

# POWDER HOUSE SENIOR NEWS

VOLUME 15-25 BERLIN, MASS. COUNCIL ON AGING



JANUARY FEBRUARY 1993

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## JANUARY BIRTHDAYS

JAN 2--RUSSELL WHEELER  
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28--EVA TOBY

## JANUARY ANNIVERSARIES

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

## FEBRUARY BIRTHDAYS

FEB 1--HOPE DUCKWORTH  
2--PAULINE PAINE  
11--MARY STONE  
13--LEPHE WILSON  
MARGARET LASKOWSKI  
17--MICKEY FRANK  
19--HARRIET FIELD  
20--FRANCIS KENNEDY  
24--MARY PETKAUSKAS  
25--BILL FRANK  
28--THOMAS MURTHA  
WILROSE HANSON

## FEBRUARY ANNIVERSARIES

FEB 3--PHILLIP & JANE BARTLETT  
20--WILLARD & JOANNE WHEELER

TRAVEL TIPS  
PACK A NIGHT LIGHT IN YOUR  
SUITCASE. REAL HANDY IF YOU HAPPEN  
TO GET UP IN THE NIGHT IN A NEW  
PLACE. TAKES UP VERY LITTLE SPACE  
IN THE SUITCASE.

JANUARY, BILLY WHEELER WILL GIVE A  
SLIDE SHOW ON *Napoli*

FEBRUARY, ALICE KIDDER WILL HAVE  
SLIDES ON EUROPE AND JAPAN.

## GRAYING YEARS

GRAYING YEARS CAN BE UNKIND  
TO GIFTS OF BODY, HEART AND MIND.  
FOR GRAYING YEARS-LIKE WAVES AT  
SEA-  
CAN BE WASHED AWAY WHAT USED TO  
BE.  
BUT WE FIND STRENGTH, TO LIVE EACH  
DAY  
WITH GIFTS THAT ARE NOT WASHED  
AWAY  
AND WE SURVIVE, THE SPOILS OF TIME,  
WITH PRAYERS OF FAITH THAT SOOTHE  
DECLINE.

*May the New Year Bring  
You & Your Family  
Peace & Prosperity*



THOMAS J. MURTHA SR.

ERNEST DILLING

ANNA POTAS

## NEWSLETTER COMMITTEE

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EDITOR

*Sympathy*

# POWDERHOUS SENIOR NEWS

## Dry Skin

### Keep your dry, winter skin from 'rubbing you the wrong way'

BY LAURA N. BEVERLY

Winter wonderland is not the only thing that comes with January weather.

For many elderly people, winter-time also brings an irritating case of "winter itch."

"Winter itch" is the most common form of chronic itching in the elderly. Indoor heating units often take the moisture or humidity out of the air —

and dry air causes dry skin.

However, relief might be as close as your soap dish, reports the Oct. 3, 1991 *Medical Tribune* (32,20:14).

Elderly adults who are bothered by dry, itchy skin should consider switching soaps.

A cold-cream-based soap, or even no soap at all, is better than a harsh deodorant soap. The harsh detergents

in many deodorant soaps seem to strip the skin of valuable oils that help keep the skin smooth and supple.

A cold-cream-based soap usually won't pull as many necessary natural oils out of your skin.

Also, try to avoid steaming hot showers or baths. Instead, use warm or tepid water.

And after bathing, avoid rubbing the skin with a towel.

Try lightly patting the skin dry, then use some lotion to help trap the moisture in the skin.

People with extremely dry skin should also apply lotion just before going to bed.

If your dry skin doesn't improve after trying these simple remedies, consider talking with your doctor.

Unexplained itching sometimes can signal more serious disorders, such as diabetes, leukemia and kidney diseases.

## Natural Healing Newsletter

### Age-related Visual Problems:

"Older people are vulnerable to many disorders associated with the natural aging process that can reduce vision but are treatable," says Donald Putnoi, M.D., president of the Massachusetts Society of Eye Physicians and Surgeons. Age-related visual problems that can lead to permanent loss of sight if not detected early include:

#### Glaucoma

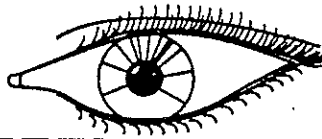
This rise in fluid pressure inside the eye, which may occur without symptoms, may result in damage to the optic nerve and loss of sight. If detected early and treated with prescription eye drops, vision loss can be prevented.

#### Cataracts

Clouding of the normally transparent lens inside the eye can lead to severe vision impairment and require surgery. When the cloudy lens is removed, it may be replaced by an intraocular lens implant, which allows the eye to focus clearly again.

#### Macular Degeneration

This condition, which is caused by a deterioration of the "macula" or the central part of the retina, leads to loss of central vision. While there is no cure for the common form of macular degeneration, ophthalmologists can prescribe special low vision aids that will often improve vision for reading and close-up tasks. In a less common form of this disorder, early treatment with a laser beam may be successful in reducing vision loss.



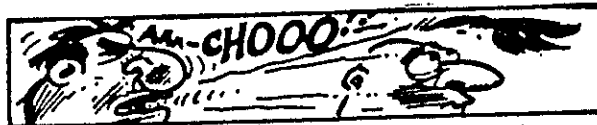
**You should see an ophthalmologist if you have any of these common warning signs of eye disease:**

- loss, blurring, or any change in vision
- flashes or streaks of light
- eye pain or unusual sensitivity to light
- seeing rainbows or halos around light
- a sudden onset or increase in floaters (spots or shadows in your vision)
- inflammation of the eye or lid.

## NEW FRIENDS OLD FRIENDS

*Make new friends, but keep the old;  
Those are silver, those are gold  
New-made friendships, like new wine,  
Age will mellow and refine.  
Friendships that have stood the test-  
Time and change-are surely best;  
Brow may wrinkle, hair grow gray;  
Friendship never knows decay.  
For' mid old friends, tried and true,  
Once more we our youth renew.  
But old friends, alas! may die;  
New friends must their place supply.  
Cherish friendship in your breast-  
New is good, but old is best;  
Make new friends, but keep the old;  
Those are silver, these are gold.*

*-Joseph Parry*



Sneezes have been clocked at 100 miles an hour.

## KEEP THE COLD AIR OUT!

- Insulate Walls & Attics
- Weatherstrip Doors & Windows
- Install Storm Windows or Plastic
- Use Insulated Shades & Draperies
- Place Throw-rug or "snake" across Bottom of Doors
- Cover or Remove Air Conditioners
- Enclose Fireplaces
- Tape Up Unused Doors, Electrical Sockets, Keyholes
- Keep Closets & Cupboards Closed
- Keep Doors to Attached Garages Closed



## LET THE SUN SHINE IN!

- Open Draperies & Shades and Let The Sun Shine In
- Remove Outside Screens to Radiate Passive Solar Energy
- Keep Air Registers Clear of Furniture
- Remove Radiator Covers
- Use Ceiling Fan to Direct Heat Downward
- Add Humidity



## GET THE HELP YOU NEED!

- Home Energy Audits  
Free to low-income elderly, a home audit is the first step toward saving money and making your home more comfortable.



## HYPOTHERMIA:

Hypothermia occurs when the body temperature drops below 95° F. Immediate treatment is necessary to prevent illness and the risk of death.

Those most vulnerable are infants and older people.

