



Powderhouse Senior News

JANUARY/FEBRUARY 2004

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)** - Meal deliveries will resume on the day after Labor Day, September 2nd, and each Tuesday & Friday thereafter through June. Please call 978-838-7380 for further information.
- **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. 4th Tuesday of the month from 1:00 to 2:00 P.M. at Northbrook Village Community building.
- **Transportation** - Berlin Senior Vans
 - 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.
 - 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.
- **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; Judy Duff, 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.

Some Thoughts for the New Year LIFE'S GIFT IF

BY Phyllis C. Michael

By Nora M. Bozeman

Sometimes life brings a lamp of gold
And puts it in our hands to hold;
Sometimes she brings a step toward fame
And leaves it somewhere near our name;
Sometimes she brings true love to share
With someone who was waiting there;
Sometimes she brings us strength anew
To finish tasks that we must do.
But greatest of the gifts she brings-
A heart within that always sings
No matter what its fate may be,
A heart that's glad, a heart that's free,
A heart that knows if raindrops fall
The marigolds will then grow tall,
A heart that takes what comes each day
And makes the most of it some way,
Content to feel a Higher Power
Rules over every single hour,
A heart that knows as time goes by
It must not ask just how or why
When life walks swiftly by its door
And gives a fellow traveler more,
A heart that knows some good shall come
Not as it seemed to come to some
But slowly, surely from above,
In God's own time by His own love.

If I can lighten someone's load
As they travel down life's road,
My heart would oh, so happy be
To lessen someone's misery.

If I can fill someone with hope,
Give them courage with which to
cope,
Replace their sadness with a smile,
I'd feel such gladness all the while.

If I can brighten someone's day
And chase their dreary cares away,
Morning, night and afternoon
My heart would sing a happy tune.



MARK YOUR CALENDARS!
Saturday, January 10th, 2004
1:00 p.m. First Parish Church
**LIONS CLUB TURKEY
DINNER FOR BERLIN
SENIORS**

The church kitchen will be filled with "Lions" waiting to serve you a complete turkey dinner. We are grateful to the Berlin Lions Club for providing us with this banquet annually!



Schedule of Community Activities

- January**
- 1 Happy New Year!
 - 8 Senior Citizens Meeting
1st Parish Church
9:30 - 10:30 Blood Pressures
10:30 - 11:00 Business Mtg.
11:00 - 12 Program
12 noon - Lunch - \$3.00
 - 10 Lions Club Turkey Dinner for Berlin Seniors
1 P.M. 1st Parish Church
 - 13 Commodities 10 - 11A.M.
Northbrook Community Bldg.
 - 19 Martin Luther King, Jr. Day
 - 27 Blood Pressures 1-2 P.M.
Northbrook Community Bldg.
 - 28 COA Mtg. 9 A.M. Town Office Bldg. Rm.118

- February**
- 5 Senior Citizens Meeting
1st Parish Church
9:30 - 10:30 Blood Pressures
10:30 - 11:00 Business Mtg.
11:00 - 12 Program
12 noon - Lunch - \$3.00
 - 10 Commodities 10 - 11 A.M. Northbrook Community Bldg.
 - 14 Happy Valentine's Day!
 - 16 President's Day
 - 24 Blood Pressures 1 - 2 P.M. Northbrook Community Bldg.
 - 25 COA Mtg. 9 A.M. Town Office Bldg. Rm.118

UPCOMING

SENIOR DAY TRIPS

It's not too late to sign up for the January 26th trip to Foxwoods. Seats are still available up until the 19th, or until the bus is filled. Depart Berlin at 7:45 a.m. - Return 5:53:00 p.m. Casino time 9:30 - 3:30. Best available casino package \$16.00 per person. Call Phil Bartlett at (978) 838-2572 for reservations.

NUTRITION BYTES

BUTTER OR MARGARINE

Old News: Once touted over butter, margarine is made from vegetable oil and thus has no cholesterol and much less saturated fat than butter. Then it turned out that margarine, because the oil is hydrogenated, contains trans fats, which are as bad for your heart as the saturated fat in butter.

Latest News: Some new margarines contain no trans fats. If you can find it, canola oil margarine is a good choice. Or try liquid, tub, or "diet" margarines, which have less trans fat. To reduce your blood cholesterol levels you might also try the new margarines such as Benecol or Take Control, which contain a cholesterol-lowering ingredient. However, if you eat only small amounts of butter or margarine - and follow a heart-healthy diet - it doesn't really matter whether you choose margarine or butter.


YOGURT'S WHEYS AND WHEREFORES

Old News: Yogurt helps you live to a ripe old age.
Latest news: The idea that yogurt promotes longevity was based on hearsay. Yogurt is an excellent food, particularly if you stick to nonfat or low-fat varieties without a lot of added sugars. Lactose-intolerant people can digest yogurt. Will yogurt counteract diarrhea caused by antibiotics? Will it cure vaginal yeast infections? If you eat yogurt containing live cultures of *L. acidophilus*, there's some evidence it MAY help with both these problems. But don't count on it. It's a food, not a medicine.

YOU SAY TOMATO

Old News: A good source of vitamin C, especially fresh tomatoes.
Latest News: Yes, tomatoes offer vitamin C, and a lot else besides. It turns out that they are rich in important carotenoids, including lycopene - a relative of the more celebrated beta carotene. Lycopene appears to help prevent prostate cancer. Oddly enough, cooked and processed tomatoes contain lycopene that's more readily available to the body. Ounce for ounce, processed tomato products (such as sauce, paste, or juice) contain 2 to 10 times as much available lycopene as fresh tomatoes.

University of California, Berkeley "Wellness Letter"





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Berlin, MA
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Senior Citizen Meeting Programs Past and Future

The November and December meetings were well attended, as usual, and Mary Ellen Matthew's recognition of the 100th birthday of the Teddy Bear was well received. She told stories of some of the more popular Teddy Bears, including everyone's favorites, Paddington Bear and Pooh. Her collection of bears, together with some brought in by members of the audience, sat quietly on the stage and listened attentively.

Anita Holyoak's adaptation of "A Stranger for Christmas" was presented to the group at the December 4th meeting.

It was a wonderful introduction to the Christmas season. The cast included Barbara Krackhardt, Donna Allen, Judy Duff, Ruea Baum, June Coolidge, Ruth Hellen, Neale Laurence and Dick Mills. Their performance was outstanding!

On January 8th, Jane Bungard from the Nashoba Board of Health will talk to the group about the signs of stroke, heart attacks, etc. This should be a very informative meeting making us aware of the things we should watch for.

On February 5th, a representative from Beaumont at Northboro will bring us up to date on the new assisted living facility nearing completion on the site of what used to be the Thornton Nursing Home. I am sure he/she will be able to answer any of your questions about assisted living.

★ Are you interested in ARE YOU O.K.? ★

Police Chief Otto F. Rhode, Jr. has asked the COA to try to find out how much interest there is in this program in Berlin.

Anyone interested in this service would sign up and receive a computerized phone call at a pre-arranged time each day asking, "Are you O.K.?" You would pick up your phone and follow the directions - such as "If you are O.K., press 1" and hang up the phone.

If your phone is not answered or goes to an answering machine a police officer will come to your home to make sure you are all right. If you aren't going to be at home at the pre-arranged time, you would notify the Police Dept. in advance.

This is an over-simplified description of the plan, but should give you a good idea of how it works.

It is a valuable service to anyone who lives alone and would be at no cost to you.

If there is enough interest, say one-quarter of our over 400 senior citizens, the Chief is willing to make every effort to raise the money through grants and other donations to fund the program and put it into action.

It is important that you notify a COA member of your interest as soon as possible by leaving your name and a short message such as, "I am interested in ARE YOU OK?" The following are some of the members of the Berlin Council on Aging: Dora Cummings (978)-838-2500 and Sally Bergen (978)-838-2517.

