

HUBBARDSTON

SENIOR NEWS

April 2016

Sleep- Its Importance for Seniors

Shakespeare once reflected that *"Sleep knitteth up the raveled sleeve of care."*

Researchers are finding it does a lot more than that; in fact the quality of your sleep has a lot to do with how long you live, the ability of your immune system to fight disease, and the general quality of your life. The following information on sleep has been compiled from a number of health newsletters and other respected sources.

Regularly sleeping only four to six hours a night, researchers have found, doesn't allow your brain the rest it needs. Amazingly, like in an office building at night, they have found that during sleep, it appears that brain chemical "cleaners" sweep and float away the debris caused by your brain's constant processing during the day. In sleep, you also process, review and file information that you have absorbed during the day. A night of deep, restful sleep leads to clarity of thought and improved memory. Disturbed and broken sleep can cause you to feel extra achy when you arise; deep sleep can often diminish joint and muscle pain, because the whole body really relaxes deeply and releases tension when you get enough quality rest, a recommended seven and a half to nine hours a night.

Good sleep habits are important. These include sticking to a regular bedtime and limiting one's caffeine intake, especially from after lunch on. Sticking to decaf can help, and so can switching from regular to decaffeinated tea. While some people feel a small snack at bedtime helps them sleep better, most doctors advise against putting any substantial amount of food in your stomach for at least three hours before bedtime. Having food to digest at bedtime increases the pH of your stomach acid, and this can irritate your esophagus when you are lying horizontal. (Raising the head of your bed an inch or two can help with this, and also with breathing issues.) Make sure you are hydrated, but don't overdo it; you don't want to have your sleep disturbed by having to make too many nocturnal bathroom trips.

Side effects of some medications can cause sleeplessness or twitching, restless legs. Check with your doctor and see if taking your medications earlier in the day can help. If one of your medications makes you sleepy during the day, maybe taking it at night instead would be a good idea. Ask if there is another medication that would work; **if you don't bring up these**

issues, your doctor does not know they exist, and can't help you with them. Never change or drop your medication without talking to your doctor.

Sleeping in a cool room (around 60 degrees) can help you sleep better, and if you have circulation issues and your feet stay cold after you are in bed, bed socks can work wonders. So can using a humidifier to keep your breathing passages moist or using an air purifier in the bedroom if you have allergies to dust, pollen and molds.

Avoiding light can make a big difference. Researchers are finding that making your bedroom totally **dark** can help your sleep. Using room-darkening shades and eliminating even the small amount of LED light emitted by switches on TVs, phones, computers, smoke detectors and sleep apnea breathing machines from coming through the thin skin of your eyelids can help you sleep deeper; just toss a towel over them, or put a piece of tape loosely over them. (Just keep a mini flashlight by your bed for trips to the bathroom to avoid falls.)

Finally, staying physically active and mentally active can help with sleeping well, especially after the age of 60. Moving your body through exercise of any kind helps release tension and can calm your spirit so that you can drift off to dreamland, and give your body the rest it vitally needs for a happy and healthy rest of your life!

POETRY

(Don't you wish, along with me, that those all over the world who are busily engaged in trying to eradicate their neighbors from the face of the planet, could just grasp this simple, larger truth and seek peaceful solutions to their conflicts?)

This lovely and thought-provoking free verse was read as part of the service at the First Parish Unitarian Church of Hubbardston on April 10th when the Swingin' Singin' Seniors offered a program of old favorite religious songs and spirituals. It was too good not to share. BJC, Ed.)

Communion Circle

"The Earth. One planet. Round, global, so when you trace its shape with your finger, you end up where you started. It's one. It's whole.

All the dotted lines we draw on our maps of this globe are just that, dotted lines. They smear easily. Oceans can be crossed. Even the desert can be crossed.

The grain that grows on one side of a border tastes just as good as the grain grown on the other side. Moreover, bread made from rice is just as nourishing to body and spirit as bread made from corn, or spelt, or teff, or wheat, or barley.

