

# BERLIN Powder House News



Powder House News  
Council on Aging  
Berlin, MA 01503

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Berlin, MA

## BERLIN SENIOR CITIZENS LUNCHEON

First Thursday every month @ First Parish Church  
Meeting @ 10:30

Entertainment @ 11:00

Lunch @ noon \$6.00

September- American Chop Suey, green beans, salad, rolls.

Berlin Country Orchestra

October- Turkey Tetrzzini, broccoli, salad, rolls.

Joanne McCole will from the Nashoba Nursing Service

**FLU SHOTS-** Topic : Prediabetes and Diabetes

Instructors and Entertainers Needed :We are looking for credentialed and/or volunteer instructors to teach academic, arts, and fitness classes, as well as experienced entertainers.

Recently we asked children ages 2-18:

## WHAT IS A GRANDPARENT?

**Christian 14 & Cassidy 16:** Your parents parent.

**Dylan 15:** A better version of your parents.

**Alexis 11:** The only people you can talk about your parents to.

**Hannah 10:** Other parents who love you and let you get away with more stuff when your parents aren't around.

**Lexi 7:** It's like having a second mom or dad who loves you.

**Sam 18:** Someone that will support you even when you mess up.

**Jenna 9:** Someone who is extra nice to you and you have fun with.

**Scott 7:** People who teach you things...the right way.

**Sarah 3:** Super smart and sometimes talks really loud with a lot of kisses.



Special thanks to Clinton Savings Bank for their support in providing the postage for the Powder House News.

Clintonsavings.com

Contact Us: 888-744-4272

Sarah Kinghorn BSN RN PHN CFCN is the founder of Footcare Focus LLC. Sarah is a graduate from the Northeastern University Nursing program and has worked in a variety of settings both in the US and UK.

Sarah's early experience focused on acute care but her interest in preventative medicine lead her to change focus toward public health and prevention.



Sarah received a grant and scholarship to complete her certification in Foot care after volunteering at the Boston Stand Down for homeless Veterans 2014-19. Sarah continues to educate and treat the senior population providing holistic foot care in both the home and clinic settings.

Sarah believes foot health is extremely important and encourages everyone to take time to care for your key mode of transportation, your feet!

Come hear her speak and learn a few tips on:

October 24<sup>th</sup> 11-12pm—1870 Town Hall

A free light lunch will be provided.

**PLEASE RSVP by 10/21**



## BERLIN COUNCIL ON AGING

Hollie Lucht, Director Berlin COA Director @ 978-838-2750 /email  
coadirector@townofberlin.com



Transportation services available. Rider Information forms are available on the Berlin town website under Boards & Committees— Council on Aging— Bus Services. Call 978-838-2750 for assistance.



**BAYPATH ELDER SERVICES, INC.**

BayPath provides an array of services and programs for older adults, caregivers, and persons with disabilities to support their independence and dignity. Some programs have eligibility criteria, such as age, need, income, and/ or insurance.

To find out more, please visit website [www.baypath.org](http://www.baypath.org) or call **508-573-7200** and ask for the Information and Referral Dept.

**RECIPES FROM THE STARS**

**Gloria Swanson's Potassium Broth**

- 1 cup string beans, chopped
- 1 cup celery, chopped
- 1 cup zucchini, chopped
- 1 cup Swiss chard, chopped
- 8 cups of spring water

Before chopping, wash all vegetables thoroughly. Pour spring water into a soup pot and add the rest of ingredients. Cover and simmer until celery is tender. Allow the broth to cool to room temperature. Refrigerate in glass jars. Serve hot or cold.



**Bette Davis' Red Flannel Hash**

- 2 cups cooked corned beef
- 3 cups cold boiled potatoes
- 1 1/2 cups cooked beets.
- salt and pepper to taste
- 1/2 cup or more of cream
- 1/2 stick butter

Chop all ingredients and combine in a large bowl. Season to taste and moisten mixture with cream. Place in a hot buttered skillet. Stir and spread evenly in pan. Brown slowly over medium heat. Serve with poached eggs on top.



