



# Senior Times

The Voice of the Hubbardston Sen-

March 2024

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Beverly Kolstrom

The legend of Saint Urho was the invention of a Finnish American named Richard Mattson, who worked at Ketola's Department Store in Virginia, Minnesota in the spring of 1956. Mattson later recounted that he invented St. Urho when he was questioned by coworker Gene McCavic about the Finns' lack of a saint like the Irish St. Patrick, whose feat of casting the snakes out of Ireland is remembered on St. Patrick's Day.<sup>[2]</sup> In fact, the patron saint of Finland (except for the Orthodox Church of Finland) is the bishop Saint Henry, whose feast day occurs on January 19.

According to the original "Ode to St. Urho" written by Gene McCavic and Richard Mattson, St. Urho was supposed to have cast "*tose 'Rogs*" (those frogs) out of Finland by the power of his loud voice, which he obtained by drinking "*feelia sour*" (sour whole milk) and eating "*kala mojakka*" (fish soup).<sup>[3][4]</sup> The selection of the name Urho as the saint's name was probably influenced by the accession of Urho Kekkonen to the presidency of Finland in 1956. (Similarly, St. Urho's Pub in Töölö, Helsinki, is known to have received its name from Urho Kekkonen and has nothing to do with Saint Urho).

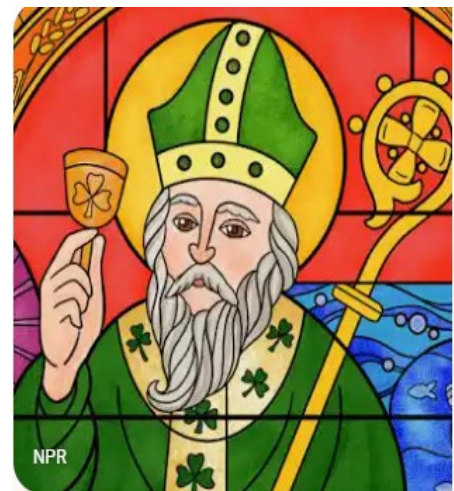
<sup>[6]</sup> *Urho* in the Finnish language also has the meaning of *hero* or simply *brave*.



Wikipedia

[https://en.wikipedia.org/wiki/Saint\\_Urho](https://en.wikipedia.org/wiki/Saint_Urho)

- Among the legends associated with St. Patrick is that he stood atop an Irish hillside and **banished snakes** from Ireland – prompting all serpents to slither away into the sea. In fact, research suggests snakes never occupied the Emerald Isle in the first place. There are no signs of snakes in the country's fossil record.
- According to tradition, leprechauns wore red, not green. They wore fine clothes. They liked to play tricks and made shoes for a living
- More than 100 St. Patrick's Day parades are held in the United States, with the largest celebrations taking place in New York City and Boston.



- Legend says that each leaf of the clover means something. The first is for hope, the second for faith, the third for love, and the fourth for luck.

## Congratulations to Claudia Provencal!

On February 10th, Claudia Provencal, our Director here at the Council on Aging, was recognized for her contribution to our community by winning the Humanitarian Award from the Regional Lions Club. This a group of 42 towns and each nominated a person in their town to be recognized with one being chosen the winner.

We're all very proud of Claudia. For more than 15 years, she has been the driving force that has brought our Senior Center to life and made it relevant to the community. Because of her efforts, Hubbardston has the reputation of being one of the friendliest and most welcoming Senior Centers in the area.



### Bonnie's Bits Dollars Spent: ZERO Payoff: PRICELESS

Yes, you can help your fellow man without ever opening your wallet.

- ◆ Give blood -
- ◆ Volunteer at a local soup kitchen or food pantry
- ◆ Visit nursing home residents
- ◆ Help at an event at your kid's high school
- ◆ Volunteer with Meals on Wheels to deliver turkey meals to those in need this Thanksgiving.
- ◆ Play with pets in an animal shelter
- ◆ Foster a dog or cat
- ◆ Join a mentoring organization to help guide kids in your community.
- ◆ Clean up obvious litter on your next walk.
- ◆ Make a dish for your church's potluck
- ◆ Help your kid's school start a garden
- ◆ Read to people with low or no vision
- ◆ Gather a few friends and help clean up a local park
- ◆ Sign the back of your driver's license to be an organ donor.
- ◆ Sweep or shovel your elderly neighbor's side walk on driveway when you do your own.
- ◆ Donate things that you no longer use or need—clothing, household goods, toys, books.
- ◆ Got old eyeglasses? Stick them in a box or padded envelope and mail to New Eyes for the Needy.
- ◆ Hold the door for someone
- ◆ Ask a person who looks lost if they need help.
- ◆ Offer to hold a baby when a mom is trying to fold the stroller.
- ◆ Walk a sick friend's dog
- ◆ Hand out water to runner during a race.
- ◆ Tell an elderly person you'd love to listen to stories about the good old days

### State Rep Visit

March 27

10-11 am

Hubbardston Senior Center

Come have a cup of coffee and share your concerns with the staff of our State Reps.

