



## BERKLEY COUNCIL ON AGING NEWSLETTER DECEMBER 2015

**BOARD MEMBERS:** Chair- Gerry Durette, Vice Chair - Mary Silva, Treasurer- Carolyn Peloquin, Programs-Priscilla Martin, Outreach Coordinator- Donna Benoit, and Member-Robert Sullivan. Currently we have one vacancy we are looking to fill. Anyone interested should contact Gerry Durette at 508-813-6418.

### 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.

**COA Board Meeting:** The next meeting will be held at the **Berkley Senior Center**. Dates and times for December have not yet been determined. For additional information as to the dates and times of the November COA meetings please call our office @ 508-821-3105. Anyone interested in COA is welcome to attend.

### COA Events

**Aerobics:** Mondays and Fridays at the **Berkley Senior Center** at 8:15 AM. Exception: Note: **No class on Friday December 25, 2015**

**Yoga:** Tuesdays at the **Berkley Senior Center** at 9:00 AM.

**Line Dancing:** Please plan on joining our group of Line Dancers every Wednesday at 10 AM at the **Berkley Senior Center**. Note: **No class on December 9, 2015.**

Reminder Please stay tuned to your television or radio station for Weather Alerts and Cancellations.

**Food Distribution & Health Clinic :** The Food Distribution will be on **December 23** from 9:00AM - 10:00AM at the **Berkley Senior Center**. Also, if the recipient is physically impaired and cannot pick up their Brown Bag they can have a designated family member or friend pick it up for them.



**Bingo** will be on Tuesday, **December 8** and **December 22** at 1:00 PM at the **Berkley Senior Center**. Meet your friends, share your interests and have fun! It's a great way to spend your day!

### Important Phone Numbers

**FIRE/ POLICE  
MEDICAL  
911**

**Berkley  
Council on Aging**  
Hours: Mon. thru Fri.  
9:00 AM to 4:00 PM  
**(508) 821-3105**  
berkeleycoa2013@aol.com

**Bristol Elder Services**  
**(508) 675-2101**

**Attorney General's  
Elder Hotline**  
(10-5) M-F (888) 243-5337

**Citizens for Citizens**  
**(508) 823-6346**

**Fuel assistance**  
**(508) 679-0041**

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

**Veterans Services**  
Donald Hirschy  
**(508) 669-5027**

**SHINE**  
Needs of Elders  
1-800-987-2510

**MA Council on Aging**  
[www.mcoaonline.com](http://www.mcoaonline.com)

**COA Events**

**Podiatry Clinic:** The next clinic will be held from 10AM - 4PM on Thursday, **December 10** at the **Berkley Senior Center**.

If you need more information or you would like to make an appointment, please call Leanne at (508) 822-9381.



## *Senior Holiday Dinner*



**Berkley Middle School**

—— **Saturday, December 5** ——

### **Celebrate the Season at Our Holiday Dinner**

Our annual Holiday Dinner will be held on Saturday, December 5 at Noon. This event is open to all Berkley seniors and will be held at the Berkley Middle School. All our guests will be treated to a turkey dinner with all the trimmings prepared by “D and D Catering” and served by the students of the Berkley Middle School. Each senior who attends will be given a door prize ticket to be drawn during the event.

**Entertainment** for this year will be “**Tom Bruhl’s—One Man Band**”. Tom, a graduate of Boston’s Berklee College of Music, brings his talent to you through guitar, voice, saxophone and flute.

Tom Bruhl will present a Holiday show with classic Christmas songs and will take you on a musical journey through the years. You will find yourself singing along filled with the spirit of Holiday cheer.

**Cost:** As always is **Free** to all Seniors

Also, once a reservation is made, if you have to cancel it for any reason, please extend the courtesy of calling the COA office. This will allow another senior to attend.

Come join the fun — you will have a great time!

**Berkley Tax Relief Program - 2016**

**Berkley Senior Tax Relief for 2016 Program:** A tax exemption, a release from the obligation to pay a portion of your property tax. To qualify for one of the tax exemptions listed below you must file with the local tax assessor every fall. The deadline for filing for an exemption is three month after the actual bills are mailed which would be March 31, 2016.

The two **Basic Assistance Types** are:

Clause 17C½ -It will reduce the local property tax liability of a qualified Berkley senior.

The qualifying requirements are:

- a. You must **own and occupy your home for at least 5 years.**
- b. You must be **70 years old** by July 1, 2015
- c. Your **assets, not including your home, cannot exceed \$59,997.**

Assistance Amount: **\$175**

Clause 41C -It will reduce the local property tax liability of a qualified Berkley senior.

