

POWDERHOUSE SENIORS NEWS

Berlin, Mass.



JAN & FEB 1992

VOLUME 5-19

COUNCIL ON AGING

DO SOMETHING TODAY!

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

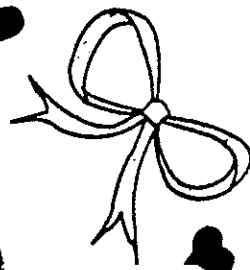
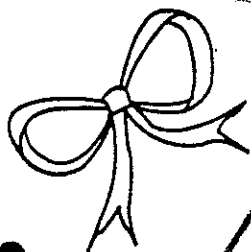
Find time for a neighborly greeting,
And time to delight and old friend.
Remember.....the years are fleeting,
And life' latest day will soon end.

Do something today that tomorrow,
Will prove to be really worthwhile.
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 near.

HAPPY VALENTINES DAY

february
is
heart month



See
Health
Notes

POWDERHOUSE SENIOR NEWS

HEALTH CARE PROXY

I, _____, residing at _____,
(name of principal) (street) (city)
 Massachusetts, do hereby appoint _____, residing at _____,
(name of Health Care Agent) (area code) & telephone #
 _____ as my HEALTH CARE AGENT with the authority
(street) (city)
 to make all health care decisions on my behalf in accordance with the provisions of Chapter 201D of the General Laws of Massachusetts. If my said HEALTH CARE AGENT is unavailable, unwilling, incompetent or otherwise disqualified so to serve as my Health Care Agent, and is not expected to become available, willing or competent so to serve as my HEALTH CARE AGENT to make a timely decision regarding medical treatment for me should I become incapacitated, I do hereby appoint _____,
(name of alternate agent) (area code) & telephone #
 residing at _____ as my ALTERNATE HEALTH CARE AGENT.
(street) (city)

authority becomes effective if my attending physician determines in writing that I lack the capacity to make or communicate health care decisions myself. My HEALTH CARE AGENT is then to have the same authority to make health care decisions as I would if I had the capacity to make them EXCEPT: (here list the limitations, if any, you wish to place on your HEALTH CARE AGENT'S authority) _____

I direct my HEALTH CARE AGENT to make decisions based on my HEALTH CARE AGENT'S assessment of my personal wishes, moral values and religious beliefs as stated below or as he/she otherwise knows: (here state your personal wishes or moral religious beliefs.) An example of such moral and religious beliefs is the following: I am a Roman Catholic. It is my wish that my HEALTH CARE AGENT make health care decisions for me which are consistent with the authentic teaching of the Catholic Church and based upon my profound respect for life and my belief in eternal life. _____

It is my intention that my attending physician and the health care institution where I am a patient, provide me with proper medical treatment and care including but not limited to:

1. appropriate pain-alleviating medicine,
2. nutrition and hydration when they are capable of sustaining life,
3. standard comfort care appropriate for any patient suffering from illness, injury or disease.

If my personal wishes are unknown, my AGENT is to make decisions based on my AGENT'S assessment of what is in my best interest. Photocopies of this Health Care Proxy shall have the same force and effect of the original. _____ (signed)

We, the undersigned witnesses, each declare and affirm that we know the identity of the person who signed this Health Care Proxy, that the person appears to be at least eighteen years of age, of sound mind and under no constraint or undue influence. Neither of us is named the HEALTH CARE AGENT in this document.

Both of us witnessed the signature by the person who signed this Health Care Proxy, or witnessed it signed at the person's direction, in our presence and the presence of each other this _____ day of _____, 19____.

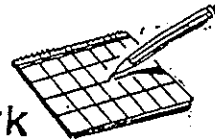
Witness One: _____ (signed) Witness Two: _____ (signed)

Name (print) _____ Name (print) _____
 Street _____ Street _____
 City/State _____ City/State _____
 TELEPHONE (_____) _____ TELEPHONE (_____) _____

POWDERHOUSE SENIOR NEWS



Mark
Your Calendar



COMING EVENTS

JANUARY PROGRAMS FOR SENIOR CITIZENS WILL HAVE BILL KESSLER AND FRANCIS BURKE SPEAK ON THE STATE PLAN FOR LONG TERM CARE FOR THE ELDERLY. FEBRUARY'S PROGRAM WILL FEATURE THE TINY TOTS FROM THE FIRST PARISH NURSERY SCHOOL UNDER THE DIRECTION OF PAM DONA.

JOIN OUR BINGO

EVERY WEDNESDAY NIGHT AT 7:00 PM
AT NORTHBROOK VILLAGE. COME AND ENJOY.



PROJECT SHARE

REGISTRATION AT THE WHEAT OFFICE (365-6349). THE DATES ARE JANUARY 2-3, 1992. THE FOOD IS PICKED UP AT ST. JOHN'S GYM.

SENIOR VAN

THE MUCH NEEDED SENIOR VAN WILL BE COMING TO BERLIN. WATCH FOR IT. A NOTICE REGARDING IT'S USE WILL BE PUBLISHED LATER.

LUCKY, LUCKY, LUCKY

BETTY JILLSON WON THE ROSE AFGHAN.

CHRISTMAS TRIP

THE CHRISTMAS TRIP & THEATER LUNCHEON AT KING'S GRANT INN IN DANVERS WAS A TREMENDOUS SUCCESS AND MANY WOULD LIKE TO GO AGAIN.

JANUARY BIRTHDAYS

- JANUARY 2 RUSSELL WHEELER
- 9 LORRAINE SAWYER
- 10 GEORGE ESTABROOK
- 11 BENJAMIN LASKOWSKI
- FRANCIS UNDERWOOD
- 12 ELIZABETH KITTREDGE
- 13 JAMES HART
- MARION KATER
- 14 EDWARD WARE
- 15 HELEN BREWER
- 17 ALFRED ST. JOHN
- 18 JEAN MUSCHE
- 19 CECELIA KERRIGAN
- KENNETH SAWYER
- 21 ALICE BURKE
- ELIZABETH JONES
- 22 FRANCES WIXON
- 23 HAYWOOD STONE
- 28 EVA TOBY

JANUARY ANNIVERSARIES

- JANUARY 20 WARREN & EDITH WHEELER
- 28 ALFRED & DORIS BOMBARD

FEBRUARY BIRTHDAYS

- FEBRUARY 1 HOPE DUCKWORTH
- 10 PAULINE PAINE
- 11 MARY STONE
- 13 MARGARET LASKOWSKI.
- 17 MICKY FRANK
- 19 HARRIET FIELD
- 20 FRANCIS KENNEDY
- 24 MARY PETKAUSKAS
- 25 BILL FRANK
- 28 THOMAS MURTHA

FEBRUARY ANNIVERSARIES

- FEBRUARY 20 WILLARD & JOANNE WHEELER



BERNARD WHEELER
VINCENT EAGER

Anxiety does not empty tomorrow of its trials - it simply empties today of its joy.



NEWSLETTER COMMITTEE

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

POWDERHOUSE SENIOR NEWS

HEALTH NOTES

By Mary Petkus, R.N.

New law lets patients pick 'health proxy'

By Debra J. Piehl
Item News Staff

CLINTON — With December came the enactment of the federal Patient Self-Determination Act.

The new law allows an individual to declare a "health care proxy" in the event of a medical situation which would prevent an individual from making his or her own decisions.

The federal law requires doctors and other health care providers to educate patients and their families as to the rights they hold in determining the course of the medical care.

In Massachusetts, the federal act has been implemented under the Health Care Proxy Act, which actually went into effect last year.

An individual's signature on a health care proxy form must be witnessed, but it need not be notarized or approved by a lawyer, according to information provided by the University of Massachusetts Medical Center.

The individual would name an agent, usually a relative or friend, to make decisions involving medical care, including decisions on life sustaining procedures. The form may be changed or a new agent named at any time. Limits may also be applied to the powers of the agent.

With the enactment of the law, all patients admitted to hospitals, nursing homes or other health care facilities will be advised of the proxy law and other rulings relating to health care decisions.

Forms completed by patients will be filed with the patient's medical records. Patients and individuals will also be provided wallet-sized cards with the agent's name, address and phone number so the agent can be contacted in case of emergency.

According to Mary Cavanaugh, a spokesman at UMass, the idea of the healthcare proxies is not new. Individuals were allowed to name a proxy prior to any medical situation. The new law, however, now requires that healthcare facilities provide information to patients about health care proxies, and the patient may then name a proxy or decline to name one.

The Visiting Nurse Association has stated that visiting nurses must also provide their clients with the information.

Laurie Groves, director of social work at the Medical Center of Central Mass., stressed that the law is not just for the elderly or sick.

"The law is really for anyone competent and over the age of 18," Groves said. "If you look at some of the cases that resulted in this law, families felt they were not in an informed position to make decisions that the patient would have wanted. Agents should be named by everyone over 18."

THE HEALTH CARE PROXY LAW: Making Sure Your Wishes Are Followed

Massachusetts has recently legally recognized health care proxies. A health care proxy is a representative who is appointed by you to act in your behalf should you lose the capacity to do so yourself. By completing a form naming someone you trust, and discussing your wished about treatment and other medical issues with that person, you can help ensure that those wishes will be carried out. The proxy will only act in your behalf when a doctor has determined that you are unable to make or communicate medical decisions.

While hospitals, other facilities and home health agencies, among others, are required by law to inform you of your right to a health care proxy as of December 1, 1991, the time to choose your proxy and discuss your wishes with that proxy, your physician or other health care providers is BEFORE you become ill.

You may obtain information about health care proxies and a model form by sending a check for \$5 to Massachusetts Health Decisions, P.O. Box 417, Sharon, MA 02067. You may also receive just the model form by sending a business-sized, stamped, addressed envelope to the Executive Office of Elder Affairs, 38 Chauncey Street, Boston, MA 02111.



see Health Proxy
FCAM



Elder Health ALERT



Volume 3, Number 2

Fall, 1991

MEDICARE, MEDIGAP, AND LONG TERM CARE: Untangling the Health Insurance Knot

Mrs. Fraser, 67, recently had an illness needing six physician office visits, five days in the hospital with tests and surgery; and three prescriptions. Mrs. Fraser believed that her Medicare and medigap insurance would cover the \$15,000 bill. Unhappily, she was wrong and had to pay over \$4,000.

Unfortunately, Mrs. Fraser's situation is not unique. Health insurance for older adults is complex and confusing with new laws regulating what government programs will pay, what private insurance companies may offer and how much insurance programs will cost. Fortunately, by knowing the facts, seniors can understand their coverage, wisely purchase extra insurance, and avoid buying coverage they do not need, preventing unnecessary costs like Mrs. Fraser's.

Medicare: Basic Insurance

Medicare coverage is available to everyone who is eligible for Social Security. It is divided into two parts. Part A covers hospital care and is free. After a deductible, it pays for a portion of inpatient expenses, such as room and board, drugs, surgery, and blood after the third pint.

Elders must pay a monthly premium to receive Part B. After a yearly deductible, it covers 80% of office physician charges up to an amount set by Medicare as "reasonable," home health care in very restricted circumstances, and a portion of hospice care and miscellaneous other services. In Massachusetts, physicians may only charge the "reasonable" rates set by

Medicare to their Medicare patients.

Recently, Congress has made changes in both the coverage and costs of Medicare. These include:

- * The Part B premium is \$29.90 per month in 1991, increasing to \$31.80 in 1992. The Part B deductible has been increased to \$100 per year.

- * Medicare now pays for 80% of the cost of routine mammograms that cost up to \$55 every other year for women 65 and older. This amount will increase each year.

- * Hospice patients may now receive services for as long as they need them. Previously, benefits only lasted 210 days.

To apply for Medicare, call your local Social Security Office.

Medigap: Filling Medicare Gaps

Medicare covers only about half of the average person's medical costs. Some of the costs not covered include the deductibles, hospital and physician copayments, and non-covered expenses like private duty nursing. Many older adults choose to purchase additional insurance, called "medigap," to "fill in the gaps" in their Medicare coverage.

Do I Need Medigap Coverage?

You may not need medigap if you have coverage from other sources. These could include insurance through employers or former employers or Health Maintenance Organizations that contract with Medicare.

- Medicaid may also pay for coverage, because portions of the Medicare Catastrophic Coverage Act that were retained mandate that Medicaid must pay Medicare premiums,

POWDERHOUSE SENIOR NEWS



THE TAHANTO BOOSTER CLUB

Is looking for volunteers to knit afghans, baby clothes or other items for our Silent Auction Fund Raiser in May of 1992.

We will buy all the yarn YOU need...
What we need is YOU !!

If you are interested please call
Mary Petkauskas at 838-7380 or
Richard Mariani at 562-6749.

THE BOOSTER CLUB SUPPORTS ALL ATHLETIC
PROGRAMS AT TAHANTO REGIONAL HIGH SCHOOL

HELP

HELP IS NEEDED ON THE FIRST
WEDNESDAY OF THE MONTH.
VOLUNTEERS ARE NEEDED FOR
PREPARING AND SERVING MEALS TO THE
HOMELESS AND NEEDY AT THE JAMES
2:15 KITCHEN IN CLINTON. FOR MORE
INFORMATION CALL MARY PETKAUSKAS
AT 838-7380.

GIFTS

SOME GIFTS COME IN PACKAGES-
LARGE, OBLONG, SQUARE, OR ROUND,
GAILY WRAPPED WITH RIBBONS TIED,
UNDER THE CHRISTMAS TREE FOUND.
BUT THERE ARE GIFTS THAT CANNOT
BE WRAPPED, BUT OF GREATER VALUE
MAYBE,
AND SHOW MORE LOVE AND CONCERN
THAN ANY GIFT BENEATH THE TREE.
A PHONE CALL OR VISIT TO THE
LONELY,
FOOD TO THOSE IN NEED,
OFFER OF A RIDE IN THE FAMILY CAR-
ALL ARE GIFTS INDEED.
OUR GIFTS CAN NEVER BE AS GREAT
AS THOSE THAT GOD GAVE,
OF A UNIVERSE, LIFE & THE BIBLE
AND CHRIST OUR SOULS TO SAVE.
BUTH THE GIFT OF YOURSELF TO
OTHERS
IS SOMETHING YOU CAN GIVE
AND MIGHT BE FAR MORE PRECIOUS
THAN
ANY PRESENT TIED WITH A RIBBON
BRIGHT.

ANNE MARIE COULSON

HOME

GOLDEN ROOMS TO CALL YOUR OWN,
A COZY ATMOSPHERE:
THE WELCOME GLOW OF WARMTH INSIDE
WITH LOVED ONES EVER NEAR.

A HOME IS WHERE YOU KEEP YOUR
HEART,
WHERE PEACE AND JOY ABOUND,
A PLACE WHERE YOU CAN BE YOURSELF,
AND THE LOVE OF GOD IS FOUND.

HOME IS A RESTFUL HAVEN
FILLED WITH JOY AND TENDERNESS,
A PLACE YOU NEVER WANT TO LEAVE,
FOR "HOME" MEANS "HAPPINESS."

ELEANOR LARSON

CHRISTMAS TRIP

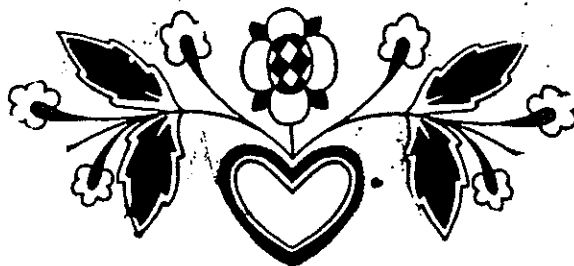
THE CHRISTMAS TRIP & THEATER
LUNCHEON AT KING'S GRANT INN IN
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AND MANY WOULD LIKE TO GO AGAIN.

WHEAT COMMUNITY SERVICES

Pat Driscoll is the new Elder Outreach Coordinator

Pat will make in-home visits to any elders
who may be in need of supportive services. (365-634

Referrals can be made to Pat at the WHEAT office



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



COOKS' CORNER

FISH PRIMAVERA

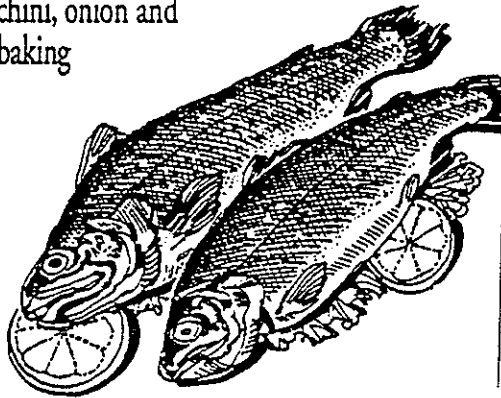
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|--|-------------------------|
| 2 lbs. fish fillets | 2 Tbsp. lemon juice |
| 1½ cups sliced mushrooms | 1 Tbsp. Parmesan cheese |
| 1½ cups thinly sliced zucchini | 1 clove garlic, minced |
| 1 medium onion, thinly sliced | ½ tsp. basil |
| 2 tomatoes, chopped | Paprika |
| 2 Tbsp. reduced calorie Italian dressing | |

Combine mushrooms, zucchini, onion and tomatoes. Place in 9" x 13" baking pan. Top with fillets.

Combine dressing, lemon juice, cheese, garlic and basil. Brush over fillets. Sprinkle with paprika.

Bake in preheated 400° oven, 20 to 25 minutes or until fish flakes easily with fork. 6 servings.

Nutrition information per serving (using flounder): 175 calories, 28g protein, 4g fat, 6g carbohydrates, 229mg sodium, 70mg cholesterol.



From The Chef Hot Mulled Cider

Ingredients:

- 8 cups apple cider
- ½ cup brown sugar
- 1 dash ground nutmeg
- 1 cinnamon stick
- 1 tsp. whole allspice
- 1 tsp. whole cloves

Combine in sauce pan — apple cider, brown sugar, and nutmeg. To make spice bag — place stick, allspice and cloves in cheesecloth and tie. Add this to cider mixture. Bring to a boil. Reduce heat, cover and simmer 10 minutes. remove spice bag. As a garnish and to acquire a different flavor, add a clove-studded orange wedge to each serving. A mug of hot mulled cider will take the chill out on any day.

Saltless Surprise

2 teaspoons garlic powder and 1 teaspoon each of basil, oregano, and powdered lemon rind (or dehydrated lemon juice). Put ingredients into a blender and mix well. Store in a glass container. Label well, and add rice to prevent caking.

Herb Blends to Replace Sa

Go against the grain Cut down on salt.

Adding salt to your food could subtract years from your life. Because in some people salt contributes to high blood pressure, a condition that increases your risk of heart disease.

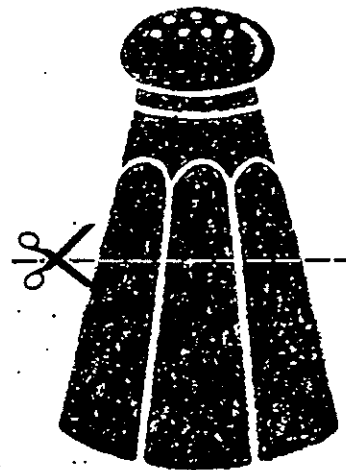


Captain's Fish Chowder

- | | |
|---|-------------------------------------|
| 1 lb. fish fillets (haddock, cod, etc.) | 2 cans (12 oz. ea.) evaporated milk |
| 2 Tbsp. vegetable oil | ¼ cup Holland House Cooking Sherry |
| 1 medium onion, minced | 3 Tbsp. flour |
| 2 cloves garlic, minced | 1 tsp. Worcestershire sauce |
| 2 bottles (8 oz. ea.) clam juice | ¼ tsp. salt |
| 1 lb. potatoes, peeled, cut in ½ cubes | ¼ tsp. pepper |

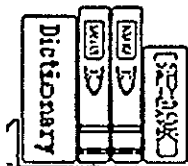
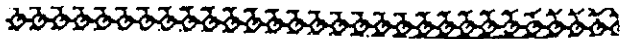
Cut fish into one-inch cubes. In saucepan heat oil and saute onion and garlic for 5 minutes. Add clam juice and potatoes. Cover and simmer 15 minutes. Stir in milk and fish. Cover and simmer 10 minutes. Combine sherry, flour, Worcestershire, salt and pepper. Stir until smooth. Add a little hot soup to mixture; stir into soup. Cook and stir until chowder thickens slightly. Sprinkle with chopped parsley. 6 servings.

Courtesy of Purity, Angelo's, & Heartland Supermarkets, N. Billerica, MA 01862



 American Heart Association

POWDERHOUSE SENIOR NEWS



For Your Information

Volunteerism

excerpts from AARP Guide for Older Volunteers

People who are volunteers want to do something more with their lives. Volunteering is not unlike beginning a second career - with no rules. They are able to throw off old habits and take up new lives, living them the way they always truly wanted to.

