



Powderhouse Senior News

JANUARY/FEBRUARY 1995

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, Louise Champagne,
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.

Mary Petkauskas Delegate to Elder Affairs Conference

Mary Rita Petkauskas was chosen to serve as a Delegate to the Elder Affairs statewide White House Conference on Aging. The conference was held on November 28, 1994 at the Best Western Plaza Hotel and Trade Center in Marlboro.

Periodically, the President of the United States and the Department of Health and Human Services organize a national "White House Conference on Aging" (WHCA). This event draws seniors from around the nation to discuss problems elders face in our society and then propose Legislative solutions. In preparation for this conference, the Office of Executive Affairs scheduled local forums to receive input from the grassroots as well as the recent Elder Affairs statewide White House Conference on Aging. 200 Delegates and professional experts were invited. The workshop focused on the following topics identified by elders in the forums.

- Economic Security
- Elder Rights
- Employment
- Family Support & Issues
- Community Support of Long Term Care

- Health Care Reform
- Health & Well Being
- Housing
- Mental Health
- Volunteerism

Because of Mary's in-depth knowledge of the field of Community Health she was selected to participate in the work group on Health & Well Being. The morning session identified, discussed and refined key issues. The afternoon session was devoted to developing recommendations and action steps to address those issues. The recommendations will form the basis of the report to be delivered to the National White House Conference on Aging next May at the Washington Hilton Hotel, Washington DC.

The Health & Well Being Group emphasized the importance and value of preventive & rehabilitation services in enabling elders to live healthy life styles. Although significant progress has been made towards positive elderly health and well being in many communities, disparity remains. Now, hopefully, different communities and cultural groups will be able to benefit from programs outlined by the workshop including outreach programs, policy options and educational efforts needed in the community to promote awareness of and achieve elderly wellness goals.

Recommendations were made at this session which will be included in the material sent to WHCOA after review by Elder Affairs.

Schedule of Events

January 5, 1995

Senior Citizens Meeting at the First Parish Church. Blood Pressure Screening between 9:30 and 10:30 A.M. A home cooked meal (menu to be announced) will be followed by a Travelogue on Greece presented by Billy Wheeler.

February 2, 1995

Senior Citizens Meeting at the First Parish Church. Blood Pressure Screening between 9:30 and 10:30 A.M. A home cooked meal (menu to be announced) will be followed by Entertainment by the Sweethearts of First Parish Nursery School.

Berlin COA News

The Berlin COA Hosted a Xmas party at Northbrook Community Building on December 16th for all Berlin Seniors. 60 Seniors attended the festive occasion with a catered buffet, entertainment and sing-a-long. All were surprised by 50 children caroling!

Intergenerational Program - Pen Pals

The Fourth grade students of the Berlin Memorial School are "Pen Pals" to 25 Berlin Seniors during the school year. The seniors have been delighted to receive the mail from the students and are responding with appropriate letters.

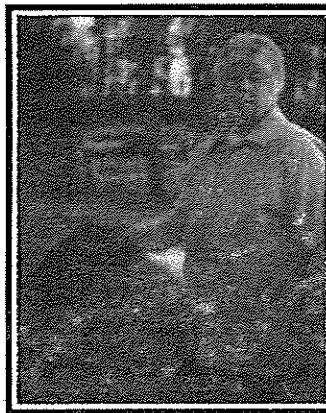
S.H.I.N.E. Is Your Resource For Health Insurance Information

For free help in understanding Medicare, Medigap, long-term care or other health insurance issues or for specific answers regarding your particular health care and insurance coverage needs, call 838-7380, for an appointment.

A Berlin Story

by Jerry Cashin

"Shape Up or Ship Out" says the sign in Marilea Niedzial's Boylston St. home. This humorous reference relates to her avocation of the last 12 years or so of raising Suffolk sheep for fun and recreation.



As animal lovers know, once you assign names and personalities to your pets, as Marilea has done, any planned profit motive quickly disappears. She has been raising her sheep for entry in agricultural fairs and shows across New

England and beyond. Many have won prizes at these events for conformation, breeding, and appearance.

Suffolk sheep are named for the county in southeastern England where they originated. This variety is used mostly for meat, or "mutton," as it is often called. Wool gathering is not a major emphasis with the Suffolk breed.

Marilea's first sheep was a Christmas present from her late husband John. They were both attending a fair in New Hampshire when she became attracted to the Suffolk sheep on display there. "I loved them," said Marilea, so John offered to get her one as a Christmas present.

"I'll spend up to \$100," he declared. "I would like a bred ewe" (a mother sheep), responded Marilea. And thus was launched an activity that has kept her busy to this day.

Marilea's first ewe had a ram (male) lamb. She

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soon bought another ram lamb in New Hampshire and began going to farm fairs and shows so that they could participate in events where judging took place. Her second lamb won best in show and Marilea got into sheep raising in earnest.

She later went to the Eastern States Exposition and acquired another ewe. This animal produced twins whom she named Amos and Andy. The twins were taken to several fairs during the early 1980s where one of them on occasion won Champion of Show. During all this time, Marilea was reading books and newsletters to improve her knowledge of sheep in general, and the Suffolk breed in particular.

The sheep population boom at the Niedzial household peaked at about 32 animals. There has always been a certain amount buying and selling going on that altered the total numbers from time to time.

Right now, Marilea is down to two sheep. Danielle and Tomasina, as they are known, are bred, however, and will be delivering ewes in the Spring of '95. "I'll decide what to do with them then," she explained.

Sheep raising came actually rather late in the Niedzial farm life experience. John and Marilea arrived at their Boylston St. property in 1939. "It had about 100 acres back then, but got up to about 186 acres at one point," said Marilea. "We started into dairy farming, working about 30 cows or so at one time. Because of the need to care for the herd, we didn't take a vacation together until I was 60," she added.

As with other small dairy farmers, the Niedzials had to supplement their income in many ingenious ways. At one point in the 1960's they started a ski operation at Snake Hill on

Boylston St. It had two rope tows which were powered by an old truck and tractor engine respectively. "Lift tickets" cost just over a dollar.

Open on weekends and holidays, the Niedzials manned a small shack where they served snacks and beverages. "We even had a ski instructor if needed," said Marilea.

After working the ski operation for about ten years, they ran into several Winters with very little snow. This hurt business, but perhaps more importantly this also marked the era of huge lawsuits against ski area management. Liability insurance costs were skyrocketing as opportunistic litigation erupted everywhere. Thus, the Snake Hill ski area closed operations, another victim of New England weather and ballooning lawsuits.

It was during these years that a growing family of four children caused both John and Marilea Niedzial to work extra jobs in addition to still maintaining their dairy farm chores. Each took full time jobs at ITT in Clinton, but on different shifts. So one would milk

the cows in the morning and the other would handle it at night.

Marilea's ITT job was her first employment off the farm in her lifetime, and she was 50 years of age. Beginning one's first outside job at that age requires a lot of adaptability and fortitude.