There is no superior land, no chosen site, no divine destiny falling on any one nation who draws those dotted lines just so.

There is only the one earth we all share, we, the living, with all else that lives and does not live. Everything, everything, for good or ill, is part of the shared whole:

Sky, earth, song, words, and now, this silence.

by Mark Belletini

Seniors give Town Administrator a good sendoff

On April 6, Town Administrator Anita Sheipers learned how well-thought-of she was by the town's seniors as they honored her at a luncheon before she left for her new position as Town Administrator in West Boylston. The luncheon was also held to honor the many volunteers who help out in so many ways to make the senior center the warm and welcoming place it is today. About 45 seniors were present to enjoy a delicious chicken pot pie and salad luncheon, seated at tables decorated with a festive purple and white crocus theme, with lovely bouquets of spring flowers on them.

The seniors surprised Anita with a plaque that expressed the seniors' "deep appreciation for your exemplary leadership and guidance and your gifts of time and dedication that have so benefited the senior community." Since her husband is an old truck and tractor fan, Claudia Provencal presented Anita a cherry plaque topped with a scale-model replica of the backhoe, which was invented in 1948 by two Hubbardston men, and an interesting written history of their new invention which transformed earth removal in this country.

Earlier, State Representative Donny Berthiaume and his wife presented her with a beautiful bouquet and a citation from the House of Representatives, and Senator Ann Gobi's administrative aide brought her a citation from the Senate. He also stated that Anita had been very helpful to him when he was learning his duties, by educating him about town government during his monthly visits as Ann's representative.

A misty-eyed Anita expressed her gratitude, and told those present that the senior center and the people who frequent it are very special, and that she would long remember her time with them. Friday, April 8th was her last day; Raeanne Siegel will be filling the Town Administrator position on an interim basis.

Introducing your new interim Town Administrator

Raeanne Seigel is a former selectwoman, and she and her husband Robert and daughter Rebecca, 11, have lived on Natty Pond Drive for 11 years. She is originally from the Wilmington/Chelmsford area. She first served on the Finance Committee and was elected to the Board of Selectmen in 2014. She resigned from the board in order to be eligible to serve as interim Town Administrator. She said when interviewed that her aspiration is to ensure a smooth transition going into town meeting and into the next fiscal year. She is looking forward to getting to know everyone in town government and the seniors.

SENIOR CENTER UPDATE

Progress on the senior center has been more sideways than forward in recent weeks, but things appear to be going in the right direction, although slowly. Proponents were shocked and discouraged when word came down that the projected costs had just about doubled from the original estimate from 2014. The public safety building costs had also gone way up, and selectmen made the decision to take that project off the table for the present. A 'tempest in a teapot' occurred when a newer resident demanded of selectmen that the sign on 68 that reads 'Future site of the new senior center and public safety building' be taken down, because the townspeople had not yet voted for the projects. This was done, but it is going back up as "The *proposed* site....etc." Preliminary site work has started, and it was decided to move the senior center building nearer to Route 68. The original 5900-sq.-ft. design has been pared down twice now by the long-suffering architect to only 4000 sq. ft. There is no way any opponent could possibly label it a "taj mahal," but it will still be a building that should serve the ever-growing senior population for a few years at least, better than its current "Senior Room." That place cannot technically even be called a 'senior center', because it has only a rudimentary kitchen, no ADA-compliant restroom and no secure area where seniors can discuss confidential matters. It is to be hoped that townspeople will finally acknowledge that the need for this facility is a legitimate one, and approve this modest-sized, pared-down version at the ballot box when the vote is put before the voters, likely in the fall.

SENIOR CALENDAR—REGULARLY SCHEDULED ACTIVITIES

CHAIR DANCERCIZE- Every Monday morning at 10:30 a.m. It focuses on gentle stretching, moving the arms and legs to catchy tunes, and working from a seated position to a video on our large-screen TV. It's a good way to ease back into exercising after a winter of inactivity.

