



Among Friends

SEPTEMBER 2008

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

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Cheryl Owoc, Outreach
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Alice Robichaud, 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

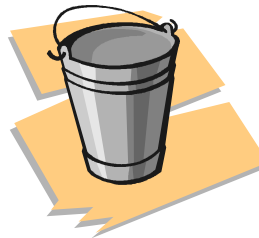
Monday through Friday
8:00 a.m. to 4:00 p.m.

More interesting thoughts from our friend Jane Neale©

WRITTEN TO CHEER A FRIEND. TIME FOR ME TO WRITE ANOTHER JANEISM. THE FOLLOWING DRIVEL I PUT TO PAPER THE OTHER DAY. ASKING MY GRANDSON, VICTOR, WHEN DID A BUCKET BECOME A PAIL THE FOLLOWING HAPPENED.

I LOOKED FOR A PAIL
AND FOUND A BUCKET

Then I wondered what changed a pail into a bucket or vice versa. Then the dictionary came out and my pail ran over. The French word for pail is bouquet. Looks like the Anglo Saxons decided a pail was easier to spell than bouquet. And maybe carry. I really prefer the sounds more efficient bucket brigade ants and using the bucket brigade. have formed bucket



from a well or a pond to

Now aren't you glad I water did come in the also found a hole in my roof over the kitchen. Talk about buckets. I caught about a tablespoon of water, so that was no big deal. The Quinapoxet River is full and overflowing its banks, good news for fishermen and people with wells. And British sitcom with Hyacinth Bucket pronounced Bouquet. Did all this foolishness come from her? **PROBABLY.**

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shared that with you. The cellar a little, but it (the water)

CALLING ALL PEN PALS!!

We are in desperate need for participants in our Pen Pal Program with the 3rd grade at the Mayo School. This is a rewarding program that has been in place for over 20 years! Even if you winter somewhere warm ~ you can still enjoy having a Pen Pal. If you're interested or if you have questions, feel free to call the Senior Center at 508-829-0270.



WELCOME



We are pleased to welcome two new staff members. Cheryl Owoc joined our staff in April as an Outreach Worker. She will be helping Paula meet the needs of and advocate for Holden's Elders.

We also welcome Clare Nelson as our new Program Coordinator. Clare began her tenure on August 18th. I'm sure she would welcome any input for programs you might like to have. Please come by, introduce yourself and welcome Cheryl and Clare.

IMPORTANT FACTS ABOUT YOUR CHOLESTEROL

September is National Cholesterol Education Month. Here are some basic facts you should know:

Did you know...?

- * Everyone over age 20 should have their cholesterol checked by their doctor.
- * Women over the age of 55 tend to have higher cholesterol than men.
- * High cholesterol can increase your chance of having heart disease.

What is cholesterol?

- * Cholesterol is a fat-like material in your blood. Your body makes its own cholesterol. When you eat foods that have lots of fat or cholesterol, you can have too much cholesterol in your blood.
- * Cholesterol can build up on the inside of the blood vessels of your heart. If too much cholesterol builds up, then the blood cannot flow through to your heart. This can cause a heart attack.

Good vs. bad cholesterol

Not all cholesterol in your blood is bad for you. There are three kinds of blood cholesterol that you should know about: HDL (good cholesterol), LDL (bad cholesterol), and triglycerides.

Good cholesterol

- * Is called HDL.
- * Helps to keep the arteries from clogging up.
- * Protects against heart disease.
- * A good level is 60 mg/dL or more.

Bad cholesterol

- * Is called LDL.
- * Causes the build up in your arteries and causes blockages of your arteries.
- * Causes heart disease.
- * A good level is under 100 mg/dL.

Triglycerides

- * Are another form of fat in your blood.
- * Can also raise your risk for heart disease.
- * Borderline high (150-199 mg/dL) or high (200 mg/dL or more) may need treatment.

What are the warning signs of high blood cholesterol?

- * Most people do not have any signs.
- * Sometimes cholesterol can build up in the blood vessels of your heart and cause chest pains.

How do you find out if you have high cholesterol?

- * Go to the doctor and ask for a cholesterol test. The test will let you know how much good and bad cholesterol you have.
- * The doctor will tell you the number for your total cholesterol level.
- * Your total cholesterol number should be under 200.

