



BERKLEY COUNCIL ON AGING NEWSLETTER

MARCH 2016

BOARD MEMBERS: Chair- Mary Silva, Vice Chair- vacant, Treasurer- Carolyn Peloquin, Programs-Priscilla Martin, Outreach Coordinator- Donna Benoit, and Robert Sullivan. Currently we have two vacancies we are looking to fill. Anyone interested should contact Mary Silva 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.

COA Events

COA Board Meeting: The next meeting is scheduled for Tuesday, March 1 at 10:00 a.m. at the **Berkley Senior Center**. The agenda for each meeting is posted in the Town Hall 48 hours before each meeting. For additional information on the COA meetings please call our office @ 508-821-3105. Anyone interested in COA is welcome to attend.

All programs held at the Berkley Senior Center

Aerobics: Mondays and Fridays at 8:15 AM: Note: There will be no Aerobic classes on **March 11**.

Yoga: Tuesdays at 9:00 AM.

Line Dancing: Wednesdays at 10 AM.

Quilting: Tuesdays at 11:30 A.M.

Food Distribution & Health Clinic : The Food Distribution for the month of March will be on **March 23** from 9:00AM - 10:00AM at the **Berkley Senior Center**. 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.

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

COA Events — Continued

Bingo will be on Tuesday, **March 8 & 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!

Quilting Club: The BCOA (Berkley Council on Aging) is offering seniors the opportunity to join the newly formed "**Quilting Club**". The club will be meeting on Tuesdays from 11:30 AM to 1:00 PM at the **Berkley Senior Center**. All skill levels are welcome.

To join the club and share the fun of quilting with other quilters please call the BCOA @ 508-821-3105 and register or just show up.

Upcoming COA

Home Safety for Older Adults: This program is being offered by Captain Franco of the Berkley Fire Department on **Thursday, March 10th at 1:30 PM** at the **Berkley Senior Center**. Topics covered will be the cause and tips for prevention of electrical and cooking fires. Also covered will be the importance of house numbering.

**LUNCH AT THE SILVER PLATTER RESTAURANT****March 15 at 11:30 AM**

The Berkley Council on Aging invites you to join us for lunch on **Tuesday, March 15 at 11:30 AM** at the **Silver Platter Restaurant at Bristol Plymouth High School**.

Chicken or Fish (your choice) will be served along with soup, dessert, and a beverage all for only \$7.75. The students prepare and serve the meals in a delightful atmosphere for your dining pleasure. You dine, they smile. Come join us for a fun and relaxing lunch!

Please make your reservation on or before **March 8** by calling the Council on Aging at (508) 821-3105

"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 St. Yves @ 508-386-2047 for more information.

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 year's annual Craft Fair. The next scheduled meeting of the Friends of the Berkley Council on Aging will be in April 2016.

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

Meet your House and Senate State Representatives:

State House Representative Keiko M. Orrall will host office hours in Berkley to give constituents an opportunity to meet with her or a staff member and discuss current events and issues. Office hours will be held at the Berkley Town Office 1 North Main Street on the **first Monday of each month from 9:30 AM to 10:30 AM**. Rep Orrall's office may also be contacted at 617-722-2090 or Keiko.Orrall@mahouse.gov to schedule a personal appointment.

State Senate Representative Marc R. Pacheco will host office hours in Berkley to give constituents an opportunity to meet with him or a staff member and discuss current events and issues. Office hours will be held at the Berkley Town Office 1 North Main Street on the **third Tuesday of each month from 11:00 AM to 12:00 PM**. Senator Pacheco's office may also be contacted at 617-722-1551, 508-822-3000 or Marc.Pacheco@masenate.gov to schedule a personal appointment.

Thank You

We would like to thank our volunteers for their devotion and help in keeping our center staffed and open. We are currently open on a part-time basis while various members are on vacations. We will be back in full force come Spring and the snowbirds return! We hope our volunteers enjoy their break and we will be calling on you again come Spring!

