



Powderhouse Senior News

JANUARY/FEBRUARY 2000

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

Jerry Cashin President
 David Holden Vice President
 Pat Simpson Treasurer
 Sally Bergen Secretary
 Mary Petkauskos Liaison Elder Network

Council on Aging Members

Sally Bergen, Jerry Cashin,
 Ken Harold, David Holden,
 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.

Family Community Christmas Celebration in Berlin

In December there were many activities with Community Spirit of Yesteryear in a town of Rolling Hills, Stonewalls and a Historic Town Common. The events were organized by the Berlin Lions Club and included the following:

1. The most important activity was the turning on the Christmas lights at First Parish lawn after which most of the functions followed
2. Many businesses had open houses featuring complimentary refreshments and appropriate articles for the holidays.
3. The Famous Fay Bellringers performed and Christmas sing-a-long led by Barbara Krackhart-Choir Director followed
4. Santa appeared and greeted everyone and wished them hospitality of the Holiday Season.
5. Refreshments including chowder and other goodies, mulled cider and cookies were served at First Parish Church - Luncheon at St. Joseph's the Good Provider Christmas supper.
6. Award for best Christmas House decoration award was given by Clinton Savings at the Lighting Ceremony, as well as raffle drawings which benefited the Lions ongoing activities.

The ambience of a small town of Berlin was unmatched during that day of community celebration. The following week the Lions Club provided turkey dinner for all Senior Citizens in town.



Northbrook Village Celebrated Veteran's Day by Honoring the Veterans Residing at the Village

In 1954 Congress passed and President Dwight Eisenhower signed a bill to rename Armistice Day to Veteran's Day to honor all US Veterans including those of World War II and Korea War. Now Veteran's Day honors all men and women who have served in the military. Five veterans living at Northbrook were honored: John Beck - Marines; James Hawley - Army; Lawrence Landry - Navy; Earl Jusseaume - Air Force; Robert Talenti - Army by raising a new flag by Commander of American Legion Roger Bradley and a speech about flag honors received in Berlin by a Commander of Navy who was presented the flag from the Arizona in Hawaii 1992 to Glendon Blinkhorn who served there.

Special catered luncheon was served to Veterans and residents of Northbrook. The day was enjoyed by all.

Executive Elder Update

1) Senior Pharmacy Program

Good News on the Senior Pharmacy Program!!

The news that we have been waiting for is finally in. The state budget has passed. The way it will effect the Senior Pharmacy Program is as follows:

1. The income eligibility has been increased to 188% of the Federal Poverty Level. For individuals that is: \$15,492; for couples: \$20,769. Married couples have tow options when applying. They may apply on one form as a couple, or, they may apply as individuals on two separate forms. The decision would be based on which way would be the most beneficial.
2. The benefit amount has been increased to \$1,250.00 per person.
3. Disabled persons under age sixty-five may apply now. A different application expanded to include a disability determination by the Division of Medical Assistance, will be used. At present the instructions for this are incomplete.
4. Length of residency is not a factor anymore. As long as the applicant lives in Massachusetts, they need not have lived here for six months.
5. Existing SPP clients will have their benefit increased from \$500 to \$1,250. They will receive a letter advising them so.
6. SPP will automatically review all denied applicants who applied since June, 1999 who were over-income under the old guidelines and will now be eligible. This process should take about three weeks. The applicants will receive a notice of eligibility and the SPP card.

7. New applications are being printed. I will mail them to you as soon as I get them.
8. People who have drug coverage from HMO's and Medi-gaps may apply and be found eligible.
9. The SPP bill also includes language about researching a catastrophic drug plan and implementing group purchasing. The information on this is very sketchy at present.

2) Tax Tip for Seniors

Elders looking to ease the burden of paying property taxes should be aware of Real Estate Property Tax exemption and deferral options. There are several exemptions that may lower property taxes for qualified elders. An elder tax deferral permits an elder to defer payment or part of property taxes plus interest until the accrued amount reached 50% of the property value. State and local eligibility requirements apply to the total amount of taxes due. For more information contact your local tax assessor.

Elder Affairs Reading Institute Receives 3 Year Grant - \$60K

Elder Affairs Reading Institute will continue its partnership with the Mass. Dept. of Education who received \$60,000 from U.S. Dept. Education Washington to train elders as reading tutors for community literacy programs. The Reading Institute has trained more than 200 Mass. Elders to work with children in Kindergarten through Grade 3. For more information call Sheila Donahue-King, Elder Affairs 617-222-7421.



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Schedule of Community Activities

January February 2000 Schedule of Events

January 6, 2000

Senior Citizens Meeting-First Parish Church-BP Screening Program - Slide show on Australia by Barbara Krackhart followed by home cooked lunch.

February 3, 2000

Senior Citizens Meeting-First Parish Church-BP Screening

Program - Fire Safety Program
Member of Fire Department followed by home cooked luncheon.

USDA Commodities at Northbrook Village

January 11, 2000 - 10-12

February 8, 2000 - 10-12

Louise Champagne wishes to thank all who sent cards or flowers during her hospitalization and convalescence.

TWELVE THINGS TO REMEMBER

1. Value of time
2. Success of perseverance
3. Pleasure of working
4. Dignity of simplicity
5. The power of kindness
6. Power of wisdom
7. The influence of example
8. Obligation of duty
9. The wisdom of economy
10. Virtue of patient
11. Improvement of talent
12. Joy of originality



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 978-838-2089.



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New Intergenerational Program - Berlin Memorial School

Berlin Memorial School is a brand new school with over a hundred elementary students kindergarten to grade six and is located in a community with a population of 24,620. The Senior Citizens of Senior Association from Berlin signed up to volunteer for the primary grade reading program. The principal has named the program SOAR (Senior Outreach Assisting Reading). The program will be one to one tutoring in reading and will last about 1/2 hour once a week.

The Orientation Program by the Principal:

- 1) A light luncheon for the senior volunteers was held in the new Berlin Memorial School Library equipped with the latest computers and appropriate books for the age groups. The seniors will be working with the two classes of first graders and 2 classes of 2nd graders.
- 2) Introduction of 1st and 2nd grade teachers, tour of classroom and demonstration of how to work with students
 - a. arrival procedures
 - b. helpful hints
 - c. report card on progress child has made and help needed will be given to each teacher
 - d. see Special Sheet prepared for seniors by principal and teachers

Sponsored by COA Intergenerational Program and EOE under Formula Grant Coordinator Mary R. Petkauskas, RN

SOAR (Seniors Outreach Assisting Reading)

ARRIVAL PROCEDURES

1. Upon arrival please check in at the reception desk and receive your name badge. *If you are unable to make it to school on your volunteering day, please contact Mrs. Bucher, BMS secretary, at 838-2417 so we can notify the teacher.
2. Walk down to your designated classroom for 10:15 a.m.
3. Greet student and receive reading materials from the teacher.
4. Locations - Grade 2 volunteers will be located in the middle room halfway down the corridor. Grade 1 volunteers will have a reading area set up outside of the classroom.
5. Listen to the student reader. (see helpful hints below)
6. Escort student reader back to classroom at 10:35 with comment card.

HELPFUL HINTS

1. Briefly introduce reading material to student.
 - a. Are we reading a story or a passage?
 - b. Briefly discuss title/author/setting.
2. Begin to have student read
 - a. Some students may need prompting (context clues, phonetic sounds)

CONTINUED ON PAGE 4

SHINE PROGRAM

Many changes are taking place in Medicare, Medicaid and Medigap HMO's this year and 2000 and it is important to know about these changes and do not wait until your face them when you need Health Care whether it is during hospitalization or outpatient service.

Berlin has a trained and certified Counselor to answer your concerns regarding Health Care services which is confidential so give him a call at 838-7353 or 838-7380 COA.

Happy and Prosperous New Year to All!

S.H.I.N.E. - WHAT IS IT by Jerry Cashin, S.H.I.N.E. Counselor

You may have noticed short entries in the past issues of this newsletters emanating from the SHINE program. The SHINE program deals with subjects such as Medicare, Medicaid, medigap, long term care options (both at home and elsewhere), HMOs, how to initiate appeals if service has been curtailed or refused, plus what the heck do all these terms mean (it CAN BE CONFUSING).

