



# Powderhouse Senior News

SEPTEMBER 1993

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

**Editors**  
Mary Petkauskos  
Barbara Hart

## BERLIN COA SERVICES

### SENIOR CITIZENS VAN

- Monday - Friday  
8:00 AM - 4:30 PM
- Call 24 hours in advance to book an appointment on the Berlin van.
- Medical appointments are given priority.
- Wheel chair trips must have 24 hour notice for lift and escort service.
- Calls are dispatched at WHEAT, 365-6349
- Searstown trips are the second and last Monday of each month
- Victory or Shaw's Market trips are every Thursday Morning

### SPECIAL DAY TRIPS

- Call Mary at 838-7380

### MEALS PROGRAM

- For information and reservations call Mary at 838-7380
- Home Delivered Meals on Tuesdays and Fridays
- Congregate Meals served at the First Parish Church on the first Thursday of the month

## A SPECIAL NOTE ABOUT THIS ISSUE...

*The Berlin Powderhouse Senior News, after eight years of publications prepared by volunteer seniors, has decided to join other Councils on Aging and have the newsletter published by CAM/COA Publishing Co., a quality network of Senior Citizen Newsletters. We are looking forward to establishing a lasting relationship with CAM/COA to help us produce a professional newsletter of quality.*

—Editor, Mary R. Petkauskos

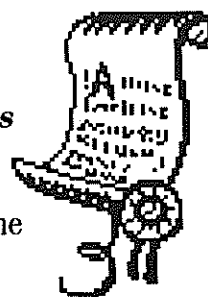
## BERLIN VOLUNTEERS ARE RECOGNIZED

Twenty volunteers were recognized by the Berlin Council on Aging at a luncheon at the Wayside Inn, June 30th. It was noted that there was a total of 2020 volunteer hours. Within those hours 982 meals were served by Meals on Wheels, 840 plus meals were served at the James II:15 Soup Kitchen by volunteers of the two Berlin Churches and 320 hours of volunteer time of Berlin WHEAT transportation. Award Certificates were presented by Alice Kidder, Chairperson of the Berlin Council on Aging.

## VOLUNTEERS AWARD CERTIFICATES WERE GIVEN TO...

### Meals on Wheels

- Patricia Simpson
- Claire Ballard
- Louise Champagne
- Sally Bergen
- Virginia Hopper
- Faith Linzee
- Mary Petkauskos
- George Cedar
- Lorraine Cedar
- Paul Bogostan
- Father Larry Esposito
- Chris Laverdure



### Newsletter Committee

- Edith Wilson
- Lephe Wilson
- Cecella Kerrigan
- Margurite Krackhardt
- Mary Petkauskos

### Volunteer Van

- Transportation
- Jim Alger

### COA Board Volunteers

- Alice Kidder
- Barbara Hart
- Constance Barter
- Patricia Wheeler
- Alfred Wheeler
- Mary Petkauskos

continued on page 2

## ANNUAL SMORGASBORD

An Annual Smorgasbord was sponsored by the Berlin Council on Aging. It was served on July 14th at the Northbrook Village Community Center. This year there were about sixty-five senior citizens and friends. Everyone enjoyed a variety of vegetable and jello salads, baked beans, a meat platter and desserts which were donated by senior citizens, friends, Board members and the Council on Aging. Members of the Council on Aging acted as hostesses and served those attending. This was an enjoyable evening for many of the senior citizens of the Berlin community. Some are homebound and this was an opportune time to get out and socialize while partaking of a delicious meal.

## REMINISCENCE

A new Reminiscence project is in the planning stage. The Council on Aging sponsored program is to help people to realize their lives have mattered. Starting in the fall, plans are to conduct a Reminiscence program involving oral histories of a selected group of candidates to help find meaning in their memories. More information will be forthcoming as we progress in the plans.

