

Hubbardston Senior News

August 2019

Hubbardston
Senior Center

7 Main Street
Hubbardston, MA
978-928-1400 x 211



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Berry Up” Your Brain!

Study after study in recent years has revealed how consuming fruits and vegetables plays an important role in supporting our overall health, as well as in specific areas like our cardiovascular and digestive systems. Many experts are beginning to recommend “food as medicine,” instead of to perform a knee-jerk reflex of throwing a drug, with its attendant side effects, at a person’s ailments. Scientists are doing a lot of research in brain health. A recent article in *Environmental Nutrition*, from which this information is excerpted, presented some surprising facts; it suggests that the produce that benefits your body also is good for your brain, and berries seem to be especially effective.

Blueberries have attracted the most attention, but strawberries, raspberries, blackberries and cranberries all contain similar compounds called anthocyanins. These give berries their distinctive red, blue, and purple color. These substances can cross the blood-brain barrier to become localized in areas of the brain related to learning and memory. They decrease vulnerability to the oxidative stress that occurs with aging, reduce inflammation and may increase neuronal signaling.

Data on berry consumption of 16,000 women over 70 participating in the Nurses Health Study were analyzed, and revealed how berries might affect aging brains. The women were tested for memory and other cognitive functions every two years and completed dietary questionnaires every four years. Those who ate two or more half-cup servings of strawberries or blueberries a week experienced slower mental decline—equivalent over time to up to 2 ½ years of delayed aging!

Studies at Tufts on rats gave further evidence of the benefits of berries. Blueberry and strawberry powder was added to the diets of aged lab rats. Compared to rats eating their normal diets, those eating the berry powder had enhanced motor performance and improved cognition, specifically working memory. The berries also boosted neuron production, which is associated with learning and memory.

Other studies at Tufts found that adding blueberries to the diet improved short-term memory, navigational skills, balance, coordination, and reaction time. Compounds in the blueberries seemed to jump-start the brain in ways that get aging neurons to communicate again.

Berries in the supermarket get pretty pricey, especially out of season, but they are nutritional powerhouses that are well worth the money. They retain their nutritional qualities even if dried or frozen. While local strawberries may have gone by, pick-your-own blueberries are at their peak, and red and black raspberries and blackberries will soon be available.

All berries freeze beautifully; pick them over and if you must wash them, spread to dry on absorbent dishtowels. Then spread in a single layer on cookie sheets and freeze. Once frozen, pack in one and two-cup quantities in freezer bags to enjoy this winter!

There are a number of places to pick locally. Ray Sawyer on Root Road here in Hubbardston (1-978-249-6576) has lovely berries; Lone Pine Farm on Feris Road in Ashburnham (978-827-6637) and Derrick Farm (508-882-5591) in Oakham also have lots of berries available.

Italian Zucchini Crescent Pie

Ingredients:

4 c. Thinly Sliced Zucchini
 1 c. Coarsely Chopped Onion
 1/2 c. butter
 1/2 tsp. salt
 1/2 tsp. pepper
 1/4 tsp. garlic powder
 1/2 tsp Italian seasoning
 2 eggs- beaten
 8 oz. (2 c.) shredded cheese
 8 oz crescent rolls
 2 tsp. mustard

Directions:

In 10" skillet, Cook zucchini & Onions in butter until tender, about 10 min. Stir in seasonings. In lg bowl, blend eggs + cheese. Stir in veg. Mix. Separate dough into 8 triangles. Place in ungreased 10" pie pan. Press over bottom & up sides. Spread crust with mustard. Pour veg mix evenly over crust. Bake at 375 19 –20 min. Or until knife inserted near center comes out clean. If crust becomes too brown cover w/ foil during last 10 min. Let stand 10 min before serving. To reheat cover loosely w/ foil & heat at 375 for 12 –15 min.

August MOC Meals Menu

Tuesday	Totals	Thursday	Calories
* All meals include 1% milk		1 Hawaiian Meatballs, 2 Brown Rice, Multigrain Bread , Almond Cookie, N	Calories : 830 Sodium:742
6 Grilled Chicken/Apricot Orzo Spinach Pilaf Italian Vegetables Dinner Roll Cherry Brownie	Calories: 651 Sodium: 845	8 Roast Pork in Apple gravy, O'Brien Potatoes Toss Salad, Wheat Bread, Peaches	Calories:599 Sodium :499
13 Teriyaki Beef & Broccoli Vegetable Fried Rice Multi Grain Bread Fortune Cookie Pineapple Cake	Calories: 921 Sodium: 1055	15 Tomato Florentine Soup Broccoli Bake , Home Fries, Multigrain Bread Cho Pudding	Calories: 757 Sodium ;1130
20 Breaded Chicken Drumstick Sweet Potato ,Toss Salad, Pumpnickel Bread Mandarin Oranges	Calories: 601 Sodium: mg 820	22 Chicken Brunswick Stew, Genoa Blend Veg c Corn Bread, Mixed Fruit	Calories 616 Sodium: mg 836
27 Omelette w/Cheese Sc Sausage & Home Fries Stewed Tomato with Dinner Rolls, Apple Streusel Cake	Calories: 841 Sodium: mg 1327	29 Cold Plate, tuna Salad Israeli Cous Cous, Beet & Onion Salad Marble rye Bread, Fresh Peaches	Calories: 709 Sodium: 839
	Calories: Sodium: mg		