Here's What To Look For:

- Confusion, forgetfulness, drowsiness
- Difficulty Speaking
- Slow Breathing
- Clumsiness
- Unusual Irritability
- Puffy face
- Shivering
- Cold stiff muscles
- Stomach cold to touch

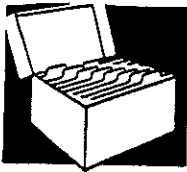
HERE'S WHAT YOU SHOULD DO:

- CALL AMBULANCE OR RESCUE SQUAD
- Warm *slowly* with blankets
- If two people are present: lie close together to transfer body heat.
- Do not massage or give hot bath



For more information, call EOE  
Hot Line: 1-800-882-2003





## Recipe Corner



## STIR-FRY IN A SNAP

### Salmon Pasta Salad

- 1 1/2 cups canned salmon or tuna
- 3 cups shell macaroni (or other pasta), cooked in unsalted water
- 1 cup frozen peas
- 1/4 cup reduced calorie mayonnaise
- 1/4 cup plain, low fat yogurt
- 1 teaspoon lemon juice, freshly squeezed
- 1/8 teaspoon black pepper
- 1/8 teaspoon dill weed

Combine all ingredients in a bowl and chill for several hours. Serve on a tomato cut into wedges.

### One Island Dressing

- 1 cup plain, low fat or nonfat yogurt
- 1 tablespoon Dijon mustard
- 3 tablespoons olive oil
- 1/2 teaspoon grated horseradish
- 1 tablespoon lemon juice, freshly squeezed
- 1 teaspoon minced chives or green onions
- 2 tablespoons tomato paste
- 1 tablespoon chopped parsley
- 1/2 teaspoon dried basil
- 1/8 teaspoon pepper

Mix yogurt and mustard in a blender on high speed. While blending, add oil, then remaining ingredients. Blend until smooth and serve.

### ITALIAN-STYLE FISH

- 1 8-ounce package frozen breaded fish portions
- 4 ounces spaghetti
- 1 9-ounce package frozen Italian green beans
- 1 15 1/2-ounce jar meatless spaghetti sauce
- 1/2 of a 4-ounce package (1/2 cup) shredded mozzarella or cheddar cheese

Bake frozen breaded fish portions according to package directions. Meanwhile, cook spaghetti according to package directions; drain. Cook frozen Italian green beans according to package directions; drain. In a small saucepan warm spaghetti sauce till heated through.

To serve, spread hot cooked spaghetti in the center of a warm platter. Spoon some of the spaghetti sauce over top. Arrange fish portions atop. Pour remaining spaghetti sauce over all. Sprinkle with shredded cheese. Arrange green beans around edge of platter. Serve immediately. Makes 4 servings.

### EASY CRAB APPETIZERS

- 1 6-ounce package frozen crab meat, thawed
  - 1/2 cup dairy sour cream
  - 1/4 cup slivered almonds
  - 1/8 teaspoon ground turmeric or curry powder
  - 1 large cucumber, bias-cut into 1/4-inch-thick
- Stir together crab meat, sour cream, slivered almonds, and turmeric or curry powder. Generous dollop each cucumber slice with some of the mixture. Makes 30 to 36.

### PINEAPPLE-SAUSAGE STIR-FRY

- 2 medium carrots, cut into 1-inch-long julienne strips
- 1 8-ounce can pineapple chunks (juice pack)
- 3/4 cup unsweetened pineapple juice
- 1 6-ounce package frozen pea pods
- 3 tablespoons teriyaki sauce
- 4 teaspoons cornstarch
- 1 tablespoon brown sugar
- 1 12-ounce package fully cooked smoked sausage links, cut crosswise into thirds
- Chow mein noodles

Cook carrots in boiling salted water 7 to 10 minutes or till tender. Drain pineapple chunks, reserving juice; set pineapple aside. Combine reserved pineapple juice and enough unsweetened pineapple juice to make 1 1/4 cups. Run hot water over pea pods in a colander till thawed. Set aside. Stir together teriyaki sauce, cornstarch, and brown sugar. Stir in pineapple juice mixture. In wok or large skillet stir-fry sausage 5 minutes or till brown. Stir teriyaki mixture; stir into wok or skillet. Cook and stir till bubbly. Stir in carrots, pineapple chunks, and pea pods. Cover; cook 2 minutes more. Serve at once over chow mein noodles. Serves 4.

### Dream Pie

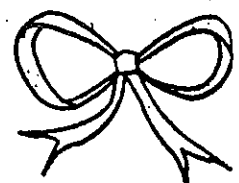
- 1 cup flaked coconut
- 1 can (15 1/4 oz) crushed pineapple, in its own juice
- 1 cup egg substitute
- 6 packets Sweet One sugar substitute
- 1 cup low fat milk
- 1 teaspoon vanilla
- 1/2 cup cholesterol-free baking mix

Spray a 9-inch pie pan with nonstick cooking spray. Sprinkle coconut over bottom of pan. Drain pineapple, reserving juice; sprinkle pineapple over coconut. Set aside.

Put eggs and Sweet One in a blender and blend well. Add milk to reserved pineapple juice and pour into blender. Add baking mix and vanilla to ingredients in blender. Blend at medium speed until well-mixed.

Pour mixture over pineapple in pie pan.

Bake at 350 F for about 35 minutes, or until a knife inserted into middle of the pie comes out clean. Refrigerate until ready to serve.



**HAPPY VALENTINES DAY**

# Age Page

## What To Do About Flu

Each winter, millions of people suffer from the unpleasant effects of the "flu." For most people, a few days in bed, a few more days of rest, aspirin, and plenty to drink will be the best treatment.

Flu—the short name for influenza—is usually a mild disease in healthy children, young adults, and middle-aged people. However, flu can be life-threatening in older people and in those of any age who have chronic illnesses (such as heart disease, emphysema, asthma, bronchitis, kidney disease, and diabetes). By lowering a person's resistance, flu may allow more serious infections to occur, especially pneumonia.

It is easy to confuse a common cold with influenza. An important difference is that flu causes fever, which is usually absent during a cold. Also, a stuffy nose occurs more often with a cold than with the flu. Cold symptoms generally are milder and don't last as long as symptoms of the flu.

Flu is a viral infection of the nose, throat, and lungs. It spreads quickly from one person to another, particularly in crowded places such as buses, theaters, hospitals, and schools.

Because of its ability to spread rapidly, flu was once believed to be caused by the influence of the stars and planets. In the 1500's, the Italians gave the disease the name "influenza," their word for "influence."

### What Causes Flu?

Not until the 1930's and 1940's did scientists discover that flu is caused by ever

changing types of viruses. These tiny parasites enter animals and humans and begin to grow rapidly. Disease appears when their number is too large for the body's immune system to fight off immediately.

The flu can be passed easily from one person to another. When someone infected with the flu coughs or sneezes, droplets with the virus may reach another person, entering their body through the respiratory system. There, the viruses can multiply and cause flu.

### Symptoms

Flu symptoms can differ from person to person. Sometimes flu will cause no obvious symptoms. Often, however, the patient will feel weak and will develop a cough, a headache, and a sudden rise in temperature. Fever can last anywhere from 1 to 6 days. Other symptoms include aching muscles; chills; and red, watery eyes.

### Complications of Flu

Flu is rarely a fatal illness. But while the immune system is busy fighting off the flu, a person is less able to resist a second infection. If this second infection is in the lungs, it can be life-threatening. Older people and people with chronic diseases have the greatest risk of developing secondary infections. The most serious of these is pneumonia, one of the five leading causes of death among people 65 and older.

Pneumonia—an inflammation of the lungs—may be caused by a flu virus. More

often, however, it results from bacteria that grew in the system during the flu infection.

