



Powderhouse Senior News

JANUARY/FEBRUARY 2002

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

New Officers for

Senior Citizens Association for 2001-2002

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

New Officers for COA for 2001-2002

David Holder President
 Alice Kidder Vice President
 Sally Bergen Treasurer/Secretary
 Mary Petkauskos Liaison Elder Network

Council on Aging Members

Sally Bergen, Jerry Cashin,
 Ken Harrold, David Holder,
 Alice Kidder, Mary Petkauskas

**Council on Aging Meeting 4th Tuesday
 of Month at Berlin Town Hall 9-10 A.M.**

Powderhouse Senior News

Mary Petkauskas Editor
 Jerry Cashin Newsletter Committee

BERLIN COA SERVICES Senior Citizens Vans

- WHEAT VAN available only Tuesday, Wednesday & Thursday until further notice. Medical appointments are given priority. WHEAT chairlifts and escort service 24 hour notice. Call 978-365-6349.
- WRTA VAN dispatched by Clinton COA and only goes to Worcester and Westboro and is available Monday, Tuesday, Wednesday, Thursday & Friday with a 24 hour notice. Thursday is special for Berlin for shopping with 24 hour notice and 4th Thursday.

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.

South Pacific Memories Jerry Cashin



Swimming in the warm, Pacific waters, just off Florida Island. What could be nicer for a young man from Berlin in the midst of seeing parts of the world he barely had heard of?

There is only one problem with this peaceful scenario. There was no peace. It was the summer of 1942 and the world was at war across the globe. Our swimmer was G.L. "Blinky" Blenkhorn and he was holding on for dear life to the side of a Navy life raft. His body was almost totally submerged in the warm, "hospitable" Pacific waters. He grasped a life raft designed for 20 people. It was currently supporting 35 Navy sailors.

He was in this precarious position because his ship, the U.S.S. Astoria, a heavy cruiser out of Pearl Harbor, had been severely damaged by warships of the Japanese Navy on the night of August 9, 1942. This sea battle occurred near Guadalcanal and Savo Islands in the East Solomons. U.S. Marines were at that time invading Guadalcanal in the first Pacific island invasion during World War II. They suffered tremendous casualties in that operation. The Astoria was one of a small American fleet maneuvering to help in the Guadalcanal battle.

At this point in World War II, the Japanese Navy was at the height of its capabilities in terms of ships and firepower. On that fateful night in August 1942, they sank, or severely damaged, one Australian and five American warships. This was lightly reported in the media back home for two reasons: One, there

Continued on page 2



Schedule of Community Activities

Jan. 3, 2002 Senior Meeting - First Parish Church Blood Pressure Screening

Program - Minuteman National Historic Park by George Chan of Marlboro, a Park Ranger. This will be followed by a home cooked luncheon.



Jan. 15, 2002

Program-Support group for visually impaired elders at Northbrook Village Community Room at 10 AM until noon.

Feb. 7, 2002

Senior Meeting at First Parish Church. Blood Pressure screening followed by program by Michelle Ellicks from Registry of Motor Vehicles followed by home cooked lunch.

Feb. 22, 2002

Council on Aging Meeting at Town Hall, 4th Tuesday of the month at 9 AM.

WRTA van does not go to Westboro



South Pacific Memories

Continued from page 1

was virtually no media there to report it (too dangerous); and two, these losses were mostly the result of bad strategy by U.S. naval commanders. No one wanted to talk about it.

Blinky Blenkhorn was not the only one from Berlin fighting for his life in these shark-infested waters on that summer night. The late Arthur Peirce of South St. was a gunner on the Astoria. He was floating on yet another raft in the same general area.

In Blenkhorn's case, he had been stationed in the upper structure of the ship where he operated an Optical Range Finder. This device directed positioning of the ship's big guns. The first Japanese salvo took out part of the Range Finder, putting it out of commission. The next blast was an armor piercing shell which went right through one side of the Range Finder structure. Many other shells hit the middle of the ship with large loss of life.

The Astoria was now effectively crippled and unable to respond. Abandon ship was ordered. To Blenkhorn's consternation, his descent ladder was hot metal as a result of Japanese shells. He somehow worked his way down to the main deck, then headed for the rear of the ship. From there it was about a 20 foot drop into darkness to the water below. His metal battle helmet was discarded on the way down.

Once landing in the black Pacific, he got to the nearest lifeboat. There was only room to hold onto a rope along the side. "There was no panic or disorder," said Blenkhorn. "Everyone recognized the seriousness of the situation and kept quiet," he added.

Continued on page 4

Clinton Hospital
A Member of
UMass Memorial Health Care
201 Highland St. - Clinton, MA 01510
(978) 368-3000

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.

A community managed by
WINN Management Company




Golden Time Club
Escorted Travel • Membership In AARP
Seminars • Free Checking and more !
Call or visit us for more details

42 Main St. Hudson (978)562-2222 • 221 Washington St. Hudson (978)562-9892
258 Maple St. Marlborough (508)303-0330 • Member FDIC/DIF

HENRY K. CARLETON, JR.
DIRECTOR

TELEPHONE
(978) 562-5542

Merrill-Carleton Funeral Home

1 PLEASANT STREET HUDSON, MASS. 01749

Review Long Term Care *Mary R. Petkauskas, RN, BSN, MA*

Long Term Care refers to healthy medical personal care and social and supportive care. Services needed by people who have lost some capacity for self care because of chronic illness or a condition whether physical or mental because of old age.

Elders and families now have access to a wide range of options to meet their needs, however it is difficult to make selections - unless you understand each option and what they provide. I will concentrate on several options and the 3 "C", Cost, Care, Consultant

Types of Care

Congregate Housing - (CH) Independent

Independent Retiring Housing (RH) Independent

1. Continuing Care Retirement Homes (CCRH) Require Supervision
2. Assisted Living (AL) Required Supervision
3. Adult Day Care Program (ADC) Required Supervision

Which would you select and why?

1. Combine Independent Living Retirement Housing, Assisted Living facilities of care as well as nursing facilities on some to meet future needs meet at same locations.

2. Assisted Living Residence for older people who no longer feel comfortable or safe being alone, but do not need help and 24 hour nursing or medical care and to provide help by referral to a nursing agency as needed.

3. Adult Day care - a day care facility for supervision and care needed during the day and goes home at night.

Group Foster Care - (new) Supplemental Social Security Income

Care given in Assisted Living for those in need of supervision under Social Security SSI, payments to Mass Health - for room and board in a Assisted Living Facility.

Cost of Care for each facility and commitment varies with each at the present range is anywhere from \$3000-5000 per month or rental \$1600-2500 for short term care. You need to study and plan before entering in a commitment.

Bibliography

1. MCAL - Mass Center Assisted Living 2001
2. Governors Report - Report on Long Term Care August 2001

Northbrook Village Celebrated its 20th Anniversary

Last month, with 10 of the first residents who are still in residence.

Residents were Paul Bogosian, Elsie Griffin, Norma Hanson, Earl Jussame, Ruth Johnston, Doris Michalski, Anne Mitchell, Herbert Mueller, Mary Petkauskas, Lephe Wilson, Part of the celebration included Veteran residents, raising of the flag and reminiscing with the changes that have taken place. Patriotic songs were played and sung by the audience and all residents, as well as a visit by State Representative Steven LeDuc and his young daughter, who captured the show. Refreshments were served and the twenty-year residents received corsages.

