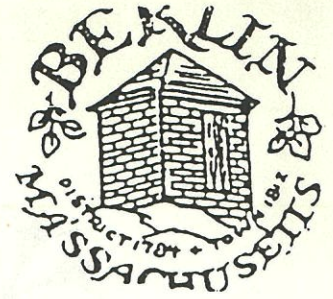


# POWDER HOUSE SENIOR NEWS

BERLIN, MASS.



VOLUME 5-15

COUNCIL ON AGING

APRIL AND MAY 1993



## BIRTHDAYS APRIL

- APRIL 4 HARRIET HOLDER
- 8 WILLIAM WRIGHT
- 9 DORIS WHITLEMORE
- 9 WILLIAM OLENIK
- 10 ESTELLE BOYCE
- 11 ELIZABETH WRIGHT
- 12 ALFRED WHEELER
- 14 EDITH WILSON
- 17 LOUISE JUSSEAUME
- 19 LEWIS PAINE
- 24 ANNE MARIE COULSON
- 28 HENRY WHEELER
- 30 LEONARD MUNGEAM

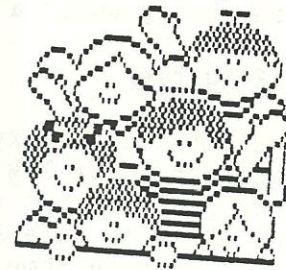
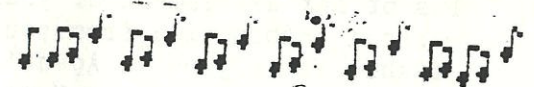
# Think Spring



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

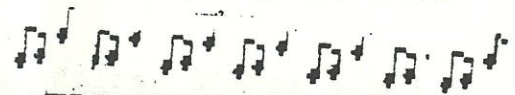
## ANNIVERSARIES APRIL

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



## MAY BIRTHDAYS

- 1. ROGER M. WHEELER
- 3. PHYLLIS WARBIN
- 5. MARY LOUISE WHEELER
- 7. CLYDE MANNING
- 8. MARY LONG
- 12. MARGUERITE KARDENHARDT FROEN



# THANK YOU

THANK YOU TO NATHAN TRUCKING & SON INC. FOR PREPARING ADDRESS LABELS.

## WHEAT COMMUNITY SERVICE

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

# SOMETHING TO THINK ABOUT



## THE HEALTH CARE PROXY LAW

### Why is the Law Important?

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

### What is a Health Care Proxy?

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

### Who is Eligible?

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

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



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

"Memory is the power to  
winter."



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

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

## COMING EVENTS

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

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

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

CALL LOUISE CHAMPAGNE 838-2550 FOR RESERVATIONS.

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

APRIL 18, 1991  
SENIOR CONFERENCE CONDUCTED BY SEN. ROBERT DURAND AT THE ASSABET VOCATIONAL SCHOOL. RESERVATIONS NEEDED, AND TICKETS WILL BE AVAILABLE FOR LUNCH AND ENTERTAINMENT. CALL MARY 838-7380 FOR INFORMATION.

APRIL 25,TH DISTRIBUTING COMMODIES

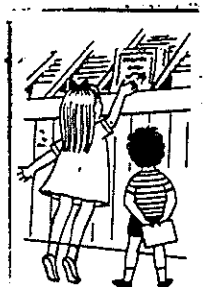
AT NORTHBROOK VILLAGE 10-1 PM. COMMODIES WILL BE BUTTER, CANNED PEAS, VEGATARIAN BEANS AND WHATEVER ELSE IS AVAILABLE.



MOTHER'S DAY;

By Kay Lucey 2 Rogers Road

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



MAY 12 IS MOTHER'S DAY



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

# POWDERHOUSE SENIOR NEWS

## A wise prayer for the later years



## House Rich--Cash Poor

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

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



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

## When April Comes

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

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

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

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

Beverly J. Anderson

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

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

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

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

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

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

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

SENIOR C

## GRANDMA

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

- Hawthorne #402 bulletin

Dear Ann Landers:

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

R.R., TULSA

With pleasure. Here it is:

Dear Ann Landers:

