

# Hubbardston Senior News

February 2019

**Hubbardston  
Senior Center**

7 Main Street

Hubbardston, MA

978-928-1400 x 211

## RX for 2019

The following was excerpted from an article written in 1991 by Dottie Athens for the *Hubbardston Hallmark*, a precursor of the *Hubbardston Senior News*. Dottie was a very civic-minded person who served for years on many committees, including the select board and the Open Space Committee, and was one of those visionaries instrumental in acquiring Mt. Jefferson for future generations. Her words were prophetic:

“It is easy to feel overwhelmed in these hard and fearful times. At this moment, when no one seems to have the answers or the backbone to resolve the current monumental issues which have the potential to undermine all our societal, economic and governmental systems, it is vital to remember that we each have immense untapped power to bring about change, both in ourselves and the world. We need only look at the myriad of Peace Corps workers, Green Peace members and volunteers of all kinds to see what one individual can do. We can also see that when the mood of the whole country becomes grim and bleak, it has power to plunge us ever deeper into recession and despair. It’s unlikely that we will be at the top and have the power to control events, but we CAN make a difference in turning the tide to strengthen and rebuild this nation of ours from the inside out, from the bottom up with the following prescription, a powerful mixture of collective wisdom and a recent article by Ann Landers.”

“Take liberal doses as needed:

Give richly of the gifts with which you are blessed: ideas, dreams, ideals, curiosity, inventions, creativity, prayer, words of hope and encouragement. Also, guidance, faith, imagination, laughter, time, devotion, and commitment to family, community, nation and peace.

Begin today to create a masterpiece; you are the painter of your life.

Conquer your fears with knowledge and truth.

Smile more: -at home, -at work, -at all the nameless people who keep the world running for us.

Discover the magic of laughter. It is the gift that keeps on giving.

Take off your mask and be your true self. Stop being a people pleaser!

Express your appreciation; it can lighten the hardest task.

Make time to call or write to old friends.

Try to listen more, to be more open-minded. Most issues are neither totally right or totally wrong.

Stifle your pride; you are stronger, not weaker, when you apologize when you are at fault or when you hurt someone.

Dance more, play more.

Plant a tree; recycle; join hands to protect our environment.

Let go of the past; forgiveness is like showering your spirit.

Practice kindness and gentleness until it is your automatic response.”

Amen, Dottie!

BJC

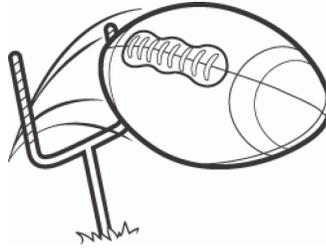


# Super Bowl Sunday Recipes

## Directions:

### Easy Mushroom Canape

Spread mixture on an 8-ounce loaf of party rye bread. Put on baking sheet and broil until bubbly.



### Ingredients:

In bowl, stir together:

- 1/2 c. mayonnaise
- 1/4 c. grated Parmesan cheese
- 2 oz. canned mushroom pieces
- 1/2 container French onion rings

### Crabbies

Mix all ingredients together. Spread on muffins. Broil until golden brown. Cut into wedges.



### Ingredients:

- 1/4 c. butter—1 jar Old English cheese spread—1/2 c. mayonnaise—1/2 tsp. garlic salt—1/2 tsp. seasoned salt—7 oz. can crab meat and 6 English muffins

## February MOC Meals Menu

| Tuesday  | Totals                                       | Thursday  | Calories                                     |
|--|--|---|--|
| * All meals include 1% milk  |  |   |  |
| 5.<br>Beef Tips, Scalloped Potato, Brussels Sprouts, WW Dinner Roll, Chocolate Mousse                          | <b>Calories 722</b><br><b>Sodium 919mg</b>   | 7.<br>Portuguese Kale Soup, Grilled Chicken w/ Red Pepper Pesto, Wild Rice Pilaf, Multigrain Bread, Diced Pears | <b>Calories 573</b><br><b>Sodium 1057 mg</b> |
| 12.<br>Chicken in Vodka Sauce, Cavatappi Pasta, Tossed Salad, Italian Bread, Mixed Fruit                       | <b>Calories 586</b><br><b>Sodium 829 mg</b>  | 14.<br>Chicken Jambalaya, Brown Rice, Broccoli, Multigrain Bread, Almond Cookie, D: Grahams                     | <b>Calories 782</b><br><b>Sodium 795 mg</b>  |
| 19.<br>Minestrone Soup, Chicken Coq au Vin, Garlic Mashed Potato, Multigrain Bread, Diced Pears                | <b>Calories 606</b><br><b>Sodium 899 mg</b>  | 21.<br>Roast Pork w/ CranOrange Sc, Whip Sweet Potato, Cauliflower, Wheat Bread, Lemon Cake, D: Lemon Grahams   | <b>Calories 690</b><br><b>Sodium 629 mg</b>  |
| 26.<br>Breaded Pollock, Tatar Sauce, Wild Rice Pilaf, Tossed Salad, Multigrain Bread, Spice Cake, D: Gingerboy | <b>Calories 792</b><br><b>Sodium 1081 mg</b> | 28.<br>Beef Stew, Spinach, Wheat Dinner Roll, Diced Peaches   | <b>Calories 639</b><br><b>Sodium 500 mg</b>  |
|  | <b>Calories</b><br><b>Sodium mg</b>          |   | <b>Calories</b><br><b>Sodium mg</b>          |

