

THE POWDERHOUSE SENIORS NEWS

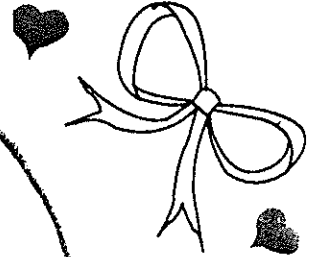
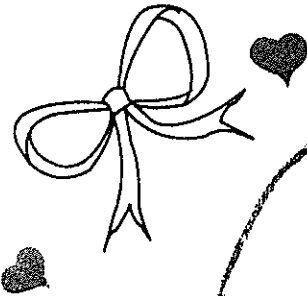
Berlin, Mass.



VOLUME 5-14

COUNCIL ON AGING

February - March 1991



DO SOMETHING TODAY!

Do something today to bring gladness,
To someone whose pleasures are few.
Do something to drive off sadness,
Or cause someone's dreams to come true.

Find time for a neighborly greeting,
And time to delight an old friend.
Remember the years are fleeting,
And life's latest day will soon end.

Do something today that tomorrow,
Will prove to be really worth the while.
Help someone to conquer sorrow,
And greet the new dawn with a smile.

For only through kindness and giving,
Of service and friendship and cheer,
We learn the pure joy of living,
and find heaven's happiness here.



HAPPY VALENTINES DAY

february
is
heart month

POWDERHOUSE SENIOR NEWS

Health Notes

By Mary Potkouskas, RN

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 PAGED "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.

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

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 FAT 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:

BEETS	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.

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.

MEDICAL CENTER
STANFORD UNIVERSITY
CALIFORNIA.



for

Healthy Hearts



"A HAPPY BIRTHDAY TO ALL"

- MARCH 4 BLANCHE NUTTING
- 5 MELVIN MASON
- 8 FLORENCE MARTIN
- 11 HELEN MATHEW
- 12 HAZEL HARRIMAN
- 14 JOANNE WHEELER
- 16 MARGARET WARE
- 18 LILLIAN HOLYOAK
- 22 BARBARA FOSTER
- 23 JOHN HAMLIN
- 24 ELEANOR PLASTRIDGE
- 25 NATALIE WHEELER
- 25 MARJORIE WHEELER
- 26 LORRAINE CEDAR
- 27 LEONARD FERREIRA

ANNIVERSARIES MARCH

- MARCH 11 JOHN AND ELIZABETH RISI
- 16 CHARLES AND LAURA NUTTING

IN SYMPATHY

WINTHROP BRAY

MARGUERITE BELLAROSA

BIRTHDAYS APRIL

- APRIL 4 HARRIET HOLDER
- 8 WILLIAM WRIGHT
- 9 DORIS WHITLEMORE
- 9 WILLIAM OLENIK
- 10 ESTELLE BOYCE
- 11 ELIZABETH WRIGHT
- 12 ALFRED WHEELER
- 14 EDITH WILSON
- 17 LOUISE JUSSEAUME
- 19 LEWIS PAINE
- 24 ANNE MARIE COULSON
- 28 HENRY WHEELER
- 30 LEONARD MUNGEAM

ANNIVERSARIES APRIL

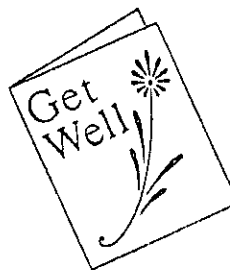
- APRIL 4 BILL AND MICKEY FRANK
- 8 CARL AND ELINOR BRODEUR
- 15 JOHN AND HAZEL HAMLIN
- 19 LEONARD AND ARMINDA
FERRIERA
- 23 KENNETH AND JOSEPHINE
SAWYER
- 30 LEONARD AND RUTH MUNGEAM



SENIOR MEETING

MARCH 7
PROGRAM SPEAKER RACHEL GALLANT
NASHOBA NURSING SERVICE LIFE
STYLE AND CARE OF PATIENTS WITH
CARDIAC PROBLEMS.

MASS. ASSOCIATION OF THE BLIND
FEB 7 AT THE SENIOR MEETING AT
THE FIRST PARISH CHURCH. SPEAKER
WILL BE SHARON STRZOWSKI. WILL
SPEAK ON CARE EYES.
ALSO ON THAT DATE BILLY WHEELER
WILL DO A TRAVEL LOG.



SICK LIST

- HELEN MANNING
- MARGARITE BARTLETT
- JANET BARTER
- ELIZABETH JONES
- PHYLLIS WARBIN

NORTHBROOK CELEBRATION

IT'S BEEN A QUICK 10 YEARS. THE BOARD OF DIRECTORS OF BERLIN RETIREMENT HOMES IS CELEBRATING THE 10TH ANNIVERSARY OF NORTHBROOK VILLAGE. NORTHBROOK VILLAGE IS A PRIVATE, NONPROFIT RETIREMENT COMMUNITY. IT IS OWNED AND OPERATED BY BERLIN RETIREMENT HOMES, INC., WHOSE MEMBERS ARE ELECTED FROM THE COMMUNITY.

THE CORPORATION PROVIDES RENTAL HOUSING AND RELATED FACILITIES TO MEET THE PHYSICAL, SOCIAL AND PSYCHOLOGICAL NEEDS OF THE AGED OR HANDICAPPED AND CONTRIBUTE TO THEIR HEALTH SECURITY AND HAPPINESS. A NINE-MEMBER BOARD OF DIRECTORS SETS POLICIES AND MANAGES THE VILLAGE, WHICH HAS 40 APARTMENTS IN 12 BUILDINGS ON 10 ACRES OF BERLIN FARMLAND.



ACCORDING TO POLICE CHIEF JOSEPH BARRY, ONE DRIVER BLEW THROUGH A CROSSWALK IN WHICH A PEDESTRAIN WAS PASSING, AND WAS SPOTTED BY A POLICE OFFICER. DESPITE WHISTLES AND SIGNALS FROM THE OFFICER, THE DRIVER JUST CONTINUED GOING. A CRUISER WAS CLOSE BEHIND ON MAIN STREET, AND THE OFFICER SIGNALLED THE CRUISER TO STOP THE CAR.

WHEN THE CAR WAS FINALLY PULLED OVER ON WITHERBEE STREET, THE OFFICER ASKED THE DRIVER FOR HIS LICENCE, AND THE DRIVER REFUSED.

THE OFFICER THEN WENT BACK TO HIS CRUISER TO WRITE A CITATION, WHEN THE DRIVER GOT OUT OF HIS CAR, WALKED TO THE POLICE CAR, OPENED THE OFFICER'S DOOR AND SLAMMED IT SHUT LOUDLY. HE WAS LATER ARRESTED FOR DISORDERLY CONDUCT, AS WELL AS FAILURE TO STOP FOR A POLICE OFFICER, BARRY SAID.



Nashoba Nursing Service
Nashoba Associated Boards of Health

HANDYMAN PILOT PROJECT

The handyman program offers affordable home repairs to elders, handicapped individuals, and others, with the goal of enabling them to live at home safely.



Affordable Home Repairs
1-800-479-3301



THANKS THANKS!
THANKS THANKS
THANKS THANKS
THANKS A HEAP!

NEWSLETTER COMMITTEE

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



A NOTE OF THANKS TO DENNIS BARTLETT FOR GETTING THE COMOD. ITIES FROM CLINTON AND ALSO TO MARY ELLEN MATTHEWS FOR PREPARING THE NEWSLETTER MAILING LIST.



BERLIN GRANGE HONORS PRISCILLA JEWET

ON DECEMBER 5, 1990 THE BERLIN GRANGE NO. 134 PRESENTED THE COMMUNITY CITIZEN AWARD TO PRISCILLA JEWET. THIS AWARD, SPONSORED BY THE NATIONAL GRANGE, IS GIVEN IN RECOGNITION OF DEVOTED SERVICE TO THE COMMUNITY.

AMONG THE SEVERAL ACTIVITIES CITED AS A BASIS FOR HONORING PRISCILLA WERE HER COMMITMENT TO SUNDAY SCHOOL AND CHURCH AS A YOUTH; SHE SERVED AS A JUNIOR 4-H LEADER FOR SEWING PROJECTS AND LATER WAS AN ACTIVE MEMBER OF THE COUNTY 4-H COUNCIL FOR MANY YEARS. HER INTEREST IN SEWING CONTINUED IN RED CROSS PROJECTS WITH MAUDE SAWYER. PRISCILLA ALSO SERVED AS SECRETARY FOR THE LOCAL BRANCH OF THE SALVATION ARMY.

SHE WAS A MEMBER OF THE COMMITTEE APPOINTED TO DEVELOPE THE "HISTORY OF BERLIN--1784 TO 1959" TYPED THE MANUSCRIPT FOR THIS PUBLICATION; AND LATER SERVED ON THE TOWN'S SESQUICENTENIAL COMMITTEE.

SEVERAL ELECTIVE AND APPOINTED TOWN POSITIONS WERE ALSO CITED-- SHE WAS THE FIRST CLERK FOR THE BOARD OF SELECTMEN; THE FIRST WOMAN SELECTMEN FOR BEALN AND SERVED AS CHAIRPERSON; WAS REGISTER OF VOTERS FOR SEVERAL TERMS; AND SERVED AS PRESIDENT OF THE BERLIN RETIREMENT HOMES AND A MEMBER OF THE BOARD OF DIRECTORS. CURRENTLY PRISCILLA IS A MEMBER OF THE TOWN'S FINANCE COMMITTEE.

COMING EVENTS

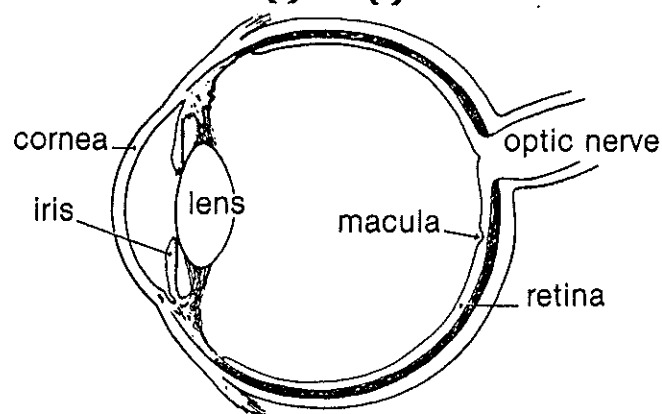
WITH SPRING JUST AROUND THE CORNER, I AM LOOKING OVER MATERIAL FOR SOME DAY TRIPS THAT MAY BE OF INTEREST TO YOU SO FAR, I HAVE COME UP WITH THE FOLLOWING TRIPS:

- MARTHA'S VINEYARD
- LAKE WINNIPESAUKEE
- LAKE SUNAPEE - 2 HOUR CRUISE AND A BOX LUNCH ABOARD THE BOAT
- CAPE COD CANAL CRUISE
- A FUN DAY A WHALOM PARK WITH A CHICKEN BARBARQUE PICNIC.

