



Powderhouse Senior News

JANUARY/FEBRUARY 1986

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.

Town Votes to Purchase Historic Property

by Barry Eager

On November 15th, a special town meeting voted to purchase the land and buildings at 4 Woodward Avenue, adjacent to the Town Hall. The buildings will be used by the Historical Commission as a museum of local history and art.

An even more compelling public use, however, will be development of handicapped access and parking for the Town Hall. There was not sufficient land for this purpose on the very small Town Hall lot. A ramp can be constructed to enter the Town Hall's kitchen door, with handy parking in front of the garage on the neighboring land. By next summer it should be much easier to enter the Town Hall to do business in the offices and attend public meetings on the first floor. This will come as good news for many of our seniors.

The Historical Commission has also agreed to make some space in the house available on a temporary basis, to ease the office space crunch in the Town Hall.

Initially, about half of the house will be used for displays and

programs on Berlin's history and art. Efforts will be made to restore some of the rooms which have retained historic features. Much of the back of the house has been so modified that there is little to restore. This area can be remodelled to provide required modern facilities. It is planned to convert the garage into storage for the Town Historical Collection.

The Berlin Art and Historical Society, which has been saving toward a building for over a decade, has pledged \$25,000 toward the purchase. The Town voted \$72,250 to cover the remaining purchase and closing costs. The price will be reduced by \$3,000 if it is found feasible to connect the house to the Town hall's water supply, to save drilling a new well on the site. The Society has further pledged to work on fund future renovation and restoration of the buildings.

See page two for
The History of the Bullard House.

INSIDE:

- Government Retains Commitment to Elder Services 2
- A Healthy Brain 3

Schedule of Community Activities

January 4, 1996

Senior Meeting at the First Parish Church. Blood Pressure screening. The program will feature a "Sing-a-Long" by Corrine Nichols. There will be a home cooked luncheon prepared by our senior chef. Program weather permitting.

February 1 1996

Senior Meeting at the First Parish Church. Blood Pressure screening. The program will feature the Sweethearts of Nursery School. There will be a home cooked luncheon prepared by our senior chef. Program weather permitting.



Happy Valentine's Day!

History of the Bullard House

The Bullard House (4 Woodward Avenue) was built in two parts before 1800. Structural evidence indicates that the end nearer the Town Hall was built first, around 1750 or earlier. The center and southwest end were apparently built a little later, including a large room with a curved ceiling on the second floor which may have served as an early meeting space and ballroom.

The old building housed Berlin's first store. A 1799 deed refers to "John Dexter's store", and Mr. Dexter is identified as an innkeeper. There were various other proprietors of the store on this site, the last of whom was Solomon Howe, starting in 1802. Later he constructed the present store building (originally located at the corner of Central and Pleasant Streets), thus the present store has a continuous history in two buildings, on three sites, under many proprietors, of 200 years or more.

Joel Bullard bought the southwest half of the

house in 1831. He operated a blacksmith shop next door. That end of the house was owned by Mr. Bullard's descendants until 1956, hence the identification of that name with the house.

Among the Bullard descendants living there were H. Wallace Woodward and C. Sumner Woodward, who were the only ones from Berlin to die in the service of their country in World War I. The section of Walnut Street along the Common was renamed Woodward Avenue in their honor.

Other interesting uses of the house included a barber shop in the 1920s, and providing shelter for a Model A Ford fire truck before 1928. The house was divided into two tenements from the early 1800s until the 1960s.

Some evidence suggests that the house could be older than presently-known sources indicate. Research continues.

Reorganization of State Government Retains Commitment to Elder Services

In a downsized government proposed by the Weld administration, the Executive Office of Elder Affairs would remain a cabinet-level position providing clear accountability and a single point of access for elder services. This is good news for elder advocates because it keeps elders a top state priority. Funds flow from the Executive Office of Elder Affairs to Home Care Corporations, Councils on Aging, Nutrition Programs, and other programs of importance to elders in the commonwealth. Elder Affairs relies on private organizations, not state employees to deliver services, and stresses quality assurance

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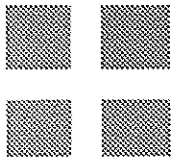
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1 PLEASANT STREET

HUDSON, MASS. 01749

measures and client outcomes. This year, Elder Affairs is working with the Division of Medical Assistance to establish a system of managed, long-term care services. The private Home Care network of which Montachusett Home Care is a part, will establish a single point of entry-Aging Service Access Points (ASAP) for all Massachusetts Citizens seeking information about long-term care.

— *Monachusett Home Care Services Berlin*



HEALTH NOTES

Hypothermia:

Hypothermia occurs when the body temperature drops below 95F. Immediate treatment is necessary to prevent illness and the risk of death. Those most vulnerable are infants and older people. Here's What To Look For:

- Confusion
- Forgetfulness
- drowsiness
- Difficulty Speaking
- Slow Breathing

- Clumsiness
- Unusual irritability
- Puffy face
- Shivering
- Cold stiff muscles
- Stomach cold to touch

Cold Weather Problems

Winter and cold weather bring many hazards ranging from frost bite to broken bones. While everyone's health is challenged by lengthy exposure to very cold temperatures the elderly are particularly vulnerable. Even mildly cool temperatures can trigger a condition known as accidental hypothermia, a drop in deep body temperatures that can be fatal, if it is not detected and treated properly. EOEa in their publication explains the symptoms and recommendations. Here's What You Should Do:

- Call ambulance or rescue squad
- Warm slowly with blankets
- If two people are present: lie close together to transfer body heat

- Do not massage or give hot bath

For more information, call the EOEa Hot Line at: 1-800-882-2003

How To Keep the Brain Youthful

Recent studies of both animals and humans demonstrate that certain activities are especially effective at keeping the gray matter in tip-top shape and preventing memory loss so dreaded by seniors.



The following are suggestions from a Prominent Physician:

1

Do challenging puzzles or projects that tax your intellect. Tackle a difficult crossword puzzle or learn to play chess.

2

Socialize with stimulating people including grandchildren. Isolation and humdrum company is bad for the brain and the psche. A pet may be helpful.

3

Stretch your mind. Study a language, read some history or learn a musical instrument.

4

Exercise your body. Physical exercise increases circulation and oxygen flow to the brain. Exercise that uses intellect is the best so the researchers say.

5

Use different parts of your brain. If you have always been analytical, try something creative to tap a part of your brain that is rarely used.

6

Make sure that your medications are monitored by your physician. What is sometimes chalked up to aged memory impairment is actually the side effect of taking one or more prescription drugs.

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 The Official Publishers for
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Birthdays



January: Russell Wheeler, 2nd; Benjamin Laskowski and Ruth Hellen, 9th; Francis Underwood, 11th; Elizabeth Kittedge and Joseph Renzoni, 12th; Edward Ware, 14th; Alfred St. John, 17th; Jean Musche, 18th; Cecelia Kerrigan, 19th; Alice Burke, 21st; Heyward Stone, 23rd; and Eva Toby 28th.

February: Hope Duckworth, 1st; Dora Cummings, 4th; Margaret Golas, 7th; Maureen Silva, 8th; Elise 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; Raymond and Sandra Reardon, 21st; Alfred and Doris Bombard, 28th; and Henry and Ruth Wheeler, 31st.

February: Phillip and Jane Bartlett, 3rd; Paul and Dorothy Germain, 16th; and William and Joanne Wheeler, 20th.

