

Hubbardston Senior News

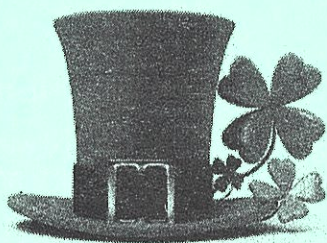
March 2019

Hubbardston
Senior Center

7 Main Street

Hubbardston, MA

978-928-1400 x 211



Irish Bressing

May you live a long life
Full of gladness and health
With a pocket full of gold
As the least of your wealth

May the dreams you hold dearest

Be those who come true

And the kindness you spread

Keep returning to you

A Prayer For You

I said a prayer for you today and know that God must have heard

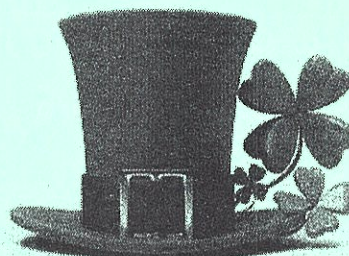
I asked that He'd be near you at the start of each new day

To grant you health and blessings and friends to share your way.

I asked for happiness for you in all things great and small.

But, it was His loving care

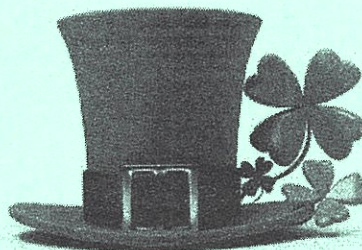
I prayed for most of all



Irish Bread

Directions:

Mix together by hand. Bake in a well greased loaf pan at 375 oven for one hour



Ingredients:

3 cups flour
3 tsp. baking powder
1/2 cup raisins
1 egg
1 1/4 cup milk
2 tbsp. caraway seed

Corned Beef & Cabbage

Ingredients:

3 to 4 lb corned beef brisket
8 small onions
8 medium carrots
4 potatoes, peeled and halved or quartered
2 turnups, cubed
1 medium green cabbage, cut into wedges
Caraway seed

Directions:

1. Place brisket in large kettle and cover with cold water.
 2. Cover tightly, simmer 3 1/2 hours or until tender.
 3. Skim fat from liquid.
 4. Add onions, carrots, potatoes, and turnups. Sprinkle with caraway seed.
 5. Cover, simmer 20 minutes.
 6. Remove meat to warm platter.
 7. Add cabbage, simmer uncovered 10 to 15 minutes longer or until vegetables are tender.
- *to carve meat, cut thin diagonal slices across the grain at a slanting angle from 2 or 3 "faces" of meat.

March MOC Meals Menu

Tuesday	Totals	Thursday	Calories
* All meals include 1% milk			
5 Chicken Picatta Tricolor Rotini Riviera Veg Blend w/ dinner Choc Cake & Choc Grahams	Calories 664 Sodium mg 1182	7 Roast Pork w/Apple Gravy Green Beans Dinner Rolls Mixed Fruit	Calories 512 Sodium mg 426
12 Hawaiian Meatballs White Rice & Tossed Salad Multigrain Bread Mandarin Orange	Calories 606 Sodium mg 638	14 Veg Gumbo Soup Roasted Turkey Sweet Potato Dinner Roll Strawberry Cup D. Fruit Yogurt	Calories 576 Sodium mg 727
19 Cheesy Cauliflower Soup Roast Pork w/gravy Yukon gold Potato w/ rolls Cinnamon Apples Scalloped Apples	Calories 697 Sodium mg 748	21 White Bean Kale Soup Shepherd's Pie & Multigrain Bread & Lorna Doones	Calories 699 Sodium mg 736
26 Autumn Harvest Soup Breaded Chicken Mac & Cheese Multigrain Bread & Pinnea	Calories 690 Sodium mg 1097	28 Meatloaf in Gravy Sr Cr & Chives Mashed Potato Green Beans Wheat Bread Almond Cookies D: Maple Grahams	Calories 938 Sodium mg 845

Chocolate

What's better than chocolate?