The symptoms of pneumonia are somewhat similar to those of the flu but are much more severe. Shaking chills are very common, and coughing becomes more frequent and may produce a colored discharge. The fever that accompanied the flu will continue during pneumonia and will stay high. Pain in the chest may occur as the lungs become more inflamed.

Bacterial pneumonia is usually treated with antibiotics, such as penicillin. Antibiotic drugs, which kill bacteria, are very effective when given early enough in the course of the disease. During the most serious phase of pneumonia, the body loses fluids. Patients often receive extra fluids to prevent shock, a dangerous condition marked by inadequate blood flow.

### **Prevention**

Because they are prone to develop pneumonia along with the flu, older people should get a flu shot (or vaccination) in the early fall according to many doctors. Side effects will sometimes occur such as a low fever or redness at the injection site. But in most people the dangers from getting flu and possibly pneumonia are greater than the dangers from the side effects of the flu shot. One exception is people who are allergic to eggs; flu vaccines are made in egg products and may cause serious reactions in those who have such allergies.

Preventing flu is hard because flu viruses change all the time and in unpredictable ways. This year's virus usually is slightly

different from last year's. Therefore, flu shots are effective for only 1 year.

### **Treatment**

Vaccination remains the most commonly used method of preventing influenza. An antiviral drug, amantadine, also is recommended to prevent and treat many types of influenza, particularly in high-risk people. However, the usual treatment is to take aspirin for the aches and pains, drink plenty of fluids, and stay in bed until the fever has been gone for 1 or 2 days. It is very important to rest, since the fever may return if you become too active too soon. Call your doctor if the fever lasts, since this may mean that a more serious infection is present.

Scientists continue to look for ways to prevent and treat influenza. In the meantime, the Public Health Service's Advisory Committee on Immunization Practices encourages people 65 and older and others with chronic illnesses to get a yearly vaccination.

### **For More Information**

The National Institute of Allergy and Infectious Diseases has prepared the brochure *Flu*. For single copies, write to the NIAID, Building 31, Room 7A-32, Bethesda, MD 20892.

For more information about health and aging, contact the National Institute on Aging Information Center, P.O. Box 8057, Gaithersburg, MD 20898-8057. The NIA distributes free *Age Pages* on a number of topics, including the *Age Page* "Shots for Safety."

1991

# REVIVING YOUR SENSE OF TASTE

... the sense of smell for older people is five or ten times less sensitive ... enough to cause ... a loss of taste.

For many people, taste is an issue that affects their quality of life. Fortunately, here are ways to compensate for a loss of taste and smell.

In general, the sense of smell for older people is five or ten times less sensitive than for younger people. That difference is enough to cause a distinct loss of sensitivity to scent, and thus a loss of taste. It is estimated that half of all those between the ages of 65 and 80 have lost some sense of smell.

It might be supposed that this loss of taste would diminish the pleasures of food and so lead to eating less. Some studies suggest that less pleasure at the table causes poor nutrition and weight loss, but other studies suggest that people whose taste is impaired try to compensate for their decreased satisfaction by eating more, and so gain weight. With the uncertainty that surrounds the subject, it would certainly be wise and pleasurable for older people to consider healthy ways to whet their appetites.

•At the table, alternate bites of one type of food with bites of another type. Your olfactory receptors adapt to a smell by a factor of roughly 50% in the first second or so after stimulation—that is to say, you get the biggest bang with the first bite, and then only half the sensation with the second bite. Alternating among the different foods on your plate will give you the maximum taste sensation from each one. **How to make food taste better.**

•Drink water with your meal to clear your palate as you eat.

•Choose foods for each meal that give you the maximum textural variety of chewiness and crunchiness, smoothness and roughness.

•Use less liquid in soups or sauces to increase flavor intensity.

•Use the greatest possible variety of spices. Fresh herbs are often more flavorful than dried herbs. Go easy on the salt; vary spices with different dishes.

•Chew your food thoroughly to release all the taste- and scent-bearing molecules each bite has.

•Check your medications.

## smell the coffee again

Can you still “wake up and smell the coffee” as well as you once did? Or has the taste and smell of your favorite things diminished in recent months?

Well, that might be because of a disorder known as “hyposmia” — a diminished sense of smell.

What causes smell and taste disorders? you ask. Many things can.

### Sinuses contribute to problem

Chronic infection in the nose or sinuses can contribute to problems in the senses of smell and taste.

Another common cause is zinc deficiency. Zinc deficiencies can result from a dietary deficiency, diarrhea, chronic infection or diuretic drugs.

Various drugs can cause problems with smell and taste. Drugs containing sulfur are known to suppress taste. Common, sulfur-containing drugs include the anti-inflammatory drug pen-

icillamine, the blood pressure drug Capoten or captopril and transderma (patch) nitroglycerin to treat chest pain. And the antibiotics tetracycline and metronidazole can cause a metallic taste in the mouth.

Menopause can also cause change in a woman's senses of smell and taste.

The good news is that many cases of smell and taste disorders can be solved.

Treating and clearing up nose and sinus infections usually helps restore the senses of smell and taste. And problems caused by zinc deficiency can be solved by taking a zinc supplement.

### Women find relief with therapy

Women suffering from smell and taste problems after menopause often find relief with hormone replacement therapy. And your doctor usually can prescribe different medications if a drug is contributing to such disorder.

# POWDERHOUSE SENIOR NEWS

## Drug Companies Get Rich by Overcharging You

By Ron Pollack

We Americans like to think of ourselves as wise consumers. We shop and compare, clip and save and buy on sale. Yet we're paying a whole lot more for the same old medications.

We're getting a raw deal when you compare what we're charged with what Europeans and Canadians pay for the same drugs.

The U.S. Senate Special Committee on Aging found that, between 1980 and 1990, the price of prescription drugs shot up almost three times as fast as prices in general. The Committee, chaired by a real consumer advocate - Senator David Pryor from Arkansas - found that while general inflation drove other prices up 58 percent, drugs skyrocketed 152 percent!

Your local pharmacist isn't getting rich on these price increases. The drug manufacturers are. The big drug companies reap profits three times as high as other big corporations.

To really get a perspective on how badly inflated American prescription drug prices are, just compare them with drug prices in other countries. The Italian Pharmaceutical Manufacturers Association found that Americans pay more than three times as much as the average European pays for prescription drugs.

One example is Ativan. This prescription drug is made in the United States, but Senator Pryor's investigation found the average U.S. price for 100 one mg. tablets was \$48.96. In Canada, the average price was \$7.18.

Tylenol with codeine was also vastly more expensive in the U.S. than in Canada.

### Costly Medications Cost Lives

The fact is, the drug companies are simply overcharging the American consumer, and senior citizens are getting the worst of it.

Prescription medication for senior citizens is often a matter of life and death. But many seniors just can't afford to fill prescriptions on a regular basis. Some older Americans wind up skipping pills, endangering their health by taking their medicine less often than they're supposed to. Others cut down on food or turn the heat way down to pay for their medicine.

The big drug companies are making higher and higher profits, while the elderly cannot afford to buy the prescription drugs they need. For older Americans - for all of us - this is bitter medicine to swallow.

**Ron Pollack is executive director of Families USA Foundation.**

**From Senior Watch - An Editorial service of Families USA Foundation**

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MY TEN COMMANDMENTS. 90 years old.

Thou shalt not worry, for worry is the most unproductive of all human activities.

Thou shalt not be fearful, for most of the things we fear never come to pass.

Thou shalt not cross bridges before you get to them, for no one yet has succeeded in accomplishing this.

Thou shalt face each problem as it comes. You can handle only one at a time anyway.

