



Powderhouse Senior News

JANUARY/FEBRUARY 2003

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 call 978-365-9416 to make an appointment with SHINE counselor, Vincent Gavin.
- **"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** - Shopping for Berlin residents to the Hudson Corridor on 2nd and 4th Thursday at 1:00 p.m. Reservations must be made by calling the Clinton COA at 978-365-9416.
 - b. **Wheat Van** - is available Tuesday 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 Harrold, David Holder, Alice Kidder, Bill Lowe and Mary Petkauskos. COA meetings every 4th Wednesday of the month in the Town Municipal Building from 9-10:00 AM.
- **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. 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.

Making (and keeping) Those NEW YEAR'S RESOLUTIONS

Here are a few suggestions for resolutions that you CAN keep!

1. **Tell the people you care about how important they are.** It takes a couple of minutes to write a note, send an email, or make a call just to tell someone out of the blue that you care about them. And it's free!
2. **Learn something new.** Think of a topic you always wished you knew a bit more about and go investigate at a library, online, or by asking someone who's an expert on the topic.
3. **Be healthy,** Instead of saying "I'm going to lose weight" or "I'm going to walk every day", start by taking a look at how you treat your body. Think about what you eat and see if it could stand improving. Look at how active you are during your day-to-day activities. Learn how to cook some healthy foods that you like. And if you've been smoking (and it appears that a surprising number of you do), for heaven's sake stop!
4. **Find time for yourself, and spend it doing something you enjoy.** It might be reading, painting, hiking, writing, playing an instrument, making crafts...almost anything. If you don't have a hobby you can do by yourself, find one! Being able to enjoy time spent alone is important; it helps you remember who you really are.

Lastly, stay terrific - whatever that means to you!!

By Vanessa

Lions Club Turkey Dinner for Berlin Seniors

First Parish Church will be humming with activity on January 4th as the local Lions Club serves their annual turkey dinner. The time is 1:00 PM. This is always a tasty treat for the Berlin senior citizens!!!!



Schedule of Community Activities

January 1
Happy New Year

January 2

Senior Meeting FPC
Blood Pressure 9:30 AM
Business Meeting 10:30
Program: Coachlace Healthcare
"Body Mechanics Bingo"
Home cooked lunch 12 noon

January 4

Lions Club Turkey Dinner for
Berlin Seniors 1 PM, First
Parish Church

January 20
Martin Luther King Jr.
Birthday

January 22
COA Meeting 9 AM, Town Office
Building

January 28
Northbrook Village
Blood Pressure 1-2 PM

February 6
Senior Meeting FPC
Blood Pressures 9:30 AM
Business Meeting 10:30
Program: Beezy Bentzen
"Alaska"
Home cooked lunch 12 noon

February 14 Happy
Valentine's Day

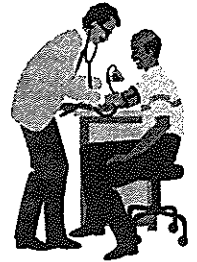
February 25
Northbrook Village
Blood Pressure 1-2 PM

February 26
COA Meeting 9 AM
Town Office Building

**Plans are progressing
for early spring for
resumption of
exercise classes.
Several suggested a
change of day of
week-if interested call
Mary at 978-838-7380.**

Do You Like a Mystery? Where have all the Senior Citizens gone?

They trickle into the First Parish Church on the first Thursday of every month by ones and twos. They enter about 9:30 AM dressed in their scarves, jewelry and colorful sweatshirts and sweaters and are greeted by nurses ready to take their blood pressure, lots of chatter, and the smell of coffee! The next few minutes include a meeting discussing many subjects, a program suited to their age and interest and a home cooked, family style meal complete with a blessing given by Rev. Barbara Aiello. When they saunter out, refreshed by gossip and good food, they tackle nuisance problems like "are we out of milk again?"




**Send Senior Citizens dues (\$3.00 a year) to
Madeline Taylor, Treasurer, P.O. Box 177,
Berlin, MA 01503.**

Submitted by Barbara St. John, Publicity Chair

COA Christmas Party

On December 12th, 2002 the annual Christmas Party for Seniors was held at the Town Office Building. About 50 seniors attended and many of them had their picture taken with Santa Claus by Ken Harrold, our in-house photographer. Many thanks to Ruthie Henry Wheeler for tracking down Santa (the real honest-to-goodness one - imported from North Stow) and convincing him to come and be with some "older folk" for a change.

Everyone participated in playing Christmas word games followed by a buffet supper. The festivities ended after a spirited "sing-a-long" led by Barbara Krackhardt.



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(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.

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FIBROMYALGIA

Fibromyalgia may be associated with difficulty sleeping, fatigue, anxiety, stress, depression, numbness, headaches, tingling in your hands and feet, digestive problems and sensitivity to weather and temperature changes.

The American College of Rheumatology has established some general diagnostic guidelines for Fibromyalgia to help in the assessment and study of this condition. They include having widespread aching for at least three months at a minimum of eleven locations on your body that are abnormally tender under relatively mild pressure. These areas are called "tender points" and are located on the whole body - around the neck, shoulders, muscles of arms, thighs, knees, legs, back and front.

Fibromyalgia is not a simple diagnosis. There isn't a test that can confirm or rule out the condition. In addition many of the symptoms mimic other diseases such as low thyroid hormones, Lyme disease, and rheumatoid arthritis.

Treatment Strategies-It is agreed that a multifaceted approach using a combination of drugs and non-drug treatments is the way to go.

What You Can Do-There is no known cure for fibromyalgia but a combination of these steps help reduce the symptoms.

1. Stress Reduction - Develop a plan to avoid or limit overexertion and emotional stress. Allow "self time" each day to relax. Learn to say NO without guilt. Do not give up all activity, but learn to limit it.

- 2. Regular Exercise** - At first exercise may increase your pain, but doing it regularly often improves symptoms. Aim for at least twenty to thirty minutes of exercise four times a week. Stretching and posture area also helpful. Keep your activity on an even level.
- 3. Adequate Sleep** - Fatigue makes the symptoms worse. Try to develop regular sleep habits and get adequate rest at night.
- 4. Education** - Learning more about fibromyalgia and its symptoms is helpful.
- 5. Medications** - Modest doses of over the counter pain relievers may eliminate some pain and stiffness. Your doctor may also prescribe small doses of anti-depressants.
- 6. Other Techniques** - Some people get relief from massages, hot baths and relaxation techniques. Some doctors have found that these lifestyle changes coupled with medication can relieve symptoms and even make them disappear.
- 7. Finding the Right Doctor** - who understand fibromyalgia, knows how to treat it, and offers advise and support helps relieve this chronic condition involving chronic muscle pain, fibrosis, and bursitis as well as tendon and ligament problems.
- 8. Alternative and Non-Drug Therapies** have also been tried and have been very helpful - such as acupuncture, biofeedback, hydrotherapy and cognitive behavior teaching strategies to help people to relax and to take control of their symptoms.

*N.E. Journal of Medicine Health News
Mayo Clinic Health Letter*

Privacy Law Now Protects Elders of COA's

A Bill signed into law by Gov. Swift safeguards the privacy of elders and families who are affiliated with Councils on Aging (COA). The law, Chapter 41 of the Acts of 2002, protects elders by making confidential their names, addresses, telephone numbers or other identifying information in the possession of COA. Prior to the passage of the law this kind of information was considered part of the public record.

COA Directors are encouraged to seek the guidance of city or town counsel when enforcing this new law.

Elder Update-November 2002 — Executive Office of Elder Affairs

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Sunday 7:00 A.M.-1:00 P.M.
978-838-2459
Owner William Lowe Jr.

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77 High Street
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(978) 365-7672
Residence: (978) 838-2558
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The Berlin Powderhouse Senior News

Council on Aging
Berlin, Massachusetts 01503

**BULK RATE
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BERLIN, MA**

January

Birthdays

- 9 Ruth Hellen
- 11 Francis Underwood
- 12 Joseph Renzoni
- 14 Edward Ware
- 16 Virginia Keleher
- 16 Lee Mungear
- 17 Joanne Forbes
- 17 Alfred St. John
- 18 Jean Musche
- 20 Hayward Stone
- 21 Alice Burke
- 23 Roger Stanley
- 28 Eva Tobey

Anniversaries

- 28 Alfred and Doris Bombard
- 31 Henry and Ruth Wheeler



Presidents' Day

February 17, 2003

February

Birthdays

- 4 Dora Cummings
- 6 Barbara Cleveland
- 7 Margaret Golas
- 9 Phyles Stone
- 13 Virginia Johnson
- 16 Valary Bradley
- 24 Audrey Birch
- 24 Mary Petkauskos
- 25 Barbara Halloran
- 28 Wilrose Hanson

Anniversaries

- 3 Phillip and Janet Bartlett
- 4 Bob and Pat Simpson
- 16 Paul and Dorothy Germain
- 20 Mario and Mary Cacciola
- 20 Willard and Joanne Wheeler

Obituaries

- Oct. 20th William Reed
- Nov. 20th Lephe Wilson
- Dec. 13th Francis Burke, Sr.

