



Among Friends

AUGUST 2007

HOLDEN COUNCIL ON AGING • 1130 MAIN STREET • HOLDEN, MASSACHUSETTS 01520

HCOA BOARD

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Barbara Tarkiainen,
Vice President
Mary Hilla, Secretary
Ann Lundquist, Treasurer

TELEPHONE NUMBERS

Senior Center 508.829.0270
Director 508.829.0272
Transportation 508.829.0273
Nutrition Site 508.829.0201
Lunch Reservations
Veterans' Agent 508.829.0244
Fax 508.829.0214

HOURS

Monday through Friday
8:00 a.m. to 4:00 p.m.
(June 25-August 31)

CINDY'S CORNER

It wasn't hard filling the summer days when you lived on a farm.

There was always something to do, Nana made sure of that!!

When we weren't playing cowboys and Indians, or pretending we were tree fairies or exploring the meadows and woods that ran behind the house, Nana would find chores for us to do.

We would be asked to help churn butter, gather eggs, shell peas, or snap beans. There was always laundry to be hung out on the old clothes lines, then take them down after they dried (STIFF AS A BOARD) and bring them in for Nana to sprinkle and iron. I wasn't allowed to iron, but that was okay with me.

There would be walks to the local grocery store to get bread or coffee, and maybe a Popsicle for me.

Most of the day, we would wander through the meadows and pick wild-flowers; Devil's Paint Brushes, Bluets, Daisies, and too many others to mention. We would wade through the brook, slipping and sliding on the slimy bottom.

There were always berries to pick, blueberries, raspberries, blackberries and huckleberries.

We were supposed to be picking them for Nana, so she could make a pie or muffins, but by the time we got through eating as we picked, there was never quite enough to bake with. That didn't make Nana very happy.



TROUT BROOK PICNIC - FRIDAY, AUGUST 31

We will hold our annual senior picnic on Friday, August 31st from 11:00 a.m. to 2:00 p.m. at Trout Brook Reservation, Manning Street in Holden.

We will have games, like badminton, croquet and bingo. The menu for lunch will be hotdogs, hamburgers, salad, and corn on the cob. We ask you to bring a dessert to share with everyone.

Lunch will be served at 12:00.

If you would like to come earlier to help with the setup or shuck corn, please be there at 10:30.

Our entertainment this year will be music from the Big Band Era.

We will have a scavenger hunt with a prize going to the team with the most items.

We ask that you park in the lot. The Senior van will be there to shuttle you to the pavilion, if you cannot walk.

Call Maureen at 508-829-0270 by Wednesday, August 29th to sign up.



ANTI-AGING OR GRACEFUL AGING?

Today's newspaper headlines about anti-aging creams and treatments and the "fight to cure aging" testify to our culture's youth obsession. But Andrew Weil, MD, clinical professor of medicine and director of the Integrative Medicine program at the University of Arizona, debunks "aging cures." In his latest book, Healthy Aging: A Lifelong Guide to Your Physical and Spiritual Well Being, he points out that nobody is growing younger.

Successful aging means realizing that "old" can mean "good." Old wines, aged cheeses and valuable antiques lend taste, richness and a historical perspective not found in "new." So, it is with people who have attained wisdom, serenity, power and grace not possible in youth.

But failing to maximize assets to prolong your vitality is foolish. Weil's philosophy is this: "Do everything in your power to delay the onset of age-related disease and live as long and as well as possible."

But how do we delay age-related diseases? Weil links diabetes, asthma, rheumatoid arthritis, systemic lupus, multiple sclerosis, inflammatory bowel disease-even dementia and some cancers-to unchecked inflammation. "Infection, toxic injury and stress can all initiate auto-immune reactions in susceptible people, though in many cases the triggers are unknown," Weil stresses.

Food choices can determine whether you are in a pro-or anti-inflammatory diet. His diet is low in fat and animal protein, emphasizing the benefits of colorful vegetables, fish and Omega-3 rich foods, whole grains and supplements.

