



Among Friends

FEBRUARY 2008

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

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Senior Center 508.829.0270
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Nutrition Site 508.829.0201
Lunch Reservations
Veterans' Agent 508.829.0244
Fax 508.829.0214

HOURS

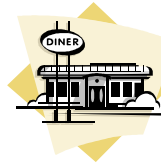
Monday through Friday
8:30 a.m. to 4:30 p.m.

CINDY'S CORNER

The other day, my husband and I thought it would be nice to go out for dinner. It's always hard for us to decide where we would like to go, because there are so many restaurants to choose from.

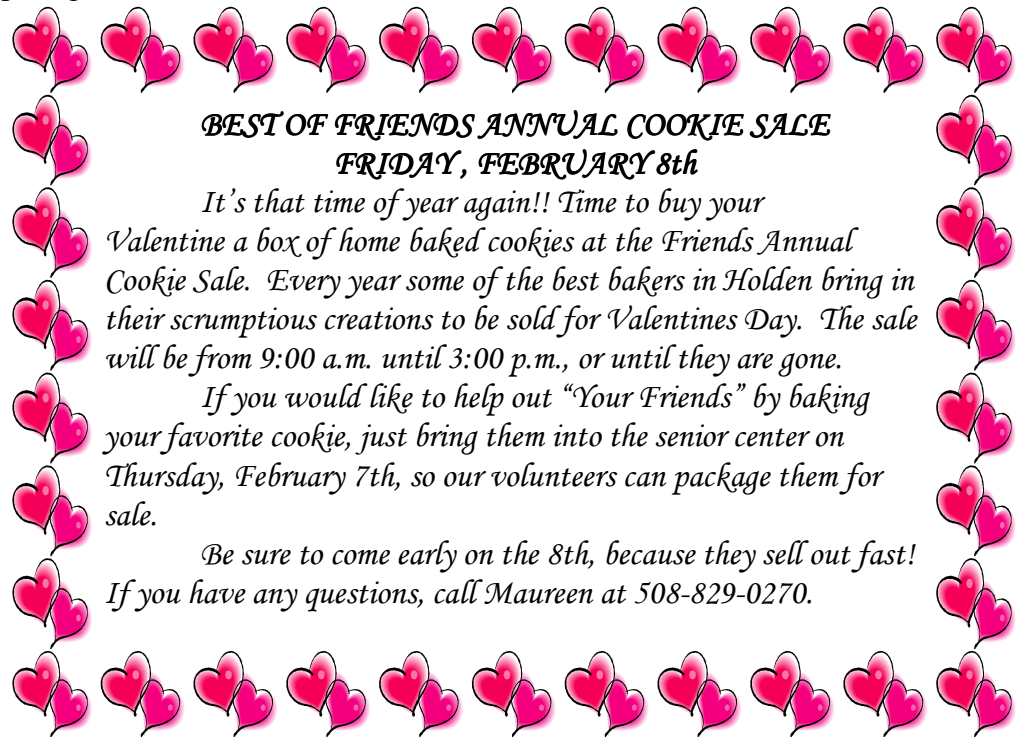
When I was a kid it was a real treat to eat in a restaurant. If we ate out it was usually at a diner. There were many diners around in those days. No fancy food, just good, stick-to-your-ribs comfort food. You could get meatloaf, breakfast all day or a triple Decker club sandwich just to name a few of the items on the menu. We never went to a fancy restaurant. There really weren't that many around. The only one I can remember is Putnam and Thurston's. I think I may have gone there once as a child, but my husband and I would go there for a special occasion.

was small, his parents took the silver cup which they had the restaurant carrying it and mother looked into the cup a dollar's worth of change in



He tells the story that when he brought him there for lunch. He had a lit-brought along. He toddled around when he got back to the table, his and low-and-behold he had about the cup!

It used to be a treat to go out for dinner, usually it was a special occasion like a birthday or anniversary. Now-a-days, we think nothing of heading out to eat instead of cooking at home. For a lot of families, staying home and preparing dinner is now considered a treat, not a chore.



BEST OF FRIENDS ANNUAL COOKIE SALE FRIDAY, FEBRUARY 8th

It's that time of year again!! Time to buy your Valentine a box of home baked cookies at the Friends Annual Cookie Sale. Every year some of the best bakers in Holden bring in their scrumptious creations to be sold for Valentines Day. The sale will be from 9:00 a.m. until 3:00 p.m., or until they are gone.

If you would like to help out "Your Friends" by baking your favorite cookie, just bring them into the senior center on Thursday, February 7th, so our volunteers can package them for sale.

*Be sure to come early on the 8th, because they sell out fast!
If you have any questions, call Maureen at 508-829-0270.*

REMINDER
DONATIONS TO THE WACHUSETT FOOD PANTRY
ARE DESPERATELY NEEDED.

FEBRUARY IS AMERICAN HEART MONTH

More than 70 million Americans live with some form of heart disease, and this disease remains the leading cause of death in the United States.