## Predict Skin Cancer Risk

Have more than 100 moles puts you at high risk of melanoma, the most serious skin cancer. Luckily, counting just those on your right arm will give a good estimate of your total. Women with 11 or more are 9 times as likely to have 100+ all over. Give yours a scan, then discuss the number (and any concerns) with your dermatologist.

Cover up and stay in the shade to drop skin cancer risk by up to 41%.

- Invest in the best eyewear. Don't just pick up any pair at the pharmacy: Make sure your sunglasses block 99 to 100% of UV rays,
- Stay in the shade between 10 AM and 4 PM. UVB, which causes sunburn, is most intense during this time, so take an indoor break for lunch or retreat under the umbrella
- Style right. Wear a wide-brimmed hat, a long-sleeved shirt, and pants whenever possible. When it's hot, consider lightweight clothing with ultraviolet protection (UPF 30 and above).

## Word of the Month

### **Conform – verb**

To comply with rules, standards, or laws

To behave according to socially acceptable standards

**Example:** The countryside should conform to a certain idea of the picturesque

## Positive Quote

“Good friends are like stars. You don't always see them but you know they're always there.”

“unknown”

## **Joint Health**

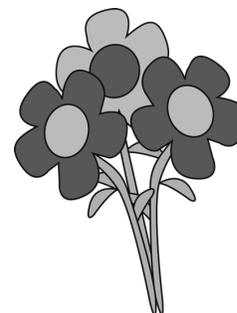
A recent study shows that acetaminophen doesn't fight osteoarthritis (OA) pain. Here are 3 examples of what to do instead.

- **Make an impact.** High-impact exercise like jogging doesn't actually hurt knees and can even curb OA pain., experts say.
- **Take the right pill.** The study found the best over-the-counter option is naproxen (Aleve) because it combats inflammation, which acetaminophen doesn't do.
- **Supplement smarter.** A study found that taking 40 mg of collagen daily for 3 month lowered OA pain more than glucosamine and chondroitin did

**Always check with your Health Provider before beginning any exercise or medication regimen.**

## **The 16 Best Foods to Control Diabetes**

- Fatty Fish – salmon, sardines, herring, mackerel, are great sources of omega 3 fatty acids which have major benefits for heart health. This is especially important for diabetics who have an increased risk for heart disease and stroke.
- Leafy greens - nutritious and low in calories
- Cinnamon— delicious spice with potent antioxidants
- Eggs
- Chia Seeds
- Turmeric
- Greek Yogurt
- Nuts
- Broccoli
- Extra Virgin Olive Oil
- Flaxseeds
- Apple Cider Vinegar
- Strawberries
- Garlic
- Squash
- Shirataki Noodles





### Children of The Greatest Generation Cont...

**They** were glad we played by ourselves until the street lights came on.

**They** were busy discovering the post war world.

**We** entered a world of overflowing plenty and opportunity; a world where we were welcomed.

**We** enjoyed a luxury; we felt secure in our future.

**Depression** poverty was deep rooted.

**Polio** was still acrippler.

**The Korean War** was a dark presage in the early 50s and by mid-decade school children were ducking under desks for Air-Raid training.

**Russia** built the "Iron Curtain" and **China** became Red China

**Eisenhower** sent the first "advisers" to Vietnam.

**Castro** set up camp in Cuba and **Khrushchev** came to power.

**We** are the last generation to experience an interlude when there were no threats to our homeland.

**We** came of age in the 40s and 50s. The war was over and the cold war, terrorism, "global warming," and perpetual economic insecurity had yet to haunt life with unease.

**Only our generation** can remember both a time of great war, and a time when our world was secure and full of bright promise and plenty. We have lived through both.