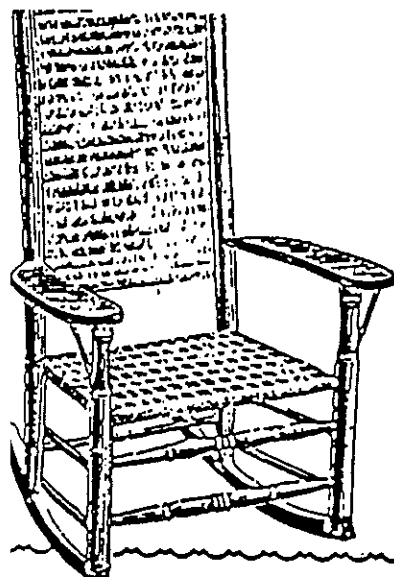
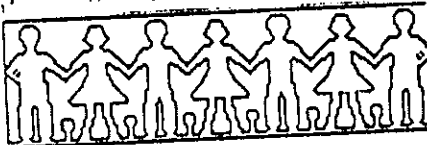
So much is being said and written these days about senior citizens, but a lot of it is slanted toward what can be done to help them. Too little is written about what they can do to help themselves. Since I am a member of that age group and realize that we need to be reminded about certain things from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

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

### A Prayer for Later Years

Lord, thou knowest that I am growing older.

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



5

# POWDERHOUSE SENIOR NEWS:

## Health Notes

By Mary Petkuskas, RN

### What is Arthritis?

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

### What are the warning signs?

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

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

1. The aim in treating arthritis is to relieve pain and stiffness, stop joint destruction from inflammation and maintain ability to get around.
2. **Medications:**  
*Aspirin* is the medicine most often used to treat arthritis. It relieves pain and reduces joint inflammation. But aspirin should be taken under medical supervision, since large doses are required to reduce inflammation. In some patients, long term use of aspirin can cause stomach irritation and other side effects, and may interfere with blood clotting

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

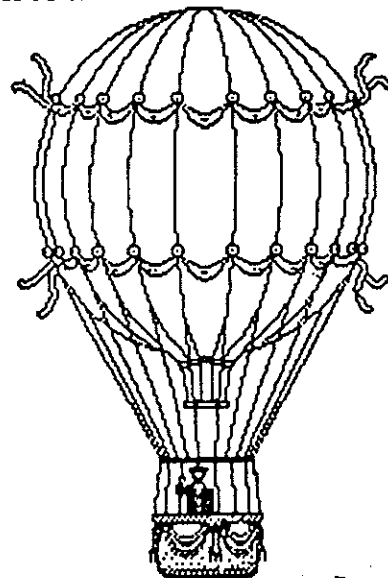
### Treatment and Prevention

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

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

*Good Posture* can help prevent joint strain.

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



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

Mignon McLaughlin

# Age Page

## Arthritis Advice

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

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

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

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

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

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

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

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

### Treatment

#### Nonsteroidal Anti-Inflammatory Drugs

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

#### Taking Arthritis Drugs Safely

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

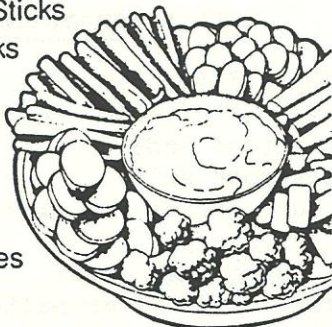
## Nutritious Nibbles

### A Guide to Healthy Snacking

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

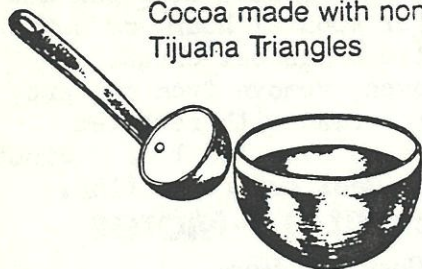
#### Crunchies:

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



#### Hot Stuff:

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



Commercially canned soups may be high in sodium.

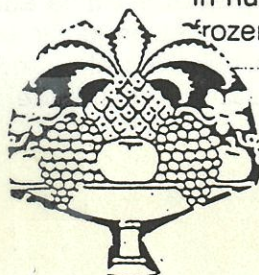
Go for the "real thing". . . Snacks made of familiar, wholesome foods, with minimal processing contribute needed protein, vitamins, minerals and fiber. Soft drinks, chips, candy, etc. contain calories but little else. Use them infrequently.

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

#### Gelatin Gems

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

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



#### Munchies:

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



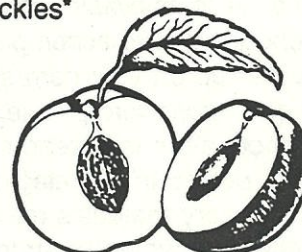
#### Thirst Quenchers:



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

#### Sweet Stuff:

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



Commercially canned vegetable juices may be high in sodium.