I AM OPEN TO SUGGESTIONS, SO FEEL FREE TO SUBMIT THEM AND I WILL KEEP YOU INFORMED ON COMING EVENTS.

LOUISE CHAMPAGNE

Aging and Your Eyes



Eye Diseases Common in the Elderly

Cataracts are cloudy or opaque areas in part or all of the transparent lens located inside the eye. Normally, the lens is clear and allows light to pass through. When a cataract forms, light cannot easily pass through the lens and this affects vision. Cataracts usually develop gradually, without pain, redness, or tearing in the eye. Some remain small and do not seriously affect vision. If a cataract becomes larger or denser, however, it can be surgically removed. Cataract surgery (in which the clouded lens is removed) is a safe procedure that is almost always successful. Cataract patients should discuss with their doctor the risks and benefits of this elective procedure. After surgery, vision is restored by using special eyeglasses or contact lenses or by having an intraocular lens implant (a plastic lens that is implanted in the eye during surgery).

Glaucoma occurs when there is too much fluid pressure in the eye, causing internal eye damage and gradually destroying vision. The underlying cause of glaucoma is often not known, but with early diagnosis and treatment it can usually be controlled and blindness prevented. Treatment consists of special eye drops, oral medications, laser treatments, or in some cases surgery. Glaucoma seldom produces early symptoms and usually there is no pain from increased pressure. For these reasons, it is important for eye specialists to test for the disease during routine eye examinations in those over 35.

Retinal disorders are the leading cause of blindness in the United States. The retina is a thin lining on the back of the eye made up of nerves that receive visual images and pass them on to the brain. Retinal disorders include senile macular degeneration, diabetic retinopathy, and retinal detachment.

- Senile macular degeneration is a condition in which the macula (a specialized part of the retina responsible for sharp central and reading vision) loses its ability to function efficiently. The first signs may include blurring of reading matter, distortion or loss of central vision (for example, a dark spot in the center of the field of vision), and distortion in vertical lines. Early detection of macular degeneration is important since some cases may be treated successfully with laser treatments.
- Diabetic retinopathy, one of the possible complications of diabetes, occurs when small blood vessels that nourish the retina fail to do so properly. In the early stages of the condition, the blood vessels may leak fluid, which distorts vision. In the later stages, new vessels may grow and release blood into the center of the eye, resulting in serious loss of vision.
- Retinal detachment is a separation between the inner and outer layers of the retina. Detached retinas can usually be surgically re-attached with good or partial restoration of vision. New surgical and laser treatments are being used today with increasing success.

Low-Vision Aids

Many people with visual impairments can be helped by using low-vision aids. These are special devices that provide more power than regular eyeglasses. Low-vision aids include telescopic glasses, light-filtering lenses, and magnifying glasses, along with a variety of electronic devices.

SOMETHING TO THINK ABOUT

CARE FOR YOUR CHRISTMAS POINSETTIA

THE POINSETTIA IS A LOVELY CHRISTMAS PLANT WITH COLORFUL RED, WHITE, OR PINK BRACTS. BRACTS ARE WHAT MANY PEOPLE THINK OF AS THE FLOWER'S. THESE COLORFUL BRACTS ARE NOT THE FLOWER BUT THE LEAVES. THE FLOWERS ARE THE LITTLE NUBS IN THE CENTER OF THE BRACTS. 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.

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



GARDENIAS BRIGHTEN THE WINTER HOME

NOW THAT THE HOLIDAYS ARE OVER AND YOUR POINSETTIAS HAVE WILTED AWAY, WHY NOT BOOST YOUR SPIRITS DURING THE WINTER BLAH'S WITH A SWEET SMELLING GARDENIA. THIS YEAR ROUND PLANT ADAPTS WELL INDOORS AND CAN BE PLANTED OUTDOORS COME SUMMERTIME. A BRIGHT LOCATION, SUCH AS A SUNNY WINDOW IS BEST FOR A GARDENIA. THIS IS IMPORTANT SO THAT SMALL BUDS WILL DEVELOP AND OPEN, REPLACING OLDER FLOWERS. WARM TEMPERATURES ARE IDEAL, 70-72 DEGREES F. DURING THE DAYTIME AND 65-70 DEGREES F. DURING THE NIGHT. AVOID FULL SUNLIGHT DURING THE SUMMER MONTHS. MODERATELY MOIST SOIL IS PREFERRED. WATER THOROUGHLY WHEN SOIL SURFACE FEELS DRY TO TOUCH. GARDENIAS LIKE HIGH HUMIDITY. FERTILIZE PERIODICALLY FOLLOWING MANUFACTURES DIRECTIONS.

From the Worcester Telegram of January 17, 1990.

Thought this might interest the people who have flowers and what to do with them.

Daffodils Say Easter

By James Dillet Freeman

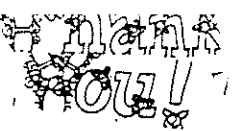
Easter may be frosty,
even snowy.
Then the daffodils fall over,
lifelessly limp.
But when the sun shines warm
for an hour or two,
up they spring again,
their golden trumpets trumpeting
the resurrecting power of life.

I think God made the human heart
much like daffodils.
We may sink low in a frosty moment—
but when we turn to Him
in a moment of faith,
up we spring again
in the resurrecting warmth
of His love.

To be loved is the greatest gift of all.



May your hearts be filled with gladness, this Easter season.



" APPLES FOR THE STUDENTS "

BERLIN MEMORIAL SCHOOL WOULD LIKE TO THANK THE SENIOR CITIZENS FOR HELPING OUR SCHOOL COLLECT STOP & SHOP AND BRADLESS REGISTER RECEIPTS. OUR SCHOOL HAS COLLECTED \$ 65,000.00 WORTH OF TAPES. THIS HAS ENABLED OUR SCHOOL TO PURCHASE AN " APPLE II IMAGEWRITER PRINTER AND 5 SOFTWARE PACKAGES. THIS PROGRAM HAS GREATLY ENHANCED OUR COMPUTER EDUCATION PROGRAM AT OUR SCHOOL WE THANK YOU FOR YOUR SUPPORT !!



Town of Berlin Recreation Department

IS SPONSORING A VALENTINE SENIOR SOCIAL

THURSDAY, FEB. 14, ^{2 P.M.} AT THE NORTHEROCK COMMUNITY BLDG. COME AND ENJOY AN AFTERNOON BRUNCH. APPETIZERS, HOT & COLD HORS D'OEUVRES, PUNCH, COFFEE, GOODIES AND SURPRISES. ALSO ENJOY A MOVIE " PRETTY WOMEN " WILL BE SHOWN GET OUT OF THE HOUSE !!!! ENJOY A SPLENDID AFTERNOON WITH US !! TRANSPORTATION IS AVAILABLE BY CALLING 838-2735 ASK FOR LYNN HOPE TO SEE YOU THERE

A PRAYER FOR SADDAM HUSSEIN AND GEORGE BUSH



God, you fill the universe with light and love. In you we live and move and have our being. We pray for Saddam Hussein and George Bush. Enlighten their minds and fill their hearts with the power of your creative love. Guide their actions so that all civilians and soldiers in the Gulf area are protected from the sufferings of war. Inspire their decisions so that the crisis in the Middle East is resolved peacefully, and all peoples of the world learn to walk in ways of justice, love and peace.

Amen

FROM CATHOLIC CHARITIES FRIENDLY VISITORS NEWSLETTER.

God puts friendly faces in unexpected places.



Some people seem to specialize In doing thoughtful deeds. Before you ask, they understand Your problems and your needs. Quietly, they do their best To help, inspire and cheer, And everything looks brighter Right away, because they're near. They always have a lot to do But still find time to spare To listen and to give advice Because they really care. They help because they want to, They find joy in being kind, And making others happy Is the first thing on their minds. They make this world a better place By practicing the art Of reaching out to others And by giving...from the heart.

AMANDA BRADLEY

17 LOCAL BERLIN BOYS ARE SERVING THEIR COUNTRY IN SAUDI ARABIA.

ATTENTION SENIOR CITIZENS!



Everyone knows that it's hard to make ends meet on a fixed income. But you've worked hard all of your life and now you may be eligible for some assistance. Find out if you qualify for Food Stamps.



----- FOOD STAMP FACTS -----

- * All Elders do not get the same amount of Food Stamps. How much you will receive depends on your monthly living expenses, such as rent or mortgage, utilities, and medical bills. Many elders do get more than \$10 in Food Stamps each month.
- * You can own a home, a car, and have up to \$3,000 in the bank and still get Food Stamps.
- * You can get Social Security and/or SSI and Food Stamps.
- * If your only income is from SSI and you live alone (or with others with whom you do not share food) then you are automatically eligible for Food Stamps.
- * You do not have to pay for Food Stamps.



Don't feel that someone else might deserve Food Stamps more than you. If you're living on a fixed income and your bills are high, you could benefit from receiving Food Stamps too. And besides, the Food Stamp Program is set up so that everyone who is eligible can receive Food Stamps -- if they apply!



FOR MORE INFORMATION, CALL:
1-800-645-8333
FOOD STAMP HOTLINE
MONDAY-FRIDAY



PROJECT
BREAD



It's a comfort to know there's no minimum balance with *Yes! Checking*SM

Yes!Checking gives you the comfort of knowing you don't have to maintain a minimum balance. You don't have to worry about keeping \$200 or more in your account to avoid paying fees.

State-of-the-Art Features:

- Yes! You don't have to wait for your checks to clear. Your money is available the very same day!
- Yes! Balancing your checkbook is simple with our easy-to-read monthly statements. Plus, there are no monthly or per-check fees to calculate.
- Yes! You can receive truncated checks. That means you don't have to wait for the bank to return your checks each month - you've got a copy of every check you've ever written right in your checkbook from the moment you write it.
- Yes! You can receive, upon application, MoneyLine, a personal line of credit.

- Yes! You can bank 24-Hours a day with your ATM card at over 25,000 CIRRUS, Yankee 24 or CashStream ATMs across the United States.
- Yes! The low \$25 annual fee can be waived. Ask us for details.