American Valentines

The first U.S. made valentines were crafted by a Mount Holyoke College student, Miss Esther Howland. Her father, a stationer in Worcester, MA, imported valentines every year from England. Esther, however, decided to create her own valentine messages. Around 1830 she began importing lace, fine papers, and other supplies for her valentines. She employed several assistants and her brothers helped market her "Worcester" valentines. As one of our first successful U.S. career women her sales amounted to about a hundred thousand dollars annually - not bad for the 1830's.

In our century we've seen a change from the heavy sentimentality of earlier days to what can best be described as a light touch. Nowadays a valentine usually accompanies a more elaborate gift of candy, flowers, perfume, etc,

Valentine cards are manufactured on an enormous scale today that range from the sentimental to sophisticated to humorous valentines. There is a valentine for everyone - sweetheart, spouse, children, parents, teacher and even your pet! In terms of the number of greeting cards sent, Valentine's Day ranks second only to Christmas.



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



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Veterans Memorabilia Expo



When: Thursday, March 6, 2003

Where: Tahanto High School Gym

Time: 9:30 - 11:30 A.M.

Who: For all Veterans who want to display any or all of the memorabilia from their time in the service. Such things as uniforms, medals, patches, books, pictures, newspaper clippings, etc.

Contact: John Neusch, Tahanto High School, History Club Advisor, 508-869-2333

Free "Caregiver's Guide"

"The Caregiver's Guide" put out by the Central Mass. Agency on Aging, Montachusett Home Care and Elder Services is available by contacting any member of the Council on Aging. Good information.

Elder Affairs Update

Governor Mitt Romney named Jennifer Davis Carey, age 46, as the new Secretary of Elder Affairs. She is from Worcester and has been serving as Director of the Office of Consumer Affairs. Carey earned her doctorate degree from Harvard and has an extensive career in government service. She assumes command at a very critical time.

Prescription Advantage members can avoid \$1.30 user fee by opting for Mail Order service.

A new law implemented in January 2003 by Massachusetts Division of Health Care requires that Prescription Advantage members pay \$1.30 per retail prescription.



Mark Twain (presented by Richard Clark) will be at the Senior Citizen meeting on March 6th. Be sure to come and enjoy this special program!!!



Schedule of Community Activities

March

- 5 Ash Wednesday
- 6 Senior Meeting FPC
Blood Pressure 9:30 A.M.
Business Mtg. 10:30 A.M.
Program 11:00 A.M.
Home Cooked Lunch 12 noon
- 6 Veterans Memorabilia Expo
9:30 - 11:30 A.M. Tahanto Gym
- 11 Commodities 10 A.M.
Northbrook Community Bldg.
- 17 St. Patrick's Day
- 25 Blood Pressure 1-2 P.M.
Northbrook Community Bldg.
- 26 COA Meeting 9 A.M.
Town Office Bldg. Rm. 118

April

- 3 Senior Meeting FPC
Blood Pressure 9:30 A.M.
Business Meeting 10:30 A.M.
Program 11:00 A.M.
Home Cooked Lunch 12 noon
- 6 Daylight Savings Time Begins
- 8 Commodities 10 A.M.
Northbrook Community Bldg.
- 13 Palm Sunday
- 18 Good Friday
- 20 Easter Sunday
- 22 Blood Pressures 1-2 P.M.
Northbrook Community Bldg.
- 23 COA Meeting 9 A.M.
Town Office Bldg. Rm. 118

NUTRITON BITES

Say "Nuts" to Diabetes?

Nuts may reduce your risk of diabetes, but don't overdo it. Maintaining a healthy weight and reducing dietary fat are critical in preventing and living with diabetes, but eating the right type of fat may be as important as trimming total fat.

What you can do: To boost your intake of unsaturated fats without packing on pounds:

- ✓ Use peanut butter in place of spreads such as butter, margarine, and cream cheese.
- ✓ Replace high-fat, low-nutrient snacks with a handful of nuts.
- ✓ Sprinkle nuts on your vegetables or salad instead of croutons.
- ✓ Use olive, peanut, and canola oils for cooking.

Health News February 2003

Vinegar: distilled wisdom

Will apple cider vinegar lower cholesterol levels? Will organic vinegar mixed with distilled water clear your sinuses and combat allergies? Will vinegar capsules help you lose weight? Books and websites promoting the medicinal values of vinegar are legion, but nutritionally there's not a lot to say for vinegar. It's mostly water and its chief ingredient is acetic acid. It contains no vitamins or minerals. It can be made from apples, grains, potatoes, molasses, or wine. Though manufacturers may claim that their vinegars are "natural", vinegar is always a highly processed food.

Vinegar will kill bacteria in other foods, thanks to its acidity; thus it is an excellent preservative and is used in a wide variety of foods.

UC Berkeley Wellness Letter, Aug. 2000



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SAY "NO!" TO JUNK MAIL by sending your name, home address and signature in a letter or postcard to the Mail Preference Service at the address below. After three months, your unwanted mail (and your paper-recycling pile) should decrease by up to 75%.

Mail Preference Service
Direct Marketing Association
P.O. Box 282
Carmel, NY 10512

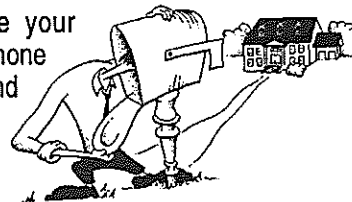
To register on the internet:
www.dmaconsumers.org and click on "consumer assistance". There is a small fee for this service.

Courtesy of Bolton Senior Newsletter

"DO NOT CALL" REGISTRY LIVE! Deadline for first list is March 1st which will go into effect on April 1st. The list will be updated every quarter thereafter.

Online www.mass.gov/donotcall
Consumer Line (toll free) 866-231-2255
(866-231-CALL)
U.S. Mail MA Do Not Call Program
P.O. Box 1348
Boston, MA 02117

By mail give your residential phone #(s), name and address



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MEMORIES ARE MADE OF THESE

A familiar name or word is on the tip of your tongue but it's not coming out of your mouth. You misplace your glasses, forget why you entered a room or you can't find your car in a crowded parking lot. I imagine you laughed off each common occurrence in your thirties or forties, but for anyone over 50 you ask yourself, "Is my mind going?"

In many older people, especially under stress or distraction, this can happen, but this is mild cognitive decline and not the same as Dementia, which means loss of mental function.

Some suggestions to help to keep functioning: Try to Remember Seven Tricks

- 1) **Pay attention.** Most memory failures are due to lack of concentration.
- 2) **Establish Routines.** Place frequently used items such as glasses, keys and wallet in the same places.
- 3) **Write down.** Carry a notebook or pad of paper for lists of reminders.
- 4) **Practice.** Listen carefully and repeat a name when you first learn it. Browse through your address book before attending a social event.
- 5) **Make it interesting.** Use word mental images to make learning more conscious and lasting.
- 6) **Give it time.** As you age it takes longer to learn and memorize the same material.
- 7) **Minimize interference.** Stress, depression, and lack of sleep can affect memory. Also certain drugs, especially sedatives, depressants and antihistamines can dampen short-term memory.

Five Ways to Maximize Your Memory

- 1) **Live well.** Take steps to make sure your brain gets ample blood supply. This means regularly monitoring your blood pressure, cholesterol and blood sugar and controlling them. You can preserve your brain by getting enough sleep. Have a good diet providing antioxidants found in fruits and vegetables.
- 2) **Move more.** Regular aerobic activity insures your brain has good supply of blood, oxygen and other substances to help you keep fit.
- 3) **Lessen Stress.** Stress increases blood levels of cortisol, a hormone that can damage brain cells and disrupt short-term memory.
- 4) **Socialize.** Diversify your social life with a blend of active and passive activities that can be done in a group or individually.
- 5) **Nourish your mind.** Use it or lose it applies to your brain. Stay sharp by being curious about the world around you. Challenge your brain with intellectually stimulating pursuits, playing games

like Bridge. Chess involves memory reasoning, attention and timing. Other brain challenges include reading, painting, crossword puzzles, etc. Be sure that you take daily vitamins containing B6, B12 and folic acid. These vitamins are important in cognitive brain functioning.

Excerpts from Dr. Andrew Weills "Self Healing" Feb. 2003

Cholesterol Lowering Drugs for Your Bones?

The class of cholesterol-lowering drugs known as statins, which millions of Americans take to prevent heart attacks, has now been found to have powerful bone-building effects, according to a startling study published in the journal *Science*. When tested on rats, the statin drugs doubled the density of bones in the leg and spine. A study of osteoporosis patients did find that the bone mass of those who took statin drugs increased compared with those who did not take the drugs.


If the findings are confirmed in future research, statins could become a principal weapon in fighting osteoporosis.

