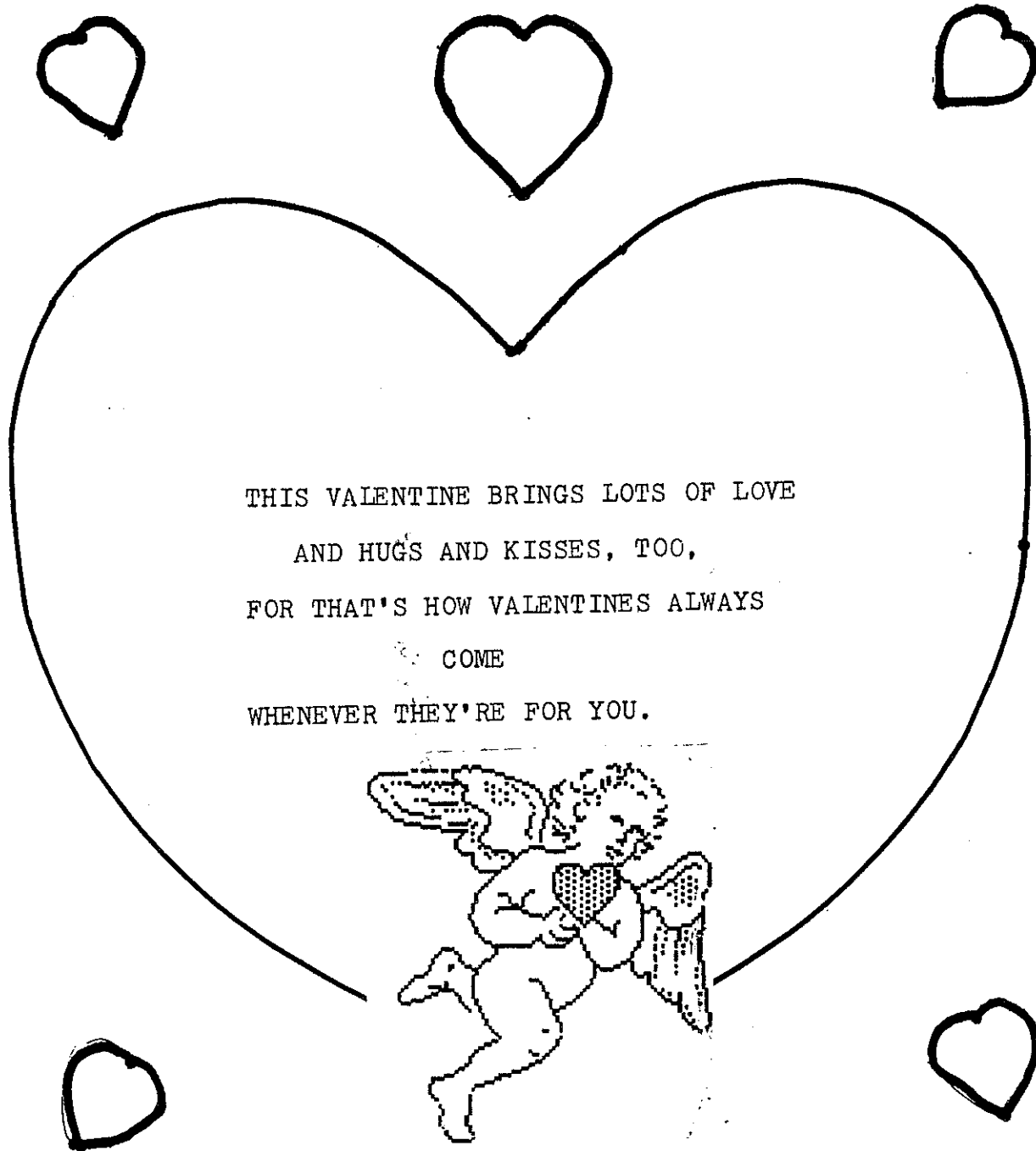


POWDER HOUSE SENIOR NEWS

BERLIN, MASS.



VOLUME 2-12 COUNCIL ON AGING, BERLIN, MASS. 01503--FEBRUARY/MARCH 1990



POWDERHOUSE SENIOR NEWS



HOSPITAL SICK LIST

Mildred Monroe --Marlboro Hospital
Alice Burke -- Mass. General Boston
Francis Underwood --St. Vincents, Worc.

SPECIAL THANKS

Louise Champagne has resigned from the Council on the Aging. We will miss her and her contributions.

"A HAPPY BIRTHDAY TO ALL"

Feb.	1	Hope Duckworth
	4	Nattie Akroyd
	9	Andrew Matthew
	10	Pauline Paine
	13	Margaret Laskowski
	13	Lephe Wilson
	18	William Quinton
	19	Harriet Field
	20	Francis Kennedy
	24	Mary Petkauskas
March	4	Blanche Nutting
	5	Melvin Mason
	8	Florence Martin
	11	Helen Matthew
	14	Joanne Wheeler
	16	Margaret Ware
	18	Lillian Holyoak
	21	Hazel Harriam
	22	Barbara Foster
	23	John Hamlin
	25	Marjorie Wheeler
	25	Nattie Wheeler
	27	Leonard Ferreira

GREETINGS FROM PRESIDENT

Requests for presidential greetings to senior citizens should be mailed to:

GREETINGS OFFICE
OFFICE OF THE PRESIDENT, WHITE HOUSE

1600 PENNSYLVANIA AVE

WASHINGTON, D.C. 20500

People age 80 and older or couples married for 50 years or more are eligible. Your request must include THEIR names, addresses and the relevant dates and should be sent at least 30 days in advance of the event.

"HAPPY ANNIVERSARY"

Feb.	20	Willard and Joanne Wheeler
	25	Ruth and Jim Alger
March	11	John and Elizabeth Risi
	16	Charles and Laura Nutting
	19	Carl and Viola Phipps



Helen Baker, Grace Pendergast and Inez Jackson. Inez formerly was the oldest resident in Berlin. 102 years. Louise Lockhart just passed away.



Feb. 1, 1990 Senior Citizens at First Parish Church-Willard Wheeler-Travelogue. Blood Pressures will be taken.

March 1, 1990 Senior Citizens at First Parish Church-Berlin Memorial School Concert. From The Musical Dept. Blood Pressures will be taken.

BLOOD PRESSURES WILL BE TAKEN AT NORTH-BROOK THE LAST TUES EACH MONTH.

Health Notes

FEBRUARY IS HEART MONTH

By Mary Patkowske, RN

A SPECIAL MESSAGE FROM AMERICAN HEART ASSOCIATION THIS YEAR BECAUSE IT MARKS THE INAUGURATION OF "HEART GUIDE"-TO HELP AMERICANS MAKE FOOD CHOICES. THE AMERICAN HEART ASSOC. IS LAUNCHING A NATIONWIDE NUTRITION EDUCATION PROGRAM THROUGH THE MASS MEDIA, GROCERY STORES DISPLAY'S CONSUMER BROCHURES, A TOLL FREE HOT LINE AND A NEW HEART AND CHECK SEAL IDENTIFYING FOODS THAT MEET AMERICAN HEART ASSOCIATION GUIDE LINES.

ONE FOR THE HEART-POTASSIUM

THE NEWS ON POTASSIUM IS GOOD-AVAILABLE IN A VARIETY OF LOW CALORIE FOODS, THIS MINERAL CAN LOWER HIGH BLOOD PRESSURE AND PROTECT AGAINST STROKE. FOR EVERY "LUB" YOUR HEART MAKES THERE IS A RHYTHMIC EVENLY Paced "DUB" REPEATED FROM 60 - 90 TIMES A MINUTE. MAYBE YOUR FAVORITE VALENTINE WILL CAUSE YOU TO SKIP A BEAT OR TWO, BUT FOR THE MOST PART YOU CAN COUNT ON THE REGULARITY OF YOUR HEART BEAT. AND TO KEEP THAT STEADY BEAT YOUR HEART NEEDS POTASSIUM.

IN ADDITION TO CONTROLLING HEART RHYTHM THIS MINERAL ALLOWS NERVES TO RESPOND TO STIMULATE AND MUSCLES TO CONTRACT, TO KEEP THE BODY'S ORGAN SYSTEMS FUNCTIONING PROPERLY. POTASSIUM AND SODIUM MAINTAIN PH BALANCE BY WORKING TOGETHER LIKE A TEAM OF TRAFFIC COPS TO DIRECT THE RATE OF FLOW OF BODY FLUIDS IN AND OUT OF EVERY CELL IN YOUR BODY.

POTASSIUM DEFICIENCY, PRIMARILY DUE TO DEHYDRATION ASSOCIATED WITH SEVERE DIARRHIA, OR VOMITING OR WITH EXCESS FLUID LOSS THAT CAN OCCUR BY TAKING CERTAIN DIURETICS CAN CAUSE (IRREGULAR OR OUT OF CONTROL HEART RATE IMPAIRED KIDNEY FUNCTION AND MUSCLE WEAKNESS. SIGNS OF DEFICIENCY INCLUDES LOSS OF APPETITE, CONSTIPATION, MUSCLE WEAKNESS AND FATIGUE.

LUCKILY POTASSIUM DEFICIENCY IS RARE IN HEALTHY PEOPLE WHO EAT A WELL-BALANCED DIET.

THE BEST WAY TO GET AN ADEQUATE SUPPLY OF THE POTASSIUM MINERAL A DAY IS TO INCLUDE SUCH FOODS AS LEGUMES, POTATOES, BRAN CEREALS, BANANAS, CITRUS FRUITS, FISH, LEAN MEAT AND LOW FAT MILK IN YOUR DIET.

GOOD SOURCES OF POTASSIUM IN LOW CALORIE FOODS

FRUITS:

APRICOT	281MG-51 CAL.
BANANA	370MG-85 CAL.
CANTALOPE	251MG-30 CAL.
ORANGE	200MG-49 CAL.
PAPAYA	234MG-39 CAL.
PEACHES	1330MG-38 CAL.
RASBERRIES	199MG-73 CAL.
GUAVA	281MG-62 CAL.

VEGETABLES:

BEEETS	335MG-43 CAL.
BROCOLI	382MG-32 CAL.
CARROTTS	341MG-42 CAL.
LETTUCE	264MG-14-18 CAL.
MUSHROOMS	414MG-28 CAL.
POTATOES	40MG-76 CAL.
SPINICH	470MG-26 CAL.
YAMS	600MG-101 CAL.

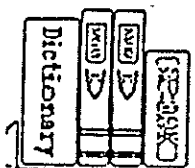
EXCERPTS FROM NUTRITIONAL AND MEDICAL DEPARTMENT AT STANFORD UNIVERSITY MEDICAL CENTER CALIFORNIA.

NUTRITIONISTS ALWAYS RECOMMEND DIETARY SOURCES OF POTASSIUM RATHER THAN SUPPLEMENTS BECAUSE NUTRIENTS IN FOOD ARE FOUND IN COMBINATIONS THAT ENHANCE ABSORPTION.

TO KEEP YOU "LUB-DUBBING" RHYTHMICALLY AND STAVE OFF HIGH BLOOD PRESSURE OR ITS CONSEQUENCES, POTASSIUM-RICH FOODS SHOULD BE AT THE HEART OF A WELL BALANCED MEAL.

for

Healthy Hearts



For Your Information

SPOUSAL IMPOVERISHMENT PROTECTIONS REMAINS IN EFFECT

Help for Spouses Remains Unchanged By Repeal of Catastrophic.

Older husbands and wives who fear they will be forced to live in poverty after their spouse enters a nursing home will benefit from new federal financial protection that went into effect on Sept. 30.

The spousal impoverishment protection is still in effect. Although Congress repealed most of the Medicare Catastrophic Coverage Act, it left this important protection in place.

Previously, most older couples were forced to deplete their life savings in order to qualify for Medicaid coverage of nursing home care--leaving the at-home spouse to live on an average income of \$340 per month. But now states must allow the non-institutionalized spouse to keep at least \$815 in monthly income (if they have it), such as Social Security benefits and private pensions.

CATASTROPHIC PREMIUM--Although the Medicare Catastrophic Coverage Act and the premiums that financed it were repealed, most people 65 and older will continue to pay the basic premium until the Social Security Administration adjusts its computers. Until May or June 5.30 (\$4.90 for the basic premium, plus .40 for deficit reduction) will be deducted automatically from monthly Social Security checks.

POWDER HOUSE SENIOR NEWS COMMITTEE

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RN.-EDITOR

LONG-TERM (MEDI-GAP) INSURANCE

Elder advocates from across the state have criticized long-term insurance on the grounds that the policies are too expensive and fundamentally defective. Massachusetts is one of the first states to move on the issue of regulating this type of insurance and proposed regulations would remedy some of the defects now inherent in long-term insurance policies.

Until these regulations become law, be very cautious before purchasing this insurance.

BERLIN MEMORIAL SCHOOL FUND RAISER

"The Odd Couple"

Friends of Berlin Memorial will be presenting as a benefit the female version of Neil Simon's classic comedy "The Odd Couple" Friday, Feb. 23rd through Sunday, Feb. 25 and again on Friday and Saturday, March 2nd and 3rd.

This production is a benefit with all profits going to the Berlin Memorial Elem. School to support critical projects and programs that that were cut due to the recent drastic reductions in state aid to cities and towns.

Directed by Bonnie Stockdale, the play is one of Neil Simons better Known comedies, depicting the entertaining conflict between the "Neatnik" and the "Slob" and takes place in New York City.

All performances will be at the Tahanto Regional High School, Rt 70 in Boylston, Ma. Fri. and Sat. performances will begin at 8:00pm while the Sun. Matinee will start at 2:00 pm. Tickets are \$5.00 in advance and \$6.00 at the door.

All seniors are invited to attend. Transportation free of charge can be provided for the Sun. matinee. Please call Lynn at 838-2735 for reservations or ticket information. If you would like to become a sponsor forms are available at the Northbrook Village Comm. Bldg. Deadline for sponsors is Jan. 31st Thank you for your support

Nutrition Corner !!

LENT BEGINS ON FEBRUARY 28, 1990 THIS YEAR.

HOW ABOUT SOME FISH?

GRILLED SALMON TERIYAKI

(Serves 4)

2 lbs salmon steaks or fillets
1 Pineapple, cut into rings, brushed with melted butter or margarine

Teriyaki Sauce

1/2 cup & 2 Tlb brown sugar
1 cup hot water
1/4 cup soy sauce
1/4 tsp dry mustard
1/4 tsp ground ginger
1/4 tsp garlic powder

(To make sauce, combine all ingredients and mix well)

Preheat grill and brush with salad oil. Rinse salmon with cold water; pat dry. Sprinkle with parika; brush with salad oil. Brush pineapple with teriyaki sauce. Grill salmon approximately 10 min. per inch, alongside pineapple, turning halfway through cooking time. It is cooked when fish flakes easily when tested with fork. Place salmon and pineapple on platter and garnish with parsley or watercress. Serve with teriyaki sauce.

MICROWAVE COOKING TIP

RICE:

In a 1 quart casserole, cook 1 cup regular long grain rice, 1 3/4 cups water, and 1 tablespoon butter or margarine, covered, on High 5 minutes. Then cook on Medium (50% power) 15 to 20 minutes. Fluff with fork, season to taste. Delicious with veg. meat or use with fruit for desert.

THE POINSETTIA IS A LOVELY CHRISTMAS PLANT WITH COLORFUL RED, WHITE, OR PINK BRACTS. BRACTS ARE WHAT MANY PEOPLE THINK OF AS THE FLOWERS THESE COLORFUL BRACTS ARE NOT THE FLOWER BUT THE LEAVES. THE FLOWERS ARE THE LITTLE NUBS IN THE CENTER OF THE BRACT. CARING FOR THESE CHRISTMAS PLANTS WHILE IN BLOOM IS SIMPLE. POINSETTIAS LIKE A SUNNY AREA AWAY FROM DRAFTS AND ROOMS KEPT AT 65-70 DEGREES F. DURING THE WINTER MONTHS. THE SOIL MUST BE KEPT EVENLY MOIST. IF THE SOIL HAS DRIED, THE LEAVES WILL WILT, YELLOW, AND DIE. YOU CAN FEED THE PLANT ALL-PURPOSE PLANT FOOD IN THE SPRING AND SUMMER MONTHS. DON'T BE FOOLED BY WHAT APPEARS TO BE A DYING PLANT. THE POINSETTIA'S FOLIAGE KEEPS GROWING AFTER THE BRACTS DROP.

