



BERKLEY COUNCIL ON AGING NEWSLETTER

JUNE, JULY, AUGUST 2017

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.

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

Lunch on the farm - June 20 at Noon - Chamberlain Farm, **Friend Street, Berkley**

The Council on Aging provides a yearly opportunity for Berkley seniors only to enjoy an afternoon enjoying the clean fresh air. We invite you to join us for a FREE lunch on June 20 at the lovely Chamberlain Farm Pavilion on Friend St.

The event will start at Noon with lunch followed by entertainment provided by the Olde Kids, an 18-piece band. This program is supported in part by a grant from the Berkley Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Seating is limited so please call the Council on Aging office at **508-821-3105** or email us at CouncilOnAging@berkeleyma.us on or before **June 15** to reserve your spot. If the answering machine picks up be sure to leave your name and number and someone will call you back as soon as possible.

If you need to cancel for any reason, please let us know as soon as possible so that we can offer the seat to another senior.

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

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



The “**Friends of the Berkley Council on Aging**” will be sponsoring the “**4th of July celebration**” on the Town Common from **11:30 a.m. to 1:30 p.m., July 4, 2017**. Lunch will be available. Entertainment by the “Sultans of Sax”.

All are welcome to attend. This program is supported in part by a grant from the Berkley Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.



What is MOON?

For people with Medicare, MOON has a new meaning: “Medicare Outpatient Observation Notice”. This newly required notice must be given to some patients who have been admitted to a hospital for “observation”. Hospitals are increasingly admitting patients under observation status.


You may be surprised to know that even if you are admitted to a hospital room overnight, you might not be an “inpatient”. If you are under observation, you are considered an outpatient even though you may stay in a hospital bed for many days. This changes how your Medicare coverage works. The MOON will explain the reason for observation status and how it affects your Medicare coverage.

For example, if you have Original Medicare, with or without a Medigap plan, an inpatient hospital stay of at least three days is needed to get any coverage for skilled nursing facility (SNF) care. If you are under observation, you would not get any follow up SNF coverage paid for, even if it is medically necessary. However, if you are in a Medicare Advantage plan or your doctor is in an Accountable Care Organization, the rules are different and the three day requirement may be waived.

For further assistance about this or any Medicare issue, contact our SHINE counselor, Lucille at 508-821-3105.

June 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Due to budget cuts this newsletter will cover all 3 summer months. The September issue will be mailed in mid September. Any program changes or new programs will be posted on Berkley Cable Channel 9.</p>			1	2
			10:00 AM - Tai Chi	8:15 AM - Aerobics
5	6	7	8	9
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:30 PM - Happy Hearts 7:00 PM - Annual Town Meeting - Middle School	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
12	13	14 Flag Day 	15	16
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	9:00 AM - Tai Chi	8:15 AM - Aerobics <hr/> 18 Father's Day
19	20	21 Summer Begins !	22	23
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:30 PM - Happy Hearts	9:00 AM - Yoga 11:30 AM - Quilting Noon - Lunch at the Farm	9:00 AM - Food Distribution 10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
26	27	28	29	30
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	



Monday	Tuesday	Wednesday	Thursday	Friday
3	4 4th of July Closed 	5	6	7
8:15 AM - Aerobics 10:00 AM - Mah Jongg	11:30 AM - on the Common Sultans of Jazz FREE	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
10	11	12	13	14
8:15 AM - Aerobics 10:00 AM - Mah Jongg	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - Bingo	10:00 AM - Line Dance	10:00 AM - Podiatry 10:00 AM - Tai Chi	8:15 AM - Aerobics
17	18	19	20	21
8:15 AM - Aerobics 10:00 AM - Mah Jongg	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 - COA meeting	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
24	25	26	27	28
8:15 AM - Aerobics 10:00 AM - Mah Jongg	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - Bingo	9:00 AM - Food Distribution 10:00 AM - Line Dance	10:00 AM - Tai Chi	
31	The September newsletter will be mailed in mid-September. Watch Channel 9 for any early September programs or changes.			
8:15 AM - Aerobics 10:00 AM - Mah Jongg				



