



Hubbardston Senior News

Volume 8 Issue 2
May 2015

Oh, What We Could Do!

All of these activities listed below would be possible and particularly enhanced if there were designated spaces in a new Senior Center in which to hold them. Community members with vision-young, middle-aged, and older- need to rally around this goal and express their support, not only at town meeting, but for the ballot vote being held the following week. It needs a two-thirds vote at town meeting on June 2 and a majority vote at the polls on June 9 to become a reality. *Even if you have never set foot in the current senior center so far, it is inevitable that you are going to age, lose your life partner, and someday be in need of at least some the services the senior center can offer; make sure that they will be there, not only for you and your children in the future, but for your family, aging parents and grandparents NOW.*

What services could be provided in a new Senior Center?

The Senior Center could welcome many community uses, especially if two activities could go on simultaneously, in a Great Room that could be divided.

- * Fundraising dinners for civic, social and school organizations; Eagle Scout ceremonies; wedding receptions; dances, bridal and baby showers; post-funeral gatherings, all possible with a modern spacious kitchen and a Great Room.
- * AA, Weight-Watchers and civic group meetings, educational programs and movie nights.
- * Senior/Student Connections: Opportunities for children, especially for those whose grandparents live at a distance, to connect with seniors through being taught chess and checkers, getting help with school-work one-on-one with senior men-

tors, and learning about recent history with "When I was a Kid" personal reminiscences by seniors.

- * Card Parties (could be open to the community when held at night) Some senior centers offer not only Pitch and Cribbage, but even Bridge, Canasta and Whist, one type of card game each day!
- * Multiple exercise opportunities for adults of all ages: Aerobics, Stretch & Tone, Tai Chi, Che Dong, Dancercise, and Zumba classes in a spacious area with a tile floor.
- * Opportunities for building muscle and stamina and improving balance in seniors (to slow osteoporosis and prevent falls) through use of a treadmill and other exercise equipment in a designated area.
- * Multiple Art Programs: Oil, Acrylic and Watercolor Painting, Sculpture, and Ceramics classes in a room dedicated for this purpose with room for storage of art materials.
- * Senior Health Maintenance Programs: Regularly-scheduled blood pressure clinics; visits from "The Tooth Fairy" (Checkups and Cleanings at reasonable fees); Podiatrist visits for Foot Care (Especially important for diabetics); Hearing Aid Specialist visits for hearing tests and hearing aid maintenance in a room that provides privacy-(not currently possible.)

* Education Programs: Diet, Nutrition and Health Programs teaching seniors about cooking and eating healthy, (especially vital for those living alone; currently, we are limited to only a few participants with our cramped kitchen area.)

* Programs presented by medical professionals to educate seniors on how best to manage chronic disease (heart disease, arthritis, diabetes, etc.)

* A Confidential Space to educate



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“What Do You People DO at the Senior Center?”

Recently, when I was handing out brochures at Curtis Field showing what our new senior center could be like, I was asked the above question by a thirty-something fellow who had brought his young son to play soccer. He wasn't being rude, (although it did seem as if he was referring to an unfamiliar tribe in a far-off country!) But he was new to Hubbardston, and it seemed he genuinely wanted to know. Caught flat-footed, I probably didn't give him that complete an answer, so for others who have never come there, or come only rarely, here goes:

In a word, to the seniors who use the Senior Center regularly, it is our version of “Cheers.” (Remember that TV show?) “Where everybody knows your name; And you're always glad you came?”



Loneliness is a senior's worst enemy, and the welcoming atmosphere of the senior center is very important to all who come through its doors. Once he or she becomes accustomed to the easy familiarity of having such a group for friends, that person seems to want to draw in others, and make them feel welcome also. So the warming influence radiates outward.

The social impact of seniors getting together can be profound. Whether it's coming down for coffee, conversation and a sweet treat on Tuesday and Thursday mornings, or to do Wii bowling, play Bingo, or participate in the Cribbage or Pitch tournaments, being around others who have shared the same life experiences can be both stimulating and comforting. The simple question, “What happened to you on Thursday? We missed you!” can mean a great deal to every senior, but especially those who are battling a chronic illness, live alone, or have suffered a bereavement. They realize that friends notice when they aren't there, and it matters a lot.