Volunteering is a good way to expand your circle of friends. And, volunteers may, fit their work into their own schedule: you can select the times and jobs you want.

People who volunteer do so because they want to help others. However, in helping others, they also help themselves to a meaningful and satisfying way of life.

There is little you cannot do - if you so desire. Older people have a wealth of talents and experience much needed in our world today. Through volunteer efforts, you invest in humanity.

"The great use of life is to spend it for something that will outlast it."

Philosopher, William James

The Optimist Creed

- To be strong that nothing can disturb your peace of mind.
- To talk health, happiness and prosperity to every person you meet
- To make all your friends feel that there is something in them.
- To look at the sunny side of everything and make your optimism come true
- To think only of the best, to work for the best and to expect only the best
- To be just as enthusiastic about the success of others as you are about your own.
- To forget the mistakes of the past and press on to the greater achievements of the future.
- To wear a cheerful countenance at all times and give every living creature you meet a smile.
- To give so much time to the improvement of yourself that you have no time to criticize others.
- To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.



Now, through the Fallon Pharmacies, you can buy quality items to make life easier, especially for people with hearing or vision impairments or with limited mobility.

Great gift ideas for family and friends.

- talking scales
- low vision playing cards
- easy reachers
- telephone appliances
- doorknob adapters
- easy squeeze scissors
- many other products

All proceeds go to support senior programs.

Fallon Health Specialties are available to the public at three Fallon Clinic Pharmacies:

35 Millbury Street
Auburn

630 Plantation Street
Worcester

Gold Star Boulevard
Worcester

Items are on display at the Fallon Medical Center, 95 Lincoln Street, Worcester. For more information, call the Plantation Street Pharmacy at 852-0600, ext. 1865.



REMINDERS:

- These products are meant to assist you—they do not take the place of regular medical check-ups. If you are experiencing any impairments, please make sure that you have consulted your physician for needed care.
- These items are not covered by most insurance.



POWDERHOUSE SENIOR NEWS



I'M FINE, THANK YOU

GOODIES FOR YOU!

If you're 55 or older, we have a

GRAND PACKAGE

of services for you at FREE or DISCOUNTED Prices.

Yes. It's true! • Direct Deposit • Discounts on Consumer Loans
• Free Checking • Free Notary Service • Service by Telephone
• Senior Life Insurance SBLI • Safe Deposit Box Discounts & More!

Everybody likes a bargain.

So take advantage today.

Call or stop by any of our branches.



Clinton Savings Bank

"Your Bank from Generation to Generation - Since 1851"

Clinton 200 Church St. 368-1801	Clinton/LFE 55 Green Street 368-7938	Sterling 3 Main St. 422-8133
Bolton Rte. 117 at the Salt Box 779-2857	Berlin 25 Central St. 838-2286	Princeton/ATM 2 Mountain Pk. 464-5718

Thanks to Clinton Savings Bank for paying newsletter postage

NEW YEAR RECIPE

4 CUPS OF LOVE	5 SPOONS OF HOPE
2 CUPS OF LOYALTY	2 SPOONS OF TENDERNESS
3 CUPS OF FORGIVENESS	4 QUARTS OF FAITH
1 CUP OF FRIENDSHIP	1 BARREL OF LAUGHTER

TAKE LOVE AND LOYALTY,
MIX IT THOROUGHLY WITH FAITH,
BLEND IT WITH TENDERNESS, KINDNESS
AND UNDERSTANDING.
SPRINKLE ABUNDANTLY WITH LAUGHTER,
BAKE IT WITH SUNSHINE,
SERVE DAILY WITH GENEROUS HELPINGS.

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

--John Barrymore

There is nothing the matter with me
I'm healthy as can be.
I have arthritis in both knees
And when I talk, I talk with a wheeze.
My pulse is weak, my blood is thin,
But I'm awfully well for the shape I'm in.

Arch supports I have for my feet,
Or I wouldn't be able to walk down the street.
Sleep is denied me night after night,
But every morning I'm all right.
My memory's failing, my head's in a spin
But I'm awfully well for the shape I'm in.
The moral is this, as my tale I unfold,
That for you and for me that are growing old,
It's better to say "I'm fine" with a grin,
Than to let folks know the shape we are in.

How do I know that my youth is all spent?
Well, my 'get up and go' got up and went.
But I really don't mind when I think with a grin,
Of all the grand places my 'get up' has been.
Old age is golden, I've heard it said,
But sometimes I wonder, as I get into bed,
With my ears in the drawer, my teeth in a cup,
My eyes on the table until I wake up.
'Ere sleep overtakes me I say to myself,
"Is there anything else I can lay on the shelf?"

When I was young my slippers were red,
And I could kick my heels over my head.
When I was older my slippers were blue,
But I could still dance the whole night through.
Now I am old, my slippers are black,
I walk to the stove and I puff my way back.
I get up each morning and dust off my wits,
And pick up the paper and read the "obits".
If my name is missing, I know I'm not dead,
So I have a good breakfast
And go back to bed! (author unknown)



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COUNCIL ON AGING

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BARBARA HART	838-2990
ALICE KIDDER	838-2586
MARY PETKAUSKOS	838-7380
ALFRED WHEELER	838-2278
PATRICIA WHEELER	838-2559

POWDER HOUSE SENIOR NEWS

BERLIN, MASS.



VOLUME 15-20

COUNCIL ON AGING

MARCH-APRIL 1992



MARCH BIRTHDAY

- MARCH 1 MARY LEE NIEDZAL
 4 BLANCH NUTTING
 8 FLORENCE MARTIN
 11 HELEN MATTHEW
 12 HAZEL HARRIMAN
 15 JOANNE WHEELER
 16 MARGARET WARE
 20 RUTH B. WHEELER
 22 BARBARA FOSTER
 23 JOHN HAMLIN
 24 ELEANER PLASTRIDGE
 25 MARJORIE WHEELER
 26 LORRAINE CEDAR
 27 LEONARD FERREIRA



TENTATIVE PROGRAM FOR SENIORS
 MEETING FOR MARCH AND APRIL.

MARCH--CONSTANCE THAYER AND
 ERHART MULLED , A SLIDE SHOW 'A
 WALK THROUGH SHAKER VILLIAGE'.

APRIL-- PODIATRIST TO DISCUSS FOOT
 PROBLEMS.

MARCH ANNIVERSARY

- 14 JOHN AND ELIZABETH RISI

APRIL BIRTHDAYS

- 4 HARRIET HOLDER
 5 LUCY LABONTE
 8 WILLIAM WRIGHT
 9 MILDRED MUNROE
 9 WILLIAM OLENIK
 10 ESTELL BOYCE
 11 ELIZABETH WRIGHT
 12 ALFRED WHEELER
 14 EDITH WILSON
 17 LOUISE JUSSEAUME
 19 LEWIS PAINE
 22 VIRGINIA WHEELER
 24 ANNE MARIE COULSON
 30 LEONARD MUNGEM

THE SECRET OF HAPPINESS

IN HONOR OF THE CHINESE NEW YEAR
 ON FEBRUARY 4, HERE IS A CHINESE
 PROVERB ON HOW TO ENJOY LIFE.

IF YOU WANT TO BE HAPPY
 FOR AN HOUR , TAKE A NAP.

IF YOU WANT TO BE HAPPY
 FOR A DAY, GO FISHING.

IF YOU WANT TO BE HAPPY
 FOR A WEEK, TAKE A TRIP.

IF YOU WANT TO BE HAPPY
 FOR A YEAR, INHERIT MONEY.

IF YOU WANT TO BE HAPPY FOR A
 LIFETIME, SERVE OTHERS.

APRIL ANNIVERSARIES

- 1 BILL AND MICKEY FRANK
 15 JOHN AND HAZEL HAMLIN
 19 LEONARD AND ARMINDA
 FERREIRA
 22 ROBERT AND BARBARA
 FAULKNER
 23 KENNETH AND JOSEPHINE
 SAWYER
 30 LEONARD AND RUTH
 MUNGEM



HAPPY EASTER

POWDERHOUSE SENIOR NEWS

Largest Event in New England History!!



Travel Information TALL SHIPS CONT'D

AS YOUR ACTIVITIES DIRECTOR, I HAVE PLANNED THE FOLLOWING DAY TRIPS FOR THE COMING MONTHS.

BY POPULAR REQUEST, I HAVE PLANNED ANOTHER TRIP TO THE KING S GRANT INN IN DANVERS. THIS TIME THEY WILL PRESENT "THE WEDDING PARTY" THE WEDDING OF THE YEAR AS THE COLORFUL GOLDBERG AND D'ANGELO FAMILIES TIE THE KNOT INA SMORGAS-BORD OF COMIC FARCE. LUNCH INCLUDED.

I AM SURE THIS WILL BE ANOTHER PLEASANT. AFTERNOON.

APRIL 22, 1992 \$29.50 per Person

There WILL BE AN EXTRA COST FOR THE BUS-TO BE ANNOUNCED.

FOR RESERVATIONS CALL LOUISE
838-2550



TALL SHIPS

JULY 13th - THE TALL SHIPS ARE RETURNING TO BOSTON AS PART OF THE QUINCENTENNIAL CELEBRATION OF CHRISTOPHER COLUMBUS'S VOYAGE TO THE NEW WORLD.

FOR THIS YEARS VISIT, SAIL BOSTON 1992 THE NONPROFIT ORGANIZERS OF THIS MAJOR EVENT, ALREADY HAVE 125 TALL SHIPS FROM 30 COUNTRIES COMMITTED TO BOSTON. 24 OF WHICH ARE IN THE FLAGSHIP CATEGORY. THIS VISIT OF THE TALL SHIPS THIS YEAR, WILL BE THE LARGEST INTERNATIONAL MARITIME EVENT BOSTON HAS EVER HOSTED.

OUR DAY TRIP IS PLANNED BY THOMAS COOK TRAVEL FOR JULY 13TH. INCLUDED WILL BE THE FOLLOWING:

ROUND TRIP TRANSPORTATIONS TO AND FROM BOSON AND THE USE OF MOTOR COACH TO GET AROUND TO THE VARIOUS SIGHTS.

FREE TIME TO BROWSE ALONG THE DOCK AREA AT THE WOLRD TRADE CENTER TO VISIT THE TALL SHIPS AND GO ABOARD FREE IS YOU WISH.

SPECIAL 1/2 PRICE ADMISSION TO THE INTERNATIONAL PAVILLION AT THE WORLD TRADE CENTER (\$3.00 for SENIOR CITIZENS) (THERE WILL BE EXHIBITS FROM COUNTRIES ALL OVER THE WORLD.)

1 PM DEPARTURE FOR A 1- 1/2 HOUR NARRATED BOAT CRUISE ON BOSTON HARBOR. SNACK BAR AND CASH BAR IS AVAILABLE ON THE BOAT TO PURCHASE SNACKS AND DRINKS.

FREE TIME TO BROWSE THROUGH QUINCY MARKET AND SEE ALL THEIR SPECIAL ACTIVITIES AND EXHIBITS TO COMMERATE THE TALL SHIPS. ENJOY A SNACK OR EARLY DINNER ON YOUR OWN AT ONE OF THE FINE RESTAURANTS OR THE FOOD COURT AREA FROM 2:00P. M. to 4 P.M.

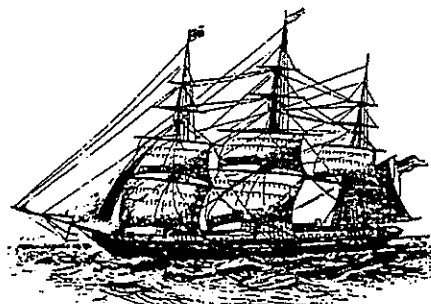
THIS EVENT IS WELL WORTH TAKING IN. IN ORDER TO RESERVE THE DATE ASSIGNED, RESERVATIONS SHOULD BE IN AS EARLY AS POSSIBLE, SO THEY CAN PLAN THEIR SCHEDULES. IT IS A FIRST COME - FIRST SERVE BASIS.

COST: \$29.95 PER PERSON

THE BUS WILL LEAVE BY THE TOWN HALL AT 8:15 A.M. NORTHBROOK VILLAGE AT 8:30 A.M.

FOR RESERVATIONS CALL LOUISE


838-2550



POWDERHOUSS SENIOR NEWS

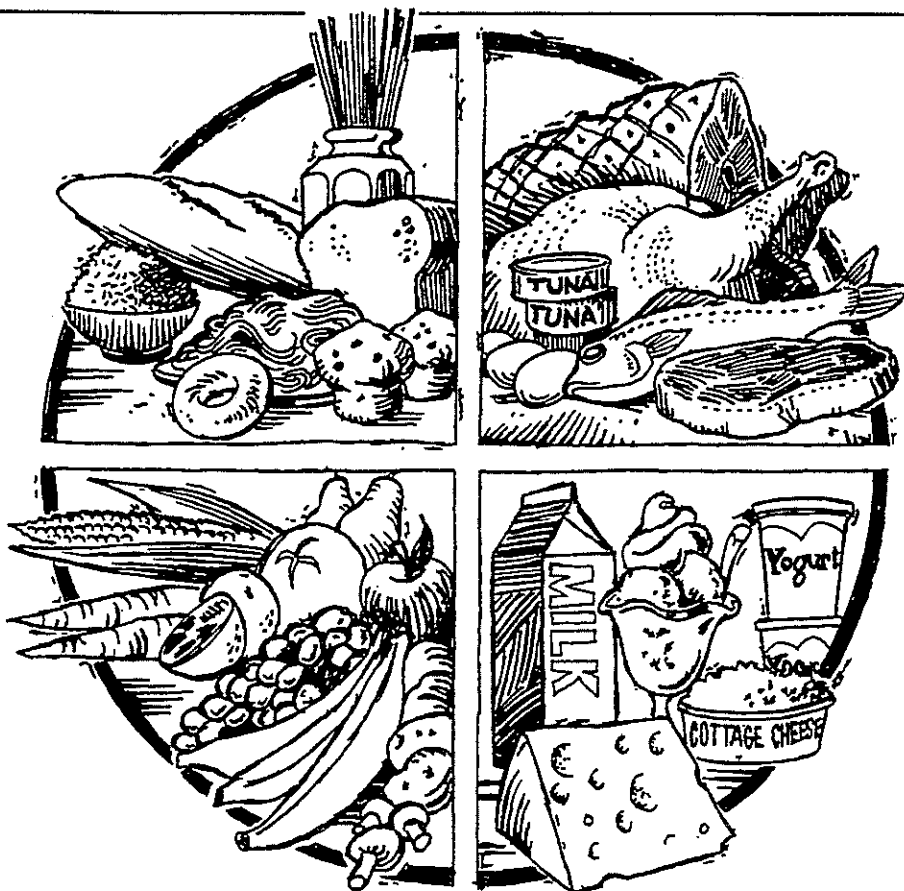
HOW WELL DO YOU EAT?

MARCH IS NATIONAL NUTRITION MONTH!

<u>Types of Food</u>	<u>Points for each serving</u>	<u>Your Score</u>	<u>Maximum Score for Good Balance</u>
I. VEGETABLES AND FRUITS:			35
			
A. 1 serving <u>either dark green leafy vegetable</u> <u>or dark yellow fruit or vegetable</u>	SCORE 15	_____	
B. 1 Serving citrus (orange grapefruit) or tomatoes or raw cabbage	SCORE 10	_____	
C. 1 serving potato or other vegetables or fruits	SCORE 5	_____	
II. DAIRY PRODUCTS (rich in calcium & riboflavin)			20
1 cup milk or 1 cup yogurt	SCORE 10	_____	
1 ounce cheese (1 inch cube or or 1 slice)	SCORE 5	_____	
1/2 cup creamed cottage cheese	SCORE 5	_____	
1 scoop ice cream, ice milk, or frozen yogurt	SCORE 5	_____	
III. PROTEIN RICH FOODS			25
1 serving meat, poultry, or fish	SCORE 10	_____	
1 egg	SCORE 5	_____	
1 serving cooked beans, nuts or peanut butter	SCORE 10	_____	
IV. BREADS AND CEREALS			20
1 slice enriched or whole grain bread or 1 roll or biscuit	SCORE 5	_____	
1 serving dry or cooked cereal	SCORE 5	_____	
1 serving enriched rice, noodles, macaroni	SCORE 5	_____	
WHAT IS YOUR SCORE?	TOTAL	_____	100

POWDERHOUSE SENIOR NEWS

DIETARY GUIDELINES FOR AMERICANS



- ✓ Eat a variety of foods
- ✓ Choose a diet low in fat, saturated fat, and cholesterol
- ✓ Choose a diet with plenty of vegetables, fruits, and grain products
- ✓ Maintain healthy weight
- ✓ Use sugars only in moderation
- ✓ Use salt and sodium only in moderation
- ✓ If you drink alcoholic beverages, do so in moderation

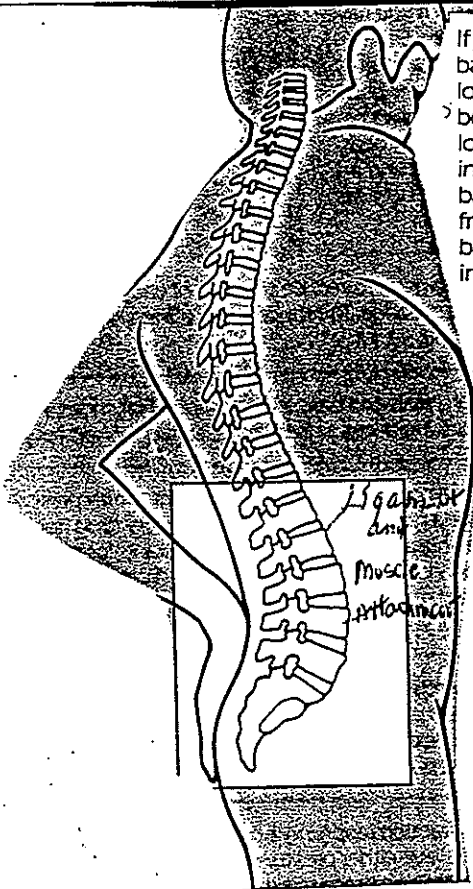
POWDERHOUSE SENIOR NEWS

HEALTH NOTES

By Mary Patkouskas, R.N.

YOU AND YOUR LOW BACK PAIN

CHANGING YOUR LIFESTYLE



If you've ever said, "Oh, my aching back," you're not alone! Pain in the lower back is very common among both active and inactive people. Some low back pain stems from problems in the structure and function of your back. Other low back pain can come from conditions unrelated to your back—for example, pregnancy, head injuries, or diseased organs.

Presented as a service by
Syntex Laboratories

Your back and how to care for it

Whatever the cause of low back pain, part of its treatment is the correction of faulty posture. But good posture is not simply a matter of "standing tall." It refers to correct use of the body at all times. In fact, for the body to function in the best of health it must be so used that no strain is put upon muscles, joints, bones, and ligaments. To prevent low back pain, avoiding strain must become a way of life.

...and while lying, sitting, standing, walking, body position is correct, ...om to function normally

you can begin to correct ...ich bring on or aggravate ...ould be paid to the posi- ... since it is possible to ...and neck even while lying ... good posture, under all ...y develop the proper car- ...ed to protect and support

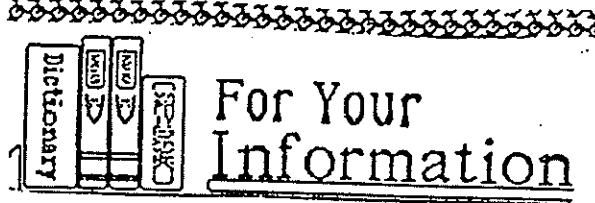
RULES TO LIVE BY—FROM NOW ON

1. Never bend from the waist only; bend the hips and knees.
2. Never lift a heavy object higher than your waist.
3. Always turn and face the object you wish to lift.
4. Avoid carrying unbalanced loads; hold heavy objects close to your body.
5. Never carry anything heavier than you can manage with ease.
6. Never lift or move heavy furniture. Wait for someone to do it who knows the principles of leverage.
7. Avoid sudden movements, sudden "overloading" of muscles. Learn to move deliberately, swinging the legs from the hips.
8. Learn to keep the head in line with the spine, when standing, sitting, lying in bed.
9. Put soft chairs and deep couches on your "don't sit" list. During prolonged sitting, cross your legs to rest your back.
10. Your doctor is the only one who can determine when low back pain is due to faulty posture. He is the best judge of when you may do general exercises for physical fitness. When you do, omit any exercise which arches or overstrains the lower back: backward bends, or forward bends, touching the toes with the knees straight.
11. Wear shoes with moderate heels, all about the same height. Avoid changing from high to low heels.
12. Put a footrail under the desk, and a footrest under the crib.
13. Diaper the baby sitting next to him or her on the bed.
14. Don't stoop and stretch to hang the wash; raise the clothesbasket and lower the washline.
15. Beg or buy a rocking chair. Rocking rests the back by changing the muscle groups used.
16. Train yourself vigorously to use your abdominal muscles to flatten your lower abdomen. In time, this muscle contraction will become habitual, making you the envied possessor of a youthful body-profile!
17. Don't strain to open windows or doors.
18. For good posture, concentrate on strengthening "nature's corset"—the abdominal and buttock muscles. The pelvic roll exercise is especially recommended to correct the postural relation between the pelvis and the spine.