**John Wayne's Favorite Casserole**

- 2 (4 oz.) cans green chilies, drained
- 1 lb. Monterey Jack cheese, grated
- 1 lb. cheddar cheese, grated
- 4 egg whites
- 4 egg yolks
- 2/3 cup evaporated milk
- 1 tablespoon flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 medium tomatoes, sliced

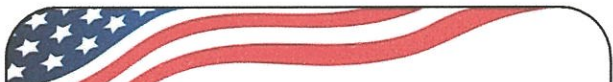
Combine chilies with cheese in a large bowl and turn into a well-buttered shallow 2-quart casserole dish. Beat the egg whites until peaks form. Mix egg yolks, milk, flour, salt, and pepper in a small bowl. Fold egg yolk mixture into the egg whites. Pour over the cheese and chili mixture. Comb through with a knife and fork gently until combined. Bake for 30 minutes. Arrange tomatoes on top, and bake another 30 minutes. Garnish with extra chilies, if desired. Let sit 15 minutes before serving.



**The Boston Sacred Harp 10/5 & 10/6**



This event is free and open to the public. No experience necessary to participate. Two days of singing from the 1991 edition of The Sacred Harp -- Books will be available for loan or purchase. The space is wheelchair accessible. Come sing with us! 10-3 @ 1870 Town Hall



**I believe in the dignity of labor,  
whether with head or hand; that the world  
owes no man a living but that it owes every  
man an opportunity to make a living--  
John D. Rockefeller  
Labor Day September 2nd**

**Montachusett Home Care: Community Resource and Health Expo**

scheduled for September 12<sup>th</sup> from 10:00 am -2:00 pm at the Great Wolf Lodge in Fitchburg.

**FREE ADMISSION** Indoor health fair includes free health screenings, raffles, community resource information and lunch! **Van rides available-- please RSVP by September 9th.**

**OLD HOME DAY-- SEPTEMBER 28TH 1-8PM @ 34 SOUTH STREET, BERLIN, MA**--This year's event will feature the return of our Curious Creatures stage show and vaudeville act. Throughout the day there will be food trucks, live music, bouncy houses, balloon animals, touch a truck, local artisans and vendors, and a fireworks show to end the night. Don't miss the pie eating contest, where several of your favorite town reps will be competing against each other (time TBD.) Entertainment for the whole family!





## Weekly Senior Activities



Tai Chi and Yoga are held every week in COA Room 118 of the Town Offices.

All welcome. Donations accepted.

Tai Chi– Thursday 10:45 –11:45 a.m. Jeff Cote

Senior Yoga– Saturday mornings 9:00–10:15 a.m. & Chair Yoga 10:30-11:30 Sharon Santello

### BERLIN LIONS CLUB HALLOWEEN PARTY

First Parish Gymnasium

October 26th

7-9 PM

DJ Dave

WEAR YOUR BEST COSTUME!

Berlin COA Facebook page is  
“Berlin, MA Council on Aging”



### Tuesday September 24th 6-7:30 Please join us for a book discussion on “Being Mortal” by Atul Gawande.

You don’t need to have read the book to attend – but you will want to read it after attending!

The program is being hosted at 19 Carter and co-sponsored by the Berlin Library, Berlin Council on Aging and 19 Carter. This is a free and open to the public event. Refreshments will be served. Registration is requested. Please contact 19 Carter at 978-415-0014 to register.

Kathy Benson, LICSW and Joanne McCole, RN, BSN at Nashoba Nursing Service & Hospice will lead a book discussion on "Being Mortal" by Dr. Atul Gawande. Being Mortal is a sensitive, intelligent and heartfelt examination of the processes of aging and dying. The program highlights portions of the Frontline program to introduce the book, so that the program is not dependent on attendees reading or completing the book for the program and discussion. Hand-outs and examples of MOLST forms, health care proxies and 5 Wishes.

