



# Hubbardston Senior News

Volume 8 Issue 3

July 2015

## “We’ll Be ba-a-a-c-k!!!”



Like Arnold Schwartzegger in “The Terminator,” the heads of the senior citizens of Hubbardston are “bloody but unbowed.” After all the time, energy and effort they put into the campaign to convince their fellow citizens of the need for a new senior center, it is understandable that they are disappointed with the results of the recent election on June 9th, where the senior center/safety complex question was voted down 357-274. However, “disappointed” is not “defeated.” Having lived long lives, our seniors understand that life often holds disappointment, but those years have also given them resilience to face setbacks and still continue to move resolutely forward.

A shining example has been our Senior Center Director Claudia Provencal, who began the quest for a new senior center over seven years ago, and who has continued to press forward, spearheading the effort despite setbacks. The morning after the election defeat, she was composing a citizen petition to request that the senior center question be brought up again at a special town meeting and special election in the fall. There is definitely reason to hope.

Hubbardston seniors need to take heart, and remember that constructing new senior centers in some other towns have required as many as four attempts to get them built. The two-thirds majority vote 137 to 24 at the annual meeting on June 2nd gave an indication of the support that the measure had; it is now important to enlist the support of those who are currently ambivalent about the package deal, but who would support the seniors if asked. We also need to reach out to those who have previously been uninvolved with their community and may not be aware of the need or just

how much a senior center can benefit the whole community.

The support is out there; it is our job as seniors committed to this project to talk to our fellow citizens and garner that support. Tell them what a new senior center can mean to our whole town; show them your enthusiasm! Your commitment and participation will make our eventual victory mean so much more to you, if you are an integral part of our senior community’s efforts. Don’t sit on the sidelines and just be one who enjoys the fruits of others’ labors. Remember, there is a large difference between being “a pillar that supports an organization and a caterpillar that crawls in and out!”

Bonnie Cunningham, Editor

### **Get the Word directly from Town Government!!**

Much misinformation has been swirling around town regarding the recent town meeting and election articles and the proposed senior center and safety complex. Because of this, Town Administrator Anita Schieppers has offered to give a short regular update on the progress that is being made on the efforts to move forward on these issues, and to hold a brief question and answer session at the Senior Center. She gave one on Thursday morning, June 18 to a good number of seniors who had come in to get their eggs, clarifying a number of issues and answering questions people posed. She will do this on an ongoing basis on the first and third Thursdays of each month from 9:30- 9:45 a.m. The next ones will be on July 2nd and 16th. Anyone interested in clear information directly from the source is welcome to attend.

## Seniors Honor John Nason as Outstanding Citizen of the Year



On June 5, nearly seventy enthusiastic seniors were welcomed into the lodge at Peaceful Acres Campground, to savor a chicken barbecue with all the fixings, and to honor one of their own. John Nason, 82, was presented by Council on Aging Director Claudia Provencal with an engraved plaque which honored him as the Outstanding Citizen of the Year and thanked him for “the dedication, vision, leadership and service you have given to the Town of Hubbardston and its Council on Aging. Your efforts have made a world of difference in what we have accomplished.” And they have. He also received a citation honoring him from the State House of Representatives presented by State Representative Donald Berthiaume.

Everyone enjoyed perfectly cooked chicken prepared by hosts Brian Boucher and Carol Curtis who have graciously hosted the event for a number of years. The meal included salad, potato salad and coleslaw prepared by other seniors, with strawberry shortcake for dessert.

John and Pat had come to Hubbardston from Clinton in 2008. Initially they were not sure our senior center would be “their cup of tea,” but they came to play cribbage, and they were hooked! Since then, both John and Pat have taken part in many civic activities. John has been on the Council on Aging for six years.

With interest in a new senior center growing, John joined the Long-Range Planning Facilities Committee, which determined what buildings in town needed to be upgraded, how much, and their priority. John then joined the Senior Center Planning Committee, doing Internet research to educate himself on what a center should provide and also, how to enlist the support of townspeople.

Once the decision was made to bring the issue before the voters, he created a tri-fold flyer to use as a handout to answer people’s questions, adding photos of the new Erving Senior Center to give people an idea of what ours could look like. Having actual pictures to look at helped fire the imaginations of many for whom the new center had been just a vague concept.

It takes many individuals with different gifts to bring any large goal to a successful completion. Hubbardston is fortunate that it has people like John Nason, who can dream big and then use his knowledge, experience and persistence to try to make that dream happen. He is definitely a worthy recipient of Hubbardston’s 2015 Outstanding Citizen award.