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - COA Meeting	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
7	8	9	10	11
8:15 AM - Aerobics 10:00 AM - Mah Jongg	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - Bingo	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
14	15	16	17	18
8:15 AM - Aerobics 10:00 AM - Mah Jongg	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - COA Meeting	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
21	22	23	24	25
8:15 AM - Aerobics 10:00 AM - Mah Jongg	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - Bingo	9:00 AM - Food Distribution 10:00 AM - Line Dance	NO - Tai Chi 10:00 - Red Cross Blood Drive	8:15 AM - Aerobics
28	29	30	31	
8:15 AM - Aerobics 10:00 AM - Mah Jongg	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting	10:00 AM - Line Dance	10:00 AM - Tai Chi	September newsletter will be sent mid September.

JULY 4TH INDEPENDENCE DAY – Doesn't this seem like a great day to meet your friend's on the Berkley Common for some entertainment by the "Sultans of Sax"? That's right, a lot of you have seen them before and thoroughly enjoyed them so we are having them back for our Independence Day celebration this year. Friends of Council on Aging will be presenting this program for your listening pleasure. And that's not all, folks, Friends of Berkley Council on Aging will be providing free, I said **FREE**, hot dogs, chips and a drink between 11:30 a.m. and 1:30 p.m. for those who attend. We are hoping that you will come on out to the Common and have a great day with friends and family. See you all there!



This program is supported in part by a grant from the Berkley Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.

Managing Your Medicines - Keeping Track

Medications play an expanding role in health as we grow old. Older adults are more likely to develop one or more chronic illnesses. Appropriate medications can help us live longer, more active lives. The more medications we take, the more important it is to keep track of what we are taking, why we are taking them, how and when to take them, and the name of the doctor who prescribed them.

Managing your medications can help you stay out of the hospital. First, keep a checklist of all the prescriptions and over the counter medications you take. For each medication, make note of the amount you take, the time of day you take it and whether it should be taken with food. Don't forget to include the name of the prescribing doctor. Many people see more than one doctor. To assist you in taking your medications, use a chart or calendar to jot down your medications and times you need to take them, or use a pill organizer.

Make sure to update your list when you start taking a new medication, or discontinue taking a medicine. It is also important to review the list and ask any questions about your medicines every time you see a doctor.

If you are having trouble paying for your prescriptions, give our outreach worker, Lucille, a call at 508-821-3105. She may be able to find additional assistance.

Sudoku 1

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

HAPPY HEARTS

Meet every Monday

1:30 p.m.

