



Powderhouse Senior News

JANUARY/FEBRUARY 2005

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.

Senior Citizen Meeting Programs Past and Future

Those attending the November meeting listened to Suzanne McGuire tell of her love of books which led her into the position which she now holds as Berlin's librarian. At various times in her career she drifted away from this type of work, but always seemed to come back to what she loves to do. She told us a lot about the history of libraries.

She reminded the audience that if they knew of any homebound seniors who would like to borrow books from the Berlin Public Library that a phone call to the librarian could put into action a relatively new service of delivery by volunteers.

Suzanne has an enthusiastic personality and would be receptive to listening to any ideas you might have to improve our library.

At the December meeting, as usual, Barbara Krackhardt came up with an entertainment that was a lot of fun for those who took part as well as the audience.

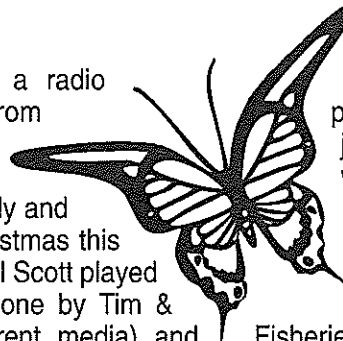
"Skipping Christmas," a radio program broadcast from Berlin's own station WBER, unfolded the story of the Krank family and their plan to forgo Christmas this year. Judy Duff and Phil Scott played the lead parts (also done by Tim & Jamie Lee in a different media) and were supported by Barbara Halloran, Dora Cummings, Ruea Baum, Dick Mills, Jean Valchuis, Holly and Jacob

Parmenter, Ruth Sandini, Barry Matthew, Barry Eager, Neale Laurence and Ruth Hellen. Barbara K. was the narrator. Marjorie Pond handled props and cue cards while Barbara Halloran put into action the special effects (Forgive me if I forgot anyone, please!)

As the program came to a close, the Berlin Memorial Chorus, led by their music teacher, Maria Olan, paraded into the room and up to the stage, singing all the way! They performed several Christmas songs very professionally - the audience was delighted - and then left the room in the same fashion. What a wonderful introduction to the Christmas season by these smiling, singing students. They did a superb job!

In January, Joyce LaMotte will present the program called Getting to Know You. She has invited the seniors to fill out an info sheet and provide a picture from the past - this should make a very interesting program. Did you fill out a form and give her a picture? I hope so - the more the merrier.

In February Walter Bickford will, possibly, talk on his favorite subjects: Preservation of open space, wildlife, and conservation. Walter is a member of the Berlin Conservation Commission and a former state representative and commissioner of Fisheries and Wildlife. He has an extensive knowledge of these fields and his program should be very informative and interesting.



Schedule of Community Activities

January

- 1 Happy New Year!
- 6 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 - \$4.00
- 8 Lions Club Turkey Dinner for Berlin Seniors
1st Parish Church 1 p.m.
- 11 Commodities 10 - 11 A.M.
Northbrook Community Bldg.
- 12 BINGO Town Office Bldg.
2 P.M. - 4 P.M. Lower Level
- 17 Martin Luther King, Jr. Day
- 25 Blood Pressures 1 - 2 P.M.
Northbrook Community Bldg.
- 26 COA Mtg. 9 A.M.
Town Office Bldg. Rm.118
- 26 Cards/Board Games
Town Office Bldg.
Room 118 (COA Rm.) 2 P.M. - 4 P.M.

February

- 3 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 - \$4.00
- 7 9 A.M. Yoga for Seniors
Northbrook Community Bldg.
- 8 Commodities 10 - 11 A.M.
Northbrook Community Bldg.
- 14 Happy Valentine's Day!
- 14 9 A.M. Yoga for Seniors
Northbrook Community Bldg.
- 21 President's Day
- 21 9 A.M. Yoga for Seniors
Northbrook Community Bldg.
- 22 Blood Pressures 1 - 2 P.M.
Northbrook Community Bldg.
- 23 COA Mtg. 9 A.M.
Town Office Bldg. Rm.118
- 28 9 A.M. Yoga for Seniors
Northbrook Community Bldg.

News from the SHINE Program

Along with the New Year come new changes in the Medicare Benefits for 2005. Some of the changes are listed:

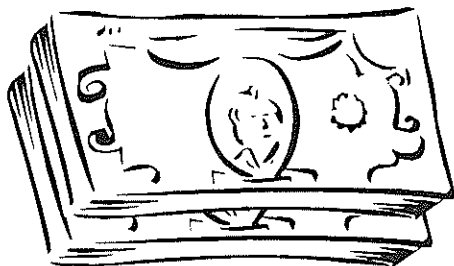
PART A - Inpatient Deductible increased to \$912/day from \$876/day

PART B - Outpatient Deductible increased to \$110/year from \$100/year

Medicare PART B premium has increased to \$78.20/month from \$66.60/ month in 2004

Anyone interested in a Medicare Discount Drug Card can apply at any time during 2005. The card you choose will give a discount off the cost of your prescription drugs at your local pharmacies. To find out what card would work best for your situation, call Mass. Medline at (866) 633-1617 or Medicare at (800) 633-4227. Have a list of your current medications with their dosages available. To obtain a form for these cards you can contact the SHINE Program.

If you would like to know more about any of this information please contact a SHINE Counselor. We can be reached through the Clinton Senior Center at 978-365-9416 or by calling 1 (800) AGE INFO or 1 (800) 243-4636, option #2.



Circuit Breaker Program

The Circuit Breaker is a property tax relief program for seniors (65 and older). This tax relief program is based on income and taxes paid (not assets). Although this program has been in effect for 3 years it has still not reached all of those eligible. If your property taxes are over 10% of your total income (all income counts) even if you do not file taxes, you are probably eligible. If you are eligible you can back-track for 3 years.

You must be 65 years of age or older, married filing jointly, head of household or single to qualify for this credit.

For tax year 2003, only nineteen (19) people in Berlin filed, receiving an average credit of \$545.00


A worksheet and form to file is included in your state tax booklet.

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Overcoming Obstacles to Exercise

Staying Motivated Over the Long Run

Perhaps you started a fitness program with great enthusiasm, only to have your get-up-and-go get up and leave. Now you're struggling to maintain some daily activity. It's tough, but not impossible. There really are ways to make physical activity a regular part of your life.

Staying motivated: It helps to view exercise as a part of your lifestyle, not just something you do because you know you should. Remember that moving - more and daily - is the point. You don't need to focus on getting your heart rate into an aerobic zone for 20 minutes, something you can only achieve with moderate exercise such as jogging or power walking. Dance, garden, play golf - it all counts toward staying healthy, reducing stress and maintaining a healthy weight. Choosing activities you enjoy and that fit your lifestyle is the 1st step to a regular exercise routine.

Set achievable goals: Start small, especially if you haven't been exercising regularly. Begin with a short-term goal of

walking five minutes once or twice a day. An intermediate goal might be walking 20 minutes three or four days a week. A long-term goal could be an hour of walking, biking, dancing or swimming - most days. Every step you take is a step toward better health.

