



Powderhouse Senior News

JANUARY/FEBRUARY 1997

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.

Appreciation Award JERRY CASHIN

There is an old saying that an army travels on its stomach. If that is the case, the U.S. Army must have traveled very far during Danny Holm's six years of military service.

This is the same Danny Holm who operates Danny Holm Cooking Restaurant in Berlin. His six years in the army included tours in Korea, Europe, and around the world. For each of those years, Danny served as a cook preparing food for the troops.

Despite the humorous old military slogan, "We have met the enemy and they are cooking a the mess hall," Danny's army experience served as a good launching pad for his future civilian occupation. Following discharge from the U.S. Army, Danny furthered his food preparation career by both on-the-job and formal training.

His practical cooking experience actually started when he was only 10 years old. As Danny describes it, he helped his Uncle Kevin in his food business even at that tender age. That same uncle now runs Village Catering in Sterling which serves the northern Worcester County area.

Danny's formal training included attendance at Johnson and Wales College in Providence, RI. This school turns out some of the premiere cooks and chefs in New England, and is well known for the excellence of its training. Some of

its graduates have become legends in the cooking profession. With years of practical experience behind him, along with formal education at Johnson and Wales, it is not surprise that Danny's Holm Cooking is a successful restaurant. Danny draws loyal customers from throughout the area, many who have known him before he opened the restaurant in Berlin in late 1991.

It used to be said that an army cook was the only cook who worked at a place where all clients showed up with guns. While all these military "stories" are said in jest, it is true, as any veteran will attest, that the military is a very demanding clientele when it comes to food. If you can prosper there, you can succeed anywhere.

With all these years of military and civilian experience, it is no surprise that Danny Holm responded quickly to a small crisis in the Meals on Wheels program last Fall. The Meals on Wheels people headed up by Mary Petkauskas, Pat Simpson, and others ran into a problem with purchase and storage of milk for the

INSIDE:

- **Emergency Shelf in Your Pantry** 2
- **Cold Weather Problems** 3

Schedule of Community Activities

January 2, 1997

Senior Meeting at First Parish Church. Blood Pressure Screening program 11-12. Attorney Francis Burke, Jr. will update information on Estate Planning, Mass. Proxy Law, Wills, Trusts, and all other Legal Issues of interest to Seniors. Home cooked meal will follow program.

February 6, 1997

Senior Meeting at First Parish Church. Blood Pressure Screening Program 11-12. Vera Mungeon will present the History of Valentine's in our neighboring community in Mass. Happy Valentine's Day to everyone. Special lunch will be served.

Award...

continued from page 1

program. Danny agreed to not only store the milk, but to pay for it as well. This enables the Meals volunteers to buy more food for needy seniors.

In true civic fashion, Danny responded immediately when he learned of the problem, thus insuring their would be no interruption to Meals on Wheels deliveries which provide vital nutrition to numerous local seniors. The Berlin Council on Aging, which funds and operates the program, voted to recognize Danny Holm's timely assistance with presentation of an engraved trophy. This was done as a gesture of sincere appreciation for his generous support to Meals on Wheels.

For those unacquainted with Danny's Restaurant, it is worth a visit. Located on Carter St., Danny fea-

tures seafood and Italian specialities. His seafood offerings are particularly well known and draw many enthusiastic patrons. The prices are reasonable and the servings are ample.

Danny's mother, Janet, still works along with her son helping to prepare food. "She peels more than 300 pounds of potatoes each week," said Danny. Leave it to an old Army cook to have his mother peeling potatoes, declared one observer.

The secret to a successful restaurant is good food and good help. At Danny's, Kelly Coughlin, Donna Drasher, and others supply the help while Danny (and Mom) supply the food. It requires teamwork to stay on track in this business.

In a new venture, Danny's Holm Cooking is now offering pizza, pasta, and grinders. This is in addition to his well-known entrees and dinner specials. So whether it's a sandwich, full course dinner, early morning breakfast, or over-fresh pizza, Danny's Restaurant is a worthwhile stop at any time of the day.

Do You Have An Emergency Shelf of Food in Your Pantry?

When there is a power outage some suggestions to keep food on hand- for emergencies:

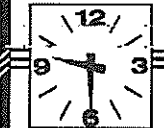
- 1 crackers, saltines, cookies- sweets- graham crackers, Peanut Butter, Snacks, cheese and other favorites
- 2 Cereals - fresh fruit
- 3 Fruit juices, no refrigeration needed
- 4 Parlot milk - self milk, Evaporated skim milk
- 5 Canned fruit, peaches, pears, etc.
- 6 water - gallon
- 7 Flashlight and batteries, Radio with batteries

The above foods vary with individual preferences.

Many Thanks and Appreciation

Mary R. Petkauskas wishes to thank everyone who sent flowers, get well notes, telephone calls during her recent hospitalization and convalescence at home.

HUDSON SAVINGS BANK



where you're
Somebody Special™

DEPOSITS INSURED IN FULL TO \$100,000 BY FDIC
the excess by DIF

562-6944 Main Office, 42 Main Street
562-9892 Branch Office at the Hudson Shopping Center

RT. 62 AUTOMOTIVE, INC.
(508) 838-2937

- BRAKES • SHOCKS • MUFFLERS •
- LIFETIME GUARANTEES • COMPUTERIZED TUNE-UPS • AIR CONDITIONING SERVICE • STEERING & SUSPENSION
- COMPUTER WHEEL BALANCING

FREE ESTIMATES
265 CENTRAL ST. • BERLIN



CALL 368-8600

SENIORS SAVE!

\$3.00 OFF \$15.00
\$5.00 OFF \$25.00



Country Garden Florist

•Fruit Baskets • Balloons • Flower Arrangements • Plants
105 Hight Street, Clinton, Massachusetts 01510

HENRY K. CARLETON, JR.
DIRECTOR

TELEPHONE
(508) 562-5542

Merrill-Carleton Funeral Home

1 PLEASANT STREET

HUDSON, MASS. 01749



HEALTH NOTES

Cold Weather Problems

Winter and cold weather bring many hazards ranging from frostbite to broken bones. While everyone's health is challenged by lengthy exposure to very cold temperatures, the elderly are particularly vulnerable. Even mildly cold temperatures can trigger a condition known as Accidental Hypothermia - a drop in deep body temperature that can be fatal if it is not treated properly. Hypothermia occurs when the body temperature drops below 95°F. Immediate treatment is necessary to prevent illness and the risk of death.

The most vulnerable are infants and older people. *Here's what to look for:*

- 1 confusion
- 2 forgetfulness
- 3 drowsiness
- 4 difficulty speaking
- 5 slow breathing

What to do

- 1 call ambulance
- 2 warm slowly with blankets
- 3 if two people present together to transfer heat.

Call for information Hot Line EOEA 1-800-882-2003

Seasonal Sweets

by Nancy Cooper, RD CDE

Gone are the days when a person with Diabetes had to watch everyone enjoy dessert while munching on a piece of fruit. For years health professionals and people with Diabetes were taught that eating sugar would raise blood sugar too much. To avoid this supposed effect desserts were forbidden. In 1994, however the nutrition recommendations for people with Diabetes changed dramatically. Studies showed that incorporating sucrose (sugar) into the Meal Plan doesn't interfere with blood glucose control. The key is to substitute sucrose containing foods. In other words, what affects blood glucose levels - is the total amount of carbohydrate containing foods. In other words, what affects blood glucose levels in the total amount of carbohydrates eaten not the source of the carbohydrate. A serving of rice, a glass of milk or a cookie will have the same effect on blood glucose as long as they contain equal grams of carbohydrates. Does this exciting research mean you can eat all the dessert you want? Not exactly. Don't forget many calories in desserts come from fat, the good news is that goodies that are prepared with controlled

amounts of carbohydrates and fat can be enjoyed by anyone with Diabetes and control etc.

Tricks for Trimming

- 1 Use of only ripe fruits are more flavorful
- 2 Spray measuring cups, spoons before measuring honey or molasses
- 3 Measuring flour or sugar aerate before measuring
- 4 For brown sugar-pack firmly in measuring cup
- 5 Pour liquids in measuring cup

Dessert is no longer considered as a nasty vice for Diabetics. So go ahead and try the healthy delicious desserts and fun at your holiday gathering this year.

Winter Itch

Like dead car batteries and icy sidewalks is a winter tradition.

Although dry skin can be a problem any time of year, the low humidity that often accompanies winter cold can especially be tough on the skin covering your hands and legs. In fact dry and itchy skin so often appears with the onset of colder weather that many people refer to the condition as "winter itch."

However by adjusting the way you bathe and using moisturizing techniques you may be able to avoid or reduce the irritation of dry

skin this winter.

Blame it on low humidity it prevents your skin from taking in enough moisture. Skin is made of several layers of cells that are partially protected from dehydration by an insulating blanket of oil.

Bathing Tips to Prevent Dry Skin

There are several steps you can take to counteract the drying effects of bathing

- 1 Try taking shorter showers or baths. While using cooler or lukewarm water.
- 2 Immediately after bathing pat yourself dry with towel instead of wiping off water - leave a little water on your skin and quickly apply a moisturizer. This will trap moisture in your skin.
- 3 Use softer soap, Dove etc., plus moisturizers.
- 4 Take fewer baths and bathe areas needed - face, hands, armpits, groin and feet.

When the humidity drops as it does in many places in winter your skin has less chance to moisturize. Overwashing or use of harsh soaps can remove the protective oily blanket and worsen the condition. Your chance of facing problems in winter depends on several factors including age, where you live and your bathing habits.

WHEELER'S GARAGE



Specializing in

Late Model Used Car Sales
Complete Repair Service
Foreign & Domestic

75 Carter Street • Berlin, MA
(508) 838-2957

This Newsletter Published by
COUNCIL ON AGING PUBLISHERS

The Official Publishers for
Councils on Aging
97 Millville Road
Mendon, MA 01756
(508) 478-4533 • (800) 536-1776
Fax: (508) 634-9031

Francis C. Burke, Jr.

Attorney at Law
77 High Street
Clinton, Massachusetts 01510
Telephone: (508) 368-0983 • (508) 368-8531
(508) 365-7672
Residence: (508) 838-2558
Admitted to Massachusetts & New Hampshire Bar

SEND YOUR MESSAGE...!