BERLIN GENERAL STORE

• Hot & Cold Sandwiches • Party Platters • Deli Foods • Fruit Baskets
CATERING FOR SMALL & LARGE PARTIES, SENIOR GROUPS
 OPEN Mon.-Sat. 6:30 A.M.-7:00 P.M.
 Sunday 7:00 A.M.-1:00 P.M.
978-838-2459
 Owner William Lowe Jr.

DOUGLAS J. COLDWELL
 PRESIDENT

Coldwell's
 Inc.

LUMBER • BUILDING MATERIALS
 25 CENTRAL ST. • BERLIN, MA 01503
 978: 838-2491 / 365-2789

WHEELER'S GARAGE



Specializing in
 Late Model Used Car Sales
 Complete Repair Service
 Foreign & Domestic
 75 Carter Street • Berlin, MA
(978) 838-2957

Francis C. Burke, Jr.

Attorney at Law
 77 High Street
 Clinton, Massachusetts 01510
 Telephone: (978) 368-0983 • (978) 368-8531
 (978) 365-7672
 Residence: (978) 838-2558
 Admitted to Massachusetts & New Hampshire Bar



ESTABLISHED IN 1931

NASHOBA NURSING SERVICE

Providing Comprehensive Home,
 Hospice & Community Health Services

— Offices in Harvard & Townsend —

Call for further information or assessment at no charge

(978) 772-3337

THANK YOU! Special thanks to the Clinton Savings Bank for their continued support in providing the postage for the *PowderHouse Senior News*.

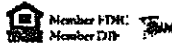
1 8 5 1

**CLINTON
SAVINGS BANK**
Customers 1st, for Generations

Clinton • Bolton • West Boylston • Sterling • Berlin



888 - 744-4CSB
978 - 365-3700
www.clintonsavings.com



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

**PRESORTED
STANDARD
US POSTAGE PAID
BERLIN, MA
PERMIT NO 3**

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

January

Birthdays

Alice Burke
Joanne Farkes
Ruth Hellen
Virginia Keleher
Lee Mungeam
Jean Musche
Joseph Renzoni
Alfred St. John
Roger Stanley
Hayward Stone
Eva Tobey
Francis Underwood
Edward Ware

Anniversaries

Alfred and Doris Bombard
Henry and Ruth Wheeler

Obituary

Ruth Wheeler

February

Birthdays

Audrey Burke
Valary Bradley
Barbara Cleveland
Dora Cummings
Margaret Galas
Barbara Halloran
Wilrose Hanson
Virginia Johnson
Mary Petkauskas
Phyllis Stone
Lephe Wilson

South Pacific Memories *Continued from page 1*

After a few hours, it was decided by those in the raft that they would paddle to Florida Island which was visible on the horizon. So off they went. They soon heard someone yelling at them from another raft at a distance behind them. This whole incident was very unusual because the lone person behind them was in a single person raft. Such a device would not have come off an American ship. There were no "private" life rafts available on such vessels.

The American sailors on Blinky's raft guessed it must be a downed aviator, since there were air battles going on around Guadalcanal at that time. In any event, as the lone paddler got closer, they understood what he was yelling about. He said not to go to Florida Island since it was occupied by Japanese troops.

Whoever this lone American was, he undoubtedly saved many lives. For if the 35 sailors had gone to Florida Island, they would have been killed or captured. Prisoners of war held by the enemy had a short life span in those days.

So our intrepid sailors maneuvered away from the island. They were eventually picked up the next day by American ships in the area. Both Blenkhorn and Peirce came back to the U.S. and were given 30 days home leave. In today's situation, they would have finished their military service in a non-threatening assignment.

World War II was a different story, however. Both men were soon assigned to other ships which went through yet more dangerous episodes before the war came to an end in 1945. (To be continued...)

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



Powderhouse Senior News

MARCH/APRIL 2002

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

BERLIN COUNCIL ON AGING SERVICES AND PROGRAMS

- **Meals on Wheels (MOW)** - each Tuesday and Friday - September through June - are delivered around noontime to all clients who are ill, incapacitated or homebound. For further information call Mary at 978-838-7380.
- **SHINE Program (Serving the Health Information Needs of Elders)** is a counseling service providing information and assistance for Health Insurance, Medicare, Medicaid, etc. For further information leave a message at 978-838-2750 and Jerry Cashin, our SHINE coordinator, will get back to you.
- **"Powderhouse Senior News"** - a bi-monthly newsletter mailed to each senior household in Berlin with information on health, legislative issues, and other topics of interest to elders.
- **Blood Pressure Screenings** - twice a month - 1st Thursday of the month from 9:30 to 10:30 A.M. at First Parish Church. Last Tuesday of the month from 1:00 to 2:00 P.M. at Northbrook Village Community building.
- **Transportation - WRTA Van** at Clinton COA provides transportation to Worcester on Monday, Wednesday and Friday. Special shopping for Berlin residents to the Hudson Corridor on the 2nd and 4th Thursdays from 9:00 to 11:00 A.M. Reservations must be made by calling Clinton COA at 978-365-9416. **WHEAT Van**, until further notice, is unavailable. For information call 978-365-6349. **Private Transportation** - Some Berlin residents have offered transportation for medical appointments. For information call 978-838-7380.
- **Council on Aging Members:** David Holder, President; Alice Kidder, Vice President; Sally Bergen, Secretary/Treasurer; Mary Petkauskas, Liaison Elder Network; Jerry Cashin, SHINE Coordinator; Ken Harrold, and Dora Cummings
- **Council on Aging Meeting** - 4th Tuesday at Berlin Town Office Building, Rm. 118, 9 A.M.
- **Senior Citizens Association Officers:** Barbara Krackhardt, President; Valary Bradley, Vice President; George Cedar, 2nd Vice President; Millie Blenkhorn, Treasurer; Larry Foster, Assistant Treasurer; Barbara Halloran, Recording Secretary; Loyce Billingham, Corresponding Secretary. Senior Citizens Meeting at First Parish Church on the first Thursday of each month except July and August. Blood pressures taken 9:30 to 10:30 A.M. and Business Meeting.

Prescription Drug Prices Jerry Cashin

There are numerous discount plans for prescription drugs available to senior citizens. Depending on one's income and status, one or more may be helpful to some seniors. There is not enough space to provide full details here. If you want further information, call 978-838-2750, leave a message, and I will get back to you.

***Prescription Advantage** - An insurance plan sponsored by Mass., but run by a private company. Has monthly premiums, plus possible co-payments and deductibles. If your income is in the lower ranges, it can work to your advantage. Many seniors have used this plan to save money, but it is not feasible for everyone.

***Veterans Administration** - All military veterans qualify (but not spouses). Virtually no cost for prescription drugs, no matter what its retail value. Must have received an honorable discharge. They have a clinic on Lincoln St. in Worcester.

***Retirement Health Insurance** - This is the health insurance you had (or have) when fully employed. Some of these plans include a prescription drug payment option, which may continue into retirement. Check the plan.

***Joe Kennedy's Citizens Health** - A drug discount plan that is in its early stages. There is a small membership fee. He buys in bulk on the open market so discounts vary widely. This program deals with specific pharmacies where the discounts are available.

***Free Prescription Drugs** - Some pharmaceutical companies offer free medication to lower income patients. This has worked for some people. It requires working closely with your physician to gain approval. There is a Web site (RXASSIST.ORG) that provides information on participating companies.

***Medicaid (called MassHealth in Mass.)** - Must have very low income and few assets. Pays all prescription drug costs. By assets they mean holdings such as stocks, bonds, annuities, etc. One's home, car, personal possessions, etc. are not counted.

