



# Powderhouse Senior News

JANUARY/FEBRUARY 1998

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.

## It's A Wonderful World

*In spite of the face  
We complain and lament  
And view this old world  
With much discontent,  
Deploring conditions  
And grumbling because  
There's so much injustice  
And so many flaws.  
It's a wonderful world  
And it's people like you  
Who make it that way  
By the things that they do—  
For a warm, ready smile  
Or a kind, thoughtful deed,*

*Or a hand outstretched  
In a hours of need  
Can change our whole outlook  
And make the world bright  
Where a minute before  
Just nothing seemed right—  
It's a wonderful world  
And it always will be  
If we keep our eyes open  
And focused to see  
The wonderful things  
Man is capable of  
When he opens his heart  
To God and his love.*

Helen Steiner Rice





## Schedule of Community Activities

January 8, 1998

### SENIOR CITIZENS MEETING AT FIRST PARISH CHURCH

Program - "What's New at the Library" - Randy Kafta "What You've Been Reading", Two book reviews B/P Screenings and home cooked lunch to be announced

January 18-25

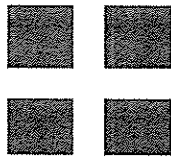
### CHRISTIAN UNITY WEEK

Theme - "Be Led by Spirit in Hope" - sponsored by Ecumenical Council by both Churches Program to be announced

February 5, 1998

### SENIOR CITIZENS MEETING AT FIRST PARISH CHURCH

B/P Screening and home cooked meal to be announced - following Program Meeting "The Kitchen Garden" Joyce LeMatte



## HEALTH NOTES

Excerpts from HC Facts Fall 1997 Medicare Newsletter of New England

### Did You Know

The Balanced Budget Act signed into law on August 5, 1997 contains many Medicare items. Some of these items will take effect January 1, 1998.

#### 1 Screening expands to include

##### Mammograms

Yearly screening for women over 40 and this service is not subject to Part B deductible.

#### 2 Screening Pap Smear and Pelvic Exam

The new law allows coverage for screening every 3 years - in addition annual coverage for high risk women.

#### 3 Coverage of Colorectal Screening

*A Fecal occult blood tests for persons over 50*

*B Flexible sigmoidoscopy for persons over 50*

*C Colonoscopy for persons at high risk*

### Elimination of Part A Premiums for Certain Public Retirees

1 Receiving cash benefits under state or local government retirement system

### Important Notice Physician Use of Private Contracts

Physicians may elect to withdraw from Medicare Programs for a period of 2 years. Physicians will file signed affidavits with Medicare stating no Medicare claims will be submitted by them for service provided and no Medicare payments will be received by physician's. They would then enter into private contract must be signed by Medicare beneficiary before services are given and cannot be entered into when the beneficiary is facing emergency or Health Care.

Beneficial Signing - Contract agrees not to submit a claim or request physician to submit a claim to Medicare.

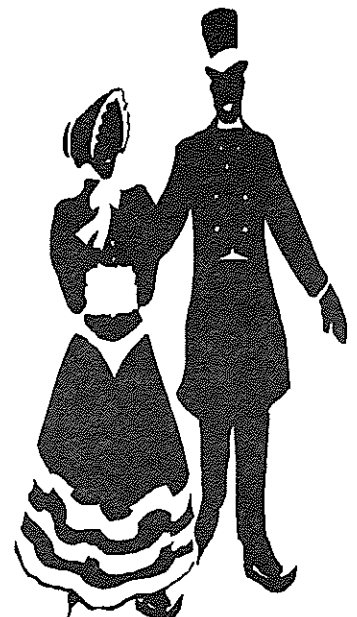
### Home Health Services

*New law separates Plan A & B Health Benefits*

**Part A** - Will continue to convert first 100 visits following 3 days hospital discharge or a skilled nursing facility.

**Part B Coverage.** No charge on number of visits if visits are reasonable and medically necessary.

*Additional Medicare items will be published in future issues and are effective January 1, 1998.*



### NORTHBROOK VILLAGE

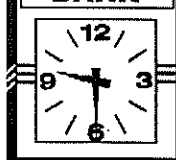
Berlin, MA

Is now accepting applications for our one/two bedroom and handicap adapted unit wait lists. Northbrook Village is a federally subsidized elderly housing complex in association with Rural Development and HUD. For further information, Contact Northbrook Village at 508-838-2089.

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Excerpts from Review of 1997 Important "Environmental Nutrition News" Affecting Elders Health

**No time to keep up?**

**Yearning for a quick reminder of years hottest topics?**

**1 - Alzheimer's and E**

2 year study found those with moderately advanced took 200 units of Vitamin E a day were able to delay the loss of ability to both dress and feed themselves.

**2 - B12 and Aging**

Many older people have B12 deficiency according to study - cause confusion memory loss, depression, fatigue - use of B12 regularly relieve the above symptoms.

**3 - Calcium**

New calcium recommendations raised to 1000 milligrams for adults up to 50 years old - 1200 above 50 years. National Academy of Science set new levels and recommend extra calcium foods such as skim milk, low fat yogurt, calcium fortified orange juice. Some may even need supplements

**4 - E Coli**

25 million pounds of ground beef recalled in feat of E Coli - people were advised to cook hamburgers at 160° degrees and eat well done - never let food stand on boards, plates or utensils that touched raw food.

**5 - Juice**

Helpful way to meet the recommended two to four daily servings of fruit but be wary of fresh unpasteurized juice or cider. A year ago E Coli found its way into apple juice, the contaminants proved deadly - child and dozens were sickened. FDA has proposed requiring apple juice products to be pasteurized.

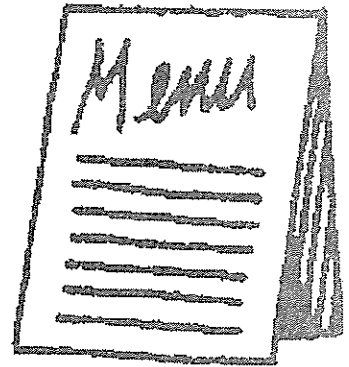
**6 - NutraSweet**

Although the artificial sweetener (Aspartame) was recently approved for use in all foods - rumors about its safety continues - the latest involved National Cancer Institute suggested brain tumors increased 10% with use of NutraSweet. Experts point out that increased incidence of brain tumors was due to better diagnosis.

**7 - Triglycerides**

Hi sugar goodies instead of eating fruits and vegetables. Carbohydrates not used for energy is converted into Triglycerides and new research excessive amounts make blood flow sluggish which may increase heart risk - nor-

mal rate triglycerides up to 200, over 200 is abnormal cutting down on alcohol and sweets and lose weight to improve triglycerides and prevent heart attacks.



Recipe From Tufts Nutrition Letter December 1997

**Vegetables for Breakfast**

You know you should eat at least 3 servings of vegetables a day but you don't like crowding them at dinner and don't feel like having a salad for lunch.

**What about breakfast!**

**Some Suggestions:**

**Veggie Cream Cheese Spread**

Try mixing 6 oz. of softened low fat cream cheese with 1/2 cup of shredded carrots, 1/2 cup zucchini, 1/2 cup raisins and tablespoon lemon juice

**Mashed Potato Patty**

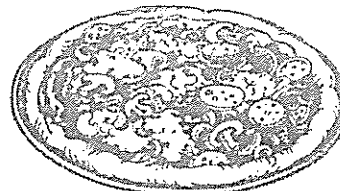
Take medium red potato, puncture it with fork and zap it in microwave for 5 min. - mix with skim milk, tsp. margarine- grate raw zucchini and onion. Shape as patty, heat patty in sprayed frying pan until they are browned.

**Vegetable Omelet**

Make omelet with thinly sliced yellow or green peppers or spinach and chopped tomatoes.

**Vegetable Topped English Muffin**

A distant cousin to home made pizza. Saute onion and mushroom, drizzle with olive oil, tossing mixture on 2 toasted english muffins with tomato slices and parmesan cheese



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## The Berlin Powderhouse Senior News

Council on Aging  
Berlin, Massachusetts 01503

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for furnishing address labels!

