

HUBBARDSTON SENIOR

NEWS

June 2016

“HIS STORY, HER STORY, YOUR STORY”

Writing Your Autobiography

Last month’s lead article, “when An Old Person Dies, A Library Is Lost,” has provoked considerable discussion among seniors, many of whom are realizing that much of their life history is not known by their families. Those born from the 1920’s through the 1950’s have lived through some fascinating and challenging times, both for the world, our country and for them as individuals. These memories are precious and should be preserved for future generations of their families as a first-person look at a way of life that has forever changed.

Many people think of writing, especially about themselves, as a painful exercise they liken to having a root canal—without anesthesia! Some don’t feel that family would be interested in their story. Still others don’t feel confident enough in their English and grammar skills to write up events in an interesting way. The thing is, time and distance from the present have a way of making narratives more and more interesting, the more generations back one goes. A senior may feel that they have bored their kids enough with stories of their childhood or their growing-up years—but what about their grandchildren?—or great-grandchildren yet unborn? This may be the only way they can get to know the person you were, the life you lived, what your community was like, or anything about your values or what you believed in.

Joan Neubauer is the author of a book called *From Memories to Manuscript: The Five-Step Method of Writing Your Life Story*. According to her, before you start to write a single word, you should be sure to have all your facts at hand. The first step makes sense: It is to *remember!*

Buy yourself a stack of index cards and begin remembering the times of your life. You should record a single event on each card in a single sentence or a phrase, adding the date if you can remember it. Do this for all the events you’d like to include. You can flesh them out later. Keep a binder, index cards or a tape recorder handy at all times to document your recollections. Talk with friends and relatives about times past and look through old photo albums. Review old record books in your church library or town hall, and go to the library to access facts you may not be sure of. Your town’s historical society can be a good source, and the Mormon Church’s database can give you birth and death dates and proper names of relatives at www.familysearch.org. as well. Then you’ll want to organize your information and create a time line.

Organize your material by milestones: Note graduations, weddings, births, job changes, deaths and exciting world or local events you remember. Draw a horizontal line on a piece of paper; starting at the left, put in your birth date, and then fill in when you started school, etc.

Create an outline for your story. You can do it chronologically, proceeding in sequence, dividing your life in 10-year periods. Or, you can do it by categories, such as education, romance, raising children, career,

travel, etc. Each topic can then be handled chronologically. Make sure events flow logically from one to another.

Then, start your writing. Write in the first person! This way, the story has your voice, which brings scenes to life when your reader sees events through your eyes. If you can use a computer, do so; your fingers will keep up with the flow of memories better, and it will check your spelling and grammar. It also makes it easier to refine your draft. If you can't, don't let it hold you back! Use lined composition pads, writing on every *other* line, so that it will be easier for you to shoehorn in information later that you may have forgotten the first time around, and also easier for someone to transcribe onto a computer later.

Keep your reader in mind. Keep your autobiography interesting by asking yourself key questions as you write, such as, does this incident tell my reader something important about me and my life? Will this episode move the story along? Every child starts out a blank slate; it is our life experiences, happy or sad, triumphant or traumatic which form our characters and values and make us the people we are. Describe them and let your descendants learn life lessons from them!

As a writing tutor, I always advised student to make their writing "come alive" by using colorful adjectives to describe scenes and people and vivid adverbs to describe action. Close your eyes, and try to picture the faces of people who are important in your narrative, so you can make them real to your readers. For example, saying, "My Dad was a tall man who was a farmer" doesn't give your reader half the information about him that the following does: "My father was tall and lean, but stooped by years of heavy labor on the farm. His lined face was deeply tanned from the sun. Looking out from under his battered old fedora, his piercing blue eyes never missed a trick, and he always knew when I'd been into mischief." Instantly, your reader can picture him!

The next thing to do is...nothing! When you think you are finished, set your biography aside for at least a few days or weeks. You need to be detached and objective before you start editing. The writer Robert Ruark used to put a just-finished novel into what he called "cold storage" for several months; then, when he re-read it later, he said he "could find holes in it big enough to drive a horse and buggy through!"

You may have to edit several times; put sentences or sections that you think that might appear boring or irrelevant into parentheses, but *don't blow them away or erase them*; they may just need re-framing to make them more interesting, or they may need to be moved to another section. Use a thesaurus or dictionary to find colorful and more accurate substitutes for trite and overused words like "good","nice" or "beautiful," or "bad", "terrible" or "awful."

Once your story is finished, consider publishing it, using print-on-demand technology, available from POD self-publishing companies. WordWright.biz (www.wordwright.biz) specializes in helping new authors publish their stories. Memoirs can take a variety of forms, from poetry to prose. These companies can publish as few as 25 copies for family and friends. Make it a goal to finish your biography by fall; then you can polish it, get it published, and give it to family members for Christmas. What a special gift for posterity!

(Later this summer, I want to hold several workshops at the senior center to help seniors with their autobiographies. Look soon for a poster at the center for dates and times; now get started writing!--BJC)

Twenty-five years ago, for the town's 225th anniversary, Hubbardston videographer and photojournalist Gary Kangas got some great footage of seniors who grew up in Hubbardston getting together to reminisce. They were telling about their childhoods and what they remembered of what our community was like, back in the 30's, 40's and 50's.

The Senior Center hopes to record some "Evenings of Reminiscences" at the senior center over the next few months, to save as mementos of the town's 250th anniversary. It will be easy, now that we have cable, to create an interesting program. It wouldn't have to necessarily be about Hubbardston; all our seniors have

interesting anecdotes to share about their younger years, wherever they grew up. Tales of living through the Depression; going off to war or waiting and worrying for loved ones to return; coping in their absence, and starting life anew in the postwar years; and growing up in the tumultuous 50's and 60's---- all would be interesting narratives to others. It would also be fascinating to hear from those who may have emigrated here from other countries, and their early impressions of America. (Please talk to Claudia if you would be willing to take part.)