Shine volunteers have received extensive classroom training on all these subjects. There is an exam given at the end of the course. If a person successfully completes the exam, he or she is certified to provide counseling in the above topics.

Do SHINE counselors have all the answers? No! But they have a good understanding as to how the various senior health and insurance program relate to each other. They can often lay out your options for you, as well as answer specific questions. When they don't have an answer at their fingertips, they know where to get needed information quickly.

SHINE is an acronym. It stands for Serving Health Information Needs of Elders. It is managed statewide by the Mass. Office of Elder Affairs. In central Mass. (comprising about 60 towns and cities), SHINE counselors report to the Central Mass. Agency on Aging (CMAA) in West Boylston. There are approximately 25 counselors operating out of the West Boylston office. They meet at least monthly for updates on all the various senior health programs, plus there are numerous mailing containing current information. Counselors have to be able to absorb lots of data.

Each SHINE COUNSELOR IS ASSIGNED TO SPECIFIC TOWNS OR CITIES, USUALLY WHERE THEY LIVE. In the case of yours truly, it is the Towns of Bolton, Berlin and Boylston.

December 1999

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The Berlin Powderhouse Senior News

Council on Aging
 Berlin, Massachusetts 01503

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Thanks to Matthew & Sons Trucking
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JANUARY BIRTHDAYS

- Russell Wheeler - Jan. 2
- Ruth Hellen - Jan. 9
- Francis Underwood - Jan. 11
- Joseph Renzoni - Jan. 12
- Edward Ware - Jan. 14
- Virginia Keleher - Jan. 16
- Lee Mungeam - Jan. 16
- Alfred St. John - Jan. 17
- Joanne Forbes - Jan. 17
- Jean Musche - Jan. 18
- Alice Burke - Jan. 21
- Dorothea Martin - Jan. 23
- Hayward Stone - Jan. 23
- Eva Tobey - Jan. 28



ANNIVERSARIES

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

DEATHS

- Eleanor Plastridge, Carl Phipps,
 Helen Wheeler, Florence Bellarosa

FEBRUARY BIRTHDAYS

- Dora Cummings - Feb. 4
- Barbara Cleveland - Feb. 6
- Margaret Galas - Feb. 7
- Pauline Paine - Feb. 10
- Mary Stone - Feb. 11
- Virginia Johnson - Feb. 13
- Lephe Wilson - Feb. 13
- Valary Bradley - Feb. 16
- Francis Kennedy - Feb. 20
- Mary Petkauskas - Feb. 24
- Audrey Birch - Feb. 24
- Wilrose Hanson - Feb. 28

ANNIVERSARIES

- Phillip & Jane Bartlett - Feb. 3
- Paul & Dorothy Germain - Feb. 16

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

Y2K SCAM ALERT: Tom Reilly, Attorney General The Attorney General's Consumer Hotline (617) 727-8400 What You Need to Know to Avoid Y2K Financial Fraud

As businesses, banks, utility companies and government agencies prepare for the Y2K date change, con artists are thinking of ways to use Y2K fears to part consumers from their money. Be prepared for potential Y2K scams!

Watch out for:

Anyone claiming to be a bank examiner or officer who calls supposedly to confirm that your accounts are Y2K compliant and asks for your account number, PIN number, social security number, or any other personal information.

Watch out for:

Anyone claiming to be a bank officer who tells you that as your bank prepares for the Y2K date change, your account balances must be transferred to a "special Y2K bond fund."

Watch out for:

Anyone claiming to represent a credit card issuer who calls to say that your credit card will not work after January 1, 2000 without a special magnetic strip and that in order to receive this strip, you must confirm the card number and supply your social security number and mother's maiden number.

Watch out for:

Anyone who advises you that some cur-

rency denominations, such as twenty-dollar bills printed before a certain date, will not be valid after January 1, 2000, and should be exchanged for new currency.

The best way to prevent all forms of financial fraud is to protect your personal information, such as your credit card number, ATM PIN number, mother's maiden name, bank account number, and social security number. NEVER give out this information over the telephone unless YOU made the call and you are familiar with the party on the other end of the line.

Get the answers to your questions - refuse to let scam artists play on your concerns.

Don't fall for a Y2K line!

If you have questions about how your finances may be affected by the Y2K date change, call your bank, your credit card company, or any other business or agency that handles your money and ask them how they are preparing for the date change.

If you have general questions about any Y2K issues, call the President's Council on Year 2000 Conversion at 1-888-USA-4-Y2K, or 1-888-872-4925, or visit the Council's website at www.y2k.gov.

The Y2K Scam Prevention Initiative is endorsed by the members of the Massachusetts Bank Reporting Project:

- Office of the Attorney General
- Executive Office of Elder Affairs
- Massachusetts Division of Banks
- Massachusetts Bankers Association
- Office of Consumer Affairs and Business Regulations

Report suspicious calls or mailings that mention Y2K compliance to Attorney General Tom Reilly's Consumer Hotline, (617) 727-8400.

SOAR (Seniors Outreach Assisting Reading) HELPFUL HINTS CONTINUED FROM PAGE 3

- b. With some students you may want to take turns reading (They read some and you read some)
- c. During the reading, stop and check for comprehension at times.
3. Make time adjustments as needed so that reading material is completed.



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Elder Update from Executive Office of Elder Affairs

The Cellucci/Swift administration expanded a popular housing option for elders by designating supportive housing sites in Melrose, New Bedford and Quincy. Administered by Elder Affairs in partnership with the State Department of Housing & Community Development. Supportive Senior Housing enables lower income seniors to rep the benefits of Assisted Living services such as 24 hour housing care, housekeeping and meals. Nine additional sites will be announced next year.

MASSACHUSETTS HOME CARE: Living at Home With Assistance

Are your or someone you know in need of daily personal care assistance? Do you prefer to live alone in subsidized housing or do you need the safety and support and companionship of living with others? Are you with a disability or are you an elder? Are you eligible for MassHealth or can you afford to pay privately? Mass. Home Care Corporation offers two programs that provide daily personnel care assistance so that you can remain safely in the community. Depending on your situation you choose which program best meets your needs. Maybe you have a spare bedroom and would like to provide care to a disabled adult or elder and work at home - Massachusetts Home Care cold need you too.

For information about Assisted Living Program call 1-800-734-7312

Health Insurance Counseling Report Shows 203% Jump in Elders Served - SHINE Program

Serving the Health Information Needs of Elders released a report that was an overview of its work to help elders and their families with changes in Medicare, Medigap, prescription drug coverage and the withdrawal of Medicare HMOs and physicians from Commonwealth. SHINE is a statewide network of 400 certified volunteers who provide telephone and consults COA's and Senior Centers. Your counselor is Jerry Cashin at 978-838-7353. (see further SHINE information on page 3)

Governor and Lt. Governor Protect HMO Members

Governor Cellucci and Lt. Governor Swift signed into law a measure to safeguard members of financially troubled health insurance maintenance organizations. The law enables the Division of Insurance to use the same administrative supervisors, rehabilitative and liquidation powers over HMO's as it now can use with other insurance. IT also requires other health insurers to provide coverage to members of an involved HMO. Thanks to this law Harvard Pilgrim Health plan members are protected from losing their coverage while the insurance is under state revision.

ALTERNATIVES FOR ARTHRITIS: Do Ten Conventional Treatments Offer New Options for an Old Scourge

Arthritis is painful, debilitating and chronic and it has no known cure. It is now the #1 cause of disability in America. Almost everyone over age 50 gets it starting with mild symptoms that grow worse every year. The end result is osteoarthritis, the destruction of cartilage that covers the surface of your bones. When your cartilage gets worn down your bones start to scrape together and you get pain and inflammation.

**What are some of the current medications for this condition:
For Pain Relief - Nonsteroidal and inflammatory drugs**

Motrin
Ibuprofen
Ansaïd
Clinoril
Naproxen

Initially these drugs knock out your pain.

Their side effects are frightful, including gastrointestinal bleeding and kidney and liver damage. They should be taken with food to prevent this from occurring. Other medications that seem to help the pain and usually preferred by most physicians.

