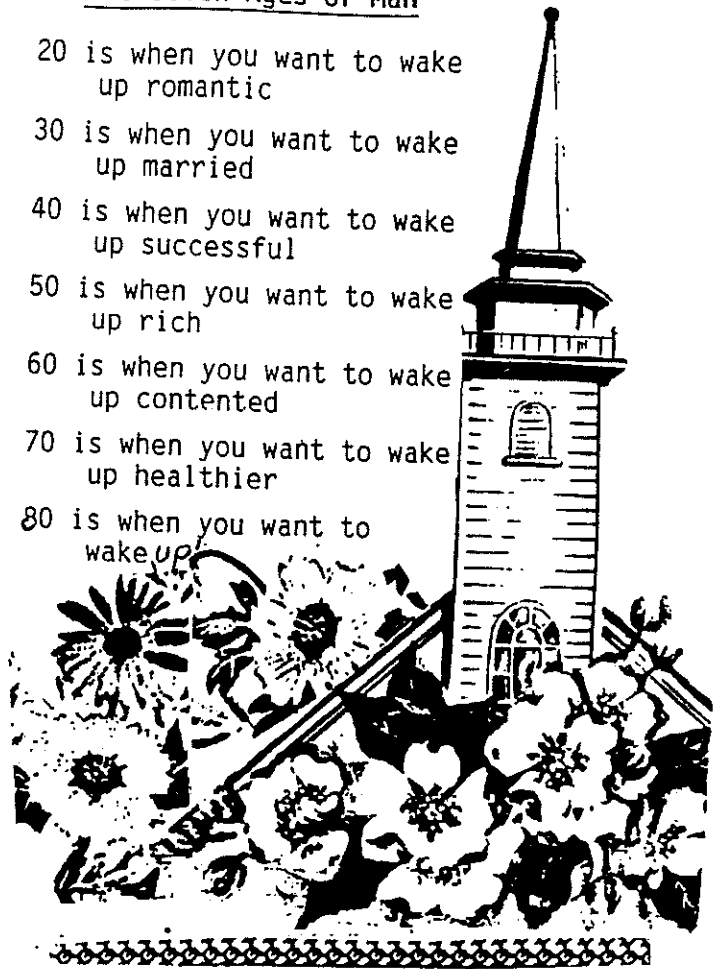
Fulfillment

POWDERHOUSE SENIOR NEWS



The Seven Ages of Man

- 20 is when you want to wake up romantic
- 30 is when you want to wake up married
- 40 is when you want to wake up successful
- 50 is when you want to wake up rich
- 60 is when you want to wake up contented
- 70 is when you want to wake up healthier
- 80 is when you want to wake up!



GOODIES FOR YOU!

If you're 55 or older, we have a

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Thanks to Clinton Savings Bank for paying newsletter postage



Calorie Counter's Prayer

The Lord is my shepherd I shall not want
 He maketh me lie down and do push ups
 He giveth me sodium free bread
 He restoreth my waist line
 He leadeth me past the refrigerator
 For mine own sake
 He maketh me partake of green beans
 instead of potatoes
 He leadeth me past the pizzeria
 Yea tho I walk thru the bakery
 I shall not falter, for thou art with me
 Thy diet colas they comfort me
 Thou preparest a diet for me in the
 presence of mine enemies
 Thou anointest my lettuce with low-cal oil
 My cup will not overflow
 Surely rye crisp and dezerta will follow
 me all the days of my life and I will
 live with hunger pains forever - Amen -

BERLIN SENIOR PROFILE 1989

OVER 75		
FEMALES	66	MALES 57
OTHER		
FEMALES	102	MALES 90
90 YEARS OLD	5	
NURSING HOME RESIDENTS		
FEMALES	6	MALES 3
TOTAL SENIOR POPULATION		320

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POWDERHOUS SENIOR NEWS
BERLIN, MASS



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POWDER HOUSE SENIOR NEWS

BERLIN, MASS.