Recent Events

Memorial Day

Because of predicted thunderstorms expected around the time of the annual parade on Monday, it was decided to cancel it and move the Memorial Day observations to the Center School Gymnasium. This year, the ceremonies looked to honor veterans of all conflicts, but especially those who served in Viet Nam. An unusually large number of veterans were present, and many were presented with baseball caps denoting their branch of the service. Tom Colyer, who has organized the Memorial Day observances for a number of years, spoke of the contributions made by Viet Nam vets and the often poor reception they had received when coming home. He said that he wanted to offer a sincere and well-deserved "Welcome Home" to these vets from all their fellow townspeople. The Quabbin Singers sang several selections, and three Center School children offered patriotic recitations. The Council on Aging and the Senior Center held a reception for all veterans and their families at the center after the ceremonies, providing hot dogs and hamburgers, sweets, coffee and punch, which they all seemed to enjoy.

Candidates Night

A number of those who are running for office in the upcoming election were present to introduce themselves and their goals for the town at Candidates' Night on June 1. Some officials running unopposed for their positions were also present. Rep. Berthiaume and Sen. Ann Gobi attended, and spoke about some issues facing state government.

Annual Chicken Barbecue a Fine Celebration

The Annual Chicken Barbecue and presentation of the Citizen Volunteer Award was held at Peaceful Acres Campground on Flagg Road on June 10th. Attendees enjoyed half chickens cooked to a turn, various salads and strawberry shortcake for dessert. The Singin' Swingin' Seniors performed a medley of songs. This year's recipient was Jeffrey Hakala, a lifelong resident who has donated much time, talent, and resources to help create the many amenities for sports and recreation at Curtis Field for our young people, as well as the ball field at the Rod and Gun Club. It was also noted that Hakala has carried out excavations for all the graves save one in Hubbardston's many cemeteries since 1974. He was presented with a plaque honoring him by the Council on Aging, and a Resolution from the House of Representatives for his lifelong contributions to the community by Rep. Donald Berthiaume, who also presented a citation from the Senate from Sen. Ann Gobi, who was unable to attend. The winner of the gift certificate tree drawing was Richard Anderson, who won approximately \$600 in gift certificates and cards to various restaurants and businesses that had been donated by many seniors. There were also three drawings sponsored by the Golden Agers.

Upcoming Events

June 18 and 19 9 a.m. to 3 p.m. *Spring Yard Sale*

Seniors have been busily collecting all sorts of interesting articles for this sale; several houses are being completely cleaned out and the contents brought to the center, so there will be lots of items to peruse! We need

your help! Volunteers are needed to help set up, do selling and to clean up and pack up residue afterward. Please contact Claudia at 978-928-1400 X211 if you can give us a hand. All proceeds of the sale items benefit the Senior Center. A luncheon and bake sale will be provided by the Golden Agers, which will benefit their Scholarship fund and the new Senior Center Fund. If you have items to donate, bring them to the senior center anytime.

June 21 Beading Workshop (Jewelry Making)

The Council on Aging is sponsoring a Beading Workshop at the Senior Center at 10 a.m. The Council is underwriting the costs and materials for the workshop. A signup sheet is available at the Senior Center.

July 10 Foxwood's Trip

A signup sheet with details is available at the Center.

Aug. 6, 9:15 a.m. Worcester Art Museum Trip

Hubbardston seniors who would like to broaden their cultural horizons a bit will enjoy a trip planned for Aug. 6 to explore the Worcester Art Museum. This often-overlooked repository of art, from ancient times to the present, gives visitors lots of chances to ooh and aah over the artistry presented through many different mediums.

Museum attendance is free if you arrive between 10 a.m. and noon on the first Saturday of the month. (The usual price is \$16 for adults and \$14 for seniors.) As long as you arrive between 10 and 12, you can stay until 5 if you'd like, at no extra charge. The museum has a very nice café that serves luncheon fare of sandwiches, soups and desserts. We will be going down in the MART van, which holds ten, and others may carpool. We will leave the senior center at 9:15 a.m.

A special exhibition that began in May and continues through September showcases artists' fascination with the cat. Called "the Captivating Cat: Felines and the Artist's Gaze," it shows the cat as represented by artists, from the ancient Egyptians' statue of the cat god Bastet up to works by artists of the present, through prints, paintings and sculptures.

If extensive walking and standing is an issue for you or your spouse, the museum has about a dozen wheelchairs visitors can borrow. There will be a sign-up sheet posted at the senior center; seating is limited on the van, and we'll need to set up the carpooling. Please plan to join us on this new venture!

November 18-20: Grand Amish Christmas!

A three-day, two-night trip to the Amish Country

Participants will leave Hubbardston at 7 a.m. They will tour Philadelphia with a guide who will point out all the sights, including the Liberty Bell. The group will then travel to Lancaster, PA where they will stay at the Heritage Hotel, with all amenities. Supper will be an authentic Pennsylvania Dutch Feast at the Miller's smorgasbord, the finest Lancaster restaurant. On day two, after a hot breakfast, there will be a tour of the Lancaster area, with visits to the Kitchen Kettle, Amish Bakery and quilt shops. In the afternoon, the tour includes the Sight and Sound Theater's "The Miracle of Christmas" show, a stunning musical based on the Biblical Christmas story with stage drama and a beautiful musical score. Dinner is included.

On day three, after breakfast, the tour proceeds to nearby Hershey, PA where everyone will tour "Chocolate World" and learn the story of Milton Hershey, the famous philanthropist. The tour returns to Hubbardston at 7 p.m. with fond memories of the Amish and their Christmas celebration. Cost: \$389 per person, double occupancy; \$379, triple occupancy; and \$499, single. To budget the cost, Claudia will be accepting monthly payments of \$65 for individuals and \$130 a couple, until the balance is paid by the end of October. Seating is limited, so sign up at the senior center soon! (Claudia's number is 978-928-1400 X211.)

A Matter of Perspective

After hanging up after a phone call with his 90-year-old mother, a dutiful son sighed, then turned and said to his 96-year-old uncle, “Ma’s so stubborn!”

His uncle shook his head sympathetically and warned, “I’m telling you--you’re *really* going to have trouble with her when she gets old!”

Life in These United States,” Reader’s Digest, April 2015

SENIOR CALENDAR – REGULARLY SCHEDULED ACTIVITIES

YOGA-This program is suspended for the summer months and will resume in September.