Track your progress: Jot down the duration of your physical activity each day or the miles or steps you walk. Make note of how you feel. Seeing your improvement over time can help keep you going.

Reward yourself: In time exercise can be its own reward, resulting in enhanced self-esteem, more energy and better health, among other benefits. However, in the beginning of an exercise program, it can be motivating to reward yourself materially. When you reach a goal, treat yourself to something you enjoy - bath salts, new workout clothes, a book or an exercise video.

Don't overdo: Start slowly and work at your own pace. Expect some muscle

soreness a day or two after a workout, but pain and extreme fatigue are indications that you have pushed too hard.

Overcoming common obstacles: Lack of time: People find time for what's important to them. If you don't think you have time to exercise, reassess your priorities. For many, exercising early in the day works best because obligations tend to pile up as the day goes on. Also remember you don't have to do all your exercising at one time. Take a 10-minute walk before work and another on your lunch hour. Take stairs instead of elevators.

No fun, no gain: One of the most important factors in sustaining a fitness program is enjoying what you're doing so that you'll keep doing it. So stay active. And by all means, have fun!

Mayo Clinic Women's Health Source, Dec. 2004

SUCCESSFUL SENIOR WINTER PARTY

About 50 seniors braved the coldest day yet this winter, in spite of the beautiful sunshine, on December 15th, to attend the COA sponsored Winter Party. They were treated to a buffet lunch prepared by Bob and Shirley Lowe, which included tossed salad, cold meat platter, rolls and butter, baked beans, chicken wings, meatballs, punch and coffee with assorted sweets for dessert.

The tables were decorated with sleigh centerpieces created by Ann Phipps and place cards colorfully decorated in Christmas colors by Shirley Lipka, which gave the room a festive air and each senior had a truffle candy donated by Santa Claus, himself!

Following the luncheon, The Berlin Country Orchestra favored the group with a musical show. Everyone enjoyed the waltzes, jigs and reels presented by this popular group who regularly play for the Contra Dances in Berlin. Evie Dueck, Chris Turner and Marty Miller closed their program, appropriately, with Christmas music. Everyone joined in the singing of "Jingle Bells" and left the party in a festive mood.



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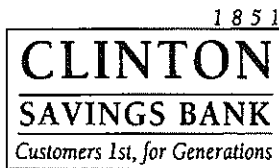
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The Berlin Powderhouse Senior News

Council on Aging
Berlin, Massachusetts 01503

BULK RATE
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January Birthdays

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

January Anniversaries

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

Obituaries *Gone, but never forgotten.*

- Henry Root 11/ /04
- Roberta Wilkinson 11/08/04
- Miriam Coldwell 11/11/04
- Mary J. Baum 12/02/04
- Stanley Polewarczyk 12/13/04
- Harry L. Hemmerdinger 12/19/04

February Birthdays

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

February Anniversaries

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

Formerly of Berlin:

- Waldo B. Jones 9/04/04
- Edward E. Martineit 11/05/04
- Raymond E. Taylor 12/11/04

YOGA CLASSES FOR SENIORS

Beginning in February the COA will sponsor a series of 6 classes on Monday mornings at 9 A.M. Northbrook Community Building

What can yoga do for you?

Help you get and stay fit - Increase flexibility - Renew energy - Improve circulation - Reduce stress - Improve posture - Increase bone density

The instructor, Sharon Santello, is a registered yoga teacher (RYT200) and holds a Bachelor's of Science Degree in Health Education from Worcester State College. She is a member of the Yoga Alliance and Mass Yoga Network.

The dates would be February 7, 14, 21, 28; March 7 and 14. If you have a mat, please bring it.

MARK YOUR CALENDARS!

Saturday January 8th, 2005 - 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 complimentary banquet annually!

Wednesday, January 12 BINGO

2-4 p.m. Town Office Building

Wednesday, January 26 NEW - CARDS OR BOARD GAMES

Bring your cards/board games and your friends to the COA room 118 at the Town Office Bldg from 2 - 4 p.m. Light refreshments will be provided.

"Powderhouse Senior News"

is partly supported by Executive Office of Elder Affairs.



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MARCH/APRIL 2005

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Veterans Take Notice

Veterans Memorabilia Expo - Tuesday, March 8th, 2005 at Tahanto High School Gymnasium Time: 9:15 - 11:15am For all veterans who want to display any or all of your memorabilia from your time in the service: such things as uniforms, patches, books, pictures, news clippings, keepsakes, medals etc. RSVP to John P. Neusch, History Club Advisor, at 508-393-5531 (H), or 508-869-2333 (W) to confirm participation.

World War II Night - Wed., March 30, 2005 Time: 6:30 - 8pm. Open to any WWII veteran who would like to come and speak to the students about your experiences in the war. RSVP same as above.

Vietnam Veterans Assembly - Tues., April 26, 2005 Time: 10 - 11:15am in the school auditorium. Open to any Vietnam veteran who would like to speak to the students about their experiences and what "The Wall" means to them in preparation for "The Traveling Wall: which is coming to Tahanto in two days. A short film will be shown about the "Vietnam Memorial Wall". If interested contact Mr.

Neusch at one of the numbers shown above.

The Traveling Vietnam Wall - This event will take place on April 28 - May 1, 2005. The Traveling Wall is a half size replica of the Vietnam Memorial in Washington D.C. It will be located on the backfield at Tahanto. More information will appear in the local newspapers in the near future.

Korean War Veterans Night - Tues., April 12, 2005 Time: 6:30 - 8pm. Open to any Korean War Veteran who would like to come in and speak to the students about his experiences in that war. If interested, contact Mr. Neusch.

Appreciation for Veterans Dinner - Tues., June 7, 2005 Time: 5:30 - 7:30pm in Tahanto's cafeteria. Appetizers, dinner, dessert and entertainment will be provided. It's open to all veterans and a guest. The students will be serving dinner and giving speeches about what a veteran means to them. There is also a special film to be shown. Confirm with Mr. Neusch.

Spring Quotes

A little madness in the Spring/Is wholesome even for the King.

Emily Dickinson (1830-1886) US poet

If we had no winter, the spring would not be so pleasant. If we did not sometimes taste of adversity, prosperity would not be so welcome.

Anne Bradstreet (1612?-1672) US poet

Don't ignore the small things - the kite flies because of its tail.

Hawaiian Proverb

Imagination is the highest kite that one can fly.

Lauren Bacall (1924-____) US actress

Rough winds do shake the darling buds of May.

