

# Hubbardston Senior News

May 2019

**Hubbardston  
Senior Center**

7 Main Street

Hubbardston, MA

978-928-1400 x 211

## Memorial Day: A Day to Really Remember

Memorial Day, along with Labor Day, seems to bracket the beginning and ending of summer in the New England that we love, with its time-honored rituals of parades, decorating graves and cookouts with family.

Last year was somewhat of a revelation to many townspeople. By custom, a modest number have lined Main Street to watch a very brief parade, applauded their children and other family members who marched, and some have gone on to view the ceremonies on the Common marking the real meaning of the occasion: remembering our veterans.

Last year, due to concerted efforts by a hard-working Memorial Day Committee, new energy was brought to the occasion. Many calls were made to veterans and seniors, inviting them personally to participate in the parade. The response was gratifying; a large contingent of veterans from all branches and various conflicts stepped up to the plate and marched. A float was made available for those physically not up to the march from Curtis Field, and a large contingent of seniors, waving flags and singing patriotic songs rode in another float. Both floats received an enthusiastic response of cheers and waves from those watching. A very meaningful program followed on the Common, and many people lingered to participate. It was a memorable day.

This year's remembrance of the day will be every bit as good; in addition to the floats from last year, the committee is seeking others. Any organization or business interested in participating should contact Claudia at the Senior Center. This year, the parade will be held on Monday, May 27, 2019 beginning at 11 AM at Curtis Field, with ceremonies to follow. With this time change, it is hoped that more in the day's events, as their afternoon will be free for decorating graves, having cookouts and visiting family. Army veteran and Town Administrator Ryan McLane will be the keynote speaker. A musical segment will feature Hubbardston's own Green family, and the Swingin' Singin' Seniors will also take part.

The Memorial Day Committee has been seeking a band for the parade, as the Quabbin band and the Al Youngman band were not available this year, but efforts have been unavailing. They are hoping that someone in town with a sound system might volunteer to help, so that marching music would be available for the parade.

Also, two trumpeters are needed to play "Taps" and it echo, as the band has done this in the past. Please call the Senior Center if you can help with either of these needs.

Children can do their part in the planned ceremonies, as three in grades 4 through 8 are being sought to recite "In Flanders Fields," Reply to "In Flanders Field," and "The Gettysburg Address." Children seeking to participate will practice with Jeanine Como at the Senior Center, with times to be arranged by calling Claudia.

The seniors and the Council on Aging are also sponsoring an Ice Cream Social after the ceremonies at the Senior Center; any help or donations would be welcomed.

Memorial Day is a special time, and definitely a teaching moment for parents and our townspeople. Traditions and respect for the past are taught by the older citizens to the younger, and remembering the sacrifices of those who died that our country might live should be a lesson no child should miss. This event is one that helps knit our community together as they contribute their time and talents to this occasion. Please come and bring your family!

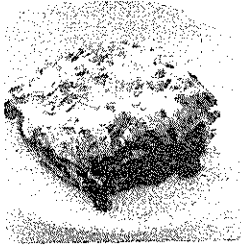
BJC



## Ravioli & Sausage Lasagna

### Ingredients:

4 links Italian turkey sausage  
 1 (7-oz) jar roasted red peppers, drained and coarsely chopped  
 1 Tbsp chopped fresh basil or 1 tsp dried  
 1 (26-oz) jar marinara sauce  
 1 (30-oz) package frozen large square cheese ravioli, thawed  
 1 cup shredded mozzarella cheese  
 2 Tbsp grated Parmesan cheese



### Directions:

Heat oven to 375 degrees. Cook sausage until done, breaking into small pieces with fork. Remove from heat. Stir in red peppers and basil. Spread one cup pasta sauce into a 2-quart baking dish. Top with a layer of twelve ravioli, then some of the sausage mixture, then mozzarella cheese. Top with one cup sauce, remaining ravioli and rest of sauce. Cover with foil. Place baking dish on cookie sheet. Bake one hour or until ravioli are tender when pierced with fork. Uncover, sprinkle with Parmesan cheese and bake five minutes, until cheese is golden brown. Let stand fifteen minutes before serving.