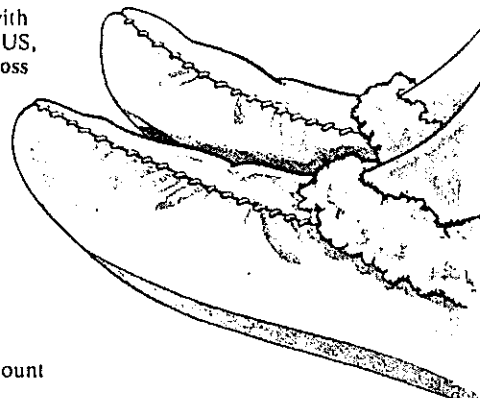
Yes!
*Checking*SM

The State of the Art Account



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 Ric. 117 779-2857
BERLIN 25 Central St. 838-2286

All Deposits Insured In Full Member FDIC/DIFM EQUAL OPPORTUNITY LENDER

Thanks to Clinton Savings Bank for paying newsletter postage

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

REFLECTIONS FOR THE DAY

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

- Mother Theresa

"Even if you're on the right track, you'll get run over if you just sit there."

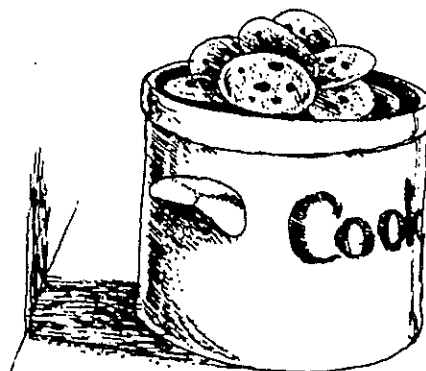
- Will Rogers

Recipe Corner

Raisin-Oatmeal Cookies

- 1 cup flour, sifted
- ½ teaspoon baking soda
- 1 teaspoon salt
- 1½ cups quick cooking oats
- 2 egg whites, slightly beaten
- ¼ teaspoon cinnamon
- 1 cup brown sugar
- 1/3 cup oil
- ½ cup skim milk
- 1 teaspoon vanilla extract
- 1 cup seedless raisins

Preheat oven to 375°F. Sift together flour, baking soda, salt, and cinnamon. Stir in the oats. Combine egg whites, brown sugar, oil, milk, vanilla, and raisins and add to flour mixture. Mix well. Drop batter a teaspoon at a time onto an oiled cookie sheet. Bake 12 to 15 minutes, depending on texture desired. Shorter baking time results in a chewy soft cookie, the longer time results in a crisp one. Yield: 3 dozen. Approx. cal/serv.: 70



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COUNCIL ON AGING

POWDERHOUSE SENIOR NEWS BERLIN, MASS

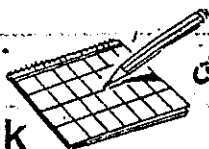


COUNCIL ON AGING

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POWDER HOUSE SENIOR NEWS

BERLIN, MASS.



COUNCIL ON AGING

SUMMER 1991

Sympathy

SUMMER Mark Your Calendar

ANNIVERSARIES

OMITTED FROM THE LAST NEWSLETTER WERE ANNIVERSARY OF BENJAMIN AND MARGARET LASNOWSKI MAY 12 AND CLIFTON AND HELEN BREWER MAY 20

ANNIVERSARIES IN JUNE

JUNE 2 MELVIN AND MYRTLE MASON
5 FRANCIS AND JOSEPHINE UNDERWOOD
16 ROGER AND HELEN WHEELER
20 VINCENT AND DORIS EAGER
22 JACK AND SALLY BERGEN
22 EDWARD AND MARGARET WARE

ANNIVERSARIES FOR JULY

JULY 5 THOMAS AND YOLANDA MURTHA
11 LAWRENCE AND BARBARA FOSTER
12 GLEN AND MILLIE BLENKHORN

ANNIVERSARIES IN AUGUST

AUGUST 3 EVERETT AND MARGUERITE BARTLETT
6 DANIEL AND ELEANOR PLASTRIDGE
31 JOHN AND ESTELLE BOYCE

BIRTHDAYS IN JUNE

JUNE 6 DORIS MICHALSKI
7 BARBARA ST. JOHN
12 EVA YEITER
13 ALICE MURPHY
19 RAYMOND BRUM
24 EARL JUSSEAUME
24 SALLY BERGAN
26 JOSEPHINE UNDERWOOD
26 ELEANOR BRODEUR
30 AUGUSTINE MURPHY



DEATHS IN MARCH
1. ANDREW MATHEWS
2. LAURA NUTTING
3. ROGER M. WHEELER

THANK YOU TO MATHEW TRUCKING AND SON FOR PREPARING ADDRESS LABELS.

BIRTHDAYS IN JULY

JULY 4 MYRTLE MASON
5 HENRY WHEELER
12 EDITH WHEELER
13 MARGUERITE BARLETT
15 LAWRENCE FOSTER
18 JIM ALGER
22 GRACE STAMMERS
23 ARMINDA FERREIRA
25 ELIZABETH JILLSON
29 CARL RISI
31 ELEANOR ZWICKER

BIRTHDAYS IN AUGUST

AUGUST 2 MARIA FORD
2 ANN MITCHELL
4 MARGARET DUPREE
7 PAISCILLA JEWETT
8 DANIEL PLASTRIDGE
13 JEANNETTE ANDREWS
15 RENA WHEELER
16 CHARLES NUTTING
17 JOSEPHINE SAWYER
18 LENA PLUMMER
19 BERNADINE POULIN
21 CLIFTON BREWER
25 ROGER E. WHEELER
26 MILDRED WHEELER
29 CONSTANCE BARTER

POWDERHOUSE SENIOR NEWS

A NEW ENGLAND GET AWAY

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

A NOTE OF HUMOR

A 101 year old man went to his doctor and complained about a pain in his left leg. "Well", said the doctor, "what can you expect at your age?"

The man replied, "But doctor, my right leg is also 101, and it doesn't hurt a bit!"

by Dr. Robert N. Butler, former Director of the National Institution on Aging

Source: "Help Yourself to Good Health"

TEN RULES FOR HAPPIER LIVING

1. GIVE SOMETHING AWAY (NO STRINGS ATTACHED)
2. DO A KINDNESS (AND FORGET IT).
3. SPEND A FWE MINUTES WITH THE AGED (THEIR EXPERIENCE IS A PRICELESS GUIDANCE).
4. LOOK INTENTLY INTO THE FACE OF A CHILD (AND MARVEL).
5. LAUGH OFTEN (IT'S LIFES LUBRICANT).
6. GIVE THANKS (A THOUSAND TIMES A DAY IS NOT ENOUGH).
7. PRAY (OR YOU WILL LOSE THE WAY).
8. WORK (WITH VIM AND VIGOR).
9. PLAN AS THOUGH YOU WILL LIVE FOR EVER (BECAUSE YOU WILL).
10. LIVE AS THOUGH YOU'LL DIE TOMORROW (BECAUSE YOU WILL ON SOME TOMORROW).

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



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

GRANDPARENTS

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

by Bonnie Anderson (age 13)

NEWSLETTER COMMITTEE

MARGUERITE KRACKHARDT
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 EDITH WILSON
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 MARY PETKAUSKAS-RN
 EDITOR

HEALTH NOTES

By Mary Petkauskas, R.N.

Food Labels – Reading Between the Lines

In an effort to appeal to a growing number of health-conscious consumers, food manufacturers have increased the use of "healthy" labels on their products. "Low-fat," "light," and "cholesterol-free" are just a few of the many claims now found on the labels of everything from cakes and cookies to frozen dinners and even potato chips.

Unfortunately, many of these claims are misleading, leaving consumers to wonder just what they are getting when they purchase packaged foods. Both the Food and Drug Administration (FDA) and the U.S. Department of Agriculture (USDA) are currently grappling with this labeling problem. In an important step, the Nutrition Labeling and Education Act of 1990, passed by Congress last year, is in the process of being revised by the FDA and is scheduled to take effect in May of 1993.

When revisions are complete, the Act will require, among other things, that labels list a food's cholesterol and fiber contents, its amount of saturated fat and the number of calories derived from fat. It will also standardize serving sizes, an issue that has been a longtime source of debate. As things now stand, a serving can be any amount the manufacturer wants it to be. In addition, this past April, the USDA issued a series of proposals for the labeling of processed meat and poultry. Until these labeling reforms occur, keep an eye out for the following "traps," often found on the labels of pre-packaged foods.

"Light" foods. Probably the most misleading of food manufacturers' claims is the labeling of "light" or "lite" on food products. There are currently no regulations governing the use of the term and, consequently, a product claiming to be light could be equal in calories, fat and sodium to its non-light counterpart. It's "lightness" could be its color or flavor — and nothing else. "Light" olive oil, for example, refers to taste, not any difference in calories or fat content.

"Cholesterol-free" label. Another label to be wary of, "cholesterol-free" isn't necessarily an indicator that a product is good for you. By substituting a vegetable oil for butter or lard during the preparation, a food does indeed become free of cholesterol. However, the vegetable oil that is substituted could be a highly saturated tropical oil, which

has the effect of raising a person's blood cholesterol higher than it would be raised by consuming cholesterol itself.

Fat expressed in weight. A common way to label a product is by weight — for example, 91 percent fat free by weight. Although this sounds impressive, it has no bearing on the number of grams of fat a food contains. So, if a product is 91 percent fat-free but still contains 10 grams of fat, its fat content is double the FDA's definition of a low-fat food.

Servings per package. Another way to "hide" calories is to label a product (a small, snack-size bag of popcorn, for example) as "only 60 calories per serving." A close look at the back of the bag, however, reveals that it contains two servings, and therefore, 120 calories altogether.

Until the labeling reforms take place, it is important to read the fine print on food labels. In addition, there are two general rules, which, if followed consistently, can help consumers make nutritious selections when purchasing pre-packaged foods, no matter what is — or is not — written on the label.

First, look at the amount of fat a food contains. Fats are measured in grams. Five grams of fat is the equivalent of about a teaspoon. Foods that are *lower* than five grams per ounce (four grams or under) are generally safe bets, nutrition-wise; those that are five grams or higher are not. And be sure to read carefully: The label might indicate that a product contains only four grams of fat — but in a half-ounce, rather than a full one-ounce serving. That means that there are eight grams of fat per ounce.