***HMO** - They cover some prescription drug costs, but it is capped at a very low level, either \$600 or \$700 annually, depending on the plan. HMOs may be good for overall medical care, but they are not too helpful in covering prescription drug costs.

***Medicare Supplement Insurance (aka Medigap Ins.)** - Private insurance plans such as Medex charge over \$4500 in annual premiums for prescription drug coverage. Even with this high price you have to pay 20 percent of the charge for brand name medications. This is not feasible for most people.

***Pharmacy Discounts** - Some of the pharmacy chains offer their own senior citizen discounts, and they will sometimes honor any other discounts you may have. Shop around.

***Online Pharmacies** - They may or may not offer a better price. There is a Web site (DESTINATIONRX.COM) that provides further details. Do a price comparison with other sources.

Where is Medicare in all this, you may ask. They do not pay for outpatient prescription drugs except in rare instances. For now, a discount plan may be the only option coming out of Washington.

Council on Aging Publishers, Inc. • Mendon, MA • 1-800-536-1776

Schedule of Community Activities March 2002

- March 1st - Check your Church Bulletin for schedule of Lenten Services
- March 7th - Senior Meeting at First Parish Church - 9:30 Blood Pressure Screening. Followed by business meeting, and program "Number, please - A History of Telephones in Berlin"
- March 12th - USDA Commodities at Northbrook Community Building - 10-11 A.M.
- March 13th - Exercise Class - Northbrook Community Building - 11-12 noon
- March 20th - Exercise Class - Northbrook Community Building - 11-12 noon
- March 26th - COA Meeting - Town Office Building - 9-10 A.M.

- March 27th - Exercise Class - Northbrook Community Building - 11-12 noon
- March 31st - Easter Sunrise Service - Sawyer Hill - 6 A.M. - All welcome!

April 2002

- April 3rd - Exercise Class - Northbrook Community Building - 11-12 noon
- April 4th - Senior Meeting at First Parish Church - 9:30 Blood Pressure Screening. Followed by business meeting and program - Dr. Bartlett's "Alley Cats" will provide a fun-filled musical program
- April 9th - USDA Commodities at Northbrook Community Building - 10-11 A.M.
- April 10th - Exercise Class - Northbrook Community Building - 11-12 noon
- April 17th - Exercise Class - Northbrook Community Building - 11-12 noon
- April 18th - Senator Pamela Resor's Senior Conference at Assabet Valley Regional Vocational School - 9 A.M. - 2:30 P.M. Tickets will be available through COA
- April 23rd - COA Meeting - Town Office Building - 9-10 A.M.
- April 24th - Exercise Class - Northbrook Community Building - 11-12 noon

Fitness and Health Exercises

Fitness and Stretching Exercise Class under the leadership of Vera Mungeam will begin on Wednesday, March 13th from 11:00 to 12:00 noon and will continue on each Wednesday through May 1st.

The purpose of these classes is to relax muscles, improve flexibility, improve self-esteem and ability to function more effectively. These exercises will help to relieve aches and pains caused by emotional stress, increase strength and help to maintain a healthy weight level.

Sign-up sheets will be available, again, at the March 7th meeting of the Senior Citizens. For further information, call 978-838-7380.

St. Joseph's Feeding Ministry

Includes Meals on Wheels and James II Kitchen at Presbyterian Church in Clinton. It is a voluntary effort by concerned members of our Parish and Parishes in Clinton, as well as First Parish to provide assistance to our neighbors in both towns in need. Each church donates a day a month in feeding the homeless and those in need. It includes money and donations of food, food preparation and serving at the Clinton site where a complete meal is served by volunteers from each church participating. The population at this site averages 30-35 homeless people and others. Many people in their towns have been laid off from work and more demands are placed on the site to feed and provide for them.

The Ministry urgently needs whatever level of commitment you are able to provide. Time and talent is especially in short supply at this time. Volunteers are always needed and when you start you will find a great deal of satisfaction that you have been able to help someone in need.

If you would like to help please call the Church Secretary at 978-838-9922, Fax 978-838-9933 and leave your name or call Mary at 978-838-7380.

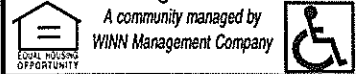


Clinton Hospital

A Member of
UMass Memorial Health Care
201 Highland St. - Clinton, MA 01510
(978) 368-3000

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.



Golden Time Club

Escorted Travel • Membership In AARP

Seminars • Free Checking and more!

Call or visit us for more details

42 Main St. Hudson (978)562-2222 • 221 Washington St. Hudson (978)562-9892
258 Maple St. Marlborough (508)303-0330 • Member FDIC/DIF

HENRY K. CARLETON, JR.
DIRECTOR

TELEPHONE
(978) 562-5542

Merrill-Carleton Funeral Home

1 PLEASANT STREET

HUDSON, MASS. 01749

ELDER CARE QUESTIONS NOW ANSWERED EVENINGS AND WEEKENDS

Swift Administration Expands 'Family-Friendly' 1-800-AGE-INFO Elder Help-Line

Massachusetts's elders and their families now can access the Commonwealth's premier one-stop connection to state and local programs and services on nights and weekends. Thanks to federal action, the Executive Office of Elder Affairs' toll-free telephone line, 1-800-AGE-INFO (1-800-243-4636) or TDD/TTY 1-800-872-0166 for people with hearing disabilities, is now available Monday through Friday from 9 a.m. to 8 p.m. and on Saturdays from 9 a.m. to 1 p.m.

"These expanded, family-friendly hours will let us answer more calls at times more convenient for thousands of people," said Secretary of Elder Affairs Lillian Glickman. "This telephone service has never been more important or more accessible than it is now. Sometimes a question is just too important to wait for an answer, and for many elders that wait is now over."

Sponsored by Elder Affairs and Mass. Home Care, 1-800-AGE-INFO offers up-to-date information on prescription drug assistance, health insurance, care giving, transportation and other consumer issues. It also provides callers with a direct link to their nearest Home Care and Protective Services Agency. More than 125,000 people called 1-800-AGE-INFO in the first 17 months following its April 2000 launch.

\$6.26 Million From State Will Help Councils on Aging Be "Front Lines" For Elders

The Swift Administration recently released Formula and Service Incentive grant awards to Councils on Aging in 346 cities and towns across Massachusetts. Formula grants are based on a municipality's age 60 or over population from the 1990 federal census. (Census 2000 figures were not available when the announcement of funds was issued last spring. Fiscal Year 2003 grants will reflect Census 2000 elder population counts.) Service Incentive grants are made on a competitive basis and emphasize one-time or innovative programs and services that enhance or expand Council on Aging service capabilities. "Councils on Aging continue to be on the front line of service delivery for elders," said Emmett Schmarsow, Elder Affairs' Program Manager for Councils on Aging. For a copy of this year's grant listings, contact Mr. Schmarsow at Elder Affairs: (617) 222-7471.

A LENTEN RECIPE

Baked Sole with Spinach & Cheese Sauce

The American Heart Association recommends that you eat two meals of fish per week. Here is a simple and delicious approach. Place fish fillets on a bed of spinach, top with a light cheese sauce and crisp breadcrumb topping, then bake. This is a great way to dress up basic fish and slip an extra serving of vegetables into your dinner. Round out the menu with steamed carrots and rice.