**Anyone interested in participating, please call Mary Petkauskos.**



## BERLIN BIRTHDAYS

### July Birthdays

- 4 Myrtle Mason
- 12 Edith Wheeler
- 15 Lawrence Foster
- 18 Jim Alger
- 22 Grace Stammers
- 23 Arminda Ferreira  
Ruth Mungan
- 25 Elizabeth Jillson
- 29 Carl Risi  
Angelo DiNuzio
- 31 Eleanor Zwicker

### August Birthdays

- 2 Marla Ford  
Ann Mitchell
- 7 Priscilla Jewett
- 8 Daniel Plastridge  
Rita Burge
- 13 Jeannette Andrews
- 15 Rena Wheeler
- 16 Charles Nutting
- 17 Josephine Sawyer
- 25 Roger E. Wheeler
- 26 Mildred Wheeler
- 29 Constance Barter

### September Birthdays

- 1 Marjorie Nelson  
Howard Watkins
- 3 Joseph Roseberry
- 9 Marge Windel
- 12 Elizabeth Risi
- 18 Helen Wheeler
- 19 Doris Eager
- 22 Iva Rogers
- 24 Ruth Hill  
Lorna Peterson
- 26 Warren Wheeler
- 27 Everett Wheeler



## ANNIVERSARIES

### July Anniversaries

- 11 Lawrence & Barbara Foster
- 12 Glendon & Millie Blenkhorn
- 5 Fredrick & Ruth Wheeler

### August Anniversaries

- 8 Daniel & Eleanor Plastridge
- 31 John & Estelle Boyce
- 23 Russell & Marjorie Wheeler
- 28 Alfred & Barbara St. John

## FRIENDS WHO HAVE PASSED AWAY

- June 12 John Risi
- June 28 Lionel Latraverse
- June 29 Lena Plummer
- July 13 Harriet Holder
- July 23 Harriet Field



## A SUMMERTIME CAUTION

Remember, Summertime HEAT can be dangerous. During high temperature readings, stay indoors, drink plenty of fluids, and take cool baths or showers.

## MORE ON THE AWARDS LUNCHEON

*continued from page 1*

Mary Petkauskos read an annual report of the Meals on Wheels Program. A program of an historical review of the Wayside Inn over the years was given by one of the staff members. The luncheon and program was enjoyed by all.

### SENIORS DINE ON NEWPORT STAR CLIPPER

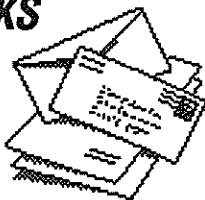
Forty-four Berlin senior citizens boarded a Yankee Bus on July 13th going to Newport, R.I. to board the Newport Star Clipper for a special gourmet dinner and ten mile ride along Narragansett Bay. The Star Clipper Dinner train recreates an experience of yesteryear when people traveled by train, allowing you to dine like royalty as it was refurbished to its vintage elegance.

Enroute to Newport the bus driver gave a historical review of all the communities that were passed along the way. After dinner on the train, there was a ten mile tour of Newport and all the famous mansions.

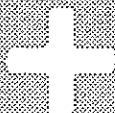
The entire trip was delightful and was enjoyed by all.

### SPECIAL THANKS

**Clinton Savings Bank** for the past 8 years providing postage for Powder House Senior News.



**Matthew & Sons, Inc.** for providing address labels for Powder House Senior News mailing.



### HEALTH NOTES

#### BEE STINGS

Our mothers told us bees won't bother you if you don't bother them. Unfortunately, its not always easy to stay out of their way. Most people experience only a local reaction to bee stings. This is usually some inflammation at the site of the sting which can be alleviated by removal of the stinger and appl-cation of something cold to the area.



The stinger should not be squeezed out as this may release more of the toxic venom into the blood stream. The stinger should be removed with tweezers, wash area with soap and water and apply anti-bacterial ointment. Use cold compresses.

#### REMOVING A TICK

To remove a tick, coâx it to let go by holding something heated against it – or apply alcohol or oil on the body once it lets go. Grasp firmly and pull it out. Ticks can cause Lyme Disease. Symptoms are a fever, a rash and headaches. Call you doctor if you have been bitten by a tick.



### SEPTEMBER SCHEDULE OF EVENTS

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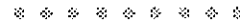
- Senior Citizen Meeting at First Parish Church
- Diabetic Testing will take place sign up for appointment.
- B/P Screening
- Home Cooked Meal to be announced.
- Program - To be announced.