SOMETHING TO THINK ABOUT

No one really listens to anyone else, and if you try it for a while you'll see why.

Mignon McLaughlin

VISIT THE BERLIN LIBRARY

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 MONDAY, TUESDAY AND THURSDAY 1-5; WEDNESDAY 1-8 SATURDAY 10-1.

GIVE IT A TRY. THE LIBRARY STAFF IS EAGER TO HELP YOU.

SPECIAL THANK YOU TO SENIOR CITIZENS FOR THEIR DONATIONS OF GLASSES FOR THE LIONS CLUB TO SEND TO THE NEEDY.

XX



POWDER HOUSE SENIOR NEWS:

INFORMATION OF INTEREST TO SENIORS:

HAVE YOU NOTICED?

We have new signs on Pleasant Street for the Elderly crossing and 35, and go slow. Thanks to Chief Wheeler and Road Commissioner Dennis Bartlett and crew.

APPLES FOR THE STUDENTS

Berlin Memorial School is collecting Stop and Shop and Bradless receipts in order to earn free Apple Computers. Please drop off your receipts at the Northbrook Comm. Bldg. or at Berlin Memorial School or send to 132 Coburn Rd. Berlin, Ma 01503. We currently have 65,000 in receipts. Our goal is 125,000, to be used for an Apple Computer.

USED CHRISTMAS CARDS

Don't throw away those used Christmas or get well cards. They would mean a lot to St. Jude's Ranch for children. They have a card-recycling program and would love to have your cards. It could be sent bulk mail.

St. Jude's Ranch
for Children
P.O. Box 1426-AL
Boulder City, Nev.
89005-1426

*"Man blames fate for other accidents,
but feels personally responsible
when he makes a hole-in-one."*

- HORIZONS

I KNOW SOMETHING GOOD ABOUT YOU

WOULDN'T THIS OLD WORLD BE BETTER
IF THE FOLKS WE MEET WOULD SAY,
"I KNOW SOMETHING GOOD ABOUT YOU"
AND THEN TREAT US JUST THAT WAY?.

WOULDN'T IT BE FINE AND DANDY
IF EACH HANDCLASP WARM AND TRUE
CARRIED WITH IT THIS ASSURANCE.
"I KNOW SOMETHING GOOD ABOUT YOU".

WOULDN'T LIFE BE LOTS MORE HAPPY,
IF THE GOOD THAT'S IN US ALL
WERE THE ONLY THING ABOUT US
THAT FOLKS BOTHERED TO RECALL?

WOULDN'T LIFE BE LOTS MORE HAPPY,
IF WE PRAISED THE GOOD WE SEE?--
FOR THERE'S SUCH A LOT OF GOODNEWS
IN THE WORST OF YOU AND ME.

WOULDN'T IT BE NICE TO PRACTICE
THAT FINE WAY OF THINKING TOO?--
YOU KNOW SOMETHING GOOD ABOUT ME,
I KNOW SOMETHING GOOD ABOUT YOU.

Author Unknown

WHAT IS LOVE?

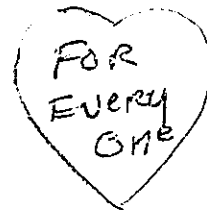
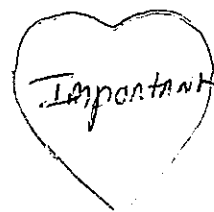
It's silence when your words would hurt

It's patience when your neighbor's curt.

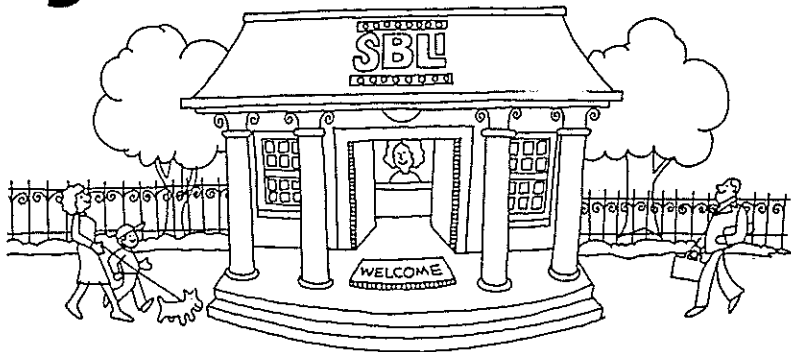
It's deafness when the scandal flows,

It's thoughtfulness for another's woes.

It's promptness when stern duty calls,
It's courage when misfortune falls.



"Put your money where your bank is"



Savings Bank Life Insurance, with over 80 years experience, offers the Life Saver Plan.

A Flexible Premium Deferred Annuity

The Life Saver Plan is a flexible premium deferred annuity which features attractive current rates, tax deferral, minimum interest guarantees, various income options, safety of principle and much more.



Clinton Savings Bank

"Your Bank from Generation to Generation - Since 1851"

CLINTON 200 Church St. 365-4591/368-1801	STERLING 3 Main St. 422-8133	BOLTON Rte. 117 at the Sail Box 779-2857	BERLIN 25 Central St. 838-2286	PRINCETON (ATM) 2 Mountain Rd. 422-8133
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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.

CONSIDER THIS

IT WILL BE A HAPPIER NEW YEAR FOR EACH OF US IF WE REMEMBER AND USE PRINCIPLES WE BELIEVE IN OR COULD ADOPT.

FOR INSTANCE:

1) WHEN WE DO SOMETHING SACRIFICIAL FOR SOMEONE ELSE AND EXPECT NOTHING IN RETURN, IT'S AN EVEN BIGGER LIFT THAN WHEN SOMEONE ELSE DOES SOMETHING SACRIFICIAL FOR US.

2) AS THOSE WE LOVE GET A LITTLE OLDER, AND, LIKE OURSELVES, BEGIN TO SHOW IT, WE NEED TO REMEMBER THAT THE PERSON INSIDE THAT WE CARE ABOUT, IS STILL THERE FOR US, WANTING OUR RESPECT AND CARING, AS MUCH AS WE WANT IT FROM THEM.

3) EVERYTHING LOOSE SEEMS TO FALL ON THE FLOOR WHENEVER IT CAN. IT HAPPENS TO ALL OF US. EVERYONE GOES INTO ANOTHER ROOM OCCASIONALLY, AND HAS TO GO BACK TO THE ROOM WHERE HE WAS, TO REMEMBER WHAT HE WENT IN THE OTHER ROOM FOR WE ALL HAVE DONE IT. EVERYONE HAS BOUGHT TOO MANY THINGS THAT DON'T WORK OR IN SOME WAY ARE NOT AS THEY SHOULD BE. THAT'S THE MANUFACTURER'S FAULT, NOT YOURS. ALL OF US HAVE THOSE DAYS WHEN WE CAN'T SEEM TO DO ANYTHING CORRECTLY OURSELVES. DON'T BLAME YOURSELF TOO MUCH, BECAUSE OTHERS DO THE SAME. WORKING A LITTLE MORE SLOWLY AND CAREFULLY WILL USUALLY HELP. PAYING BETTER ATTENTION IN GENERAL SAVES A LOT OF GRIEF. IT'S GOOD TO DO OUR VERY BEST AND THEN, NO MATTER WHAT, FOCUS ON HAPPIER AND MORE IMPORTANT SUBJECTS THAN THOSE WHICH SEEM TO US TO BE OUR DEVELOPING IMPERFECTIONS.

YOU LOOK FINE TO ME!

-Leighton Richardson

february is heart month

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POWDERHOUSE SENIOR NEWS BERLIN, MASS



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PATRICIA WHEELER	838-2559

POWDER HOUSE SENIOR NEWS

BERLIN, MASS.



VOLUME 2-13 COUNCIL ON AGING, BERLIN, MASS. 01503--APRIL/May 1990



MY MOTHER

EVERY DAY I THINK OF YOU
THINK OF ALL YOU USED TO DO
HOW YOU USED TO WATCH AND PRAY
HOW YOU KISSED MY TEARS AWAY
HOW YOU HELD ME SAFE FROM HARM
IN THE SHELTER OF YOUR ARM
AND IT SEEMS YOU GROW MORE DEAR
TO MY HEART EACH PASSING YEAR.

MOTHERS DAY:

IT TOOK SEVEN YEARS FOR ANNA JARVIS,
WHOSE MOTHER DIED IN MAY 1906, TO
SUCCEED IN HER CAMPAIGN TO HAVE A
DAY SET ASIDE TO HONOR MOTHERHOOD,
THE HOLIDAY WAS FIRST OBSERVED IN
1913, AND HAS SINCE SPAWNED FATHER'S
DAY, GRANDPARENT'S DAY, AND MOTHER-
IN LAW'S DAY, IT IS THE SECOND
SUNDAY IN MAY.

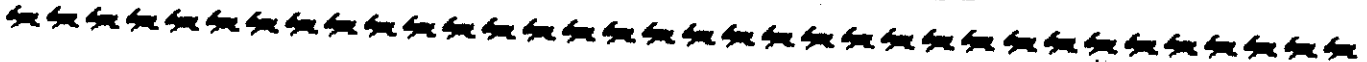
GRANDPARENTS

A DESCRIPTION BY ERMA BOMBECK

A GRANDPARENT CAN ALWAYS BE COUNTED
UPON TO BUY ANYTHING YOU'RE SELLING,
FROM FLOWER SEEDS TO COOKIES.
A GRANDPARENT WILL PUT A SWEATER ON
YOU WHEN SHE IS COLD.
A GRANDPARENT IS THE ONLY BABY SITTER
WHO DOESN'T CHARGE MONEY TO KEEP YOU.
A GRANDPARENT WILL BELIEVE YOU CAN
READ WHEN YOU HAVE THE BOOK UPSIDE
DOWN.
A GRANDPARENT WILL BUY YOU COWBOY
BOOTS THAT HANG LIKE WEIGHTS FROM
YOUR FEET WHEN YOU ARE SIX WEEKS OLD.
A GRANDPARENT WILL EXTRACT A DISPLAY
OF PICTURES OF YOU FROM HER PURSE
LIKE AN ACCORDION THAT FALLS TO HER
KNEES IF A STRANGER SO MUCH AS BLINKS
AN EYE.
WHEN A GRANDCHILD SAYS, "GRANDMA, HOW
COME YOU DIDN'T HAVE ANY CHILDREN?"
A GRANDPARENT WILL FIGHT BACK THE
TEARS.
LET'S SALUTE THEM!



HAPPY EASTER



POWDERHOUSE SENIOR NEWS

CONSIDER THIS

Leighton Richardson

THE RECENT NICE WARM DAYS BROUGHT SOME FLIES AND WASPS TO LIFE AND REMINDED ME THAT TRYING TO DODGE THE MAY FLIES WILL SOON BE A MAJOR SPORT AGAIN HERE ON THE HILL.

WHEN MY FATHER WORKED AND LIVED IN SANFORD, NC, HE TOLD ME THE NATIVES THERE KNEW EACH OTHER WHEN TRAVELING BY THE WINDSHIELD WIPER LIKE MOTION THEY USED TO SWAT AT THE BUGS. IT WAS A KIND OF SALUTE!

I'M BEGINNING TO BE BUGGED IN MARCH, ALREADY, BY THE MECHANICS OF LIFE: THOSE DAILY CHORES AND SEASONAL PROJECTS THAT TAKE TIME AWAY FROM MY PURSUIT OF RETIREMENT PLEASURES IN THE MUSIC FIELD. I'M TRYING TO REMEMBER WHAT ONE MINISTER SAID BACK AWHILE, "I BEGAN TO FEEL BETTER ABOUT ADMINISTRATIVE DRUDGERY WHEN I BEGAN TO LOOK AT IT AS THE PURCHASE PRICE FOR BEING ALLOWED TO SERVE GOD AND HELP PEOPLE IN THIS SPECIAL RELATIONSHIP."

"DID YOU KNOW"

JAMES M. BELLAROSA, SON OF DONA AND MARGUERITE BELLAROSA OF 271 WEST STREET, HAS RECENTLY PUBLISHED THE FIRST VOLUME OF DISABILITY-RELATED FICTIONAL SHORT STORIES EVER ISSUED IN THE USA. THE BOOK, ENTITLED "A PROBLEM OF PLUMBING AND OTHER STORIES, IS COMPOSED OF 14 SHORT STORIES, EACH DEALING WITH A DIFFERENT LIFE ISSUE FROM THE PERSPECTIVE OF THE DISABLED-YOUTH, ROMANCE, EMPLOYMENT, OLD AGE, ETC. "A PROBLEM OF PLUMBING AND OTHER STORIES" HAS BEEN RECEIVED WITH CRITICAL ACCLAIM, AND HAS BEEN NOMINATED FOR SEVERAL PRESTIGIOUS NATIONAL AWARDS. THE BOOK CAN BE PURCHASED FROM HIS MOTHER, MARGUERITE BELLAROSA AT 838-2939 IF ANYONE WOULD LIKE IT. IT CAN ALSO BE READ AT THE BERLIN LIBRARY.

PERHAPS YOU AND I WILL BE LESS BUGGED BY MUCH THAT SEEMS INTRUDING, IF WE CAN SEE IT MORE AS A TICKET TO WHAT WE REALLY WANT TO DO AFTERWARD.

ON THE SUBJECT OF MUSIC, SOME OF YOU KNOW THAT I HAVE BEEN PLAYING VOLUNTEER ORGAN, WITH MUSIC OF THE 20'S THRU 60'S FOR NURSING HOMES AND SENIOR CENTERS. THE BERLINERS GAVE ME A GOOD, RESPONSIVE TIME IN JANUARY AND WERE KIND TO ASK ME BACK FOR JUNE. AS AN AMATEUR, I'M VERY THRILLED TO HAVE RETURN REQUESTS FROM SUDBURY AND WEST BROOKFIELD, ALSO. SUDBURY IS TALKING ABOUT A DANCE, BESIDES, WHICH WILL BE A FIRST FOR ME.

JUST TWO MORE THINGS: 1) YOUR PRISCILLA JEWETT WAS ON THE JOB WITH A NICE APPRECIATIVE NOTE ABOUT JANUARY AND 2) IF YOU HAVE OLD SHEET MUSIC YOU WOULD LIKE TO GIVE ME TO FILL IN SOME GAPS IN MY REPERTOIRE, THAT WOULD BE HELPFUL!

TILL I SEE YOU, DON'T LET ANY, ANY, ANY, ANYTHING BUG YOU.



THERESA ST. JOHN DAUGHTER OF BARBARA AND ALFRED ST. JOHN HAS BEEN SELECTED 1989-1990 WHO'S WHO AMONG STUDENTS IN AMERICAN JR. COLLEGE. THIS AWARD IS FOR EXCELLENCE IN ACADEMIC, LEADERSHIP, EXTRA CURRICULAR ACTIVITIES AND SERVICE TO COMMUNITY. SHE ATTENDS ISOTHERMAL COMMUNITY COLLEGE IN FORREST CITY, N.C. HER FUTURE PLANS ARE TO BE A PARA LEGAL.