After 13 years at ITT (she obviously made the adjustment), Marilea drove a school bus for 13 more years. John also drove a school bus for about the same length of time. Meanwhile the cows and other chores were still tended to on schedule. All of this activity, combined with a growing family, left very little free time on the Niedzial schedule.

After John's passing in 1990, Marilea cut back on her sheep population. The cows are also gone as small dairy farms fight to survive economically in a difficult business climate. She still has her two ewes, however, and their lambs are due next Spring, right near her own 80th birthday! And, so life goes on at the Niedzial household.

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BIRTHDAYS

January: Russell Wheeler 2nd; Ruth Hellen and Loraine Sawyer, 9th; George Estabrook, 10th; Benjamin Laskowski and Francis Underwood, 11th; Elizabeth Kittredge and 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. **February:** Hope Duckworth, 1st; Dora Cummings, 4th; Elsie Griffin, 9th; Pauline Paine, 10th; Mary Stone, 11th; Lephe Wilson, 13th; Mickey Frank, 17th; Francis Kennedy, 20th; Mary Petkauskas, 24th; Bill Frank, 25th; and Wilrose Hanson, 28th.

ANNIVERSARIES

January: Wallace and Lorna Peterson, 14th; Warren and Edith Wheeler, 20th; and Alfred and Doris Bombard, 28th. **February:** Phillip and Jane Bartlett, 3rd; Paul and Dorothy Germain, 16th; and Willard and Joanne Wheeler, 20th.

Don't Worry

God walked beside you yesterday
Today you're in His care,
Don't worry about tomorrow
Because god's already there.
And the best thing about the future
Is it comes one day at a time,
So if you should start to worry
Just think of this little rhyme.

by Anna Pantina

Submitted by Louise Champagne

Morning Glory Muffins

1 Cup Fiber One Cereal, Crushed
2/3 Cup Milk
1 3/4 cups All Purpose Flour
3/4 Cup Chopped Apple
1/2 Cup Packed Brown Sugar
1/2 Cup Finely Shredded Carrots
1/4 Cup Granulated Sugar
1/4 Cup Flaked Coconut
1/4 Cup Vegetable Oil
2 Eggs
3 Tsp. Baking Powder
2 Tsp. Ground Cinnamon
1 Tsp. Vanilla
1/2 Tsp. Salt

Heat oven to 375 deg. Grease bottoms only of muffin tins. Mix Cereal and milk in large bowl; let stand about 5 minutes or until cereal is softened. Stir in remaining ingredients divide batter evenly among muffin cups. Bake 20-25 minutes or until golden brown.

Submitted by Louise Champagne

In Memoriam

Helen Estebrook Brewer
1912-1994

John Boyce
1903-1994

Many thanks to Mary Ellen Matthews, Town Clerk, & Matthews Trucking Co. for providing updated address labels for mailing newsletters.

The Berlin Powderhouse Senior News

Council on Aging
Berlin, Massachusetts 01503

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Special Preliminary Meeting Held to Prepare for 1995 White House Conference on Senior Citizen Issues

A Special Meeting on the White House Conference was held at Northbrook Village on February 15, 1995. This meeting was held to discuss the forthcoming White House Conference on Aging in Washington D.C. in May 1995.

The program was introduced by Mary R. Petkauskas RN and featured a presentation by Catherine Fellenz, Executive Director of the Central Mass Agency on Aging, regarding issues that are critical to senior citizens and the "Old Americans Act" and the changes that may be affected.

The Berlin event was attended by several senior organizations and Councils on Aging as well as local citizens. The meeting was videotaped

by Berlin Access Channel 16 for subsequent viewing in March.

The May 1995 Conference will be composed of Delegates from throughout the nation. They represent all shades of opinion and emanate

from various senior organizations in the aging network. Previous White House Conferences have resulted in important legislation affecting the well being of America's elders. Prominent in current discussions are issues such as health care, nutrition and inter-generational activities.



**INSIDE: IMPORTANT
MEDICARE UPDATE** ▶

Schedule of Events

March 3, 1995

Senior Citizens Meeting at the First Parish Church. Blood Pressure Screening between 9:30 and 10:30 a.m. Lunch will be followed by a performance by Jean Peterson and the Millbury Golden Aires.

April 6, 1995

Senior Citizens Meeting at the First Parish Church. Blood Pressure Screening between 9:30 and 10:30 a.m. Lunch will be followed by a performance by Andy Anderson, guitarist, and the Leominster Swingers.

April 12, 1995

A Senior Luncheon will be held at the Tahanto High School at 12:00 noon.

April 20, 1995

Senator Durand's Senior Conference will be held at the Assabet Vocational School between 9:00 a.m. and 2:30 p.m. Entertainment and luncheon

April 20-23, 1995

Senior Trip to Washington, D.C.

Every Wednesday

Health and Fitness Program at Northbrook Village from 11:00 - 11:30 a.m. The program is followed by a video on Health Education.

Assisted Living Legislation Passed

The Executive Office of Elder Affairs has announced that on January 13, 1995, Governor William Weld signed Chapter 354 "The Assisted Living Legislation" into law. Chapter 354 of the Acts of 1994 recognizes that assisted living residents are an important part of the continuum of housing options for elders in Massachusetts. This statute defines assisted living facilities as residential environments with supportive services in which elders, can "age in peace" with independence and dignity.

As stated in the Act, Elder Affairs will be responsible for the certification of residences that are operating as assisted living residents in the Commonwealth. The regulations which are required by the statute will be in place by June 1, 1995.

HEALTH NOTES

Medigap 95

Jerry Cashin

Medicare Supplement Insurance, often referred to as Medigap, has changed significantly in Mass. for 1995. Several modifications to existing requirements were implemented by the Mass. Division of Insurance beginning January 1, 1995. These changes apply only to policies sold in this state.


Before reviewing the new Medigap provisions, it is important to emphasize that existing plans, i.e. plans purchased before 1995, will remain unchanged. They are "grandfathered" for the indefinite future.

New buyers of Medigap insurance, when they are just coming into the Medicare system or

changing from one policy to another, will operate under the new law. These new Medigap regulations are mostly in favor of insurance buyers, not insurance companies.

For the first time, Medigap will have an "open season." This means that applicants can sign up with pre-existing conditions each February and March in MA. Previously, there was only one open season in a person's lifetime; this was the six month period immediately following your purchase of Medicare Part B. If an applicant missed that six month window, then they couldn't buy Medigap unless they passed an insurance physical. From 1995 on new buyers can purchase coverage in February or March, no matter what their medical condition.

Another important requirement is that insurance companies can no longer "age rate" Medigap



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Premiums. They must be "community based." This eliminates penalties for those who come into the system later in life because they kept working, were covered by an employer plan, and didn't need Medigap-type insurance. These late arrivals will now pay similar premiums to everyone else in their community, not a higher age-based rate.

There are now only three plans as opposed to the former six. One of these three options must offer prescription drug coverage. No longer can a Medigap insurer bypass prescription drug coverage in their offerings.

