



# Powderhouse Senior News

February/March 1994

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

## COUNCIL ON AGING MEMBERS

Constance Barter, Jerry Cashin,  
Barbara Hart, Alice Kidder,  
Mary Petkauskas, Patricia Simpson,  
and Alfred Wheeler

## NEWSLETTER COMMITTEE

Mary Petkauskas, Editor  
Jerry Cashin, Alice Kidder,  
and Patricia Simpson

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### 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.

### 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.



## Berlin's Own Channel 16

Jerry Cashin

Berlin's own cable access channel is now in its third year of operation. What began as a gleam in the eye of Blinky Blenkhorn, Ira Hoffman, John Arsenault and a few others, is now a lively TV operation featuring regular news broadcasts, senior citizen news, coverage of town events, interviews with local citizens, and other special features.



The broadcasting studio, although small in size, contains a full range of electronic equipment. From tape editors, to switchers, to high resolution media, TV 16 possesses all of the video hardware needed to create high quality productions.

Regular programming runs on Thursday nights. Special programs, whether live or taped, appear as needed. Town meetings, shopping mall discussions, for example, might be broadcast live when conditions warrant.

All camera operators and video technicians undergo training before being allowed to use any equipment. Subjects include camera fundamentals, sound, lighting, tap editing, etc. All TV 16 personnel are certified by United Video Cablevision for program production.

Among key members, both from the management and technical side, have been Blinky Blenkhorn, Ed Ware, Debby Towle, Bill Hart, Marge Pond, Don Wight, Marsha Johnston, Charles and Diane Peterson, plus yours truly. Blenkhorn has been instrumental in gaining financial support among private companies in order to enhance the variety and quality of technical equipment used in video productions.

An important program series to be on the watch for is the all-important shopping mall meetings ongoing in February and March. TV 16 will cover them live, as well as offering big-screen coverage to a remote location on the night of the town vote in March. Read the Berlin News for times and dates.

*This brief overview of Berlin's Channel 16 only touches the surface. If you would like more information, or perhaps a tour of the facility, contact one of the members. Have a program idea you would like to tell us about? Contact a member.*

## Old Age Is Priceless

Old age is priceless  
You can't borrow it  
You can't steal it  
You can't earn it  
You can't inherit it  
You can't merit it

So if you are fortunate and attain it  
For Heaven's sake enjoy it and  
stop complaining about it!

—(Author Unknown)

## Schedule of Events

### February 3, 1994

• **Senior Meeting** at the First Parish Church at 11:00 A.M. Program: "Elderly Protection and You" given by Duncan Baum, Berlin Police Dept. Catered lunch by Bob Lowe

• **Preschool Sweethearts Valentines Choral Group** will perform songs at 10:45 A.M. at the First Parish Church.

### March 3, 1994

• **Senior Meeting** at the First Parish Church. Program: "Floral Arrangements" by Joyce Bellin. Home Style luncheon.

### SPECIAL NOTE:

An Intergenerational Program with Elders and Memorial School will be starting in February.

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## Senior Plans

*from the*

## FALLON COMMUNITY HEALTH PLAN

### New Products

- Senior Plan Saver
- Senior Plan 1000
- Senior Plan Preferred

**Senior Plan Preferred** offers the same comprehensive benefits Fallon is known for, including the addition of prescription drug coverage for insulin and syringes. The premium for Senior Plan Preferred is \$91.80/month.

**Senior Plan 1000** offers complete medical benefits with a \$1,000 annual limit on prescription drug spending. Coverage for insulin and syringes is included in the \$1,000 cap. The premium for Senior Plan 1000 is \$39.16/month.

**Senior Plan Saver** offers complete medical benefits with no coverage for prescription drugs. There is no premium.

### How Can Fallon Offer Premium-Free Health Care?

Medicare pays Fallon almost \$400 for each member in the Senior Plans. Fallon is able to

use that money efficiently through effective managed care techniques.

Elimination of prescription drug coverage. The cost for prescription drug coverage makes up much of a traditional insurance premium. Because members of Senior Plan Saver pay for their prescriptions directly, no premium is necessary.

An important partnership between patients and medical staff at Fallon ensure high quality and appropriate levels of medical care for all patients.

Preventive care. Fallon offers several health enrichment opportunities for seniors.

### Details

#### Eligibility requirements:

To join any of the Senior Plans products, seniors must be enrolled in Medicare part A (hospitalization insurance) and Part B (medical insurance) or Part B only, and continue their Medicare coverage. Members must live in the Fallon service area for at least nine months of the year.

#### Effective Date:

For people who join the Fallon Senior Plans prior to November 30, 1993, their insurance coverage will become effective January 1, 1994. People who join December 1 or later will have an effective date on the first day of the month after a 30-day waiting period.