Losing a life partner makes it necessary to create a new persona socially, one who can relate to others as an individual, rather than as half of a couple. This can be a difficult transition, and it takes time. Having an emotional “safe harbor” where one can share with others helps in the process. Claudia Provencal, our director, has had a number of people tell her: “I really love coming here; everyone is so friendly.” “You have no idea about what this place has meant to me.” “This place and you people saved my life.”

Simple companionship can be found while working a puzzle face to face, or participating in the group that

knits and crochets every Wednesday afternoon. They work on their own projects, and items for the Christmas Fair, but also do outreach by knitting little caps for fragile preemie babies and making lap robes for disabled veterans in rehab hospitals. The Wii bowling program also has its advocates, with keen but enjoyable competition getting those who have not been physically active for a while to take part, as they improve bit by bit with friendly encouragement from fellow team members. Members participate in a league with senior center teams in Rutland, Princeton, Sterling and Templeton. Another group promoting physical well-being meets every Monday morning for chair yoga with Kara Huntoon, a sweet-natured trained practitioner who radiates calmness and tranquility. The exercises are gentle for aging muscles and promote flexibility and balance.

A group of about sixteen or so who make up the “Singin' Swingin' Seniors” have been meeting weekly for about a year and a half now, singing old favorites together for fun and practicing for performances as well. They have presented programs twice at the Unitarian Church on the Common, twice at the Barre Senior Center and at Field Day, and at the Baldwinville Nursing Home. They will be taking part in An Evening of Music on May 31 at 5 p.m. at the Rec Field bandstand with the G-Clefs, a group of Center school singers, and a nice jazz band. There will be hotdogs, soda, and chips for sale, and the Council is hoping for nice weather and a good response from the community.



Other recent new activities at the Center included a garden seed swap and an ongoing May Basket craft project. The completed May baskets are filled with candy and given away free for other seniors to distribute to shut-ins and friends who may be in nursing homes. This small act spreads the caring outward into the community.

On a practical level, seniors enjoy the benefits to their grocery bills when they can pick up a dozen free eggs on Thursdays, or take their pick of all kinds of donated artisan breads picked up by volunteers from Price Chopper on Mondays, Wednesdays and Fridays. The lunch provided by the Montachusett Opportunity Council for a \$2.25 donation on Tuesdays and Thursdays and the friendly faces around the table, means that at least on those days, participating seniors, especially those living alone, are getting nourishment for both body and spirit. In summer, seniors can get free coupons to be used at local farmers' markets to

Continued next page...

Senior Center continued...

seniors on eligibility for various federal and state programs to help them gain access to various types of aid (Fuel assistance, food stamps, etc.) (Many require filling out forms with sensitive information and require confidential discussions with the Director or Outreach people, (not easy in a one-room Senior Center.)

- * A Secure Space that provides confidentiality for veterans to meet with a Veteran's Agent to discover how the VA can help them, or even to meet with a counselor when needed. (not easy in a one-room Senior Center.)
- * A Comfortable Space where a bereavement group could gather, to share how they are coping with the loss of a loved one and to draw comfort and strength from one another. (not easy in a one-room Senior Center.)
- * Programs to inform seniors about medical insurance alternatives and ways to better manage their resources.
- * Also, for younger seniors, programs to help them navigate Social Security and plan for when they retire.
- * Programs to educate seniors in using technology through computer classes. Seniors need to learn basic computer/printer maintenance; Microsoft Office and other software; internet, email, and Facebook; and be able to access credit reports, Medicare applications, and online banking and security. Also, they need help in getting the most from their Smartphones, Ipads, Kindles and other electronic devices. A technology room with Wi Fi and at least a few computers would bring seniors into the 21st century. Some senior centers enlist the help of a group of technology-savvy volunteers, including teenagers, to help seniors on a regular basis.