POWDERHOUSE SENIOR NEWS

BIRTHDAYS

APRIL:

4-HARRIET HOLDER
8-WILLIAM WRIGHT
9-MILDRED MUNROE
9-DORIS WHITTEMORE
9-WILLIAM OLENIK
10-ESTELLE BOYCE
11-ELIZABETH WRIGHT
12-ALFRED WHEELER
14-EDITH WILSON
17-MARGURETTE BELLAROSA
19-LOUIS PAINE
24-ANN MARIE COULSON
28-HENRY WHEELER
28-HENRY NUTTING
30-LEONARD MUNGEUM

MAY:

1-ROGER M. WHEELER
4-MARY LOUISE WHEELER
7-CLYDE MANNING
8-PHYLLIS WARBIN
8-MARY LONG
12-MARGUERITE KRACKHARDT
14-CARL PHIPPS
16-GLENDON BLENKHORN
17-VINCENT EAGER
21-JOHN RISI
26-LORRAINE CEDAR

ANNIVERSARIES

APRIL:

8-CARL/ELEANOR BRODEUR
15-JOHN/HAZEL HAMLIN
19-LEONARD/ARMINDA FERREIRA
23-KENNETH/JOS^{PH}INE SAWYER
30-LEONARD/RUTH MUNGEAM

MAY:

2-ROGER/LULU WHEELER
2-DAVID/HARRIET HOLDER
12-BENJAMIN/MARGARET LASKOWSKI
24-GEORGE/LORRAINE CEDAR
28-CLIFTON/HELEN BREWER

COMMONSE THOUGHT

A FEW SECONDS TAKEN CAN SAVE WEEKS OF UNDUE PAIN. TAKE A FEW SECONDS TO PUT ON SOCKS OR SLIPPERS TO PROTECT YOUR FEET WHEN GETTING UP IN THE NIGHT. YOUR TOES ARE SMALL AND CAN'T FIGHT FOR THEMSELVES. NIGHTLIGHTS USE VERY LITTLE ELECTRICITY. IT IS A LOT CHEAPER THAN FOOT SURGERY WOULD BE.

TIMESAVER

WHEN YOU GO TO THE BANK BRING HOME SOME EXTRA BANK DEPOSIT OR WITHDRAWAL FORMS TO USE AT HOME. IT IS MUCH EASIER MAKING THEM OUT ON YOUR KITCHEN TABLE WITH YOUR OWN PEN THAT WORKS. ALL YOU HAVE TO DO IS ADD YOUR SIGNATURE AT THE BANK.

PERSONAL POINTS

FOR WARMER HANDS IN COLD WEATHER: KEEP YOUR NECK COVERED. REASON: NERVES IN THE NECK CONTROL THE BLOOD VESSELS IN YOUR HANDS. WHEN THEY BECOME CHILLED, THEY CAUSE VESSELS IN THE HANDS TO CONTRACT...AND HANDS ARE ROBBED OF WARMING BLOOD FLOW.

FOR YOUR INFORMATION

IF YOU LOSE YOUR SOCIAL SECURITY CARD

FILE FORM SS-5, WHICH YOU CAN GET BY CALLING THE HOTLINE FROM ANY SSA OFFICE. THE REPLACEMENT PROCESS IS MUCH FASTER IF YOU KNOW YOUR NUMBER.

1-800-234-5772

HOURS FROM 7am.to 7 pm.
MONDAY THROUGH FRIDAY. ALL OTHER TIMES THERE WILL BE A RECORDING THAT PROVIDES GENERAL INFORMATION. LEAVE YOUR NAME AND NUMBER AND THEY WILL CALL YOU BACK.

THE MOST WASTED DAY OF ALL IS THAT ON WHICH WE HAVE NOT LAUGHED..

SEBASTIEN R.N. CHAMFORT

POWDERHOUSE SENIOR NEWS

BIRTHDAYS

APRIL:

4-HARRIET HOLDER
8-WILLIAM WRIGHT
9-MILDRED MUNROE
9-DORIS WHITTEMORE
9-WILLIAM OLENIK
10-ESTELLE BOYCE
11-ELIZABETH WRIGHT
12-ALFRED WHEELER
14-EDITH WILSON
17-MARGUERITE BELLAROSA
19-LOUIS PAINE
24-ANN MARIE COULSON
28-HENRY WHEELER
28-HENRY NUTTING
30-LEONARD MUNGEUM

MAY:

1-ROGER M. WHEELER
4-MARY LOUISE WHEELER
7-CLYDE MANNING
8-PHYLLIS WARBIN
8-MARY LONG
12-MARGUERITE KRACKHARDT
14-CARL PHIPPS
16-GLENDON BLENKHORN
17-VINCENT EAGER
21-JOHN RISI
26-LORRAINE CEDAR

ANNIVERSARIES

APRIL:

8-CARL/ELEANOR BRODEUR
15-JOHN/HAZEL HAMLIN
19-LEONARD/ARMINDA FERREIRA
23-KENNETH/JOSPHINE SAWYER
30-LEONARD/RUTH MUNGEAM

MAY:

2-ROGER/LULU WHEELER
2-DAVID/HARRIET HOLDER
12-BENJAMIN/MARGARET LASKOWSKI
24-GEORGE/LORRAINE CEDAR
28-CLIFTON/HELEN BREWER

COMMONSE THOUGHT

A FEW SECONDS TAKEN CAN SAVE WEEKS OF UNDUE PAIN. TAKE A FEW SECONDS TO PUT ON SOCKS OR SLIPPERS TO PROTECT YOUR FEET WHEN GETTING UP IN THE NIGHT. YOUR TOES ARE SMALL AND CAN'T FIGHT FOR THEMSELVES. NIGHTLIGHTS USE VERY LITTLE ELECTRICITY. IT IS A LOT CHEAPER THAN FOOT SURGERY WOULD BE.

TIMESAVER

WHEN YOU GO TO THE BANK BRING HOME SOME EXTRA BANK DEPOSIT OR WITHDRAWAL FORMS TO USE AT HOME. IT IS MUCH EASIER MAKING THEM OUT ON YOUR KITCHEN TABLE WITH YOUR OWN PEN THAT WORKS. ALL YOU HAVE TO DO IS ADD YOUR SIGNATURE AT THE BANK.

PERSONAL POINTS

FOR WARMER HANDS IN COLD WEATHER: KEEP YOUR NECK COVERED. REASON: NERVES IN THE NECK CONTROL THE BLOOD VESSELS IN YOUR HANDS. WHEN THEY BECOME CHILLED, THEY CAUSE VESSELS IN THE HANDS TO CONTRACT...AND HANDS ARE ROBBED OF WARMING BLOOD FLOW.

FOR YOUR INFORMATION

IF YOU LOSE YOUR SOCIAL SECURITY CARD

FILE FORM SS-5, WHICH YOU CAN GET BY CALLING THE HOTLINE FROM ANY SSA OFFICE. THE REPLACEMENT PROCESS IS MUCH FASTER IF YOU KNOW YOUR NUMBER.

1-800-234-5772

HOURS FROM 7am.to 7 pm.
MONDAY THROUGH FRIDAY. ALL OTHER TIMES THERE WILL BE A RECORDING THAT PROVIDES GENERAL INFORMATION. LEAVE YOUR NAME AND NUMBER AND THEY WILL CALL YOU BACK.

THE MOST WASTED DAY OF ALL IS THAT ON WHICH WE HAVE NOT LAUGHED..

SEBASTIEN R.N. CHAMFORT

POWDERHOUSE SENIOR NEWS

NOTES ON NATURE

PLAN TO VISIT THE SPRING FLOWER SHOWS.

IT'S SUGARING TIME-VISIT A MAPLE SUGAR FARM AND ENJOY REAL MAPLE SYRUP ON SOME LIGHT FLUFFY PANCAKES.

PRUNE YOUR HOUSE PLANTS FOR THE SPRING GROWTH SURGE AND GIVE THEM A SHOWER. GIVE THEM A HALF STRENGTH APPLICATION OF FERTILIZER AS WELL. FORCE SOME FORSYTHIA AND PUSSY WILLOWS INSIDE FOR A TASTE OF EARLY SPRING.

"THE LARKSPUR"

THE LARKSPUR IS A SPRING FLOWER. LARKSPUR LIFTING TURQOISE SPIRES; BLUER THAN THE SORCERER'S FIRES." THE VICTORIAN INTERPRETATION FOR THE ANNUAL LARKSPUR OR THE PERENNIAL DELPHINIUM WAS LIGHTNESS, FICKLENESS, OR HAUGHTINESS, WHICH DOES NOT SEEM APPROPRIATE TO SUCH A RELIABLE FLOWER.

LARKSPUR WAS FOUND IN ALL OLD-FASHIONED GARDENS, ONE OF THE FEW BLUE FLOWERS THERE. TODAY YOU CAN FIND WHITE, PINK AND DEEP PURPLE AS WELL. THE LARKSPUR AND DELPHINIUM ARE EASY TO GROW, AND DO VERY WELL IN RICH SOIL WITH A LITTLE COAL OR HARDWOOD ASHES DUG INTO THE SOIL AROUND THEM. SEED OF THE LARKSPUR MAY BE SOWN WHEN THE FLOWER IS TO BLOOM, THEN THINNED. SEED OF THE DELPHINIUM IS BEST PLANTED IN FLATS OR COLD FRAMES IN SPRING OR EARLY SUMMER, THEN TRANSPLANTED TO THE GARDEN TO BLOOM THE SECOND YEAR.

THE AMERICAN ROBIN IS THE STATE BIRD OF CONNECTICUT, MICHIGAN AND WISCONSIN. HE IS A MEMBER OF THE THRUSH FAMILY BUT IS VERY SOCIABLE. HE'S THE FIRST BIRD TO WAKE IN THE MORNING AND THE LAST TO GO TO SLEEP AT NIGHT. HIS SONG RUNS THE GAMUT OF EMOTIONS FROM GOOD CHEER TO RAGE.

MORE AND MORE WE SEE FLOCKS OF ROBINS STAYING OVER THE WINTER IN WOODS AND MARSHES OF NEW ENGLAND. THEY LOVE JUNIPER BERRIES, PIECES OF APPLE, FRESH HAMBURGER AND WATER SOAKED RAISINS. WE WILLINGLY SHARE OUR CHERRY TREES TO HEAR THEIR CONCERTS IN THE GARDEN.

THANKS TO BILL WHEELER



COOKS CORNER

"CREAM CHEESE TARTLETS"

Melt $1/8$ lb margarine. ($1/2$) stick
Add $3/4$ cups graham cracker crumbs,
Mix well. (You can use vanilla wafers
if you would rather).
Divide into 24 tiny paper cups papers
Press down firmly.

Beat together well:

1-8 oz pkg. of cream cheese (softened)
1-egg, 1 teasp, vanilla and $1/4$ cup
sugar.

Pour into 24 cups, bake 375 for 10
min. and cool for 15 min. Add a gob
of cherry pie filling, jam, jelly or
baby food onto each tart.

A VOICE WENT THRO' THE EMERALD LAND
AND "WAKE, WAKE, ROBIN," CRIED;
A BROOK BURST OUT IN LAUGHTER SWEET,
AND STRAIGHT THE WINTER SIGHED.

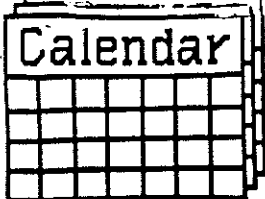
ELLA HIGGINSON

MAPLE CUSTARD

IN A BOWL BEAT TOGETHER:
4 MEDIUM EGGS AND $1/2$ CUP MAPLE SYRUP

SLOWLY STIR THIS MIXTURE INTO $1\ 3/4$
CUPS SCALDED MILK TO WHICH A PINCH OF
SALT HAS BEEN ADDED. POUR INTO 6 LARGE
CUSTARD CUPS WHICH HAVE BEEN PLACED IN
A PAN OF HOT WATER. BAKE 325' FOR 35-
45 MINUTES OR UNTIL A PARING KNIFE IN-
SERTED IN CENTER COMES OUT CLEAN. MAY
BE SERVED WARM OR CHILLED. CHOPPED
NUTS MAY BE SERVED ON TOP AS A GARNISH.
CUSTARD WHICH COOKS TOO LONG OR AT TOO
HIGH A TEMPERATURE MAY SEPERATE.

"EVEN IF YOU'RE ON THE RIGHT TRACK,
YOU'LL GET RUN OVER IF YOU JUST
SIT THERE." -WILL ROGERS-



DATES TO REMEMBER

APRIL 5, 1990:

PROGRAM FOR SENIOR CITIZENS MEETING WILL INCLUDE HEARING DOG FROM RED ACRES FARM. A DONATION BASKET WILL BE PASSED FOR THEIR PROGRAM.

APRIL 19, 1990:

SENATOR P. CELLUCCI SENIOR CONFERENCE WILL BE HELD AT ASSABET VOCATIONAL SCHOOL FROM 9:30 A.M. to 3:00 P.M. AND WILL INCLUDE TALKS BY LEGISLATORS, WORKSHOPS, LUNCH AND ENTERTAINMENT-ADMISSION BY TICKET ONLY TICKETS AVAILABLE FROM MARY 838-7380.

APRIL 19, 1990:

FREE VISION TESTING

FOR ALL SENIOR CITIZENS AT NORTHBROOK FROM 1:00-3:30 P.M. BY DR. GLENN MELTZERS. "WE CARE/EYE CARE TEAM WILL BE HERE FROM MEDICAL EYE CARE SERVICES. CHECK WILL INCLUDE VISION & EYE PRESSURE AND CATARACTS FREE BOOKLETS TO HELP YOU UNDERSTAND VISION PROBLEMS.

MAY 1, 1990-

SENIOR CITIZENS MEETING
BLOOD PRESSURES WILL BE TAKEN AT 9:30 A.M.
PROGRAM: BERLIN GARDEN CLUB.

SPECIAL THANKS:

TO MATTHEW AND SONS FOR PREPARING THE LABELS FOR THE POWDERHOUSE NEWS LETTER.

TRIP:

TO TANGLEWOOD COMING UP, IF INTERESTED CALL JAMES ALGER AT 838-7371. THIS WILL BE SOMETIME IN JUNE.

TRIP:

TO VISIT AND TOUR THE U.S. MASS. COMING IN APRIL. IF INTERESTED CALL GLENDON BLENKHORN.

#MARCH 29, 1990

U.S. COMMODITY DISTRIBUTION:
THERE WILL BE BUTTER, PEANUT BUTTER, BEANS AND PORK FOR ALL ELIGIBLE SENIOR CITIZENS.
10:00 A.M. to 12:30 a.m..

APRIL 23, 1990

BLOOD PRESSURES WILL BE TAKEN AT NORTHBROOK VILLAGE AT 1:00 P.M..

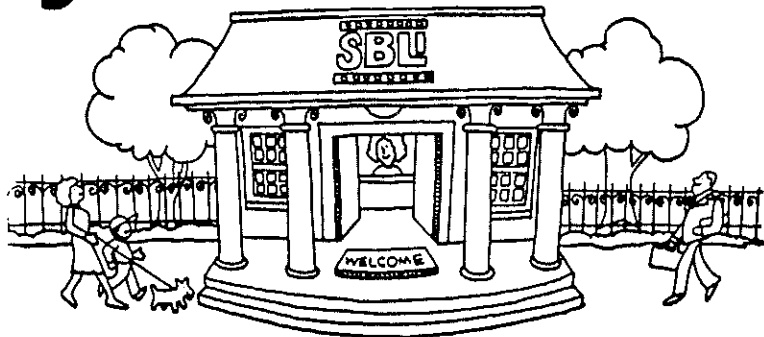
A NOTE OF THANKS TO PRINCIPAL LINDA CASACELLI AND BERLIN MEMORIAL SCHOOL FOR THE MOST ENTERTAINING AT THE LAST SENIOR CITIZENS MEETING. ALSO THEIR SHARING OF THEIR MODERN EDUCATIONAL METHODS UTILIZED AT THE BERLIN MEMORIAL SCHOOL. SENIORS SAVED THEIR "STOP AND SHOP RECEIPTS AND WE WISH YOU WELL IN OBTAINING AN APPLE COMPUTER.
MARY R. PETKAUSKOS

WE SENIOR CITIZENS ARE SORRY THAT WE DIDN'T ATTEND THE PLAY AT THE CENTER CALLED CHARLIE AND THE CHOCOLATE FACTORY. FROM THOSE THAT WERE THERE SAID WE MISSED A REALLY GOOD TIME. THEY MADE ALL THEIR SCENERY AND SANG AND DANCED. MAY BE NEXT TIME I WON'T FORGET.

