



# **BERKLEY COUNCIL ON AGING NEWSLETTER**

## **DECEMBER 2016**

### **BOARD MEMBERS:**

**Chair - Donna L. Benoit; Vice Chair - Robert Sullivan; Treasurer- Carolyn Peloquin;  
Secretary/Programs - Priscilla Martin; Committees Coordinator - Mary Silva.**

**Currently we have one vacancy on the board that we are looking to fill.**

**Anyone interested should contact the COA at 508-821-3105.**

### **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.

# **GRAND OPENING**

## **Coffee Talk Café**

## **Tuesday, December 6**

**10:30 a.m. - Noon**

**Council on Aging**

**All seniors are invited to stop by the COA on the first Tuesday of every month from 10:30 a.m. to Noon for free coffee, pastry and conversation. Come and enjoy time with other seniors. There may be an activity, a game or a presentation going on. Our goal is for you to chat, relax and get out of the house.**

**Hope to see you there !**



## 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  
berkeleycoa2013@aol.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

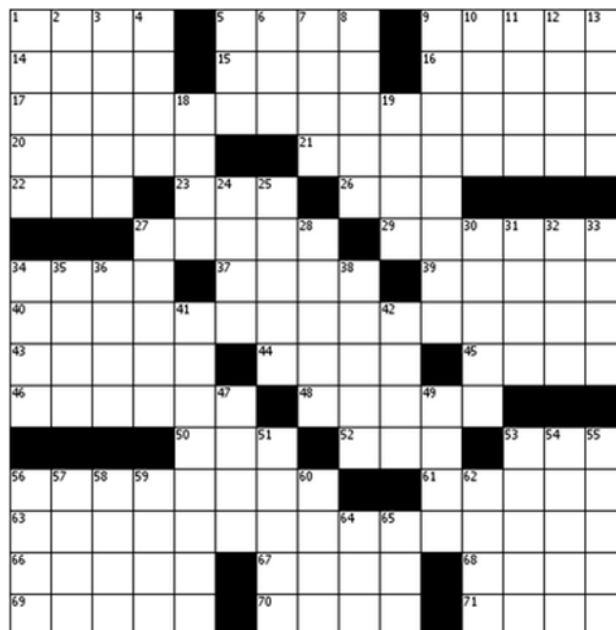
State Rep. KEIKO M. ORRALL  
9:30—10:30 a.m., Town Hall  
1st Monday of each month

State Sen. MARC R. PACHECO  
11:00 a.m.— 12:00 noon,  
Town Hall  
3rd Tuesday of each month

Veterans Services  
Donald Hirschy  
(508) 669-4524

### Across

1. Within view
5. Overshoot, say
9. Syrup source
14. "Born Free" feline
15. First name in folk
16. Steer clear of
17. All-American appetizer
20. They may have brand identification
21. It works like a charm
22. To date
23. Modern records
26. Computerphile's concern
27. Stands in line, say
29. Vladivostok villas
34. Hawkeye portrayer
37. Goes for the gold
39. Ethiopia's Selassie
40. All-American entree
43. Saudi's neighbor
44. Deduction from gross
45. Take seriously
46. University official
48. Thermometer wielder
50. Sticky stuff
52. Coiled choker
53. Piece by Matisse
56. "Pleasure" philosopher
61. First name among TV military men
63. All-American snack
66. Immigrants' island
67. Fabled napper
68. Flair
69. Sacked out
70. Playhouse location
71. On deck



### Down

1. Info-packed
2. Best of the best
3. It's a plus
4. Election contest
5. British isle
6. They'll handle your return
7. Long narrow opening
8. Sub finder
9. Hawaiian foodfish
10. Madison and Park, e.g. (Abbr.)
11. Frost output
12. Kudrow of "Analyze That"
13. Idyllic place
18. Shamu, e.g.
19. Covered up
24. Operatic star
25. Tour of duty
27. "McQ" star
28. Roomy wheels
30. Hoarder's supply
31. Take to the trail
32. Sheltered, nautically
33. Put in the mail
34. Love, to Caesar
35. Like some excuses
36. Boring time
38. Prepare for surgery
41. Polyglot
42. Protagonist
47. Rip or ripped
49. Novel of epic proportions
51. Should (with "to")
53. Plenty of
54. Stop worrying
55. River near Nottingham
56. Maternal sheep
57. Gloomy atmosphere
58. Emerald, for one
59. Wood sliver
60. Top of the cast
62. Word with handed or minded
64. Bonanza find
65. Family tree word

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## FRIENDS OF COUNCIL ON AGING

Meet the 1st and 3rd  
Thursday - 11:30 a.m.  
Activity Room - Town  
Hall.