Thou shalt not take problems to bed with you for they make very poor bedfellows.

Thou shalt not borrow other people's problems. They can take better care of them than you can.

Thou shalt not try to relive yesterday for good or ill - it is gone. Concentrate on what is happening in your life today.

Thou shalt count thy blessings, never overlooking the small ones, for a lot of small blessings add up to a big one.

Thou shalt be a good listener, for only when you listen do you hear ideas different from your own. It's very hard to learn something new when you're talking.

Thou shalt not become bogged down by frustration, for 90 percent of it is rooted in self-pity and it will only interfere with positive action.

Elodie Armstrong





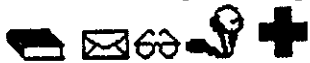
# POWDERHOUSE SENIOR NEWS

## BERLIN SENIOR SCHEDULES


### Senior Citizens Van

#### Van Transportation


Call 24 hours in advance to book an appointment on the Berlin van. The van runs from 8 a.m. to 4:30 p.m. Medical appointments will be given priority. Wheel chair trips must have 24 hour notice. A lift and escort service are available. Calls for van transportation are to be dispatched at WHEAT, 365-6349, at present until a local dispatcher is provided.





Available for appointments, shopping, meals, etc.

 Hours of Operation:

Tuesday-Friday 9:00-2:30

 Searstown second and last Monday of each month!!


 Day trip information, call MARY 838-7380

 Victory or Shaw's Market every Thursday Morning!!


### Meals Program

For information/reservations,

CALL MARY 838-7380.

 Home-Delivered Meals

Tuesdays,  
and Fridays  
838-7380.

 Congregate Meals:

 FIRST PARISH CHURCH  
FIRST THURSDAY OF THE MONTH.

## Tips on how to avoid possible negative side effects from your prescription medications

ASK YOUR DOCTOR TO PRESCRIBE THE LEAST EXPENSIVE TYPE OF DRUG THAT WILL DO THE JOB.

TRY TO DEAL WITH ONE PHARMACY, SAVING A LITTLE MIGHT COST A LOT LATER.

SEE AS FEW DOCTORS AS POSSIBLE.

ASK YOUR DOCTOR TO PRESCRIBE AS SIMPLE A SCHEDULE AS POSSIBLE, YET STILL BE EFFECTIVE.

WHEN YOU GET A NEW PRESCRIPTION, BE SURE TO REMIND YOUR DOCTOR ABOUT MEDICATION YOU ARE ALREADY TAKING. SOME MEDICATIONS WORK AGAINST EACH OTHER.

TAKE YOUR MEDICATION EVEN IF YOU DON'T "FEEL" IT WORKING. THE EFFECTS OF SOME MEDICATIONS ARE NOT NOTICEABLE EARLY ON.

ASK YOUR DOCTOR OR PHARMACIST FOR THE PRESCRIPTION DATA SHEET FOR YOUR DRUG. IT HAS ALL OF THE INFORMATION YOU SHOULD NEED.

REVIEW YOUR MEDICATION SCHEDULE OFTEN ENOUGH TO KEEP IT FRESH IN LABELS FOR EDUCATION

# LABEL-GRAM

Here's what to save:



Please save front portion of label from canned food products.

*Bring labels to Seniors Mtg.*

## PLEASE DON'T THROW THAT LABEL AWAY!

Save the front portion of labels from these products: Campbell's® Condensed Soups (Red & White labels) • Campbell's® Chunky soups • Campbell's® Low Sodium Soups • Campbell's® Gold Label Soups • Campbell's® Home Cookin'® Soups • Campbell's® Healthy Request Soups • Campbell's® Beans Products • Campbell's® Tomato Juice • "V-8"™ Vegetable Juices • Franco-American Products • Swanson® Canned Food Products • Prego® Spaghetti Sauces • Campbell's® Fresh Products

# EAT WISELY

## NEWSLETTER

### THE SALT-CALCIUM LINK:

#### Should You Be Drinking More Milk?

Anyone who has ever given in to a sudden hunger for pretzels or chips understands salt cravings. New research shows that rats put on low-calcium diets prefer salty foods above all others. In fact, the less calcium scientists put in their diet, the more salty foods the rats chose to eat.

If people are like rats in this regard, nutritionists theorize that eating more calcium-rich foods may reduce the desire for salt. A diet high in salt, as you probably know, worsens high blood pressure, a health problem affecting many seniors.

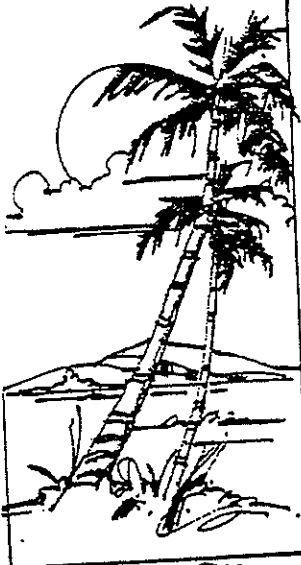
Recent studies indicate that most adults in the U.S. get only 1/3 of their daily recommended calcium requirement. Calcium is important in the prevention and treatment of osteoporosis. Osteoporosis - or thin, fragile bones which break easily - affects many elderly, especially women, often resulting in a broken hip. Calcium also helps control blood pressure, doctors are now learning.

Each of the foods below provides about 1/3 of the calcium you need daily:

- an 8 ounce glass of low-fat or non-fat milk;
- a small carton of low-fat or non-fat yogurt;
- 1 1/2 slices of part-skim cheese;
- 1/4 cup of non-fat dry milk.

Mix and match these dairy products to come up with at least 3 servings a day of calcium-rich foods.

## TRAVEL PLANS



## DECLARE YOUR FREEDOM WITH DIRECT DEPOSIT

With our free Direct Deposit service, there's no need to be tied down, waiting to get your Social Security check in the mail.

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EQUAL OPPORTUNITY LENDER



## TAKE TIME

- Take time to think**  
*It is the source of power*
- Take time to play**  
*It is the secret of perpetual youth*
- Take time to read**  
*It is the fountain of wisdom*
- Take time to pray**  
*It is the greatest power on earth*
- Take time to love and be loved**  
*It is a God-given privilege*
- Take time to be friendly**  
*It is the road to happiness*
- Take time to laugh**  
*It is the music of the soul*
- Take time to give**  
*It is too short a day to be selfish*
- Take time to work**  
*It is the price of success*

*Author Unknown*

*Courtesy of Nurses House*

### BELIEVING

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

Helen Inwood



Be generous and willing to share. | Timothy 6:18

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COUNCIL ON AGING  
BERLIN, MASS 01503

# POWDERHOUSE SENIOR NEWS BERLIN, MASS



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# POWDER HOUSE SENIOR NEWS

## Happy Easter



VOLUME 15-25

BERLIN MASS

COUNCIL ON AGING

MARCH-APRIL 1993

### BIRTHDAYS

MARCH 1	MARILER NIEDZIAL
4	BLANCH NUTTING
8	FLORENCE MARTIN
11	HELEN MATHEW
12	HAZEL HARRIMAN
14	JOANNE WHEELER
16	PEG WARE
20	RUTH B. WHEELER
22	BARBARA FOSTER
24	ELEANER PLASTRIDGE
25	MARJORIE WHEELER
25	NATALIE WHEELER
26	LORRAINE CEDAR
27	LEONARD FERREIRA



### *Just a Prayer Away*

Whenever you are discouraged,  
Your world seems cold and grey --  
Whatever your care or sorrow,  
God's just a prayer away.