"KIND WORDS CAN BE SHORT AND EASY TO SPEAK, BUT THEIR ECHOES ARE TRULY ENDLESS." -MOTHER THERESA-

POWDERHOUSE SENIOR NEWS

"Put your money where your bank is"



Savings Bank Life Insurance, with over 80 years experience, offers the Life Saver Plan.

A Flexible Premium Deferred Annuity

The Life Saver Plan is a flexible premium deferred annuity which features attractive current rates, tax deferral, minimum interest guarantees, various income options, safety of principle and much more.



Clinton Savings Bank

"Your Bank from Generation to Generation - Since 1851"

CLINTON 200 Church St. 365-4591/368-1801	STERLING 3 Main St. 422-6133	BOLTON Rte. 117 at the Salt Box 778-2857	BERLIN 25 Central St. 838-2286	PRINCETON (ATM) 2 Mountain Rd. 422-6133
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Thanks to Clinton Savings Bank for paying newsletter postage.



NEW DIRECTOR FOR WHEAT

ALICE KIDDER CHAIRPERSON BERLIN C.O.A. WHO LIVES ON RANDALL ROAD IN BERLIN HAS BEEN APPOINTED NEW DIRECTOR OF WHEAT COMMUNITY SERVICE WHICH PROVIDES.

- 1 HOUSING COUNSELLING
 - 2 HOMELESS SUPPORT
 - 3 FOOD STAMPS
 - 4 EMERGENCY FOOD PANTRY
 - 5 DISTRIBUTION OF U.S.D.A. COMMODITIES
 - 6 ELDER OUTREACH
 - 7 INFORMATION & REFERRAL TO NEEDED COMMUNITY AGENCIES
 - 8 TRANSPORTATION-VIA WHEAT VAN MEDICAL APPOINTMENTS, SHOPPING, GROUP OUTINGS AND OTHER NEEDED SERVICES. IT IS EQUIPPED WITH A LIFT FOR HANDICAPPED AND WHEEL CHAIR CLIENTS.
- WHEAT IS SUPPORTED BY THE FIVE COMMUNITIES, BERLIN BOLTON CLINTON, LANCASTER AND STERLING AND PROVIDES ALL ABOVE SERVICES TO THESE COMMUNITIES. ARRANGEMENTS FOR WHEAT VAN REQUIRE 24 HOURS NOTICE FOR SCHEDULING-FOR INFORMATION CALL 365-6349.



HOLIDAYS WE SHOULD REMEMBER

- April 15 is EASTER SUNDAY
23 is Secretaries Day (Wed.)
- May 13 is MOTHERS DAY
19 is Armed Forces Day (Sat)
28 is Memorial Day Observed (Mon)

WINNING WORDS BY ELIZABETH L. HAWN

OF ALL THE THINGS I LOVE TO HEAR MY HUSBAND WISPER IN MY EAR. NO OTHER EVER SOUNDS AS SWEET AS, "HONEY, LET'S GO OUT TO EAT!"

WANT SOME FUN.

ON EACH THURSDAY THERE IS LINE DANCING AT ST. JOHN S GYM FROM 10:00-12:00 A.M.. THE CHARGE IS \$2.00 AND REFRESHMENTS ARE SERVED. EVERYONE IS INVITED. EACH PERSON IS RESPONSIBLE TO TAKE THEIR TURN AT REFRESHMENTS.



POWDERHOUSE SENIOR NEWS BERLIN, MASS

COUNCIL ON AGING

JAMES ALGER	838-7371
CONSTANCE BARTER	838-2832
ALICE KIDDER	838-2586
MARY PETKAUSKAS	838-7380
ALFRED WHEELER	838-2278
PATRICIA WHEELER	838-2559
BARBARA HART	838-2990

POWDER HOUSE SENIOR NEWS

BERLIN, MASS.



VOLUME 2-14 COUNCIL ON AGING, BERLIN, MASS. 01503 SUMMER ISSUE 1990

HAPPY FATHERS DAY JUNE 17, 1990

SAFE AND A HAPPY

4th OF JULY

WHAT IS A FATHER?

A FATHER IS A PERSON WHO IS FORCED TO ENDURE CHILDBIRTH WITHOUT AN ANESTHETIC.

HE GROWLS WHEN HE FEELS GOOD AND LAUGHS VERY LOUD WHEN HE IS SCARED TO DEATH.

A FATHER NEVER FEELS ENTIRELY WORTHY OF THE WORSHIP IN A CHILD'S EYES. HE'S NEVER QUITE THE HERO HIS DAUGHTER THINKS...NEVER QUITE THE MAN HIS SON BELIEVES HIM TO BE. AND THIS WORRIES HIM SOMETIMES, (SO HE WORKS TOO HARD TO TRY AND SMOOTH THE ROUGH PLACES IN THE ROAD OF THOSE OF HIS OWN WHO WILL FOLLOW HIM).

A FATHER IS A PERSON WHO GOES TO WAR SOMETIMES... AND WOULD RUN THE OTHER WAY EXCEPT THAT WAR IS PART OF HIS ONLY IMPORTANT JOB IN LIFE... (WHICH IS MAKING THE WORLD BETTER FOR HIS CHILD THAN IT HAS BEEN FOR HIM).

FATHERS GROW OLDER FASTER THAN PEOPLE, BECAUSE THEY, IN OTHER WARS, HAVE TO STAND AT THE TRAIN STATION AND WAVE GOODBYE TO THE UNIFORM THAT CLIMBS ABOARD.

AND WHILE MOTHERS CRY WHERE IT SHOWS, FATHERS HAVE TO STAND AND BEAM... OUTSIDE AND DIE INSIDE.

FATHERS ARE MEN WHO GIVE DAUGHTERS AWAY TO OTHER MEN WHO AREN'T NEARLY GOOD ENOUGH, SO THEY CAN HAVE CHILDREN THAT ARE SMARTER THAN ANYBODY'S.

cont;
FATHERS FIGHT DRAGONS ALL MOST DAILY. THEY HURRY AWAY FROM THE BREAKFAST TABLE OFF TO THE AREA WHICH IS SOME TIMES CALLED AN OFFICE OR A WORKSHOP.

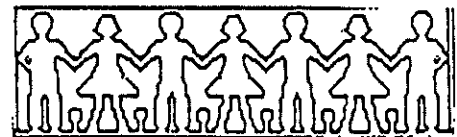
THERE, WITH CALLOUSED, PRACTICED HANDS THEY TACKLE THE DRAGON WITH THREE HEADS: WEARINESS, WORK, AND MONOTONY. AND THEY NEVER QUITE WIN THE FIGHT BUT THEY NEVER GIVE UP.

KNIGHTS IN SHINING ARMOR, FATHERS IN SHINY TROUSERS: THERE'S LITTLE DIFFERENCE AS THEY MARCH AWAY TO EACH WORK DAY.

I DON'T KNOW WHERE FATHER GOES WHEN HE DIES BUT I'VE AN IDEA THAT, AFTER A GOOD REST, WHEREVER IT IS, HE WON'T JUST SIT ON A CLOUD AND WAIT FOR THE GIRL HE'S LOVED AND THE CHILDREN SHE BORE.

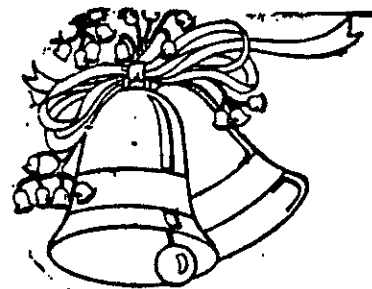
HE'LL BE BUSY THERE, TOO... REPAIRING THE STAIRS, OILING THE GATES, IMPROVING THE STREETS, SMOOTHING THE WAY.

Author Unknown Submitted by Barbara St. John, Thanks



GRANDCHILDREN DON'T MAKE A MAN FEEL OLD: IT'S THE KNOWLEDGE THAT HE'S MARRIED TO A GRANDMOTHER
BY: G.NORMAN COLLIE

POWDERHOUSE SENIOR NEWS



ANNIVERSARIES

JUNE:

6-DORIS MICHALSKI
7-BARBARA ST. JOHN
18-ALICE MURPHY
19-RAYMOND BAUM
20-LAURA NUTTING
24-EARL JUSSEAUME
24-SALLEY BERGEN
24-GEORGE CEDAR
26-JOSEPHINE UNDERWOOD
26-ELINOR BRODEUR
30-AUGUSTINE MURPHY

JULY:

4-MYRTLE MASON
13-MARGUERITE BARTLETT
15-LAWRENCE FOSTER
18-JAMES ALGER
22-GRACE STAMMERS
23-ARMINDA FERREIA
23-RUTH MUNGEAM
25-ELIZABETH JILLSON
31-ELEANOR ZWICKER

AUGUST:

2-ANN MITCHEL
2-MARIA FORD
4-MARGARET DUPREE
7-PRICILLA JEWETT
8-RITA BURGE
13-JEANETTE ANDREWS
15-RENA WHEELER
16-CHARLES NUTTING
18-LENA PLUMMER
19-BERNADINE POULIN
21-KIP BREWER
26-MILDRED WHEELER
29-CONSTANCE BARTER
25-ROGER E. WHEELER

JUNE:

2-MELVIN & MYRTLE MASON
11-ROLAND & LENA PLUMMER
20-VIN & DORIS EAGER
22-EDWARD & MARGARET WARE
22-JACK & SALLY BERGEN

JULY:

5-THOMAS & YOLANDER MURTHA
11-LAWRENCE & BARBARA FOSTER
12-GLENDON & MILLIE BLENKHORN

AUGUST:

3-EVERETT & MARGURETE BARTLETT
8-DANIEL & ELEANOR PLASTRIDGE
29-ANDREW & HELEN MATTHEW
31-EDWARD & NATLIE AKROYD
31-JOHN & ESTELLE BOYCE



MAURICE POULIN -BERLIN, MASS.
JOHN CORREIA -EAST BERLIN, MASS.

HOSPITALIZED

RUTH ALGER

THERE IS NEVER A TROUBLE THAT
COMES TO STAY,
THERE IS NEVER A GRIEVANCE BUT FADES
AWAY;
FORGET THE HEART-ACHE AND BRAVELY
LEND,
A HELPING HAND TO SOME SADDER
FRIEND.

Support Berlin's 64th Annual Fire Muster
 Sunday, June 17th
 Parade 12:00 Muster Events 1-3

BERLIN 12TH ANNUAL OLDE HOME DAY FAIR
 TOWN COMMON, SOUTH STREET
 SATURDAY, JUNE 16TH
 9:00AM-8:00PM

SCHEDULE OF EVENTS

Agricultural Exhibit Tent Registration	8:00- 9:00
Parade Registration	9:00-10:00
Bike Race Registration	9:00-11:00
Berlin Youth Baseball Game	9:30-11:00
Kiddie Kingdom Open to Public with Magician	9:30- 6:00
Kites Over New England Club Demo	9:30- 8:00
Remote Control Airplane Show	9:30-10:30
Petting Zoo Open to Public	10:00- 4:00
Agricultural Exhibit Tent Open to Public	10:00- 4:00
Art Show Open to Public	10:00- 4:00
Hole in One Golf	10:00- 4:00
Friends of Library Children's Parades	10:00-11:00
Police Dog Demonstration-John Geis and Friends	11:00
Tahanto Baseball Team vs. Old Timer's Softball Game	12:00
Jolly Kopperschmidt's German Band	12:00- 2:00
Bike Obstacle Race	1:00
Fred Villari's Karate Demo	2:15
Field Events-Races-Three Legged, Sack, Relay	3:00
Contests-Pie and Watermelon Eating	
Family Games and Limbo	
Lip Sync and Mr. Mosquito Legs	
Wood Carving with Chain Saw Demo	3:30
Log Cutting, Splitting, Two Man Saw Contests	4:00
Hayrides	4:00
Raffle Drawings and Thank You's	4:30
Dinner	4:30- 6:30
Mo Jo Filter Band	5:00-6:00 and 6:30- 7:30
Trash Team Contest	6:30
Other Events - Crafts and Business Booths	
Town Organization Booths and Games	
Food Booths	
Exhibits of Town Vehicles and Antique Vehicles	

For any further information

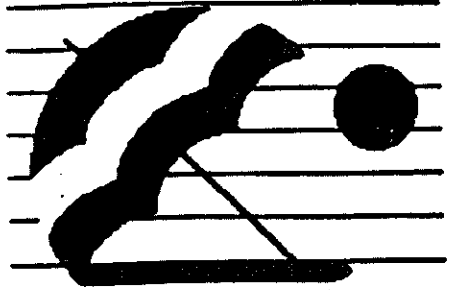
Advertisement in Program	Linda Barret	838-2286
Organization Booth	Jennifer Boyle	838-2766
Craft or Business Booth	Jennifer Boyle	838-2766
Field Events and Displays	Diane Peterson	562-2396
Publicity	Diane Peterson	562-2396
Animals for Petting Zoo	Lynn Kampersol	838-2735
Kiddie Kingdom	Cindy Farris	838-2780
Art Show Exhibits	Cindy Farris	838-2780
Field Events and Layout	Robert Leveille	838-2708
Agricultural Tent Entries	Elaine Wickstrom	838-2471

"This project is supported, in part, by funding from the Massachusetts Cultural Council, as administered locally by the Berlin Arts Lottery Council," and by the American Legion.

POWDERHOUSE SENIOR NEWS

Health Notes

By Mary Potkouskas, RN



SUMMER

BEE STINGS

OUR MOTHERS TOLD US BEES WON'T BOTHER YOU IF YOU DON'T BOTHER THEM. UNFORTUNATELY, ITS NOT ALWAYS EASY TO STAY OUT OF THEIR WAY. MOST PEOPLE EXPERIENCE ONLY A LOCAL REACTION TO A BEE STING. THIS IS USUALLY SOME INFLAMMATION AT THE SITE OF THE STING WHICH CAN BE ALLEVIATED BY REMOVAL OF THE STINGER AND APPLICATION OF SOMETHING COLD TO THE AREA.

THE STINGER SHOULD NOT BE SQUEEZED OUT AS THIS MAY RELEASE MORE OF THE TOXIC VENOM INTO THE BLOOD STREAM. THE STINGER SHOULD BE REMOVED WITH TWEEZERS, WASH AREA WITH SOAP AND WATER AND APPLY ANTI-BACTERIAL OINTMENT. USE COLD COMPRESSES.

TICK BITES

TICKS ARE FOUND IN TALL GRASSES, CLIMB ABOARD ANIMALS AND HUMANS. THEY ATTACH THEMSELVES FIRMLY BY MOUTH TO THE SKIN AND BEGIN FEEDING AS THEY FEED THEIR BODIES SWELL UP AND BECOME A VIRUS. IF TICK IS REMOVED PROMPTLY DANGER FROM TRANSMITTED DISEASES SUCH AS ROCKEY MT. FEVER OR LYME DISEASE. USUAL SYMPTONS ARE FEVER, RASH, HEADACHES AFTER A TICK BITE CALL YOUR DOCTOR.

WHATS BUGGING YOU?

SUMMER TIME BRINGS BARBECUES, BEACH PARTIES AND GARDENING AND OUTDOOR PLAY. IT ALSO BRINGS BUGS, PESKY CRITTERS THAT CAN SOMETIME BITE YOU. HERE ARE SOME OF THE MOST COMMON INSECT BITES TO EXPECT AND WHAT TO DO ABOUT THEM.