7

- Meals on Wheels will resume their operation on Tuesday, September 7, 1993

19

- 10:00 - 5:00 P.M. St. Joseph the Good Provider Fall Fair. Under the Tent - Come one Come All - There will be all kinds of games, raffles, crafts, White Elephant and all other tables as well as food of all kinds, including Barbecue Chicken, etc.



### SEND YOUR MESSAGE...!

To Advertise, Call John Flynn  
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## FOR YOUR INFORMATION

### Exercise is good for you!

Every year more evidence points to the fact that regular physical activity can help the human body keep, repair, and improve itself to an amazing degree.

However, if you haven't been active by all means see your doctor first. But even those with medical problems can do some exercise to improve their strength and in the process will also feel better.

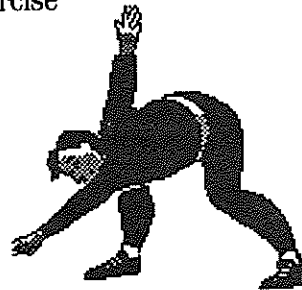
Age should not prevent you from exercising as studies show that exercise can improve an older adults physical fitness.

### Exercise can help

- Strengthen bones and muscles
- Improve circulation
- Strengthen heart and lungs
- Give you more energy
- Reduce stress and tension
- Promote more restful sleep

Remember too that exercise tones muscles, improves posture, and burns calories.

So, there are plenty of good reasons to think seriously about a regular exercise program!



## SUN PROOFING

The Skin Cancer Foundation offers these tips for people of any age.

1. Wear a hat, long-sleeve shirts and long pants as much as you can outdoors
2. Apply sunscreen half an hour before you go outdoors so it will have time to penetrate the skin and provide optimum protection and reapply every couple of hours.
3. The fairer your skin the higher sun protection factor (SPF) you should use. Use at least SPF 15. Sun rays are the most intense around June 21st, between 11:00 AM and 3:00 PM.

Protect yourself!

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*The Berlin Powderhouse Senior News*  
Council on Aging  
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OCTOBER/NOVEMBER 1993

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## **History of COA**

Councils on Aging in Massachusetts were first created by Chapter 495 of Acts 1956 and make part of the General Laws Section 813 Chapter 40.

A city ordinance of a town by law may establish a Council on Aging for the purpose of coordinating or carrying out programs designed to meet the needs of the aging in coordination; the programs of the Dept. of Elder Affairs.

### **Purpose**

The five core responsibilities of the Councils on Aging are:

- 1** To promote individual input in seeking support for Elder Services through legislation, grant proposals and activity in policy making.
- 2** To identify the needs of the community's elderly population and available resources to meet these needs.
- 3** To educate the community at large in the needs of the elderly.
- 4** To design promote and implement needed services and to coordinate with existing local services for the elderly.
- 5** To be a local catalyst for the area on aging network of services.

## **Help for the Hearing Impaired**

**"I heard you, but I didn't understand what you said."**

**"I have a hearing aid, but it doesn't help very much."**

Do either of these statements sound familiar? Do you or someone you know have these problems? If so, we may have the solution.

Many people do nothing about their hearing loss or inadequate hearing aid because they don't know where to go, cannot afford the bill, or are afraid of someone trying to sell them a hearing aid. The Communication Disorders Clinic at Worcester State College can provide complete hearing tests, evaluate whether a hearing aid(s) is appropriate, and give verbal and written recommendations. They don't sell hearing aids, and are unbiased. The maximum fee is \$25 for a visit, but one pays only what one can afford down to \$5. Even the \$5 can be waived.

Why are the fees so low? Because one may have to wait a few weeks for an appointment, and because students will be assisting Dr. Rezen, the audiologist. Thus, the test may take a little longer.

You don't need a referral. Just call (508) 793-8055 for an appointment.

-Susan V. Rezen, PHD.

Worcester State College

## Schedule of Senior Citizen's Meetings

### October 7, 1993

The meeting was held at the First Parish Church. Blood Pressure screening was available before the meeting.

10:30 - 11:00 Business Meeting  
 11:00 - 12:00 Program: The Clinton Senior Steppers  
 12:00 Lunch will be served  
 Announcements were made about the availability and schedules of flu shots by the Nashoba Nursing Service.

