



BERKLEY COUNCIL ON AGING

NEWSLETTER

JANUARY/FEBRUARY 2017

Coffee Talk Café

Friday, February 10

10:30 a.m.

Council on Aging

All seniors are invited to stop by the COA for free coffee, pastry and conversation. Come and enjoy time with other seniors and find out what's going on around you! Our goal is for you to chat, relax and get out of the house.



Hope you can join us !

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.

BOARD MEMBERS:

Chair — Donna L. Benoit; Vice Chair - Robert Sullivan; Treasurer - Carolyn Peloquin; Secretary/Programs - Priscilla Martin; Committees Coordinator - Mary Silva; Member, Nancy Thompson. Currently we have one vacancy on the board that we are looking to fill. Anyone interested should contact the COA at 508-821-3105.

DISCLAIMER

The Berkley COA makes legal, medical, recreational and other services available. The persons who provide the services are not officers, employees or otherwise acting as agents of the COA . Persons who use the services do so with the understanding and agreement that the COA and its officers and employees are not responsible or liable for any advice or other information received by anyone while using the services. The COA does not endorse or recommend the persons who provide the services.

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

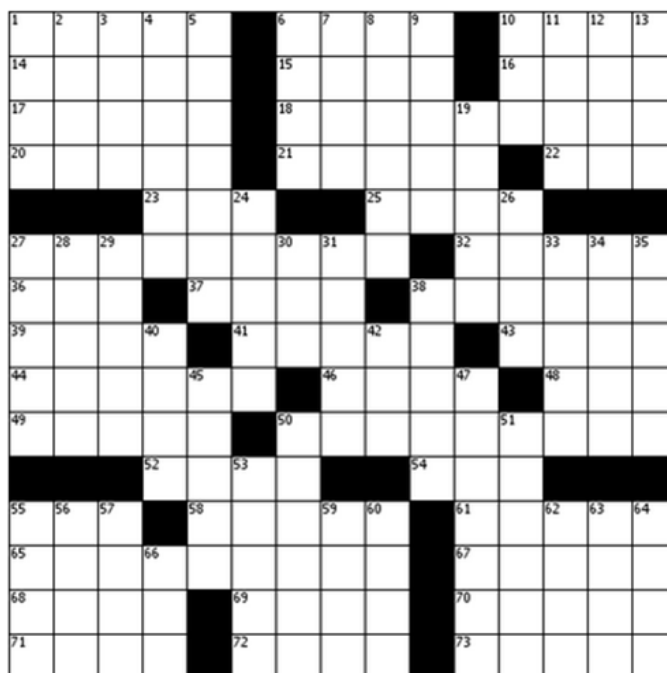
Veterans Services

Donald Hirschy

(508) 669-4524

Across

1. Monastery head
6. Bang shut
10. Created
14. Young insect
15. Tibetan priest
16. Tibet's locale
17. Zodiac sign
18. Superintendents
20. Clairvoyants
21. Chinese "bear"
22. Ingested
23. Society girl
25. Bell sound
27. Baby carriages
32. Golfer ____ Woods
36. Metallic rock
37. Heroic narrative
38. Conditional release
39. Perjurer
41. Sub finder
43. Calm
44. Finally (2 wds.)
46. Mirth
48. Actress Sandra ____
49. Send money
50. Apologetic
52. Comic ____ Carvey
54. Shooter's group (abbr.)
55. Stop ____ dime (2 wds.)
58. Game of chance
61. Scrapbook
65. Felt sorry about
67. Gaggles members
68. Vicinity
69. In addition
70. Door sign
71. Puzzled
72. Collections
73. Fixed gaze



Down

1. Woe is me!
2. Expose
3. French cheese
4. Exert excessively
5. Cap ornaments
6. Spill
7. Fluid rock
8. Changes for the better
9. ____ Gras (Shrove Tuesday)
10. Actress ____ West
11. Out of port
12. Grime
13. Leisure
19. Christmas visitor
24. Explosion
26. Female
27. ____ energy
28. Corny
29. Royal domain
30. Id's partner
31. Scope
33. Cheese type
34. Actress ____ DeGeneres
35. Leased again
38. Groom
40. Invasion
42. Mont Blanc, e.g.
45. Like old bread
47. Infuriates
50. Baby's toy
51. Skill
53. Short messages
55. Voiced
56. Infamous emperor
57. Meadows
59. ____ the waters
60. Lyric verses
62. Greek consonant
63. Client
64. Simple
66. Snitch