- 1 teaspoon grated lemon zest
- 1 3/4 cups low-fat (1%) milk, divided
- 3 Tbsp. all purpose flour
- 1/2 cup plus 2 tbsp. freshly grated Parmesan cheese
- Freshly grated pepper to taste
- Pinch of cayenne pepper
- 1 (16-oz) package or 1 1/2 (10 oz) packages of frozen spinach
- 1 lb. Sole, haddock, flounder, or orange roughy fillets
- 2 tsp. Lemon juice
- 2 tbsp. Italian-style breadcrumbs
- 1 tsp. Olive oil

Preheat oven to 425 F. Coat an 8-by-11 1/2 inch (or similar) baking dish (2-quart capacity) with cooking spray. Sprinkle baking dish with lemon zest. Whisk 1/4 cup milk and flour in a small bowl until smooth. Heat remaining 1 1/2 cups milk in a heavy saucepan over medium, heat until steaming. Add flour mixture and cook, whisking constantly, until sauce bubbles and thickens, 2 to 3 minutes. Remove from heat. Stir in 1/2 cup Parmesan, pepper, and cayenne. Meanwhile, cook spinach according to package directions. Drain and refresh under cold running water. Press out excess moisture.

Spread spinach over bottom of prepared baking dish. Place fish fillets, slightly overlapping, over spinach. Sprinkle with lemon juice. Spoon cheese sauce evenly over fish. Sprinkle remaining 2 tbsp. Parmesan over sauce. Mix breadcrumbs and oil in a small bowl; sprinkle otop of sauce. Bake until golden and bubbly and fish flakes when poked with a small sharp knife, 30 to 35 minutes.


- Yield: 4 servings
- Per serving: Calories: 285
- Fat: 9 grams
- Saturated fat: 4 grams
- Sodium: 610 milligrams
- Fiber: 3 grams

Did you know... You can save extra grated lemon zest for use in other recipes-it will keep in the freezer.

BERLIN GENERAL STORE

• Hot & Cold Sandwiches • Party Platters • Deli Foods • Fruit Baskets
CATERING FOR SMALL & LARGE PARTIES, SENIOR GROUPS
OPEN Mon.-Sat. 6:30 A.M.-7:00 P.M.
Sunday 7:00 A.M.-1:00 P.M.
978-838-2459
Owner William Lowe Jr.

DOUGLAS J. COLDWELL
PRESIDENT



LUMBER • BUILDING MATERIALS
25 CENTRAL ST. • BERLIN, MA 01503
978: 838-2491 / 365-2789

WHEELER'S GARAGE

Specializing in



Late Model Used Car Sales
Complete Repair Service
Foreign & Domestic
75 Carter Street • Berlin, MA
(978) 838-2957

Francis C. Burke, Jr.

Attorney at Law
77 High Street
Clinton, Massachusetts 01510
Telephone:
(978) 368-0983 • (978) 368-8531
(978) 365-7672
Residence: (978) 838-2558
Admitted to Massachusetts & New Hampshire Bar



NASHOBA NURSING SERVICE

Providing Comprehensive Home,
Hospice & Community Health Services

— Offices in Harvard & Townsend —

Call for further information or assessment at no charge

(978) 772-3337

ESTABLISHED IN 1931

THANK YOU! Special thanks to the Clinton Savings Bank for their continued support in providing the postage for the *PowderHouse Senior News*.

1 8 5 1

CLINTON SAVINGS BANK
Customers 1st, for Generations

Clinton • Bolton • West Boylston • Stirling • Berlin



888 - 744-4CSB
978 - 365-3700
www.clintonsavings.com



March

Birthdays

Marilea Miedzial March 1
Florence Martin March 8
Rita Stanhope March 10
Margaret Ware March 16
Cora Parsons March 18
Bernadette Sylvester
March 29

April

Birthdays

Lewis Paine April 19

Happy Birthday



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



A SENIOR REMINISCES

I'm a Senior Citizen

I'm the life of the party...even when it lasts until 8 PM.

I'm very good at opening childproof caps with a hammer.

I'm usually interested in going home before I get to where I am going.

I'm awake many hours before my body allows me to get up.

I'm smiling all the time because I can't hear a thing you're saying.

I'm very good at telling stories; over and over and over and over...

I'm aware that other people's grandchildren are not as bright as mine.

I'm so cared for: long term care, eye care, private care, dental care.

I'm not grouchy, I just don't like traffic, waiting, crowds, politicians.

I'm sure everything I can't find is in a secure place.

I'm wrinkled, saggy, lumpy, and that's just my left leg.

I'm having trouble remembering simple words like...

I'm realizing that aging is not for sissies.

I'm sure they are making adults much younger these days.

I'm wondering, if you're only as old as you feel, how could I be alive at 150?

I'm a walking storeroom of facts...I've just lost the storeroom.

I'm a SENIOR CITIZEN and I think I am having the time of my life.



THE VALUE OF A SMILE!

It costs nothing, but creates much.

It enriches those who received without impoverishing those who give!

It happens in a flash, and the memory of it sometimes lasts forever.

It is the outward reflection of God's love within us;

the greater that love, the brighter the smile.

None are so rich they can get along without it, and none so poor but are richer for its benefits.

It creates happiness in the home, fosters goodwill in the business, and is the countersign of friends.

It is rest to the weary, daylight to the discouraged, sunshine to the sad, and Nature's best antidote for trouble.

Yet, it cannot be bought, begged, borrowed, or stolen, for it is something that is no earthly good to anyone until it is given away.

Author unknown



Powderhouse Senior News

SEPTEMBER/OCTOBER 2002

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

BERLIN COUNCIL ON AGING SERVICES AND PROGRAMS

- **Meals on Wheels (MOW)** - each Tuesday and Friday - September through June - are delivered around noontime to all clients who are ill, incapacitated or homebound. For further information call Mary at 978-838-7380.
- **SHINE Program (Serving the Health Information Needs of Elders)** is a counseling service providing information and assistance for Health Insurance, Medicare, Medicaid, etc. For further information leave a message at 978-838-2750 and someone will get back to you.
- **"Powderhouse Senior News"** - a bi-monthly newsletter mailed to each senior household in Berlin with information on health, legislative issues, and other topics of interest to elders.
- **Blood Pressure Screenings** - twice a month - 1st Thursday of the month from 9:30 to 10:30 A.M. at First Parish Church. Last Tuesday of the month from 1:00 to 2:00 P.M. at Northbrook Village Community building.
- **Transportation** - Berlin Senior Vans
 - a. **WRTA Van** - Clinton COA provides transportation to Worcester only on Monday, Wednesday and Friday. Special shopping for Berlin residents to the Hudson Corridor on 2nd and 4th Thursday from 9-11 a.m. Reservations must be made by calling the Clinton COA at 978-365-9416.
 - b. **Wheat Van** - is available Tuesday, Wednesday and Thursday. Medical appointments are given priority. Wheat has chair lift and escort services - 24 hours notice is needed for medical appointments. Call 978-365-6349.
 - c. **Private transportation** for medical appointments. Please call 978-838-7380 for further information.
- **Council on Aging Members:** Sally Bergen, Dora Cummings, Ken Harold, David Holder, Alice Kidder, Mary R. Petkauskas. **COA Meetings** every 4th Tuesday of the month in the Town Municipal Building from 9-10:00 a.m.
- **Senior Citizens Association Officers:** Valary Bradley, President; Madeline McTague, Vice President; George Cedar, 2nd Vice President; Millie Blenkhorn, Treasurer; Larry Foster, Assistant Treasurer; Barbara Halloran, Recording Secretary; Loyce Billingham, Corresponding Secretary. Senior Citizens Association Meetings: Senior meetings are held the first Thursday of the month at First Parish Church except July and August. Blood Pressure screening by VNA 9:30-10:30, followed by business meeting and program or entertainment and home cooked lunch is served (\$3.00) at noon.