Requested Topic

SOMETHING TO THINK ABOUT

POWDERHOUSE SENIOR NEWS



Medicaid Defense Group

c/o Massachusetts Law Reform Institute

69 Canal Street, Boston, MA 02114

(617) 742-9250 ■ TDD: (617) 742-5123 ■ FAX: (617) 742-1983

Federal Government Blocks Massachusetts' Attempt to Take Home of Nursing Home Residents

Nursing home residents who are Medicaid-eligible can rest a little easier, thanks to the federal Health Care Financing Administration (HCFA). In response to a letter written by HCFA, the Department of Public Welfare has withdrawn regulations which allowed it to count the value of homes in determining the Medicaid eligibility of nursing home residents.

The prior Medicaid regulations allowed a physician to determine if it was likely that a nursing home resident's health would ever allow the individual to return to the community. If the doctor determined it was unlikely that the resident would return, Medicaid would then ask if dependent relatives lived in the resident's home. If no relatives lived in the home, Medicaid counted the value of the home as an asset in determining eligibility. Because the Medicaid asset limit is \$2,000, the counting of the home caused residents to be ineligible for Medicaid unless they agreed to sell their homes. This policy robbed nursing home residents of any hope that they would ever return home.

After reviewing DPW's policy of counting homes, HCFA determined that the policy violated federal law. Federal Medicaid policy states that if an individual intends to return home the home cannot be counted. Because HCFA has the ability to withhold federal Medicaid funds, DPW reluctantly withdrew its regulations. Under current regulations DPW can only count the home of a nursing home resident if a resident does not intend to return home, if no dependent relatives are living in the home and the resident does not own long term care insurance.

Hopefully the HCFA action will send a message to DPW that it cannot impose eligibility restrictions in the name of cost savings unless those restrictions conform to state and federal law.

For more information contact Debbie Thomson at MLRI.

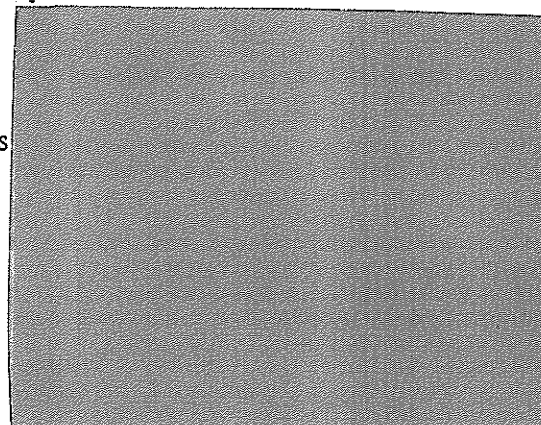
MEDEX RATES SOAR

Once again Blue Cross and Blue Shield Medex rates have increased. The Blue Cross and Blue Shield Medex rates have risen approximately 21%. The driving force behind the increases is soaring costs of prescription drugs, increases in physician charges. In addition, insurers will be liable for increased coverage effective August 1, 1992. The additional benefits are a result of federal changes established in Omnibus Budget Reconciliation Act (OBRA) - 1990 Medigap Reform.

In response to the growing concern over higher premiums, two additional products will be available through Blue Cross and Blue Shield. These products will have different benefit packages than currently available, and will provide subscribers with more options.

The Medex products have also been renamed. This does not affect benefit levels. The following are the 1992 premiums:

Medex Gold (Formerly III)	\$110.07/m
Medex Bronze (Formerly II)	\$ 65.56/m
Medex Silver	\$100.42/m
Medex Standard	\$ 91.84/m
Medex Basic	\$ 81.40/m
Medex Core	\$ 51.51/m



Executive Office
Elder Affairs
FRANKLIN P. OLLIVIERRE
SECRETARY

POWDERHOUSE SENIOR NEWS

DECISIONS CONCERNING YOUR MEDICAL CARE



You have legal rights regarding your medical care. These include:

- the right to receive from your doctor information that you need to make an informed and voluntary decision about whether to agree to a procedure or treatment your doctor recommends;
- the right to receive that information in a way that you can understand; and
- the right to accept or refuse any procedure or treatment, including life-sustaining treatments.

Simply stated, **before** you decide to accept any treatment or procedure, you must be given information including:

- A description of the recommended treatment or procedure, including its risks, benefits, and likely outcome;
- A description of alternative treatments or procedures with their risks, benefits, and likely outcomes, including the likely results of not having any treatment at all;
- The major problems, if any, expected in recovering and the time period during which you might not be able to resume your usual activities;
- Other information usually given by physicians to patients in similar circumstances;
- Other information which would be important for you in making your decision.

BERLIN VAN TRANSPORTATION



TRANSPORTATION

1. HOURS OF OPERATION

8-4:30
9-3:30 DEPENDING ON APPOINTMENTS.

24 HOURS NOTICE REGARDING TRIPS,
ESPECIALLY DOCTORS APPOINTMENTS.

2. SERVICE INFORMATION

1. DAYS OPERATION 5 DAYS.
2. GROUP TRIPS WILL BE PLANNED FOR SHOPPING 2 DAYS A WEEK.
3. MEDICAL APPOINTMENTS WILL BE GIVEN PRIORITY AND EMERGENCIES WILL BE TAKEN CARE OF OR REFER TO THE WHEAT VAN.
4. WHEEL CHAIR TRIPS MUST BE GIVEN 24 HOURS NOTICE AND A LIFT IS AVAILABLE FOR THIS PURPOSE. ESCORT SERVICE WILL BE AVAILABLE.
5. CALLS FOR VAN TRANSPORTION AT PRESENT, CALLS ARE TO BE DISPATCHED AT THE WHEAT 365-6349.
WE ARE LOOKING FOR A LOCAL DISPATCHER WHO WILL TAKE OVER AND BERLIN WILL BE NOTIFIED OF THE CHANGE.

BERLIN VAN IS EXPECTED AROUND MARCH 1, AND FURTHER INFORMATION WILL BE ANNOUNCED AT THE SENIOR MEETING.

NEWS ITEM

SENIOR CITIZENS ASSOCIATION WOULD LIKE TO REMIND THE SENIORS THAT HAVE NOT PAID THEIR DUES, GET IN TOUCH WITH MRS. BLENKHORN THE TREASURER.

COMMODITIES WILL BE AT NORTHBROOK VILLIAGE ON MARCH 26 10 TO 12:30.

The 13th Annual Senior Conference will be held on Thursday April 23rd, 9:00 to 2:30 at Assabet Valley Regional Vocational School in Marlboro. This will be sponsored by Robert Durand (Secretary). Tickets will be sent to Mary P. within the next 2 weeks and will be distributed to those interested.

JIM ALGER IS THE HEAD DRIVER 838-7371 AND ANY PROBLEMS ARE TO BE REPORTED TO HIM REGARDING TRANSPORTATION OR TO MARY 838-7330.

POWDERHOUSE SENIOR NEWS



WRTA GUIDE LINES FOR VAN TRANSPORTATION

1. Hours of Operation: Generally 8:00 A.M. to 5:00 P.M., Monday through Friday, except holidays, for trips by elderly and disabled persons.

2. Eligible Trip Purposes:

A. Elderly, within Contractor's community: no limitations

B. Elderly, out-of-Contractor's community:

1. Medical;

2. Grocery-shopping;

3. Social service; and

4. Other trip purposes as service capacity allows.

C. Disabled, regardless of age:

1. Work;

2. Education/training;

3. Medical;

4. Grocery-shopping; and

5. Other trip purposes as service capacity allows.

3. Fares:

A. Non-Work Trips:

1. Within community, \$.50;

2. One community away, \$ 1.00; and

3. Two communities away, \$ 2.00

*Donations
will be put
in Special Acct
to pay for
operation of Van*

POWDERHOUSE SENIOR NEWS

CHOLESTRAL TESTING

MAY 7 \$3:00 FOR OVER 65 YEARS
\$6:00 UNDER 65 YEARS

FAITH LINZEE WILL PRESENT A SHOW OF WILD FLOWERS AT THIS MEETING.

JUNE 4TH DIABETES TESTING AT THE BERLIN COUNTRY CLUB DURING THE SENIOR MEETING. THERE WILL ALSO BE BERLIN COUNTRY MUSIC DURING THIS MEETING.

JUNE 27TH A STRAWBERRY FESTIVAL AND GET TOGETHER AT THE INDIAN HEAD FARM. THERE WILL BE NO SENIOR MEETING OR BLOOD PRESSURE TAKEN.



IT'S NEVER TOO LATE

Remember, you're never too old to try something new. Grandma Moses

began to paint when she was 79 and was almost immediately successful. Clara Barton, having founded the American Red Cross, became its president at 61; when she resigned at 81, it was to establish the American National Association for First Aid and, at 89, she learned how to type in order to help with the work.

Benjamin Franklin was chief executive officer of the state of Pennsylvania from 79 to 82. Tennyson wrote "Crossing the Bar" when he was 83. Verdi composed "Ave Maria" and "Te Deum" at 85. Florence Nightingale continued her health crusades until she was 90.

The simple fact is that it's never too late to make life enjoyable or meaningful. It's never too late to help someone or serve a cause. And while depression is a disease that can make life seem hopeless, the indomitable human spirit always retains the power to blow the blues away.

Hugging

Hugging is healthy: It helps our body's immune system, it keeps you healthier, it cures depression, it reduces stress, it induces sleep, it's invigorating, it's rejuvenating, it has no unpleasant side effects, and hugging is nothing less than a miracle drug.

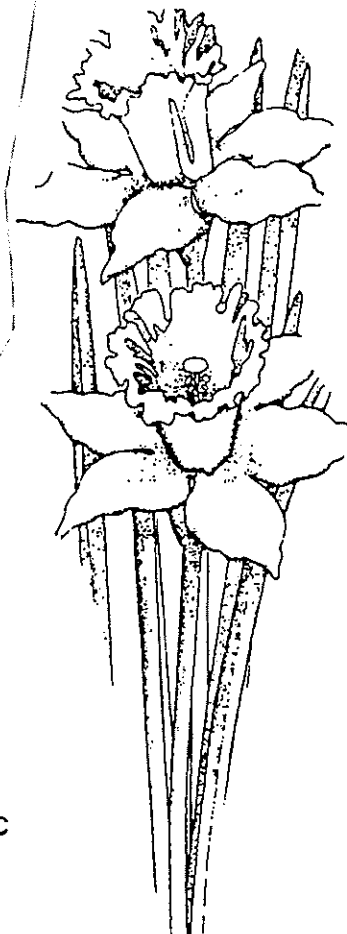
Hugging is all natural: It is organic, naturally sweet, no pesticides, no preservatives, no artificial ingredients and 100 percent wholesome.

Hugging is practically perfect: There are no movable parts, no batteries to wear out, no periodic checkups, low energy consumption, high energy yield, inflation-proof, non-fattening, no monthly payments, no insurance requirements, theft-proof, non-taxable, non-polluting and, of course, fully returnable.

It's up to you

Choose to love—rather than hate.
Choose to smile—rather than frown.
Choose to build—rather than destroy.
Choose to persevere—rather than quit.
Choose to praise—rather than gossip.
Choose to heal—rather than wound.
Choose to give—rather than grasp.
Choose to act—rather than delay.
Choose to pray—rather than despair.
Choose to forgive—rather than curse.

Rev. Norbert Weber, M.S.C



POWDERHOUSE SENIOR NEWS

The Notch Act

Milford Council on Aging

IT'S NOT EASY

Submitted by Marie Stapleton

A meeting and debate on the Notch Act was held on February 12th at the Park Plaza Hotel, Boston, Mass. Principal Debators were Congressman Barney Frank, Edgar Moore, President of the Notch Babies Coalition; Kurt Czarnowski, Regional Public Affairs Officer of the Social Security Administration and; Alan Johnstone, Special Assistant to Executive President of the National Committee to Preserve Social Security.

Congressman Barney Frank was the first to address the unfairness of the Notch Act and he stated that Social Security has a surplus and is not supposed to be used to pay many times over for the Notch Act.

"Both sides of the White House are opposing an amendment of the Notch Act, also the President has been non-partisan. The opposition has counted on this amendment to be advocated for."

In 1977 Congress enacted a new Social Security Act to replace an earlier one. The aim was to slow growth of Social Security in the history of Social Security, but it failed.

Some 12 million workers born before 1950 receive benefit checks smaller than those paid to those born after. That is the Notch.

The average 65 year old retiree born before 1950 receives an average of \$916 and \$480 a year less than those born after 1931 according to official Social Security statistics. There was a fear that Social Security was going bankrupt so the money so the benefits were reduced.

There is 290 billion dollars in the Social Security Trust Fund. At a thousand dollars a minutes it is not spending. Long term projections will last until the year 2041 if legislation is passed on Notch Act by 2040."

However the Social Security Administration states: "Although some people sincerely believe an injustice has been done, the truth is that they are being treated fairly and are getting the benefits that Congress intended. In fact some people born between 1910 and 1916 are receiving an unintended "windfall" from Social Security."

The Notch is not a plan to give some people less Security than they are entitled to. To the contrary, the express purpose of the 1977 legislation was to correct a mistake in the benefit formula and to pay people Social Security benefits that are fair and appropriate.

And the Notch is not about people being victimized. It is true that some people receive Social Security benefits that are smaller than their neighbors. However, the alleged "victim" is receiving the proper Social Security benefit, while the neighbor or coworker is getting an unintended windfall from Social Security."

For your information the bill is #5567 in the Senate and H.R 917 in the House of Representatives and you may contact Massachusetts Association of Older Americans, 100 Arlington Street, Boston, Mass. 02116, Tel. 1-617-426-0805; also the National Committee to Preserve Social Security and Medicare 2000 K Street N.W., Suite 800, Washington, D.C. 20006, Tel. 202-822-9459. And your Social Security Office Tel. 1-800-772-1213.

- To Apologize
- To Begin Over
- To Admit Error
- To Keep Trying
- To Take Advice
- To Be Unselfish
- To Be Charitable
- To Face A Sneer
- To Avoid Mistakes
- To Be Considerate
- To Endure Success
- To Profit by Mistakes
- To Keep Out of a Rut

to replace
or

When things do not go right
So I remain unruffled
When others grow up tight . . .
Teach me how to quiet
My racing, rising heart
So I may hear the answer
You are trying to impart . . .

Teach me to let go, dear God,
And pray undisturbed until
My heart is filled with inner peace
And I learn to know Your will.

Helen Steiner Rice

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. 238 7366



POWDER HOUSE SENIOR NEWS

BERLIN, MASS.



VOLUME 15-21

COUNCIL ON AGING

Happy Spring

MAY & JUNE 1992

THE BERLIN TV ACCESS CHANNEL

WILL BE HAVING BERLIN ACTIVITIES BROADCAST REGULARLY EVERY THURSDAY EVENING ON CHANNEL 16 AT 6 P.M. THERE WILL BE REBROADCASTS FOR TWO OR THREE WEEKS ON EACH PROGRAM. THE ACCESS CHANNEL HAS BEEN CHANGED FROM CHANNEL 14 TO CHANNEL 16.

OLDE HOME DAY SATURDAY MAY 9 1992

COME DOWN AND STAMP YOUR FEET TO THE 'JOLLY KOPPERSCHMIDTS' GERMAN BAND AT NOON. ENJOY DEMONSTRATIONS, KITES OVER NEW ENGLAND, HOT AIR BALLONS, FOOD, CRAFTS AND MUCH MORE.

ALIVE WITH COMMUNITY SPIRIT SUPPORTED BY HOME TOWN BUSINESS AND ORGANIZATIONS. FUN FOR THE KIDS OF ALL AGES.

IN THE EVENING A ROAST TURKEY DINNER WITH ALL THE FIXINGS AT THE FIRST PARISH CHURCH TO BENEFIT THE BERLIN TO BERLIN INITIATIVE U.S.A. SEATINGS AT 5:30 AND 6:30. ADULTS \$5.00 CHILDREN \$3:00

HOP IN THE VAN AND COME ON DOWN !! TICKETS CALL RAY DONA 838-2992 BILL WHEELER 838-2942

SUBMITTED BY LYNN KAMBERSOL

SPRING CLEANING

LYNN KAMBERSOL 838-2735
8:00 PER HOUR OR BY THE JOB.
NO JOB TOO SMALL.

BIRTHDAYS

MAY 3 PHYLLIS WARBIN
4 MARY LOUISE WHEELER
5 CLYDE MANNING
9 MARGARET DUPREE
12 JACK BERGEN
MARGUERITE KRACKHARDT
14 CARL PHIPPS
16 GLENDON BLENKHORN
ANNA RENZONI
21 JOHN RISI
26 LORRAINE CEDAR

ANNIVERSARIES

MAY 2 DAVID & HARRIET HOLDER
12 BENJAMIN & MARGARET
LASKOWSKI
21 JOSEPH & ANN RENZONI
24 GEORGE & LORRAINE CEDAR
28 CLIFTON & HELEN BREWER

Sympathy

MARY LONG
KENNETH SAWYER
BERTHA DEBARADENIS
YOLNADA MURTHA

BIRTHDAYS

JUNE 6 DORIS MICHALSKI
7 BARBARA ST. JOHN
12 EVA YEITER
18 ALICE MURPHY
19 RAYMOND BAUM
24 EARL JUSSEAU
SALLY BERGEN
GEORGE CEDAR
26 JOSEPHINE UNDERWOOD
30 AUGUSTINE MURPHY

ANNIVERSARIES

JUNE 1 ANGELO & CONCETTA DIMUZ
5 FRANCIS & JOSEPHINE
UNDERWOOD
16 ROGER & HELEN WHEELER
22 JACK & SALLY BERGEN
EDWARD & MARGARET WARE

NEWSLETTER COMMITTEE

LEPHE WILSON
EDITH WILSON
DECIL KERRIGAN
MARY PETKAUSKAS-RN
EDITOR



POWDERHOUSE SENIOR NEWS



SPRING

Berlin Council on Aging announces the availability of a WRTA van for transportation of senior citizens and disabled through a grant from Bay State Health Care's BEAT (Bay State Elder Ambassador TEAM) program. The grant was awarded at Northbrook Village on March 26 to Mary Petkauskos, RN, Berlin COA, who submitted a proposal for the grant. Hours of operation are daily from 8:00 am to 4:30 pm (depending on appointments). They do require 24 hours notice, especially doctor appointments. Service Info: Medical appointments will be given priority; emergencies will be taken care of or referred to WHEAT van. Wheel chair trips must have 24 hr. notice, a lift is available and escort service is also available. Calls for van transportation are to be dispatched at WHEAT (365-6349) until we find a local dispatcher. For more information call Mary (838-7380) or Jim (838-7371).

Social and emotional well-being

Socializing with other people makes life more enjoyable and helps prevent or counteract depression. Many events in later life can contribute to feelings of sadness or futility: retirement, children leaving home, the death of a spouse or close relative, health problems, living alone. Spending time with other people can help you overcome such feelings and keep them in perspective.

Coping with emotions

Aging inevitably brings the loss of loved ones—a spouse, friends, and relatives—and it may also bring anxiety about money, health, or family problems. Such painful emotions generally fade with time, but only if you allow them to surface. If they persist, you may find it helpful to talk with a counselor, a psychiatrist, or a social worker. One or two visits may be enough to bring relief. Friends and members of the clergy can also be helpful in talking about your feelings, or you may wish to join a support group for widows and widowers, often available through local hospitals or mental health centers.

Be aware of the fact that you may feel depressed around the anniversary of a death—especially that of your spouse—or another painful event. This "anniversary reaction" is normal, but again, it may help you to talk about your feelings.

Tears are the safety valve of the heart when too much pressure is laid on it.

"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

SHARE is a nationwide neighborhood based self-help food distribution and community building program. It is not a charity nor government aid program, your work is necessary to receive the food.