He also embraces healing traditions from other cultures, while continuing to advocate the best of Western medicine. Along with preventing disease through diet, preventative screening, immunizations and early treatment of such things as high blood pressure and cholesterol, Weil offers this advice: "Do not deny the reality of aging, or put energy into trying to stop it. Use the experience of aging as a stimulus for spiritual awakening and growth."

Weil's book is filled with useful information and is well worth your time. Or, for a price, you can get details on the anti-inflammatory diet, recipes, community support, and the tools you need to begin your journey toward graceful aging on line at www.drweilonhealthyaging.com.

The Friends of the HCOA will be hosting a breakfast in conjunction with the Annual Meeting on September 15, 2007 at 9:00 am at the Holden Senior Center. Anyone who is a current member of the Friends may attend. Please bring your membership card with you. To make your reservation, please stop in at the Senior Center or call at 508-829-0270 by September 10, 2007.

THE ROLE OF PHYSICAL FITNESS

Growing old with style requires you to be active and physically fit. In the Blue Zones study published in National Geographic, the oldest people in all three regions shared a common value; be active every day. Sardinian men, who often live to 100, thrive on outdoor physical labor into their 70's and 80's.

A National Institute on Aging publication, Exercise: Getting Fit For Life, states that it may be more dangerous not to exercise, regardless of age. Further, the combination of physical inactivity and poor eating habits is second only to smoking as the greatest underlying cause of death in the United States.

Conversely, regular exercise nets huge benefits: improved strength, endurance, flexibility, balance and coordination, mood and attitude. Exercise is critical, if you want to delay the onset of age-related diseases.

Get started today. Work with a trainer, a friend or alone, at a gym or at home. Just do it!!

MEMO FROM THE HOLDEN POLICE DEPT.

This is the time of year that the traveling criminals (so-called gypsies) come into the area and prey on our elderly residents who live alone. They tend to work in pairs, but may be alone. These people use many types of deceptions to gain entry into private homes. One common type of scam during this time of year is driveway and home repair scams. They will claim they are working in the area and have extra material (asphalt, roofing shingles) and offer the extra material to the victim at a "cheap price." This price is still thousands of dollars. If any work is performed, which is unlikely, the material and quality of work is very poor.

Another type of scam these people do is claiming to be from the water department (or some other public utility company). They will make some statement to get in the house. For example, they might say there is a water break, and they need to check the pipes in the basement. As the victim accompanies one of the workers, the other is stealing valuables inside the house. Usually these traveling criminals drive in unmarked vehicles or have magnetic signs on their vehicles. The vehicles tend to be registered out of state. **Prevention tips:** If someone tries to sell you something and it sounds too good to be true, it could be a scam. Don't pay in cash, which is what the traveling criminals usually want. Don't let anyone inside your house, unless they show you an ID. Even after they show you an ID, if you still feel nervous, call **911** and the police will determine who these people are. As we tell our kids not to talk to strangers, adults have to remember this also. For the traveling criminals, this is their job, and they are very good at deception.

FRIENDS OF HOLDEN COUNCIL ON AGING BY-LAW CHANGES

ARTICLE III MEETINGS

Section 5 (Existing): A quorum to transact business shall consist of any fifty members and two officers of the corporation.

Section 5 (Proposed): A quorum to transact business shall consist of any fifteen members and two officers of the corporation.

ARTICLE V ELECTIONS

Section 2 (Existing): THE OFFICE OF PRESIDENT SHALL BE EXTENDED AT THIS TIME FOR TWO YEARS UNTIL SEPTEMBER 2003.

Term of office shall be one (1) year and until a successor is elected. Directors shall be elected and shall serve for a three (3) year term.

Section 2 (Proposed): The Office of President shall be for two (2) years and until a successor is elected. Directors shall be elected and shall serve a three (3) year term. Officers shall not serve in the same office more than three (3) years.

ELDERHOSTEL AMBASSADOR

Discover more than 8,000 learning adventures in all 50 states and more than 90 countries abroad. Elderhostel offers in-depth and behind the scenes learning experiences for almost every interest and ability. History, culture, nature, music, outdoor activities such as walking and biking, individual skills, crafts, study cruises. Enjoy these and many more with the not-for-profit leader in educational travel for older adults.