#### Frozen Bananas

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

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

# POWDER HOUSS SENIOR NEWS

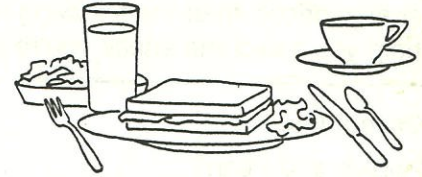
- SQUASH MUFFIN**  
 2 CUPS BREAD FLOUR  
 4 TEASPOONS BAKING POWDER  
 1 TEASPOON SALT  
 3 TABLESPOONS SUGAR  
 1 CUP MASHED SQUASH  
 2 TABLESPOON MELTED FAT  
 1 EGG  
 1 CUP SWEET MILK

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

## Nutrition Corner !!

### EAT BEFORE SHOPPING

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



### Orange Marmalade Bread

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

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

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

### Eight Do-Mores

(Borrowed from Harwich COA newsletter)

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

### NEWSLETTER COMMITTEE

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

### For a Calorie-Free Break.

Try one or more of these tips:

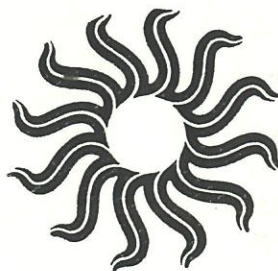
Enjoy a large glass of ice water, hot tea or another calorie-free beverage. Garnish with a twist of lemon or lime and sip slowly.

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

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

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

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



### Chicken Gumbo

- |                               |                         |
|-------------------------------|-------------------------|
| 2 cups boned chicken          | 1 green pepper, chopped |
| 2 cups corn, fresh or canned  | 2 cups sliced okra      |
| 4 cups chicken broth          | 1 can (8 oz.) tomatoes  |
| 1 medium onion, chopped       | 2 teaspoons file powder |
| 3 tablespoons unsaturated oil | 1 clove garlic, minced  |

Simmer one chicken in 1 1/2 quarts of water until tender. Refrigerate. When cool, remove the meat from bones, and skim fat from the broth. In a large pot, saute the onions, garlic and green pepper in oil until tender. Add broth, tomatoes, okra and corn and simmer for 30 minutes. Add chicken at the last minute. Blend in file powder just before serving.

YIELD: 8 servings, 180 calories per serving.



# POWDER HOUSE SENIOR NEWS

BERLIN, MASS.



VOLUME 15-26 BERLIN MASS.

COUNCIL OF AGING

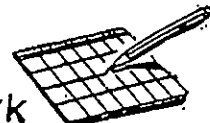
MAY AND JUNE 1993

## BIRTHDAYS MAY

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



Mark Your Calendar



### MAY

MAY 6TH SENIOR CITIZEN MEETING AT THE FIRST PARISH CHURCH WILL HAVE BLOOD PRESSURE AND CHOLESTERAL

NORTHBORD CHORALE GROUP WILL MEET IN MAY AT SENIOR CITIZEN'S MEETING. COME AND ENJOY THEM.

*Hu Ke Lau*

MAY 22TH TRIP HU KE LAU POLYNESIAN RESTAURANT IN CHICOPE MASS. LUNCH AND FIVE STAR ENTERTAINMENT WILL TAKE YOU ON A TRIP TO THE ISLANDS OF HAWAII. INFORMATION REGARDING DEPARTURE TIME WILL BE ANNOUNCED. CALL LOUISE CHAMPAGE 838-2550.

### MEMORABILIA

MEMORABILIA REQUESTED. 1994 WILL BE THE 20TH ANNIVERSARY OF THE SENIOR CITIZEN'S ASSOCIATION. MEMBERS WHO HAVE BEEN ON COMMITTEES AND HAVE NOTES, MINUTES, DIARY ETC. PLEASE CALL BARBARA ST. JOHN WHO IS MEMORABILIA FOR THE 1994 CELEBRATION. CALL HER 838-2237.