## Hubbardston Nonsuch Garden Club



Senior Center  
Slade Building  
March 14<sup>th</sup>

7:00 pm

Meet other Hubbardston gardeners to  
Share and learn

All are Welcome!



This meeting, learn a process called:  
• Winter Sowing





# Read Across America

**Friday, March 8, 2024  
9:00-9:45 AM**

## THE HELP WE NEED:

Community members interested in helping us celebrate Read Across America Week with us by reading a story to a classroom and giving a brief description of who you are and what role you play in our community.

## JOIN US

at  
Hubbardston  
Center School



If you are interested in helping us, please email our Principal Erin Cook at [ecook@qrsd.org](mailto:ecook@qrsd.org) by 2/26/2024



**Want to go to an activity at the Senior Center? Like to sing? Play bingo? Knit? Play "Pitch" or Cribbage? Do Wii Bowling? Sketch or paint? Call Sharon at 207-710-1777 to schedule the Van. (Rides to and from the senior center are free.)**

## Upcoming

Sewing Circle will be meeting on Monday, March 5th and 18th from 10-2 pm in the basement of the library. Bring your sewing machine and project. Great conversations and collaboration.

May the holes in your nets be no larger than the fish in it. Irish Saying

Coffee & Community Conversation  
March 26th  
8:30—9:30 am  
Stars & Stripes Diner

Connect with your town government! Come have a cup of coffee with Nate Boudreau, our Town Admin, and bring your questions!

### The Art Group

Looking for a volunteer to lead this group of talented artists. Meets every Friday from 9-11 am. All mediums welcome! For more information, call Cindy at the Senior Center.

978-928-1400 x211 or 978-928-5526

### Important Town Dates

**Vote March 5th**

**Presidential Primary**

**Dog Licenses due March 31st**

Congratulations to the winner of  
the COA Raffle

Cheryl Jones

Thank you all for your support!

May you live as long as you want and never want as long as you live. Irish Saying

Love to sing? The Hubbardston's Swing-in' Singin' Seniors are always welcoming new voices. They every Tuesday at 1:30 pm. Come have fun and lift your spirits!



Here's to health, peace and prosperity. May the flower of love never be nipped by the frost of disappointment, nor shadow of grief fall among your family and friends. Irish Toast

### Book Club

Our next meeting is March 27th at 11 am. This month's book is *The Perfect Storm* by Sebastian Junger. Would you like to join us for stimulating discussion? Call the Library at 978-928-4775 to get the book.

## Fundraiser

St Patty's Day Luncheon

March 16th 12 -2 pm

Sandwiches

Baked Potato Bar

Dessert

\$7.00 per person

Lottery Ticket Raffle

Hosted by

The Friends of the Hubbardston  
Senior Center

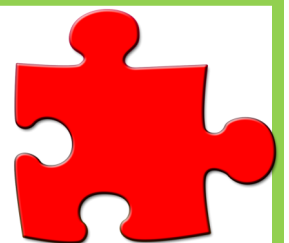


# Associated with the Holidays

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

- HALLOWEEN
- LABORDAY
- PICNIC
- CHILDREN
- SWIMMING
- CHRISTMAS
- MEMORIAL
- PARK
- FAMILIES
- HIKING
- THANKSGIVING
- LENT
- HOT DOGS
- BLANKETS
- GAMES
- EASTER
- FOOD
- BURGERS
- TENTS
- RIDES

*Don't forget- We have puzzles—a great activity that stimulates those brain cells! Come to the Senior Center to see our collection and borrow one.*





We're on our way! The process has started! Thank you to everyone who helped get this project off the ground. More updates to follow!


No wise man ever wished to be younger. Jonathan Swift, Irish satirist, essayist

### The Friends of the Hubbardston Senior Center


We are an 501 C3 (tax exempt organization) which has a mission to support the needs of the Hubbardston Council On Aging. Over the years, we have helped the Senior Center by funding the upgrade to the center in the way of cabinets, appliances, shed, air purifier during Covid, copy machine, and many other needs.

All these improvements were made without tax payer monies. Recently, thru ongoing fundraising efforts, The Friends were able to contribute \$20,000 towards the construction of the patio. Once the construction is completed, the patio will need furniture, umbrellas for shade, etc.

At this time, we would like to remind current members that it is time for annual dues to be paid, and we encourage new members to join us. In May, we will be holding our annual meeting at which time we will be installing officers. We have a few open positions available – so if you want to participate in giving back to the community, and have great ideas for fundraising, we need you! Individual dues is \$10.00. Call Ed Gossin at 978-353-9649.



Keep Hubbardston Beautiful  
 April 20th 8- noon at the rec field  
 Girl Scouts – bottle and can drive  
 Boy Scouts – Metal recycling only – no electronics



May you be at the gates of heaven an hour before the devil knows you are dead. Irish saying.