Woman's Health Advisor March 2000

Bits of Wisdom

- Love is grand; divorce is a hundred grand.*
- I am in shape. Round is a shape.*
- Time may be a great healer, but it's a lousy beautician.*
- Never be afraid to try something new. Remember, amateurs built the ark, professionals built the Titanic.*
- Conscience is what hurts when everything else feels so good.*
- Talk is cheap because supply exceeds demand.*
- Even if you are on the right track, you'll get run over if you just sit there.*
- Politicians and diapers have one thing in common. They should both be changed regularly and for the same reason.*
- An optimist thinks that this is the best possible world...A pessimist fears that this is true.*


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Council on Aging
Berlin, Massachusetts 01503

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March

Birthdays

- 1 Marilea Miedzial
- 5 Bernice Kessler
- 8 Florence Martin
- 10 Rita Stanhope
- 12 Hazel Harriman
- 14 Joanne Wheeler
- 16 Margaret Ware
- 18 Cora Parsons
- 21 Kay Johnson
- 21 Evelyn Knorr
- 22 Barbara Foster
- 23 Ann Agnitti
- 25 Marjorie Wheeler
- 26 Lorraine Cedar
- 26 Madeline McTague
- 27 Carolyn Landry
- 29 Arthur Lamy

April

Birthdays

- 13 Phillip Scott
- 14 Edith Wilson
- 21 Elizabeth Perdue
- 24 Ann Marie Coulson
- 27 Hazel Miele

Anniversaries

- 12 Roger & Charlotte Stanley
- 24 Robert & Madeline Taylor

Obituaries

- Jan. 7, 2003
Helen M. Auger
- Jan. 25, 2003
Charles R. Powers
- Feb. 7, 2003
Alice E. Burke

"C-Reactive Protein Blood Test" - CRP - A better test for heart risk

Arterial inflammation may explain why people with no classic symptoms (like high cholesterol) have heart attacks. CRP blood test level is a marker of inflammation in the body. A high CRP is a more reliable predictor of heart attack and strokes than an elevated LDL, the bad cholesterol. The CRP test predicted heart disease better than cholesterol readings in 28,000 women in a Women's Health Study with elevated CRP despite low cholesterol number. The CRP test may be useful as an addition to, rather than a replacement for, cholesterol testing in the two risks tended to identify different groups of people. A study of the usual risk factors applies to both risks.

"Powderhouse Senior News"
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SPRING POEMS

Daylight Savings Time

By Phyllis McGinley

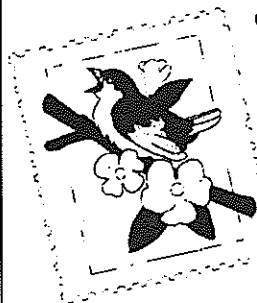
*In spring when maple buds are red,
We turn the clock an hour ahead;
Which means, each April that arrives,
We lose an hour out of our lives.*

*Who cares? When autumn birds in flocks
Fly southward, back we turn the clocks,
And so regain a lovely thing
That missing hour we lost in spring.*

Spring, Almost

*The sunshine gleams so bright
and warm,
The sky is blue and clear,
I run outdoors without a coat,
And spring is almost here.*

*Then before I know it,
Small clouds have blown together,
Till the sun just can't get
through them,
And again, it's mitten weather.*



Spring

Robert McCracken

*Today is the day when bold kites fly,
When cumulus clouds roar across the sky.
When robins return, when children cheer,
When light rain beckons spring to appear.*

*Today is the day when daffodils bloom,
Which children pick to fill the room,
Today is the day when grasses green,
When leaves burst forth for spring to be seen.*



Powderhouse Senior News

MAY/JUNE 2003

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 call 978-365-9416 to make an appointment with SHINE counselor, Vincent Gavin.
- **"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** - Shopping for Berlin residents to the Hudson Corridor on 2nd and 4th Thursday at 1:00 p.m. Reservations must be made by calling the Clinton COA at 978-365-9416.
 - b. **Wheat Van** - is available Tuesday 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 Harrold, David Holder, Alice Kidder, Bill Lowe and Mary Petkauskos. **COA meetings** every 4th Wednesday of the month in the Town Municipal Building from 9-10:00 AM.
- **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. 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.

Ann Marie Coulson Honored at Tea

Ann Marie Coulson was recently honored at a tea hosted by Marjorie Lamy at her home on Walnut Street. Many friends and former co-workers gathered to wish her well as she faces, come summertime, a big change in her life.

Ann Marie has lived in the house located at 72 Linden Street for all of her life, with the exception of two years she served in the W.A.V.E.S.

She and her sister, Thora, attended the "old" Center School (located where our Town Office Building now stands) for the first three grades, the "old" North School for grades four, five and six and returned to the Center, upstairs this time, to complete grades seven and eight with Mrs. Fromant as teacher.

She attended the Unitarian Church and was a member of its youth program, the Y.P.R.U. She took piano lessons from Miss Edith Paine and played a "piece" at her grammar school graduation in 1938. She also attended 4H sewing classes.

In 1942 Ann Marie graduated from Hudson High School and for the following two years was employed by Kendall Andrews and Bob Taylor at the Berlin General Store.

In July of 1944 she enlisted in the W.A.V.E.S. and was stationed at the Training Center in Bainbridge, Maryland where she worked in the Post Office. (I remember how proud we "younger" girls were of her!)

When she returned from the service in 1946, her sister, Thora, married Arthur Fieldsend and moved to Hudson. Ann Marie went to work in the payroll office at Braga Shoe Company and stayed until they closed seventeen years later!

For the next twenty-two years, she became part of the Hudson National Bank "family" working in the bookkeeping department. She took an early retirement at the end of 1985 to care for her ailing mother with the help of her sister.

It was in 1987 Ann Marie was diagnosed with Parkinson's Disease, but that has not stopped her from enjoying travel to many places from the Caribbean to Alaska with Thora and Arthur.

Ann Marie has been a member of the American Legion Auxiliary for 68 years, beginning as a Junior. For 56 years she has been a member of the American Legion, H. Wallace Woodward Post. Other community organizations she belongs to are the Evening Guild of the First Parish Church, Berlin Senior Citizens and the Art and Historical Society.

Within this last year Ann Marie's sister, Thora, (also a member of our Berlin Senior Citizens) and brother-in-law, Arthur, suggested the possibility of making a move to be nearer to their daughter and son-in-law in South Deerfield. Loomis Village, a retirement



CONTINUED ON PAGE 4



Schedule of Community Activities

May

- 1 Senior Meeting FPC
Blood Pressure 9:30 AM
Business Meeting 10:30
Program: 11 AM
Beezy Bentzen - Alaska
Home cooked lunch 12 noon
- 4 Free Community Concert
2 PM First Parish Church
"A Celebration of Rodgers & Hammerstein"
- 5 7:30 PM Annual Town Meeting
Berlin Memorial School
- 11 Mother's Day
- 12 12 noon - 8 PM Town Election
Town Office Bldg.
- 13 10 AM Commodities
Northbrook Community Bldg.
- 26 Memorial Day Observed
- 27 1-2 PM Blood Pressures

- Northbrook Community Bldg.
- 28 9 AM C.O.A. Meeting
Rm. 118 Town Office Bldg.

June

- 5 Senior Meeting - Berlin Country Club
Blood Pressures 9:30 AM
Business Meeting 10:30
Program: Magician "The Great Gordini"
Buffet Lunch 12 noon
- 7 Olde Home Day - South Commons
- 10 10 AM Commodities
Northbrook Community Bldg.
- 15 Father's Day
- 24 1-2 PM Blood Pressures
Northbrook Community Bldg.
- 25 9 AM C.O.A. Meeting
Rm. 118 Town Office Building

What You Need to Know About Medication You Are Taking for Your Safety & Health

If you haven't paid attention to the words listed on medication labels, you are missing crucial medical advice you need to stay healthy and safe. Ignoring the concise messages may undercut the drugs effectiveness or increase the odds of having an uncomfortable or dangerous side effect. The instructions are there for a reason.

Examples of these instructions are how you take the medication:

- 1 ..."take medication on empty stomach - 1 hour before or 2-3 hours after a meal unless otherwise instructed by your doctor. (This effects how medication affects you.)
- 2 ..."do not eat grapefruit or drink grapefruit juice while taking medication because it will play havoc with blood level by interfering with absorption. (This affects enzymes interfering with metabolism and absorption.)
3. Controlled release or extended release - spreading out drug absorption and metabolism and slows elimination of these drugs and may build up in blood to dangerous levels.
4. Some foods rich in Vitamin K such as liver, spinach, broccoli and other greens diminish the effectiveness of warfarin, prescribed to thin the blood.

What you can do

1. Read medication instructions
 2. Ask your doctor whether the time of day when you take your drug is important.
 3. Ask about extended or controlled release formulations of your heart drug.
 4. Don't crush tablets to make them easier to swallow without first talking to your doctor.
 5. Ask your doctor if any foods interfere with your medications. If so, ask how you can continue to eat foods you like without risk.
- While medications obviously provide invaluable benefits, it is surprising how often they can harm us, so following the above instructions will help you to safely enjoy good health.


Consumer Reports on Health and Drug Safety March 2003

MEDICAL TRANSPORTATION

For seniors who have to hire someone to drive them to Westboro (because the van doesn't go to Westboro) for medical appointments, there is some money available from a state grant that Mary Petkauskos, on behalf of the Council on Aging, applied for some years ago.

The Council on Aging is allowing 32 cents a mile reimbursement upon receipt of an invoice, from the driver, dated and stating the name of the patient that he/she transported to Westboro, the facility or doctor's name the patient was transported to, and the amount of mileage covered for the round trip.