Nutrition INFLAMMATION FIGHTERS

We've all experienced inflammation--from sunburn to infections. By sending more blood and immune activity to an injured or infected area, inflammation is protective and helps you heal. But when inflammation is prolonged or misplaced in the body, it's not a beneficial process. An emerging theory in medicine today is that chronic inflammation may underlie such problems as coronary heart disease, Alzheimer's disease, and possibly even cancer.

Foods that you eat can influence inflammation, especially your choice of fats. Your body produces hormones (prostaglandins) that help regulate inflammation from fatty acids. Most people eat a diet that doesn't provide enough omega-3 fatty acids, which prevent or slow down inflammation, and contains too many omega-6 fatty acids, which can increase inflammation as well as promote cell proliferation and blood clotting.

To anyone who wants to enjoy healthy aging, as well as those who are at risk for the conditions noted above, increase your omega-3s. Fatty fish like salmon, herring and sardines can give you these beneficial fatty acids, along with protein. Try to eat two or three 3-ounce servings of fish a week. Ground flax seeds, walnuts and walnut oil are some of the plant sources of omega-3s. Soybeans have a smaller amount.

Eliminate the wrong fats - polyunsaturated vegetable oils, like safflower, sunflower, corn and sesame oil are rich in omega-6 fatty acids, which favor inflammation, as do the trans fats in margarine, vegetable shortening, and partially hydrogenated oils. Avoid them and food made from them.

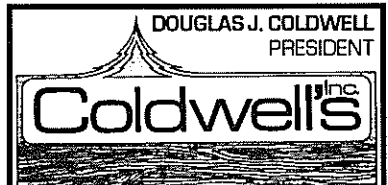
Use extra-virgin olive oil as your main cooking oil. It is a healthier option than polyunsaturated vegetable oils.

Eat more fruits and vegetables - berries, cherries and dark leafy greens (lightly cooked) are especially good sources of antioxidants, which act as neutralizers.

Season with healing spices - tumeric, red pepper, and ginger can add flavor to your meals and contribute natural anti-inflammatory compounds. *Dr. Andrew Weil's "Self Healing" December 2003*

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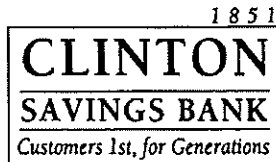
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Contending with Coughs

The sounds of December include Christmas carols, Chanukah songs, and a cacophony of coughing. Although annoying, coughing is simply the body's way of clearing mucus and foreign matter from the lungs, airways, and throat. Most coughs are due to self-limited maladies like colds and flu.

If you've come down with a winter bug, your first goal isn't to suppress a cough but to make it more produc-

tive -helping to thin mucus and making it easier to cough up. To do this, drink extra fluids, especially warm liquids like teas and soups. Also, breathe in steam - from a hot shower, a vaporizer, or a pot of hot water - a few times a day. If you have a productive cough that's still lingering after using the above remedies for a few days, I suggest taking an over-the-counter (OTC) expectorant cough medication containing guaifenesin, which loosens mucus.

When a cough is dry, or nonproductive, and caused by throat irritation, suck on hard candy or lozenges. Slippery elm lozenges, sold in health food stores, coat and soothe irritated tissues in the throat. An OTC medication containing dextromethorphan may help.

Your cough may be due to postnasal drip. To ease that condition, try to avoid dairy products, which may increase mucus production in some people, or try a nasal douche with warm saline solution to soothe mucous membranes.

Dr. Andrew Weil's "Self-Healing" December 2003

SUCCESSFUL SENIOR WINTER PARTY

About 65 seniors braved the torrential rains on December 11th to attend the COA sponsored winter party. They were treated to a buffet lunch prepared by Bob and Shirley Lowe which included potato salad, tossed salad, cold meat platter, rolls and butter, baked beans, chicken wings (my favorite!), meatballs, punch and assorted sweets for dessert..

Following the luncheon John Beck and the "Toy Town Tunes", all members of the Worcester Men of Song, favored the group with a musical show. Everyone enjoyed this popular barbershop quartet and its renditions of a variety of toe-tapping songs!

Thank you to Edith Brewer for the little Christmas corsages she put together for the ladies present.

January

Birthdays

9th Ruth Hellen
11th Francis Underwood
14th Edward Ware
16th Virginia Keleher
16th Lee Mungeam
17th Joanne Forbes
17th Alfred St. John
18th Jean Musche
20th Hayward Stone
23rd Roger Stanley
28th Eva Tobey

Anniversaries

28th Alfred & Doris Bombard
31st Henry & Ruth Wheeler

Obituaries

Gone, but never forgotten.

Oct. 18th, 2003 James E. Alger, Sr.
Nov. 11th, 2003 Laura Kimmel
Nov. 12th, 2003 Glendon (Blinky) Blenkhorn
Nov. 28th, 2003 Vincent J. Zaniboni

February

Birthdays

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

Anniversaries

3rd Phillip & Jane Bartlett
4th Bob & Pat Simpson
16th Paul & Dorothy Germain
20th Mario & Mary Cacciola
20th Willard & Joanne Wheeler

"Powderhouse Senior News"

is partly supported by Executive Office of Elder Affairs.



Powderhouse Senior News

MARCH/APRIL 2004

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MARK YOUR CALENDARS!

Veterans Memorabilia Expo

Monday, March 8, 2004
Tahanto High School Gym
9:15 - 11:15 a.m.

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, TRHS, History Club Advisor - 508-869-2333

Senator Pamela Resor's SENIOR CONFERENCE Thursday, April 22, 2004 Assabet Valley Regional Technical High School

This conference will offer seniors the opportunity to attend workshops, visit informational tables, obtain health screenings, enjoy lunch and entertainment and have a chance at winning one of dozens of door prizes.

Some of the workshops planned are: Healthy Cooking, Internet/Computer Lab; Container Gardening; Health Care Proxy and the Homestead Act. Several other workshops are still in the planning stages.

Health screenings will include: Chiropractic Screenings, Blood Pressure Checks, Cholesterol Screening and Hearing Tests.

All aspects of the conference are free. Coffee and donuts will be served in the morning and a hot lunch catered by Mary's Catering of Hudson will be served starting at 11:30 a.m.

Tickets will be available from COA members.



An Irish Friendship Wish

*May there always be work for
your hands to do;
May your purse always hold
a coin or two;
May the sun always shine on
your windowpane;
May a rainbow be certain to
follow each rain;
May the hand of a friend
always be near you;
May God fill you heart with
gladness to cheer you.*

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Schedule of Community Activities

March

- 4 Senior Meeting FPC
Blood Pressure 9:30 A.M.
Business Meeting
10:30A.M.
Program 11:00 A.M.
Home Cooked Lunch
12 Noon
- 8 Veterans Memorabilia
Expo
9:15 - 11:15 AM
Tahanto Gym
- 9 Commodities 10 A.M.
Northbrook Community
Bldg.
- 17 St. Patrick's Day
- 23 Blood Pressures 1 ~ 2
P.M.
Northbrook Community
Bldg.
- 24 COA Meeting 9 A.M.
Town Office Bldg. Rm.
118

April

- 1 Senior Meeting FPC
Blood Pressure & Blood
Sugar
Screening 9:30 A.M.
Business Meeting 10:30 A.M.
Program 11:00 A.M.
Home Cooked Lunch
12 Noon
- 4 Daylight Savings Time
Begins
- 4 Palm Sunday
- 9 Good Friday
- 11 Easter Sunday
- 13 Commodities 10 A.M.
Northbrook Community
Bldg.
- 22 All Day Senior
Conference
Assabet Valley
Regional Tech. H.S.
- 27 Blood Pressures &
Blood Sugar Screening
1 ~ 2 P.M. Northbrook
Community Bldg.
- 28 COA Meeting 9 A.M.
Town Office Bldg. Rm. 118

UPCOMING SENIOR DAY TRIPS


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
Ottauquechee 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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What is a "C-Reactive Protein Blood Test"?


A CRP test measures a substance produced by the liver which increases whenever there is inflammation in the body. A high CRP is a more reliable predictor of a heart attack and strokes than an elevated LDL (the bad cholesterol). This test may be useful as an addition to, rather than a replacement for cholesterol testing.