### The Golden Age Group

At the February meeting, we decided to change our luncheon outing to Monty Tech from February to a date in March. We have had such a round of activity the past few months. Our meeting January 17th was very informative with a presentation on medical cannabis. We had a great time at Stars and Stripes Diner one day for lunch. The food was great, and Wanda made sure the presentation was extra special. Lots of us attended the Valentine luncheon on the 11th. After our last meeting, we had a fun craft class making giant paper snowflakes. Thank you to Anita Falco for taking the time to teach us that craft!

A reminder: Your membership dues (\$5.00) for this year are due now. If you're not a member yet, please consider joining. Anyone interested in knowing what's coming up for our active member outings, be sure to attend the first meeting every month. That's when we plan all the fun stuff for that month.

## TIME TO APPLY

### Low-income Home Energy Assistance Fuel is expensive, and winter is long!

Acquiring fuel assistance requires a lot of documentation, but the savings are well worth the effort. We have just the person to help. Call the Senior Center at 978-928-1400 x211 to make an appointment with Pat Lamoureux. She can help with the paperwork.

Fuel Assistance—978-342-4520 (NEFWC); 978-342-9407 (Salvation Army);  
877-563-4645 (Joe for Oil)

## SHINE

### Medicare Advantage Open Enrollment Period

If you are in a Medicare Advantage plan on January 1st, you can again make a change to your Medicare health coverage. The Medicare Advantage Open Enrollment Period runs from January 1st through March 31st. This is especially important if your doctor no longer accepts your Medicare insurance in the new year. Contact the Senior Center if you have any questions for your SHINE counsellor on this matter at 978-928-1400 x211 for an appointment.

Hubbardston Extends Veterans Services  
with New Office Hours

Make an appointment to see our  
Veterans Agent Lauren Wright  
978-928-1400 X 244  
or email [vet@hubbardstonma.us](mailto:veter@hubbardstonma.us)

## MART VAN TRANSPORTATION

Contact Sharon at 207-710-1777 or 978-928-1400 x210.

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 where 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 he or she has any major medical procedures.

### Shopping: Available as needed

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

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



# March 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Art Group 9-11 am Pitch 6:30 pm	2
3	4 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	5 Coffee 9-11 am Wii-Bowling 9-11 am Knitting 10-noon <b>Soup Day 10 am</b> Singing 1:30 pm	6 Coffee 9-11 am Wii-Bowling 9-11 am Golden Age 1:00 pm	7 Coffee 9-11 am Wii-Bowling 9-11 am Cribbage 12:30 pm	8 Art Group 9-11 am	9
10	11 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	12 Coffee 9-11 am Wii-Bowling 9-11 am Knitting 10-noon Singing 1:30 pm  Friends 5 pm	13 Coffee 9-11 am Wii-Bowling 9-11 am Pitch 1:30 pm	14 <b>Eggs 9-noon</b> Coffee 9-11 am Wii-Bowling 9-11 am Cribbage 12:30 pm  <b>Garden Club 7-9 pm</b>	15 Art Group 9-11 am Pitch 6:30 pm	16 <b>St. Patty Day's Luncheon 12-2 pm</b>
17	18 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	19 Coffee 9-11 am Wii-Bowling 9-11 am Knitting 10-noon <b>Soup Day 10 am</b> Singing 1:30 pm	20 Coffee 9-11 am Wii-Bowling 9-11 am Golden Age 1:00 pm	21 Coffee 9-11 am Wii-Bowling 9-11 am Cribbage 12:30 pm	22 Art Group 9-11 am	23
24	25 Coffee 9-11 am Wii-Bowling 9-11 am Bingo 12:30 pm	26 Coffee 9-11 am Wii-Bowling 9-11 am Knitting 10-noon Singing 1:30 pm	27 Coffee 9-11 am Wii-Bowling 9-11 am <b>Rep Visit 9-9:45</b> Book Club 11 am Pitch 1:30 pm	28 <b>Eggs 9-noon</b> Coffee 9-11 am Wii-Bowling 9-11 am Cribbage 12:30 pm	29 Art Group 9-11 am	30
31						



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**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. They seek to create an environment that is socially and intellectually stimulating, promotes interconnectedness and unity among older residents and encourage them to pursue healthy, active, independent lives.

### Meet Your Council On Aging Members

**DIRECTOR**

**Claudia Provencal**  
978-928-1400 x211  
Please leave a message.  
Home: 978-928-5195  
coa@hubbardstonma.us

**CHAIR**

Florence Pervier  
**SECRETARY/OUTREACH WORKER**  
Mary Ellen (Mel) Shaughnessy  
**TREASURER**  
Ken Horvath

**MEMBERS**

Nancy Afonso  
Susan Breagy  
William Lipka  
Lorraine Michals  
John Nason

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