SHARE WORKS THIS WAY:

- Sign up in advance one month at the host organization
- Pay \$13 in cash or for each food package
- Do 2 hours of community service for each food package
- Get a food package of items: meats, fruits, vegetables and packaged foods. The worth \$30-\$35 retail.

Call 365-634





Walking

POWDER HOUSE SENIOR NEWS HEALTH NOTES

By Mary Puzauskas, R.N.



Walking may be the best exercise you can do. It's easy and requires no special equipment, and hardly anyone ever gets hurt. Walking also has an unlikely virtue—its inefficiency. In running, your leg is like a spring, storing energy from each impact and converting it to an upward push. Push your walking toward jogging speed and you'll burn the most calories. So let's lace up those shoes and go for a walk.

Getting Started

To begin a walking program, keep in mind that you're in no big hurry. This is lifetime health, not overnight magic. For now, forget stopwatches, heart rates, and technique. Just go for a walk at a comfortable pace slightly faster than a stroll. Fifteen to 30 minutes would be nice. (If you're over 45 and this is your first step toward fitness, check with a physician first.)

Beyond Strolling

MEASURE YOUR TIME. Start by timing how long it takes you to walk a mile comfortably on flat ground—it'll probably be between 15 and 20 minutes. That's your starting capacity—build from there.

MEASURE SEVERAL COURSES. Use your car's odometer or the rule of ten city blocks to a mile to measure different routes. (Why walk the same path every time?) Two miles per course is enough for a start.

MEASURE YOUR INTENSITY. The recommendation for "training heart rate" is 60 to 90 percent of the fastest your heart can beat in a minute. Figure your maximum heart rate by subtracting your age in years from 220. Multiply the result by 0.6 and 0.9 to get the bottom and top of your target zone for aerobic training.

On your first half-dozen walks, take your pulse every five minutes by counting the pulse in your wrist for 15 seconds and multiplying by four. If your heart rate is under your training zone, speed up. If it's over, slow down. Pretty soon you'll be able to tell whether you're where you want to be simply by feel.

SET YOUR FREQUENCY. The goal is three to five times a week, with a heart rate in your target zone for 15 to 60 minutes. Schedule your walks in advance and keep the appointment.

What to Wear

All you really need is a good pair of shoes. Running shoes are out—they're too high and squishy. Choose walking shoes with a firm heel cup for stability, a rocker sole to enhance a smooth heel-to-toe motion, and plenty of room for your toes to spread out as they push off. Wear loose, comfortable clothes.

When the Weather Is Bad

Move your walk indoors. Shopping malls are a popular alternative—some 2,400 malls nationwide let walkers in before shopping hours, usually between 6:30 and 10:00 A.M. In fact, many have walking clubs. To find the club nearest you, write the National Organization of Mall Walkers at P.O. Box 191, Hermann, MO 65041. If there's not one in your area, find a local health club that has an indoor track or treadmill.

Resources

ROCKPORT FITNESS WALKING TEST. This is an easy-to-use test that helps you design your walking program. Send a self-addressed, 45-cent stamped envelope to Walking Test, c/o The Rockport Walking Institute, 72 Howe St., Marlboro, MA 01752.

Volunteers Needed for New Study on Prevention of Hip Fractures Caused by Osteoporosis

The USDA Human Nutrition Research Center on Aging at Tufts University is currently seeking 424 female and male volunteers, age 65 and older, of all ethnic backgrounds, to participate in a three-year study on the prevention of hip fractures caused by osteoporosis. The study will determine the extent to which calcium and vitamin D supplementation can prevent bone loss from the hip in men and women age 65 and over.

The Nutrition Center is one of five institutions nationwide awarded a grant by the National Institutes of Health to test promising ways to prevent hip fractures. Over 300,000 hip fractures occur each year in the United States as a result of low bone density caused by osteoporosis, with hip fracture rates increasing in both men and women as they grow older. These fractures are a major cause of death and disability and cost the nation over \$7 billion annually.

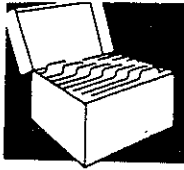
Eligible volunteers will make two visits a year to the Nutrition Center's easily accessible, downtown Boston location. Participants will receive annual comprehensive medical examinations, a modest stipend, and have their bone density monitored throughout the study.

For more information on this study, please call (617) 556-3068 or write to: Candace M. Kerman Recruiter, USDA Human Nutrition Research Center on Aging at Tufts University, 711 Washington Street, 13th Floor, Boston, MA 02111.

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

- HORIZONS

POWDERHOUSE SENIOR NEWS



Recipe Corner



Stuffed Egg Whites (Sugar Free, Cholesterol Free)

- 1 dozen eggs
- 1 can white tuna fish
- 8 tablespoons cholesterol-free mayonnaise
- 1/2 green pepper, finely diced
- 1 small onion, finely diced
- 1 cup finely diced fresh broccoli
- 1 teaspoon celery seed
- Parsley flakes (optional)
- Paprika (optional)

Place eggs in saucepan. Add enough cold water to cover eggs by at least 1 inch. Heat rapidly to boiling. Remove from heat and cover. Let stand 22-24 minutes. Remove eggs from saucepan and immediately cool eggs in cold water. Peel and slice eggs in half and discard yolks.

Combine tuna fish and mayonnaise in a mixing bowl. Stir in pepper, onion, broccoli and celery seed; mix well. Fill hard-boiled egg whites with mixture. Garnish with sprinkles of parsley flakes and paprika, if desired.

Date Coffee Cake

For cake:

- 1/3 cup mashed banana
- 1/2 cup butter, softened
- 3 large eggs
- 1 teaspoon vanilla
- 1 1/4 cups water

- 3 cups unbleached white flour
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1 1/2 cups chopped dates

For topping:

- 1/3 cup chopped dates
- 1/3 cup chopped walnuts
- 1/3 cup flaked coconut

In a large mixing bowl, beat together mashed banana and butter until creamy. Add eggs, vanilla and water. Beat well. Add flour, baking soda and baking powder and mix well. Stir in dates.

Spray a 9 X 13-inch baking pan with nonstick cooking spray. Spoon batter into pan; spread evenly.

Combine all topping ingredients in a small mixing bowl. Sprinkle over batter in pan. Bake cake at 350 F for 20-25 minutes or until a knife inserted into the center of the cake comes out clean. Remove from oven and cool on a wire rack.

Oat Bran Muffins

- 1 3/4 cups unsweetened prune juice (with pulp)
- 1/4 cup egg substitute
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla
- 4 teaspoons vegetable oil
- 1/4 cup raisins
- 1 1/4 cups oat bran
- 1/2 cup cornmeal
- 3/4 cup whole wheat flour
- 2 teaspoons baking powder
- 1/2 tablespoon liquid Sweet 'N Low sugar substitute
- 1/3 cup chopped walnuts
- 1 tablespoon sesame seeds

Put mixture in a small saucepan and barely cover with some of the prune juice. Cook over low heat for 5 minutes; let cool.

Combine egg substitute and remainder of prune juice in a large mixing bowl. Whisk slightly until foamy. Add oat bran and mix thoroughly. Add cinnamon, vanilla, liquid Sweet 'N Low and oil. Mix well.

Add cornmeal, whole wheat flour, baking powder, raisins from saucepan and chopped walnuts. Mix only until all ingredients are thoroughly moistened.

Spray a 7 X 11-inch baking pan with nonstick cooking spray. Pour mixture into pan and sprinkle with sesame seeds.

Bake at 400 F for 20 minutes, or until a toothpick inserted into the center comes out clean.

Cool completely before cutting into pieces.

Cheesecake Squares

- 1/4 cup margarine, melted
- 1 1/2 cups vanilla wafer crumbs
- 1 package sugar-free vanilla pudding mix (not instant)
- 1 3/4 cup skim milk
- 1 package (8 oz) light cream cheese

Mix melted margarine and vanilla wafer crumbs together in a small mixing bowl. Pat crumb mixture into a 9-inch square pan, reserving 1/2 cup of this mixture for the topping.

Combine pudding mix and milk in a saucepan

and bring to a boil over medium heat, stirring constantly. Reduce heat to low and add cream cheese. Stir constantly over low heat until cheese is melted.

Pour melted ingredients over crumb crust; cool to room temperature. Sprinkle reserved crumb mixture over top of cake and refrigerate.



LIVING WITH ALZHEIMERS

Several months ago I embarked on a program to take care of my father, who has been suffering the memory loss and confusion of Alzheimers for several years. "His mind is somewhere over Kansas," is the way I describe this illness to others. In other ways he is healthy, but this disease is irreversible, and has, at the moment no cure. It leads a person to do bizarre things-- wander away from home without the slightest idea of how to get back, to use closets for toilets, to forget the name of your child, but remember in detail the events of a playground fight seventy years ago. So you can see it is initially very unnerving to set up housekeeping with and for someone with Alzheimers.

Several factors led me to the decision to try to make a home for him with us:

- (1) Having seen the crowded, somewhat impersonal environment of a nursing home, I thought he would be happier with familiar people, familiar things, and without the fuss of other patients around him.

- (2) Mother Theresa, and other spiritual leaders, have questioned the "civilization" of a country which does not make dying within a circle of love a top priority.

- (3) Economics argue for homecare. Nursing homes cost \$3000-6000/month, and while we could afford that, it is nice to think we are saving money to be used for a grandchild's education or some other goal, when we take care of our dad at home.

I have always said that when his care required nursing skills, then a nursing home is a wonderful answer, but that until that time, I should try to handle it.

Through the elder care network, there are a host of services which can help the person who decides to take care of a person with dementia at home. Our experiment has shown that it can work, but we made some mistakes too, from which others may wish to draw lessons. Services

match the major needs:

CREATING A SAFE ENVIRONMENT IN WHICH THE PATIENT CAN WANDER AT WILL.

The local visiting nurse association arranged for us to have a visit from a physical therapist who taught my father how to walk using a walker. We create paths through the living room furniture, around the hallway, into the bedroom where he can walk at will. We use a child's stairway blocking gate to block him from the kitchen and our bedroom. We deliberately chose an apartment building where all rooms were on the same floor, and could be accessed by elevator. When we go out, that makes it easier to transport him in a wheelchair. We mounted a lock and chain on the front door, too high for him to reach, so he cannot wander outside the apartment. We bought special bathroom equipment as advised by a nurse consultant to make it much easier to get to the right place for voiding and bathing. We mounted stairway railings horizontally to make easier walking for him. He can grab a rail if he feels he is tipping.

GETTING AWAY FROM THE STRESS

Respite care is a must. There are plenty of home care agencies, private and public who will send trained aides to bathe, shave, monitor, and "sit" a patient for three or more hours at a time. We pay \$11/hour (\$9 to the aide and \$2.00 to the agency.) So a night on the town may cost \$44 for four hours of away time. A weekend sitter costs \$95./day.

FINDING THE JOY OF SIMPLE THINGS

An Alzheimers patient can only take in a few-- or one-- idea at a time. So listening to old favorite records, eating a snack of finger food like carrot sticks, throwing a Nerf ball, singing a hymn, or other familiar delight brings shared enjoyment. Yes, you're on another level, but it can be fun too to relive childhood delights like savoring a peppermint, or looking at an old picture of days forty years ago.

OUTSIDE STIMULATION FOR THE PATIENT

My dad goes twice a week to an excellent

POWDER HOUSE SENIOR NEWS

(over)

adult day care program. The van (similar to the new Berlin Council on Aging van) picks him up at 9:15 and takes him several miles to the five hour program, which includes a meal, lots of entertainment, and the chance to get out and socialize. His mind always comes back more alert after such an outing.

I also take him with me on errands. I leave him locked in the car when I do my quick errands, and may take him in the wheelchair for more extended trips. We took him to the New England Flower Show. He enjoyed the first of it, then fell asleep in the wheelchair. We continued our tour, and had a fine time.

CARE FOR THE CAREGIVER

Burnout is a danger. It is maddening when your best laid plans are frustrated by an unexpected new deterioration. Yes, it is a steady downhill, with death the inevitable outcome, until some cure is discovered.

My husband and I have attended several support group meetings. We share the grief, we share the funny stories (my Dad frequently refers to a wet bed as "my work on this project is finished now.")

Respite care is more than just getting out of the house. A hired caregiver can be asked to clean out a messed up dining room or bathroom. Sometimes when I have reached the limit of emotional and physical exhaustion, I hire a caregiver to come in, just so I can take a long nap. I lock the door to my bedroom, and the rest of the world no more exists for a few hours.

I hope someday Congress will extend Medicare benefits to cover the cost of such respite care. It is vital for everyone's health, including the elderly person.

The free time I have had since

I left my previous job and started caring for my Dad has been an unexpected bonus. Since I have become "tied" to his apartment, I have found lots of new indoor projects. I have started hundreds of seedlings for my May's garden. I have discovered the free treasures at the public library-- videotapes, for example, which you can stop viewing whenever there is a need to break away and give care, have been very entertaining. I invite some friends over for dinner, if I think they have the experience and maturity to cope with a dementing illness victim. I have invited a tutor in twice a week to give me foreign language lessons. That helps to break the lonesomeness of the job. The tutor knows that I may be called away for a few moments to distract my dad from sitting on a pile of phonograph records. In short, I find ways to have fun while doing the job.

IT'S EASIER THAN IT FIRST APPEARS

I was catapulted into looking after my Dad. I got a sudden panic phone call from the mother of the man I had hired to look after my father in Pennsylvania. The caregiver had become suddenly hospitalized, and I needed to take over his care instantly.

I soon learned that the world does not stop if my Dad does not eat on the schedule he used to when he did not have the illness. If he falls asleep when I want to serve supper, I reheat the supper at midnight when he wakes up.

I don't have to stay up all night with him. I let him wander in the "protected" areas of the apartment. I set the alarm for 2:30AM and check for wetness, changing his diapers if needed. Actually, my wonderful husband has taken on the 2:30AM chores, so I don't even do that anymore. We reset the alarm for 5:30AM, and again check his bed. If we take him to the bathroom frequently enough the bed usually stays dry.

There are lots of good books on all aspects of Alzheimers. If anyone is interested, I can give them more information. My telephone number is 838-2586.

Report submitted by
Alice E. Ridder, Chairman,
Berlin Council on Aging

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POWDERHOUSE SENIOR NEWS



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Steadfast Heart

I've dreamed many dreams
that never came true
I've seen them vanish at dawn,
But I've realized enough of my dreams,
Thank God,
To make me want to dream on.

I've prayed many prayers
when no answer came,
Though I waited patient and long,
But answers have come
to enough of my prayers
To make me keep praying on.

I've trusted many a friend that failed,
And left me to weep alone,
But I've found enough
of my friends true blue,
To make me keep trusting on.

I've sown many seed
that fell by the way
For the birds to feed upon,
But I've held enough golden sheaves
in my hands
To make me keep sowing on.

I've drained the cup
of disappointment and pain
And gone many ways without song,
But I've sipped enough nectar
from the roses of life
To make me want to live on.

Author Unknown

What Is Love?

It's silence when your words would hurt,
It's patience when your neighbor's curt.
It's deafness when the scandal flows,
It's thoughtfulness for another's woes.
It's promptness when stern duty calls,
It's courage when misfortune falls.

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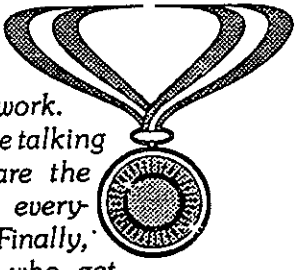
Volume 15-22

Council on Aging

Summer Issue 1992

Volunteer Recognition Planned...

Someone has said that membership in every club is made up of four kinds of bones. There are "Wishbones" who spend their time wishing someone else would do the work. The "Jawbones" who do all the talking but very little else. Next are the "Knucklebones" who knock every thing that anyone tries to do. Finally, there are the "Backbones" who get under the load and do the work!



JULY BIRTHDAYS

- JULY 4 MYRTLE MASON
- 7 HENRY WHEELER
- 12 EDITH WHEELER
- 15 LAWRENCE FOSTER
- 18 JIM ALGER
- 22 GRACE STAMMERS
- 23 ARMINDA FERRIERA
- 23 RUTH MUNGEAM
- 25 ELIZABETH JILLSON
- 29 CARL RISI
- 29 ANGELO DIMUZIO
- 31 ELEANOR ZWICKER

JULY ANNIVERSARIES

- 11 LAWRENCE & BARBARA FOSTER
- 12 GLENDON & MILLIE BLENKHORN
- 25 FREDERICK RUTH WHEELER

Volunteer recognition

Volunteers will be recognized at the Twin Oaks in Sterling on June 22, 1992 at 12:30 pm. Those Volunteers who have provided service for the Meals on Wheels, prepared the newsletter, and the volunteers drivers for the Van transportation are included. The Council on Aging wants the volunteers to know that their service is appreciated and very much in need. Some of the Volunteer hours of service to the Berlin Senior Citizens during the past year are:

- Preparation of the Powder House Senior Newsletter 120 Hours
- Meals on Wheels 640 Hours
- Meals Delivered 120 Hours
- Van Transportation (April thru May) approximately 75 to 80 Hours.

VOLUNTEERS NEEDED

It is hoped that we will be able to get more volunteers for the much needed services in Berlin.

Volunteer Recognition

On July 8, 1992 a Smorgasbord sponsored by the Council on Aging will be held at NorthBrook Village at 5:00 pm. Donations of Casserole will be appreciated.

AUGUST BIRTHDAYS

- 2 MARIA FORD
- 2 ANN MITCHEL
- 4 MARGARET DUKE
- 7 PRICILLA JEWETT
- 8 DANIEL PLASTRIDGE
- 8 RITA BURGE
- 13 JEANNETTE ANDREWS
- 15 RENA WHEELER
- 16 CHARLES NUTTING
- 17 JOSEPHINE SAWYER
- 18 LENA PLUMMER
- 19 GERADINE POULIN
- 21 CLIFTON BREWER
- 25 ROGER E. WHEELER
- 26 MILDRED WHEELER
- 29 CONSTANCE BARTER

AUGUST ANNIVERSARIES

- 8 DANIEL & ELEANOR PLASTRIDGE
- 31 JOHN & ESTELLE BOYCE



Sympathy

ROGER MILLER

Health Notes

By Mary Petkuskas, RN

Now that Spring is here and everyone is beginning to have a spirt of energy it is time to resume our daily walks which is the best exercise for the Senior Citizen.

In order to enjoy our walks we need to think about Foot Health.

SOME SUGGESTIONS RE FOOT CARE

Proper foot care is of the utmost importance to you. Many foot problems can be prevented by simple hygienic care. Your feet are important if you want to continue to walk and remain active.

EXERCISE

Walking is the best exercise for your feet. Sometimes special exercises are advised by your Doctor for special problems.

SHOES

Your feet must have adequate protection and support. a shoe with a firm sole and soft upper is best for daily activities. Your shoes should conform to the shape of your feet and have comfortable heels. High heels for older people are not recommended and can be a danger.

SOCKS AND STOCKINGS

Should be of correct size and free of seams and darns and changed daily. Loose woolen socks may be worn at night to keep feet warm.

REMEMBER

Donot wear constricting garters as this can stop circulation to you feet and legs. Donot wear constricting hose such as Elastic Stockings unless they are prescribed for you.

CORNS AND CALLUSES

They are growth of hard skin at points of pressure and should be treated by your Podiatrist. Foot deformity with an improper fitting shoe may cause them. Never cut them with a razor or any other instrument. Never apply strong antiseptic "corn cures" or other strong medication to your feet these chemicals and other forms of self treatment can cause serious infection.

BATHING

Bathe feet daily in lukewarm water using mild soap after thoroughly rinsing gently blot feet dry with soft towel. Pay special attention to skin between toes..

TOE NAILS

Your toe nails should be even with the end of the toes Trim or file your nails straight across.

POWDERHOUSE SENIOR NEWS



STOP

LOOK

STOP.

Think for a minute.

**Are you or someone
you know suffering
mistreatment or neglect?**



ELDER ABUSE
A W A R E N E S S

**This is Elder Abuse.
And help *is* available.**

STOP Elder Abuse.

CALL 1-800-922-2275

WHAT IS ELDER ABUSE?

- ◆ Physical violence
- ◆ Neglect *failing to provide the necessities for physical, intellectual, and emotional well-being*
- ◆ Financial exploitation *unauthorized use of an older person's money or property*
- ◆ Emotional abuse *threats, humiliation, intimidation, yelling, brow beating, or name calling*
- ◆ Sexual abuse

LISTEN

Elders may be ashamed or embarrassed to report abuse, especially if the abuser is a relative. Some wish to protect their family out of love. Others are afraid of retaliation. Some victims fear what will be the consequences of seeking help.