To Advertise,
Call COA Publishers
(508) 478-4533
or 1-800-536-1776



Birthdays

January: Russell Wheeler Jan. 2; Ruth Hellen Jan. 9; Loraine Sawyer Jan. 9; Francis Underwood Jan. 11; Elizabeth Kittredge Jan. 12; Joseph Renzoni Jan. 12; Edward Ware Jan. 14; Alfred St. John Jan. 17; Jean Musche Jan. 18; Cecelia Kerrigan Jan. 19; Alice Burke Jan. 21; Hayward Stone Jan. 23; Dorothea Martin Jan. 23; Eva Toby Jan. 28. **February:** Hope Duckworth Feb. 1; Dora Cummings Feb. 2; Margaret Galas Feb. 7; Maureen Silva Feb. 8; Pauline Paine Feb. 10; Mary Stone Feb. 11; Lephe Wilson Feb. 13; Virginia Johnson Feb. 13; Micky Frank Feb. 17; Francis Kennedy Feb. 24; Bill Frank Feb. 25; Wilrose Hanson Feb. 28; Mary R. Petkauskas Feb. 24



Take Time

Take time to think
It is the source of power
Take time to play
It is the secret of perpetual growth
Take time to read
It is the fountain of wisdom
Take time to pray
It is the greatest power on earth
Take time to love and be loved
It is God given privilege
It is the road to happiness
Take time to laugh
It is the music of the soul
Take time to give
It is too short day to be selfish
Take time to work
It is the price of success

Author Unknown

HELPFUL HINTS

1. Make sure that you are not paying car insurance for someone who no longer is covered - such as a son or daughter who have moved.
2. Give a gift of family legacy: Identify who's who on the back of old photos and send them to your children or grandchildren.

Anniversaries

January: Raymond & Sandra Reardon Jan. 21; Alfred & Doris Bombard Jan. 28; Henry & Ruth Wheeler Jan. 31. **February:** Phillip & Jane Bartlett Feb. 3; Paul & Dorothy Germain Feb. 16; Willard & Joanne Wheeler Feb. 20.

3. Don't leave your scattered individual stocks for someone else to sort out in the event of illness or death. Put your stock certificates into a brokerage account so they're easy to keep track of.
4. For optimal health: Eat breakfast like a king, lunch like a prince and dinner like a pauper.

*Submitted by
Louise Champagne.*

SHINE Contact

Berlin SHINE Coordinator has received special training by elder affairs program to answer your concerns re. health care service is confidential. Take advantage and give COA a call 838-7353 or 838-7380.

SHINE Can Help With Your Concerns

Many changes are taking place in Medicare and Medicaid in 1996-97. It is important to know about these changes and not wait until you face them when you need Health Care whether it is during hospitalization or outpatient service.

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

THANK YOU

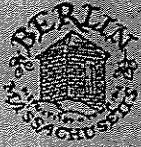
Special thanks to the Clinton Savings Bank for their continuing support in providing the postage for the PowderHouse Senior News.



Clinton Savings Bank

*"Your Bank from Generation to
Generation - Since 1851"*

Clinton: 200 Church Street, 365-4591
Bolton: 563 Main Street, 779-2857
Sterling: 7 Main Street, 422-8133
Berlin: 25 Central Street, 838-2286
All Deposits Insured in Full
Member FDIC/DIF
EQUAL OPPORTUNITY LENDER



Powderhouse Senior News

MARCH/APRIL 1997

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.

Post Office Meets the 21st Century

When Post Office planners sit down to map out a move to a new facility, there is one time of year that they specifically try to avoid. That would be the Christmas mailing season that begins about mid-November.

So naturally, in the world of Murphy's Law, when did the Berlin facility get their moving date? It was ordered to be completed during the week of Nov. 25, 1996, just when the holiday mailing volume was gaining momentum.

This was mostly due to factors beyond everyone's control, but presented a huge challenge to Berlin's postal workers.

It is obvious that they met that challenge. The average mail customer noticed no drop in quality of service, even temporarily, from the high levels offered before the move. Anyone who doubts the service quality in Berlin should try a Post Office in nearby larger cities. There is no comparison.

Moving a postal facility today is a much more difficult task than in years gone by. In the "old days" of many people's memory, mail delivery consisted of a few 1st class letters, usually carried in a small leather sack or cardboard tray. The postal worker was more concerned with distance between delivery points than in mail volume, which was usually low.

Today, the U.S. Postal Service hauls catalogs, magazines, flyers, circulars, packages, utility bills, and an endless variety of advertising materials. First class personal letters now represent less than 10 percent of a mail carrier's volume, where previously it made up over 75 percent of such volume. Not only must a postal worker be diligent, honest, focused, etc., but they also better have a good set of muscles to lift those 50 to 60 pounds delivery trays.

What about UPS, Federal Express, and other private companies, you might ask? They basically skim the top, sticking to high profit parcels and overnight services. They would absolutely refuse to deal with so-called "junk mail." As a public agency, the USPS has no choice. They have to carry it.

Fortunately, Berlin has a top flight team of service-oriented postal employees. Heidi Salmon is Post-

continued on page 2

INSIDE:

- Schedule of Events 2
- Senior Prescription Drug Plan 3

Schedule of Community Activities

March 6, 1997

Senior Mtg. - First Parish Church. B/P Screening and Program, Slides on Ireland by Phil Bartlett. Followed by lunch (Home cooked)

April 3, 1997

Senior Mtg. - First Parish Church. B/P Screening and Program, Slide Show - Wild Flowers. Faith Linzee and Joanne Wheeler. Followed by lunch. (Home cooked)

Intergenerational

April 16, 1997

Senior Lunch at Tahanto High School.

Intergenerational

April 17th

Play and other activities with invitations to services at Memorial School.

April 24, 1997

18th Annual Senior Conference at Assabet Valley Regional School sponsored by Senator Robert Durand - 9:00 am coffee and doughnuts - Lunch at 12 followed by entertainment and door prizes. Further information and tickets will be available next month from COA.

Diabetes Supportive Group will be resuming conferences once a month starting in April. Time will be announced at later date.

Post Office

continued from page 1

master and manages daily operations. Dave Collins, Susan Seed, and Lance Patturelli man the counter and answer the inevitable question "When will it get there"? Delivering the mail in rain, snow, sun, and assorted weather calami-

ties are Dennis Poulin, Ken Lubin, and Carolyn Cashin.

So when the signal came to move the new building last November during the busiest season, this was a crew that could handle it. It was like, however, asking a fast good restaurant to move during the busy lunch hour—and not have anyone inconvenienced, or notice anything unusual.


One outgrowth of the move has been an upgrade in service options. For example, the Post Office now accepts major credit cards, an unheard of feature just a few years ago. You may have noticed that post office boxes are larger, reflecting the new reality of volume overloads. A parcel locker system has also been initiated that allows patrons to retrieve packages, etc. without going to the front desk.

The USPS "is definitely becoming more marketing oriented," said Heidi Salmon. "Package tracking for Priority Mail will be launched in the near future." She explained that the system, which is particularly important to business mailers, will validate deliveries similar to the current methods used by FEDEX and others.

If there is one major advantage the private companies currently have over the Postal Service, it is computerized tracking. This service requires the use of scanners and massive computerized databases. The Postal Service is about to meet this challenge head-on.

An improvement invisible to customers, but important to administrative efficiency, will be the installation of a complete computer networking capability in Berlin and elsewhere during 1998. The "suits," i.e. postal managers in Washington, D.C. and St. Louis, will be able to connect to local databases to determine stamp sales, mail volume, etc. "This is referred to as a Point of Service system," explained Postmaster Heidi.

Skeptics used to wonder if the Postal Service could adjust with the times. Perhaps the best proof that they are doing just that is a marketing poster recently put out by one of the private companies. That poster attacked USPS' deficiencies." This is sure sign that the private company "feels the heat," particularly from often cheaper Priority Mail.

HUDSON SAVINGS BANK


where you're
Somebody Special™

DEPOSITS INSURED IN FULL TO \$100,000 BY FDIC
the excess by DIF

562-6944 Main Office, 42 Main Street
562-9892 Branch Office at the Hudson Shopping Center

RT. 62 AUTOMOTIVE, INC.
(508) 838-2937

• BRAKES • SHOCKS • MUFFLERS •
LIFETIME GUARANTEES • COMPUTER-
IZED TUNE-UPS • AIR CONDITIONING
SERVICE • STEERING & SUSPENSION
• COMPUTER WHEEL BALANCING

FREE ESTIMATES

265 CENTRAL ST. • BERLIN



CALL 368-8600

SENIORS SAVE!

\$3.00 OFF \$15.00

\$5.00 OFF \$25.00

Country Garden Florist

• Fruit Baskets • Ballons • Flower Arrangements • Plants
105 Hight Street, Clinton, Massachusetts 01510

HENRY K. CARLETON, JR.
DIRECTOR

TELEPHONE
(508) 562-5542

Merrill-Carleton Funeral Home

1 PLEASANT STREET

HUDSON, MASS. 01749



HEALTH NOTES

Eat Smart

by Jean Cooper

Something to Think About

Phytochemicals are the new stars of a Healthy Diet. Here is a list of phytochemicals which are unique plant chemicals in fruits and vegetables which are essential in boosting health and preventing disease including heart disease and cancer.

Phytochemicals to Know

- Allicin - Garlic
- Lycopene - Tomatoes
- Lutein - Greens
- Quercetin - Onions
- Genistein - Soybeans
- Flavonoids - Grapes

Garlic - Allicin - tends to lower blood pressure, cholesterol and thin the blood warding off blood clots also has antibiotics and anti viral Tomatoes - Lycopene - strong antioxidant - the red pigment provides overall body protection

Onions - Quercetin - antioxidant with wide ranging Studies show that Quercetin anti cancer, anti inflammations and antibacterial etc. It helps

block the formation of blood cots and processes leading to artery clogging.

Grape - Flavonoids - help thin blood- red and purple grapes and red wine are abundant in antioxidants. They are concentrated on grape skins and seeds. Help thin blood, detoxify LDL cholesterol, strengthen blood vessels and boost immunity.

Soy with hormones anti cancer plant hormone - helps to reduce cholesterol and problems of menopause - Found in soy products tofu, soy milk, soy flour and soy beans.

Why is Everyone Talking about "Stress"?