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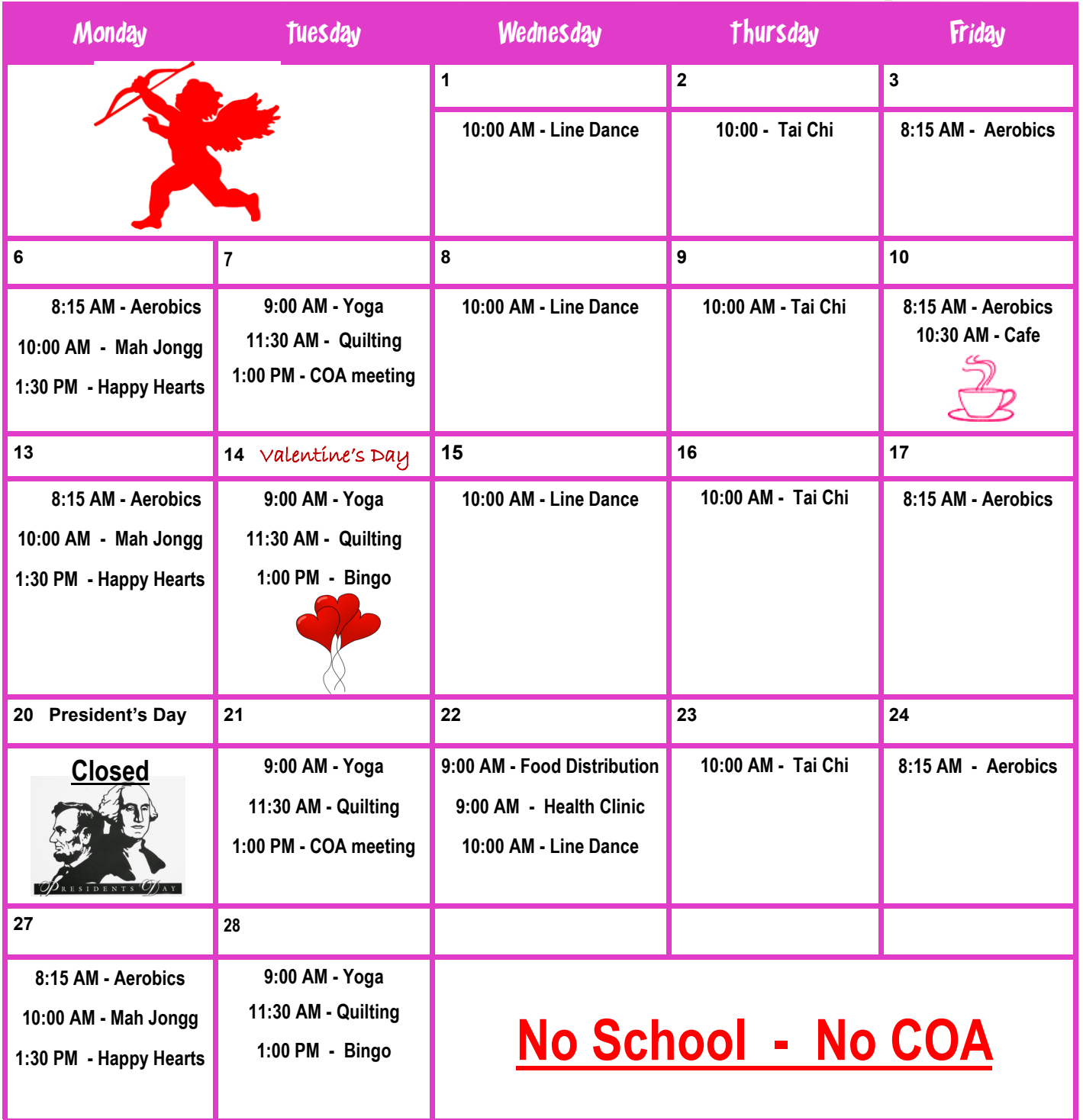
FRIENDS OF COUNCIL ON AGING

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

For info call:
Tracy Moskal at
508-822-2348

January

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--------------------|---|
| 2 New Years observed | 3 | 4 | 5 | 6 |
| Holiday | 9:00 AM - Yoga 10:00 AM - 4:00 PM - Podiatry 11:30 AM - Quilting 1:00 PM - COA meeting | 10:00 AM - Line Dance  | 10:00 AM - Tai Chi | 8:15 AM - Aerobics |
| 9 | 10 | 11 | 12 | 13 |
| 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 | 10:00 AM - Line Dance | 10:00 AM - Tai Chi | 8:15 AM - Aerobics |
| 16 Martin Luther King Day | 17 | 18 | 19 | 20 |
| Holiday  | 9:00 AM - Yoga 11:30 AM - Quilting 1:00 PM - COA meeting | 10:00 AM - Line Dance | 10:00 AM - Tai Chi | 8:15 AM - Aerobics  |
| 23 | 24 | 25 | 26 | 27 |
| 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 | 9:00 AM - Food Distribution 9:00 AM - Health Clinic 10:00 AM - Line Dance | 10:00 AM - Tai Chi | 8:15 AM - Aerobics |
| 30 | 31 | | | |
| 8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:30 PM - Happy Hearts | 9:00 AM - Yoga 11:30 AM - Quilting | <u>No School - No COA</u>  | | |



CLASS NOTES

Mah Jongg class is on Mondays at 10:00 a.m. Stop by if you'd like to learn how or already know how to play!

Art - We are trying to plan ahead to spring. Anyone interested in acrylic or watercolor classes? Would anyone be interested in a basic how to draw and paint class for real beginners? Call the COA at 508-821-3105 and let us know.