Second, look at a food's sodium content. Many convenience foods, particularly frozen dinners, are extremely high in sodium, with one brand containing 2,170 milligrams of sodium per serving, the equivalent of nearly a full teaspoon of salt. While exact sodium needs will vary from individual to individual, the National Academy of Sciences recommends that a single meal consist of no more than one-third of a person's daily sodium allotment — an average of 2,200 milligrams. That means that you should consume about 750 milligrams of sodium per meal. □

TIPS FOR A BETTER MEMORY

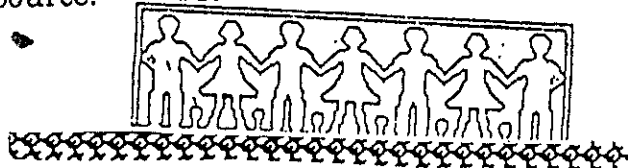
Is some degree of memory loss an inevitable result of aging? Is forgetfulness alone a sign of incipient Alzheimer's disease? No on both counts, according to Dr. Carl Eisdorfer, medical director of the Wein Center for Alzheimer's Disease and Memory Disorders in Miami, Florida. "Older people worry too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

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

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

- *Don't pressure yourself.* Becoming emotional about the inability to remember something makes it pretty near impossible to remember anything.
- *Do one thing at a time.* Divided attention - doing several things at once - makes it easy to forget something important.
- *Establish routines.* A place for everything and everything in its place.
- *Write it down.* Buy a pad of sticky paper and make notes to yourself.
- *Exercise your memory* just as you would your body. Try crossword puzzles, cards, anagrams, and Scrabble.
- *Beware prescription drugs and alcohol;* they can make it harder to remember things.
- *Associate.* Use word association to help you remember things.
- *Take it easy on yourself.* People at age 70 will sometimes demand of themselves what they couldn't do at age 30. A truly critical human attribute that need not decrease with age is a sense of humor - apply it, retain your sense of perspective.
- *Keep intellectually involved* in life.

Source: "50 Plus"



In an interview in the New York Times, noted psychoanalyst Erik H. Erikson, age 87, and his co-author wife Joan, age 86, made a few major points. "Lots of old people don't get wise, but you don't get wise unless you age." The Eriksons hold the following views:

- "The more you know yourself, the more patience you have for what you see in others."
- "You don't have to accept what people do, but understand what leads them to do it. The stance this leads to is to forgive even though you still oppose."

Myth: a high-sugar diet causes diabetes

Fact: no one knows what causes diabetes. The term in fact refers to two different forms of a single disease. About 90% of the diabetics in this country have adult-onset diabetes, also known as Type II or noninsulin-dependent diabetes. The other 10% have juvenile-onset diabetes, also called Type I or insulin-dependent diabetes.

There are many factors that increase the risk for developing adult-onset diabetes, but eating foods high in sugar isn't one of them. Sugary foods, however, can contribute to obesity, which is probably the major risk factor. Others include a family history of the disease, being black or Hispanic, and advancing age.

The misconception that sugar causes diabetes may have developed because diabetes is characterized by high levels of blood glucose (sugar that normally would be converted into energy by the cells). The excess glucose is excreted in the urine. But consuming large amounts of sugar leads to high glucose levels in the blood and urine only if you are diabetic. It's true, of course, that diabetics have to restrict their intake of sugary foods, since a high sugar intake makes Type II diabetes much harder to control.

Candy bars won't bring on diabetes, but it's always wise to watch your weight and restrict your intake of high-calorie foods. A future article in the *Wellness Letter* will discuss adult-onset diabetes in greater detail.

100 100



ACTION ALERT

ELDER AFFAIRS SECRETARY WARNS ELDERS ABOUT THE RISKS OF

HEAT STRESS

Heat Stress

Your chance of getting sick in hot weather are increased by: a weak or damaged heart, hypertension, problems with circulation, diabetes, a previous stroke, overweight, infection or fever, diarrhea, drinking alcoholic beverages, or skin diseases or sunburn which may reduce sweating.

In addition, many prescription drugs, such as aspirin and antihistamines, make you more vulnerable to the heat because they interrupt the body's automatic reflex to cool itself. If you take medicine for high blood pressure, nervousness, depression, poor circulation or sleeping, check with your doctor or pharmacist for advice.

Staying cool is the best way to avoid heat stress. The following tips will help you beat the heat:

- Find a cool spot, such as a cool room at home, an air conditioned shopping mall, senior center, library or movie theatre. Use your fan or air conditioner, if you have one.
- Take a cool bath or shower; water reduces body heat 25 times faster than air does.
- Drink plenty of fluids, whether or not you feel thirsty. Avoid alcoholic and caffeinated drinks which interfere with your body's attempts to cool itself.
- Wear light clothing. Wear a hat or use an umbrella for shade when outdoors.
- Cook when it's cooler. Try to cook meals during the early morning and late evening hours. Avoid hot meals and heavy foods, which add heat to your body.
- Slow down. Physical activity produces body heat.

PRESS RELEASE -- FOR IMMEDIATE RELEASE

DOG LICENSES

1991 dog licenses are now available from the Town Clerk's office. If you would like to obtain the license via the mail, please send the following information - dog's name, breed, color, age and rabies expiration date, plus a self-addressed stamped envelope and the appropriate fee to Town Clerk, 8 Barnes Road, Berlin 10503. Licenses for males and females are \$11.00 and for neutered males and spayed females, \$7.00. A \$10.00 fine goes into effect as of September 1.

For further information, please contact: Mary Ellen Matthew

8 Barnes Road

Berlin, MA 01503

838-2869

Find out how you can have a great garden this spring

Now that spring is here, many of you may be thinking about planting a garden. Since the late 1940s, gardening has become increasingly popular. In large part, the popularity of gardening reflects people's growing concern with improving their environment. And although there are many reasons to plant a garden, some of the best are exercise, relaxation and the joy of working with living things.

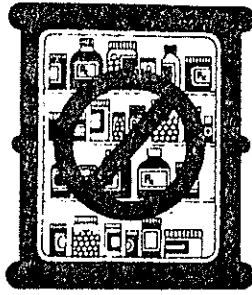
Home gardens fall into two main groups: Outdoor and indoor. You may choose to plant such outdoor gardens as container, flower, rock, water or food gardens. The most popular of these are the informal flower garden and the vegetable garden. There are two types of indoor gardens: Collections of house plants and terrariums.

Sound like a lot of work? Well, depending on the type of garden you choose to cultivate, you may be able to enjoy the beauty of a garden with only minimal care and attention.

Helpful Gardening Hints

- In order to give plants an early start, sow seeds indoors before the growing season begins.
- Spread mulch over the soil to prevent weeds from growing and to keep the soil moist.
- If you want to produce a bushy plant or a large number of flowers, pinch back the main stem.
- Cut off the side buds to produce an exceptionally large flower on the main stem.
- Reproduce your houseplants by taking cuttings from them, placing them in water and planing the rooted cuttings in soil.





Patient Education

Is Your Medicine Chest Turning into A Toxic Waste Dump?

► Old, outdated medications can pose a health hazard to your family and should be discarded. Here are some tips to help you prevent the development of a "toxic waste dump" right in your own home:

- Throw out all unlabeled bottles, and those with labels you can't read because they are faded or damaged. Don't guess at what these bottles might contain.
- Check the expiration date on all nonprescription drugs. If the date has passed, throw the medicine out and buy a fresh supply.
- Throw out all medicines that show signs of old age.

Watch for These Signs

Tablets: Plain tablets that crumble easily; coated tablets that are chipped or cracked; all discolored pills; and aspirin that starts to smell like vinegar when it breaks down—all these should be thrown away.

Capsules: Get rid of any sticky, moist, or soft capsules.

Creams and ointments: These should be

discarded if a clear liquid or runny substance comes out of the tube or if there is a rancid or unusual odor.

Liquids: Separated liquids should be thrown out. Preparations that need shaking—but remain separated after agitation—should also be discarded.

Eye products: To be safe for use, eye products must be fresh and sterile. Even if the expiration date hasn't yet arrived, it's a good idea to throw out opened containers of eye drops and ointments when they are no longer needed. As a rule of thumb, don't keep opened containers for more than a month.

Prescription medicines: Discard all prescription medicines that are no longer needed. Old drugs can lose potency or become dangerous to use. This is particularly true of old antibiotics; for example, outdated tetracycline is bad for your kidneys.

Safe Disposal: Dispose of your old medicines safely. Flush old tablets, capsules, and liquids down the toilet. Throwing them in the wastepaper basket invites the possibility of childhood poisoning. Throwing them in the trash is also a bad idea, because some drug abusers search through trash cans and dumpsters looking for drugs.

Rx \neq OTC

(Source: "Is There Toxic Waste in Your Medicine Chest?" a publication of Up Front Drug Information, Inc., 5701 Biscayne Blvd., Suite 602, Miami, FL 33137.)

POWDERHOUSE SENIOR NEWS

COOKS'

CORNER



Peppers and Zucchini

- 2 pounds bell peppers (green, yellow, orange, and/or red)
- 2 - 3 pounds zucchini
- 3 tablespoons vegetable oil
- 1 teaspoon minced garlic
- black pepper to taste

Peel the peppers and cut into 1-inch pieces. Quarter zucchini lengthwise and cut into 1-inch pieces. Heat the oil and saute zucchini for 4-5 minutes. Stir in the garlic, cook 30 seconds, then add the peppers. Season with pepper. Serve hot. A very colorful dish, this recipe is very low in sodium and is an excellent source of vitamin C. It is from the UMass Cooperative Extension.



Chicken Gumbo

- | | |
|-------------------------------|-------------------------|
| 2 cups boned chicken | 1 green pepper, chopped |
| 2 cups corn, fresh or canned | 2 cups sliced okra |
| 4 cups chicken broth | 1 can (8 oz.) tomatoes |
| 1 medium onion, chopped | 2 teaspoons file powder |
| 3 tablespoons unsaturated oil | 1 clove garlic, minced |

Simmer one chicken in 1 1/2 quarts of water until tender. Refrigerate. When cool, remove the meat from bones, and skim fat from the broth. In a large pot, saute the onions, garlic and green pepper in oil until tender. Add broth, tomatoes, okra and corn and simmer for 30 minutes. Add chicken at the last minute. Blend in file powder just before serving.

YIELD: 8 servings, 180 calories per serving.

Apple Pie Cake

- | | |
|---------------------------|-------------------------------|
| 1 cup flour | mix together
in large bowl |
| 1 cup sugar | |
| 2 teaspoons baking powder | |
| 1/2 teaspoon salt (opt.) | |
| 1/2 teaspoon cinnamon | |

In a separate bowl beat 2 eggs with 1 teaspoon vanilla & add to dry ingredients. Mix well. Add 2 cups peeled and coarsely chopped apples and 1/2 cup chopped nuts. Place in greased 9 or 10 inch pie pan & bake in preheated oven at 375° for 38-40 minutes.

Note- Batter will be stiff:

SUMMER SQUASH PIE

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



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

CORN PUDDING

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

COOK FOR 1 HOUR
WITH 375 DEGREE OVEN.

Edith M. Wilson

POWDERHOUSE SENIOR NEWS

Going to work for the Community....

This Day Is Mine

This day is mine with its sunshine rare,
The sky so blue and the hills so fair,
The brook at play in the quiet dawn,
The whole wide world I can gaze upon.