All of the above activities would be so much more possible in a new facility!



Senior Friends continued...

upgrade the quality of their diets. And every month, the senior van takes those who need to supplement their food budget to the food bank in Rutland.

The MART van is an integral part of the Center's services to seniors. With a call the day before, the van takes seniors grocery shopping in Gardner every week, and to medical appointments locally and in Worcester, Fitchburg and Leominster. The drivers also deliver hot meals prepared by MOC at the senior center on Tuesdays and Thursdays to home-bound seniors.

Seniors who are having trouble making ends meet get guidance and help from Director Claudia Provencal in applying for fuel assistance, food stamps, and the Senior Tax Write-off program. With help directing them to the right agencies, a number of seniors have been able to participate in federal and state home energy upgrades and housing rehab programs when they have been offered, and others who are veterans have been helped to get hearing aids, further medical care and prescription benefits through the VA.

In recent years, many different educational programs have been held at the center. There was a six-week Healthy Eating program, where a nutritionist informed seniors about healthy food choices. Our selectman, cardiologist Michael Stauder, spoke on keeping hearts healthy, and an optometrist did eye screening. Recently, there has been a series of programs on various types of health insurance to make seniors aware of the choices available to them.

Trips help broaden seniors' horizons. Almost monthly, seniors look forward to bus trips to an interesting venue to see a program or performance and have a nice meal, or to go to the ever-popular Foxwood's or Mohegan Sun. Last year, the Council sponsored a boat trip around Gloucester Harbor with a clambake on board and a turkey feast on board a narrow gauge railroad train traveling around a New Hampshire lake.

In spite of its space limitations and mediocre amenities, the seniors at the Hubbardston Senior Center have done a lot with a little, and will continue to "brighten the corner where they are," serving the seniors of the town with caring and imagination!

May Schedule

Regular Happenings:

Mondays:

Wii Bowling : 8:00-12:00 as players are available.

Bingo 12:30 p.m.

Free Bread Delivery: 10:a.m.-on

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.

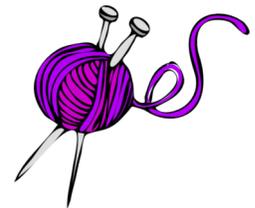
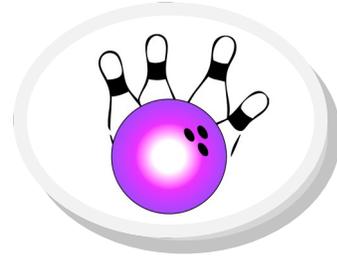
Golden Age Meeting 1 p.m. (1st and 3rd Thursdays)

Cribbage Tournaments 1:30 p.m. (2nd and 4th Thursdays)

Fridays:

Wii Bowling: 8:00-11:30 a.m. as players are available.

Pitch Parties: 6:30 p.m. (1st and 3rd Fridays)



Events:

Cribbage Tournament Scores for April:

April 9: The winners were Pat Nason and Del Richard, with a score of 599.

April 23: Winners were Pat Nason and Rene Boisvert, with a score of 596.

There were 20 players on the 23rd; newcomers are always welcome.

Do you qualify for Benefits to help you with everyday expenses?

Many seniors are just squeaking by financially, and are not aware of how the quality of their lives could be improved with just a little help! Check Benefits Checkup. Discover what benefits you qualify for in Massachusetts. It's easy, free, and completely confidential. Call Outreach at 781-934-5774 ext. 105 or 106 for personal assistance, or go to www.benefitscheckup.org/mcoa

Something New! Hand, Foot and Neck Massage

Licensed Massage Therapist and Reiki Master Jacqueline Sullivan Wyco will be offering massage on the 2nd and 4th Tuesdays of the month, (May 26, June 6 & 22) at the senior center. It can increase flexibility and range of motion and decrease arthritis pain, among other benefits. The cost is \$10 for 15 minutes for seniors, 30% off the regular rate. Call for an appointment at 978-928-1400 X211.