### Bits and Pieces

This was in the Worcester Telegram recently, but if you missed it, here is a great way to clean your dog or cat if it has been sprayed by a skunk. It beats tomato juice completely. Mix a quart of 3% hydrogen peroxide, a ¼-cup of baking soda and a teaspoon or two of liquid soap. Mix well. The peroxide oxidizes the sulphur compounds in the skunk’s scent and kills it completely. Just soak the animal’s fur in the mixture. The only drawback is, the mixture can’t be stored; use it up and make it fresh next time your pet gets up close and personal with a skunk. It is cheap, biodegradable and eco-friendly!

Don’t you hate it when you’re standing on your head, peering behind a piece of furniture at a power strip with a tangle of wires and wondering which wire goes to which device? Here’s a simple solution; save a bunch of the small plastic square tabs that are used to seal bread bags, write with a fine tip Flair pen on the back, the name of the appliance or device you want to distinguish, and clip it over the proper wire. You’ll see at a glance which one you want to unplug!

When you take your computer to be worked on, before you disconnect all the wires in the back, take a picture with your phone and save it. That way, you’ll know how to reconnect that forest of wires!

## Sheriff's Department Holds Anti-crime Seminar for Seniors



On June 16, a deputy sheriff from the Worcester County Sheriff's Department showed a group of very interested seniors at the Senior Center how to protect themselves and their property. Using a combination of lecture and slide show, he showed them simple precautions they could take. What made the information more telling is that a lot of it was advice being given by several inmates doing time for burglary and breaking and entering.

The deputy pointed out that most burglars or thieves want to find money, valuables, jewelry, and small electronics that are easy to carry and easy to fence for money to buy drugs or alcohol. They would rather not find anyone home, and avoid houses where there is a lot of activity, a TV or music playing, indicating someone is home, or evidence of a dog in the house, like a dog dish on a deck or in the yard. He recommended a big dish, even if you own a Chihuahua; "psychologically, it indicates a big dog," he said.

He emphasized the power of a lock: "Lock your doors, even if you are home, and lock your car, even when it's in the driveway." Sometimes just a little difficulty is enough to make the robber go on to the next house. Lock your windows and even your screens. (Put strips of wood cut to fit in the tracks of your screens so they can't be raised from the outside, and a section of an old broomstick in the tracks of sliding doors as added barriers to entry). They avoid breaking glass if there is an easier way, because the noise might alert someone, so these methods may be enough to discourage entry.

For valuables, he recommended a small safe bolted to the floor, or a safe deposit box in a bank for valuables. The bedroom is the first place thieves look when seeking valuables, as most people like to keep them there. Under the mattress is the worst place, as tossing the mattress is the first thing thieves do when searching for valuables.

To deter thieves who prey on people, especially the elderly, in parking lots, he suggested planning your going in and coming out to coincide with the movements of other people, so you are not isolated and so there would be potential witnesses and help nearby. He advised women to own a pocketbook with a strap they can wear across their chests, so a nimble thief could not grab it off their arm and run.

Also, he said that women should always keep their pocketbook close to them, always zipped up, so a wallet can't be snatched, and they should anchor their pocketbooks to their carriages when shopping by using the safety belt that is used to secure kids in the child seat. A thief attempting to grab the pocketbook would end up pulling the carriage over, causing a scene and unwanted attention.

The overlying message he emphasized is that all seniors should be alert and use creative ways to make themselves less vulnerable, as there is always someone around ready to exploit their carelessness or inattention in protecting themselves or safeguarding their property.

He stated that the Sheriff's Office has a second program on fraud and ways crooks can scam people, especially seniors, through the internet or over the phone. Director Claudia Provencal said she would welcome an opportunity to schedule this second program in the future to further protect seniors.

### **Signs of the Times**

**(Sign on a chain-link fence showing a German Shepherd:**

**"DANGER!**

**The dog has a gun and refuses to take his medication!"**

**(Sign on a Donut Shop window:)**

**"Your name is NOT Calvin Klein, and you are not an underwear model.**

**If you want service here, PULL UP YOUR PANTS!"**

## *All Aboard, Everybody...!!!*

By Marv Hardin



Some folks ride the train of life looking out the rear,  
Watching miles of life roll by, and marking every year.  
They sit in sad remembrance, of wasted days gone by,  
And curse their life for what it was, and hang their head and cry.

But I don't concern myself with that, for I've a different intent,  
I look forward to what life holds and not what has been spent.

So strap me to the engine, secure as I can be;  
I want to be out in the front, to see what I can see!