Angel Macaroons

- 16 oz. one step Angel cake mix
- 1/2 cup sugar free strawberry flavored carbonated beverage
- 2 teaspoons vanilla or almond extract
- 2 cups unsweetened shredded coconut
- 1/2 cup chopped walnuts

Cover baking sheet with aluminum foil. In large bowl beat cake mix, carbonated beverage and vanilla on low speed 30 seconds, then medium speed. Add coconuts and nuts. Drop by teaspoonfuls onto a foil lined sheet - 2 inches apart. Bake at 350 degrees F for 10-12 minutes, cool and store in airtight container. Yields 60 macaroons. Per Serving 98 Cal. for 2 macaroons. Carbohydrate 14g, Protein 2 g, Fat 4 gr, Sodium 112 mg.

— *From Holiday Gifts by R. Cooper.*

Obituaries

Russell Krackhart, Helen Esterbrook and Edith Wheeler.

Graying Years

Graying Years can be unkind
To gifts of body, heart and mind.

For Graying Years

- like waves at sea-

Can be washed away what
used to be.

But we find strength,
to live each day

With gifts that are not washed away
And we survive, the spoils of time,
With prayers of faith that
soothe decline.

— *Author Unknown*



Happy New Year!

The Berlin Powderhouse Senior News

Council on Aging
Berlin, Massachusetts 01503

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The Man From Canning

by Jerry Cashin

It was common in the mid-1920's for Canadians to "head south" seeking a better economic future or to join an ice hockey team sponsored by an industrial firm.

This was before the era of big-time, professionally organized sports.

It was during this period that Harold Blenkorn, a native Nova Scotian, was invited by Firestone Rubber of Hudson, MA, to work for the company and join their team. His father was also invited as he was well known for his ability to build and maintain outdoor hockey rinks. And, eventually, the entire Blenkorn family moved to Hudson.

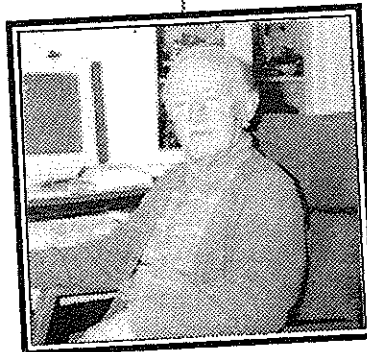
The youngest boy in the family, Glendon, also known as Blinky, was an athlete in his own right, but too young when the Firestone hockey team was in its heyday. The Blenkorn family had other interests besides sports, one of which was music. Many family members played one or more musical instruments.

Blinky's father decided that his then 8 year old son should learn the violin. As he was walking Blinky down Main St. in Hudson toward the violin teacher's house, they passed Ed Sims Dancing School. Blinky announced to his Dad that he wasn't interested in the violin, but sure would like to take dancing lessons.

Well, the young lad was very persuasive. Dad relented on the violin lessons and agreed that Blinky should attend Ed Sims Dancing School. The fact that the father was something of a dancer himself probably helped in the decision.

Thus began the career of Blinky the tap dancer. He, along with his sister Enid on some occasions, traveled New England performing as the "Blenkhorn Twins" during their

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G. "Blinky" Blenkorn

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- OTC Heartburn Drugs 3

Schedule of Community Activities

March 7, 1996

Senior Meeting at the First Parish Church. Blood Pressure screening. The program will feature the "Sweethearts of Nursery School" and their songs followed by a home cooked meal.

April 4, 1996

Senior Meeting at the First Parish Church. Blood Pressure screening. The program will feature the "Story Telling and Elderhostel Experiences" given by Ann Agnetti.

April 18, 1996

Senator Durand's Annual Senior Conference at the Assabet Vocational School in Marlboro. Admission is by ticket. Tickets will be sent out during March. The program will include workshops on Health Directives and Cholesterol Testing. The event will include a coffee hour, lunch, entertainment, and door prizes.

♣ Happy St. Patrick's Day!

Cabin Fever Gotcha? Join the Berlin Senior Citizens Organization

A membership drive is underway for the Berlin Senior Citizens Organization. We would like to invite all seniors aged 60 years older to join the organization. Meetings are held at the First Parish Church on the first Thursday of the month from September through June. Yearly dues of \$3.00 may be paid at the meeting or sent to Treasurer Millie Blenkhorn, c/o Box 1, Berlin, Mass 01503.

Registered Nurses are on hand to take blood pressures. The business meeting usually starts at 10:30 a.m. after a social hour.

Programs are varied. Sometimes slides of foreign countries, musical programs, or craft people etc.

A hot sit down Family Style lunch is served at noon. This delicious meal is \$3.00 per person. Reservations only.

Come check us out. We have a good time and sometimes go on bus trips together.

The First Parish Church is accessible to the physically challenged.

We'll be looking for you! Come join us for fun and friendship.

"Time for Living" to be presented on New England Cable News

On January 31st, at 3:00 p.m., New England Cable News and Secure Horizons, Tufts Health Plan for Seniors, will launch an hour long program, "Time For Living", co-hosted by two veteran Boston broadcasters, Rex Trailer and Janet Jeghelian. This program will provide a fresh forum for issues that concern senior citizens.

In the weeks to come "Time For Living" will focus on Alzheimer's Disease and the continuing strain put on older work-

ers who are regularly shown the door by their employers, just as they approach retirement.

"Time For Living" will offer a regular job bank for older Americans and a bulletin board of activities that impact this growing segment of the population.

Some regular features of the show will include *Second Effort Salute*, which will provide insight on second careers and chances; *Health, Finance & More*, which will provide health, financial, and other lifestyle advice for seniors; *Travelin' Around*, which will feature peaks at great vacation spots in the U.S. and around the world that provide the most bang for the buck; *News You Can Use*, which is a news highlight program; and *Mailbag*, which will air letters from viewers. "Time for Living" will also have an on-line site on the Internet.



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he Man *continued*

teen years. During the Summer, Blinky appeared at Maine's Old Orchard Beach on a regular basis.

During the week there would be "Big Band" appearances at ballrooms in the area. Blinky tap danced during the 30 minute intermission. Backed up by the band, he would tap away in his fast dancing style, known as the "Buck and Wings" technique—a style often seen in Hollywood movies of the 1930s and 1940s.

For each show, he received \$10, a nice payday in the depression-era. As with everything else in those days, there were no "safety nets." You survived the best way you could. And if you had fun while doing it, so much the better.

Ed Sims taught his pupil every step he knew, but Blinky was always looking to polish his routine. One day when not working at the Palace Ballroom in Old Orchard Beach, he noticed a new dancing school and walking in hoping to pick up a few pointers. After talking to the manager and showing a few moves, he

ended up being offered the job of instructor.

That was truly the era of Big Bands, tap dancing, large public ballrooms, and company-sponsored athletic teams. World War II ended most of this, of course, and Blinky went on to other experiences, some funny, some not so funny, during the war in the Pacific.

Plan to Attend the Lions Club "Roasting" for Blinky on June 1st

These anecdotes are but a brief snapshot of a man the Berlin Lions Club will be "roasting" on Saturday, June 1st. The event will begin at 6 p.m. with a turkey dinner at the First Parish Church Hall. The honored guest, family, and all attendees will then move to the Town Hall for a humorous speaking program and other festivities.