Drug coverage is extremely costly to insurance companies. They would prefer to skip this option, if possible. No longer will this be possible in Massachusetts. It should be noted that the Division of Insurance has imposed a drug coverage requirement on HMOs as well.

Certain HMOs in the past have created a stir by advertising no-cost memberships to senior citizens. They were able to do this because Medicare pays them for each senior member, plus they offer no

drug coverage. Each HMO will now have to have one option that includes prescription drug coverage, although some have received temporary waivers while they figure out their added costs, a cost that will be passed on to HMO members who buy the drug option.

There is good news and bad news with the 1995 changes to Medigap insurance. At the time this was written, two-thirds of the companies previously selling Medigap in Massachusetts have stopped doing so. This may change in the future, but right now there are only three companies approved by the state Div. of Insurance. AARP (Prudential) is not one of them.

There is a profound change occurring in the health care system at present. Medicare, Medigap, HMOs, long term care insurance, etc. are evolving to reflect these changes. With the growing gaps in Medicare coverage, Medigap insurance is becoming more important to all senior citizens.

If you would like further information about health insurance issues in general,

or Medigap coverage in particular, free assistance is available through the SHINE program. In Berlin, call 838-7380 to arrange an appointment.

Achieving & Maintaining a Healthy Life Style

by Mary R. Petkauskas RN

Increasing comfort can enhance our lives - but pampering yourself does not have to be a big deal. It is often the simplest things that make the biggest difference. Some Suggestions for a Healthy Life Style are:

- **Living better by eating better.**

Eat healthy but delicious foods that are low in fat and high in fiber. Try new recipes using more pasta, grains, vegetables and fruits, less meat and dairy products.

- **Keep things moving.**

Walk regularly or try a daily routine of simple stretching exercises to keep muscles and joints limber - follow with a well deserved healthy snack.

- **Take time for simple pleasure.**

Relaxation is very important - attend a play or movie, plant a garden, enjoy reading a good book - develop a hobby.

- **Stay Active & Involved.**

Volunteer with an organization that really matters to you. Enrich yourself and others by contributing your time and expertise within your community.

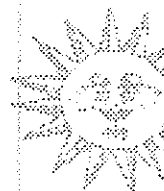
- **Travel.**

Visit new places or explore local points of interest you have never had time for.

- **Feel great by looking great.**

Dress for style as well as comfort to bring out the best in you.

Future Health Education Programs will include some of the ideas expressed above. If you have suggestions for programs you would like - please let Mary know. 838-8380.



Spring is the perfect time to start working on a healthy lifestyle!

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BIRTHDAYS



March: Marilea Niedzial, 1st; Blanche Nutting, 4th; Florence Martin, 8th; Helen Matthew, 11th; Hazel Harriman, 12th; Joanne Wheeler, 14th; Margaret Ware, 16th; Ruth B. Wheeler, 20th; Barbara Foster, 22nd; Eleanor Plastridge, 24th; Marjorie Wheeler and Natalie Wheeler 25th; Lorraine Cedar, 26th; and Leonard Ferreira, 27th. **April:** William Wright, 8th; William Olenik and Mildred Munroe, 9th; Estelle Boyce, 10th; Alfred Wheeler, 12th; Philip Scott, 13th; Edith Wilson, 14th; Lewis Paine, 19th; Virginia Wheeler, 22nd; Anne Marie Coulson, 24th; and Leonard Mungeam, 30th.

ANNIVERSARIES

April: Bill and Michey Frank, 4th; Robert and Barbara Faulkner, 22nd; Robert and Madeline Taylor, 24th; and Leonard and Ruth Mungeam, 30th.

OBITUARIES

George Estabrook

A Prescription For a Healthier Life

C Everett Koop M.D., Public Health Authority and former US Surgeon General, has published a great new book, *Guide to Shape Up America*. His prescription for a healthier life includes the following suggestions:

- 1) Eat Sensibly
- 2) Exercise Regularly
- 3) Lose some weight

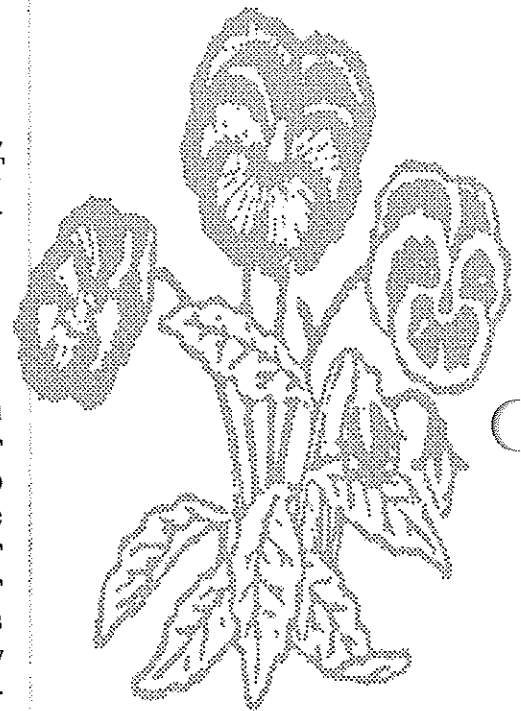
If you'd like a copy of his new book, write to P.O. Box 1995 Monroe, CT 06468-1995. Cost per copy is \$1.00.

Fitness

It is never too late for fitness - You can be fit at any age. If exercise has never been part of your life - its time to change your ways. Considerable evidence points to the value of regular physical activity in promoting a longer healthy life. Tendency to become less fit as we get older is more to inactivity than aging. Despite some of the physi-

cal changes such as joint stiffness, weight gain, bone loss in the aging process. Much can be minimized by a fitness program.

If you need some encouragement and group energy to get started on a fitness program, join the Wednesday group at Northbrook. Info is under the Scheduled Events column on page two.



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File of Life

The File of Life is a vital statistics information card that should be carried at all times in your wallet or purse and or taped to your refrigerator. It was designed with the help of COAs, police, medical and hospital authori-

FILE OF LIFE		
		Name: _____ Date Born: _____ Sex: M F
Address: _____		
Doctor: _____ Phone # _____		Police # _____ Fire # _____
EMERGENCY CONTACT		
Telephone: _____ Address: _____ Phone #1: _____ Phone #2: _____		

ties who have observed many cases where medical information was not available in home or accident emergency calls. The card contains areas for personal data, doctor's name, emergency contact numbers, medical insurance carrier names and policy numbers, religious affiliation, and current medical care or caution information. The card is available in two sizes, one for the wallet and the other with a magnet for the refrigerator. You should have one.

Following a discussion held during the April 6, 1995 Senior Citizen's Meeting, The Council on Aging is ordering wallet size File of Life cards. If interested, or for further information, call Mary 838-7380.

TV for Seniors

You and your friends can produce a TV program and air it on Berlin's own Channel 16! What a great opportunity to showcase talent, present viewpoints, dispense information, share travel experiences or just chat about life's daily joys or concerns.