VOLUME 2-11 COUNCIL ON AGING, BERLIN, MASS. 01503, NOV.&DEC.1989, JAN.1990



*May your Christmas be as bright as the stars
that glow,
As warm as the hearthfire when the cold
winds blow,
As gentle as snowflakes when they fall.
As serene as the love that keeps watch over
all.*



POWDER HOUSE SENIOR NEWS



Mark Your Calendar



NOV. 21 - 7:30

ECUMENICAL THANKSGIVING SERVICE
FIRST PARISH CHURCH

ALL PARISHIONERS AND FRIENDS ARE INVITED. FATHER RON WILL BE HOMILIST.

DEC. 2, 4:30 P.M. LIONS CLUB DINNER

FIRST PARISH CHURCH
MEALS DELIVERED AT 5: P.M. FOR HOME BOUND.

DEC. 2-3 CHRISTMAS SHOPPE FAIR

ST. JOSEPH'S CHURCH
DONATIONS OF CRAFTS ACCEPTIBLE

DEC. 4 - 11.00 A.M.

MASS AT NORTHBROOK, PUBLIC INVITED

DEC. 26 & 29, 1989

NO MEALS ON WHEELS. WE WILL RESUME JAN. 2, 1990. STAFF ON VACATION
MERRY CHRISTMAS TO ALL

DEC. 7, 1989 SENIOR CITIZENS

BLOOD PRESSURE 9:30 A.M.
JOYCE BELLINO- CHRISTMAS TABLE & DECORATIONS.
HOME COOKED MEAL, ITEM APPEAL AND SANTA CLAUSE.
NURSERY SCHOOL ENTERTAINMENT.

DEC. 18, 1989

CHRISTMAS CRAFT NIGHT AT NORTHBROOK
DEC. 24, 11:00 P.M. Xmas Candle Service
Dec. 24, 12:00 A.M. MIDNIGHT MASS.

FRIENDLY VISITORS OR TRANSPORTATION
CALL: ALICE KIDDER 838-2586

HOSPITAL SICK LIST

LOUISE LOCKHART- HUDSON HEALTH CARE NURSING HOME
VIOLA PHIPPS- CLINTON MANOR NURSING HOME
MARY LONG - CLINTON MANOR NURSING HOME
HELEN & KIPPY BREWER- BOLTON MANOR MARLBORO, MASS.
PAULINE PAINE -WESTRIDGE NURSING HOME MARLBORO, MASS
ARLINE POLAND- THORNTON NURSING HOME NORTHBORO, MASS.
RICHARD GARRETT - BOLTON MANNOR NURSING HOME, MARLBORO, MASS.
SEWARD SPINNEY- OAKDALE NURSING HOME, OAKDALE, MASS.
WOULD BE NICE TO SEND A CHRISTMAS CARD.

THANK YOU TO ALL WHO CONTRIBUTED FOR JAMES 2:15 AND FOR CAN GOODS FOR MEALS ON WHEELS.

IT'S NOT EASY

To Apologize
To Begin Over
To Admit Error
To Keep Trying
To Take Advice
To Be Unselfish
To Be Charitable
To Face A Sneer
To Avoid Mistakes
To Be Considerate
To Endure Success
To Profit by Mistakes
To Keep Out of a Rut
To Forgive and Forget
To Think and Then Act
To Make the Best of Little
To Subdue an Unruly Temper
To Recognize the Silver Lining
To Shoulder a Deserved Blame
BUT IT ALWAYS PAYS