SOMETHING TO THINK ABOUT

TO REMOVE TICK COAX IT TO LET GO BY HOLDING SOMETHING HEATED AGAINST IT-OR APPLY ALCOHOL OR OIL ON TO THE BODY ONCE IT LETS GO-GRASP FIRMLY AND PULL IT OUT.

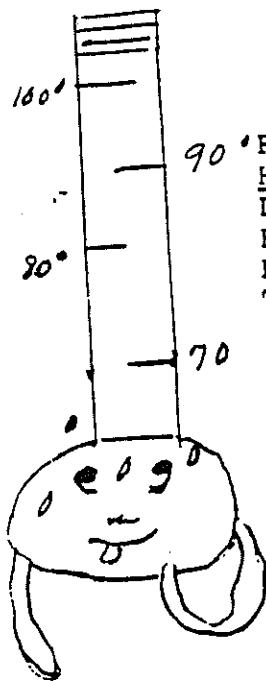
OTHER INSECT BITES

BITES FROM MOSQUITO AND OTHER INSECTS CAN ALSO CAUSE DISCOMFORT. ITCHING CAN BE RELIEVED BY APPLICATION OF A COLD COMPRESSES OR OVERTHE COUNTER OINTMENTS. MOST INSECT BITES DO NOT POSE A HEALTH HAZARD. AVOIDANCE IS THE BEST REMEDY, WEAR LONG PANTS AND SOCKS IF HIKING IN THE TALL GRASS AND CHECK YOURSELF AFTER BEING OUTDOORS.

HUMOR

A DUTCHMAN WAS DESCRIBING HIS COUNTRY'S RED, WHITE AND BLUE FLAG TO AN AMERICAN: "IT'S SYMBOLIC OF OUR TAXES," HE SAID. "WE TURN RED WHEN WE TALK ABOUT THEM, WHITE WHEN WE FIGURE THEM, AND BLUE WHEN WE PAY THEM." "WELL WHADDAYAKNOW,," EXCLAIMED THE AMERICAN, IT,S THE SAME IN THE UNITED STATES-ONLY WE SEE STARS, TOO."

POWDERHOUSE SENIOR NEWS



SUMMERTIME!!

REMEMBER, SUMMERTIME H E A T CAN BE DANGEROUS, DURING HIGH TEMPERATURE READINGS, STAY INDOORS, DRINK PLENTY OF FLUIDS, TAKE COOL BATHS OR SHOWERS.



MEALS ON WHEELS

MEALS ON WHEELS WILL BE STOPPED ON JUNE 29, 1990 AND WILL RETURN AGAIN AFTER LABOR DAY. YOU WILL BE NOTIFIED.

COMMODITIES

COMMODITIES WILL BE DISTRIBUTED SOMETIME IN JUNE. WHEN THEY ARE AVAILABLE YOU ALSO WILL BE NOTIFIED.

EXERCISE

EVERY YEAR MORE EVIDENCE POINTS TO THE FACT THAT REGULAR PHYSICAL ACTIVITY CAN HELP THE HUMAN BODY KEEP, REPAIR, AND IMPROVE ITSELF, TO AN AMAZING DEGREE.

HOWEVER, IF YOU HAVEN'T BEEN ACTIVE BY ALL MEANS SEE YOUR DOCTOR FIRST. BUT EVEN THOSE WITH MEDICAL PROBLEMS CAN DO SOME EXERCISE TO IMPROVE THEIR STRENGTH AND IN THE PROCESS WILL ALSO FEEL BETTER.

AGE SHOULD NOT PREVENT YOU FROM EXERCISING AS STUDIES SHOW THAT EXERCISE CAN IMPROVE AN OLDER ADULT'S PHYSICAL FITNESS.

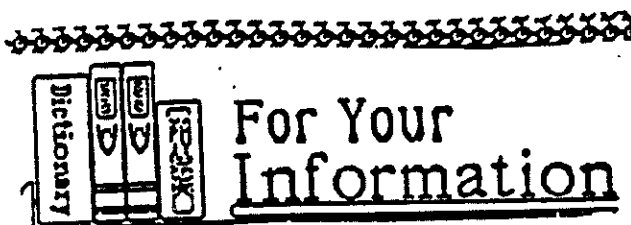
EXERCISE CAN HELP:

STRENGTHEN BONES AND MUSCLES MAINTAIN JOINT FLEXIBILITY, IMPROVE CIRCULATION STRENGTHEN HEART AND LUNGS.

IT CAN GIVE YOU MORE ENERGY, REDUCE STRESS AND TENSION AND HELP PROMOTE A MORE RESTFUL SLEEP.

REMEMBER TOO THAT IT TONES MUSCLES IMPROVES POSTURE, AND DOES BURN UP CALORIES.

ALL PLENTY OF GOOD REASONS TO THINK SERIOUSLY ABOUT A REGULAR EXERCISE PROGRAM.



Leighton Richardson

CONSIDER THIS

IN MY MARCH COLUMN I ASKED FOR ANY POPULAR SHEET MUSIC READERS MIGHT BE WILLING TO PART WITH SO THAT I COULD ADD TO THE LIST OF SONGS I MIGHT INCLUDE IN PROGRAMS FOR SENIOR CITIZENS AND OTHERS.

I WANT TO THANK ROGER WHEELER (LINDEN ST.) AND ELSIE SIBAL FOR RESPONDING. YOU WILL HEAR FROM THEIR CONTRIBUTIONS ON JUNE 7, IF YOU ARE AT THE MEETING. I AM USING A GREAT SOUNDING HAMMOND ORGAN THIS TIME AND HOPE YOU WILL ENJOY IT.

RECEIVES AWARD

MARY PETKAUSKOS RECEIVED AN AWARD. A PLAQUE OF APPRECIATION FROM CENTRAL MASS. AGENCY ON AGING AT THEIR ANNUAL MEETING APRIL 20th 1990 AT FRANKLIN MANOR. THE AWARD WAS PRESENTED BY THE SECRETARY OF ELDER AFFAIRS, PAUL LANZIKOS AND IT READ: "IN RECOGNITION OF HER CONSTANT COMMITMENT DURING HER TENURE AS A BOARD MEMBER TO THE PRINCIPLES OF:

- 1-IMPROVING INFORMATIONS AND REFERRAL FOR SERVICES OF THE AGING NETWORK.
- 2-STRENGTHING THE SELF EMPOWERMENT OF SENIOR CITIZENS.
- 3-ENHANCING SERVICES TO CENTRAL MASS. ELDERS.

NICE GOING MARY YOU REALLY DESERVE THIS AWARD.

POWDER HOUSE SENIOR NEWS

BERLIN, MASS.



Published by
Council on Aging
Berlin, Mass.

Volume 2-15

COMING
EVENTS



HEALTH AND FITNESS PROGRAM

STARTING IN SEPTEMBER THERE WILL BE A WEEKLY OR BIWEEKLY DISCUSSION GROUPS ON HEALTH AND FITNESS, AS WELL AS A SHOWING OF VIDEOTAPES AND TRAVELOGUES. THESE DISCUSSION GROUPS WILL BE HELD AT NORTHBROOK VILLAGE COMMUNITY BUILDING ON WEDNESDAY FROM 2-3 PM. AND WILL BE CONDUCTED BY COA RN AND NASHOBA BOARD OF HEALTH NURSES AND WILL INCLUDE SUBJECTS ON NUTRITION, DIABETES, ARTHRITIS, CANCER AND OTHER SUBJECTS OF INTEREST THAT INDIVIDUALS WANT. FURTHER INFORMATION WILL BE PROVIDED AT THE SENIOR MEETING REGARDING SCHEDULES.

GREEN MOUNTAINS FOLIAGE TOURS

The day trip for the Berlin Senior Citizens to the Green Mountains and a Luncheon at the Woodstock Inn will be held on Sept. 26th. The bus will leave at 7:30 A.M. and will return in the early evening.

The cost of the trip is \$35.00 per person and checks should be made out to Fox Tours.

You will need to have all checks in advance by Aug. 21st. They can be mailed to me at 207 River Road Box 61, South Berlin, Mass.

If you have any questions feel free to call at 838-2550.



Louise Champagne

September-October 1990
ST JOSEPH'S FAIR

SEPT 15 ST JOSEPH'S FAIR WILL BE HELD IN CHURCH LOT, SATURDAY, SEPT 15, 10-7:30 PM. ALL TYPES OF INTERESTING BOOTH AND PROGRAMS THIS YEAR. MANY RAFFLES TO BE DRAWN AT 7:30 THIS YEAR INCLUDING VARIOUS DENOMINATIONS OF MONEY AND A 10-SPEED BIKE.
COME ONE, COME ALL! AND ENJOY THE FAIR

BERLIN RETIREMENT HOME, INC.

IN JULY THE SIMPSON MANAGEMENT COMPANY WAS APPOINTED BY THE TRUSTEES TO MANAGE NORTH BROOK VILLAGE APARTMENTS AND IN AUGUST JENNIFER SMITH, ONE OF THEIR REPRESENTATIVES, WAS APPOINTED AS MANAGER AND WAS INTRODUCED TO THE RESIDENTS AT AN OPEN HOUSE GET TOGETHER IN AUGUST.

NORTHBROOK WILL BE CELEBRATING THEIR TENTH ANNIVERSARY IN THE FALL.

OBITUARY

A LATE DEATH NOTICE, AS WE GO TO PRESS, HAZEL FLOOD, WHO WOULD HAVE CELEBRATED HER 91ST BIRTHDAY PASSED AWAY RECENTLY. DEEPEST SYMPATHY TO THE FLOOD FAMILY.

SOMETHING TO THINK ABOUT

Taking Your Medicine Safely

he 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

KEEPING INFORMED ON CURRENT ISSUES

A RIGHT-TO-DIE BILL #5906 PASSED THE HOUSE 6/25/90 AND IS NOW IN THE SENATE.

A RELEVANT ISSUE IS THE TERM "EUTHANASIA". THIS TERM IS USED IN SEVERAL QUITE DIFFERENT SENSES.

ACTIVE EUTHANASIA IS DESCRIBED AS THE DIRECT, PAINLESS PUTTING TO DEATH OF PERSONS SUFFERING FROM INCURABLE DISEASES WITHOUT HOPE OF RECOVERY.

PASSIVE EUTHANASIA MEANS ALLOWING A PERSON TO DIE BY NOT CONTINUING EXTRAORDINARY OR DISPROPORTIONATE MEANS OF PROLONGING LIFE.

IT IS ALWAYS PERMISSIBLE TO TAKE DO WITH NORMAL MEANS THAT MEDICINE CAN OFFER. ONE IS NOT OBLIGED TO USE TECHNIQUES THAT CARRY HEAVY BURDENS WITH THEM SUCH AS EXCESSIVE PAIN OR EXCESSIVE EXPENSE.

WHEN DEATH IS IMMINENT IT IS PERMISSIBLE TO REFUSE THESE FORMS OF TREATMENT, THUS ACCEPTING AND RESPECTING THE NATURAL DYING PROCESS.



Be sure to have all prescriptions explained to you when you pick up the prescription at the pharmacy. Let your pharmacist know what over-the-counter medicines you use because they may interact with prescription medicines you're taking.

Some medicines must not be mixed with alcohol. When you get a new prescription, talk to your doctor, nurse or pharmacist about drinking any type of alcohol, including beer and wine.



Some medicines have to be taken with certain foods or before, during, or after meals. Some are not as effective when combined with certain foods. Check with your doctor, nurse or pharmacist for any special instructions about food and your medicines.

If you forget to take your medicine, call your doctor. **Never take a larger dose without your doctor's permission,** even if you've missed a dose.

If you have any new symptoms or questions after starting a new medicine, talk to your doctor or nurse right away.

For the best results from the medicines you use, follow these steps to make sure you're using your medicine safely.

Other helpful information

Never share medicine. Medicine prescribed for one person may be harmful if taken by others, even if their symptoms are similar.

Try to get all your medicine from the same pharmacy. If a record of all your prescriptions is in one store, it will be easier for the pharmacist to give you advice or answer your questions.

Do not store medicine in a bathroom used for bathing or showering. Dampness can make the medicine deteriorate.

POWDERHOUSE SENIOR NEWS

SEPTEMBER

BIRTHDAYS

1 HOWARD WATKINS
1 MARJORIE NELSON
3 JOSEPH ROSEBERRY
10 HAZEL FLOOD
12 ELIZABETH RISI
19 CARL BRODEUK
19 DORIS EAGER
22 IVA ROGERS
24 RUTH HILL
27 EVERETT WHEELER

ANNIVERSARIES

17 WILLIAM/ELIZABETH WRIGHT
23 RUSSELL/MARJORIE WHEELER
28 ALFRED/BARBARA ST. JOHN

OCTOBER

7 LOUISE CHAMPAYNE
8 MARY RISI
19 HERBERT MUELLER
23 DOROTHY RISI
24 EVERETT SMITH

ANNIVERSARIES

6 LEWIS/PAULINE PAINE
10 RAY/RUER BAUM
25 EVERETT/MILDRED WHEELER
30 MERLE/DORIS SHORT

DEATHS

FRED HILL
RUTH ALGER
WILBUR GOOR

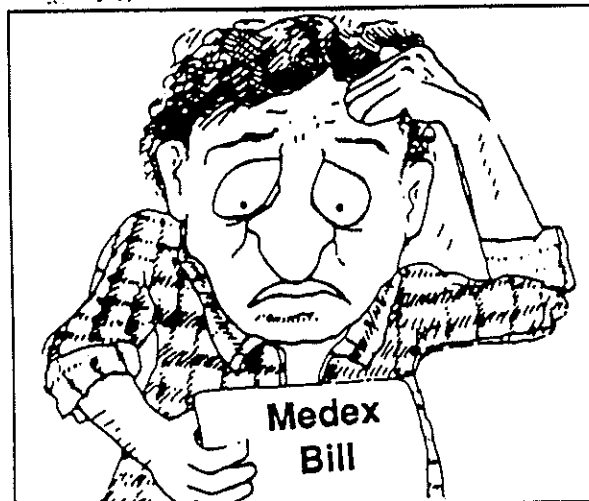


How are Teenagers and Seniors Alike?

- dress funny
- have transportation problems
- odd speech-slang
- limited income
- babysitters
- hard of hearing
- odd music
- odd tastes
- do not eat properly
- should not have sex
- are dependent
- can't make their own decisions
- insurance difficulties
- poor wages
- not considered as contributing to society
- drug usage
- suicide risk
- are always waiting for things to happen
- skin problems

The Lighter Side...

If you need a book that tells where you could go on vacation, don't worry because you already have one. It's called the checkbook.



Stop The 66.9% Rate Hike!

FREEZE MEDEX RATES!

"A HAPPY BIRTHDAY TO ALL"

POWDERHOUSE SENIOR NEWS



RETIREMENT IN A MOBILE HOME PARK

AFTER CHRISTMAS BREAK, THE TEACHER ASKED HER SMALL PUPILS HOW THEY SPENT THEIR HOLIDAY. ONE LITTLE BOY'S REPLY WENT LIKE THIS: "WE ALWAYS SPEND CHRISTMAS WITH GRANDMA AND GRAMPA."

THEY USED TO LIVE UP HERE IN A BIG BRICK HOUSE, BUT GRAMPA GOT RETARDED AND THEY MOVED TO FLORIDA. THEY LIVED IN A PARK WITH A LOT OF OTHER RETARDED PEOPLE. THEY ALL LIVE IN TIN HUTS. THEY RIDE TRICYCLES THAT ARE TOO BIG FOR ME. THEY ALL GO TO A BUILDING THEY CALL THE WRECKED HALL, BUT IT IS FIXED NOW.

"THEY ALL DO EXERCISES BUT NOT VERY WELL. THEY PLAY A GAME WITH BIG CHECKERS AND PUSH THEM AROUND ON THE FLOOR WITH STICKS. THERE IS A SWIMMING POOL, BUT I GUESS NOBODY TEACHES THEM.

THEY JUST STAND THERE IN WATER WITH THEIR HATS ON.