After Council approval, the invoice will be forwarded to the Town of Berlin for payment.



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(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




Harcovitz, Soprano
present a free concert
at the Berlin Community
"A Celebration of
Rodgers & Hammerstein"
on Sunday, June 1st, 2003
at 2 P.M.
at the First Parish Church in Berlin, MA

This musical program is funded by the Berlin Cultural Council, a local agency of the Massachusetts Cultural Council, and is sponsored by the Berlin Council on Aging



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How To Choose A Retirement Plan *By Pat Florio*

There will come a time in your life when you will ask yourself, "Can I retire yet?" If you have faithfully saved your money and kept abreast of financial planning options available to you, you will know exactly when you can retire with enough money to sustain your desired lifestyle through your retirement years.

Individual Retirement Accounts

There are several IRAs to choose but the benefit is the same. You establish and control your own retirement program. Also, you can have an IRA in addition to any other retirement plans you participate in through your employer, from a union or the government. You can de-

cide how and when you will contribute to your program and you can enjoy some tax advantages, depending upon the type of IRA you choose.

A Traditional IRA is still the top choice for immediate tax savings. If you qualify, you can deduct your contributions to this type of IRA from taxable income, and save on taxes the same year. You are allowed to defer taxes on the IRA earnings until withdrawals begin. You should also know that certain contributions are tax-deductible. To be eligible, you must be younger than 70.5 years old and have earned income.

You can also choose a Roth IRA, which doesn't have an age limit. You can make contribu-

tions to a Roth IRA at any age if you have earned income. Unlike the traditional IRA, taxpayers cannot deduct contributions made to Roth IRAs. However, qualified withdrawals from a Roth IRA will be free from federal income tax after the first holding period (five years). In other words, you cannot make a withdrawal until five years from the first tax year you make a contribution to your Roth IRA. Unlike a traditional IRA, there are no penalties if you make contributions to (or fail to take minimum distributions from) a Roth IRA after you reach age 70.5. Presently, the contribution limit for the Roth and Traditional IRA is \$3,000, and it will gradually reach \$5,000 by 2008. Under the "Catch-Up"

Provision, people over the age of 50 can contribute an additional \$500 making the present total amount for them \$3500.

Is An Annuity For You?

Annuities offer a number of advantages that make them popular, especially for long-term investors. First, they provide tax-deferred growth. This means you will pay taxes after you retire. You can choose annuities that are variable, fixed or a combination. They offer payout plans that provide income for you during retirement. Plus, annuities permit a transfer of the account balance to your beneficiary as a death benefit.

Whether you are 10 years or 40 years from retiring, the time to start saving money for your non-working years is now.

Pat Florio is the IRA Coordinator at Clinton Savings Bank
 Clinton Savings Bank
 Customers 1st, for Generations
 888-744-4CSB
 978-365-3700
www.clintonsavings.com

Fallon's Senior Wellness Programs for 2003

The following programs are free, open to the public and refreshments are served. To Register: Call 1-800-939-5433 (Registration is necessary)

TUESDAY, MAY 20, 2003
"HAVE YOU HEARD?"

Audiologist Robin Braveman will teach about hearing loss and how to get help for hearing problems.

TUESDAY, JUNE 17, 2003
"CHRONIC PAIN"

Learn ways to cope with chronic pain and some pain management exercises.

The above programs are to be held at the **Hudson Senior Center, 29 Church St., Hudson** from 10:00 a.m. to 11:30 a.m.

NEWS BITES *Health News Feb. & April 2003*

Salty Solution Snuffs Out Sinusitis: Daily nasal irrigation - a technique that uses a special cup to gently rinse the nasal passages with salty water - offers a safe, effective way to ease sinusitis, according to a study in the December 2002 Journal of Family Practice. Sixty-nine people with a history of recurrent sinus infections completed the 6-month study. Those who practiced daily nasal irrigation not only had fewer symptoms, they also used fewer antibiotics and nasal sprays than those who followed their usual treatment.

What is "SHINE"? *(Serving the Health Insurance Needs of Elders)*

SHINE is a state health insurance assistance program providing free health care information, assistance and counseling to Medicare beneficiaries of all ages.

A SHINE counselor helps compare costs and benefits of various health plans. He can explain Medicare rights and protections, how Medicare works with Medigap insurance, HMO's, and other health insurance plans.


He can help file a Medicare appeal or grievance and can provide information and assistance applying for help to pay for medical expenses for people with limited income and resources.

Our SHINE Counselor, a dedicated volunteer trained and certified by the Executive Office of Elder Affairs, is Vincent Gavin. He may be reached through the Clinton Senior Center at 978-365-9416 to set up an appointment.

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

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The Berlin Powderhouse Senior News

Council on Aging
Berlin, Massachusetts 01503

**BULK RATE
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May

Birthdays

- 12 Jack Bergen
- 12 Marguerite Krackhardt
- 12 June Coolidge
- 13 Margaret Dayton
- 16 Glendon Blenkhorn
- 16 Anna Renzoni
- 21 Roger Wilkins

Anniversaries

- 6 John & Barbara Halloran
- 21 Joseph & Anna Renzoni
- 24 George & Lorraine Cedar
- 24 Ross & Eva Yeiter
- 28 Edwin & Shirley Hendrickson

Obituaries

- Robert W. Wilson 3/9/03
- Marian P. Mills 3/12/03
- Rev. Leighton Richardson 4/5/03

June

Birthdays

- 1 Phillip Bartlett
- 7 Barbara Krackhardt
- 7 Barbara St. John
- 12 Eva Yeiter
- 15 Carol Wilkins
- 18 Alice Murphy
- 24 Stella Hanson
- 24 George Cedar
- 26 Josephine Underwood
- 27 Sally Bergen
- 30 Augustine Murphy

Anniversaries

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

WHAT IS A STROKE?

A stroke is any event that stops blood flow to part of the brain. Without blood oxygen starved brain cells begin to die within minutes. Rapid treatment can limit the damage. Untreated a stroke can cause loss of speech or vision, paralysis, and even death.

There are two basic types of stroke: **Ischemic** strokes (TIA) occur when a blood clot or other debris blocks a blood vessel in the brain or leading to it. These account for more than 80% of strokes. Nearly all the rest are **hemorrhagic** strokes, caused by bleeding (hemorrhaging) in or around the brain.

Warning Signs of Stroke

If you notice one or more of these signs in yourself or someone else, call 911 or your local emergency medical services number right away.

1. Sudden numbness or weakness in your face, arm, or leg, especially on one side of your body.
2. Sudden confusion
3. Sudden slurred speech or

other trouble speaking, or difficulty understanding what someone is saying.

4. Sudden trouble seeing with one or both eyes, or hearing with one or both ears.
5. Sudden dizziness, trouble walking, or loss of balance or coordination
6. Sudden severe headache
7. Brief loss of consciousness or a spell of decreased consciousness (fainting, confusion, convulsions, or coma)

Not everyone has these classic signs. So if you think you are having a stroke, or you're worried that you are having one, say so. And don't delay. The faster a stroke is treated the better the chance of a full recovery.

Harvard Heart Letter February 2003

Test Recommended by the American Stroke Association

If he/she has trouble with this test, call 911 immediately: Simple test: Ask individual to smile, raise and keep up both arms and speak a simple sentence.

Health News April 2003

Ann Marie Coulson Honored at Tea
Continued from page 1

community being built in South Hadley, about a 1/2 hour drive from Deerfield seemed a good choice. They are expected to move into their new living space, together but apart, this summer.

Ann Marie's quiet, but productive presence will be greatly missed, but, after all, South Hadley isn't that far away!! We wish you the very best, Ann Marie, for this new phase of your life!

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



Powderhouse Senior News

JULY/AUGUST 2003

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

BERLIN COUNCIL ON AGING SERVICES AND PROGRAMS

MISSION STATEMENT OF THE BERLIN COA

Our mission is to enhance the quality of life of seniors in the community by providing services, which include nutrition, health screening,

education and other programs to meet their needs.

- **Meals on Wheels (MOW)** - The last meal of the season was delivered on Friday, June 27th. Meal deliveries will resume on the day after Labor Day, September 2nd.
- **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 call 978-365-9416 to make an appointment with SHINE counselor, Vincent Gavin.
- **"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.
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WHAT IS ARTHRITIS?

There are 100 types of arthritis. The most common are rheumatoid arthritis (RA), a disease in which the immune system attacks, inflames and destroys the lining of the joints, and osteoarthritis (OA), in which the rubbery cartilage that cushions the joints become cracked and worn, so bone rubs against bone, causing pain. The joints of the fingers, back, neck, hips and knees are most affected in OA. Unlike OA, which may affect only one or two joints, RA can damage multiple joints, most often in the hands and feet. The damage occurs much faster and can be crippling.