Fall Safety

An 82-year old couple still exercises regularly, and their daughter -in-law was impressed when she learned that, on a daily basis, her father-in-law “practices” getting up from a fall by lying down on the floor and then getting up without using his hands. He repeats the process several times a day because it keeps his core strong. Perhaps some other seniors will incorporate this practice into their daily routine. Anyone who hasn’t tried lying on the floor and then getting up without using their hands is in for a surprise the first time they try: it isn’t as easy as it sounds! The “trick” is to roll onto your knees and lift yourself up on one leg at a time without touching your thighs. It may take some practice, but anything that strengthens you can help you avoid a fall in the first place!

Farmers coupons available for pick up at the Senior Center.

POSITIVE QUOTE:

Being happy doesn't mean everything is perfect. It means you have decided to look beyond imperfection!

Elderly man thinks fast

An elderly farmer in Florida had a large pond by his fruit orchard. One evening he decided to go down to the pond and took a five gallon bucket to pick some fruit.

As he neared the pond he heard female voices shouting and laughing with glee. As he came closer he saw a bunch of young women skinny-dipping in the pond.

He made the women aware of his presence and they all went to the deep end. One of the women shouted to him “we are not coming out until you leave!”

The old man thought for a second and said, “I didn’t come down here to watch you ladies swim or to make you get out of the pond naked.”

Holding the bucket up he said, “I’m here to feed my Alligator!”

MORAL– Old Men can still think fast.

Why Didn't I think of That?

When starting a new loaf of unsliced round or oval artisan bread, start slicing across the middle, either straight across or diagonally, and cut slices on alternating sides. Then push the remaining halves together. Being the same size, the soft bread in the middle remains nice and fresh.!

Hubbardston Swingin' Singin' Seniors—

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Summer News.

Our singing group continues to thrive and have fun throughout the summer! Come and join the fun if you enjoy singing—every Tuesday afternoon from 1:30pm—3:00pm at our senior center. Our group includes men and women from many surrounding towns and could always use another piano player or guitar player! Ages span from the 50 to 105 ! Our summer concerts include the Gardner Nursing Home on July 30, Rutland Senior Center on August 13 , and Baldwinville Nursing Home on August 20. Please call Nancy at 508-873-3348 or 978-028-1356 with any questions or stop by the senior Center between 9:00am—3:00 pm to find out more about our group or just stop by for a rehearsal to check us out . (no music reading required)

Walking Group Meets every Tuesday and Thursday at the Senior Center 8:30am leaving by 9:00am . The Walk usually take about 1 hour. We are looking into options for a once a month week-end hike. Suggestions please...

Puzzle of the Month

A dealer ordered a picture 12 inches by 18 inches to be framed so that it would cover just twice its former wall space, the frame to be of uniform width. How wide should the frame be?

Answer:3 Inches

GO 4 LIFE

Family fun walk

Date: September 14th, 2019, (Field Day) 10:00am. At the Rec Field We have designated a 1 mile Walk around the track.

Take as long as you need to finish walking 1 mile.

Please register in advance . Sign up at the COA Tent located at Rec Field on the 14th of September.

Call 978-928-1400x211 for more information .

Your name along with our senior center will be entered into a state wide raffle for special prizes . For more details ask for Claudia

This is a family walk We look forward to seeing everyone at this event. Sponsored by Blue Cross and Blue Shield

Would you like free Computer or Smartphone help???

Call the senior center 978-928-1400,x211 and leave your name and phone number. Then one of our volunteers will give you a call to set up a mutually acceptable day and time to meet with you at the center.

COMPUTERS AVAILABLE FOR SENIORS USE AT HUBBARDSTON SENIOR CENTER.

We now have 4 Chromebooks (Laptop Computers) available for seniors to use at our center. Type up a document, or just search the net using our wireless internet. **Come on down, check one out with the volunteer at the desk, and check back in when done!**

Interested in a class on these computers? Just leave your name and number at the desk and when we have a few interested folks we will set up another class.



Medicare—SHINE NEWS

Turning 65 soon or simply want to lower your Medicare costs?

Understand your Medicare options and contact a certified SHINE counselor.

A certified SHINE (Serving Health Insurance Needs of Everyone) Medicare counselor is now available at your Hubbardston Senior Center. SHINE counselors are trained and certified annually and attend monthly meetings to ensure they are sharing up-to-date information. They provide free and unbiased insurance information and counseling to Medicare beneficiaries.