Many of the factors that lead to heart disease, such as high blood pressure, high blood cholesterol, and obesity, can be controlled with commonsense steps and healthy lifestyles. Through the Healthier US Initiative, people are encouraged to work toward four simple goals that can lead to a healthy heart:

1. **Exercise daily;**
2. **Develop good eating habits;**
3. **Avoid tobacco, drugs and excessive alcohol;**
4. **Take advantage of preventive screenings to detect problems early.**

All Americans can improve their heart health and live longer, better lives by taking an active role in their health care decisions and consulting their physician for the latest information.

HEART ATTACK WARNING SIGNS

- * **Chest discomfort:** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- * **Discomfort in other areas of the body.** Symptoms can include pain or discomfort in one or both arms, neck, jaw or stomach.
- * **Shortness of breath** with or without chest discomfort.
- * **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea, vomiting, and back pain.

Learn the signs, but remember this: Even if you're not sure it's a heart attack, have it checked out. Minutes matter!

Fast action can save lives-maybe your own. Don't wait more than five minutes to call **9-1-1!**

Calling 9-1-1 is almost always the fastest way to get lifesaving treatment. Emergency medical services staff can begin treatment when they arrive-up to an hour sooner if someone gets to the hospital by car. The staff are also trained to revive someone whose heart has stopped. Patients with chest pain who arrive by ambulance usually receive faster treatment at the hospital too. If you can't access the emergency medical services (EMS), have someone drive you to the hospital right away. If you're the one having symptoms, don't drive yourself, unless you have absolutely no other option.

HEALTHY RECIPES

Directions: Preheat the oven to 350 F. Lightly coat a baking dish with cooking spray. In a nonstick skillet, combine the broccoli, onion and water. Saute over medium-high heat until the vegetables are tender, about 5 to 8 minutes.

Keep adding water to prevent the vegetables from drying out, but use as little water as possible. Drain and set aside when the broccoli is done.

In a bowl, combine the egg substitute, milk and 3/4 cup cheese. Add in the broccoli mixture and pepper. Stir to mix well.

Transfer the mixture into the prepared baking dish. Set the baking dish into a large pan filled with about one inch of water. Bake uncovered until a knife inserted in the center comes out clean, about 45 minutes. Remove from the oven and top with the remaining 1/4 cup shredded cheese. Let stand about 10 minutes before serving.

Each serving has about 168 calories.

Dietitian's tip: Well-cooked broccoli should look bright green and crisp but be tender when pierced with a fork. Because the florets cook faster than the stalks, cut the stalks in half lengthwise to increase their surface area.

Broccoli Cheddar Bake

Ingredients:

- 4 cups chopped broccoli
- 1/2 cup finely chopped
- 2 tablespoons water
- 1 cup fat free milk
- 1 cup cheddar cheese
- 1/2 teaspoon pepper



INCOME TAX HELP AVAILABLE AT THE SENIOR CENTER

The Senior Center will be offering tax assistance during February and March. AARP will provide the volunteers to assist you with your taxes.

Documents you need to bring with you are:

1. Tax Documents

- W-2 (Salary and Wages)
- SSA-1099 (Social Security Payments Received)
- 1099-INT (Interest Received)
- 1099-DIV (Dividends Received)
- Broker's Statements (Sale of Stocks/Mutual Funds)
- W-2G (Gambling/Lottery Winnings)
- Unemployment Compensation
- Any Other Forms Marked "For 2007 Taxes"

2. Last Years (2006) Tax Return

3. Real Estate Tax Bills for Calendar 2007

For Senior Circuit Breaker

4. Proof Of Health Insurance (Taxpayer and Spouse)

Mass 1099-HC (New This Year Health Insurance Cards)

Please call Maureen at 508-829-0270 to make your appointment.

DID YOU GO TO RICE SCHOOL??

The family members of the Rice School Condominium conversion are asking for your help. They are requesting stories of your memories at the school, as they are looking to compile a history of past events or experiences for the new occupants of the building. They can be as short as one paragraph, but no longer than one page, and people of all generations are welcome to share their stories.

We appreciate your assistance with this endeavor and look forward to keeping Rice School's history alive.

SEND YOUR STORIES BY MARCH 31, 2008,
to:

Carrie Stevens
255 Park Ave., Suite 1000
Worcester, MA 01609
OR

Kelly Henderson
1731 Wachusett Street
Jefferson, MA 01522

Valentine's Day Party

Bring someone you love and join us on Thursday, February 14th at Noon for our Valentine's Day Party. We'll have Valentine's Day puzzles, games and sweets for the sweet. After lunch we will show one of the all time most romantic movies, "Magnificent Obsession" starring Rock Hudson, Jane Wyman and Agnes Moorehead. Call Ann at 508-829-

TRANSITION TO DIGITAL TELEVISION

Do you have a TV in your home that works with the help of "rabbit ears" or a rooftop antenna? If so, you should be aware of an important change in broadcasting. At midnight on February 17, 2009 all full-power television stations in the United States will stop broadcasting in analog and switch to 100% digital broadcasting. Digital broadcasting promises to provide a clearer picture and more programming options and will free up airwaves for use by emergency responders. This transition will directly impact the 20 million households that rely exclusively on free broadcast television in their homes. There are three ways people can transition to digital: 1) Switch to a cable, satellite or telephone company television service provider, in which case analog sets will continue to function; 2) Purchase a new TV set with a built-in digital tuner; 3) Purchase a DTV converter box that will convert the new digital signal into the old format for an existing analog television set.