Tylenol or Acetaminophen which do not have the same effect on your stomach as NSAID drugs. However, overdoses are common than you can imagine. For example if your arthritis pain is severe on a given day you might be tempted to take an extra dose or two. The recommended dose is 4 grams a day, yet 10-15 grams would be life threatening for most people. And if you mix Tylenol with alcohol - you are begging for trouble.

There are many new medications on the market which I will not discuss at this time.

What are some of the alternatives for treatment?

As explained in the best selling book "Arthritis Cure" by prominent MD, Dr. Jason Theodosakis." An Arthritis Cure has been discovered and it's as simple as taking two inexpensive nutritional supplements over the counter. Tom Decades of Medical Research from around the world - has shown that two nutritional supplements can halt, reverse and even cure osteoarthritis.

The two nutrients described in the book "Arthritis Cure" book: Glucosamine Sulfate and Chondroitin Sulphate are two nutritional supplements that are completely safe and stimulate healing with new cartilage growth

to cover the surface of the bones which rub together to cause pain and some cases reverse arthritis naturally. There have been many published reports about these two nutrients and the news is good. However you must give them time to help unlock the full pain relieving power at least 2-3 weeks before they are effective. You should talk to your doctor before trying any supplements, however if you are reluctant to discuss alternative treatments with you doctor because of his discouraging attitude. You will need to educate yourself or see someone you want to try these alternate therapies to supplement does not replace standard treatments and medication but they can help. Many new types of topical pain relieving creams are now available without a prescription. It's magic ingredients is a group of nitrogen compounds called quaternary - as well as homeopathic cream.

I would like to outline five steps that will help with relief of your arthritis care.

1. Understand that arthritis is a serious condition and you can minimize its impact.
2. Build positive relationship with your doctor.
3. Learn above medical treatment options.
4. Discover what you can do to reduce the every day challenges of arthritis.
5. Take one step at a time and don't get discouraged.



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Schedule of Community Activities

March 2, 2000

Senior Meeting, First Parish Church, BP Screening
11:00 - Program - Surprise Slide Show by P. Bartlett, followed by home cooked lunch
March and April 3/8 to 4/23

First Parish and St. Joseph Churches Planning Lenten program as well as Easter programs to be announced in their bulletins

April 6, 2000

Senior Citizen meeting at First

Parish Church
BP Screening
Program - Hard of Hearing Program, Mass. Commission for Deaf & Hearing Problems, followed by home cooked lunch
April 20, 2000

Regional Senior Conference by Senator Pamela Resor at Assabet Vocational School on Thursday, 9-3 p.m. Tickets will be available through COA's or may be obtained at Registration Desk.

NORTHBROOK VILLAGE Berlin, MA

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HUDSON, MASS. 01749

SENIOR PHARMACY PROGRAM WANT HELP PAYING FOR PRESCRIPTIONS?

The Senior Pharmacy Program (SPP) provides up to \$1,250 per year to help pay for prescription drugs. Prescriptions covered include all Therapeutic Classes except those excluded from MassHealth. Some prescription drugs may require prior authorization from the Division (MassHealth/Medicaid). Insulin and disposable syringes with needles are included in the benefit.

ARE YOU ELIGIBLE?

- Massachusetts resident
- Age 65 or older OR under age 65, work less than 40 hours per month and meet the disability guidelines for Commonwealth.
- Gross annual income is less than \$15,492 (individuals) or \$20,769 (married couple) Married applicants may apply as individuals
- Not enrolled in MassHealth or Commonwealth

You may apply even if you have prescription drug coverage from an HMO or other insurer.

HOW DOES SPP HELP YOU?

Once enrolled, you will receive up to \$1,250 to pay for your prescription needs after you exhaust any other prescription benefits you may have. The annual enrollment fee of \$15 is automatically deducted from the benefit. At the time of purchase, co-payments are \$3 for generic drugs, insulin and disposable syringes and \$10 for brand name drugs.

PHARMACY PLUS HELPS PAY PRESCRIPTION EXPENSES

The Commonwealth's new PHARMACY PROGRAM PLUS provides an unlimited prescription benefit for elders and younger people with disabilities who incur high prescription costs relative to their incomes. This one-year program associated with the Senior Pharmacy Program runs from January 1, 2000 to December 31, 2000.

HOW PHARMACY PLUS HELPS

After exhausting all other prescription benefits, including the Senior Pharmacy Program benefit, those enrolled in the PHARMACY PROGRAM PLUS receive an unlimited prescription benefit to pay for prescription drugs in all Therapeutic Classes except those excluded from MassHealth. Some prescriptions may require authorization from the Division (MassHealth/Medicaid). At the time of purchase, co-payments are \$3 for generic drugs, insulin, and disposable syringes with needles, and \$10 co-payment for brand names.

HOW TO APPLY

Call toll-free 1-800-AGE-INFO or TTY: 1-800-813-7787 (1-800-243-4636) (for people with hearing disabilities)

This program is administered by the Executive Office of Elder Affairs and the Division of Medical Assistance
Call COA 978-838-7380 for further information.

Important Dates for Medicare, Supplement and Medigap Coverage by Jerry Cashin

February and March are important months in the world of senior health insurance. It represents the so-called "open season" for Medicare supplement insurance, also known as Medigap coverage.

When a person reaches 65, they typically join Medicare. People who continue working after 65 can delay their entry into Medicare if covered by an employer plan. These "working seniors" usually sign up for Part A (hospital insurance) which costs nothing, but hold off on Part B (medical insurance) until they retire, since Part B costs \$45.50 monthly.

Once on Medicare, seniors may decide to join an HMO (Fallon, Tufts, etc.) remain on basic Medicare and pay the required co-payments and deductibles, or supplement their basic Medicare with a Medigap policy. The latter would then pay for the "gaps" in Medicare coverage.

The open season referred to above applies to Medigap insurance. During February and March a Medicare beneficiary can purchase this insurance with no medical exam. This fact can be very important to someone who has health complications and would thus not be able to buy any other type of health coverage.

The good news about Medigap insurance is that anyone with Medicare can get it in February and March, no matter what their health situation. The bad news is its cost, although there are multiple levels of coverage (and cost).

If you would like a more detailed explanation of these or other senior health issues, a Mass. certified SHINE Counselor is available. There is no fee and all discussions are confidential. This is a service of the Council on Aging. Contact Jerry Cashin at 978-838-7353.

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The Berlin Powderhouse Senior News

Council on Aging

Berlin, Massachusetts 01503

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 BERLIN, MA**

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 for furnishing address labels!

MARCH

BIRTHDAYS

Marilea Miedzil March 1
 Blanche Nutting March 4
 Florence Martin March 8
 Rita Stanhope March 10
 Helen Matthew March 11
 Hazel Harriman March 12
 Lloyd Stanhope March 13
 Joanne Wheeler March 14
 Margaret Ware March 16
 Ruth B. Wheeler March 20
 Evelyn Knorr March 21
 Barbara Foster March 22
 Ann Agnitti March 23
 Marjorie Wheeler March 25
 Lorraine Cedar March 26
 Madeline McTague March 26
 Carolyn Landry March 27
 Bernadette Sylvester March 29

Deaths

Angela DiMuzio
 Francis Kennedy January 19
 Phyllis Warbin January 24

APRIL

BIRTHDAYS

Mildred Monroe April 9
 William Alenik April 9
 Estelle Boyce April 10
 Philip Scott April 13
 Edith Wilson April 14
 Lewis Paine April 19
 Elizabeth Purdue April 21
 Virginia Wheeler April 22
 Ann Marie Coulson April 24
 Hazel Miele April 27

Anniversary

Robert & Madeline Taylor April 24



NUTRITION AND HEALTH: TEA... A DRINK FOR THE AGES

Across the globe, people drink more tea time is three to six hours.

than any other beverage, except for water. And that's good. Whether you drink green, black, or oolong tea, the leaves contain health-promoting substances called polyphenols. These are the powerful antioxidants that give tea the power to help protect us from atherosclerosis, stroke, infection, and heart disease. Tea has been associated with a reduction in the rise of certain cancers, including those of the lung, colon, breast, prostate and stomach. What's more, animal research suggests that green tea may be useful in preventing some forms of arthritis and sun-related skin damage, and enhancing the growth of "good" bacteria in the gut.