POWDERHOUSE SENIOR NEWS

ANNIVERSARIES



BIRTHDAYS

- NOV. 2 DORIS SHORT
2 GRACE PENDERGAST
4 EVERETT BARTLETT JR.
9 ELEANOR BOSSELMAN
14 LULU WHEELER
14 EMELINE HEBB
17 MERELE SHORT
29 VIOLA PHIPPS
- DEC. 1 FRANCIS BURKE
8 MILLIE BLENKHORN
10 WILLARD WHEELER
23 HELEN MANNING
23 JOHN BOYCE
25 EMMA BRAY
27 HAZEL HAMLIN
- JAN. 2 RUSSELL B. WHEELER
9 LORAINÉ SAWYER
10 GEORGE ESTABROOK
11 FRANCIS UNDERWOOD
11 BEN LASKOWSKI
12 ELIZABETH KITTREDGE
12 EDWARD AKROYD
13 JAMES HART
13 MARION KATES
15 HELEN BREWER
16 HAZEL HODDER ROWE
17 ALFRED ST. JOHN
17 RUTH ALGER
17 WINTHROPE BRAY
18 JEAN MUSCHE
19 CECELIA KERRIGAN
21 ALICE BURKE
24 SANDY KENNEDY



EYEGASSES FOR THE NEEDY

PLEASE BRING YOUR OLD EYEGASSES TO THE SENIOR CITIZENS MEETING AND WE WILL SEE THAT THEY ARE SENT TO THE NEEDY.

- NOV. 27 AUGUSTINE & ALICE MURPHY
29 ALFRED & RENA WHEELER
29 EMMA & WINTHROP BRAY
30 JAMES & SUSAN HART.

DEC. 7 CLYDE & HELEN MANNING

JAN. NONE

"CHRISTMAS TREE"

MANY EXPLANATIONS ARE GIVEN AS TO HOW THE CHRISTMAS TREE CUSTOM BEGAN. BUT ONE OF THE OLDEST IS THE STORY TOLD AGAIN AND AGAIN THAT ST. BONIFACE, THE ENGLISH APOSTLE TO GERMANY, FOUND IT DIFFICULT TO PREACH THE STORY OF CHRISTIANITY, BECAUSE THE NATIVES WERE IN FEAR OF THE PAGAN DIETY, WHO, THEY BELIEVED, DWELLED IN THE OAK TREE. BONIFACE, TAKING AN AXE, ATTACKED THE SCARED OAK OF THOR, ON MOUNT GUDENBERG AT GEISMAR. ACCORDING TO THE STORY, THE MIGHTY OAK SPLIT AND CRASHED TO THE GROUND. WHEN THE NATIVES SAW THAT THIS PREACHER OF CHRISTIAN TRUTHS HAD DESTROYED THE TREE WITHOUT FEAR OR ANY CONSEQUENT HARM, THEY LISTENED TO HIS TEACHINGS.

TRADITION CONTINUES THAT ACCOUNT BY TELLING THAT A YOUNG FIR TREE WAS SEEN IN THE PLACE NEAR THE BASE OF THE MIGHTY OAK, AND THEN BONIFACE SAID, "THIS SHALL BE A SYMBOL OF THE NEW FAITH, THE EMBLEM OF CHRISTMAS." THE MISSIONARY TAUGHT THAT BECAUSE THIS TREE DID NOT SHED ITS LEAVES, AS DID THE DECIDUOUS OAK, OR CHANGE ITS COLOR, THAT IT WOULD WELL SYMBOLIZE THE STEADFASTNESS OF THE SAVIOUR WHO WAS BORN ON CHRISTMAS. AS GREEN IS THE COLOR SYMBOLIC OF HOPE, THE CHURCH HAS FOR CENTURIES USED GREEN VESTMENTS AT MASS ON THE SUNDAYS THROUT THE YEAR.

THANK YOU: BARBARA ST. JOHN

POWDER HOUSE SENIOR NEWS COMMITTEE

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SUSAN COLDWELL
MARY PETKAUSKOS
RN-EDITOR

Aging and Your Eyes

4
**SHARE
YOUR
WORLD**

Poor eyesight is not inevitable with age. Some physical changes occur during the normal aging process that can cause a gradual decline in vision, but most older people maintain good eyesight into their eighties and beyond.

Older people generally need brighter light for such tasks as reading, cooking, or driving a car. In addition, incandescent light bulbs (regular household bulbs) are better than fluorescent lights (tubular overhead lights) for older eyes.