### November 4, 1993

The meeting will be held at the First Parish Church. Blood Pressure screening will be available before the meeting.

10:30 - 11:00 Business Meeting  
 11:00 - 12:00 Program: Guest Speaker: Franklin Olivierre, Executive Secretary of Elder Affairs who will talk about legislative issues of elder affairs.  
 12:00 Lunch will be served.

### December 2, 1993

The meeting will be held at the First Parish Church. Blood Pressure screening will be available before the meeting.

10:30 - 11:00 Business Meeting  
 11:00 - 12:00 Program: Rich Roy from Health Associates of Shrewsbury will present a program of discussion and a video of hearing impairment.  
 12:00 Lunch will be served. Christmas entertainment to be announced.

## Trip to See Stars of the Lawrence Welk Show

The Berlin Council on Aging is presenting the chance to see The Stars of the Lawrence Welk Show at the North Shore Music Theatre on November 9, 1993. There will be transportation by Yankee Line buses. A complete luncheon will be served at the Beverly Depot in Beverly, Ma. with Baked Scrod or Grilled Chicken with Sherry Pepper Sauce for meal choices.

Stars of the Lawrence Welk Show at the North Shore Theatre feature Myron Floren, Jo Ann Castle, Bobby Burgess, Elaine Balden, Guy and Raina.

The price is \$48.00 and reservations may be made with Hazel Champagne at (508) 838-2550

The bus leaves at 9:30 A.M. at the Berlin Town Hall and Northbrook Village.

## News from the Commonwealth Gas Company

On October 7, Com-Gas held their Annual Energy Conference at the Royal Plaza in Marlboro to celebrate Senior Energy! The speakers included Executive Secretary of Elder Affairs Franklin Olivierre, Attorney General Scott Harshberger and many others with Dave Maynard as Master of Ceremonies. Lunch was served with aerobics for the seniors followed.

## Senior News on Channel 16

Watch for Senior News on Channel 16. Under the auspices of Blinky Blenkhorn and Barbara St. John, a new segment will be shown on the Channel 16 broadcasts.

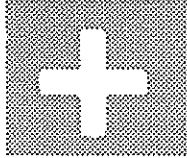
## Invitation to Visit the Emerald Mall

Berlin Senior Citizens were invited to visit the Emerald Square Mall in Attleboro by Mr. William McCabe from New England Development Company. Senior citizens learned about the functioning of the mall and the advantages for senior citizens, shopping at such a mall. Lunch was at Charlie's and the Berlinites were guests of New England Development Company. Buses provided transportation for the day's trip. New England Development Company is proposing a shopping mall in the Berlin-Marlboro area on the Daniel Lynch Boulevard.

## SHINE IS COMING!

SHINE (Serving Health Information Needs of Elders) is coming to Central Mass.! The Executive Office of Elder Affairs recently awarded a grant to the Central Mass. Agency on Aging and twenty-two collaborating agencies to start up a regional SHINE program. This fall, SHINE volunteers will be recruited and trained by E.O.E. A. staff to provide free, confidential health benefits counseling at Senior Centers and other locations, including elders' homes.

Two part-time SHINE coordinators will work out of the Agency's office, one covering communities north and west of Worcester, and the other focusing on Worcester and communities south of Worcester. The SHINE coordinators and counselors will be able to provide up-to-date information about Medicare, Medigap plans, filing insurance claims, long-term care insurance, Medicaid, and other health benefits. Stay tuned for more details in our next issue.....



## HEALTH NOTES

**October 24-30 is National Immunization Awareness Week.** Get immunized against the flu and don't forget to update your tetanus/diphtheria and pneumonia and pneumonia immunizations. Ask your doctor or local board of health where to get your shots.

### 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.

Influenza or flu 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 close 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 the 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 mean-time, 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 a copy, write to the NIAID, Building 31, Room 7A-32, Bethesda, MA 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."

— U.S. Department of Health and Human Services  
Public Health Service National Institutes of Health

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**BIRTHDAYS**

**October**

Louise Champagne, 7th,  
Mary Risi, 8th, Doris  
Bombard, 11th,  
Herbert Mueller, 19th,  
Dorothy Risi, 23rd, and Norma  
Hanson, 24th.