He shares your every heartache,  
And knows your smallest need.  
There is never an earnest prayer  
To which He gives no heed.

No cause then to dread the future;  
He'll always be with you.  
Accept now the peace He offers --  
*And it will see you through.*

### ANNIVERSARYS

MARCH 11 JOHN AND ELIZABETH RISI

### BIRTHDAYS

APRIL 4	HARRIET HOLDER
5	LUCY LABONTE
8	WILLIAM WRIGHT
9	WILLIAM OLENIL
9	MILDRED MONROE
10	ESTELLE 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 MUNGEAM

THE EXHIBITION OF THE PROJECTS COMPLETED BY RUTH JOHNSON'S GROUP, HELD AT NORTHBROOK VILLAGE WAS A COMPLETE SUCCESS. THE WORK ON THE PILLOWS AND TABLECLOTHS WAS EXCELLENT, BUT ONE QUILTED BEDSPREAD WAS OUTSTANDING. LUNCH WAS SERVED TO ABOUT 75 PEOPLE.

### ANNIVERSARIES

APRIL 4	BILL AND MICKEY FRANK
19	LEONARD AND ARMINDA FERREIRA
22	ROBERT AND BARBARA FAULKNER
30	LEONARD AND RUTH MUNGEAM

SENIOR CITIZEN'S 14TH ANNUAL SENIOR CONFERENCE IS SCHEDULED FOR THURSDAY APRIL 22, 1993 AT THE ASSEBET VALLEY VOCATION HIGH SCHOOL IN MARLBORO 9 AM TO 2.30 PM. BLOOD PRESSURE SCREENING AND WORKSHOPS AND INFORMATIONAL TABLES. REFRESHMENTS WILL BE COFFEE AND DONUTS. A LUNCHEON AT NOON TIME FOLLOWED BY ENTERTAINMENT AND DOOR PRIZES. ADMISSION WILL BE BY TICKET. SEE MARY P.

### SYMPATHY

MARGARET LASKOWSKI  
JAMES H. ART  
ALFRED WHEELER  
HELEN MANNING  
EVERETT SMITH  
ELIZABETH WRIGHT



### NEWSLETTER COMMITTEE

CECILIA KERRIGAN  
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MARGUERITE KRACKHARDT  
MARY PETKAUSKAS-AN  
EDITOR

# POWDERHOUSS SENIOR NEWS

## THE BENEFITS OF BELONGING

Many of the benefits that elders have won in recent years would never have happened without the dedicated advocacy of organizations formed by and for older individuals. Their united efforts have helped to sensitize Congress, state legislatures, and local governments to the needs of older Americans. Many programs that benefit the elderly--SSI, Medicaid, the Older Americans Act, as well as housing, transportation, and job programs--are, in great part, the result of this united front. Yet, as you all know, there is still much left to be done; many seniors have too little money, unsatisfactory housing, and inadequate or costly health care. These are issues facing today's senior organizations. Don't be fooled--if you don't speak out and advocate for your age group, politicians will not automatically represent your interests.

Following is a list of senior organizations that would welcome your membership and support:

1. A.A.R.P. (American Association of Retired Persons) Contact person:  
Ann Agniti 365-5934 Meets in Lancaster the 3rd Wednesday of each month.
2. CMAA (Central Massachusetts Agency on Aging) Contact Margaret Manoogian  
360 West Boylston Street  
West Boylston, MA 01583  
852-5539
3. MSAC (Massachusetts Senior Action Council, Inc.) 852-5539  
360 West Boylston Street  
West Boylston, MA 01583

## PLANT A GARDEN-----FOR LIVING

### FIRST: PLANT FIVE ROWS OF PEAS

PRESENCE.  
PROMPTNESS.  
PREPARATION.  
PERSEVERANCE.  
AND PURITY

### NEXT: PLANT THREE ROWS OF SQUASH

SQUASH GOSSIP  
SQUASH INDIFFERENCE  
AND SQUASH UNJUST CRITICISM.

### THEN: PLANT FOUR ROWS OF LETTUCE

LET US BE FAITHFUL TO DUTY  
LET US BE UNSELFISH AND LOYAL  
LET US OBEY RULES AND REGULATIONS  
LET US LOVE ONE ANOTHER

### NO GARDEN IS COMPLETE WITHOUT TURNIPS

TURN UP WITH HOPEFULNESS AND LOVE  
TURN UP WITH NEW IDEAS  
TURN UP WITH DETERMINATION TO  
MAKE EVERYTHING COUNT FOR  
SOMETHING WORTHWHILE.  
AND TURNUP WITH A SMILE

# Thank You... Volunteers

Many will be shocked to find,  
when the day of judgment nears,  
That there is a special place in heaven,  
Set aside for volunteers.  
Furnished with recliners,  
Satin couches and footstools;  
Where there is no committee chairman,  
No group leaders or car pools,  
No eager team that needs a coach,  
No bazaar and no bake sale;  
There will be nothing there to staple,  
Not one thing to fold or mail;  
Telephone lists will be outlawed,  
But a finger snap will bring  
Cool drinks and gourmet dinners  
And rare treats fit for a king.  
You ask, who'll serve these privileged  
few and work for all they're worth?  
Why, all those who reaped the benefits,  
AND NOT ONCE VOLUNTEERED ON EARTH.

# HEALTH NOTES

By Mary Petkauskas, R.N.



## Why Is Everyone Talking About "Stress?"

Today, we are all faced with many different stressors, often for prolonged periods. This unrelieved stress depletes our physical and emotional energy and can contribute to the following health problems:

- Stomach and bowel disorders
- High blood pressure
- Backaches
- Pre-menstrual symptoms
- Sleep disturbances
- Chronic fatigue
- Anxiety
- Cigarette, food or alcohol dependency
- Aggravation of existing

### SIGNALS OF CHRONIC STRESS INCLUDE:

- Frequent headaches, muscle spasms, fatigue, backaches
- Frustration with usually minor annoyances
- An increase in hostile or angry feelings
- Increased use of alcohol, drugs or prescribed medication
- Frequent indigestion, diarrhea or urination
- Noticeable increase in appetite or weight gain
- Insomnia or altered sleep patterns