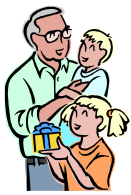
What can you do? ~ There are things you can do to lower your cholesterol:

- * Cut back on foods with lots of fat such as fatty meats, fried foods, whole milk, fatty chesses, butter, margarine, oils, lard and creams.
- * Cut back on food with lots of cholesterol, such as egg yolks and whole eggs.
- * Eat more fruits and vegetables.
- * Cut back on fatty snacks and desserts, such as candy, cookies, doughnuts, muffins, pastries, and pies.
- * Exercise at least 30 minutes most days.
- * If you are overweight, try to lose weight. Try to lose weight by cutting back on the amount that you eat. Even a small amount of weight loss can help lower your bad cholesterol, and you will also help your health in other ways.
- * Ask your doctor if you need to take medicine to help lower your cholesterol.

Taken from www.pueblo.gsa.gov

JELLY JARS NEEDED

Do you have some jelly jars that you no longer use? Mary Brennan needs jars for her homemade jellies and jams. Mary sells her delicious creations at our Annual Craft Fair and donates all of her proceeds to the Senior Center. If you have jars that you no longer need, please bring them to the Senior Center, and we'll make certain they get to Mary.



CELEBRATING GRANDPARENTS DAY

We invite you to join us as we honor Grandparents on Monday, September 8th at 12:00. We will celebrate all of the wonderful contributions Grandparents make in the lives of their grandchildren. We invite you to bring pictures of your pride and joys. Bring them to the office ~ we'll set them out, and we'll try to guess who belongs to whom! Call Ann at 508-829-0201 to make your luncheon reservation.



TAKE CONTROL OF YOUR HEALTH

Living a Healthy Life with Chronic Conditions



Do you have a health condition that:

- * Causes pain?
- * Limits your activities and enjoyment of life?
- * And makes you fearful of the future?

This **FREE** 6-week group workshop is improving the quality of life for people coping with chronic pain...just like you!

Those who have taken the workshop report:

- * Increased energy
- * Better communication with health care providers
- * Improved feeling of well-being
- * Increased ability to enjoy physical and social activities
- * Improved attitude toward life in general

This workshop series is provided by Jewish Family Service of Worcester, Inc. with funding provided by Central Massachusetts Agency on Agency. The workshops will be held here at the Senior center on Monday's from 9:30-11:30 a.m. from September 8th through October 13th. Please call the center at 508-829-0270 to register. Class size is limited.

FRIENDS' ANNUAL MEETING

The annual meeting for the Friends of the HCOA has been scheduled for Wednesday, September 17th at 1:30 p.m. There will be election of new board members and presentation of annual reports. We hope this time will be more convenient, so that more Friends will attend.

ALL ABOARD FOR AMERICA!

Please join us for this delightful program about how our ancestors came to America. Marilyn Hyson and her volunteers have worked extremely hard on everything from recruiting "Captains" to creating props to make this a fun, educational and joyous celebration of America's founders. You'll learn about settlers from England, Germany, and Finland to name just a few. Also, Elliott Lockwood will be here to provide some of the musical aspects of the program. So, come aboard for this entertaining trip to America on Monday, September 15th at 1:00 p.m. Light refreshments will be served at the conclusion of the program. If you like, you can call the Senior Center at 508-829-0270 to let us know you're coming.



You're Invited!

You're invited to celebrate **National Senior Center Month!** To kick it off ~ we are holding a *Waffle Breakfast* on Friday, September 5th at 9:00 a.m. Charge for the breakfast will be \$2.00. You can make your reservation by calling Maureen at 508-829-0270.

On Wednesday, Sept. 17th from 4:00-6:00 p.m. we will be holding "**Happy Hour**" where everyone can come in and enjoy "mock"tails and hors d'oeuvres; learn about services offered here at the center as well as volunteer opportunities. There will also be representatives from local Girl Scout Troop distributing *Files of Life* to all attendees. This is an excellent chance for you, your friends and neighbors to come in and check out all the happenings here!

Our closing celebration will be held on Monday, September 29th at lunch. We invite you to join us at lunch when we'll add light hors d'oeuvres and a special dessert to our lunch. We will also have the very talented **Gary Landgren** here to entertain you after lunch. Make your reservation with Ann by calling 508-829-0201 up to 2 days prior to the 29th..

FUEL ASSISTANCE APPLICATIONS

NEW APPLICATIONS for fuel assistance will be taken on Wednesday, September 10th from 9:00 to 3:00 here at the Senior Center. To determine if you are income eligible or to obtain information as to materials you'll need to bring with you, please call (508-829-0270) or come in to the Senior Center to receive an informational flyer. To make an appointment, please call the Senior Center at the number above. We will take your name, address and phone number and mail you a questionnaire to complete prior to your appointment.



Trip Talk With Nancy**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.