Stress, an unavoidable fact of life, is what the mind and body experience in response to situations interpreted as pressures, threats or changes.

Even joyful events can cause stress. It's how we handle changes and demands that determines whether or not stress negatively affects our health and happiness.

A way to handle stress depends on each individual.

This letter poem entitled "My Ten Commandments"

shows us how written by a 90 year old.

My Ten Commandments

Thou shalt not worry, for worry is the most unproductive of all human activities.

Thou shalt not be fearful, for most of the things we fear never come to pass.

Thou shalt not cross bridges before you get to them, for no one yet has succeeded in accomplishing this.

Thou shalt face each problem as it comes. You can handle only one at a time anyway.

Thou shalt not take problems to bed with you for they make very poor bed-fellows.

Thou shalt not borrow other people's problems. They can take better care of them than you can.

Thou shalt not try to re-live yesterday for good or ill - it is gone.

Concentrate on what is happening in your life today.

Thou shalt count thy blessings, never overlooking the small ones, for a lot of small blessings add up to a big one.

Thou shalt be a good listener, for only when you listen do you hear ideas different from your own.

It's very hard to learn something new when you're talking.

Thou shalt not become bogged down by frustration, for 90 percent of it is rooted in self-pity and it will only interfere with positive action.

*Elodie Armstrong
90 years old*

Good News for Senior Prescription Drug Plan

Senior Prescription H 1631 final approval by legislature providing some \$1 million to administer and publicize the new program to help low income seniors over 65 to pay for their prescription drugs. The bill also extends the enrollment period from the current 60 days to 120 days. Under the program funded by recent 25 cents per package cigarette tax hike eligible seniors will be able to receive up to 500 per year for prescription drug purchases and enrollment deadline from March 31 to May 30 and publicizing the program through Home Care agencies. For further information call Mary 838-7380.

WHEELER'S GARAGE
Specializing in 
Late Model Used Car Sales
Complete Repair Service
Foreign & Domestic
75 Carter Street • Berlin, MA
(508) 838-2957

This Newsletter Published by
COUNCIL ON AGING PUBLISHERS
The Official Publishers for
Councils on Aging
97 Millville Road
Mendon, MA 01756
(508) 478-4533 • (800) 536-1776
Fax: (508) 634-9031

Francis C. Burke, Jr.
Attorney at Law
77 High Street
Clinton, Massachusetts 01510
Telephone:
(508) 368-0983 • (508) 368-8531
(508) 365-7672
Residence: (508) 838-2558
Admitted to Massachusetts & New Hampshire Bar

SEND YOUR MESSAGE...!
To Sponsor,
Call COA Publishers
(508) 478-4533
or 1-800-536-1776

Birthdays

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

April: William Wright, April 8; Mildred Monroe, April 9; William Olenik, April 9; Estelle Boyce, April 10; Alfred Wheeler, April 12; Philip Scott, April 13; Edith Wilson, April 14; Lewis Paine, April 19; Dora McRell, April 20; Virginia Wheeler, April 22; Anne Marie Coulson, April 24; Hazel Miele, April 27; Leonard Mungeam, April 30



Sweets for Holidays

Cream Cheese Mints

for about 8 dozen mints you will need

- 1 pkg. Cream cheese
- 2 Tbs. half & half
- 1/4 cup soft butter
- 1 pkg. white creamy frosting mix
- 1 tbsp/ peppermint extract
- Food coloring as desired - red, green, yellow

Quick & Delicious Tips

These mints make wonderful gifts at any time - Pack in plastic bags or glass jars.

Preparation

1. Combine cream cheese, half & half, and butter in heavy saucepan.
2. Stir over low heat until cheese mixture is soft and creamy and butter is melted.
3. Blend in frosting mix and stir and blend well.
4. Add peppermint extract and food coloring of your choice. You may divide whole batch to make different colors.
5. Roll mixture into balls or drop by teaspoonfuls on to waxed line cookie sheet. Press with fork or stamp with cookie stamp for decorative design, if desired.

Let mints stand uncovered at room temperature until firm and outside is dry - inside should be creamy.

You can microwave the cream mints instead of them prepared as described below.

Note - if microwaving mixture may get crumbly unless prepared carefully.

Mary Petkauskas

SHINE Contact

Berlin SHINE Coordinator has received special training by elder affairs program to answer your concerns re. health care service is confidential. Take advantage and give COA a call 838-7353 or 838-7380.

SHINE Can Help With Your Concerns

Many changes are taking place in Medicare and Medicaid in 1996-97. It is important to know about these changes and not wait until you face them when you need Health Care whether it is during hospitalization or outpatient service.

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

Obituary

Elvira Baldi - Age 98

Anniversaries

April: Bill & Mickey Frank, April 4; Robert & Madeline Taylor, April 24; Leonard & Ruth Mungeam, April 30

The Berlin Powderhouse Senior News

Council on Aging
Berlin, Massachusetts 01503

BULK RATE
U.S. POSTAGE
PAID
PERMIT NO. 3
BERLIN, MA

THANK YOU

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



Clinton Savings Bank

"Your Bank from Generation to Generation - Since 1851"

Clinton: 200 Church Street, 365-4591
Bolton: 563 Main Street, 779-2857
Sterling: 7 Main Street, 422-8133
Berlin: 25 Central Street, 838-2286
All Deposits Insured in Full
Member FDIC/DIF
EQUAL OPPORTUNITY LENDER

Thanks to Matthew & Sons Trucking
for furnishing address labels!



Powderhouse Senior News

MAY/JUNE 1997

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, 865-6349.

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.

Preliminary Plan for Berlin Paratransit Service

July 1, 1997

For Non-ADA Riders

Non-ADA Service is Structured to Foster Grouping

1) Who is Eligible?

Elders and people with disabilities regardless of age (as in the past)

2) Non-ADA Service Area: Berlin, Clinton & Worcester

3) Non-ADA Days & Hours of Service:

9:00 A.M. - 3:30 P.M. as follows:

Mon., Wed. & Fri.: Medical/Social Service trips to Worcester and back First trip arrives in Worcester at 9:30 A.M. Last trip leaves Worcester at 2:30 P.M.

Tuesday or Thursday: A.M. Grocery Shopping in Clinton combined with Work/other trips to Clinton P.M. trips in-town or to Clinton (any purpose)

4) Non-ADA Fares: Same as the fixed route bus fares (see Fare Sheet)

5) Who Will Provide the Non-ADA Trips?

The Clinton Council on Aging (CoA) will either provide the trip itself or arrange to have another operator such as AVCOA or Clinton Livery provide the trip.

6) How Do Berlin Riders Arrange Non-ADA Trips?

Call the Clinton Council on Aging (CoA) between the hours of 8:30 A.M. - 3:00 P.M. Mon.-Fri.

Trips can be called in as early as 7 days in advance but not later than 10:00 A.M. on the day before the trip.

Speakers About New Van Transportation on May 1, 1997

Gail Health - WRTA Planning Director

Carol Ferrar - Clinton Senior Center Director



Schedule of Community Activities

May 1, 1997

The Sweethearts of Pre-School will put on a May Basket Program BP Screening and Cholesterol Testing as well as a home cooked meal will also take place as well as special speakers about new van transportation starting July 1

May 22, 1997 Berlin Senior Trip

Fox Tours - For special performance at Seacoast Repertory Theatre of "Sound of Music". Lunch at Yoken's Restaurant. For reservations contact Phil Bartlett 838-2572.

May 28, 1997

Governors Conference at Boxborough Woods Inn in Boxborough. Workshops and interesting program is being planned and COA encouraged to send elders to the conference.

May 30, 1997

Enrollment ends Prescription for Seniors Citizen. May qualify for \$500 - See May for applications.

Note: New income guidelines now 10,494, instead 10,294

June 5, 1997

The Senior Meeting will be held at the Berlin Country Club and we will be entertained by Ragtime Rowdie Band. Lunch will be catered by Lowes. There will be BP screening.

Heart Attack Warning Signs and When You Should Call 911

Some heart attacks are sudden and intense according to the "Movie Heart Attack". But most heart attacks start slowly with mild pain or discomfort.

Often the people involved aren't sure what is wrong and wait too long before getting help. Here are some signs that can mean a heart attack is

happening.

- 1) Chest Discomfort - Most heart attacks involve discomfort in the center of chest. It can feel like pressure, squeezing or pain.
- 2) Shortness of Breath - Some people find it hard to breathe. This feeling often comes with chest discomfort but also can come before it.
- 3) Discomfort in other areas of the upper body. Chest discomfort can be accompanied by pain or discomfort in jaw, arms, shoulders or back.
- 4) Other Signs - People having a heart attack may also feel sick to their stomach, break out in a "cold sweat" or feel weak, lightheaded or faint.

Note

If you or someone you're with has chest discomfort especially with one or more other signs, don't wait longer than 15 minutes before getting help. If you have Nitroglycerine given you use up to 3 tablets and if not helped call 911 or get to the hospital right away - it is better to go by ambulance if at all possible. Ambulance staff can begin treatment when they arrive up to an hour sooner than if someone goes by car to the hospital. It also brings life saving treatment right to you.

Walk For Your Health and Fitness

May is a glorious time of the year when flowers begin to bloom and birds warble a welcome to the new season which is for most of us an era of a good feeling. As the days grow warmer and brighter, we draw hope and joy from the rebirth of the world around us. Everything seems possible, so let us change our lifestyle and help each other and start walking.

Walking is a natural part of an active lifestyle and it is a healthy activity shared with family and friends and the following are just a few of the benefits.

1. Walking briskly provides an excellent aerobic workout strengthening both the cardiovascular and respiratory systems.
2. Walking strengthens bones and skeletal structures, helping too prevent osteoporosis.
3. Walking speeds weight loss in conjunction with a balanced diet.

HUDSON SAVINGS BANK

where you're
Somebody Special™

DEPOSITS INSURED IN FULL TO \$100,000 BY FDIC
the excess by DIF

562-6944 Main Office, 42 Main Street
562-9892 Branch Office at the Hudson Shopping Center

RT. 62 AUTOMOTIVE, INC.
(508) 838-2937

- BRAKES • SHOCKS • MUFFLERS •
- LIFETIME GUARANTEES • COMPUTERIZED TUNE-UPS • AIR CONDITIONING SERVICE • STEERING & SUSPENSION
- COMPUTER WHEEL BALANCING

FREE ESTIMATES

265 CENTRAL ST. • BERLIN

Country Garden Florist

CALL 368-8600

SENIORS SAVE!