Although we are just now beginning to understand the health benefits associated with tea, the beverage itself is anything but new. Tea drinking began in China in about 2700 B.C. The custom was brought to Japan in about the sixth century. From there is spread, over the centuries, to Indonesia, Holland, India, and England.

All tea leaves come from the same plant: the *Camellia sinensis*. Whether the leaves will turn into green, black, or oolong tea depends on how long the chopped leaves are left to oxidize before being heated. For green tea, there is no oxidation; the leaves are steamed just after being picked. Leaves meant for oolong tea are left to oxidize for less than an hour; for black tea, the oxidation

From those three basic types of tea come thousands of varieties. The differences result from variations in soil, climate, altitude, and weather conditions of the area in which the leaves have been grown. In Asia, most people prefer green or oolong tea, while in the rest of the world, black tea predominates. In the U.S., more than 75% of all tea is consumed over ice.

Tea has about half the caffeine as coffee (50 mg/cup), but you won't miss out on any of the health-promoting polyphenols if you opt for a decaffeinated version of your favorite. Whichever you choose, the longer tea steeps, the more polyphenols will be released into the brew.

AICR Nutrition Hotline

"What types of teas offer cancer protection?"

Call the AICR Nutrition Hotline to find out. Our registered dietitians can answer just about any question you have on nutrition, health, cooking, cancer, and more. Give it a try! Just call the toll-free number below.

1-800-843-8114

9 a.m. - 5 p.m. EST, Monday-Friday

We are sorry our dietitians cannot give medical advice.



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



Powderhouse Senior News

MAY/JUNE 2000

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

Jerry Cashin President
David Holden Vice President
Pat Simpson Treasurer
Sally Bergen Secretary
Mary Petkauskos Liaison Elder Network

Council on Aging Members

Sally Bergen, Jerry Cashin,
Ken Harold, David Holden,
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 Citizen Roger Bradley to be Honored -Berlin Lions Achievement Award

The Berlin Lions Club announced that their Community Achievement Award for the year 2000 will be presented to Roger Bradley of South St.

Bradley is a former Berlin policeman who retired in 1998. He has a long history of active involvement and support for youth programs, veterans organizations, and public safety services.

Starting as a Boy Scout himself, Bradley eventually became Scout Master for a time, and remains a Merit Badge counselor to this day. His American Legion Post, of which he is Commander, annually helps to sponsor local boys and girls for attendance at Summer camp. This camp teaches values such as civic responsibility and conservation.

Bradley has organized and run numerous golf tournaments over the years. Funds raised by these events have helped to support additional youth activities such as a Clinton teenage baseball team, the Lester Ross Fishing Derby for Berlin youth, and assistance with various summer camping expenses incurred by students campers.

His military career during the Korean War featured the infamous Marine boot camp experience at Parris (not Devil's) Island, where there were "ten sand fleas for every grain of sand." From there he went to Quantico Marine Barracks to help prepare the "gourmet meals" served at that location. Again, there is no truth to the oft-repeated rumor that each American soldier fought on two fronts at the same time: One against the foreign enemy and the other against domestic military chefs.

The Lions Community Achievement Award is conferred periodically on a local citizen who has made important contributions to the citizens of Berlin, especially when it involves service to the youngest and oldest of that citizenry. The selected individual must exhibit the same characteristics of community service that stands as a hallmark of the Lions organization itself.

"We are pleased to recognize Roger Bradley with this award," said Jim Connor, Lions Club president. "He joins the ranks of other worthy recipients that the Lions have honored in past years. Often, dedicated citizens toil in relative obscurity while making solid contributions. It is our intent by presenting this award to provide a small degree of recognition for these service-minded individuals," he added.

The Lions Community Achievement Award will be presented on May 16, Tuesday, 7 PM at the Grille Restaurant in Northboro. Citizens interested in learning more about this event can call 838-2269.

Food For Thought - Join the Don't Fall Campaign

Falls are a major but preventable problem for older adults.

The cost of falls is enormous, with the financial burden of injury and hospitalization being matched by personal pain and loss of independence. Too often the fear of falling prevents seniors from going out into the community. Recent research has made it very clear that while falls are preventable there is not one single cause or solution to the problem.



Risk factors for falls include personal factors.

1. Difficulties in walking or in maintaining "balance"
2. Use of multiple medications such as pain medication, sleep antidepressants, or certain types of heart or blood pressure medications.
3. Sensory changes such as decreased vision or hearing.
4. Alcohol use
5. Weakened muscles due to lack of exercise
6. Being depressed
7. Health problems such as arthritis
8. Not using canes or walkers correctly
9. Rushing to answer phone or to bathroom

Falls occur both inside the house and outside. Environmental risk factors inside the home include loose rugs or slippery floors, electric cords, poor lighting, clutter, lack of railing or grab bars in bathtubs. Outside seniors may be challenged by uneven surfaces, rushing bicycles or cars, ice and snow.

Consider which factors put you at risk for falls. By being aware of these risk factors and making changes to reduce or avoid them you can go a long way in preventing falls from every happening.

Why Are Some Medicines Taken With Food and Others on an Empty Stomach?

The medicines we take by mouth reach their targets by traveling through the blood stream whether the target is an infected ear or a painful muscle. But to get into the blood the medicine must first be absorbed through the digestive system and the presence of food affects how well drugs are absorbed. Both medicine and food are broken down in stomach and then passed to small intestine to be absorbed. An empty stomach, one that is empty an hour before and 2-3 hours after a meal and an empty intestine are best for most medicines because certain foods can delay or decrease drug absorption when that happens and medicine is less effective.

On the other hand some medicine irritates stomach lining and there should be taken when there is something in the stomach to protect it. Few medicines are better absorbed with food.



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Schedule of Community Activities

May 4, 2000

Senior Meeting
B/P Screening - First Parish
Church

Program - "A Day with Princess Winona" followed by home cooked luncheon

June 1, 2000

B/P Screening at Senior Citizens Meeting at First Parish
Church

Program - Annual Meeting,
Berlin Spiritual Group singing

at Berlin Country Club
Special lunch and election of
new officers

May 10, 2000

15th Annual Governor's Conference at Holiday Inn in
Boxborough

Program - Speaker will be Edward Brooke, former Attorney General in Massachusetts and served in the U.S. Senate 1969 - 1979. - his first speaking engagement since 1996.



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May is Osteoporosis Month - Safeguard Your Skeleton

Nutrition and Exercise Help Keep Bones Strong

Osteoporosis is a major health concern for American women. Bones affected by osteoporosis become brittle and fragile, more than 1 million bone fractures are attributed to osteoporosis. Some 8 million of us suffer from osteoporosis and another 14 million are at increased risk because of low Bone Density.

But the good news is that osteoporosis is both preventable and treatable. Whether your bones are of normal density, just below normal or severely comprised there is much you can do to enhance their strength.

Prevention plays a very important part for those who are at risk for osteoporosis. All women should consider themselves at risk but the risk is highest in women who

1. are post menopausal
2. have family history
3. have low body weight
4. have sedentary lifestyle
5. have taken corticosteroids or thyroid supplements
6. have anorexia or other eating disorders
7. history of hypothyroidism or ulcerative colitis

Some Research on Dietary Strategies

Calcium - Bone constantly revitalizes itself in a process called remodeling which involves breakdown of old bone (resorption) and construction of new bone (formation). Resorption takes place when the bones re-

lease calcium into the blood enabling the mineral to perform its numerous functions throughout the body. While inadequate levels of calcium in the blood increase the rate of resorption consuming enough of calcium, can tip the scale for formation optimal daily requirements of calcium is 1200 mg. premenopausal and 1500 mg. postmenopausal.

Dietary Sources of Calcium Besides Milk

- Skim milk more calcium
- Low fat yogurt
- Leafy green vegetables are calcium rich - broccoli 178 mg.
- Fortified orange juice
- Sardines, and salmon with bones
- Beans and some nuts and seeds, example almonds and sesame seeds are good sources. Many need supplements, the most common contain either calcium carbonate or calcium citrate.

