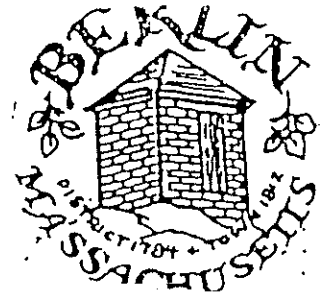


# POWDER HOUSE SENIOR NEWS

BERLIN, MASS.



VOLUME 5-15

COUNCIL ON AGING

APRIL AND MAY 1991



## 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 MUNGEM

## ANNIVERSARIES APRIL

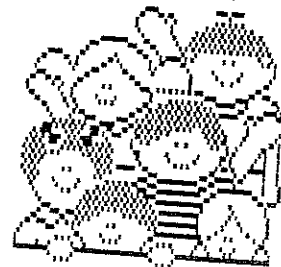
- APRIL 4 BILL AND MICKEY FRANK
- 8 CARL AND ELINOR BRODEUR
- 15 JOHN AND HAZEL HAMLIN
- 19 LEONARD AND ARMINDA  
FERRIERA
- 23 KENNETH AND JOSEPHINE  
SAWYER
- 30 LEONARD AND RUTH MUNGEM



# Think SPRING



BERLIN MEMORIAL WILL ENTERTAIN WITH A CHORUS AND A BAND. WE WILL HAVE AN EARLY BUSINESS MEETING SO WE CAN ENJOY THE ENTERTAINMENT UNDER THE DIRECTION OF PETER DALY.



## THANK YOU

A THANK YOU TO -----  
MATHEW TRUCKING & SON INC.  
FOR PREPARING ADDRESS LABELS.

## MAY BIRTHDAYS

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



## WHEAT COMMUNITY SERVICES

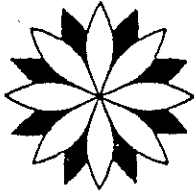
The WHEAT van may be reserved for Senior Excursions for outings,

### Sympathy

#### DEATHS

- LAURA Nutting
- ROLAND PLUMMER
- SEWARD SPINNEY
- MARY SPINNEY
- MARCELLA MATUCCI

SOMETHING  
TO THINK ABOUT



THE HEALTH CARE PROXY LAW

Why is the Law Important?

The Health Care Proxy law gives each of us a way to make sure that our values and wishes regarding medical care will be honored if we lose the ability to decide for ourselves. This is especially important today when advances in medical technology can keep our bodies alive long after our minds have ceased to function.

What is a Health Care Proxy?

A Health Care Proxy is a legally recognized document which allows you to appoint someone you trust, such as a family member or close friend, to make medical treatment decisions for you if you lose the ability to decide for yourself. It will be very important to discuss your wishes and values regarding medical treatment, including life sustaining measures, with the person you intend to be your Health Care Agent. Your Agent will be expected to follow your directives in making decisions on your behalf. If your Agent does not have this information, then your Agent is to make decisions based on his or her assessment of your best interests. Agents are to receive full medical information from your doctors prior to making decisions. Doctors will be able to rely on an Agent's decision without fear of liability when the Agent is acting under a Health Care Proxy.

Who is Eligible?

A Health Care Proxy can be completed by any competent adult in Massachusetts. (The law assumes all adults are competent.) The Proxy must be signed in front of two witnesses. There are some restrictions on who can serve as a Health Care Agent and who can be a witness. There are no fees or public filing requirements.

For a sample Health Care Proxy form: Send a self-addressed, stamped business envelope to:



Health Care Proxy  
Executive Office of Elder Affairs  
38 Chauncy Street  
Boston, MA 02111

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

Anonymous



This is a glorious time of the year when flowers begin to bloom and birds warble a welcome to the new season, which is for most of us an era of good feeling. As the days grow warmer and brighter, we draw hope and joy from the rebirth of the world around us.. Everything seems possible, so let us change our Lifestyle and help each other.