Certain eye disorders and diseases occur more frequently in old age, but a great deal can be done to prevent or correct these conditions. Here are some suggestions to help protect your eyes:

- Have regular health check-ups to detect such treatable diseases as high blood pressure and diabetes, both of which may cause eye problems.
- Have a complete eye examination every 2 or 3 years since many eye diseases have no early noticeable symptoms. The examination should include a vision (and glasses) evaluation, eye muscle check, check for glaucoma, and thorough internal and external eye health exams.
- Seek more frequent eye health care if you have diabetes or a family history of eye disease. Make arrangements for care immediately if you experience signs such as loss or dimness in vision, eye pain, excessive discharge from the eye, double vision, or redness or swelling of the eye or eyelid.

THE FRIENDLY VISITOR'S ROLE

The Friendly Visitor can play a vital role in the life of the elderly and lonely individual.

YOU as a Volunteer may be the most important contact the older person has in the community because of the companionship, understanding and empathy which you can provide.

CONSIDER THIS

We all operate on some principles not necessarily expressed. And, of course, we break our own rules occasionally, sometimes to our regret.

By retirement time, most of us have a few ideas that might be helpful to others. Please call me at 8-2835 if you have a sentence that puts into words a thought that has been good for you to keep in mind.

Here are four from me:

1. Don't agree to do what you cannot do IN GOOD SPIRIT.
2. Of income: give some, save some, spend some.
3. It is easier to be by yourself, but better to be with others.
4. Resentment hurts you more than the other person, so YOU need to talk to that person for YOUR sake.

Let me hear from you with your ideas and/or your comments on mine.

- Leighton Richardson

POWDERHOUSE SENIOR NEWS

Health Notes

By Mary Pothauckas, RN

CAUTION

IF YOU OR OTHER MEMBERS OF YOUR FAMILY ARE OLDER THAN 60, YOUNGER THAN 2, OR TAKING CERTAIN TYPES OF DRUGS (MEDICATIONS USED TO TREAT ANXIETY, DEPRESSION, NERVOUSNESS, AND NAUSEA) YOU SHOULD BE CAREFUL ABOUT SETTING YOUR THERMOSTAT BELOW 65°F. YOU COULD FACE A VERY SEVERE CONDITION CALL HYPOTHERMIA. HYPOTHERMIA OCCURS DURING COLD WEATHER WHEN YOUR BODY TEMPERATURE DROPS LOWER THAN NORMAL. HYPOTHERMIA OCCURS WHEN YOUR BODY CANNOT PRODUCE ENOUGH BODY HEAT. IF THIS IS LEFT UNTREATED, HYPOTHERMIA CAN CAUSE DEATH.

SYMPTOMS



HYPOTHERMIA SHOULD BE SUSPECTED IF ANY OF THESE SIGNS APPEAR.

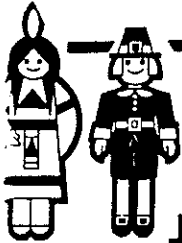
- . BLOATED FACE, SKIN COLOR PALE AND WAXY, AND AT OTHER TIMES ODDLY PINK.
- . TREMBLING ON ONE SIDE OF THE BODY OR IN ONE ARM OR LEG, BUT NOT NECESSARILY SHIVERING
- . IRREGULAR AND SLOWED HEART BEAT, SLURRED SPEECH AND VERY SLOW BREATHING
- . LOW BLOOD PRESSURE AND DIZZINESS
- . DISORIENTATION, CONFUSION, AND DROWSINESS LEADING TO COMA.

THE HYPOTHERMIA VICTIM DOES NOT FEEL COLD, THUS HE OR SHE WILL NOT RESPOND TO TURNING UP THE THERMOSTAT OR ADDING MORE CLOTHING OR BLANKETS. IF A PERSON IS SUSPECTED OF SUFFERING FROM HYPOTHERMIA, CALL FOR PROFESSIONAL MEDICAL ASSISTANCE IMMEDIATELY UNTIL MEDICAL HELP ARRIVES, THE VICTIM SHOULD BE KEPT WARM WITH A THERMAL OR ELECTRIC BLANKET AND HEATING PADS ON A LOW TO MEDIUM SETTING. THE ARMS AND LEGS SHOULD NEVER BE RUBBED.