Don't take more than 500 mg. at one time as body cannot absorb more than this amount. Be aware that calcium alone is not enough, Vit. D, magnesium, and Vit. K to name a few act in keeping the bones stable. Vit D calcium cannot be properly absorbed. Recommended dietary allowance of Vit D 400 mg. - egg yolks. Fish (oily) such as salmon, herring and mackerel are good sources and is exposure to surely be.

Vitamin K

Add Vit K to the list of nutri-

ents needed to build strong bones. Vit K is thought to influence a bone protein called osteocalcium which is a necessary component of bone tissue. Without adequate amounts of chronically altered osteocalcium the skeleton becomes weak and prone to fractures.

Fruits and Vegetables

Should be included in antiosteoporosis diet. Lots of fruit and vegetables which provide generous amounts of vitamins and minerals - magnesium, potassium, Vitamin C for example that bolster healthy bone metabolism by preventing calcium from leaking out of bones.

In recent research in Nutrition Journal it reported that older adults who eat most fruits and vegetables have strongest bones.

Caffeine

Because caffeine is known to promote calcium excretion some researchers have hypothesized that drinking coffee, tea and cola can contribute to bone loss. However the latest data indicate that caffeine is not harmful to your bones if provided enough calcium in your diet.

Alcohol

Greater concern of alcohol consumption - more than two drinks a day impairs your body's arteries to absorb calcium as does smoking.

Exercising for Bone Health

Exercise is an integral part of preventing and treating osteoporosis. Most effective type of exercise for strengthening bony skeleton system is weight bearing exercises.

In Summary

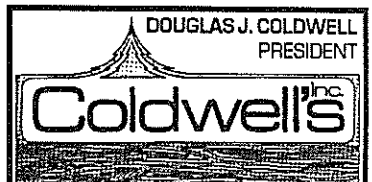
Some suggestions to learn how to support the bones that support you include the following:

1. Building bones through proper nutrition
2. Physical activity and weight bearing exercises
3. Change of lifestyle habits
4. Eating calcium rich foods and use of calcium supplement
5. Needed Vitamin D for calcium absorption
6. Reading information about osteoporosis and attending programs in our community about the subject

Research from Women's Health Resource, Cornell University
March 2000

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and more. Please call 1-800-698-3307 (7 days a week, 24 hours a day).

General Information

The Central Massachusetts Agency on Aging in West Boylston provides information and referral on numerous issues affecting seniors, particularly in the areas of government regulations, benefits, and health concerns. On the Web at seniorconnection.org or call 1-800-244-3032.

until March 1975 that the Town's By Laws were amended, adding Article VIII to establish a seven member Council on Aging. At that time, funding was voted (\$250.00) for use by the Council. Its duties are to identify the needs of the community's elderly population; educating; and enlisting support and participation in designing, promoting, and implementing services and other useful programs for the elderly in our community.

COA Members

Gerald J. Cashin	838-7353
Margaret Bergen	838-2517
David Holder	838-2480
Alice Kidder	838-2586
Mary Pelkauskas	838-7380
Patricia Simpson	838-2872
Kenneth Harrold	562-9826

History of COA

Berlin, MA

Councils on Aging in Massachusetts were first created by Chapter 495 of the Acts of 1956, and made part of the General Laws: Section 813, Chapter 40.

In Berlin, a Council for the Aging was established in 1955 by appointing a four member committee. However, it was not

Berlin Council on Aging



Senior Citizen Information Directory

2000

Meals On Wheels

Hot meals are delivered at noontime Tuesdays and Fridays from September through June.

These are available to home-bound Seniors in Berlin. Meals include an entree, vegetable, milk, bread, and desert. Volunteers, organized by the COA, provide meal preparation and delivery services. A modest fee is requested of recipients. Arrangements can be made by calling 838-7380 or 838-2517.

Transportation

Van service is available for transportation to Worcester, Hudson, and Marlboro Hospital by calling 365-9416. Twenty-four hour notice is required. There is a small fee for this service.

Van service to other destinations is available by calling 365-6349. This van is equipped with a chairlift. There is a \$6/trip fee.

Newsletter

The Powderhouse Senior News is published bi-monthly by the COA

for the purpose of keeping elders informed about current issues. It offers information on health, elder legislation, bus trips, social activities, and events. This newsletter is free to residents age 60 and over.

Berlin Senior Citizens

This organization meets monthly in the First Parish Church at 9:30 a.m. The first hour is devoted to a blood pressure clinic. The regular meeting begins at 10:30 a.m. with a business meeting followed by a program of general interest. A full meal is served at noon. Dues are \$3.00 per year, and the meal is \$3.00 each month. Call 838-2500 for more information.

Other Elder Services

For crisis intervention, guardianships, information on long-term nursing care facilities, call Central Massachusetts Agency on Aging: 1-800-244-3032.

Medicare Counseling

The Berlin COA provides health insurance guidance by a trained, certified, SHINE counselor. There is no fee. Topics covered include Medicare, HMOs, Medigap insurance, long-term care issues, Medicaid, SSI, SSDI, prescription drug coverage, the Medicare appeals process, and other related subjects. All counseling is confidential. Call 838-7353 for information.

Well Olderster Clinic

This clinic is held on the last Tuesday of each month at Northbrook Village's Community Building from 1 - 2 p.m. Services include blood pressure screening, diabetic and cholesterol testing, flu vaccines.

Health Services

A wide range of nursing services and referrals are available through Nashoba Associated Boards of Health, which provides hospice service, home health visiting services, health promotion visits,

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 Berlin, Massachusetts 01503

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Thanks to Barry & Mary Ellen Matthews for furnishing address labels!

May



Birthdays

Lee Murphy May 2
 Jack Bergen May 12
 June Coolidge May 12
 Marguerite Krackhardt May 12
 Margaret Dayton May 13
 Glendon Blenkhorn May 16
 Anna Renzoni May 16
 Roger Wilkins May 16

Anniversaries

Jerry & Carolyn Cashin May 5
 John & Barbara Halloran May 6
 James & Anna Duffy May 8
 Anna & Joseph Renzoni May 21
 Henry & Ann Agnitti May 22
 George & Lorraine Cedar May 24
 Ross & Eva Yeiter May 24

Deaths

Estelle Boyce April

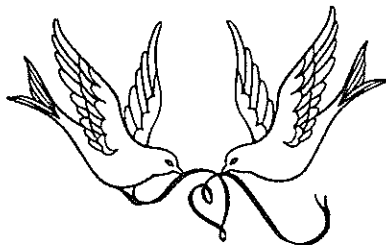
June Birthdays



Phillip Bartlett June 1
 Marion Hoffman June 2
 Barbara Krackhardt June 7
 Barbara St. John June 7
 Eva Yeiter June 12
 Carol Wilkins June 15
 Alice Murphy June 18
 Stella Hanson June 24
 George Cedar June 24
 Josephine Underwood June 26
 Sally Bergan June 27
 Faith Linzee June 30
 Augustine Murphy June 30

Anniversaries

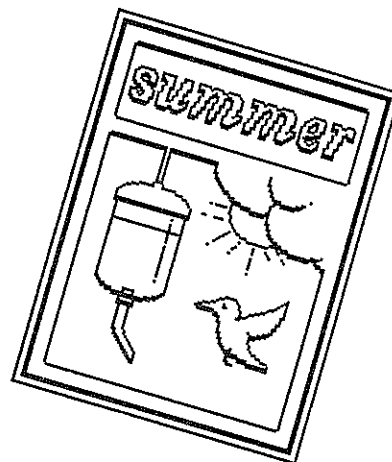
Roger & Carol Wilkins June 1
 Francis & Josephine Underwood June 5
 Lee & Vera Mungeam June 10
 Jack & Sally Bergen June 22
 Edward & Margaret Ware June 22
 Arthur & Thora Fieldsend June 23



"Feeling Good - Chi Gong - A Beginning Tai Chi"

Was held at Northbrook Village in April twice a week.