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Anti-Inflammatory Eating

More and more research is coming to light suggesting that various diseases involve inflammatory processes in the body. The more inflammation, the worse the disease progression. However, your eating habits can affect the inflammation - and possibly lead to better health. Three conditions that have inflammatory mechanisms along with dietary recommendations for reversing it:

1. Hypertension/inflammation seesaw

Harvard researchers have made significant headway into uncovering an association between inflammation and high blood pressure. They measured a blood marker for inflammation - C-reactive protein, or CRP. Those who had the highest levels of CRP were about 50% more likely to end up with high blood pressure.

2. Inflammation and heart disease

The same high levels of CRP that predict who will eventually develop hypertension also predict eventual heart disease. A group of Harvard doctors made the finding when they compared blood levels of CRP in women who went on to have a heart attack, stroke, or bypass surgery to CRP levels in women whose hearts remained healthy. Those with the highest CRP concentrations were four and a half times more likely to end up with heart problems as those with the lowest levels.

3. Decreasing inflammation to decrease arthritis pain

Inflammation is one of the hallmarks of arthritis. It's what causes stiff, swollen joints that are painful to move. But the fats, or oils, you eat can have a direct influence on the inflammation that causes arthritis pain.

4. Recommendations

Some oils lead to the creation of prostaglandins that suppress inflammation, while others encourage it. Omega-6s are present in abundance in cottonseed, sunflower and corn oil. Switching from those to canola, soybean and olive oil (Omega-3s) will help.

Eating fewer highly processed items and more fresh foods like vegetables and fruits and more minimally processed products like whole-wheat breads and cereals, beans and seeds will help. It also means eating some leafy greens, sparing amounts of nuts and perhaps a little tofu. These items have fatty acids that, to some degree, are converted to Omega-3 fatty acids by the body.

Feb. 2004: Tufts University Health & Nutrition Letter

Senior Citizen Meeting Programs Past and Future

The cold weather did not seem to keep our seniors home on meeting days in January and February.

Jane Bungard from Nashoba Nursing Service was very surprised to see how large a group we have at Berlin Senior Citizens meetings. She provided us with good useful information on blood pressure readings, strokes and heart attacks.

In February, Anne Daigneault and Prudence Bean gave a presentation of what assisted living at Whitney Place at Northborough would be like. They answered questions and invited those present to make a guided tour at a date to be announced.

On March 4th the program will not be as announced, but will be a surprise.

The April 1st speaker will be Dr. Les Bourne from Fallon Clinic and his topic will be "How to Live with Chronic Pain". Many of our members should find this information very helpful.



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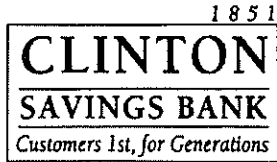


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BERLIN, MA**

Please note:

Blood Sugar Screening will take place at 9:30 a.m. on April 1st at First Parish Church and on April 27th at Northbrook Village Community Building from 1 - 2 p.m.

If you need help finding transportation to medical appointments, COA will try to help you make arrangements. Call 838-2500 or 838-7380.

If you have handicap accessories such as walkers, wheelchairs, etc. that you no longer use, the COA will be willing to accept your donation to store for the use of others.

March Birthdays

- 5 Bernice Kessler
- 8 Florence Martin
- 10 Rita Stanhope
- 14 Joanne Wheeler
- 16 Margaret Ware
- 18 Cora Parsons
- 21 Kay Johnson
- 21 Evelyn Knorr
- 22 Barbara Foster
- 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
- 22 Virginia Wheeler
- 27 Hazel Miele

April Anniversaries

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

Obituaries

Gone, but never forgotten.
Dec. 20, 2003 Cecilia W. Kerrigan

Building Strength in your later years

Weak muscles hasten the loss of independence.

Are you having difficulty rising from a chair unassisted? This is a warning sign and the answer is simple.

Muscle tissue, bone density and strength all dwindle over the years. So, too, does muscle power. These changes open the door to falls and debilitating fractures and compromise your ability to lead an independent, active life. Strength training is the most effective way to slow and possibly reverse much of this decline.

Some muscle loss stems from the physiological effects of aging, but disuse plays a bigger role than many people suspect.

Muscle loss affects the body in many ways. Strong muscles pluck oxygen and nutrients from the blood much more efficiently than weak ones. That means any activity requires less cardiac work and puts less strain on your heart.

On the other hand, weak muscles hasten the loss of independence as everyday activities such as walking, cleaning, shopping and even dressing become more difficult. They also make it harder to balance your body properly when moving or even standing still, or to catch yourself if you trip.

Studies of older adults assigned to strength training consistently prove that a good deal of the decline in strength can be recouped. Likewise, power can also be regained. The potent duo of strength and power training deserve a prominent place in any healthy exercise program.

Strength and Power Training is a new special health report from Harvard Medical School.

Special Study - Harvard Health February 2004

"Powderhouse Senior News"

is partly supported by Executive Office of Elder Affairs.



Powderhouse Senior News

MAY/JUNE 2004

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)** - Meal deliveries will resume on the day after Labor Day, September 2nd, and each Tuesday & Friday thereafter through June. Please call 978-838-7380 for further information.
- **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. 4th 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; Judy Duff, 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.

MARK YOUR CALENDARS!

**Berlin COA is sponsoring
BINGO**

May 19 (Wednesday) 2pm - to 4pm - Town Office Building - Lower Level
If you are spring cleaning your closets and find something that you can part with, that would be an appropriate prize for BINGO, the COA will gratefully accept donations!!

And

Annual Senior Summer Party

July 14 (Wednesday) 5pm - 7pm - Town Office Building - Lower Level

News from the SHINE Program

May 2004

Medicare Endorsed Drug Discount Cards will be available for use starting in June 2004, with enrollment beginning in May 2004. These cards were designed to help people who do not have health insurance coverage for drugs pay for their prescriptions. They are available to **most** Medicare eligible beneficiaries. Very shortly there will be advertisements and information sent to you. We at the SHINE Program will be working closely with Mass Medline to help seniors select a card that will best fit their needs.

Please remember not to give out personal information over the phone or to anyone who comes to your door unsolicited by you. Medicare is not sending representatives door-to-door to enroll in a drug discount card program. If you are interested in any of these discount cards, have the information sent to you or ask for more information and the help of a SHINE Counselor.

For questions regarding any of these topics or other health insurance questions, please call the SHINE Program at 1(800) 243-4636 option 2.



Schedule of Community Activities

May

- 6 Senior Citizen Meeting FPC
Blood Pressure 9:30am
Business Mtg. 10:30am
Program 11:00am
Home cooked lunch 12 noon
- 9 Mother's Day
- 11 Commodities 10am
Northbrook Community Bldg
- 19 BINGO 2pm - 4pm
Town Office Bldg.
Lower Level
- 26 COA Meeting 9am
Town Office Bldg-Rm.118
- 31 Memorial Day Observed

June

- 3 Senior Citizen Meeting BCC
Blood Pressure 9:30am
Business Mtg. 10:30am
Entertainment 11:00am
Buffet Lunch 12 noon
- 5 Old Home Day
South Commons
- 8 Commodities 10am
Northbrook Community Bldg.
- 14 Flag Day
- 20 Father's Day
- 21 First Day of Summer
- 23 COA Meeting 9am
Town Office Bldg-Rm.118

UPCOMING SENIOR DAY TRIPS

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 19, 2004 \$45.00 per person
Note change of date!
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
 Ottauquechee Valley Winery
 Quechee Gorge - Picture stop

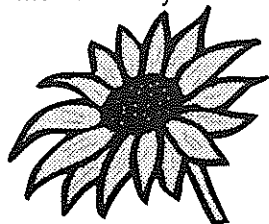
NEW: Atlantic Coastal Experience

Departure date: October 7, 2004
 8 days - 13 meals - 7 breakfasts, 6 dinners
 Twin \$999. Per person, Single \$1,299.
Highlights: St. John - New Brunswick Museum - Fundy Trail - Kings Landing - River Cruise - Founders' Hall - Anne of Green Gables - Charlottetown - Lobster Supper - Halifax - Pier 21 - Peggy's Cove - St. Andrews By-the-Sea

For further information, contact Phillip Bartlett at (978)-838-2572

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- Nashoba Nursing Service
- Coldwell's, Inc.
- Clinton Savings Bank



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"Are You O.K."