## ANNIVERSARIES MAY

- MAY 2 DAVID AND HARRIET HOLDER
- 21 ANNA AND JOSEPH RENZONI
- 24 GEORGE AND LORRAINE CEDAR

## DEATH

CLIFTON BREWER

## BIRTHDAYS JUNE

- JUNE 1 PHILLIP BARTLETT
- 7 BARBARA ST, JOHN
- 12 EVA YEITER
- 18 ALIVE MURPHY
- 19 RAYMOND BAUM
- 24 EARL JUSSEAUME
- 24 SALLY BERGEN
- 24 STELLA HANSON
- 24 GEORGE CEDAR
- 26 JOSEPHINE UNDERWOOD
- 30 AUGUSTINE MURPHY

## ANNIVERSARIES JUNE

- JUNE 1 ANGELO AND CONCETTA DI MUZIO
- 5 FRANCIS AND JOSEPHINE UNDERWOOD
- 16 ROGER AND HELEN WHEELER
- 22 JACK AND SALLY BERGEN
- 22 EDWARD AND MARGARET WARE

### JUNE

JUNE 3, SENIOR MEETING WILL BE HELD AT THE BERLIN COUNTRY CLUB. BLOOD PRESURE'S WILL BE TAKEN AT THAT TIME. LUNCHEON WILL BE BY BILL LOWE. ALSO ENTERTAINMENT WILL BE GIVEN BY THE CRAVERS ON THEIR TRIP TO POLAND.

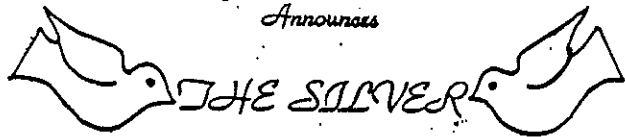
### OLD HOME DAY SENIOR CITIZEN'S

KEEP IN MIND WE NEED HOME MADE COOKIES FOR SATURDAY JUNE 19TH. THEY CAN BE MADE AND FROZEN FOR THAT DAY. THANK YOU IN ADVANCE.

HOLY CROSS TRADESHOW MAY 17-18 MONDAY & TUESDAY. CALL LOUISE OR MARY FOR TRANSPORTION AND ADMISSION IS FREE, BUT RESERVATION IS IMPORTANT.

# POWDERHOUSS SENIOR NEWS

His Excellency, Governor William F. Weld  
Announces



**D**evoted  
**O**utstanding  
**V**olunteer to  
**E**lders

# Mc

MONTACHUSETT HOME CARE  
CORPORATION IS MOVING TO CROSSROADS  
OFFICE PARK 680 MECHANIC STREET  
SUITE NO. 120 LEOMENSTER MA  
01453-4402

## GOVERNERS CONFERENCE

8TH. ANNUAL GOVERNERS CONFERENCE  
WILL BE HELD MAY 18 AT THE  
SHERATON LEOMINSTER HOTEL AND  
CONFERENCE CENTER. REGISTRATION  
WILL BE FIRST SERVE BASIS.



Honoring

MARY PETKAUSKAS, R.N.  
whose dedication to elders makes all our spirits soar

## SPECIAL RECOGNITION

BERLIN COUNCIL ON AGING MEMBER IS  
HONORED FOR HER COMMUNITY VOLUNTEER  
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SILVER DOVE AWARD (DEDICATED TO AN OUT-  
STANDING VOLUNTEER TO ELDERS) WAS HELD  
APRIL 28, 1993 AT THE STATE HOUSE.

MARY R. PETKAUSKAS, R.N. OF THE BERLIN  
C.O.A. WAS THE REGIONAL FINALIST. MARY  
RECEIVED A CITATION FROM GOVERNOR WILLIAM  
WELD AND SECRETARY FRANKLIN OLIVIERE AT  
THE AWARD CEREMONY HOSTED BY CELEBRITY  
HOSTS DARLENE MCCARTHY FROM WHDH CHANNEL  
7 (TV) AND PULITZER PRIZE WINNER SZEP  
PULITZER OF THE BOSTON GLOBE. THE  
AWARD IS THE HIGHEST DISTINCTION THE  
COMMONWEALTH CONFERS ON VOLUNTEERS  
SERVING ELDERS IN PROGRAMS FUNDED  
THROUGH THE EXECUTIVE OFFICE OF ELDER  
AFFAIRS.

Please Join  
His Excellency Governor William F. Weld  
and  
Secretary of Elder Affairs Franklin P. Ollivierre

In Honoring  
the 1993 Silver ~~DOVE~~ Recipients  
(Devoted Outstanding Volunteers to Elders)

MARY PETKAUSKAS, R.N.

Wednesday April 28, 1993 - 3p.m.  
The State House, Doric Hall

\* Celebrity Hosts \*  
Darlene McCarthy, News Anchor, WHDH - TV Channel 7  
Paul Szep, Pulitzer Prize Winner, The Boston Globe

IF FOLKS DID NOT CARRY GOSSIP, IT  
WOULD NOT GO SO FAR.