Activity Room - Town Hall

For info call: Lorraine Judge,

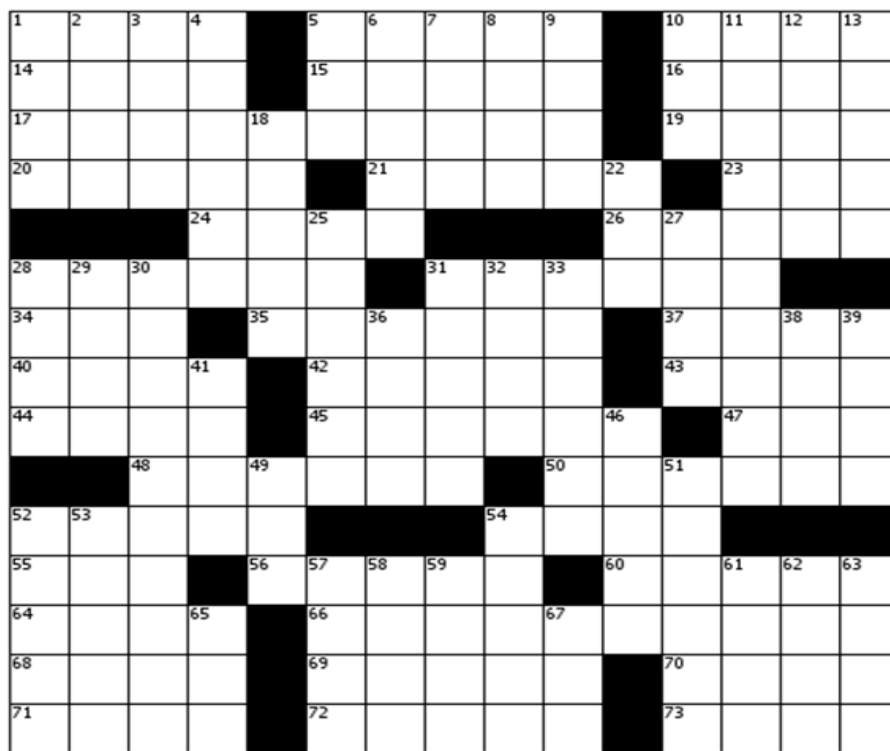
at 508-672-2892

No meetings July and August.

Puzzle 1

Across

1. Part of DJ
 5. Grinding tooth
 10. Resorts
 14. Japan's continent
 15. Limber
 16. Modern Persia
 17. Worsen
 19. Fiddling emperor
 20. Perceive
 21. Wash away
 23. Pro
 24. Assists
 26. Depleted
 28. Become visible
 31. Pencil end
 34. Tyrannosaurus ____
 35. Aloha State
 37. Songstress ____ McEntire
 40. Sharp blows
 42. Takes a break
 43. Drawer pull
 44. Pace
 45. Guiding principles
 47. Metered vehicle
 48. School playtime
 50. Restaurant
 52. Out of the way
 54. Nordic capital
 55. Edge
 56. Desert haven
 60. Horses' gaits
 64. Unrefined metals
 66. Admission
 68. List of choices
 69. Sum
 70. Atop
 71. Chip in
 72. Hurricane
 73. Distort



Down

1. June honorees
 2. Psychic's phrase (2 wds.)
 3. Endorse
 4. Julius ____
 5. Bombshell ____ West
 6. Monsters
 7. Pinocchio, e.g.
 8. Choir singer
 9. Critic Rex ____
 10. Wickedness
 11. Favored option
 12. Slugger Hank ____
 13. Scornful sound
 18. Horse sound
 22. Tricky curve
 25. Sweetie
 27. Brew coffee
 28. Slips up
 29. Pork or beef
 30. Lab test
 31. Slackens
 32. Pinup ____ Hayworth
 33. Theater passages
 36. Marries
 38. Wild hog
 39. "Dear ____"
 41. Went fast
 46. Seasons
 49. Corporate VIP
 51. Upper bodies
 52. Perfume
 53. Warning horn
 54. Movie award
 57. Behaves
 58. Chimney residue
 59. Absorbed by
 61. Sty sound
 62. Lug
 63. Winter flakes
 65. Bring to court
 67. Graceful tree

Sudoku 1 Solution

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

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

Sudoku 2

TRAVEL OPPORTUNITIES

The Lakeville Council on Aging Arts & Crafts has opened their travel program to Berkley seniors!!!!!!

All trips leave from the Lakeville Council on Aging at One Deer Crossing, off Pickens Street, Lakeville, MA. If interested in a trip, call Kelly Conway at Lakeville COA at 508-947-7224. She will hold your spot. Full payment for the trip is due within 48 hours of making the reservation or your spot will be released. Make check payable to COA Gifts & Grants. This is a great opportunity to do some sightseeing with your friends!!