This program will NOT go into effect as there was not adequate positive response received. The Council is very grateful to Police Chief Otto Rhode for offering to raise the money through grants and other donations to fund the program and put it into action.

Seniors Appreciate

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1 PLEASANT STREET

HUDSON, MASS. 01749

It's the Sneezin' Season!

Allergies can make you miserable and worsen asthma; here's how to prevent and treat symptoms . . .

If pollen-laden air is making you miserable right now, you're not alone. Some 35 million people suffer with upper respiratory symptoms (sneezing, runny nose, and watery eyes) brought on by pollen and other airborne allergens.

What causes symptoms:

Allergies stem from an oversensitive immune system that reacts to substances, such as pollen from trees, grasses, and weeds. Other airborne allergens include dried secretions from cats and dogs, mold spores, and dust mites. Foods and substances that come in contact with skin can also cause allergic reactions.

The immune system normally reacts to foreign invaders by generating antibodies such as immunoglobulin E (IgE), which sticks to mast cells lining the eyes, nose, skin, lungs, and the intestines. You may have no symptoms the first time you're exposed, but eventually you become sensitized.

Why am I allergic?

Many allergies are genetically programmed. Having close family members with allergy problems increases your chance of developing allergies.. There's no cure for allergies, but you can take steps to block histamine and the symptoms it triggers.

Blocking histamine

There are an array of over-the-counter (OTC) and prescription treatments for allergy symptoms.

Antihistamines block the effects of histamine and relieve sneezing, itching, and runny nose and they can be short or long lasting.

Decongestants reduce congestion and improve breathing.

Women's Health Advisor April 2004

FALL 2003 SURVEY RESULTS

Thirty-seven responses to the survey were received. Some were from couples. The majority of respondents were active seniors, who did not, for the most part, use the services of the Council, such as Meals on Wheels. Those who used the services found them "good" to "excellent". A minority of respondents wanted new services, such as home care and housekeeping.

Several of those responding volunteered to help with various activities, such as contributing to the newsletter, the Senior Outreach Assisting Reading program at Berlin Memorial School, transportation, visitations and mailings. The Council is very grateful for their offer of assistance.

In response to "more social things", the Council has started to sponsor BINGO games, the first of which was on St. Patrick's Day with snowy weather. Ten people attended, in spite of the weather, and had a fun afternoon. The second afternoon of BINGO will be on Wednesday, May 19th from 2pm to 4pm at the Town Office Building, on the Lower Level. If attendance warrants it, we will try to continue this program.

Thank you to those who took the time to complete the questionnaire.

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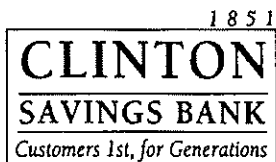


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Senior Citizen
Meeting Programs
~ Past & Future

On the fourth of March fourth we were guided down the Seine River in France on a 12 day boat trip via beautiful slides taken by Joanne Wheeler and delightfully described by Faith Linzee, narrator. Their trip included 2 days in Normandy, 3 days in Paris and a visit to Omaha Beach where some of our troops landed during WWII. It was, without a doubt, the most interesting history lesson that I have ever had!

At the April meeting two representatives from District Attorney John J. Conte's office in Worcester spoke to us about "Elder Safety". Patricia Smith and Tony Pellegrini gave an interesting talk and cautioned us, particularly, never to give out personal information (S.S.number, bank account numbers, etc.) to any of the many telemarketers who might get in touch with you. Many of these calls directed to the senior population are scams.

On May 6th Sarah Freeman will present a musical program called "History of American Music". Anyone who loves music is sure to enjoy this presentation!

On June 3rd we will be entertained, at the Berlin Country Club, by Mel Simons. He last visited here in 2001 and everyone loved his stories and music. This is a show you will not want to miss!

<p>May Birthdays</p> <p>12 Jack Bergen 12 Marguerite Krackhardt 12 June Coolidge 13 Margaret Dayton 16 Anna Renzoni 21 Roger Wilkins</p> <p>May Anniversaries</p> <p>6 John & Barbara Halloran 24 George & Lorraine Cedar 24 Ross & Eva Yeiter 28 Edwin & Shirley Hendrickson</p> <p>Obituaries <i>Gone, but never forgotten.</i> April 2004 Elsie Griffin April 14, 2004 Alfreda M. Sullivan</p>	<p>June Birthdays</p> <p>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</p> <p>June Anniversaries</p> <p>1 Roger & Carol Wilkins 2 Roger & Valary Bradley 5 Francis & Josephine Underwood 10 Lee & Vera Mungeam 22 Jack & Sally Bergen 22 Edward & Margaret Ware</p>
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"Powderhouse Senior News"
is partly supported by Executive Office of Elder Affairs.



Powderhouse Senior News

JULY/AUGUST 2004

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

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"Thank you, Mary P.!!"

After 21 years of continuous service to the seniors of Berlin, Mary has felt it necessary to step down from her position on the Council on Aging. Since her 87th birthday in February Mary has had increasing health challenges and is not as physically able as she would like to be.

She was appointed a COA member in 1983 when she moved to Berlin's Northbrook Village with her ailing mother. Her status as a registered nurse was a "plus" for the Council and with her ambitious personality she was ready to tackle any and all projects. She served as secretary of the Council from 1983 - 1991 and was the local liaison with the Office of Elder Affairs in Boston.

In 1984 she was instrumental in starting the Powderhouse Senior News and served many years as its editor.

Another of her pet projects was the Meals on Wheels program, which continues today, many years later, because of one of the many, many grants that Mary wrote. This one provided equipment for St. Joseph's kitchen where the meals are prepared and picked up for delivery by dedicated volunteers.

It is impossible to mention all of Mary's accomplishments here, but her autobiography, "60 years of Challenges in Nursing" is available at the Berlin Public Library and will acquaint you with her many years of service.

Mary, you have earned a rest and we hope you will enjoy this time to do things "just for you"!! Many thanks for all you have done for us!!

The following poem is dedicated to Mary Petkauskas:



The Time of my Life
Grace E. Easley

I'm having the time of my life right now,
The battle is almost won,
My faith is strong and my conscience clear,
And I've only just begun
To know the peace He has promised me,
The joy of a job well done,
And I count my blessings along the way,
And thank Him for every one.

I'm having the time of my life right now,
For I never thought I'd be
Given a second chance such as
The Lord has given me,
To see with clearer eyes than I
Have ever seen before,
To know that when I knock, His hand
Will open up the door.

How like a dream my old life seems,
So far within the past,
I've traded foolish fancies for
The things I know will last.
And I am strong within His strength,
And precious in His sight,
Accepting all He sends, because
His ways are always right.

I'm having the time of my life right now,
Because I've learned to share
Everything I do with God,
Each minute I am here.
For He alone can read my heart,
And know what is within,
And He makes all things wonderful,
... Because He is my Friend!

Schedule of Community Activities July

Tuesday, July 13th
USDA Commodities
Northbrook Village
Community Bldg.
10 AM ~ 11 AM

Tuesday, July 27th
Blood Pressure Clinic
Northbrook Community Bldg.
1 ~ 2 PM

Wednesday, July 14th
COA Senior Summer Buffet
Town Office Building
Room 112-114 (Lower Level)
Catered Buffet Supper
5 ~ 7 PM

Wednesday, July 21st
BINGO
Town Office Building
Room 112-114 (Lower Level)
2 ~ 4 PM

August

NO MEETINGS IN AUGUST

Tuesday, August 10th
USDA Commodities
Northbrook Village
Community Bldg.
10 AM ~ 11 AM unless other-
wise announced

Tuesday, August 24th
Blood Pressure Clinic
Northbrook Community Bldg.
1 ~ 2 PM



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UPCOMING SENIOR DAY TRIPS

October 19, 2004 \$45.00 per person

Note change of date!