## January

### Birthdays

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  
Virginia Keleher Jan. 16  
Cecelia Kerrigan Jan. 19  
Alice Burke Jan. 21  
Haywood Stone Jan. 23  
Dorothea Martin Jan. 23  
Eva Toby Jan. 28

### Anniversaries

Alfred & Doris Bombard Jan. 28  
Henry & Ruth Wheeler Jan. 31

### Deaths

Howard Watkins Nov. 15  
Lillian (Mickey) Frank Dec. 5



## February

### Birthdays

Hope Duckworth Feb. 1  
Dora Cummings Feb. 4  
Barbara Cleveland Feb. 6  
Margaret Galas Feb. 7  
Pauline Paine Feb. 10  
Mary Stone Feb. 11  
Lephe Wilson Feb. 13  
Virginia Johnson Feb. 13  
Francis Kennedy Feb. 20  
Mary Petkauskos Feb. 24  
Bill Frank Feb. 25  
Wilrose Hanson Feb. 28

### Anniversaries

Phillip & Jane Bartlett Feb. 3  
Paul & Dorothy Germain Feb. 16  
Willard & Joanne Wheeler  
Feb. 20

## Seniors Who Have Access to Computers and Use the Internet

May be interested in New  
Tufts Reliable Nutrition Information  
"ON LINE"

Title of New (WEB) Site  
(Navigator Tufts Edu)

#### Topics:

- ✓ General Nutrition
- ✓ Parents
- ✓ Women
- ✓ Kids
- ✓ Journalists
- ✓ Nutritional Professional
- ✓ Education
- ✓ Special Dietary Needs

## "Not For Women's Bones Only"

Osteoporosis is so commonly thought of as a women's disease that men often have a hard time getting insurance coverage for Bone-Building medications like (Fosamax) Adendromate. Yet 1 in 3 men are affected by osteoporosis by age 75. Fortunately a new study conducted at Tufts shows that calcium and Vitamin D, the nutrients so often recommended to reduce the risk of osteoporosis fractures in women, work just as well in men. After following 400 older men and women for 39 years researchers at Tufts Calcium and Bone Metabolism Laboratory found that a simple inexpensive supplement 500 mg. calcium and 700 International units of Vitamin D a day was enough to reduce bone loss and cut fracture rate by half.

*Tufts Nutrition Letter, November 1997*

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



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## **SENIOR PROFILE: LEPHE WILSON**



In Winchester, N.H. the day before Valentine's Day 1907, Lephe was born - daughter of Gertrude Hildreth Trafford and William I. Trafford. Her name, Lephe, was one used in her father's family for generations. Her early years were spent in Middleboro, Massachusetts. When she was about nine years old the family moved to Marlboro. Lephe graduated from Marlboro High School in 1924 at 17 years old. Because she couldn't enter nurses training until she was eighteen, she took a job at the Marlboro Telephone Office as an operator. It was also about this time that she started dating Percy Wilson. William, Percy's brother, didn't care for the girl Percy was going with at the time and so he bet Lephe \$10.00 that she couldn't take Percy away from his current "flame". Lephe accepted the challenge and won the bet!

She entered the Nurses Training program at Marlboro Hospital in Worcester and after two years decided to leave. She worked for Dr. Smith in his office for awhile, but after being approached by the Chief Operator at the telephone company, she made the decision that she would be happiest working as a telephone operator. It must have been the right decision for her as she retired from the telephone company in 1971 at 64 years of age.

After dating Percy for about 3 years they were married on June 17, 1928 and lived at 24 Church Street in Marlboro. Their son, Robert William, was born in 1937 and when he was six months old they bought the large farm house with outbuildings situated on 7 acres of land at the corner of South and Pleasant Streets in Berlin (now known as 263 Pleasant Street). Lephe's mother and dad came to live with them until their deaths in the mid-1940's, as did Percy's brother, Reginald.

After her husband's death, Lephe and Dot Risi used to drive to Florida together winters and spend some time soaking up the sun.

When she was 73, Lephe decided she really didn't need that big house anymore and became one of the first occupants of the newly constructed Northbrook Village on Nov. 1st, 1980.

Rev. Howard Andrews was the minister at the First Parish Church at that time and Lephe joined an ecumenical visitors group with Ruth &

**CONTINUED ON PAGE 4**



## Schedule of Community Activities

**MARCH 2: BINGO 1-2P.M.**

**MARCH 5, 1998**

**Senior Meeting at First Parish Church**

**Blood Pressure Screening**

Program - History of Clinton Dam by a gentleman that was involved in the building of the dam. Followed by home-cooked meal.

**MARCH 10**

**Commodities distribution**

9-12 at Northbrook Village.

**MARCH 16: BINGO 1-2P.M.**

**Birthday Party**

**APRIL 2, 1998**

**Senior Meeting at First Parish Church**

**Blood Pressure Screening**

Program - "Life on the Virgin Islands" by Karen & Anne, daughters of their parents Bill & Stella Hanson who lived there for 12 years. Followed by lunch and some memorabilia.

**APRIL 6: BINGO 1-2P.M.**

**APRIL 14**

**Commodities distribution**

9-12 at Northbrook Village.

**APRIL 16, 1998**

Lunch for seniors and their Pen Pals at Berlin Memorial School via invitation and a special program to be announced.

**APRIL 20: BINGO 1-2P.M.**

**APRIL 23, 1998**

Senator Robert Durand's Annual Senior Conference at Assabet Vocational School in Marlboro, with invitation tickets available from COA.

**APRIL BIRTHDAY: TBA**

## Dry Eye Syndrome

Everyone's eyes feel dry and itchy now and then. When this happens several times a day though, the problem is probably not just fatigue or eye strain but a condition called Dry Eye Syndrome.

Dry Eye Syndrome occurs when the eyes can't make enough tears, or the mixture of fluids is not just right. The result can feel like tiny sand grains trapped beneath the eyelids and scraping the sensitive eyeball.

Anything that interferes with tear making can lead to Dry Eye Syndrome and some of the most common causes include:

1. **Aging** - the lacrimal glands output slows with age
2. **Medications** - Antihistamines, Decongestants and drugs used for high blood pressure
3. **Health problems** - Rheumatoid arthritis, Hyperthyroidism and inflammation of tear producing glands
4. **Environmental Conditions** - Wind and dry heat speed the evaporation of tears - especially in winter
5. **Life style** - Staring at a computer screen for several hours a day can cause dry eye syndrome. So can driving, reading and wearing contact lenses, all of which make you stare or blink less, jogging or skiing without glasses or other eye protection also dries the tear film.

### TREATMENT

So far there is no universal care for Dry Eye Syndrome and treatment usually focuses on relieving the symptoms.

For the typical person with mild Dry Eye Syndrome drops of artificial tears can relieve the irritation and burning and should be used frequently when symptoms occur.

*Excerpt from New England Journal of Medicine Newsletter by Dr. Dana Schepens, Eye Research Harvard Medical Jan. 1998*

## Nutrition: Winter Greens

Winter greens are resilient, they can hit hot fat in a pan and still keep their brightness all the way to the table. What they need to counter their inherent bitterness, is a burst of something intensely acidic or pungent. Greens seem to challenge every time you use them. They're cumbersome in a shopping cart and hard to manage on the stove, then they release their moisture and cook down gently, graciously absorbing all seasonings and arriving at the table tender, bright green and sturdy enough to make you take notice. They also contain many minerals, Vitamins as well as fiber which are important to your health. Kale is one green I especially like and has the richest source of Vitamins.

### White Bean Stew with Kale

- 1 cup of small dried beans soaked over night & drained
- 2 tbsp. vegetable oil
- 1 onion finely chopped
- 1 cup peeled tomatoes
- 2 carrots finely chopped
- 1 quart water
- 1 quart chicken broth
- 2 tbsp. Rosemary
- Salt & pepper freshly ground



- 1 bunch kale/stems removed/leaves coarsely chopped
  - 3 tbsp. fresh parsley chopped
  - 4 thick slices of country bread toasted
- This is vegetarian soup... if you want you can add chunks of kielbasa for flavor.

In a large casserole combine beans with water to cover them by several units. Bring to a boil, lower heat and cover pan, simmer beans stirring occasionally. Drain and set aside.

Wipe out pan and return to burner. Add onions, carrots, stirring often - add tomatoes, rosemary - add kale and cook stew 30 minutes. Add more water if mixture dries. When the beans and kale are tender add seasonings and stir parsley. On each 4 large soup plates set 1 piece of toasted bread - Ladle stew over bread and serve.

## VICTORY ON SENIOR PHARMACY PROGRAM

Acting Governor Cellucci signed into law a bill that improve the Senior Pharmacy Program. Mass Senior Action Council and Group Health Care for all - lead the coalition that worked for the bill with

CONTINUED ON PAGE 3



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## Health Maintenance Organizations by Jerry Cashin

In this era of managed care, many seniors are familiar with HMOs. Almost one-third of Medicare recipients in Massachusetts are members of these health care organizations, and their growth continues.

But why are they popular and what is the downside of HMO membership? They are popular because they offer almost a "one-stop shopping" approach to medical care. They also allow the patient to budget most medical expenses. There are rarely any unexpected expenses for HMO members.

By one-stop shopping, it is meant that all of your care is provided by the HMO network, typically at one location. Most HMOs have a "lock-in." They insist that patients receive their care solely through HMO providers. If you want to see a non-HMO physician, all fees will be your responsibility.

On occasion, your HMO primary care doctor may refer you to someone outside their facility when they lack expertise inhouse. The HMO doctor will make this decision, however, not you. There are appeal procedures in these matters, but they are somewhat legalistic.