An ambassador will be with us on Monday, August 27th at 12:30 bringing information and brochures about upcoming trips.

HOLDEN REHAB AND NURSING CENTER

Christine Oriol, Admissions Director, will present a program about services available at Holden Rehab and Nursing Center on Monday, August 20th at 12:30. Meet their administrator and director of nursing services. A special dessert will be served.

PICNIC ON THE PORCH

On Wednesday, August 8th at 12:00, we will be serving a special lunch of Chicken –Kabobs, rice pilaf, tossed salad, Pita bread and a surprise dessert.

This will be served for the congregate sight only. Come and enjoy what we have left of summer on our beautiful porches. Call the Senior Center at 508-829-0270 to sign up.



THE ART OF BEEKEEPING

Beekeeper, Mark Hume will be with us on Monday, August 13th to discuss his hobby of beekeeping.

Beekeeping is one of the oldest forms of food production. Some of the earliest evidence of beekeeping is from rock painting, dating to around 13,000 BC. It was particularly well developed in Egypt.

Beekeeping was traditionally practiced for the bees' honey harvest, although nowadays crop pollination service can often provide a greater part of a commercial beekeeper's income. Other hive products, pollen, royal jelly, and propolis, which are also used for nutritional and medicinal purposes, and beeswax, which is used in candle making, cosmetics, wood polish, and for modeling. Mark will bring along some of his honey and other products, like hand cream and other items for sale.

ARE YOU HUNGRY FOR FRESH VEGETABLES?

The Holden Senior Van provides Monday and Wednesday afternoon trips to Cournoyer's Farm. Call Naomi at 508-829-0273 for a ride.

HOLDEN DAYS

The Holden Senior Center will be open for Holden Days on August 25th from 9:00 am to 3:00 pm. We will be serving coffee and donuts in the morning and a light lunch at noon. We will also have a mini fair highlighting the crafts of the crafters participating in our fair this fall, and a bake sale.

MUSICAL BINGO



Join us on Monday, August 6th directly after lunch as we combine the fun of bingo with music. You will be humming along to the song version of the classic game. Some of the old favorites you will be listening to include: After the Ball, For Me and My Gal, I'm Forever Blowing Bubbles, just to name a few.

If you enjoy this new form of bingo, we will schedule it again in the future. We will have prizes!!!

ALL ABOARD FOR AMERICA

Holden resident, Marilyn Hyson has developed a program we would like to hold at the senior center sometime in the near future, if there is enough interest. We are about our forefathers coming to America. Chairs will be arranged by 8 V-shape sections to represent ships. Native Americans will welcome them. United Kingdom, Canada, Switzerland, Ireland, Lithuania, Latvia, Romania, Belgium, Netherlands, Scandinavia. If you would like more information about this program, call Cindy at



will need at least 30 seniors. This is a program are arranged by 8 V-shape sections to represent Ships will be leaving: France, Spain, Portugal, Italy, Austria, Germany, Poland, Russia, lands, Scandinavia. If you would like more 508-829-0270.

INTERNATIONAL DAY-NEW ZEALAND

Join us for an exciting arm-chair tour of beautiful New Zealand on Thursday, August 23rd at 12:30. This is a country in the south-western Pacific Ocean comprising of two large islands (the North Island and the South Island) and numerous smaller islands, most notably Stewart Island/Rakiura and the Chatham Islands. New Zealand is notable for its geographic isolation, being separated from Australia to the northwest by the Tasmanian Sea, approximately 2000 kilometers, 91250 miles across. Its closest neighbors to the north are New Caledonia, Fiji and Tonga. You will get to sample a dessert made with Kiwi fruit, which is grown in New Zealand.

*Trip Talk With Nancy***Two Day Cape Cod Tour featuring Provincetown & Martha's Vineyard, September 13-14, 2007**

\$245.00 per person Twin/ \$225.00 per person Triple/\$295 per person Single.

The trip includes: *1 night accommodations at the International Inn, Hyannis, MA *1 Breakfast at your hotel *1 Dinner at your hotel *All sightseeing & admissions per itinerary *All taxes, baggage handling, service charges. *Deluxe Motor coach Transportation.