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
Ottauquechee Valley Winery
Quechee Gorge - Picture stop

NEW: Atlantic Coastal Experience

Departure date: October 7, 2004
8 days - 13 meals - 7 breakfasts, 6 dinners
Twin \$999. Per person, Single \$1,299.
Highlights: St. John - New Brunswick Museum -
Fundy Trail - Kings Landing - River Cruise -
Founders' Hall - Anne of Green Gables -
Charlottetown - Lobster Supper - Halifax - Pier 21
- Peggy's Cove - St. Andrews By-the-Sea

**For further information, contact Phillip Bartlett
at (978) 838-2572**

MARK YOUR CALENDARS!

Wednesday, July 14th, 2004 5 ~ 7 PM
Annual Senior Summer Buffet
Town Office Building-Lower Level

Wednesday, July 21, 2004 2 ~ 4 PM
BINGO
Town Office Building-Lower Level
Bring a sweater - the A/C really works!!!

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1 PLEASANT STREET

HUDSON, MASS. 01749

Memory Lapses and Alzheimer's

We all experience some forgetfulness with age, but there are ways to maximize memory and possibly avoid disease.

It's a fact of life: As we age, we will experience some memory impairment. Most of the time it's an annoyance, such as misplacing our reading glasses or car keys. But how can you tell the difference between normal aging, dementia caused by potentially reversible causes, and the earliest signs of *Alzheimer's disease (AD)*?

More important, can you do anything to preserve memory? These questions have a special urgency for people now in middle or older age. Scientists are racing to find ways to intervene in the pre-clinical stages of Alzheimer's to slow or halt the disease. One area of intense study is *mild cognitive impairment (MCI)*.

Normal memory loss or MCI?

In simple terms, MCI is a downturn in mental function - mostly memory - that is greater than for people of the same age. Language skills, visual-spatial skills, attention, executive function, and activities of daily living are normal. And to the casual observer, these people look like a normal aging individual, but when you bring them into the lab for a memory assessment, these people are impaired for their age.

How can you tell the difference between "normal" memory loss and what might be MCI or mild AD?

Marilyn Albert, PhD, director of cognitive neuroscience at Johns Hopkins and chair of the Alzheimer's Association's Medical and Scientific Committee feels that a hallmark that might suggest AD is the absence of the "Aha!" experience.

On occasion we all can't remember where we parked our car, where we put our keys or our glasses. But when we find those things, we generally say "Oh yes, I remember putting it down there." We have this sense of recollection. It's the absence of that sense of recollection that should be cause for concern.

Normal Aging - When driving you forget a street address, but find the building anyway. You leave a faucet or stove on, but remember just as you leave the house. You ask someone the same question you asked yesterday. You forget the name of someone you just met, or momentarily can't recall a friend's name. You lose your keys, but later recall misplacing them.

Cause for Concern - You get lost and disoriented in a familiar neighborhood. You've left the house with the stove or faucet on before. You ask the same question several times on the same day and don't realize it. It often takes a lot of effort to remember the name of a friend or relative. When you misplace things, you cannot recall doing so. Other people express concern about your memory lapses.

What you can do to maximize memory:

Get your regular exercise and plenty of sleep. Stay mentally and socially active. Make to-do lists; post reminders for yourself. Use a pill organizer. Carry a small notepad to write down names and other new information. Pay closer attention when you hear new information; repeat it several times. Don't talk to people when there are distractions, such as a loud TV or radio. Reduce your risks for cardiovascular diseases.


*Weill Medical College of Cornell University
Women's Health Advisor May 2004*

NEW LIBRARY SERVICE FOR SENIORS

The Berlin Library is offering to deliver books and other library materials to those Berlin Seniors who cannot get to the Library because of being handicapped, ill, or who cannot navigate the library steps easily. Volunteers are ready to deliver and pick up your books. If you have a library card and access to a computer, they will show you how to access the materials from all the Regional Libraries. Call Suzanne McGuire at 838-2812 to learn more.

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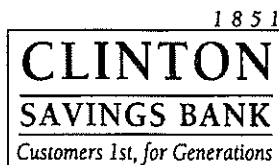
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Representatives from Clinton Hospital Pharmacy will be present on September 2nd and Nov. 4th to check your "Brown Bag" medications and answer your questions from 9:30 - 10:30 a.m. at the Senior Citizens Meeting at First Parish Church.

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
31 Eleanor Zwicker

July Anniversaries

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

Obituaries

Gone, but never forgotten.

April 6 Dominic Cassavecchia
May 22 Walter Nye
May 30 Florence Hawkins
formerly of Berlin
June 8 Margaret E. Ware

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

August Anniversaries

14 Raymond & Helen DiMuzio
27 Howard & Audrey Birch

At the May meeting of the Council on Aging the following officers were elected to serve for the ensuing year: Dora Cummings, Chairman; David Holder, Vice Chairman; Alice Kidder, Secretary; and Sally Bergen, Treasurer.

Special thanks to all of you who have provided prizes for our Bingo games.

Senior Citizen Meeting Programs ~ Past & Future

The annual meeting was held at Berlin Country Club on June 3rd and the members elected the following slate of officers: Madeline McTague, President; Judy Duff, Vice President; George Cedar, 2nd Vice President; Barbara Halloran, Recording Secretary; Barbara St. John, Corresponding Secretary; Treasurer, Joyce LaMotte; Assistant Treasurer, Barbara Krackhardt; Hostess Committee, Connie Barter; Health Committee, Ruth Hellen; Hospitality Committee, Eleanor Bosselman; Program Committee, Valary Bradley; Publicity Committee, Barbara St. John; and Visiting Committee, Jeanne Snay.

Lorraine Cedar and her workers, Sally Bergen, Flora Leveille, Doris Bombard, Virginia Wheeler, Neal Laurence, Sandy LeBlanc, and George Cedar, were thanked for the splendid dinners that they prepared and served to the group over the past year.

The group was entertained by WBZ radio personality, Mel Simons. He told stories, shared memories of the old radio commercials, and encouraged us to sing along while he sang and played "our kind of music" on his accordion. It was a beautiful day, inside and out, as we enjoyed Mel's performance and a tasty buffet lunch catered by Bob and Shirley Lowe.

The May 6th entertainment was provided by Sarah Freeman & Ann Richardson, a/k/a "Two Girls in Gloves", from Upton. They presented an old fashioned "vaudeville type" show called History of American Music. The Berlin Cultural Council sponsored this delightful show which included sing-along songs from long ago.

At the May meeting, it was voted by the members present to make a change in the By-laws. It will now be possible for out of town members to hold office in the association.

Meetings will resume on September 2nd when we will become reacquainted with some members of our Berlin Rescue Squad as they give us helpful safety guidelines.

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



Powderhouse Senior News

SEPTEMBER/OCTOBER 2004

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)** - Meal deliveries will resume on the day after Labor Day and each Tuesday & Friday thereafter through June. Please call 978-838-2215 for further information.
- **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. 4th 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 9:00 a.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 978-838-2500 for further information.
- **Council on Aging Members:** Sally Bergen, Dora Cummings, Ken Harrold, David Holder, Alice Kidder, Bill Lowe and Ann Phipps. **COA meetings** every 4th Wednesday of the month in the Town Municipal Building from 9-10:00 AM.
- **Senior Citizens Association Officers:** Madeline McTague, President; Judy Duff, Vice President; George Cedar, 2nd Vice President; Barbara Halloran, Recording Secretary; Barbara St. John, Corresponding Secretary; Joyce LaMotte, Treasurer. **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 (\$4.00) at noon.

Getting to Know Flora Leveille Legacy Award Recipient 2004

Flora moved to Berlin from Marlboro in 1938 with her mother and father, Mary & Sebastian Diniz, brother, Joseph, and sister, Mary.