**November**

Eleanor Bosselman, 9th, Lulu Wheeler,  
11th, Emeline Hebb, 14th, Susan Hart,  
21st, Ruea Baum, 26th.

**ANNIVERSARIES**

**October**

Lewis and Pauline Paine, 6th, Ray and  
Ruea Baum, 10th, and Everett and  
Mildred Wheeler, 25th.



**November**

Haywood and Mary Stone, 17th,  
Wilrose and Stella Hanson, 18th,  
Francis and Alice Burkner, 23rd, Nick  
and Lucy Labonte, 23rd, and Augustine  
and Alice Murphy, 27th

**THANK YOU**

Special thanks to the Clinton  
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support in providing the postage for  
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**Holiday Recipe**

Here's a superb recipe for a pecan  
pie. It is a 75 year old recipe from the  
National Grange Bicentennial Cookbook.

**Pecan Pie**

- 1 tbsp butter
- 1 cup packed brown sugar
- 1 cup light corn syrup
- 3 eggs, well beaten
- dash of salt
- 1 tsp vanilla
- 1 cup pecan halves
- 1 unbaked pie shell



Cream butter and sugar together.  
Add syrup, eggs, salt and vanilla; mix  
well. Stir in pecan halves; turn into pie  
shell. Bake in preheated 350 degree  
oven until filling is firm, 45 minutes.

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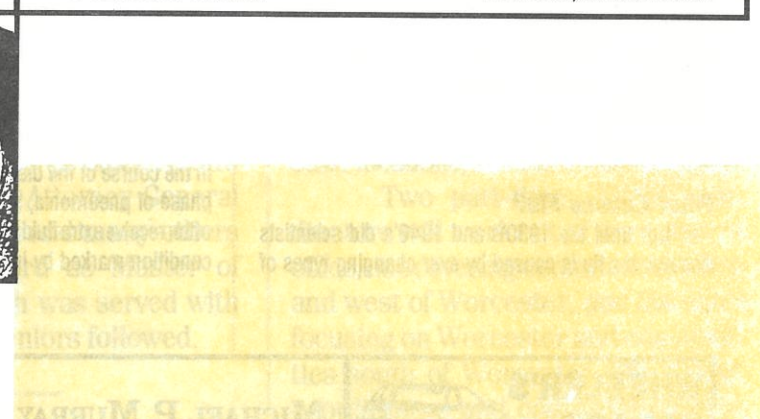
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## Secretary of Executive Office of Elder Affairs Visits Berlin Seniors

On November 4, 1993 Franklin Ollivierre came to the Berlin Senior Monthly Meeting at the First Parish Church and was introduced by the Program Chairman, May Rita Petkauskos, RN. Mary received the Regional Silver Dove Award from the Secretary in April.

Secretary Ollivierre spoke to the seniors about some of the programs provided and supported by Elder Affairs, as well as topics of current interest and Legislation affecting elders. Disussed were:

### 1 Clinton Health Care Reform.

The Secreatry answered many questions from the audience. He stressed that provisions for long-term and in-home care and prescription drug expenses must be included in the total plan. He said that Health Maintenance Organizations are expected to play an increased role in health care with Regional Alliances monitoring costs. He warned that the Clinton plan is still in a state of flux, however, and that it is still too early to gauge its final impact on how we receive and pay for health care. He felt that a key point is to make sure that no one gets left out of the final plan.

At present, the state is working on a plan utilizing some of the Dukakis

Administration's Universal Health Insurance ideas that were passed a few years ago and are to become effective in 1995. The Secretary felt that the state would have a plan ready by the end of the year.

*continued on page 2*

## THE SPIRIT OF CHRISTMAS



Christmas is not just a day. It is a state of mind—a glowing spirit! It is the souls of all the little children in the world; the hopes and prayers of older people who have tasted fear and pain and want; and the memory of all memories within the compass of human minds and hearts—the memory of little things, almost forgotten, of great events in one's life, and of profound thoughts and firm resolves which make ideals come true.