William Shakespeare (1564-1616) English dramatist, poet

Schedule of Community Activities

March

- 3 Senior Meeting FPC
Blood Pressures 9:30 A.M.
Business Meeting 10:30 A.M.
Program 11:00 A.M.
Lunch (\$4.00) 12 Noon
- 8 Veterans Memorabilia Expo
9:15 – 11:15 AM Tahanto Gym
- 8 Commodities 10 A.M.
Northbrook Community Bldg
- 16 BINGO 2 - 4 P.M. Rm.118
Town Office Bldg.
- 17 St. Patrick's Day
- 20 Spring Begins - Palm Sunday
- 22 Blood Pressures 1 ~ 2 P.M.
Northbrook Community Bldg.
- 23 COA Meeting 9 A.M.
Town Office Bldg. Rm. 118
- 27 Easter Sunday

April

- 3 Daylight Savings Begins
- 7 Senior Meeting FPC
Blood Pressures 9:30 A.M.
Business Meeting 10:30 A.M.
Program 11:00 A.M.
Lunch (\$4.00) 12 Noon
- 12 Commodities 10 A.M.
Northbrook Community Bldg.
- 26 Blood Pressures 1 ~ 2 P.M.
Northbrook Community Bldg.
- 27 COA Meeting 9 A.M.
Town Office Bldg. Rm. 118

Black and White

Life was so much clearer when it was in Black & White

You could hardly see for all the snow,
Spread the rabbit ears as far as they go.
Pull a chair up to the TV set,
"Good Night, David. Good Night, Chet."

Depending on the channel you tuned,
You got Rob and Laura or Ward and June,
It felt so good. It felt so right.
Life looked better in black and white.

I Love Lucy, The Real McCoys,
Dennis the Menace, the Cleaver boys,
Rawhide, Gunsmoke, Wagon Train,
Superman, Jimmy and Lois Lane.

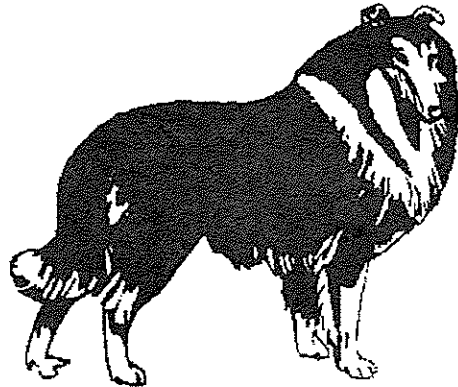

Father Knows Best, Patty Duke,
Rin Tin Tin and Lassie too,
Donna Reed on Thursday night!
Life looked better in black and white.

I wanna go back to black and white.
Everything always turned out right.
Simple people, simple lives . . .
Good guys always won the fights,
I wanna go back to black and white.

In God they trusted, alone in bed they slept,
A promise made was a promise kept.
They never cussed or broke their vows.
They'd never make the network now.

But if I could, I'd rather be
In a TV town in '53.
It felt so good, It felt so right.
Life looked better in black and white.

I'd trade all the channels on the satellite,
If I could just turn back the clock tonight
To when everybody knew wrong from right.
Life was better in black and white!

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Storing Medications Where and How to Keep Drugs Safe

If you've always thought the bathroom seemed like the best place to store non-prescription and prescription drugs, think again. Although bathrooms often contain "medicine cabinets", they're considered one of the worst places to keep your medications. That's because moisture and heat - caused by the steam from showers or baths - can cause some drugs to deteriorate, changing their strength and composition. Other bad choices include keeping medications by a sink, on a windowsill in direct sunlight, or in a car's glove compartment, where temperatures can rise and fall.

Most medications are meant to be stored at room temperature - 59 to 86 degrees Fahrenheit. So, it's best to keep them in a dry, dark and cool place, such as a bed-

room closet, a dresser drawer or a kitchen cabinet.

If you still prefer to keep medications in the bathroom, make sure their containers are tightly sealed to prevent moisture from seeping inside. In the kitchen, store medications away from the stove, sink and any appliances - such as the dishwasher - that release heat or moisture.

Additional safety tips: Keeping medications in their original containers. The packaging will help you stay aware of what a drug is and when it expires.

Tossing out expired medications. Once a year, take a look at all your medications and get rid of any outdated items, which can deteriorate over time and become

less effective or even harmful.

In addition, dispose of medications prescribed for a past health problem or one-time illness. Even if you develop what seems like the same condition, you may need a different treatment.

Following directions: To get the most out of your medications, it's important not only to take them as directed but to store them properly. If you're unsure about how to best protect certain prescriptions or over-the-counter drugs, check the label on the container or consult your pharmacist for storage advice.

Mayo Clinic Women's Health Source, January, 2005

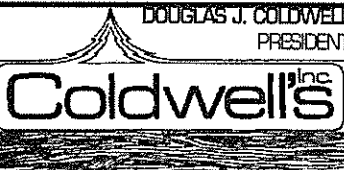


HOW MANY OF THESE DO YOU REMEMBER?

Head lights dimmer switches on the floor.
Ignition switches on the dashboard.
Heaters mounted on the inside of the fire wall.
Real ice boxes.

Pant leg clips for bicycles without chain guards.
Soldering irons you heat on a gas burner.
Using hand signals for cars without turn signals.

DOUGLAS J. COLDWELL
PRESIDENT



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Lions Club Turkey Dinner a Success In spite of Mother Nature!

On Saturday, January 8th, more than 40 senior citizens braved the snowstorm that Mother Nature gifted us with and gathered at First Parish to enjoy the dinner prepared for them by the Berlin Lions Club.

was in good spirits!

In addition to the meals served in Central Hall, approximately 20 other meals were being delivered by George and Lorraine Cedar before they returned to enjoy their own dinners. A big thank you to the Cedars - they are always willing to help, regardless of what the job might be!

For the wonderful dinner, the musical entertainment and the door prizes that were awarded, all those present want to express sincere thanks to the Lions Club for their special efforts to "entertain" Berlin's senior citizens!

Upon entering Sawyer Hall, many were removing "steamed-up bifocals" and commenting on the wonderful aroma - everyone

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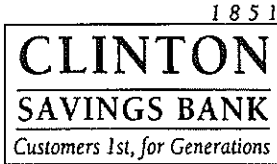
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The Berlin Powderhouse Senior News

Council on Aging

Berlin, Massachusetts 01503

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BERLIN, MA**

MARK YOUR CALENDARS!

BINGO: March 16th
2-4 p.m. Town Office Building

March Birthdays

5 Bernice Kessler
8 Florence Martin
10 Rita Stanhope
14 Joanne Wheeler
18 Cora Parsons
21 Kay Johnson
21 Evelyn Knorr
22 Barbara Foster
26 Lorraine Cedar
26 Madeline McTague
27 Carolyn Landry
29 Arthur Lamy

April Birthdays

10 Judy Wilson
13 Phillip Scott
21 Elizabeth Perdue
22 Virginia Wheeler
27 Hazel Miele

April Anniversaries

12 Roger & Charlotte Stanley
24 Robert & Madeline Taylor

Obituaries *Gone, but never forgotten.*

Roger L. Bradley Jan. 29, 2005

Edith Spaulding Feb. 5, 2005

Edith Wilson Feb. 18, 2005.