### UNDERSTANDING BERLIN’S PUBLIC HEALTH

**Thursday, September 19th @ 11:00am at 1870 Town Hall**

What to expect: Gain an understanding of the public health system, the role of local public health boards, how local health departments impact our lives, and the public health services available to you as a Berlin resident!

Nashoba Associated Boards of Health

Tamara Bedard, RN (978) 772-3335 x 340



### SENIOR TO STUDENT PEN PAL PROGRAM

Council on Aging in collaboration with Berlin Public Library has started a Senior to Student Pen Pal Program. Our goal is to connect seniors with students over the course of the year to learn and share experiences while gaining a friendship through letter-writing.

Every few months Council on Aging & Berlin Public Library will host a “get-together” for seniors and students to connect face to face.

Being a Pen Pal is simple. Contact us.

We just need your name, address, age and 5 things you enjoy. We’ll set up the rest.

If needed, we will supply the paper, envelopes, and stamps.



### BERLIN FOOD PANTRY

Berlin residents that can provide some proof of financial hardship are welcome to contact Fran Gill at 978-838-2508 and make an appointment to visit and shop at the pantry.



Tuesday 11 30 – 1:30

Saturday 11:30 – 1:30

Town Offices 23 Linden Street

## FILE OF LIFE

*File of Life* provides medical information of allergies, medications and more to emergency medical providers. Call COA 978-838-2750 to get yours.



# Powder House News

September/ October 2019 978-838-2750 coadirector@townofberlin.com



## BERLIN COUNCIL ON AGING

Our mission is to enhance the quality of life of seniors in the community by providing services, which include nutrition, health screening, education and other program to meet their needs.

### Resources for Seniors:

State resources– [www.eldercaredirectory.org](http://www.eldercaredirectory.org)  
Alzheimer's resources– [www.alz.org](http://www.alz.org) (800) 272-3900  
Support Services– [www.elderhelper.org](http://www.elderhelper.org)  
Montachusset Home Care– [montachussethomecare.org](http://montachussethomecare.org) 978-537-7411  
Organizations, general interest– [www.aarp.org](http://www.aarp.org) (888) 687-2277

### MA ELDER AFFAIRS

Promotes independence, empowerment, and well-being of older people, individuals with disabilities, and their families. We ensure access to the resources you need to live healthy in every community in the Commonwealth.

Are you interested in Farmer's Market Coupons?



Gives seniors and families coupons to buy fresh fruits and vegetables at participating farmers markets. Berlin COA is working on becoming part of the Farmers Market Nutrition Program. If you're interested, COA will work to see if you meet the criteria.

Available until September 16th.

### Interested in the Senior Property Tax Work Off Program?

Applications are available now!

#### Positions available:

- Council on Aging- Transportation Dispatcher (M-F varies)
- Highway/ facilities– Clerical (Wed. mornings 2-3 hours)
  - Conservation Commission (varies)
  - 1870 Program/ Bldg Program Assistant (varies)

Email Peggy : [coa@townofberlin.com](mailto:coa@townofberlin.com) / 978- 838-2750

“But I, being poor, have only my dreams; I have spread my dreams under your feet; Tread softly because you tread on my dreams.” - by William Butler Yeats (1865-1939), entitled *Aedh Wishes for the Cloths of Heaven*.

### Obituaries

John Agnitti 6/20/2019

David Sheehan 6/21/2019

Ernest Gaboury 6/30/2019

Dora Cummings 7/1/2019

Sandra Reardon 7/6/2019

Madeline Ciesluk 7/20/2019



Office Hours: (hours may vary please call ahead)

Monday 8:30-1

Tuesday 8:30-1

Thursday 8:30-12:30

978-838-2750 or [coadirector@townofberlin.com](mailto:coadirector@townofberlin.com)

1870 Town Hall, 12 Woodward Ave, Berlin, MA 01503

### Berlin Council on Aging Members

Chair George Pendergast

Member Karen Shultz

Member Patricia Wheeler

Member Lorinda Fearebay

Member Kate Bliss

Member Fran Gill