Wright's Chicken Farm & Appleland Orchard, Smithfield, RI, September 27, 2007

Your motor coach will depart at 10:15 am—Holden Senior Center. Lunch included at Wright's Chicken Farm Restaurant. The most important part of the Wrights Farm Restaurant story remains the fabulous dinners served family-style. Lunch begins with rolls made daily in their own bakery served along with crisp, fresh salad topped with Wright's Farm Classic Italian Dressing, followed by family-size portions of shell macaroni, truly unique French fries and their Famous Chicken! Afternoon visit to Appleland Orchards in Smithfield, RI. Appleland Orchards offers a variety of Homemade Pies, Fresh Apple Cider and, of course, several varieties of gourmet Apples! Cost of the trip is \$45 per person.

Heart of New England Foliage Tour, Thursday, October 18, 2007

Your motor coach will depart the Holden Senior Center at 9:15 am.

Your first visit is to Eaton Farm Confectioners located in Sutton. You will tour the facility, have a candy demonstration as well as free samplings. Lunch is included at the Cocks 'n Kettle Restaurant in Uxbridge MA.

This revolutionary war-era building is listed in the National Register of Historic places.

A visit to a local apple orchard before returning home.

Meal choices: 1. Baked Haddock. 2. Boneless Breast of Chicken. \$50.00 per person.

Nashoba Valley Wine & Cheese Tour, Thursday, November 1, 2007

Your motor coach will depart the Holden Senior Center at 9:30 am. Your day begins with a stop at Smith's Country Cheese nestled in a picturesque spot on a hill in Winchendon, MA. You'll enjoy a tour through the "cheese making" and sample some of Smith's famous "baby gouda". Time to visit the "cheese store" before departing. Lunch is included at the 1761 Old Mill Restaurant. This restaurant prides itself as being one of the oldest restaurants in New England and serving over the years, the finest food with old-fashioned New England Hospitality! Our last stop is the Nashoba Valley Winery! You'll experience an informative winery tour and, of course, Wine Tasting. Everyone will go home with a free wine glass.

Meal Choices: 1. Baked stuffed Fillet of Sole. 2. Yankee Pot Roast. (Served with juice, potato, vegetable, corn fritters, dinner rolls, apple crisp with ice cream, beverage.) Cost is \$55 per person.

Trips Operated by "Jodie's Place, Inc."

AUGUST HIGHLIGHTS

WED., AUG. 1...NEW YORK LIFE PRESENTATION 10:00
MON., AUG. 6...MUSICAL BINGO 12:30
WED., AUG. 8...LUNCH ON THE PORCH 12:00
MON., AUG. 13...BEEKEEPING TALK W/MARK HUME 12:30
THURS., AUG. 16...ICE CREAM SUNDAE PARTY & MOVIE 12:30
MON., AUG. 20...ORIOLE HEALTH CARE PRESENTATION 12:30
THURS., AUG. 23...INTERNATIONAL DAY-NEW ZEALAND 12:30
MON., AUG. 27...ELDER HOSTEL PRESENTATION 12:30
FRI., AUG. 31...TROUT BROOK PICNIC 11:00-2:00

MOVIES

THURS., AUG. 2...FANDANGO, STARRING KEVIN COSTNER
THURS., AUG. 9...CHARLOTTE'S WEB
THURS., AUG. 16...ROCKET GIBRALTAR, WITH
BURT LANCASTER
THURS., AUG. 23...TRAVELOGUE OF NEW ZEALAND
THURS., AUG. 30...GUARDING TESS, WITH SHIRLEY
MACLAINE AND NICOLAS CAGE

FRIENDS OF THE HOLDEN COUNCIL ON AGING

I Would Like to:

- Renew My Membership
 Become a New Member

Enclosed is my \$5.00 donation

Please send card to:

NAME: _____

ADDRESS: _____

TELEPHONE NUMBER: _____

You Can Stop by the Senior Center to Join or
Mail Your Membership To:

Holden Senior Center
1130 Main Street
Holden, MA 01520

Friends of the Holden COA
Holden Senior Center
1130 Main Street
Holden, MA 01520

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