One-step health care and predictable medical expenses are attractive attributes of HMOs. They offer convenience in that a patient doesn't have to run around from place to place when dealing with medical problems. On the expense side, you know in advance what your health care costs

are. They are the same every month, except for small fees associated with office visits, etc.

What about your Medicare Part B, \$43.80 per month cost, you may ask? You still pay that. It is usually deducted from Social Security checks. The federal government gets that money, not the HMO. Remember, Uncle Sam is sending over \$400 monthly to an HMO for your care.

Many people are completely happy with HMO care, some are not. These are some of the complaints:

- You may have to drop your current doctor, unless he or she is affiliated with your HMO.
- HMOs emphasize cost containment and preventative medicine. The latter is good. You want to be healthy, the HMO wants you to be healthy (they save money).
- Cost containment is where problems may arise. You feel you should see a specialist. Your HMO primary care physician may say it's unnecessary. He or she is under scrutiny to keep costs down. This is when the appeal process may be needed. Of course, you can always go to someone else and pay for it yourself.
- Some HMO members do not like the impersonal nature sometimes encountered with HMO care. Group care of an HMO nature can never match the more personal touch of the old fee-for-service, "hometown Doc-

tor" days. Those days are quickly disappearing.

For those approaching Medicare age, what are the alternatives? Well, an HMO is a good option for many, particularly if you can articulate your medical conditions. There are excellent physicians associated with HMOs.

Another option is to remain with regular Medicare and buy a Medicare Supplement insurance policy (called Medigap). Medicare has many "gaps" where service is uncovered. A Supplement policy covers these gaps. They have many options and are expensive, generally running over \$200 per month if prescription drugs are included.

Yet another option is to simply stay with basic Medicare. The cost is \$43.80 monthly for Part B. As Medicare was set up as a Major Medical plan, it was never intended to pay for certain expenses. Among the uncovered items are outpatient prescription drugs, 20 percent of office visit costs, etc. Medigap policies, mentioned earlier, pay for most of these items. HMOs also pay for most everything that Medicare and Medigap covers.

This article only summarizes HMO issues. The Berlin Council on Aging has a trained, Mass. certified counselor available at no cost to discuss health insurance topics such as Medicare, Medigap, HMOs, long term care insurance options, etc. For a private, confidential discussion call 838-7353.

## VICTORY ON SENIOR PHARMACY PROGRAM

CONTINUED FROM PAGE 2

the legislation. The bill contains a number of improvements that will make the Senior Pharmacy Program more accessible and helpful for low income elders who do not have Medicaid or Supplemental Prescription Coverage. Benefits under the program have increased to \$750 from \$500. The program now covers all prescription drugs, not just those for chronic illness and now the enrollment in the program is open the year round.

The bill also includes provisions that will expand eligibility. Under the new role Medicare "B" premium will not be included income. The eligibility limit will also rise to 200% of Federal Poverty Level (about \$15,700) for an individual in July 1998 and residents of State Aided Public Housing will not have benefits from program count as income when their rent is set.

Excerpt from *Mass. Senior Action Newsletter* December 1997



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## SENIOR PROFILE: LEPHE WILSON CONTINUED FROM PAGE 1

Leonard Mungeam, Louise Lockhart, Vi Phipps and others - this group was also instrumental in starting the original Senior Citizens organization. She was a longtime member of the Berlin Grange (now defunct). She also belonged to the Widows of World War I Veterans group in Marlboro and still is a member of the First Parish Church and its Women's Day Guild and the Berlin Senior Citizens Association.

To meet Lephe you would never dream she faces, and has faced many health challenges - she has diabetes, is on her 3rd "Pacemaker" and has been homebound since last August after a fall. I found her with a smile on her face and a cheery disposition and thoroughly enjoyed my visit with her.

Her apartment is decorated with rugs and needle work - knitting, crocheting, needlepoint, and tatting - that she has made over the years. Her hands, at 91, are not quite as adaptable to that type of hobby as they once were.

I also enjoyed seeing the family pictures adorning her walls and tables - her mother, dad, and sister - some of Lephe when she weighed

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

over 200 pounds (so hard to believe!) - and lots of pictures of Bob and Judy and their extended family - grandchildren and great grandchildren. Lephe is rightfully proud of her family and beams when she mentions Bob who frequently checks on her needs and wants and is always ready to help.

**Belated "Happy Birthday Wishes" to you, Lephe! It was a "fun" morning I spent with you.**

*Dora M. Cummings*

### March Birthdays

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

### Deaths

Lorraine Sawyer January 24  
Robert MacDonald February  
Charles Nutting February



## Dear Seniors:

Our school children are involved in a fundraising program this year that includes saving labels from some products and box tops from others. Your help would be very appreciated in collecting the following items between now and March 31, 1998. All you have to do is send (or drop off) qualifying General Mills "Big G Box Tops for Education" symbols and Campbell, Swanson, Pepperidge Farm, Franco American, V-8, and Prego Labels and UPC to Berlin Memorial School or Northbrook Village. The credit and cash raised will be used to purchase educational equipment and supplies for the children.

**IMPORTANT:** Please save only the FRONT portion of labels from all eligible canned food products. UPC SYMBOLS FROM CANNED PRODUCTS ARE NOT ELIGIBLE.

### April Birthdays

Mildred Monroe 9  
William Olenik 9  
Estelle Boyce 10  
Philip Scott 13  
Edith Wilson 14  
Lewis Paine 19  
Virginia Wheeler 22  
Anne Marie Coulson 24  
Hazel Miele 27

### Anniversaries

Robert & Madeline Taylor April 24





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MAY/JUNE 1998

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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**

- Tuesday - 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 COUNCIL ON AGING 365-9416
- WHEAT can be called for trips to Westboro 365-6349.

### **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.

## **Time Out for Feeling Good**

**Date:** April 22- June 10, 1998

**Wednesdays 10-11 AM**

**Place:** Northbrook Village  
Community Building



This is a series that totally involves participants in the experience of creating a sense of well-being. Each class includes **Breath Work, Tai Chi, Trager Exercises, Music Relaxation Techniques and Imagery**. It is a successful integration and appreciation of Mind Body - connection based on the needs of the group. The above modalities can greatly influence Healing, Balance, Muscle Toning and Pain Reduction.

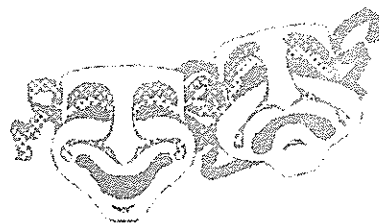
This program is taught by MaryAnne Barry, RN Certified Health Promotion and Disease Prevention Practitioner and Director, Time-Out for Training and Development.

Feeling Good is considered a National Model by the Mass. Finance Housing Authority and she teaches in many of their programs throughout Massachusetts.

## **Intergenerational Program was held at Berlin Memorial School on April 3, 1998**

25 Seniors were invited by the students to come to school for lunch. Each student catered and served their senior friends.

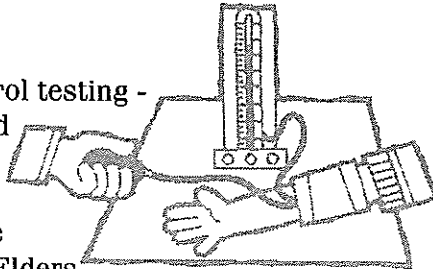
Followed by lunch the 6th grade students presented *Julius Caesar* play which was well done and appreciated by all.



## Schedule of Community Activities

### May 7, 1998 Senior Citizen Meeting at First Parish Church

BP Screening  
Program - Cholesterol testing -  
1st come, 1st served  
15 tests will be  
administered  
Speaker from Police  
Dept. on Safety for Elders  
Home cooked meal to be announced



### June 4, 1998 Senior Meeting at Berlin Country Club

BP Screening  
Catered luncheon  
Program - Greendale Men's Club Music  
and Entertainment

### June 17, 1998 Enjoy a cruise up the Charles River

Sail past Beacon Hill, Esplanade Park, Back Bay, B.U., MIT and Harvard. Tour includes *Constitution* Charles River Cruise.  
Luncheon and shopping at Cambridge Side Galleria.  
For reservations call Phil Bartlett 838-2572.

Tour  
cost \$39.00 per person.

### May 12, June 9, 9-12 am Commodities at Northbrook Village

## Finding Meaning in Memories Through Reminiscence Program Why is it Important to Reminisce?

"In the later years of life people come to terms with events and feelings they may not have had time to reflect upon and think through when they occurred. The opportunity to Reminisce can help elder unlock what may have been forgotten resources within themselves. Remembering a time when they felt strong and capable, when they overcame problems, made different choices, or dealt with losses can again fill them with a sense of power and capability."