For info call:  
Jackie Arnoe at  
508 - 822-9634



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<b><u>No School - No COA</u></b>			10:00 - Tai Chi 1:30 PM - Friends of COA meeting 1:00 - 3:00 PM -	<u>No Aerobics</u>
5	6  <b>Cafe Grand Opening</b>	7 Pearl Harbor Day	8	9
<u>No Aerobics</u> 10:00 AM - Mah Jongg 1:30 PM - Happy Hearts	9:00 AM - Yoga <b>10:30 AM - Noon - Café</b> 11:30 AM - Quilting 1:00 PM - Bingo 1:00 PM - COA meeting	10:00 AM - Line Dance 	10:00 AM - Tai Chi	8:15 AM - Aerobics  Saturday <b>10 Holiday Luncheon</b> Noon - Middle School
12	13	14	15	16
8:15 AM - Aerobics 10:00 AM - Mah Jongg No Happy Hearts	9:00 AM - Yoga 11:30 AM - Quilting	9:00 AM - Food Distribution 9:00 AM - Health Clinic 10:00 AM - Line Dance	10:00 AM - Tai Chi 1:00 - 3:00 PM - Painting 1:30 PM - Friends of COA meeting	8:15 AM - Aerobics
19	20	21	22	23
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:30 PM - Happy Hearts	9:00 AM - Yoga 11:30 AM - Quilting 1:00 PM - Bingo 1:00 PM - COA meeting	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
26 Holiday	27	28	29	30
CLOSED	9:00 AM - Yoga 11:30 AM - Quilting	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics

### **NOTE**

**If Berkley and/or Taunton schools are cancelled because of inclement weather, then all COA activities are cancelled for that day.**

### **Christmas Dinner 2016**

Over twenty years ago a group of parishioners from the Berkley Congregational Church began preparing and delivering Thanksgiving dinners to senior folks in Berkley and surrounding towns. Over the years the Myricks United Methodist Church and local residents have joined us. We also deliver Christmas and Easter dinners.

For Christmas we serve baked stuffed chicken breast, gravy mashed potatoes, glazed carrots, broccoli in cheese sauce, peas and pearl onions, cranberry sauce, rolls, butter, pickles and dessert.

There are no requirements other than you could use a hot meal and a visit on Christmas Day. Our usual recipients are either couples or a person who lives alone. The meals are prepared at the church on Christmas morning and delivered after 11:00 a.m.

If you, or someone you know, could use a Christmas Dinner please contact Diane Ennis at 508-942-0505, [dgennis@comcast.net](mailto:dgennis@comcast.net) or call the Berkley Council on Aging at 508-821-3105.

### **PREVENTING FALLS**

**Do you exercise regularly?** Regular exercise such as Tai Chi, builds your strength and improves your balance and coordination. We offer Tai Chi and Yoga every week!

**Do you take your time getting up to answer the phone or doorbell?** Rise slowly. Do not rush. Sit a moment before you get out of your bed. Stand and get your balance before you walk.

**Do you keep walking areas and stairways clear of tripping hazards, such as papers, books, electrical cords, and shoes?**

**Are your outdoor steps and walkways kept clear of ice and snow?** If needed, ask for help with snow and ice removal.

**Do your throw rugs have rubber, non-skid backing?** If you must have scatter rugs, make sure they lay flat and do not slide when you step on them.

**Is your carpeting in good condition?** Make sure carpeting is not wrinkled, torn, or worn.

### **HAPPY HEARTS**

Meet every Monday - 1:30 p.m. - Activity Room - Town Hall  
For info call: Roberta St. Yves, at 508-386-2047

## OUTREACH

The COA's Outreach Service Worker is available to assist seniors and their families through home and office visits. This Outreach Service is free and is available to provide information and referrals to various programs and services, and/or assist in completing applications.

## FUEL ASSISTANCE

The COA wants to remind you that:

- It is time to apply, or re-apply, for fuel assistance which can help pay for heating your house or apartment during the heating season (November 1<sup>ST</sup> and April 30<sup>th</sup>). Eligibility is based on gross income and household size. Fuel Assistance can assist with any primary heat type: oil, natural gas, electricity, propane, kerosene, wood or coal.

Family of 1	\$34,001
Family of 2	\$44,463
Family of 3	\$54,925
Family of 4	\$65,387

- The annual Medicare Open Enrollment is October 15-December 7 for a Medicare Prescription Drug Plan and Medicare Advantage Plan (HMO, PPO).

To receive assistance with the application to these programs call the COA at 508-821-3105 and leave a message for the Outreach Worker, Lucille.



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Council on Aging  
1 North Main Street  
Berkley, MA 02779

Return service requested

PRESORTED STANDARD

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Office of Elder Affairs*



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### HOLIDAY LUNCHEON

December 10 - Noon  
Berkley Middle School Cafeteria

The Council on Aging is hoping you will join us for lunch to celebrate the holiday season. We've got it all together and we are very happy to tell you about it.

Last year we had D & D Caterers from New Bedford cater our lunch and it was delicious. We will be having the same caterer this year and they are bringing a typical holiday lunch. The students from the Middle School will be helping as they have in the past.

After lunch, when we are all relaxing and looking for a little entertainment, the Somerset – Berkley Regional High School Show Choir is going to sing for us. It will be a wonderful and relaxing afternoon of enjoying the season.

As in the past, there will be no charge. **Please call Council on Aging at 508-821-3105 as soon as you can and let us know you are coming because we have limited seating and we don't want you to miss out. Reservations deadline is Friday, December 2.**

We'll see you there. Berkley residents only