



Powderhouse Senior News

JUNE/JULY 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

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.

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.

SHINE Comes To Berlin

SHINE (Serving Health Information Needs of Elders) is now available in Berlin. The statewide program is sponsored by the MA Executive Office of Elder Affairs and operates in conjunction with local Councils on Aging.

SHINE volunteers receive formal training in Medicare, Medicaid, HMOs, Medigap, long term care issues, SSI, and related health care programs effecting seniors 65 and over. Some programs apply to younger people with disabilities or special health situations.

If you need assistance in dealing with Medicare or other senior citizen health care programs, SHINE may be able to help. Questions can range from basic Medicare eligibility, to how do I start the process to qualify for long term Medicaid.

There no charge for this service. Discussions are confidential. Call 838-7353 after 6 PM to schedule an appointment.

The SHINE representative locally is Jerry Cashin. He has been certified and trained by the Central Mass. Agency on Aging (CMAA) to provide SHINE services in Berlin. Regular, continuous training for all SHINE personnel is also given by the CMAA at their office in West Boylston.

Interviews will be conducted at Northbrook Village by appointment.

New Activities Director for Berlin

The Berlin Council on Aging has appointed Jacqueline Cashin to the post of Health and Fitness Instructor and Activities Director. She will coordinate and implement programs for the senior citizens of Berlin. This appointment is effective immediately.

Jacqueline feels "As our most precious resource, the elders of our community hold our history within them. More than any book or encyclopedia, each of our seniors can teach us of a lifetime of experiences. This is why we must invest our time and energy to ensure that our seniors can live independent and active lives. They are our society's teachers. Through them we learn what it was like to live through the greatest depression our nation has ever witnessed. We learn about war, sacrifice and triumph over adversity."

Of her appointment she says "It is my intention to see that Berlin's seniors remain as active as they wish to be, and that they have programs in place that are enjoyable and helpful. My training in Geriatric care and low impact aerobics, will all be utilized in designing a program that is acceptable to all. My first duty will be to circulate a needs assessment or questionnaire,

continued on page 2

SCHEDULE OF EVENTS

June 2, 1994

Senior Meeting at Berlin Country Club. Catered Luncheon by Lowes - and Music by Joseph Renzoni and his accordian.

June 18, 1994

Old Home Day in South Field. Senior Citizens get ready to bake your famous cookies. 838-7380.

July 18, 1994

Smorgasbord. Sponsored by Council on Aging at Northbrook Village. Will be announced.

August 1994

Have a Happy Vacation.



We will be back in September!

Northbrook Village

Berlin Retirement Homes, Inc.

135 Pleasant Street
Berlin, Massachusetts 01503
Phone (508) 838-2089

New Director of Clinton Senior Center Welcomes Berlin Seniors

Carol Fierro was appointed as Clinton's new Senior Center Director, replacing Eleanor Mitcheld who has retired. The Center is located on High St., Clinton. Carol welcomes all the Berlin seniors for visits or to participate in the activities there.

New Activities Director...

to give everyone a chance to voice their opinions about the activities they would like to have. After evaluating this assessment, and with the COA's approval, we will begin our program. There are two activities that need your immediate attention. An aerobics/flexibility class will be offered, and/or a walking group, if there is sufficient interest.

Please contact COA, 838-7380, to make suggestions or sign up. I welcome input. This is your program. I am here to coordinate, participate, and most importantly, to listen."

Exercises will be held at Northbrook Village.

Priscilla Jewett To Be Honored

By Jerry Cashin

The Berlin Lions Club recently announced their 1994 Community Achievement Award winner. Priscilla Jewett of Woodward Ave. will be honored at a dinner to be held at the refurbished Silvester's Restaurant in Bolton on June 21. She will be presented with the Lions "Golden Achievement" plaque and other commemorative items at that time.

Jewett has held numerous offices in town government, both in an elected capacity, and as an appointed official. From Town Clerk, to Selectman, to chairperson of Berlin's 150 year celebration, and more - Priscilla Jewett has been an integral part of local affairs for many decades.

Friends of the honoree are encouraged to attend. There are a limited number of tickets for the

dinner and program. Contact committee chairman Jerry Cashin for details.