She remembers the very scary Hurricane of '38 blowing two windows out of their house and flattening the outbuildings on their little farm not long after she had entered the 7th grade at the Center School.

She attended Hudson High School and graduated in the Class of '44, after which she worked at Victory Plastics until it closed. She took a course in Business Machines at the Worcester School of Business Science and went to work at Waite Hardware for a short time, but transportation to Worcester proved to be a problem.

She married Robert Leveille in 1954, lived in Marlboro and worked, again, in the re-opened Victory Plastics until her first son, Bobby, was born. The couple built a house on some of the family land on South Street in Berlin and moved in in 1957. They had two more sons, Steven and Jimmy. In 1965 her husband died in a tragic accident and she was on her own to bring up her three sons.

When they were older, she went to work at Beaumont Nursing Home and, somehow (she doesn't remember how) she started working on the Berlin Meals on Wheels program on her days off. In 1995, when she retired, she started working 2 days a week in the program. She worked a total of 13 years in the program and during a number of these years, she has picked up the milk at Lowe's and delivered it and picked up one of the cooks, Carol Clark, and returned her to her home after a morning's work.

She worked on the supper meal at James II Soup Kitchen in Clinton, as well, once a month up until February of this year, and again, once a month at the congregational meal



at First Parish Church for the Senior Citizens Association.

She worked on the First Parish Church Fair for 20 years or more, first on the dried flower table and later on the luncheon, as well as assisting in the making of apple pies for her own church fair at St. Joseph's, I believe that her part of the assembly was rolling out the dough.

All of the above she has cheerfully done, working at various times with her friends and neighbors, Lorraine Cedar and Doris Bombard.

She has quietly gone about her good work, almost always with a smile on her face. Few have exceeded her diligence over the years, therefore she is very deserving of the Mary R. Petkauskas Service Award for 2004.

At the time the Council on Aging chose Flora to be the recipient, it was not known that she has found it necessary to give up this work because of worsening problems with her feet. Therefore, it is very appropriate to offer sincere thanks for her many years of service. Sit down, put your feet up and enjoy your retirement, Flora!

By Dora M. Cummings

Schedule of Community Activities

September

October

- 2 Senior Citizen Meeting FPC
"BROWN BAG" Medicine Check
& Blood Pressures 9:30A.M.
Business Meeting 10:30
Program: 11 A.M. Rescue Squad
members and Eloise Salls, Town
Clerk, will present the program
Home cooked Lunch 12 Noon
(\$4.00)
- 6 Labor Day
- 7 Meals on Wheels delivery
resumes
- 12 St. Joseph's Fair 9:30 A.M. ~
4:30 P.M.
- 14 State Primary 7 A.M. ~ 8 P.M.
Town Office Bldg. Lower Level
Commodities 10 ~ 11 A.M
Northbrook Community Bldg.
- 15 BINGO 2 ~ 4 P.M.
Town Office Bldg ~ Lower Level
- 22 9 A.M. C.O.A. Meeting Rm.118
Town Office Bldg.
- 28 Blood Pressures 1 ~ 2 P.M.
Northbrook Community Bldg.

- 7 Senior Citizen Meeting FPC
Blood Pressures 9:30 A.M.
Business Meeting 10:30
Program 11 A.M.: Barry Eager
"History of, and Hopes for, the
Berlin Town Hall"
Buffet Lunch 12 Noon (\$4.00)
- 11 Columbus Day Observed
- 12 Commodities 10 ~ 11 A.M.
Northbrook Community Bldg.
- 19 Foliage Trip to N.H. & Vt.
- 26 Blood Pressures 1 ~ 2 P.M.
Northbrook Community Bldg.
- 27 9 A.M. C.O.A. Meeting Rm. 118
Town Office Bldg.
- 31 Daylight Savings Time Ends
Halloween

UPCOMING SENIOR DAY TRIPS

October 19, 2004 \$45.00 per person

Note change of date!

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

Ottauquechee Valley Winery

Quechee Gorge - Picture stop

*For further information, contact Phillip Bartlett
at (978) 838-2572*

Volunteer Recognition Luncheon Held on June 24th at Wayside Inn

Thirty-two volunteers were present to enjoy the camaraderie, as well as the delicious luncheon served in the historic Ford Room. After being welcomed by the COA chairman, everyone sang Happy Birthday to George Cedar who was celebrating that day!

spokesman, together with Eloise Salls. We were all pleased to hear that the committee is making every effort to increase the number of housing units at Northbrook Village as soon as it is possible.

Mary P., as her last project while serving on the Council, has been compiling an attractive and useful cookbook with the help of the "Berlin Meals on Wheels Famous Cooks" for whom the cookbook is named! She gave a brief history of the program which serves approximately 1200 meals a year and presented a copy of the book to each of the volunteers in that program and thanked them for their endless hours of service which has made the Berlin Meals on Wheels a success over the last fifteen years. There are copies available of the book, for a donation, at Indian Head Farm and Berlin Orchards.

Emmett Schmarsow, of the Office of Elder Affairs in Boston, was present to honor Mary Petkauskas with a speech and a certificate from the office of the Governor. Emmett and Mary have worked together for many years and he wanted to be present to thank her for her twenty-one years of dedicated service. She was also presented a corsage and a gift from the members of the Council on Aging.

Members of the Housing Partnership were invited guests and Willard Wheeler acted as their

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It was a picture-perfect day and at the conclusion of the program each volunteer was presented with a plant. This was a small token of appreciation to express the thanks of the Council for so many, doing so much for Berlin seniors.



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News from the SHINE Program

Prescription Advantage has announced an Open Enrollment beginning September 1, 2004 with the effective date of the plan being November 1, 2004. If you think you may need some or additional prescription drug coverage, now would be the time to look into this program.

If you have questions on this, or any other health insurance questions, call the Clinton Senior Center (978-365-9416) to make an appointment with SHINE counselor, Vincent Gavin, or by calling 1(800) 243-4636 option #2

Too Many Drugs Can Create Problems Even While Solving Them, Especially in Older People

An older woman, who was taking 37 medications, had a primary care physician, a rheumatologist, a cardiologist, and a psychiatrist. None of them was aware of what the others were prescribing. To make matters more complicated still, a recent visit to the emergency room for nausea added an antibiotic to the woman's list of drugs. She didn't need the antibiotic. Her nausea was being caused by digoxin, a drug prescribed to control her heart rate, but which can also bring on gastrointestinal distress.

Dr. Langan, MD, a gerontologist who specializes in pharmacology at Massachusetts General Hospital's Senior Health Program, used something called the Beers Criteria for Potentially Inappropriate Medication Use in Older Adults, and was able to cut the number of drugs she was taking almost in half. Her case is extreme, but it's illustrative of a broad-

er phenomenon that needs more attention: people older than 65 make up only 13 percent of the US population, but they consume about 30 percent of all prescription drugs. In fact, most older Americans take an average of three to five medications, and that doesn't include over-the counter products such as pain relievers, vitamin supplements and herbs. Women older than 65 take even more medications than men in the same age group.

Prescribing Cascade The lack of communication often leads to what is known as a prescribing cascade - giving medicine to treat symptoms that are not the result of a health condition, but instead result from taking another drug.

It's a good idea to bring to your next visit with your primary care physician a list of all the medications you take - including supplements- and how much you take. Better yet, take all the boxes and bottles and ask the doctor to go through it. Bringing the actual medications to the doctor's office also cuts down on the chance of their being "left off the list" altogether. For instance, many people don't think of eye drops - like those prescribed for glaucoma - as drugs.

Tufts University HEALTH & NUTRITION LETTER August 2004

THE ABOVE ARTICLE WAS NOT PRINTED TO ALARM YOU, BUT TO MAKE YOU AWARE.

Brown Bag Medications

Representatives from the Clinton Hospital Pharmacy will be present on September 2nd and Nov. 4th to check your "Brown Bag" medications and answer your questions from 9:30 - 10:30 A.M. at the Senior Citizens Meeting at the First Parish Church. You may include over the counter medications and vitamins that you take on a regular basis.