There will be a limited number of tickets, so get them now.

Contact Lions president Charley Pidacks at Village Power Equipment, ticket chairman Phil Bartlett, event chairman Jerry Cashin, or any Lion to get your tickets.

HEALTH NOTES

The New OTC (over the counter) Medications for Heartburn

Heart burn the post meal burning sensation familiar to nearly half of all adults is now easier to treat without consulting a physician. Two highly effective prescription drugs - Pepcid (famotidine) and Tagamet (Cimetidine) are now available over the counter (OTC). Two more Zantac (Remidine) and Hyd (nizatidine) are expected to follow by next year. The Food & Drug Administration has approved the changes and has shown them to be safe and more effective for recurrent heartburn than antacids such as Mylanta & Maalox.

There are also preventive measures you can take to avoid heartburn altogether.

1. Avoid large meals, fatty foods, alcohol, caffeine, soda, mints and chocolate
2. Wear loose clothing

that doesn't constrict the abdomen.

3. Do not smoke

If you have frequent heartburn you should see your physician for advice.

Excerpt from Johns Hopkins Health Letter November 1995

Advance Medical Directives

It is your right to refuse medical care. An Advance Medical Directive protects this right and is a legal document that allows you to give directions for your future care. They communicate your choices if you become physically or mentally unable to do so yourself. They can help your family by relieving them of responsibility and family stress when faced with making difficult medical decisions regarding your care. They also guide your physician in providing care for you.

Types of Advance Medical Directives are:

Living Wills

Written instructions that explain your wishes for your health care in the event that you are unable to communicate them.

continued on page 4

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Birthdays

March: Marilea

Niedzial, 1st; Blanch Nutting, 4th; Florence Martin, 8th; Helen Matthew, 11th; Hazel Harriman, 12th; Joanne Wheeler, 14th; Margaret Ware, 16th; Ruth B. Wheeler, 20th; Barbara Foster, 22nd; Ann Agnitti, 23rd; Eleanor Plastridge, 24th; Marjorie Wheeler and Natalie Wheeler, 25th; Lorraine Cedar, 26th; Leonard Ferreira, 27th; and Bernadette Sylvester, 29th.

April: William Wright, 8th; Mildred Monroe and William Olenik, 9th; Estelle Bryce, 10th; Alfred Wheeler, 12th; Philip Scott, 13th; Edith Wilson, 14th; Lewis Paine, 19th; Virginia Wheeler, 22nd; Anne Marie Coulson, 24th; and Leonard Mungeom, 30th.

Anniversaries

April: Bill and Mickey Frank, 4th; Robert and Madeline Taylor, 24th; and Leonard and Ruth Mungeom, 30th.

Obituaries

Our sympathy is extended to the families of Everett Bartlett, Arthur Pierce, and Charles Carey.



Advance Medical Directives

continued

Durable Power of Attorney or Health Care Proxy

This document lets you name a person to make medical decisions for you if you are unable to do so.

More information on the above subject may be found in Publication put out by Nashoba Nursing Service. 1-800-698-3307.

Spice It Up!

Americans eat more salt (sodium chloride) and other forms of sodium than they need. They also have higher rates of high blood pressure. Studies show that when some people cut back on salt and sodium, their blood pressure drops or high blood pressure is prevented.

It's easy to make foods tasty without using salt. Try these foods with the suggested flavorings, spices, and herbs:

Meats. Beef: bay leaf, garlic, marjoram, nutmeg, onion, pepper, sage, thyme; **Lamb:** curry powder, garlic, mint, rosemary; **Pork:** garlic, onion,

oregano, pepper, sage; **Veal:** bay leaf, curry powder, ginger, marjoram, oregano; **Chicken:** ginger, lemon juice, lime juice, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme; and **Fish:** curry powder, dill, dry mustard, lemon juice, lime juice, marjoram, paprika, pepper

Vegetables. Carrots: cinnamon, cloves, marjoram, nutmeg, rosemary, sage; **Corn:** cumin, curry powder, onion, paprika, parsley; **Green Beans:** curry powder, dill, lemon juice, marjoram, oregano, tarragon, thyme; **Greens:** onion, pepper; **Peas:** ginger, marjoram, onion, parsley, sage; **Potatoes:** dill, garlic, onion, paprika, parsley, sage; **Summer Squash:** cloves, curry powder, marjoram, nutmeg, rosemary, sage; **Winter Squash:** cinnamon, ginger, nutmeg, onion; **Tomatoes:** basil, bay leaf, dill, garlic, marjoram, onion, oregano, parsley, pepper

Stay Young at Heart is a heart-healthy nutrition education program of the National Heart, Lung and Blood Institute.

Powder House Senior News is supported in part by Executive Office of Elder Affairs.

THANK YOU

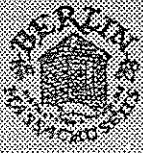
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Meals on Wheels

by Jerry Cashin

The Berlin Council on Aging sponsors many successful programs to help seniors, but none more popular than Meals on Wheels (MOW). Approximately 15 to 20 frail elders, homebound, and others needing a



nutritious meal are served on Tuesdays and Fridays by a dedicated staff of volunteers.

The local MOW program was begun in 1988 following a COA survey showing home delivered meals to be the most urgent need among Berlin's elderly. With the help of the Ecumenical Councils of St. Joseph's and First Parish Churches, plus the Clinton Savings Bank, MOW was launched in the form of a grant from the Central Mass. Agency on Aging. Board of Health approval was also obtained.

There are some MOW clients

whose twice weekly hot serving represents their most nutritious meal of the week. Due to age, incapacity, and other infirmities, they cannot always prepare a balanced meal, yet such a meal is vital to their overall well-being. The Berlin MOW staff, all of whom are volunteers, seek out such needy people in order to get them on the list of recipients.

continued on page 2

Wheat Van Announcement

Handicap Van Transportation is available to and from the towns of

- Clinton
- Bolton
- Berlin
- Lancaster
- Sterling
- Health care facilities in Worcester, Leominster, Fitchburg, Westborough and others.

Remember, twenty-four hour advance notice is required for trips. Call 508-365-6349 to make reservations.

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Schedule of Community Activities

May 2, 1996

Senior Meeting at the First Parish Church from 9:30 a.m. - 12:00 p.m. Blood pressure screening and cholesterol testing. The program, from 11:00 a.m. - noon, will feature a concert given by the Berlin Memorial School under the direction of Music Director Marylyn Page and will be followed by a home cooked meal.

May 19, 1996

Senior Luncheon at the Berlin Memorial School by invitation of the Student Council and the 5th and 6th grade classes.

June 3, 1996

Berlin Senior Trip to Cape Cod for a Canal Cruise. Trip departs at 7:30 a.m. First Cape stop will be at the Christmas Shop in Sandwich followed by lunch at the Dolphin Inn. Then it's all aboard the Hyline Cruise Ship M/V Viking for a two hour cruise. For information contact Phil at 838-2572.

June 6, 1996

Senior Meeting at the Berlin Country Club. Blood pressure screening. The program will feature the Berlin Country Dance Orchestra and will be followed by a buffet lunch catered by Lowes.

June 19 or 26, 1996

Volunteer Recognition Program. This event is still in the planning stages. The time and place for the program will be announced soon.