BINGO-Every Monday at 12:30 p.m. EVERYONE IS WELCOME!

PITCH PARTIES- These games are held on the first and third Fridays at 6:30 PM. Everyone is welcome. Donations of refreshments are appreciated.

CRIBBAGE TOURNAMENTS- These games are held on the 2nd and 4th Thursdays at 1:30 p.m. Ditto on the refreshments!

Wii BOWLING- People participate most mornings from 9:00 till ?. This is light exercise and lots of fun. Everyone welcome. Ask for Richard.

FIT & TRIM- Wednesdays at 11 a.m. We will be working on a program of healthy eating and exercise. Weigh-ins are done privately on an individual basis. All welcome.

WALKING CLUB-Every Tuesday at 9:00 a.m., starting at the Senior Center and heading up Main to High Street.

SWINGING SINGING SENIORS -Practice every Tuesday at 1:30 p.m. Come and sing along!. New members welcome. Starting again May 3.

SEWING/KNITTING GROUP-Every Wednesday at 1:00 p.m. People work on individual projects. Open to all who love crafting with yarn and thread with companionable friends.

GOLDEN AGE MEETINGS- Every 1st and 3rd Thursdays at 1:00 p.m.

MONTACUSETT OPPORTUNITY COUNCIL CONGREGATE MEALS-Every Tuesday and Thursday at the Senior Center at 11:30 a.m. Come and enjoy our fellowship! Call 978-342-8501 ext. 211 before 11:30 a.m. the day before to reserve a meal. \$3 donation suggested.

BREAD DAY-Every Monday, Wednesday and Friday. (Compliments of Price Chopper)

EGG DAY- Every Thursday for Hubbardston Seniors. (Compliments of The Country Hen)

COFFEE AND TEA-Every day from 8:30 til ?.

EVERY DAY-Watch TV Channels 191 and 192 for special announcements and Hubbardston happenings! (Selectmen's meetings are now televised.)

NEW GAMES! We're also looking to gather people who like to play card games like bridge, whist, pinochle, gin rummy, hearts and other interactive games like Trivial Pursuit. Any takers?

FOR MORE INFORMATION ABOUT ANY OF THESE EVENTS, CALL CLAUDIA AT 978-928-1400 X 21

Upcoming Community Events

May 1: Foxwood's Casino Trip. Tour includes luxury bus, Festival Buffet or \$10 food voucher and \$10 Casino Slot Play. Cost is \$28, with payment due with reservation. First come, first served. Bus leaves Curtis Field on Rte. 68 at 7:30 a.m., arrives at foxwood's at 9 a.m., leaving there at 4 p.m. and arriving back in Hubbardston at 5:30 p.m.

May 3: 11:30 a.m. Free Concert! Songs of World War II. To mark the 70th Anniversary of the end of World War II, the Hubbardston and Westminster Councils on Aging are sponsoring a performance by talented soprano Ruth Harcovitz, Ms. Massachusetts 2015. The event will be held at the new Westminster Senior Center. She will entertain with a program

of popular songs of the World War II era that will stir the hearts of all who remember what the end of the years-long struggles and separations meant to a war-weary world. The program is made possible by grants from the Hubbardston and Westminster Cultural Councils and the Mass Cultural Council. (The Councils will be providing refreshments after the program; any donation of baked goodies would be welcome.)

May 15: 9 a.m. – 3 p.m. Annual Plant Sale. Bring your started flower or veggie plants, plants you have potted up when dividing your perennials, or slips or started plants from your houseplants to share. We hope for a nice variety! The proceeds will go to benefit the Senior Center.

May 17: 10 a.m. to noon. May Basket Workshop sponsored by Tara Rivera from Navicare. If you enjoyed making the Valentine Bags with Tara back in February, you'll enjoy this one! All materials provided, but you can bring additions if you'd like. These will be nice to give to a shut-in or someone in a nursing home that you would like to surprise on May Day.