This day is mine with its joys complete—
The summer flowers with their fragrance swe
The spreading trees and the hope they bring
Each little bird with a song to sing.

Oh, yes, God says that this day is mine
To have and to keep till the end of time.
The memories rich, such a treasured part,
So much in beauties to thrill my heart.

This day is mine with so much I love;
All Mother Nature I'm dreaming of.
From the solid earth to the heavens fair,
This day is mine with its joy and care.

Garnett Ann Schultz

....We've been
doing it for 140 years.



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"Your Bank from Generation to Generation - Since 1851"

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Thanks to Clinton Savings Bank for
paying newsletter postage.

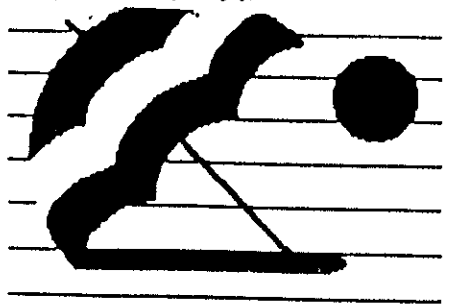
EQUAL OPPORTUNITY LENDER

WHEAT COMMUNITY SERVICES



WHEAT VAN:

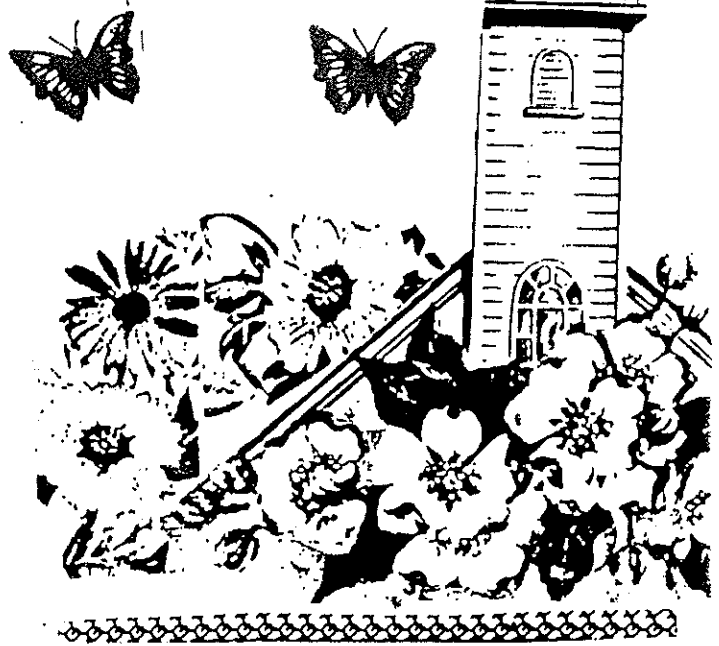
THE WHEAT VAN IS AVAILABLE FOR TRIP
OUTINGS AND OTHER RECREATIONAL ACTIVITIES
FOR 8-10 PEOPLE. ANYONE INTERESTED IN
PLANNING A TRIP FOR THE AFTERNOON CONTACT
MARY AND SHE WILL MAKE THE NECESSARY
ARRANGEMENTS.



**SUMMER
HAVE A HAPPY
HEALTHY SUMMER!**



Take It Easy



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POWDERHOUSE SENIOR NEWS BERLIN, MASS



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POWDER HOUSE SENIOR NEWS

BERLIN, MASS.



Vol 15-17

COUNCIL ON AGING

Sept and Oct 1991



Travel Information



A ONE DAY EXCURSION WILL BE

TAKING US TO AMHERST, N.H. ON OCTOBER 16, 1991.

LUNCH WILL BE AT THE SIR WILLIAMS RESTAURANT.

A DELIGHTFUL MEAL INCLUDING APPETIZER AND DESERT WITH ENTREE SELECTIONS OF ONE OF THE FOLLOWING.

BOSTON BAKED SCROD WITH LEMON BUTTER.

ROAST SLICED PORK WITH APPLE SAUCE..

VEAL ZURICHOOISE (THINLY SLICED VEAL SAUTEED WITH WHITE WINE, MUSHROOM S AND CHARLOTTE SAUCE

WINE TASTING AND WINE DEMONSTRATION

GOURMET COOKING DEMONSTRATION WITH A MASTER COOK.

A VISIT TO ANHEUSER-BUSCH BREWERY AND TOUR.

SHOPPING STOP CAN BE MADE ENROUTE IF GROUP DESIRES.

DELUXE MORTORCOACH TRANSPORTATION.

\$32.00 PER PERSON

CALL H. LOUISE CHAMPAGNE FOR RESERVATION 838-2550

SEPTEMBER BIRTHDAYS

SEPT 1 MARJORIE NELSON
1 HOWARD WATKINS
3 JOSEPH ROSEBERRY
12 ELIZABETH RISI
19 DORIS EAGER
19 CARL BRODEUR
20 MARGE WINDEL
22 IVA ROGERS
24 RUTH HILL
26 WARREN WHEELER
27 EVERETT WHEELER

SEPTEMBER ANNIVERSARIES

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

OCTOBER BIRTHDAYS

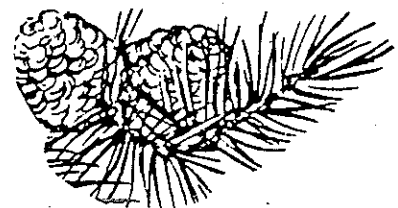
OCT 7 LOUISE CHAMPAGE
8 MARY RISI
17 DORIS BOMBARD
19 HERBERT MUELLER
23 DOROTHY RISI
24 NORMA HANSON
27 EVERETT SMITH

OCTOBER ANNUVERSARIES

6 LEWIS AND PAULINE PAINE
10 RAY AND RUEA BAUM
25 EVERETT AND MILDRED WHEELER
30 MERLE AND DORIS SHORT

Sympathy

JANET BARTER
RICHARD GARRETT



POWDERHOUSE SENIOR NEWS

Executive Office of Elder Affairs
38 Chauncy Street, Boston, Mass. 02111

FRANKLIN P. OLLIVIERRE
SECRETARY

INFORMATION MEMORANDUM

Financial Help Available To Low-Income Medicare Recipients

Through no fault of their own, thousands of Massachusetts' low income elderly have not yet availed themselves of up to \$30 a month in state assistance in paying their Medicare costs under a program known as the Qualified Medicare Beneficiary (QMB)

Enacted by Congress, the program authorizes state departments of public welfare to share the cost of certain Medicare expenses with the beneficiaries.

To be eligible for the program, an applicant must be eligible for Medicare Part A benefits, either as a person 65 or over or as someone receiving Social Security Disability benefits for the past two years. Applicants must also:

- . have assets no greater than \$4,000 as an individual or \$6,000 if a couple;
- . have income no greater than 100 percent of poverty guidelines (\$6,620 for individual, \$8,880 for family of two);
- . meet basic Medicaid eligibility requirements and complete a Medicaid application.

Because the Medicare program requires substantial out-of-pocket payments from recipients, Franklin P. Ollivierre, Secretary of Elder Affairs, urges Massachusetts elders who think they may be eligible for the QMB program to apply.

"Elders may apply for the benefit at their local Department of Public Welfare office...not a Social Security office.

POWDERHOUSE SENIOR NEWS

Health Notes

By Mary Petkauskas, RN

Heading off heartburn

Who would have thought El Paso, where spicy Tex-Mex food is particularly popular, would have a lower per-person use of heartburn-relieving antacids than nearly 200 other U.S. metropolitan areas surveyed by a Northeastern University sociologist? Not the majority of those queried in a recent Gallup poll. They identified spicy foods as the culprit behind heartburn. But highly spiced dishes are not the primary cause of that fiery sensation in the chest for which heartburn is (in)famous. In fact, there is no proof that *any* foods stimulate what is known as the reflux that causes bouts of heartburn.

Reflux occurs when the sphincter, a muscular, rubber-band-like ring separating the stomach from the esophagus, stretches open after a meal, thereby allowing the acidic contents of the stomach to flow upward into the esophagus and "burn" it. A properly working sphincter opens to receive a meal and then closes to keep it in the stomach. But a sphincter under excessive pressure brought about by circumstances like eating too much food at one sitting, wearing too tight clothing, or simply being overweight can become weakened and unable to block the backflow.

Once the damage is done, some foods can aggravate (rather than cause) the situation. These include fatty foods and chocolate, which can interfere with the sphincter's ability to contract, coffee (both caffeinated and decaffeinated), alcohol, and citrus fruits, all of which can contribute to the condition by making the contents of the stomach more acidic and therefore more offensive to the sensitive tissues of the esophagus. Spicy dishes as well as carbonated beverages may also lead to discomfort, but their effects vary with the individual.

Along with avoiding foods that cause them the most trouble, heartburn sufferers are advised to wait at least two hours after eating before lying down. That's because gravity helps prevent reflux. Sleeping with the head of the bed elevated can help, too, as can avoiding cigarette smoking.

Preventing heartburn

Heartburn has nothing to do with the heart, of course. The most common cause is gastroesophageal reflux—the backup of the stomach's content into the esophagus, where gastric acids produce a burning sensation. To avoid heartburn, don't overeat (especially avoid fatty foods, which slow the emptying of the stomach) and don't eat right before lying down. Don't sleep flat; place wooden blocks under the head of your bed to elevate it by at least six inches. Avoid tight-fitting clothes and constipation, both of which can increase abdominal pressure. If you're taking medication, ask your doctor or pharmacist if it may be causing the heartburn. Cut down on alcohol and caffeine, and don't smoke.

Antacids: how do you spell relief?

Millions of us take antacid tablets and seltzer tablets for ailments we call heartburn or acid indigestion. Over-the-counter antacids are so popular because most are effective, fast-working, and easy to use—neutralizing stomach acid and inhibiting the action of pepsin, a potentially irritating digestive enzyme.

All antacids are safe when used occasionally by healthy people. But, as we've reported, no over-the-counter medication is without its risks. Daily use of antacids can mask a serious problem, such as a peptic ulcer. In extreme cases, the "heartburn" may actually be an incipient heart attack. Taken regularly without a doctor's supervision, antacids may cause bowel irregularities (constipation or diarrhea), aggravate kidney disorders, and cause other problems. And prolonged use can actually cause an increase in the production of stomach acid if you suddenly stop taking the antacids—this is called acid rebound.