\$3.00 OFF \$15.00
\$5.00 OFF \$25.00

Country Garden Florist

• Fruit Baskets • Ballons • Flower Arrangements • Plants
105 Hight Street, Clinton, Massachusetts 01510

HENRY K. CARLETON, JR.
DIRECTOR

TELEPHONE
(508) 562-5542

Merrill-Carleton Funeral Home

1 PLEASANT STREET HUDSON, MASS. 01749



HEALTH NOTES

Be Smart About Your Heart

This past year emphasis has been on prevention of heart disease and complications. The University of Mass Program has circulated a video on prevention and lifetime learning systems - has provided special education programs with emphasis on a realistic approach to reducing heart disease and stroke.

New treatments can stop a heart attack in its tracks but only if you act fast - the sooner treatment begins, the more it can do - and the greater your chances are for returning to every day activities. That is why you should know the high risks for a heart attack - and take action to prevent them.

Risk Factors for Heart Disease and Heart Attacks

Uncontrollable Risk Factors
1) Family history of premature heart disease before age 55.

2) Aging - women after menopause

3) Male gender

Controllable Risk Factors

1) Cigarette smoking

2) High blood pressure

3) High blood cholesterol

4) High blood triglycerides

5) Physical inactivity

- 6) Obesity
7) Diabetes
8) Stress

Risk Factors - Steps to Follow

1. If you smoke - Stop. Smokers run twice risk of heart attack as non-smokers - good news is risk drops rapidly once you quit.
2. Control High BP by frequent checks, proper diet - low salt, low fat.
3. High Cholesterol & Triglycerides Monitor blood cholesterol and triglycerides - the higher they are the greater chance of developing heart disease and having a heart attack
4. Stay Active - Activities such as walking, swimming, biking and gardening - even mundane efforts of cleaning the house can help control cholesterol and triglycerides, reduce BP and control weight.
5. Stay at a healthy weight Your risk of heart disease is much higher if you are severely obese - more than 30% over ideal weight.
6. If you are Diabetic Keep it under control. Heart disease is leading cause of Type I Diabetes deaths.
7. Manage Stress - While it is not clear whether stress increases heart disease but studies show it has some affect

Healthy Life Style

Many risk factors such as blood cholesterol are influenced by genetics but are controllable with a healthy lifestyle that starts with a heart healthy diet - the current advice.

1. Saturated fat - Limiting your intake especially saturated fat to control cholesterol and triglycerides as well as limiting sugar and alcohol.
2. Fiber - Eating plenty of fiber especially soluble oats, dried beans, fruits and vegetables.
3. Antioxidants - Evidence has recently mounted that antioxidants especially Vitamin E may ward off heart disease by preventing substances called free radicals from damaging vessel walls - such change encourages plaque formation which can block blood flow to the heart.
4. Vitamins B6 and Folic Acid - Latest advice on heart healthy diet is to eat plenty of food rich in B6 and Folic Acid. Vitamin B6 and Folic Acid Found in chicken, fish, pork, whole grain legumes Folic acid in leafy vegetables, orange juice, legumes and fortified cereals. These vitamins break down amino acid homocysteins which is risk factors in heart disease.

Seafood Newburg

Submitted by Louise Champagne

- 1 c. crabmeat flaked
1 c. scallops, parboiled 5 minutes
1 c. Shrimp or Lobster
1 c. Haddock skinned & boned
1 c. Salmon or tuna
1 c. sliced sauteed mushrooms
1 can pimento
1/2 c. butter
6 T. flour
3-1/2 c. whole milk
1 c. light cream
3 egg yolks
1/4 c. Sherry
salt & pepper to taste

Prepare seafood. Flake crab meat, clean shrimp, or dice cooked lobster. Cut scallops in pieces and boil 5 minutes. Drain. Leave fish in large pieces. Place mushrooms in 2 T. butter. Prepare cream sauce by melting butter in large pan, blend in flour, stir in milk and cream. Cook until smooth and thickened. Add seasonings and seafood. Just before serving add the slightly beaten egg yolks and Sherry. Serve on toast or pastry shell. Serves 12.

WHEELER'S GARAGE



Specializing in

Late Model Used Car Sales
Complete Repair Service
Foreign & Domestic

75 Carter Street • Berlin, MA
(508) 838-2957

This Newsletter Published by
COUNCIL ON AGING PUBLISHERS

The Official Publishers for
Councils on Aging
97 Millville Road
Mendon, MA 01756
(508) 478-4533 • (800) 536-1776
Fax: (508) 634-9031

Francis C. Burke, Jr.

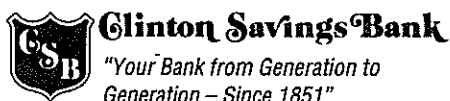
Attorney at Law
77 High Street
Clinton, Massachusetts 01510
Telephone:
(508) 368-0983 • (508) 368-8531
(508) 365-7672
Residence: (508) 838-2558
Admitted to Massachusetts & New Hampshire Bar

SEND YOUR MESSAGE...!

To Sponsor,
Call COA Publishers
(508) 478-4533
or 1-800-536-1776

THANK YOU

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



Clinton: 200 Church Street, 365-4591
Bolton: 563 Main Street, 779-2857
Sterling: 7 Main Street, 422-8133
Berlin: 25 Central Street, 838-2286
All Deposits Insured in Full
Member FDIC/DIF
EQUAL OPPORTUNITY LENDER

The Berlin Powderhouse Senior News

Council on Aging
Berlin, Massachusetts 01503

BULK RATE
U.S. POSTAGE
PAID
PERMIT NO. 3
BERLIN, MA

Thanks to Matthew & Sons Trucking
for furnishing address labels!

4 MAY/JUNE 1997



BERLIN POWDERHOUSE SENIOR NEWS

Birthdays

May

Phyllis Warbin - May 3

Mary Louise Wheeler -

May 4

Jack Bergen - May 12

June Coolidge - May 12

Marguerite Krackhardt - May 12

Margaret Dayton - May 13

Carl Phipps - May 14

Glendon Blinkhorn - May 16

Anna Renzoni - May 16

June

Phillip Bartlett - June 1

Marion Hoffman - June 2

Barbara Krackhardt - June 6

Barbara St. John - June 7

Eva Yeiter - June 12

Alice Murphy - June 18

Stella Hanson - June 24

George Cedar - June 24

Josephine Underwood - June 26

Sally Bergen - June 27

Augustine Murphy - June 30



Anniversaries

May

Jerry & Caroline Cashin - May 5

Anna & Joseph Renzoni - May 21

Henry & Ann Agnitti - May 22

George & Lorraine Cedar - May 24

June

Angelo & Concetta DiMuzio - June 1

Francis & Josephine Underwood -

June 5

Roger & Helen Wheeler - June 16

Jack & Sally Bergen - June 22

Edward & Margaret Ware - June 22

Arthur & Thora Fieldsend - June 23

Computer Program at Tahanta Senior High School

COA members and several seniors will be taking a computer training program at Tahanta Computer Lab starting May 7th - 2:30-4:30 for 5 weeks for 10 hrs.

This is a trial program for seniors and if all goes well in September this will be offered to other seniors in Berlin at Tahanta.

Re-Creation

Grandma is going to 'Puter School now.

It seems she developed a yen to cuss and discuss what the matter with us. An urge to begin again.

Grandma not studying History or Reading or 'Rithmetic The subject is almost a Mystery But it certainly makes her tick.

Grandma's a different person now Her thinking is on the move She even looks young, and I don't see how But that once furrowed Brow is smooth.

Yes, Grandma is going to 'Puter School now And its really a wonderful thing Since I can remember she Seemed like December Now suddenly Grandma is Spring

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



Powderhouse Senior News

JULY/AUGUST 1997

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.

Berlin Selectmen Honor the Oldest Citizen in Berlin

Valery Bradley, Selectmen presented Grace Stammers, who will be 98 July 22nd, with a Replica lapel pin

of the African Ebony Cane with 14 Carat Rolled gold head and a citation plaque of "passing of the cane" signifying a milestone in the life of a citizen and her community. The Boston Post Cane, an emblem of respect for the town oldest citizen, was originally bestowed to that person with the tradition that began in 1909 by the Boston Post newspaper. Berlin Selectmen retired "the passing of the cane" in 1989 with the passing of Inez Jackson at age 102 and the cane is still in the possession of the town and has been turned over to the Berlin Historical Society for safe keeping of the 431 canes issued and it is believed that 368 of them are still in the possession of the towns.

Now instead of "passing the Ebony cane with 14 carat Rolled gold top" - a replica pin is made of ebony and gold in the shape of a cane and is given to the oldest citizen with a citation or a plaque honoring the recipient.



Grace Stammers has been a resident of Berlin for 70 years and has been an active member of First Parish Church, as well as a member of Berlin Historical Committee and the Senior Citizen Association.

She has been a well known antiques dealer over the years and has received recognition for her work.

Schedule of Community Activities

July 15, 1997 (Tuesday)

Maine Lobsterbake - Downeast Lobster and clambake. 8 am to 7 pm - Cost \$39 per person. Tour includes: Nubble Lighthouse and York Village Visit, Lobster Bake (enter choice lobster or chicken), Sightseeing in Ogunquit, transportation. Reservations contact by 6/15 Phil Bartlett 838-2572

July 16, 1997

COA are sponsoring a smorgasbord (catered) at Northbrook Village 5 pm - Wednesday 7/16/97. All Berlin Senior residents are invited. Entertainment and other activities will be announced.

Elder Hot Line

The Attorney General has announced that his Elder Hotline will open for business by mid may. This phone will be free information and referral tool for the States Elders and their families and/or caregivers on topics relevant to older Americans.