May 18: 1 p.m. Davis Bates, singer and storyteller will take part in a participatory program at the Senior Center at 1 p.m. David has practiced his craft for many years, and has a spellbinding repertoire of stories to tell. His performance is presented by the Council on Aging and is underwritten by a grant from the Hubbardston Cultural Council and the Massachusetts Cultural Council.

May 18: 4 p.m. First Annual Meeting of the Friends of the Senior Center. The meeting will include a speaker and a light soup and sandwich supper. All members and prospective members are invited to attend.

June 1: 6:30 p.m. Candidate's Night at the Senior Center. Show your commitment to our community, and take the opportunity to hear the plans and aspirations of candidates for local elected offices. We also may hear from our State Representative and Senator if their schedules permit. Refreshments will be served.

June 10: 12 noon. Annual Chicken Barbecue and Awards Dinner. Peaceful Acres Campground. Sign-up sheet at the Senior Center. Drawing of the winner of the gift certificate tree to benefit the Center will be held.

June 18 and 19: 9 a.m. to 3 p.m. Spring Yard Sale. There will be tables inside and outside the center filled with all kinds of goodies we have been collecting. Volunteers are needed who are willing to commit to help for three hours in setting up, selling or helping to clean up afterward. Call Claudia at 978-928-1400 Ext. 211 with any questions. Any donations may be brought to the center any time before the sale; we will store it until then.

^^ *Humor* ^^^

My Uncle Ralph used to say that jokes like these were like “two thirds of a pun” (Pee-ew!)

(P.S.: They're still funny!- BJC)

Q: Why do cows have hoofs?

A: Because they lactose!

Q: What's the difference between a hippo and a Zippo?

A: One is heavy and the other is a little lighter.

Q: Why is it hard to punish a vampire?

A: Because they can't reflect on what they've done.

(Vampires can't see themselves in a mirror, remember?)

Q: What do you call a pig with three eyes?

A: A piiig.

Q: What's the difference between ignorance and apathy?

A: I don't know and I don't care.

More Humor!

A BAGPIPER'S STORY

As a bagpiper, I play many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family and no friends, so the service was to be at a pauper's cemetery in the Nova Scotia back country.

As I was not familiar with the backwoods, I got lost and, being a typical guy, I didn't stop for directions. I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch. I felt badly and apologized to them for being late. I went to the side of the grave and looked down, and the vault lid was already in place. I didn't know what else to do, so I started to play.

The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before for this poor homeless soul.

And as I played "Amazing Grace", the workers began to weep. They wept, I wept, we all wept together. When I finished, I packed up my bagpipes and started for my car. Though my head was hung low, my heart was full.

As I opened the door to my car, I heard one of the workers say in a wondering voice to the others, "I never experienced anything like that before..... And I've been putting in septic tanks for twenty years!" Apparently, I'm still lost....(It's a 'guy thing'!)

Maxine Has Questions- Part I (Part II next month)

- Why isn't the number 11 pronounced onety-one?
- If 4 out of 5 people suffer from diarrhea...does that mean that one out of five enjoys it?
- Why do croutons come in airtight packages? Aren't they just stale bread to begin with?
- If people from Poland are called Poles, then why aren't people from Holland called Holes?
- If a pig loses its voice, is it disgruntled?
- Why is a person who plays the piano called a pianist, but a person who drives a race car is not called a racist?
- If it's true that we are here to help others, then what exactly are the others here for?
- If lawyers are disbarred and clergymen defrocked, then doesn't it follow that electricians can be delighted, musicians denoted, cowboys deranged, models deposed, tree surgeons debarked, and dry cleaners depressed?
- Do Lipton Tea employees take 'coffee breaks'?
- What hair color do they put on the driver's licenses of bald men?
- I thought about how mothers feed their babies with tiny little spoons and forks, so I wondered what do Chinese mothers use - toothpicks?
- Why do they put pictures of criminals up in the Post Office? What are we supposed to do, write to them? Why don't they just put their pictures on the postage stamps so the mailmen can look for them while they deliver the mail?
- Is it true that you never really learn to swear until you learn to drive?
- If a cow laughed, would milk come out of her nose?
- Whatever happened to Preparations A through G?
- Why, why, why do we press harder on the remote control when we know the batteries are getting weak?
- Why do banks charge a fee for insufficient funds when they already know you're broke?
- Why is it that when someone tells you that there are one billion stars in the universe you believe them, but if they tell you there is wet paint you have to touch it to check?