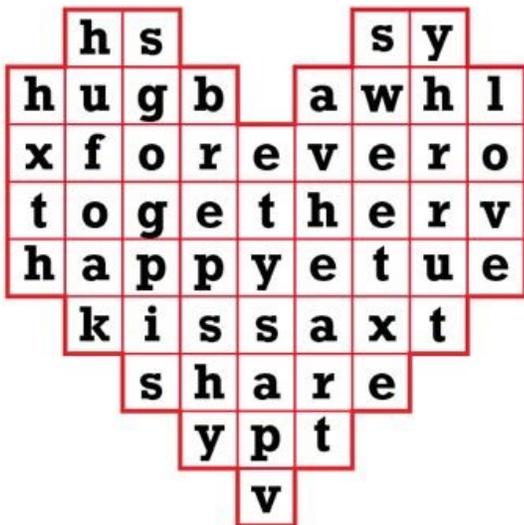
**We** grew up at the best possible time, a time when the world was getting better, not worse.

### Can You Relate?

I'm sure some of you can relate, and those that can't well, this might explain why we are the way we are. Recently I was diagnosed with A. A. A. D. - Age Activated Attention Deficit Disorder. This is how it manifests:

- I decide to wash my car.
- As I start toward the garage, I notice that there is mail on the hall table.
- I decide to go through the mail before I wash the car.
- I lay my car keys down on the table, put the junk mail in the trash can under the table, and notice that the trash can is full.
- So, I decide to put the bills back on the table and take out the trash first.
- But then I think, since I'm going to be near the mailbox when I take out the trash anyway, I may as well pay the bills first.
- I take my checkbook off the table, and see that there is only one check left.
- My extra checks are in my desk in the study, so I go to my desk where I find the can of Coke that I had been drinking.
- I'm going to look for my checks, but first I need to push the Coke aside so that I don't accidentally knock it over.
- I see that the Coke is getting warm, and I decide I should put it in the refrigerator to keep is cold.

(To be continued)



love  
kiss  
hug

heart  
forever  
together

happy  
share  
sweet



# ANNOUNCEMENTS

## 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.**

## New Trim Together Group

Every Tuesday @ 10:30AM.

Sharing information about nutrition and exercise for a healthier lifestyle

## Swingin', Singin' Seniors Share their Music

December was filled with wonderful music \_ both old and new! We enjoyed many performances and had a fun Christmas party of our own. January is for new starts, so we are welcoming new members and new music. We are looking forward to entertaining at the Templeton Senior Center on March 26 as we all celebrate Ireland! Our current director is working on a program for the Spring that will include a musical travel most of the 20th century. Come and join us any Tuesday from 1;30- 3;00 at the center. We use lyrics and no musical training is necessary. Feel free to call Nancy Afonso (508-873-3348) with any questions.

## Food Pantry Info.

### The Gardner C.A.C.

Located above the Gardner Senior Center  
294 Pleasant St. Gardner, MA  
(978)632-8700

*Food Distribution Hours: Monday-Friday 9 AM-12PM*

You Must Bring the following documents:  
Photo ID , Proof of Income, Verify Residence ( Utility or Phone Bill), and Social Security Card.

Services are open to Hubbardston, Gardner, Westminster, and Ashburnham

All food donations are welcome.

Veterans Please Call First.

### Rutland Food Pantry

Located in Rutland Center (Rte..122 and Rte.56)

@ St. Patrick's Church

January 10th- 6 PM-7:30pm

26th- 9AM-11AM

February 14th- 6pm-7:30 pm

23rd- 9AM-11AM

Please visit if you're in need of food.

They Provide emergency food assistance monthly to households in Rutland, Oakham and Hubbardston.

Call Paula @ 508-886-2206 with questions.

## The Golden Age Club

The Golden Age Club was formed many years ago by seniors of Hubbardston. Membership is open to all people 60 (sixty) years and older who are residents of the town and the greater Hubbardston area. We sponsor charitable and educational opportunities. We promote friendship through social activities and raise funds through sales of hand made crafts, baked goods etc. Our regular meetings are held on the 1st and 3rd Thursday of each month at 1:30 PM. If interested please join us, membership is \$5.00 yearly.