POWDERHOUSE SENIOR NEWS

SENIORS

WHEAT COMMUNITY SERVICES invites you to join our *Telephone Tree*.

WHAT IS IT?

The *Telephone Tree* is a network of seniors who check on each others' welfare on a daily basis.

HOW DOES IT WORK?

The first person on the list calls the second person at a certain time each morning to verify that person #2 is up and well. Person #2 then calls the third person, and so on. If someone on the *Tree* fails to answer their call, a plan is enacted to find out if that person is all right.

WHY?

Some seniors don't have family or friends who can call them everyday. The *Telephone Tree* assures that at least one person will call you to see if all is well.

WHO CAN JOIN?

Anyone who feels that this service would benefit them can join. Names and phone numbers are kept confidential and limited to your contact person.

FOR MORE INFORMATION CALL WHEAT 365-6349

Ask for PAT DRISCOLL, Elder Outreach Coordinator or
MARION CHASE.

POWDER HOUSE SENIOR NEWS

ELDER
Affairs

**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.

POWDERHOUS SENIOR NEWS

10 FREE GIFTS

YOU DON'T EVEN HAVE TO SHOP FOR THEM)

1. THE GIFT OF LISTENING
NO INTERRUPTING,
NO DAYDREAMING,
NO PLANNING YOUR RESPONSES
2. THE GIFT OF SIGNS OF AFFECTION
BE GENEROUS WITH YOUR HUGS, KISES,
AND GENTLE SQUEEZES OF THE HAND.
3. THE GIFT OF A NOTE
THEY CAN BE SIMPLE OR CREATIVE
PUT THEM WHERE THEY WILL SURPRISE
YOUR LOVED ONES.
4. THE GIFT OF LAUGHTER
CUT OUT A CARTOON, SAVE A CLEVER
ARTICLE YOUR GIFT WILL SAY,
"I LOVE TO LAUGH WITH YOU"
5. THE GIFT OF A COMPLIMENT
A SIMPLE "YOU LOOK GOOD IN BLUE"
OR "I LIKE YOUR HAIR" OR
"GOOD SUPPER, HONEY" CAN BE THE
GREATEST VALUE TO THOSE WHO FEEL
THEY ARE BEING TAKEN FOR GRANTED
6. THE GIFT OF A FAVOR
HELP WITH THE DISHES, CLEAN OUT A
BASEMENT, ETC.
7. THE GIFT OF LEAVING ALONE
THERE ARE TIMES WHEN WE WANT TO BE
LEFT ALONE. BECOME MORE SENSITIVE
TO THOSE PEOPLE AND GIVE SOLITUDE
8. THE GIFT OF A CHEERFUL DISPOSITION
TRY TO BE CHEERFUL AROUND THOSE
YOU LOVE ESPECIALLY.
9. THE GIFT OF A GAME
OFFER TO PLAY YOUR LOVED ONE'S
FAVORITE GAME. EVEN IF YOU LOSE
YOU'LL BE A WINNER
10. THE GIFT OF PRAYER
PRAYING FOR SOMEONE IS A WAY OF
SAYING, "YOU ARE SO SPECIAL TO ME
THAT I TALK TO GOD ABOUT YOU."



A PRAYER

For Those Who Live Alone

I live alone, dear Lord,
Stay by my side,
In all my daily needs
Be Thou my guide.
Grant me good health,
For that, indeed, I pray,
To carry on my work
From day to day.
Keep pure my mind,
My thoughts, my every deed,
Let me be kind, unselfish
In my neighbor's need.
Spare me from fire, from flood,
Malicious tongues,
From thieves, from fear,
And evil ones.
If sickness or an accident befalls,
Then humbly, Lord, I pray
Hear Thou my call.
And when I'm feeling low,
Or in despair,
Lift up my heart
And help me in my prayer.
I live alone, dear Lord,
Yet I have no fear,
Because I feel Your Presence
Ever near. Amen



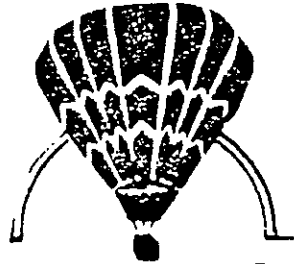
ANON.

Gossip is a deadly microbe,
It has neither legs nor wings.
It is composed entirely of tales
And most of them have stings

POWDERHOUSE SENIOR NEWS

SEEKING VOLUNTEERS Community Service Volunteering

Giving of One's Self



★ VOLUNTEERS ★
Give The World A Lift

There is no typical volunteer, just as there are no typical volunteer jobs. The stereotype of the volunteer as an upper middle class woman with much time on her hands and little desire to hold a full time job is false. Volunteers represent all segments of society—males and females of all ages, races, and levels of the socioeconomic scale. Today, a volunteer would be realistically described as an individual who is willing to give of one's self to meet a need; fully aware of no monetary reward.

Changing trends in health care toward more cost-effectiveness dictate changing trends in health care volunteering. Health care settings in Connecticut—specialized and acute care hospitals, nursing homes, hospices—provide a variety of volunteer opportunities which simultaneously meet the needs of the organization and the volunteer. —NECW

INVOLVEMENT

FRIENDSHIP

SERVICE

FULFILLMENT
Volunteering



... helps others...

... makes you feel good...

... enables you to pursue new interests...

... making new friends and meeting new people...

Why volunteer?

There are so many reasons. Volunteering...

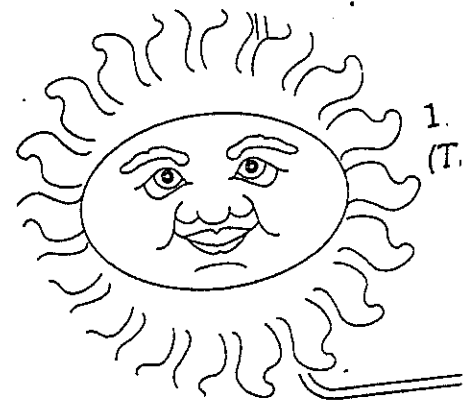
- Lets you share your knowledge and talents.
- Provides opportunities for making many new friends. Some volunteers have even met a spouse.
- Brings the special fulfillment that comes only from helping others.
- Helps you "get outside" yourself and put your own problems—even grief—in perspective.
- Allows 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 Wanted

Presently volunteers are needed for the **Friendly Visiting** program. Caring individuals of all ages are needed to provide one hour per week of visiting to an elder. In addition to visiting we are also recruiting volunteers to do **grocery shopping** for homebound elders and to provide **escort service** to frail elders to their medical appointments. Both of the above volunteer services would require a **small** amount of time for the volunteer. Please call



NEWSLETTER COMMITTEE

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LEPHE WILSON
EDITH WILSON
MARY PETKAUSKAS-RN
EDITOR

POWDERHOUSE SENIOR NEWS

Recipe Corner

ALWAYS-READY BRAN MUFFINS

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

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

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

Potato Chip Cookies

- 1 cup margarine
- 1/2 cup sugar
- 1 tsp vanilla
- 1 cup crushed potato chips
- 2 cups all purpose flour

Preheat oven to 350 degrees. Mix together margarine, sugar and vanilla. Add potato chips and stir in flour. Form small balls from mixture and place on an ungreased cookie sheet. Press balls flat with the bottom of a glass that has been dipped in sugar. Bake for 16 to 18 minutes. Makes 2 dozen cookies.

(Courtesy: Katie Wells, Berkley, Taunton Girls' Club Cooking Class)

Instant Potato Flakes Oven Fried Chicken

- 2-1/2 to 3-1/2 lbs chicken parts
- 1/3 cup margarine
- 2 tsp salt
- 1/4 tsp pepper
- 1/3 cup dry mashed potato flakes

Pat chicken dry with paper towel. Melt margarine in 13 X 9 inch baking pan. Roll chicken pieces in melted margarine in pan. Place in pan, skin side up. Sprinkle with salt, pepper and potato flakes. Bake at 375 Degree F., uncovered, for 1 hour, or until tender. Do not turn during cooking.

(Courtesy: Stasia Tenters, Mattapoisett)

Broccoli Soup

- 2-1/2 cups chicken stock
- 1 onion (medium-large) chopped
- 1 bunch (large) broccoli, diced (cut off & discard ends & leaves; wash & drain)
- 3 Tbsp margarine
- 3 Tbsp flour
- 1/4 tsp salt (optional)
- 1/4 tsp pepper (optional)
- 1 tsp garlic powder
- 1 tsp thyme
- Parmesan cheese (optional)
- CROUTONS (optional)

Combine chicken stock, onion, broccoli and seasonings. Bring to boil. Reduce heat, cover and simmer for 10 minutes or until broccoli is tender. Allow to cool. Blend vegetables and 1/2 of chicken stock for 30 to 60 seconds. In the meantime, melt margarine, gradually add flour, salt and pepper, stirring constantly. When mixture is smooth, gradually add remaining chicken stock, stirring constantly, until smooth. Add blended vegetable mixture to thickened broth. Heat. Add Parmesan cheese and croutons, if desired, before serving.

(Courtesy: Beverly Regnier, Holden, Ma)

Spicy saltless Seasoning

- 1 teaspoon each of cloves, pepper, and coriander seed (crushed), 2 teaspoons paprika, and 1 tablespoon rosemary. Mix ingredients in a blender. Store in airtight container.

POWDERHOUSE SENIOR NEWS



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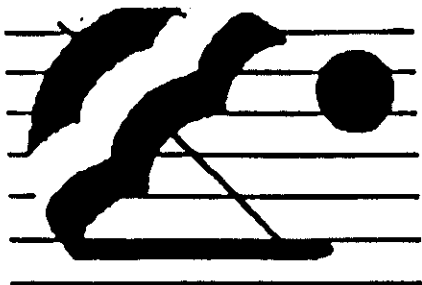
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Everyone Needs Someone

People need people
and friends need friends,
And we all need love
for a full life depends
Not on vast riches
or great acclaim,
Not on success
or on worldly fame,
But just in knowing
that someone cares
And holds us close
in their thoughts and prayers—
For only the knowledge
that we're understood
Makes everyday living
feel **WONDERFULLY GOOD**,
And we rob ourselves
of life's greatest need
When we "lock up our hearts"
and fail to heed
The outstretched hand
reaching to find
A kindred spirit
whose heart and mind
Are lonely and longing
to somehow share
Our joys and sorrows
and to make us aware
That life's completeness
and richness depends
On the things we share
with our loved ones and friends.

HELEN STEINER RICE

SOMETHING TO THINK ABOUT

What matters today is not the difference between those who believe and those who do not believe, but the difference between these who care and those who don't.

Abbe Pire

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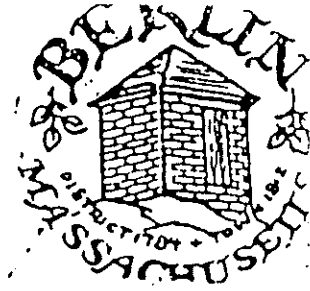
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POWDER HOUSE SENIOR NEWS

BERLIN, MASS.



VOLUME 15--23

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Sept. - October 1992

SEPTEMBER BIRTHDAY

- SEPT 1 MARJORIE NELSON
1 HOWARD WATKINS
2 MARGE WINDEL
3 JOSEPH ROSEBERRY
8 CONCETTA DIMUZIO
12 ELIZABETH RISI
18 HELEN WHEELER
19 DORIS EAGER
22 IVA ROGERS
24 RUTH HILL
26 WARREN WHEELER
27 EVERETT WHEELER

SEPTEMBER ANNIVERSARIES

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

DEATHS

AUGUST
MARGARET DUBE

Sympathy

OCTOBER BIRTHDAYS

- OCT 7 LOUISE CHAMPAGNE
8 MARY RISI
17 DORIS BOMBARD
19 HERBERT MUELLER
23 DOROTHY RISI
24 NORMA HANSON
27 EVERET SMITH

OCTOBER ANNIVERSARIES

- OCT 6 LEWIS AND PAULINE PAINE
10 RAY AND RUEA BAUM
25 EVERETT AND MILDRED WHEELER

SUSAN KELLEHER RN WILL BE AT SENIOR CITIZEN'S SEPTEMBER 3, 1992. A TALK AND DEMONSTRATION ON ALL BENEFITS OF MESSAGE.

OCTOBER MEETING WILL BE ANNOUNCED LATER.

NEWSLETTER COMMITTEE

CECILIA KERRIGAN
LEPHE WILSON
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EDITOR

THE AMERICANS WITH DISABILITIES ACT (ADA) WAS SIGNED INTO LAW BY PRESIDENT BUSH ON JULY 26, 1991. THE ADA, NOW P.L. 101-336, EXTENDS TO PEOPLE WITH DISABILITIES THE

SAME CIVIL RIGHTS PROTECTION GIVEN

TO OTHER PERSONS ON THE BASIS OF RACE, SEX, NATION ORIGIN AND RELIGION. THE ADA WILL PROVIDE PERSONS WITH A DISABILITY WITH ACCESS TO MASS TRANSPORTATION AND PUBLIC ACCOMMODATION SERVICES (INCLUDING TELECOMMUNICATIONS). SOME OF THE PROVISIONS OF THE ADA COVER SERVICES AND PROGRAMS FOR THE OLDER PERSONS. SPECIFICALLY, SECTION 301(7)(K) OF THE ADA CALLS FOR EQUAL ACCESS TO A RANGE OF AMENITIES OR PLACES OF SERVICES INCLUDING SENIOR CITIZEN CENTERS, DAY CARE SITES AND SOCIAL SERVICES CENTERS.

FOR GENERAL INFORMATION ABOUT THE ADA, CONTACT THE OFFICE ON THE AMERICANS WITH DISABILITIES ACT, CIVIL RIGHTS DIVISION, U.S. DEPARTMENT OF JUSTICE, P.O. BOX 66118, WASHINGTON, DC 20035-6118; PHONE (202) 514-0381 (TDD). FOR MORE INFORMATION ABOUT IMPLEMENTATION IN AGING NETWORK PROGRAMS, CONTACT YOUR STATE UNITS ON AGING.

THANKS BE TO GOD

ALMIGHTY GOD, WE OFFER THANKS TO YOU EACH NEW BORN DAY, FOR ALL THE BLESSINGS YOU HAVE BROUGHT IN YOUR MOST GRACIOUS WAY.

WE THANK YOU FOR THE FLOWERS AND TREES IN ALL THEIR COLORS BRIGHT; THE BIRDS THAT SING UPON THE WING, AN ALWAYS WELCOME SIGHT.

WE THANK YOU FOR THE WONDROUS WORK CREATED BY YOUR HAND, THAT MAKES THIS WORLD IN WHICH WE LIVE SO BEAUTIFUL AND GRAND.

WE LEARN TO BETTER KEEP AND USE EACH GIFT OF LIFE WE DO NOT LOSE AND BETTER CARE, TO MAKE OUR WAY THROUGH YEARS OF CHALLENGE AND DISMAY. WITH TRUER FAITH AND WISER MINDS WE FIGHT AGAINST ILL FATES OF TIME AND- WITH THE GRACES, GOD CONCEDES- WE LEARN TO LIVE WITH FEWER NEEDS.

POWDERHOUSE SENIOR NEWS

CONSUMER FRAUD

It has been brought to our attention that many Holden Seniors have received telephone calls and/or visits from high-pressure sales persons to purchase health insurances, trust funds, hearing aids, glasses, home repairs, etc. In all likelihood, these contacts represent legitimate companies; however consumer fraud is often too successful among the elderly. No single group is more vulnerable to consumer fraud. Even experts have difficulty deciding whether a business prospect is worthy of time and money.

The following are common schemes you should watch for:

- Health insurance policies that appear to pay gaps in Medicare coverage - but don't
- Glasses or hearing aids sold at bargain rates by unlicensed salespersons
- Products advertised as miracle cures. See your physician if you have health problems.
- Contributions to charity
- Investment opportunities that are "too good to be true"
- Home repair frauds - door-to-door salespersons who use various types of pressure to get you to buy.

Please be advised that the Council On Aging does not endorse any product or company.

We advise you to: Beware of getting "something for nothing".

- Check offers out with the Better Business Bureau.
- Get advice from friends (even for "secret inside deals").
- Don't sign anything you don't understand - see a lawyer if needed.
- If you are pressured to buy "right away" ...DON'T!
- If salespeople won't give you straight answers, end the conversation.
- Don't let someone in your home without proper identification.
- Always check out "officials" by calling their offices.
- Before you hand anybody any cash, stop and THINK! - Remember - most con artists are about the "friendliest" people you can meet!

Call the police if you're suspicious. Check with the Better Business Bureau or Consumer Protection Agency to verify the legitimacy of any questionable purchase. Be alert. You make the decisions by calling a doctor, lawyer, or insurance company if you need a service. Do not let someone sell you something you don't need or want.

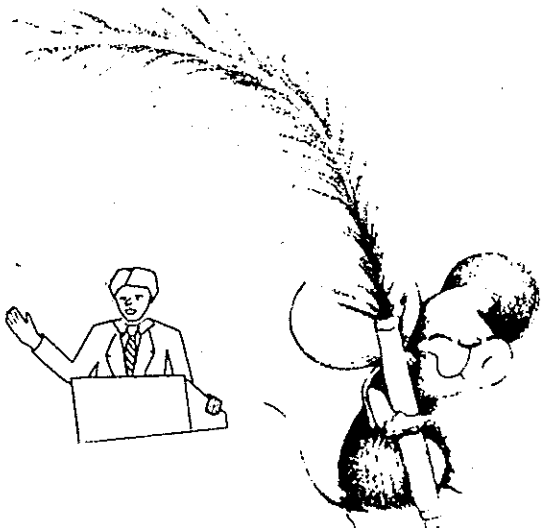
A Legislative Update

Write to the Governor

Governor William Weld
or call him at 1-617-727-3600

Write to Your Legislators

at the State House, Boston, MA 02133
and in Washington, D.C.



The following bills have received favorable recommendations from the Joint Committee on Human Services and Elderly Affairs:

H2460 — Would make Medicaid benefits available to all residents of long-term care facilities whose incomes and other resources are insufficient to cover the cost of their medical care.

H3017 — Would increase the personal needs allowance of Medicaid-funded nursing home residents from \$60 to \$70 per month.

H1147 — Would direct Medicaid to provide reimbursement for Personal Emergency Response Services for homebound elders at risk of

H97 — Would require mandated reporters of elder abuse to attest to an understanding of their reporting responsibilities.

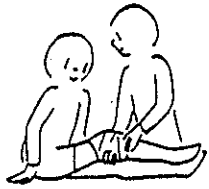
H2303 — Would establish statutory eligibility for Elder Home Care clients status for all elders who meet current regulatory eligibility guidelines.

H2304 — Would diversify the range of services available to elders through the home care program to include respite care and social day care health services, personal emergency response service, and adult foster care.

H2455 — Would limit the caseloads of home care caseworkers to 60 clients.

POWDER HOUSE SENIOR NEWS

WHAT IS PHYSICAL THERAPY?



Physical Therapy is a service provided by the District Nursing Society, Inc. (865-3561) in the DNS Adult Day Health Care Center (865-1401) and in the privacy of home. Physical therapy is ordered by physicians for the treatment and prevention of illness and injury by physical means. Some examples of the physical means used are exercise, light, cold, heat, water, sound and electrical stimulation.

Those who have had a serious illness, injury or operation can be helped through the assistance and instruction of a registered physical therapist. Physical Therapy can:

- Restore Motion
- Relieve Pain
- Prevent Injury
- Correct Deformities
- Promote Healing

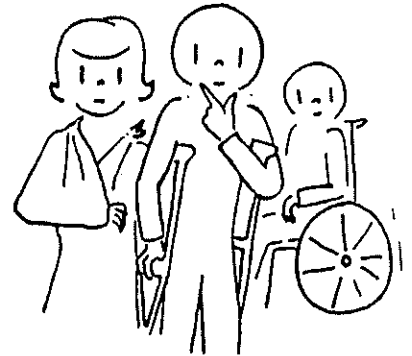
The goal of physical therapy is helping people to lead more active and more independent lives. Registered physical therapists work with the patient and their individual health care team of professionals such as: physicians, nurses, occupational therapists, speech therapists, vocational rehabilitation counselors, psychiatrists or psychologists and medical social workers

Physical Therapy can help to relieve pain and to shorten the time required for the fullest recovery possible.

Reference: "The A-B-C's of Physical Therapy", A booklet by Channing L.

WHAT EXACTLY DOES A PHYSICAL THERAPIST DO?