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

PITCH PARTIES- These gatherings are held on the first and third Fridays at 6:30 PM.

Everyone is welcome. Donations of refreshments are appreciated.

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

Ditto on donations of refreshments!

Wii BOWLING- Most mornings from 9:00 till ? This is light exercise and lots of fun.

Everybody welcome. Ask for Richard.

WALKING CLUB-Every Tuesday and Thursday at 9 a.m., starting at the Senior Center and heading up Main Street to High Street and then down Route 68. The group that has been participating regularly has built up enough stamina to go all around the circle, but you are encouraged to take part for any portion of the route that is appropriate for your level of fitness. Then return to the senior center for a restorative cup of coffee and a pleasant visit!

SWINGING SINGING SENIORS-Every Tuesday at 1:30 p.m. Come and sing along! New members welcome.

FIT AND TRIM CLASSES—These will be held monthly in July and August, and will resume weekly classes at 11:30 a.m. on Wednesdays starting in September. See Claudia for details.

SEWING/KNITTING GROUP- This program is suspended for the summer months and will resume in the fall.

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.)

(There is also a lot of information on www.hubbardstomma.us about town boards, meetings and information on deadlines for things like taxes, dog licenses, etc.)

FOR MORE INFORMATION ABOUT ANY OF THESE EVENTS, CALL CLAUDIA AT 978-928-1400 X 211.

***Live simply. Love generously. Care deeply. Speak kindly. Leave the rest to God. ***

Bottle and Can Drive Update:

People are really “getting with the program!” They’ve either been cashing in bottles and cans they find on the roadsides on their walks and dropping their contribution in the plastic jar at the Center, or bringing them in for yours truly to redeem at the recycling centers. I also have people who drop them in the big white barrel on the street beside my driveway at 148 Ragged Hill Road. Each one may only be worth a nickel, but it all adds up and goes toward the fund for the new center. **Over 1,180 cans have been redeemed so far!** BJC

Serious Health Alert

Open Those Car Windows!

Now that the weather is getting warmer, **here is a warning to everyone who uses air conditioning in their cars,** from Dr. Hussain, a renowned neurologist in Atlanta:

Most car manuals say to *roll down the windows to let out all the hot air before turning on the A/C*, but most of us aren’t aware of this, or we disregard this step, in our hurry to “get our show on the road.” Many people are in their cars the first thing in the morning and the last thing at night, 7 days a week. There is a very important reason why you should NOT turn on your A/C as soon as you enter the car. Instead, ***open the windows after you enter and let the fresh air blow through for the first couple of minutes of your trip; then close them and turn on the AC.***

Here's why this is important: According to research, the car's dashboard, seats, a/c ducts, --in fact, ALL the plastic objects in your vehicle, emit ***Benzene***, a very powerful CARCINOGEN. Take the time to observe the smell of heated plastic in your car when you open it, and BEFORE you start it up. In addition to causing cancer, benzene poisons your bones, causes anemia and reduces white blood cells. Benzene affects your kidneys and liver, too. What's worse, it is extremely difficult for your body to expel this toxic stuff. Prolonged exposure can cause leukemia and increases the risk of some cancers. It can also cause miscarriages in pregnant women. Think what it does to vulnerable grandchildren strapped in their car seats!

The "acceptable" benzene level indoors is 50mg per sq.ft. A car parked in a garage, with windows closed, will contain 400-800 mg of Benzene - ***8 times the acceptable level.*** If you are parked outdoors in the sun, at a temperature above 60 degrees F, the Benzene level goes up to 2000-4000 mg, 40 times the acceptable level! People who get into the car, keeping the windows closed, will eventually inhale excessive amounts of the toxin. So friends, ***please open the windows and doors of your car*** - give it some time for the interior to air out and dispel this deadly stuff ***before you close up the vehicle and run the A/C.*** It is one easy way to lessen the toxic chemical overload to which our bodies are subjected every day in our modern world. It seems logical that the newer the vehicle, the more it would give off the benzene fumes, just like new carpet gives off fumes for a period of time. Please share this information with your loved ones! Thought: 'When someone shares something of value with you and you benefit from it, you have a moral obligation to share it with others!

Fight the Medical Bureaucracy!!!

If Medicare will not cover a drug you need, **challenge the rejection.** ***Nearly 80% of initial denials ultimately were approved in 2013.*** (latest data available.) Make a note of the drug name and dosage you were prescribed, the name of the pharmacy that declined to fill the prescription and the date on which you tried to fill it. Call your Part D plan, and **ask for a coverage determination**, which explains the decision in writing-- the plan usually has 72 hours to provide one, or you can ask for an expedited 24-hour response. If the plan says the drug is not on its formulary or is restricted in some way, **ask for an “exception”**—which your doctor must be willing to back up by saying in writing why this drug and no other is the one you must take. If your doctor’s letter does not get you approval, you have 60 days to ask for a “redetermination.” From BottomLine PERSONAL, June 2016.)

Health Alert

Be Aware:

Caring for an ill spouse raises your stroke risk. Caregivers who said that they were stressed by taking care of a chronically ill or disabled husband or wife had a *95% greater stroke risk* than non-caregivers whose other risk factors were similar.

Self-defense:

Family caregivers of ill or disabled patients should have their *own* health evaluated and speak with a doctor about ways to reduce stress.

(From a data analysis of more than 6,000 people by researchers from U. of Alabama presented at a recent American Heart Association meeting.) FromBottomLine PERSONAL, June 2016.

Poetry

For Grandpas Everywhere!

Ella of Infinite Possibilities

By Jacqueline Seewald

Wide-eyed in wonder,
Ella beholds the world.
“How old are you?”
Her grandfather asks.
She holds up five fingers.
Ella traces her grandfather’s mosaic of wrinkles,
Touching his face with the same five fingers.
Seeing tears form in her dark, dark eyes,
He asks “Why so sad?”
“Because you are shrinking.”
“But I am not sad,” Grandfather replies.
“Why not?”
Because you are growing.”