Training on camera and other equipment is free. It is easier than you might have believed. Seniors across the country do it. An information meeting sponsored by the Council on Aging will be held for all interested Berlin seniors. Learn to "use TV, not be used by it." Call 838-7353 for details.



Lephe Wilson, 88 years young and a resident at Northbrook Village, is contemplating the next Reminiscence Program on Berlin's Channel 16.

INSIDE: What Exercise Can Do For You!

Schedule of Events

May 4, 1995
Senior Citizens Meeting
 at the First Parish Church. Blood Pressure Screening between 9:30 and 10:30 a.m. Lunch will be followed by a "Reminiscence Celebration of World War II Ending" program. Memories that will be presented during "Memory Lane" through storytellers, memorabilia, souvenirs, exhibits, pictures, scrapbooks etc. and songs of WWII Era will be sung under the direction of Barbara Krackhar. If you have any memorabilia or memories you'd like to have included in this program, contact Barbara St. John at 838-2237 or Philip Bartlett at 838-2852.

May 15, 1995 • 9-5p.m.
"Truly Mature Adults" Expo III will be held at the Hogan Center at Holy Cross College. Free Admission. A bus will be provided if 20 or more people register. The expo is sponsored by the Age Center & Worcester Convention.

May 22, 1995
 The Executive Office of Elder Affairs will sponsor a **"Governor's Conference"** at the Marlboro Best Western Royal Plaza. Call Mary for more information at 838-7380.

June 27, 1995
 A Senior Trip aboard the "Spirit of Boston" and a visit to the USS Constitution will take off on this day! The cruise will feature a lobster-clam bake & cruise of Boston Harbor. Cost is \$44. Contact Phil Bartlett 838-2572 for reservations and other details.



June 28, 1995
 The ladies above, Louise Champagne, Mary Petkaukas and Patricia Simpson are working on organizing the Volunteer Recognition program to be held on this date. Plan to attend! Call the COA for details.

Telephone Reassurance

There has been a few instances where elderly persons living alone, fell, or had some other difficulty and were unable to get to the phone to call for help. This doesn't need to be!

We would like to set up a Buddy system where two individuals will call one or the other each day to be sure both are well. If one does not answer their phone after several tries, they could go check on the person, or call someone who will do so for them. This is a way to keep in touch and give everyone a little more security.

If anyone would like to participate in a Telephone Reassurance program we would like to hear from you. If you already communicate in this way, we would like to hear from you also. Please contact Louise Champagne at 838-2550


Berlin Senior Citizens Profile

According to 1995 Census the total population in Berlin is 2,316. Of these residents, the following is a breakdown of our town's seniors:

Age Range	Number
65 - 69	161
70+	150
80+	81
90+	16

Of these residents, 10 reside in Nursing Homes.

Home	Number
Thornton	5
Grange	1
Westridge	2
Bolton Manor	2
Coachcare	1
Oakdale	1



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HEALTH NOTES

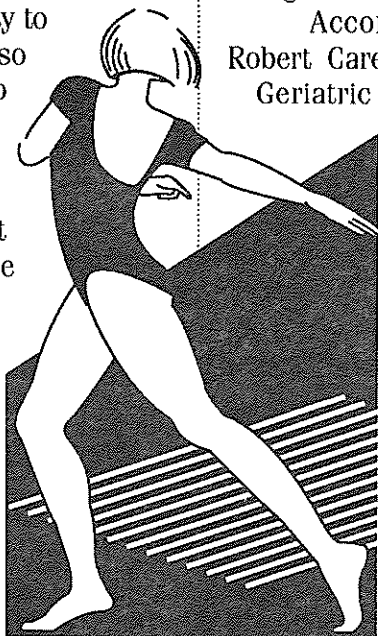
Prescription: Exercise

by Mary R. Petkauskas, RN

There are two types of exercise, aerobic exercise and strength training. Each can offer distinct benefits.

Aerobic exercise such as walking, running or cycling involves moving large groups of muscles hundreds and thousands of times against little or no resistance except gravity.

This increases the heart's ability to pump blood so that it no longer needs to beat as fast during exercise or at rest. At the same time, this type of exercise boosts the body's ability to use the oxygen that is in the blood.



The end result of these changes is that the heart and lungs no longer have to work as hard to produce a given level of activity. The benefit — you are more energetic and fit! However, aerobic exercise does not build muscles.

Strength training involves working small groups of muscles against a high and gradually increasing a degree of resistance. Besides helping you to function better during day to day activity some evidence suggest that strength training can have physiologic benefits. Strong bones and improved glucose metabolism can be achieved as a result of strength training program.

According to Dr. Robert Carery - head of Geriatric Medicine at the Lahey Clinic, the benefits of exercise are not speculative but have been proven scientifically.

Fitness Programs are necessary for all seniors to help

them function at their best and improve their health. This month we will be starting a Walking Club for Aerobic Exercise. Future issues of the newsletter will focus on strength training.

For further information about Fitness and Health, please call Jackie Cashin 368-3486 or Mary 838-7380.

Excerpted from the Lahey Clinic Newsletter March 1995

Medicare and Health Insurance

Do you have a question about the complexities of Medicare coverage, HMOs, Medicaid, long term care insurance, and related issues? Free help is available here in Berlin. Sponsored by the Central MA Agency on Aging, the SHINE (Serving Health Information Needs of Elders) program representative is Jerry Cashin. If he can't answer your questions directly, he knows who to contact in the "senior health network." Call 838-7380 to set up an appointment.

Intergenerational Program

The Berlin Memorial School will be extending an invitation to all 25 seniors participating in Pen Pal Program to attend a special luncheon at the school to meet their Pen Pals. This will be held on May 10, 1995. Please plan to attend if you are a pen pal. It should be a lot of fun! RSVP is required so everyone can be accommodated.

Reading Club

The Berlin Council on Aging would like to organize a reading club for seniors in town. It involves club members reading a good book, then getting together to informally discuss the book's contents and impressions gained. Members all read the same book so that discussions can get quite interesting. Typically, members are given a list of titles and they then vote which book to read next. If interested, call 838-7380 for details.

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BIRTHDAYS

May: Phyllis Warhen, 3rd; Mary Louise Wheeler, 4th; Margaret Dupree, 9th; Jack

Bergen and Marguerite Krackhardt, 12th; Margaret Dayton, 13th; Carl Phipps, 14th; and Glendon Blenkhorn and Anna Renzoni, 16th.

June: Phillip Bartlett, 1st; Marion Hoffman, 2nd; Barbara Krackhardt and Barbara St. John, 7th; Eva Yeiter, 12th; Alice Murphy, 18th; Raymond Baum, 19th; Earl Jesseaume, Stella Hanson, George Cedar, and Josephine Underwood, 24th; Sally Bergen, 27th; and Augustine Murphy, 30th.

ANNIVERSARIES

May: Jerry and Carolyn Cashin, 5th; Joseph and Anna Renzoni, 21st; and George and Lorraine Cedar, 24th.

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



16th; Russel and Barbara Krackhardt, 18th; Jack and Sally Bergen & Edward and Margaret Ware, 22nd.