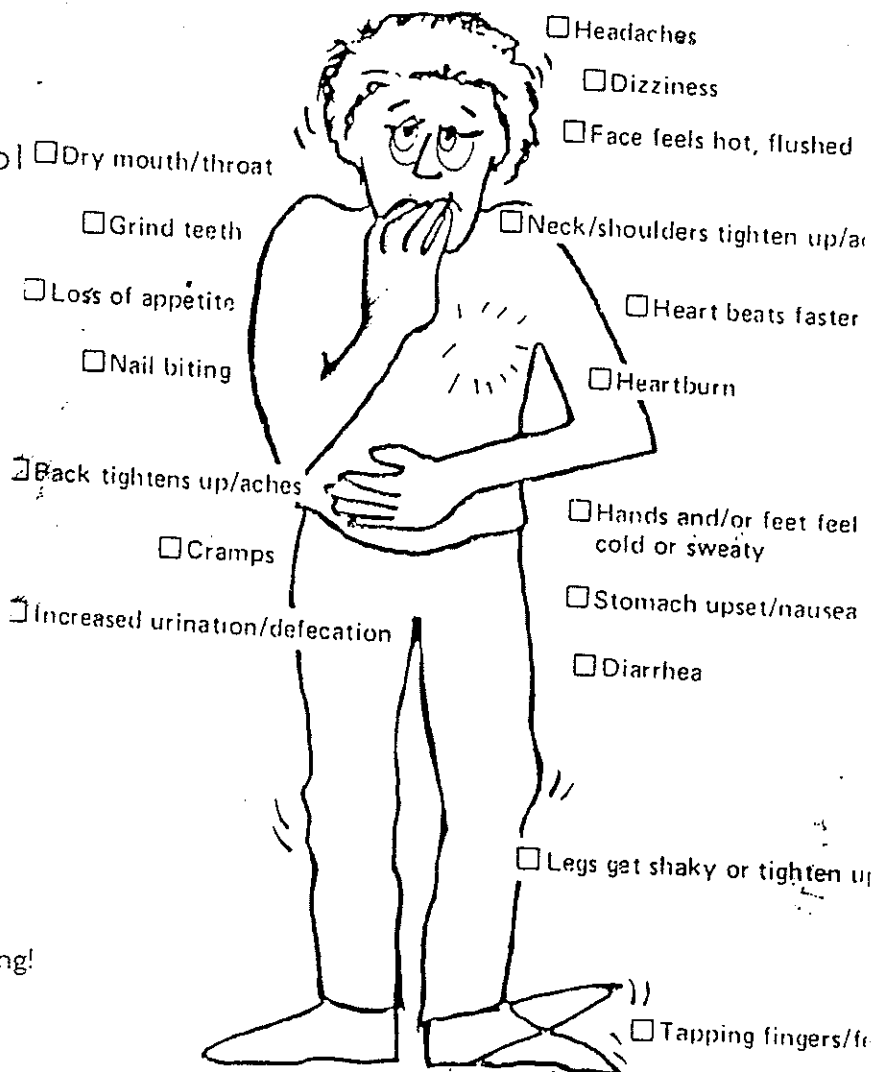
### WAYS TO COMBAT STRESS INCLUDE:

- Relax, take slow and measured deep breaths.
- Take a vacation.
- Exercise on a regular basis.
- Learn to say "no." You don't need to do everything!
- Learn to manage your time.
- Avoid unnecessary, stressful situations.
- Seek out friends who make you laugh.
- Eat a well balanced diet.
- Get enough sleep.
- Take advantage of personal time to do things you enjoy.



## What Does "Stress" Mean to You?

Stress, an unavoidable fact of life, is what the mind and body experience in response to situations interpreted as pressures, threats, or changes. Even joyful events can cause stress. It's how we handle changes or demands that determines whether or not stress negatively affects our health and happiness.



**MARLBOROUGH HOSPITAL**  
**Stress Management**  
**Workshop**

# POWDERHOUSE SENIOR NEWS

## A CREED FOR EVERYONE

Robert Louis Stevenson was plagued all his life with poor health. He traveled widely trying to find a congenial climate where he could live and work. He was a wonderful example of how a person can use his gifts to bring joy into the lives of others. Here is an excerpt from his personal creed:

- \* Make up your mind to look for pleasure in little things.
- \* Don't take yourself too seriously or think that you should be spared misfortunes.
- \* You cannot please everybody so do not let criticism worry you. Be yourself.
- \* Don't borrow trouble. Imaginary things are harder to bear than actual ones.
- \* Since hate poisons the soul, do not cherish enmities or grudges. Avoid people who make you unhappy.
- \* Develop new interests. If you can't travel, read about new places.
- \* Don't harbor useless regrets. Don't be the one who never gets over things.
- \* Do whatever you can for those less fortunate than you.
- \* Keep busy at something because a busy person never has time to be unhappy.

## Travel Information

### UP COMING EVENTS



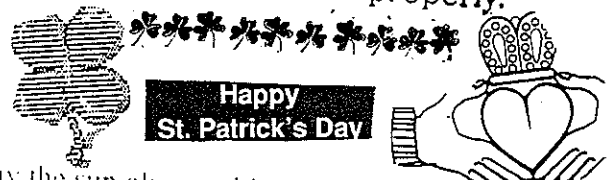
THE FOOTHILLS THEATER IN WORCESTER IS PRESENTING "NONSENSE" FROM MAR. 25TH THROUGH APRIL 18TH. FOR TWENTY OR MORE PERSONS, WE CAN GET A GROUP RATE OF \$9.60 PER PERSON FOR A THURSDAY MATINEE, PLUS TRANSPORTATION. ONCE I KNOW HOW MANY WOULD LIKE TO ATTEND, I CAN MAKE THE FINAL ARRANGEMENTS AND PURCHASE OF TICKETS.

ALSO I AM PLANNING A DAY TRIP TO THE HU KE LAU RESTAURANT IN CHICOPEE, MASS. BESIDES LUNCHEON, THERE WILL BE A SHOW FOR YOUR ENTERTAINMENT. THE COMPLETE TRIP \$35.00. DATE TO BE ANNOUNCED.

PLEASE LET ME KNOW IF YOU ARE INTERESTED IN EITHER OF THESE EVENTS. FOR RESERVATION CALL LOUISE CHAMPAGNE 838-2550  
ACTIVITY DIRECTOR

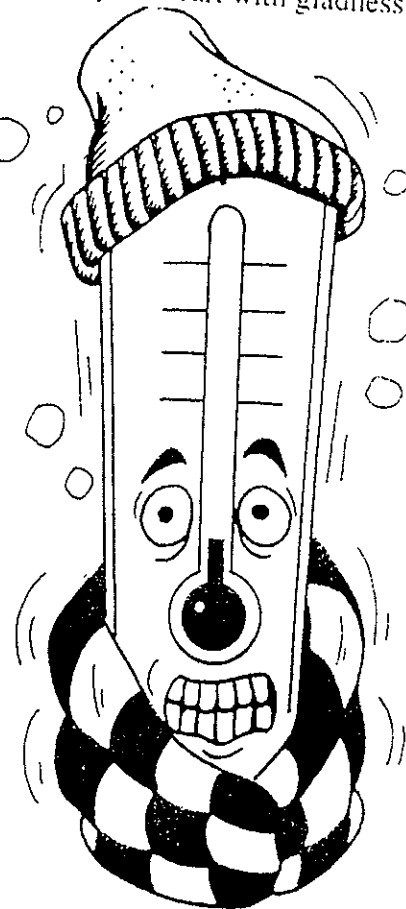
# REMINDER!!

Winter and cold weather bring many health hazards. These range from broken bones to frostbite. While everyone's health is endangered by lengthy exposure to very cold temperatures, the elderly are particularly vulnerable. Even mildly cool temperatures can trigger a condition known as accidental "HYPOTHERMIA", a drop in deep body temperature that can be fatal if it is not detected and treated properly.