First Place Winner, 2015 Reader’s Digest Poetry Contest

Money Matters

Layaway is Back!

When you are on a fixed income, Christmas gifts for grandchildren or great-grand-children can take a big bite out of your budget if you haven’t planned well. You’ll be happy to know that a good number of your favorite national chain stores have reintroduced layaway. Get a head start on the holidays by visiting:

Toys R Us/Babies R Us

GameStop

Kmart

Sears

Walmart

(Continued on Page 8)

(From previous page)

Burlington Coat Factory/Baby Depot

Marshalls

T.J. Maxx

eLayaway (Online only)

While cash up front will always be the best choice, making payments on layaway is much better than making payments on a credit card account because:

1. The store keeps the items until they are paid in full. No debt or interest is incurred.
2. There are no interest charges, although some stores charge a small layaway service fee and/or restocking fee if you cancel.
3. Typically the customer is protected if the item goes on sale during the layaway period and the price of the item is reduced accordingly.
4. There is no legal obligation. If you change your mind, you get a refund.

Clearly, layaway and early holiday shopping were made for each other. Getting started ahead of time means you'll be less likely to fall into the trap of weary, last-minute shopping when everything is expensive and you are prone to buy frivolous gifts just to have something—anything—to give.

To avoid misunderstandings, get specific information about a store's layaway policies before you participate. Ask for a written description of the store's plan and read it before you agree to a layaway purchase. No matter how you choose to do your holiday shopping this year, make sure you start early. And paying as you go with cash or layaway can help keep seniors (or anyone else!) solvent!

HUMOR

This is what all of us 70+ year old kids have to look forward to!!

This is something that happened at an assisted living center where a friend's wife used to work.

The people who lived there have small apartments but they all eat at a central cafeteria. One morning, Mr. B--- didn't show up for breakfast, so the woman went upstairs and knocked on his door to see if everything was OK. She could hear him through the door, and he said that he was running late and would be down shortly, so she went back to the dining area.

An hour later, he still hadn't arrived, so she went back up towards his room and she found him on the stairs. He was coming down the stairs, but was having an awful time. He had a death grip on the hand rail and seemed to be having trouble getting his legs to work right. She told him she was going to call an ambulance, but he told her no, he wasn't in any pain and just wanted to have his breakfast. So she helped him the rest of the way down the stairs to the dining room.

When he tried to return to his room, he was completely unable to get up even the first step, so they called an ambulance for him. A couple hours later, she called the hospital to see how he was doing. The receptionist there reported, "Mr.B----- is fine; **he just had both of his legs in one leg of his boxer shorts!**"

Maxine has Questions – (Part III)

1. Is it good if a vacuum really sucks?
2. Why is the third hand on a watch called the second hand?
3. If a word is misspelled in the dictionary, how would we ever know?
4. If Webster wrote the first dictionary, where did he find the words?

(Continued on next page)

5. Why do we say something is "out of whack?" What is a "whack?"
6. Why does "slow down" and "slow up" mean the same thing?
7. Why does "fat chance" and "slim chance" mean the same thing?
8. Why do "tug" boats push their barges?
9. Why do we sing "Take me out to the ball game" when we are already there?
10. Why are they called "stands" when they are made for sitting?
11. Why is it called "after dark" when it really is "after light?"
12. Doesn't "expecting the unexpected" make the unexpected expected?
13. Why are a "wise man" and a "wise guy" opposites?
14. Why do "overlook" and "oversee" mean opposite things?
15. Why is "phonics" not spelled the way it sounds?
16. If work is so terrific, why do they have to pay you to do it?
17. If all the world is a stage, where is the audience sitting?
18. If love is blind, why is lingerie so popular?
19. If you are cross-eyed and have dyslexia, can you read all right?
20. Why is bra singular and panties plural?
21. Why do you press harder on the buttons of a remote control when you know the batteries are dead?
22. Why do we put suits in garment bags and garments in a suitcase?
23. How come abbreviated is such a long word?
24. Why do we wash bath towels? Aren't we clean when we use them?
25. Why doesn't glue stick to the inside of the bottle?
26. Why do they call it a TV set when you only have one?
27. Why do we drive on a parkway and park on a driveway?
28. And finally, what about Christmas - What other time of the year do you sit in front of a dead tree and eat candy out of your socks? I dunno, why do we?

Around the Senior Center

If everyone who enjoys events at the center would help just a little, it would make a big difference. (Only coming for your free eggs and bread and then walking out, lets our side down!) When you see there is an event going on at the Center, come take part and support it, whether it's a class or an educational program; you might learn something new. (As I always told my sons, "No one can ever take away from you what you put in your head." --BJC)

If you are well enough, do something to help, like baking occasionally for the weekly goodies array on a Tuesday or Thursday, or checking up on a shut-in. Or you could make a few phone calls to invite people to an event the center is putting on, volunteer to write out some get well or sympathy cards, or fill another need you may notice. Even the smallest gift of time helps. There are many "unsung heroes and heroines" at the senior center, each one doing his or her bit, their only recompense a heartfelt "thank you!" from those who are grateful for what they do to help the center and make it a more pleasant place for you to visit. Won't you join them? All these tasks they do with love help make the center better serve and support its seniors.

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, X211; leave a voicemail if she's unavailable. After hours, call her at 978-928-5195. (Email for the Senior Center is hubbcoa@hubbardstonma.us)

Hilary Scott Jr., Chairman 978-928-1372 sk.scott417@aol.com

Florence Pervier, Vice Chairman 978-928-5113

Walter Scott, Treasurer 978-928-5053 wscott7@charter.net

Mary Ellen Shaughnessy Corresponding & Recording Secretary 978-928-5120
melshaughnessy@gmail.com

Wayne Miller 978-928-8857 chrysalistransport@yahoo.com

Richard Student 978-928-5607 cjdeerich98@live.com

Bonnie Cunningham, Newsletter Editor 978-632-5452 brendastarr148@hotmail.com

Wayne Miller 978-928-8857 chrysalistransport@yahoo.com

Friends of the Hubbardston Senior Center:

Chairman Pro Tem, John Nason, 978-820-1148 jnason1@live.com

This is the new fundraising arm of the Senior Center. 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.