*Excerpt AARP "Finding Memory in Memories"*

## How You Can Find Meaning in Memories

Some of the skills and tools for reminiscing than can be used and act as triggers photography, memorabilia, historic events, family occasions, school and work experience

## Suggested Guidelines for Reminiscence of Life Review

### Purpose:

1. To provide an opportunity to record and preserve the family history.
2. To create a sense of continuity linking accomplishments of our past and present.
3. To reflect and reassess your life achievements.
4. To help resolve conflicts and fears you may have had.
5. To create your own Little Book of Memories

## Plans in program for Seniors in Berlin for Reminiscence and Life Review.

1. Workshop to be held in near future when speaker is available.
2. Sign up sheet for this experience.
3. Speaker is the Founder of Associations of Personal and Professional Histories and is known nationally for her work.
4. Further information on subject will be announced.



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1 PLEASANT STREET

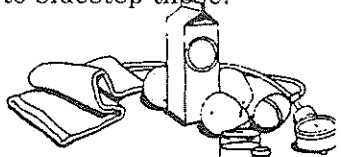
HUDSON, MASS. 01749

## Health Information *by Mary Petkauskos*

### Drug Safety: Over the Counter Drugs

**Prescription for Danger**  
You can now buy more than 600 drugs over the counter. Drugs that would have required a prescription less than 20 years ago. Some recent switches include H2 Blockers for Heart burn (Tagamet H2) (Pepcid AC) (Zantac 75)

Pain Relievers (Naprosin and Aleve) most recent ones that most people use and that increases your ability to manage your own health but it also increases the potential for over use and misuse! Moreover it means that people will get more information about drugs from advertisements, a less reliable source. Taking over the counter drugs too often in high doses can produce severe side effects, worsen symptoms you are trying to treat, or delay diagnosis of major diseases. Taking them with the wrong foods and drinks or medications can speak dangerous reactions. Here is how to sidestep these:



### Key Questions for Safety's Sake

Before taking drug whether prescription or over the counter

1. Read package insert or label before you leave store, so you can ask pharmacist.
2. Questions to ask does drug interact with other medication or with food or beverage.
3. Are there side effects you should know
4. Should you take drugs with meals or empty stomach
5. What is maximum time you should use drug on your own without consulting a doctor

### What is Stress?

Mention the word stress and you likely associate it with people, places, things, situations that place simultaneous demands on you time and energy and cause feelings of heavy overwhelmed, anxious and tense. But how much do you really know about stress.

Have you ever considered that one of the simple causes of stress.

#### Caffeine and Stress

Excessive intake of

drinks or medication contrary caffeine may cause stress. The amount of caffeine considered to be excessive varies widely from person to person. For some it may be as low as 150-250 mg. a day, the amount of 2-3 cups of regular coffee. If consumed in moderation caffeine can be harmless. However if you are consuming large amounts of caffeine a day you can beat risk for increases of blood pressure, respiratory rate and heart

rate and secretions of stress hormones. You can also experience insomnia, heartburn and irritability-tolerance to caffeine seems to decrease with age.

## Nutrition Broccoli Cheese Squares

*By Lorraine Cedar - Senior Cook  
Requested Recipe by Seniors*

- 3 tablespoons softened oleo
- 2 10 oz. frozen chopped broccoli
- 3 large eggs
- 1 cup of milk
- 1 cup of flour
- 1 tbsp. baking powder
- 1 tsp. of salt
- 4 cups shredded cheddar cheese
- 2 tbsp. finely chopped onions
- Seasoned salt

Grease 9 X 13 in. dish with oleo. Steam broccoli until partially cooked about 3 minutes. Cool and press dry. Beat eggs and milk till fluffy - thoroughly mix flour, baking powder and salt. Stir into egg mixture. Mix well. Fold in broccoli, cheese and onion into mixture. Spoon into dish and spread evenly. Sprinkle with seasoned salt or herb mixture. (Mrs. Dash)  
Bake on 350° oven for 35 minutes.

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Telephone:  
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(508) 365-7672  
Residence: (508) 838-2558  
Admitted to Massachusetts & New Hampshire Bar

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## The Berlin Powderhouse Senior News

Council on Aging

Berlin, Massachusetts 01503

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**BERLIN, MA**

Thanks to Matthew & Sons Trucking  
 for furnishing address labels!

### May Birthdays

Phyllis Warbin - May 3

Mary Louise

Wheeler - May 4

Jack Bergeu - 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 Birthdays

Phillip Bartlett - June 1

Marion Hoffman - June 2

Barbara Krackhardt - June 7

Barbara St. John - June 7

Eva Yeiter - June 12

Alice Murphy - June 18

Stella Hanson - June 24

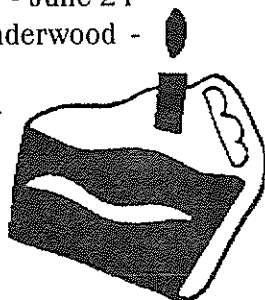
George Cedar - June 24

Josephine Underwood -  
 June 26

Sally Bergen -  
 June 27

Augustine  
 Murphy -  
 June 30

Faith Linzee -  
 June 30



### Anniversaries

Angelo and Concetta

DiMuzio - June 1

Francis and Josephine  
 Underwood - June 5

Roger and Helen Wheeler - June 16

Jack and Sally Bergen - June 22

Edward and Margaret  
 Ware - June 22

Arthur and Thora  
 Fieldsend - June 23

### Giving and Receiving

Take the "SUN" out of  
 sunshine

Put it in a sunny smile

It will cheer a lonely person

And life will be more  
 worthwhile.

Take a hand that needs  
 helping

Lead it on a happier road.

It will ease those heavy  
 borders

By your sharing the load.

Take your heart that's filled  
 with love

Gladly give it away

It will overflow to others

And 1 cup rushing back each  
 day

Take the time to speak to  
 neighbors

A "Hello" to show you care

You may need a cup of sugar  
 For you no cupboard will be  
 bare.

*"Powderhouse Senior News"*  
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# Powderhouse Senior News

JULY/AUGUST 1998

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

## New Officers for Senior Citizens Association for 1998

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 George Cedar ..... 2nd Vice President  
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 Larry Foster ..... Assistant Treasurer  
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 Mary Petkauskos ..... Liaison Elder Network

## Council on Aging Members

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

## Council on Aging Meeting 4th Tuesday of Month at Northbrook Village

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## Barbara Krackhardt: 1998 Legacy Award Winner by Jerry Cashin



Each year the Berlin Council on Aging presents its Legacy Award for community service to a deserving citizen. This year's recipient is Barbara Krackhardt of Barnes Road.

The award is given to honor those who have made a contribution to their fellow townspeople and to the civic life of the town. It is not restricted to senior citizens or those who work with seniors, but can be given to anyone who makes a contribution to the community, whether it be to young people, older people, or those in between.

Previous Legacy Award winners have been George and Lorraine Cedar, Mary Petkauskos, and Willard Wheeler. In 1996, the award was renamed the Mary Petkauskos in honor of that year's recipient.

Barbara Krackhardt upholds the record of service recorded by the previous award winners. "Family, teaching, and music have been the focus of my life," declared Barbara, who is completing one-half century of residence in Berlin.

She was born and raised in Cleveland, Ohio. After high school, Barbara attended Case Western Reserve University where she earned a Bachelor's degree in education and music. It was in college that she met her future husband, Russell Krackhardt, who was attending Case Western while in the U.S. Navy. They were married in 1948.

Barbara had already begun her teaching career in the Cleveland area before coming to Berlin in 1948. She initially taught in Worcester, then began teaching at the First Parish School in 1949. Her participation in the church choir began soon after her arrival in 1948.

In the early 1950's, Barbara became choir director at First Parish Church and continues to hold that job to this day. "Florence Martin, who is organist, and I have been working together for 47 years," said Barbara. In today's society, this represents a remarkable record of steadfastness.

"Some of my early 1st grade students were Barry Eager and Judy Christensen," she recalled. The former is now assistant choir director at the church. The latter still resides in Berlin.

Barbara Krackhardt's contributions extend beyond her teaching career and work with the church choir. She has been instrumental in directing several theatrical presentations over the years, all featuring musical themes to which she provided much needed expertise.

Among the many such events are two of special significance. During Berlin's 150th anniversary in 1964, Barbara produced "Legend in Lyric." It was a story in music of Berlin's first 150 years, and was an important part of that memorable celebration held 34 years ago.

CONTINUED ON PAGE 2

# Schedule of Community Activities

## July 16, 1998

Smorgasbord sponsored by Berlin COA and catered by Meals on Wheels Program at Northbrook Community Bldg. 5-7 p.m. followed by a Special Legacy Program and musical program. Berlin Senior Citizens are invited to attend. No admission required.