Senior Health Resource Line

A free info line designed to provide answers to wide range of health care question asked by today's senior citizens has been set up. Information on basic health, social services, long-term care, transportation, events and other issues can be accessed through this service. Dial 800-939-5432 or 508-852-0600, ext. 51081. Monday through Friday, from 7:30 a.m. to 6:00 p.m.

Meals on Wheels

continued from page 1

The program now serves upwards of 1200 meals per year. Each meal is individually prepared at St. Joseph's Church kitchen by a faithful band of volunteers, most of whom have been with the program since its inception.

Serving the MOW coordinator is Mary Petkaskas. She recruits volunteers, seeks donations, and oversees program operations.

The quality of MOW food in Berlin has long been highly acclaimed. The people responsible for this quality are the cooks: Louise Champagne and Pat Simpson.


Getting the food in-house, then cooking it up is one thing. Next it must be served and assembled in an appealing manner for MOW clients. The volunteers that make this

happen are Doris Bombard, Marion Hoffman, Flora Leveille, and Lorraine Cedar.

Now that the food has been cooked and assembled into individual servings, it must be quickly delivered to MOW clients while still fresh and hot. Performing this vital function are those intrepid "road warriors" George Cedar, Paul Bogosian, Sally Bergen, Madeline Ciesluk, and Faith Linzee.

As you can see, this is a team effort, requiring organization and dedicated workers. If you would like to "join the team," contact Mary at 838-7380. If you know someone who might need MOW help, contact any team member. Don't be bashful about joining in. There can be more accomplished with a fresh, hot meal than with a dozen high profile "official" programs.

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HUDSON, MASS. 01749



the MOW group center on food, serving containers, and related equipment. Most needs are met by funding support from the Berlin Council on Aging.

There have been numerous donors over the years, however, who have generously contributed to the program. For example, eggs have been given by Nick LaBonte. Fruits and vegetables have been donated by Wheeler's Indian Head Farm and Berlin Orchards. The Clinton Savings Bank provided assistance, as do the two churches in town.

Some of the MOW workers have extended their volunteer work to the neighboring town of Clinton. On the first Wednesday of each month, a meal for the homeless is prepared at the James II Soup Kitchen by Pat Simpson, Madeline Cieśluk, and the Cedars.

So if you're feeling comfortable with yourself, but maybe thinking it's time to get out and offer a little help to the community - contact the MOW group. They can use your time, your talents, your support. Join "the team."

Important Legislation on Elderly Abuse Enacted

Legislation entitled "An Act Relative to the Abuse, Neglect and Financial Exploitation of an Elderly or Disabled Person", Chapter 292 of Acts of 1995 - Enacted Bill #1266 was signed by the governor, February 13, 1996 and will be effective March 17, 1996.

Clinton Savings Bank Joins in Program to Prevent Elder Abuse

Michael Tianglla, VP, CSB

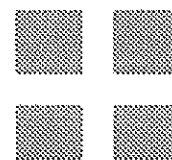
Clinton Savings Bank was one of the first banks to join more than 100 other Massachusetts banking institutions in a new program to reduce the rising incidence of financial abuse of the elderly. While banks have traditionally been on the alert for suspicious account activity that might indicate such abuse, they often lacked the administrative tools necessary to intervene on a customer's behalf.

Now, thanks to a partnership including the Mas-

sachusetts Executive Office of Elder Affairs, the Office of the Attorney General, the Executive Office of Consumer Affairs, the Division of Banks, and the Massachusetts Bankers Association, a model program has been put in place. The program was announced at a press conference conducted by Governor Weld on Tuesday, February 13th. Under the program, Clinton Savings Bank staff will be trained in how to spot warning signs of financial scams and abuse, while reporting procedures and liaison with the appropriate authorities will be clarified and strengthened.

As part of our outreach efforts, Clinton Savings Bank is pleased to make available to our customers a new consumer brochure entitled "It's Your Future - Protect Your Savings" to increase awareness regarding the serious problem of financial exploitation.

For further information about or for a copy of the Act & House Bill 1266 contact Joel Semuels at Elder Affairs (617) 727-7750.



HEALTH NOTES

Pesticides and Health

Health experts push the consumption of fruits and vegetables to lessen cancer risk while environmentalists warn that the pesticide residues found in these same fruits and vegetables are cancer causing. What to do?

- Rinse all fruits and vegetables, with water
- Scrub edible peels with a brush
- Remove the outer leaves of lettuce, cabbage and other greens.
- Peel waxed vegetables such as cucumbers but not all fruits and vegetables—the cancer fighting nutrients are concentrated in or just beneath the skin.

Not in My Backyard

Most people think only farmers need to take responsibility for pesticide use. But many suburbanites regularly dabble with

continued on page 4

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Birthdays

May: Phyllis Warbin, 3rd; Mary Louise Wheeler, 4th; Margaret Dupree, 9th; Jack Bergen & Marguerite Krackhardt, 12th; Margaret Dayton, 13th; Carl Phipps, 14th; and Blinky Blenkhorn & Anna Renzoni, 16th. **June:** Phillip Bartlett, 1st; Marion Hoffman, 2nd; Barbara Krackhardt and Barbara St. John, 7th; Eva Yeiter, 12th; Alice Murphy, 18th; Earl Jesseaume, Stella Hanson, and George Cedar, 24th; Josephine Underwood, 26th; Sally Bergen, 27th; and Augustine Murphy, 30th



Anniversaries

May: Jerry and Carolyn Cashin, 5th; Joseph and Ann Renzoni, 21st; Henry and Ann Agnitti, 22nd; George and Lorraine Cedar, 24th. **June:** Angelo and Concetta DiMuzion, 1st; Francis and Josephine Underwood, 5th; Roger and Helen Wheeler, 16th; Jack and Kelly Bergen and Edward and Margaret Ware, 22nd; and Arthur and Thora Fieldsend, 23rd.

Obituaries

We extend our sympathy to the families of Wallace Peterson and Hazel Rowe.

Not in My Backyard

continued from page 3

lawn and garden chemicals that affect the environment. 64 million pounds of pesticides were spread on lawns and golf courses last year! This amounts to 10 percent of all pesticide use in the United States.

If you are concerned about pesticide use, the Environmental Protection Agency offers two excellent, and free, pamphlets:

- *Primer on a Healthy Environment and a Healthy Lawn*, 18 pages.
- *Citizen's Guide to Pesticide Control and Pesticide Safety*, 49 pages.

These leaflets can be obtained from the National Center for Environmental Publications and Information, P.O. Box 4219, Ohio 45242-2419. Telephone: 573-489-8190.

Shopping Bus to Nearby Malls Available

The Council on Aging can provide a bus if for a minimum/maximum 10-12 people. Call 838-2517 for more information or to express interest.

Senior Dues Delinquent

Have you paid your Senior Citizen Association dues? If not, why not? Your dues are very much needed for senior expenses. Please remit to Millie Blenkhorn Thank You!

Spring is here at last!

Time to get out

Enjoy!

Go for a walk or

Go visiting.

Powderhouse Senior News is partly supported by Executive Office of Elder Affairs.

The Berlin Powderhouse Senior News

Council on Aging
Berlin, Massachusetts 01503

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Powderhouse Senior News

JULY/AUGUST 1996

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

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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.

Summer Senior Bus Trips Planned!