## Keep The cold Air Out!

- Insulate Walls & Attics
- Weatherstrip Doors & Windows
- Install Storm Windows or Plastic
- Use insulated shades and draperies
- Place Throw-rug or "snake" across Bottom of Doors
- Cover or Remove Air Conditioners
- Enclose Fireplaces
- Tape Up Unused Doors, Electrical Sockets, and 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 Help!

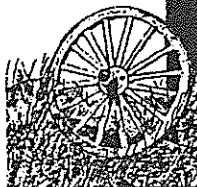
Did you know that Home Energy Audits are Free to the low-income elderly? A home audit is the first step toward saving money and making your home more comfortable.

## Danny's Holm Cooking

10% Senior Citizen Discount on  
Lunch & Dinner Menu  
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Take Out Orders Welcome! **838-0331**

HOURS: Closed Mondays • Tuesday 6A.M.-2P.M. • Wednesday 6A.M.-2p.m. & 4-8P.M. • Thursday & Friday 6A.M.-8P.M. • Saturday 6A.M.-1P.M. • Sunday 7A.M.-1P.M.



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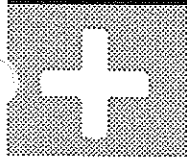
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## Health Notes

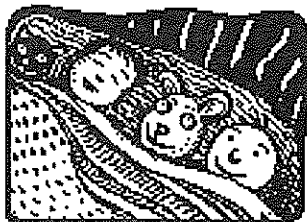
### Hypothermia:

Hypothermia occurs when the body temperature drops below 95 degrees. 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 information, call EOE  
Hot Line: 1-800-882-2003

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

By Laura N. Beverly

For many elderly people, wintertime brings an irritating case of "winter itch." This is the most common form of chronic itching in the elderly. Indoor heating takes the moisture or humidity out of the air - and dry air causes dry skin.

Relief can be as close as your soap dish, reports the Oct. 3, 1991 *Medical Tribune*. Elderly adults bothered by dry, itchy skin should consider switching soaps. Cold-cream-based soaps, or no soap at all, are better than harsh detergent-based deodorant soaps that seem to strip the skin of valuable oils. Cold-cream-based soap usually won't pull as many natural oils out of your skin.

Also, avoid steaming hot showers or baths. Use warm or tepid water. After bathing, avoid rubbing the skin with a towel. Lightly pat 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, talk to your doctor.

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

### NAPS: Boon or Bane for a Good Night's Sleep?

Around mid-afternoon, an irresistible urge comes over you. Your eyes grow heavy, you give a yawn or two, and before you know it, you're asleep.

Is there anything wrong with taking a snooze during the day?

The answer isn't clear cut. About 80% of people who take naps during the day sleep poorly that night. On the otherhand, about 20% wake up from their naps energized and clear-headed, and ten sleep better the following night.

Yet the advantages and disadvantages of napping vary too much to generalize about who should or shouldn't nap.

#### Napping is natural

The urge for a mid-day snooze is, built into your body's biological clock. Researcher's find this typically occurs between 1 and 4 p.m., as indicated by a slight dip in your body temperature.

Yet the biological urge to nap isn't overpowering. Americans tend to ignore it. Other cultures incorporate it into their lifestyle. Consider the Mexican siesta and the Greek custom of closing business from noon to 4 p.m.

#### The "naptitude" test

To get a better idea of how naps affect our energy level and quality of nighttime rest, try this test: one week, take a nap, the next week don't nap.

During the two-week period, keep a sleep log. Record when you go to bed at night, how long it takes you to fall asleep, how many times you wake up, how many total hours you sleep, and how you feel in the morning. During the week you take naps, also record how you feel after your mid-daysnooze.

At the end of the experiment, will be able to judge whether naps are good for you or not.

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**BIRTHDAYS****February**

- 1 Hope Duckworth  
9 Elsie Griffin  
10 Pauline Palno  
11 Mary Stone  
13 Lephe Willson  
17 Mickey Frank  
20 Francis Kennedy  
24 Mary Petkauskas  
25 Bill Frank  
28 Wilrose Hanson

**March**

- 1 Marilea Niedzial  
4 Blanche Nutting  
8 Florence Martin  
11 Helen Matthew  
12 Hazel Harriman  
14 Joanne Wheeler  
16 Margaret Ware  
20 Ruth B. Wheeler  
22 Barbara Foster  
24 Eleanor Plastridge  
25 Marjorie Wheeler  
25 Natalie Wheeler  
26 Lorraine Cedar  
27 Leonard Ferreira

**ANNIVERSARIES****February**

- 3 Phillip & Jane Bartlett  
20 Willard & Joanne Wheeler

**What to Stock for Your Emergency Food Shelf****Meat & Alternatives**

2 or more servings daily of canned meats, fish or meat alternatives such as chicken, turkey, beef, stews, chunky soups, tunafish, salmon or peanut butter.

