



# Among Friends

JUNE 2008

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

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## TELEPHONE NUMBERS

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Transportation 508.829.0273  
Nutrition Site 508.829.0201  
Lunch Reservations  
Veterans' Agent 508.829.0244  
Fax 508.829.0214

## HOURS

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

## Cindy's Corner

I'm just getting over a bad case of poison ivy. The funny thing about it is I never got it when I was a kid.

I thought I was immune from it, because I spent my days running through the woods and meadows and never caught it.

I was cutting brush and cleaning the yard, and because it was early spring, I didn't worry about coming in contact with anything that would make me itchy.

Was I ever surprised when these red itchy bumps began showing up on my arms. I thought they were black fly bites because they were swarming about that day.

When they started weeping and spreading, I knew it had to be "The Ivy" as Grampa called it. He was always working outside and would occasionally find a patch of it on his arms. I don't remember what he used to get rid of it. (It was probably one of his homemade concoctions!)

The only thing I worried about playing outside, was **wasps**. There were always a slew of them buzzing around. I remember one time I was wearing a long sleeved shirt when one flew up my sleeve, somehow. Man did I ever dance around. Then there was the night I was looking out the front door when I put my hand on the screen. You guessed it! Right on top of a wasp. To get even, my cousins and I would knock down their nests that were built under the eaves of the barn. Needless to say we were very careful how close we got, so we used the long poles Grampa used for his pole beans as our weapons. Bye Bye Wasps, at least for the season.



## IT'S STRAWBERRY FESTIVAL TIME AGAIN

Please join us on Monday, June 16th at 2:00 pm as we enjoy delicious Strawberry Shortcake made by the staff. This is a very popular event each year.

Entertainment will be provided by singer and musician John Root. His performance is fully funded by a grant from the Arts Council.

John is a vocalist and multi-instrumentalist presenting programs for audiences of all ages. He is the founder/leader/arranger of the "Swing Time Quartet." He has performed at Libraries, Historical Societies, Senior Centers, Assisted Living Centers and Long Term Care residences throughout New England. He will be performing his *Golden Years* program which features a diverse repertoire of classics from America's songbook from the 1920's and 1930's.

Please call Maureen at 508-829-0270 to sign up for this delicious and entertaining afternoon.



## SUMMER SCHEDULE BEGINS

Beginning Monday, June 30th the Senior Center will operate on a summer schedule. The Center will be open from 8:00 a.m. to 4:00 p.m. Monday through Friday. During extremely hot weather we may remain open later so you can enjoy the air conditioning. Check HCTV-11 or call the center for more details.

### PACK YOUR BAG WITH CVS

The Holden Senior Center is partnering with the National Council on Aging and CVS Pharmacy with an important message on the health and well-being of seniors.

“Pack Your Bag” presentations will be held at several Senior Centers throughout the country. Seniors will be provided with management information and tips on how to reduce risks associated with inappropriate medication use, which can pose a serious threat to overall health and quality of life.

The Free Medication Consultation will give seniors a chance to have a one-on-one conversation with a local CVS Pharmacist to:

- \* Ask questions about their prescription and non-prescription medications.
- \* Receive tips and tools for medication compliance.
- \* Determine if there are any potential interactions between prescription medications.
- \* Identify duplicate and outdated prescriptions.

This event will provide seniors with a 15-minute presentation on how they can improve their health through proper medication management and an opportunity to participate in a 15-minute one-on-one consultation to review prescription and non-prescription medications with a CVS Pharmacist. The “Pack your Bag” presentation will be held on Wednesday, June 11th at 10:00 am at the Holden Senior Center.

### FILE OF LIFE DISTRIBUTION

Oriol Health Care is sponsoring a FILE OF LIFE kit education and distribution day for area seniors on June 25, 2008 from 10:00 am to 12:00 pm at the Holden Senior Center.

The File of Life is recognized as a valuable tool to help first responders obtain necessary medical information in an emergency situation when seconds count. Often, a person needing emergency care is unable to give health information and others present may not know. The File of Life Kit contains a card with emergency information, a magnetic pocket to place on the refrigerator and a window sticker. In this joint community effort; Oriol Health Care, local emergency responders and Girl Scout Cadets Troop 881 and Senior Center Staff will be present to assist participants on a on a first-come first-serve basis.

The Senior Bus may be available for transportation for Holden’s seniors. Please call Naomi at 508-829-0273 to schedule your ride. For File of Life Information visit [www.folife.org](http://www.folife.org). The Oriol Health Care family has been providing rehabilitation and skilled nursing care in the community since 1962 at Holden Rehab & Skilled Nursing and Wachusett Extended Care facility. For more information visit [www.oriolhealthcare.com](http://www.oriolhealthcare.com).