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

## COMING EVENTS

THE BERLIN COUNCIL ON AGING WILL BE SPONSORING A TRIP TO MARTHA'S VINEYARD ON WEDNESDAY, JUNE 5, 1991. I WILL UP DATE YOU IN ADVANCE OF THIS TRIP. COST \$36.00

FOX TOURS HAS A MYSTERY TOUR THAT MAY BE OF INTEREST TO YOU. THIS IS A FUN TRIP. LUNCH WILL BE AT ONE OF NEW ENGLANDS FINEST RESTAURANTS. THE SALEM CROSS INN. YOU WILL ALSO ENJOY A SING ALONG AT THE INN. AN AUTHENTIC HAYRIDE WITH HAY WAGON AND HORSES, AND A VISIT TO EITHER BROOKFIELD ORCHARDS OR THE OAKWOOD FARM CHRISTMAS BARN. THIS TRIP SHOULD BELA LOT OF FUN. EVEN THE BUS DRIVER WILL PARTICIPATE. COST \$35.00

PLEASE LET ME KNOW EARLY AND IF WE HAVE ENOUGH INTEREST, I WILL SET A DATE FOR MAY.

CALL LOUISE CHAMPAGNE 838-2550 FOR RESERVATIONS.

APRIL 4TH WILL BE "LIVING WITH ARTHRITIS" BY NASHOBA NURSING SERVICES AND OCCUPATIONAL THERAPIST.

APRIL 19 1991 SENIOR CONFERENCE CONDUCTED BY *Senat* ROBERT DURAND AT THE ASSABET VOCATIONAL SCHOOL. RESERVATIONS NEEDED, AND TICKETS WILL BE AVAILABLE FOR LUNCH AND ENTERTAINMENT. CALL MARY 838-7380 FOR INFORMATION.

APRIL 25,TH DISTRIBUTING COMMODIES AT NORTHBROOK VILLAGE 10-1 PM. COMMODIES WILL BE BUTTER, CANNED PEARS, VEGETARIAN BEANS AND WHATEVER ELSE IS AVAILABLE.



### MOTHER'S DAY;

By Kay Lucey 2 Rogers Road

Once again in the month of May  
 People are shopping for Mother's Day.  
 Cards filled with words of love in rhyme,  
 Florists hurrying to get arrangements out on time.  
 Why does this happen one day a year  
 To honor someone we hold so dear?  
 It seems we often forget to say  
 "I love you, Mom" in our own way.  
 Count the hours, days and years  
 A mother gives through smiles and tears.  
 Don't let this one day Be the only time when we say  
 "I love you more, Mom, with each passing day" .....



MAY 12 IS MOTHER'S DAY



MAY 2 NASHOBA NURSING SERVICES CHOLESTROL TESTING AND SOCIAL SERVICES AVAILABLE (MSW) SOCIAL WORKER.

## A wise prayer for the later years



Dear Ann Landers:

I ran across this column of yours while looking for some papers. I read it to a group of friends my age (70) and they encouraged me to send it to you and ask you to run it again. Will you?

R.R., TULSA

With pleasure. Here it is:

Dear Ann Landers:

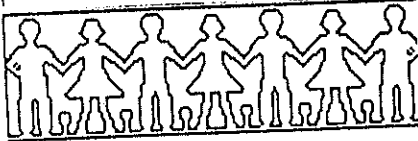
So much is being said and written these days about senior citizens, but a lot of it is slanted toward what can be done to help them. Too little is written about what they can do to help themselves. Since I am a member of that age group and realize that we need to be reminded about certain things from time to time, I am asking you to print the enclosed prayer.

It contains a great deal of wisdom. I ran across it several weeks ago and am sorry that I do not know the name of the author.

**A Prayer for Later Years**

Lord, thou knowest that I am growing older.

Keep me from becoming too talkative, and particularly keep me from falling into the tiresome habit of expressing an opinion on every subject.



Release me from the craving to straighten out everybody's affairs. Keep my mind free from the recital of endless details. Give me wings to get to the point.

Give me grace, dear Lord, to listen to others describe their aches and pains. Help me endure the boredom with patience and keep my lips sealed, for my own aches and pains are increasing in number and intensity and the pleasure of discussing them is becoming sweeter as the years go by.

Teach me the glorious lesson that, occasionally, I might be mistaken. Keep me reasonably sweet. I do not wish to be a saint (saints are so hard to live with) but a sour old person is the work of the devil.

Make me thoughtful, but not moody; helpful, but not pushy; independent, yet able to accept with graciousness favors that others wish to bestow on me.