Happy St. Patrick's Day

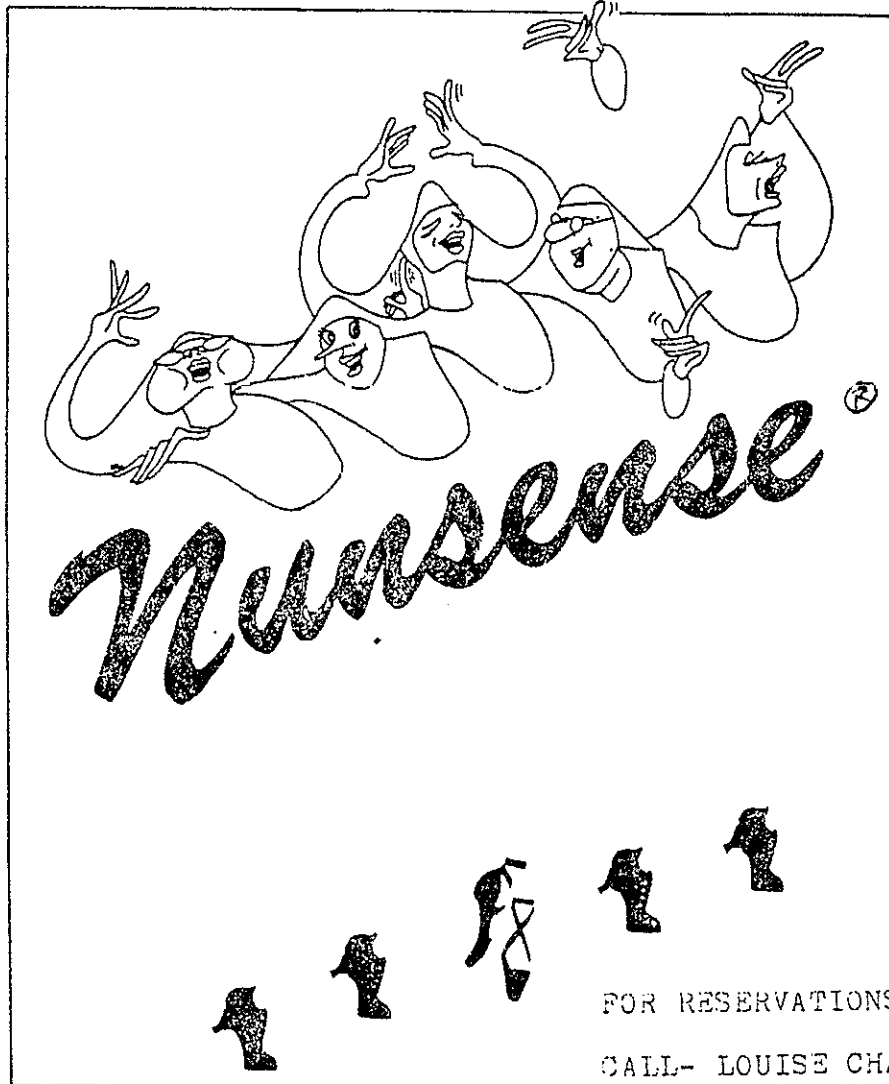
- May the sun always shine on your window pane.
- May a rainbow be certain to follow each rain.
- May the hand of a friend always be near you.
- May God fill your heart with gladness to cheer you.





BERLIN SENIORS

Foothills Theatre Presents



FOR RESERVATIONS:

CALL- LOUISE CHAMPAGNE  
838-2550

by Dan Goggin

"Habit-forming." -- *The New York Times*

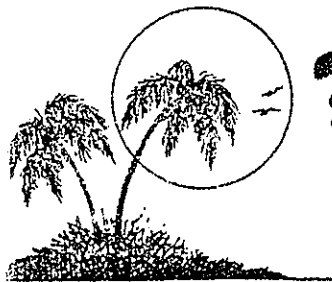
"This irreverent and hilarious spoof has...zany momentum." -- *Variety*

"A cheerful evening of songs and skits." -- *The Catholic Standard and Record*



March 25<sup>th</sup>-April 18, 1993

On the Courtyard at the Worcester Galleria



BEIJING SENIORS

# HU KE LAU

Chicopee, Massachusetts



Today you will dine in the Hu Ke Lau's unique Bayan Room where you'll be enchanted by running waterfalls, Giant Bayan Trees, lobster ponds, aquariums and the caverns of Mt. Fuji. After luncheon the Hu Ke Lau's FIVE STAR ENTERTAINERS will take you on an exciting trip to the islands of Hawaii. You'll be thrilled by the Flaming Fire Dance, and The War Dance of Fiji, The Samoan Slap Dance, and The Explosive - Volcanic Dance!!!

## Day Includes:

- \* Deluxe Yankee Line motorcoach transportation
- \* Complete luncheon at the *Hu Ke Lau* with entree selection of:



BONELESS BREAST OF CAPON  
(served on a bed of chinese mixed vegetables)

PRIME RIB  
(minimum of 20 people necessary)

- \* Entrees are served with tossed garden salad, rolls, butter, chinese mixed vegetables, and choice of rice or baked potato, and tea or coffee with pineapple and fortune cookies
- \* Entertainment at the *Hu Ke Lau* with their FIVE STAR ENTERTAINERS

\* FOR RESERVATIONS - CALL LOUISE CHAMPAGNE  
838-2550

Price:

\$35.00 per person  
(Maximum seven and a half hours)





## COOKS' CORNER

### Yogurt Cheesecake Pie

For crust:

1/3 cup margarine  
1 1/3 cups fine graham cracker crumbs (16-18 crackers)

For filling:

2 containers (8 oz each) plain yogurt  
1/2 package (0.9 oz) sugar-free instant vanilla pudding  
1 package (8 oz) low fat cream cheese, softened

To prepare crust:

Place margarine in a 9-inch glass pie plate and microwave on high power for 45 to 60 seconds to melt. Stir in crumbs. Press crumbs firmly and evenly against bottom and sides of plate. Microwave on high power for 1 1/2 minutes (rotate 1/2 turn after 1 minute). Cool.

To prepare filling:

In a mixing bowl, blend together yogurt and cream cheese with electric mixer until smooth. Add 1/2 package dry vanilla pudding mix. Pour mixture into cooled pie shell. Refrigerate for 4 hours.

### Chocolate Peanut Butter Pie

For crust:

1/4 cup smooth peanut butter  
3 tablespoons margarine  
1 tablespoon Sugar Twin sugar substitute  
1 cup graham cracker crumbs

For filling:

1 package (6 servings) sugar-free instant chocolate pudding  
2 1/2 cups milk  
1/2 cup sugar-free whipped topping mix

To prepare crust:

In a saucepan, melt peanut butter and margarine together. Stir in Sugar Twin and graham cracker crumbs. Press into a 9-inch pie pan. Bake at 350 F for 8 to 10 minutes; cool.

To prepare filling:

Prepare pudding as directed on package, using the 2 1/2 cups milk and 1/2 cup whipped topping instead of the amount of milk stated in the package directions. Pour into cooled pie crust. Store in refrigerator.

### Ground Turkey Pie

1 9-inch pie crust, unbaked  
1 pound ground turkey  
1 can turkey noodle soup  
1 can (8 ounces) carrots,  
or 1 cup fresh cooked carrots  
1/2 cup cranberries, cooked

In a skillet, brown ground turkey over medium heat. Combine browned turkey with remaining ingredients in a bowl. Spread mixture in a 9-inch pie pan. Top with pie crust and cut 5 slits in crust. Bake pie at 350 F for 1 hour, or until crust is a medium brown.

**Yield:** 6 servings; **Exchanges:** 1 starch/bread, 2 medium fat meat, 1 fat; **Calories:** 279; **Fat:** 16 gm; **Protein:** 14 gm; **Carbohydrate:** 20 gm; **Sodium:** 410 mg; **Cholesterol:** 30 mg.

### Oh-So-Good Pork Chops

4 loin pork chops (1 inch thick)  
4 slices onion  
4 tablespoons ketchup  
1/2 cup sweet pickle juice or diluted cider vinegar  
Pepper, to taste  
Salt, to taste

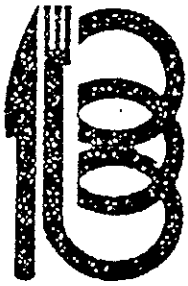
Place chops in a shallow baking pan and sprinkle with pepper and salt.

Place a slice of onion on each chop and top with ketchup. Pour pickle juice or vinegar around chops. Bake at 350 F for 1 hour, or until chops are tender.