Upcoming Events

May

27: Mohegan Sun Trip. Departure at 7:30 a.m. Leaving from Curtis Field on Rte. 68 to Mohegan Sun in Connecticut, one of America's most spectacular casinos and resorts offering world-class gaming and entertainment, on board a luxury Silver Fox coach with CD/DVD/WiFi. Mohegan contains 3,000 slot machines and 170 gaming table games. Enjoy three fine dining restaurants, a 600-seat buffet, food court and 24-hour coffee shop. The bus arrives at 9 a.m. and leaves at 4 p.m., arriving home at 5:30 p.m. Cost is \$27 per person, and includes a \$30 Casino bonus, a \$15 food voucher and a \$15 free bet. (Bonus subject to change by Mohegan Sun.) For reservations, contact Claudia Provencal @978-928-5195(home) or 978-928-1400 X211 (Sr. Ctr.) First come, first served. Payment due with reservation.



May 31: Noon to 4:30 p.m. A Farm Tour, sponsored by the Hubbardston Agricultural Commission, will reconnect residents, as well as visitors, with Hubbardston's deep roots in agriculture. They'll discover thriving local farms which grow everything from hay, grass-fed beef and lamb to pigs, chickens and alpacas, as well as organic vegetables and fruits, honey and maple syrup. There are six farms on the tour, and maps are available at each one. This is a great day for grandparents to connect with their grandchildren and great-grandchildren and regale them with stories of their growing-up years in the country! Further info is available from Cathy Hansgate at 978-928-3731.



May 31: At 5 p.m., "An Evening of Music" will be held at the Curtis Field Bandstand. There will be the Clef Notes, a singing group from Center School and the EME Instrumental Group (cool music!), will perform in this free concert and the Swingin' Singin' Seniors will present old favorites, encouraging listeners to sing along. There will be hot dogs, chips and soda for sale also. Proceeds will benefit the Senior Center. Bring the family, a blanket, or lawn chairs and enjoy a nice family evening. For more information, call Claudia at 978-928-1400 X211.

June 2: 6:30 p.m., SPECIAL TOWN MEETING. 7 P.M., ANNUAL TOWN MEETING. Vital town issues, including a crucial vote on the proposed new senior center and public safety building will be on the warrant. Anyone wishing these new facilities to become a reality needs to attend; your presence and vote on this night, and also on June 9, when the issue will be on a ballot vote, is especially important. It won't happen without your support.

June 3: 7 p.m. Candidates' Night. Voters will be able to meet the candidates running for various town offices and boards, and ask them questions. Refreshments will be served.

June 5: 12 Noon. The Annual Senior Barbecue will be held at Peaceful Acres Campground on Flag Rd. There will be barbecued chicken, potato salad, coleslaw, baked beans, and green salad, with coffee, tea and punch, and ice cream for dessert. So an accurate head count may be made, there will be a sign-up sheet at the senior center. The event is sponsored by the Council on Aging. There is no charge for Hubbardston seniors.

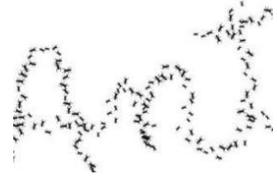
June 13 & 14: 7:30 a.m. to 3 p.m. Town Wide Yard Sale. A map to all the sales taking place in town will be dispensed in front of the library. The Council on Aging will have tables inside the senior center as well as outside in their tent. Anyone wishing to set up his or her own table in the parking lot is welcome to do so, after notifying Claudia. The Council is already collecting donations of usable items-books, games, furniture, household items, small appliances, etc. The proceeds will go toward the COA Gift Account to be used for the new senior center. The Golden Age Club will be holding a bake sale and selling coffee and donuts as well.

June 17: Twin River Special. Departure is 8 a.m. from Curtis Field on 68. A full day of casino gaming with all casino amenities, including a delicious full course buffet. Tour includes \$7 food credit, \$10 slot cash video slot and poker machines, table games, and simulcast racing action. Travel is aboard a Silver Fox coach with CD/DVD and WiFi amenities. Cost is \$26. For Reservations, call Claudia at 978-928-5195 (home) or 978-928-1499 X211 (Senior Center.) Payment is due *with your reservation*.