Formerly of Berlin:

Paul G. Barter (California) Jan. 27, 2005

John "Terry" Forbes (Hudson) Jan. 31, 2005

Donald Wheeler (Hudson) Feb. 5, 2005

YOGA CLASSES FOR SENIORS

A happy group of 14 participants (including men as well as women) is enjoying the classes led by Sharon Santello, thanks to the efforts of Ann Phipps who organized the program. The classes are being held in the COA room (118) at the Town Office Building and may continue after the 6 lessons if sufficient interest is expressed.

The COA is very pleased with the positive response to this important program.

Senior Citizen Meeting Programs Past and Future

In January Mother Nature was not kind to seniors on meeting day, so the program was cancelled. Joyce LaMotte will present "Getting to Know You" at some future date.

In February Walter Bickford gave an interesting presentation to the group about preserving open space in Berlin and the importance of maintaining or improving the ecological balance in our area

At the March 3rd meeting Bill Tervo will show us some of the beautiful pictures he has taken and talk about "Butterflies and Flowers". This will be a good reminder to us that spring is on the way!

On April 7th representatives from "Shoppes at the Village" and "Highland Commons" will give short presentations on the proposed malls on the Risi property and on Route 62, Hudson line. This information should be very interesting to all of our residents.

"Powderhouse Senior News"

is partly supported by Executive Office of Elder Affairs.



Powderhouse Senior News

MAY/JUNE 2005

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.
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- 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.

Do You Remember?

Grandchild asks, "What was your favorite fast food when you were growing up?"

"We didn't have fast food when I was growing up," I informed him. "All the food was slow."

"C'mon, seriously, Where did you eat?" "It was a place called 'at home'," I explained. "Grandma cooked every day and when Grandpa got home from work, we sat down together at the dining room table, and if I didn't like what she put on my plate I was allowed to sit there until I did like it." By this time, the kid was laughing so hard I was afraid he was going to suffer serious internal damage, so I didn't tell him the part about how I had to have permission to leave the table.

But here are some other things I would have told him about my childhood if I figured his system could have handled it:

Some parents NEVER owned their own house, wore Levis, set foot on a golf course, traveled out of the country or had a credit card. In their later years they had something called a revolving charge card. The card was good only at Sears Roebuck. Or maybe it was Sears AND Roebuck. Either way, there is no Roebuck anymore. Maybe he died.

My parents never drove me to soccer practice. This was mostly because we never had heard of soccer. I had a bicycle that weighed probably 50 pounds, and only had one speed, slow. I rode it everywhere. I never had a telephone in my room. The only phone in the house was in the kitchen and it was on a party line. Before you could turn the crank, you had to listen and make sure some people you didn't know weren't already using the line.

Pizzas were not delivered to our home. But milk was. All newspapers were delivered by boys and all boys delivered newspapers. I delivered a newspaper, six days a week. It cost 7 cents a paper, of which I got to keep 2 cents. I had to get up at 4 A.M. every morning. On Saturday I delivered the Saturday Evening Post, a magazine, also. I had to collect the 60 cents from my customers. My favorite customers were the ones who gave me 75 cents and told me to keep the change. My least favorite customers were the ones who seemed to never be home on collection day.



Schedule of Community Activities

May

- 2 Annual Town Meeting 7:30pm
Berlin Memorial School
- 5 Senior Citizen Meeting FPC
Blood Pressure 9:30am
Business Mtg. 10:30am
Program 11:00am
Home cooked lunch 12 noon
- 8 Mother's Day
- 9 Annual Town Election 12-8
Town Office Bldg.
- 10 Commodities 10am
Northbrook Community Bldg
- 18 BINGO 2pm - 4pm
Town Office Bldg.
Lower Level - Rm 118
- 25 COA Meeting 9am
Town Office Bldg-Rm.118
- 30 Memorial Day

June

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

Senior Citizen Meeting Programs Past and Future

On a wintry day in March beautiful butterflies invaded Central Hall! Bill Tervo, a hunter and fisherman all of his life, has turned to capturing his prey on a digital camera. The results are awe-inspiring. He has photographed many species of butterflies in his backyard garden on flowers that he grows especially to attract them. His wife, Trudy, gifted him with this camera and he has found great pleasure in photographing nature. I believe he might have another program, sometime in the future, for us using "flowers" as its theme. His talents were appreciated by all of those present!

At the April 7th meeting the proposed Highland Commons Shopping Center and the Shoppes at Berlin Village were described in some detail by Jack Thornton, Jed Hayes, Mark Hebert and Bob Durand, representatives of the two companies interested in locating in Berlin. They were eager to answer all of the questions put before them by the seniors in the audience. (At the Special Town Meeting on April 9th the zoning articles that would have permitted the malls were both voted down.)

On May 5th a representative from Clinton Hospital will talk to us about all of the things that we *should* know about "Home Safety". Many of these things we probably know but do not put into practice so it will be good to be reminded!

At the Country Club on June 2nd Marty Sawyer will present a musical program including the music of spring and a Broadway Songfest - Be sure to come and enjoy the music that should put a "spring" into everyone's step! This will be the last meeting until September.

Would You Like to Help an Elder in Distress?

The Money Management Program of the Montachusett Home Care Corporation in Leominster, MA is looking for volunteers to help elders with their finances. This program, sponsored by AARP and the United Way, would require about 3 hours per month of your time. Please contact the Money Management Program at 1-800-734-7312 for further information.

Senior Yoga Notes

The final Senior Yoga session for the season will be held on Monday, May 9th, 2005 with plans to continue lessons in the fall.



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MARK YOUR CALENDARS!

Berlin COA is sponsoring

BINGO

May 19th, 2-4pm

Town Office Building, Lower Level - Room 118

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!!

ANNUAL TOWN MEETING

May 2nd, 7:30 p.m., Berlin Memorial School

ANNUAL TOWN ELECTION

May 9th, Noon - 8 p.m., Town Office Building

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MEDICARE AND HEALTH INSURANCE INFORMATION

Medicare is Changing

In 2006, Medicare will add an optional drug benefit to its list of covered services. Everyone on Medicare will eventually need to decide if this Part "D" coverage is appropriate for them.

If you already have drug coverage of some kind, your insurer should be contacting you as early as this summer to let you know if the new Medicare Part "D" coverage will affect the coverage you have now.

There is plenty of time to make your decision. Applications for Part D will be accepted between November 15th, 2005 and May 15th, 2006.

Right now, the SHINE Program is gearing up to offer consumers accurate, unbiased, free information and counseling about this new Medicare Part D drug benefit. We should be ready to work with your Council on Aging to get you the information you need, when you need it. For most people, that will be sometime in the late fall.

In the meantime, if you have questions about Medicare Part D, or about any other topic relating to Medicare and/or health insurance issues, feel free to call your local Council on Aging to ask for an appointment with a SHINE counselor. (Call the Senior

Center in Clinton at 978-365-9416 to make an appointment).

You can also reach a SHINE counselor by telephone. Call 1-800-243-4636 (1-800-AGE-INFO) and press or say "2" when instructed to do so. Once you get the SHINE answering machine, leave your name and number and a volunteer will call you back.