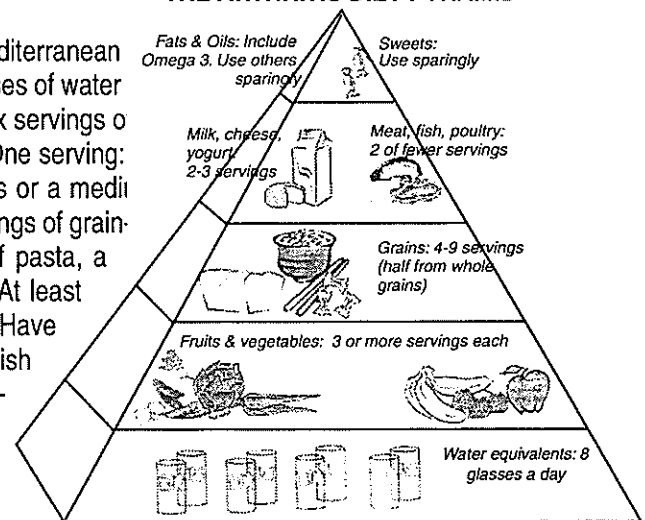
Diet and Arthritis: What you eat could help control and even prevent - painful and chronic arthritis disease. Scientific studies are beginning to find that a high diet in fruits, vegetables, grains, legumes, fish and fats like olive oil - often called the "Mediterranean Diet" - can help ease symptoms in people with arthritis. More than 70 million Americans suffer from arthritis and other chronic joint problems. Women are affected by arthritis much more often than men.

Modify disease with a Mediterranean diet: 1. Drink eight 8-oz. Glasses of water a day. 2. Get a minimum of six servings of fruits and vegetables a day. One serving: half-cup of cooked vegetables or a medium apple. 3. Eat four to nine servings of grain-based foods (e.g., 1/2 cup of pasta, a slice of whole wheat bread). At least half should be whole grain. 4. Have two servings of meat, poultry, fish (3 oz. Cooked) or one egg; include more vegetable protein such as beans (1/2 cup). 5. Make sure you have two to three servings of low or non-fat dairy products a day. A serving is

1 oz. of cheese, 4 oz. of milk. 6. Use canola, soybean, or olive oil for cooking. This is called the "Arthritis Food Guide Pyramid", and it may help alleviate stiffness and inflammation.

Vitamins can help: According to Miriam Nelson, PhD, co-author of Strong Women and Men Beat Arthritis (2002, Putnam), four vitamins are important in easing osteoarthritis - C, D, beta-carotene, and vitamin E - based on results from the Framingham Osteoarthritis Study. Vitamin C is thought to help reduce pain because of the role it plays in formation of

THE ARTHRITIS DIET PYRAMID



Adapted from Strong Women and Men Beat Arthritis, 2002, Three Rivers Press

CONTINUED ON PAGE 4



Schedule of Community Activities

July

Tuesday, July 8th
USDA Commodities
Northbrook Village Community Bldg.
10 AM ~ 11 AM

Tuesday, July 22nd ~ Blood Pressure Clinic
Northbrook Community Bldg.
1 ~ 2 PM

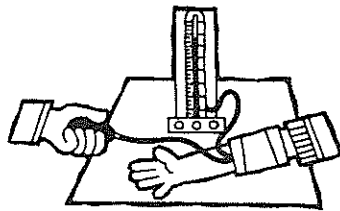
Wednesday, July 23rd ~
5 PM ~ 7 PM
COA Senior Summer Buffet
Town Office Building
Room 112-114 (Lower Level)
Catered Buffet Supper
Presentation of Legacy Award

No Meetings in August

August

Tuesday, August 12th
USDA Commodities
Northbrook Village Community Bldg.
10 AM ~ 11 AM unless otherwise announced

Tuesday, August 26th ~ Blood Pressure Clinic
Northbrook Community Bldg.
1 ~ 2 PM



Welcome to the Berlin Senior Citizens Organization

We meet the first Thursday of each month except for July and August.

We would like to invite you to come to our September meeting (9/4/03) at the First Parish Church in the center of town.

- 9:30 AM ~ Blood Pressure Clinic
- 10:30 AM ~ Short Business Meeting (lots of news)
- 11:00 AM ~ Entertainment
- 12 Noon ~ Lunch (\$3.00 per person)
- Dues: \$3.00 per year

Fact Finder

Heartburn and Gerd

1. Heartburn, a burning sensation behind the breastbone that may move up into the throat, affects 60 million Americans at least once a month.

2. Heartburn that occurs more than twice a week may be considered gastro-esophageal reflux disease (GERD). Gerd occurs when the sphincter muscle at the bottom of the esophagus either relaxes inappropriately, or is weak, allowing the stomach acid to back up into the esophagus.

3. Foods that may trigger heartburn include fried and fatty foods, peppermint, chocolate, alcohol, citrus fruits and juices and tomato products.

4. Also called acid indigestion, heartburn is the most common symptom of Gerd, which can cause regurgitation, difficulty swallowing, chronic cough or sore throat.

5. Antacids that neutralize stomach acid, such as Tums or Rolaids, work well for occasional heartburn. Other over the counter drugs that hinder stomach acid production, such as Zantac or Tagamet, offer longer relief as well as prescription drugs which block an enzyme in stomach acid production.

6. Gerd can have serious complications including inflammation of the esophagus, which may increase esophageal cancer.


Excerpt - Mass. Health News - June 2003

NEWS BYTES

AVOID BLADDER INFECTION

Drink Fruit Juice and Eat Yogurt

Researchers in Finland say women who drink fresh fruit juice and eat yogurt and cheese may be less likely to develop urinary tract infections (UTIs), according to a study in American Journal of Clinical Nutrition. It was based on a dietary study on 325 women who drank at least one glass a day of fresh fruit juice, freshly squeezed. Juice made from berries appeared especially protective. Other studies have showed that cranberry juice wards off repeat UTIs.





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NORTHBROOK VILLAGE
Berlin, MA
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EATING BREAKFAST HELPS

Avert Obesity, Diabetes

A study presented in March at an American Heart Association Conference suggested that people who eat breakfast every day are far less likely to develop obesity and signs of diabetes. 4,000 healthy people aged 25 to 37 were followed for eight years. Most people who said they usually ate breakfast were about half as likely to become obese as people who rarely ate breakfast. Don't start your day on an empty stomach and choose low-fat, nutrient-rich breakfast foods such as whole-grain cereals or waffles, fruits and nonfat yogurt.

TEA: A Healthy Brew

Research to date suggests that tea may confer certain health benefits, although the final, conclusive proof is not in yet. Both green and black tea contains antioxidants that may protect the body from damage that could lead to heart disease or cancer. These antioxidants are also found in other plants and vegetables, such as onions, apples, and broccoli. Because green tea is less processed than black tea, it contains higher levels of antioxidants.

What you can do: Drink 1 to 2 cups of green or black tea per day for possible health benefits.

TIME SLIPS AWAY

John C. Bonser

"If I only had time" - how often it's said
By each one of us in lives that are led
In pursuit of a dream or the seeking of fame,
In a task to be done or winning a game.

But year after year and day after day,
Time always, it seems, keeps slipping away!

"If I just had the time, how gladly I'd spend
More hours with family or visit a friend.
How great it would be to sit by a brook
And write a long letter or read a good book."

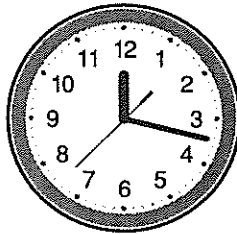
But month after month and day after day,
Time always, it seems, keeps slipping away!

"If I could find the time, I'd help those in need
And service to others would soon be my creed."
Yes, most of us feel there's much we should do,
But the minutes fly by and the weeks are too few.

So month after month and day after day,
Time slides through our fingers and just slips away!

If only we knew, ere we would run out of grace,
The time we have left to kiss a dear face,
To hold someone's hand who is faithful and true
And whisper these words: "My dear, I love you!"

For moment by moment and day after day,
Our lives, just like time, keep slipping away!



If you experience nervousness, fast heartbeat, nausea, or other side effects, drink less tea.

If you take Warfarin (Coumadin) or another blood thinner, tell your doctor before significantly increasing your consumption of tea.

VOLUNTEERS HONORED AT WAYSIDE INN

The Council on Aging hosted a luncheon to express their appreciation to the volunteers, many of whom give of themselves and their time to prepare and deliver Meals on Wheels twice a week for ten months of the year.

The guest speakers were Darrold Endres and Anne Daigneault. Mr. Endres is the Executive Director of Beaumont of Northborough, an assisted living facility.

SENIORS HELD ANNUAL MEETING AT BERLIN COUNTRY CLUB

On June 5th seventy-two members of the Berlin Senior Citizens Association elected the following slate of officers: President ~ Valary Bradley; Vice President ~ Madeline McTague; Recording Secretary ~ Barbara Halloran; Corresponding Secretary ~ Barbara St. John, Treasurer ~ Madeline Taylor, Assistant Treasurer ~ Judith Duff, Hostess Committee ~ Connie Barter, Health Committee ~ Ruth Hellen, Hospitality Committee ~ Ellie Bosselman, Program Committee ~ Barbara Krackhardt, Publicity Committee ~ Barbara St. John, and Visiting Committee ~ Jeanne Snay.

Appreciation was expressed to Lorraine Cedar and her faithful group for providing tasty luncheons at the monthly meetings and to all the others who work so hard to make these meetings possible.