Handy Hints

Keep Ants Far Away

- Ants depend on their scent trail: Wipe it out with undiluted white vinegar.
- They also avoid cayenne pepper. Other pests, including cockroaches and squirrels, avoid it too.
- Ants can't digest cornmeal, but they don't know that. Put piles of it near a problem anthill, and ants will eat it and slowly starve. This solution takes some time, but it's safe for kids and pets.



Banish Biting Bugs

- Mosquitoes track you by the carbon dioxide you exhale. Mask it with citronella. Lemongrass (not the citronella plant) is the source of this oil. Plant this lovely ornamental around your patio or in portable pots.
- Many insects go toward the light. But bugs avoid yellow bug lights—use them near doorways, driveways and sidewalks. Place mercury vapor or incandescent lights around the perimeter of the property to lure insects away.

Baking Soda Benefits

- Use a baking soda paste to remove tape residue left on windows and woodwork after you've taken down plastic windows,
- Use baking soda instead of fabric softener in your washer's rinse cycle, if anyone in your family has sensitive skin.
- To fight damp and musty smells in your basement, fill old nylons with baking soda and hang them from the ceiling.
- Back from a trip? Sprinkle the inside of seldom used suitcases with baking soda before putting them away.
- Clean oven and grill racks by placing them in a plastic trash bag outside. Mix 1 cup of baking soda and ½ cup ammonia and pour over the racks in the bag. Tie it with a twist tie and leave it outside overnight. The racks will wipe clean in the morning.

Words of Wisdom

Ten-Second Prayer:

Lord, if today I lose my hope, please remind me that your plans are better than my dream. Amen.
Life is not the way it's supposed to be...it's the way it is.
...The way we cope with it, is what makes the difference.

Your mind is a garden.
Your thoughts are the seeds.
You can grow flowers...
-Or you can grow weeds!

Where your concentration goes, your energy flows and that's what grows.

Nothing is impossible, the word itself says 'I'm possible!' -Audrey Hepburn

HUMOUR



If you remember the Original Hollywood Squares and its comics, this may bring a tear to your eyes. These great questions and answers are from the days when "Hollywood Squares" game show responses were spontaneous, not scripted, as they are now. Peter Marshall was the host asking the questions, of course.

Q. Do female frogs croak?

A. Paul Lynde: If you hold their little heads under water long enough.

Q. If you're going to make a parachute jump, at least how high should you be?

A. Charley Weaver: Three days of steady drinking should do it.

Q. True or False, a pea can last as long as 5,000 years.

A. George Gobel: Boy, it sure seems that way sometimes.

Q. You've been having trouble going to sleep. Are you probably a man or a woman?

A. Don Knotts: That's what's been keeping me awake.

Q. According to Cosmopolitan, if you meet a stranger at a party and you think that he is attractive, is it okay to come out and ask him if he's married?

A. Rose Marie: No; wait until morning.

Q. Which of your five senses tends to diminish as you get older?

A. Charley Weaver: My sense of decency.

Q. In Hawaiian, does it take more than three words to say "I Love You"?

A. Vincent Price: No, you can say it with a pineapple and a twenty.

Q. What are "Do It," "I Can Help," and "I Can't Get Enough"?

A. George Gobel: I don't know, but it's coming from the next apartment.

Q. As you grow older, do you tend to gesture more or less with your hands while talking?

A. Rose Marie: You ask me one more growing old question Peter, and I'll give you a gesture you'll never forget.

A Laundry Lesson

A young couple moved into a new neighborhood. The first morning while looking out the kitchen window while they were eating breakfast, the wife noticed her neighbor next door hanging out the wash. "Her laundry is pretty dingy," the woman observed. "She must not know how to wash correctly; maybe she needs better laundry soap." Her husband looked on, but remained silent.