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

Around Town

Open Shelves Food Pantry is still available. If you need a boost they can help. They provide non-perishable food items to families in Berkley on an as needed basis. If you can use temporary help call 508-823-3273. All calls are confidential.

You can drop off food at the Berkley Public Library, Common Crossing and DoughLicious Piz-za.

They are looking for a new home. They have outgrown their current space and have aggressively been seeking out a new home! If you have rental space available with the following physical requirements—minimum of 16 x 20 space, ceiling height minimum of 7 ft., basic lighting, basic climate control including heat & A/C, with working receptacles/outlets; 1 regular & 1 dedicated, please call them at 508-823-3273. Remember they are a non-profit organization Sec. 501(c3).

Berkley Historical Society is in the process of restoring the Old Town Hall. More information on how you can help can be found on their Facebook page.

Annual Town Census—soon you will be receiving this form from the Town Clerk's Office. Please be sure to complete the form and add any senior living with you. This senior count is what the State uses to grant us funding. Every senior living with someone who isn't listed is money the COA is losing and we all know we need every dollar we can get!

So be sure to complete and return your annual census.

HAPPY HEARTS

Meet every Monday - 1:30 p.m. - Activity Room - Town Hall
For info call: Lorraine Judge, at 508-672-2892

ELDER DENTAL PROGRAM

The Elder Dental Program is a free service that connects low income older adults with local dentists who volunteer to treat them at greatly discounted fees.

Who is eligible?

- Older adults, age 60 & older
- Live in one of the towns served by the Elder Dental Program
- Have no dental insurance
- Qualify as low income:

Single/couple annual income less than 29,425/39,828 and less than \$23,246/\$46,264 in savings.

Contact the Elder Dental Program Manager at 781-769-3710 or email elderdental@verizon.net or visit them online at <http://elderdental.communityvna.com>



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Need Help With Pet Food?

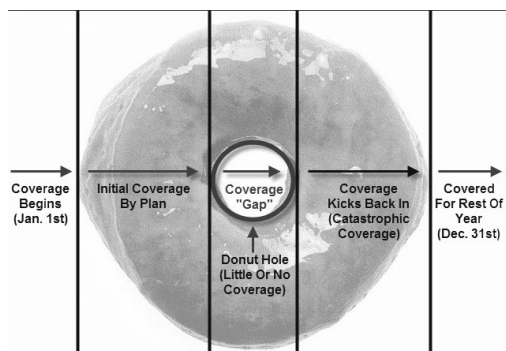
Contact:

Pet Food Aid
P.O. Box 836
North Dighton, MA 02764
Telephone: (774) 204-5227
E-mail: info@petfoodaid.org



Were you in the “Donut Hole” last year?

If so.... Chances are you could reach it again!



If you have a Medicare Part D or Medicare Advantage plan and do not get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$3700. Then you will pay 40% of the cost of brand name drugs and 51% for generics. Think what that means... a \$300 brand name drug will now cost you approximately \$120!

This is where prescription Advantage can help.



Prescription Advantage, the Massachusetts prescription drug assistance program, can help pay for your prescription drugs when you reach the “donut hole.”

Another Great Benefit of Prescription Advantage is the ability to make an Additional change to your Part D plan outside of open enrollment or join a Part D plan if you do not have one.

To find out how to lower your drug costs, call our Outreach Counselor, Lucille at 508-821-3105 or visit the Prescription Advantage website at 222.prescriptionadvantagemass.org or call them at 1-800-243-4636.

Why Are Senior Citizens Fraud Targets?

Senior citizens are most likely to have a “nest egg,” to own their home, and/or to have excellent credit - all of which make them attractive to con artists.

People who grew up in the 1930s, 1940s and 1950s were generally raised to be polite and trusting. Con artists exploit these traits, knowing that it is difficult or impossible for these individuals to say “no” or just hang up the telephone.

Older Americans are less likely to report a fraud because they don’t know who to report it to, are too ashamed at having been scammed, or don’t know they have been scammed. Elderly victims may not report crimes, for example, because they are concerned that relatives may think the victims no longer have the mental capacity to take care of their own financial affairs.

When an elderly victim does report the crime, they often make poor witnesses. Con artists know the effects of age on memory, and they are counting on elderly victims not being able to supply enough detailed information to investigators. In addition, the victims’ realization that they have been swindled may take weeks - or more likely, months - after contact with the fraudster. This extended time frame makes it even more difficult to remember details from the events.

Senior citizens are more interested in and susceptible to products promising increased cognitive function, virility, physical conditioning, anti-cancer properties, and so on. In a country where new cures and vaccinations for old diseases have given every American hope for a long and fruitful life, it is not so unbelievable that the con artists’ products can do what they claim.

Next month “What to Look For and How to Protect Yourself and Your Family”.

Council on Aging
1 North Main Street
Berkley, MA 02779

Return service requested

PRESORTED STANDARD

U.S POSTAGE PAID
TAUNTON, MA

PERMIT NO. 73

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

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So be sure to complete and return your annual census.

Watch Berkley Cable Channel 9
for Program Updates