THE GIFT OF PRAYER

I'M SOMETIMES SO TIRED AND WEARY  
THAT I CAN'T SEEM TO STAND  
FOR THE ROAD AHEAD IS DREARY  
ACROSS LIFE'S BURNING SAND.  
IT SEEMS THE NIGHTS GROW LONGER  
WHEN I CAN'T SEE THE LIGHT...  
IF MY FAITH WERE ONLY STRONGER,  
THE PATH WOULD BE SO BRIGHT.  
HELP ME, LORD TO FIND THE POWER  
TO ENDURE WHAT LIES AHEAD.  
BE MY GUIDE EVERY HOUR  
AS I EARN MY DAILY BREAD.

## NEWSLETTER COMMITTEE

CECILIA KERRIGAN  
LEPHE WILSON  
EDITH WILSON  
MARY PETKAUSKAS-RN  
EDITOR

## How Food Affects Your Dental Health

"Avoid sweets. Sugar causes cavities." That's the advice most of us were brought up on, and it's true enough, but it's certainly not the whole story. Dentists today know that all the foods we eat affect the development and maintenance of strong, healthy teeth as well as the risk of decay and infection, including gum (periodontal) disease.

New research has shown that damage to teeth is related not only to what you eat but also to when you eat, how often you snack, and how long the food remains in your mouth. This nutrition guide is designed to help you separate food fact from fiction and select those foods that are both nutritionally sound and beneficial to oral health.

### NUTRITION TIPS

#### The Protective Foods

New research indicates that certain foods may be protective to your teeth—that is, they inhibit the formation of acids that cause cavities. "Milk and all milk products afford a certain amount of this protection," says Dr. John J. Hefferen, director of the American Dental Association Health Foundation Institute. "Milk on cereal inhibits the acid-forming potential of the cereal. If you must eat sweets between meals, wash them down with a glass of milk."

Of all the milk products, certain cheeses afford the most protection to the teeth. Says Hefferen, "Recent research has shown that Swiss cheese and Monterey Jack may counter the effects of acids produced by plaque. Best of all is aged cheddar, perhaps because its sharp taste promotes saliva flow." There appear to be other decay-inhibiting ingredients in these cheeses, and researchers are currently investigating these and other "protective" foods.

#### Foods of the Future: Safe for Teeth

At present, dental researchers agree that certain categories of foods cause cavities. "We'll soon know more," says Dr. William E. Rogers, chief of the Caries and Restorative Materials Branch of the National Institute of Dental Research. "In three or four years we'll know the cavity-causing potential of a wide variety of natural foods. As for packaged foods, we'll be able to test them and perhaps label certain products SAFE FOR TEETH, as the Swiss do."

Of course, good dental health depends on more than diet. Brush your teeth thoroughly at least once a day with a fluoride toothpaste, and preferably after each meal. Floss your teeth daily to remove plaque around the gumline, and visit your dentist regularly.

**S**urprising Sources: Calcium-rich foods outside the dairy-products group include spinach and canned salmon.

#### Calcium: Some Surprising Facts

A key nutrient to dental health is calcium. Children and adolescents need extra calcium to ensure the formation of strong, healthy teeth. But pregnant women need extra calcium, too, to ensure the proper development of their unborn babies' teeth.

The need for extra calcium diminishes after adolescence but emerges again later in life. In fact, calcium deficiency

is one cause of osteoporosis, a disease characterized by loss of bone density. Osteoporosis affects 25 percent of white women over 65 years of age and 10 percent of men. The end result is brittle bones that break easily. Some researchers believe that osteoporosis of the jawbone may cause tooth loss and problems in the fitting of dentures.

Dairy products are by far the richest sources of calcium. Fruits and vegetables all contain some calcium, especially kale, collard greens, and spinach. Canned salmon and sardines with edible bones are also excellent sources.

**R**ecent research has shown that Swiss cheese and Monterey Jack may counter the effects of acids produced by plaque. Best of all is aged cheddar.

**T**he best plan is to limit the amount of time sugars and starches are in contact with the teeth.

#### The Sugar-Plaque Connection

We all accumulate plaque, a colorless bacteria-laden film, on our teeth. Bacteria in the plaque feed on sugar and starch in the foods we eat and form acids that attack tooth enamel. After repeated acid attacks, the tooth enamel breaks down and cavities form.