NEW LIBRARY SERVICE FOR SENIORS

The Berlin Library is offering to deliver books and other library materials to those Berlin Seniors who cannot get to the Library because of being handicapped, ill, or who cannot navigate the library steps easily. Volunteers are ready to deliver and pick up your books. If you have a library card and access to a computer, they will show you how to access the materials from all the Regional Libraries. Call Suzanne McGuire at 838-2812 to learn more.

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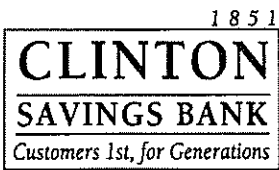
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Thank you! Special thanks to the Clinton Savings Bank for their continued support in providing the postage for the "Powderhouse Senior News"

The Berlin Powderhouse Senior News

Council on Aging
Berlin, Massachusetts 01503

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Please note:

If you need help finding transportation to medical appointments, COA will try to help you make arrangements. Call 838-2500.

If you have handicap accessories such as walkers, wheelchairs, etc. that you no longer use, the COA will be willing to accept your donation to store for the use of others.

**ARE YOU 60 OR OLDER?
Are you a Berlin citizen?**
If so, you are entitled to attend any of the Council on Aging programs: Bingo games, Senior Summer Buffet and Senior Winter (or Christmas) Party
You are also entitled to join the Berlin Senior Citizens' Association - dues only \$3.00 a year - Home cooked lunch at each meeting (first Thursday of the month) - \$4.00
Please consider this your INVITATION!!

<p>September Birthdays</p> <ul style="list-style-type: none"> 9 Anna Duffy 13 Shirley Lipka 20 Mario Cacciola 24 Maddy Crossman 25 Ruth Wheeler 26 Warren Wheeler 27 Everett Wheeler <p>September Anniversaries</p> <ul style="list-style-type: none"> 2 Robert & Madeline McTague 28 Alfred & Barbara St. John <p>September Obituaries <i>Gone, but never forgotten.</i></p> <ul style="list-style-type: none"> 2/8 Frank R. Bordenca 7/12 Jane Survell <p>The following all formerly of Berlin:</p> <ul style="list-style-type: none"> 6/15 Violet (Guerard) MacKay 6/15 Russell (Rusty) Wheeler, Jr. 	<p>October Birthdays</p> <ul style="list-style-type: none"> 7 Louise Champagne 11 Jeanne Snay 16 Dorothy Germain 17 Doris Bombard 19 Herbert Mueller 20 Judy Duff 22 Joyce LaMotte <p>October Anniversaries</p> <ul style="list-style-type: none"> 10 Benedetto & Hazel Miele 20 Philip Scott & Judy Duff 25 Everett & Mildred Wheeler 28 Eric & June Coolidge <p>October Obituaries</p> <ul style="list-style-type: none"> 6/22 Everett C. Parmenter 6/30 Thora Fieldsend 7/8 Barbara W. Coldwell 7/ /04 David Andrews
---	---

MARK YOUR CALENDARS!

BINGO
Wednesday, Sept. 15th 2 ~ 4 P.M.
Town Office Bldg. Lower Level

St. Joseph's Fall Fair
Sept. 12th ~ 9:30A.M. ~ 4:30 P.M.

State Primary
Sept. 14th ~ 7 A.M. ~ 8 P.M.
Town Office Bldg. ~ Lower Level

Council on Aging Notes:

The Berlin Council welcomed a new member at the June meeting. We look forward to having Ann Phipps working with us!

Another BINGO game is scheduled for September 15th, same time (2-4 P.M.), same place (Town Office Building - Lower Level). Come and join us for a couple hours of fun! (Thanks, again, to all who have donated prizes!)

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



Powderhouse Senior News

NOVEMBER/DECEMBER 2004

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

BERLIN COUNCIL ON AGING SERVICES AND PROGRAMS

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Senior Citizen Meeting Programs Past and Future

In September the members of the Senior Citizen's Association were informed of the services provided by the Berlin Rescue Squad. June Poland was the speaker and gave an excellent presentation. Following her talk she gave each of those present a "FILE OF LIFE" to fill out and magnetically attach to his/her refrigerator. The information put into that file provides the squad members with your emergency contacts, medical data (including your doctor), medications that you take with the dosage and frequency, allergies that you might suffer from and your medical insurance provider. Should you require the services of the squad, this constantly updated information is invaluable to the EMTs.

Town Clerk Eloise Salls was also present to tell the seniors about absentee ballots, election dates, and other information regarding the polls, dog licenses and marriage licenses, all services that she provides as Berlin's town clerk

During October's meeting Barry

Eager brought us up to date on our "Town Hall"- the repairs being made, and what is hoped for in the not too distant future. Barry's talks are always quite educational, as well as being very interesting.

In November Suzanne McGuire, our librarian, will talk about the history of the Berlin Library and the services which it provides for the citizens of Berlin. You may be surprised at the various services that are available. Come and listen to Suzanne!

The December entertainment will be provided by Barbara Krackhardt. She is very resourceful and always presents a program (usually involving music) that everyone enjoys. Be sure to come and see what she "pulls out of the hat" this year!

If you would like to come to Senior Citizen Meetings and don't have transportation, call Valary Bradley @ 978-838-2269 or Jeanne Snay @ 978-838-7324, twenty-four (24) hours in advance, and they will make arrangements for your ride.

Seniors are welcome at Contra Dances in Berlin
at Parish Hall - First Parish Church

8 - 11 pm Music by the Berlin Country Orchestra

Free Refreshments at the Break

No experience necessary, groups and singles welcome

\$5.00 at the door - \$12 max per family

Nov. 6th, Dec. 4th and in 2005, Feb. 5th, March 5th, April 2nd and May 7th
Free Family Dances 3-5 (Sunday) Jan. 2nd, Jan. 23rd, Feb 27th, March 20th, and
a special time for Sat, June 11th @ 6 - 8 pm

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Schedule of Community Activities

- November**
- 4 Senior Citizens Meeting
First Parish Church
9:30-10:30 B.P.
10:30-11:00 Business Mtg.
11-12 Suzanne McGuire - History & Services of the Berlin Library
12 noon - Lunch - \$4.00
 - 6 Friendship Village Fair 10am-3pm
First Parish Church
 - 9 Commodities 10 - 11am
Northbrook Community Bldg.
 - 11 Veteran's Day Service 11am
Northbrook Village
 - 16 "Keep Well" Clinic
Northbrook Community Bldg.
9:30 - 11:30am
 - 17 C.O.A.Meeting 9am
Town Office Bldg. Rm.118
 - 23 B.P. 1 - 2pm
Northbrook Community Bldg.
 - 25 Happy Thanksgiving

- December**
- 2 Senior Citizens Meeting
First Parish Church
9:30-10:30 B.P.
10:30-11:00 Business Mtg.
11:00-12:00 Christmas Program
by Barbara Krackhardt
12 noon - Lunch - \$4.00
 - 4 Christmas in Berlin Sponsored
by Berlin Lions Club
 - 4&5 Christmas Fair @ St.Joseph's Church
 - 14 Commodities 10-11am
Northbrook Community Bldg.
 - 15 Senior Winter Party sponsored
by Berlin COA 12 noon - 2:00 pm
Lower Level-Town Office Bldg.
 - 21 "Keep Well" Clinic
Northbrook Community Bldg.
9:30 - 11:30am
 - 25 Merry Christmas!
 - 28 B.P. 1 - 2pm
Northbrook Community Bldg.

News from the SHINE Program

Hints for people with Multiple Prescription Coverages

Many people have more than one type of prescription coverage. Perhaps Prescription Advantage in addition to an HMO limited prescription benefit - these guidelines may help ensure that your prescriptions are properly priced when you have multiple coverages.

1. Make sure that all of your prescription plans are listed in your record in the pharmacy's computer. The information required for the computer can be obtained from your insurance cards.