Toll free Hotline

1-888-AGELDER

1-888-243-5337

10-5 Monday thru Friday

Coordinated and supervised by Attorney General. Volunteers will assist call-

ers with such topics:

- 1-Health Insurance
- 2-Home Health Care
- 3-Long Term Care
- 4-Disability Rights
- 5-Age Discrimination
- 6-Credit
- 7-Telemarketing Fraud
- 8-Consumer Protection Issues



HEALTH NOTES

Beat the Heat & Heat Stress

We are beginning to enjoy warm weather and with warm weather comes the need to be mindful of heat stress. Some of us are more susceptible to heat stress than others especially those who have **high blood pressure, diabetes, circulation problems, obesity or a damaged heart.** Early warning signs of heat stress are loss of appetite, lack of energy, fainting, cramps and dizziness.

We can try to "beat the heat" by following a few guidelines on extremely hot days.

- 1-Drink plenty of fluids (water and juice)
- 2-Avoid cooking as much as possible and don't eat hot foods
- 3-Avoid exertion
- 4-Stay in well ventilated places indoors between

- 10 AM and 2 PM
- 5-Wear loose clothing - preferably light colored clothing
- 6-Stay out of the sun - especially if you are on medications for high blood pressure, diuretics and certain antibiotics etc.

Excerpts from John Hopkins Medical Letter Reviving Your Sense of Taste

The sense of smell for older people is less sensitive - enough to cause a loss of taste.

As we age we commonly lose the sharpness of our sense of taste and also smell which plays a large role in how food taste to us. Ordinarily the gradual decline in their senses is not a major health concern although some people try to compensate by using more salt to season their food which can lead to high blood pressure in some people.

How to Make Food Taste Better

- 1-Drink water with your meal to clear your palate as you eat
- 2-Choose foods for each meal that give you the maximum textural variety of chewiness and crunchiness, smoothness and roughness.
- 3-Use less liquid in soups and sauces to flavor intensity

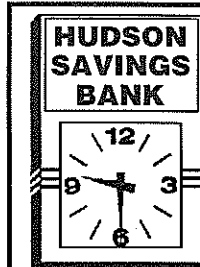
- 4-Use the greatest possible variety of spices, herbs - fresh herbs better than dry. Go easy on salt. Vary spices with different dishes.
- 5-Chew your food thoroughly to release all the taste and scent bearing molecules each bite has.
- 6-Check medications that may also affect taste

CHECK OUT THE RECIPES FOR GOOD TASTE ON THE INSERT PAGE!

Ten Commandments of Human Relations:

- 1. Speak to people. There is nothing so nice as a cheerful word of greeting.
- 2. Smile at people. It takes 72 muscles to frown, only 14 to smile.
- 3. Call people by name.
- 4. Be friendly and helpful; if you would have friends, be a friend.
- 5. Be cordial; speak and act as if everything you do is a genuine pleasure.
- 6. Be genuinely interested in people. You can like almost everybody if you try.
- 7. Be generous with praise, cautious with criticism.

CONTINUED ON P. 4



where you're Somebody Special™

DEPOSITS INSURED IN FULL TO \$100,000 BY FDIC the excess by DIF

562-6944 Main Office, 42 Main Street
562-9892 Branch Office at the Hudson Shopping Center

HENRY K. CARLETON, JR.
DIRECTOR

TELEPHONE
(508) 562-5542

Merrill-Carleton Funeral Home

1 PLEASANT STREET

HUDSON, MASS. 01749



History of Volunteerism in Berlin

by Mary Petkauskas

Berlin is a caring community and much volunteerism is done among neighbors, friends and others without recognition - this has included offering meals, chores, shopping, transportation etc.

In the past few years the Executive Office of Elder Affairs has realized the value of volunteerism and has provided for "Recognition of Volunteers" in their local communities by grants and annual selection of individuals through the Silver Dove Awards. Two members have received the Silver Dove in Berlin - Mary Petkauskas 1993 and Sandy Kennedy 1997. The Silver Dove award means "D - Devoted O - Outstanding V - Volunteer to Elders and a citation is given by Governor William Weld and Secretary of Elder Affairs Franklin annually. When I first moved to Berlin with my mother who was ill I was greeted by many neighbors and friends who were very kind and helpful to both of us but have never been recognized as volunteers.

After my mother died, over ten years ago, I joined the COA as a member and

became active in programs that EOEAA provided with grants. The first grant program that I developed was for funding for a Coordinator of Volunteers and at that time we recruited all types of volunteers needed for service to Elders and we developed a roster with their names printed in calligraphy and now posted in the Community Building.

Some of these volunteers are no longer with us and some are still volunteering over the 10 years. We have had some dedicated people who have given of themselves to help the seniors in the community.

Two years ago COA felt we should recognize an individual or individuals who have contributed the most to the community each year and the first legacy award was given to George and Lorraine Cedar who are involved in multiple volunteer activities in Berlin. Last year the Legacy Award was named the "Mary Petkauskas Award" and a roster bearing her name was placed in the Community Building as a dedicated volunteer for COA and other activities.

9/96 - 6/97 Brief Review of Volunteer Hours in Berlin Meals on Wheels
2100 Hours
1925 meals served

Senior Citizen meals

85 Hours
720 meals

June 11 15

Soup Kitchen 180 hours
560 meals

Volunteer Total Hours

3200 meals
2395 hours

Preparation of Powderhouse Senior News

30 hours

Volunteer Hours and Meals Served

Total 3200 meals
2395 Volunteer hours

Meals on Wheels

Volunteer Hours 2100
Meals Served 1925

Senior Citizen Meetings

Volunteer Hours 85 hours
Meals Served 720
June 11 15 Kitchen
Soup Kitchen 180 hours
Meals served 561
Powder House Senior News 30 volunteer hours

List of Volunteers for Volunteer Recognition June 25, 1997 at Wayside Inn

Paul Bogosian
Sally Bergen
Doris Bombard
Jerry & Carolyn Cushin
George & Lorraine Cedar
Louise Champagne
Madeline Ciesluk
Dora Cummings
Margaret Dayton
Rev. Lawrence Esposito
Marion Hoffman
Laura Kemmel
Nick LaBonte

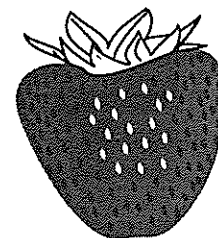
Chris Laverdure
Flora Leveille
Malcom Loring
Mary R. Petkauskas
Pat Simpson
Bernice Sylvester
Virginia Wheeler
Willard & Joane Wheeler
Alice Kidder
Rev. Barbara Aiello
Don Doherty
Danny Holms Restaurant
Gail Heald WRTA Speaker

Nancy Buckingham
Monthly Produce from Bamma Joes
Rua Baum RN
Connie Barter

Ten Commandments of Human Relations:

CONTINUED FROM P. 2

8. Be considerate of the feelings of others.
9. Be alert to give service. What counts most in life is what we do for others.
10. Add to this a good sense of humor, a big dose of patients and a dash of humility and you will be rewarded many-fold.



WHEELER'S GARAGE



Specializing in
Late Model Used Car Sales
Complete Repair Service
Foreign & Domestic
75 Carter Street • Berlin, MA
(508) 838-2957

This Newsletter Published by
COUNCIL ON AGING PUBLISHERS

The Official Publishers for
Councils on Aging
97 Millville Road
Mendon, MA 01756
(508) 478-4533 • (800) 536-1776
Fax: (508) 634-9031



CALL 368-8600
SENIORS SAVE!
\$3.00 OFF \$15.00
\$5.00 OFF \$25.00

Country Garden Florist
• Fruit Baskets • Ballons • Flower Arrangements • Plants
105 Hight Street, Clinton, Massachusetts 01510

SEND YOUR MESSAGE...!

To Sponsor,
Call COA Publishers
(508) 478-4533
or 1-800-536-1776

Berlin Van Service
Scheduled to begin on July 1, 1997
Non-ADA Van Service Is Structured to Encourage Grouping

1) Who is Eligible?

Elders and people with disabilities regardless of age.

2) Service Area:

Berlin, Worcester, Marlboro Hospital area and Hudson (downtown destinations plus shopping areas along Route 85).

3) Days & Hours of Service:

Tuesday, Wednesday, Thursday and Friday:

The van begins picking riders up at 8:00 A.M. and is off the road by 3:30 P.M. except to provide ADA trips as appropriate.

Tues., Wed. & Fri.: Medical/Social Service/ Work/School trips to Worcester and back
First van trip arrives in Worcester at 9:00 A.M.
Last van trip leaves Worcester at 2:30 P.M.

Thursday A.M.: Medical trips to the Marlboro Hospital area arrive at 9:15 A.M.
Shoppers are then dropped off at stores along Route 85 in Hudson. (Shaws, Victory, Price Chopper, Wal-Mart).
Riders will arrive back in Berlin between 11.30 A.M. and 12 Noon.

Thursday P.M.: In-town Berlin trips for any purpose or
Trips for any purpose to downtown **Hudson one week and Clinton the next week.** (Call for schedule)

4) Fares: Same as the fixed route bus fares (see Fare Sheet)

5) Who Will Provide the Trips?

The **Clinton Council on Aging (CoA)** at 365-9416 will either provide the trip itself or arrange to have another operator such as **AVCOA** or **Clinton Livery** provide the trip.

6) How Do Berlin Riders Arrange Trips?

Call the **Clinton Council on Aging (CoA)** between the hours of
8:30A.M. - 3:00 P.M. Monday - Friday.

Trips are provided on a first come, first served basis. They can be called in as early as **14 days** in advance but **not later than 10:00 A.M.** on the day before the trip.

To use **ADA van service**, an eligible rider's pick up and drop off points must be within 3/4 of a mile of one of the WRTA's bus routes and/or within the City of Worcester. That is known as the ADA Service Area. Once within the service area, eligible riders can travel wherever the WRTA's "big buses" go, whenever the buses are on the road. Trips can be called in as early as **14 days** in advance but **not later than 4:30 P.M.** on the day before the trip. **ADA fares are twice the fixed route (big) bus fares (see Fare Sheet).** Call 1-800-499-6384 (Ext. 3012) for information on ADA eligibility.

Recipes

Summer Veggies: Good Sandwich Spreads

Tired of the same old turkey sandwich for lunch. Then treat yourself to a savory change of taste and the following sandwich spreads feature nutritious vegetables, fiber-rich beans and flavorful seasonings. They also help towards a healthy diet.

All of the spreads can be made ahead and refrigerated in a covered container for one to two days.