- 1) Legacy Award - Barbara Krackhardt
- 2) Honor Award Carl Phipps  
Berlin's oldest Senior Citizen  
Followed by Musical Program

## August 19, 1998

### "Moments to Remember"

It's summer in New England and the hills of the beautiful Connecticut River Valley are alive with the sound of music... nostalgic music, that is. Join your friends along with High Note Productions for the Spectacular Show, "Moments to Remember" which features your favorite songs and sing-along and dance routines, as we stroll through the romantic hits of the fabulous 50's.

You will start your day with an escorted tour conducted by a costumed historical guide. Then, a delicious luncheon awaits you at The Inn at Northampton where you will have a choice of Stuffed Breast of Chicken with Supreme

Sauce, London Broil with Merlot Sauce or Baked Scrod. All served with Fresh Baked Breads and Butter, Potato or Rice, Vegetables, Coffee, Tea, Decaf, and Dessert. After lunch, enjoy the spectacular show, "Moments to Remember". You'll return home early evening with enlivened spirits after this wonderful day in the beautiful Connecticut River Valley.

TOUR COST: \$49.00 pp  
TOUR DATE: August 19, 1998  
Depart 8:30a.m. from Town Hall  
FOR RESERVATIONS  
CONTACT:  
Phil Bartlett at 838-2572  
Home of Silver Fox Premium Services

### Tai Chi

will be starting again in October. Announcement will be in the next newsletter when arrangements are made. Last program was well accepted by all who participated and wanted to continue in the fall.



## Berlin's Oldest Citizen

Carl Phipps, who turned 98 on May 14th, is the oldest citizen in the Town of Berlin. On May 17th, he was awarded the Boston Post cane by Valerie Bradley, chairman of the Board of Selectmen, at a special ceremony following services at First Parish Church.



Carl was orchardist at Chedco Farm for 58 years until his retirement in 1985. He and his wife Viola lived at 127 Central Street where they raised their three children, Janet O'Brien (now living in Weymouth, MA), Nancy Koelsch (now living in Indiana) and Doug Phipps of Berlin. Carl has nine grandchildren and four great-grandchildren. In this retirement, and after the death of Viola, Carl lived with Doug and Ann Phipps for four years. Since then he has been at Thornton Nursing Home.

The Boston Post cane, with it's gold head, was presented to many New England towns years ago, to be passed along to the oldest living citizen of the town. Over the years, many of these canes have become lost, but Berlin has been fortunate to retain possession of theirs. It is now on display in the Selectmen's office. Carl was awarded a replica lapel pin and certificate.

### BARBARA KRACKHARDT: 1998 LEGACY AWARD WINNER CONTINUED FROM PAGE 1

To show that she has lost none of her musical skills, Barbara and both church choirs in Berlin are planning for an end-of-century show on Sept. 29, 1999. To be held at the First Parish Church hall, it will feature "Things that have changed/ Things that have not changed," explained Barbara. "It will be a little of looking back/looking ahead," she said.

Music for the 1999 presentation will be "Cole Porter, Webber, etc. We need singers

and dancers. Rehearsals will begin in the Fall," said Barbara. Thus, her contributions to the cultural life of the town continue, and are now focused on the coming millennium.

If you would like to join in the fun, contact Barbara Krackhardt, the Council on Aging Legacy Award winner for 1998. Barbara will be honored at special ceremonies on July 16, 5 PM, Thursday at the Northbrook Community Center. Contact any COA member for details.

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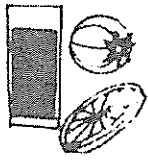
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## Health Information *by Mary Petkauskos*

### Water Down Your Summer Thirst



Summer means sunshine and time outdoors. When the weather heats up, drinking enough fluid is important, especially when exercising.

#### How much is enough?

In general, adults need 6-8 glasses of water a day. You will need more water in warm weather and during exercise to keep your body cool. Before exercise drink 1-1/2 - 2 glasses of water. During exercise you should drink 4 cups per hour, more after exercise to replace sweat. Bring a water bottle with you. Cold drinks cool the body faster than warm drinks so put some ice cubes in your bottle and sip on something refreshing!

#### Cool alternatives:

If you would like a hydrating alternative to water, look for drinks with no caffeine or alcohol and little sugar.

#### Look at the list following for drinks to quench your thirst...

- Mix 100% juice into plain or sparkling water
- Mix unsweetened, decaffeinated iced tea with orange juice or lemonade
- Add a bit of cinnamon or vanilla to iced decaffeinated coffee with ice cubes
- Put ice cubes in your favorite herbal tea
- Squeeze a wedge of lemon, lime or orange into unflavored carbonated water
- Mix 100% juice and water and freeze into fruit popsicles

*Enjoy your drinks and have a good summer!*



*Happy Independence Day!  
Enjoy Your Summer!*

## Invitation to Join Berlin Senior Citizens Association

*Have you been thinking about joining the Senior Citizen Association?*

*You are invited... ages "55-100"*

We meet at 10:30 a.m. the first Thursday of each month at the First Parish Church.

Blood Pressure testing precedes the meeting if you wish to have it taken. The program or entertainment goes on at 11 a.m. Hot family style dinner is served at noon for a minimal fee. Dues are only \$3.00 per year, payable to Millie Blinkhorn - Treasurer. You will receive a Senior Citizen card which is accepted for senior discounts in many places.

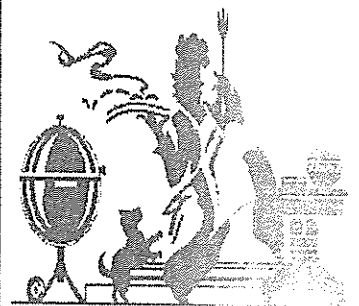
We have a group that has much in common, entertainment and hot home cooked meals at the church. That is all the ingredients for a party - Come join us.

*In October 1999 we will be celebrating our 25th Anniversary. Wouldn't it be great to have 25 new members? Speak to any senior member. They have all the answers. Don't miss out on a good time. RSVP - Millie*

## September Program "Finding Meaning in Memories and Memoirs"

Kitty Acelson Berry, of Amhurst, Founder of the Association of Personal and Professional Histories, will come to Berlin to help us with our life histories, and to show us how we can *Find Meaning in Our Memories*. She will provide us with guidelines to...

- create our own bank of memories
- show us how to preserve our family histories
- do a life review of our accomplishments along with other suggestions.



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## July 1998

### Birthdays

Myrtle Mason July 4  
 Marian Mills July 7  
 Madeline Taylor July 10  
 Marguerite Bartlett July 13  
 Lawrence Foster July 15  
 Ruth Sandini July 16  
 Elsa Polewarczyk July 22  
 Helen Di Muzio July 23  
 Elizabeth Jillson July 25  
 Angelo Di Muzio July 29  
 Eleanor Zwicker July 31

### Anniversaries

Lawrence & Barbara Foster July 11  
 Glendon & Millie Blinkhorn July 12  
 Frederick & Ruth Wheeler July 25  
 Stan & Elsa Polewarczyk July 28  
 James & Patricia Gutro July 30

### Obituaries

Robert Scott  
 Robert Munter  
 Mary Coady



## August 1998

### Birthdays

Maria Ford Aug. 2  
 Robert Taylor Aug. 8  
 Jeanne Olson Aug. 6  
 Ann Mueller Aug. 6  
 Priscilla Jewett Aug. 7  
 Daniel Plastridge Aug. 8  
 Dora Valerio Aug.8  
 Benedetto Miele Aug. 13  
 Rena Wheeler Aug. 15  
 Emmanuel Mello Aug. 22  
 Roger E. Wheeler Aug. 25  
 Florence MacDonald Aug. 26  
 Mildred Wheeler Aug. 26  
 Constance Barter Aug. 29  
 Marjorie Wood Aug. 31

### Anniversaries

William & Marjorie Wood Aug. 5  
 Daniel & Eleanor Plastridge Aug. 8  
 Raymond & Helen Di Muzio Aug. 14

## Precious Memories

*You can't buy precious memories with silver or with gold. They come to us without a price as the years of life unfold.*

*I have longed for many things in life some within thorns of pain Knowing what was best for me God sent both sunshine and rain.*

*Hard times teach us to appreciate good times whey they come along. If all of life was fun and pleasure, how could we ever grow strong?*

*God in His infinite wisdom Has given me many good years Taught me to soften with others To feel their sorrows and tears*

*So if you want precious memories as the years of life unfold Learn how to love one another It's worth more than silver or gold.*

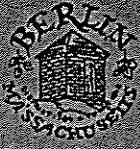
## Berlin Lays the Fire Chief to Rest

As a tribute the body of the Fire Chief was escorted on a fire truck to the North Cemetery with an Honor Guard comprised of Fire Chiefs and Police Officers from surrounding communities recently in one of the largest funerals in town.