The qualifying requirements are:

- a. You must **own and occupy your home for at least 5 years.**
- b. You must be **70 years old** by July 1, 2015
- c. You must not exceed the **income limits which are \$23,566 for a single person or \$28,703 for a married couple.**
- d. You must have been a **Massachusetts resident for the preceding 10 years.**
- e. Your **assets, not including your home, cannot exceed \$41,323 for a single person or \$45,150 for a married couple.**

Assistance Amount: **\$500**

**Fuel Assistance - 2016**

**Fuel Assistance is a federally funded program that assists income eligible households in paying for home or apartment heating costs. The Fuel Assistance Program is handled through Citizens for Citizens, Inc. at One Taunton Green in Taunton.**

The new income guidelines for this year are: a one person household can make up to \$33,126 and a two person household can make up to \$43,319 per year.

Berkley Seniors who think they may be eligible for fuel assistance, have never applied before or just need additional information can call Citizens for Citizens at 508-823-6346.

### Other Community Activities

**The Friends of the Berkley Council on Aging:** Meetings are usually scheduled for the 1st Thursday of the month at 11:30 AM at the Berkley Senior Center.

This year the Friends have decided to take a winter break before starting to plan for next years annual Craft Fair. The next scheduled meeting of the Friends of the Berkley Council on Aging will be in April 2016. However, Friends will be collecting cans at the Recycling Center on Wednesdays and Saturdays in December and any volunteer help would be appreciated.

Please note that anyone of any age can join the Friends. For more information contact Jackie Arnoe at 508-822-9634.

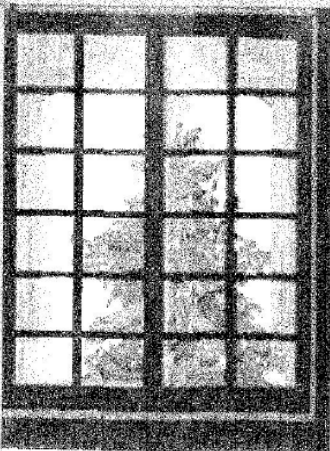


## *Christmas Day Dinners*



For over two decades Christmas dinners have been prepared and delivered to area folks on Christmas Day by a group of dedicated people from the two churches in town and many other friends.

If you, or someone you know, could use a traditional dinner and a little visit on Christmas Day please contact Diane Ennis at 508-942-0505



## *Annual Open House Berkley Public Library 2 N. Main St.-Berkley, MA*

*Sunday, December 6th, 5:30-7:30p.m.  
(during the "Lighting of the Common" celebration)*



*Music by Ann Cavanaugh*



*Children's activities*



*Light refreshments*

*Sponsored by the Friends of the Library, the Board of Library Trustees, and other generous donors.  
Thank you!*

**Other Community Activities**

**"Happy Hearts"** meet every week at the **Berkley Senior Center at 1 North Main Street** on Mondays at 1:30 p.m. New members are always welcome. If you are a senior and interested in joining this fun group, you can contact Roberta StYves @ 508-386-2047 for more information.

**New !!- Free Resources Links for Elders**

**A Service of the Massachusetts Executive  
Office of Health and Human Services**

**What is MassOptions?**

A free resource linking elders, family members, caregivers, and individuals with disabilities to services that help you or a loved one live independently.

Trained specialists are available by phone or by online chat, 7 days a week, 8am – 8pm.

**What Does MassOptions Do?**

We empower you to make informed choices by making access to community services and supports easier.

Trained specialists from MassOptions give you fast, personalized attention. All you need to do is tell them about yourself or what you need to live independently. You can even stay on the line while they connect you with an appropriate community resource or organization.



**The MassOptions Network**

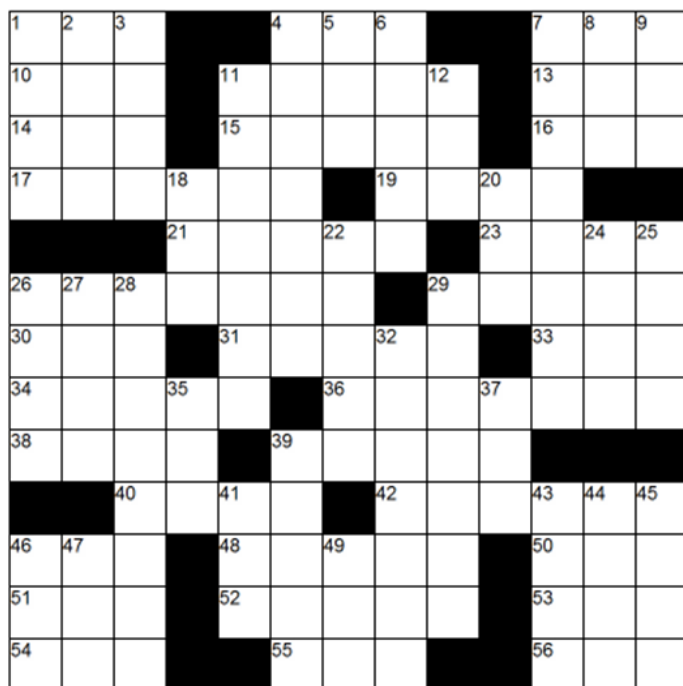
We partner with a strong statewide network, including the Aging and Disability Resource Consortia (ADRC) and state agencies that provide services and supports. Together, we work with you to find and choose the services and supports that best fit your needs.