SHINE (Serving the Health Information Needs of Elders) is coordinated by the Mass. Executive Office of Elder Affairs in partnership with CEMACA (Central Massachusetts Association of Councils on Aging)

Ten Super Foods for Better Health!

- Cantaloupe:** A quarter of a delicious melon supplies almost as much vitamin A and C as most people need in an entire day.
- Sweet Potatoes:** A nutritional All-Star - one of the best vegetables you can eat. They're loaded with carotenoids, vitamin C, potassium, and fiber. Mix in unsweetened applesauce or crushed pineapple for extra moisture and sweetness.
- Fat-free (Skim) or Soy Milk:** Excellent source of calcium, vitamins, and protein with little or no artery-clogging fat and cholesterol. (Soy milk can have just as many nutrients - if the company adds them.)
- Blueberries:** They're rich in fiber, vitamin C, and antioxidants.
- Oranges:** Great-tasting and rich in vitamin C, folic acid, and fiber.
- Broccoli:** Lots of vitamin C, carotenoids, and folic acid.
- Whole-Grain Bread:** It's higher in fiber and about a dozen vitamins and minerals than enriched white bread or "wheat" bread.
- Watermelon:** Excellent source of vitamin C and carotenoids - and it tastes great! Perfect for a snack, dessert, or picnics.
- Beans:** Inexpensive, low in fat, and rich in protein, iron, folic acid, and fiber. Choose garbanzo, pinto, black, Navy, kidney, or lentils. Eat them as a side dish or snack, in a tortilla with salsa, or in a soup.
- Spinach or Kale:** Loaded with vitamin C, carotenoids, calcium, and fiber. Steam 'em and eat 'em.



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The Berlin Powderhouse Senior News

Council on Aging
Berlin, Massachusetts 01503

**BULK RATE
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Think About Your Future, Maintain Your Brain Today.

When people think about staying fit, they generally think from the neck down. But the health of your brain plays a critical role in almost everything you do: thinking, feeling, remembering, working, and playing - even sleeping. The good news is that we now know there's a lot you can do to help keep your brain healthier as you age. These steps might also reduce your risk of Alzheimer's disease or other dementia.

Make brain-healthy life choices Like other parts of your body, your brain may lose some agility as you get older. It can deteriorate even more if you don't take care of it. Science is unlocking many of the mysteries of the brain, but we don't have all the answers yet. You can do everything "right" and still not prevent Alzheimer's disease. What's offered here is the best information available so that you can make your own decisions about your health.

May

Birthdays

- 12 Jack Bergen
- 12 Marguerite Krackhardt
- 12 June Coolidge
- 13 Margaret Dayton
- 16 Anna Renzoni
- 18 Paul Bogosian
- 21 Roger Wilkins

May

Anniversaries

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

Obituaries *Gone, but never forgotten.*

- Gardner E. Drew Feb. 25, 2005
Formerly of Berlin:
- Gertrude (Hill) Black - March 22, 2005
- June Drysdale - April 17, 2005
- Greta McNary - April 21, 2005
- Mildred Wheeler - April 5, 2005 - in Florida

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

June

Anniversaries

- 1 Roger & Carol Wilkins
- 5 Francis & Josephine Underwood
- 10 Lee & Vera Mungeam
- 22 Jack & Sally Bergen

Be heart smart High blood pressure, heart disease and stroke are risk factors for dementia. So remember, what's good for the heart is good for the brain. Control your body weight, blood pressure, cholesterol, and blood sugar to help reduce your risk of heart disease and stroke.

Adopt a brain-healthy diet Research suggests that high cholesterol may contribute to stroke and brain cell damage. A low fat, low cholesterol diet is advisable. And there is growing evidence that a diet rich in dark vegetables and fruits, which contain antioxidants, may help protect brain cells.

Stay physically active Physical exercise is essential for maintaining good blood flow to the brain as well as to encourage new brain cells. It also can significantly reduce the risk of heart attack, stroke and diabetes, and thereby protect against those risk factors for Alzheimer's.

Stay mentally active Mentally stimulating activities strengthen brain cells and the connections between them, and may even create new nerve cells.

Remain socially involved Social activity not only makes physical and mental activity more enjoyable, it can reduce stress levels, which helps maintain healthy connections among brain cells.

For more information on Maintaining Your Brain call the Alzheimer's Association's 24hour Helpline at 800-272-3900 or visit our website at www.alz.org

*Alzheimer's Association, the compassion to care,
the leadership to conquer*

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



Powderhouse Senior News

JULY/AUGUST 2005

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

BERLIN COUNCIL ON AGING SERVICES AND PROGRAMS

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This issue is dedicated to Mary R. Petkauskas who served as editor for many years. Mary passed away on April 27, 2005 after working long and hard for the benefit of Berlin senior citizens.

21st Anniversary of The Powderhouse Senior Newsletter

Mainly through the efforts of Helen Brewer and Mary Petkauskas, the Powderhouse Senior Newsletter became a reality in July of 1984

The staff was as follows: Mary Petkauskas-Editor, Helen Brewer-correspondent for Senior Citizens Association, Mary Ellen Matthew-First Parish Church and Clinton Item, Mary Warner-St. Joseph's Church, Pam Dona-Worcester Telegram and Berlin Memorial School, Phyllis Munyon-Art Work, Herbert Meuller-computer addressing, Ruth (Henry) Wheeler, Pat (Larry) Wheeler and Connie Barter-typists and Eva Tobey-"go for".

It appears that the material was typed up in stencil form and run off on the mimeograph machine and prepared for mailing by a volunteer group. In subsequent issues interesting bus trips planned by Vera Mungeam, Activities Director, were described, medical and health articles were written by Mary P., and in the second issue Eva Tobey wrote up a quiz on Berlin Trivia (which was won by Charlie Nutting and Viola Phipps who both got all of the answers). Poetry and recipes were also included. It was reported that the "first and hopefully annual" smorgasbord would be held at the Northbrook Community Center from 5 - 7 P.M. (This event continues today under the name of Senior Summer Party and will be held on Wednesday, July 20th from 5 - 7 P.M. with a buffet supper and entertainment - ALL Berlin seniors are invited to attend this function at the Town Office Building, Lower Level, Room 114). In 1984 the food was prepared and presented by the Council on Aging members as follows: Grace Pendergast, Dona Bellarosa, Ruth (Henry) Wheeler, Pat (Larry) Wheeler, Mary Petkauskas, Eva Tobey and Constance Barter.

In September of 1993 the "Powderhouse News" became a more professional-looking product as it was published by the CAM/COA Publishing Company and is still being printed every other month by that company.

The Clinton Savings Bank has graciously provided the postage since 1985 for which we are most grateful. Our thanks also to Matthew & Sons who for many years provided the mailing labels. Louise Champagne took over that job until this year. Thank you, Louise. We distribute over 400 copies at this time and the list grows longer every year.

We also encourage our readers to patronize our advertisers and to make suggestions for an improved newsletter. Recently Jean Wheeler agreed to be our Assistant Editor.

