

Hubbardston Senior News

January 2019

**Hubbardston
Senior Center**

7 Main Street

Hubbardston, MA

978-928-1400 x 211



The Gifts of Senior Friendships

As this is being written, in mid- December, none of us know what we will be receiving on Christmas morning, and most seniors are more concerned with picking out the perfect gifts for our loved ones than, like children, being focused on what we will receive.

Actually, the most important gift that we receive (and give!) is enjoyed year-round, and often taken for granted: the many friendships we enjoy. As seniors, we have had many friendships over the years, some that were short-lived and others that have been life-long. There is a saying that "New friends are silver, but old ones are gold."

As the years pass, we suffer keen loss as some of these golden cherished friends, with whom we have shared so many life experiences, pass on. The end of the old year and the beginning of the new one is a good time to remember them with love and vow to nourish and maintain the remaining connections that we have. Like gardens, friendships take time and attention to maintain.

Thoughtful gestures like sending a get well card, a newsy letter or email to someone now located at a distance, or providing a listening and compassionate ear on the other end of a phone line when a friend is troubled, defines true friendship. Some couples are lucky enough to be married to their best friend, and over the years, let other relationships lapse. But when they are then alone, they realize the importance of strengthening the remaining friendships they do have, and finding new companions to grow and share with as we seniors journey through the later decades of our lives.

I was somewhat shy as a child, and my mother used to encourage me in venturing out by saying, "Go on, Bonnie, a stranger is just a friend you haven't met yet!" Over the years, I have found it to be true; reaching out and meeting and getting to know new people has enriched my life in so many ways. As seniors, we tend to stay with the known and the familiar, but remember: "A groove, becomes a rut, becomes a grave," so vow to smile and extend the hand of friendship to someone you don't know in the new year; you will likely find them reaching back!

BJC

Town volunteers find "Appreciation" on Dec. 10

For the second year, the town select board has held an "Appreciation Night" to thank the many volunteers who collectively donate thousands of hours of service to the Hubbardston community. It gave many of them a chance to meet many others they did not know, who volunteer their service and expertise on myriad boards and committees. As Ryan McLane, Town Administrator recognized each person, he asked him or her to list what activities they had participated in, and some had served over three decades in various capacities. Each person was given a pine tree seedling kit as a token of appreciation. Rep. Donnie Berthiaume also spoke, and mentioned that, of the eleven towns he serves, no other holds an annual appreciation event like Hubbardston. Participants enjoyed socializing after the event.



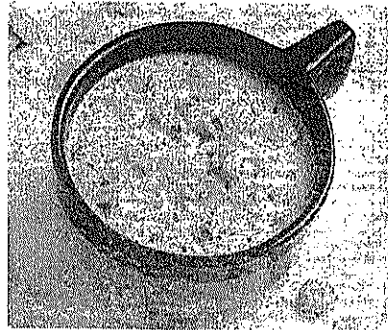
New England Clam Chowder

Directions:

1. In a small skillet, sauté onion in butter until tender.
2. Combine onion, soups and clams in a slow cooker. Heat on low setting for 4 to 6 hours.
3. Add half- and- half during last 2 hours of cooking time..
4. Hollow out round loaves of country-style bread to serve your soups and stews in...a hearty meal that your whole family will love.

Ingredients:

- 1 onion chopped
- 1/2c butter
- 2 10-3/4 oz. cans clam chowder
- 2 10-3/4 oz. cans cream of potato soup
- 6-1/2 oz. can minced clams, drained
- 1 qt. half- and—half