2002 LEGACY AWARD TO GERALD CASHIN

In 1995 the Berlin Council on Aging initiated the annual Legacy Award. Its purpose is to confer recognition on a local citizen who has made a contribution to the comfort and well being of the town's senior population.

The person chosen to be the recipient may, or may not, be a senior citizen, but represents someone who has made a genuine commitment, often without fanfare, over a sustained period of time. Most volunteers provide their services in a quiet, consistent manner without drawing attention to themselves in any way.

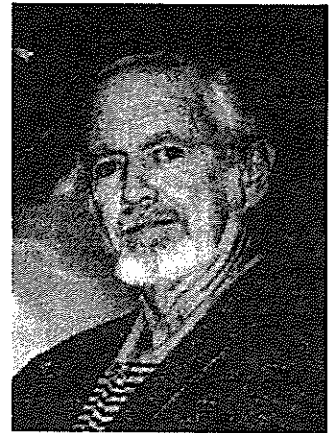
On June 27th at the Volunteer Recognition Luncheon, Mary Petkauskos made the announcement that Gerald Cashin, by unanimous vote of the Council, would be the recipient of the 2002 Legacy Award on July 31st at the Senior Summer Party.

On July 8th Jerry lost the long battle he had waged against cancer, but his name will be engraved on the plaque that is permanently displayed in the Community Building at Northbrook Village as a constant reminder of his generous service to the people of Berlin.

He was a member of Central Mass. Agency on Aging (CMAA) Board of Directors and a SHINE Volunteer Counselor. He was trained and certified by the Executive Office of Elder Affairs and was a member of the SHINE Counseling Program of Massachusetts and this area. The motto of this program is "Serving the Health Information Needs of Elders."

Jerry was a competent, committed and compassionate individual who gave accurate and objective information to each individual that he counseled on Medicare, Medicaid, Health Insurance, Health Programs available and the benefits of each program.

Many elders need information and guidance to assist them in deciding what kind of benefits suit their needs, the amount of insurance coverage they should have, and how to take full advantage of the coverage they may already have. With the ever-changing Medicare system and with many insurance companies specializing in selling Medicare supplements, long term care insurance and other products to a rapidly growing segment



Continued on page 4

Council on Aging Publishers, Inc. • Mendon, MA • 1-800-536-1776



Schedule of Community Activities

September 5, 2002

Senior Citizens Meeting
 First Parish Church
 9:30-10:30 Blood Pressure
 10:30-11:00 Business Meeting
 11:00-12:00 Berlin Police Chief Otto Rhode, Jr. and Fire Chief Robert Tervo will discuss "Ways of Keeping Us Safe" - 12:00 noon - Home cooked lunch \$3.00

Tuesday, Sept. 3rd
 Meals on Wheels services resumes

Sept. 10th
 Commodities
 Northbrook Community Bldg.
 10:00-11:00 A.M.

Sept. 24th
 COA Meeting 9:00 A.M.
 Room 118 - Town Office Bldg.

Oct. 3rd

Senior Citizens Meeting
 First Parish Church
 9:30-10:30 Blood Pressures
 10:30-11:00 Business Meeting
 11:00-12:00 Barbara Krackhardt and Barry Eager will present "Fifty Years of Music in Berlin" 12:00 noon - Home cooked lunch \$3.00

Oct. 8th

Commodities
 Northbrook Community Bldg.
 10:00-11:00 A.M.

Oct. 24th

COA Meeting 9:00 A.M.
 Room 118-Town Office Bldg.

Berlin Seniors Upcoming Trips

Log Cabin Restaurant, Holyoke, MA
October 24, 2002

Mickey Rooney with wife Jan Rooney "The One Man, One Wife Show". Lunch included, transportation and show. \$69.00 per person. Call Phil or Jane Bartlett at (978) 838-2572 for info or reservations

March 17 - 28, 2003 - 11 night
Ultimate Caribbean aboard the "Brilliance of the Seas"

Transportation to Logan and round trip airfare included. \$1,699.00 per person plus \$345.00 for Port Charges. Leaves from and returns to Miami, FL . Many port stops. Call Phil or Jane for more information and to make reservations

COA Summer Party

Over 50 people were present on July 31st to witness the "Certificate of Recognition" presentation to 5 of our 10 Berlin nonagerians (a person whose age is in the 90's). The ceremony was presided over by Mary Petkauskos who was responsible for obtaining these awards from the Executive Office of Elder Affairs. The citations were signed by Governor Jane Swift and bore her seal.

Those present to receive their awards were: Lephe Wilson, Elsie Griffin, Herbert Mueller and Stella and Wilrose Hanson, our only couple in their 90's.

Family members or friends accepted for those not able to attend: Dorothy Risi, Mary Risi, Marian Mills, Mildred Wheeler and Hazel Sawyer (102 years old).

The "Legacy Award" honoring Jerry Cashin was accepted by his son, Thomas Cashin. A buffet supper was followed by Dr. Richard Bartlett's "Alleycats" performing music appropriate for our older members from the early 1900's up to World War II. Everyone enjoyed the familiar "oldies".

Health and Nutrition Bites

The Beloved Blueberry


Mother Nature knew exactly what she was doing when she came up with the blueberry. Not only is it succulent and delicious, it's a little berry of health - with super nutritional value. It has antioxidant activity.

Antioxidants are food compounds believed to prevent certain cancers and heart disease (a risk factor for people with diabetes), improve eyesight, lower blood pressure and more. Blueberries contain over 40 compounds thought to have cancer preventive properties including ellagitannin, a natural form of ellagic acid reported to inhibit cancer by blocking various hormone reactions and metabolic pathways associated with the development of cancer.

Although blueberries themselves are definitely a cure-all, one can't overlook what's in this tiny orb. And the blueberry isn't blue for nothing! The same thing that gives the blueberry its deep blue hue - a pigment called anthocyanin - appears to make it one of the healthiest food choices in the fight against aging. Blueberries are also full of fiber, vitamins A and C and folic acid. Special use of blueberries is now being studied in patients with Alzheimer's disease and diabetes. The folic acid may also play a role in preventing heart disease.

So the lesson here is simple. Keep your meals "berry" nice and your body will thank you!

Excerpts from Diabetes Wellness News, July 2002



Clinton Hospital
 A Member of
 UMass Memorial Health Care
 201 Highland St. - Clinton, MA 01510
 (978) 368-3000

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.

A community managed by WINN Management Company





Golden Time Club

Escorted Travel • Membership In AARP
 Seminars • Free Checking and more!
 Call or visit us for more details

42 Main St. Hudson (978)562-2222 • 221 Washington St. Hudson (978)562-9892
 256 Maple St. Marlborough (508)303-0330 • Member FDIC/DIF

HENRY K. CARLETON, JR.
 DIRECTOR

TELEPHONE
 (978) 562-5542

Merrill-Carleton Funeral Home

1 PLEASANT STREET HUDSON, MASS. 01749

AN ASPIRIN A DAY

Women are at greater risk for heart attacks than men. Low-dose aspirin may lower the odds for you.

How to help prevent Heart Disease and Stroke

The benefits of a daily dose of aspirin, which prevents blood clots from forming are well established for healthy men and for women who already have cardiovascular disease. But is this "wonder drug" useful for healthy women without heart problems? The answer is maybe according to Harvard studies, not conclusive in analysis of over 87,000 women's studies and researchers caution more clinical trials are needed to provide conclusive data.