Mr. Munter contributed much to the community as a Police Officer and Fire Chief over the years and was instrumental in helping to establish The Berlin Rescue Squad - an ambulance service for all Berlin citizens and especially the elderly who use it frequently. He will be missed by all. May He Rest in Peace.

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SEPTEMBER/OCTOBER 1998

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

## *New Officers for*

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## **BERLIN'S NEW SCHOOL**



### **Berlin Memorial School**

Berlin will soon have a new elementary school. The building on South Common is being constructed at a cost of \$7.50 million. Six point two million of this is the actual construction cost, the balance covering architect fees, land survey, legal fees, bond costs and well digging. The state will reimburse the town 69% over 20 years. The school is designed for 400 pupils.

There will be a gymnasium, a first for Berlin. When used as an auditorium it will hold 700 people on folding chairs - suitable for town meetings. Bleachers along the gym floor will hold 100. The music room on the first floor and the art room on the second floor will occupy the corner tower. There will be a full sized ceramic kiln. There are plans afoot to offer adult programming.

The entire school will be completely accessible to all. There is an elevator from the first to second floor, a wheelchair lift to the stage and the toilet rooms meet government requirements.

There will be an enclosed playground for the young children in the arm between the gym and classroom wing. The equipment will be essentially the same as is currently available to them at the old school. One baseball diamond on South Common was "swallowed up" inlaying out the school. The town recreation committee chose a new soccer field to replace it.

Landscaping at the new location will be started on the next couple of weeks. School will open in the new building around November 11, 1998. The school department will be soliciting volunteers for a community moving day on November 7. There will be a public open house during the week of November 2. The actual time will be announced on cable.

The new school will be named Berlin Memorial School by a vote at the annual town meeting. At that same meeting, money was voted to hire an architect to draw plans for converting the present school building to town offices.

*Submitted by Sally Bergen*

# Schedule of Community Activities

**SEPTEMBER 3, 1998**  
**Senior Meeting First Parish Church**  
**Blood Pressure Screening Program - "Modern Memories" and Life Review**

by Kitty Axelson Berry, Founder Association of Personal & Professional Histories, who will help us to "find meaning in our memories". She will provide us with guidelines to:

1. Create our own book of memories
2. Show us how to preserve our family histories
3. Do a Life Review of our accomplishments along with other suggestions.

Lunch will follow.

**SEPTEMBER 20, 1998**  
**St. Joseph the Good Provider Fall Fair**

will be held on church grounds and will include a variety of programs, flea markets, raffles, food, entertainment and many new additions this year.

**OCTOBER 1, 1998**  
**Senior Citizen Meeting - First Parish Church**  
**Blood Pressure Screening Program - "Kitchen Garden Herbs"**

by Joyce LaMatte  
 Lunch will follow.

**OCTOBER 1998**  
**Date will be announced for Tai Chi classes**  
**"Feeling Good" -**

Sign up sheet at Senior meeting September and October

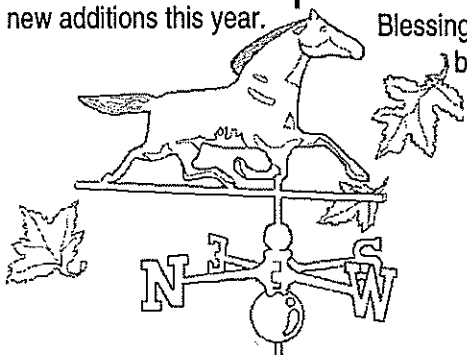
## 25TH ANNIVERSARY CELEBRATION

St. Joseph the Good Provider Church are celebrating their 25th anniversary this year and there are ongoing programs for the celebration.

Two of the largest events include 25th anniversary banquet at Richfield Hall and rededication of the Church and

Blessing of the new altar

by Bishop Reilley, Concelebration of Mass and Reception in Church hall.



## For Your Information New Secretary of Executive Office of Elder Affairs

Lillian L. Glickman has been named by Governor Paul Cellucci as Secretary of Elder Affairs, replacing Franklin Ollivierre.

She has had 30 years of experience in the field of aging and has been Acting Secretary since January 1998.

In her capacity Glickman will serve the Commonwealth's 1.2 million elders confirming her dedication to improving Elder Care protection and nutrition. Already she has successfully initiated the Senior Pharmacy Program 19,000 elders and this year has increased the amount of money available to individuals to \$750 and income elevated to over \$12,000. Further information in Berlin - Call 978-838-7380 for Senior Pharmacy applications.

Dr. Glickman has a degree from Harvard and MCW and PhD from Florence Keller School at Brandeis University.

*"The Older American" July 1998*

## Health Notes: Nutrition Yogurt

Yogurt has been a staple food in parts of Asia, Middle East and Eastern Europe for centuries, but it has only been commercially produced in USA since 1940 and since Americans have learned to enjoy yogurt's distinctive flavor.

Many medicinal claims have been made for yogurt over the years - whether or not yogurt offers medical benefits, **we do know that yogurt is a nutritious and healthful food providing calcium, protein, riboflavin, phosphorus, Vitamin B12 and Carbohydrates.**

## Recipe for Yogurt Cheesecake Pie

### For Crust

Prepared graham crust or use

1/2 cup margarine, 1/3 cup graham cracker crumbs.

### For Filling

2 containers 8 oz. each plain yogurt

1/2 pkg. sugar free instant vanilla pudding

1 pkg. (8 oz.) low fat cream cheese, softened

To prepare filling, in a mixing bowl blend yogurt and cream cheese with electric mixer - Add 1/2 pkg. dry vanilla pudding mix. Pour mixture in cooled pie shell - refrigerate for 4 hours. This makes a wonderful dessert.



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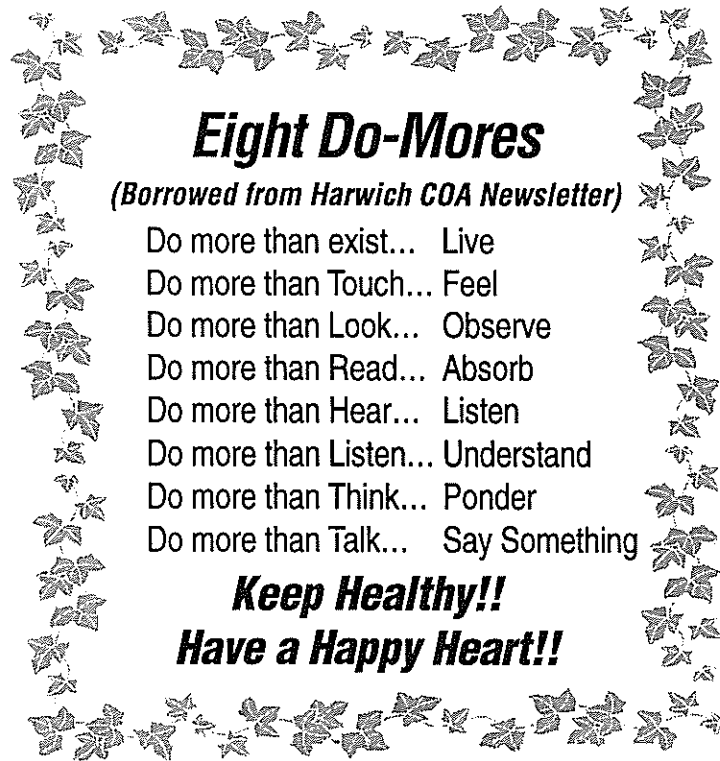
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## A CREED FOR EVERYONE

Robert Louis Stevenson was plagued all his life with poor health. He traveled widely trying to find congenial climate where he could live and work. He was a wonderful example of how a person can use his gifts to bring joy into the lives of others. Here is an excerpt from his personal creed:

- Make up your mind to look for pleasure in little things.
- Don't take yourself too seriously or think that you should be spared misfortunes.
- You cannot please everybody so do not let criticism worry you. Be yourself.
- Don't borrow trouble. Imaginary things are harder to bear than actual ones.
- Since hate poisons the soul, do not cherish enmities or grudges. Avoid people who make you unhappy.
- Develop new interests. If you can't travel, read about new places.
- Don't harbor useless regrets. Don't be the one who never gets over things.
- Do whatever you can for those less fortunate than you.
- Keep busy at something because a busy person never has time to be unhappy.