OBITUARIES

Jeannette Cora Brewer Andrews passed away on March 6, 1995 at age 92. She was born on August 13, 1902. Her memorial service was held at the First Parish Church in Berlin and appropriately called a "Celebration of Life" in commemoration of her love of life. She requested that a special poem be read at the service. We reprint it here.

"I shall pass through this world but once.

Any good, therefore, that I can do, or any kindness that I can show to any human being...

let me not defer nor neglect it, for I shall not pass this way again."



We also mourn the passing of Lena Andrade in April 1995.

*The Lark
In The Morning*

*As I was a-walking
One morning in spring
I heard a pretty ploughboy,
And so sweetly he did sing:
and as he was a-singing O
These words I heard him say:
"There's no life like the
ploughboy's
In the sweet month of May."*

*There's the lark in the morning
She will rise up from her nest,
And she'll mount the white air
With the dew all on her breast,
And, with this pretty
ploughboy O
She'll whistle and she'll sail,
And at night she'll return
To her nest back again.*

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



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Powderhouse Senior News

JULY/AUGUST 1995

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, Louise Champagne,
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.

What does the Council on Aging in Berlin Do?

The accompanying photo shows the Berlin Council on Aging (COA) going over plans for future exercise classes with COA Activities Director Jackie Cashin. The Council members are identified in the masthead to this newsletter. But what else does this group of local citizens do, you might ask?



Quite a bit, as it turns out. Created by an act of the Legislature, COAs are charged with creating programs which help local senior citizens in a variety of ways. Among the topics often seen in this newsletter, for example, are those dealing with health and fitness, good nutrition, medication precaution, homecare tips, etc.

A very popular COA activity is Meals on Wheels. To those frail or housebound elders receiving hot, delicious meals brought right to their door, the Meals on Wheels

program is literally manna from heaven — something to look forward to during the day.

Another popular effort is participation in the SHINE Counseling program. Focusing on Medicare and related health insurance issues, this program has become a popular service

in these turbulent times in as far as Medicare, Medigap, HMOs, and other health insurance programs go.

The COA also supports a transportation program for seniors who need help getting

to medical appointments or shopping. To some elders, this is their only means of getting around.

This short summary barely scratches the surface of COA programs. To learn more, contact any Council member.

INSIDE: ▶

- Berlin COA Survey Results 2
- Health Living Wellness Program Report 3

Schedule of Events

There will be no Senior Association Meetings during July and August.

July 19, 1995

The COA will again sponsor a **Senior Smorgasboard** to be held at Northbrook Village from 5:00 - 8:00 p.m. on June 19th. This year we are planning to have a caterer to provide the meal. There will be entertainment following. Check in with a COA member for more details.

June 30, 1995

Meals on Wheels program will end on Friday, June 30th. It will resume on the Tuesday after Labor Day, September 5, 1995.

The next issue of Berlin's Powderhouse Senior News will come out in September. So, we'd like to take this opportunity to wish you a terrific summer. One filled with blue skies, warm sun and lots of fun!

1994 - 1995 Volunteer Recognition

The Berlin COA will be sponsoring a Volunteer Recognition Program with luncheon at Way Side Inn at 12:00 noon on June 28, 1995. The volunteers being honored have donated over 2500 hours of service during 1994-1995. Serving Meals on Wheels weekly and Senior Citizens Congregate Meals monthly at the First Parish Church. Other services provided by volunteers were donations of produce, bread, and eggs on either a weekly or monthly basis throughout the year.

The following members will be presented both Engraved Name Pins and File of Life Wallet Size Folders:

- Rev. Barbara Aiello
- Sally Bergen
- Eleanor Bosselman
- Paul Bagosian
- Doris Bombard
- Jerry Cashin
- Jackie Cashin
- George Cedar
- Lorraine Cedar

- Louise Champagne
- Madeline Ciesluk
- Rev. Larry Esposito
- Margaret Dayton
- Marium Hoffman
- Clara Irvine
- Alice Kidder
- Mal Loving
- Flora Leveille
- Nick LaBonte
- Laura Kimmel
- Chris Laverdure
- Deacon Larry Mongeau
- Mary Ellen Matthews
- Mary Petkauskas
- Patricia Simpson
- Bernice Sylvester
- Bill Wheeler
- Virginia Wheeler

In addition

- Claire Ballard
 - Virginia Hopper
- will receive a special gift.

Berlin COA Survey 1994-1995

COA thanks all Berlin Seniors who participated in the recent survey. We

were able to reach 7% of the 410 seniors in Berlin. We hope to use some of the ideas and suggestions we have received to improve Berlin's Council on Aging services. Your thoughts were:

Individual Activities Most Enjoyed: Shopping, gardening, traveling, baking. The highest was reading, cooking, walking, and exercise.

Group Activities Most Enjoyed: Pot luck suppers, church socials, senior meet-ings, fairs, bazaars and watching sports.

Number of Activities Enjoyed Outside the Home: 1 time per week to 1 to 12 times per month.

Number Telephone Calls Made: 0-13 per month to one and up to five people.

Recognition of Services Provided to Community by COA: Transportation via Van Wheat for medical appointments, health education programs, once-a-year smorgasbord for se-



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Seniors and the Share Program were generally recognized. Medigap, Medicare, HMOs - Blue Cross, and aerobic exercises were identified by most participants. The Powder House Senior News received the most response with good comments.

Services Seniors Would Like Included:

1. Friendly Visitors one or two times a week
2. Telephone contact for reassurance daily
3. Nutrition Programs more frequently
4. More out of town trips and shopping
5. Intergenerational - link between seniors and students as Pen Pals

Summary: COA is looking forward to meeting your needs by responding to these requests. Any comments or suggestions as to how we could implement some of the suggestions would be appreciated. Call a COA member today. The best way to get what you want or need is to get involved! The members of the Berlin Council on Aging are listed in the masthead, on page one, of every Powder House Senior News.



HEALTH NOTES

Healthy Living Wellness Program

Louise Champagne and Mary R. Petkauskas completed the program sponsored by Massachusetts Opportunity Council for Facilitators who will sponsor a similar program. Berlin COA will be offering this program to a selected group of Seniors who are interested. In September we are planning to have a sign up sheet and only (10) ten people can be accommodated. This will be a (5) five weeks program and upon completion clients will receive a certificate. The course will be repeated if there is interest. The focus of this program "Good Nutrition in conjunction with Regular Exercise is the best way to slow or even reverse the Aging Process".

The program will be held at Northbrook Village. Program dates and

time will be announced at the next Senior Meeting and in the September Newsletter. Don't miss this opportunity!

Did You Know That Helping Others is Good for Your Health?

Studies have shown that people who voluntarily help others in some way, are happier and live longer than those who do not, according to Arthur Smith of Volunteers of America.

Volunteers are generally healthier both mentally and physically. Smith added "because helping others - raises your self esteem and reduces depression."

Apparently when people help others they are more likely to forget their own problems and they feel better.