Reflections

"Time is like a river. You can never step into the same water twice, because the flow that has passed will never pass again. Enjoy every moment of life, and be thankful!"

May God grant you always... A sunbeam to warm you....A moonbeam to charm you....A sheltering Angel, so nothing can harm you.

...Laughter to cheer you....Faithful friends near you....And whenever you pray, Heaven to hear you."

- An Irish Blessing

Today's Message of the Day is:

Life is short. Break the rules, Forgive quickly, Love truly, Laugh uncontrollably,.....And never regret anything that made you smile!

I saw this quote and thought how much it applies to long-married couples:

"Love doesn't just sit there, like a stone; it has to be made, like bread, remade all the time, made new."

--Ursula K. Le Guin

(It's so easy to take your mate for granted; I am especially guilty of this, and need to be reminded sometimes how precious it is to have someone in your life who is loyal and who always "has your back." BJC)

And lastly, Here is a bit of wisdom to share with your grandchildren:

"Choose your mate carefully. From this one decision will come ninety per cent of all your happiness or misery."

H. Jackson Browne, Jr.

Senior Gardening Tip

As I get older, the things I used to do so effortlessly have become a lot more difficult, and I don't think I'm alone in this. One of the real pleasures of being a gardener is dropping those seeds, those little dormant packages of life, into the waiting furrows in the dark earth. Conversely, as one gets older, it is also one of gardening's major frustrations! You want to have nice, straight rows as the baby veggies and flowers start peeking through; instead you have irregular, scraggly rows that spoil the symmetry of your garden, because the seeds don't go where you want them to, since it is so hard to bend down far enough to aim the seeds accurately!

A Bufflao, NY gardener named Danny Papadatos came up with an easy-to-make tool to solve this problem while he worked as part of a horticultural project for seniors and others with special needs. Here's how to make your own. Start with a piece of polyvinyl chloride (PVC) pipe that's long enough to reach from your waist to a couple of inches above the ground, three to four feet long, depending on your height. Fit the small end of a large (six inch-diameter) kitchen funnel into one end and secure it with duct tape . Once your rows or hills have been prepared, you can easily move along the rows putting seeds in the funnel one at a time. They'll slide right through and you can space them exactly where you want them. No more crooked rows!

From Yankee Magazine's book *Now That's Ingenious!*

Wise Words from the Everyday Cheapskate:

"Frugality is a smart and dignified activity. It takes the ability to reason and apply self-discipline. Never forget that while you may not have it **all**, you have **enough**. And that's more than many people in this world can say. Take the time now to look at your life and your expenses. Come up with a plan and learn to live **below** your means. ***If you don't start telling your money where to go, you'll always wonder where it went!***"

Health Tips

The next time you see your doctor, ask him or her about having your Vitamin B-12 levels checked. In their new book *Could It Be B-12: An Epidemic of Misdiagnoses*, the authors point out that vitamin B12 deficiency is often the cause of falls and fall-related injuries in the elderly. (Absorption goes down as we get older.) Their simple solution: screen all adults age 60 or older for B12 deficiency. B-12 is not expensive and can improve your well-being in many ways. (from the Jan-Feb 2016 AARP Bulletin)

Spreading the Word on Prediabetes

Did you know that there are more than **86 million** American adults (one in three) who live with prediabetes **and don't even know it**? The American Medical Association and the Centers for Disease Control launched "Prevent Diabetes STAT: Screen, Test, Act—Today!" last year. You have prediabetes if your blood sugar (glucose) levels are higher than they should be, but are not yet in the diabetes range. They warn that research shows that *15% to 30% of overweight people with prediabetes will develop diabetes within five years* unless they lose weight through healthy eating and increased physical activity. For more information go to preventdiabetesstat.org to take a test to learn your risk and also visit the CDC website at cdc.gov/diabetes/prevention.