It's nearly impossible to eliminate all sugar from your diet. Even if you give up sweet desserts and sugar in your coffee, there is some sugar in fruits, vegetables, breads, cereals, even milk. There is also hidden sugar in many of the processed foods we buy, including ketchup, luncheon meat, nondairy coffee creamer, and bottled salad dressing. If sugar or other sweeteners such as honey or corn syrup are high on the ingredients information of such products, you should avoid them.

"The best plan," says Dr. George Stookey, director of the Oral Health Research Institute at Indiana University, "is to limit the amount of time sugars and starches are in contact with the teeth. If enough time elapses between eating episodes, saliva can neutralize the acids and 'remineralize' the teeth." Therefore, as much as possible, you should eat sugars and starches as part of a full meal.

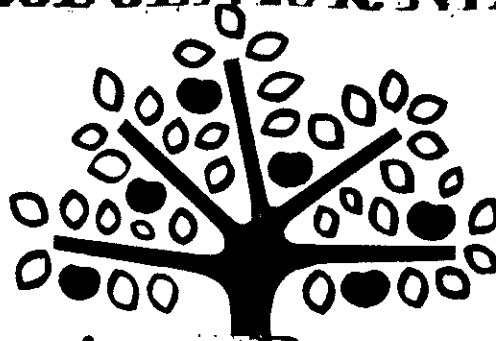
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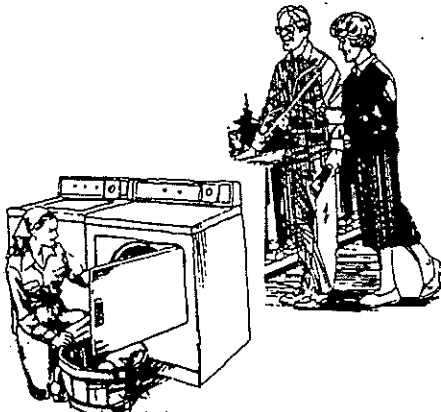
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# POWDERHOUSE SENIOR NEWS

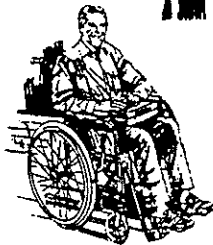
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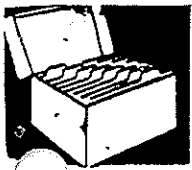
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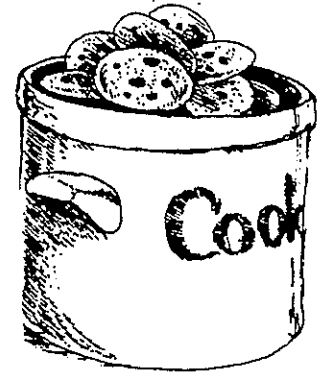
# Recipe Corner

OLD HOME DAY SENIOR CITIZENS

KEEP IN MIND WE NEED HOME MADE COOKIES FOR SATURDAY JUNE 19TH. THEY CAN BE MADE AND FROZEN FOR THAT DAY. THANK YOU IN ADVANCE.

## APRICOT SQUARES

- 1 cup sugar
- 3/4 cup shortening or margarin
- 1 egg
- 1 tsp. vanilla
- 2 cups flour and 1 tablespoon
- 1/4 tspoon salt
- 1/2 cup chopped walnuts
- 1 1/2 cups flaked coconut
- 1 lb. jar apricot Jam (preserves)



In large bowl with mixer: cream sugar and shortening well. Add egg and vanilla. Add the dry ingredients. (flour and salt) Add nuts and coconut. This will be a heavy and sticky mass. Grease a 9" square pan WELL. Place one-half mixture in pan and press down WELL. Spread jam over and add rest of mixture and press lightly. Bake 35 minutes in 350° oven. Cool before cutting.

## CINNAMON SUGAR COOKIES

Sift together: 2-3/4 cups sifted flour, 2 tsp. cream of tatar, 1/2 tsp. baking soda, and 1/2 tsp. salt.  
Cream: 1 cup (2 sticks) butter or margerine and 1 1/2 cups sugar in large bowl until light and fluffy; beat in 2 eggs. Stir in sifted dry ingredients and beat until smooth.

Roll into small balls; dip into mixture of 2 tablespn sugar and 1 tablespoon cinnamon; then into slightly beaten egg white. Place on greased cooky sheet, press down in center with fork and bake in moderate oven (350°) 12 to 15 minutes. Remove once to wire racks to cool.