Thursday, June 1 - Wright's Chicken Farm, Harrisville, RI - Surprise bag "Bingo" will be held after an all you can eat Rhode Island Style Chicken Dinner at Wright's Chicken Farm Restaurant. Your bingo card is included in your trip price. Check out their very special gift store filled with many one of a kind items. Trip includes deluxe round trip motor coach transportation; Bingo with great gift card prizes; chicken dinner, family style which includes all the chicken you can eat, garden salad, shells with sauce, French fries, dessert and beverage; Wright's gift shop will be open; Cash bar; gratuity included—\$63.00 per person

Tuesday, June 20 - Tall Ships Boston. \$89 per person.

Tuesday, July 11 - Stonewall Kitchen, Foster's Clambake dinner, Nubble Light House. \$75.00 per person

Wednesday, July 26 - Lobster Bake & Rockport visit—\$85.00 per person

August 29—31 - 3 day/2 nights - Coast of Maine: and the White Mountain Inn & Resort - \$499 per person/double occupancy or \$649 single

Thursday, September 14 - Boston Red Sox game - Sox vs Oakland A's. Seating is under the overhang in the left field grandstand. Game at 1:30 p.m. includes game ticket and transportation. \$55.00 per person.

Wednesday, October 18 - Lake Winnepesaukee Turkey Dinner Train - \$79.00 per person.

For more details see flyers on Berkley Council on Aging bulletin board.

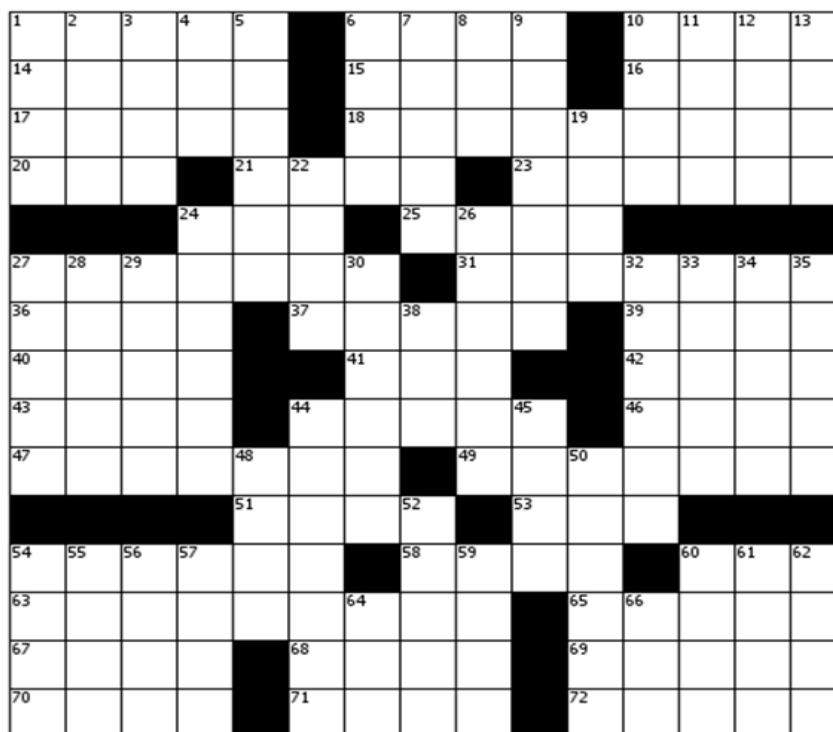
TIPS for Medication Safety:

- * Carry a list of the medications and dosages you take, including over the counter medications
- * Lock up your medications at home, keep them out of the reach of children
- * Do not share medications with family or friends
- * Do not combine medications with alcohol or drugs
- * Take medications as prescribed by your doctor, do not skip doses. Use a pill box or calendar to keep track
- * If you have pills you no longer take, get rid of them at the police station
- * If you have questions or concerns about your medications, talk with your doctor or pharmacist.