January MOC Meals Menu

Tuesday	Totals	Thursday	Calories
* All meals include 1% milk			
1 Happy New Year	Calories Sodium mg	3 BBQ Beef Burger Potato Wedges Broccoli Mixed fruit cup D: Applesauce Cup	Calories 662 Sodium mg 1074
8 Vegetable Soup Chicken Breast Florentine Sauce Orzo Pilaf/Multigrain Bread Apple Crisp	Calories 620 Sodium mg 867	10 BBQ Pulled Pork Tossed salad Mac and cheese Pineapple whip	Calories 843 Sodium mg 1066
15 Potato Pollock Tartar Sauce Green Beans/Yam Wheat Bread/	Calories 674 Sodium mg 697	17 Beef Stew Brussel sprouts Italian bread Strawberry Cup	Calories 786 Sodium mg 587
22 Corn Chowder Chicken Breast Supreme Sweet Potato Wheat Bread Pineapple	Calories 668 Sodium mg 1014	24 White Bean Chicken Chili Brown Rice, Broccoli Multigrain Bread Oatmeal Cookie	Calories 619 Sodium mg 687
29 Lasagna Rollup Tossed Salad Italian Bread/ Brownie	Calories 617 Sodium mg 890	31 Split Pea Soup Roast Turkey/Herb Gravy Garlic Whip Potato Wheat Dinner Roll Butterscotch	Calories 700 Sodium mg 1011

Make Your Walk More 'Nutritious'

The movements we feed our bodies can be as vital as the foods we eat for better health. 'Nutritious movement' includes all the bends and squishes our cells demand in order to function optimally. Walking is one of the easiest ways to nourish your body, but always following the same path can prevent all your cells from getting the movement they need.

These simple tricks from personal trainer and biomechanistic Katy Bowman can turn an average stroll into a superfood.

- **Add terrain.** Hills and slopes challenge ankles and calves, requiring joints and muscles to move in a way that ultra flat sidewalks don't allow.
- **Add texture.** Uneven and varied surfaces challenge and strengthen the joints, bones and ligaments in your feet and ankles that typically go unused.
- **Add squats.** Need to catch your breath? Stop and squat. It's one of the best ways to boost strength and mobility in your hips, knees, and calves.

Word of the Month

Serenity — noun

The state of being calm, peaceful, and untroubled

The absence of mental stress or anxiety

Example: It is hard to believe that the ocean, whipped by winds during a storm, can ever return to a state of serenity.

Positive Quote

How cool is it that the same God who created mountains and oceans and galaxies looked at you and thought the world needed one of you too.
"Unknown"

Clean Your Bath Green

Most conventional cleaning products are full of harsh chemicals like ammonium chloride derivatives, which can irritate lungs and skin, and formaldehyde—releasing substances that have been linked to cancer. These compounds can be especially noxious when used in a small bath room. But it's easy to make your own cleaning products from regular household ingredients.

These DIY cleaners are chemical—free and effective.

Glass cleaner Steep 8 black tea bags in 1 1/2 cups boiling water. Let cool, remove bags, and transfer to spray bottle.

Dissolves dirt and grease with ease.

Bathroom Scrub Combine 1 cup baking soda 1/4 cup castile soap and 1 Tbsp hydrogen peroxide. Stir until combined then use to scrub sinks, tubs, and tile.

Store in lidded Mason jar at room temperature.

Toilet Cleaner Combine 1 cup distilled white vinegar and 1/2 tsp tea tree oil in spray bottle. Spray into toilet and let sit several minutes. Sprinkle 1/2 cup baking soda into toilet bowl and scrub with brush.

Eat These. Lower Blood Pressure

People who boost their magnesium intake to 368 mg per day for 3 months can lower their blood pressure by several points without making other changes, according to the journal Hypertension. Magnesium relaxes blood vessels, which increases blood flow, decreasing pressure. But approximately 60% of adults don't get enough magnesium.

Foods are the best source of the mineral, especially these.