Nine tips for effective antacid use

- Try to eliminate the cause of frequent heartburn or upset stomach (excess fatty food, alcohol, stress) instead of making antacid use a part of your daily life—see box at right.
- Use antacids only occasionally for indigestion or heartburn. If symptoms persist despite antacid use, see your doctor.
- Liquid types generally neutralize acid more effectively than tablets. Chew tablets thoroughly to help them dissolve quickly in the stomach—and drink some water after swallowing them.
- If one brand doesn't work well, try another. Some formulations are more potent than others.
- Antacids may interfere with the absorption of many drugs (such as antibiotics, digitalis, and anticoagulants). If you take prescription medication, consult your pharmacist or doctor before using antacids.
- If you are on a salt-restricted diet, avoid sodium bicarbonate antacids, which contain whopping doses of sodium.
- Seek medical help *immediately* if your "heartburn" is severe and accompanied by chest pain, nausea, vomiting, weakness, breathlessness, fainting, and/or sweating. It may be a heart attack.
- Pregnant women and people with ulcers or kidney problems should consult a physician before using *any* antacid.
- If you are using antacids only to increase your calcium consumption, take doses yielding no more than 1,000 to 1,500 milligrams of calcium a day—and avoid aluminum-based antacids, which can actually deplete calcium.

Tufts University Diet and Nutrition

Vol. 8, No. 12, February 1991

Requested Information

NEWSLETTER COMMITTEE

MARGUERITE KRACKHARDT
CECILIA KERRIGAN
LEPHE WILSON
EDITH WILSON
MARY PETKAUSKAS-RN
EDITOR



POWDERHOUSE SENIOR NEWS



COOKS' CORNER

Eggs and Salmonella

Warm weather encourages the growth of the bacteria, with the majority of cases of salmonella poisoning reported during the summer. At particular risk for contracting the illness are very young children, the elderly, pregnant women and people whose immune systems are already weakened by a serious illness. Symptoms, which usually develop between 12 and 36 hours after eating the contaminated food, are often severe and include diarrhea, fever, vomiting, stomach pain, chills and headache.

CHICKEN-- A GOOD MEAT

Chicken is very low in sat-fat compared to other meats. Six ounces of roasted chicken breast without skin contain 18 calories of saturated fat, versus 42 for round steak and 150 for ground beef.

Chicken Part (without skin)	Sat-Fat Calories per 6 ounces
breast	18
drumstick	24
leg	36
wing	36
thigh	48
back	54

Chicken breast scores high as a heart-healthy food as long as it is prepared properly -- skin removed before cooking so the fat will not be absorbed by the meat. Bake half a breast without skin for 9 calories of sat-fat. Bake it with the skin on and the sat-fat calories climb to 19. Batter-dip and fry it with the skin on and the sat-fat calories soar to 44.

Eaters Choice -- A Food Lover's Guide to Lower Cholesterol, Dr. Ron Goor & Nancy Goor

The Perfect Egg

To ensure your safety from salmonella bacteria, always cook eggs fully, according to the following temperatures and times.

Boiled eggs: Seven minutes in boiling water.

Fried eggs, over easy: Three minutes at 250 degrees Fahrenheit on first side, and two minutes on second side.*

Poached eggs: Five minutes in boiling water.*

Scrambled eggs: One minute at 250 degrees Fahrenheit or until firm throughout.

Fried eggs, sunny side up: Seven minutes at 250 degrees Fahrenheit or cook covered for four minutes at 250 degrees Fahrenheit.*

*Eggs should be cooked until white is completely firm and yolk begins to thicken.

Source: Food and Drug Administration

Lahey Clinic July 1991
Health Letter 1 Volume II, Number 7



HAPPY
HOOLOWEEN

Here is the easiest chicken recipe ever!

Remove the skin from chicken breasts. Coat the chicken with Italian salad dressing (I used Creamy Italian). Place the chicken in a baking dish. Put a little water in the dish and cover with aluminum foil. Bake as usual. (I cooked it for an hour at 350°).

POWDER HOUSE SENIOR NEWS:

Schedule of Events

MEALS ON WHEELS WILL RESUME ON SEPT 10TH. ANYONE NEEDING THE SERVICE PLEASE CALL MARY PETKAUSKOS 838-7380.

VOLUNTEER RECOGNITION FOR 15 VOLUNTEERS WHO HELPED SERVE THE HOME BOUND ELDERLY, WERE RECOGNIZED FOR THE SERVICE RENDERED AT THE APPRECIATION LUNCHEON AT TWIN OAKS IN STERLING.

ST. JOSEPH'S FAIR WILL BE HELD ON SEPT 15 AT ST. JOSEPH CHURCH UNDER A TENT. MEALS ON WHEELS BOOTH WILL PROVIDE FIRST AID AND BLOOD PRESSURE READING.

FIRST PARISH CHURCH WILL HAVE THEIR ANNUAL FAIR ON NOV. 2. ALL ARE WELCOME.

SENIOR CITIZEN'S MEETING SEPT 5TH. AT FIRST PARISH CHURCH IN BERLIN. BLOOD PRESSURE READINGS WILL BE TAKEN. A SPEAKER FROM SILVER BUFFALO WILL GIVE A TALK. COME AND ENJOY IT.

WE NEED YOUR HELP

HOW WOULD YOU LIKE TO HELP?

As we look to the future, we see a growing need for more volunteers for our Friendly Visitor Program. Are you looking for some activity which will not hold you down to a scheduled routine, but which will provide you the opportunity to make elderly people happy?

Visitations

___ Telephone Reassurance



THINKING OF YOU

PRISCILLA JEWETT
HELEN MANNING
MILDRED WHELLER
LEONARD MUNGEON

SOMETHING TO THINK ABOUT

INFORMATION

HAVE YOU HEARD THE CHURCH BELLS RINGING SOMETIME AT SUNDOWN BY THE FIRST PARISH CHURCH OF BERLIN? IT ANNOUNCES THE DEATH OF A BERLIN RESIDENT. IT RINGS THE AGE OF THE PERSON WHO HAS PASSED AWAY.

Simple Things

The fragrance of the early morn,
The sunlight on the sill,
The smell of coffee perking, and
Outside, the robin's trill.

A friend's voice on the telephone,
A child with smiling face,
A letter from a loved one dear,
Some flowers in a vase.

Just little things, these treasures mine,
And yet, somehow, I find
They brighten my entire day
With cheer and peace of mind.

Beverly J. Anderson



Contentment is a matter of hoping for the best and making the best of what you get.

But

.....

About the time one learns how to make the most of life, the most of it is gone.

POWDERHOUSE SENIOR NEWS

FOR ALL THOSE BORN BEFORE 1945

WE ARE SURVIVORS!!!

Consider the changes we have witnessed:

We were born before television, before penicillin, before polio shots, frozen foods, Xerox, plastic, contact lenses, Frisbees and the Pill.

We were born before radar, credit cards, split atoms, lazer beams and ballpoint pens, before panty-hose, dishwashers, clothes dryers, electric blankets, air conditioners, drip-dry clothes - and before man walked on the moon.

We got married first and then lived together. How quaint can you be?

In our time, closets were for clothes, not for "coming out of". Bunnies were small rabbits and rabbits were not Volkswagens. Designer Jeans were scheming girls named Jean or Jeanne, and having a meaningful relationship meant getting along well with our cousins.

We thought fast food was what you ate during Lent, and Outer Space was the back of the Riviera Theatre.

We were born before house-husbands, gay rights, computer dating, dual careers and computer marriages. We were born before day-care centers, group therapy and nursing homes. We never heard of FM radio, tape decks, electric typewriters, artificial hearts, word processors, yogurt, and guys wearing earrings. For us, time-sharing meant togetherness - not computers or condominiums; a "chip" meant a piece of wood; hardware meant hardware, and software wasn't even a word!

In 1940, "made in Japan" meant junk and the term "making out" referred to how you did on your exam. Pizzas, "McDonalds" and instant coffee were unheard of.

We hit the scene when there were 5 and 10 cents stores, where you bought things for five and ten cents. Isaly's sold ice cream cones for a nickel or a dime. For one nickel you could ride a street car (trolley), make a phone call, buy a Pepsi or enough stamps to mail one letter and two postcards. You could buy a new Chevy Coupe for \$600, but who could afford one; a pity too, because gas was 11 cents a gallon!

In our day, cigarette smoking was fashionable. Grass was mowed, Coke was a soft drink, and Pot was something you cooked in. Rock Music was a Grandma's lullaby and AIDS were helpers in the Principal's office.

We were certainly not born before the difference between the sexes was discovered, but we were surely born before the sex change; we made do with what we had, and we were the last generation that was so dumb as to think you needed a husband to have a baby!

No wonder we are so confused and there is such a generation gap today!

BUT WE SURVIVED! WHAT BETTER REASON TO CELEBRATE?!

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

Suggestions for a Good Night's Sleep

- Follow a regular schedule — go to sleep and get up at the same time each day.
- Try to exercise at regular times each day. Moderate physical activity 2 to 4 hours before bedtime may improve your sleep.
- To adjust your internal sleep clock, try to get some exposure to the natural light in the afternoon each day.
- Be aware of what you eat. Avoid drinking caffeinated beverages late in the day. As a stimulant caffeine can keep you awake. MSG (monosodium glutamate), a seasoning used in some Chinese cooking, can have the same effect. If you like a snack before bed, a glass of warm milk may help.
- Don't drink alcohol or smoke cigarettes to help you sleep. Drinking even small amounts of alcohol can make it harder to stay asleep. Smoking is not only dangerous (the hazard of falling asleep with a lit cigarette), but nicotine is a stimulant.
- Create a safe and comfortable sleeping environment. Make sure there are locks on all doors and smoke alarms on each floor. A lamp that's easy to turn on and a telephone by your bedside may be helpful. In addition, the room should be dark, well ventilated, and have all nonessential sounds blocked out.

No gain.No pain.

Keeping your weight at a moderate level may scale down your risk of heart attack. So maintain a healthy diet and lighten up on your heart.



 **American Heart Association**
WE'RE FIGHTING FOR YOUR LIFE



- Try not to worry about your sleep. Some people find that playing mental games is helpful. For example, think black — a black cat on a black velvet pillow on a black corduroy sofa, etc.; or tell yourself it's five minutes before you have to get up and you're just trying to get a few extra winks.

Additional Information Sources

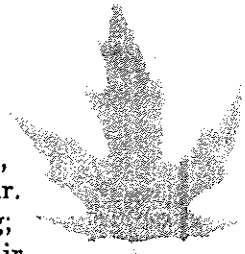
If you are so tired during the day that you cannot function normally and if this fatigue lasts for more than 2 or 3 weeks, you should see your family doctor or a sleep disorders specialist for a complete evaluation.

For general information about sleep, contact the Better Sleep Council, P.O. Box 13, Washington, DC 20044; (703) 683-8371. They publish the *A to Zzzz Guide to Better Sleep*. For information on sleep disorders, contact the Association of Professional Sleep Societies, 604 Second Street, SW., Rochester, MN 55902.