Free me of the notion that simply because I have lived a long time I am wiser than those who have not lived so long.

If I do not approve of some of the changes that have taken place in recent years, give me the wisdom to keep my mouth shut.

Lord knows that when the end comes I would like to have a friend or two left.

SENIOR C

## House Rich--Cash Poor

Many elderly people who live in their own homes and have fixed incomes find it increasingly difficult to meet all of their expenses. The Massachusetts Elderly Equity Program (M.E.E.P.) was developed to assist homeowners to locate and use financial and service programs which will allow them to remain in their homes as long as possible.



The program is available to Massachusetts homeowners, sixty and older, who have *modest income and assets*. Counseling services are provided at no cost and include information on home care services and government assistance programs such as property tax exemptions and deferrals, supplemental security income, Medicaid, food stamps, fuel assistance and weatherization. In some cases, funds are available for home repairs. Counselors can also assist with budgeting and financial planning. In a small percentage of cases a reverse mortgage may be suggested.

In a reverse mortgage, a bank loans a client money based on *the equity in his or her home* rather than on the person's income. A client may borrow a lump sum to pay immediate expenses, such as debts and home repairs and/or a monthly amount to supplement income. In Massachusetts the loan, plus interest, must be paid off after five years. In most cases, this means that the client will have to sell his or her house at the end of the term.

## When April Comes

Such joy is ours when April comes  
And all the earth is new;  
The hills are gowned in green once more,  
The skies are fairest blue.

The scent of lilacs fills the air  
And rides on gentle breeze;  
And robins sing in symphony  
From yonder cherry trees.

The daffodils are wearing frills,  
The dogwood's dressed in lace,  
And violets from shady nooks  
Peer out with purple face.

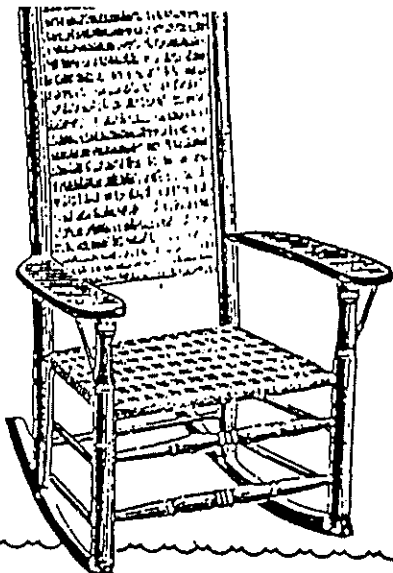
How beautiful Your world, O Lord,  
When April comes to bless  
Our hearts and lives with renewed hope,  
And springtime happiness.

Beverly J. Anderson

## GRANDMA

In the dim and distant past,  
When life's tempo wasn't fast,  
Grandma used to rock and knit,  
Crochet, tat and babysit.  
When the kids were in a jam,  
You could always count on Gram.  
In the age of gracious living,  
Grandma was the gal for giving.  
Grandma now is at the gym,  
Exercising to keep slim.  
She's out golfing with the bunch,  
Taking clients out to lunch,  
Going North to ski and curl,  
All her days are in a whirl.  
Nothing seems to stop or block her  
Now that Grandma's off her rocker.

- Hawthorne #402 bulletin





# Health Notes

By Mary Patkauskas, RN



## What is Arthritis?

It is a group of diseases that cause the and connecting tissues to become painful and sometimes inflamed. Once started, Arthritis may continue for life.

### What are the warning signs?

1. Persistent pain & stiffness upon rising.
2. Pain or tenderness in joints
3. Swelling in one or more joints.
4. Pain or stiffness in neck, lower back, knees and other joints.
5. Tingling sensation in fingertips, hands, feet.
6. Unexplained weight loss, fever and weakness.

### What can be done to relieve Arthritis Symptoms??

1. The aim in treating arthritis is to relieve pain and stiffness, stop joint destruction from inflammation and maintain ability to get around.

#### 2. Medications:

*Aspirin* is the medicine most often used to treat arthritis. It relieves pain and reduces joint inflammation. But aspirin should be taken under medical supervision, since large doses are required to reduce inflammation. In some patients, long term use of aspirin can cause stomach irritation and other side effects, and may interfere with blood clotting

*Tylenol* or Acetaminophen, a common aspirin substitute, does not reduce inflammation, aches and pains. Newer prescription drugs that are antinflammatory may be prescribed by a physician.