## HERMITS

- |                         |                        |
|-------------------------|------------------------|
| 1 cup sugar             | 3 cups flour           |
| 1/2 cup shortening      | 1 tspn cloves          |
| 1/2 cup molasses        | 1 tsp. cinnamon        |
| 1 tsp. soda             | 1/2 tsp. salt          |
| 1/2 cup lukewarm coffee | 1 cup raisins or dates |
| 1 egg                   |                        |

Cream sugar and shortening; add molasses, then soda, which has been dissolved in the coffee. Add sifted dry ingredients; add raisins and then add beaten egg.

Form into long strips on greased cookie sheet, lengthwise, flatten with floured hands and bake at 350° for 10 minutes. Cut in pieces when cool. Makes about 4 dozen.

## PEANUT BUTTER COOKIES

- |                       |                    |
|-----------------------|--------------------|
| 1/2 cup shortening    | 1/2 cup flour      |
| 1/2 cup sugar (white) | 1/2 t. salt        |
| 1/2 cup sugar (brown) | 1/2 t. soda        |
| 1 egg                 | 1 t. baking powder |
| 1/2 cup Peanut Butter |                    |

Cream shortening and sugar, add peanut butter and well-beaten egg. Sift flour and other dry ingredients. Work this into sugar and egg. (Very stiff dough). Drop on cookie sheet by teaspoonful and press down. Bake in 350° oven for 12-15 minutes.

## Low Cholesterol

Apple Cinnamon Raisin Cookies

- 1 cup flour, sifted
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 1 1/2 cups quick cooking oats
- 2 egg whites, slightly beaten
- 1/4 teaspoon cinnamon
- 1 cup brown sugar
- 1/3 cup oil
- 1/2 cup skim milk
- 1 teaspoon vanilla extract
- 1 cup seedless raisins

Preheat oven to 375°F. Sift together flour, baking soda, salt, and cinnamon. Stir in the oats. Combine egg whites, brown sugar, oil, milk, vanilla, and raisins and add to flour mixture. Mix well. Drop batter a teaspoon at a time onto an oiled cookie sheet. Bake 12 to 15 minutes, depending on texture desired. Shorter baking time results in a chewy soft cookie, the longer time in a crisp one. Yield: 3 dozen. Approx. cal/serv.: 70

## Apple Cinnamon Raisin Cookies

These cookies have 56 calories each and have no cholesterol.

Ingredients:

- 3/4 cup all-purpose flour
- 1 tsp. baking powder
- 1/2 tsp ground cinnamon
- 2 tbsp egg substitute
- 1/3 cup apple juice concentrate
- 2 tbsp brown rice syrup
- 1 tsp vanilla extract
- 1 tsp Mazola corn oil
- 2 tbsp raisins

1 small apple, peeled, diced in small pieces

2 tbsp cereal nuggets (i.e. grapenuts)  
Preheat oven to 375 degrees and spr

## Somebody's Mother

By Mary Dow Brine

The woman was old and ragged and gray  
And bent with the chill of the Winter's  
day.

The street was wet with a recent snow  
And the woman's feet were aged and  
slow.

She stood at the crossing and waited  
long,  
Alone, uncared for, amid the throng.

Of human beings who passed her by  
Nor heeded the glance of her anxious  
eye.

Down the street, with laughter and  
shout,  
Glad in the freedom of "school let out,"

Came the boys like a flock of sheep,  
Hailing the snow piled white and deep.

Past the woman so old and gray  
Hastened the children on their way.

Nor offered a helping hand to her—  
So meek, so timid, afraid to stir

Lest the carriage wheels or the horses'  
feet  
Should crowd her down in the slippery  
street.

At last came one of the merry troop,  
The gayest laddie of all the group;

He paused beside her and whispered  
low,  
"I'll help you cross, if you wish to go."

Her aged hand on his strong young arm  
She placed, and so, without hurt or  
harm,

He guided the trembling feet along,  
Proud that his own were firm and  
strong.

Then back again to his friends he went,  
His young heart happy and well content.

"She's somebody's mother, boys, you  
know,  
For all she's aged and poor and slow,

"And I hope some fellow will lend a hand  
To help my mother, you understand,

"If ever she's poor and old and gray,  
When her own dear boy is far away."

And "somebody's mother" bowed low  
her head  
In her home that night, and the prayer  
she said

Was, "God be kind to the noble boy,  
Who is somebody's son, and pride and  
joy!"



# Dealing with Stress in the "Golden Years"

Everyone experiences stress and one person may feel stress from events that don't bother another. It's important to figure out what causes you stress, so you can address it with a variety of stress relievers.