### Eight Do-Mores

*(Borrowed from Harwich COA Newsletter)*

Do more than exist... Live

Do more than Touch... Feel

Do more than Look... Observe

Do more than Read... Absorb

Do more than Hear... Listen

Do more than Listen... Understand

Do more than Think... Ponder

Do more than Talk... Say Something

**Keep Healthy!!**

**Have a Happy Heart!!**

## TIPS FOR USING HERBS

1. When trying a new herb use no more than 1/4 tsp. dried or 3/4 tsp. fresh to start with.
2. For soups and stews that are to be cooked a long time, add herbs during the last hour of cooking.
3. To hamburg, meat loaf and stuffing add herbs before cooking.
4. Sprinkle herbs on roast before cooking or top with herb-flavored margarine after cooking.
5. Sprinkle herbs on steak and chops while meat is cooking or one hour before cooking brush the meat with oil and then sprinkle on the herbs.
6. Cook herbs with vegetables and sauces, or moisten herbs in oil 1/2 hours - then add to food.
7. To cold food such as tomato juice, cottage cheese etc. add herbs several hours before serving.
8. To enhance the flavor of herbs - put herbs in a tea strainer, dip in hot water for 20 seconds and then add to food.
9. Another way to enhance the flavor of dried herbs is to crush them in the palm of your hand before adding to food.
10. Use three to four times more fresh than dry herbs if substituting in a recipe.
11. Don't combine too many herbs.

## MAKE YOUR OWN HERB SHAKE

Replace the salt shaker on your table with an all purpose herb shake. There are many combinations you can try but one suggested in the American Heart Association's "Cooking Without Your Salt Shaker" calls for the following combination.

- 1/2 Tsp. Cayenne Pepper
- 1 Tbsp. Garlic Powder  
**(not garlic salt)**
- 1 Tsp. Ground Basil
- 1 Tsp. Ground Marjoram
- 1 Tsp. Ground Thyme
- 1 Tsp. Parsley
- 1 Tsp. Savory
- 1 Tsp. Mace
- 1 Tsp. Onion Powder  
**(not onion salt)**
- 1 Tsp. Black Pepper
- 1 Tsp. Ground Sage

This can be used in cooking or sprinkled on meats, salads or vegetables at the table. The above are most of the ingredients in Mrs. Dash, which is salt free. You can make up an Herb shaker with some of your favorite herbs and once you try using them in your cooking you will not go back to using the salt.

**NORTHBROOK VILLAGE**  
Berlin, MA

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## The Berlin Powderhouse Senior News

Council on Aging

Berlin, Massachusetts 01503

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### September

#### Birthdays

Marjorie Nelson Sept. 1

Joseph Roseberry Sept. 3

Thora Fieldsend Sept. 14

Helen Wheeler Sept. 18

Iva Rogers Sept. 22

Maddy Crossman Sept. 24

Ruth (Henry) Wheeler Sept. 25

Warren Wheeler Sept. 26

Everett Wheeler Sept. 27

#### Anniversaries

Russell & Marjorie Wheeler Sept. 23

Alfred & Barbara St. John Sept. 28

#### Deaths

Lorna Peterson



### October

#### Birthdays

Edgar Gadbois Oct. 5

Louise Champagne Oct. 7

Dorothy Germain Oct. 16

Doris Bombard Oct. 17

Herbert Mueller Oct. 19

Dorothy Risi Oct. 23

Norma Hanson Oct. 24

#### Anniversaries

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.*

## Brighten the Corner Where You Are Helen Steiner Rice

*We cannot all be famous  
 or be listed in "WHO'S WHO,"*

*But every person great or small  
 has important work to do,*

*For seldom do we realize  
 the importance of small deeds*

*Or to what degrees of greatness  
 unnoticed kindness leads-*

*For it's not the big celebrity  
 in a world of fame and praise,*

*But it's doing unpretentiously  
 in undistinguished ways*

*The work that God assigned to us,  
 unimportant as it seems,*

*That makes our task outstanding  
 and bring reality to dreams-*

*So do not sit and idly wish  
 for wider, new dimensions*

*Where you can put in practice  
 your many "GOOD INTENTIONS"-*

*But at the spot God placed you  
 begin at once to do*

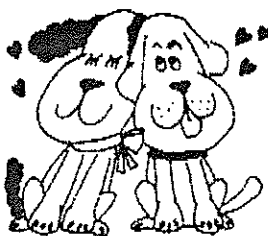
*Little things to brighten up  
 the lives surrounding you,*

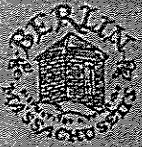
*For if everybody brightened up  
 the spot on which they're standing*

*By being more considerate  
 and a little less demanding,*

*This dark old world would very soon  
 eclipse that "Evening Star"*

*If everybody BRIGHTENED UP  
 THE CORNER WHERE THEY ARE!*





# Powderhouse Senior News

NOVEMBER/DECEMBER 1998

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

## *New Officers for*

### *Senior Citizens Association for 1998*

Dora M. Cummings ..... President  
 Barbara Krackhardt ..... Vice President  
 George Cedar ..... 2nd Vice President  
 Millie Blinkhorn ..... Treasurer  
 Larry Foster ..... Assistant Treasurer  
 Barbara St. John ..... Recording Secretary  
 Virginia Johnson ..... Corresponding Secretary

### *New Officers for COA for 1998*

Sally Bergen ..... President  
 Mal Loring ..... Vice President  
 Pat Simpson ..... Treasurer  
 Jerry Cashin ..... Secretary  
 Mary Petkauskos ..... Liaison Elder Network

### *Council on Aging Members*

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

### *Council on Aging 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, Wednesday & Friday, 8:00AM - 3:30PM.
- 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 COUNCIL ON AGING 365-9416
- WHEAT can be called for trips to Westboro 365-6349.

### *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.

## *Senior Intergenerational News*

### *Deaf and Blind Children in Russia Enjoy Intergenerational Gift From Berlin Woman of Russian Descent*

On August 2, 1917 Maria, the first of four daughters, was born in Manhattan, New York to Mary and Sam Nekon. Today she still speaks with a bit of that N.Y. accent even after living in New England for 53 years, including 46 years in Berlin.

She was 23 when she met Walter Ford from Waltham, MA. He was attending Chiropractic School in New York. They were married one year later in 1940. Shortly after the birth of their daughter, Linda, Walter entered the Armed Forces and served for 3 years.

They bought a 4 room house in Waltham and had resided there for five years when Walter saw an ad in the paper for a 76 acre farm with a 12-room house in Berlin, Mass. Their son, Kenneth, had been born in 1950 and their quarters were a little crowded. Besides, Walter had always wanted to be a farmer!

They moved to Berlin in 1952 and little by little fixed up the house and at different times raised pigs, chickens, cows and harness horses to race on their farm.

Maria has always kept busy. . . she was blessed with a lovely singing voice and sang solos in the Russian Church in New York as well as in several churches in our area later on. . . she was a foster mother to nine children at different times. . . she served as a waitress or hostess at Indian Meadows, Holden Country Club, Mt. Pleasant Country Club, Hellen's and most recently at Silvester's in Bolton where she retired at age 77 after 20 years of service there.

She also ran a "Bed & Breakfast" for four years at "Ford's View", her home. Since she gave up doing B&B she still enjoys serving as hostess for firemen attending the Firefighting Academy in Stow on a fairly regular basis. In addition, she has volunteered at the Hospital Thrift Shop in Clinton for 12 years.

Her husband, Walter, died in 1979 but their home features many beautiful clocks and pieces of furniture made by Walter and their son, Kenneth. Kenneth and his wife, Sallie, live in their own apartment on the 3rd floor and Maria is hopeful that daughter, Linda, will return to live in Berlin in the near future.

Since her retirement four years ago, Maria has spent many evenings knitting children's hats (over 800 at this point in time), many of which have been donated to the Perkins School in Lancaster.



**CONTINUED ON PAGE 2**

# Schedule of Community Activities

## FLU SHOTS

**Northbrook Village**  
Nov. 24 - Tuesday 1-2 PM

**First Parish Church**  
Nov. 5 - Thursday 9:30-11:00  
Dec. 3 - Thursday 9:30-11:00

### November 5, 1998 Senior Meeting at First Parish Church

9:30 Blood Pressure Screening Program Story Telling by Anne Agnetti followed by Home cooked lunch

### November 7, 1998 Friendship Fair at First Parish Church 10-3

Lunch at 12 Exhibits of all types including knitted goods, homemade bread, Vermont cheese, herbs and herbal delights, jewelry, children's toys and other interesting items. All are welcome.

### December 25, 1998

Watch for the town church bulletins for Christmas offering and community activities in town.

### December 1, 1998

**Christmas Concert & Party** including Holy Cross Choir, luncheon and Worcester Fashion Outlets in Galleria. Visit to Oakwood Farm - Christmas Barn or Brookfield Orchards. You will arrive back home early evening after a delightful day enjoying the seasonal Christmas spirit. Departure 8 A.M. and return 6 P.M. Cost: \$37.00 For reservations 978-838-2572 Phil Bartlett

### December 3, 1998 First Parish Church Service Meeting

Blood Pressure Screenings Program - "Trekking through Tibet" with Buzy Bentsen followed by lunch

## Flu Season October - December 1998 YOUR BEST SHOT FOR A HEALTHY WINTER

**Berlin Schedule for Flu Shots**  
**Northbrook Village**  
Nov. 24 - Tuesday 1-2 PM  
**First Parish Church**  
Nov. 5 - Thursday 9:30-11:00  
Dec. 3 - Thursday 9:30-11:00

### Why Get a Flu Shot?

Influenza is a serious disease caused by a virus and spreads from infected persons to the nose and throat of others. The flu can cause fever, cough, chills, sore throat, headache and muscle aches. The flu vaccine can prevent influenza.