While aspirin is widely used, it is not an innocuous drug. Five primary prevention trials have found good evidence that aspirin increases the incidence of gastrointestinal bleeding. It is important to know the effect of aspirin on the stomach is systemic as well as local.

What you can do to take aspirin safely

1. Take low dose baby aspirin - 81 mg.
2. If you need pain medication, take Tylenol instead of aspirin. (Tylenol is also called acetaminophen)
3. Report any upper abdominal or stomach pain to your doctor.
4. Once aspirin is in the blood stream, it blocks the production of a substance that inhibits the ability of the platelets to adhere to other platelets and form clots. Because of the systemic effect of aspirin, the enteric-coated aspirin doesn't reduce the risk. In addition, aspirin can cause ulcers in the small intestine.
5. Take aspirin only after discussion with your physician and report any persistent pain occurring between the rib cage and the navel.

Who should take aspirin?

1. If you have cardiovascular risk factors - high cholesterol, high blood pressure, diabetes, a family history of cardiovascular disease, if you smoke, are obese, or sedentary - taking a daily aspirin may benefit you.
2. If you decide to take daily aspirin it's best to opt for the low dose (81 mg.) Avoid taking ibuprofen and other aspirin-like drugs.
3. Use Acetaminophen (Tylenol). It will lessen chances of gastric problems.

Excerpts from Women's Health Advisor - Weill Medical College of Cornell University July 2002

Magnificent Magnesium

This mineral helps prevent many conditions.

Magnesium is vital for proper functioning of our heart and bones, as well as nerves and muscles - and can play a role in preventing diseases which take a major toll on women's health such as high blood pressure and diabetes. A deficiency of this key mineral can contribute to headaches and osteoporosis.

Among the causes of magnesium deficiency

malabsorption from intestinal problems, use of some diuretics and antibiotics, and excessive alcohol intake.

Magnesium's Major Role

1. Helps maintain regular heartbeats so the heart doesn't beat too quickly or irregularly. Low levels can lead to irregular heartbeats.
2. Without magnesium, metabolic changes occur that can lead to heart disease and narrowing of arteries by fatty deposits causing blood clots.
3. Diabetes connection - lack of magnesium may also impair release an activity of insulin.
4. Building bone health - while calcium and Vitamin D are vital to building bone, they need magnesium to be properly used by the body.

What you can do

Eat more magnesium rich foods in a diet rich in whole grains, nuts, vegetables and fruit.

Women may take magnesium and calcium supplements. For more information call: Magnesium Information Center at (800) 508-8059.

Excerpts from Weill Medical College of Cornell University Food and Fitness Advisor August 2002



BERLIN GENERAL STORE
 • Hot & Cold Sandwiches • Party Platters • Deli Foods • Fruit Baskets
CATERING FOR SMALL & LARGE PARTIES, SENIOR GROUPS
 OPEN Mon.-Sat. 6:30 A.M.-7:00 P.M.
 Sunday 7:00 A.M.-1:00 P.M.
978-838-2459
 Owner William Lowe Jr.

DOUGLAS J. COLDWELL
 PRESIDENT

Coldwell's Inc.
LUMBER • BUILDING MATERIALS
 25 CENTRAL ST. • BERLIN, MA 01503
 978: 838-2491 / 365-2789

WHEELER'S GARAGE

 Specializing in
 Late Model Used Car Sales
 Complete Repair Service
 Foreign & Domestic
 75 Carter Street • Berlin, MA
(978) 838-2957

Francis C. Burke, Jr.
 — Attorney at Law —
 77 High Street
 Clinton, Massachusetts 01510
 Telephone: —
 (978) 368-0983 • (978) 368-8531
 (978) 365-7672
 Residence: (978) 838-2558
 Admitted to Massachusetts & New Hampshire Bar

ESTABLISHED IN 1931

NASHOBA NURSING SERVICE
 Providing Comprehensive Home,
 Hospice & Community Health Services
 — Offices in Harvard & Townsend —
 Call for further information or assessment at no charge
(978) 772-3337

THANK YOU! Special thanks to the Clinton Savings Bank for their continued support in providing the postage for the *PowderHouse Senior News*.

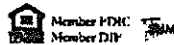
1 8 5 1

CLINTON SAVINGS BANK
Customers 1st, for Generations

Clinton • Bolton • West Boylston • Sterling • Berlin



888 - 744-4CSB
 978 - 365-3700
 www.clintonsavings.com



The Berlin Powderhouse Senior News

Council on Aging
 Berlin, Massachusetts 01503

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

September Birthdays

- Anna Duffy-Sept. 9
- Shirley Lipka-Sept. 13
- Thora Fieldsend-Sept. 14
- Maria Cacciola-Sept. 20
- Madeline Crossman-Sept. 24
- Ruth Wheeler-Sept. 25
- Warren Wheeler-Sept. 26
- Everett Wheeler-Sept. 27

Anniversaries

- Robert and Madeline McTague-Sept. 2

Obituaries

- Susan Hart-July 7
- Gerald Cashin-July 8

October Birthdays

- Louise Champagne-Oct. 7
- Jeanne Snay-Oct. 11
- Dorothy Germain-Oct. 16
- Doris Lombard-Oct. 17
- Herbert Mueller-Oct. 19
- Judy Duff Scott-Oct. 20
- Dorothy Risi-Oct. 23
- Norma Hanson-Oct. 24

Anniversaries

- Benedetto and Hazel Miele-Oct. 10
- Philip and Judy Duff Scott-Oct. 20



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

2002 LEGACY AWARD TO GERALD CASHIN
Continued from page 1

of the older adult population, many elders are confused and vulnerable.

With the financial benefits of SHINE counseling assistance for elders is significant, the non-financial benefits of access to information, such as peace of mind and resolution of issues is of equal importance.

In addition to his work as a SHINE counselor and as chairperson of the Council on Aging, Jerry was active in several other community groups. He participated in programs of the Berlin Art and Historical Society, the Berlin Lions Club and was a member of the Conservation Commission. He wrote articles for the Worcester Telegram about Berlin community activities.

He will live on through the tapes he made of interviews with Berlin veterans and through the good memories he left with us.

**In loving memory of
 GERALD J. CASHIN**

*Do not stand at my grave and weep,
 I am not there. I do not sleep.
 I am a thousand winds that blow;
 I am the diamond glints on snow.
 I am the sunlight on ripened grain;
 I am the gentle autumn's rain.
 When you awaken in the morning's hush,
 I am the swift uplifting rush
 Of quiet birds in circled flight.
 I am the soft star that shines at night.
 Do not stand at my grave and cry,
 I am not there. I did not die.*