**Milk & Dairy Products**

2 or more servings daily of powdered or canned milk, canned pudding, hard cheeses or cheese spreads.

**Breads & Cereals**

4 or more servings of cold cereals, crackers or bread.

**Fruit and Vegetables**

4 or more servings daily of canned or dried fruits and vegetables, canned, frozen or powdered juices and less perishable produce such as



carrots, apples, pears or oranges.

**Water & Beverages**

2 or more servings daily of bottled water, juices, soups, bouillon, instant coffee, tea, cocoa or pop.

**Don't Be Caught With Your Cupboard Bare!**

Stock up on extra food in case your meal cannot be delivered due to a weather emergency. Listen to your local radio stations for notice of meal cancellation.

• Stock up on food which does not

need refrigeration or that can be eaten without cooking due to a power failure.

• Purchase enough emergency food for at least 3 days.

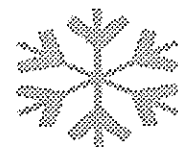
• Select small or single serving cans.

**Bulletin Board**

Health and Fitness program will be starting on February at Northbrook Village. Watch for further announcements and for information call Mary 838-7380.

**GOODBYE**

Minnie Ferrera has passed away at age 79. She was a long time member of Senior Association.



**Happy New Year to All!**

*The Berlin Powderhouse Senior News*  
Council on Aging  
Berlin, Massachusetts 01503

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**THANK YOU**

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# Powderhouse Senior News

April/May 1994

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

## **Council on Aging Members**

Constance Barter, Jerry Cashin,  
Barbara Hart, Alice Kidder,  
Mary Petkaukas, Patricia Simpson,  
and Alfred Wheeler

## **Newsletter Committee**

Mary Petkaukas, Editor  
Jerry Cashin, Alice Kidder,  
and Patricia Simpson

## **BERLIN COA SERVICES**

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### **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.

## **INTERGENERATIONAL PROGRAM BEGINS**

The students at Memorial School and participants in the Meals on Wheels program started their Intergenerational Program in February. Each student has happily become a "Pen Pal" and is writing to a senior. The seniors will meet the students at a luncheon planned by the students on April 15, 1994 at the School and they will share a meal based on the New Pyramid Nutritional Guide. A nutritionist from Nashoba Nursing Service will present an analysis of the Nutritional Assessment of both students and seniors at this time. Both students and seniors are looking forward to this occasion.

This program was planned by Mary R. Petkaukas RN, with assistance from a grant from Central Mass Agency on Aging.

## **NEW PASTOR AT THE FIRST PARISH CHURCH**

Rev. Barbara Aiello is the new Pastor at the First Parish Church in Berlin and has received a hearty welcome from this community.

The new Pastor brings a lively, genuine style all like and a flair for introducing helpful ideas. Rev. Barbara graduated from Andover Newton Theological Program in 1992

with a Master of Divinity Degree and has had many experiences in the various ministries as associate Pastor as well as Chaplain during her training and it was through connections, as an associate pastor in Westborough, that led her to First Parish Church in Berlin and her appointment as Pastor in mid October.

She was ordained and installed as Full Standing Pastor on Sunday, January 23, 1994 at First Parish Church in Berlin. Following the ceremony which included a beautiful selection of Liturgical Music, a reception and dinner were held in her honor where relatives and over 200 people attended.

Some background and interests that Barbara expressed include a variety of activities. She enjoys swimming, dancing, reading etc. and she hopes that being in a rural community like Berlin will allow her the opportunity to become a gardner, bird watcher and cross-country skier. She is delighted to be able to minister in her new assignment to a Federated Church (Congregational and Unitarian) community church. It is her hope to put down roots in this beautiful community and in her own words "take seriously that we are all ministers working for God's vision of peace and justice and make that vision a reality locally and globally." We in Berlin are looking forward to her innovative approaches in her ministry role. And wish her well in her endeavors.

## SCHEDULE OF EVENTS

**April 7, 1994**

**Senior Meeting** at First Parish Church at 11:00 a.m. "A History of Wayside Inn" will be presented by Carmino "Moose" Langli and will be followed by a noontime turkey dinner. A Blood Pressure Screening from 9:30 - 10:30 a.m. will precede the meeting.

**April 22, 1994**

Senator Robert Durand extends an invitation to all Seniors to the **15th Annual Senior Conference** at the Assabet Valley Regional Vocational School from 9:00 a.m. to 2:30 p.m. Programs will include workshops; informational tables; and health screening for diabetes, B/P, and cholesterol. There will be Lunch and entertainment as well. Admission by tickets which will be used in a drawing for

door prizes. Prizes will include floral arrangements and gift certificates to local restaurants. Tickets may be obtained from COA - Mary 838-7380.