Puzzle 2

Across

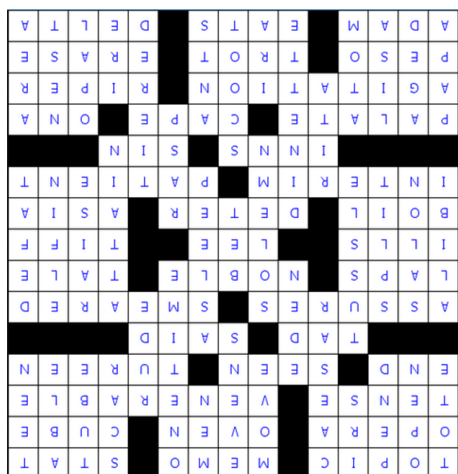
1. Subject
 6. Office note
 10. EMT's word
 14. "Phantom of the ____"
 15. Baking need
 16. Ice unit
 17. Edgy
 18. Revered
 20. Conclusion
 21. Spotted
 23. Soup bowl
 24. Small amount
 25. Stated
 27. Guarantees
 31. Smudged
 36. Track circuits
 37. Honorable
 39. "A ____ of Two Cities"
 40. Afflictions
 41. Director Spike ____
 42. Quarrel
 43. Simmer
 44. Discourage
 46. Korea's continent
 47. Meantime
 49. Tolerant of delay
 51. Taverns
 53. Transgression
 54. Roof of the mouth
 58. Dracula's garment
 60. "Snakes ____ Plane" (2 wds.)
 63. Unrest
 65. Less green
 67. Acapulco coin
 68. Horse's gait
 69. Obliterate
 70. Eden resident
 71. Breaks bread
 72. River mouth



Down

1. Lug
 2. "____ sesame!"
 3. Remain undecided
 4. Taxing agcy.
 5. ____ Salad
 6. Budge
 7. Levels
 8. Males
 9. Former (hyph.)
 10. Blemish
 11. Inner ____
 12. Ready, willing, and ____
 13. Juvenile
 19. Ill-mannered
 22. Adam's home
 24. Scuffle
 26. Slumbering
 27. Excuse
 28. Beauty shop
 29. Divided
 30. Serious
 32. Achieve
 33. Salary boost
 34. Like Santa's helpers
 35. Trim meat
 38. Wager
 44. Eating area
 45. Scrape roughly
 48. Glamorous ____ Hayworth
 50. Having rows
 52. Scram!
 54. Mama's man
 55. Old
 56. ____ Marie Presley
 57. Energy source
 59. Colony insects
 60. Colorful gem
 61. Treetop abode
 62. Locality
 64. Nest egg (abbr.)
 66. Great wrath

Puzzle 2 Answers



Sudoku 2 Solution

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

Puzzle 1 Answers

D	I	S	C		M	O	L	A	R		S	P	A	S		
A	S	I	A		A	G	I	L	E		I	R	A	N		
D	E	G	E	N	E	R	A	T	E		N	E	R	O		
S	E	N	S	E		E	R	O	D	E		F	O	R		
			A	I	D	S				S	P	E	N	T		
E	M	E	R	G	E		E	R	A	S	E	R				
R	E	X			H	A	W	A	I	I		R	E	B	A	
R	A	P	S			R	E	S	T	S		K	N	O	B	
S	T	E	P			I	D	E	A	L	S		C	A	B	
		R	E	C	E	S	S		E	A	T	E	R	Y		
A	S	I	D	E				O	S	L	O					
R	I	M			O	A	S	I	S		T	R	O	T	S	
O	R	E	S			C	O	N	C	E	S	S	I	O	N	
M	E	N	U			T	O	T	A	L			O	N	T	O
A	N	T	E			S	T	O	R	M			S	K	E	W

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*

R E M E M B E R

**Lunch on the farm - June 20 at Noon - Chamberlain
Farm**

**Sultans of Sax - July 4 on the Common - Friends of
Council on Aging**

Red Cross Blood Drive - August 24 - Council on Aging

Drop by the COA to cool off when the weather is too hot for you.

Have a safe summer !