OCTOBER

I looked at the trees this morning.
When did the green disappear?
I'm sure yesterday was still summer,
Yet today is now autumn, that's clear.
The red and gold leaves are ablazing;
There's a tang in the crisp autumn air.
The leaves on the ground whisper softly
When I trod ever carefully there.
Yes, yesterday was still summer,
But today all around, and right here
It's lovely, it's vibrant, it's Autumn,
A glorious time of the year.

—Barbara Bessev



TELEPHONE REASSURANCE NEWS

Are you or someone you know homebound, lonely or ill? If you would like to receive a "check-up" call in the morning, please let us know. The purpose of this program is to provide constant contact with residents who are shut-in, have little contact with the outside world or are simply interested in being reassured that someone cares about their well-being. This service is free of charge and as a participant, you will receive a phone call each day from a volunteer at a mutually agreeable time. **838-7380**

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

George Bernard Shaw

TIPS FOR Travelers' Feet

You've planned a great vacation. You've made the reservations. You've spent lots of time thinking about the sights, the restaurants and the shopping. You know exactly what kind of weather to expect and the type of clothing you'll need. All of your travel arrangements are made.

But have you thought about your feet? Remember, unless you're planning on going to the beach and never stepping foot into your shoes, you're going to be very dependent on your feet. Think about it. What kind of shoes are you bringing? How many different types of shoes will you need? What about slippers? Have you thought about how to comfort your feet after a long, tiring day of sightseeing?

It's obvious that your feet can either make or break your vacation. Let's see just how they can make your vacation everything you've dreamed of.

TIP #1

Bring shoes that fit. Most people buy shoes for fashion, not for fit and comfort. Decide on the use to which you will put the shoes and try to limit yourself to daytime and nighttime shoes. Also, don't bring new shoes—you'll save yourself the unnecessary pain that comes with breaking them in.

TIP #2

Remember that in warmer weather your feet may swell. Allow for this if the majority



of your sightseeing will be on foot. Ask your podiatrist to recommend soft, absorbent insoles to help reduce swelling and perspiration of the feet. In colder weather, you will stay warmer with more thin layers of socks than one thick layer.

TIP #3

If you're traveling by plane, bus, car or train, take off your shoes as soon as you sit down. Bring a pair of soft, comfortable slippers to change into.

TIP #4

Sitting for many hours at a time can make your feet feel achy and stiff. Exercise can help relieve this discomfort. To keep from getting too stiff, and to avoid the discomfort of swollen ankles, try these "seat" exercises for your feet:

1. Jog by raising your feet alternately as high as possible. This warm-up exercise should be continued for 1 to 3 minutes.
2. Extend one leg, point your toes, then flex. Repeat five times with each foot.
3. Lift your foot and rotate in circles in each direction 15

times. Repeat on each foot two time. (This exercise is great for swollen ankles.)

TIP #5

At the end of a day of sightseeing, your feet may swell to as much as 10 percent of the morning size. Give

them a special treat by soaking them in a basin of lukewarm water. Next, dry your feet thoroughly, especially between the toes. Apply powder and cream for extra soothing.

TIP #6

Remember that massage relaxes tired muscles and enhances circulation. Grasp your feet with fingers on top and thumb on the sole. Apply firm thumb pressure in a circular motion over the entire sole. Then switch positions, with thumb on top. Your feet will feel great and they'll be ready for the next day's adventure.

(If you have any medical problems, including diabetes or vascular disease, please consult your local podiatrist.)

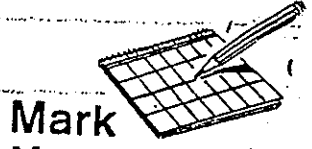
Travelers'
feet—sore,
tired,
swollen—
can ruin your
vacation.
Don't let that
happen.

courtesy of
ARAI-ISOTONER INC.

POWDER HOUSE SENIOR NEWS

Vol. 15-18

Nov-Dec 1991



Mark Your Calendar

COMING EVENTS

NOVEMBER ANNIVERSARIES

- NOV 23 FRANCIS & ALICE BURKE
- 27 AUGUSTINE & ALICE MURPHY
- 28 EARL & LOUISE JUSSEAUME
- 29 ALFRED & RENA WHEELER
- 30 JAMES & SUSAN HART

- LULU WHEELER
- 17 MERLE SHORTT
- 21 SUSAN HART
- 26 RUEA BAUM

NOVEMBER BIRTHDAYS

- NOV 2 DORIS SHORTT
- 4 EVERTT BARTLETT JR.
- 9 ELEANOR BOSSELMAN
- YOLANDA MURTHA
- 11 FRANCIS UNDERWOOD
- 14 EMELINE HEBB

DECEMBER BIRTHDAYS

- DEC 1 FRANCIS BURKE
- 8 MILLIE BLENKHORN
- 10 WILLARD WHEELER
- 14 BARBARA FAULKNER
- 16 FLORA LEVEILLE
- 20 DAVID HOLDER
- 23 JOHN BOYCE
- HELEN MANNING
- 25 EMMA BRAY
- 27 HAZEL HAMLIN

DECEMBER ANNIVERSARIES

- DEC 7 CLYDE & HELEN MANNING

IN SICKNESS

YOLANDA MURTHA---



STANLEY V. MAYUSKE
RAYMOND RAINVILLE

NOVEMBER 2, 1991

FRIENDSHIP VILLAGE FAIR AT THE FIRST PARISH CHURCH. 10-5 P.M. LUNCH WILL BE SERVED. THERE WILL BE VARIOUS BOOTH WITH MANY CRAFTS AND HOME MADE GOODIES.

NOVEMBER 4, 1991

SENIOR MEETING--FIRST PARISH CHURCH. BLOOD PRESSURES WILL BE TAKEN. FLU SHOTS FOR THOSE NOT ATTENDING WILL BE OCTOBER 29TH AT NORTHBROOK VILLAGE.

GUEST SPEAKER WILL BE WALTER STROCKWELL WHO WILL SPEAK ABOUT THE USA FLAG.

DECEMBER 2, 1991

CHRISTMAS TRIP TO KINGS GRANT INN IN DANVERS. SEE FLYER FOR INFORMATION.

DECEMBER 5, 1991

SENIOR MEETING--FIRST PARISH CHURCH. PROGRAM WILL BE BERLIN HISTORY DAY. EXHIBITS, SCRAPBOOKS, MEMORABILIA ABOUT THE HISTORY OF BERLIN. PARTICIPANTS WILL BE THE LIBRARY, SCHOOL, TOWN DEPARTMENTS, AND INDIVIDUALS ESPECIALLY SENIOR BERLINERS.

EXHIBITS WILL INCLUDE CHRISTMAS CRAFTS, FAMILY XMAS DECORATIONS ETC. COME ONE AND ALL AND EXHIBITS YOUR MEMORABILIA.

DECEMBER 7, 1991

ST JOSEPH'S CHURCH XMAS FAIR SHOPPE. THIS WILL INCLUDE LUNCHEON AND WHITE ELEPHANTS, PLANTS, CRAFTS, JELLIED JAMS, CANDY GRANDMAS JEWELRY AND GROCERIES. BOOTHS AS WELL AS RAFFLES.

DECEMBER 7, 1991

CHRISTMAS TURKEY DINNER PREPARED AND SERVED BY LIONS CLUB. THIS WILL BE AT THE FIRST PARISH CHURCH FROM 5-7 P.M. THERE WILL BE PICK UPS FOR HOMEBOUND SENIORS. SO LET MARY KNOW AT 838-7380.

POWDERHOUS SENIOR NEWS

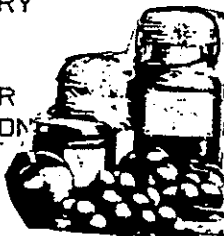
THANKSGIVING

& CHRISTMAS

RECIPES

OUR RELISH

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



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

NO FRIES

Makes 4 servings.

- 2 large potatoes
- Olive oil-flavor nonstick spray coating
- 3 tablespoons grated parmesan cheese
- 1/4 teaspoon paprika

Cut potatoes lengthwise into thin wedges. Place in a plastic bag. Spray wedges lightly with coating. Add parmesan cheese and paprika to bag; toss to coat wedges. Arrange potatoes in a single layer on a non-stick baking sheet. Bake in 425°F oven for 25 to 30 minutes or until crisp. 133 calories; 13% calories/fat.

GINGER BROILED FLANK STEAK

Makes 4 servings.

- 1 flank steak - about 1 pound
- 3 cloves garlic, minced
- 1 tablespoon finely minced or grated fresh ginger
- trace freshly ground black pepper
- 1/4 cup dry sherry
- 1/4 cup light soy sauce

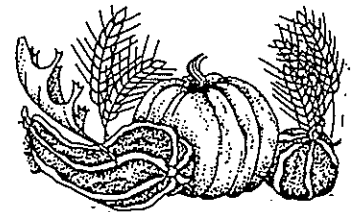
Combine garlic, ginger and generous amount of pepper. Rub into both sides of steak. Place in a shallow casserole with sherry and soy sauce. Cover and let marinate at room temperature about 1 hour. When ready to cook, heat broiler. Place steak on broiler pan. Brush with marinade. Broil 2 inches from heat for 3 to 4 minutes. Turn and baste with marinade again. Broil 3 to 4 minutes more or cook on a fat-free griddle or saute pan, lightly sprayed with non-stick spray coating and heated before adding steak.

The key to a tender flank steak is the way it is sliced after cooking. With a very sharp knife held at an angle almost flat to the top of the steak, slice diagonally across the grain. The slices **MUST** be very thin. 256 calories; 36% calories/fat.

*The above recipes are from **Project LEAN** (Low-fat Eating for America Now), a national campaign focused on the reduction of dietary fat.*

New Social Security Phone Number

Social Security has a new toll free number, 1-800-772-1213. You may reach them at this number between the hours of 7:00 A.M. to 7:00 P.M. Phone service is available for almost all types of service, including filing claims for retirement, reporting a missing check, change of address, obtaining various forms, or simply asking a question.