**April 30, 1994**

The Berlin Arts and Historical Society will present **Berlin Post Cards** by Louise Junda and Lee Tabor in Memorial Hall at the Town Hall at 8:00 p.m. Cards will be from the Town Historical Collection and several private collections. Refreshments will be served.

**May 16 & 17, 1994,**

Encore Fallon Health Care System is sponsoring a **Mature Adults Expo II** at Hogan Center, Holy Cross College from 9:00 a.m. to 5:00 p.m. each day. Free admission and parking. Group transportation can be arranged, call Deltogram Co. at 1-800-448-0045. Over 45 exhibitors.

**May 26, 1994**

The **9th Governors Conference** will be held on Thursday, May 26, 1994 from 8:00 a.m. to 3:00 p.m. at the Sheraton Tara Danvers Mass. Be sure to tell your friends about this event!

## 20 PERCENTERS

by Jerry Cashin

It is said that twenty percent of the people do eighty percent of the work in an organization, committee or group. That certainly holds true for the largest issue to have faced Berlin residents in many decades: the Regional Shopping Mall proposed by New England Development (NED). Before the zoning change could be considered by local citizens, an incredible amount of study and evaluation by town boards had to be completed.

You may have seen some of the Planning Board meetings with NED on Berlin's Channel 16. They are the tip of the iceberg—the Board of Selectmen, Conservation Commission, and almost every town official has also been involved in this critical task.

While it is true that several consultants, independently hired, but

funded by NED, assisted the town board in dealing with the associated legal, zoning, and environmental issues, it was up to local citizens to move the evaluation process forward. Many of these citizens were unpaid volunteers. The complexity of the project demanded that each member give valuable personal time to this effort. Other town boards did likewise.

Conservation Commission members include chairman Preston Turner, Bill Blanton, Lee Tabor, and Jerry Cashin. Planning Board chairman Tom Andrew has also ably served on the Commission.

Berlin residents should be aware how hard all the various town boards and officials worked to insure that an intelligent choice could be made by voters on this vital issue. "If you had to pay them, you couldn't afford it."

## MALL VOTE UPDATE

In the largest town meeting vote in recent memory, 905 townspeople cast their ballots. The Mall Zoning Change was approved with 695 for and 210 against. A 2/3 majority was required for passage.

*Northbrook Village*

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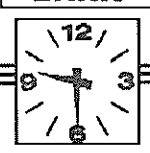
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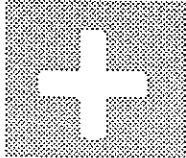
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**HEALTH NOTES**

**BE WELL...LIVE WELL... WITH EXERCISE**

You're in those "golden years." But are they tarnished by your aches, pains, and problems. Like many others, you may think that growing older means you must feel poorly - that you must slow down and do less. And, in fact, you may not be as quick as you once were. But, you can and should be active.

Imagine that your doctor offered you a prescription to:

- live longer
  - control your weight
  - control your blood pressure
  - reduce stress
  - feel and sleep better
  - improve your circulation
  - increase your flexibility
  - give you more energy
- Chances are you'd take it. Well, it is not as improbable

as it seems. But, you can take such a "prescription" - exercise.

**GETTING OFF TO AN EASY AND SAFE START**

First, make sure to get a thorough medical checkup. If your doctor agrees that your overall health picture shows you are fit to exercise, then you are ready to begin. Follow these stay-fit tips:

1. Start slowly (5 to 10 minutes a day), and gradually increase the amount of time you exercise.
2. Choose a sport or exercise that you enjoy.
3. Exercise at a time when you can stick to it, at the same time every day.
4. Learn how to take your pulse to be sure you are not overdoing it.
5. Wear good, supportive shoes and cotton socks.

**YOUR EXERCISE PRESCRIPTION**

Just as you would carefully follow the doctor's orders as to how much, when, and how often you take any medication, you must also

be careful to follow an exercise program. No matter what activity you choose, your program must always have three parts:

1. Warm-up - Begin with 5-10 minutes of these stretches:

**Ceiling Reach:** Sit up straight in a chair, with your feet on the floor about 12 inches apart. Raise and stretch your arms up trying to reach the ceiling. Hold for 10 counts. Lower your arms. Then repeat.

**Calf Stretch:** Stand behind a sturdy chair. Place hands on the back of the chair. Put your feet together, pointing toward - and about 12 inches away - from the chair. Lean your body forward toward the back of the chair. Hold for 10 counts. Return to upright position. Then repeat.

**Neck Rolls:** Stand straight, arms to your side and feet about 12 inches apart. Tuck your chin in toward your body. Slowly turn your head to the left, then to the back,

and continue rolling your head until you make a complete circle. Repeat rolls to complete three circles to left, then three to right.