Congress has appropriated \$1.5 billion to fund a digital-to-analog converter box coupon program. This program is being administered by the U.S. Department of Commerce through the National Telecommunications Information Agency. Households will be able to request up to two coupons valued at \$40 each to go towards the purchase of a single converter box. A TV connected to cable, satellite or other pay TV service does not require a TV converter box from this program.

At the Senior Center, we have downloaded the application for a coupon. If you need an application, please call the Senior Center at 508-829-0270, and we will copy it and mail it out to you.

Trip Talk With Nancy

FOXWOODS CASINO - Thursday, February 21st - \$25.00 per person (driver tip included). Your motor coach will depart from the Holden Senior Center at 8:15 a.m. Your trip includes: Casino time (10 am-4 pm); \$10.00 food coupon and \$15.00 Keno; deluxe motor coach. Checks should be made payable to HCOA. You will return to the Senior Center at approximately 6-6:30 pm.

ST. PATRICK'S CELEBRATION FEATURING "BOBBY JUSTIN" at the Venus DeMilo, Swansea, MA **Thursday, March 6th** - \$55.00 per person (driver tip included). Your motor coach will depart from the Holden Senior Center at 10:00 am. Your luncheon choices are 1) Corned Beef & Cabbage; or 2) Baked Scrod. After lunch, it's show time! Celebrate St. Patrick's Day with Bobby Justin! Bobby and his band have been featured entertainers at the Venus de Milo for many years. His unique voice, style and showmanship is sure to please all audiences!! Checks should be made payable to HCOA. You will return to the Senior Center at approximately 5-5:30 pm

MOVIES

Thurs., Feb. 7... "Music & Lyrics" Has-been and former 1980s pop star Alex Fletcher (Hugh Grant) gets the comeback chance of a lifetime thanks to quirky lyricist Sophie (Drew Barrymore) in this romantic comedy. When teen singing sensation Cora Corman asks Alex to write a song and record the duet with her, Alex can't refuse -- but he also can't write lyrics. Alex's luck changes when he meets Sophie, and when the two sit down to write, the chemistry turns solid gold.

Thurs., Feb. 14... "Magnificent Obsession" Rock Hudson became a beefcake star playing a self-absorbed, thrill-chasing millionaire playboy whose showboating antics kill the most saintly man in motion-picture history and stalk his newlywed widow (Jane Wyman), driving her into an accident that leaves her blind. The kindly attentions of a bohemian painter and part-time guardian angel help turn Hudson's life around, and he rejects his irresponsible lifestyle and dedicates himself to his new "magnificent obsession" of philanthropy and good deeds, meanwhile romancing Wyman in a sincere, soft-spoken voice and with a phony name.

Thurs., Feb. 21... "The American President" President Andrew Shepherd (Michael Douglas), an unabashedly liberal Democrat, is just gearing up for re-election when he meets an attractive and sharp environmental lobbyist named Sydney Wade (Annette Bening). The two fall in love and the President must soon deal with the political repercussions (Sydney is trying to get legislation through Congress), as well as the cynical machinations of Republican opponent Senator Bob Rumson (Richard Dreyfuss), who attempts to paint Sydney as a radical and use "family values" rhetoric to smear Shepherd. With the attacks affecting his standings in the all-important polls, and his love's legislation causing him headaches in the Capitol, Shepherd must decide whether he can risk continuing his relationship.

COMING ON MONDAY, MARCH 3RD

Join us on Monday, March 3rd at 12:15 when local photographer, Ron Rosenstock will be here to talk about his journeys to Ireland and his new book entitled Journeys. Ron's photographs are on display here at the Senior Center, and we invite you and your neighbors to come in and view his fantastic work.

Ron will have copies of his new book available for sale and will be more than happy to autograph them as well. They make beautiful gifts for family and friends.

FEBRUARY HIGHLIGHTS (DETAILS OF MOVIES ON PG. 4)

THURS., FEB. 7...MOVIE "MUSIC AND LYRICS"

FRI., FEB. 8...FRIEND'S COOKIE SALE 9:00 A.M.

THURS., FEB. 14... VALENTINE'S DAY PARTY 12:00

MOVIE "MAGNIFICENT OBSESSION" 12:30

MON., FEB 18...PRESIDENT'S DAY..SENIOR CENTER CLOSED

WED., FEB. 20... PRESIDENTIAL TRIVIA 12:15

THURS., FEB. 21...MOVIE..."THE AMERICAN PRESIDENT" 12:30

THURS., FEB. 28...INTERNATIONAL DAY

CELEBRATE OUR PRESIDENTS!

Join us on Wednesday, February 20th at 12:15 when we will honor Presidents' Day with a game of Presidential Trivia. Come test your knowledge of little known facts about our nation's leaders. Prizes will be awarded.



Washington



Lincoln



Kennedy



Roosevelt



Truman

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**

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