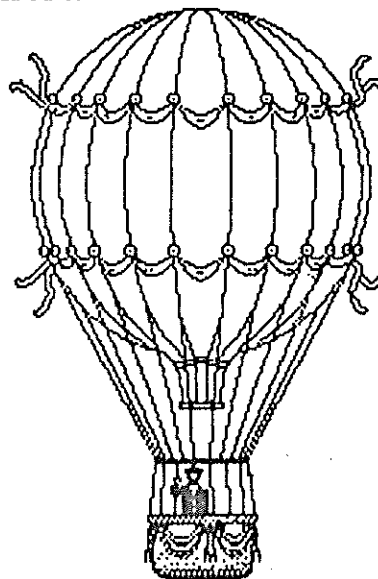
### Treatment and Prevention

*Physical Therapy* is a fundamental treatment. People with arthritis do not move around very much and while rest can reduce inflammation, too much rest stiffens joints. Therefore, rest and exercise must be balanced.

*Daily Exercise* such as walking or swimming can maintain mobility.

*Good Posture* can help prevent joint strain.

*Proper Eating Habits* to prevent overweight as added weight puts strain on weight bearing joints and causes more discomfort.



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

# Age Page

## Arthritis Advice

“Arthritis” means inflammation of a joint. The disease categories commonly known as arthritis—which is also known as “rheumatic disease”—include over 100 different conditions. They vary in symptoms and probably in cause. Some forms are better understood than others, but the causes of most of them are not yet known. Many effective treatments are used today to control arthritis symptoms, but *there are few cures*.

Most forms of arthritis are usually chronic, lasting for years. The more serious forms involve inflammation—swelling, warmth, redness, and pain. In older people, the two most common forms of arthritis are rheumatoid arthritis and osteoarthritis.

Rheumatoid arthritis (RA) is an inflammation of the joint membrane. It varies in severity and can cause severe crippling. RA afflicts three times more women than men, and it usually appears in the middle years, although it can begin at any age.

RA can affect many body systems but most frequently appears in the joints—fingers, wrists, elbows, hips, knees, and ankles. Persistent swelling and pain in joints on *both* sides of the body are typical symptoms. Morning stiffness is especially common.

RA should be treated as soon as it's discovered because uncontrolled inflammation of joint membranes can damage the joints.

Osteoarthritis (OA) is often a mild condition, causing no symptoms in many people and only occasional joint pain and stiffness in others. Still, some people experience considerable pain and disability.

OA is also called degenerative joint disease, a more accurate name since “osteoarthritis” implies that inflammation is a part of the disease, which is not usually the case. While wear and tear on the inside surface of the joint is probably a cause of some cases, heredity and being overweight may be other possible factors.

Although OA is almost always present in older people, the condition can occur at any age, especially after a joint injury. Joint stiffness in OA can be brief, is often relieved by activity, and may recur upon rest. The large weight-bearing joints of the body—knees, hips and spine—are most often affected.

### Treatment

#### Nonsteroidal Anti-Inflammatory Drugs

Nonsteroidal anti-inflammatory drugs (NSAIDs) are commonly used to relieve arthritis pain. These drugs block the production of prostaglandins, chemicals in the body that cause pain and inflammation, which is the stiffness, swelling, and warmth felt by people with arthritis. Although some NSAIDs are available without a prescription, most are prescription drugs. It often takes a few days to a week before NSAIDs start to work and 2 to 3 weeks before the full benefits of treatment are felt.

#### Taking Arthritis Drugs Safely

Because arthritis drugs may interact with other types of medicine, it is important to let your doctor know if you are taking any other prescription or over-the-counter medications. Be sure to follow your doctor's instructions exactly when taking your medicine—take only the amount specified,

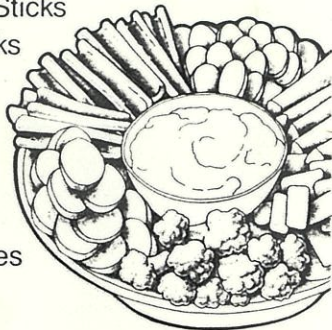
## Nutritious Nibbles

### A Guide to Healthy Snacking

When you reach for a snack it's often the food's characteristics that appeal to you rather than the food itself. In other words, do you want something smooth or crunchy, hot or chilled? When you've identified the food's characteristic, then the following list may help you select the snack you're after!