"We had an incredible response to our request for nominations," said Lions president Don Church. "Our selection team has chosen a most worthy recipient for this award, which is really our way of saying 'Thank You' for a job well done. Congratulations to Priscilla Jewett for a record of achievement that will endure for many years to come."

Spice Bran Muffins

"In the Kitchen with Rosie"

Cook for Oprah Winfrey

- 1/2 cup molasses
- 2 tsp. honey
- 2 large egg whites
- 1/4 cup plain "no fat" yogurt
- 1/2 cup wheat bran
- 1 cup white flour
- 1 1/2 tsp. baking powder
- 1 tbsp. ground ginger
- 1 tbsp. ground cloves
- 1/2 cup chopped walnuts
- 1/2 cup raisins

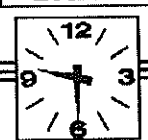
Warm molasses and honey blend. Cool. Whisk in egg and yogurt. Blend flour and spices and add to molasses mixture. Fold in walnuts and raisins. Spray muffin tin with lite oil spray. Bake at 350° for 15 to 20 minutes. 12 muffins.

Submitted by Pat Simpson
Cook for Meals on Wheels

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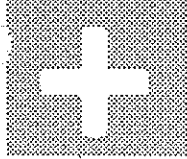
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HEALTH NOTES

Be Stroke Smart

Stroke risk increases with age but most strokes are preventable. Know the warning signs of stroke.

Some strokes are preceded by warning signs called transient ischemic attacks (TIAs) which cause a temporary interruption of blood flow leading to the brain. (A stroke is a permanent cut off of blood to a region of the brain). TIAs or stroke warning signs include:

1. Numbness, weakness or paralysis of the face, arm or leg, especially on one side of the body.
2. Sudden blurred or decreased vision in one or both eyes.
3. Difficulty speaking or understanding simple statements.

4. Loss of Balance or Coordination when combined with one the above.

It is important to learn to recognize these serious warnings. Although these symptoms eventually go away, they are clear warnings of stroke.

Stroke is an a Emergency if you experience any stroke warning signs - Call 911 immediately or seek immediate medical care.

Here's how you can control or reduce your stroke risk

1. Control your B/P (Blood Pressure)
2. Don't Smoke
3. Limit Alcohol Use
4. Lower your cholesterol and control your weight.
5. Find out if you have Atrial Fibrillation - People with this condition are a higher risk.

For more information call National Stroke Association
1-800-STROKES

Welcome to the Fallon Video Library

Fallon is pleased to present the Fallon Video Library which offers a wide range of educational tapes designed to keep you and your family informed about current health issues and other interesting topics.

All Fallon Clinic patients, including members of the Fallon Community Health Plan, can borrow the tapes from the Video Library.

Fallon invites you to use this service to begin your journey towards better health. A maximum of two tapes may be borrowed at a time.

To borrow a tape make your selection from the Video Library Catalogue. Fill out the Video Library Form. Return the tape to the Fallon Video Library in one week.

The Fallon Video Library was designed to

offer you an easy way to learn more about your health.

In advance, thank you for your patronage and enjoy your video!

Video Tapes Available:

- Aging
- Aids
- Blood Pressure (B/P)
- Cholesterol
- Exercise
- Heart Disease
- Smoking
- Stress



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

June: Phillip Bartlett, 1st; Marion Hoffman, 2nd; Barbara Krackhardt and Barbara St. John, 7th; Eva Yeiter, and Alice Murphy, 18th; Raymond Baum, 19th; Earl Jusseaume, Stella Hanson and George Cedar, 24th; Josephine Underwood, 26th; Sally Bergen, 27th; and Augustine Murphy, 30th. **July:** Myrtle Masou, 4th; Edith Wheeler, 12th; Lawrence Foster, 15th; Grace Stammers, 22nd; Ruth Miangeam, 23rd; Elizabeth Jiltson, 25th; Carl Risi and Angelo DiMuzio, 29th; and Eleanor Zivicker, 31st. **August:** Maria Ford and Ann Mitchell, 2nd; Priscilla Jewett, 7th; Daniel Plastridge, 8th; Jeannette Andrews, 13th; Rena Wheeler, 15th; Charles Nutting, 16th; Roger E. Wheeler, 25th; Mildred Wheeler, 26th; and Contance Barter, 29th.