Phone the Hubbardston Senior Center at (978) 928-1400 x211 for an individual appointment.

Hubbardston Wii Bowling Team Update

Our Wii Bowling Team participates in tournaments with three other Senior Centers. Hubbardston senior center will be hosting our next bowling competition here at the senior center Friday August 16, 2019 @12:30pm

The Council on Aging is seeking a carpenter or an handy man to build a book case for the Senior 's many books. We also need a few more things done here at the center to make it a more pleasant.

Meeting place.

If anyone is interested please call the center-978-928-1400 x 211
Please ask for Claudia

Sheriff's Annual Senior Picnic
Sponsored by
Worcester County Reserve Deputy
Sheriff's Association

Saturday, August 17, 2019

SAC Park

438 Lake Street

Shrewsbury, Ma

11:00am-3:00pm

A fun filled day with complimentary lunch
I raffles and bingo in honor of our seniors
Call the Senior Center to reserve your
spot

The Golden Age Club

Meets every first and third Thursday Of the month
1:30pm @ Hubbardston Senior Center

We would like to extend an invitation for anyone to
join our club.

For More information on the Golden age club
Call President Beverly Kohlstrom 978-464-5041

HOW TO SCHEDULE APPOINTMENTS FOR THE MART VAN

Call or leave a message for Sharon at 207-710-1777

If she does not answer, please leave a message. Your call will be returned within 24 hours (excluding weekends)

Please give her the following information:

- Time and location you need to be picked up
- Time and location of your appointment
- Time your appointment should be finished
- A phone number where she can reach you

Medical Appointments: Available as needed

- Please note: If the appointment is for surgery, the client needs to find other transportation home. Van drivers cannot be responsible for a client after having any major medical procedures.

Shopping: Available as needed

- Anyone wanting to attend meals at the Senior Center, please call ahead. The van driver will give you a ride to the Senior Center and then back home free of charge.

If you have any questions or concerns regarding the MART van services, please call Sharon @ 207-710-1777 or 978-928-1400 ext. 210.

Please remember the MART van will not be running when school is closed due to weather or holidays.

August 2019

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Coffee + Wii Bowling Egg day Walking group 9am Moc Meals 11:45am Golden Age meeting 1:30pm	2 Coffee + Wii Bowling Produce Craft Class 10-12 Cribbage 1:30 PM Pitch 6:30 PM	3
4	5 Coffee Wii Bowling Bakery Bingo—12:30 PM BOS Meeting 6:30 PM	6 Coffee Wii Bowling Walking group 9:00AM Moc Meal 11:45 AM Singing Seniors 1:30 PM	7 Coffee Wii Bowling Produce Pitch 1:30 PM	8 Coffee + Wii Bowling Egg Day Walking group 9:00 AM Moc Meal 11:45 AM Cribbage 1:30 PM Beatles Presentation 1 PM	9 Coffee + Wii Bowling Produce Craft Class 10—12 Cribbage 1:30 PM	10
11	12 Coffee Wii Bowling Bakery Bingo-12:30 PM	13 Coffee Wii Bowling Walking group 9:00 AM Moc Meal 11:45 AM Singing Seniors 1:30 PM	14 Coffee Wii Bowling Produce	15 Coffee + Wii Bowling Egg Day Walking group ;900 AM Moc Meal 11:45 AM Golden Age Meeting 1:30 PM	16 Coffee + Wii Bowling Produce Craft Class 10-12 Shine By Appt Cribbage 1:30 PM Pitch 6:30pm	17 sheriff Picnic
18	19 Coffee Wii Bowling Bakery BOS Meeting 6:30 PM	20 Coffee Wii Bowling Walking group 9:00AM Moc Meal 11:45 AM Singing Seniors 1:30 PM	21 Coffee Wii Bowling Produce Pitch 1:30 PM	22 Coffee + Wii Bowling Egg Day Walking group 900AM Moc Meal 11:45 AM Cribbage 1:30 PM COA meeting 10:30am	23 Coffee + Wii Bowling Produce Craft Class 10-12 Cribbage 1:30 PM	24
25	26 Coffee Wii Bowling Bakery Bingo 12:30 PM	37 Coffee Wii Bowling Walking group 9:00AM Moc Meal 11:45 AM Singing Seniors 1:30 PM	28 Coffee Wii Bowling Produce	29	30	31

Hubbardston Senior Center

7 Main Street Unit #3

Hubbardston, MA 01452



Hubbardston Council On Aging Mission Statement

The Hubbardston Council on Aging and the 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, independent lives.

Meet Your Council On Aging Members

There are two(2) OPENING ON THE COUNCIL ON AGING BOARD if you are interested please call the senior center and ask for Claudia

DIRECTOR

Claudia Provencal

Center 978-928-1400 x 211.

Please leave a message

Home 978-928-5195

coa@hubbardstonma.us

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