Mr. and Mrs. Bob Lowe provided a "Hot and Cold Buffet" and the group was entertained by the "Ragtime Rowdies".



MARK YOUR CALENDARS!
COA sponsored
"Senior Summer Buffet"
Wednesday, July 23rd 5 PM - 7 PM
Town Office Bldg. Lower Level
Hot & Cold Buffet • Entertainment
Presentation of Legacy Award

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.

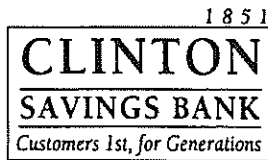
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July Birthdays

1 Dennis Snay
10 Madeline Taylor
13 Marguerite Bartlett
15 Lawrence Foster
16 Ruth Sandini
21 Pat Simpson
22 Elsa Polewarczyk
23 Helen DiMuzio
24 Gloria Shaughnessy
25 Elizabeth Jillson
28 Vera Mungeam
31 Edwin Hendrickson

Anniversaries

11 Lawrence & Barbara Foster
12 Glendon & Millie Blenkhorn
26 Kevin & Mary Diggins
28 Stan & Elsa Polewarczyk
30 James & Patricia Gutro

Obituaries

March 22 Marian Mills
April 21 Maureen Silva
May 22 Marguerite Gebo
May 23 Marilea Niedzial

August Birthdays

2 Robert Taylor
2 Maria Ford
4 Cora Devine
6 Jeanne Olson
8 Dan Plastridge
9 Marjorie Lamy
13 Benedetto Miele
25 Roger E. Wheeler
26 Mildred Wheeler
26 Florence MacDonald
29 Constance Barter
31 Marjorie Wood

Anniversaries

14 Raymond & Helen DiMuzio
27 Howard & Audrey Birch

What is Arthritis? Continued from page 1

collagen and proteoglycans, the major components of cartilage. Vitamin D is crucial to strengthening bones. Fruits and vegetables supply vitamin C, beta-carotene and folate. Dr. Nelson suggested keeping a diary to track your activities, record what you eat, and write down your feelings. This will help you identify negative patterns such as saying you don't have time to cook or eat healthfully. Your reward: reduced pain and a more active lifestyle. "Diet is something patients can change. And it's the first modification someone can make is she's overweight," says Dr. Samaritano, Association Professor of clinical medicine at Weill Medical College of Cornell University.

Weill Medical College of
Cornell University
Food & Fitness Advisor
May 2003

Rub-on Relief From Osteoarthritis: Use pain-relieving creams as an add-on to standard pain relievers or to reduce your reliance on oral medications. Topical pain-relief products: These are some of the

major brands of topical pain relievers. When using any product, read the ingredients and follow the directions closely.

Capsaicin Products: ArthriCare for Women, Ultra Strength ArthriCare for Women, Capzasin-P, Capzasin-HP, Durapatch Extra Strength, Zostrix HP. Capsaicin is what makes hot peppers hot. It causes nerve endings to release a chemical, called substance P, which normally carries the pain signal to the brain. Regular use creams and rubs containing this substance - three or four times a day - depletes the supply of substance P and may dampen sensations of pain directly. This effect persists as long as you continue to use the cream.

Don't ever use a topical rub in combination with a heating pad; it could cause burns. Also, don't use topical analgesics on an open wound or skin that is inflamed due to a skin condition, such as psoriasis or allergic eczema.

Mount Sinai School of
Medicine
Focus on Healthy Aging
- Jan. 2003

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



Powderhouse Senior News

SEPTEMBER/OCTOBER 2003

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

BERLIN COUNCIL ON AGING SERVICES AND PROGRAMS

MISSION STATEMENT OF THE BERLIN COA

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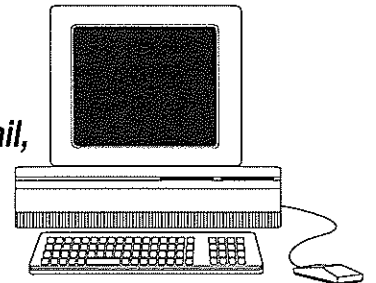
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- **"Powderhouse Senior News"** - a bi-monthly newsletter mailed to each senior household in Berlin with information on health, legislative issues, and other topics of interest to elders.
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 - b. **Wheat Van** - is available Tuesday 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.
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QUESTIONNAIRE

In keeping with our Mission Statement, you will find a questionnaire enclosed. We would appreciate your taking a few minutes to answer the questions and mailing it back as instructed. Your answers will help us to ascertain the needs of Berlin seniors and endeavor to address them.

Thank you for your cooperation.

E-MAIL: This is the first issue of the Powderhouse Senior News to be transmitted to our publisher via e-mail, according to his instructions. Please bear with us!!



Senior Summer Buffet

Fifty seniors enjoyed the annual buffet on the 23rd of July.

At 5 p.m. "3 Broads Sing" (Ann Phipps, Janet Woodward and Susan Giroux) entertained with a variety of music sung in 3-part harmony and left the audience wishing for more!

Mary Petkauskas explained the "Legacy Award" and announced this years recipient, Patricia Simpson, chosen by the Council on Aging to show appreciation for her many years of dedicated "quiet" service to the community.

A hot and cold buffet, prepared and served by Judy Christensen and her family for Lowe's Catering, was a perfect way to end the evening.

A great time was had by all!

Schedule of Community Activities

- September**
- 1 Labor Day
 - 2 Meals on Wheels resumes service
 - 4 Senior Citizen Meeting FPC
 - Blood Pressures 9:30A.M.
 - Business Meeting 10:30
 - Program: 11 A.M.
 - Police Chief Otto Rhode, Jr. & a representative from the Berlin Rescue Squad will speak
 - Home cooked Lunch 12 Noon
 - 9 Commodities 10 ~11 A.M.
 - Northbrook Community Bldg.
 - 21 St. Joseph's Fall Fair
 - 10 A.M. ~ 5 P.M.
 - 231 ~ 2 P.M. Blood Pressures Northbrook Community Bldg.
 - 249 A.M. C.O.A. Meeting Rm.118 Town Office Bldg.

- October**
- 2 Senior Citizen Meeting FPC
 - Blood Pressures 9:30 A.M.
 - Business Meeting 10:30
 - Program 11 A.M.
 - Beezy Bentzen will speak on her trip to India
 - Buffet Lunch 12 Noon
 - 13 Columbus Day Observed
 - 14 Commodities 10 ~ 11 A.M. Northbrook Community Bldg.
 - 229 A.M. C.O.A. Meeting Rm. 118 Town Office Bldg.
 - 26 Daylight Savings Time Ends 281 ~ 2 P.M. Blood Pressures Northbrook Community Bldg.
 - 31 Halloween

Welcome to the Berlin Senior Citizens Organization

We meet the first Thursday of each month except for July and August.

We would like to invite you to come to our September meeting (9/4/03) at the First Parish Church in the center of town.

- 9:30 AM ~ Blood Pressure Clinic
- 10:30 AM ~ Short Business Meeting (lots of news)
- 11:00 AM ~ Entertainment
- 12 Noon ~ Lunch (\$3.00 per person)
- Dues: \$3.00 per year

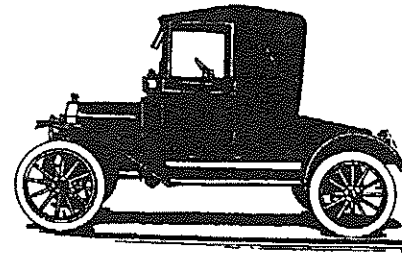

Year of 1903

The year is 1903, one hundred years ago ... what a difference a century makes.

Here are some of the U.S. statistics for 1903 ...

- The average life expectancy in the US was forty-seven.
- Only 14 percent of the homes in the US had a bathtub.
- Only 8 percent of the homes had a telephone.
- A three-minute call from Denver to New York cost eleven dollars.
- There were only 8,000 cars in the US and only 144 miles of paved roads.
- The maximum speed limit in most cities was 10 mph.
- The tallest structure in the world was the Eiffel Tower.
- The average wage in the US was 22 cents an hour.
- The average US worker made between \$200. and \$400. per year.
- A competent accountant could expect to earn \$2000. per year, a dentist \$2,500. per year, a veterinarian between \$1,500 and \$4,000 per year, and a mechanical engineer about \$5,000. per year.
- Sugar cost four cents a pound.
- Eggs were fourteen cents a dozen.
- Coffee cost fifteen cents a pound.

Just think what it will be like in another 100 years. It boggles the mind.



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Berlin, MA
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Getting to know Pat Simpson . . .



At the Senior Summer Buffet on July 23rd, Pat's name was added to the list of people who have provided outstanding service to the community, and especially it's senior citizens. Since 1995 when the Legacy Award was established, the names have been engraved on a plaque entitled "The Mary Petkuskas Service Award" which hangs in the Community Building at Northbrook Village for all to see.

I first met Pat two years ago at the Volunteer Luncheon and you can't imagine my surprise when I went to interview her for this article and found that she was born and brought up right here in Berlin on Gates Pond Road!!!

Most of her schooling took place in the Hudson school systems and she graduated from Hudson High School.