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EDITOR

POWDER HOUSE SENIOR NEWS



Route 128 (North)
Exit 21 at Trask Lane
Danvers, Massachusetts 01923

New
Travel
Information



Dec. 2

Cordially invites you to join us for
"Tis the Season"

All New 1991 Christmas Theatre Banquet



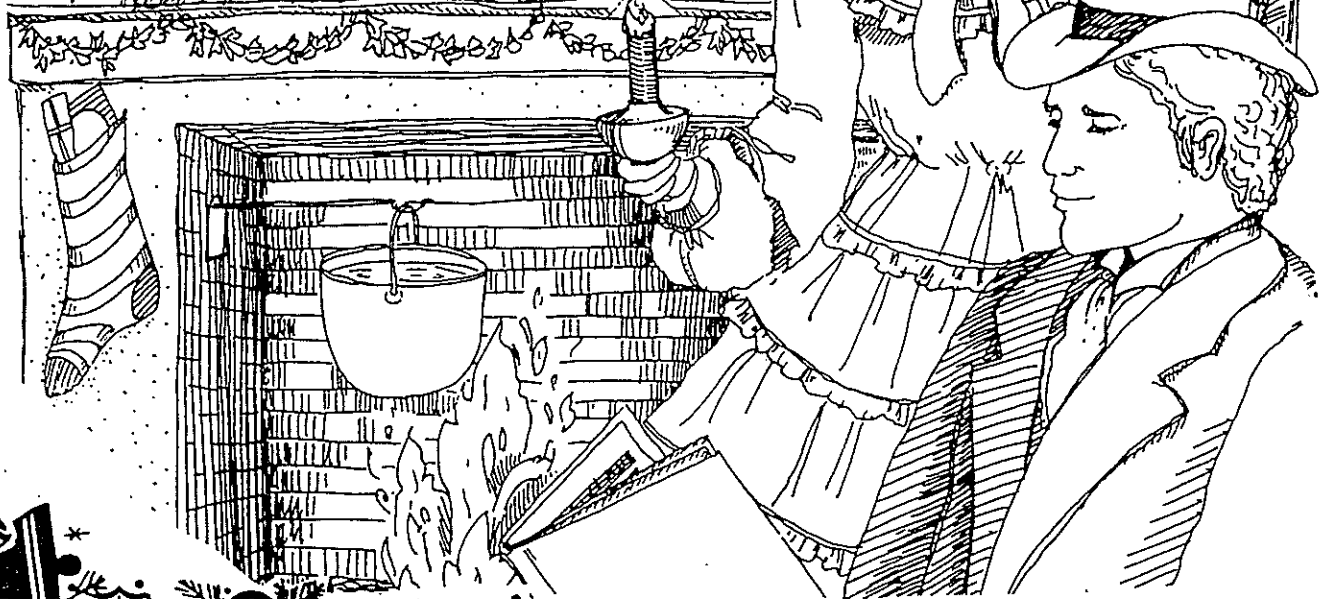
12 Noon Matinees



An exciting seasonal theatrical production
chestnuts, yuletide carols, mistletoe and holly
create the holiday atmosphere memories
and dreams are made of !!

You'll dine on a delectable 4-course meal at our
colonial New England Inn with decorations
galore and fireplaces burning to add warmth and
cheer to this totally memorable occasion.

*Choice of Roast Turkey
Roast Sliced Beef*



FOR RESERVATIONS CALL
H Louise Champagne

\$29.50 1-838-2550

per person incl. meal, show, tax & tip

for groups of 20 or more

Send \$2 - Total Bus Gratuity

*ALL checks should be MADE
out to H. Louise Champagne
and I should have By Nov. 17TH
Them*

The Elegant Alternative to Dinner Theatre — Especially Designed for Seniors *incl. gratuity*

POWDER HOUSE SENIOR NEWS:

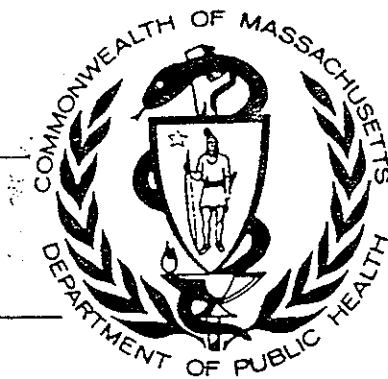
OTC'S

OVER

THE

COUNTER

MEDICATIONS



Read the Label

Be aware of over-the-counter medications that contain:

- alcohol
- antihistamine
- aspirin
- decongestant
- potassium
- salt (sodium)
- sugar (dextrose)

Even over-the-counter medication that contain these ingredients can have unwanted side effects when mixed with your prescription medication.

Steps to Remember

1. Drink **one** full glass of water (8oz.) when taking all medicines.
2. Antacids and laxatives should always be taken **two** hours before or after taking any other medicine (unless otherwise directed by your doctor).
3. Bottles of liquid medicines should be shaken at least **three** times before use.
4. OTC's are for short-term use. If your condition lasts more than **four** days, contact your doctor.
5. Read the **five** essential parts of the OTC label.

INDICATION: what it is used for

DIRECTIONS: how to take the medicine

CONTENTS: active ingredients, inactive ingredients

WARNINGS: side effects, drug interactions

PRECAUTIONS: precautions for use

If you are taking prescription medication for the following conditions:

- arthritis
- diabetes
- glaucoma
- heart disease
- high blood pressure
- kidney disease
- nervous conditions
- sleep problems

There can be harmful side effects between your over-the-counter medications and your specific prescription medication for your condition.

MOST IMPORTANT:

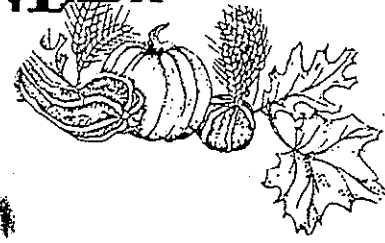
Every physician you see should know about **all** your medication, both over-the-counter and prescription medications.

PROJECT ELDERMED is a free service of the Massachusetts Dept. of Public Health in conjunction with the Massachusetts College of Pharmacy and Allied Health Sciences.

POWDERHOUSE SENIOR NEWS

Health Notes

By Mary Petruschak, RN



Osteoporosis

CALCIUM & VITAMIN D

Osteoporosis, a condition in which bones become weak, affects one-third to one-half of all older American women. Losing bone is natural with aging, however osteoporosis speeds this bone loss. As bones become thinned and more brittle, the chances of breaking a wrist or hip or developing a curved spine, known as "dowager's hump," increase.

Osteoporosis may be prevented or its progress slowed by a well-balanced diet including an adequate amount of calcium, exercise, and, in some cases, hormone therapy. If you already have osteoporosis, you should take special precautions to avoid falls.

Osteoporosis has been called a "silent" disease because there are no early warning signs. A broken bone is often the first sign of the disease. While there are several methods to detect osteoporosis, they are very expensive and not available in every geographical area.

Recommendations
maintain a healthy lifestyle including a healthy diet, exercise, and tips to prevent falls.

Making sure you get enough calcium in your diet throughout life may protect you against osteoporosis. Women who have gone through menopause require about 1,500 mg of calcium daily. For post-menopausal women who are taking estrogen, the daily recommendation of calcium is 1,000 mg.

The following foods each contain 300 mg of calcium per serving:

- 8 ounces of low-fat or skim milk
- 2 cups of 2% fat cottage cheese
- 1 cup of low-fat yogurt
- 1 1/2 cups of broccoli
- 1 cup of collards
- 1 1/2 cups of kale

As you increase your calcium intake, try to eat foods that are low in fat and cholesterol, such as those recommended above.

To make use of calcium, your body must also have an adequate supply of vitamin D. Exposure to outdoor sunlight for just one-half hour a week will meet this requirement. For women who are homebound, foods such as vitamin D-fortified milk, tuna, salmon and margarine are rich in vitamin D. Multivitamins also contain vitamin D.

EXERCISE

Exercise can prevent or slow the progress of osteoporosis by stimulating the formation of new bone. Always stretch gently before exercising and increase your pace and amount of time slowly. Some simple activities you might try three to four times a week are:

- walking
- dancing (folk, square, ballroom)
- swimming

All these activities improve your all-around health by strengthening your heart, controlling your weight, and reducing depression and stress. And, when done with friends, exercise can also be fun.

POWDERHOUSE SENIOR NEWS

SHARE IS...

FOR ALL OF US

THE SMART WAY TO STRETCH YOUR FOOD DOLLAR

HOW DOES SHARE WORK?

- Sign up in advance, once a month, at any Host Organization.
- Pay \$13 in cash or food stamps for each food package.
- Do 2 hours of community service for each food package.
- Get a food package of at least 15 items: meats, fruits, vegetables, staples - pasta, beans, rice - and packaged foods. The package is worth \$30-35 retail value.

SAMPLE SHARE PACKAGE

(new items every month)

5 lbs. chicken leg quarters
1 lb. ground beef-turkey meat
1 lb. fish sticks
1 lb. pork sausage
1 bunch celery
3 cucumbers
1 head lettuce
2 lbs. onions
4 1/2 lbs. potatoes
1 lb. tomatoes
5 lbs. apples
2 lbs. oranges
1 cantaloupe
1 lb. pinto beans
1 lb. spaghetti
1 pkg. frozen vegetables
1 can fruit
1 pkg. Touch of Butter

WHERE DO I WORK FOR COMMUNITY SERVICE?

- Work at the SHARE warehouse or at your Host Organization, or elsewhere in the community.
- SHARE is about self-help - it is NOT A CHARITY nor government aid. Your work is necessary.
- Call your Host Organization for details.

WHEN AND WHERE DO I PICK UP MY SHARE FOOD?

- You will pick-up your food at your local Host Organization.
- Food pick-up time and place will be provided when you register.
- It's up to you to be on time to pick up your food.
- You may arrange for someone to pick up your food for you.

"SHARE is
People Helping
People"

IDEAS FOR COMMUNITY SERVICE?

- Community Service is anything done for another without pay.
- For Community Service, you can:
 - ~ volunteer at church or school
 - ~ volunteer at local food pantry
 - ~ volunteer at hospital or library
 - ~ help a sick neighbor
 - ~ help with recycling program
 - ~ work on a community project

Call MARY for Information 838-7380



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

"Your Bank from Generation to Generation - Since 1851"

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

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.

NOVEMBER 25, 1991

THERE WILL BE AN ECUMENICAL THANKSGIVING SERVICE SPONSORED BY THE FIRST PARISH CHURCH AND ST JOSEPH THE GOOD PROVIDER AT 7:30. IT WILL BE HELD AT ST JOSEPH'S. IT IS OPEN TO ALL THE PUBLIC TO ATTEND. REFRESHMENTS WILL BE SERVED.

Thanksgiving

Prayer



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

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

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

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

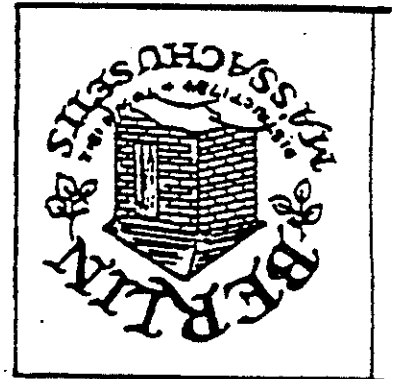
Let us, Lord of the nations,
make peace
and bring safety
to all who are in need.

Amen.

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

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