MassOptions is your link to information about a broad range of services.

**Call us toll-free today at 1-844-422-6277 or visit us at**

**[www.MassOptions.org](http://www.MassOptions.org)**

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>December 2015</b>									
		1 09:00 AM - Yoga Senior Center		2 10:00 AM - Line Dance Senior Center		3		4 8:15 AM - Aerobics Senior Center	
7 8:15 AM - Aerobics Senior Center		8 09:00 AM - Yoga _____ 1:00 PM—Bingo Senior Center		9 No Line Dance		10		11 8:15 AM - Aerobics Senior Center	
14 8:15 AM - Aerobics Senior Center		15 09:00 AM - Yoga Senior Center		16 10:00 AM - Line Dance Senior Center		17		18 8:15 AM - Aerobics Senior Center	
21 8:15 AM - Aerobics Senior Center		22 09:00 AM - Yoga _____ 1:00 PM—Bingo Senior Center		23 9:00—10:00 AM Food Distribution Health Clinic _____ 10:00 AM - Line Dance Senior Center		24		25 Christmas Day 	
28 8:15 AM - Aerobics Senior Center		29 09:00 AM - Yoga Senior Center		30 10:00 AM - Line Dance Senior Center		31			



**ACROSS**

- 1 Made a hole
- 4 Greedy person
- 7 Stage of life
- 10 Government agency
- 11 Zooms
- 13 Constellation
- 14 Volume (abbr.)
- 15 Erect (2 wds.)
- 16 Swamp
- 17 Adorned
- 19 Unbiased
- 21 Whiff
- 23 Take a break
- 26 Afghan currency
- 29 Saline cracker brand
- 30 Wing
- 31 Approximate date
- 33 Coffee holder
- 34 Movie "King"
- 36 Person
- 38 Parent teacher groups
- 39 Jabs
- 40 Goodbye !
- 42 Projects
- 46 Behind
- 48 Overwhelming military attack
- 50 \_\_\_ Lanka
- 51 Thai
- 52 Moses' mountain
- 53 Put on
- 54 And so forth
- 55 Dekaliter (abbr.)
- 56 Hatchet

## DOWN

- 1 Hindu goddess, consort of Shiva
- 2 On top
- 3 Anger
- 4 Escape artist
- 5 Cereal
- 6 Hoarse
- 7 Outdoors
- 8 "To the right!"
- 9 Long time
- 11 Leafy green
- 12 Resort hotel
- 18 Tree
- 20 Wrath
- 22 Primary
- 24 Dazzle
- 25 Sticky fastener
- 26 Retired persons association (abbr.)
- 27 Bland
- 28 Pertaining to galaxies
- 29 South african river
- 32 Along the beach
- 35 Pounds per square inch
- 37 Eastern Standard Time
- 39 Not gas or liquid
- 41 Abdominal muscles (abbr.)
- 43 U.S. Department of Agriculture
- 44 Proximo abbr.
- 45 Cosecant's opposite
- 46 Snacked
- 47 Pudgy
- 49 Writing liquid

# Sudoku

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

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

Council on Aging  
1 North Main Street  
Berkley, MA 02779

Return service requested

PRESORTED  
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*The distribution of this  
newsletter is made possible  
by a grant from the  
Massachusetts Executive  
Office of Elder Affairs*

Elder Abuse Hotline  
1-800-922-2275

Elder Abuse is known to be on the rise. Every year, tens of thousands of our senior citizens are abused in their own homes, in relatives' homes, and even in facilities that are responsible for their

- Physical
- Emotional
- Neglect or Abandonment by Caregivers
- Financial Exploitation

Often times, victims of abuse are too frightened or confused to seek help -- especially if it is a close relative who is responsible for the abuse. If you have reasonable cause to believe that an elderly person is being abused you should call the Elder Abuse Hotline @ 800-922-2275 or Old Colony Elder Services @ 508-584-1561. Calls are confidential. Of course, if someone is in immediate danger call 911.