Savory Roasted Eggplant Spread

The Spread:

Place one large eggplant in baking dish and bake at 400°F for 45-55 minutes. Cool, then cut eggplant in half and scrape insides into bowl. Process in blender or processor leaving slightly chunky. Stir in peeled, seeded, chopped tomato, 1/4 cup chopped parsley, Tbs. of minced green onions, 2 tsp. of fresh lemon juice, 1 tsp. of olive oil, 1/4 tsp. salt, 1/8 tsp. black pepper. For a spicier taste add and 1/2 tsp. cumin and 1-2 cloves of minced garlic.

Makes 5-6 sandwiches.

The Bread

Try a hearty grain bread or Italian flat bread - toast is desired.

Complete sandwiches with sliced tomatoes - and a few chopped olives or try any combination of roasted green or yellow squash, sliced peppers or onions.

Herbed White Bean Spread

The Spread

Drain and rinse a 16 oz. can of white beans - cannellini or chick peas and slightly blend in food processor or blender. Add 1tbs. lemon juice, tsp. capers, 1 tsp. olive oil, 1/2 tsp. marjoram leaves, 1/2 tsp. of basil or thyme (fresh herbs are better).

Blend until just combined. Makes 4 sandwiches.

The Bread

Spread onto toasted split whole grain pita. Top with Boston Bibb or green leaf lettuce - try more exotic choices prugla, watercress. Other add ons include red pepper strips, chopped green olives or sun dried tomatoes.

LoCal Summer Treats

White Chocolate Orange Mousse

- 1 1/2 cups cold skim milk
- 1 pkg. Jello White Chocolate flavor Fat free sugar free calorie pudding and pie filling
- 2 cups thawed Lite Cool Whip topping
- 1 teaspoon grated orange peel

Pour cold milk in bowl, add pudding mix. Beat with whisk 1 minute - gently stir whipped topping, orange peel. Spoon into dessert dishes. Only 90 calories 0 cholesterol.

Cinnamon Chocolate Pudding

- 2 cups cold skim milk
- 1 pkg. Jello Chocolate flavor Fat Free Sugar Free instant reduced calorie pudding and pie filling
- 1/2 tsp. cinnamon
- 1/2 cup thawed Cool Whip Lite topping

Pour milk into bowl- add pudding mix and cinnamon - beat with wire which 1 minute - gently stir in whipped topping - spoon into dessert dishes. Refrigerate until served - 5 servings - only 70 calories



THANK YOU

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



Clinton Savings Bank

"Your Bank from Generation to Generation - Since 1851"

Clinton: 200 Church Street, 365-4591
Bolton: 563 Main Street, 779-2857
Sterling: 7 Main Street, 422-8133
Berlin: 25 Central Street, 838-2286
All Deposits Insured in Full
Member FDIC/DIF
EQUAL OPPORTUNITY LENDER

The Berlin Powderhouse Senior News

Council on Aging
Berlin, Massachusetts 01503

BULK RATE
U.S. POSTAGE
PAID
PERMIT NO. 3
BERLIN, MA

Thanks to Matthew & Sons Trucking
for furnishing address labels!

4 JULY/AUGUST 1997



BERLIN POWDERHOUSE SENIOR NEWS

Birthdays

July Birthdays

Myrtle Mason-July 4
Marian Mills-July 8
Madeline Taylor-July 10
Marguerite Bartlett-July 13
Lawrence Foster-July 15
Ruth Sandini-July 16
Raymond Reardon-July 22
Grace Stammers-July 22
Ruth Mungan-July 23
Helen DiMuzio-July 23
Elizabeth Jillson-July 25
Angelo DiMuzio-July 29
Carl Risi-July 29
Eleanor Zwicker-July 31



August Birthdays

Maria Ford- August 2
Ann Mitchell-August 2
Robert Taylor- August 2
Ann Mueller-August 6
Priscilla Jewett-August 7
Dora Valerio-August 8
Daniel Plastridge-August 8
Benedetto Miele-August 13
Rena Wheeler-August 15
Charles Nutting-August 16
Roger E. Wheeler-August 25
Mildred Wheeler-August 26
Constance Barter-August 29
Marjorie Wood-August 31

Anniversaries

Lawrence & Barbara Foster-
July 11
Glendon & Millie Blinkhorn-July 12
Frederick & Ruth Wheeler-July 25
James & Patricia Gutro-July 30

Obituaries

Deaths in May
Ken Walker-April
Alfred Wheeler-May 7
Lulu Wheeler-May 11

Medical Nutrition Notes

From Wellness Letter
University of California 4/97
Grapefruit Juice

Some common prescription drugs should not be taken with grapefruit juice because it can greatly boost or sometimes lower their concentration in the blood stream. This could increase the risk of side effects and in some cases serious reactions or it may simply mean you don't get enough of drugs.

Drugs affected include the following:

Calcium channel blockers taken for high blood pressure and angina Plendil, Nifedine, Procardia, Norvas, Diltrigen, Cardizen, Dilacor, Heart problems - Verapamil, Verelan. Cer-

tain tranquilizers such as Halcion. Certain antihistamines Hismanal.

It is theorized that some substances in grapefruit originates through and a flavored that gives grapefruit it sour taste affects the metabolism of certain drugs through its effect on liver enzymes and happens when drugs are taken with juice.

Purple Grape Juice

From University of Wisconsin 4/97

Put on friendly heart list

A daily glass of purple grape juice has been added to the list of good things for the heart. Dr. John Folts of University of Wisconsin has found that 10 oz. of purple grape juice daily reduces the risk of artery clogging blood clots by inhibiting platelets - the disc shaped blood cells that initiate clotting. In fact grape juice appears about 20% more effective in blocking platelets activity than aspirin the treatment doctors routinely recommend for patients at risk for heart attacks. Grape juice contains compounds called flavorals that block platelets.

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



Powderhouse Senior News

SEPTEMBER/OCTOBER 1997

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

Meeting 4th Tuesday of Month
at Northbrook Village

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 CLINTON SENIOR CENTER 365-9416

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.

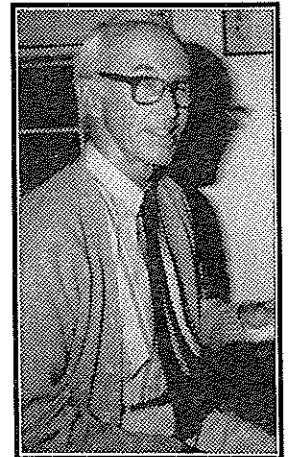
Bill Wheeler Receives Award

Willard Wheeler of Berlin is shown receiving the annual Service Award from the Berlin Council on Aging. This award is presented each year to a deserving citizen and was renamed the Mary Petkauskas Service Award in 1996 for her decades of work for elders.

Mr. Wheeler has served the citizens of Berlin for over a half century. School Committeeman, Town Clerk, member of the Board of Selectmen, and Postmaster are just a few of his official positions.

He has also been involved with numerous other activities benefiting senior citizens, youth, and citizens in general. His record of service has been exemplary and deserving of recognition.

The Berlin Council on Aging, therefore, voted unanimously that Willard H. Wheeler should receive their Service Award for 1997-98. He was honored in appropriate ceremonies during the July Senior Supper held by the Berlin Council on Aging.



Use It Or Lose It

On July 1, the Berlin Council on Aging arranged for a new van service for seniors and disabled in the town. The program is partly funded by the State. There is a modest fee assessed for use of the service to help defray expenses.

Van transportation is available Tuesday through Friday and pickup will be made at your door. Trips can be for the purpose of medical appointments, shopping, etc. Destinations include Worcester, Marlboro, Hudson, and Clinton.

Have a medical visit in Worcester? Why drive yourself and fight the traffic? Use the van! Have to go to Marlboro Hospital? Use the van! Shopping in Hudson? Use the van! The expense is lower than what it costs to drive a car to these places.

Program coordination is through the Clinton Senior Center. Call for reservations (365-9416) on Monday through Friday from 8:30 AM to 3 PM.

CONTINUED ON P. 3

Schedule of Community Activities

Sept. 2, 1997

Meals on Wheels returns after vacation. Please call Mary 838-7380 if anyone needs meals other than our regular clients.

Sept. 4, 1997

Senior Citizens Meeting.
First Parish Church
B/P Screening
Program One Act Play -
"Sheldon & Mrs. Levine -
Bobrick & Stein (author)
followed by lunch

Sept. 21, 1997

St. Joseph, the Lord Provides Annual Fair will be held in the Church Lot. All types of booths will feature many items of interest as well as raffles. Get your mailed tickets back for the raffles. Come one, come all and enjoy the fair.

Oct. 2, 1997

Senior Citizens Meeting.
First Parish Church
B/P Screening
Program Slide show
Canadian Rockies and
Alaska
Followed by lunch to be
announced.

HEALTH NOTES

Senior Pharmacy Program Report

Applications deadline was extended through August 31, 1997 - Annual income was increased to \$11,835 from \$10,494.

The new program was administered by Executive Office of Elder Affairs and Mass. Division of Medical Assistance.

Berlin unfortunately did not take advantage of this program and only few people responded. Over 400 in North County filed applications and received their card similar to a credit card which could be used in any pharmacy - up to \$500 for Prescription Drugs, Insulin

Information on changes in Medicare Administration

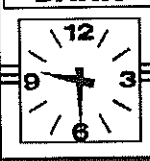
Medicare will have two new contractors in Massachusetts. Beginning July 28, 1997 the Associated Service of Maine will begin processing Part A hospital insurance claims and hospital outpatient for providers formerly C & S Administration Service in Mass. On August 1, 1997 the National Heritage Insurance will process Medical Insurance Part B in Mass., ME, VT, NH. This is part of your Medicare A & B.



COA Volunteer Recognition

was held at Wayside Inn for 25 volunteers for their dedicated service during the year - 2395 total hours of service was contributed as part of training program for volunteers and the changes taking place in Berlin Transportation. Gail Heald, WRTA Planning for Transportation was the guest speaker and provided handouts on the new changes which became effective on July 1, 1997. The WHEAT Program will no longer provide transportation and the new program providing transportation for Berlin residents will be COA Clinton Senior Center 365-9416 - 24 hour notice for trips required.