TO PREVENT HYPOTHERMIA



- . WEAR WARM CLOTHING IN THE DAYTIME; USE PLENTY OF BLANKETS AT NIGHT.
- . EAT ENOUGH; STAY AS ACTIVE AS POSSIBLE
- . ASK YOUR DOCTOR ABOUT ANY MEDICATIONS YOU'RE TAKING THAT MIGHT MAKE YOU INSENSITIVE TO THE COLD
- . ASK FRIENDS OR RELATIVES TO VISIT OR CALL YOU REGULARLY
- . SET YOUR THERMOSTAT AT 68°F. SOME OLDER PERSONS MAY REQUIRE EVEN HIGHER SETTINGS.



Recipes for the Holidays



Turkey Tetrazini **

1 pkg. (4 oz.) noodles
 2 cups diced turkey
 2 cups turkey stock or chicken broth
 6 T. butter, margarine or Crisco
 6 T. enriched flour
 1½ teaspoons salt
 ¼ teaspoon pepper

½ teaspoon celery salt
 1 cup heavy cream or whole milk, scalded
 ½ teaspoon sherry flavoring
 1 can mushrooms (6 oz.)
 ½ cup toasted slivered almonds
 3 T. minced parsley
 ½ cup grated Parmesan cheese



Cook noodles in boiling, salted water. Drain. Melt fat, add flour and blend. Add seasoning stock. Cook over low heat until thickened, stirring constantly. Remove from fire. Stir in cream, sherry flavoring, mushrooms, almonds and parsley. Alternate layers of noodles, turkey and mushroom sauce in greased 2-quart casserole. Top with cheese. Bake, uncovered, in 350 degree oven 45-50 minutes.

Maria M. Knowles, Immanuel Baptist Church, Portland, Maine

Cranberry Chutney **



1 16 oz. pkg. cranberries
 2 cups sugar
 1 cup orange juice
 1 cup raisins (dark or golden)
 1 cup chopped walnuts

1 cup chopped celery
 1 medium apple, Cortland,
 chopped
 1 T. grated orange peel
 1 teaspoon ground ginger
 marmalade

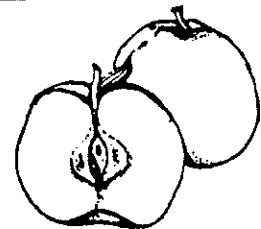
Heat berries, sugar, and orange juice to boiling. Simmer 15 minutes. Stir frequently. Stir in remaining ingredients. Refrigerate, covered. Good keeper. EASY.

Lillian Bartlett, Church on the Cape, Cape Porpoise, Maine

Apple Chunk Cake **

4 medium sized apples
 ½ cup raisins
 ½ cup caramel or chocolate chips
 ¼ to ½ cup chopped walnuts
 2½ cups unsifted flour
 1½ cups sugar (½ white and ½ brown)

1 teaspoon baking powder
 1 teaspoon cinnamon
 1 stick margarine or butter
 1 teaspoon vanilla
 1 teaspoon baking soda
 2 eggs



Peel and dice apples into large bowl. Add raisins. Add caramel chips, walnuts, flour, sugar, baking powder, and cinnamon. Mix this all together. Mix until flour has completely covered all other things. (Mix with wooden spoon). Heat 1 cup water to boiling. Add margarine, vanilla, and soda to water when just taken off stove. Add liquid mixture to dry ingredients and stir until well mixed. Add unbeaten eggs, mix until well blended with spoon. Pour into large well greased and floured pan. Round tube pan is fine. Bake at 350 degrees for 1 hour or until straw comes out clean. Remove from oven and let cool in pan overnight. Remove carefully. This makes a large cake - a very old Virginia recipe.