Pumpkin seed kernels: 168 mg per 1 oz

Spinach: 157 mg per 1 cup cooked

White beans: 113 mg per 1 cup cooked

Salmon: 104 mg per 3 oz

Brown rice: 86 mg per 1 cup cooked

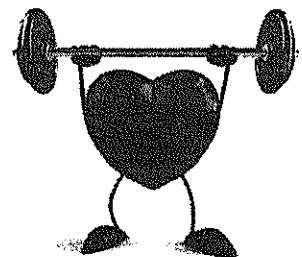
Almonds: 77 mg per 1 oz

Avocado: 58 mg per fruit

70% dark chocolate: 43 mg per 1 oz

Plain yogurt: 42 mg per 1 cup

Banana: 32 mg per medium fruit





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January 2019

	MON	TUE	WED
Eggs are donated by Country Hen for Town seniors & town workers only	Bakery Goods & Produce donated by Price Chopper	1 8 AM Coffee Hour Wii bowling 8:30 AM Walking club 11:45 AM Moc meals 1:30 PM Singers	2 8 AM Coffee Hour Wii bowling All Day Free baked & produce!
6 Foxwood Trip Please call for reservations	7 8 AM Coffee Hour Wii bowling 12:30 PM Bingo 6:30 PM BOS Meeting BOS meeting 6:30 PM Free Baked Goods (when available)	8 8 AM Coffee Hour Wii bowling 8:30 AM Walking Club Trim together 10:30 AM 11:45 AM Moc Meals 1:30 PM Singers	9 8 AM Coffee Hour Wii bowling 1:30 PM Pitch ** Class on deme 9:00 10:00 AM All Day Free baked & produce!
13	14 8 AM Coffee Hour Wii bowling 12:30 PM Bingo COA meeting 6:30 PM Free Baked Goods (when available)	15 8 AM Coffee Hour Wii bowling 8:30 AM Walking Club Trim together 8:30 AM 11:45 AM Moc Meals 1:30 PM Singers	16 8 AM Coffee Hour Wii bowling All Day Free baked & produce!
20	21 8 AM Coffee Hour Wii bowling 12:30 PM Bingo Free Baked Goods! (when available)	22 8 AM Coffee Hour Wii bowling 8:30 AM Walking Club Trim together 8:30 AM 11:45 AM Moc Meals 1:30 PM Singers	23 8 AM Coffee Hour Wii bowling 1:30 PM Pitch All Day Free baked & produce!
27	28 8 AM Coffee Hour Wii bowling 12:30 PM Bingo COA Meeting 6:30 PM Free Baked Goods! (when available)	29 8 AM Coffee Hour Wii bowling 8:30 AM Walking Club Trim together 8:30 11:45 AM Moc Meals 1:30 PM Singers	30 8 AM Coffee Hour Wii bowling All Day Free baked & produce!



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Member SIPC

Happy New Year!

	THU	FRI	SAT
ids	3 8 AM Coffee Hour Wii bowling 8:30 AM Walking club 11:45 AM Moc Meals 1:30 PM Cribbage 1:30 PM Golden Age Party Egg Day!	4 8 AM Coffee Hour Wii bowling 1:30 PM Cribbage Shine (by Appt) Baked goods & produce! Pitch 6:30 PM	5
ids	10 8 AM Coffee Hour Wii bowling 8:30 AM Walking Club 11:45 AM Moc Meals Cribbage 1:30 PM Egg Day!	11 8 AM Coffee Hour Wii bowling Shine (by Appt) 1:30 PM Cribbage Baked goods & produce!	12
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ids	24 8 AM Coffee Hour Wii bowling 8:30 AM Walking Club 11:45 AM Moc Meals 1:30 PM Cribbage Egg Day!	25 8 AM Coffee Hour Wii bowling Shine (by Appt) 1:30 PM Cribbage Baked goods & produce!	26
ds	31 8 AM Coffee Hour Wii bowling 8:30 AM Walking Club 11:45 AM Moc Meals 1:30 PM Cribbage Egg Day!	Craft Classes every Friday from 10:00 - 12:00	

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Children of The Greatest Generation Cont...

The 'internet' and 'GOOGLE' were words that did not exist.

Newspapers and magazines were written for adults and the news was broadcast on our table radio in the evening by Gabriel Heatter.

We are the last group who had to find out for ourselves.

As we grew up, the country was exploding with growth.

The G.I. Bill gave returning veterans the means to get an education and spurred colleges to grow.

VA loans fanned a housing boom.

Pent up demand coupled with new installment payment plans put factories to work.

New highways would bring jobs and mobility.

The veterans joined civic clubs and became active in politics.

The radio network expanded from 3 stations to thousands of stations.

Our parents were suddenly free from the confines of the depression and the war, and they threw themselves into exploring opportunities they had never imagined.

We weren't neglected, but we weren't today's all-consuming family focus.