If you avoid helping someone you are missing a very important part of your life.

Walking Group

Starting July 12, 1995, a Walking Group will meet at the Northbrook Village Community Center on Wednesdays from 10:30 a.m. to 11:00 a.m. This will be followed by our regular aerobics class from 11:00 a.m. to 11:30.

Summer Information on Aerobics

The aerobics class sponsored by the Berlin COA will continue through the summer. Classes will be offered each Wednesday from 11:00 to 11:30 at the Northbrook Village Community Center with instruction by Jackie Cashin, Activities Director/Fitness Instructor. She will also lead the walking group that is offered from 10:30-11:00 on the same day


Please note and mark your calendars — both the aerobics class and the walking group will not be held on June 28th and July 5th.

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Birthdays

July: Myrtle Mason, 4th; Marion Mills, 8th; Madeline Taylor, 10th; Edith Wheeler, 12th; Lawrence Foster, 15th; Ruth Sandini, 16th; Grace Stammers, 22nd; Ruth Mungan and Helen DiMuzio, 23rd; Elizabeth Jillson, 25th; Carl Risi and Angelo DiMuzio, 29th; and Eleanor Zwicker, 31st.



August: Maria Ford, Robert Taylor, and Ann Mitchell, 2nd; Ann Mueller, 6th; Priscilla Jewett, 7th; Daniel Plastridge, 8th; Rena Wheeler, 15th; Charles Nutting, 16th; Roger E. Wheeler, 25th; Mildred Wheeler, 26th; and Constance Barter, 29th.

Anniversaries

June: Lawrence and Barbara Foster, 11th; Glendon and Millie Blenkhorn, 12th; and Frederick and Ruth Wheeler, 25th.

August: Daniel and Eleanor Plastridge, 8th; and Raymond and Helen DiMuzio, 14th.

Obituaries

Frances Strunz, Everett Bartlett and Alice Colle Wheeler have all recently passed away. Our sympathy to their families and friends.

Intergenerational Program

The Seniors participating with the Pen Pals of Berlin Memorial School Fourth graders were invited by there Pen Pals to attend two plays put on by the 4th grade students "Snow White and 6 dwarfs" "Chocolate Factory". Seniors attending also met the students parents - It was enjoyed by all.

Volunteers Needed

The COA is in need of volunteers to provide Telephone Reassurance to interested seniors. Friendly Visitors are also needed. If you can help out, we will be grateful.

Sowing Memories

Larkspurs, jonquils and daffodils,
With beauty that is rare,
And borders of sweet baby's breath
Leave perfume in the air.

Hollyhocks and red, red roses
Climb up to be so tall,
While sweet alyssum stretches out
To trail along a wall.

My garden is like old friendships
Where memories unfold
To all the pleasant times and talks
With peace of mind, untold.

My flowers grow -
like valued friends-
Where I serve garden tea.
And when the season fades
from view,
The past remains with me.

Submitted by:
Patricia Simpson



THANK YOU

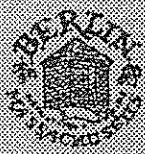
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Powderhouse Senior News

SEPTEMBER/OCTOBER 1995

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, Louise Champagne,
and Patricia Simpson

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- 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.

Legacy Award

by Jerry Cashin

The term MIA (Missing in Action) has been prevalent for a long time now, but particularly since the close of the Vietnam era. In Berlin there is another important phrase — VIA, or Volunteer in Action.

These volunteers are all around us. They work for the churches. They work for the town. They serve on various boards and committees. Some choose to perform their volunteerism in groups such as the Lions Club or Board of Trade. There are many ways to help one's fellow human beings.

Sometimes that help is clearly visible such as when the Berlin Lions built a public tennis facility on South Street, or when the Board of Trade holds a fishing derby for hundreds of town youths each spring. There is an organization that I know whose members counsel senior citizens throughout central Massachusetts on health related issues such as Medicare, HMOs, etc. They undergo intensive training, then offer their services at no cost to the recipient.

While all of these volunteer efforts are extremely valuable, and greatly strengthen the fabric of the community, perhaps the most difficult volunteer action to sustain is

that day-to-day activity that quietly helps those around us in a fundamental way. There is no fanfare, no proclamations, just the personal satisfaction by the volunteers themselves in a job well done.

The Berlin Council on Aging has initiated an annual award to honor these unsung citizens among us. It will be presented each year to that volunteer, or volunteers, who give of their talents to help our older population. It is called the Legacy Award. This award will offer recognition and encouragement to that individual, or individuals, who perform the difficult, continuing tasks that are so important to our town's senior citizens.

The Legacy Award for 1995 is awarded to George and Lorraine Cedar of Crosby Road. Their volunteer work is an inspiration to everyone, and they truly represent that VIA spirit that is so important in today's society. Their list of ongoing activities is impressive.

continued on page two

INSIDE:

- Medicare Update 3
- Healthy Living and Wellness Program Comes to Berlin 3



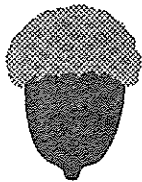
Schedule of Events

September 7 1995
Senior Meeting at the First Parish Church. Blood Pressure Screening available. Program features the music of "Washboard Sue" A home cooked meal will follow.

September 27 - October 25
Healthy Living and Wellness Program at Northbrook Village. See article on page three for details.

September 29 - November 12
Healthy Living and Wellness Program at the Clinton Senior Center.

October 5, 1995
Senior Meeting at the First Parish Church. Blood Pressure Screening available. Program features a "Visit to the Netherlands" through Billy Wheeler's slides. A home cooked meal will follow.



Legacy Award

continued from page one

Lorraine Cedar prepares meals at monthly senior citizen meetings at the First Parish Church. She also assists with meal preparations for the homeless in Clinton as a representative of St. Joseph's Church. Lorraine helps with refreshments at First Parish Evening Guild meetings. In September, she works at the St. Joseph's annual fair, then in November, she does the same at the First Parish Fair. In addition to all this, Lorraine helps out with Meals on Wheels Program, a valuable service to Berlin's frail elders.

What is George doing while all this is going on? He is working right along with Lorraine. He also works at the monthly senior citizen meetings, helps with the homeless meals in Clinton, and delivers those Meals on Wheels dinner so eagerly anticipated by many. George regularly delivers Christmas meals to homebound people that are prepared by the Berlin Lions each holiday. In

addition, he participates in the food commodity distribution program to Berlin citizens.

This volunteer work by George and Lorraine represents the continuous help-your-neighbor approach that so personifies this Legacy Award. The Berlin Council on Aging is happy to confer the 1995 Legacy Award, along with a plaque honoring their contributions to George and Lorraine Cedar of Berlin.

1995 White House Conference was Historic Success

Held for the first time in 14 years the conference was concluded on May 5, 1995 and was a major success. Twenty three delegates appointed by Governor Weld joined

2164 of their counterparts. Together with volunteer facilitators - 49 resolutions aimed at protecting and enhancing the quality of life for elders in the 21st century.