2. Conditioning - Spend 20 minutes performing your chosen activity. Some suggestions: walking, riding a stationary or regularly bicycle, low-impact aerobics, dancing, swimming.

3. Cool down - Walk slowly for 3-5 minutes. Then repeat the warm-up stretches.

**Announcement**

A Community Food Pantry has been established at First Parish Church for use by Berlin residents needing assistance. Stocked are dry and canned goods. For information, assistance, or to make donation call Rev. Barbara Aiello. 508-838-2575. Requests are confidential.

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## BIRTHDAYS

### April

Lucy Labonte, 5th,  
William Wright, 8th,  
William Olerrik, 9th,  
Mildred Menrose, 9th, Estelle Boyce,  
10th, Alfred Wheeler, 12th, Edith Wil-  
son, 14th, Lewis Paine, 19th, Virginia  
Wheeler, 22nd, Anne Marie Coulson,  
24th, and Leonard Mungeau, 30th.



### May

Phyllis Warbin, 3rd, Mary Louise  
Wheeler, 4th, Clyde Manning, 7th,  
Margaret Dupree, 9th, Jack Bergen,  
12th, Marguerite Krackhardt, 12th,  
Margaret Dayton, 13th, Carl Phipps,  
16th, Glendon Blenkhorn, 16th, and  
Anna Renzone, 16th.

## ANNIVERSARIES

### April

Bill & Mickey Frank, 4th, Robert &  
Barbara Faulkner, 22nd, and Leonard  
& Ruth Mungean, 30th.

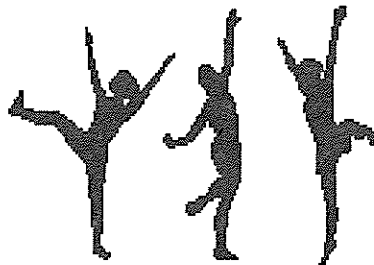
### May

Anna & Joseph Renzoni, 21st, and  
George & Lorraine Cedar, 24th.

## AT THE END OF YOUR ROPE?

Try one of these "Stress-Busters" on for size!

- Shoulder Rolls
- Deep Breaths
- Stretches
- Rest Your Eyes
- Smile
- Tense and Relax Muscles
- Communicate with the Boss
- Laugh at Yourself
- Talk to Your self
- Count to Ten
- Prioritize Your Tasks
- Pray or Meditate
- Massage Your Head or Hands



## MEMORY LANE

by Patricia Simpson

Have you ever danced to the music of the big bands of Kaye Kaiser, Vaughn Monroe or Guy Lombardo? Maybe you met your mate on the dance floor of the Meadows, the Ten Acres or the Marlboro Lyonburst.

Have you ever drifted down the Mississippi on a Sunday afternoon or snuggled in a rumble seat of an old chevy...or maybe heard an interesting conversation on the old "party line" or recall the "best" 4th of July Parade or celebration you ever attended?



We would like to publish some of the anecdotes you would like to share. Please call Mary P. (838-7380) or Pat Simpson (838-2872).

*The Berlin Powderhouse Senior News*

Council on Aging  
Berlin, Massachusetts 01501



## 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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April 1994

Volume 4 Issue 3

**Nashoba  
Nursing  
Service**

**Partnership**



**Update**

*Published for its partners in community health by Nashoba Nursing Service,  
a certified home health agency of the Nashoba Associated Boards of Health*

## Hospice Affirms Life, Prepares For Death

Nashoba Nursing Service is now offering care to terminally ill patients who choose hospice. The goal of hospice care is to keep the patient comfortable by alleviating pain and to provide psychological, emotional, and spiritual support to the patient, family, and friends. This is to assist them in dealing with their loss, grief, and bereavement. It is not intended to provide curative treatment for the patient's illness. Ideally, the hospice experience will enable terminally ill individuals and their loved ones to face death with peace and dignity. After the patient's death, the hospice team remains available to provide counseling and support as the survivors cope with the bereavement process.

### **Alleviating Pain, Symptoms**

As home health care providers since 1931, our agency has provided care for countless terminally ill patients and their families. In the early 1980's we instituted a palliative care program which introduced the hospice philosophy of managing symptoms and pain control of terminally ill patients so they could remain comfortable and

safe at home. As a result of the success of our palliative care program, we feel that the agency, our patients, and community are ready to more fully accept the hospice concept.

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***“Hospice recognizes death as a normal process, neither hastening or postponing it. Hospice exists to support and care for persons in the last phases of incurable disease so that they might live as fully and comfortably as possible. Through appropriate care, patients and families may attain the mental and spiritual preparation for death that is satisfactory to them.”***

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We are in the process of applying for licensure and certification of our hospice program in order to provide our terminally ill patients and their families with additional coverage available under Medicare and other health insurers' hospice benefits.