This upbeat, refreshing and physically gentle program included relaxation and imagery. Techniques - aromatherapy, breath work, human chair dancing, balance enhancement and stress management for the soul. The facilitator was Mary Ann Barry, Director of Time Out for Training and Development. This was the third year that COA has sponsored this program with success and enjoyment for all who participated.



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



Powderhouse Senior News

JULY/AUGUST 2000

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

New Officers for

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 Valary Bradley Vice President
 George Cedar 2nd Vice President
 Millie Blinkhorn Treasurer
 Larry Foster Assistant Treasurer
 Barbara Halloran Recording Secretary
 Lloyd Billingham Corresponding Secretary

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 David Holder Vice President
 Pat Simpson Treasurer
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 Mary Petkauskos Liaison Elder Network

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Sally Bergen, Jerry Cashin,
 Ken Harrold, David Holder,
 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 and Patricia Simpson

BERLIN COA SERVICES Senior Citizens Van

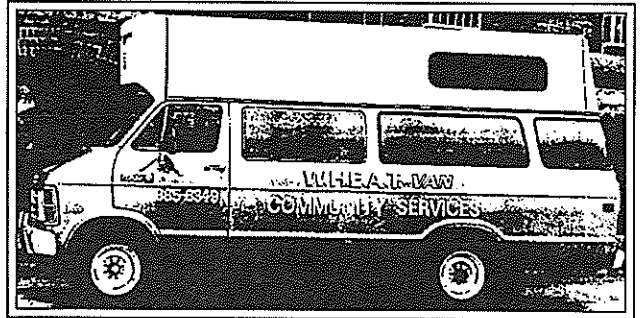
- Monday, Wednesday & Friday, 8:00AM - 3:30PM.
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- Wheel chair trips must have 24 hour notice for lift and escort service.
- Calls are dispatched at CLINTON COUNCIL ON AGING 365-9416.
- WHEAT can be called for trips to Westboro 365-6349 (has lift and escort service).

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.

WHEAT TRANSPORTATION

W.H.E.A.T.'s new community service is now on the road and better than ever. As always employment and medical appointments are given priority. Less than 24 hr. notice will be accepted according to van availability. Very early and late pickups

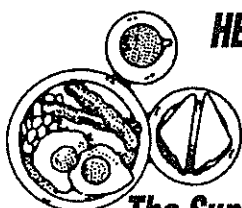


are no problem if arranged ahead of time. Currently door to door round trip service is still 6.00 for Berlin senior citizens. Escort service is now available for an additional charge. The new van is able to transport up to 10 people or 4 wheelchairs at a time. Available on a limited basis, to community organizations such as church, civic or senior citizens groups, the van is ideal for outings. In the past year we have traveled to Worcester, Shrewsbury, Westborough, Marlborough, Leominster, Fitchburg, and now to Ayer and Concord. Wherever there is a need we try to be there. For details or to arrange for a pick up please call: 365-6349.

Secretary Lillian Glickman Offers Tips to "Beat the Heat" 6 Tips to Prevent Heat Stress

- 1- One of the "best ways to beat heat" and stay healthy is to drink large amounts of water, even if you are not particularly thirsty. Whole water is the best choice for refueling any nonalcoholic, decaffeinated beverage such as juice and lemonade prevent dehydration and heat stroke.
- 2- Keep cool by spending as much time as possible in air-conditioned surroundings. If home is not air-conditioned go to shopping mall, library, movie or Senior Center.
- 3- Take cool baths and showers because cool water removes extra body heat 25 times faster than cold air.
- 4- Keep skin covered to direct sunlight. Use sunscreen for exposed skin on face, neck and ears and consider wearing a hat.
- 5- Adjust activity schedule according to temperatures for example garden or exercise in early morning or evening
- 6- Wear lightweight, light colored loose fitting clothing such as cotton.

**To find a nearby place to "cool off" call Elder Affairs at
 1-800-AGE-INFO (1-800-243-4636)**



HEALTHY IDEAS: NUTRITION

The Sunny Side of Eggs

For years the nutritional reputation of eggs has been sullied by cholesterol. Our bodies need the fat like substance for healthy cell membranes and the protection of vitamin D, digestive juices and certain hormones. But blood cholesterol levels greater than 240 milligrams increase a persons risk for coronary disease.

But the once maligned egg is staging a comeback although a single egg yolk contains 200 milligrams of cholesterol. Recent studies have shown that eating eggs doesn't necessarily cause

cholesterol in the blood stream. These findings have led doctors to give the OK for most health Americans to eat four eggs a week. Now new study concludes that healthy people who consume one egg or more a day are at no greater risk for coronary heart disease or heart attack than those eating less than one egg a week. Diabetes and individual chemistry may play a part according to author.

From N.E. Journal of Medicine

Research Round Up Chocolate: Can It Really Be Good For You

Today, centuries later chocolate maintains its position at the top of the Pleasant Food Pyramid. Scientists are beginning to question why? To be

sure chocolate tastes good but is there more to it? Healthy living can be sweet. The results of two recent studies indicate that chocolate may actually extend life and protect against chronic disease according to research studies in England and Netherlands, where studies were done on tea, found that chocolate contained four times as much. Catechesis (antioxidants phesols) a 1 1/2 oz. piece of chocolate contains same amount that a glass of red wine, which helps lower LDL cholesterol and reduce the risk of coronary heart disease and may harm a beneficial amount on the immune system.

*Excerpts form Food & Fitness Advisor, Cornell University
Helping Women Live Healthy Lives*

Nuts for Lower Cholesterol

If you're nuts about nuts but worry that they're too high in fat to fit into a heart healthy diet, here's some good news. Two new studies add to the evidence that eating moderate amounts of walnuts and pecans lower LDL (bad) cholesterol. Previous research showed that women who ate 5 oz. of nuts per week lowered their risk of heart disease - Jan. 1999. One study all participants participated in regular standard moderation diet emphasizing vegetables and fish and 2nd group was substituted walnuts for dietary fat, 8-11 whole walnuts per day - walnuts lowered the LDL cholesterol 6%.

Second Study - in March Diabetic Journal found similar results in group of 19 people participants ate approximately 3/4 cup of pecans a day in addition to a regular diet, other group ate regular diet without nuts. Pecan group lowered cholesterol by 6% also, the key to nuts cholesterol lowering affect appears to be the type of fact they contain high monosaturated fats and polyunsaturated which have been shown to benefit the heart also good source of fiber and vitamin E and magnesium
Excerpts from Heart Watch - May 2000



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Schedule of Community Activities

July 19, 2000

Smorgasbord sponsored by COA will be held in the Community Building from 5-8:00 p.m. Entertainment and buffet dinner by Lower. The Legacy Award will be announced for the year to Connie Bartes.

Volunteer Recognition was held at Wayside Inn on June 22, 2000. Dinner and

speaker - for all who provided service to Seniors during the year including Meals on Wheels s well as other programs servicing elders - a total of 36 volunteers (see list of volunteers).

July 11, 2000

Commodities at Northbrook Village 10-12



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Age Related Macular Degeneration — Who Gets It and What Can You Do About It?

"Across a noisy crowded room someone calls your name, you know who it is. It's not until she comes over and stands in front of you that you recognize your friend's face. She knows about your problem and isn't offended that you didn't recognize her. Some others, unaware of your condition, have thought you rude or aloof."

AMD leads to loss of your central vision, this blind spot in the center of your sight makes it difficult for you to read, drive or perform other tasks that require distinguishing fine detail thoughts ahead of you.

AMD is a progressive, degenerative disease of the retina and is the leading cause of blindness in people over age 65.

Although AMD only affects central vision leaving peripheral (side) vision intact, it certainly alters your lifestyle. There is no

cure but there are ways to adapt and research is turning up promising treatments to slow or stop the progression of this disease. Several of my friends have this condition so I decided to do some research about AMD.

Although the retina is the layer of the eye that generates vision, the macula is the part of the retina that is responsible for central vision that allows you to read, drive and perform other tasks that require distinguishing fine detail straight ahead of you.

With Dry AMD which affects about 90% of these with the disease, light sensitive cells break down over time. With wet AMD, new abnormal blood vessels grow under the macula. They usually leak fluid (hence label wet) this distorts the macula causing straight lines to look cracked or wavy which blurs vision.