A partner who makes you laugh. A good guffaw can do wonders for your mood. It can also help your cardiovascular health. Laughing is one of the best things you can do for your heart. When you laugh, it dilates the arteries, and that decreases blood pressure and reduces how hard the heart has to work. Laughter also helps to lower levels of cortisol and other inflammatory compounds.
-Dr. Suzanne Steinbaum, Cardiologist

Bury Your Hatchets, Fight Your Blues

A study in Aging & Mental Health confirms that those who practice forgiveness end up with better mental health. Additional research has found that ruminating over unresolved conflict can raise the risk of heart disease, ulcers, and muscle pain. Apologizing helps mitigate those effects, experts say as long as you really mean it.

Follow these 6 steps to a sincere : "I'm sorry."

1. Express regret for what happened
2. Explain exactly what went wrong.
3. Acknowledge your responsibility.
4. Say you're sorry.
5. Offer solutions
6. Ask for forgiveness.

Not ready to make amends with the object of your anger? Just let bygones be bygones.

Expand Your Word Power

Big — adjective

- Large, giant, vast, great, gigantic, huge, enormous
- Of great force
- Of great strength
- Large or great in dimension, bulk

Example:

My mother was a big baker and so was my grandmother.

Positive Quote

Negativity and positivity use up the same amount of energy.

The difference is that one will drain you and the other will fill you up.

Cold VS Flu

Uh— oh. You have that spacy, tired feeling with a side of throat tickle. Is a cold coming on, or will you be flattened by the flu? Figure out what ails you so you can hit the road to recovery:

Symptoms

Your symptoms show up primarily above your neck: runny nose, coughing, sore throat, slightly swollen glands, and other aches and pains.

You have symptoms both above and below your neck. You've got all the signs of a cold plus a fever over 100° F, chest coughs, chills, and fun stuff like vomiting, diarrhea, and full body aches.

Severity

You feel mildly icky, and things get worse slowly. The first signs might include slight aches, a scratchy throat, a headache, and/ or a low-grade fever.

The flu hits you like a speeding train. You may first feel feverish at work, and by the time you get home you can barely muster enough energy to climb your porch steps. Every inch of you aches.

Can You Get Out Of Bed?

Yes, and you can walk around. Through you might not want to commute to work or schlep the kids, you can manage.

Absolutely not— you're flat on your back. Extreme fatigue is going to incapacitate you for at least a few days.

What Next?

Take it easy and rest up. Keep a water bottle attached to your hip and sip, sip, sip. Popping a pain reliever like ibuprofen or acetaminophen may temporarily perk you up. A cold can follow you around for as many as 10 days, but you don't have to quarantine yourself the entire time. Once you start feeling better, you're no longer very contagious, so you can head back to work as long as you're up

Plan to hunker down for three to seven days, and ask your M.D. to call in an Rx for Tamiflu ASAP." If taken within 48 hours, it will help you get better sooner and reduce the chance that you'll pass the virus to others," says Dr. Schaffner. You can go back to normal life 24 hours after your fever recedes on it's own but you'll probably be moving slowly for a bit.

Gardner Rehab Center Presentation

Gardner Rehab Center is giving a presentation on Hospital Discharge Planning.

- Learn how to plan ahead for care you may need after a hospital stay.
- Learn about types of care , how to choose a rehabilitation facility, and questions to ask your physician before and elective procedure.

Please join us at the Senior Center on April 17, 2019 at noon. Free lunch will be served



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March 2019

	MON	TUE	WED
Eggs are donated by Country Hen for Town seniors & town workers only	Bakery Goods & Produce donated by Price Chopper		
3	4 8 AM Coffee Hour Wii bowling Bingo 12:30 PM BOS meeting 6:30 PM Free Baked Goods (when available)	5 8 AM Coffee Hour Wii bowling Walking Club 8:30 AM Moc Meals 11:45 AM Singers 1:30 PM	6 8 AM Coffee Hour Wii bowling Workshop on Alzheimer Early Detection 10:00- 11:00 AM ** All Day Free baked goods & produce!
10	11 8 AM Coffee Hour Wii bowling Bingo 12:30 PM Free Baked Goods (when available)	12 8 AM Coffee Hour Wii bowling Walking Club 8:30 AM Moc Meals 11:45 AM Singers 1:30 PM	13 8 AM Coffee Hour Wii bowling Pitch 1:30 PM ** All Day Free baked goods & produce!
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24	25 8 AM Coffee Hour Wii bowling Bingo 12:30 PM COA Meeting 6:30 PM Free Baked Goods! (when available)	26 8 AM Coffee Hour Wii bowling Walking Club 8:30 AM Moc Meals 11:45 AM Singers 1:30 PM	27 8 AM Coffee Hour Wii bowling Computer Classes beg 4:30-6:00 PM Pitch 1:30 PM ** All Day Free baked goods & produce!
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Who Was Saint Patrick?