August 22, 1996

Stockbridge Discovery. Departing at 8:00 A.M. A tour of the western Berkshires. A visit to Chesterwood studio of Daniel French who sculptured the Lincoln Memorial and the Concord Minuteman, and the New Normal Rockwell Museum. A full course luncheon at The Red Lion Inn will be served in between the two. There will be time for shopping or browsing the streets of Stockbridge. \$49.00 due July 20, 1996.

October 19-25, 1996

Myrtle Beach. Deluxe accommodations on Atlantic Ocean, 12 meals, 6 breakfasts & 6 dinners. Nightly entertainment, round trip, motor-coach. \$509 pp. Deposit August 12. For further information contact Phil or Jane Bartlett Tel. 838-2572.

August 20, 21, 22 -

3 Day Trip to Nantucket. Bus to Hyannis and then Ferry to Nantucket Inn. Guided tour, whaling museum - 2 dinners, 2 breakfast, Bus, ferry ride, meals & 2 nights stay at Inn. \$25 deposit due on 5/15. Final payment 7/5/96. Total \$329 pp/dbl Call 1-800-649-4646 for futher information.

Do You Know About Berlin's Conservation Areas?

Jerry Cashin

A look at the accompanying town map provides a good overview of open space facilities in Berlin, at least as of last year. The imminent influx of "Mall Money" earmarked for conservation has already altered this picture, however.

Two sizable land parcels have been acquired in the Ball Hill/Mt. Pisgah area as a result of anticipated revenues from Mall developers. It is expected that additional parcels will be added in the coming years as further open space funds are received from those same developers.

Several of the areas shown on the map may be of particular interest to seniors due to their accessibility,

continued on page 2

INSIDE:

- **Intergenerational Report** 3
- **Savvy Tips on Avoiding Phone Fraud** 3



Schedule of Community Activities

July 17, 1996

Senior Citizen's Smorgasbord sponsored by Berlin COA will be held at Northbrook Village - 5-8 p.m. All Berlin Seniors are invited - Entertainment will be announced.

Conservation Areas

continued from page 1

parking, etc. Gates Pond, for example, has adequate parking along with an easy walking trail encircling the entire pond. The complete route is about 1.5 miles, but it can be done in sections. Try it, you may even see a deer or two at certain times of the day.

Other parcels shown on the map are identified by numbers. Some are town owned, a couple are controlled by the State. The list under the map identifies the name, size, and permitted activities associated with each area.

The Conservation Commission is in the final

phase of developing an open space plan for Berlin. One of the stated goals in this plan is to develop one or more of the existing areas with a particular focus on usage by seniors. The specifics of this concept are still being fleshed out at this time.

As an example, the Tyler/Brewer Brook area could become more "user friendly" to seniors. It is situated near Northbrook and is centrally located so Brewer Brook and the surrounding area is mostly lowland flanked by upland terrain. It is a site amenable to easy walking if trail improvement and simple plank benches were added. The existing trail basically follows a wetland perimeter.

Migratory birds are found in great numbers due to the area's wetland and pond resources. The varieties and numbers of these birds will vary greatly over the passing seasons, making for an ever-changing landscape.

The implementation of one or more senior-oriented conservation areas remains a "future goal" at this time. It basically envisions adding just a few

simple improvements to an area. There would be no major alterations, since that would defeat the very purpose of natural open space itself.

There is a free booklet describing most of Berlin's conservation areas which is now available at the Library and Town Hall. It contains maps and text which describe each individual area.

Berlin Recreation and Open Space Facilities

- **Berlin South Common** (town, 37.9 acres). Tennis, softball, fishing, basketball, equestrian events, snow-mobiling, skating.
- **Tyler Conservation Area & Brewer Brook** (state, 20 acres; town, 50 acres). Scouting, camping, fishing, horseback riding, cross country skiing, nature study
- **Douglas Conservation Area** (town, 27 acres). Fishing, nature study, multi-purpose trails.

- **Lester Ross Suasco Project** (state, 202 acres). At present: fishing, horseback riding, hunting, as to be easily reached by foot or car. There is a small parking area with direct access to the site.

- **Powderhouse Hill Town Historical Site.** (town)

- **Mt. Pisgah Conservation Area** (town, 144 acres). Hiking, horseback riding, cross country skiing, nature study.

- **Dingley** (town, 4 acres). Canoe landing/picnicking.

- **Cadogen** (town, 4 acres). Woodland & brook fishing, hiking trails.

- **Kelsey/McAllister** (town, 4 acres). Canoeing, fishing.

- **40 Caves/Lenkiewicz/Garfield** (town). Hiking, nature study, cave study, geologic study.



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Savvy Tips to Avoid Phone Fraud

DO be wary of telephone calls or postcards with offers too good to be true. **DO** ask lots of questions and listen carefully to the answers. Fraudulent telemarketers shade the truth to make offers appear legitimate.

DO hang up if the caller doesn't answer your questions.

DO refuse to be pressured into a hasty decision. Legitimate callers allow time for consideration.

DO be skeptical if told you've won a prize, but have to pay something (tax, shipping, handling costs) to receive it.

DO refuse a prize if told you must make a purchase to claim it.

DO check out the telemarketer with consumer protection organizations or government agencies.

DO tell children in your household never to give financial information to callers, and teach them how to spot phony calls.

DO make your elderly friends and relatives aware that fraudulent call-

ers prey heavily on older people.

DON'T be ashamed to ask questions.

DON'T give out your credit card number, personal identification number (PIN), expiration date, or other credit information.

DON'T send cash, check or money order by messenger, overnight delivery or wire to any telemarketer for an immediate payment.

DON'T provide a telemarketer with the name of your bank, checking account number, or copy of your signature.

DON'T be embarrassed to report telemarketing fraud. Anyone can fall prey to a scam artist. You can register a complaint with the National Fraud and Information Center by calling 800-876-7060.

Intergenerational Program Report

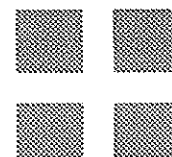
Mary R. Petkauskos, R.N.

During the past three years, the seniors and the students of Memorial School have enjoyed their relationship with a person of another generation.

Project of Pen Pal writing helps students to practice writing skills while developing a relationship with a person of another generation. The letter writing also allows the children to quietly and openly ask questions and tell about themselves in a manner that they might otherwise be too shy to express such as in a one to one encounter. As these pen-pal relationships progress, children find out about the lives of their pals and learn that there are many similarities between people of all ages as there are differences in people of various stages of life.

For Senior Citizens the project has therapeutic benefits for elders who are involved maintaining dignity as one ages. Intergenerational projects also remind them of their significant roles as parents and grandparents and this project restores their sense of connecting with the community.

It is hoped that we can continue our Pen Pal relationship with the Seniors and students and perhaps explore other possibilities that would be even more helpful to all of us.



HEALTH NOTES

Be Cool! Avoid Heat Stress This Summer!

The following are a few tips that will help protect you from heat stress.

- Use head protection such as a hat or umbrella
- Avoid exertion
- Wear lightweight clothing
- Stay inside during the hottest time of the day
- Drink plenty of fluids
- Take cool showers or baths

If you experience any of the following symptoms be aware that you may be suffering the effects of heat stress. Take precaution immediately, tell a friend or family member or, if severe, contact your physician.