The spirit of Christmas is cherished by people of every faith and creed, in every village and in every home, all in their own way. It is an imperishable prayer for peace on earth and goodwill for men. However, until a person feels the spirit of Christmas, there can be no Christmas.



## SCHEDULE OF EVENTS

### December 2, 1993

Senior Meeting at the First Parish Church. Blood Pressure Screenings and some Flu Shots will be available. Rich Roy of the Health Associates will present the "Hearing Impairment Video" at 11:00 A.M. This will be followed by a discussion. Entertainment will be provided by students from Memorial School. A home-style luncheon will be served.

### December 11, 1993

All Berlin Seniors are invited to a Turkey Dinner prepared and served by the Lions Club at the First Parish Church.

### January 6, 1994

Senior Meeting at the First Parish Church. Blood Pressure Screenings available. Ruth Johnson will speak on "Camping in a National Forest". A home-style luncheon will be served.

### Central Mass Agency on Aging Presents Grant Award to Berlin COA

The Intergenerational Award was presented to Mary Rita Petkauskas, RN, for her project linking elders participating in the Meals on Wheels program with Memorial School students. The students will become pen and telephone pals for a group of homebound elders. The educational components of the project are based on the new pyramid nutritional guide. Each group will be given a nutritional assessment by the nutritionist of Nashoba Nursing Service and the results will be presented at a special

luncheon where Meals on Wheels clients will be invited by the students and the school.

This program was planned to enhance the Meals on Wheels program, provide social contact for the clients, and help overcome loneliness which is common among elders. We hope to determine other needs and provide supportive services.

### The Berlin Lions Club

We wish to extend a special thank you to the Lions for their support of the Powder House Senior News and the annual Christmas Turkey Dinner. Jerry Cashin has provided us with a special article about the Lions.

You see them running around, selling light bulbs, brooms, what have you. You see them operating their food booth at various public events. Who are they and why are they so busy?

The Lions in Berlin are a small group, fifteen strong. Yet, they are a very effective volunteer group.

Each member must be able to lead a project as well as be a team member for other project efforts. Additionally, each member holds a club office at one time or another. Almost everyone has been president!

The Lions exist to give service. They provide youth to senior services to community projects of all kinds. They certainly have made Berlin a better place to live. They have given us tennis courts, library materials, fax machines, youth sports activities, and Christmas dinners.

The next time you see a Lion selling some item—don't look away. They have no overhead, so, remember—every penny raised goes to build a better Berlin!

### Secretary Visits Berlin

*continued from page 1*

#### 2 Shine Program.

Shine Director Eleanor Mitchell-Clinton told the group she would be starting a program in this area early in 1994. The Shine Program provides health benefit counseling services through a volunteer network. Shine, featured in the October/November issue, is funded and managed by ECEA and administered by the COA.

#### 3 Grandmother Program

This new EOECA funded program is geared towards those involved in parenting their children's children. Secretary Ollivierre focused on the need for both grandparents and grandchildren in this situation to forge mutual relationships based on love, time, and attention.

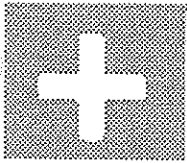
#### 4 Assisted Living and Options.

1. *Adult Family Care:*  
Living with a host family.

2. *Managed Care/Housing:*  
Group foster care need for extended services.

3. *Congregate Housing:*  
Private room and bath, shared kitchen and living room.

4. *Assisted Living Legislation:*  
Legislation filed last year and this seeks to promote the development of Assisted Living Residences by offering financial incentives for developers to offer alternative housing arrangements for elders and the disabled. The cost would be lower than nursing home care. The weakness of last year's plan was a lack of supervision by the Department of Public Health regarding safety regulations and the need for case management and the evaluation of the clients' physical and mental health needs before admission.



**HEALTH  
NOTES**

**Getting Older is a  
Balancing Act**

The body has three systems that help tell the brain where the body is located in space. As we age, one or more of these can fail to function properly, making it harder to keep your balance and increasing the risk of falling down. Those three systems are the eyes, ears, and mechanoreceptors.

The Fluid-filled canals in the inner ear work something like a carpenter's level. They sense how the head is oriented in space and its acceleration in any direction.

The eyes tell the brain how the body is oriented in relation to walls, floors, and nearby objects.