The top five resolutions endorsed by our delegates in order of popularity reflected to hottest topic concerning today's elders.

- 1 Keeping Social Security sound now and for the future.
- 2 Preserving the integrity of the Older American Act (OAA)
- 3 Preserving the future of Medicaid
- 4 Ensuring the future of Medicare Program.
- 5 Preserving Advocacy functions under the (OAA)

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HEALTH NOTES

Healthy Living and Wellness Program

A Healthy Living and Wellness Program will be offered by the Berlin COA. Mary R. Petkauskas RN BS MA, a Nurse Educator, and Louise Champagne, COA board member, will present the classes. They have been trained as facilitators by Montachusets Opportunity Council Elder Nutrition Program.

The program consists of five weekly lectures augmented by demonstrations, videos, exhibits, handouts, taste tests, and pecial exercises. Topics include:

- 9/27 Relationships between Diet and Health Benefits.
- 10/4 Blood Cholesterol
- 10/11 Shaking the Salt Habit
- 10/18 Osteoporosis
- 10/25 Advantages of Fiber in the Diet

This program was designed by Montachusets Opportunity Council Elder Nutrition under a

grant from Central Mass Area on Aging and Elder Executive Office of Elder Affairs.

The Program is scheduled to start the week of Sept. 25 and will be held every Wednesday starting Sept. 27th from 10 to 11:30 for 5 Wednesdays at Northbrook Village. The program will replace the Wednesday Fitness classes. Exercises will be included by Jackie Cashin Fitness Instructor.

A Sign up sheet will be passed out at the Senior Meeting Sept. 7th. Since space is limited, priority will be given for those signing up.

Medicare Celebrates Its 30th Anniversary

July 30th marked the 30th anniversary of the law that promised older Americans they would always have affordable health care. Thirty years ago, less than half of older Americans had health insurance. Today 97% of the people over 65 years are covered by Medicare. But with so

much at stake, Medicare's 30th Birthday celebration has become a wake-up call for Seniors, 30 year olds, and everyone in between who must realize exactly what is happening. The Republican version of Medicare will ultimately provide less care to fewer people.

Medicare Update

John Oliver, U.S. Congressman from the First District of Mass., delivered an update on pending changes to Medicare recently in Leominster.

Several Berlin Council on Aging members attended. A turnout of 60 seniors and agency advocates were on hand to learn the latest status of Medicare legislation. Both the U.S. Senate and House will be seeking ways to keep the Medicare program solvent during deliberations in the Fall.

President Clinton's study commission has projected bankruptcy in seven years if the program is not modified. Current cost in-

creases are 8% annually. Republicans propose to hold increases to 4% per year in line with overall inflation. Congressman Oliver acknowledged changes are needed, but not to the extent being proposed.

Medicare Myths

Myth: The Medicare Trust Fund is in trouble and only severe cuts will save it!

Fact: Only modest changes and reform are needed. Smaller cuts and some honest reforms will keep the Medicare Trust Fund secure.

Myth: Supporters of the cut want to save Medicare.

Fact: Some leading the charge for the cuts - including Senate Majority Leader Bob Dole, who was in Congress when legislation creating Medicare was passed - voted against the bill to create Medicare!

Myth: A big Medicare cut is needed to balance the budget.


Fact: The federal budget can be balanced without *continued on next page*

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Birthdays

September: Marjorie Nelson and Howard Watkins, 1st; Marge Windel, 2nd; Joseph Roseberry, 3rd; Elizabeth Risi, 12th; Helen Wheeler, 18th; Iva Rogers, 22nd; Ruth Hill and Lorna Peterson, 24th; Ruth Wheeler, 25th; Warren Wheeler, 26th; and Everett Wheeler, 27th.

October: Louise Champagne, 7th; Mary Risi, 8th; Dorothy Germain, 16th; Doris Bombard, 17th; Herbert Mueller, 19th; Dorothy Risi, 23rd; and Norma Hanson; 24th.

Anniversaries

September: Russell and Marjorie Wheeler, 23rd; and Alfred and Barbara St. John, 28th.

October: Lewis and Pauline Paine, 6th; Ray and Rhea Baum, 10th; and Everett and Mildred Wheeler, 25th.

Obituaries

Lloyd Parker



Medicare Myths

continued from previous page

draconian Medicare cuts. But a proposed \$245 billion tax giveaway, mostly to benefit the wealthiest handful of Americans, unbalances the budget. The Medicare cut of \$270 billion would help make up that difference. So, Medicare for seniors will be cut to finance a tax break for people who don't need one.

Myth: Changes to come with proposed Medicare cuts will give seniors more choice in their health care.

Fact: Drastic Medicare cuts will force seniors to pay more. Some in Congress are reviewing two options for changing Medicare. Seniors could stay in the current system, but pay double the premiums, double the deductible and huge, new co-payments. Or, seniors will be given a voucher to purchase the lowest cost, managed care plan that limits choice of doctor. Either way, seniors will pay thousands more for the freedom of choice they have today. Those who cannot afford to pay will be left to ration their own care or simply go without.

Myth: Cuts to Medicare affects on Seniors.

Fact: Medicare cuts will mean higher costs for seniors and their families. Many seniors cannot afford huge increases in out-of-pocket costs and will need the help of their adult children to pay for their health care.

The Republicans are cutting \$270 Billion from Medicare over the next seven years. They are trying to say it will save it. It will not take \$270 Billion to keep Medicare solvent. True, under present law and conditions the Medicare Trust Fund will begin to pay out more in benefits than it collects from payroll taxes sometime in the next decade. But Medicare need only shed around one third of the Republican proposal to remain solvent. Modest adjustments would produce the savings without reducing coverage or raising costs to seniors.

While Republicans have refused to make their plan public, the extra out-of-pocket cost per senior for their plan could reach \$1000 a year.

Concerned? Write President Clinton or your congressman!

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Powderhouse Senior News

NOVEMBER/DECEMBER 1995

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Alice Kidder, Mary Petkauskas,
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Mary Petkauskas, Editor
Jerry Cashin, Louise Champagne,
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.

New Post Office Breaks Ground

by Jerry Cashin

According to Heidi Salmon, Postmaster at the local Post Office, very early planning for improved Berlin postal facilities began in 1991. That happens to coincide with her assumption of full Postmaster responsibilities. Prior to that time, she had served as a clerk and Postmaster relief.

"Central Mass. had very few post office building improvements up to that time," she explained. "After touring our facility, postal officials could see there were space limitations for both customers and working personnel alike, so they put us on the upgrade list."

Heidi added further that the consolidation of what had been two post offices in town really put a strain on space needs. In addition, parking arrangements at the current building are limited and present a problem at times with safety when entering and exiting.

"As the U.S. Postal Service prepares to enter the 21st century,

many changes will be introduced in order to improve customer service. These changes make it imperative that we provide adequate lobby space for our customers, as well as working room for postal employees. A larger parking area is another important requirement," said Postmaster Salmon.