CHECKS MADE PAYABLE TO: HCOA

Full payment due upon reservation

(No refunds if cancellation is received within 48 hours prior to Departure)

MOVIES

THURS., SEPT. 4... “TO CATCH A THIEF” ~ Cary Grant plays reformed jewel thief John Robie in this classic Hitchcock thriller. Suspected in a new series of gem heists in the luxury hotels of the French Riviera, Robie sets out to clear himself—and catch the real thief—with the help of pampered heiress Frances (Grace Kelly). His plan backfires, but Frances, who believes him guilty, proves her love by helping him escape. In a spine-tingling climax, the real criminal is exposed.

THURS., SEPT. 11... “BEE MOVIE” ~ Comedian Jerry Seinfeld stars in this animated comedy as recent college grad Barry B. Benson, a worker bee stuck in a dead-end job making honey who files a lawsuit against humans when he learns they’ve been stealing the bees’ nectar for centuries. Renee Zellweger, John Goodman, Matthew Broderick and Chris Rock are among the all star cast members who contribute their vocal talents.

THURS., SEPT. 25... “PENELOPE” Penelope Wilhern (Christina Ricci) is cursed, and the only way out of it is to fall in love with someone of suitable stock. But how can she possibly find her soul mate when she's sequestered inside her family's sprawling estate with only her parents (Catherine O'Hara and Richard E. Grant) to keep her company? Oscar winner Reese Witherspoon co-produced this unconventional fairy tale about a girl who bucks convention to make her own happy ending.

HOME INSTEAD INFORMATION

Join us on Thurs, Sept. 18th at 12:15 when Donna from Home Instead will visit to give us information about their services. The Home Instead Senior Care is a family network. Caregivers will provide home care help to clients and their families who desire assistance with activities that used to be simple. Tasks like grabbing a can of soup from the top shelf, opening the mail, reading a book, folding laundry, tying shoelaces are not as easy as they used to be for many seniors.

These senior home care services may include assistance with trips to the doctor, right medicine at the right time, meal preparation, light housekeeping, errands, Alzheimer’s and dementia care. The result is companionship, allowing seniors to be independent as they age in place in their home they’ve lived in for years.

LINE DANCE CLASSES WITH CHERYL

Professional dance instructor Cheryl Volpe will present a FREE introductory lesson on Thursday, September 11th from 1:00 to 2:00 p.m. Then sign up for a fun hour of instruction every Thursday from 1:00 to 2:00 p.m. for just \$3.00 per class. Beginners are welcome.

APPLE PIE BAKING CONTEST

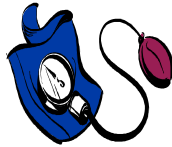
Calling all bakers! We invite you to participate in our Apple Pie Baking Contest on Monday, September 22nd at 12:30. Bring in your home made pie for our Special Guest Judges to sample. Prizes will be awarded. Please let us know if you plan to enter a pie by calling 508-829-0270.

SEPTEMBER HIGHLIGHTS

MON., SEPT 1...LABOR DAY SENIOR CENTER CLOSED
THURS., SEPT. 4....MOVIE "TO CATCH A THIEF" 12:30
FRI., SEPT. 5...WAFFLE BREAKFAST 9:00
MON., SEPT. 8... TAKE CONTROL OF YOUR HEALTH 9:30
CELEBRATING GRANDPARENTS DAY 12:00
WED., SEPT. 10...FUEL ASSISTANCE SIGN-UPS 9:00-3:00
THURS., SEPT. 11...MOVIE "BEE MOVIE" 12:30
MON., SEPT. 15...TAKE CONTROL OF YOUR HEALTH 9:30
ALL ABOARD FOR AMERICA 1:00
WED., SEPT. 17...FRIENDS ANNUAL MEETING 1:30
NAT'L SENIOR CENTER WEEK "HAPPY HOUR" 4-6 PM
THURS., SEPT. 18...HOME INSTEAD INFO 12:15
MON., SEPT. 22...TAKE CONTROL OF YOUR HEALTH 9:30
APPLE PIE BAKING CONTEST 12:30
THURS., SEPT 25...MOVIE "PENELOPE" 12:30
MON., SEPT. 29...TAKE CONTROL OF YOUR HEALTH 9:30
CELEBRATE SR. CTR. MONTH 12:30
W/GARY LANDGREN

A REMINDER...

Just a reminder that we hold Blood Pressure Clinics the 2nd Wednesday and 4th Tuesday of each month. If you need your blood pressure checked more frequently, we urge you to see your health care professional.



**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

Presorted Standard
U.S. Postage
PAID
Holden, MA
Permit No. 34