- 1) Evaluates the condition and needs of persons referred by their physician or other health care team member
- 2) Plans a treatment program and, with the patient, decides on short and long term goals
- 3) Provides treatment designed to restore movement, give pain relief, and rehabilitate legs and arms
- 4) Instructs patients and families in safe walking, stair climbing, and use of assistive devices such as canes, walkers, crutches, wheelchairs
- 5) Monitors the persons progress under program
- 6) Communicates with the physician and other health care team members on the progress made



NOW'S YOUR TIME TO EXERCISE

Age does not prevent you from exercising. Studies show that exercise can improve an older adult's physical fitness.

What Exercise Can Do for You

Improve physical fitness by:

- Strengthening bones and muscles
- Maintaining joint flexibility
- Improving circulation
- Enhancing heart and lung function

Promote a sense of well-being by:

- Providing energy and pep
- Reducing stress and tension
- Promoting a deep and restful sleep

Enhance personal appearance by:

- Toning muscles and improving posture
- Helping in weight control by burning calories and regulating the appetite



POWDER HOUSE SENIOR NEWS:

SUGGESTIONS TO REDUCE SODIUM

Retire the salt shaker

Do you salt your food before tasting?
You won't if the salt shaker isn't there!
If you must salt your food during cooking or at the table, go lightly.
If you must keep the salt shaker on the table have it near empty.

Taste food before adding salt.

Oftentimes foods are very palatable and need not have salt added to enhance flavor.

Rely less on convenience, canned and packaged foods:

Most of us eat more sodium from processed foods than from any other source: canned goods, convenience products, packaged mixes, frozen entrees, fried snack foods and pickled olives - to name a few of the biggest culprits.

In general, the more a food is processed, the more sodium it contains.

Switch to lower-sodium munchies

Snack items like potato chips, corn chips, salted nuts, most crackers, pretzels and similar goods are loaded with salt.

Try these lower-sodium snacks instead:

crisp raw vegetables
unsalted popcorn
homemade granola
yogurt
unsalted nuts
fruits
fruit juices
dried fruits
"herbed nuts and bolts" (see recipe)

Out in the cold without cold cuts?

Go easy on smoked or cured meats - bacon, ham, hot dogs, sausage, chipped beef, canned beef, cold cuts, luncheon meats, salt pork, smoked tongue, and smoked fish, to name a few.

Most of these are not only high in sodium, but saturated fat and calories as well.

Try more of these lower-sodium sandwich fillers:

sliced turkey	chicken salad
lean roast beef	peanut butter
meat loaf	hamburger

TIPS FOR USING HERBS

When trying a new herb use no more than $\frac{1}{4}$ tsp. dried or $\frac{3}{4}$ tsp. fresh to start with.

For soups and stews that are to be cooked a long time, add herbs during the last hour of cooking.

To hamburger, meat loaf and stuffing add herbs before cooking.

Sprinkle herbs on roast before cooking or top with herb-flavored margarine after cooking.

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.

Cook herbs with vegetables and sauces, or moist herbs in oil $\frac{1}{2}$ hour - then add to food.

To cold food such as tomato juice, cottage cheese etc. add herbs several hours before serving.

To enhance the flavor of herbs-put herbs in a tea strainer, dip in hot water for 20 seconds; then add to food.

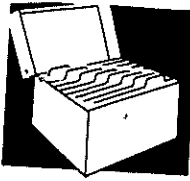
Another way to enhance the flavor of dried herbs is to crush them in the palm of your hand before adding to food.

. Use three to four times more fresh than dry herbs if substituting in a recipe.

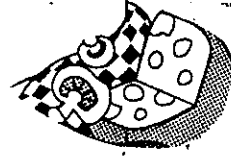
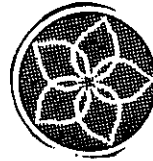
. Don't combine too many herbs.

.....
TO YOUR HEALTH
.....

Pep Up Your Life with AARP Booklet
Get your free copy of "Pep Up Your Life: A Fitness Book for Seniors." This 36-page illustrated booklet, a joint project of the Travelers Companies, AARP and the President's Council on Physical Fitness and Sports, describes exercises for older adults at all levels of fitness. For your free copy, write to "Pep Up Your Life," AARP, 31 St. James Ave., Suite 950, Boston, MA 02116.



Recipe Corner



Zucchini Casserole

- 1 lb lean ground beef
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 1 can (16 oz) whole tomatoes (or 2 cups fresh), chopped
- 1 lb zucchini, sliced
- 1 teaspoon salt
- 1 teaspoon oregano
- 1/4 cup grated Parmesan cheese

In a skillet, brown ground beef, onion and garlic. Drain off fat. Add zucchini slices, tomatoes, salt and oregano. Cook for about 5 minutes over medium heat. Pour mixture into a 2-quart casserole dish and sprinkle with cheese. Bake at 350 F for 35-40 minutes. Serve hot.

Smothered Chicken

- 2 teaspoons lemon juice
- 2 cups water
- 4 chicken breast halves, skinned
- 1/2 teaspoon seasoned salt
- 1/2 teaspoon black pepper
- 1 onion, chopped
- 1/2 green pepper, chopped
- 1/2 cup chopped celery
- 1/4 cup chopped fresh parsley (or 2 teaspoons dried)

Combine lemon juice and 1 cup of the water in a large bowl. Wash skinned chicken in liquid, then discard liquid. Rub each chicken piece with seasoned salt and pepper and place in a Dutch oven or skillet. Add chopped vegetables and remaining 1 cup water. Cover and simmer over low heat on top of stove for one hour. Add more water if needed.

Fabulous Filling Frittata

- 2 cups mixed, chopped raw vegetables (broccoli, mushrooms, zucchini, peppers, sprouts, okra)
- 1/4 cup egg substitute
- 1 oz (one slice) low fat cheese
- Seasoning to taste (salsa, curry, tarragon or dill)
- 1 tomato, sliced

Spray a skillet with nonstick cooking spray. Sauté vegetables in skillet over medium heat for 2-3 minutes. Pour egg substitute over vegetables and add seasoning. Cover and cook over medium heat until eggs are firm, approximately 3 minutes. Place cheese on top of eggs. Top cheese with tomato. Cover and cook until cheese melts.

Pumpkin Custard

- 1 1/2 cups low fat milk
- 1/2 cup egg substitute
- 1/3 cup Sprinkle Sweet sugar substitute
- 1/8 teaspoon salt
- 1 cup canned pumpkin
- 1/2 teaspoon vanilla
- 1 tablespoon brown Sugar Twin sugar substitute
- 1/2 teaspoon pumpkin pie spice
- Dash ground cinnamon
- Dash ground nutmeg

In a large saucepan, heat milk on stove until hot, but not boiling.

In a large mixing bowl, beat egg substitute. Mix in Sprinkle Sweet and salt. Add pumpkin, vanilla, brown Sugar Twin, pumpkin pie spice, cinnamon and nutmeg and mix well.

Pour pumpkin mixture slowly into saucepan containing hot milk.

Stir well with a wire whisk.

Pour mixture into 4 custard cups, then place custard cups in a 9-inch square pan.

Pour hot water in the pan to within 1/2 inch of the tops of the custard cups. Bake at 350 F for 45

Strawberry-Banana Salad

- 1 package (3 oz) sugar-free strawberry gelatin
- 1 envelope (0.25 oz) unflavored gelatin
- 1 1/4 cup boiling water
- 1 cup whole strawberries (fresh or unsweetened frozen)
- 1 large banana, cut into 1-inch chunks
- 1/2 cup low fat cottage cheese
- 1/2 cup low fat strawberry-banana yogurt

Place the strawberry gelatin and the unflavored gelatin in a blender. Turn blender on low speed and slowly add boiling water. Blend until gelatins are dissolved. Turn blender up to medium speed and slowly add the strawberries. Blend until smooth.

Turn off the blender and add the remaining ingredients. Blend on medium speed until smooth and no cottage cheese particles can be seen.

Pour mixture into a 9-inch square pan. Refrigerate until set for 2 hours before serving. Cut into squares to serve. This recipe can be doubled and put into a mold.

(To serve as a dessert, pour the mixture into a graham cracker crumb pie crust and chill.)

100 SNACKS

UNDER 50 CALORIES

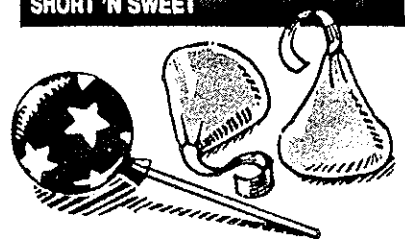
Tear out and post in a handy place—and be ready to face your next snack attack!

DAIRY DELICIOUS



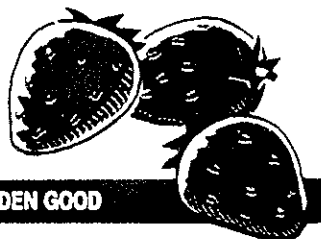
Blue Cheese, ½ ounce	50
Brie Cheese, ½ ounce	40
Buttermilk, 4 fluid ounces	50
Cottage Cheese, pot-style, ¼ cup	50
Feta Cheese, ½ ounce	37
Provolone Cheese, ½ ounce	50
Sour Cream, 1 tablespoon	26

SHORT 'N SWEET



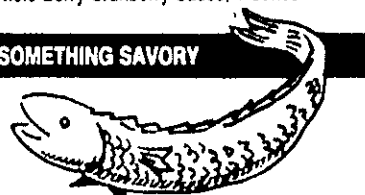
Animal Crackers, 4	45
Apple Butter, 1 tablespoon	38
Brown-Edge Wafer, 1	28
Butter Cookie, 1	30
Butterscotch Morsels, ¼ ounce	50
Cake Icing, 2 teaspoons	47
Candied Lemon Rind, ½ ounce	45
Chocolate-Covered Graham Cracker, 1	49
Chocolate-Covered Peanuts, 6	48
Chocolate-Covered Raisins, 10	50
Chocolate Fudge, 1 tablespoon	50
Chocolate Kiss, 1	24
Chocolate Syrup, 1 tablespoon	46
Cinnamon Graham Crackers, 2	34
Creme de Menthe Mints, 2	50
Fancy Shortbread Biscuits, 2	44
Fig Bar, 1	50
Gingersnaps, 2	50
Ice-Cream Cone, cup-style, 1	19
Jelly, 1 tablespoon	49
Licorice, ½ ounce	47
Lollipop, 1	45
Maple Syrup, 1 tablespoon	50
Marshmallow Sandwich Cookie, 1	30
Mini Marshmallows, 24	40
Peanut Butter Chips, 1 tablespoon	50
Salt-Water Taffy, 1 piece	31

GARDEN GOOD



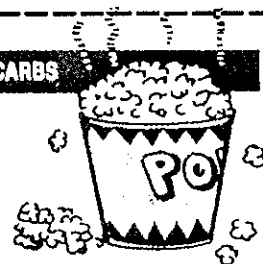
Apricots, 2	36
Artichoke Hearts, cooked, ½ cup	37
Banana, ½ medium	50
Blueberries, ½ cup	45
Cauliflower Florets, 1 cup	28
Celery, 7 large ribs	49
Chick-peas, 2 ounces	50
Dates, 2	40
Fig, 1 fresh	47
Grapefruit, ½ medium	49
Mango, ½ medium	44
Mung Bean Sprouts, 1 cup	32
Mushrooms, 10	50
Peach, 2" diameter, 1	48
Prunes, 2	40
Raspberries, ½ cup	45
Snow Peas, cooked, 4 ounces	49
Strawberries, 1 cup	45
Sweet Cherries, ½ cup	41
Unsweetened Applesauce, ¼ cup	35
Water Chestnuts, ½ cup	35
Watermelon, 1 cup diced	50
Whole Berry Cranberry Sauce, 1 ounce	45

SOMETHING SAVORY



Almonds, 8 whole	48
Anchovies, 1 ounce	40
Bread 'n Butter Cucumber Slices, 2 ounces	50
Gefilte Fish Ball, 1	50
Green Olives, 10 large	45
Pecan Halves, 6	48
Pignolia Nuts, 1 tablespoon	50
Pressed Caviar, ½ ounce	45
Smoked Salmon, 1 ounce	50
Smoked Sturgeon, 1 ounce	42
Sturgeon Caviar, 1 tablespoon	42
Sweet Gherkins, 1 ounce	35

COUNTING CARBS



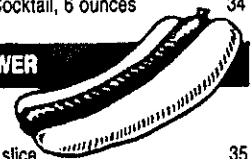
Dark Crispbreads with Caraway Seeds, 4	40
Date-Nut Bread, ½ ounce	40
English Water Biscuits, 2	34
Goldfish Crackers, 15	45
Oyster Crackers, 10	33
Plain Popcorn, 2 cups popped	46
Pretzel Logs, 2 (3")	39
Reduced-Calorie Buttermilk Biscuit, 1	40
Rice Cake, 1	35
Rye Toast Crackers, 3	48
Saltines, 4	48
Taco Chips, ¼ ounce	50
Taco Shell, 1	50

SMALL SIPS

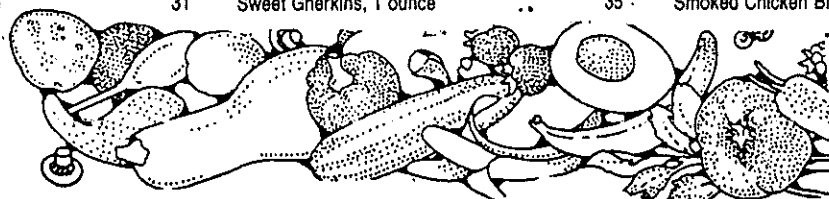


Amaretto, ½ ounce	45
Apricot Brandy, ½ ounce	47
Chicken Broth (prepared from packet), 1 cup	21
Chinese Rice Wine, 1 ounce	38
Cola, 4 ounces	48
Low-Calorie Cranberry Juice Cocktail, 6 ounces	36
Table Wine, 2 ounces	50
Tequila, ½ ounce	37
Vegetable Juice Cocktail, 6 ounces	34

PROTEIN POWER



Bacon, cooked, 1 slice	35
Canadian Bacon, 1 ounce	35
Extra-Lean Ham, 1 ounce	37
Frankfurter, 1 (2")	45
Frozen Crabmeat, 2 ounces	48
Light Meat Chicken Roll, 1 ounce	45
Oysters, 6 small	38
Shrimp, 10 medium	37
Smoked Chicken Breast, 1 ounce	27



POWDERHOUS SENIOR NEWS

DETERMINE YOUR NUTRITIONAL HEALTH

The Warning Signs of poor nutritional health are often overlooked. Use this checklist to find out if you or someone you know is at nutritional risk.

Read the statements below. Circle the number in the yes column for those that apply to you or someone you know. For each yes answer, score the number in the box. Total your nutritional score.

	YES
I have an illness or condition that made me change the kind and/or amount of food I eat.	2
I eat fewer than 2 meals per day.	3
I eat few fruits or vegetables, or milk products.	2
I have 3 or more drinks of beer, liquor or wine almost every day.	2
I have tooth or mouth problems that make it hard for me to eat.	2
I don't always have enough money to buy the food I need.	4
I eat alone most of the time.	1
I take 3 or more different prescribed or over-the-counter drugs a day.	1
Without wanting to, I have lost or gained 10 pounds in the last 6 months.	2
I am not always physically able to shop, cook and/or feed myself.	2

TOTAL:

Total Your Nutritional Score. If it's:

0-2 **Good!** Recheck your nutritional score in 6 months.

3-5 **You are at moderate nutritional risk.**
See what can be done to improve your eating habits and life-style. Your office on aging, senior nutrition program, senior citizens center or health department can help. Recheck your nutritional score in 3 months.

6 or more **You are at high nutritional risk.**
Bring this checklist the next time you see your doctor, dietitian or other qualified health or social service professional. Talk with them about any problems you may have. Ask for help to improve your nutritional health.

These materials developed and distributed by the Nutrition Screening Initiative, a project of:



AMERICAN ACADEMY
OF FAMILY PHYSICIANS



THE AMERICAN
DIETETIC ASSOCIATION



NATIONAL COUNCIL
ON THE AGING, INC.

Remember that warning signs suggest risk, but do not represent diagnosis of any condition. Turn the page to learn more about the Warning Signs of poor nutritional health.

The Nutrition Checklist is based on the Warning Signs described below.
Use the word **DETERMINE** to remind you of the Warning Signs.

DISEASE

Any disease, illness or chronic condition which causes you to change the way you eat, or makes it hard for you to eat, puts your nutritional health at risk. Four out of five adults have chronic diseases that are affected by diet. Confusion or memory loss that keeps getting worse is estimated to affect one out of five or more of older adults. This can make it hard to remember what, when or if you've eaten. Feeling sad or depressed, which happens to about one in eight older adults, can cause big changes in appetite, digestion, energy level, weight and well-being.

EEATING POORLY

Eating too little and eating too much both lead to poor health. Eating the same foods day after day or not eating fruit, vegetables, and milk products daily will also cause poor nutritional health. One in five adults skip meals daily. Only 13% of adults eat the minimum amount of fruit and vegetables needed. One in four older adults drink too much alcohol. Many health problems become worse if you drink more than one or two alcoholic beverages per day.

TOOOTH LOSS/ MOUTH PAIN

A healthy mouth, teeth and gums are needed to eat. Missing, loose or rotten teeth or dentures which don't fit well or cause mouth sores make it hard to eat.

ECONOMIC HARDSHIP

As many as 40% of older Americans have incomes of less than \$6,000 per year. Having less—or choosing to spend less—than \$25-30 per week for food makes it very hard to get the foods you need to stay healthy.

REDUCED SOCIAL CONTACT

One-third of all older people live alone. Being with people daily has a positive effect on morale, well-being and eating.

MULTIPLE MEDICINES

Many older Americans must take medicines for health problems. Almost half of older Americans take multiple medicines daily. Growing old may change the way we respond to drugs. The more medicines you take, the greater the chance for side effects such as increased or decreased appetite, change in taste, constipation, weakness, drowsiness, diarrhea, nausea, and other problems. Vitamins or minerals when taken in large doses act like drugs and can cause harm. Alert your doctor to everything you take.

INVOLUNTARY WEIGHT LOSS/GAIN

Losing or gaining a lot of weight when you are not trying to do so is an important warning sign that must not be ignored. Being overweight or underweight also increases your chance of poor health.

NEEDS ASSISTANCE IN SELF CARE

Although most older people are able to eat, one of every five have trouble walking, shopping, buying and cooking food, especially as they get older.

ELDER YEARS ABOVE AGE 80

Most older people lead full and productive lives. But as age increases, risk of frailty and health problems increase. Checking your nutritional health regularly makes good sense.



The Nutrition Screening Initiative, 2626 Pennsylvania Avenue, NW, Suite 301, Washington, DC 20037

• The Nutrition Screening Initiative is funded in part by a grant from Ross Laboratories, a division of Abbott Laboratories.

AGENDA:

ELDERLY

September, 1992

OFFICE OF THE ATTORNEY GENERAL
SCOTT HARSHBARGER, ATTORNEY GENERAL

To: The Citizens of Massachusetts

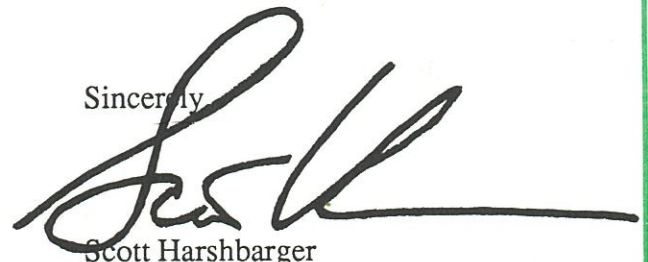
One of my major priorities as Attorney General is to do all I can to protect the elderly from crime and victimization in all its forms. Continuing and expanding this focus that I began as District Attorney, I also believe that we can do far more to prevent victimization by early intervention and include this newsletter as one part of our efforts to protect and prevent elder abuse in the Commonwealth.

In today's society, elders are at the risk of being specially targeted as victims of financial exploitation, consumer fraud, Medicaid fraud, health care insurance scams, abuse and neglect, and home improvement scams.

Only one out of every fourteen cases of abuse against the elderly is reported in the United States. Annually, only 110,000 cases of elder abuse are reported. Experts believe that an additional 1.4 million cases of abuse against elders go unreported each year. As the number of these incidents is increasing, the number of elderly persons is also increasing. Today there are more than 30 million Americans over the age of 65. By the year 2000, 35 million Americans will be over the age of 65. That number is expected to triple over the next fifty years. Statistics like these underscore the fact that issues confronting the elderly deserve top priority in the Attorney General's office as well as in other government agencies and private organizations.