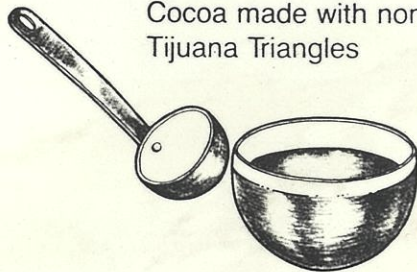
#### Crunchies:

- Apples and Pears
- Carrot and Celery Sticks
- Green Pepper Sticks
- Zucchini Circles
- Radishes
- Broccoli Spears
- Cauliflowerets
- Veggie Dunk\*
- Unsalted Rice Cakes



#### Hot Stuff:

- Clear soups —  
homemade vegetable or tomato  
Cocoa made with nonfat milk\*
- Tijuana Triangles



Commercially canned soups may be high in sodium.

Go for the "real thing". . . Snacks made of familiar, wholesome foods, with minimal processing contribute needed protein, vitamins, minerals and fiber. Soft drinks, chips, candy, etc. contain calories but little else. Use them infrequently.

Ease up on the calories. . . Some popular snacks are fried. That means added fat and calories. Watch out for these.

#### Gelatin Gems

- 4 envelopes unflavored gelatin
- 1 3/4 cups unsweetened fruit juice
- 1 cup boiling water

Add juice to gelatin. Add water and stir until gelatin is completely dissolved. Pour into a 9 inch x 13 inch pan and chill until firm. Cut into 1-inch squares.

#### Munchies:

- Unsalted Sunflower Seeds
- Whole-Grain Breads
- Mozzarella (part-skim)
- Ricotta (part-skim)
- Plain Low-Fat Yogurt
- Mixed Bag\*
- Flavored Popcorn\*
- Breadsticks
- Bagels
- Almonds and Walnuts



#### Thirst Quenchers:



- Chocolate Cooler\*
- Nonfat Milk or Buttermilk
- Unsweetened Juices
- Tomato or  
Mixed Vegetable Juice
- Fruit Spritzer\*

#### Sweet Stuff:

- Unsweetened Canned Fruit
- Thin Slice of Angel Food Cake
- Orange Fun Sicles\*
- Baked Apple
- Raisins
- Dried Fruit
- Gelatin Gems\*
- Instant Softie\*
- Fresh Fruit



Commercially canned vegetable juices may be high in sodium.

#### Frozen Bananas

- 2 bananas cut in half
- 2 tablespoons old-fashioned peanut butter
- Approx. 1/2 cup evaporated skim milk
- Chopped nuts or crunchy bran cereal

Mix peanut butter with evaporated skim milk until it is the consistency of egg whites. Roll bananas in peanut butter mixture. Then roll in nuts and/or cereal. Place in freezer until frozen. Serves 4.



# POWDER HOUSS SENIOR NEWS

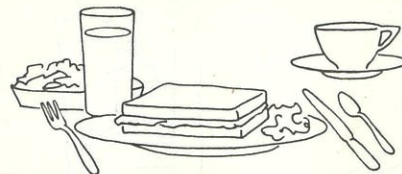
**SQUASH MUFFINS**  
 2 CUPS BREAD FLOUR  
 4 TEASPOONS BAKING POWDER  
 1 TEASPOON SALT  
 3 TABLESPOONS SUGAR  
 1 CUP MASHED SQUASH  
 2 TABLESPOON MELTED FAT  
 1 EGG  
 1 CUP SWEET MILK

MEASURE AND SIFT FIRST FOUR INGREDIENTS TOGETHER. MIX SQUASH AND MILK, THEN ADD TO BEATEN EGG AND FAT. COMBINE TWO MIXTURES WITH AS LITTLE BEATING AS POSSIBLE. FILL GREASED MUFFIN PAN 3/4 FULL, AND BAKE IN HOT OVEN (400 F.) 20 TO 25 MINUTES UNTIL A GOLDEN BROWN.  
 EXTENSION SERVICE

## Nutrition Corner !!

### EAT BEFORE SHOPPING

Shopping when you're hungry may lead to impulse buying.