Powderhouse Senior News

NOVEMBER/DECEMBER 2002

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

BERLIN COUNCIL ON AGING SERVICES AND PROGRAMS

- **Meals on Wheels (MOW)** - each Tuesday and Friday - September through June - are delivered around noontime to all clients who are ill, incapacitated or homebound. For further information call Mary at 978-838-7380.
- **SHINE Program (Serving the Health Information Needs of Elders)** is a counseling service providing information and assistance for Health Insurance, Medicare, Medicaid, etc. For further information leave a message at 978-838-2750 and someone will get back to you.
- **"Powderhouse Senior News"** - a bi-monthly newsletter mailed to each senior household in Berlin with information on health, legislative issues, and other topics of interest to elders.
- **Blood Pressure Screenings** - twice a month - 1st Thursday of the month from 9:30 to 10:30 A.M. at First Parish Church. Last Tuesday of the month from 1:00 to 2:00 P.M. at Northbrook Village Community building.
- **Transportation** - Berlin Senior Vans
 - a. **WRTA Van** - Clinton COA provides transportation to Worcester only on Monday, Wednesday and Friday. Special shopping for Berlin residents to the Hudson Corridor on 2nd and 4th Thursday from 9-11 a.m. Reservations must be made by calling the Clinton COA at 978-365-9416.
 - b. **Wheat Van** - is available Tuesday, Wednesday and Thursday. Medical appointments are given priority. Wheat has chair lift and escort services - 24 hours notice is needed for medical appointments. Call 978-365-6349.
 - c. **Private transportation** for medical appointments. Please call 978-838-7380 for further information.
- **Council on Aging Members:** Sally Bergen, Dora Cummings, Ken Harold, David Holder, Alice Kidder, Mary R. Petkauskas. **COA Meetings** every 4th Tuesday of the month in the Town Municipal Building from 9-10:00 a.m.
- **Senior Citizens Association Officers:** Valary Bradley, President; Madeline McTague, Vice President; George Cedar, 2nd Vice President; Madeline Taylor, Treasurer; Larry Foster, Assistant Treasurer; Barbara Halloran, Recording Secretary; Barbara St. John, Corresponding Secretary; Loyce Billingham, Corresponding Secretary. **Senior Citizens Association Meetings:** Senior meetings are held the first Thursday of the month at First Parish Church except July and August. Blood Pressure screening by VNA 9:30-10:30, followed by business meeting and program or entertainment and home cooked lunch is served (\$3.00) at noon.

Alzheimer's Awareness Month

The Alzheimer's Association is planning, across the country, to inform the public about the disease and what can be done to improve the lives of people with Alzheimer's (AD) and their families. According to the Mayo Clinic Alzheimer's is a treatable disease. Today's treatment options are greatly improved over those of a few years ago - thanks to new discoveries in leading research centers.

Some of the gains made include:

1. Quality of life is improving - Doctors can now offer a significantly better combination of drug therapy and personal care.
2. Several recently approved drugs improve mental function (ARICEPT) and Donepezi, HCL) and have a positive effect on the behavior of patients with AD.
3. One particular drug, ARICEPT, has proved to improve memory in AD patients.
4. Diet and Nutrition play an important part. B vitamins, Folic Acid, B6, B12 and antioxidants check on homocystein levels that help to protect brain cells. Recent studies have suggested that blueberry, strawberry and spinach extracts added to the diet showed reversal of both cognitive and motor decline.

The National Institute on Aging is also supporting human trials on Vitamin E and C to slow and prevent Alzheimer's Disease.

Tahanto Regional High School Veteran's Day Assembly

Friday, November 8, 2002 1:00 - 2:00 P.M.

In the Auditorium
For all Veterans of
Central Massachusetts

Presented by Tahanto History Club

Veteran Guest Speakers - Band and Choir Performing

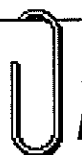
Patriotic Songs - Video Honoring the Veterans

Refreshments to follow and more

Direct any questions to John Neusch at Tahanto Regional High School at 508-869-2223 or at 508-393-5331 (H) or Mary at 978-838-7380

Council on Aging Publishers, Inc. • Mendon, MA • 1-800-536-1776





Schedule of Community Activities

Nov. 2 Friendship

Village Fair 10 am - 3 pm
First Parish Church

Nov. 5

State Election Day
7 am - 8 pm Lower Level
Town Office Building

Nov. 7

Senior Citizens Meeting
First Parish Church
9:30-10:30 B.P. & Flu Shots
10:30-11:00 Business Mtg.
11-12 "Pearl Harbor"
12 noon - Lunch - \$3.00

Nov. 8

Veterans Day Assembly
Tahanto Reg. High School
1-2 p.m. Auditorium

Nov. 11

Veteran's Day

Nov. 12

Commodities 10-11 am
Northbrook Community Bldg.

Nov. 26

B.P. & Flu Shots 1-2 pm
Northbrook Community Bldg.

Nov. 27

C.O.A. Meeting 9 a.m.
Town Office Bldg. Rm. 118
Nov. 28 Happy Thanksgiving

Dec. 5

Senior Citizens Meeting
First Parish Church
9:30-10:30 B.P. & Flu Shots
10:30-11:00 Business Mtg.
11-12 Program-Christmas
Surprise

Dec. 7

Christmas in Berlin sponsored by
Berlin Lions Club
Christmas Fair @ St. Joseph's
Church

Dec. 10

Commodities
10-11 am
Northbrook Community Building

Dec. 24

B.P. & Flu Shots
Northbrook Community Building

Dec. 25

Merry Christmas



A POEM FOR COMPUTER USERS OVER 40

A computer was something on TV,
from a science fiction show of note,
A window was something you hated to clean,
and ram was the cousin of a goat.

Meg was the name of my girlfriend,
and gig was a job for the nights.
Now they all mean different things,
and that really mega bytes.

An application was for employment,
a program was a TV show.
A cursor used profanity,
a keyboard was a piano.

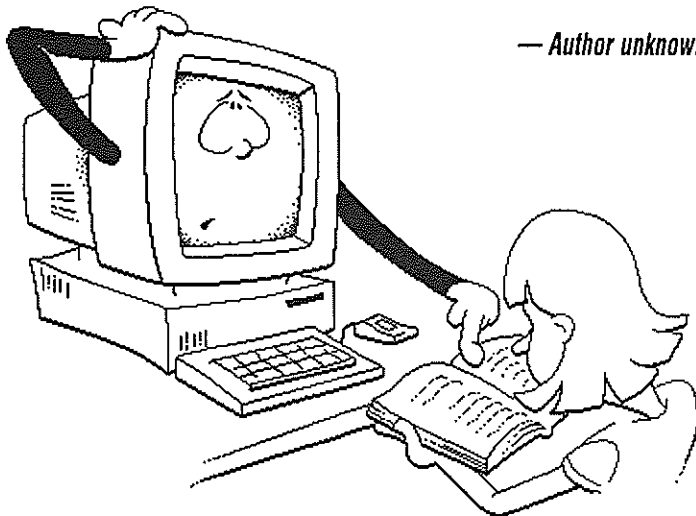

Compress was something you did to the garbage,
not something you did to a file.
And if you unzipped anything in public,
you'd be in jail for a while.

Log on was adding wood to the fire,
hard drive was a long trip on the road.
A mouse pad was where a mouse lived,
and a backup happened to your commode.

Cut you did with a pocket knife,
paste you did with glue.
A web was a spider's home
and a virus was the flu.

A guess I'll stick to my pad and paper,
and the memory in my head.
I hear nobody's been killed in a computer crash,
but when it happens they WISH they were dead!

— Author unknown

Clinton Hospital
A Member of
UMass Memorial Health Care
201 Highland St. - Clinton, MA 01510
(978) 368-3000

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.

A community managed by
WINN Management Company





Golden Time Club
Escorted Travel • Membership In AARP
Seminars • Free Checking and more !
Call or visit us for more details

42 Main St. Hudson (978)562-2222 • 221 Washington St. Hudson (978)562-9892
258 Maple St. Marlborough (508)303-0330 • Member FDIC/DIF

HENRY K. CARLETON, JR.
DIRECTOR

TELEPHONE
(978) 562-5542

Merrill-Carleton Funeral Home

1 PLEASANT STREET HUDSON, MASS. 01749

BEAT BACK THE FLU BUG

Don't lose time, money, or holiday fun to the flu! Get your flu shot this season!

When Should You Get Your Flu Shot?