HUDSON SAVINGS BANK



*where you're
Somebody Special™*

DEPOSITS INSURED IN FULL TO \$100,000 BY FDIC
the excess by DIF

562-6944 Main Office, 42 Main Street
562-9892 Branch Office at the Hudson Shopping Center

HENRY K. CARLETON, JR.
DIRECTOR

TELEPHONE
(508) 562-5542

Merrill-Carleton Funeral Home

1 PLEASANT STREET

HUDSON, MASS. 01749

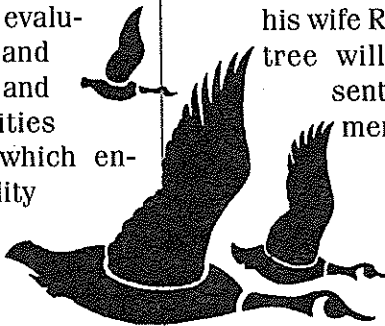
Volunteers Wanted by COA

Have a couple of hours a week free time. Like to have friendly chats with older people who are lonely and need someone to talk to... A new program is being planned by pairing friendly visitors with seniors who need a little extra companionship. Companions will work as many as a few hours, as they like. In addition to lots of appreciation the COA is working on a plan to reimburse the volunteers if they receive the grant they are applying for.

If interested in joining the program please contact Mary 838-7380 or Louise 838-2550.

Mission Statement Berlin COA

"It shall be the mission of the COA to evaluate, promote and encourage new and existing activities and services which enhance the quality of life for the elders in the town of Berlin."



Award Program

COA sponsored their annual smorgasbord on July 16, 1997 for Berlin seniors. A catered supper was served by Lowes Caterer and 50-53 people attended. Following the meal Barbara Krackhart, Musical Director, First Parrish Church and Florence Martin, Pianist provided music and sing-a-long enjoyed by all.

Two awards were given by Jerry Cushin

1- Mary Petkauskas Legacy Award

was given to Willard Wheeler for his services to the communities and this will be reported fully in the newsletters later

2- Posthumously award was given to Alfred Wheeler, a former COA member who passed away in May.

A citation was given to his wife Rena and a tree will be presented in his memory.

Use It Or Lose It

CONTINUED FROM P. 1

They can answer questions you may have.

The State agency that funds this service is monitoring usage from Berlin residents. If response is low, they will assume there is insufficient interest and will cancel the program. In other words, use it or lose it.

Berlin Van Service

Scheduled to begin on July 1, 1997

Non-ADA Van Service Is Structured to Encourage Grouping

1) Who is Eligible?

Elders and people with disabilities regardless of age.

2) Service Area:

Berlin, Worcester, Marlboro Hospital area and Hudson (downtown destinations plus shopping areas along Route 85).

3) Days & Hours of Service:

Tuesday, Wednesday, Thursday and Friday:

The van begins picking riders up at 8:00 A.M. and is off the road by 3:30 P.M. except to provide ADA trips as appropriate.

Tues., Wed. & Fri.: Medical/Socil Service/Work/School trips to Worcester and back. First van trip arrives in Worcester at **9:00 A.M.** Last van trip leaves Worcester at 2:30 P.M.

Thursday A.M.: Medical trips to the MARlboro Hospital area arrive at **9:15 A.M.** Shoppers are then dropped off at stores along Route 85 in Hudson. (Shaws, Victory, Price Chopper, Wal-Mart). Riders will arrive back in Berlin between 11:30 A.M. and 12 Noon.

Thursday P.M.: In-town Berlin trips for any purpose or Trips for any purpose to downtown **Hudson one week and Clinton the next week.** (Call 365-9416 - Senior Center - for schedule). WRTA has approved trips to the Solomon Pond Mall. (Call Mary 838-7380).

WHEELER'S GARAGE

Specializing in



Late Model Used Car Sales
Complete Repair Service
Foreign & Domestic
75 Carter Street • Berlin, MA
(508) 838-2957

Francis C. Burke, Jr.

Attorney at Law
77 High Street
Clinton, Massachusetts 01510
Telephone:
(508) 368-0983 • (508) 368-8531
(508) 365-7672
Residence: (508) 838-2558
Admitted to Massachusetts & New Hampshire Bar



CALL 368-8600

SENIORS SAVE!

\$3.00 OFF \$15.00
\$5.00 OFF \$25.00

Country Garden Florist

•Fruit Baskets • Ballons • Flower Arrangements • Plants
105 High Street, Clinton, Massachusetts 01510

SEND YOUR MESSAGE...!

To Sponsor,
Call COA Publishers
(508) 478-4533
or 1-800-536-1776

THANK YOU

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



Clinton Savings Bank

"Your Bank from Generation to Generation - Since 1851"

Clinton: 200 Church Street, 365-4591
Bolton: 563 Main Street, 779-2857
Sterling: 7 Main Street, 422-8133
Berlin: 25 Central Street, 838-2286
All Deposits Insured in Full
Member FDIC/DIF
EQUAL OPPORTUNITY LENDER

The Berlin Powderhouse Senior News

Council on Aging
Berlin, Massachusetts 01503

BULK RATE
U.S. POSTAGE
PAID
PERMIT NO. 3
BERLIN, MA

Thanks to Mathew & Sons Trucking
for furnishing address labels!

4 SEPTEMBER/OCTOBER 1997

BERLIN POWDERHOUSE SENIOR NEWS

Birthdays

September

Marjorie Nelson -
Sept. 1
Howard Watkins -
Sept. 1
Marge Windle - Sept. 2
Joseph Roseberry - Sept. 3
Elizabeth Risi - Sept. 12
Thora Fieldsend - Sept. 14
Helen Wheeler - Sept. 18
Iva Rogers - Sept. 22
Ruth Wheeler - Sept. 25
Warren Wheeler - Sept. 25
Madeline Crossman - Sept. 24
Everett Wheeler - Sept. 27



Anniversaries

Russell and Marjorie Wheeler -
Sept. 23
Alfred and Barbara St. John -
Sept. 28
Chester & Margaret Galas - Oct. 5
Lewis & Pauline Paine - Oct. 6
Benedetto & Hazel Miele - Oct. 10
Everett & Mildred Wheeler -
Oct. 25

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

Deaths

A. Natalie Wheeler - July
Marjorie Windle - July
William Wright - August

October

Edgar Gadbois - Oct. 5
Louise Champagne - Oct. 7
Mary Risi - Oct. 8
Dorothy Germaine - Oct. 16
Doris Bombard - Oct. 17
Herbert Mueller - Oct. 19
Dorothy Risi - Oct. 23
Norma Hanson - Oct. 24

Senior Trip sponsored by Fox Tours

Oct. 21 - 24, 1997 Quebec - "Christmas in October"

Quebec Province, the cradle of French civilization in North America, has the only walled city north of Mexico. Quebec is a charming blend of ancient and modern life with spectacular natural scenic wonders.

Trip include the following:

1. Visit chateau St. Anne - near famous Quebec Ski Mt.
2. Tour of Quebec city
3. Narrated cruise of St. Lawrence River
4. Visit at Montnorency Falls
5. "Christmas in October" "Gastronomique de Noil" - 6 course Christmas feast including wine
6. Authentic Quebec Folk music and dance
7. Midnight buffet

Tour includes & cost

399-Double 379-Triple 489-Single

1. Deluxe accommodations
2. Ten meals - 3 breakfasts, 3 luncheons, 3 dinners and midnight buffet
3. Native guide sightseeing

Contact Phil Bartlett 838-2573 for more information.



Powderhouse Senior News

NOVEMBER/DECEMBER 1997

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

Meeting 4th Tuesday of Month
at Northbrook Village

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 CLINTON SENIOR CENTER 365-9416

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.

Friendly Visitors

The Berlin Council on Aging is interested in learning of the number of people doing friendly visitors - Would you please let us know, so you will receive recognition for your endeavors, or if you would like to participate in this program; we have several shut ins that would appreciate having you call on them, or talk to them on the phone. If interested please call Mary 838-7380 or Louise 838-2550.

MEALS ON WHEELS

The Meals on Wheels Program is in need of volunteers to help us prepare the meals two mornings a week even if you cannot do it on a regular basis. We have a nice group and we all enjoy the companionship this program offers. Please call Louise Champagne 838-2550.

Invitation to Join the Senior Citizens Association

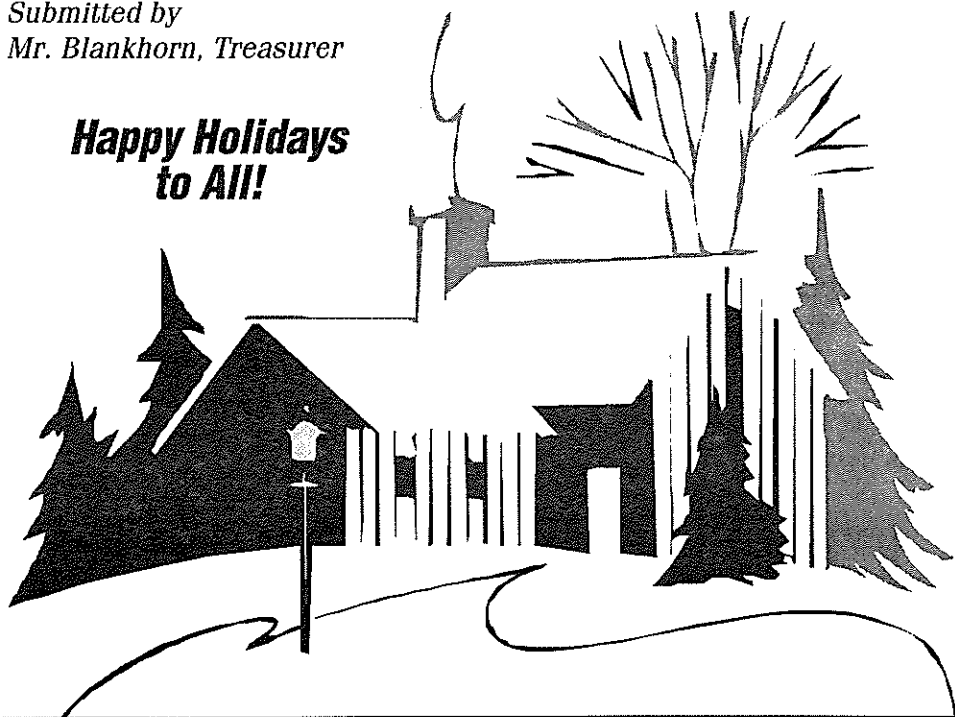
Berlin Senior Citizens Meet the first Thursday of each month at the First Parish Church at 9:30 A.M. Blood pressures will be taken after a short meeting and a program followed by home cooked luncheon.