## **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.**

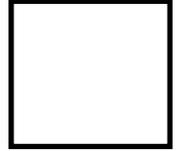
# February 2019



|  | MON  | TUE   | WED  | THU   | FRI   | SAT |
|--|--|---|--|---|---|-----|
| Eggs are donated by Country Hen for Town seniors & town workers only | Bakery Goods & Produce donated by Price Chopper  |   |  |   | 1.<br>8 AM Coffee Hour<br>Wii bowling<br>Craft Class 10-12<br>1:30 PM Cribbage<br>Baked goods & produce!<br>Pitch 6:30 PM | 2   |
| 3  | 4<br>8 AM Coffee Hour<br>Wii bowling<br>Bingo 12:30 PM<br>6:30 PM BOS Meeting<br>BOS meeting 6:30 PM<br><b>Free Baked Goods (when available)</b> | 5<br>8 AM Coffee Hour<br>Wii bowling<br>Walking Club 8:30 AM<br>Trim together 10:30 AM<br>Moc Meals 11:45 AM<br>Singers 1:30 PM                         | 6<br>8 AM Coffee Hour<br>Wii bowling<br>** All Day Free baked goods & produce!                   | 7<br>8 AM Coffee Hour<br>Wii bowling<br>8:30 AM Walking Club<br>11:45 AM Moc Meals<br>Golden Age Meeting 1:30 AM<br>Blood pressure 10:30 AM<br>Egg Day! | 8<br>8 AM Coffee Hour<br>Wii bowling<br>Craft Class 10-12<br>1:30 PM Cribbage<br>Baked goods & produce!                   | 9   |
| 10   | 11<br>8 AM Coffee Hour<br>Wii bowling<br>Bingo 12:30 PM<br><b>Free Baked Goods (when available)</b>  | 12<br>8 AM Coffee Hour<br>Wii bowling<br>Walking Club 8:30 AM<br>Trim together 10:30 AM<br>Moc Meals 11:45 AM<br>Singers 1:30 PM                        | 13<br>8 AM Coffee Hour<br>Wii bowling<br>Pitch 1:30 PM<br>** All Day Free baked goods & produce! | 14<br>8 AM Coffee Hour<br>Wii bowling<br>8:30 AM Walking Club<br>11:45 AM Moc Meals<br>Cribbage 1:30 PM<br>Egg Day!                                     | 15<br>8 AM Coffee Hour<br>Wii bowling<br>Craft Class 10-12<br>1:30 PM Cribbage<br>Shine (by Appt)<br>Pitch 6:30           | 16  |
| 17   | 18<br>8 AM Coffee Hour<br>Wii bowling<br>Bingo 2:30 PM<br><b>Free Baked Goods! (when available)</b>  | 19<br>8 AM Coffee Hour<br>Wii bowling<br>Walking Club 8:30 AM<br>Trim together 10:30 AM<br>Moc Meals 11:45 AM<br>Singers 1:30 PM<br>BOS meeting 6:30 PM | 20<br>8 AM Coffee Hour<br>Wii bowling<br>** All Day Free baked goods & produce!                  | 21<br>8 AM Coffee Hour<br>Wii bowling<br>8:30 AM Walking Club<br>11:45 AM Moc Meals<br>Golden Age Meeting 1:30 PM<br>Egg Day!                           | 22<br>8 AM Coffee Hour<br>Wii bowling<br>Craft Class 10-12<br>1:30 PM Cribbage<br>Baked goods & produce!                  | 23  |
| 24   | 25<br>8 AM Coffee Hour<br>Wii bowling<br>Bingo 12:30 PM<br>COA Meeting 6:30 PM<br><b>Free Baked Goods! (when available)</b>                      | 26<br>8 AM Coffee Hour<br>Wii bowling<br>Walking Club 8:30 AM<br>Trim together 10:30 AM<br>Moc Meals 11:45 AM<br>Singers 1:30 PM                        | 27<br>8 AM Coffee Hour<br>Wii bowling<br>Pitch 1:30 PM<br>** All Day Free baked goods & produce! | 28<br>8 AM Coffee Hour<br>Wii bowling<br>8:30 AM Walking Club<br>11:45 AM Moc Meals<br>1:30 PM Cribbage<br>Egg Day!                                     | *<br>Craft Classes every Friday from 10:00 - 12:00<br>*<br>Baked Goods & Produce every Friday                             |     |

## 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

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

#### DIRECTOR

**Claudia Provencal**  
Center 978-928-1400 x 211.  
Please leave a message  
Home 978-928-5195  
coa@hubbardstonma.us

#### CHAIRPERSON

**Hilary (Skip) Scott Jr.**  
978-928-1372  
sk.scott417@aol.com

#### VICE CHAIR

**Florence Pervier**  
978-928-5113

#### SECRETARY/OUTREACH WORKER

**Mary Ellen (Mel) Shaughnessy**  
Center: 978-928-1400 x 211  
Home: 978-928-5120  
melshaughnessy@gmail.com

#### TREASURER

**Walter Scott**  
Hm: 978-928-5053 wscott7@charter.net  
Cell: 978-790-3107

#### MEMBERS

**Nancy Afonso**  
508-873-3348  
nancymaflute@yahoo.com  
**Bonnie Cunningham**  
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**Roberta Keane**  
978-820-1270  
rmaalbert4@yahoo.com  
**William Lipka**  
978-549-6437

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