ANNIVERSARIES

June: Angelo and Concetta DiMuzio, 1st; Francis and Josephine Underwood, 5th; Roger and Helen Wheeler, 16th; Russell and Barbara Krackhardt,

18th; and Jack and Sally Bergen & Edward and Margaret Ware, 22nd. **July:** Lawrence and Barbara Foster, 11th; Glendon and Millie Blankhorn, 12th; and Frederick and Ruth Wheeler, 25th. **August:** Daniel and Eleanor Plastridge, 8th; John and Estelle Boyce, 31st.

OBITUARIES

Frank Grala, May 15, 1994.

The Golden Years

You can't imagine growing old
When you're a child at play
You're too busy having fun
Old age is far away.

But all too soon the years go by
You put away your toys
You venture into worldly things
You're no longer girls and boys.

There's college and professions
Careers await a few .
There's marriage and there's children
So much to see and do.

But children come and children go
And soon you're just a pair
Growing out and growing old
With gray and thinning hair.

Your hearing may not be as sharp
As what it used to be
You're tired and need a catnap
And bifocals to see.

You wake up every morning
With another ache and pain
And the only walk that you can take
Is a stroll down memory lane.
Wrinkles line your weary face
Where laugh lines used to be
Instead of cocktails you prefer
A bracing cup of tea.

But oh the wisdom that we have
That comes from smiles and tears
The knowledge that we've gained in life
Have brought us golden years.

For some life can be lonely
When you've lost the one you love
But faith will help to comfort you
Just pray to God above.

Anonymous
Submitted by Mary Petkauskas

The Berlin Powderhouse Senior News

Council on Aging
Berlin, Massachusetts 01503

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SEPTEMBER/OCTOBER 1994

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Intergenerational Program Report

The Intergenerational Program funded by CMAA between Meals on Wheels, Berlin Memorial School and Nashoba Nursing Service was completed in August. Fifteen seniors from Meals on Wheels program were linked with 6th grade students who acted as "Pen Pals". Evaluations from seniors and students indicated interest and caring, as well as establishing strong relationships, which helped in the socialization needed by lonely fragile seniors. The invitation of the Seniors to the school by students for a pyramid luncheon, this was based on the educational components of the program, utilizing the pyramid guidelines, as a base for nutritional assessment of both seniors and students. This visit to the school was greatly appreciated by the Seniors and it made their day.

Our special thanks for this program goes to

- **Central Mass Agency on Aging** for funding provided for the program.
- **Nashoba Nursing Service** for coordination and follow-up home visits.
- **Berlin Memorial School** for providing the facilities needed to carry out program.
- Participants of the seniors **Meals On Wheels** program who were involved with the students and Nashoba Nursing Service.

Berlin Senior Citizens Association Celebrates 20th Anniversary!

Berlin seniors will celebrate their 20th Anniversary in October 1994 at the First Parish Church where it began. They meet on the first Thursday of the months of September through June. Meetings consist of B/P Screening followed by a Business meeting, a program including many different topics relating to Health, safety, legislation and other pertinent information for seniors - including traveling slides and video presentation, as well as intergenerational entertainment by Memorial and Preschool children. A Family styled dinner at noon conclude the program for the day. The Presidents of the Association over the 20 years include Viola Phipps, Leonard Mungeon, Doris Eager, Marjorie Nelson, Louise Lockhart, Helen Brewer, Willard Wheeler, Mary R. Petkauskas, Barbara St. John, Marguerite Krackhart and the present President Philip Bartlett.

Plans for the celebration include collection of 20 years of memorabilia for exhibition and several other activities which will be announced at a later date.

continued on page two

Schedule of Events

September 1, 1994

Senior Meeting at the First Parish Church. Blood Pressure Screening and Diabetic Testing, 9:30-10:30 a.m. Program to be announced.

September 8, 1994

St. Joseph's Annual Fair will be held "Under the Tent." Mass will be followed by many activities for both young and old alike. There will be plenty of food, games, and raffles. "Come one, come all."

