

# THE POWDERHOUSE SENIORS NEWS

Berlin, Mass.

August 1984

Vol 1 - 2

WELL! JULY 18TH CAME SO DID THE RAIN AND THE PEOPLE FOR THE COUNCIL ON AGING SMOGASBORD. "MO" CARGIULLO (MO-CO AND COMPANY WORCESTER) AND SOME FOLKS ARRIVED AT 4:30. WE DIDN'T RUN OUT OF FOOD BUT ALMOST RAN OUT SPACE. "MO" PLAYED THE ACCORDIAN AND THE OTHERS ATE, TALKED, GREETED OLD FRIENDS AND MADE NEW ACQUAINTANCES. MANY THANKS TO THE COUNCIL MEMBERS, THEIR FRIENDS AND RELATIVES, KAREN SHERMAN (SHE DIDN'T EVEN EAT) BARBARA NEUHAUS (SHE DIDN'T EITHER), SKIP, MARIE AND JAMES (JAMIE) SPINNEY, AND TO GINNY AND JOHN CARPENTER OF "THE GRILLE" IN NORTHBORO FOR THEIR THOUGHTFULNESS.

IT SEEMS TO HAVE BEEN A SUCCESSFUL AFFAIR - GLAD TO SEE EVERYONE THAT CAME AND MISSED THE ONES THAT DIDN'T. THE "MUSTARD SEED" IN WORCESTER WAS GIVEN THE UNUSED FOOD FOR THEIR WORTHY CONTRIBUTION TO WORCESTER'S HUNGRY. SORRY TO HAVE COINCIDED WITH THE GRANGE'S PROGRESSIVE SUPPER AND WILL TRY TO AVOID THAT NEXT TIME.

EVERYONE'S PLAYING TRIVIA OF SOME SORT THESE DAYS - LET'S TRY A LITTLE BERLIN TRIVIA.

1. WHERE IS THE "POWDERHOUSE" LOCATED?
2. WHERE IS INDIAN HEAD FARM?
3. WHERE IS CARR RD.?
4. WHO WAS CONSTABLE AND CHIEF OF POLICE FROM 1908 TO 1933?
5. WHERE IS BALANCE ROCK FARM?
6. WHAT IS THE "TRAINSTOP"?

BERLIN TRIVIA CON'T.

7. WHO REMEMBERS BACK TO WORLD WAR I?  
WHAT FAMILY IN BERLIN HAD 5 SONS IN THE SERVICE DURING THAT TIME?
8. WHERE IS BAILY RD.?
9. WHAT HAPPENS AT "SAWYERS CELLAR"?
10. WHERE IS CHEDCO FARM?

IF ANYONE CAN ANSWER ALL THE QUESTIONS SEND (MAIL) THEM TO ME EVA TOBEY  
136 CENTRAL ST., BERLIN, MASS. 01503, I'LL SEND/GIVE YOU A PRIZE.  
ANY REPLIES MUST BE RECEIVED BEFORE AUG. 15TH AS THE ANSWERS WILL BE IN  
THE NEXT NEWSLETTER (SEPTEMBER). WILL HAVE SOME MORE ANOTHER TIME.

GET WELL WISHES TO:

KIPPEY BREWER - THORNTON NURSING HOME, NORTHBORO

ANDY MATTHEW - CLINTON HOSPITAL

HELLO TO CARL & ELINOR BRODEUR, FRED & HELEN DUPREY, WILLIAM &  
FRANCES STRUNTZ, LOREN WOODWARD, IVA ROGERS, EARL SCHWARTZ AND WILLIAM &  
ELIZABETH WRIGHT.

SENIOR TABLE OF BAKED GOODS AT THE STRAWBERRY FESTIVAL HELD JUNE 23RD  
MADE \$85.00 WHICH WAS GIVEN TO THE SENIOR CITIZENS ASSOC. MANY THANKS TO  
ALL WHO DONATED BAKED GOODS AND ASSISTED IN THEIR SALE.

THE HOT MEAL PROGRAM WILL RESUME THE WEEK AFTER SCHOOL OPENS IN  
SEPTEMBER. FOR FURTHER INFORMATION CALL MARY PETKAUSKAS AT 838-7380.

ST JOSEPH'S ANNUAL FAIR WILL BE HELD SEPT. 16TH ON THE CHURCH GROUNDS.  
DONATIONS ARE WANTED FOR THE FLEA MARKET, HANDCRAFTS, KNITTED GOODS & PLANTS

#### VIAL FOR LIFE

THE "VIAL FOR LIFE" PROGRAM IS DESIGNED TO PROVIDE EMERGENCY & RESCUE  
SQUADS WITH TIME-SAVING MEDICAL INFORMATION IN THE HOME WHEN A PATIENT IS  
UNCONSCIOUS OR VERY ILL EVERY MINUTE IS IMPORTANT. THE NECESSITY FOR A  
CURRENT AND CORRECT MEDICAL HISTORY CAN BE CRITICAL. THE "VIAL FOR LIFE"  
IS A SMALL PLASTIC VIAL WHICH CONTAINS INFORMATION THAT MEDICAL EMERGENCY  
PERSONNEL SHOULD KNOW IF THERE IS NEED TO GIVE TREATMENT.  
MEDICAL HISTORY INCLUDES SPACE FOR SUCH INFORMATION AS NAME, MEDICINES  
TAKEN REGULARLY, WHO TO NOTIFY, SOCIAL SECURITY NO., MEDICAL INSURANCE,  
HOSPITAL PREFERRED, NAME OF PHYSICIAN AND PHARMACY WHERE PRESCRIPTIONS ARE  
PURCHASED.