- Fatigue
- Nausea
- Confusion
- Dizziness
- Throbbing Headache
- Rapid Heartbeat

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Birthdays

July: Myrtle Mason, 4th; Marion Mills, 8th; Madeline Taylor, 10th; Marguerite Bartlett, July 13th; Lawrence Foster, 15th; Ruth Sardini, 16th; Raymond Reardon and Grace Stammers, 22nd; Ruth Mungan and Helen DiMuzio, 23rd; Elizabeth Jillson, 25th; Angelo DiMuzio and Carl Risi, 29th; and Eleanor Zwicker, 31st. **August:** Maria Ford, Ann Mitchell and Robert Taylor, 2nd; Ann Mueller, 6th; Priscilla Jewett, 7th; Daniel Plastridge, 8th; Rena Wheeler, 15th; Charles Nutting, 16th; Roger E. Wheeler, 25th; Mildred Wheeler, 26th; Constance Barter, 29th; and Marjorie Wood, 31st.



Walking Club Planned

The Berlin COA plans to sponsor a Walking Club when the Soloman Mall opens. A planning committee is needed. Former Director - Walking Clubs for Elder Affairs is willing to train leaders. If interested, please call Mary at 508 838-7380.

SHINE Program

If you have questions about health-related issues affecting seniors — help is available through the Berlin Council on Aging. Call 838-7353.

Live Each Day To The Fullest:

Get the most from each hour, each day, and each age of your life. Then you can look forward with confidence, and back without regrets. Be yourself, but be your best self. Dare to be different and to follow your own star. And don't be afraid to be happy. Enjoy what is beautiful. Love

with all your heart and soul. Believe that those you love, love you. Learn to forgive yourself for your faults, for this is the first step in learning to forgive others. Listen to those whom the world may consider uninteresting, for each person has, in himself, something of worth. Disregard what the world owes you, and concentrate on what you owe the world. Forget what you have done for your friends, and remember what they have done for you. No matter how troublesome the cares of life may seem to you at times, this is still a beautiful world...and you are at home in it, as a child at home in his father's house. When you are faced with a decision, make that decision as wisely as possible - then forget it. The moment of absolute certainty never arrives. Above all, remember God helps those who help themselves. Act as if everything depended upon you, and pray as if everything depended upon God.

Author Unknown

Powderhouse Senior News is partly supported by Executive Office of Elder Affairs.

Anniversaries

July: Lawrence and Barbara Foster, 11th; Glendon and Millie Blenkhorn, 12th; and Frederick and Ruth Wheeler, 25th. **August:** William and Marjorie Wood, 5th; Daniel and Eleanor Plastridge, 8th; and Raymond and Helen DiMuzio, 14th.

The Berlin Powderhouse Senior News

Council on Aging
Berlin, Massachusetts 01503

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Powderhouse Senior News

SEPTEMBER/OCTOBER 1996

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

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Louise Champagne, Malcolm Loring,
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and Patricia Simpson

Newsletter Committee

Mary Petkauskas, Editor
Jerry Cashin, Louise Champagne,
and Patricia Simpson

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- 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.

Service Award Presented

The Berlin Council on Aging recently presented their Service Award for 1996 to Mary R. Petkauskas of Berlin. The award was given at a luncheon honoring volunteers who help in COA programs for seniors.

The Council also voted to rename the award as the "Mary Petkauskas Service Award." It will be presented each year to a deserving volunteer who has made an important contribution to the well-being of Berlin's senior population.

This year's recipient, Mary Petkauskas, has worked diligently for many years in the areas of health awareness, elderly nutrition via the Meals on Wheels program, grant writing to obtain funds for important programs, and intergenerational programs in conjunction with Berlin Memorial School.

Each of these activities requires persistence and effort. Grant writing involves many hours of labor. This effort has resulted in necessary funding for senior transportation for medical visits, etc.

Meals on Wheels is a vital program to numerous Berlin seniors. For many, it represents the most nutritious meal they receive all week. There are no federal or state



funds available for Berlin's MOW program. All of the food, milk, delivery containers, etc. are purchased locally and prepared by a dedicated team of volunteers. Mary Petkauskas originated this program in Berlin and continues to coordinate its operation.

She has organized health education programs for area seniors and provides liaison to various senior agencies in the region. Mary served a term on the Board of Directors of Central MA Agency on Agency, a coordinating organization for all senior programs in the region.

continued on page

INSIDE: ▶

- Risks of OTC Pain Relievers 3
- Great Snacks for Healthy Teeth 3

Schedule of Community Activities

September 5, 1996

Senior Meeting at First Parish Church with a Blood Pressure Screening being offered. The Program, from 11:00 a.m. - 12:00 noon, will be a lecture on "Fire Safely" presented by the Fire Department and Ira Hoffman. Lunch menu to be announced.

September 15, 1996

An "Under the Tent" Fair will be held at St. Joseph's Church from 10:30 a.m. to 5:00 p.m. The fair will feature a K-9 demonstration, book sale, home baked goods, chicken barbeque, raffles, music, entertainment including a magician and much more! Rain or shine.

October 3, 1996

Senior Meeting at First Parish Church with a Blood Pressure Screening being offered. The Program, from 11:00 a.m. - 12:00 noon, will be a mystery slide show presented by Billy Wheeler. Lunch menu to be announced.

Award...

continued from page 1

Mary Petkauskas was born in Shirley, MA and moved to Hudson at an early age. She graduated from Clinton School of Nursing and worked at the Joslin Clinic in Boston. Post graduate training was done at the University of PA. where she later taught Army Cadet nurses.

She returned to Boston, attending Simmons College to obtain a Certificate in Public Health. Mary later attended Boston College, receiving her B.S.N. degree while working part-time at New England Medical Center. Mary then went to New York to study for her Masters Degree in Community Nursing. Upon graduation she returned to Boston and was asked by Boston College to initiate a Masters Program in Maternal and Child Health. Mary worked at B.C. for 10 years, which were spent teaching in the School of Nursing.

She moved to Berlin in 1980 to assist her ailing Mother and has been deeply involved in senior issues ever since. In 1994, Mary R. Petkauskas was

presented with the state's premiere honor for service to senior citizens. Signed by Governor Weld and presented by the Mass. Office of Elder Affairs, the Silver Dove Award conferred recognition for many years of proactive, dedicated service.

A permanent plaque now hangs on the wall at the Northbrook Community Center bearing Mary Petkauskas' name.

Subsequent recipients of the award will also have their name engraved on this plaque.

Quality Adult Day Health Care

Friendship Place is a unique Adult Day Health Program providing leisure, recreational, nursing, family support, and personal care services. We serve clients who have memory loss, dementia, require assistance with


personal care, medication and treatment monitoring and are recovering from recent hospitalizations which require post-operative care and supervision.

Friendship Place is open Monday through Friday from 8 a.m. to 6 p.m. and includes meals, planned activities, and personal care. The program provides its own transportation to and from day care. The program accepts Medicaid and private pay referrals.

To make a referral to Friendship Place, call 508-368-6414.

Feel free to call with questions or to set up a visit to see our center. We are located at 401 Main Street in South Lancaster, Massachusetts.

The First Parish Church will hold a Church Fair in November. Watch for the announcement our next issue!



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"ESP" — A Nursing Home Alternative

If you or your family members are thinking about a Nursing Home for your care, consider the Elder Service Plan at Fallon—an at home care alternative. First, the Elder Service Plan offers comprehensive services that enable an older person to remain at home. Services covered range from primary medical care to in-home care, home delivered meals, transportation and even prescription drugs. An individual plan of care is coordinated by a team of Health professionals who arrange and oversee the services needed. You don't need to be a Fallon member to join the Elder Service Plan.