Did You Know?

*****IMPORTANT TO KNOW!!** *If you ever have to call 911, and you are unable for any reason to speak, (you're choking or can't breathe, or there is an intruder in the house, for example) once the call is answered, Press "1" for Police, Press "2" for Fire and Press "3" for Ambulance. When you are asked questions, Press "4" for "Yes," and "5" for "No." This would be a good thing to teach your grandchildren as well.*

*******While bank deposits in a safety deposit box are insured, other treasures like heirloom jewelry or valuable collectibles like high-value baseball cards **are not**, according to the Federal Deposit Insurance Corp. *Since 2011, approximately 50,000 boxes have been burglarized or suffered flood, fire or tornado damage, with more than a billion dollars in losses.* Consider protecting yourself with extra coverage from your homeowner's insurance company, if they offer it, or from a specialty insurer like Safety Deposit Box Insurance Coverage that insures boxes' contents.

*******Think healthy foods are "too expensive?" Researchers compared 27 studies, and found that the cost of eating healthy foods was *only \$1.50 a day more* than a diet of processed and less nourishing foods. Inexpensive, nutritious foods include bananas, beans and lentils, cabbage, canned salmon, carrots, green or black tea, oatmeal, peanut butter and sweet potatoes. Which begs the question: who should get your money, the grocery store/farmer's market,or your doctor?

Learning Something New: 13 Yiddish Words We All Say

Once they learn it, most foreign writers prefer to write in English, because our vocabulary is so rich. It's that way because it has absorbed so many words from other languages into our lexicon. How many of these Yiddish words do you recognize and use? Here are a baker's dozen, along with some of their original meanings. (Adapted from *The Yiddish Handbook*.)

Chutzpah: *Nerve, brashness, extreme arrogance.* In English chutzpah often connotes courage or confidence, but among Yiddish speakers, it's not a compliment!

Glitch: Literally, it means *slip, skate, or nosedive*, which was the origin of the common American usage of "a minor problem."

Klutz: Literally, *a block of wood*, so it's often used for a dense, clumsy or awkward person.

Kosher: Something that's acceptable to Orthodox Jews, especially food. In English, when you hear something that seems suspicious or shady, you might say "That doesn't sound kosher."

Kvetsh: In popular English it means to complain, whine, or fret, but in Yiddish, its literal meaning is *to press or squeeze*, like a wrong-size shoe.

Maven: Pronounced "mayven." It's an expert, often used sarcastically.

Nosh: *To nibble*; a light snack.

*Hubbardston Council on Aging
Unit #3
7 Main Street
Hubbardston, MA 01452*

Hubbardston Council on Aging Mission Statement

The Hubbardston Council on Aging and its Senior Center exist to serve, support and enhance the lives of all senior citizens in the community by providing social, educational and health-related programs and activities which support their well-being. It seeks to create an environment that is socially and intellectually stimulating, promotes interconnectedness and unity among older residents, and encourages them to pursue healthy, active and independent lives.

Meet Your Council on Aging Member Information and Contact List

Contact any of the members below with ideas and suggestions for future activities or senior issues that need to be addressed:

Claudia Provencal, Dir., Council on Aging. She can be reached at the Center at 978-928-1400, X 211; leave a voicemail if she's unavailable. After hours, call her at 978-928-5195. (Email for the Senior Center is hubbcoa@hubbardstonma.us)

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Friends of the Hubbardston Senior Center:

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This is the new fundraising arm of the Senior Center. Over 80 have already joined. They are always looking for new members, help, and good ideas for fundraising. Get involved! It's your Senior Center, too!

If you would like the newsletter sent to your inbox, send your email address to Claudia so we can establish a readership database; no funds are currently available for mailing at the P.O.

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