I want to feel the winds of change blowing in my face,  
I want to see what life unfolds as I move from place to place.  
I want to see what's coming up, not looking at the past,  
Life's too short for yesterdays; it moves along too fast.

So if the ride gets bumpy, while you are looking back,  
Go up front, and you may find your life has jumped the track.  
It's all right to remember; that's part of history,  
But up front's where it's happening, there's so much mystery!

The enjoyment of living is not where we have BEEN,  
It's looking ever FORWARD to another year and ten!  
It's searching all the byways; never should you refrain,  
For if you want to live your life... YOU'VE GOTTA DRIVE THE TRAIN!

### ***Positive points:***

*Good friends are like stars: you don't always see them, but you know they are always there.  
Always smile; Life isn't always full of reasons to smile, but your smile itself  
is a reason for others to smile, too.*

### **Six Little Stories.....**

{1} Once all villagers decided to pray for rain. On the day of prayer all the people gathered,  
but only one boy came with an umbrella.

That's FAITH.

{2} When you throw a baby in the air, she laughs because she knows you will catch her.

That's TRUST.

{3} Every night we go to bed, without any assurance of being alive the next morning  
but still we set the alarms to wake up.

That's HOPE.

{4} We plan big things for tomorrow in spite of zero knowledge of the future. That's CONFIDENCE

{5} We see the world suffering, but still we get married and have children. That's LOVE

{6} On an old man's shirt was written a sentence: "I am not 92 years old...I am sweet 16 with 76 years  
of experience"

That's ATTITUDE!

# Upcoming Events

## New Activities at the Center

The Senior Center has been offering **chair yoga** classes on Mondays at 10 a.m. working on relaxation techniques, stretching and balance, and taught by Kara Huntoon, for over a year. Now it is adding a **more active exercise program** shown on the wide screen TV at 11 a.m. after yoga and presented by a noted exercise guru. It involves upbeat music (of our vintage!) and more physical activity (to get one's blood circulating!), but is not strenuous, and it is still done from a seated position. It exercises the whole body, but won't wear one out. It starts on June 22; come join us! It's free!

If you are stiff and sore and could benefit from a nice relaxing massage of your neck, shoulders, arms and hands, a trained masseuse will be offering fifteen-minute **chair massages** on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of the month for \$10, a 30% discount from the regular fee. She curtains off a corner of the center for client privacy, and one can schedule an appointment or seek more information by calling the center at 978-928-1400 X211.

## New Dental Program



On Wednesday, June 24 at 10 a.m., an informational session on a **new dental program** was presented at the center. The program is funded by a grant, and the presenters can connect seniors to reasonably-priced dental insurance, and their dentists will also be offering dental care, such as check-ups and cleanings; for those with dental insurance, they will bill the insurance company. The service is free for those who have no insurance. The services are available to anyone, regardless of age. They will be curtaining off an area by the senior center kitchen, as they need access to the sink, and will be there for six one-hour scheduled appointments, from 9 to 3 p.m. on the chosen day on a twice a month basis. Come and hear the details on this new program.

Reverend Ole is the pastor of the local Norwegian Lutheran Church, and Pastor Sven is the minister of the Swedish Covenant Church just across the road.

One day they are seen pounding a sign into the ground, which said:

DA END IS NEAR  
TURN YERSELF AROUND  
BEFORE IT IS TOO LATE!

As a car speeds past them, the driver leans out his window and yells,

"Leave people alone, you Skandihooivan religious nuts!"

From the curve, they hear screeching tires and a big splash.

Shaking his head, Rev. Ole says, "Dat's da terd one dis mornin'!"

"Yaa," Pastor Sven agrees, then asks, "Do ya tink maybe da sign should yust say, "**Bridge out**"?"

# Summer Schedule

## Regular Happenings:

### Mondays:

Wii Bowling : 8:00-12:00 as players are available.  
Chair Yoga 10 a.m.  
Free Bread Delivery: 10:a.m.-on  
Seated Exercise 11 a.m.  
Bingo 12:30 p.m.

### Tuesdays:

Wii Bowling: 8:00-11:30 a.m. as players are available.  
M.O.C. Lunch: 11:45 p.m.  
Swingin', Singin' Seniors: 1:30 p.m.

### Wednesdays:

Wii Bowling : 8:00-12:00 as players are available.  
Free Bread Delivery: 10:a.m.-on  
Knitting Group: 1:00 p.m.