(This publication is partially funded by a grant from the Massachusetts Executive Office of Elder Affairs.)

HUBBARDSTON SENIOR NEWS

June 2016

“HISTORY, HERSTORY, YOUR STORY”

Writing Your Autobiography

Last month’s lead article, “when An Old Person Dies, A Library Is Lost,” has provoked considerable discussion among seniors, many of whom are realizing that much of their life history is not known by their families. Those born from the 1920’s through the 1950’s have lived through some fascinating and challenging times, both for the world, our country and for them as individuals. These memories are precious and should be preserved for future generations of their families as a first-person look at a way of life that has forever changed.

Many people think of writing, especially about themselves, as a painful exercise they liken to having a root canal—without anesthesia! Some don’t feel that family would be interested in their story. Still others don’t feel confident enough in their English and grammar skills to write up events in an interesting way. The thing is, time and distance from the present have a way of making narratives more and more interesting, the more generations back one goes. A senior may feel that they have bored their kids enough with stories of their childhood or their growing-up years—but what about their grandchildren?—or great-grandchildren yet unborn? This may be the only way they can get to know the person you were, the life you lived, what your community was like, or anything about your values or what you believed in.

Joan Neubauer is the author of a book called *From Memories to Manuscript: The Five-Step Method of Writing Your Life Story*. According to her, before you start to write a single word, you should be sure to have all your facts at hand. The first step makes sense: It is to *remember!*

Buy yourself a stack of index cards and begin remembering the times of your life. You should record a single event on each card in a single sentence or a phrase, adding the date if you can remember it. Do this for all the events you'd like to include. You can flesh them out later. Keep a binder, index cards or a tape recorder handy at all times to document your recollections. Talk with friends and relatives about times past and look through old photo albums. Review old record books in your church library or town hall, and go to the library to access facts you may not be sure of. Your town's historical society can be a good source, and the Mormon Church's database can give you birth and death dates and proper names of relatives at www.familysearch.org, as well. Then you'll want to organize your information and create a time line.

Organize your material by milestones: Note graduations, weddings, births, job changes, deaths and exciting world or local events you remember. Draw a horizontal line on a piece of paper; starting at the left, put in your birth date, and then fill in when you started school, etc.

Create an outline for your story. You can do it chronologically, proceeding in sequence, dividing your life in 10-year periods. Or, you can do it by categories, such as education, romance, raising children, career, travel, etc. Each topic can then be handled chronologically. Make sure events flow logically from one to another.

Then, start your writing. Write in the first person! This way, the story has your voice, which brings scenes to life when your reader sees events through your eyes. If you can use a computer, do so; your fingers will keep up with the flow of memories better, and it will check your spelling and grammar. It also makes it easier to refine your draft. If you can't, don't let it hold you back. Use lined composition pads, writing on every *other* line, so that it will be easier for you to shoehorn in information later that you may have forgotten the first time around, and also easier for someone to transcribe onto a computer later.

Keep your reader in mind. Keep your autobiography interesting by asking yourself key questions as you write, such as, does this incident tell my reader something important about me and my life? Will this episode move the story along? Every child starts out a blank slate; it is our life experiences, happy or sad, triumphant or traumatic which form our characters and values and make us the people we are. Describe them and let your descendant learn life lessons from them!

As a writing tutor, I always advised student to make their writing "come alive" by using colorful adjectives to describe scenes and people and vivid adverbs to describe action. Close your eyes, and try to picture the faces of people who are important in your narrative, so you can make them real to your readers. For example, saying, "My Dad was a tall man who was a farmer" doesn't give your reader half the information about him that the following does: "My father was tall and lean, but stooped by years of heavy labor on the farm. His lined face was deeply tanned from the sun. Looking out from under his battered old fedora, his piercing blue eyes never missed a trick, and he always knew when I'd been into mischief." Instantly, your reader can picture him!

The next thing to do is...nothing! When you think you are finished, set your biography aside for at least a few days or weeks. You need to be detached and objective before you start editing. The writer Robert Ruark used to put a just-finished novel into what he called "cold storage" for several months; then, when he re-read it, he said he "could find holes in it big enough to drive a horse and buggy through!"

You may have to edit several times; put sentences or sections that you think are boring or irrelevant into parentheses, but *don't blow them away or erase them*; they may just need re-framing to make them more interesting, or they may need to be moved to another section. Use a thesaurus or dictionary to find colorful and more accurate substitutes for trite and overused words like "good", "nice" or "beautiful," or "bad", "terrible" or "awful."

Once your story is finished, consider publishing it, using print-on-demand technology, available from POD self-publishing companies. WordWright.biz (www.wordwright.biz) specializes in helping new authors publish their

stories. Memoirs can take a variety of forms, from poetry to prose. These companies can publish as few as 25 copies for family and friends. Make it a goal to finish your biography by fall; then you can polish it, get it published, and give it to family members for Christmas. What a special gift for posterity!

(Later this summer, I want to hold several workshops at the senior center to help seniors with their autobiographies. Look soon for a poster at the center for dates and times; now get started writing!--BJC)

Twenty-five years ago, for the town's 225th anniversary, Hubbardston videographer and photojournalist Gary Kangas got some great footage of seniors who grew up in Hubbardston getting together to reminisce. They were telling about their childhoods and what they remembered of what our community was like, back in the 30's, 40's and 50's.

The Senior Center hopes to record some "Evenings of Reminiscences" at the senior center over the next few months, to save as mementos of the town's 250th anniversary. It will be easy, now that we have cable, to create an interesting program. It wouldn't have to necessarily be about Hubbardston; all our seniors have interesting anecdotes to share about their younger years, wherever they grew up. Tales of living through the Depression; going off to war or waiting and worrying for loved ones to return; coping in their absence, and starting life anew in the postwar years; and growing up in the tumultuous 50's and 60's---- all would be interesting narratives to others. It would also be fascinating to hear from those who may have emigrated here from other countries, and their early impressions of America. (Please talk to Claudia if you would be willing to take part.)