October 6, 1994

Senior Meeting at the First Parish Church. Blood Pressure Screening, 9:30-10:30 a.m. The program will highlight the 20th anniversary of the Berlin Senior Citizens Association and memorabilia will be on exhibit.

Senior Citizens Association

continued from page one

Berlin Senior Citizens meet the first Thursday of the month September through June. Those 60 years of age or older are eligible to join upon paying dues of \$3.00 each. Dues are payable each October and may be paid at the regular meeting or sent to the Treasurer, c/o Box 1, Berlin, MA 01503.

The coupon below is for your convenience:

Name: _____

Address: _____

Telephone: _____

Amount enclosed: \$ _____

1994 Berlin Seniors Profile

Age	No. of Seniors
60-90+	410 *
90-95+	15

*35% are over 75

Senior Citizens Association Announces 1994 - 95 Officers

President, Philip Bartlett; *Vice President*, Anthony Sandini; *2nd Vice President*, George Cedar; *Secretary*, Barbara St. John; *Treasurer*, Millie Blankhon; *Corresponding Secretary*, Marilee Niedzial; *Program Chairman*, Mary R. Petkauskas; *Health*, R Baum; *Hostess*, Connie Barter; *Hospitality*, Eleanor Bosselman; *Visiting Care*, Margaret Ware.

Annual Smorgasbord

Connie Barter retires as COA Smorgasbord Organizer.

The weather was stifling on Wednesday, July 20th, when more than fifty-five senior citizens enjoyed stepping into the air conditioned

comfort of the Senior's Community Center at Northbrook Village. The occasion was the Annual Smorgasbord, put on by the Berlin Council on Aging.

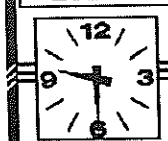
The Council has turned each year to Connie Barter to organize this event. She is well prepared, even to the sketch of where all the tables are to be put. She stays hidden from view much of the time - concocting the thirst quenching punch from pineapple juice, sherbet, and Fresca, among other things. She is not someone who pushes herself into the limelight. But we on the Council know that she is the leader here. So it is challenging to think that next year we will have to find some one else to do the party, so that Connie can enjoy it with everyone else. You see, Connie Barter, who has served on the Council on Aging faithfully for twelve years, has stepped down to take a well earned rest.

Thank you, Connie for a job very well done. Come next year and enjoy our July Smorgasbord from the standpoint of an honored guest. (We'll work on finding a new punch recipe...) Good Luck!!

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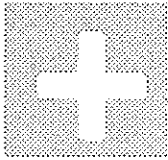
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HEALTH NOTES

Beware of Summer Heat

In the aging process our bodies become less effective in dealing with prolonged exposure to the heat. When temperature reach the upper 80's and above, we seniors are at greater risk especially with high humidity, which we have had much of lately.

Those functions of our body which help to cool us and lower our temperatures are perspiration, thirst and the body's ability to bring blood to the surface of the skin. This makes the blood cooler than it would be internally and is why our face turn red, when we are hot.

However as we grow older we do not cool as rapidly as before, we perspire less and don't feel as thirsty as we should. Thus our hearts must work

harder and perform the cooling process.

Medications can affect the way your body stays cool, so you may need to check with your doctor to see if you need to use caution.

You've heard it all before but its worth repeating.

1. Drink plenty of fluids (some research shows you need 50% increase over the amount it takes to satisfy your thirst). You should drink a gallon of liquid a day when temperature is above 90 outside and when you are not in an air conditioned space according to one researcher.

2. Avoid exertion in sun during hottest hours

3. Stay in front of fan or in air conditioned space.

4. Use cool wet towels on body or take cool baths or showers as often as needed.

5. Wear loose light clothing and a hat in sun.

6. Try to avoid alcohol in very hot weather.

Follow these tips and you should be able to avoid heat exhaustion which can be followed by heat stroke. Symptoms: nausea, fatigue, confusion, dizziness, throbbing headache, and rapid heartbeat

Bend and Stretch-Get Healthy

A low impact stretching and flexibility class will be offered on Wednesday mornings for seniors at the Northbrook Village community center by Jackie Cashin for the Council on Aging. Check the bulletin board for time and dates.