### RICHARD CLARK AS SHAKESPEARE

Come and share some of the most memorable moments in dramatic literature. Let your imagination sally forth with fabled Kings as they “Mount Barb’d steeds to fright the souls of fearsome adversaries”. Eavesdrop on the intimate murmurings of Romeo, the obsessive passions of Anthony and Cleopatra; the demented musings of King Richard as he broods over the love he will never have.

Twelve different characters, twenty five monologues and soliloquies from his most famous plays. Laugh with the fools, cry with the afflicted, dream with the poets. Beware the possessed!...Don’t miss the essence of the worlds greatest wordsmith.

This program will be held on Thursday, June 26th. Please call Maureen if you plan on attending this cultural program which is funded by the Holden Arts Council.

### CREATE AN HERBAL POT

We will be traveling to Bemis Farms and nursery on Monday, June 2nd to make a beautiful herbal container. You will be able to keep it close by your kitchen and get fresh herbs whenever you need them.

The class begins at 10:00 am. If you would like to join us and need directions or a ride, please call Maureen at 508-829-0270.

### REMINISCE WITH CINDY

This month we will meet on Monday, June 9th for our last reminisce program. As of June 30th, I will be formally retired from the Holden Senior Center. I have enjoyed sharing my memories with you these past years.

The topic for this session is up to you! We ask that you bring your fond memories to share. It can be about anything you would like to discuss. It could be about school, memories of holidays, family, or any other subject you would like to share.

We will meet at 1:00. I hope you will join me for this final reminisce session.

### PEN PAL PARTY ~ JUNE 3rd

Calling all Pen Pals to attend our final visit with this year’s 3rd graders. This will be a chance to say good-bye and wish them well as they prepare to enter the 4th grade.

We will provide snacks for all pen pals (young and old alike) and give them a fond farewell.

The program will be at 1:00 at the Holden Senior Center. Please do not bring any gifts. We will have a little memento for each child.

Call Maureen at 508-829-0270 to sign up. If you are unable to attend, let us know so we can pair up your pen pal with another senior.

### KITCHEN FIRE SAFETY

#### When You Cook...

- \* Stick around: Don't leave the kitchen, and never leave cooking food unattended.
- \* Dress right: No loose clothing. Roll up your sleeves when you cook.
- \* No children/no pets: Declare a three-foot (one meter) "safe zone" around your stove.
- \* Turn pot handles in, so you can't bump them and kids can't grab them.
- \* Pay attention: don't cook –if you're sleepy-if you've been drinking alcohol excessively-if you're taking medication that makes you drowsy.

#### Safe and Clean...

- \* Clear the clutter: keep pot holders, food packaging, and dish towels off your stovetop.
- \* Wipe up spills and clean your oven: Built-up grease can catch fire.
- \* Clear your work area: Keep curtains and anything that burns away from your stove.

#### Prevent Burns...

- \* Open microwaved food slowly.
- \* Never use a wet oven mitt.

#### Electrical Safety...

- \* Overloaded circuits: Use only one heat-producing appliance on the same circuit at a time.
- \* Always disconnect both ends of cords intended to be detached from the appliance that it supplies.
- \* Shock protection: Install ground fault circuit interrupters (GFCIs) on all kitchen counter outlets.
- \* No discord: Replace cracked or frayed appliance cords.
- \* Too hot: If an appliance overheats or smells funny, have it serviced or replaced.

#### Emergency Measures...

**Grease fires:** If a pan of food catches fire, don't use a fire extinguisher. Smother the fire. Slide a lid over the pan. Turn off the burner. Wait until it's all cool.

**Oven Fires:** Close the oven door and turn off the heat.

**Microwave fires:** Keep the door closed and unplug the microwave. Have the oven serviced before you use it again.

(Information provided by NFPA International.)

#### FRIENDS OF BERNICE MANGSEN.....

A memorial service for Bernice Mangsen will be held at the First Baptist Church of Holden on Friday, June 13 at 2:00 PM. Her family hopes that many of her friends from the Senior Center will be able to attend and share their memories of Bernice.

### PHOTO IDs FOR VOLUNTEERS

We are pleased to offer Photo IDs to our volunteers. If you are a volunteer for the Senior Center, we invite you to come to the Senior Center on either Tues., June 17 between 9:30 and 10:30 a.m. or Tues., June 24th from 1:00-2:00 p.m. to have your photo taken.

Once we have created your ID, we will notify you and you can pick it up the next time you're here.