For example:

## Stay involved and active:



- get involved in community affairs
- take classes at local colleges or community centers
- join a group of peers, a social group (weekly card games or bingo

night, gardening or book clubs, walking club), or a formal support group around a specific issue (diabetes, grief, caregiving)

- make it a rule to visit with family and friends
- encourage and accept help from others
- stay in touch with others through telephone calls, letters, visits
- invite others to your home
- listen to the radio or TV call-in programs and participate
- find out about community resources

## Deal with your feelings:



- accept that there are times when you may feel sad or angry
- discuss your feelings with others
- treat yourself each day — focus on simple pleasures, a favorite

food, TV show, hobby

- be easy on yourself; don't expect perfection
- give yourself credit for the things you accomplish, even little things. Everything counts!

- balance your responsibilities, interests
- make whatever form of relaxation that works for you a regular part of your life

## Learn to relax:



- exercise
- meditate
- do things you enjoy — watch a movie, talk with a friend on the telephone, read a good book
- enjoy your home
- listen to music

## Maintain good health habits:



- have regular physical exams
- exercise regularly
- eat a balanced diet
- get enough sleep
- avoid alcohol
- be careful about taking drugs, both prescription or over-the-counter
- get help if you can't deal with your problems or stress yourself

*Adapted from AARP's Caregivers in the Workplace Kit*



This letter made possible by a grant from  
AREA AGENCY ON AGING



# Please write NOW

## to be sure that national Health Care Reform includes long-term care!

The President and the Congress are deciding *right now* what will be included in a reformed national health care system and *what will be left out*.

Please sit down **TODAY** and write a card/letter to President Clinton or your member of Congress about this important issue. Mail it immediately!

Here is sample wording for a card or letter.

Dear President Clinton,  
(Dear Senator \_\_\_\_\_)  
(Dear Representative \_\_\_\_\_)

Please reform health care so that it:

- controls waste and runaway costs;
- includes everyone;
- covers medical care, long-term care, preventive care, and prescription drugs;
- spreads costs so that everyone pays his/her fair share.

Sincerely,

(Be sure to sign YOUR name)

Address your card/letter to:

President Clinton  
The White House  
Washington, DC 20500

The Hon.  
(your Senator)  
U.S. Senate  
Washington, DC 20510

The Hon.  
(your Representative)  
U.S. House of  
Representatives  
Washington, DC 20515

# NOW IS THE TIME FOR HEALTH CARE REFORM!

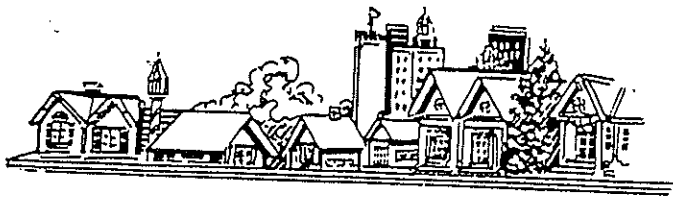
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## Recipe for Spring



Take half a dozen robins, some blue birds--  
Three or four--at least one gallant mocking  
bird to sing outside your door;  
A carpet of green velvet, with patterned  
flowers gay; the graceful frond of willows  
that swing and dip and sway;  
Some glowing green of maples, a bit of  
dogwood's white, the purple-pink of red  
hue from dawn--Time's glowing light;  
The rippling of a brooklet, the splendor  
of the sky, the haunting scent of lilac,  
some fleecy clouds on high, a breeze  
to whisper softly, gay nothings in your ear.  
To offer sweet caresses for only you to hear.  
And if you'll stir them gently, and mold  
them in your heart, until the sight and  
sound of them is of yourself apart,  
You'll have the sweetest Springtime  
that ever you have known; though  
everyone may share it, it still will be your own.

Author Unknown



## Something of God

Something of God pours into me  
from the blue of the sky above--  
from the song of a bird,  
the red of the rose,  
the touch of the hand I love.

Something of God pours into me  
from the ocean's tidal roar--  
as I stand alone  
on the windswept sand  
and watch the sea gull soar.



Something of God pours into me  
from the mountains capped with snow,  
from the pine trees  
swaying gently  
as the summer breezes blow.

There's something of God in everything,  
and in everyone we see,  
I pray for the grace  
to see Him in others  
and hope they will see Him in me.

Leah Zink

Happy  
Mother's Day!



JAMES ALGER 838-7371  
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 ALICE KIDDER 838-2586  
 MARY PETKAUSKOS 838-7380  
 ALFRED WHEELER 838-2278  
 PATRICIA WHEELER 838-2559

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