Marjorie Seippel, Christ Church, Kennebunk, Maine

** All recipes courtesy of "Maine Church Suppers" by Elaine Robinson. Copyright 1988 by Elaine Robinson. Reprinted by permission of THANKSGIVING

Thanksgiving is a time for remembering
 The good gifts of every day,
 The countless blessings that are ever ours
 As we go along the way.



Thanksgiving is a time for remembering
 And each time this day draws near,
 The hearts of mankind join in grateful praise
 At this special time of year.

POWDERHOUSE SENIOR NEWS



This Christmas, Give Your Grandchild A Special Gift

Toys are wonderful. So are books, clothes, and sports equipment.

But a Savings Account from Clinton Savings Bank may be the most wonderful gift you can give this holiday season. It's a building block to a secure future for your grandchild or anyone who is special to you. Every time you make a deposit, you are building a tidy sum for college, marriage, business, or important purchases, like buying a home.

The account that you open now can make a big difference in your grandchild's life in the years to come, and opening one will only take a minute or two of your time. No hassles. No rushing around.

Best of all, a Clinton Savings Bank Savings Account spells love. Lots of Love.

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- 3 Main St., Sterling, MA 422-8133
- Rte. 117, Great Rd., Bolton, MA 779-2857
- 25 Central St., Berlin, MA 838-2286



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PEACE* On Earth

SOMETHING TO THINK ABOUT

WE CAN'T...BUT GOD CAN!

WHY THINGS HAPPEN AS THEY DO
 WE DO NOT ALWAYS KNOW,
 AND WE CANNOT ALWAYS FATHOM
 WHY OUR SPIRITS SINK SO LOW
 WE FLOUNDER IN OUR DARK DISTRESS,
 WE ARE WAVERING AND UNSTABLE,
 BUT WHEN WE'RE MOST INADEQUATE
 THE LORD GOD'S ALWAYS ABLE...
 FOR THOUGH WE ARE INCAPABLE,
 GOD'S POWERFUL AND GREAT,
 AND THERE'S NO DARKNESS OF THE MIND
 THAT GOD CAN'T PENETRATE
 AND ALL THAT IS REQUIRED OF US
 WHENEVER THINGS GO WRONG
 IS TO TRUST IN GOD IMPLICITLY
 WITH A FAITH THAT'S DEEP AND STRONG,
 AND WHILE HE MAY NOT INSTANTLY
 UNRAVEL ALL THE STRANDS
 OF THE TANGLED THOUGHTS THAT TROUBLE US
 HE COMPLETELY UNDERSTANDS...
 AND IN HIS TIME, IF WE HAVE FAITH,
 HE WILL GRADUALLY RESTORE
 THE BRIGHTNESS TO OUR SPIRIT
 THAT WE'VE BEEN LONGING FOR...
 SO REMEMBER, THERE'S NO CLOUD TOO DARK
 FOR GOD'S LIGHT TO PENETRATE
 IF WE KEEP ON BELIEVING
 AND HAVE FAITH ENOUGH TO WAIT!

HELEN STEINER RICE
NEW YEAR RECIPE

- | | |
|-----------------------|------------------------|
| 4 CUPS OF LOVE | 5 SPOONS OF HOPE |
| 2 CUPS OF LOYALTY | 2 SPOONS OF TENDERNESS |
| 3 CUPS OF FORGIVENESS | 4 QUARTS OF FAITH |
| 1 CUP OF FRIENDSHIP | 1 BARREL OF LAUGHTER |

TAKE LOVE AND LOYALTY,
 MIX IT THOROUGHLY WITH FAITH,
 BLEND IT WITH TENDERNESS, KINDNESS
 AND UNDERSTANDING.
 SPRINKLE ABUNDANTLY WITH LAUGHTER,
 BAKE IT WITH SUNSHINE,
 SERVE DAILY WITH GENEROUS HELPINGS.

No one is old until regrets take the place of dreams.

--John Barrymore



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