2. Do not assume that your pharmacy will automatically check for multiple insurances when they price your prescriptions (even if their computer has the information for all of your plans), particularly for you who have an HMO limited benefit and another coverage. Some will not switch to your secondary insurance after your HMO cap is reached unless you remind them.

3. Become familiar with what you should be charged for your drugs for each of your prescription plans. Learn what your copayments are for your particular drugs. This info can be obtained from the Customer Service Departments of your insurance plans whose phone numbers should be listed on the back of your insurance cards. This knowledge will help you determine if your drugs have been properly priced.

4. Ask for a refund if you have been overcharged. Pharmacies should provide refunds for any recent overcharges. Insurance plans should provide refunds for older transactions.

5. You can request a printout from your pharmacy listing all of your drug purchases for whatever period you specify. This should show the full price of the drug, the amount you paid, and the amount paid by insurance. This printout can help you identify any overcharges which have occurred and can be used as documentation for a reimbursement request.

SHINE counselors can help you understand your prescription benefits and assist you with reimbursement requests. SHINE is a free service available to Medicare beneficiaries of all ages. To reach the Shine Program call 1 (800) 243-4636 option #2, 800AGE-INFO.

"Keep Well" Elder Health Clinics sponsored by WHEAT Community Services and VNA Care Network will be held at Northbrook Village Community Building on the third Tuesday of every month from 9:30 am to 11:30 am. The clinics began on October 19th. Drop by and meet Joyce Mulherin, RN, Clinic Nurse who will provide blood pressure checks, blood glucose testing, check of your heart rate and lungs, and will teach you about your medications and health condition. This is individualized attention by an RN.


For more information, call Maureen Sendrowski, RN, MPH - VNA Care Network @ 888-663-3688 ext. 5603.

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Good Night's Sleep Elusive for Many!!

More than 50% of adults are missing out on a good night's sleep. Sleep complaints are especially common in women and in older people.

An occasional bout of sleeplessness is usually nothing to worry about. Concern about a work problem or a relationship, traumatic events such as the death of or separation from a loved one, or discomfort from an injury or illness can cause short-term sleep difficulties. Chronic sleeplessness is more complex and may require medical help. When a sleep problem lasts for a month or more, we begin to pay for it - in daytime drowsiness, trouble concentrating, irritability, increased risk of falls and accidents, and lower productivity. Long-term sleep loss can also cause several physical and psychological conditions, including high blood pressure, heart disease, stroke and depression.

How much sleep do we need? Some of us seem to do well with five or six hours a night, while others may need 10 hours to feel their best. Research suggests that eight hours is about right for most people, although the national average today is less than seven.

Family and work stresses are the main reasons for tossing and turning at night. But certain factors that affect sleep are unique to women.

About one-third of women have difficulty sleeping at night during their menstrual periods. Discomfort and changing hormone levels may also disrupt sleep during pregnancy. Some women report that hot flashes disturb their sleep before and at menopause. Postmenopausal women sometimes develop sleep apnea, a serious sleep disorder in which breathing periodically stops or becomes shallow during the night.

As we grow older, we tend to get sleepy earlier in the evening and wake up earlier in the morning, apparently because of a change in the 24-hour (Circadian) body clock - a phenomenon known as advanced sleep phase. This is why many older people adopt an early-to-bed, early-to-rise pattern.

The amount of sleep we need does not decrease with age, but the ability to sleep does. Healthy older people sleep fewer hours and wake up more often during the night (see "Stages of Sleep" below). Older people also get more light sleep and less deep, restorative sleep. By age 45, so-called deep sleep almost entirely disappears in most people.

Stages of Sleep Sleep occurs in cycles, which are divided into four stages. Stage 1, the transition to light sleep, takes about 5 minutes; body temperature drops and muscles relax. Stage 2, the real beginning of sleep, lasts 35-40 minutes. At this time, heart rate and breathing slow down. Stages 3 and 4 are "deep sleep", when the sleeper is very hard to wake. Breathing becomes regular; blood pressure falls; pulse rate slows; and brain wave activity is very slow. Adequate deep sleep is needed to wake up refreshed.

A normal sleep cycle lasts about 90 minutes. On average, it takes at least four cycles to get a good night's rest. Each begins with progressively deepening sleep and ends in REM (rapid eye movement) sleep, when we dream most vividly. The deepest non-REM sleep tends to occur in the early part of the night. As we get older, we spend less time in deep sleep.

Short-term insomnia caused by a change in work shift or a stressful life event can lead to chronic sleep problems. An individual may come to expect

trouble going to sleep and to associate the bedroom with not sleeping. Consequently, the approach of bedtime provokes anxiety and brooding over sleep loss, which further aggravates insomnia.

Before seeking professional help, check your sleep environment and change habits that might be thwarting a good night's sleep.

Make your bedroom a haven for sleep. Reserve your bedroom for two purposes only: sleep and sex. Don't watch television, read or do crossword puzzles in bed. Be sure the room is dark, quiet, and at a comfortable temperature (cool is better than warm). A "white noise" maker to mask extraneous sounds may help. One other suggestion is to limit alcohol and caffeine. Alcohol may make you sleepy, but the effect wears off after a few hours, and then you're likely to waken more easily. We all know about caffeine!

Give these suggestions a try and have pleasant dreams!!

Harvard Women's Health Watch-Sept. 2004

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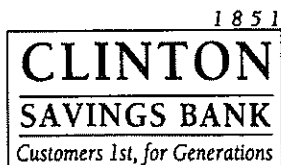
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Notification has been received that due to the shortage of vaccine, all Flu Shot Clinics previously scheduled have been cancelled

Considering Assisted Living?

Council on Aging members have copies of "Assisted Living in Massachusetts", a Massachusetts 2003 Resource Guide, if you would like to borrow one.

<p>November Birthdays</p> <p>2 Doris Shortt 4 Mary Diggins 6 Allan Johnson Patricia Wheeler 9 Eleanor Bosselman 13 Mary Cacciola 15 Jane Bartlett 23 Carolyn Cashin 26 Ruea Baum</p> <p>November Anniversaries</p> <p>9 Dennis & Jeanne Snay 18 Wilrose & Stella Hanson 27 Augustine & Alice Murphy</p> <p>Obituaries</p> <p><i>Gone, but never forgotten.</i></p> <p>8/31 James F. Howley 9/3 Hazel Sawyer 10/9 Fernando Galano</p>	<p>December Birthdays</p> <p>1 Madeline Ciesluk 5 Kevin Diggins 6 Anne Gray 8 Millie Blenkhorn 16 Flora Leveille Ethel Drasher 17 Shirley Hendrickson 18 Bob Simpson 20 David Holder</p> <p>December Anniversaries</p> <p>2 Allan & Kay Johnson 5 Arthur & Marjorie Lamy</p> <p>The following all formerly of Berlin: 8/16 Norma Hebb Percuocco 9/27 Frederick G Martin 10/10 Theresa (Grala) Kenny</p>
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2005 Statewide Needs Assessment Survey

In early January 2005, Central Massachusetts Agency on Aging (CMAOA) will be working with the Massachusetts Executive Office of Elder Affairs to complete a random sample survey of elders throughout the state. This will be similar to the studies on elder needs conducted in January of 1993, 1997 and 2001.

The primary purpose of the survey is to gather information on issues where elders may need assistance, e.g. transportation to medical appointments, home modification/repair, meal preparation and so on. The results will be used to help determine how and where federal and state funding for elder services are spent in Central Massachusetts and elsewhere in the Commonwealth.

It is therefore important that those elders who receive questionnaires in the mail return them to the Massachusetts Executive Office of Elder Affairs in the return envelope enclosed with the survey form as soon as possible.

MARK YOUR CALENDARS!

Service Honoring Veterans

Thursday, Nov. 11, 2004

Northbrook Village

All are Welcome!

Light refreshments will be served

Annual Senior Citizens Winter Party

Sponsored by Berlin COA

Wednesday, December 15th, 2004

12:00 noon - 2:00 pm

Lower Level-Town Office Bldg.

Catered lunch at 12:00 followed by entertainment

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