Agenda: Elderly is a newsletter designed to report on efforts being undertaken by the Attorney General's office to prevent fraud, abuse and financial exploitation against the elderly. Each edition will include information on cases which have been prosecuted, new developments in investigations and potential scams, as well as legislative regulation and judicial decision updates and prevention tips. Your comments, input and suggestions are welcome.

Sincerely,



Scott Harshbarger

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In January, 1991, Attorney General Scott Harshbarger began implementing several programs aimed at eliminating abuse and neglect of the elderly in the Commonwealth. His initial focus defined and targeted pertinent issues involving the safety and well-being of the elderly. These seven issues are outlined below. All cases, investigations, or special projects falling under the following categories have been designated "priority matters". This ensures they receive special attention in terms of expedited handling and victim support.

- I. Consumer Fraud
- II. Financial Exploitation
- III. Violent Crimes
- IV. Abuse and Neglect
- V. Medicaid Fraud
- VI. Health Care & Insurance
- VII. Housing

I. CONSUMER FRAUD

The elderly, more than any other group of individuals, are likely to be victims of crime by perpetrators who are motivated by economic gain. They are labeled easy prey for several reasons; in many cases they live alone, are perceived as having a lot of money, and often do not report crimes against them.

The Consumer Protection Division of the Public Protection Bureau has aggressively moved to combat consumer fraud. These crimes involve

investment exploitation, health care fraud, telemarketing schemes, and scams involving private health service suppliers targeting the elderly for rental or purchase of unnecessary medical equipment through high-pressure sales tactics.

To encourage increased reporting of consumer scams against the elderly, the Consumer Complaint Division has been specially trained to identify and give priority to these cases. As a result, many financial crimes have been prevented, particularly scams or "flim-flam" operations planned and perpetrated by strangers.

Consumer Complaint Division: 727-8400

II. FINANCIAL EXPLOITATION

Crimes against the elderly often involve the worst forms of financial exploitation and are among the hardest to control. They include several different types of fraud perpetrated by persons in positions of trust. Financial exploitation encompasses the following:

- abuse and misuse of powers of attorney, guardianships, and conservatorships
- forged or fraudulent trust or estate documents including wills
- transfers of real estate to unrelated persons in exchange for promised homemaker or home health aid services
- embezzlement or larceny of funds from an elder by a person in a fiduciary relationship to the elder

III. VIOLENT CRIMES

Violent crimes perpetrated against the elderly, whether physical, sexual, or emotional, are priority issues in the Attorney General's office. Regardless of the nature of the relationship between the perpetrator and the victim, these crimes must become priority issues not just for prosecutors and the criminal justice system but for nursing home administrators, senior center directors, the medical profession, and elder advocacy groups.

IV. ABUSE AND NEGLECT

Abuse and neglect of the elderly by friends and family have only recently come to the public's attention as serious and pervasive problems.

According to the Executive Office of Elder Affairs, in Massachusetts last year there were 3,568 reports of elder abuse of which 83% were screened in for investigation. Out of the cases that were investigated 1,922, or 65% were opened for the provision of protective services. In Massachusetts, there has been a documented increase in the number of elderly abuse cases over the past several years.

UNDER-REPORTING PHENOMENA

Statistics indicate a far greater incidence of elder abuse than the number of cases being reported. The under-reporting is due to several circumstances:

- reluctance on the part of some law enforcement agencies to address this problem on a large scale
- elders unable or unwilling to report being abused or neglected by family members

or caretakers out of fear they will be institutionalized

-lack of communication and cooperation between protective services and law enforcement

-failure by mandated reporters to report cases of elder abuse and neglect

Whatever the cause, this under-reporting phenomena must be decreased by public awareness programs. The Attorney General is committed to providing statewide programs to increase the public's knowledge regarding the abuse of the elderly.

DOMESTIC VIOLENCE/ELDER ABUSE CONFERENCE

The first annual Attorney General's Police Training conference, entitled "Domestic Violence and Elder Abuse: The 1990 Amendments", was held in October, 1991. Various police departments and District Attorney's offices throughout the Commonwealth of Massachusetts participated.

The goal of this first domestic violence conference was to provide information needed to respond to elder abuse cases in light of the new amendments to the Domestic Violence Abuse Prevention Act passed in December, 1990 and the amendments to the Elder Abuse Reporting Law passed in July, 1990.

Abuse Prevention Act

The Abuse Prevention Act contains nine sections. The pertinent law enforcement personnel sections are six and seven, which deal specifically with the obligations of the police. The sixth section defines the powers and duties of the police and the seventh section defines service and enforcement of restraining orders.

Elder Abuse Reporting Law

The new amendment to the Elder Abuse Reporting Law made financial exploitation of an elder a reportable condition to the Executive Office of Elder Affairs. This law protects elders who live in the community who are the victims of abuse, neglect or financial exploitation at the hands of a caregiver.

EOEA Hotline 1-800-882-2003

Reports of suspected abuse in a nursing home, rest home, or any other public institution are made to the Department of Public Health.

Day 727-5864

Night 1-800-462-5546

HARSHBARGER TO SPEAK ON VICTIMIZATION OF THE ELDERLY

Scott Harshbarger will be a speaker at "The National Conference on Victimization of the Elderly" being held on October 14-15 in Tampa, Florida.

The National Institute on Justice and the Office for Victims of Crime are co-sponsoring the conference highlighting recent research, evaluation, and programs that involve crime and abuse against the elderly.

V. MEDICAID FRAUD

One of the areas where the Attorney General's office plays a significant role is in ferreting out fraud and abuse in our health care system. As part of a national initiative, the Medicaid Fraud Control Unit of the Criminal Bureau investigates and prosecutes cases involving fraudulent claims

for reimbursement from Medicaid programs. Nationally, approximately 10-20% of health care appropriations are lost to fraud. In Massachusetts, that number amounts to \$2.7 million being drained from the state Medicaid budget through fraud and abuse.

VI. HEALTH CARE AND INSURANCE

Health care costs have more than doubled for older Americans in the last generation. It is part of the Attorney General's statutory responsibility to represent consumer interests in recommending and advocating fair and reasonable insurance rates. The Public Protection Bureau through its Regulated Industries Division, advocates before the Division of Insurance on behalf of elderly health care consumers, challenging the basis for the insurance companies' rate hike requests.

VII. HOUSING

Many seniors are the victims of home improvement scams. Cases involving exploitation of the elderly through adverse housing practices - where they live, for how long, and under what circumstances are also given priority in the Attorney General's office.

The AG's office has brought several cases against lenders, contractors, and salesmen in connection with the home improvement contractor scams. In addition, the office has negotiated settlements with several major banks that financed these unscrupulous lenders and contractors, to provide millions of dollars for refinancing and restitution to the victims.

Bureaus inside the AG's Office...

A FAMILY AND COMMUNITY CRIMES BUREAU

The Attorney General has developed for the first time, a Family & Community Crimes Bureau (FCCB) to focus on the diverse range of issues affecting the elderly.

The FCCB works with other state agencies that serve older Americans to share information on new legislation, current litigation and other legal developments impacting the elderly. These agencies include the Executive Offices of Elder Affairs and Human Services, the Department of Public Health and the Department of Public Welfare.

The FCCB reviews internal and external referrals of matters affecting the elderly and where appropriate convenes an interagency working group to discuss and work towards a resolution of the presenting problem. A great deal of emphasis is placed upon interagency cooperation in these matters so that the solution developed will have the broadest possible positive impact on elders.

CROSS BUREAU FOCUS

As part of its responsibilities the Bureau reviews monthly reports from the other Bureaus within the

Attorney General's office (Public Protection, Government and Criminal) and identifies those cases and/or investigations which involve issues affecting the elderly.

The goal of these cross-bureau efforts is to marshal resources and expedite responses to victimization of the elderly. Examples include:

- The coordination of institutional abuse and financial exploitation investigations and prosecutions between the Medicaid Fraud Control Unit of the Criminal Bureau and the Consumer Protection Division of the Public Protection Bureau.

- The collaborative efforts of the Consumer Protection Division and the Antitrust Division of the Public Protection Bureau with the Criminal Bureau to seek criminal as well as civil penalties against individuals who targeted the elderly in home improvement and second mortgage scams.

AN ELDER ISSUES GROUP

An Elder Issues Group comprised of professionals from state and federal agencies and private nonprofit organizations was formed by the FCCB. The Elder Issues Group deals with issues of concern to our elder population and includes representatives from the bureaus within the Attorney General's office whose work involves the elderly: FCCB, Consumer Protection Division, and the Medicaid Fraud Control Unit.

In 1991-92, the Elder Issues Group formed five subcommittees to target significant issues facing the elderly:

**ELDER CONFERENCE
NURSING HOME REGULATIONS
FINANCIAL EXPLOITATION
INSTITUTIONAL ABUSE
PUBLIC GUARDIANSHIP**

**ELDER
CONFERENCE**

The first annual elder conference was held in May, 1992. The conference was titled, "Prevention and Protection: Empowering Elders & People with Disabilities". It was co-sponsored by the Attorney General's office and the Executive Office of Elder Affairs.

This conference was developed to provide a forum in which a free exchange of ideas and strategies was fostered and where successful model programs were presented and discussed. In the face of rapidly changing demographics and increasingly more complex issues affecting older Americans and people with disabilities, the conference included workshops on the following:

- Financial exploitation
- Crime prevention
- Law enforcement/protective services protocols
- Health care decision making
- Housing options
- Americans with Disabilities Act
- Support for caregivers
- How the media can develop positive images of elders and people with disabilities

**NURSING HOME
REGULATIONS**

The Consumer Protection Division of the Attorney General's office has special responsibility for the investigation and prosecution of institutional abuse and neglect cases through the enforcement of the Attorney General's nursing home regulations. These regulations provide a right of action under the state's Consumer Protection Act for residents of long term care facilities who may be the victims of mistreatment or neglect.

The AG's office has been evaluating the current Nursing Home Regulations and has received comments and suggestions from a diverse group of providers, advocates, and state agency representatives. The AG's office is in the process of preparing a redraft of the regulations, and will begin the public hearing process later this fall.

**FINANCIAL
EXPLOITATION**

The AG's Consumer Protection Division works in conjunction with the Criminal Bureau and other state agencies, including the Secretary of State's Securities Enforcement Division and the Board of Bar Overseers to ensure a swift, effective response to reports of financial abuse of the elderly. As part of the Elder Issues Group, the Financial Exploitation subcommittee prepared a consumer information brochure on the abuse of guardianships, conservatorships and powers of attorney. Distribution of this brochure is expected later this Fall.

INSTITUTIONAL ABUSE

The Attorney General's office is in the process of reviewing the roles and responsibilities of state agencies in the investigation and resolution of institutional abuse cases through the Institutional Abuse subcommittee. After an initial investigation, the subcommittee has proposed the following recommendations:

- Continued cooperation and communication with the representatives of the various groups and agencies where reports and response to these reports are not being conducted in a timely fashion
- Continued cooperation with the various state agencies and, specifically, informal report to one another in an effort to minimize duplicative investigations and/or reporting
- Review of current statutes and reports to the Attorney General on the propriety of legislative initiatives to make the area of disabled and elder abuse reporting more effective and responsive to anticipated future complaints
- Joint training among various investigators of the investigating agencies, elements of which have already begun at various levels. Training initiatives will include private and public partnerships.

PUBLIC GUARDIANSHIP

This subcommittee was developed to review and analyze public guardianship legislation. Currently there is a bill pending before the state legislature which would seek to establish a pilot project for an

independent, autonomous Public Guardianship Commission under the general supervision of the Supreme Judicial Court, House...No. 3969, An Act Establishing A Public Guardianship Commission.

AG'S OFFICE AWARDED ELDER GRANT

In 1989, the Massachusetts Criminal Justice Training Council, the in-service training agency for all local police authorities, was awarded a Family Violence Law Enforcement Training and Technical Assistance grant. This grant was developed to implement a training program for law enforcement policy makers and officers on the most effective procedures and policies for responding to family violence victims. In 1991, The Massachusetts Committee on Criminal Justice received a follow-up grant from the National Institute of Justice. This grant was awarded to assess the implementation of the training and new police guidelines in 40 cities and towns across the Commonwealth of Massachusetts. As a continuation of this effort, in September, 1992, the Attorney General's office received a grant from the Massachusetts Committee on Criminal Justice to develop an elder abuse training curriculum and protocols for police officers.

LEGISLATION NEWS

Two bills were filed by the Attorney General's office last year addressing crimes against the elderly. The first, House...No. 2926 An Act Creating The Crime Of Criminal Neglect For Neglect Of An Elder Or Disabled Person Which Results In Serious Bodily Injury, defines neglect as wanton or reckless

intentional conduct that causes serious bodily injury, and establishes the crime of criminal neglect in Massachusetts.

The second bill filed by the AG's office is, House...No. 3512 An Act Creating The Crime Of Aggravated Assault When An Assault And Battery Results In Serious Bodily Injury Or Is Committed Upon An Elder, Disabled Person, Or A Child. It was filed to increase protection for disabled persons, children, and the elderly who are the victims of an assault and battery. It amends the current assault and battery statute by including the following:

-It would permit a felony prosecution for egregious violence that occurs within the family setting as well as for random acts of violence in the community.

-It would include making assault or assault and battery committed upon an elder or disabled person or child that results in serious bodily injury, a felony.

Both bills are currently pending before the legislature.

Harshbarger testifies on financial abuse of the elderly

June 1992...

Scott Harshbarger testified before the House Subcommittee on Telecommunications and Finance on proposed legislation which would give the Securities and Exchange Commission (SEC) enhanced authority to regulate and supervise

investment advisers and financial planners. The bill, entitled The Investment Adviser Regulatory Enhancement and Disclosure Act of 1992, is aimed at achieving significant supervisory and consumer protection advances in the area of investment adviser regulation.

The major features of the bill are:

- Financial advisers would be required to pay an annual fee based upon assets under management
- Initial and follow-up SEC inspections of investment advisers would be required
- A new mechanism would ensure that those required to register, in fact do so
- The definition of an investment adviser would be clarified
- Disclosures designed to inform consumers of pertinent information and alert them to potential conflicts of interest would be required
- Provisions would be made for a private right of action for fraud as a supplement to SEC enforcement efforts
- A suitability standard would be established, under which an adviser would have to reasonably determine that investment advice to be provided is suitable for the client

During the first five months of 1992, the AG's Economic Crimes Division initiated criminal prosecutions involving the theft of money from older Americans by financial advisers or attorneys who were in a position of trust, totalling more than \$5 million.

CASES concerning the elderly

\$275,000 earmarked for Massachusetts consumers

February 1992...

The Consumer Protection Division of the Attorney General's office obtained a consent judgment against the marketers and former local distributor of the "Contour Chair". The judgment prohibits the defendants from continuing alleged unfair or deceptive acts or practices in the future, and provides for the payment of \$230,000.

According to the complaint, Contour salespersons used a door-to-door sales operation designed to take particular advantage of the elderly.

The complaint further alleges that several senior citizens and a number of persons seeking relief from pain and discomfort, found their "Contour Chair" to be less than comforting after they'd spent from \$1,500 to \$5,000 for the chair. Salespersons demanded top dollar and dropped the price by offering so-called "discounts", only if and when the consumer initially refused to buy the chair. As a result, many susceptible and gullible consumers who didn't know that the prices quoted were illusory, paid thousands of dollars more than others did for approximately the same chair.

The settlement provides for a fund of \$215,000 to compensate consumers who had filed complaints with the Attorney General.

The defendants, who did not admit wrongdoing, will also pay \$15,000 to the Commonwealth to recover the costs and fees expended by the Attorney General.

AG'S actions save nursing home

February 1992...

Attorney General Harshbarger announced that as a result of a patient protection receivership action instituted by his Consumer Protection Division, 73 elderly and disabled residents of the Wayne Manor Nursing home in Dorchester will not be removed from the nursing facility where they have resided for several years.

The Attorney General sought and obtained the dismissal of the Wayne Manor bankruptcy proceeding in the federal court and obtained the appointment of a patient protector receiver in Suffolk Superior Court. Attorney Robert Griffin, a former chairman of the Rate Setting Commission and an expert in the administration of health care facilities, was appointed receiver of Wayne Manor.

Wayne Manor had been owned and operated by Barbara Cohen, of Milton, Massachusetts. In 1988, Cohen filed bankruptcy but continued to run the facility. In mid-1990 the bankruptcy trustee found that Cohen had let matters deteriorate to the point where the mortgages were in default, vendors were threatening to stop providing food and, after months of nonpayment, utilities were soon to be terminated. The trustee was therefore forced to ask the bankruptcy court to immediately relocate the patients and close the facility.

The receivership was successfully terminated by the transfer of ownership and operation of Wayne Manor to Family Rehabilitative Services, Inc., a subsidiary of Vinfen, a highly reputed, Boston based, non-profit health care provider.

For months the Attorney General's office worked closely with the Department of Public Health, the Department of Public Welfare and the Rate Setting Commission, as well as with the receiver to work out a plan that would resolve the facility's complicated financial affairs and protect the elder and disabled residents.

Suit Filed against Home Improvement Salesmen

May 1992...

Attorney General Harshbarger announced two suits filed against four home improvement salesmen for alleged unfair and deceptive practices in arranging home improvements.

The president of Carefree Building Products, Inc., allegedly arranged home improvements for the now defunct Vinyl Distributors of New England, and for other home improvement companies. Carefree Building Products, Inc., is also named as a defendant.

Among the consumers whose cases are detailed in the complaint is that of a 77 year old woman from Dorchester, who in 1988 was allegedly charged 2 1/2 times the amount she was quoted for replacement windows. Her house was encumbered with a \$65,000 mortgage that resulted in a total debt of \$178,000 after financing charges, and which requires her to make \$990 monthly payments until the year 2003.

The defendant agreed to a consent judgment that was filed contemporaneously with the cases. He is enjoined from future violations of the consumer protection laws and must pay restitution and penalties totaling \$25,000 for transactions relating to two consumers.

Registered Pharmacists indicted for filing false medicaid claims

May 1992...

Two Springfield area registered pharmacists and a West Springfield Pharmacy were indicted for filing false Medicaid claims and larceny. Combined, they were charged with a total of 113 counts of filing false Medicaid claims and one count of larceny.

The indictments allege that the pharmacists intentionally misrepresented the amount of medical supplies being dispensed by the pharmacy to area medicaid recipients in return for larger payments from the Department of Public Welfare from February, 1989, to February, 1991.

In many instances, the recipients who allegedly received the supplies for which the Commonwealth was billed were diabetics, elderly, blind, wheelchair-bound or otherwise suffering from a physical disability.

If convicted, the defendants face a maximum penalty of five years in state prison or a maximum fine of \$25,000 for each count.

Acton Attorney pleads guilty to charges involving nearly \$500,000

July 1992...

An Acton attorney was indicted and pled guilty to 14 indictments consisting of 37 counts of larceny, forgery, embezzlement by a Trustee and unauthorized practice of law.

He pled guilty to 10 indictments, involving 15 counts of larceny and embezzlement by a trustee, related to charges that he stole over \$205,000 from 15 different clients, including several elderly individuals. One indictment charged him with unauthorized practice of law after he had been suspended from practicing law on November 2, 1990. He resigned as an attorney in lieu of being disbarred on February 25, 1991.

Fuller trustees will resign and repay the trust \$250,000

August 1992...

The Public Charities Division of the Attorney General's office has reached a settlement with two attorneys regarding a dispute which arose concerning the Fuller Trust, a charity located in Milton, that provides housing for the elderly.

The attorneys resigned as trustees of the Fuller Trust in mid August and agreed to refund to the Fuller Trust \$250,000 of the legal fees related to the development of the continuing care retirement facility at the site of the Fuller Homes.

As part of the agreement with the Attorney General, they also resigned from the positions held with the two corporations formed to carry out the purposes of the Fuller Trust. They held positions as officers and directors of Fuller Trust, Inc., the corporation created in 1933 to carry out the trust's charitable purposes.

Milton town officials and others had expressed concern to the AG's office regarding the trustees' handling of the trust. Concerns focused on the fact that the continuing care facility had not yet been

built, despite the expenditure of most of the trust's funds in pre-development costs, including sizable legal fees, some of which were paid to the attorneys. The residents of the Fuller Home had also expressed concern about the future of the facility.

The court appointed a temporary receiver who operates and manages the affairs of the Fuller Trust, pending the appointment of successor trustees.

The Fuller Trust was created by Caroline Weld Fuller in 1930. Miss Fuller was ill and without family, and, as a result, created a trust for the benefit of women in similar circumstances.

tips for the elderly

ASK QUESTIONS of anyone who wants to sell you something. Find out if you can change your mind or send it back - and to where.