### **Interdisciplinary Team**

Our agency's hospice team includes professionals from a variety of disciplines, including a physician, nurse, social worker, and pastoral counselor. In addition, a number of volunteers offer respite care and emotional support to patients and families. When appropriate, the agency's full range of nursing, homemaker/home health aides, nutrition, and rehabilitative services will be available to the hospice patient and family. We are working with local hospitals and continuing care facilities to provide short-term care and respite.

### **Volunteers Welcome**

Inside you'll read more about this exciting program and the dedicated, caring individuals who have been involved in its creation. You'll also meet our first group of hospice volunteers, who recently completed the agency's 30-hour training program.

*- Paula Brodie, Director  
Nashoba Nursing Service*

# Hospice Care Now Available

Nashoba Nursing Service is now offering hospice care to terminally ill patients through an interdisciplinary patient care team initiated in March, 1994, with formal certification anticipated in July, 1994.

Nashoba Nursing Service's new hospice program is a natural outgrowth of its commitment to quality home health care. Our agency has been providing home-based care of terminally ill patients since its inception. Certification of our hospice program will allow our hospice patients to benefit by receiving more comprehensive coverage for medication and in-home medical equipment. In addition to the services already available, we will offer physicians' service and pastoral counseling. Volunteers will extend respite and emotional support to the patient and the family. Professional and volunteer grief counseling and bereavement support will be provided to family members for

up to 12 months following the patient's death.

## The Hospice Team

The interdisciplinary team - hospice coordinator, social worker, supervising physician, and pastoral counselor - will meet regularly to discuss patients under care and coordinate services to the patient and family. Family and friends involved in the patient's home care can call for assistance from the team 24 hours a day, seven days a week.

Peg Manser, R.N., a five-year agency employee with past hospice experience and most recently our Lunenburg Nurse, has been appointed hospice coordinator. Dr. Robert Beck of Groton, a family practitioner with Lunenburg Family Practice and Nashoba Nursing Service medical director since 1992, will serve as the medical director for the hospice team. Peggy Elliott, a licensed social worker with Nashoba Nursing Service for 11

years, will provide emotional counseling for patients and their families. Rev. Johanna Beicke of Shepherd of the Valley Lutheran Church in Groton will act as the hospice team's pastoral counselor. A former hospital chaplain, she is currently a doctoral candidate in pastoral counseling at Boston College.

Hospice coordinator Peg Manser has been a proponent of the hospice philosophy for many years. A 1976 graduate of Mount Wachusett Community College with an associate degree in nursing, she worked for two years as a registered nurse in Burbank Hospital's hospice program in the early 1980's before serving as discharge planner. When Manser joined Nashoba Nursing Service in 1989, she told Director Paula Brodie in her initial interview that she would like to help start a hospice program at the agency. Knowing of Manser's deep  
*(continued on next page)*



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# Volunteers Are Very Special People

Nashoba Nursing Service's first class of hospice volunteers have completed a 30-hour training program. The six volunteers, who are residents of five area communities, will assist terminally ill patients and their families by offering two to four hours per week of their time. They will be available to listen, play cards or games, write letters, provide respite for caregivers needing time off, run errands, prepare occasional meals, and assist with incidental household tasks.

## Making a Difference

Volunteering can be a very satisfying experience for individuals who want to make a difference in a person's life, especially for those who have already gone through the process of losing a loved one and dealing personally with grief and bereavement.

As part of an interdisciplinary patient care team serving the terminally ill, these volunteers are essential in the hospice program and are, in fact, required for program certification.

All hospice volunteers are screened and trained by Nashoba

Nursing Service. Volunteers should be at least 18 years of age, in good physical and emotional health, and able to provide their own transportation. They must have made appropriate adjustment to significant losses in their personal life and at least one year should have passed since such a loss. In addition, hospice volunteers must have a positive approach to life, maturity, empathy, flexibility, a sense of humor, and a willingness to help others, work as a team member, and make a commitment.

## Honing Listening Skills

Linore Meyer of Pepperell joined the hospice volunteer program after several close friends experienced terminal illness in their families. "I realized that a family dealing with the illness of a loved one needs someone from outside to listen and provide balance. I intend to develop the type of listening skills needed - not just listening to words but acknowledging feelings and nonverbal messages also. I am willing to do anything - running errands, providing respite - to help in their time of

loss and to be a positive influence on the entire family."

Karen Maier of Fort Devens decided she'd like to help because "I'm sure I'll learn a lot." "The training program was excellent," says Bolton's Shirley Sefton. "I was pleased with the class and the instructors and look forward to a very rewarding experience as a volunteer."