While working at Raytheon, she met and married Bob Simpson. They first lived on Oak Street in Hudson and came to Berlin in 1972. They had seven children in nine years and each and every one of them attended school in Hudson and played in the Royal Jades Band. Pat served as manager of the band for part of the time that her children were participants and enjoyed traveling with them, as well as making their uniforms.

In 1991 this multi-talented lady heard that they needed help cooking the "Meals on Wheels" and she has been involved ever since in that program as well as cooking and serving at the James II Soup Kitchen. Quantity cooking does not seem to be a problem for Pat!

In addition to part-time work at Lance and Media Graphics, which she really enjoyed, she found the time to serve as Treasurer of the Berlin Council on Aging from 1994 through 2000. She was also a member of the "Powderhouse Senior Newsletter" committee and an active member of St. Joseph's Church. Since Bob's retirement she has enlisted his help, as well, for these programs.

Pat & Bob enjoy traveling with their "fifth wheel", and keep in touch with their children and 5 grandchildren via computer, but be assured that when they are in town they are helping out wherever they are needed.

Thank you, Pat for your many years of "quiet" service to the community!

I thoroughly enjoyed my visit and "getting to know Pat Simpson".
Dora M. Cummings

Guidelines put on pressure to lower pressure

New category of prehypertension puts millions on alert for early action.

New Blood pressure categories

	Systolic BP	&	Diastolic BP
Normal (optimal)	less than 120	&	less than 80
Prehypertension	120 ~ 139	or	80 ~ 89
Stage 1 hypertension	140 ~ 159	or	90 ~ 99
Stage 2 hypertension	160 or higher	or	100 or higher

Understanding the number

Systolic pressure (the top number of a blood pressure reading) records the pressure generated during the heart's pumping phase (systole). It shows how hard the heart works to push blood through the arteries. Diastolic pressure (the bottom number) records the pressure in between heartbeats (diastole). It tells how forcefully arteries are being stretched most of the time.

The Antihypertensive and Lipid-Lowering Treatment to Prevent Heart Attack Trial (ALLHAT for short) has finally compared the number of heart attacks, strokes, and deaths among 33,000 men and women with high blood pressure who took either a generic diuretic (chlorthalidone), a calcium channel blocker (amlodipine-Norvasc) or ACE inhibitors (lisinopril-Zestril or Prinivil) for five years. Chlorthalidone lowered blood pressure slightly better than the other two drugs, and also seemed to prevent stroke and heart failure a bit better.

A fourth drug, the alpha blocker doxazosin (Cardura) was pulled from ALLHAT in 2000 when it became clear that people using this drug had higher rates of stroke, heart failure, and other cardiovascular events.

About two-thirds of people with hypertension need more than one drug for blood pressure control. A diuretic such as chlorthalidone or hydrochlorothiazide is a good one to start with. Combining an ACE inhibitor or calcium-channel blocker with a low daily dose of a diuretic often offers effective pressure control. These drugs are not inexpensive. A one year supply can range from \$90.00 to \$480.00 for the various prescriptions.

The safest, cheapest and healthiest way to control blood pressure is by changing your habits. Losing weight, exercising more, eating more fruits and vegetables, and cutting back on alcohol and salt can make a big difference. If you have a tough time making changes like these, or they aren't enough, then drugs can be lifesavers.

Harvard Heart Letter
~ March 2003

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OPEN Mon.-Sat. 6:30 A.M.-7:00 P.M.
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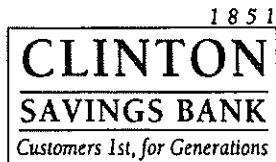
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The Berlin Powderhouse Senior News

Council on Aging
Berlin, Massachusetts 01503

**BULK RATE
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September Birthdays

9th ~ Anna Duffy
13th ~ Shirley Lipka
20th ~ Mario Cacciola
24th ~ Maddy Crossman
25th ~ Ruth Wheeler
26th ~ Warren Wheeler
27th ~ Everett Wheeler

Anniversaries

2nd
Robert & Madeline McTague
28th
Alfred & Barbara St. John

Obituaries

June 27th ~ Richard Wiedeman, Sr.
July 9th ~ Hazel E. Harriman
July 28th ~ Janice Harrold (wife of COA
member Ken Harrold)
July 31st ~ Barbara Cleveland

October Birthdays

7th ~ Louise Champagne
11th ~ Jeanne Snay
16th ~ Dorothy Germain
17th ~ Doris Bombard
19th ~ Herbert Meuller
20th ~ Judy Duff
22nd ~ Joyce LaMotte

Anniversaries

10th
Benedetto & Hazel Miele
20th
Philip Scott & Judy Duff
25th
Everett & Mildred Wheeler
28th
Eric & June Coolidge

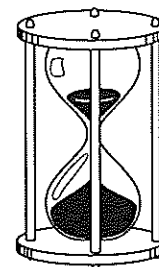
This poem is dedicated to:

Barbara Cleveland and Janice Harrold

The Gift of Life

By Clay Harrison

The gift of life is ours today
To mold and shape like blocks of clay.
Each day unveils an open door
That wasn't there before.
The gift of life is ours today
To use before it ticks away
Like sand within an hourglass,
For this day too is soon to pass.
Our yesterdays have all been spent;
They can't be saved or sold or lent.
The gift of life is ours today
To worship, work, or rest and play.
The hours pass so quickly by,
We sometimes laugh and sometimes cry.
There is so much we need to do
If we would have a dream come true.
Who knows which day will be our last
Our time is precious, come what may ~
The gift of life is ours today.



"Powderhouse Senior News"

is partly supported by Executive Office of Elder Affairs.



Powderhouse Senior News

NOVEMBER/DECEMBER 2003

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

BERLIN COUNCIL ON AGING SERVICES AND PROGRAMS

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UPCOMING SENIOR DAY TRIPS

Dec. 5, 2003 \$46.00 per person

Hartford's Holiday Light Fantasia

Depart 11:45 am - Return approx. 7 pm

Visit Christmas Tree Shop in Manchester, Ct.

Dinner at Adams Mill Restaurant

2 mile drive thru Goodwin Park, Hartford, Ct.

Illuminated scenes with 1 million bulbs!!

January 26, 2004 \$16.00 per person

Foxwoods Casino, Ledyard, Ct.

Depart 7:45 am - Return - 5-5:30 pm

Casino time 9:30 - 3:30

Best available casino package

April 20, 2004 \$49.00 per person

Mystery Trip-something different!

Depart 9:15 am - Return approx. 4 pm

Morning mystery activity!

Lunch at a Historic Inn

Afternoon Mystery Activity!

June 8, 2004 \$43.00 per person

Old Orchard Beach, Maine

Depart 8 am - Return 4:30 - 5 pm

Free time for shopping or sightseeing on Old Orchard Beach

Lunch included at Joseph by the Sea

Restaurant

October 14, 2004 \$45.00 per person

New Hampshire & Vermont Foliage Tour

Depart 7:15 am - Return 5-5:30 pm

Bakery at King Arthur Flour, VT

Lunch at Jessie's Steakhouse Dartmouth NH

Ottaquechee Valley Winery

Quechee Gorge - picture stop

For further information, contact Phillip Bartlett at (978) 838-2572. Reservations and payment are accepted at least one month prior to the date of the trip.

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MARK YOUR CALENDARS!

Annual Senior Citizens Winter Party

Sponsored by Berlin COA

Thursday, December 11th, 2003

11:45 am - 2:00 pm

Lower Level-Town Office Bldg.

Catered lunch at 12:00 followed by

Entertainment by John Beck and

the popular Barbershop Quartet,

"Toy Tot Tunes"



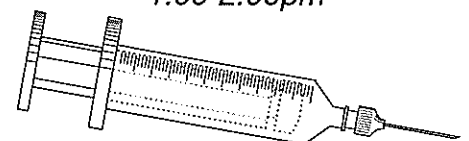
Flu Shot Schedule in Berlin

November 6 First Parish Church
9:30-10:30am

November 25 Northbrook
Community Bldg.
1:00-2:00pm

December 4 First Parish Church
9:30-10:30am

December 23 Northbrook
Community Bldg.
1:00-2:00pm



Senior Citizen Meeting Programs Past and Future

In September more than 50 members learned about the Berlin Police Department and our Rescue Squad through a talk by Otto Rhode, our Police Chief, together with Dennis Bartlett, Rescue Squad Chief. They demonstrated the AED (Automated External Defibrillator), a possibly lifesaving machine. The Town of Berlin has these machines presently located in the ambulance, the rescue truck and police cruisers and expects to place them in some of our public buildings in the near future.

Following their talk, during the question and answer period, we were reminded that the Rescue Squad, which had provided the citizens with free service for many, many years, began a billing program in Dec. 2000. Their desire to become a self-funded organization was what prompted this move. Therefore, if or when you need to use the ambulance, it is important that you give the EMTs your health insurance provider, so that they may be billed directly. If you do not have health insurance, they should also be given that information.

For more information about the Rescue Squad, refer to their annual report on page 18 of the "Berlin Annual Reports" for 2002 or leave a message at 978-838-2898 Monday through Friday and Dennis will be happy to return your call and answer any questions. We are very fortunate to have such dedicated people working for us on the Police Dept. and the Rescue Squad!

