



# Powderhouse Senior News

NOVEMBER/DECEMBER 1994

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

## **Council on Aging Members**

Sally Bergen, Jerry Cashin,  
Louise Champagne, Malcolm Loring,  
Alice Kidder, Mary Petkauskas,  
and Patricia Simpson

## **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.

## **Special Health and Fitness Hour at Northbrook Village**

A special hour devoted to fitness and health concerns will be held each Wednesday from 11:00 a.m. to noon at Northbrook Village. A program of fitness exercises and slow aerobics will be followed by lectures on health and mental wellness topics. The speakers will be specialists from the Nashoba Nursing Service who are devoted to promoting a positive mental outlook on life.

## **20th Anniversary of Aging Network**

Mary R. Petkauskas R.N.

### **History**

**I. Older American Act** - Roots can be traced to 1961. White House Conference on Aging when the needs of Elders were discussed - Medicare Program developed and President Johnson signed the Older American Act in 1965 - it took almost 10 years for services to be provided - took place 20 years later 1974. The COA is the cornerstone of services familiar to many throughout the country.

COA Titles specific provisions of all and established funding - categories under Titles: 1. Administration Aging; 2. State and Community Programs; and the best known, 3. Title III which concentrates on Nutrition and Social needs of older persons as well as supportive services, homemaker assistance, respite care and transportation. I will concentrate only on Title III and how it benefits Berlin on a local level.

**II. 1974** - Council on Aging received their Charter to establish a Council under State law. Purpose 1. To provide individual input in seeking support for elder services through legislation, grant proposals and activity in policies making, 2. to identify the needs of community elder population and available resources to meet their needs, 3. To educate the community at large to the needs of the elderly. In the past 20 years the Council has met the needs of the elderly through funded programs on Nutrition, Home Care and transportation and we are proud of our accomplishments.

**III. 1974** - Senior Citizens Association was formed to meet the social and recreational needs of seniors. This group meets monthly to provide socialization and commradry and enjoy a home cooked meal and plan recreational trips and special programs of interest to all. This year's

*continued on page two*

## Schedule of Events

### November 3, 1994

Senior Meeting at the First Parish Church. Blood Pressure Screening from 9:30-10:30 a.m. A lunch will be followed by a S.H.I.N.E. Slide Show presented by Diane Learned, S.H.I.N.E. Director for the Central Massachusetts Agency on Aging and Jerry Cashin, S.H.I.N.E. Counselor.

### November 1994

November is National Diabetes Month. Check your paper for special programs being held around the state, for instance the **November 12, 1994** Fall Festival that is being held at the Royal Plaza Hotel in Marlboro from 9:00 a.m. to 3:30 p.m.

### December 1, 1994

Senior Meeting at the First Parish Church. Blood Pressure Screening from 9:30-10:30 a.m. Lunch will be followed by a program presented by Joyce Bellino. Joyce will be showing flower arrangements for the Holiday and Christmas Season.

## Aging Network Anniversary

*continued from page one*

20th Anniversary was a special time and several members participated in a musical skit written and directed by Barbara Krackhart, Musical Director, which depicted a developmental program of the past 20 years with appropriate music for the occasion. The program brought back many memories for everyone. The celebration also included many exhibits and memorabilia. The Presidents of the Association also shared their memories. A delightful home cooked meal and large Birthday cake was enjoyed by all. The following poem expresses what the Anniversary party was all about.

### Berlin Senior Citizens 20th Anniversary

This is our Birthday Party  
And we just want to say  
That we're not getting older  
Just better in every way.

Our hair is getting grayer  
We walk instead of run  
But when we get together  
We only have more fun!

How nice to live in Berlin  
And have our monthly  
meetings  
With dinners and with  
programs  
With smiles and friendly  
greeting.

A score of years have come  
and gone  
How quickly time does fly -  
But we're just getting better  
As each year passes by.

—Loyce Billingham

## New Members-COA

The Selectmen have named three new members to the COA Council in Berlin.

**Sally Bergen**, former Town Treasurer & Meals on Wheels Staff Volunteer who just received a 5 years of service award.

**Louise Champagne**, Meals on Wheels staff volunteer who just received a 5 years of service award. She is a former member of COA and we welcome her back.

**Malcolm Loring** A retired chemistry teacher who now makes his residence at Northbrook Village and is interested in participating in community activities.

## Don't Look Back

*Jerry Cashin*

Famous baseball legend, Satchell Paige, once said, "Don't look back, they may be gaining on you." John and Estelle Boyce, 92 and 90 years young respectively, are certainly following that advice as they celebrate over 58 years of marriage at their residence at Northbrook Village.

By today's standards, 58 years is an eternity when the typical marriage endures on an average of only five to ten years. The Boyces have witnessed most of the events of the 20th century, from World Wars, to the Great Depression, through the erosion of societal values in recent decades — they have seen it all.

They remain active to this day, almost six decades after their marriage in Norwalk, CT in August 1936. Perhaps their continuing longevity can be attributed to very active business careers by both of the Boyces.

John was already in business in Norwalk when they were married. Estelle was working at that time in a millinery store. In 1944,

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John moved the greeting card and variety business to Hudson near the rotary. The business was active for over 30 years at that location, right into the 1970s.

At first, Estelle stayed at home helping to raise their two children, Maureen and Edward. She also helped John at the store during this period whenever he needed relief, etc.

It was common during that era for young mothers to remain at home to raise the children. The phrase "working mother" was foreign to the culture of that day. Estelle relates that their children always expressed appreciation that their Mom was at home when they needed her.