Lorraine Kandra of Groton is a registered nurse who works part-time on the oncology unit of a local hospital. "With my family grown," she says, "I have time to spare and thought this would be a very productive use of that time." Lorraine wishes similar volunteer services were available to her parents in Pennsylvania and is happy to be able to help others closer to home.

## "Six Exceptional People"

Jayne Tapia, coordinator of the agency's Private Services Program, led the initial volunteer training sessions for hospice volunteers. "We're off to a good start with six people trained," she says. "They are all exceptional people who are very caring and want to help in concrete ways. All six have dealt with losses in their own lives, and are equipped to help families dealing with a loved one's illness and death."



*Nashoba Nursing Service's first Hospice Volunteer training session (l-r): Jayne Tapia, training session leader; Marsha Kendrick, Harvard; Karen Maier, Fort Devens; Lorraine Kandra, Groton; Linore Meyer, Pepperell; Shirley Sefton of Bolton; Lois Johnson, Groton.*

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*(continued on next page)*



# Program Benefits Patients, Families

(continued from previous page)

commitment, Brodie invited her to serve on an agency task force exploring a hospice program start-up earlier this year. Now Manser is gratified to coordinate the new program. "In the comfort of home, surrounded by friends and family, the terminally ill can experience death as much as possible on their own terms."

## An Advocate for the Patient

"In my role as hospice coordinator and as a member of the hospice team, I intend to serve as an advocate for the patient," continues Manser. "I will also serve as a mediator for the family, to see that everyone's emotional needs are met. While we will provide medical care in treating symptoms and managing pain, we will also work closely with the family to facilitate communication at a crucial time. The beauty of family involvement in a patient's terminal illness is that, while helping with the patient's care, loved ones share very special time talking and providing service. For many, this short-term commitment has long-term benefits in terms of self-esteem and happy memories."

Social worker Peggy Elliott agrees. "We must concern ourselves with the very special needs of both the patient and family. This is a time for the patient to decide how things will be for them; it is one time in a person's life when he or she needs to feel good about everyone, talking about emotions and resolving issues, finding peace while surrounded by the people who care the most. Hospice is a whole family process, and we will encourage all members of the family - and close friends, as well - to be involved in providing



*The Hospice Team (l-r): Pastoral Counselor Rev. Johanna Beicke, Supervising Physician Dr. Robert Beck, Hospice Coordinator Peg Manser, Social Worker Peggy Elliott (standing).*

care and working toward a satisfactory ending."

As the hospice team's pastoral counselor, Rev. Johanna Beicke sees her role in terms of "being invited into a very intimate time in a family's life. Hospice is more about living than dying, since the opportunities for growth and healing in the patient's heart and soul and relationships seem to increase even as the body declines. Even after the most positive hospice experience, there is still a great deal of pain. I will be available after the patient's death to counsel the family as they grieve and adjust to their loss."

## Hospice Eligibility

To be eligible for hospice care under Medicare and other third-party health insurance regulations, the patient's doctor must certify that the patient is terminally ill with a life expectancy of six months or less. The patient will no longer receive treatment toward a cure, but will require hospice-provided medical and

supportive care. The patient must sign a statement choosing hospice care instead of standard Medicare benefits for the terminal illness. In addition, a commitment must be made by the patient's primary caregiver. The emphasis of hospice care is on care rather than cure, with the goal of treating symptoms and managing pain so that the patient may remain at home and make the most of his or her remaining time with family and friends.

## Respite Available

In the event that a patient requires treatment in a nursing facility, or the family requests short-term respite, we have reserved beds at several area facilities, including Deaconess-Nashoba Hospital, Apple Valley Continuing Care Center, and Woodford of Ayer Nursing Home. The hospice team would continue to serve the client under the same written plan of care used in the home setting, making such a transition as non-disruptive as possible.

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# *The Hospice of Nashoba Nursing Service*

The Hospice of Nashoba Nursing Service provides support and care for individuals and families managing the last phases of illness, allowing them to live as fully as possible. Hospice promotes the belief that through appropriate care at home and in the community, patients and their families may be free to achieve mental and spiritual preparation for death.

## *Eligibility*

Assessment visits at no cost can be arranged for patients and families to determine and understand eligibility requirements:

- A terminal illness exists.
- The patient is no longer receiving curative treatment.
- The goals of treatment are primarily pain and symptom control.

## *Services*

The Hospice Team works with the patient's physician and primary caregiver to provide the services appropriate to the patient/family needs on a 24-hour basis.