### Thursdays:

Wii Bowling: 8:00-11:30 a.m. as players are available.  
Free Egg Delivery: 9:00 a.m.-on  
M.O.C. Lunch: 11:45 p.m.  
Golden Age Meeting 1 p.m. (1st and 3rd Thursdays)  
Cribbage Tournaments 1:30 p.m. (2nd and 4th Thursdays)

### Fridays:

Wii Bowling: 8:00-11:30 a.m. as players are available.  
Free Bread Delivery: 10:a.m.-on  
Pitch Parties: 6:30 p.m. (1st and 3rd Fridays)

## Events:

### Cribbage Tournament Winners for May

May 14: Pat Nason 591

Herve Martin and Maury Lozotte 591

May 28: Rachel Losh and Maury Lizotte 605

There were 28 players this week. Cribbage tournaments are held on the second and fourth Thursdays of the month at the Senior Center at 1 p.m. New players are always welcome

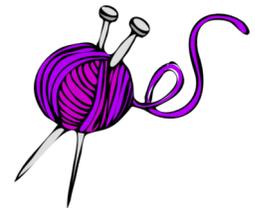
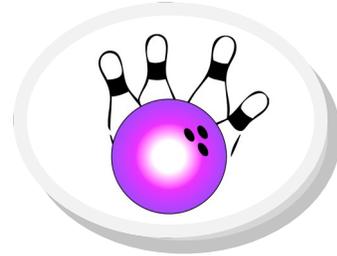
### Upcoming Activities

June 29 6:30 p.m. Selectmen's Meeting in the Selectmen's Room. Petitions that were collected to put Senior Center on a Special Town Meeting Warrant will be presented. Encourage you to come!

June 30 5:30 p.m. Senior Center Building Committee/Hubbardston Long-Range Facilities Planning Committee

### Meeting in the Senior Center.

July 2nd and 16th, 1:00 p.m.: Golden Age Meeting in the Senior Center.



# HUMOUR

As long as your heart beats,  
you're never too old to be truly alive!



## Nine Important Facts to Remember As We Grow Older

- #9 Death is the number 1 killer in the world.
- #8 Life is sexually transmitted.
- #7 Good health is merely the slowest possible rate at which one can die.
- #6 Men have 2 motivations: hunger and hanky panky, and they can't tell them apart. If you see a gleam in his eyes, make him a sandwich.
- #5 Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.
- #4 Health nuts are going to feel stupid someday, lying in the hospital, dying of nothing.
- #3 All of us could take a lesson from the weather. It pays no attention to criticism.
- #2 In the 60's, people took acid to make the world weird. Now the world is weird, and people take Prozac to make it normal.
- #1 Life is like a jar of jalapeno peppers. What you do today might burn your bottom tomorrow!

## Sign on a pasture fence for the benefit of city people looking to move to the country:

( Members of Hubbardston's Agricultural Commission will appreciate this! )



NOTICE!  
THIS PROPERTY IS A FARM.  
Farms have animals.

Animals make funny noises, smell bad and have sex outdoors.  
UNLESS YOU CAN TOLERATE NOISE, SMELLS, AND OUTDOOR SEX,  
DON'T BUY PROPERTY NEXT TO A FARM!

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



CLIP & SAVE

**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.

The following are all members of the Council, and any one of them may be contacted with ideas and suggestions for future activities or needs in the community that they, with your input, could address:

Claudia Provencal, Director of the Council on Aging. She usually can be reached directly by calling 978-928-1400, X211, and leaving a voicemail if she's unavailable. After hours, she can be reached at home at 978-928-5195. (The email address for the COA is [hubbcoa@hubbardstonma.us](mailto:hubbcoa@hubbardstonma.us))

Hilary Scott, Jr., Chairman 978-928-1372 [sk.scott417@aol.com](mailto:sk.scott417@aol.com)

Florence Pervier, Vice Chairman 978-928-5113

Walter Scott, Treasurer 978-928-5053 email: [wscott7@charter.net](mailto:wscott7@charter.net)

Mary Ellen Shaughnessy, Recording and Corresponding Secretary, Contact Mary Ellen with information of anyone hospitalized or housebound, or in the event of a death, so that the Council may send an appropriate - card.

Richard Student 978-928-5606

Dick Cunningham, 978-632-5452

John Nason, 978-820-1148; email: [jnason1@live.com](mailto:jnason1@live.com)

Bonnie Cunningham editor Hubbardston Senior News email: [brendastarr148@hotmail.com](mailto:brendastarr148@hotmail.com).

Please Note: We would like to mail our newsletter to all interested seniors in town, but we don't have enough funds in our budget to do so. However if you would like us to send this to your computer, please send your email address to us at the COA.

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