Visitors are welcome to the Elder Service Plan at 277 East Mountain Street in Worcester. For further information or to arrange a tour contact Madeline Haling - Enrollment Coordinator at 508-852-2026. Fallong Update Summer 1996

Reprinted from the Fallon Senior Health Resource

HEALTH NOTES

Keep Those Choppers Chomping!

Many seniors are now holding onto their own teeth after their parents traded in their original set for a pair of dentures. Regular brushing and flossing are clearly vital habits for cavity prevention and healthy gums.

But what we eat can also have a major effect on our dental health.

Most of us are aware that eating sugary items - such as cupcakes, granola bars, contribute to tooth decay. But eating only sticky food - such as dried fruit, apples, and bananas can contribute to breakdown of tooth enamel. Certain starch foods such as pretzels, crackers, and bread - also seem to increase acid in the saliva which contributes to tooth decay.

To keep your smile healthy try the tooth happy snacks listed at the top of the next column.

Great Snacks For Healthy Teeth

1. Air popped lite micro wave popped popcorn
2. Raw or steamed chilled vegetables with low fat dip
3. Peanuts, almonds, sunflower seeds.
4. Yogurt plain or sweetened with nutrasweet
5. Jello
6. Pineapple
7. Citrus fruits, oranges, grapefruit make excellent snacks
8. Kiwi fruit, melon, watermelon, cantaloupe
9. Green peppers, cole slaw
10. Greens with garlic and touch olive oil

Safe Snacking Tips

1. Brush teeth after snacking
2. Floss regularly
3. Use fluoride toothpaste
4. Mouth rinse to preserve enamel

Risks of Over the Counter (OTC) Pain Relievers

Relief without Side Effects
Just because you can buy non-prescription drugs without a doctor's okay

doesn't mean they can't harm you. Over-the-counter drugs taken at the recommended dose can cause a number of unpleasant symptoms - For example all pain relievers can cause indigestion or heart burn except Tylenol which warrants precaution of its own.

Risks/Interactions

Aspirin. Risk: Too many can cause common stomach upsets, heart burn, gastrointestinal bleeding, vomiting, decrease clotting. Interaction: Can increase effect of anti-coagulants

Acetaminophen Tylenol. Risk: Too many may cause nausea, diarrhea or stomach pain. Interaction: Can cause sugar in the urine of diabetics

Ibuprofen. Risk: Too many can cause stomach upset, gastrointestinal bleeding, heart burn, dizziness, drowsiness, gas, constipation, loss of appetite, headache. Interaction: Can increase effectiveness of anticoagulant Can decrease effect of anti-hypertensive medication. Side effects increase when taken with aspirin

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The Official Publishers for
Councils on Aging
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Mendon, MA 01756
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Fax: (508) 634-9031

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Birthdays

September: Marjorie Nelson and Howard Watkins, 1st; Marge Windle, 2nd; Joseph Roseberry, 3rd; Elizabeth Risi, 9th; Thora Fieldsend, 14th; Helen Wheeler, 18th; Iva Rogers, 22nd; Lorna Peterson, 24th; Ruth (Henry) Wheeler, 25th; Warren Wheeler, 26th; Everett Wheeler, 27th; and Velma (Sandy) Franz, 28th. **October:** Louise Champagne, 7th; Mary Risi, 8th; Dorothy Germain, 16th; Doris Bombard, 17th; Herbert Mueller, 19th; Dorothy Risi, 23rd; and Norma Hanson, 24th.



New Officers for Senior Citizen Association

The 1996-1997 SCA Officers are:
 President: Helen DiMuzio
 Vice President: Dora Cummings
 2nd Vice President: George Cedar
 Secretary: Barbara St. John
 Corresponding Secretary: Marylee Neizel

Diabetic Support Group

Diabetic Support Group, by invitation, will meet every Wednesday from 11:00 a.m. to 12 noon at Northbrook. Call Mary Petkauskas for information at 508-838-7380.

Brighten the Day for Someone—Send a Note!

Mrs. Emma Bray, Cedar Street Home, 30 Cedar St., Fitchburg, MA 01420

Mrs. Coucetta DiMuzio, River Terrace Healthcare, 1675 Main St.,

Lancaster, MA 015123

Mrs. Helen Matthew, Coaehlace Healthcare Nursing Center, 250 Main St., Clinton, MA 01510

Mr. & Mrs. Leonard Mungeam, 28 Rebecca Ave., Hudson, MA 01749

Mr. & Mrs. Lewis Paine, Southgate at Shrewsbury, 30 Julio Dr., Shrewsbury, MA 01545

Mr. Carl Phipps, Thornton Nursing Home, 238 N. Main St., Northboro, MA 01532

Mrs. Iva Rogers, Granger Nursing Home, 112 W. Main St., Northboro, MA 01531

Mr. Joseph Roseberry, Clinton Home for Aged People, 271 Church Street, Clinton, MA 01510

Mr. Howard Watkins, Thornton Nursing Home, 112 W. Main St., Northboro, MA 01532

Mr. Alfred Wheeler, Balton Manor Nursing Home, 400 Bolton St., Marlboro, MA 01752

Miss Erneline Hebb (94 and still residing alone) 88 Carter St., Berlin, MA 01503

Powderhouse Senior News is partly supported by Executive Office of Elder Affairs.

Anniversaries

September: Russell and Marjorie Wheeler, 23rd; and Alfred and Barbara St. John, 28th. **October:** Chester and Margaret Golas, 5th; Lewis and Pauline Paine, 6th; and Everett and Mildred Wheeler, 25th.

Obituaries

Ben Laskowski
 Kay Moir
 Laure Jokinen
 Robert Bellarosa

The Berlin Powderhouse Senior News

Council on Aging
 Berlin, Massachusetts 01503

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Powderhouse Senior News

NOVEMBER/DECEMBER 1996

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.

Important Announcement

NYNEX Specialized Equipment

A program is available in Massachusetts that offers special telephone equipment to blind, deaf and hard of hearing and vision, speech, or mobility impaired individuals. Depending on income you could receive equipment free of charge or reduced rates. This program was jointly developed by Mass. Commission for the Blind and Mass. Commission for Deaf & Hard of Hearing, Mass. Rehabilitation, Mass. Dept. Utilities and NYNEX, which administers the program.

Eligibilities: Must be certified by above commissions.

Shape Up - Through Exercise

Physical Activity isn't just for younger folks. More than ever older persons want to remain active and independent throughout their lives and they realize that regular physical activity is the most effective way to achieve that goal. It is never too late to shape up. All it takes is only 30 minutes a day.

You can improve your health by increasing your physical activity. Moderate physical activity can help prevent or manage coronary artery disease, Hypertension (high blood pressure), Diabetes, Osteoporosis (brittle bones), obesity, colon cancer, anxiety and depression. Aerobic exercise not only improves the heart it improves the mind. Physical activities can help you live longer and in better shape.

Easy Ways to get Exercise

- 1) Sign up for an exercise class.
- 2) Take a walk or join a Walking Club
- 3) Join Pace Setters at Solomon Mall Walking Program.