- Healthy People 50 - 64 years old Nov. best - Dec. not too late
- All people 65 years old and older Nov. best - Dec. not too late

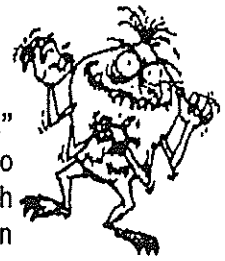
Flu Shot Schedule in Berlin

- November 7 First Parish Church 9:30-10:30 a.m.
- November 26 Northbrook Community Building 1:00-2:00 pm
- December 5 First Parish Church 9:30-10:30 a.m.
- December Northbrook Community Building 1:00-2:00 p.m.

FACTS ON FLU SHOTS

How much do you really know about the flu? Don't fall for the myths.

- 1.) "The shot can give you the flu."
FALSE Flu vaccines are made from killed influenza viruses. These cannot give you the flu.
- 2.) "Even if I get a flu shot, I can still get the flu."
MAYBE This can happen, but the flu shot usually protects most people. Other viruses also circulate during the flu season and can cause illnesses that feel like the flu. The flu shot will not protect you against those other viruses.
- 3.) "The vaccine isn't 100% effective, so I'm better off getting the flu."
FALSE No vaccine is 100% effective. However, if you get a flu shot but still get the flu, you are likely to be far less sick than you would have been without the protection.



- 4.) "The side effects are worse than the flu."
FALSE The worst side effect you're likely to get is a sore arm. The risk of injury or death from a rare allergic reaction is far less than the risk of severe complications from influenza.
- 5.) "Not everyone can take the flu shot."
TRUE People who are allergic to eggs (used in making the vaccine); currently have a severe, acute illness; or have had a severe reaction to the flu vaccine in the past, might not be able to get this protection.
- 6.) "Only the very old and sick need the flu shot."
FALSE Even if you're in good health, if you are 65 years old or older, have a chronic (on going) or long-term health condition, or are in the 2nd or 3rd trimester of pregnancy, you have a greater risk of complications if you get the flu. Even if you aren't at high risk of complications, you can get a flu shot to prevent the flu and to protect everyone you live with and contact.
- 7.) "I don't have to get the flu shot by December."
TRUE The flu shot can be given before or during the flu season. You should let those who need the protection most have the first shots - those 65 years old or older, with chronic or long-term health conditions, and health care workers. It's best not to delay, but if you do, don't give up!

Seniors Won't Take Blame for Everything

Senior citizens are constantly being criticized for every conceivable deficiency of the modern world, real or imaginary. We are called "old geezers", "Silver heads" and "old fogeys".

Senior citizens definitely take responsibility for all we have done, but, upon reflection, we would like to point out that it was not the seniors who took the melody out of music, the pride out of appearance, the romance out of love, the commitment out of marriage, the responsibility out of parenthood, the togetherness out of the family, the learning out of education, the service out of patriotism, the religion out of school, the Golden Rule from rulers, the nativity scene out of cities, the civility out of behavior, the refinement out of language, the dedication out of employment and the ambition out of achievement.

Please remember that inside every older person is a younger person wondering what happened.

David Oliver — Lawrenceville

BERLIN GENERAL STORE

- Hot & Cold Sandwiches • Party Platters • Deli Foods • Fruit Baskets

CATERING FOR SMALL & LARGE PARTIES, SENIOR GROUPS

OPEN Mon.-Sat. 6:30 A.M.-7:00 P.M.
 Sunday 7:00 A.M.-1:00 P.M.

978-838-2459
 Owner William Lowe Jr.

DOUGLAS J. COLDWELL
 PRESIDENT

Coldwell's Inc.

LUMBER • BUILDING MATERIALS
 25 CENTRAL ST. • BERLIN, MA 01503
 978: 838-2491 / 365-2789

WHEELER'S GARAGE

Specializing in
 Late Model Used Car Sales
 Complete Repair Service
 Foreign & Domestic

75 Carter Street • Berlin, MA
(978) 838-2957

Francis C. Burke, Jr.

Attorney at Law
 77 High Street
 Clinton, Massachusetts 01510

Telephone:
 (978) 368-0983 • (978) 368-8531
 (978) 365-7672

Residence: (978) 838-2558
 Admitted to Massachusetts & New Hampshire Bar

ESTABLISHED IN 1931

NASHOBA NURSING SERVICE

Providing Comprehensive Home,
 Hospice & Community Health Services
 — Offices in Harvard & Townsend —

Call for further information or assessment at no charge
(978) 772-3337

THANK YOU! Special thanks to the Clinton Savings Bank for their continued support in providing the postage for the *PowderHouse Senior News*.

1 8 5 1

CLINTON SAVINGS BANK

Customers 1st, for Generations

Clinton • Bolton • West Boylston • Sterling • Berlin



888 - 744-4CSB
978 - 365-3700
www.clintonsavings.com



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

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

November Birthdays

Doris Shortt Nov. 2
Mary Diggins Nov. 4
Diane Mello Nov. 4
Allan Johnson Nov. 6
Patricia Wheeler Nov. 6
Eleanor Bosselman Nov. 9
Mary Cacciola Nov. 13
Jane Bartlett Nov. 15
Patricia Gutro Nov. 21
Carolyn Cashin Nov. 23
Ruea Baum Nov. 26

Anniversaries

Wilrose & Stella Hanson Nov. 18
Francis & Alice Burke Nov. 23

Obituaries

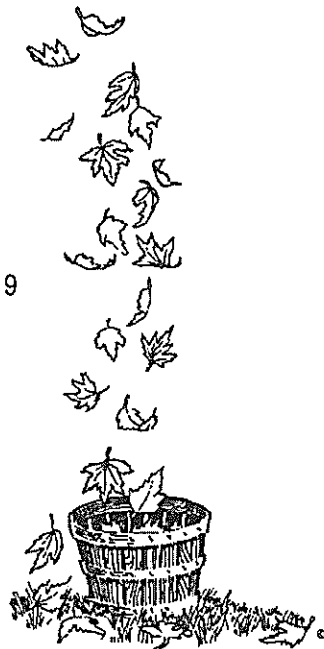
Bernadette C. Sylvester August 19
Earl Jusseaume August 21
Manny Mello August 23
Loyce Billingham August 25
George W. Galeski September 7
Barbara L. Collins September 12
Dorothy Risi September 14
Irene Rainville September 16
Francis "Pete" Peterson
September 19

December Birthdays

Frances Burke Dec. 1
Madeline Ciesluk Dec. 1
Anne Gray Dec. 6
Millie Blenkhorn Dec. 8
Flora Leveille Dec. 16
Ethel Drasher Dec. 16
Bob Simpson Dec. 18

Anniversaries

Allan & Kay Johnson Dec. 2



NO-BAKE CHOCOLATE COOKIES

Plan ahead - need to chill

- 1 can (14 ounces) sweetened condensed milk
- 2 cups (12 ounces) semisweet chocolate chips
- 3 cups crushed graham crackers (about 48 squares)
- 1/2 cup chopped walnuts
- 1 teaspoon vanilla extract
- Confectioners' sugar

In a microwave-safe bowl, combine milk and chocolate chips. Microwave, uncovered, on high for 1-2 minutes or until chips are melted; stir until smooth. Stir in cracker crumbs, walnuts and vanilla. Shape into a 17-inch log; roll in sugar. Wrap in plastic wrap. Refrigerate for 1 hour or until firm. Unwrap and cut into 1/4 inch slices. Yield about 5 1/2 dozen.

Editors note: This recipe was tested in an 850-watt microwave. Quick Cooking Sept./Oct. 2002



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