Recent Events

Memorial Day

Because of predicted thunderstorms expected around the time of the annual parade on Monday, it was decided to cancel it and move the Memorial Day observations to the Center School Gymnasium. This year, the ceremonies looked to honor veterans of all conflicts, but especially those who served in Viet Nam. An unusually large number of veterans were present, and many were presented with baseball caps denoting their branch of the service. Tom Colyer, who has organized the Memorial Day observances for a number of years, spoke of the contributions made by Viet Nam vets and the often poor reception they had received when coming home. He said that he wanted to offer a sincere and well-deserved "Welcome Home" to these vets from all their fellow townspeople. The Quabbin Singers sang several selections, and three Center School children offered patriotic recitations. The Council on Aging and the Senior Center held a reception for all veterans and their families at the center after the ceremonies, providing hot dogs and hamburgers, sweets, coffee and punch, which they all seemed to enjoy.

Candidates Night

A number of those who are running for office in the upcoming election were present to introduce themselves and their goals for the town at Candidates' Night on June 1. Some officials running unopposed for their positions were also present. Rep. Berthiaume and Sen. Ann Gobi attended, and spoke about some issues facing state government.

Annual Chicken Barbecue a Fine Celebration

The Annual Chicken Barbecue and presentation of the Citizen Volunteer Award was held at Peaceful Acres Campground on Flagg Road on June 10th. Attendees enjoyed half chickens cooked to a turn, various salads and strawberry shortcake for dessert. The Singin' Swingin' Seniors performed a medley of songs. This year's recipient was Jeffrey Hakala, a lifelong resident who has donated much time, talent, and resources to help

create the many amenities for sports and recreation at Curtis Field for our young people, as well as the ball field at the Rod and Gun Club. It was also noted that Hakala has carried out excavations for all the graves save one in Hubbardston's many cemeteries since 1974. He was presented with a plaque honoring him by the Council on Aging, and a Resolution from the House of Representatives for his lifelong contributions to the community by Rep. Donald Berthiaume, who also presented a citation from the Senate from Sen. Ann Gobi, who was unable to attend. The winner of the gift certificate tree drawing was Richard Anderson, who won approximately \$600 in gift certificates and cards to various restaurants and businesses that had been donated by many seniors. There were also three drawings sponsored by the Golden Agers.

Upcoming Events

June 18 and 19 9 a.m. to 3 p.m. *Spring Yard Sale*

Seniors have been busily collecting all sorts of interesting articles for this sale; several houses are being completely cleaned out and the contents brought to the center, so there will be lots of items to peruse! We need your help! Volunteers are needed to help set up, do selling and to clean up and pack up residue afterward. Please contact Claudia at 978-928-1400 X211 if you can give us a hand. All proceeds of the sale items benefit the Senior Center. A luncheon and bake sale will be provided by the Golden Agers, which will benefit their Scholarship fund and the new Senior Center Fund. If you have items to donate, bring them to the senior center anytime.

June 21 *Beading Workshop (Jewelry Making)*

The Council on Aging is sponsoring a Beading Workshop at the Senior Center at 10 a.m. The Council is underwriting the costs and materials for the workshop. A signup sheet is available at the Senior Center.

July 10 *Foxwood's Trip*

A signup sheet with details is available at the Center.

Aug. 6, 9:15 a.m. *Worcester Art Museum Trip*

Hubbardston seniors who would like to broaden their cultural horizons a bit will enjoy a trip planned for Aug. 6 to explore the Worcester Art Museum. This often-overlooked repository of art, from ancient times to the present, gives visitors lots of chances to ooh and aah over the artistry presented through many different mediums.

Museum attendance is free if you arrive between 10 a.m. and noon on the first Saturday of the month. (The usual price is \$16 for adults and \$14 for seniors.) As long as you arrive between 10 and 12, you can stay until 5 if you'd like, at no extra charge. The museum has a very nice café that serves luncheon fare of sandwiches, soups and desserts. We will be going down in the MART van, which holds ten, and others may carpool. We will leave the senior center at 9:15 a.m.

A special exhibition that began in May and continues through September showcases artists' fascination with the cat. Called "the Captivating Cat: Felines and the Artist's Gaze," it shows the cat as represented by artists, from the ancient Egyptians' statue of the cat god Bastet up to works by artists of the present, through prints, paintings and sculptures.

If extensive walking and standing is an issue for you or your spouse, the museum has about a dozen wheelchairs visitors can borrow. There will be a sign-up sheet posted at the senior center; seating is limited on the van, and we'll need to set up the carpooling. Please plan to join us on this new venture!

November 18-20: *Grand Amish Christmas!*

A three-day, two-night trip to the Amish Country

Participants will leave Hubbardston at 7 a.m. They will tour Philadelphia with a guide who will point out all the sights, including the Liberty Bell. The group will then travel to Lancaster, PA where they will stay at the Heritage Hotel, with all amenities. Supper will be an authentic Pennsylvania Dutch Feast at the Miller's smorgasbord, the finest Lancaster restaurant. On day two, after a hot breakfast, there will be a tour of the Lancaster area, with visits to the Kitchen Kettle, Amish Bakery and quilt shops. In the afternoon, the tour includes the Sight and Sound Theater's "The Miracle of Christmas" show, a stunning musical based on the Biblical Christmas story with stage drama and a beautiful musical score. Dinner is included.

On day three, after breakfast, the tour proceeds to nearby Hershey, PA where everyone will tour "Chocolate World" and learn the story of Milton Hershey, the famous philanthropist. The tour returns to Hubbardston at 7 p.m. with fond memories of the Amish and their Christmas celebration. Cost: \$389 per person, double occupancy; \$379, triple occupancy; and \$499, single. To budget the cost, Claudia will be accepting monthly payments of \$65 for individuals and \$130 a couple, until the balance is paid by the end of October. Seating is limited, so sign up at the senior center soon! (Claudia's number is 978-928-1400 X211.)

A Matter of Perspective

After hanging up with his 90-year-old mother, a dutiful son sighed, then turned and said to his 96-year-old uncle, "Ma's *so* stubborn!"

His uncle shook his head sympathetically and warned, "You're *really* going to have trouble with her when she gets old!"