As of September 2003, e-mail came into the picture and is a great time saver.
So . . .Happy 21st Anniversary to Us!!

Dora M. Cummings, Editor

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Schedule of Community Activities July

- 4 ~ Independence Day
- 12 - USDA Commodities
Northbrook Village
Community Bldg. 10 ~
11 AM
- 20 - 5P.M. ~ 7P.M. COA
Senior Summer Buffet
Town Office Building
Room 112-114 (Lower
Level) Catered Buffet
Supper Entertainment:
John Beck and "Toy
Town Tunes"
(Barbershop singing)
- 26 ~ Blood Pressure Clinic
Northbrook Community
Bldg. 1 ~ 2 PM

August

NO MEETINGS IN AUGUST

- 9 ~ USDA Commodities
Northbrook Village
Community Bldg.
10 AM ~ 11 AM
- 23 - Blood Pressure Clinic
Northbrook Community
Bldg. 1 ~ 2 PM

Senior Citizen Meeting Programs ~ Past & Future

The annual meeting was held at Berlin Country Club on June 2nd and the members re-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, Pat Conefrey, Gail Bickford, Virginia Wheeler, Neale Laurence, and George Cedar, were thanked for the splendid dinners that they prepared and served to the group over the past year. Those present were presented corsages made by Shirley Lipka.




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.

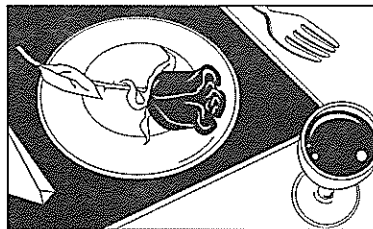
The group in attendance enjoyed Marty Sawyer's performance following a catered lunch provided by Bob and Shirley Lowe. Marty played her guitar and sang many of the Broadway songs, some of which were "sing-a-longs".

The May 5th program was provided by a representative from Clinton Hospital who reminded us about "Home Safety". Following her presentation and question and answer period, Joyce LaMotte gave us a preview of what the October program "Getting to Know Each Other" will be like - it should be a "fun" meeting!

SENIOR CITIZEN ASSOCIATION MEETINGS WILL RESUME ON THE THURSDAY FOLLOWING LABOR DAY (not the first Thursday)



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(978) 368-3000



MARK YOUR CALENDARS!

Wednesday, July 20th, 2004 5 - 7 PM
Annual Senior Summer Buffet
Town Office Building-Lower Level
Back by popular demand to entertain will be JOHN BECK & "TOY TOWN TUNES" singing "Barbershop"!



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HOME MAKEOVER FOR A HEALTHIER HEART

Six ways to modify your living space to lower cardiac risks

These six home-improvement ideas are simpler than most do-it-yourself projects. They won't turn your residence into a showcase. They will send a daily reminder to you and all who live or visit there that cardiovascular well-being is a top priority, and home is where our heart is.

It should take less than an hour to make several of these modest changes. The benefits will accrue for as long as you take advantage of your healthier living space.

1. Set up an exercise center near your TV. You don't need a gym-sized room. A few square feet will serve well as an oasis for your heart in one of the danger zones in your house - wherever you sit (and sit) to watch TV.

Too much of the tube can amplify risk factors for heart disease. Men who watch more than 14 hours a week are 16 % more likely to have abnormal blood sugar (glucose) metabolism than men who watch seven or fewer hours, according to one study. Women in the same study, of about 8,300 people, appear even more vulnerable. If they watch more than 14 hours a week they are almost 50% more likely to suffer glucose-control problems that can lead to full fledged diabetes. Type 2 diabetes is a serious risk factor for heart

attack.

You don't have to go cold-turkey

on your TV. Just turn the time you watch into a chance for more activity with or without exercise equipment says Gordon Blackburn, Ph.D., program director of cardiac rehab and prevention at The Cleveland Clinic.

If you can afford a good stationary bike or treadmill (about \$250), it is a good investment. They and elliptical trainers are easier on the body than rowing machines or stair steppers. A less expensive way to go is to have your doctor or rehab center recommend aerobic-exercise videos. Walk in place regularly and you're likely to discover reserves of energy for many activities that can make life more rewarding, like strolling outside, browsing shops and ascending stairs easily.

2. Separate food from TV fare. Get the TV out of the kitchen or any dining area. Putting a wall between videos and vittles will help you pay more attention to preparing food and enjoying it fully.

It follows that you won't make food runs during commercials which puts you at risk of calorie and salt overload. If you want a snack, stay in the kitchen or dining room, pay attention to what you're eating, and then go back to the TV is Dr. Blackburn's advice.

3. Reorganize your refrigerator. Store fruits and vegetables so that every time you open the door, your refrigerator reminds you of healthy diet priorities. Keep healthy snacks at eye level so that's the first thing you see.

4. Put a HALT to your salty fat-snack supply. Write "HALT" in large

capital letters on a card and attach it to a closet or cabinet door in or near your kitchen. Keep higher-fat or sweet snacks like potato chips, cookies or candy in the restricted space. For the sake of your blood pressure and heart health, aim to eat less than 2,300 milligrams of sodium per day.

Memorize HALT's meaning: H - hungry? A - Angry? L - Lonely? T - Tired? These aren't great reasons to eat more than your body needs. Consider a mood-enhancing walk instead of comfort calories.

5. Put up "no Smoking" signs and throw ashtrays away. If you smoke, these moves are signals to you that you're committed to quit. Even if you don't use cigarettes, your decision to ban smoking may cut your risk of heart attack and stroke. Women non-smokers living with a husband who smokes are almost 50% more likely to suffer a stroke than non-smoking women whose husbands also never developed the habit.

6. Prepare your home for emergencies. Label phones with numbers to call if you need help. Talk with your doctor about whether you should buy a home version of an automated external defibrillator (AED) which can deliver a precise shock through the chest to restore a normal heart rhythm in the event of cardiac arrest. (Cost about \$1,500.) Remember that you can't use it to treat yourself and potential users should get training in cardiopulmonary resuscitation.