"MY GRANDMA USED TO BAKE COOKIES FOR ME, BUT NOBODY COOKS THERE. THEY ALL GO TO RESTAURANTS THAT ARE FAST AND HAVE DISCOUNTS. "WHEN YOU COME INTO THE PARK, THERE IS A DOLLHOUSE WITH A MAN SITTING IN IT. HE WATCHES ALL DAY SO THEY CAN'T GET OUT WITHOUT HIM SEEING THEM. I GUESS EVERYBODY FORGETS WHO THEY ARE BECAUSE THEY ALL WEAR BADGES WITH THEIR NAMES.

"GRANDMA SAYS GRAMPA WORKED HARD TO EARN HIS RETARDMENT. I WISH THEY'D MOVE BACK HOME, BUT I GUESS THE MAN IN THE DOLLHOUSE WON'T LET THEM.

AUTHOR UNKNOWN SUBMITTED BY
EVELYN TALBOTT, MARION, IN.

GROWTH REPORT

CHILDREN GROW UP SO FAST. ONE DAY YOU LOOK AT THE PHONE BILL AND SUDDENLY REALIZE THEY'RE TEENAGERS.

HERM ALBRIGHT

QUOTES

"IT WILL BE A GREAT DAY WHEN EVERYBODY THAT HAS A JOB IS WORKING."

"HEADS, HEARTS AND HANDS COULD SETTLE THE WORLD'S PROBLEMS BETTER THAN ARMS."

CONSIDER THIS

IT WILL BE A HAPPIER NEW YEAR FOR EACH OF US IF WE REMEMBER AND USE PRINCIPLES WE BELIEVE IN OR COULD ADOPT.

FOR INSTANCE:

1) WHEN WE DO SOMETHING SACRIFICIAL FOR SOMEONE ELSE AND EXPECT NOTHING IN RETURN, IT'S AN EVEN BIGGER LIFT THAN WHEN SOMEONE ELSE DOES SOMETHING SACRIFICIAL FOR US.

2) AS THOSE WE LOVE GET A LITTLE OLDER, AND, LIKE OURSELVES, BEGIN TO SHOW IT, WE NEED TO REMEMBER THAT THE PERSON INSIDE THAT WE CARE ABOUT, IS STILL THERE FOR US, WANTING OUR RESPECT AND CARING, AS MUCH AS WE WANT IT FROM THEM.

3) EVERYTHING LOOSE SEEMS TO FALL ON THE FLOOR WHENEVER IT CAN. IT HAPPENS TO ALL OF US. EVERYONE GOES INTO ANOTHER ROOM OCCASIONALLY, AND HAS TO GO BACK TO THE ROOM WHERE HE WAS, TO REMEMBER WHAT HE WENT IN THE OTHER ROOM FOR WE ALL HAVE DONE IT. EVERYONE HAS BOUGHT TOO MANY THINGS THAT DON'T WORK OR IN SOME WAY ARE NOT AS THEY SHOULD BE. THAT'S THE MANUFACTURER'S FAULT, NOT YOURS. ALL OF US HAVE THOSE DAYS WHEN WE CAN'T SEEM TO DO ANYTHING CORRECTLY OURSELVES. DON'T BLAME YOURSELF TOO MUCH, BECAUSE OTHERS DO THE SAME. WORKING A LITTLE MORE SLOWLY AND CAREFULLY WILL USUALLY HELP. PAYING BETTER ATTENTION IN GENERAL SAVES A LOT OF GRIEF. IT'S GOOD TO DO OUR VERY BEST AND THEN, NO MATTER WHAT, FOCUS ON HAPPIER AND MORE IMPORTANT SUBJECTS THAN THOSE WHICH SEEM TO US TO BE OUR DEVELOPING IMPERFECTIONS.

YOU LOOK FINE TO ME!

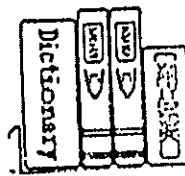
-Leighton Richardson

"Kind words can be short and easy to speak, but their echoes are truly endless."

- Mother Theresa

POWDERHOUSE SENIOR NEWS

RE-CREATION



For Your
Information

WHEAT PROGRAM

GRANDMA IS GOING TO 'PUTER SCHOOL NOW.
IT SEEMS SHE DEVELOPED A YEN.
DO CUSS AND DISCUSS, WHAT'S THE MATTER WITH US
AN URGE TO BEGIN AGAIN.

GRANDMA NOT STUDYING HISTORY,
OR READING OR 'RITHMETIC.
THE SUBJECT IS ALMOST A MYSTERY
BUT IT CERTAINLY MAKES HER TICK.

GRANDMA'S A DIFFERENT PERSON NOW,
HER THINKING IS ON THE MOVE;
SHE EVEN LOOKS YOUNG, AND I DONIT SEE HOW,
BUT THAT ONCE FURROWED BROW IS SMOOTH.

YES, GRANDMA IS GOING TO 'PUTER SCHOOL NOW,
AND IT'S REALLY A WONDERFUL THING!
SINCE I CAN REMEMBER, SHE SEEMED LIKE DECEMBER
NOW SUDDENLY GRANDMA IS ... SPRING!

WHEELER'S GATHERING FOR 131ST ANNUAL REUNION

THE HEAT AND HUMIDTY OF SATURDAY, AUGUST 4TH
WAS IN KEEPING WITH WELL OVER A CENTRY OF TRAD-
TION AS ABOUT 90 DECENDANTS OF JONATHAN AND
MARY BUFFUM WHEELER GATHERED FOR THEIR 131ST
ANNUAL REUNION. THE FAMILY MEETING WAS HELD AT
BALANCE ROCK FARM, HOME OF BUDDY AND LINDA
WHEELER, 104 HIGHLAND STREET, BERLIN.

THE GATHERING INCLUDED A SHORT FAMILY BUSINESS
MEETING CALLED TO ORDER AT NOON WHEN PRESIDENT
BUDDY WHEELER RANG THE FAMILY' BELL. STATISTICAL
SECRETARY, MARGARET WARE READ THE LIST OF
FAMILY BIRTHS, DEATHS AND MARRIAGES FOR THE YEAR.
INCLUDED WAS THE DEATH OF RUTH WRY, LONG TIME
BERLIN RESIDENT.

IN KEEPING WITH TRADITION, RECOGNITION WAS GIVEN
TO THE OLDEST, YOUNGEST, AND FARTHEST DISTANCE
TRAVELED. BLANCH NUTTING, BERLIN WAS THE OLDEST
AT 84. EIGHT WEEK OLD SARAH CARTER OF BELLINGHAM,
1A. WAS THE YOUNGEST. PEGGY FARWELL TRAVELED THE
FARTHEST, COMING FROM THORP, SURREY ENGLAND. ALSO
COMING AFAR WAS ALICE COLE WHEELER OF RICHMAND
MAINE.

COMPUTER WORDPROCESSING COURSE SPONSORE
BY MARLENE DE TIENORE, EDUCATIONAL
AND COMPUTER CONSULTANT WITH TEC TREK,
LTD., WILL BE OFFERING ANOTHER CLASS
IN WORD PROCESSING THIS FALL IN CLINTON
THE CLASS IS TENTATIVELY SCHEDULED FOR
MID-SEPTEMBER, AND WILL BE HELD AT THE
WHEAT OFFICE, TUESDAY AND WEDNESDAY
EVENINGS. STUDENTS WILL LEARN WORD
PERFECT 5.0 ON A IBM COMPATIBLE AND
MICROSOFT WORD ON THE APPLE MACINTOSH.
APPLICATIONS AVAILABLE FOR ALL AGES AND
ABILITIES. STOP BY THE WHEAT OFFICE TO
SIGN UP. (CLASS SIZE IS LIMITED)

MEALS ON WHEELS

MEALS ON WHEELS WILL RESUME SERVICE
TO CLIENTS TUESDAY AFTER LABOR DAY.
DUE TO COST OF OPERATION, DONATIONS WILL
BE INCREASED TO \$1.50. IF THIS SHOULD
CAUSE A HARDSHIP, PLEASE LET MARY
PETKAUSKAS KNOW AND SHE WILL WORK SOME
THING OUT FOR YOU. IF ANYONE WHO
FEELS THEY COULD USE THIS SERVICE PLEASE
CONTACT MARY

SEPT. 6TH. SENIOR CITIZENS MEETING
AT FIRST PARISH CHURCH. NORTHBORO
SENIORS WILL ENTERTAIN US WITH SONGS
BLOOD PRESSURES WILL BE TAKEN AND
LUNCH WILL BE SERVED.

OCT. 4, 1990= SENIOR MEETING AT THE
FIRST PARISH CHURCH. GUEST SPEAKER
WILL BE A PHYSICAL THERAPIST FROM
NASHOBA NURSING SERVICE. BLOOD
PRESSURES WILLBE TAKEN LUNCH
WILL BE SERVED.

SICK LIST

TOM MURTHA IS A PATIENT AT
MASS GENERAL HOSPITAL AND
WOULD LIKE A CARD FROM HIS
FRIENDS AT NORTHBROOK. THE
ADDRESS IS MASS GENERAL
HOSPITAL, FIRST STREET,
RM 1102 (NEW BLDG),
BOSTON, MA 02114

POWDERHOUSE SENIOR NEWS

HEALTH NOTES

By Mary Petkauskas, R.N.

What Diabetes Is

Its full name is diabetes mellitus, but it's generally called simply diabetes. It's the medical term for a group of chronic diseases in which the body fails to complete the conversion of certain foods into energy.

Sugars, starches and some other foods are changed by the body into a form of sugar called glucose. The entry of glucose into many body cells depends on insulin, which is secreted by the pancreas. When glucose enters these cells, it is either converted to instant energy or stored so it can supply heat and energy when needed. In diabetic patients, this process is not completed, either because the pancreas does not produce enough insulin or because the insulin that is produced is not used efficiently by the body cells.

Types of Diabetes

There are two basic types of diabetes mellitus — Type I (insulin-dependent, formerly known as juvenile-onset diabetes) and Type II (non-insulin dependent, formerly known as maturity-onset diabetes).

The Symptoms of Diabetes

Although the warning signs of diabetes are relatively easy to recognize, the symptoms are not generally known and are too frequently ignored.

Preliminary indications of Type I diabetes, which usually attacks children and young adults suddenly and dramatically, are:

- **Frequent urination**, accompanied by abnormal thirst and excessive drinking of fluids.
- **Sudden weight loss**, with feelings of listlessness, weakness, irritability or nausea.
- **Frequent, uncontrollable cravings for food**, particularly candy and other sweets.

According to the American Diabetes Association, the warning signs of Type II diabetes, which usually begins during middle or old age and progresses slowly and insidiously, might include any or all of the symptoms of insulin-dependent diabetes, plus:

- **frequent drowsiness**
- **itching**
- **blurred vision**
- **tingling or numbness in the feet**
- **extreme fatigue, and/or**

The Most Likely Candidates

Although anyone can develop diabetes at any age, certain groups of people are more likely than others to be susceptible to the disease. They include:

- **Overweight people.** Diet plays a large part in the prevention and control of diabetes; *how much* you eat is as important as *what* you eat. The chances of developing diabetes doubles with each 20 percent of excess weight. Most people with Type II diabetes are overweight when the disease manifests itself.
- **Those with diabetic relatives.** The tendency to develop diabetes does "run in the family." There is strong evidence that certain families have an inherited predisposition to the disease, which may skip a generation or two before it reappears.
- **People over 40.** Although Type I, the most serious type of diabetes, strikes mostly youngsters, the disease seldom occurs in children under the age of one, and Type II is most often an affliction of middle and old age.
- **Women.** After the age of 30, more females than males have diabetes in all its forms. Women over 45 develop diabetes at *twice* the rate of men over 45.

Prevention and Control of Diabetes

Although there is no known cure, the onset of diabetes can in some cases be delayed or even prevented. There is nothing you can do about the genes you have inherited, but you *can* regulate your own weight and get the proper amount of exercise. Four out of five adult diabetics are overweight. A well-balanced diet can lengthen your life. And exercise not only helps in weight-reduction, but also increases the body's sensitivity and response to its own insulin.

Once it is contracted, diabetes can be controlled to slow its progress and reduce the possibilities of serious complications. Depending on the type and severity of the disease, it may be treated by dietary changes and exercise, insulin injections, or use of oral drugs to stimulate the body's production and use of

The best source of complete information concerning all aspects of diabetes is your local unit of the American Diabetes Association (ADA). If there is no ADA affiliate near you, call or write:

American Diabetes Association, Inc.
2 Park Avenue
New York, NY 10016
(212) 683-7444

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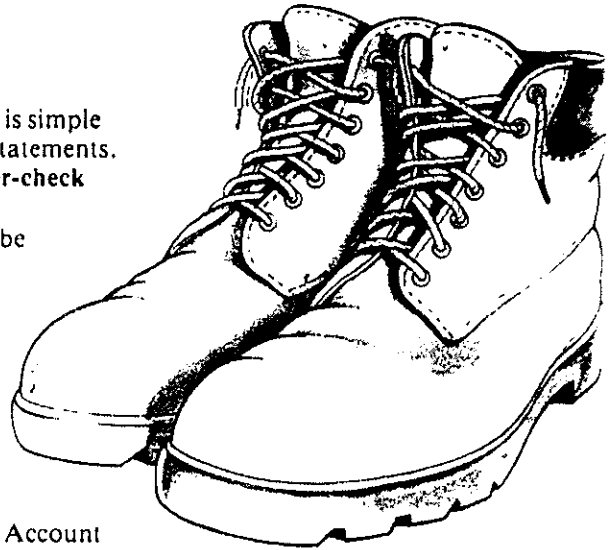
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- Yes! The low \$25 annual fee can be waived. Ask us for details.

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Clinton Savings Bank

...Thanks to Clinton Savings Bank for paying newsletter postage.

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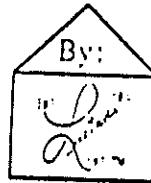
Volunteer Recognition

Recently 15 Volunteers involved with the services of Meals on Wheels enjoyed a Luncheon at the Bull Run Restaurant in Shirley Mass. It was part of the Recognition Program of Appreciation for all who provided dedicated service to the Frail Homebound Elders in Berlin during the past year. Over 2500 meals have been served since the program started two years ago. Meals have not been served during July and August but will resume on Tuesday after Labor Day on Sept 4th.

House Pins



"Buy A House for the Homeless"



WHAT THEY ARE: House Pins are individually designed lapel pins that come in various sizes shapes and colors. Their sharp, geometric design, brilliant colors and shiny coating present an attractive piece of jewelry.

WHO BENEFITS: Shelters, breakfast programs, intervention programs and a wide range of agencies serving the diverse needs of the homeless and affordable housing issues. Many area agencies have found sponsors to aid in the purchase and distribution of the pins, with the net proceeds benefiting those agencies. Membership organizations are finding House Pins a great way to make a valuable contribution to agencies in their areas.

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PATRICIA WHEELER	838-2559

POWDER HOUSE SENIOR NEWS

BERLIN, MASS.



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Fall Issue 1990

Keep Moving

BERLIN SENIORS ARE INVITED TO PARTICIPATE IN FORMING A WALKING CLUB FOR A SPECIFIC DAY OF THE WEEK AND MEET AT NORTHBROOK VILLAGE--FURTHER DETAILS MAY BE OBTAINED FROM MARY 838-7380.

COMING EVENTS

OCTOBER 1990

BIWEEKLY HEALTH & FITNESS AND CRAFT DISCUSSION GROUPS HELD ON WEDNESDAY 2-3 P.M. AT NORTHBROOK VILLAGE AND ON FRIDAYS 7PM TRAVELOQUES WHICH INCLUDED LONDON, SCOTLAND, BERMUDA, MEXICO AND OTHERS ARE AVAILABLE WEEKLY. ALL BERLIN SENIORS INVITED TO ATTEND.