"Life in These United States," Reader's Digest, April 2015

SENIOR CALENDAR – REGULARLY SCHEDULED ACTIVITIES

YOGA-This program is suspended for the summer months and will resume in September.

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

PITCH PARTIES- These gatherings are held on the first and third Fridays at 6:30 PM.

Everyone is welcome. Donations of refreshments are appreciated.

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

Ditto on donations of refreshments!

Wii BOWLING- Most mornings from 9:00 till ?. This is light exercise and lots of fun.

Everybody welcome. Ask for Richard.

WALKING CLUB-Every Tuesday and Thursday at 9 a.m., starting at the Senior Center and heading up Main Street to High Street and then down Route 68. The group that has been participating regularly has built up enough stamina to go all around the circle, but you are encouraged to take part for any portion of the route that is appropriate for your level of fitness. Then return to the senior center for a restorative cup of coffee and a pleasant visit!

SWINGING SINGING SENIORS-Every Tuesday at 1:30 p.m. Come and sing along! New members welcome.

FIT AND TRIM CLASSES—These will be held monthly in July and August, and will resume weekly classes at 11:30 on Wednesdays starting in September. See Claudia for details.

SEWING/KNITTING GROUP- This program is suspended for the summer months and will resume in the fall.

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.)

There is also a lot of information on www.hubbardstomma.us about town boards, meetings and information on deadlines for things like taxes, dog licenses, etc.

FOR MORE INFORMATION ABOUT ANY OF THESE EVENTS, CALL CLAUDIA AT 978-928-1400 X 211.

*****Live simply. Love generously. Care deeply. Speak kindly. Leave the rest to God.*****

Bottle and Can Drive Update:

People are really "getting with the program!" They either cash in bottles and cans they find on the roadsides on their walks and drop their contribution in the plastic jar at the Center, or bring them in for yours truly to redeem at the recycling centers. I also have people who drop them in the big white barrel on the street beside my driveway at 148 Ragged Hill Road. Each one may only be worth a nickel, but it all adds up and goes toward the fund for the new center. **About 1,180 cans have been redeemed so far!** BJC

Health Alert

Open Those Car Windows!

Now that the weather is getting warmer, **here is a warning to everyone who uses air conditioning in their cars,** from Dr. Hussain, a renowned neurologist in Atlanta:

Most car manuals say to *roll down the windows to let out all the hot air before turning on the A/C*, but most of us aren't aware of this, or we disregard this step, in our hurry to "get our show on the road.". Many people are in their cars the first thing in the morning and the last thing at night, 7 days a week. There is a very important reason why you should NOT turn on your A/C as soon as you enter the car. Instead, ***open the windows after you enter and let the fresh air blow through for the first couple of minutes of your trip; then turn on the AC.***

Here's why this is important: According to research, the car's dashboard, seats, a/c ducts, --in fact, ALL the plastic objects in your vehicle, emit ***Benzene***, a very powerful CARCINOGEN. Take the time to observe the smell of heated plastic in your car when you open it, and BEFORE you start it up. In addition to causing cancer, benzene poisons your bones, causes anemia and reduces white blood cells. Benzene affects your kidneys and liver, too. What's worse, it is extremely difficult for your body to expel this toxic stuff. Prolonged exposure can cause leukemia and increases the risk of some cancers. It can also cause miscarriages in pregnant women. Think what it does to vulnerable children strapped in their car seats!

The "acceptable" benzene level indoors is 50mg per sq.ft. A car parked in a garage, with windows closed, will contain ***400-800 mg*** of Benzene - ***8 times the acceptable level.*** If you are parked outdoors in the sun, ***at a temperature above 60 degrees F, the Benzene level goes up to 2000-4000 mg, 40 times the acceptable level!*** People who get into the car, keeping the windows closed, will eventually inhale excessive amounts of the toxin. So friends, ***please open the windows and doors of your car*** - give it some time for the interior to air out and dispel this deadly stuff ***before you close up the vehicle and run the A/C.*** It is one easy

way to lessen the toxic chemical overload to which our bodies are subjected every day in our modern world. It seems logical that the newer the vehicle, the more it would give off the benzene fumes, just like new carpet gives off fumes for a period of time. Please share this information with your loved ones!

Thought: 'When someone shares something of value with you and you benefit from it, you have a moral obligation to share it with others!

Fight the Medical Bureaucracy!!!

If Medicare will not cover a drug you need, **challenge the rejection**. *Nearly 80% of initial denials ultimately were approved in 2013.* (latest data available.) Make a note of the drug name and dosage you were prescribed, the name of the pharmacy that declined to fill the prescription and the date on which you tried to fill it. Call your Part D plan, and **ask for a coverage determination**, which explains the decision in writing-- the plan usually has 72 hours to provide one, or you can ask for an expedited 24-hour response. If the plan says the drug is not on its formulary or is restricted in some way, **ask for an "exception"**—which your doctor must be willing to back up by saying in writing why this drug and no other is the one you must take. If your doctor's letter does not get you approval, you have 60 days to ask for a "redetermination." From BottomLine PERSONAL, June 2016.)

Health Alert

Be Aware:

Caring for an ill spouse raises your stroke risk. Caregivers who said that they were stressed by taking care of a chronically ill or disabled husband or wife had a *95% greater stroke risk* than non-caregivers whose other risk factors were similar.

Self-defense:

Family caregivers of ill or disabled patients should have their *own* health evaluated and speak with a doctor about ways to reduce stress.

(From a data analysis of more than 6,000 people by researchers from U. of Alabama presented at a recent American Heart Association meeting.) FromBottomLine PERSONAL, June 2016.

Poetry

For Grandpas Everywhere!

Ella of Infinite Possibilities

By Jacqueline Seewald

Wide-eyed in wonder,
Ella beholds the world.
"How old are you?"
Her grandfather asks.
She holds up five fingers.
Ella traces her grandfather's mosaic of wrinkles,
Touching his face with the same five fingers.
Seeing tears form in her dark, dark eyes,
He asks "Why so sad?"
"Because you are shrinking."
"But I am not sad," Grandfather replies.
"Why not?"
Because you are growing."