*The Cleveland Clinic
Heart Advisor - June 2005*

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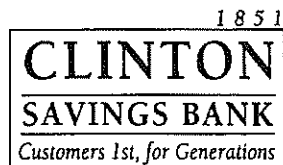
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The Berlin Powderhouse Senior News

Council on Aging

Berlin, Massachusetts 01503

**BULK RATE
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July

Birthdays

- 1 Dennis Snay
- 10 Madeline Taylor
- 13 Marguerite Bartlett
- 13 Lawrence Landry
- 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 Mary Ellen Matthew
- 31 Edwin Hendrickson
- 31 Eleanor Zwicker

July

Anniversaries

- 11 Lawrence & Barbara Foster
- 26 Kevin & Mary Diggins

Obituaries *Gone, but never forgotten.*

- Mary R. Petkauskas April 27, 2005
- Antoinette "Toni" Garcia May 9, 2005
- Bruce C. (Nicky) Wheeler May 24, 2005
Formerly of Berlin:
- Louise A. Carey May 28, 2005

August

Birthdays

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

August

Anniversaries

- 3 Bary & Mary Ellen Matthew
- 14 Raymond & Helen DiMuzio
- 27 Howard & Audrey Birch

UPCOMING SENIOR DAY TRIPS

October 3, 2005 - \$50.00 per person - (Driver tip Included)
Phil must have money before Sept. 2
LEXINGTON & CONCORD - "History & Hauntings"
Depart Old Town Hall 9 a.m.
HOBART ANTIQUE VILLAGE
(80 dealers - antiques & Collectibles)
BUFFET LUNCH at THE STAGECOACH INN
(Hear the stories of haunted happenings at the Inn)
LEXINGTON & CONCORD TOUR
(Your guide will also feature stories of haunted taverns and woods. Learn about British Soldiers who are still wandering the shores of the Concord River.)
WILSON FARMS
Return approx. 5 - 5:30 p.m.
FOR RESERVATIONS OR FURTHER INFORMATION,
PLEASE CONTACT PHIL BARTLETT AT (978) 838-2572

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, wheel-chairs, etc. that you no longer use, the COA will be willing to accept your donation to store for the use of others.

We have on hand at the present time 1 small Wheel Chair and 1 Shower Chair 16"W x 29"L with back and arm rest, adjustable legs.

At the May meeting of the Council on Aging the following officers were re-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. Bingo will resume on September 21st.

The popular **Senior Yoga classes** will be resumed in September!

COMMODITIES: There will be a few changes in the distribution of USDA Commodities: Time: 10:30a.m. - 12 noon Bring Your Own Bag! If anyone has a "stash" of brown paper bags with handles, such as we used to get at Victory Supermarket, they are needed to pack USDA Commodities in. Please contact Ruth Wheeler at 978-838-2433.

"Powderhouse Senior News"

is partly supported by Executive Office of Elder Affairs.



Powderhouse Senior News

SEPTEMBER/OCTOBER 2005

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 Eloise E. Salls, 2005 recipient of the Mary R. Petkauskas Service Award . . .

It was a coincidence that the presentation of this "legacy award" took place on Eloise's 57th birthday - the first "non-senior" to receive this honor.



She was born in Boston, the second oldest of 10 children - 5 brothers and 4 sisters - and attended school there until her family moved to Medway in 1962. She graduated from Medway High School and it was while she was employed by Honeywell that she met her husband, Cecil, and married him on July 20th, 1968 (her 20th birthday). They lived in Milford and had two sons, Tim and Greg, before Cecil was transferred to Illinois. Brandi was born while they lived there, but desiring to be closer to family they moved to Berlin in 1979.

Eloise began her volunteering as a Cub Scout den mother and a member of the Parent Advisory Group at Berlin Memorial School.

In 1983 she was elected to serve three years on the Berlin School Committee, following which she became a Selectman and served in that capacity from 1986 to 1992. (In 1988 she gave birth to their second daughter, Emily, who will enter her senior year of high school this fall.) She was elected Town Treasurer in 1992 and served two terms. She still holds the title of Assistant Treasurer and has served in her present position as Town Clerk since 1996.

In 1980 Eloise was a member of the Ecumenical Committee comprised of members of St. Joseph's and First Parish Churches who prepared Thanksgiving dinners for seniors who were alone on the holiday, as many as 15 meals some years. After about 3 years the numbers had dwindled and Eloise and her family took it upon themselves to prepare the holiday meals which were delivered by volunteer help as well as family members. The Salls family still carries on this holiday tradition.

As a member of the Housing Partnership, she is very active in the process of exploring the possibility of expanding Northbrook Village to include up to forty more units of housing for the elderly.

Continued on Page 3



Schedule of Community Activities

September

- 5 Labor Day
- 6 Meals on Wheels delivery resumes
- 8 Senior Citizen Meeting FPC
Blood Pressures 9:30A.M.
Business Meeting 10:30
Program: 11 A.M.
Chief Otto Rhode on
Emergency Procedures
Home cooked Lunch 12
Noon (\$4.00)
- 11 St. Joseph's Fair 9:30 A.M. ~ 4:30 P.M.
- 13 Commodities 10:30 A.M.
Bring a bag to Northbrook Community Bldg.
- 21 BINGO 2 ~ 4 P.M. Town Office Bldg ~ Lower Level
- 22 Keep Well Elder Health Clinic Northbrook Community Bldg 9:30 - 11:30 A.M.
- 27 Blood Pressures 1 ~ 2 P.M. Northbrook Community Bldg.
- 28 9 A.M. C.O.A. Meeting Town Office Bldg.

October

- 6 Senior Citizen Meeting FPC
Blood Pressures 9:30 A.M.
Business Meeting 10:30
Program 11 A.M.
SHINE - Getting Ready for Medicare Rx Drug Program Changes
Home cooked Lunch 12
Noon (\$4.00)
- 10 Columbus Day Observed
- 11 Commodities 10:30 A.M.
Bring a bag to Northbrook Community Bldg
- 25 Blood Pressures 1 ~ 2 P.M. Northbrook Community Bldg.
- 26 9 A.M. C.O.A. Meeting Town Office Bldg.
- 31 Halloween

MARK YOUR CALENDARS!!

BINGO

Wednesday, Sept. 21st 2 ~ 4 P.M.
Town Office Bldg. Lower Level

St. Joseph's Fall Fair ~ Sept. 11th ~ 9:30A.M. ~ 4:30 P.M.

Keep Well Elder Health Clinic at Northbrook Village on Thursday, September 22nd - 9:30 - 11:30 Services include Health Assessments, Blood Pressures, Blood Sugars, Cardio Pulmonary Assessments, etc., teaching and referrals to community resources. These clinics will be held once a month - for more information call 1-888-663-3688 Ext. 5603

ADDITION TO NORTHBROOK VILLAGE?

The Board of Directors for Northbrook Village, together with the Council on Aging and the Housing Partnership, is actively looking into an addition to the Village. Plans are in the preliminary stage at this time. A committee has been established to meet with consultants on the matter. Further information will be provided as the project develops.

Any persons interested in this project are welcome to contact any member of the Board of Directors, the Council on Aging or the Housing Partnership.

September 22nd
1st day of




Upcoming Senior Day Trips

October 3, 2005, \$50.00 per person (Driver tip Included). Phil must have money before Sept. 2nd - **LEXINGTON & CONCORD** "History & Hauntings" Depart Old Town Hall 9 a.m. - **HOBART ANTIQUE VILLAGE** - (80 dealers - antiques & Collectibles) - **BUFFET LUNCH** at **THE STAGECOACH INN** (Hear the stories of haunted happenings at the Inn) **LEXINGTON & CONCORD TOUR** (Your guide will also feature stories of haunted taverns and woods. Learn about British Soldiers who are still wandering the shores of the Concord River) - **WILSON FARMS** - Return approx. 5 - 5:30 p.m.

