



## **BERKLEY COUNCIL ON AGING NEWSLETTER**

### **APRIL 2018**

#### **BOARD MEMBERS:**

Chair - Joan Blake; Vice Chair - vacant Treasurer - Margret Clark-Moroff;  
Secretary/Programs - Priscilla Martin; Committees Coordinator - Mary Silva; Member– Nancy  
Thompson

#### **Mission Statement**

To promote and support Berkley Seniors to stay safe and active, participate in programs,  
enjoy life and to stay in their own homes for as long as possible.

#### **UPCOMING COA EVENTS**

- April 3rd Luncheon at Silver Platter, Bristol Plymouth High School. Tickets are \$7.95, there is a choice of Chicken or Fish, call COA 508-821-3105 to register as seating is limited.
- To Apply for the Brown Bag Program which contains food staples and may include some fruit, vegetables, and some meat, call the Council on Aging 508-821-3105. All Calls are CONFIDENTIAL.
- If you would like to use a computer, call the Council on Aging at 508-821-3105 to reserve a time.



There is a tax reduction available called the MA "Circuit Breaker" which is available to homeowners and renters Age 65 or older who meet income requirements. Forms are available at the COA or you can download them at <https://www.mass.gov/lists/2017-massachusetts-personal-income-tax-forms-and-instructions>.

## **The Massachusetts CARE Act: What This Means For You**

The Caregiver Advise, Record, Enable (CARE) Act went into effect as a state law on Nov. 8, 2017. Caring for an aging parent or loved one can be a stressful position. This law provides caregivers with critically needed information and guidance to effectively care for a patient once released from a hospital.

The CARE Act features three important provisions related to the family caregiver's role when one has been hospitalized:

- The patient is provided with an opportunity to designate a caregiver;

- The caregiver is notified if the patient is to be discharged to another facility or to their home; and,

- The facility must provide an explanation and a demonstration of the medical tasks ( medication management, injections, wound care and transfers) that the caregiver will perform at home.

The CARE Act is the step that will make a difference to individual caring for an aging parent or love one. Individuals undergoing medical procedures or entering a hospital should consider who to name as designated caregiver.

For more information or questions about the CARE Act, call the COA at 508-947-7224 and leave a message for the Outreach Worker, Lucille.

## **Turning 65 This Year?**

Medicare and supplemental insurance choices can be confusing. Let Lucille, our outreach worker, help you. She knows all the ins and outs! Call her at 508-821-3105.



## **Important Phone Numbers**

**FIRE/ POLICE**

**MEDICAL**

**911**

**Attorney General's**

**Elder Hotline**

**(10-5) M-F (888) 243-5337**

**Berkley**

**Council on Aging**

**(508) 821-3105**

**CouncilOnAging.com**

**Bristol Elder Services**

**(508) 675-2101**

**Citizens for Citizens**

**(508) 823-6346**

**Food/Rent/Mortgage Assistance (508) 823-6346**

**Fuel Assistance**

**(508) 679-0041**

**MA Council on Aging**

**www.mcoaonline.com**

**SHINE**

**(508) 821-3105**

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1	2	3	6	7	8	9	4	5
5	8	4	2	3	9	7	6	1
9	6	7	1	4	5	3	2	8
3	7	2	4	6	1	5	8	9
6	9	1	5	8	3	2	7	4
4	5	8	7	9	2	6	1	3
8	3	6	9	2	4	1	5	7
2	1	9	8	5	7	4	3	6
7	4	5	3	1	6	8	9	2

1	5	2	4	8	9	3	7	6
7	3	9	2	5	6	8	4	1
4	6	8	3	7	1	2	9	5
3	8	7	1	2	4	6	5	9
5	9	1	7	6	3	4	2	8
2	4	6	8	9	5	7	1	3
9	1	4	6	3	7	5	8	2
6	2	5	9	4	8	1	3	7
8	7	3	5	1	2	9	6	4



# April 2018

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

2

Happy Hearts- 1  
Aerobics - 8:15

3

Yoga- 9 :00  
Tia Chi- 10:30  
Quilting- 11:30  
Silver Platter- 11:30

4

Body in Motion—  
10 :00

5

Tia Chi - 10 :00  
COA MTG - 1:00  
Friends of the COA -  
11:30

6

Aerobics- 8:15 am

9

Happy Hearts- 1  
Aerobics— 8:15

10

Bingo - 1 :00  
Yoga- 9 :00  
Tia Chi- 10:30  
Quilting- 11:30

11

Body in Motion -  
10 :00

12

Tia Chi - 10 am

13

Aerobics- 8:15 am

16

Happy Hearts- 1  
Aerobics— 8:15

17

Bingo - 1:00  
Yoga- 9 :00  
Tia Chi- 10:30  
Quilting- 11:30

18

Body in Motion—  
10 :00

19

Friends of COA- 11:30  
Tia Chi - 10:00

20

Aerobics- 8:15 am

23

Happy Hearts- 1  
Aerobics— 8:15

24

Yoga- 9 :00  
Tia Chi- 10:30  
Quilting- 11:30

25

Food Distribution -  
9:00  
Health Clinic - 9:00  
Body in Motion  
10 :00

26

Podiatry - 9:00 AM -  
5:00 PM  
Tia Chi - 10 :00

27

Aerobics- 8:15 am

30

Happy Hearts- 1  
Aerobics— 8:15

Council on Aging  
1 North Main Street  
Berkley, MA 02779

**PRESORTED STANDARD**

**U.S POSTAGE PAID  
TAUNTON, MA**

**PERMIT NO. 73**

**Return service requested**

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