## May MOC Meals Menu

Tuesday	Totals	Thursday	Calories
		2 Grilled Chicken in Lemon Sauce Whipped potatoes, Tossed Salad, Multigrain Bread, Blueberry Buckle Diet: Cinnamon Grahams	Calories 691 Sodium mg 1044
7 BBQ Beef Burger on a Bun Mexicali Corn Tater Tots Mandarin Oranges	Calories 738 Sodium mg 536	9 Breaded Chicken Breast w/ Francaise Sauce, Broccoli au Gratin, Garlic Whip Potato, Dinner Rolls Strawberry Rhubarb Crisp Diet: Strawberry Yogurt	Calories 702 Sodium mg 1053
14 Grilled Chicken Breast w/ Supreme Sauce, Wild Rice Pilaf Tossed Salad Wheat Bread Peaches	Calories 511 Sodium mg 811	16 Mulligatawny Soup Salisbury Steak w/ Onion Gravy Whipped Potato Multigrain Bread Mixed Fruit	Calories 725 Sodium mg 745
21 Potato Pollock w/ Tartar Sauce Italian Green Beans, O'Brien Potatoes, Rye Bread Lemon Cake Diet: Chocolate Grahams	Calories 739 Sodium mg 900	23 Beef Stew Tossed Salad Pumpnickel Bread Pears	Calories 632 Sodium mg 490
28 Breaded Chicken Drumsticks Baked Beans, Cole Slaw Wheat Bread Strawberry Cup Diet: Banana Pudding	Calories 703 Sodium 998	30 Cold Plate White Bean Kale Soup, Cranberry Chicken Salad, Macaroni Salad Dinner Rolls, Chocolate Brownies Diet: Vanilla Yogurt	Calories 800 Sodium mg 1119

## Clean Up Your Skin Care Products

Skin care products, moisturizers, and other personal care items often include chemicals that are known or suspected to cause genetic mutations, reproductive impairment and even cancer. More than 1,300 chemicals have been banned in Europe, but the FDA has prohibited or restricted only 11 in the United States.

### Tips

If you find these three words on labels, replace the product with one that doesn't contain these toxins.

**Fragrance:** Many fragrances contain phthalates, known hormone disruptors. To be safe, always go "fragrance-free."

**Parabens:** They mimic estrogen, meaning they may disrupt the endocrine system. They've been linked to reproductive disorders and even skin cancer.

**Quaternium!** It releases Formaldehyde when it sits on the shelf. It's also a suspect in contact dermatitis.

## Expand Your Word Power

Happy — adjective

content, pleased, glad, joyful, cheerful, blissful, delighted, jovial

They are so happy that spring finally arrived and the flowers are blooming.

### Positive Quote

May your day filled with blessings. Like the sun that lights the sky and may you always have the courage to spread your wings and fly.....

unknown

## Alzheimer's Disease: Know the 10 signs

The Alzheimer's Association has created a list of warning signs for Alzheimer's and other dementias to help identify problems early. Individuals may experience one or more of these signs in different degrees.

1. Memory Loss That Disrupts Daily Life
2. Challenges In Planning Or Solving Problems
3. Difficulty Completing Familiar Tasks At Home, At Work Or At Leisure
4. Confusion With Time Or Place
5. Trouble Understanding Visual Images And Spatial Relationships
6. New Problems With Words In Speaking Or Writing
7. Misplacing Things And Losing The Ability To Retrace Steps
8. Decreased Or Poor Judgment
9. Withdrawal From Work Or Social Activities
10. Changes In Mood And Personality

## Protect Your Vision

You've heard that carrots keep eyes healthy, and it's true; The body converts beta-carotene into vitamin A, which nourishes the eyes, surface. Various whole foods can help prevent problems like age-related macular degeneration (AMD) and cataracts, while fried and processed foods wreak havoc by stressing the eyes, microvascular system.

Next time you're at the store, grab these fresh picks for clear vision.

- Black eyed peas.
- Mackerel.
- Kiwifruit.



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# May 2019

SUN	MON	TUE	WED
Eggs are donated by Country Hen for Town seniors & town workers only	Bakery Goods & Produce donated by Price Chopper		1 8:00 Coffee Hour Wii bowling 4:30-6:00 Computer Workshop  Baked goods & produce
5  Foxwood Trip 7:15 Curtis Field 7:30 -Depart (all to sign-up)	6 8:00 Coffee Hour Wii bowling 12:30 Bingo  Baked Goods! (when available)	7 8:00 Coffee Hour Wii bowling 8:30 Walking Club 10:30 Trim Class 11:45 Moc Meal 1:30 Singing Seniors	8 8:00 Coffee Hour Wii bowling 1:30 Pitch 4:30-6:00 Computer Workshop 6:30 Cultural Meeting Baked goods & produce
12  Happy Mother's Day	13 8:00 Coffee Hour Wii bowling 12:30 Bingo 6:00 Moosehorn Meeting 6:30 BOS Meeting  Baked Goods! (when available)	14 8:00 Coffee Hour Wii bowling 8:30 Walking Club 10:30 Trim Class 11:45 Moc Meal 1:30 Singing Seniors	15 8:00 Coffee Hour Wii bowling  Baked goods & produce 10:00-12:00
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**Spring Into Your Diet**

Detox diets are based on the false premise that your body needs a reboot to help get rid of toxins. In fact, the liver, kidneys, and gastrointestinal tract naturally remove harmful substances through the digestive process. Spring clean your diet the right way in three sensible steps:

- **Avoid added sugar.** Doing so may decrease harmful inflammation, reducing your risk everything from belly fat to low energy to aches and pains.
- **Reduce toxins.** Opt for organic meats, produce, and dairy to slash your expose to pesticide residues and bacteria.
- **Nix junk foods.** Tossing highly processed grains, meals, and snacks and opting for whole foods instead ensures that you get the nutrients you need.