Was there really a St. Patrick? Definitely. Did he really drive the snakes out of Ireland? Probably not, since snakes weren't native to Ireland.

St. Patrick was born in Britain as Maewyn Succat. At age 16 (around AD 400), he was kidnapped from his home on the west coast and carried off to Ireland to become a slave who worked as a shepherd. After six years, he escaped; upon returning home, he received his call (in a dream) to preach the Gospel. He spent the next 15 or so years in a monastery, preparing for his missionary work. When he became a priest, his name was changed to patricius, and eventually, Patrick. Although some Christians lived in Ireland at the time, it was Patrick who spread Christianity throughout the land and brought an organized church into existence.

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. D. – Age Activated Attention Deficit Disorder. This is how it manifests:

- As I head toward the kitchen with a coke a vase of flowers on the counter catches my eye—they need to be watered.
- I set the Coke down on the counter, and I discover my reading glasses that I've been searching for all morning.
- I decide I better put them back on my desk, but first I'm going to water the flowers.
- I set the glasses back down on the counter, fill a container with water and suddenly I spot the TV remote. Someone left it on the kitchen table.
- I realize that tonight when we go to watch TV, I will be looking for the remote, but I won't remember that it's on the kitchen table, so I decide to put it back in the den where it I decide to put it back in the den where it belongs, but first I'll water the flowers.
- I splash some water on the flowers, but most of it spills on the floor.
- So, I set the remote back down on the table, get some towels and wipe up the spill.
- Then I head down the hall trying to remember what I was planning to do.

(To be continued)

Puzzle of the Month

I am composed of 4 letters.

My first's in a fish, but not in an owl.
My second's in shad, but not in a fowl.
My third's in a crab, but not in a quail.
My fourth's in a mackerel, but not in its tail.

My whole is a thing that it pays to hoe well.

(** Answer in next month's Newsletter)

Walking Group

Our Senior Center Walking Group has remained active during these winter months. When it is too cold or too slippery to walk outdoors we still try to get our steps in by walking indoors at a store or mall. Some members have joined a gym for the Winter months. We are planning some fun hikes off-site this Spring at the Quabbin Reservoir. Meanwhile we gather at the Senior Center at 8:30 AM on Tuesdays and Thursday. Come on down and join us!!

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

New classes to begin Tuesday April 2, @ 10:30AM. Sharing information about nutrition and exercise for a healthier lifestyle

Swingin', Singin' Seniors

Want to lift your spirits and meet a great bunch of people? Come to the senior center on Tuesdays from 1:30-3:00p.m and you will do just that! We are a small group (about 20 men and women) who range widely in age and musical talents. We sing for our own enjoyment and that of others. (OK, we do have to practice a little for others to enjoy us!) We are performing this month for the Templeton Seniors on March 26. You are welcome to come check out a rehearsal anytime and there are absolutely no requirements. (Just a joy of singing!) Feel free to call Nancy Afonso at 508-873-3348 with any questions!

Planning for Medicare - Tue, Mar 26th @ 6 PM

(Duration : 60 minutes)

Planning for Medicare is a presentation and discussion led by a Blue Cross Blue Shield of Massachusetts representative. It's geared toward all individuals approaching Medicare Eligibility. Topics covered include health insurance information outside of employer sponsored coverage, such as an explanation of Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans and programs available to early retirees, and COBRA. This presentation targets folks that may still be working but considering a transition to Medicare.

Upcoming Presentations:

- March 6th 10 AM-11AM. Alzheimer's Association presents 10 Early Detection signs.
- Free Computer Classes 6 classes 4:30-6 pm. March 27th and 29th April 3rd, 5th, 10th, and 12th, Call the Senior Center to Sign up!
- April 17th at Noon Gardner Rehab Center Presents Hospital Discharge Planning. Lunch will be served!

The Golden Age Club

The Golden Age Club will be sponsoring a St Patrick breakfast on Saturday March 16, 2019 from 8:00-11:AM. Come join us for a yummy breakfast and enjoy some fun Irish tunes.
Donations Accepted

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.

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

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