### Orange Marmalade Bread

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

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

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

### Eight Do-Mores

(Borrowed from Harwich COA newsletter)

Do more than Exist .....Live  
 Do more than Touch .....Feel  
 Do more than Look .....Observe  
 Do more than Read .....Absorb  
 Do more than Hear .....Listen  
 Do more than Listen Understand  
 Do more than Think .....Ponder  
 Do more than Talk  
 ..... Say Something  
 Keep Healthy !! Have a Happy Heart!!

### NEWSLETTER COMMITTEE

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

### For a Calorie-Free Break.

Try one or more of these tips:

Enjoy a large glass of ice water, hot tea or another calorie-free beverage. Garnish with a twist of lemon or lime and sip slowly.

Refresh yourself by taking a shower or brushing and flossing your teeth.

Become physically more active. Take a 15-20 minute brisk walk, sweep the sidewalk or pull the weeds.

Work on a favorite hobby such as gardening, sewing, painting or woodcarving.

Keep a list of enjoyable activities handy and choose one to accomplish. For example: catch up on your correspondence, work on a crossword puzzle, organize your photo albums or read a book. Keep your list posted in a strategic spot, have the necessary materials readily available and refer to it when the urge to snack occurs.



### 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.



## Brighten the Corner Where You Are

We cannot all be famous  
or be listed in "WHO'S WHO,"  
But every person great or small  
has important work to do,  
For seldom do we realize  
the importance of small deeds  
Or to what degree of greatness  
unnoticed kindness leads—  
For it's not the big celebrity  
in a world of fame and praise,  
But it's doing unpretentiously  
in undistinguished ways  
The work that God assigned to us,  
unimportant as it seems,  
That makes our task outstanding  
and brings reality to dreams—  
So do not sit and idly wish  
for wider, new dimensions  
Where you can put in practice  
your many "GOOD INTENTIONS"—  
But at the spot God placed you  
begin at once to do  
Little things to brighten up  
the lives surrounding you,  
For if everybody brightened up  
the spot on which they're standing  
By being more considerate  
and a little less demanding,  
This dark old world would very soon  
eclipse the "Evening Star"  
If everybody BRIGHTENED UP  
THE CORNER WHERE THEY ARE!

HELEN STEINER RICE



## BELIEVING

Believing lies in knowing  
Things not seen or heard--  
The melodies potential  
Within the fledgling bird;  
The flower & fruit existing  
Dormant in the seed;  
The good to be for the coming  
In answer to the need--  
Believing lies in knowing  
Through winter's darken night  
That spring will be returning  
With hope and warmth & light;  
Believing lies in knowing  
That heaven is not far--  
That God's as near as breathing  
As well as in a Star.

Helen Inwood

1. WORSHIP ONE GOD WHO ONLY IS GOOD
3. SPEAK NOT OF GOD IN CARELESS WAYS.
4. TRY TO MAKE SUNDAY THE BEST OF DAYS.
5. FATHER AND MOTHER, LOVE AND OBEY.
6. HATE NOT GOD'S CHILDREN, HURT NOT NOR SLAY.
7. PURE THOUGHT AND IN WORDS AND IN DEED.
8. KEEP YOUR LIFE FREE FROM STEALING AND GREED.
9. SPEAK THE TRUTH ALWAYS, NEVER TELL LIES.
- 10 AND LOOK NOT ON OTHERS WITH ENVIOUS EYES.

THE REV. DR. PATRICK  
O'NEILL  
FIRST PARISH IN  
FRAMINGHAM  
SUBMITTED BY LEPHE WILSON

## RELIEVE DAILY STRESS:

1. Try something new.
2. Exercise regularly-10 minutes a day on an exercise bike can improve your circulation.
3. Eat a well balanced diet - limit coffee & tea.
4. Do something goofy - stay young thinking.
5. Laugh or sing daily.