Another impetus to improved facilities is the 1996 opening of the Solomon Pond Mall. "The Mall will increase traffic, mail volume, and the need for better access. Overall

workload will potentially increase a significant amount because of the Mall," added Heidi.

The Postal Service has been moving to implement computer and other forms of technology in a big way.

Not all of these changes are seen at the local level, but many technology

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INSIDE: ▶

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- Spicy Ham and Bean Soup for Warming Up 3

Schedule of Community Activities

November 2, 1995
Senior Meeting at the First Parish Church. The program will feature "Herbs and Their Use in Many Ways" by Patricia Wheeler, followed by lunch.

November 4, 1995
 First Parish Church of Berlin will hold its annual **Friendship Village Fair** in the Children's Church on Saturday, November 4 from 10 a.m. to 3 p.m. Luncheon will be served in the Meeting house from 11:30 a.m. to 1 p.m. Shops include Hearth & Home, Teddy Bears, Holiday & Crafts, Candy, Baked Goods, Gifts, Knit, Baskets, Cheese, Toys, Natural Foods, and Coffee Shop.

November 23, 1995
 A **Thanksgiving Dinner** will be held at **First Parish Church** at 1 p.m. Nov. 23, for singles, couples, or small families, who would enjoy sharing the day with others. If you are interested, contact Beezie

Bentzen 838-2307 or Barry Eager 838-2502 by November 18.

November 23, 1995
 Eloise Salls and family will prepare a **Thanksgiving dinner for homebound seniors and others in need**. Please call Eloise at 838-2845. Meal will be delivered by family members.

December 2-3, 1995
 St. Joseph the Good Provider Church will hold a **Christmas Fair**. Christmas decorations, crafts etc. Lunch and may be even a visit from Santa.

December 21, 1995
 Lyons Club annual Christmas Turkey Dinner will be held at First Parish Church - All Berlin Seniors are extended an invitations. Service will be 5-7 p.m..

Post Office

continued from page one

changes have direct impact on Berlin operations. More space is needed to introduce many of these changes.

The Berlin Post Office has a first-rate team

of service-minded employees. From Heidi Salmon Dennis Poulin, Ken Lubin, and Carolyn Cashin who deliver mail to Susan Seed and Dave Connor who work at the counter — they all go the "extra mile" to get the job done.

"The new building will allow us to provide even better service," said Heidi. "It will have 2500 sq. ft., much more than at present. We will also have twice the number of parking spaces, along with more space between parked cars on the road. The architectural design is in harmony with town structures. It is colonial in nature with a steeple and porch," she added.

In a changing world, the Postal Service is changing with it. Berlin's little slice of that world will be reflected in a new facility with new services scheduled to open in the Spring of 1996.

HEALTH NOTES

Fallon Introduces Elder Service Plan

Fallon has introduced an Elder Service Plan that provides comprehensive support so frail older adults can remain in their own homes

The Elder Service Plan at Fallon (ESP/FALLON) manages all health, medical and social services for older adults who are at risk of losing their independence so that they can stay as healthy as possible and continue living in their own homes. Older adults who are members of programs similar to ESP in other parts of the country like the independence it gives them and they are pleased to have the opportunity to maintain their quality of life.



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This program is the first of its kind in Central Massachusetts and the first in the country to be sponsored by an HMO. Fallon established the elder service plan because we are committed to filling the gap in services that are available to these adults.

ESP participants receive much of their care at the ESP center (located at 277 East Mountain Street in Worcester), where they join other older adults for Socialization, meals and special therapies several times a week. At other times, care is provided at home. The benefit of ESP/Fallon is that care is coordinated by one highly skilled multidisciplinary team, so information and services are less fragmented. Family members and adults no longer have to negotiate needed services with several providers and participants are able to remain in their homes.

Fallon's ESP team consists of: Primary care physicians, Nurse practitioners and nurses who specialize in caring for older adults. Physical occupational and recreational therapists, social

workers, home health aides, dietitians and drivers.

The members of this team maintain daily contact with ESP participants both in the ESP center (transportation is provided) and at home.

For further information, please call ESP/Fallon at 508-852-2026.

Low Calorie Recipe for Cold Winter Days: Spicy Ham and Bean Soup

- 1 1/4 cups Dried Navy Beans
- 1 cup Chopped Onion
- 1 cup Chopped green bell pepper
- 1 cup sliced Celery
- 1/4 cup minced fresh parsley
- 1 1/2 teaspoons pepper
- 2 1/2 minced seeded jalapeno pepper
- 2 garlic cloves minced
- 1 (18 ounce) ham bone (from a 8 1/2 pound cooked low-sodium ham)
- 2 cups Chopped Maple Glazed Ham
- 1/4 cup finely chopped fresh Basil

- 1 (14.5 ounce) can no-salt-added whole tomatoes undrained and chopped
- 1 (8 ounce) can no-salt-added tomato sauce

Sort and wash Beans; place in a large Dutch oven. Cover with water to 2 inches above the beans and bring to a boil. Cook two minutes. Remove from heat and let cool for 1 hour.

Drain beans, and return to pan. Add 2 quarts of water and next eight ingredients (water through ham bone). Bring to a boil, cover reduce heat and simmer one hour or until beans are tender.

Place 2 cups of beans in a blender and process until smooth. Return bean mixture to pan. Add ham and remaining ingredients. Bring to a boil reduce heat and simmer ten minutes.

Calories 202 (12% fat), Protein 16.2 g Fat 2.7g Carb. 30.1 g Fiber 4.2 g

Flu Shots

It's not too late for a Flu Shot! Flu is not just a cold: It can be life threatening.

Flu shots are safe and effective. Flu Shots in Berlin will be given at Northbrook Village on Tuesday October 24th from 1 P.M. - 2 P.M.

Christmas

submitted by L. Champagne

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 toward men. However, until a person feels the spirit of Christmas, there can be no Christmas.

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Birthdays



November: Doris Shortt, 2nd; Patricia Wheeler, 6th; Eleanor Bosselman, 9th; Lulu Wheeler and Erneline Hebb, 14th; Jane Barlett, 15th; Susan Hart, 21st; Armando Silva, 22nd; Carolyn Cashin, 23rd; and Rhea Baum, 26th.

December: Francis Burke and Madeline Ciesluk, 1st; Millie Blenkhorn and Concetta DiMuzio, 8th; Willard Wheeler, 10th; Nick Labonte and Wallace Peterson, 12th; Barbara Faulkner, 14th; Flora Leveille and Jerry Cashin, 16th; David Holder, 20th; and Emma Bray, 25th.

Anniversaries

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

Obituaries

Raymond Baum.

Special Notice:

On December 7th, at the Senior Meeting at the First Parish Church, Reverend Leighton Richardson will perform his "Christmas Musical Program" Lunch will follow, Please join us. It promises to be a nice beginning to the holiday season!



*Have a wonderful Holiday Season —
Thanksgiving, Christmas, Hannukah, and New Year's.
See you in 1996!*

The Berlin Powderhouse Senior News

Council on Aging
Berlin, Massachusetts 01503

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