Volunteer Reconciliation

The Berlin Council on Aging, awarded several volunteers for their service to Berlin seniors during 1993-1994 at a luncheon on June 29th. Together these volunteers had given more than 4,800 hours of free time to care about seniors.

The COA organizes a twice a week Meals on Wheels Program, in which volunteers cook, serve, and deliver hot and nutritious meals. Other volunteers gather to write, edit, and

publish the Powderhouse News, a bimonthly newsletter mailed to all Berlin seniors. Volunteers on the COA meet monthly to discuss programs and policies, hire and train staff, and offer special programs such as the Smorgasboard. Special recognition will go to volunteers with five years or more of service.

The following persons will be given awards:

Rev. Barbara Aiello, Pastor, First Parish Church, Rev. Lawrence Esposito, Pastor, St. Joseph the Good Provider Church, Paul Bagosian, Claire Ballard, Connie Barter, Sally Bergen, Jacqueline Cashin, Jerry Cashin, George Cedar, Lorraine Cedar, Louise Champagne, Barbara Hart, Marion Hoffman, Virginia Hopper, Cecile Kerrigan, Alice Kidder, Lucy Labonte, Chris Laverdure, Flora Leveille, Mary Ellen Matthew, Mary Petkauskos, Pat Simpson, Albert Wheeler, Patricia Wheeler and Lephe Wilson.

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BIRTHDAYS

September: Marjorie Nelson and Howard Watkins 1st; Marge Windel, 2nd; Joseph Roseberry, 3rd; Elizabeth Rise 12th; Helen Wheeler, 18th; Doris Eager, 19th; Iva Rodgers, 22nd; Ruth Hill and Lorna Peterson, 24th; Warren Wheeler, 26th; and Everett Wheeler, 27th. **October:** Louise Champagne, 7th; Mary Risi, 8th; Doris Bombard, 17th; Herbert Mueller, 19th; Dorothy Risi, 23rd; Norma Hanson, 24th; and Tony Sandini, 25th.



the telephone was invented. The bell is tolled at sunset and rings one way – five rings gets your attention, then one for a man, two for a woman, or three for a child followed by the age.

Susan Bellucci, Lucy Coulson LaBonte, and Doris Carten Orway Eager. Mrs. LaBonte and Mrs. Eager were both prominent citizens who made many contributions to Berlin.

Pastor's Food Pantry Closes

The First Parish has maintained a small food pantry in the church office and has advertised it in the "Berlin News". Initially it was stocked by the successful food drive that the Berlin postal workers facilitated during the Thanksgiving/Christmas season. Since then there have been very few requests. It is clear that the First Parish Pantry is too small to maintain: foodstuffs sit too long on the shelf and the range of foods is not very wide. So the Food Pantry closes this month. The good news is that there are local well stocked food pantries in Clinton run by WHEAT and by Catholic Charities that I can

direct people to. If you are in need or know someone in need, contact me, Mary Petkauskas, or the facilities directly.

From
"In The Kitchen With Rosie"
 Oprah's Favorite Recipes

Submitted by Pat Simpson
 Meals on Wheels Cook

Roasted Mustard Potatoes

Light vegetable oil cooking spray
 4 tablespoons Dijon Style mustard
 2 teaspoons paprika
 1 teaspoon ground cumin
 1 teaspoon chili powder
 1/8 teaspoon cayenne pepper
 16 baby red potatoes

Preheat oven to 400. Put the mustard, paprika, cumin, chili powder and cayenne pepper in large bowl. Whisk to blend. Prick the potatoes several times. Add potatoes, toss to coat evenly. Spray roasting pan 3 times with cooking oil. Bake 45 minutes to 1 hour.

ANNIVERSARIES

September: Russell and Marjorie Wheeler, 23rd; and Alfred and Barbara St. John. **October:** Louis and Pauline Paine, 6th; Ray and Rhea Baum, 10th; and Everett and Mildred Wheeler, 25th.

OBITUARIES

The Passing Bell in the steeple of the First Parish Church signals the passing of Berliners. This custom began before

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