## SEEKING VOLUNTEERS

### ENRICH YOUR LIFE

#### Volunteering: It's Good For Your Health

# Volunteering

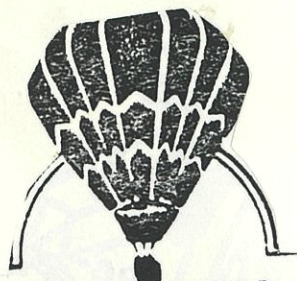
### Why volunteer?

There are so many reasons. Volunteering . . .

- Lets you share your knowledge and talents.
- Provides opportunities for making many new friends. Some volunteers have even met a spouse.
- Brings the special fulfillment that comes only from helping others.
- Helps you "get outside" yourself and put your own problems—even grief—in perspective.
- Allows you to polish old skills and learn new ones.
- Lets you "repay" an organization that has helped you or someone you love.
- Sometimes leads to a paid job or a new career.

While the desire to help others is important, it isn't the only good motive for volunteering. If you're feeling lonely or depressed, if you need to feel needed—volunteer! It's almost impossible to be a volunteer without helping yourself as well.

Listen to the experts. Try volunteering and see what a difference it can make to your life.



**★ VOLUNTEERS ★  
Give The World A Lift**

**INVOLVEMENT**

**FRIENDSHIP**

**SERVICE**

**FULFILLMENT**

Helping other people brings real physical, as well as psychological, benefits, according to epidemiologist James House at the University of Michigan's Research Center. The Center studied 2,700 people for more than a decade. The results of the study: regular volunteer work, more than any other activity, dramatically increased life expectancy.

That feeling of warmth from doing good may well come from endorphins, the brain's natural opiates, which have been linked to the "highs" we feel from running and meditation. Scientists are finding that doing good may be good for both your immune and nervous systems. These two regulators of health are turning out to be intimately tied together.

## Your spare time is worthwhile -

## - Please get involved -

### Volunteers Wanted

#### WHAT SERVICES WILL BE PROVIDED

- running errands
- painting (woodwork, railing, etc.)
- weatherization
- small repairs
- tree and hedge trimming
- small sewing jobs
- storm window removal / air conditioner replacement
- yard work

#### WHAT IS THE PROGRAM and WHO DOES IT SERVE

The Home Maintenance Program has been designed to provide home maintenance tasks and small repair jobs for Fallon patients, 60 years of age, or older, or physically disabled, unable to do these tasks themselves.

*Service will be based on availability of a volunteer in your area.*

If you are in need of these services, please contact the Fallon Volunteer office, at 852-0600 ext. 1656.

INFORMATION OF VOLUNTEER OPPORTUNITIES IN OUR COMMUNITIES PLEASE CALL MARY 838-7380.

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### TIPS FOR USING HERBS

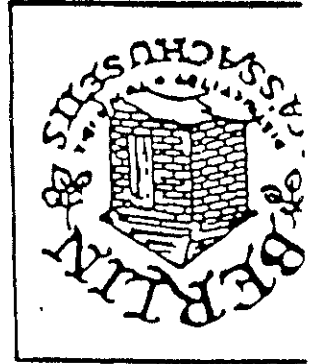
1. When trying a new herb use no more than  $\frac{1}{4}$  tsp. dried or  $\frac{3}{4}$  tsp. fresh to start with.
2. For soups and stews that are to be cooked a long time, add herbs during the last hour of cooking.
3. To hamburger, meat loaf and stuffing add herbs before cooking.
4. Sprinkle herbs on roast before cooking or top with herb-flavored margarine after cooking.
5. Sprinkle herbs on steak and chops while meat is cooking or one hour before cooking brush the meat with oil and then sprinkle on the herbs.
6. Cook herbs with vegetables and sauces, or moisten herbs in oil  $\frac{1}{2}$  hour - then add to food.
7. To cold food such as tomato juice, cottage cheese etc. add herbs several hours before serving.
8. To enhance the flavor of herbs-put herbs in a tea strainer, dip in hot water for 20 seconds and then add to food.
9. Another way to enhance the flavor of dried herbs is to crush them in the palm of your hand before adding to food.
10. Use three to four times more fresh than dry herbs if substituting in a recipe.
11. Don't combine too many herbs.



838-2559 PATRICIA WHEELER  
 838-2278 ALFRED WHEELER  
 838-7380 MARY PETKAUSKOS  
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