NOVEMBER 1, 1990

SENIOR MEETING AT FIRST PARISH CHURCH. B/P'S WILL BE TAKEN FOLLOWED BY PROGRAM SPEAKER. COROLIE NIDEQUS, FALLON CLINIC WHO WILL TELL ABOUT NEW RESOURCES AVAILABLE FOR SENIORS AND OTHER CHANGES. B/P'S TAKEN AT NORTHBROOK EVERY LAST TUES OF MONTH.

DECEMBER 6, 1990

SENIOR MEETING AT FIRST PARISH CHURCH. B/P'S WILL BE TAKEN FOLLOWED BY A PROGRAM SPEAKER. MARY GRENDAI, NUTRITIONIST, NASHOBA NURSING SERVICE. TOPIC "CHANGE YOUR WEIGHTS", ALSO SUGGESTIONS FOR CHRISTMAS GOODIES. FUTURE ANNOUNCEMENTS REGARDING THIS PROGRAM WILL BE ANNOUNCED BY SPEAKER.

ADVOCACY ALLIANCE.

CENTRAL MASS AREA AGENCY ON AGING IS PLANNING A TRAINING SESSION ON HOW TO CONTACT YOUR LEGISLATORS ON IMPORTANT BILLS RELATING TO ELDERS--CALL MARY FOR FURTHER INFORMATION IF INTERESTED.

Craft Classes



THE ARTS AND CRAFTS GROUP WILL GET TOGETHER ON THE SECOND WEDNESDAY AFTERNOON FROM 2P.M. - 4 P.M. AT THE COMMUNITY BUILDING AT NORTHBROOK VILLAGE. I BELIEVE FOR OUR FIRST PROJECT WE WILL TRY AND DO SOME CHRISTMAS ORNAMENTS. BRING ANY SCRAPS OF COTTON MATERIALS YOU MAY WISH TO WORK WITH, BESIDES A SEWING AND NEEDLE AND THREAD. I WILL HAVE PATTERNS AND DIRECTIONS AVAILABLE FOR YOU. ANYTHING YOU THINK YOU MAY HAVE THAT SOMEONE MAY LIKE TO DO, BRING IT ALONG AND WE WILL HAVE A FUN AFTERNOON.

CHRISTMAS AT KENNEBUNKPORT
DEC. 5, 1990

THE BERLIN SENIOR CITIZENS RECREATION PROGRAM WILL BE SPONSORING A DAY TRIP TO KENNEBUNKPORT, MAINE FOR DEC. 5, 1990. THERE WILL BE A STOP AT THE OUTLETS IN KITTEERY, MAINE FOR DINNER YOU HAVE A CHOICE OF TURKEY OR SCROD. WHEN YOU SIGN UP YOU SHOULD SPECIFY YOUR PREFERENCE. SEE BROCHURE IN THE NEWSLETTER FOR DETAILS.

OUR TRIP TO VERMONT WAS A VERY PLEASANT ONE EVEN THOUGH MOTHER NATURE DID NOT DISPLAY HER BRILLIANT COLORS. I UNDERSTAND THIS TOUR WILL BE EQUALLY AS NICE, SO I AM LOOKING FORWARD TO SEEING MANY OF YOU AGAIN.

YOUR CHECKS SHOULD BE MADE OUT TO FOX TOURS, AND MAILED TO HAZEL CHAMPAGNE, BOX 61, BERLIN, MA.01549

ACTIVITY DIRECTORS

REPORT

Travel Information



BERLIN SENIORS PRESENT

DECEMBER 5, 1990

Christmas in Kennebunkport

Today is the perfect day for everyone to enjoy that wonderful holiday feeling that comes with Christmas! Our destination today is picturesque KENNEBUNKPORT, MAINE, home of fantastic scenery, great shopping, and of course, President George Bush!

Before arriving in Kennebunkport, your motorcoach will first make a stop at KITTERY, MAINE, to visit this town's famous outlet stores for some last minute Christmas shopping. Then you're on your way to Kennebunkport!

Christmas is a happening... it's a time of grand celebrations with beautiful decorations and crisp winter air. The boutiques and specialty stores will provide a wonderful base for all those special gifts that you've been hunting for!

We'll stay until dusk so that you'll be able to see the lights and then it's off for DINNER at Yoken's Restaurant in Portsmouth. Meal selections are TURKEY or SCROD, so please indicate your choice when you sign up for the tour.

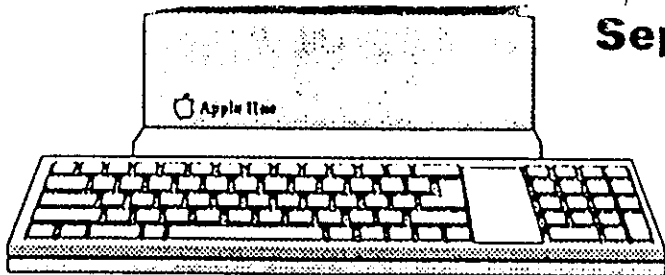
After a delicious dinner we're homeward bound after a glorious day full of holiday spirit, good food, and great fun! Hope you had a wonderful day.

Tour Cost: \$33.00 per person

Tour Includes: ★ Christmas in Kennebunkport
★ Dinner At Yoken's
★ Round trip motorcoach transportation
★ All taxes

Tour Dates: December 3 through December 20

CONTACT: LOUISE CHAMPAGNE 508/838-2550



September 30-December 29, 1990

APPLES FOR THE STUDENTS™

Bradlee's

STOP & SHOP

ONLY 13 weeks to reach a goal of \$ 125,000.00
Join the "APPLE CORE" and help BMS earn another computer !!!

HEALTH NOTES

By Mary Petkauskas, R.N.

Listen Don't take water for granted

to Your Body.

NUTRITION

By Jean Mayer and Jeanne Goldberg

As we get older, physiological processes often taken for granted begin to slow down. One of these is the body's ability to respond to water deprivation.

We don't usually think of water as an essential part of our diets, the way we do protein, vitamins and minerals. But by itself, in other fluids and in the food we eat, water is critical. It is vital for the maintenance of blood volume, for regulating the concentration of sodium and other ions, and for getting rid of metabolic waste products and other substances (such as drugs and toxins) in the urine and feces.

Adequate levels of body water are maintained partly by physiological signals that cause a dryness of the mouth, make us thirsty and encourage us to drink. Although the exact mechanisms remain unclear, the desire to drink is somehow triggered by (1) a decrease in the volume of body fluids without a change in the level of substances dissolved in them, or (2) by an increase in the amount of dissolved substances with no change in fluid volume.

A study recently reported in the New England Journal of Medicine has shed new light on the changes in this response over time. Researchers from Oxford and Johns Hopkins universities enlisted the help of 14 healthy male volunteers. Half were 65 to 75 years old, and the others were between 20 and 31. Prior to the start of the experiment, blood and urine samples were taken. The subjects were asked to rate how thirsty they felt. Then for the next 24 hours they were deprived of all fluids and allowed to choose their diet from a list of foods with a low water content. At the end of 24

hours, all 14 were given unlimited access to water for 60 minutes. Before and after rehydration, blood and urine samples were again taken and the thirst rating repeated. The weakened ability of kidney to conserve water has been recognized as the source of the problem. But this study demonstrated that the defect was not in the kidney itself, but in the hormonal regulation. The ability to respond to dehydration by drinking adequate amounts of fluids must also be seen as a key factor leading to water imbalance in the elderly.

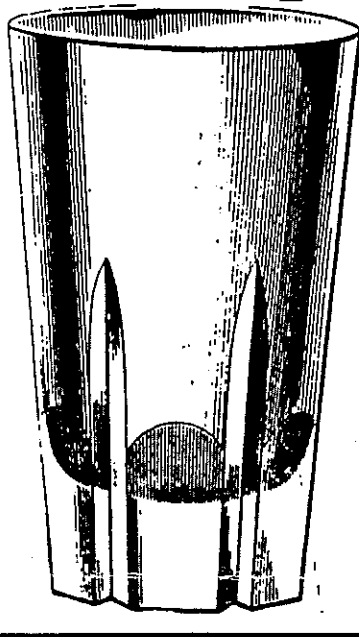
Investigators found that during and following the water deprivation period, the concentrations of sodium and other substances dissolved in plasma were greater in the older men. Although the factor leading to water imbalance for this is not clear, the implication is that there is an increased need for fluids. Despite older people that at no time this, when given access to water, their lives is more important the elderly subjects drank less than their younger counterparts, and therefore did not bring their plasma-concentration levels back to predeprivation values, as the young men were able to do.

In addition, the elderly men's ratings of thirst did not change significantly after water deprivation, nor did ratings of mouth dryness. One elderly man drank nothing following the experiment, stating that he was not thirsty. There was just one appropriately increased response in the elderly group to the increased plasma concentrations.

While vasopressin levels rose significantly higher in the elderly than in the younger subjects, the elder groups' kidneys were apparently unable to respond to the hormonal signal to concentrate the urine in order to reduce water loss.

In an accompanying editorial, Dr. Alexander Leaf of the Massachusetts General Hospital points out that at the beginning of the experiment the elderly group did have plasma concentrations comparable to the younger subjects. This indicates that, over time and under normal circumstances, older people appear to be able to regulate fluid intake. He goes on to say, however, that it is well known among physicians that the elderly become dehydrated very easily. What are usually only mild stresses - diarrhea, fever or infection - can greatly alter water balance in the elderly.

Signals
That Can Save
Your Life...
If You See
Your Doctor!



It is well known among physicians that the elderly become dehydrated very easily.

SOMETHING
TO THINK
ABOUT



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



Thanksgiving



Recipe Corner



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.

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

ALWAYS-READY BRAN MUFFINS

These muffins are mixed, stored in the refrigerator and baked whenever they are wanted. Twenty-five (25) minutes before serving, preheat oven to 400 degrees. Spoon batter into buttered muffin tins, filling $\frac{2}{3}$ full. Bake 20-22 minutes and serve. You can make 2 muffins or enough for a large family.

- 3 cups unprocessed wheat bran
- 1 cup brown sugar
- 2½ cups unbleached flour
- 2½ teaspoons soda
- 1 teaspoon salt
- ½ cup 100% corn oil margarine
- 1 pint buttermilk
- 2 eggs or equal substitute
- 1 cup boiling water

Combine 1 cup bran and 1 cup boiling water, stir and let steep. In a separate bowl, cream sugar and margarine. Beat eggs or measure egg substitute. Combine flour, soda, and salt. Combine the 1 cup of steeped bran, with remaining two cups of bran, the eggs or substitute, flour mixture and buttermilk, margarine and sugar. Mix. Store in tightly covered plastic container. Let stand at least 12 hours before baking. Batter will keep in refrigerator for 6 weeks.

Cranberry Chutney **

- | | |
|--------------------------------|---------------------------------------|
| 1 16 oz. pkg. cranberries | 1 cup chopped celery |
| 2 cups sugar | 1 medium apple, Cortland
chopped |
| 1 cup orange juice | 1 T. grated orange peel |
| 1 cup raisins (dark or golden) | 1 teaspoon ground ginger
marmalade |
| 1 cup chopped walnuts | |

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





BIRTHDAYS

- NOVEMBER 2 DORIS SHORTT
 3 ROLAND PLUMMER
 4 EVERETT BARTLETT JR.
 9 YOLANDA MURTHA
 ELEANOR BOSSELMAN
 11 FRANCIS UNDERWOOD
 14 EMILINA HEBB
 LULA WHEELER
 17 MERLE SHORTT
 21 SUSAN HART
 26 REVA BAUM

- DECEMBER 8 MILLY BLENKHORN
 10 WILLARD WHEELER
 16 FLORA LERIEILLE
 20 DAVID HOLDER
 23 JOHN BOYCE
 HELEN MANNING
 25 EMMB GRAY

ANNIVERSARY

- NOVEMBER 23 FRANCIS & ALICE GEERIE
 27 AUGUSTINE & ALICE MURPHY
 28 EARL & LOUISE JUSSEAUNE
 WINTROP & EMA BRAY
 29 ALFRED & RENA WHEELER
 30 JAMES & SUSAN HART

- DECEMBER 7 CLYDE & HELEN MANNING



DEATHS

VIOLA PHIPPS

SICK LIST

PRISCILLA JEWETT
 MARY SPINNEY - OAKDALE NURSING HOME



October's party

October gave a party;
 The leaves by hundreds came—
 The Chestnuts, Oaks, and Maples,
 And leaves of every name.
 The Sunshine spread a carpet,
 And everything was grand,
 Miss Weather led the dancing,
 Professor Wind the band.



The Chestnuts came in yellow,
 The Oaks in crimson dressed;
 The lovely Misses Maple
 In scarlet looked their best;
 All balanced to their partners,
 And gaily fluttered by;
 The sight was like a rainbow
 New fallen from the sky.



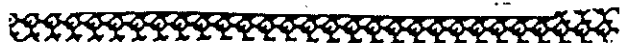
Then, in the rustic hollow,
 At hide-and-seeek they played,
 The party closed at sundown,
 And everybody stayed.
 Professor Wind played louder;
 They flew along the ground;
 And then the party ended
 In jolly "hands around."



George Cooper

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.



PLEASE SUBMIT YOUR RECEIPES ALL TYPED
 TO BE PUBLISHED IN AN UP AND COMING
 COOKBOOK SPONSORED BY WHEAT AND SEND
 THEN TO ALICE KIDDER, WHEAT OFFICE,
 MECHANICIS STREET, CLINTON, MA 01510.



POWDER HOUSE SENIOR NEWS

1990 Berlin Phone Directory

The 1990 Berlin Phone Directory will be available at the next Senior Citizens meeting, the State Election on November 6, the Public Library, Clinton Savings Bank, Berlin Branch or by calling Edith Brewer, 838-2876 or Mary Ellen Matthew, 838-2869. The cost is \$2.00 per book.

Voting Information

To obtain an absentee ballot if you are unable to vote in person on November 6, call the Town Clerk's office at 838-2931. Please leave a message if the office is closed when you call. Absentee ballots must be obtained by Friday, November 2.

Absentee Ballots

The State Election will be held on Tuesday, November 6 at the Berlin Memorial School from 7 a.m. to 8 p.m. There is a parking space at the entrance door reserved for handicapped parking. If anyone is concerned about being able to enter the building due to a disability, please have someone indicate that to the election workers so we can assist by bringing the ballot to the vehicle.

If there are concerns about voting, please call the Town Clerk's office at 838-2931.

NASHOBA NURSING SERVICE



The NASHOBA NURSING SERVICE is available to provide these health services in the home:

- NURSING
- PHYSICAL THERAPY
- OCCUPATIONAL THERAPY
- SPEECH THERAPY
- MEDICAL SOCIAL WORK
- HOME HEALTH AIDE
- HOMEMAKER

For information, please call us at

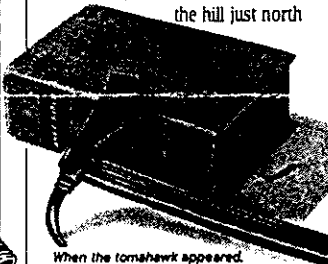
772-3336





It's been called the most extraordinary leap ever made in these parts. And even by today's standards it might well qualify for an Olympic trial. The year was 1735. The town was Berlin. And the unwitting athlete was one Deacon Josiah Sawyer.

The story goes that the good Deacon had just finished clearing some land and was heading home on foot. As he descended the hill just north



When the tomahawk appeared, Deacon Sawyer called upon the Almighty, of the Quaker Meeting House, an Indian, lying in ambush, sprung out with tomahawk in hand. Sensing the gravity of the situation, Deacon Sawyer called upon the Almighty, took one gigantic leap and fled as fast as he could.

The next day, actual measurement showed Deacon Sawyer's leap of faith to have measured a full sixteen feet. And, yes, Deacon Sawyer did escape.

Our area, all the towns of the Nashaway Plantation, are rich in folklore and history. We know, because since 1851, our bank, the Clinton Savings Bank, has been serving their needs...and quietly making history of our own.