DON'T BUY anything over the telephone or through so-called "junk mail" solicitations. Simply do not respond. Hang up.

TELL POLICE, state and town officials, neighbors and friends if you are cheated. Don't be embarrassed; the sooner people know about a scam, the less likely there will be more victims.

DON'T ISOLATE yourself. Try to become more active in the community. If you can't get out because of ill health, call friends and ask if they can visit.

For further information please contact...

Jane Tewksbury	Chief of the FCCB	617-727-2200 X2049
Susan Motika	Deputy Chief FCCB	617-727-2200 X2004
Michael Kogut	Chief Medicaid Fraud Control Unit	617-727-2200 X3814
Robert Sherman	Chief Consumer Protection Division	617-727-2200 X2993
Erin O'Sullivan	Publications Coordinator	617-727-2200 X2674

POWDER HOUSE SENIOR NEWS:

BERLIN, MASS.



VOLUME 15-24

COUNCIL ON AGING

NOV. AND DEC. 1992

NOVEMBER BIRTHDAY

- NOV. 9 ELEANOR BOSSELMAN
- 14 LUKE WHEELER
- 14 EMELINE HEBB
- 21 SUSAN HART
- 26 RUEA BAUM



Mark
Your Calendar

NOV. ANNIVERSARIES

- 17 HAYWOOD AND MARY STONE
- 23 FRANCIS AND ALICE BURKE
- 23 NICK AND LUCY LABONTE
- 27 AUGUSTINE AND ALICE MURPHY
- 28 EARLE AND LOUISE JUSSEAUME
- 29 ALFRED AND RENA WHEELER
- 30 JAMES AND SUSAN HART

NOV. 5 1992 BILL FAGE FROM SUNSHINE VALLEY HEALTH ASSOCIATES, WILL BE THE SPEAKER AND WILL TALK ON HERBS. MASTER HERBALLIST A GREAT WAY TO LEARN ABOUT HERBS AND HOW IT CAN HELP YOU BODY.

IN DECEMBER ANN AGNETTI, PRESIDENT OF WACHUSETTS CHAPTER AARP, FROM CLINTON, WILL SPEAK ON ELDER HOSTEL AND HAS MANY INTERESTING STORIES TO TELL.

WRTA WILL ALSO SPEAK AT THE DECEMBER MEETING.

OTHER ACTIVITIES WILL BE ANNOUNCED AT A LATER DATE.

DECEMBER BIRTHDAY

- 1 FRANCIS BURKE
- 9 MILLIE BLENKHORN
- 8 CONCETTA DI MUZIO
- 10 WILLARD WHEELER
- 12 NICK LABONTE
- 14 BARBARA FAULKNER
- 16 FLORA LEVEILLE
- 20 DAVID HOLDER
- 23 JOHN BOYCE
- 23 HELEN MANNING
- 25 EMMA BRAY
- 27 HAZEL HAMLIN

ATTENTION-

DUES ARE NOW PAYABLE. PLEASE PAY AT THE MEETING OR SEND TO SENIOR CITIZENS C/O BOX 1 BERLIN, MA 01503

THANK YOU
M. BLENKHORN, TREASURER



"Life is a garden,
Good friends are the flowers,
And times spent together
Life's happiest hours;
And friendship, like flowers,
Blooms ever more fair
When carefully tended
By dear friends who care."

NOV. 7 THE FIRST PARISH CHURCH OF BERLIN WILL HAVE A FAIR 10-3.

DEC. 5,

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 US KNOW AT 838-7380.

ST. JOSEPH CHURCH WILL HAVE THEIR CHRISTMAS FAIR. DEC.

NUTRITION UPDATE

How long will perishable foods maintain good quality and be safe to eat? There's no exact answer, because the storage life of foods in the refrigerator is affected by:

- the freshness of the food when it reaches the supermarket
- the length of time it was in the store before you purchased it and the temperature at which it was held
- the way the food was processed and the type of packaging
- the temperature of your refrigerator
- the humidity level in the refrigerator
- the characteristics of the product itself

Storing Perishable Food Safely

Refrigerated Foods:

- Keep refrigerator at 34 to 40°F.
- Remove spoiled foods and clean refrigerator surfaces regularly.
- Separate cooked and raw foods.
- Use raw meat promptly and pay attention to the "sell by" dates on other fresh foods.
- Refrigerate leftovers immediately.

Frozen Foods:

- Keep freezer at 0°F or lower.
- Wrap foods appropriately.
- Reheat frozen cooked foods without thawing.

Leftover cooked foods should be refrigerated immediately after a meal, in covered shallow containers. Debone large pieces of meat or poultry and divide into smaller portions to refrigerate or freeze within 2 hours after cooking. If you have large quantities of soup, stew, or similar foods, chill rapidly by placing the cooking container in a sink with ice water in it. Stir frequently while the food cools, then refrigerate or freeze it. Date leftover foods so that you can use them in a day or two.



Refrigerator Storage Tips

Refrigerate fresh eggs until you are ready to cook them. Raw eggs should not be allowed to warm to room temperature, and egg-rich products or cooked eggs should not be kept out of the refrigerator for more than 2 hours. For best quality, eggs should be eaten within 3 weeks of purchase, but may be usable for up to 5 weeks. Avoid foods that contain raw eggs (homemade Caesar salad dressing, homemade mayonnaise, eggnog), or use egg substitutes instead. Commercial products like these use only pasteurized eggs, so they are safe.

Raw meat and poultry should be wrapped securely or placed on a tray so that they do not leak and contaminate other foods or surfaces. This is especially important if you have a meat storage drawer in the refrigerator. Don't store meats in it along with ready-to-eat meat unless you have the raw meat in a leak-proof package or container.

Use fresh meat, fish, or poultry within a day or two of purchase. Detailed storage recommendations are available from the US Department of Agriculture, but in most cases recommended storage time for fresh meat products are short. If you want to keep these foods longer, put them in the freezer.

Hot dogs and lunch meats are processed to last longer than many other meat and poultry products, but must be refrigerated. They will keep in the original vacuum-sealed pouch for 2 weeks and can be kept up to 1 week after the "sell by" date. Freeze them if you can not use within that time. Once a package of hot dogs is opened, use within a week. Lunch meat should be used 5 days after opening. If there is a cloudy liquid in the package around hot dogs, discard them.

POWDERHOUSSENIOR NEWS

THANKSGIVING

& CHRISTMAS

RECIPES



MOLDED BEET SALAD

(Makes 12 servings)

- 1 16-oz. can sliced beets
- 1/2 cup low-sodium tomato juice
- 1 3-oz. pkg. lemon-flavored sugar-free gelatin
- 1 tsp. vinegar
- 1 8-oz. container nonfat, plain yogurt

Drain beets, reserving 1/2 cup liquid. Chop beets and set aside.

Add the 1/2 cup reserved beet juice to the 1/2 cup tomato juice and bring to a boil; remove from heat.

Dissolve gelatin in the hot liquid. Add vinegar. Chill until slightly thickened, about 2 hours.

Remove from refrigerator and gently blend the yogurt into the mixture. Then fold in the chopped beets.

Pour into molds. (If desired, first spray mold with vegetable spray for ease in unmolding.) Chill until firm, about 4 hours. When ready to serve, unmold onto serving plate. Cut into 12 slices.

CRANBERRY COOLER

(Makes 12 servings)

- 4 cups low-calorie cranberry juice cocktail
- 2 6-oz. cans frozen unsweetened grapefruit juice concentrate
- 6 6-oz. cans water
- 2 tsp. ground coriander
- 4 tsp. ground orange peel
- 20 rounds orange slices, sliced thin

Combine all ingredients except orange slices.

Chill until ready to serve. Just before serving, float orange slices in punch bowl or on top of each glass.

BERRY-GEL SOUR CREAM MOLD

- 2 1/2 cups water
- 2 3-oz. pkgs. sugar-free gelatin, raspberry and/or strawberry flavor
- 2 10-oz. pkgs. frozen, lightly sweetened raspberries or other berries, with liquid
- 1 cup sour half and half

Allow frozen berries to defrost. (Do not drain.)

Boil 1 1/4 of the 2 1/2 cups water; dissolve one package gelatin in the boiling water. Add defrosted berries and liquid to the gelatin mixture. Place in an 8-cup mold. (If desired, spray mold with vegetable spray first, to help gelatin unmold.) Place in refrigerator and allow to gel, about 4 hours.

Remove from refrigerator and spread thin layer of sour cream substitute over top of chilled gelatin. Return to refrigerator.

Boil remaining 1 1/4 cups water and dissolve second packet of gelatin in it. Add second box of defrosted berries and their liquid. Cool in refrigerator only until slightly thickened, about 2 hours.

Carefully spread second mixture of slightly thickened gelatin over sour cream layer. Allow entire mold to gel completely, about four hours.



Cranberry Mousse

- 1 packet unflavored gelatin
- 1 teaspoon grated orange peel
- 1/2 cup orange juice
- 2 cups fresh cranberries
- 2 egg whites
- 1 packet sugar-free whipped topping mix
- 2/3 cup crushed, juice-packed pineapple, drained
- 18 packets Equal sugar substitute
- Fresh mint leaves (optional)

In a saucepan, combine orange juice and gelatin. Stir over medium heat until gelatin is dissolved.

Stir in orange peel and cranberries; cook until cranberries pop (8-10 minutes).

Transfer mixture to a large bowl and chill until slightly thickened (15-30 minutes). Remove from refrigerator and stir in 16 packets Equal. Chill until mixture is thick but not set.

In a medium bowl, mix egg whites until soft peak form. Add 2 packets Equal and beat until stiff.

Fold egg whites, prepared topping and pineapple into cranberry mixture; chill until set. Serve in bowl. Add more topping and mint leaves, if desired.

Corn Bread Sticks

- 3/4 cups white or yellow cornmeal
- 1/4 cup all purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/4 cup egg substitute
- 3/4 cup buttermilk
- 2 tablespoons vegetable oil

Combine first six ingredients in a bowl. In separate bowl, beat egg substitute, buttermilk and oil together and add to dry ingredients. Stir until just moistened (if needed, add 2 tablespoons water).

Coat a cast-iron corn stick pan with vegetable spray and place in a 450 F oven for 3 minutes, or until hot. Remove pan from oven and spoon batter into pan, filling it 3/4 full. Bake at 450 F for 15 minutes until lightly browned.

For corn muffins instead of sticks, use muffin tin (sprayed with vegetable spray) and fill 2/3 full. Bake at 350 F for 25 minutes.

POWDERHOUSE SENIOR NEWS

FACT SHEET: FREEZE MEDEX RATES NOW!!!

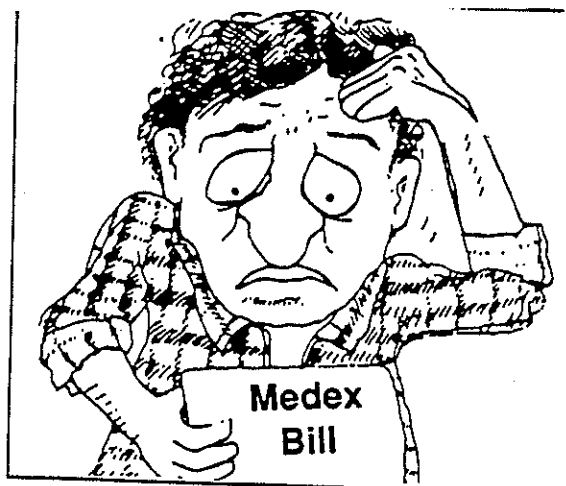
Skyrocketing health insurance costs are forcing seniors to make intolerable choices between paying for essential health care or paying for rent, food, and prescription medications. Tens of thousands of seniors and disabled people have dropped or downgraded Medigap insurance policies over the past three years.

Medigap insurance is essential to pay for basic health care costs not covered by Medicare. Recent rate increases have had devastating impacts:

- Rates for Medex Gold (3), the most popular and comprehensive Blue Cross/Blue Shield Medigap plan, have more than doubled over the past three years.
- 37,000 seniors have dropped Medex coverage since 1989.
- Last year alone, 49,000 seniors downgraded Medex coverage to more bare-bone plans.
- Blue Cross/Blue Shield estimates at least 22,000 more seniors will drop or downgrade Medex policies next year if the Blues' current rate increase request is granted.

Blue Cross/Blue Shield has asked the state Insurance Commissioner for an increase of 28 percent in 1993 rates for Medex Gold, which includes essential prescription drug coverage. If granted, rates would increase to \$152.00 per month. Official efforts to reform the Medigap system are deadlocked. We need a temporary freeze until long term solutions can be found.

Call your Senator and Representative now and urge them to freeze the current Medex rates. Seniors cannot afford another increase. We need legislative action this year!



NEWSLETTER COMMITTEE
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EDITOR

Stop The 66.9% Rate Hike!

FREEZE MEDEX RATES!

Massachusetts Senior Action Council, Inc.

POWDERHOUSS SENIOR NEWS

IMPORTANT INFORMATION ABOUT INFLUENZA AND INFLUENZA VACCINE, (1992-1993)

Please read this carefully

Influenza
7/1/92

WHAT IS INFLUENZA ("FLU")?

Influenza (or "flu") is a viral infection of the nose, throat, bronchial tubes, and lungs that can make someone of any age ill. Usually the flu occurs in the United States from about November to April. If you get the flu, you usually have fever, chills, cough, and soreness and aching in your back, arms, and legs. Although most people are ill for only a few days, some persons have a much more serious illness and may need to go to the hospital. On average, thousands of people die each year in the United States from the flu or related complications.

WHO SHOULD GET INFLUENZA VACCINE?

Because influenza is usually not life threatening in healthy individuals and most people recover fully, health officials emphasize the use of vaccine for the elderly and people with other health problems which make these individuals more likely to be seriously ill or to die from the flu or its complications. For example, people who after even light exercise become short of breath due to diseases affecting their heart or lungs, and people who have low resistance to infections, are likely to be more seriously affected by the flu. Thus, the following groups are at increased risk for serious illness with the flu and should receive vaccine:

- All people 65 years of age or older.
- Adults and children with long-term heart or lung problems which caused them to see a doctor regularly, or to be admitted to a hospital for care during the past year.
- Residents of nursing homes, and other institutions housing patients of any age who have serious long-term health problems.
- People of any age who during the past year have regularly seen a doctor or have been admitted to a hospital for

treatment for kidney disease, cystic fibrosis, chronic metabolic diseases such as diabetes, anemia ("low blood"), or severe asthma.

- People who have a type of cancer or immunological disorder (or use certain types of medicines) that lowers the body's normal resistance to infections. (Because influenza might cause serious illness and complications in persons infected with the HIV virus which causes AIDS, these individuals should receive influenza vaccine.)
- Children and teenagers (6 months through 18 years of age) on long-term treatment with aspirin who, if they catch the flu, may be at risk of getting Reye syndrome (a childhood disease that causes coma, liver damage, and death).

Medical staff who provide care to high-risk patients in health-care facilities should be vaccinated, to reduce the possibility that these patients might catch the flu when receiving medical care. Family members or others who provide care to high-risk persons at home should also be vaccinated. The possibility for spreading the flu to high-risk persons can be reduced by vaccinating:

- Doctors, nurses, and others in both hospital and outpatient-care settings who have contact with high-risk patients in all age groups, including children.
- Personnel of nursing homes and chronic-care facilities who have contact with patients or residents.
- Individuals who provide care to high-risk persons at home, such as visiting nurses and volunteers, as well as all household members, including children, whether or not they are providers of care.

In addition, a flu shot may be given to:

- Persons wishing to reduce their chances of catching the flu.
- Persons who provide essential community services.

YES!

The single most effective way
to protect yourself against flu,
is a **flu shot** every fall.



POWDERHOUSE SENIOR NEWS

FUEL ASSISTANCE

If you pay for your heat, or if your heat is included in your rent, you may qualify to receive up to \$445 in assistance this winter.

Eligibility is based on:

ANNUALIZED GROSS INCOME and **HOUSEHOLD SIZE**

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NOVEMBER 2, 1992 through MARCH 31, 1993

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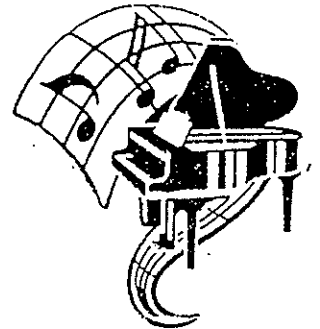
Call WHEAT Office 365-6349 for App+

POWDERHOUS SENIOR NEWS

THE STARS OF THE LAWRENCE WELK SHOW

AT THE NORTH SHORE MUSIC THEATRE

NOVEMBER 1992



TOUR INCLUDES:

- * *Deluxe Yankee Line motorcoach transportation*
- * *Admission to the Stars of the Lawrence Welk Show at the North Shore Music Theatre in Beverly, MA featuring Myron Floren, Jo Ann Castle, Bobby Burgess and Barbara Boylan, and Guy and Ralna*
- * *Luncheon at the King's Grant Inn in Danvers with entree choices of Roast Stuffed Boneless Breast of Chicken or Baked Schrod with Lemon Butter*



PERFORMANCE DATES: November 9,

PRICE: \$45.00 PER PERSON

BUS WILL LEAVE AT 10 A.M. FROM THE TOWN HALL

THE ICE CAPADES

THE ICE CAPADES WILL BE PLAYING AT THE CENTRUM IN WORCESTER NOV. 25-29th. THEY HAVE MADE AVAILABLE FOR SENIOR CITIZENS A GROUP RATE OF \$9.50 PER PERSON FOR A GROUP OF TWENTY OR MORE.

THE BERLIN COUNCIL ON AGING IS GOING TO PROVIDE A BUS FOR THIS OCCASION.

WHERE TIME IS SO LIMITED, PLEASE LET ME KNOW AS EARLY AS POSSIBLE IF YOU PLAN TO ATTEND.

New

Travel Information



FOR RESERVATIONS, PLEASE CALL

H. Louise Champagne
838-2550
207 RIVER ROAD, BOX 1061
BERLIN, MASS. 01503

POWDERHOUSE SENIOR NEWS YOUR EMERGENCY FOOD SHELF



Meat & Alternatives

2 or more servings daily

Use canned meats, fish or meat alternatives such as chicken, turkey, beef, stews, chunky soups, tuna, salmon or peanut butter.



Milk & Dairy Products

2 or more servings daily

Choose powdered or canned milk, canned pudding, hard cheeses or spreads.



Breads & Cereals

4 or more servings daily

Purchase cold cereals, crackers or bread.



Fruit & Vegetables

4 or more servings daily

Select canned or dried fruits and vegetables, canned, frozen or powdered juices and less perishable produce such as carrots, apples or oranges.



Water & Beverages

2 or more servings daily

Keep on hand commercially bottled water, juices, soups, bouillon, instant coffee, tea, cocoa or pop.

- Stock up on food which does not need refrigeration or that can be eaten without cooking due to a power failure.

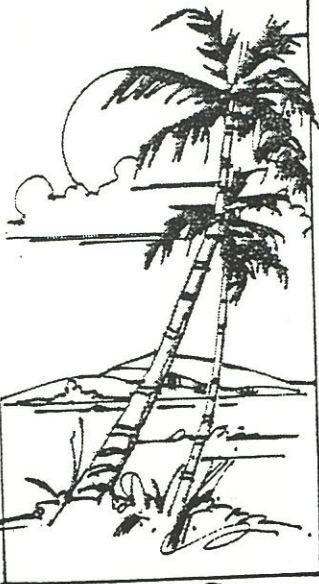
- Purchase enough emergency food for at least 3 days.

- Select small or single serving cans.

Don't Be Caught With Your Cupboard Bare

POWDERHOUSE SENIOR NEWS

TRAVEL PLANS



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tips for the elderly

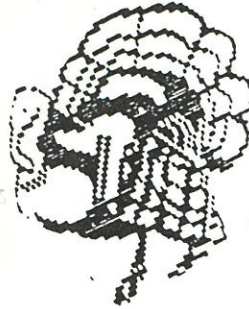
ASK QUESTIONS of anyone who wants to sell you something. Find out if you can change your mind or send it back - and to where.

DON'T BUY anything over the telephone or through so-called "junk mail" solicitations. Simply do not respond. Hang up.

TELL POLICE, state and town officials, neighbors and friends if you are cheated. Don't be embarrassed; the sooner people know about a scam, the less likely there will be more victims.

DON'T ISOLATE yourself. Try to become more active in the community. If you can't get out because of ill health, call friends and ask if they can visit.

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.



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

13

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