Kitchen Hints

- Give chicken Marsala an earthier flavor by swapping standard white button mushrooms for dried porcini mushrooms.
- Toast nuts in the microwave instead of in a skillet on the stove. The cooking will be more even.
- Give store bought chicken broth a homemade taste. One teaspoon of unflavored gelatin per cup of store bought chicken broth gave our broth surprisingly good body. The reason: store bought chicken broth lacks the gelatin found in homemade broths. It's a secret we used to make a hearty chicken soup quick!
- Steam eggs in a steamer basket. The eggs don't touch the water, which means they don't lower the water temperature, so you get consistently perfect results. Here's how:

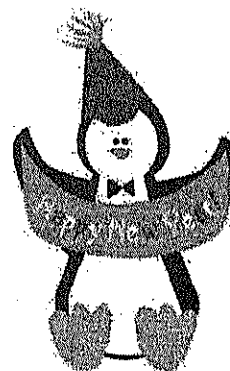
Bring 1 inch water to rolling boil in medium saucepan over high heat. Place eggs in steamer basket. Transfer basket to saucepan. Cover, reduce heat to medium-low, and cook eggs for 13 minutes. When eggs are almost finished cooking. Combine 2 cups ice and 2 cups cold water in medium bowl. Use tongs or a spoon to transfer eggs to ice bath: let sit for 15 minutes. Peel and enjoy.

B P M Q N U I T Z I H V P N N
E A B Q O E N I W V V W I O O
Y M E T I Q I O U T I R G I B
E B G H T U T N S L I A T T B
D D I G A M I A O S M L I C I
B U N I R N O I T U L O S E R
K R N N B T X E N D W M U L F
W A I D E E N E W T C K G F M
O D N I L D H X M M I P L E J
N N G M E S N X U I B U A R H
S E C X C S D R A C X N S Q M
J L M R A C F X P U Y J S O D
V A S K R O W E R I F Y E M L
B C P S I T T E F N O C S S O
C W D L O S G N I T E E R G C

New Year's Word Search

BEGINNING
CALENDAR
CARDS
CELEBRATION
COLD
CONFETTI
END
FIREWORKS
GLASSES
GREETINGS
IN

MIDNIGHT
NEW
OLD
OUT
REFLECTION
RESOLUTION
RIBBON
SNOW
TOAST
WINE



ANNOUNCEMENTS

Hubbardston Wii Bowling

The Hubbardston Wii Bowling Group participated in a tournament at the West Boylston Senior Center last week. Our Seniors won two out of three competitions.

The tournament schedule for the New Year 2019 will be out shortly.

Anyone interested in Wii Bowling should come by any morning around 9 AM.

New Trim Together Group

Starts Tuesday January 8th @ 10:30AM.

Sharing information about nutrition and exercise for the New year.

Swingin', Singin' Seniors Share their Music

The singers have had three concerts in the last several weeks, with a fourth and final one at the Barre Senior Center on Dec. 14th. They performed at the Holden Nursing Home, the annual tree lighting in Phillipston at the Congregational Church, a Town carol sing at the senior center, and later that evening at our own tree lighting on the Common.

None of the singers are professionals, (just our directors), and many of us don't even read music! We just like to sing, and invite any interested senior to join us. We meet on Tuesdays at 1:30 at the Senior Center.

Medicare—SHINE NEWS

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

Understand your Medicare options and contact a certified SHINE counselor.

Think Medicare Open Enrollment is over? Think again!

New in 2019, Open Enrollment is again open Jan 1st to Mar 31st for beneficiaries with Medicare Advantage plans (HMO,PPO) enabling you to...

- Switch to another Medicare Advantage plan
- Leave Medicare Advantage to join Original Medicare

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.

HOW TO SCHEDULE APPOINTMENTS FOR THE MART VAN

Call or leave a message for Sharon at 207-710-1777 or 978-928-1400 ext 210

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.

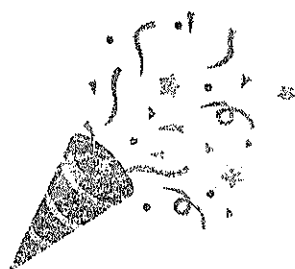
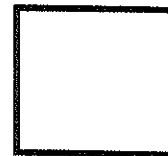
Shopping: Available as needed

- 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.

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
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