### TAX INCENTIVE PROGRAM

Starting in May, the Treasury will begin sending economic stimulus payments to more than 130 million households. To receive a payment, taxpayers must have a valid Social Security number, \$3,000 of income, and file a 2007 federal tax return. IRS will take care of the rest. Eligible people will receive up to \$600 (\$1,200 for married couples), and eligible child younger than 17. Eligible people parents will receive an additional \$300 for each eligible child younger than 17.



**Millions of retirees, disabled veterans and low-wage workers who usually are exempt from filing a tax return must do so this year in order to receive a stimulus payment.** If you need assistance in preparing the proper forms, please call the Senior Center at 508-829-0270. We are fortunate to have a volunteer knowledgeable in preparing the forms necessary to assist you in receiving your payment.

### KEEP YOUR PHYSICAL AND MENTAL SKILLS SHARP VIRTUALLY!!

Come learn how to play the Nintendo Wii System ~ Virtual games on the big screen. Do you like bowling, tennis, boxing, baseball or brain games? Do you like to keep your mind healthy and your hand-eye coordination sharp? Join us on Wednesday, June 18th at 10:00 a.m. in the Senior Center to witness a demonstration and, if you wish, try your luck with this new virtual wonder! Almost all of the games can be played either standing or from a chair. This is a wonderful opportunity to learn what your grandchildren already know and play games you both enjoy. Our goal is to eventually form Wii teams. We are planning practice sessions each week for you to hone your skills. Watch the newsletter for dates and times of those sessions. A HUGE thank you to the Friends of the Holden Council on Aging for their generous donation of the Wii System!

*Trip Talk With Nancy***Lobster Roll Cruise, Wednesday, July 23...Bus departs Holden Senior Center at 7:45 AM**

Relax and enjoy this 90 minute cruise on the "Lobster Roll" dinner cruise ship. Glide through the calm waters of Sesuit Harbor and into the serene beauty of Cape Cod Bay.

Luncheon choices include: 1. The Lobster Roll; 2. Roast Beef Rollup; or 3. Vegetarian Rollup. All selections are served with potato chips, cole slaw, light dessert and beverage.

Morning visit to the Christmas Tree Shop in Sagamore-afternoon visit to Cuffy's Factory Outlet.

**Cost of trip including drivers tip is: \$65.00. Checks made payable to: HCOA.**

**Full payment due upon reservation. Return approx: 5:00 PM /5:30 PM.**

**Countryside Connecticut Thursday, September 18, 2008...Bus departs Holden Senior Center at 8:30 AM**

**1st stop: Country Barn & Gifts, Windham, CT.** Upon arrival you'll be treated to Mulled Cider & Coffee. Next, you'll enjoy a Cooking Demonstration by your host and learn how to make and prepare appetizers in just a few minutes. Plus...sample their famous dip and leave with the recipes. Each guest will receive a complimentary \$5.00 gift certificate. Wander through the barn, enjoy the sights, sounds and aroma, and discover what's around every corner.

**2nd stop: Lunch included at the Harvest Restaurant, Pomfret, CT.** Enjoy fine dining at this historic 1765 restaurant nestled in the quiet countryside of Northeast CT.

Meals choices include: 1. Baked Scrod; 2. Vegetable Lasagna; or 3. Grilled Beef Stir Fry.

**3rd stop: Palazzi Orchards, Killingly, CT.** You'll have the option of taking a wagon ride through the orchards, time for shopping the gift shop, and everyone will leave with a complimentary BAG OF APPLES!

**Cost of trip including driver's tip is \$65.00 per person. Full payment due upon reservation. Checks made payable to: HCOA. Return Approx: 5:00—5:30 PM.**

**Full payment due on registration. Return approx. 3:30 PM /4:00 PM.**

**Old Deerfield Craft Fair, Friday, November 28...Bus departs Holden Senior Center at 9:45 AM**

"New England's Most Beautiful Craft Fair!!" As a juried craft fair, the Old Deerfield Craft Fair selects its exhibitors for their quality. The wonderful variety of crafts includes quilts, baskets, wood carvings, pottery, dolls, dried flower arrangements, teddy bears, decoys, tin, theorem, stenciling, jewelry and more! The Old Deerfield Craft Fairs have been the highest ranked shows in Massachusetts and New England by "Sunshine Artist Magazine." The Craft Fair features 200+ craftspeople from 16 states, offers a great variety! Enjoy lunch (on your own) from the many different vendors offered at the Fair.

**Cost of the trip including drivers tip is \$44.00 per person. Full payment due upon reservation. Checks made payable to HCOA. Return will be approx. 3:30 PM/4:00 PM.**