We've loaned out hundreds of millions so area people could buy and improve their homes and send their kids to college. Our rock solid savings, IRA and investment plans have helped thousands save for their goals and retirement.

You've made the Clinton Savings Bank your community bank. And for close to 140 years, we've made you our number one priority.



"Your Bank from Generation to Generation - Since 1851"

Clinton	Spring	Boston	Barn
200 Church St.	9 Main St.	563 Main St.	25 Central St.
368-4591	422-8133	Re. 117	838-2286
368-1801		779-2857	

All Deposits Insured in Full Member FDIC DFCU
EQUAL OPPORTUNITY LENDER

Look up and not down
Look forward and not back
Look out and not in
and lend a hand.

Edward Everett Hale

Who Is a Happy Person?

- One who is needed . . . and feels needed.
- One who is peaceful . . . and promotes peace.
- One who thoroughly enjoys people . . . and can equally enjoy solitude.
- One who is at one with nature . . . and respects all living things.
- One who has a job to do . . . and a destiny to fulfill.
- One who can give love unreservedly . . . and can experience love completely.
- One who can share generously . . . and receive gratefully.
- One who can dream limitlessly . . . and live expectantly.
- One who can win humbly . . . and lose graciously.
- One who can feel compassionately . . . and serve joyfully.
- One who can sense the harmony of the universe . . . and appreciate the mystery of creation.

— William Arthur Ward

Thanks to Clinton Savings Bank for paying newsletter postage.

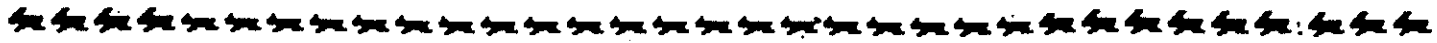
Commonwealth of Massachusetts
EXECUTIVE OFFICE OF ELDER AFFAIRS
Council on Aging Program

October 11, 1990 MARY PETKAUSKAS,

Notification of Grant Award Amount of Award: \$630

This formula grant award shall be used to subsidize health and fitness classes, support the cost of newsletter distribution, and provide for professional training and dues expenses.

Thank YOU



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POWDER HOUSE SENIOR NEWS

BERLIN, MASS.



VOLUME 5-13

COUNCIL ON AGING
BERLIN, MASS, 01503

WINTER ISSUE 1990



CHRISTMAS

MESSAGE



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



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

A TIME FOR CARING

A TIME FOR LOVING

A TIME FOR SHARING

M.R.F.

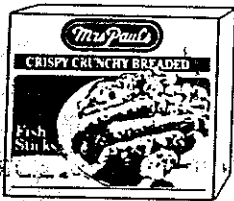
POWDERHOUSE SENIOR NEWS

Campbell's Labels for Education Program

Here's what to save: FOR

BERLIN MEMORIAL SCHOOL

Look for these "Campbell Cousin" brands...



Save the Quality Pledge panel from Mrs. Paul's® Products

Save the front panel of the label from Prego® Spaghetti Sauces



Save the front panel of the label from Franco-American® Products

Save the front panel of the label from "V8" Cans



Save the UPC Symbol (Universal Product Code) from "V8" Juice Boxes

Save the front panel of the label from Swanson® Canned Foods



Save the proof of purchase seal from Swanson® Frozen Foods



Save the Safety Seal from Marie's® Salad Dressings



Save the lid from Vlasic® Pickle Products



Save the proof of purchase seal (UPC Symbol) from Pepperidge Farm® Products

And keep saving these Campbell labels...





Christmas in Kennebunkport

JANUARY'S BIRTHDAYS

- 1/2 RUSSELL WHEELER
- 1/9 LORRAINE SAWYER
- 1/10 GEORGE ESTABROOK
- 1/11 BENJAMIN LASKOWSKI
FRANCIS UNDERWOOD
- 1/12 EDWARD AKROYD
ELIZABETH KITTREDGE
- 1/13 JAMES HART
MARION KATER
- 1/14 EDWARD WARE
- 1/15 HELEN BREWER
- 1/17 WINTHROP BRAY
ALFRED ST. JOHN
- 1/18 JEAN MUSCHE
- 1/19 CECELIA KERRIGAN
KENNETH SAWYER
- 1/21 ALICE BURKE
ELIZABETH JONES
- 1/22 FRANCES WIXON
- 1/24 SANDY KENNEDY
- 1/25 MARY SPINNEY
- 1/28 EVA TOBY
SEWARD SPINNEY

THE BERLIN SENIOR CITIZENS RECREATION PROGRAM WILL BE SPONSORING A DAY TRIP TO KENNEBUNKPORT, MAINE FOR DEC. 5, 1990. THERE WILL BE A STOP AT THE OUTLETS, PN KITTEERY, MAINE FOR DINNER. YOU HAVE A CHOICE OF TURKEY OR SCROD. WHEN YOU SIGN UP YOU SHOULD SPECIFY YOUR PREFERENCE.

9 A.M. BUS WILL PICK UP AT NORTHBROOK AND THE TOWN HALL PLEASE BE ON TIME.

XMAS LIGHTS

WE CALL YOUR ATTENTION TO AN OUTSTANDING DISPLAY OF CHRISTMAS LIGHTS AT 39 WALNUT ST.

JANUARY'S ANNIVERSARY

- 1/20 WARREN & EDITH WHEELER

FEBRUARY'S BIRTHDAYS

- 2/1 HOPE DUGKWORTH
- 2/4 NATALIE AKROYD
- 2/9 ANDREW MATTHEW
- 2/10 PAULINE PAINE
- 2/13 MARGARET LASKOWSKI
LEPHE WILSON
- 2/17 MICKEY FRANK
- 2/19 HARRIET FIELD
- 2/20 FRANCIS KENNEDY
- 2/24 MARY PETKAUSKAS
- 2/25 BILL FRANK
- 2/28 THOMAS MURTHA

FEBRUARY'S ANNIVERSARY

- 2/20 WILLARD & JOANNE WHEELER



BIRTHDAYS

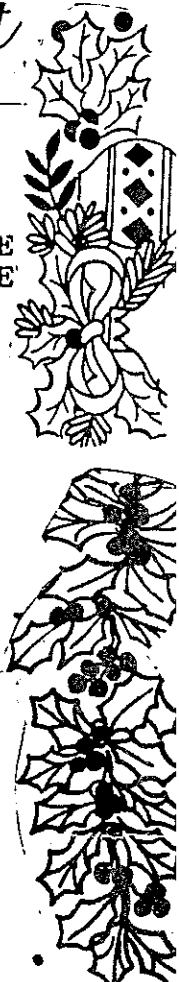
IT'S A WONDERFUL WORLD

In spite of the fact
we complain and lament
And view this old world
with much discontent,
Deploring conditions
and grumbling because
There's so much injustice
and so many flaws,
It's a wonderful world
and it's people like you
Who make it that way
by the things that they do---
For a warm, ready smile
or a kind, thoughtful deed,
Or a hand outstretched
in a hour of need
Can change our whole outlook
and make the world bright
Where a minute before
just nothing seemed right----
It's a WONDERFUL WORLD
and it always will be
If we keep our eyes open
and focused to see
The WONDERFUL THINGS
man is capable of,
When he opens his heart
to GOD and HIS LOVE.

Helen Steiner Rice

IN SYMPATHY

HENRY NUTTING



Happy Holiday Wishes

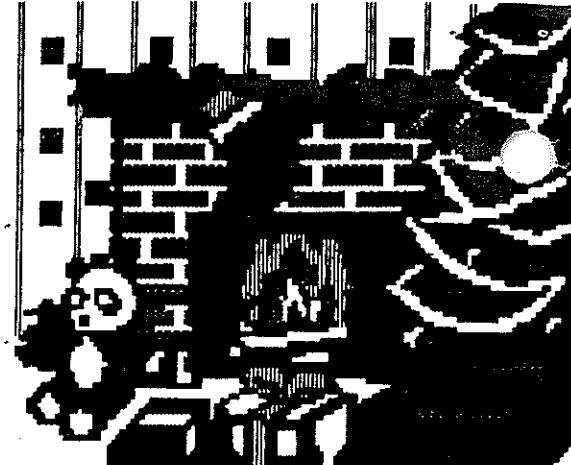
WE GATHERED TOGETHER

ONCE AGAIN THIS YEAR, MEMBERS, FAMILY AND FRIENDS OF ST. JOSEPH THE GOOD PROVIDER CHURCH AND THE FIRST PARISH CHURCH OF BERLIN JOINED IN A THANKSGIVING EVE ECUMENICAL SERVICE AT THE FIRST PARISH CHURCH OF BERLIN.

THIS IS A JOYOUS AND SPECIAL TIME FOR ALL PARTICIPATING IN A WORSHIP SERVICE TO GIVE THANKS FOR THE MANY BLESSINGS OF LIFE, AND TO REMEMBER THOSE NEAR AND FAR WHO HAVE SPECIAL NEEDS AND CONCERNS.

AN ECUMENICAL COMMITTEE WITH REPRESENTATION FROM EACH CHURCH PLANNED THE SPECIAL SERVICE OF WORSHIP TO INCLUDE PARTICIPATION BY CLERGY, LAY PERSONS AND THE ASSEMBLED CONGREGATION. DURING THE BEAUTIFUL CANDLELIGHT CIRCLE OF FELLOWSHIP, AS PARTICIPANTS ENCIRCLED THE DARKENED CHURCH SANCTUARY, EACH LIT HIS CANDLE FROM HIS NEIGHBORS UNTIL THE CIRCLE LIGHTING WAS COMPLETE. FINALLY THE CHURCH GLOWED WITH THE LIGHT OF MANY CANDLES, AND THE JOYS AND CONCERNS FOR INDIVIDUALS, THE COMMUNITY AND THE WORLD FAMILY WERE SHARED BY THOSE AROUND THE CIRCLE. FOLLOWING THE SERVICE, THE WARM COMMUNION CONTINUED WITH REFRESHMENTS AND CONVERSATION.

AND SO WE DEPARTED--GIVING THANKS.
BY MARGUERITE KRACKHARDT



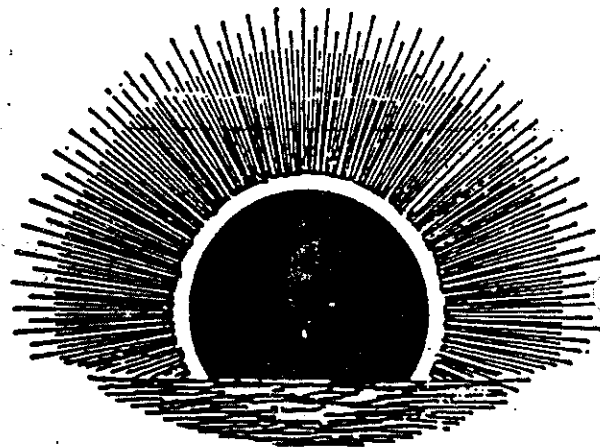
THERE'S SUNSHINE IN A SMILE

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

What sunshine is to flowers, smiles are to humanity. They are but trifles, to be sure, but scattered along life's pathway, the good they do is inconceivable.

NEWSLETTER COMMITTEE

MARGUERITE KRACKHARDT
LEPHY WILSON
EDITH WILSON
CECIL KERRIGAN
MARY PETKAUSKAS-RN
EDITOR





POWDERHOUSE SENIOR NEWS

HEALTH NOTES

By Mary Petkauskas, R.N.



The Flu Isn't Just a Bad Cold

Many people believe that the flu is "just a bad cold." In fact, for older people and those with chronic illnesses of the heart and lungs, the flu and its complications -- especially pneumonia and bronchitis -- can lead to hospitalization and even death.

The flu is caused by a virus that attacks the lungs, nose and throat. The first symptoms of the flu are fever and chills, followed by muscle aches, sore throat, congestion, cough, headache, burning eyes and aching back. Even after the symptoms are gone, the flu can make you feel tired and not well for two weeks or more.

You can get the flu just by being around someone with the flu. It is spread through the air and also by touching things that someone with the flu has touched.

If you get the flu you should rest in bed, drink plenty of fluids, stop smoking, use a humidifier and (non-aspirin pain reliever) to reduce pain.

A Flu Vaccination: Your Best Protection

Right now, the best protection against the flu and its complications is an annual flu vaccination. Just one injection in the arm gives you a whole year's worth of protection against the flu.

The Flu and Seniors: A Dangerous Combination

The flu is especially dangerous for those who are older or who have chronic illnesses because it weakens the body, especially the lungs, and leaves the way open for pneumonia and bronchitis. Most people who land in the hospital because of the flu developed one of these complications.

Doctors consider anyone who is 65 or older to be at moderate risk for developing complications from the flu simply because their immune system, which fights off the flu and other infections, may not be as strong as it once was. All older adults should take the flu very seriously and protect themselves against it.

People with chronic illnesses, especially of the heart and lungs, are considered to be at high risk even if they are under 65. Those in nursing homes and hospitals are also automatically considered to be at high risk because it is so easy to be exposed to the flu in these facilities.

You will need a new vaccination each fall because the flu virus changes every year. To protect you, the vaccine must match the flu that is present that year.

About one in three people experience mild side effects, such as a sore arm, fever and achiness for one or two days.

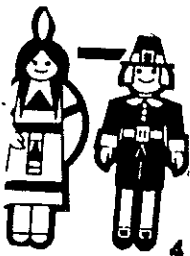
For some people, the vaccine doesn't prevent the flu completely, but it does make their symptoms much milder.

A Joint Publication of the Massachusetts Department of Public Health and the AARP



Elder Health ALERT





POWDERHOUSE SENIOR NEWS

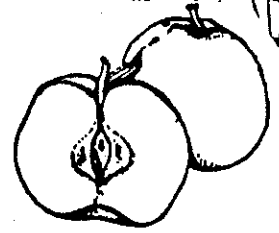
Recipes for the Holidays



Apple Chunk Cake

- 4 medium sized apples
- 1/2 cup raisins
- 1/2 cup caramel or chocolate chips
- 1/4 to 1/2 cup chopped walnuts
- 2 1/2 cups unsifted flour
- 1 1/2 cups sugar (1/2 white and 1/2 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.

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 CUPS OF MILK MORE OR LESS
- 5 CUP CHOPPED NUTS
- 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.

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



POWDERHOUS 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.

- 200 Church St., Clinton, MA 365-4591
- 3 Main St., Sterling, MA 422-8133
- Rte. 117, Great Rd., Bolton, MA 779-2857
- 25 Central St., Berlin, MA 838-2286



Clinton Savings Bank

All Deposits Insured in Full Member FDIC/DFM
EQUAL OPPORTUNITY LENDER

"Your Bank from Generation to Generation - Since 1851"



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



MONDAY: May the Good Lord take a liking to you, but not too soon.

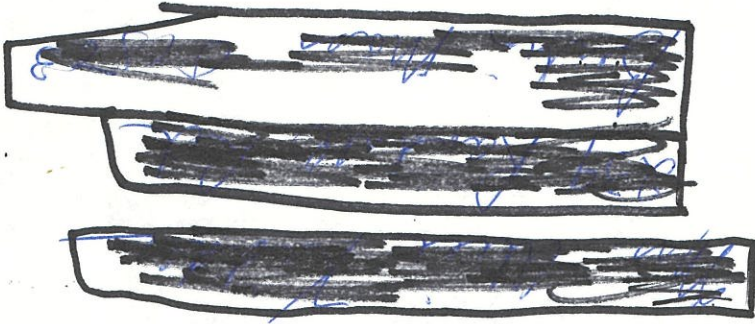
TUESDAY: Do not resent growing old, many are denied the privilege.

WEDNESDAY: May you live as long as you want, but never want as long as you live.

THURSDAY: You're not as young as you used to be but...you're not as old as you're going to be...so watch it!

FRIDAY: In old age I need the ability to forgive myself and forgive others who didn't help me, because there is no perfect Christian life.





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