In October the senior group learned about Beezy Bentzen's latest trip to visit the Tibetan people. Her slides were extraordinary and her narration held everyone's interest as she took us to visit a people whose lives differ greatly from our own.


In November we will celebrate the 100th anniversary of the "Teddy" bear with Mary Ellen Matthew. If you have a favorite old "Teddy", bring him with you!

Our December program will be a play called "A Stranger for Christmas". Donna Allen and Barbara Krackhardt will play the leading roles, supported by other local talent.

Please join us in November and December and enjoy these programs.

Schedule of Community Activities

- | | |
|--|--|
| <p>November</p> <ul style="list-style-type: none"> 1 Friendship Village Fair
10am - 3pm
First Parish Church 6 Senior Citizens Meeting
First Parish Church
9:30-10:30 B.P. & Flu Shots
10:30-11:00 Business Mtg.
11-12 "Teddy Bears"
by Mary Ellen Matthew
12 noon - Lunch - \$3.00 11 Veteran's Day 11 Commodities 10 - 11am
Northbrook Community Bldg. 19 C.O.A.Meeting 9am
Town Office Bldg. Rm.118 25 B.P. & Flu Shots
1-2pm Northbrook
Community Bldg. 27 Happy Thanksgiving | <p>December</p> <ul style="list-style-type: none"> 4 Senior Citizens Meeting
First Parish Church
9:30-10:30 B.P. & Flu Shots
10:30-11:00 Business Mtg.
11:00-12:00 Christmas Play
12 noon - Lunch - \$3.00 6 Christmas in Berlin
Sponsored by Berlin Lions
Club 6&7 Christmas Fair @
St.Joseph's Church 9 Commodities 10-11am
Northbrook Community Bldg. 11 Senior Winter Party
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Council on Aging members have copies of "Assisted Living in Massachusetts", a Massachusetts 2003 Resource Guide, if you would like to borrow one.

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NUTRITION BYTES

Blueberries - Boost Immunity

The best topping for your cereal-or any other meal?

Blueberries, according to researchers at the USDA Human Nutrition Research Center on Aging at Tufts University. They tested almost 40 different fruits and vegetables-and found that this tiny fruit packs in the most antioxidant power. In fact, in only one-half cup, you can get twice as many antioxidant nutrients as most Americans consume in an entire day, says lead researcher Ronald Prior, Ph.D. That serving also delivers a mere 40 calories, virtually no fat, a hefty amount of vitamin C, and nearly two grams of fiber.

May we suggest Don't just think of blueberries for cereal or pie. Blueberries are a sweet surprise in salads, as a solo snack, or served as a side dish with poultry and meat.

Apples - Protect Lungs

No surprise that apples make this list. But chances are you never knew that eating an apple a day is particularly good for your lungs, all the more so if you smoke. In a study presented before the American Thoracic Society, British researchers said that apples were more effective than other fruits and vegetables in reducing the risk of developing serious disease, including lung cancer.

They are a genuine nutritional treasure: An apple contains only 81 calories, with almost no fat and three grams of fiber-including a type called pectin that helps lower cholesterol levels and moderate blood sugar-says Rosenbloom. It also contains hefty amounts of boron, a mineral believed to boost alertness and help curb calcium losses that lead to osteoporosis.

May we suggest An apple and cheese snack is smart as well as tasty.

Salmon - Benefits the prostate and heart

The overall health-boosting, heart-smart benefits of this cold-water fish-along with mackerel, sardines, and herring-are well established. But bet you didn't know that salmon may help fight prostate cancer. In a 12-year study published in January in Cancer Epidemiology Biomarkers & Prevention, researchers from Harvard Medical School and the National Cancer Institute discovered that men who eat fish, including salmon, more than three times a week were less likely to develop prostate cancer.

Most of the health-boosting credit in salmon goes to its treasure chest of omega-3 fatty acids, which also regulate depression and other mood disorders and are believed to reduce arthritis pain. "The acids in salmon and other fish help fight inflammation, so they are good for aches and pains," says Kiefer. Other studies show frequent fish consumption may protect against Alzheimer's.

May we suggest Canned pink salmon has the highest amounts of omega-3s-but also the most salt. Sockeye salmon has the most vitamin B12, important for nerves and blood cells.

Eggs - Fight eye disease, lower (!) cholesterol

Eggs will surprise you. Did you know eating them can help prevent heart and eye disease? "Eggs have gotten a bad rap; they're actually one of the best overall food sources available," says Rosenbloom. "They're very low in saturated fats and provide a lot of important nutrients. And the

olk is among the very best sources of lutein, an antioxidant that may help prevent age-related macular degeneration." It also contains phosphatidylcholine, which in lab animals decreased the absorption of dietary cholesterol contained in eggs into the bloodstream.

May we suggest Oh, the possibilities. But since spinach is another rich source of vision-protecting lutein, how about eggs Florentine?

Turmeric - Fights cancer, eases pain & swelling

Fabled as the spice that lends zing and yellow color to curries and mustard, turmeric also provides numerous health benefits. Besides helping to ease arthritis, and muscle and postoperative pain and swelling-without the side effects of pain medications-it may also act as a cancer-fighting agent. The healing power of turmeric comes from its active ingredient-curcumin.

In a study published last September in the medical journal Blood, researchers found that adding curcumin to cancer cells suppressed most of them and stopped others from spreading. More recent research on laboratory animals has shown that it may protect skin during cancer radiation treatments.

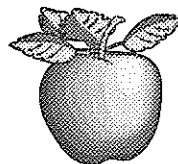
May we suggest that you might get in the habit of using it occasionally to replace some of the salt and pepper in your cooking.

Peanut Butter - Combats diabetes & heart disease

In addition to sticking to the roof of your mouth, this school lunchbox staple may help stick it to two of the biggest health threats to aging Americans-diabetes and heart disease. It was reported in The Journal of the American Medical Association that women who ate peanut butter or other forms of nuts at least five times a week lowered their risk of diabetes by 21 percent compared to those who didn't. This, thanks to the hefty amounts of monounsaturated and polyunsaturated fats in nut products. These good-for-you fats improve glucose and insulin stability, as well as protect against heart disease, says researcher Rui Jiang, M.D. Peanuts are also good sources of fiber which help control blood glucose and prevent dietary fat and cholesterol from entering the bloodstream, while the insoluble fiber helps speed food through your digestive track, keeping you regular. Nuts are also loaded with the amino acid arginine, which may help relax blood vessels for better blood pressure control.

May we suggest - "Aim for a daily tablespoon of peanut butter or one ounce of nuts-enough to fill a shot glass or a regular handful," advises Dr. Rosenbloom.

AARP September & October 2003



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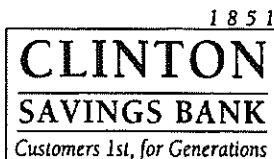
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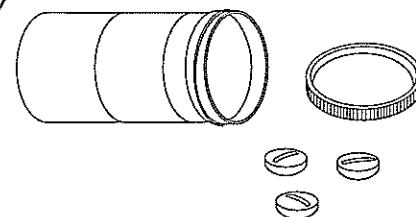
BELATED THANKS TO

Mary Ellen Matthew for her many years of label-making for the Powderhouse Senior News and to (Hazel) Louise Champagne for picking up where Mary Ellen left off. We are grateful for your help!

News from the FDA

The Food & Drug Administration has approved a non-prescription version of the heartburn drug Prilosec. The drug is the same as the prescription-only version, but there are other differences. Prilosec OTC will sell for around \$1 a day, less than a third of the price of the prescription pill. Prilosec OTC will be sold only in a 14-pill pack; it is taken once a day for 14 days to treat frequent heartburn (occurring two or more days a week). No more than three courses of the OTC version can be taken in a year. For treating more serious ailments such as chronic gastroesophageal reflux disease (GERD) or ulcers, the original purple Prilosec will still be prescription-only, since it is given for longer periods under a doctor's supervision. Prilosec is called a "proton pump inhibitor" because it turns off some of the minipumps in the stomach that produce acid. Unlike antacids like Tums or acid reducers, such as Tagamet or Pepcid, which start working right away. Prilosec takes a few days to start to work.

*Food & Fitness Advisor 10/03
 Weill Medical College of
 Cornell University*



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

- Dennis & Jeanne Snay
Nov. 9
- Wilrose & Stella Hanson
Nov. 18
- Augustine & Alice Murphy
Nov. 27

December Birthdays

- Madeline Ciesluk - Dec. 1
- Kevin Diggins - Dec. 5
- Anne Gray - Dec. 6
- Millie Blenkhorn - Dec. 8
- Flora Leveille - Dec. 16
- Ethel Drasher - Dec. 16
- Shirley Hendrickson - Dec. 17
- Bob Simpson - Dec. 18
- David Holder - Dec. 20

Anniversaries

- Allan & Kay Johnson
Dec. 2
- Arthur & Marjorie Lamy
Dec. 5

Obituaries

- Ruth E. Gill
- Linda D. Ford - Aug. 21
- Joseph Renzoni - Oct. 5

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