IN ADDITION THERE ARE BOXES TO RECORD MAJOR MEDICAL PROBLEMS SUCH AS DIABETES, PARALYSIS AND DISTINGUISHING PHYSICAL FEATURES SUCH AS CONTACT LENS OR REMOVABLE DENTURES. WHEN FORM IS COMPLETED THE "VIAL FOR LIFE" IS INSERTED IN A PLASTIC VIAL WHICH IS PLACED IN THE REFRIGERATOR. IT SHOULD BE SECURED WITH TAPE OR RUBBER BAND TO BOTTOM OF UPPER RT. HAND SHELF OF THE REFRIGERATOR. THREE LABELS ARE AVAILABLE WITH THE MEDICAL INFORMATION FORM ONE IS TO BE PLACED ON PLASTIC VIAL, ONE POSITIONED ABOVE HANDLE OF REFRIGERATOR AND ONE FOR FRONT DOOR OF PARTICIPANT'S HOME. THE "VIAL OF LIFE" HAS BEEN MADE AVAILABLE BY MEDI MART IN <sup>Marblehead</sup> ~~NORTHBORO~~ AND MAY BE OBTAINED BY CALLING MARY R. PETKAUSKAS RN 838-7380.

#### SENIOR BUS TRIP TO NATIONAL HERITAGE PARK

TUES. JUNE 26TH BERLIN SENIOR CITIZENS VISITED THE NATIONAL HERITAGE PARK IN LOWELL, MA. WE HAD A GUIDED TOUR AND SLIDE SHOW BY PARK SERVICE OFFICIALS. FIRST WE RODE IN A REPLICIA OF A TROLLY BUS USED AT THE TIMES WHEN LOWELL WAS A THRIVING MILL TOWN TO THE PAWTUCKET CANAL, WHERE WE BOARDED AN OPEN BARGE FOR A RIDE ON THE CANAL. UNFORTUNATELY, IT RAINED JUST AS OUR GROUP WERE BEING SEATED, SO SOME OF US HAD WET SEATS! THE SUN CAME OUT BEFORE WE ARRIVED AT OUR DESTINATION. WE THEN HAD A SHORT WALKING TOUR TO SEE THE CANAL LOCKS.

EVERYONE WAS ON THEIR OWN FOR LUNCH FOR THE VARIOUS CHOICES IN THE CENTER. THE MAJORITY FOUND THE "DUBLINER" OPPOSITE VISTOR CENTER FOR A VERY GOOD LUNCH WITH SENIOR CITIZENS DISCOUNT. SOME WALKED AROUND LOWELL. WE LEFT AT 2 P. M. AND STOPPED AT "KIMBLE'S" IN LITTLETON FOR ICE CREAM.

#### CATHEDRAL OF PINES & EAST HILL FARM TRIP

THE MAY BUS TRIP TO EAST HILL FARM, TROY, N. H. AND CATHEDRAL OF THE PINES WAS A TRIP THAT WAS ENJOYED BY ALL. THE SCENERY WAS REFRESHING AND THE MEAL AT EAST HILL WAS FABULOUS AND THE STOP AT <sup>Mt. Wachusett, Rod</sup> QUABBIN RESERVATION FOR ICE CREAM MADE THE DAY.

SPONSORED BY THE BERLIN COUNCIL ON AGING VERA MUNGEAM = ACTIVITIES DIRECTOR

THANKS TO VERA FOR THE WELL-PLANNED TRIPS.

IMPORTANT INFORMATION

FOR IMMEDIATE RELEASE

ELDERS MAILING PAYMENTS TO MEDICARE  
THAT SHOULD BE GOING TO PHYSICIANS

By Wendell Coltin  
(Blue Cross and Blue Shield Senior Advisor)

Since the recent introduction of a new Explanation of Medicare Benefits (EOMB) form, numerous beneficiaries have been incorrectly sending payments to Medicare B, which should instead be going to their physicians and other providers of services.

This is becoming a growing concern of officials at Blue Shield of Massachusetts, which serves as the Carrier for the Medicare Part B Program.

Blue Shield is taking action to eliminate the misunderstanding.

The sentence beneficiaries are misinterpreting appears in a paragraph on the lower part of the EOMB, which tells beneficiaries how much Medicare is paying on claims for services rendered to them. The misunderstood sentence states, "You are responsible for the approved amounts and the Medicare payments". Specifically, Blue Shield officials explain, beneficiaries should be aware they may be "responsible to the provider of services (physician, ambulance company, etc.) for the difference between the approved amount and the Medicare payment."