**Bird watching combines exercise, pleasure, and the great outdoors. Here's how to do it comfortably:**

**Legs.:** Good balance helps steady your gait on uneven ground. To improve yours, try this three times a day exercise suggested by New York physical therapist and rehabilitative Pilates expert Denise Small. Stand on one foot at a time for 30 seconds while holding on to something stable.

**Neck.:** There's a term for the discomfort you feel after a day of looking skyward: warbler's neck. It results from neck joints compressed by constantly tilting your head backward. To prevent this: Lie on your back and tuck your chin toward your chest with your head resting on the floor. This Strengthens your neck flexors and extensors.

**Arms:** Some birders have trouble with tremors in their hands, which makes looking through binoculars difficult. If you do rest your arms on a stump or fence or, as Small suggest, lift your binoculars with your upper arms and shoulders.

**Walking Group**

Our Senior Center Walking Group gathers at 8:30 AM on Tuesdays and Thursdays. We enjoy a 2.5 to 5 mile walk. We are also planning some offsite walks this Spring at different areas. The DCR parks and the Quabbin Reservoir. Come on down and join us. Join.

**The Hubbardston Swingin' Singin' Seniors**

We are a group of men and women from many communities who love to sing and to share our hobby with others. New members are always welcome! (bring your friends from other towns!) We pride ourselves on having fun while learning and sharing our ideas. No music reading required, just a love of singing! We meet every Tuesday at the Senior Center from 1:30-3:00—stop by and check us out! The Mart van is available (24 hour advance notice required) to deliver you both ways to rehearsal.

While we sing for our own joy, we also share our music by performing at local nursing homes, senior centers, and local festivities. In March, we celebrated St. Patrick's Day with the Templeton Senior Center by presenting a concert and joining them with an Irish themed luncheon. We are planning two concerts in May, one in Barre and one in Winchendon along with singing at the Memorial Day Parade Celebration. We would also welcome any guitar players, piano players or any other accompaniment instrument! Please contact Nancy Afonzo at 508-873-3348 with any questions or just show up on a Tuesday at 1:30 at the Senior Center.

**Puzzle of the Month**

Six friends are all different heights. Jill is shorter than Lucy, Danielle is shorter than Sam, and Christine is shorter than Alex. Lucy and Sam are shorter than Christine. Lucy is shorter than Danielle. **Who is the tallest and the shortest?**

(Answer in next month's Newsletter)

\*\*\* Answer from last month's puzzle is (The car is 18 months old: the tires are a year old)

## ANNOUNCEMENTS

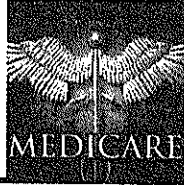
### Medicare—SHINE NEWS

#### 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.



### Trim Together Group

Please join us every Tuesday @ 10:30AM.  
Sharing information about nutrition and exercise for a healthier lifestyle

The next Foxwood Trip will be on May 5, 2019. The bus will leave the Rec. Field at 7:30 AM

The Hobby Show—May 11, 2019 from 9:00 AM -2:00 PM

Please contact Jane McCauley for additional information 978-928-3341

The Memorial Day Parade will begin at 11:00 AM on May 27, 2019

### Hubbardston Wii Bowling Team Update

Our Wii Bowling Team participates in tournaments with three other Senior Centers.

The schedules is as follows;

Rutland Senior Center May 17, 2019  
Sterling Senior Center June 21, 2019  
West Boylston Senior Center July 19, 2019

### Computer Workshop for Seniors Hubbardston Senior Center

Wednesday May 1st

Friday May 3rd

Wednesday May 8th

Friday May 10th

Time: 4:30-6:00 PM

Bring your own laptop or learn on one of ours!

Limited to 12 participants

Jean Dennett, Instructor

### I Phone I Pad Workshop

I phone and I pad (must bring your own)

Dates: May 22nd and 24th

Time: 4:00-6:00 PM

Richard Duncan, Instructor

### The Golden Age Club

The St. Patrick breakfast on March 16th sponsored by the Golden Age Club was a big success. We served approximately sixty and everyone enjoyed the hearty breakfast. A big thank you to all the volunteers that made this wonderful breakfast possible.

New members are always welcome. Please come join us.

### 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.

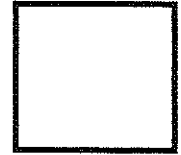
If you have any questions or concerns regarding the MART van services, please call Sharon @ 207-710-1777 or 978-928-1400 ext. 210.

**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**

**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**  
978-632-5452  
brendastarr148@hotmail.com  
**Roberta Keane**  
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**William Lipka**  
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**THIS PUBLICATION IS PARTIALLY FUNDED  
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