TREATMENTS

At this time there is no treatment to reverse the damage done by either dry or wet AMD. But there are some treatments that might slow the progress of vision loss.

- Conventional Laser Surgery is used to seal the leaking fluid and slow the progression of the the direction in wet AMD.
- Photodynamic Therapy still in clinical trials look promising injection of dye which is activated in eye causing scarring of blood vessel closing them off and blocking their growth. This process slows and halts vision loss.

Other research procedures are being studied and look promising.

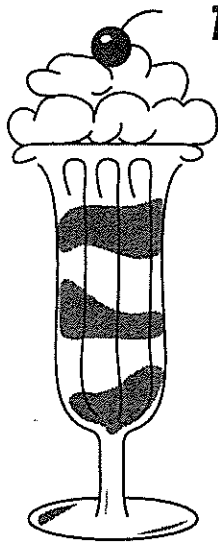
CAN DIET PREVENT OR SLOW AMD

Yet another reason to eat fruits and vegetables. They might

reduce your risk of AMD. It turns out your fovea, the central part of your macular which is packed with Lutein and Zeaxanthin, two antioxidants that fight tissue damage. In some studies it was found that people who ate more green leafy vegetables had less vision loss from AMD. Although none of these studies prove that vegetables and Lutein protect against vision loss from AMD, it's the information that is available.

Both Lutein and Zeaxanthin are in corn, squash, orange juice, kiwi fruit, grapes and egg yolk - green leafy vegetable contain higher quantities of zeaxanthin than lutein.

With all the benefits of eating fruits and vegetables why not increase consumption, they might reduce your risk of AMD. *Excerpts from March/2000 Mayo Clinic Women's Health Resource*



The 23rd Pound

*My appetite is my shepherd, I shall not want.
It maketh me to sit down and stuff myself
It leadeth me to my refrigerator repeatedly
It leadeth me in the path of Burger King for a Whopper.
It destroyeth my shape
Yea though I knoweth I gaineth I will not stop eating.
For the food tasteth so good.
The ice cream and cookies, they comfort me
When the table is spread before me it exciteth me
For I knoweth that soon I shall dig in.
As I fillith my plate continuously my clothes runneth smaller.
Surely, bulges and excess weight
Shall follow me all the days of my life
And I will be fat forever.*



*Submitted for Powderhouse
by Millie Wheeler*

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The Berlin Powderhouse Senior News
 Council on Aging
 Berlin, Massachusetts 01503

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July

Birthdays

Myrtle Mason 4
 Marion Mills 8
 Madeline Taylor 10
 Marguerite Bartlett 13
 Lawrence Foster 15
 Ruth Sandini 16
 Elsa Polewarczyk 22
 Helen DiMuzio 23
 Gloria Shaughnessy 24
 Elizabeth Jillson 25
 Vera Mungeam 28
 Eleanor Zwicker 31

Anniversaries

Lawrence & Barbara Foster 11
 Glendon & Millie Blenkhorn 12
 Frederick & Ruth Wheeler 25
 Stanley & Elsa Polewarczyk 28
 James & Patricia Gutro 30

Obituaries

Lloyd Stanhope
 Hazel Wight
 Rena Wheeler
 Charles Gebo
 Francis Kennedy
 Fred Rego

August

Birthdays

Maria Ford 2
 Robert Taylor 2
 Cora Devine 4
 Ann Mueller 6
 Jeanne Olson 6
 Priscilla Jewett 7
 Daniel Plastridge 8
 Benedetto Miele 13
 Emmanuel Mello 22
 Roger E. Wheeler 25
 Florence MacDonald 26
 Mildred Wheeler 26
 Constance Barter 29
 Marjorie Wood 31

Anniversaries

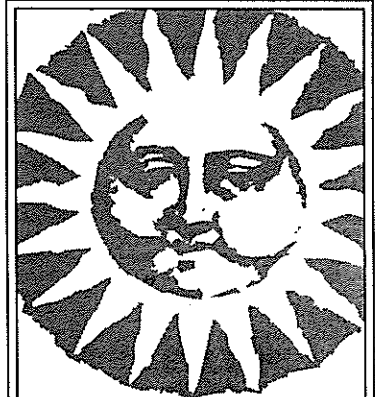
Raymond & Helen DiMuzio 14
 Howard & Audrey Birch 27



Recognized Volunteers for the Year 1999/2000

Honored at Wayside Inn

Rev. Barbara Aiello
 Tom Anstine
 Claire Ballard
 Margaret Bergen
 Paul Bogosian
 Doris Bombard
 Ellie Bosselman
 Carolyn Cashin
 Jerry Cashin
 George Cedar
 Lorraine Cedar
 Louise Champagne
 Carol Clark
 Dora Cummings
 Margaret Dayton
 Anna Duffy
 Jean Guild
 Kenneth Harrold
 David Holder
 June Hemmerdinger
 Alice Kidder
 Flora Levielle
 Barry Matthew
 Mary-Ellen Matthew
 Mary Petkauskos
 Barbara St. John
 Pat Simpson
 Bob Simpson
 Fr. Robert Spellman
 Bernadette Sylvester
 Virginia Wheeler



Volunteers Creed

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

*Because in my philosophy
 there never is a doubt
 that all of us on earth
 must help each other out
 I feel this day is fruitful
 the time is worthwhile
 when I promote the
 happiness of one enduring
 smile.*

Author Unknown

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



Powderhouse Senior News

NOVEMBER/DECEMBER 2000

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

New Officers for Senior Citizens Association for 2000

Barbara Krackhardt President
 Valary Bradley Vice President
 George Cedar 2nd Vice President
 Millie Blinkhorn Treasurer
 Larry Foster Assistant Treasurer
 Barbara Halloran Recording Secretary
 Lloyd Billingham Corresponding Secretary

New Officers for COA for 2000

Jerry Cashin President
 David Holder Vice President
 Pat Simpson Treasurer
 Sally Bergen Secretary
 Mary Petkauskos Liaison Elder Network

Council on Aging Members

Sally Bergen, Jerry Cashin,
 Ken Harrold, David Holder,
 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 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 (has lift and escort service).

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.

VETERANS HEALTH CARE

by Jerry Cashin

If you or someone you know has served in the armed forces of the U.S. at some time in their life, then VA health care should be looked into. All veterans who received an honorable discharge are eligible.

Even if you already have arrangements with a primary care physician, an HMO, or whatever - VA care should be investigated. It can serve as either your primary care or secondary care provider. The choice is up to you.

To be eligible for VA health care, it used to be necessary that the veteran have a service-connected disability. This is no longer true. The only difference is that veterans with service-connected disabilities receive free care. All others pay based on income.

One of the big advantages with VA care is in the area of prescription drugs. All veterans pay only \$2.00 per month for each medication, no matter what the actual price is on the open market. This effectively solves the problem of high drug costs for all veterans.

Where do you begin? There is a Veterans Administration clinic at 605 Lincoln St. in Worcester. Call 508-856-0104 for information. Better yet, take your DD-214 discharge form plus copies of your current health insurance cards and register at 605 Lincoln St. It is a walk-in service.

If you need further details on VA care, HMO's, Medicare, and other senior health coverage issues, a Mass. certified SHINE counselor is available. There is no fee and it is confidential. Call the Berlin Council on Aging at 838-2750, leave a message, and we will get back to you ASAP.

NEW PHONE NUMBER

The Berlin Council on Aging is now connected to the Voice Mail system at the Town Office Building. It will no longer be necessary to call various peoples homes to obtain information, service, or referral.

Dial 838-2750 any hour of the day, seven days a week. Leave your name, number, and message. We will be checking for messages on a regular basis and will get back to you as soon as possible.

The COA can provide services or information on a number of senior citizen issues. These include Meals on Wheels, medical transportation, Medicare counseling, HMO's, home health services, long term care insurance, Medigap policies, hospice, etc. Just dial 838-2750.

Council on Aging 838-2750 - to leave a message, just dial in and record message. COA will check messages which will be obtained by using an ID number and entering a password number.