Money Matters

Layaway is Back!

When you are on a fixed income, Christmas gifts for grandchildren or great-grand-children can take a big bite out of your budget if you haven't planned well. You'll be happy to know that a good number of your favorite national chain stores have reintroduced layaway. Get a head start on the holidays by visiting:

Toys R Us/Babies R Us

GameStop

Kmart

Sears

Walmart

(Continued on Page 8)

(From previous page)

Burlington Coat Factory/Baby Depot

Marshalls

T.J. Maxx

eLayaway (Online only)

While cash up front will always be the best choice, making payments on layaway is much better than making payments on a credit card account because:

1. The store keeps the items until they are paid in full. No debt or interest is incurred.
2. There are no interest charges, although some stores charge a small layaway service fee and/or restocking fee if you cancel.
3. Typically the customer is protected if the item goes on sale during the layaway period and the price of the item is reduced accordingly.
4. There is no legal obligation. If you change your mind, you get a refund.

Clearly, layaway and early holiday shopping were made for each other. Getting started ahead of time means you'll be less likely to fall into the trap of weary, last-minute shopping when everything is expensive and you are prone to buy frivolous gifts just to have something—anything—to give.

To avoid misunderstandings, get specific information about a store's layaway policies before you participate. Ask for a written description of the store's plan and read it before you agree to a layaway purchase. No matter how you choose to do your holiday shopping this year, make sure you start early. And paying as you go with cash or layaway can help keep seniors (or anyone else!) solvent!

HUMOR

This is what all of us 70+ year old kids have to look forward to!!

This is something that happened at an assisted living center where a friend's wife used to work.

The people who lived there have small apartments but they all eat at a central cafeteria. One morning one of the residents didn't show up for breakfast, so she went upstairs and knocked on his door to see if everything was OK. She could hear him through the door and he said that he was running late and would be

down shortly, so she went back to the dining area.

An hour later, he still hadn't arrived, so she went back up towards his room and she found him on the stairs. He was coming down the stairs but was having an awful time. He had a death grip on the hand rail and seemed to have trouble getting his legs to work right. She told him she was going to call an ambulance but he told her no, he wasn't in any pain and just wanted to have his breakfast. So she helped him the rest of the way down the stairs and he had his breakfast.

When he tried to return to his room, he was completely unable to get up even the first step, so they called an ambulance for him. A couple hours later, she called the hospital to see how he was doing. The receptionist there reported, "Mr.B---is fine; he just had both of his legs in one leg of his boxer shorts!"

Maxine has Questions – (Part III)

1. Is it good if a vacuum really sucks?
2. Why is the third hand on a watch called the second hand?
3. If a word is misspelled in the dictionary, how would we ever know?
4. If Webster wrote the first dictionary, where did he find the words? (Continued on next page)
5. Why do we say something is "out of whack?" What is a "whack?"
6. Why does "slow down" and "slow up" mean the same thing?
7. Why does "fat chance" and "slim chance" mean the same thing?
8. Why do "tug" boats push their barges? (
9. Why do we sing "Take me out to the ball game" when we are already there?
10. Why are they called "stands" when they are made for sitting?
11. Why is it called "after dark" when it really is "after light?"
12. Doesn't "expecting the unexpected" make the unexpected expected?
13. Why are a "wise man" and a "wise guy" opposites?
14. Why do "overlook" and "oversee" mean opposite things?
15. Why is "phonics" not spelled the way it sounds?
16. If work is so terrific, why do they have to pay you to do it?
17. If all the world is a stage, where is the audience sitting?
18. If love is blind, why is lingerie so popular?
19. If you are cross-eyed and have dyslexia, can you read all right?
20. Why is bra singular and panties plural?
21. Why do you press harder on the buttons of a remote control when you know the batteries are dead?
22. Why do we put suits in garment bags and garments in a suitcase?
23. How come abbreviated is such a long word?
24. Why do we wash bath towels? Aren't we clean when we use them?
25. Why doesn't glue stick to the inside of the bottle?
26. Why do they call it a TV set when you only have one?
27. Why do we drive on a parkway and park on a driveway?
28. And finally, what about Christmas - What other time of the year do you sit in front of a dead tree and eat candy out of your socks? I dunno, why do we?

Around the Senior Center

If everyone who enjoys events at the center would help just a little, it would make a big difference. (Only coming for your free eggs and bread and then walking out, lets our side down!) When you see there is an event going on at the Center, come and support it, whether it's

a class or an educational program; you might learn something new. (As I always told my sons, “No one can ever take away from you what you put in your head.” --BJC) If you are well enough, do something to help, like baking occasionally for the weekly goodies array on a Tuesday or Thursday, or checking up on a shut-in. Or you could make a few phone calls to invite people to an event the center is putting on, volunteer to write out some get well or sympathy cards, or fill another need you may notice. Even the smallest gift of time helps. There are many “unsung heroes and heroines” at the senior center, each one doing his or her bit to help the center and making it a more pleasant place for you to visit. Won’t you join them? All these tasks they do with love help make the center better serve and support its seniors.

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, X211; leave a voicemail if she's unavailable. After hours, call her at 978-928-5195. (Email for the Senior Center is hubbcoa@hubbardstonma.us)

Hilary Scott Jr., Chairman 978-928-1372 sk.scott417@aol.com

Florence Pervier, Vice Chairman 978-928-5113

Walter Scott, Treasurer 978-928-5053 wscott7@charter.net

Mary Ellen Shaughnessy Corresponding & Recording Secretary 978-928-5120
melshaughnessy@gmail.com

Wayne Miller 978-928-8857 chrysalistransport@yahoo.com

Richard Student 978-928-5607 cjdeerich98@live.com

Bonnie Cunningham, Newsletter Editor 978-632-5452 brendastarr148@hotmail.com

Wayne Miller 978-928-8857 chrysalistransport@yahoo.com

Friends of the Hubbardston Senior Center:

Chairman Pro Tem, John Nason, 978-820-1148 jnason1@live.com

This is the new fundraising arm of the Senior Center. 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.

(This publication is partially funded by a grant from the Massachusetts Executive Office of Elder Affairs.)