### Who Should Get a Flu Shot?

Everyone 65 years or older, anyone who has serious long term illness with heart, lung disease, asthma, kidney disease and metabolic disease such as diabetes, anemia and blood disorders.

### Who Should not Get a Flu Shot?

Some people should consult with their doctor if they have had serious allergic reactions to eggs or a previous shot.

### Pneumonia shots

...are also available for people over 65 but you must have a note from your doctor in order to receive the vaccine.

**Pneumonia shots** can protect you against 23 types of pneumococcal bacteria and usually one shot is needed.

*Source of Information Mass. Dept. of Public Health, September 1998*

## Mass Pros News & Health Notes IMPORTANT INFORMATION FOR MEDICARE BENEFICIARIES

New Diabetic benefit under the Balanced Act 1997. The durable medical equipment required carrier has been instructed to provide coverage of blood glucose monitors and testing tapes for all Diabetics, the effective date July 1, 1998.

Diabetics note a written doctor's order must be received by the supplier prior to delivery of the items. Medicare pays for medically necessary blood glucose monitors, blood testing strips and lancets subject to conditions and limitations.

### What you should do if you are asked to leave the hospital before you are well enough?

1. Talk to your doctor or ask for a discharge planner
2. Ask for something in writing that says you will have to pay the bill if you choose to stay in the hospital.
3. Ask for copy of important message from Medicare you signed when you came into hospital.
4. Do exactly what important message says and do it on time. You must do this so you won't have to pay for the time it takes for your doctor to look over medical plans
5. Call Mass Pro toll free hot line right away and ask for a review - 1-800-282-5533 or write Mass Pro, 235 Wyman St., Waltham, MA 02451

## SENIOR INTERGENERATIONAL NEWS CONTINUED FROM PAGE 1

You can imagine the pride and pleasure Maria felt when she learned that some of those hats had found their way to a Perkins affiliated school for the deaf and blind in Russia, the country of her heritage! Both of her parents were born there and Maria visited Russia in 1987.

I thoroughly enjoyed my visit with Maria and have the feeling that she will be knitting and volunteering at the Thrift Shop for a long time to come!

*Dora M. Cummings*



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## The Tower of Babel

Medicare subscribers get ready. You are about to be engulfed in a sea of terms and abbreviations that describe new choices in your Medicare coverage.

Up to now, your options were limited to two basic approaches. You could join a managed care organization (HMO) and receive the bulk of your medical services through that organization. Or you could follow the traditional fee-for-service approach whereby you choose your own physician. The latter provides a Medicare subscriber with more freedom in choosing medical providers, but can lead to more out-of-pocket expenses compared to an HMO.

These relatively simple approaches to Medicare services are about to be modified. You will begin receiving information from Medicare about a whole new set of choices to be made available in late 1998 and throughout 1999. The overall program to describe these subscriber options is called Medicare+Choice.

**Medicare+Choice** is a broadening of the Medicare mandate. The "old reliable," namely fee-for-service and HMO membership, will still be offered. Additional choices in senior health care will soon be implemented, however.

These new health plans have names such as **Preferred Provider Organization (PPO)**, **Provider Sponsored Organization (PSO)**, **Private fee-for-service (PFFS)**, and **Medical Savings Accounts (MSA)**. These expanded Medicare health plan choices were created as part of the U.S. Congress Balanced Budget Act of 1997. While seemingly a confusing array of abbreviations and terms, most of these new options are variations on the same theme. Let's review all the Medicare+Choice components briefly.

- **Fee-for-Service** - You know what this is. Go to any doctor you want, then pay the Medicare deductions and co-payments.
- **HMO** - Join a group such as Fallon Senior Preferred, Tufts Secure Horizons, etc. where they manage your care. Except for small office visit fees etc., all your medical bills are covered.
- **HMO with Point of Service (POS) Option** - Just like a basic HMO except that you can go outside the HMO for some services. If doing so, however, you pay deductibles and co-payments similar to fee-for-service. The patient is not locked in to the HMO for all services.
- **PPO** - Subscribers in a PPO obtain services from a network of providers identified by the plan. They may be spread over a wide

geographical area, unlike an HMO network. If you receive medical service from a PPO providers, costs are lower than if you go outside the PPO network.

- **PSO** - It operates like an HMO. The difference is that PSOs will be run by hospitals and physicians. HMOs are often managed by insurance companies.
- **PFFS** - This is a private agreement between you and the medical practitioner. Fees may be higher than in traditional Medicare plans. Medicare pays its standard fees to the health plan sponsoring PFFS. You provide the difference. This approach is for seniors seeking a better level of care and who are willing to pay for it. Controversy continues to surround this concept of "top shelf" medical coverage.
- **MSA** - Sometimes referred to as the "Las Vegas health plan," this approach places a premium on staying healthy. Health coverage has a high deductible (up to \$6000). If you stay healthy, MSA can save money for a Medicare beneficiary. If not, personal expenses can be high.

This overview is just the "tip of the iceberg." More information will be forthcoming in the coming weeks and months from Medicare. In any case, no one has to change their present coverage. It is in your best interests, however, to look over the new choices as they unfold. Medicare+Choice may offer a better plan for your specific health situation.

If you would like further information on this or other topics associated with Medicare, HMOs, Medigap, Long Term Care policies, or health coverage issues in general, contact Jerry Cashin at 838-7353. He is a trained counselor for the SHINE program in Berlin and Bolton. All inquiries are confidential and there is no fee involved with this program.

*Submitted by Jerry Cashin — SHINE Counselor*



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## November

### Birthdays

Patricia Wheeler Nov. 6

Eleanor Bosselman Nov. 9

Henry Agnitti Nov. 12

Jane Bartlett Nov. 15

Susan Hart Nov. 21

Patricia Gutro Nov. 21

Carolyn Cashin Nov. 23

Ruea Baum Nov. 26

### Anniversaries

Haywood and Mary Stone Nov. 17

Wilrose and Stella Hanson Nov. 18

Francis and Alice Burke Nov. 23

Augustine and Alice Murphy Nov. 27

### Obituaries

Elizabeth Kittredge

Clara Irvine

Mary Louise Wheeler

William Hinchey

## December

### Birthdays

Francis Burke Dec. 1

Madeline Ciesluk Dec. 1,

Millie Blenkhorn Dec. 8

Concetta DiMuzio Dec. 8

Willard Wheeler Dec. 10

Jerry Cashin Dec. 16

Flora Leveille Dec. 16

William Wood Dec. 19

David Holder Dec. 20



## Feeling Good Program

The Tai Chi Feeling Good Program will be again starting at Northbrook Village October 28 - Wednesday 10-11 and will go until the end of the year. This program is sponsored by Berlin COA under the Formula Grant from EOE and this year Winn Management of Northbrook Village is subsidizing the program to accommodate more residents to participate. Priorities will be given to residents and former participants before additional members are accommodated.

Medical forms will be given out at Flu Clinic October 27 and Service Meeting November 3, they are required for the course.

Brief review of the program for those who are starting the first time. Each class totally involves participants in the experience of creating a sense of well-being and includes breath work, Tai Chi and Trager Exercises, music, relaxation techniques and imagery.

The above modalities can greatly influence healing, balance, muscle toning and pain reduction.

## Guilt Free Seafood Bisque

Shrimp and scallops add oceans of flavor to this creamy bisque.

- 2 1/2 cups frozen corn, thawed
- 2 cups chicken broth
- 1 tbsp. butter or margarine
- 2 med. green peppers, chopped
- 1 onion, chopped
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 lb. shrimp, peeled and deveined
- 1/2 lb. scallops
- 3 tbs. chopped cilantro or parsley

In food processor or blender combine corn, chicken broth and puree. In medium pot melt butter, add pepper, onion, salt, pepper and cook to soften vegetables. Add shrimp, scallops, cilantro or parsley. Stir in corn mixture. Cook until shrimp is pink and scallops are opaque, about 5 minutes.



Happy Thanksgiving!

## Tips on Folate and Folic Acid and Vitamin B6

Consuming higher than recommended amounts of Folate and Vit. B6 bran dietary supplemental or green leafy vegetables may substantially reduce the risk of heart disease according to a new study at Harvard School of Public Health in Boston. The study found that women who consumed highest amounts of Folate 400 a day, B6 above 3 mg. half the risk of heart disease. Current RDA for women is 200 mg. Folate and B6, 1.6 mg. Folate is found in green leafy vegetables and B6 found in poultry, fish and potatoes.

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