Dues are \$3.00 and are payable at the meeting in October or may be sent to the Treasurer c/o Box 1, Berlin, MA 01503.

Submitted by

Mr. Blankhorn, Treasurer

**Happy Holidays
to All!**





Schedule of Community Activities

Nov. 1, 1997

Friendship Fair at First Parish Church

Full program of exhibits and sale of baked goods, crafts, cheese, knits and many other things - Luncheon will be served at 11:30

Nov. 6, 1997

Senior Citizens Meeting at First Parish Church

B/P Screening Program - Storytelling by Anne Agretti followed by lunch to be announced.

Nov. 26, 1997

Thanksgiving Ecumenical Service at St. Joseph Church at 7:30 PM.

Both church participants. First Parish and St. Joseph. Followed by refreshments. All are welcome.

Dec. 4, 1997

Senior Citizens Meeting at First Parish Church

B/P screening Program - Christmas Around the World in planning stage

Dec. 6, 1997

Christmas Dinner sponsored by Lion's Club for all seniors at First Parish Church.

Schedule for Flu Shots

Northbrook

Oct. 28, 1997

Northbrook

1-2 4th Tuesday

Nov. 25 1-2 4th Tuesday

Dec. 23 1-2 4th Tuesday

First Parish Church

Nov. 6 9:30- 1st Thursday

Dec. 4 9:30-11 1st Thursday

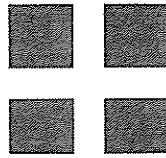
Christmas Services in both churches

See your church bulletins for times

St. Joseph Good Provider Family and Children's Christmas Mass
Midnight Mass
Christmas Fair
Giving Tree

First Parish Church
Candlelight Service
Christmas Vesper services
Other special services

Happy and Healthy Christmas to All



HEALTH NOTES

Your Vaccine Primer

Just as it is important to learn about what you can do to ensure your good health it is only natural to have questions about the vaccines that are available to you. Here are some answers to the questions you may be asking about.

PNEUMOCOCCAL VACCINE *Who should have it?*

1. Anyone over 65.
2. Anyone with chronic heart disease, lung, liver problems or diabetes. Anyone with weakened immune system - kidney failure, cancer, organ transplants - HIV or AIDS

Who should not get it?

1. Children less than 2 years
2. Anyone who has allergic reactions to vaccine
3. Most people only need one shot in their lifetime
4. Booster dose may be given with a chronic health problem or at a risk of serious illness.

From Mass. Pro News & Health Notes September 1997

INFLUENZA VACCINE *Who should have it?*

1. Anyone over 65 years old.
2. Adults and children over 6 months with chronic medical problems, heart disease, cystic fibrosis, asthma, lung disease, kidney problems, diabetes and anemia.
3. Anyone with a weakened immune system.

Who should not get it?

Flu shot should not be given to people who are severely allergic to eggs and those with a history of allergic reaction to vaccines.

When should I get it?

You must receive this vaccine every year before flu season begins. You are not protected if you received it last year because virus differs each year.



where you're Somebody Special™

DEPOSITS INSURED IN FULL TO \$100,000 BY FDIC the excess by DIF

562-6944 Main Office, 42 Main Street
562-9892 Branch Office at the Hudson Shopping Center

HENRY K. CARLETON, JR.
DIRECTOR

TELEPHONE
(508) 562-5542

Merrill-Carleton Funeral Home

1 PLEASANT STREET

HUDSON, MASS. 01749

Blue Cross New Medicare HMO Plan

Blue Care 65 is available now - enrollment period Oct. 15 to Dec. 1, 1997. Call SHINE (Serving Health Information Needs of Elders) 1-800-882-2003 or Blue Cross 1-800-678-2265 for more information about Health Care plans available to people with Medicare in Massachusetts or call your local SHINE counselor at 838-7353.

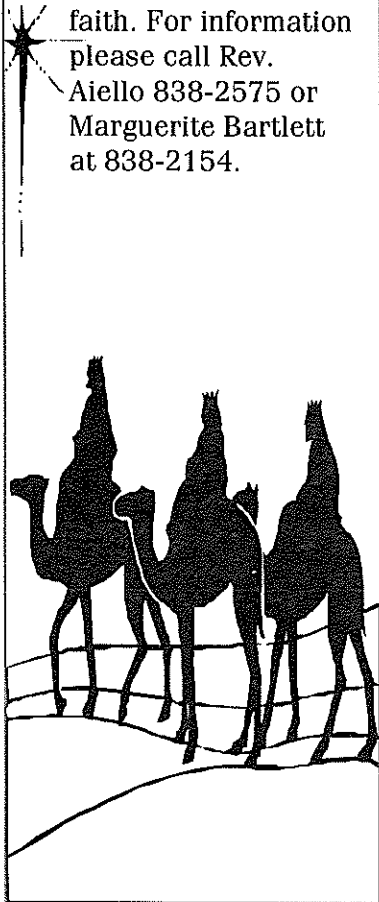
Fallon Gets Osteoporosis Award

National Osteoporosis Foundation has recognized the Fallon Community Health Plan with the first award for leaders in osteoporosis management. The award recognizes health plans that take a leadership role in educating their health professionals and members about osteoporosis, identifying members who have osteoporosis or are at risk and helping those with osteoporosis to manage their disease. The award includes 10,000 to continue osteoporosis education.

Invitation for Interesting Trip Come join Rev. Barbara Aiello, trip to the Holy Land

Feb. 2-11, 1998.

Explore with her all the special places Jerusalem, Bethlehem, Sea of Galilee and more emphasizing Jesus' life, time, land and faith. For information please call Rev. Aiello 838-2575 or Marguerite Bartlett at 838-2154.



Christmas Cake Beet Bundt Cake

- 1 cup butter or margarine, softened, divided
- 1-1/2 cups packed dark brown sugar
- 3 eggs
- 4 squares (1 ounce each) semisweet chocolate
- 2 cups pureed cooked beets
- 1 teaspoon vanilla extract
- 2 cups all purpose flour
- 2 teaspoons baking soda
- 1/4 teaspoon salt
- Confectioner's sugar

In a mixing bowl, cream 3/4 cup butter and brown sugar. Add eggs; mix well. Melt chocolate with remaining butter; stir until smooth. Cool slightly. Blend chocolate mixture, beets and vanilla into the creamed mixture (mixture will appear separated). Combine flour, baking soda and salt; add to the creamed mixture and mix well.

Pour into a greased and floured 10-inch fluted tube pan. Bake at 375 degrees for 45-55 minutes or until a toothpick inserted near the center comes out clean. Cool in pan 10 minutes before removing to a wire rack. Cool completely. Before serving, dust with confectioner's sugar.

Yield: 16-20 servings.

WHEELER'S GARAGE



Specializing in
Late Model Used Car Sales
Complete Repair Service
Foreign & Domestic
75 Carter Street • Berlin, MA
(508) 838-2957

Francis C. Burke, Jr.

Attorney at Law
77 High Street
Clinton, Massachusetts 01510
Telephone:
(508) 368-0983 • (508) 368-8531
(508) 365-7672
Residence: (508) 838-2558
Admitted to Massachusetts & New Hampshire Bar



CALL 368-8600
SENIORS SAVE!
\$3.00 OFF \$15.00
\$5.00 OFF \$25.00

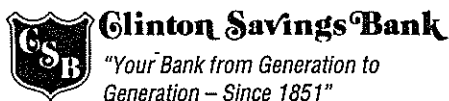
Country Garden Florist
•Fruit Baskets • Ballons • Flower Arrangements • Plants
105 High Street, Clinton, Massachusetts 01510

SEND YOUR MESSAGE...!

To Sponsor,
Call COA Publishers
(508) 478-4533
or 1-800-536-1776

THANK YOU

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



"Your Bank from Generation to Generation - Since 1851"

Clinton: 200 Church Street, 365-4591
Bolton: 563 Main Street, 779-2857
Sterling: 7 Main Street, 422-8133
Berlin: 25 Central Street, 838-2286
All Deposits Insured in Full
Member FDIC/DIF
EQUAL OPPORTUNITY LENDER

The Berlin Powderhouse Senior News

Council on Aging
Berlin, Massachusetts 01503

**BULK RATE
U.S. POSTAGE
PAID
PERMIT NO. 3
BERLIN, MA**

Thanks to Matthew & Sons Trucking
for furnishing address labels!

4 NOVEMBER/DECEMBER 1997

BERLIN POWDERHOUSE SENIOR NEWS

December Birthdays

Francis Burke -
Dec. 1
Madeline Giesluk -
Dec. 1
Sandra Reardon - Dec. 1
Millie Blenkhorn - Dec. 8
Concetta DiMuzio - Dec. 8
Willard Wheeler - Dec. 10
Nick Labonte - Dec. 12
Jerry Cashin - Dec. 16
Flora Leveille - Dec. 16
William Wood - Dec. 19
David Halder - Dec. 20
Emma Bray - Dec. 25



Anniversaries

Hayward & Mary Stone - Nov. 17
Wilrose & Stella Hanson - Nov. 18
Francis & Alice Burke - Nov. 23
Armando & Maureen Silva - Nov. 23
Augustine & Alice Murphy - Nov. 26

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

Obituaries

George Irvine Oct. 7
Richard Spencer Oct. 13
John Linzee Oct. 14

Thanksgiving Thoughts

Thanksgiving brings on happy thoughts,

of turkey roasting in the pan,

of pumpkin pies and golden corn,

the yearly gathering of the clan.

With all the best loved recipes,

On tables laden down with love,

The heartfelt prayer of simple faith,

Of thankfulness to One above.

The country church bell's golden song,

Rings 'cross the land, and though we roam,



*Our thoughts return time and again,
To family and harvest home.*

There are no anniversaries for December

November Birthdays

Patricia Wheeler - Nov. 6
Eleanor Bosselman - Nov. 11
Henry Agnitti - Nov. 12
Jane Bartlett - Nov. 15
Susan Hart - Nov. 21
Patricia Gutro - Nov. 21
Armando Silva - Nov. 23
Carolyn Cashin - Nov. 23
Ruea Baum - Nov. 26