The mechanoreceptors are special nerve cells in the legs, trunk, and neck. They sense the position of the joints and body with respect to the ground below.

The brain processes messages from all three of these systems and sends responses down the spinal cord. Nerve cells in the spinal cord, called motor neurons, fire signalling muscles to correct balance and adjust muscle tone.

*Dr. Lewis Sudarsky,  
Veterans Administration Hospital*

**Aging**

*Falling down has little of the drama of a sudden heart attack or the despair of Alzheimer's Disease. Yet, falling is a major threat to health and safety in later life. Every year, one third of the people over 65 fall at least once, according to National Institute of Aging figures. Through only 10 percent of these falls lead to serious injuries like hip fractures, even benign falls can scare older people into dependence and self-imposed immobility.*

*Worse, national figures show that injury ranks as the seventh leading cause of death among people over 65. Most of these fatal injuries are related to falls. For years lay people and scientists alike assumed that most falls in older people were due to "trips and slips", accidents like falling off a step ladder or slipping on a scatter rug. Now, says Dr. Evan Hadley, associate director for geriatrics at the National Institute, researchers are finding that the underlying problem is often an internal one—typically ankle weakness or other neuromuscular difficulty that results in the inability to abort a fall while walking, standing, or getting out of a chair.*

*Creative solutions range from better diagnosis of the exact cause of bad balance to muscle building to balance training by walking on foam-covered floors or high tech contraptions with tilting floors. The ancient Chinese martial art form, Tai Chi, with its graceful, slow-motion steps, may also improve balance in elders.*

**Preventing Falls and Fractures**

As people age, changes in their vision, hearing, muscle strength, coordination, and reflexes may make them more likely to fall. Disorders such as diabetes, heart conditions, and nervous system or thyroid problems can cause these changes, but these disorders are treatable.

Osteoporosis is a major cause of bone fractures in post-menopausal women and older persons in general. Although all bones are affected, fractures of the spine, wrist, and hip are most common. For the person with severe osteoporosis, even a minor fall may cause one or more bones to break. Persons with osteoporosis should be very careful.

Falls and accidents seldom "just happen," and many can be prevented. There are simple steps each of us can take to reduce the likelihood of falling and make our homes generally safer.

**Everyday Activities to Prevent Falls**

- Have your vision and hearing tested regularly and properly corrected.
- Talk to your doctor or pharmacist about the side effects of the drugs you are taking. They may effect your balance. Ask for ways to reduce the possibility of falling.
- Limit your intake of alcohol.
- Get up slowly after eating or resting.

— Judy Foreman

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**BIRTHDAYS**



**December**

Francis Burke, 1st; Millie Blenkkhorn; 8th, Concetta DiMuzio; 8th, Willard Wheeler; 10th, Nick Labonte, 12th; Wallace Peterson, 12th; Barbara Faulkner, 14th; Flora Leveille, 16th; David Holder, 20th; John Boyce, 23rd; and Emma Bray, 25th.

**January**

Russell Wheeler, 2nd; Ruth Helen, 9th; Lorraine Sawyer, 9th, Benjamin Laskowski, 11th; George Estabrook, 10th, Francis Underwood, 11th; Elizabeth Kittredge; 12th, Joseph Renzoni, 12th; Marion Kater, 13th; Edward Ware, 14th; Helen Brewer, 15th; Alfred St. John, 17th; Jean Musche,

18th; Cecelia Kerrigan, 19th; Alice Burke, 21st; Frances Wixon, 22nd; Hayward Stone, 23rd; and Eva Toby; 28th.

**ANNIVERSARIES**

**January**

Wallace and Lorna Peterson; Warren and Edith Wheeler; 20th; and Alfred and Doris Bombard, 28th.

**PASSINGS**

Louise Jussaume, October in her 70th year; Elizabeth Jones, October 23rd in her 85th year.

• *The town of Berlin welcomes Re Barbara Aiello as Pastor of First Parish Church. She will be installed on January 23, 1994, at 3:00 P.M. Her profile will appear in the next newsletter*

**THANK YOU**

Special thanks to the Clinton Savings Bank for their continuing support in providing the postage for the PowderHouse Senior News.



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