**Yield:** 4 servings; **Exchanges:** 3 medium fat meat, 1 vegetable; **Calories:** 307; **Fat:** 22 gm; **Protein:** 20 gm; **Carbohydrate:** 7 gm; **Sodium:** 478 mg; **Cholesterol:** 77 mg.

Diabetes — February 1993 — 61  
in the News





# Morning Matters

## Breakfast Ideas

Orange juice  
Pancakes  
Apple sauce  
Glass of milk

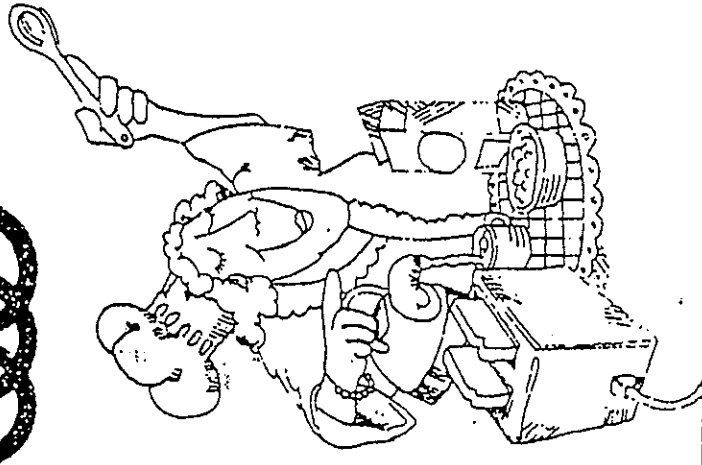
Sliced pears  
Toasted cheese sandwich  
Glass of milk

Cranberry juice  
Hot cereal with raisins  
Coffee

Apple juice  
Peanut butter & banana sandwich  
Glass of milk

Tomato juice  
Hard boiled egg  
Rye toast  
Hot cocoa

Fruit salad  
Cottage cheese  
English muffin  
Coffee



You are what you eat...so make it complete. Your home delivered meals provides two-thirds of your daily requirements. You can get the other one-third by eating breakfast. Be a breakfast chef and give yourself the energy you need to start your day.

### BREAKFAST Recipes

#### YOGURT FRUIT CRUNCH

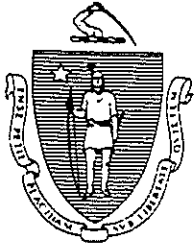
1/2 cup plain yogurt  
1/4 cup dry cereal (granola or crunchy type)  
1/4 cup canned or fresh fruit

Spoon layers of cereal, yogurt and fruit into a bowl. Enjoy.

#### FRUIT MILK SHAKE

1 1/2 cup fruit  
1/4 cup dry milk  
1/2 cup water or juice  
4 ice cubes

Blend fruit, milk and liquid in blender. Add ice and blend again.



*The Commonwealth of Massachusetts*  
*Executive Office of Elder Affairs*  
*One Ashburton Place, Boston, MA 02108*

WILLIAM F. WELD  
GOVERNOR

ARGEO PAUL CELLUCCI  
LIEUTENANT GOVERNOR

FRANKLIN P. OLLIVIERRE  
SECRETARY

For Release: January 25, 1993  
Contact: Arnold Koch or  
Mary McKenna  
(617) 727-7750

**WELD, CELLUCCI ANNOUNCE ELDER INITIATIVES**

Governor William Weld and Lieutenant Governor Paul Cellucci today announced two initiatives that would save Massachusetts senior citizens \$35 million in health insurance payments.

The two proposals - a tax deduction and medigap assistance - would save elders with taxable income an average of \$70 annually and low-income senior citizens an average of \$160 annually.

"If you are on a fixed income there's no bigger threat than rising health care costs. These two initiatives will help ease the burden and provide some relief to our senior citizens," said Weld.

An estimated 230,000 Massachusetts residents would be eligible for the new tax deduction. Elderly taxpayers could deduct 50 per cent of their health insurance premiums from their state tax returns - up to \$500 for individuals and \$1000 per couple - reducing their taxable income by the amount of the deduction.

-more-

"We recognize that the elderly just can't keep up with the cost of health insurance and they are being forced to make choices among basic human needs. These proposals make health care more affordable," said Cellucci.

Medigap assistance would be available to those with annual incomes of less than \$8,000 and average \$160 per person based on a sliding scale. An estimated 130,000 Massachusetts residents would be eligible for the assistance.

Medigap is medicare supplement insurance - private health insurance for those over age 65 that pays for prescription drug costs and hospital and doctor fees that are not covered by the federal Medicare program.

"As I have travelled across the Commonwealth speaking with senior citizens, the number-one concern is the staggering cost of health insurance, said Secretary of Elder Affairs Franklin Ollivierre. "The initiatives proposed by the Weld-Cellucci administration are a solid commitment to improving the quality of life for the state's older and valued citizens."

Secretary of Consumer Affairs Gloria Larson, who oversees the Division of Insurance, said, "The medigap assistance is a critical first step in providing relief to a substantial number of elders who face a crisis in health care everyday. Providing financial assistance to thousands of Massachusetts elders unable to afford medigap coverage is simply the right thing to do."

# POWDERHOUSE SENIOR NEWS



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A Bank that can handle ALL  
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Hometown Bank.  
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*Berlin Senior Citizens*

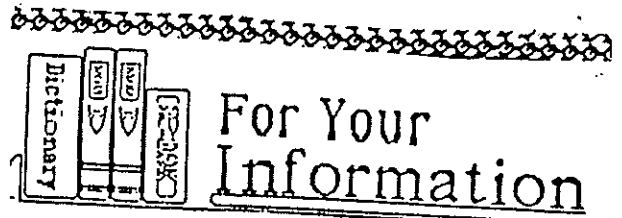
*Dear Friends,*

*Many thanks for the cards  
received in the past year. So nice to  
be thought of.*

*Time in a nursing home has been very  
daring the day and it's so nice to  
receive cards.*

*Many thanks  
Elizabeth Jones*

MRS. RALPH L. JONES  
C/O KEYSTONE NURSING HOM.  
44 KEYSTONE DR. RM 20  
LEOMINSTER, MA. 01453-1904

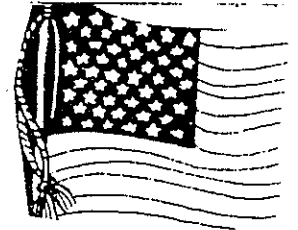


**For Your  
Information**

## 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. 538-7380

*Congratulations  
our new president.*



*Another Day*

Lord thank You for another day,  
Within this life of mine.  
Give me the strength to live it well,  
Whatever I may find.  
Bestow from Your abundance,  
Whatever I may lack  
To use the hours wisely,  
For I cannot have them back.

Lord thank You for another day,  
In which to make amends  
For little slights or petty words,  
Inflicted on my friends.  
For sometimes losing patience,  
With problems that I find,  
For seeing faults in other lives,  
But not the ones in mine.

Lord thank You for another chance,  
In which to try to be  
A little more deserving  
Of the gifts You've given me.  
For yesterday is over,  
And tomorrow's far away,  
And I remain committed,  
To the good I do today!

Grace E. Easley

838-7371 JAMES ALGER  
 838-2832 CONSTANCE BARTER  
 838-2990 BARBARA HART  
 838-2586 ALICE KIDDER  
 838-7380 MARY PETKAUSKOS  
 838-2278 ALFRED WHEELER  
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**BERLIN, MASS**



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