Blue Shield says that whatever the media and agencies serving the elderly can do to get this across to Medicare beneficiaries will help eliminate confusion, misdirected mailings of payments and expedite payments to the proper sources.

# # #

PRESCRIPTION DRUGS

Now that summer is here many people should be aware that some prescription Drugs can make them especially sensitive to the ultra-violet rays from the sun. This reaction is known as photosensitivity. Photosensitivity is one side effect or adverse reaction to some prescription drugs.

THAT WIDELY USED ANTIBIOTIC TETRACYCLINE IS JUST ONE OF THE DRUGS THAT CAN CONTRIBUTE TO AN UNEXPECTED SUNBURN. SOME HIGH BLOOD PRESSURE DRUGS AND SOME TRANQUILLIZERS CAN DO THE SAME THING.

When you are getting a prescription know the name of the drug.

1. Be sure you know its purpose, what condition does it treat
2. How and when to take the drug and when to stop taking
3. What food, drinks and other drugs to avoid while taking it.
4. What side effects may result? Are they serious, short term, long term?

If you have any questions about your prescription ask your Doctor or your ~~Pharmacist~~ Pharmacist

SILENT ENEMIES OF AGE

HEAT AND COLD are the silent enemies of Older People. With advancing age the body's inner thermostat becomes less able to adjust to extremes in temperature or withstand long exposures to heat or cold. This means many older people are at risk of suffering two life threatening diseases

HYPOTHERMIA characterized by abnormally low body temperature (In Winter)

HYPERTHERMIA MARKED BY ABNORMALLY high body temperature (In summer) if not detected and treated promptly either condition can be life-threatening

SUGGESTED TIPS

To prevent HYPERTHERMIA in HOT WEATHER

1. Stay inside out of direct sunlight, wear a hat in the sun.
2. Drink a gallon of liquid, water, fruit juice, iced tea each day
3. Use fans or air conditioners or go to a cool public place
4. Ask your Doctor about any medications you are taking that may increase your risk of hyperthermia.

SENIOR CITIZENS LAW AND ADVOCY PROGRAM

Did you know that there are available free Legal Services for the Elderly Services include Social Security, SSI, benefits, Housing Problems, Nursing Home Problems and many other legal services.

Service is provided by Legal Assistance of Central Massachusetts, attorneys and paralegals are the specialists in problems of older people. They are located at 332 Main Street, Worcester Ste 20. Outside Worcester you may call TOLL-FREE 1. 800- 322- 0362 Mon-Fri 9-5pm. If Homebound you may request a home visit.

THOUGHT FOR THE DAY

" It's easy to be pleasant when lifeflows round and round, but the man worthwhile is the man who can smile when his pants are falling down. "

WORCESTER STATE COLLEGE sponsored an ELDER WEEK 11 recently and it was a unique intergenerational and educational program. Inside the Student Center the scene itself was educational. Upstairs college youths played pool videogames and ping-pong, while downstairs Elders line danced, square danced or mingled with the students over coffee and doughnuts. The event was held because of its popularity last year. The highlights of the week were an interrelationship between the Elders and the youths and a chance for the Elders to meet each other and find out what is going on at the college and the community. The Elders were educated and that was the purpose. The program brought many people together 200 Elders attended daily a total of 1000 for the week. The issues discussed in the course of the week include: HEALTH CARE, BANKING, TAXES, ELDERS IN THE MEDIA AND MANY OTHER TOPICS OF INTEREST TO ELDERS."

ELDERHOSTEL provides a familiar experience in many colleges for Seniors throughout New England. Elderhostel has just published a new Summer and Fall Catalog and it is available free of charge.

Write

ELDERHOSTEL  
15 Garrison Ave. Box 10  
Durham N.H.

Elderhostel is a network of Colleges which offer courses to Older Persons (no course grades are given so you can enjoy the learning experience) and gives them an opportunity to live on campus for a reasonable rate and participate in the many campus activities such as concerts, theatre etc. during a one week course.

AN OLD ENGLISH PRAYER

Give us Lord, a bit o, sun  
A bit o, work and a bit o, fun  
Give us in all the struggle an sputter  
Our daily bread and a bit o, butter  
Give us health or keep to make  
And a bit to spare for others sake  
Give us too a bit of song  
And a tale and a box to help us along  
Give us Lord, a chance to be  
Our goodly best, brave, wise and free  
Our goodly best for ourselves and others  
Till all men learn to live like brothers.

KEY TO HAPPINESS

"On this day, mend a quarrel, search out a forgotten friend, discuss a suspicion and replace it with trust, write a letter to someone who misses you, keep a promise, forget an old grudge, examine your demands on others and vow to reduce them, fight for a principle, express your gratitude, overcome an old fear, take two minutes to appreciate the beauty of nature, tell someone you love them."

Author Unknown

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