As the children started to get older, Estelle decided, with the encouragement of her own mother, to enter the real estate business. This was 1953 when licenses, permits, certification tests, etc. were at a minimum. Literally, one could say: "Yesterday I was a homemaker, today I 'am' a Realtor."

Success was achieved almost immediately. Estelle attributes this to "luck," but any business

person knows that luck only carries one so far, then business skills must take over. According to Estelle, she was so inexperienced on her first sale that she was learning as she went. What forms to use, what procedures to follow were all learned on the fly.

It wasn't long before Town and Country Real Estate, as the business was then known, was hiring additional people to help with an expanding customer base. Estelle continued operation of this enterprise for two decades, finally giving it up in 1973 in order to care for her elderly parents.

The Boyces lived on Highland St. in Berlin for over 25 years before moving to Northbrook approximately 10 years ago. They have "always enjoyed Berlin," relates Estelle. "It has a pleasant, stable, quiet atmosphere that we like very much," she said.

"I think perhaps our happiest memories, at least in terms of work, was during the time the real estate business was active. It was very busy, what with the business and a growing family, but also satisfying," according to Estelle. "The

thing I miss now is the ability to drive, and the independence that goes with it," she added.

John Boyce was a confirmed walker, trudging up to five miles daily when younger. He is unable to do as much now, but maintains an active interest in ongoing events. Estelle Boyce, although no longer able to drive, still participates in events and is able to travel in the area with the help of friends and the Council on Aging van.

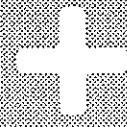
Satchell Paige said it well, "Don't look back." Although nostalgia is a pleasant diversion, the Boyces are living proof that an active lifestyle is the best approach.

## Meeting on Consumer Fraud

by Louise Champagne

On September 21st, as members of the Berlin Council on Aging, Mary Petkauskas and I attended the Central Massachusetts Association of Council on Aging Annual Meeting held at the Greendale People's Church in Worcester, Mass.

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## HEALTH NOTES

### **Flu Season Is Here But There is Still Time to Get Your Shot.**

Beat the bug by getting a vaccination—the sooner the better, but it's never too late. And, remember, you cannot get the flu from a flu shot! But you must get a vaccination every year since the flu virus changes annually.

Most people will benefit from a flu vaccination. But older adults and younger people with heart, lung, and other chronic diseases, especially should get their shot.

If you are enrolled, Medicare B will pay for your flu vaccination. So, get immunized against the flu and remember to update your pneumonia and tetanus/diphtheria immunizations also.

Flu Shots will be given on November 3rd from 10:00 a.m. to noon at the First Parish Church. The shot is free to those who are 65 and older or who have a chronic illness. Others will be charged \$5.00.

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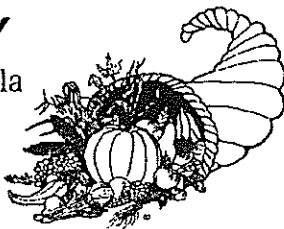
**November:** Doris Shortl 2nd; Eleanor Bosselman, 9th; Lulu Wheeler and Emeline Hebb, 14th; Jane Bartlett, 15th; Susan Hart, 21st; Carolyn Cashin, 23rd; and Ruea Baum, 26th. **December:** Francis Burke and Madeline Ciesluk, 1st; Millie Blenkhorn and Concetta DiMuzio, 8th; Williard Wheeler, 10th; Nick Labonte and Wallace Peterson, 12th; Barbara Faulkner, 14th; Jerry Cashin and Flora Leveille, 16th; David Holder, 20th; John Boyce, 23rd; and Emma Bray, 25th.

## ANNIVERSARIES

**November:** Haywood and Mary Stone, 17th; Wilrose and Stella Hanson, 18th; Francis and Alice Burke, 23rd; Augustine and Alice Murphy, 27th; and Alfred and Rena Wheeler, 29th.

## OBITUARY

Josephine Grala



## FRAUD

*continued from page three*

informative meeting. The guest speakers were Secretary of Elder Affairs Franklin Ollivierre and also a panel presentation from the office of Attorney General Harshberger's office. The panel was made up of people from the Consumer Fraud Division.

They covered a number of topics. I will present here a few of the highlights from the meeting.

### **Home Improvement Contracts**

Anything over \$500.00 the contractor should be registered and all details should be in writing. Check the reputation of the contractor. Comparison SHOP. Ask for references from other customers. Have a check list. The Contractor is responsible for getting building permits. Do not get them for him. If you do, you will reduce your protection should a dispute arise. You have a three day cancellation right.

### **Tele-Marketing**

You should be careful when anyone calls to sell you something over the phone. People have lost millions of dollars through telephone fraud. Don't

be afraid to say NO. You do not have to be polite on the phone - HANG UP.

### **Pocketbooks**

Shoulder straps should be avoided. They can be grabbed and you could be hurt in the process. Keep all zippers closed. Do not keep your car and housekeys in your pocketbook. Keep them in your pocket, or on a chain around your neck or attached to your belt. If you should loose your pocketbook, you will have your keys.

If you think you have been a victim of a scam or fraud, you can call the Consumer Protection Hotline 617-727-8400 or The Better Business Bureau, Boston 617-426-9000 or Consumer Council of Worcester County 508-754-7420.

There are many good pointers and I would be happy to share them with you upon request.

**Happy Holidays  
To All Of You!**

*The Berlin Powderhouse Senior News*

Council on Aging  
Berlin, Massachusetts 01503

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