Walking is a safe aerobic exercise that almost anyone can do. University of Mass. Health System, sponsored by Marlborough Hospital/Clinton Hospital and the Pace Setters. Please utilize the measured mall course to enjoy exercising with others in a safe, smoke free, climate control setting. For further information and registration contact Customer Service Desk (508)303 MALL 6955.



Schedule of Community Activities

November 5, 1996

Remember to vote - Berlin Memorial School

November 2 10:30:00

Friendship Village Fair - First Parish Church - Luncheon 11:30-1:00

November 7, 1996

Senior Meeting at First Parish Church - B/P Screening - Program: *History of Berlin* by Barry Eager. Home cooked luncheon to be announced.

December 4, 1996

Christmas in Berlin - First Parish Church 7 p.m. Sing along rehearsal for program on Dec. 7

December 5, 1996

Senior Meeting at First Parish Church - B/P Screening. Program: *Clinton Steps* - Music and Dancing. Home cooked luncheon to be announced.

December 14, 1996

Lyons Club Turkey Dinner and Entertainment 5-7 p.m.

Changes in Social Security Procedures

By January, 1998, all Social Security recipients will need a bank account to which their payments will be electronically transferred. There will be no paper checks issues - in order to save the expense of issuing replacement checks for those that have been lost.

There will be many changes as a result of Welfare reform, e.g. elders on SSI who are legal aliens will be terminated unless they meet restricted guidelines. If you have any questions call your local Social Security for assistance. call 7 a.m. - 7 p.m. Toll Free 1-800-772-1213



VOLUNTEERS Needed

The Council on Aging is in need of volunteers. You can enrich your life by getting involved. There are several functions available, so you're sure to find something you will enjoy. Here are some of the functions we need to fill.

1-Provide Telephone Reassurance. Like talking to friends very little time involved

2-Friendly Visitors. If you can offer a small portion of your free time to help us, you will be helping other seniors to benefit.

3-Y Walk - Friendly people are wanted for Y-walk one day a week for a frail elder who needs a short walk with a friend.

Do you know an elderly person who would benefit by having a visitor? call COA, 838-7380.

FRIENDLY Visitors

The Berlin Council on Aging is very much interested in putting together a group of volunteers to make periodic visits to the ill and homebound in our community. Some of these people are alone and isolated and a friendly visit would be welcome.

If you would like to participate in this program your help would be greatly appreciated.

Call

**Mary Petkauskas
838-7380**

**Louise Champagne
838-2550**

Orientation will be provided for participants.

"You give but little when you give of your possessions. It is when you give of yourself that you truly give".

— Kahil Gibran

911 Is in effect in Town of Berlin and it is to be used for Emergency purposes only



1-In case of emergency; 2-To report a crime; 3-To report a fire — Call 911



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SENIOR CITIZENS' LAW AND ADVOCACY PROJECT

A program of Legal Assistance Corp. of Central MA Senior Citizens' Law and Advocacy Project is funded to provide free legal services to persons aged 60 or over who reside in the Central Massachusetts area. Seniors can be helped with an explanation of their legal rights and responsibilities, information on government benefits, assistance with negotiation and pre-hearing settlements, and representation before administrative agencies, and in court.

YOU SHOULD CALL LEGAL ASSISTANCE IF:

- You have been denied government benefits such as SSI or Social Security;
- You have a housing problem, or your landlord is evicting you;
- Your electricity or has been or is about to be shut off;
- You have problems with Medicaid; health care coverage, or access to health care;

■ You have concerns about or problems with a nursing home;

■ You have been, or may be placed under a guardianship/conservatorship against your will;

■ You are a victim of abuse; or

■ You believe you have other legal problems.

SOURCE: *Legal Assist. Corp. of Central MA*

MIN: Massachusetts Intergenerational Network

Has joined MCOA to sponsor an Educational Project at the Annual Meeting of MCOA at Crown Plaza, Worcester.

The two organizations have been working together to provide information on setting up programs in schools and information of developing relationships between children and seniors. The seniors at the convention will provide demonstrations of program.

**If interested call MCOA
617-357-5880**

Health Notes

Flu Vaccine 1996

Plan ahead and avoid the flu this winter. If there was something you could do to prevent a nasty cold, wouldn't you do it? This year you should think about get the Flu Vaccine.

People who are vaccinated against the flu are less likely to experience serious complications and are less likely to spread the virus to others. Doctors recommend that people over 65 years old and those with health problems have flu vaccines. Most people who contract the flu after receiving the vaccine have milder symptoms and may not even find themselves stuck in bed.

Flu vaccine will be provided by the Nashoba Nursing Service and the dates announced: Oct. 22, 1996 1-2, Northbrook Village and Nov. 7, 1996 - 9L30-11:30 at First Parish Church. Medicare this year will pay for flu vaccine.

Who should not receive vaccine

- 1- People with allergy to eggs and aminoglycords
- 2- If you have a cold or fever should wait 48 hours and fever subsides.
- 3- If you are receiving chemotherapy.

November 1996 National Diabetes Month

Nov. 2, 1996 - Diabetes Annual Festival will be held at Westford Inn - 7:30-4:00 PM and will provide information on the latest research on Diabetes. Workshops will sponsor special program - changes taking place in the field.

Diabetic support group will continue one Wednesday a month 11-12 at Northbrook Village.

Video on Insulin Pump will be shown and discussed at a later date.

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Birthdays

November: Patricia Wheeler, 6th; Eleanor Bosselman, 9th; Henry Agnitti, 12th; Lulu Wheeler, 14th; Jane Bartlett, 15th; Susan Hart, 21st; Armando Silva, 22nd; Carolyn Cashin, 23rd; Ruea Baum, 26th.
December: Francis Burke-1st; Madeline Ciesluk, 1st; Sandra Reardon, 1st; Millie Blinkhorn, 8th; Concetta DeMuzio, 8th; Willard Wheeler, 10th; Nick Labonte, 12th; Jerry Cashin, 16th; Flora Leveille, 16th; William Wood, 19th; David Halder, 20th; Emma Bray, 25.

Anniversaries

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

There are no anniversaries for December.

Deaths

Erneline Hebb in Sept.; Alfred Wheeler in Oct.

TODAY

Outside my window, a new day I see, and only I can determine what kind of day it will be.

It can be busy and sunny, laughing and gay, or boring and cold, unhappy and grey.

My own state of mind is the determining key, for I am the person I let myself be.

I can be thoughtful and do all that I can to help or I can be selfish and think just of myself.

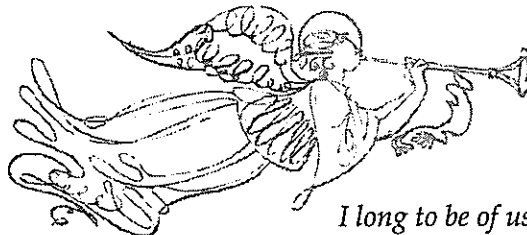
I can enjoy what I do and make it seem fun, or gripe and complain and make it hard on someone.

I can be patient with those who may not understand, or belittle and hurt them as much as I can.

But I have faith in myself and believe what I say, and I personally intend to make the best of each day.



— Author Unknown



Volunteers Creed

I long to be of usefulness in little ways and large without a selfish motive and without the slightest charge.

Because in my philosophy there never is a doubt that all of us on earth must help each other out.

I feel this day is fruitful the time is worthwhile When I promote the happiness of one enduring smile.

— Author Unknown

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Council on Aging

Berlin, Massachusetts 01503

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