December 2, 2005, \$52.00 per person (Driver tip Included). Phil must have money

before Nov. 2nd - **CHARLIE PROSE CHRISTMAS SHOW** at **Foxwoods Casino** - Depart Old Town Hall 7:45 a.m. - Don't miss this internationally loved performer in his Foxwoods appearance. We guarantee you'll laugh 'til your belly hurts & wait 'til you hear the music! Charlie is unforgettable! **TRIP INCLUDES:** \$10.00 Buffet Coupon & \$15.00 in Keno Tickets, Time at Foxwoods: 9:30 a.m. - 4:30 p.m. Afternoon performance by Charlie Prose, Deluxe Motorcoach Transportation, Return approx. 5:45 - 6:15 p.m.

FOR RESERVATIONS OR FURTHER INFORMATION FOR EITHER TRIP, PLEASE CONTACT PHIL BARTLETT AT (978) 838-2572



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Successful Senior Summer Party

Fifty-three people came to the Town Office Building on a hot summer night (July 20, 2005) to get cooled off and enjoy the excellent buffet supper prepared by Bob and Shirley Lowe and to be entertained by John Beck and the "Toy Town Tunes".

Summer flowers arranged by Ann Phipps decorated the tables and provided a party atmosphere. After the completion of the program the winners of a drawing for the centerpieces were invited to take a bouquet home to enjoy.

Following the meal, Willard Wheeler, Legacy Award winner in 1997, explained the "Mary Petkauskas Service Award", and presented a very surprised Eloise E. Salls with a certificate naming her as the recipient for the year 2005. Eloise's name has been added to the plaque which hangs in the Community Building at Northbrook Village and includes the names of all of those honored since its beginning. The choice is made each year by the members of the Berlin

Council on Aging and this is the first time that the choice of a "non-senior" has been made. The guest of honor was presented with a corsage.

Following the Legacy Award portion of the program, John Beck of Northbrook Village introduced his friends who make up "Toy Town Tunes" Barbershop Quartet from Winchendon, Mass. Together with John's help, they entertained the group with music familiar to all of those present. Their choice of music was delightful, and was interrupted several times with very entertaining stories. I think it is safe to say that the entertainment was truly enjoyed by all.

As their "grand finale" they invited the audience to join them in singing "Happy Birthday" to a very surprised John Beck who was celebrating his 80th birthday. A cake was presented to John from his friend and neighbor, Ann Jewett, with the best wishes of all those present.

Eloise E. Salls

Continued from Page One

Eloise tackles each challenge as a learning experience, gains from it and moves on to the next project. She makes time in her busy schedule to make regular trips into Worcester to donate blood platelets, spends time with her granddaughter, Kaylee (one of her three grandchildren) during school vacation and attends countless meetings each month. She is a talented seamstress and enjoys sewing in her "spare" time.

I could go on and on about Eloise's accomplishments, but being the modest person that she is, she wouldn't really appreciate it. The time I spent "getting to know Eloise Salls" was a real pleasure and I can only say "Carry on the great work! Berlin is fortunate to have you as an active resident and appreciates your every effort."

Dora M Cummings



News from the SHINE Program

The new Medicare Prescription Drug Program that is going into effect January 1, 2006 will affect all Medicare beneficiaries in some way!!

The SHINE Program is trying to help Medicare beneficiaries "GET READY" by:

- *Helping those that qualify to apply for "extra help" with Social Security
- *Discussing the changes to Prescription Advantage and what those people on this program will have to do
- *Keep folder of important

information (PA, SSA, Retiree Plan letters, Insurance carrier information)

- *Make a list of prescriptions (forms available from SHINE)
- ***Encouraging attendance at upcoming presentations in the area
- *Provide new information as soon as it becomes available
- *In the fall help with enrollment in a Medicare Prescription Drug Program

***A SHINE representative will be presenting the October program at the Senior Citizens meeting. COME AND BECOME INFORMED ABOUT THE CHANGES. If you need a ride, call Jeanne Snay at 978-838-7324 or Val Bradley at 978-838-2269 the day before the meeting.

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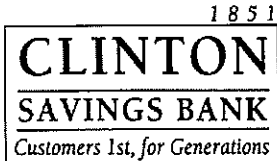
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The Berlin Powderhouse Senior News

Council on Aging
Berlin, Massachusetts 01503

**BULK RATE
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September

Birthdays

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

September

Anniversaries

- 2 Robert & Madeline McTague
- 28 Alfred & Barbara St. John

Obituaries *Gone, but never forgotten.*

~Marshall "Ross" Yeiter - July 14, 2005

October

Birthdays

- 7 Louise Champagne
- 11 Jeanne Snay
- 16 Dorothy Germain
- 17 Doris Bombard
- 19 Herbert Mueller
- 20 Judy Duff
- 22 Joyce LaMotte

October

Anniversaries

- 10 Benedetto & Hazel Miele
- 20 Philip Scott & Judy Duff
- 28 Eric & June Coolidge

Volunteers Honored at Luncheon ~ June 22, 2005

The historic "Ford Room" at the Wayside Inn was once again the location of the Recognition Luncheon given for our dedicated workers.

Twenty-three people were present to enjoy their choice of chicken pie or baked schrod. Some of these people have donated countless hours shopping for, preparing, and delivering over 1500 Meals on Wheels this past year. That does not include the nine meals prepared and served to 60 - 70 members of the Senior Citizens Association at their monthly meetings.

Another group has packed for distribution 48 bags each month with food received through WHEAT.

The following is a list of the people who attended, without whom we would not be able to offer these services: Lorraine & George Cedar, Mary Ellen Matthew, Doris Bombard, Flora Leveille, Shirley Lipka, Sally & Jack Bergen, Virginia Wheeler, Neale Laurence, Dora Cummings, Ruth Wheeler, Eleanor Bosselman, John Bosselman, Barry Matthew, Jean Guild, Elsa Polewarczyk and Arthur Lamy.

Those who were, for one reason or another, unable to attend, but who worked faithfully and should be publicly recognized are: Louise Champagne, Christine Turner, Gail Bickford, Pat Conefrey, Karen Manning and Doris Shortt.

Following lunch, before the speaker was introduced, everyone present offered congratulations to Sally & Jack Bergen who were celebrating their 58th wedding anniversary that day.

David Kidder, Vice President of Abt Associates, spoke to the group about Medicare and health insurance issues. His presentation was informative and helped some of us, to whom insurance is "mind-boggling", understand things a bit better.

The Council also wishes to thank all of the other volunteers who may drive seniors to medical appointments, who bake desserts and muffins for meals, who donate milk and fresh vegetables in season, or help in any other way to benefit Berlin's seniors. Every bit of help is sincerely appreciated!

**YOU ARE 60 YEARS OLD OR OLDER!
And YOU ARE a Berlin citizen!**

SO, you are entitled to attend any of the Council on Aging programs: Bingo games, Senior Summer Buffet and Senior Winter (or Christmas) Party - all

FREE

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!!

Should you need transportation, the day before the meeting call Jeanne Snay at 978-838-7324 or Val Bradley at 978-838-2269

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