Every time the woman hung her laundry, the young wife made the same comment. Then one morning, the young wife was surprised to see nice clean wash on the line, and she commented to her husband, "Look, she's finally learned to wash correctly. I wonder who taught her."

Her quiet husband spoke up: "I got up early this morning and cleaned our windows."

And so it is in life...what we see when we look at others depends on the clarity of the window through which we look.

Why Do We Say That? Part II

SLEEP TIGHT

Early beds were made with a wooden frame. Ropes were tied across the frame in a crisscross pattern. A straw mattress was then put on top of the ropes. Over time, the ropes stretched, causing the bed to sag. The owner would then tighten the ropes to get a better night's sleep.

SHOWBOAT

These were floating theaters built on a barge that was pushed by a steamboat. They played in small towns along the Mississippi River. Unlike the boat shown in the movie "Showboat," these did not have an engine. They were gaudy and attention grabbing, which is why we say someone who is being the life of the party is "showboating".

OVER A BARREL

In the days before CPR, a drowning victim would be placed face down over a barrel, and the barrel would be rolled back and forth in an effort to empty the lungs of water. It was rarely effective; If you are "over a barrel," you are in deep trouble.

BARGE IN

Heavy freight was moved along the Mississippi in large barges pushed by steamboats. These were hard to control and would sometimes swing into piers or other boats. People would say they "barged in".

HOGWASH

Steamboats carried both people and animals. Since pigs smelled so bad, they would be washed before being put on board. The mud and other filth that was washed off was considered useless "hog wash".

CURFEW

The word "curfew" comes from the French phrase "couvre-feu", which means "cover the fire". It was used to describe the time of blowing out all lamps and candles. It was later adopted into Middle English as "curfeu", which later became the modern "curfew". In the early American colonies, homes had no real fireplaces, so a fire was built in the center of the room. In order to make sure a fire did not get out of control during the night, it was required that, by an agreed upon time, all fires would be covered with a clay pot called-a "curfew".

BARRELS OF OIL

When the first oil wells were drilled, they had made no provision for storing the liquid, so they used water barrels. That is why, to this day, we speak of barrels of oil rather than gallons.

HOT OFF THE PRESS

As the paper goes through the rotary printing press, friction causes it to heat up. Therefore, if you grabbed the paper right off the press, it was hot. The expression means to get immediate information.

Updated lyrics from the 60's

Some of the artists from the 60's are revising their hits with new lyrics to accommodate aging baby boomers (who can remember doing the "Limbo" as if it were yesterday!)

They include:

Bobby Darin ---"Splish, Splash, I Was Having A Flash!"

Herman's Hermits --- "Mrs. Brown, You've Got a Lovely Walker!"

Ringo Starr --- "I Get By With A Little Help From Depends!"

The Bee Gees --- "How Can You Mend A Broken Hip?"

Roberta Flack ---"The First Time Ever I forgot Your Face!"

Johnny Nash ---"I Can't See Clearly Now!"

Paul Simon---"Fifty Ways To Lose Your Liver"

The Commodores ---"Once, Twice, Three times To The Bathroom!"

Procol Harem--- "A Whiter Shade Of Hair!"

Leo Sayer ---"You Make Me Feel Like Napping!"

The Temptations --- "Papa's Got A Kidney Stone!"

Abba--- "Denture Queen!"

Tony Orlando ---"Knock 3 Times On The Ceiling If You Hear Me Fall!"

Helen Reddy ---"I Am Woman; Hear Me Snore!"

Leslie Gore--- "It's My Procedure, and I'll Cry If I Want To!"

And, last, but NOT least, **Willie Nelson** ---"On the Com-mode Again!"

All seniors know that, while every day may not be good, there is something good in every day!



**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)
Hilary Scott, Jr., Chairman 978-928-1372 sk.scott417@aol.com
Florence Pervier, Vice Chairman 978-928-5113
Walter Scott, Treasurer 978-928-5053 email: 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.
Dick Cunningham, 978-632-5452
John Nason, 978-820-1148; email: jnason1@live.com
Bonnie Cunningham editor Hubbardston Senior News email: 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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