Berlin Senior Citizens Association

We need a few good people - we have a job for you

1. Do you enjoy interesting programs?
2. Do you enjoy feasting on a good home cooked meal?
3. Do you qualify?

Join the Senior Association

1. We met each month on the first Thursday at 10:30 a.m. Sept. - June
2. Membership Fee \$3.00 Lunch \$3.00

Applications promptly accepted.
See Millie Blenhorn



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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 978-838-2089.

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WINN Management Company



Schedule of Community Activities

November 2, 2000

Senior Meeting at First Parish Church. B/P Screening and announcements regarding flu vaccine, dates not available at this printing. Program - "Story Telling" by Anne Agnitti followed by home cooked meal.

November 4, 2000

Friendship Fair at First Parish Church - see announcement in church bulletin

December 7, 2000

Christmas Program by Barbara Krackhart. B/P Screening followed by home cooked meals.

December 3-4, 2000

Christmas Fair at St. Joseph Good Provider - see church bulletin for information

Other programs for December not available before publication.

INTERGENERATIONAL NEWS Berlin Memorial School

"SOAR" Seniors Outreach Assisted Reading held a meeting of tutors in October and schedule has been sent to those involved in participating.

Tahanto High School

November 4th 3-6 p.m. Senior Prom, at the school, a special program for Senior Citizens and the Student Council is mailing invitations to all seniors with all the information in invitation.

Christmas Church Programs

will be available in both churches.

USDA Commodities

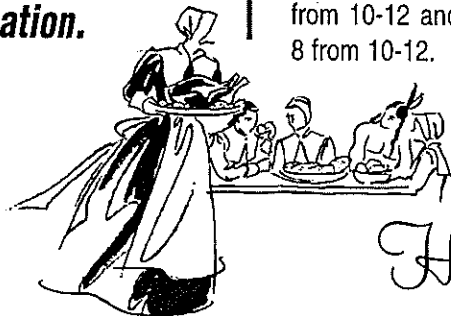
will be available at Community Building on November 14 from 10-12 and December 8 from 10-12.

New Programs for Fitness and Exercise

will be announced after New Year's. It is in planning strategies this time. We are mandated by Elder Affairs to have this type of program and it is included in our budget. The program we have been having is no longer available because the instructor of "Feeling Good-Tai Chi" is now working in a full time job and the program which is being planned will take its place. Trend is to provide fitness and stretching for Seniors and I am previewing a video which was recommended, as well as others and when confirmed we will plan it after the New Year.

Flu Vaccine

will be announced as soon as we receive notices. The amount of vaccine productions is less this year and there is shortage naturally. According to reports, it will be available November and December. Priority will be given to over 65, disabled etc. first.



Happy Thanksgiving!



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MEALS ON WHEELS

Mary R. Petkauskas, RN, Coordinator

Meals on Wheels at St. Joseph the Good Provider Church is celebrating its Twelfth Anniversary November 2000. A brief history is in order to review its Philosophy.

Meals on Wheels started after a survey was done by COA to determine the needs of the frail elderly in Berlin who were homebound. After the survey it was decided to provide the help needed and an Ecumenical Council Committee explored the possibility to start the program. With a grant provided by Central Mass. Agency to COA and help of Clinton Savings Bank and the two churches, First Parish and St. Joseph, the program started and the committee selected St. Joseph's Church where a kitchen was installed and approved by Board of Health and the Committee. Since that time Meals on Wheels has served over 1200 meals a year each twice a week. Philosophy as written at the time includes the following and since it also included James II:15. Clinton Soup Kitchen we called it the Feeding Ministry and provides help for our neighbors in need whether ill, disabled or homeless.

St. Joseph's Feeding Ministry is a voluntary effort by concerned members of our parish to provide assistance to our neighbors in need. This help involves donations of groceries, food preparation, assistance at meal sites and financial support. This ministry urgently needs what-

ever level of commitment you are able to provide. Time and talent is especially in short supply at this time. Volunteers are always needed - call 838-7380.

The Feeding Ministry is also currently involved in the following project: James II: 15 Kitchen Clinton, MA

The James II Kitchen was organized by a group of concerned Christians who became aware of the numbers of hungry people in our community. It is an ecumenical effort supported by numerous church and civic groups. James II serves meals five days a week at First Presbyterian Church in Clinton between 4:00 and 6:00 p.m.

St. Joseph's Feeding Ministry provides a complete meal on the first Wednesday of every month for 20-25 people. A group of volunteers gets together to cook the meal in the afternoon, for service that evening. Donations of casserole dishes and baked goods are also accepted.

Volunteers always welcome, call 838-7380 for information.

Bits & Pieces...

LUTEIN MAY PROTECT YOUR PEEPERS

Popeye has been round since 1929, but the muscle man still doesn't need sport spectacles. He may be able to thank his favorite food for keeping his peepers perfect. Spinach is one of the best sources for lutein, an antioxidant that has been found to protect your eyes. The best sources of lutein are kale, spinach, collard greens, broccoli and leaf lettuce.

All fruits are healthful but blueberries are best. Blueberries are packed with health-promoting antioxidants. Next in order are plums, oranges, red grapes, kiwi, green grapes, bananas, apples, pears and honeydew melons.

Among fruit juices, purple grape juice is tops in antioxidant power by a long shot.

TO REMOVE YOUR NAME FROM TELEMARKETING LISTS

To have your name and telephone number removed from lists, write to: Telephone Preference Service, Direct Marketing Association, P.O. Box 9014, Farmington, NY 11735-9014. Give them your name, address and phone number.

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Mail Preference Service, Direct Marketing Association, P.O. Box 9008 Farmingdale, NY 11724-9008

Again include your name, address and phone number.

If, after you've done this, you continue to receive calls, simply answer "I'm on the list not to be called. If you call again, I'll report you to the DMA."

NEWS OF NOTE

Diabetes Mandate Becomes Law

Gov. Paul Cellucci in early May signed the Diabetes Cost Reduction Act, a measure that mandates insurance coverage for comprehensive maintenance and preventative care for diabetics.

This law, which takes effect in August, requires insurers to provide coverage for supplies, equipment, education and training. There are approximately 400,000 diabetics in Massachusetts and many need help managing the crippling side-effects of the illness.



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November Birthdays

Diane Mello Nov. 4
Patricia Wheeler Nov. 6
Eleanor Bosselman Nov. 9
Jane Bartlett Nov. 15
Susan Hart Nov. 21
Patricia Gutro Nov. 21
Carolyn Cashin Nov. 23
Ruea Baum Nov. 26

Anniversaries

Lawrence & Carolyn
Landry Nov. 11
Haywood & Mary
Stone Nov. 17
Wilrose & Stella
Hanson Nov. 18
Francis & Alice
Burke Nov. 23
Augustine & Alice
Murphy Nov. 27

December Birthdays

Francis Burke Dec. 1
Madeline Ciesluk Dec. 1
Millie Blenhorn Dec. 8
Cincetta DiMuzio Dec. 8
Willard Wheeler Dec. 10
Jerry Cashin Dec. 16
Flora Leveille Dec. 16
Loyce Billingham Dec. 16
Ethel Drasher Dec. 16
David Holder Dec. 20



Happy Holidays!

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YOUR EMERGENCY FOOD SHELF

Don't Be Caught With Your Cupboard Bare Meat & Alternatives

2 or more servings daily - Use canned meats, fish or meat alternatives such as chicken, turkey, beef, stews, chunky soups, tuna, salmon or peanut butter.

Milk & Dairy Products

2 or more servings daily - Choose powdered or canned milk, canned pudding, hard cheeses or spreads.

Breads & Cereals

4 or more servings daily - Purchase cold cereals, crackers or bread.

Fruit & Vegetable

4 or more serving daily - Select canned or dried fruit and vegetables, canned, frozen or powdered juices and less perishable produce such as carrots, apples or oranges.

Water & Beverages

2 or more servings daily - Keep on hand commercially bottled water, juices, soups, bouillon, instant coffee, tea, cocoa or pop.

Stock up on food which does not need refrigeration or that can be eaten without cooking due to a power failure.

Purchase enough emergency food for at least 3 days.