- |   |  |
|---|--|
| <input type="checkbox"/> Nursing Care           | <input type="checkbox"/> Spiritual Counseling                          |
| <input type="checkbox"/> Social Work            | <input type="checkbox"/> Nutrition                                     |
| <input type="checkbox"/> Physician              | <input type="checkbox"/> Homemaker/Home Health Aides                   |
| <input type="checkbox"/> Bereavement Counseling | <input type="checkbox"/> Physical, Occupational, and<br>Speech Therapy |
| <input type="checkbox"/> Trained Volunteers     |  |

## *Payment Method*

- |                                      |  |
|--------------------------------------|--|
| <input type="checkbox"/> Medicare    | <input type="checkbox"/> Private Insurance |
| <input type="checkbox"/> Medicaid    | <input type="checkbox"/> HMO               |
| <input type="checkbox"/> Private Pay |  |

## *To Arrange For Services*

Call (508) 772-3337 or 1-800-698-3307 and ask for Intake.

# c a l e n d a r

## Monthly Well Adult Clinics

Ashburnham	Vet. Mem. Sch.	2nd Tues.	10-Noon
Ashby	Am. Legion	3rd Thurs.	10-Noon
Ayer	Harvard office	1st Wed.	1-2pm
Ayer	Elderly Hsg.	3rd Wed.	1-3pm
Berlin	First Church	1st Thurs.	9:30-11am
Berlin	Northbrook Vlg.	4th Tues.	1-2pm
Boxboro	United Church	2nd Wed.	11-Noon
Dunstable	Congregational	1st Wed.	11-Noon
Groton	Town Hall/Squannacook Hall		
		4th Wed.	1-3pm
Littleton	COA	2nd Thurs.	9:30-11am
Lunenburg	Pearl Apts.	4th Wed.	10-11am
Lunenburg	Eagle House	4th Fri.	9-11am
Shirley	United Church	1st Thurs.	1-3 pm
Townsend	Town Hall	3rd Wed.	9:30-11:30am

**LIFESTEPS<sup>®</sup> Weight Reduction Program** - 16-week program led by registered dietician for adults with strong desire to lose at least 10 - 25 pounds. Call to register for one-hour Tuesday evening sessions beginning January 25. Offered at \$5 per session, \$40 materials fee. Free screening and orientation.

**Lead Screening Clinic** - Thursdays 8:30 - 10:30am. Call for an appointment. Meets requirement for children entering nursery school or kindergarten.

**Alzheimer's Support Group** - caregivers, friends, relatives of Alzheimer's patients share emotional support, information, planning for future. Conducted by licensed social worker; respite care, transportation available. Meets 2nd and 4th Thurs. 1:30-2:30pm.

**Cholesterol Screening Clinic** - Walk-in clinic open to the general public the 1st Monday of the month 5:30-7:30pm (except holidays). A coupon for a free screening is available in the Nynex Yellow Pages.

**Caregiver Support Group** - offers all caregivers emotional support and information. Conducted by licensed social worker. Meets 11 am - 12:30 pm the 1st and 3rd Thursday of each month.

**Cancer Support Group** - now forming. Call to enroll. Call 1-800-479-3301 to confirm times and locations of well adult or flu shot clinics or for information on programs available to individuals as well as community and workplace groups, including: **Psychiatric Services, Pregnant & Parenting Support Groups, Dental Clinics, Smoking Cessation, Back Care & Industrial Health Programs, Handyman, Chore, Homemaker, & Companion Services, and Info & Referral on communicable diseases, AIDS, terminal care services, and multiple disease processes.** *Unless otherwise stated, all programs are held at Nashoba Nursing Service, 280 Ayer Rd., Harvard.*

## 63 Years of Excellence in Community Health

*Nashoba Nursing Service offers the following "visiting nurse" services to member communities:*

- skilled nursing ● hospice ● psychiatric nursing ● physical, occupational and speech therapy
- medical social service ● homemaker/home health/rehab aides ● chore/homemakers
- Medicare, Medicaid, third-party reimbursement ● private pay ● sliding scale available

*Serving the towns of Ashburnham, Ashby, Ayer, Berlin, Bolton, Boxboro, Dunstable, Groton, Harvard, Lancaster, Littleton, Lunenburg, Pepperell, Shirley, Townsend, Westford, and all surrounding communities*

**Alzheimer's Support Group**  
*If you provide care for an individual who suffers from Alzheimer's disease, you can share information, advice, and emotional support with others experiencing similar situations. Led by a licensed social worker, the group meets the second and fourth Thursdays of each month, 1:30 - 2:30 pm, at our Ayer Road offices in Harvard. Respite care is available.*

## Nashoba Nursing Service

### Nashoba Associated Boards of Health

280 Ayer Road P.O. Box 319  
 Harvard, MA 01451  
 Daytime Phone: (508) 772-3336 or (800) 479-3301  
 24-Hour Phone: (508) 772-3337 or (800) 698-3307  
 FAX: (508) 772-7248

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