We have also received donations from the Committee to Elect Sheriff Hodgson and Ballow & Hutchison Real Estate. We thank you for your support.

Other Community Activities Continued



BERKLEY CARES

Berkley Cares is an outreach program that works in cooperation with the Council on Aging and Berkley Fire/Rescue Department to assist the senior population in making their homes safer.

The Berkley Cares Program is a free service that provides seniors with at home well-being checks, and needs assessment for a variety of services. The home visit will include information on a medical identification program, trip prevention, heating safety, bathroom safety, cooking safety, blood pressure checks, and smoke and CO detector tests. The program can also help seniors with referral programs such as meals on wheels, food pantry, and information on transportation options.

To setup an appointment with the Berkley Cares Program, please fill out the attached form and return it to Berkley Cares, 5 North Main Street, Berkley or call Berkley Fire/Rescue Dept. 508-822-7516.

Sincerely,
Chief Scott Fournier
Berkley Fire/Rescue

Emergency Management Agency Referral Form

Fill out this form if you would like Berkley Cares to visit your home or you need special help in the event of a natural disaster or significant power outages and have no one else who will be available to assist you.

Please check all that apply:

☐ I am in a wheelchair and do not have access to any means of transportation to leave the area in the event of a natural disaster (hurricane, etc)

☐ I have specialized electrical medical equipment (breathing tube, oxygen, etc.).

Specify type: _____

☐ Any other issue that may hinder you if you need to leave the area.

Please Specify _____



Name: _____ Email: _____

Address: _____

Phone Number: _____ Cell Phone: _____

☐ Would you like Berkley Cares to come visit your home.

Please mail to: Berkley Fire/Rescue Department
C/O Berkley Cares Program
5 North Main Street
Berkley, Ma 02779

Monday		Tuesday		Wednesday		Thursday		Friday	
March 2016									
	1	9:00 AM - Yoga 1:00 PM - COA Meeting 11:30 AM to 1:00 PM - Quilting Club		2	10:00 AM - Line Dance	3		4	8:15 AM - Aerobics
7	8:15 AM - Aerobics	8	9:00 AM - Yoga <hr/> 11:30 AM to 1:00 PM - Quilting Club <hr/> 1:00 PM—Bingo	9	10:00 AM - Line Dance	10	1:30 PM - Fire Dept. Home Safety Program	11	NO - Aerobics
14	8:15 AM - Aerobics	15	9:00 AM - Yoga <hr/> 11:00 AM - Silver Plater lunch <hr/> 11:30 AM to 1:00 PM - Quilting Club	16	10:00 AM - Line Dance	17 - St. Patrick's Day		18	8:15 AM - Aerobics
21	8:15 AM - Aerobics	22	09:00 AM - Yoga <hr/> 11:30 AM to 1:00 PM - Quilting Club <hr/> 1:00 PM—Bingo	23	9:00—10:00 AM Food Distribution <hr/> 10:00 AM - Line Dance	24		25 - Good Friday	<hr/> 8:15 AM - Aerobics
28	8:15 AM - Aerobics	29	9:00 AM - Yoga <hr/> 11:30 AM to 1:00 PM - Quilting Club	30	10:00 AM - Line Dancing	31			

From the office of Bristol County District Attorney Thomas M. Quinn III.

Suicide is the 10th leading cause of death. Every minute someone attempts suicide and every 15 minutes someone dies by suicide. It's an epidemic that affects all ages. In the aftermath of a suicide, family, friends and the community-at-large are often left with unanswered questions and a need for resources to cope with the grief that they feel.

The District Attorney's Office mission is to prevent suicide in Bristol County by raising awareness and by providing access to education and resources that relate to suicide prevention.

Studies indicate the best way to prevent suicide is through the early recognition and treatment of depression and other psychiatric illnesses.

Individuals contemplating suicide may exhibit one or more of the following signs:

- Talking about or threatening to harm oneself and seeking access to firearms, poison, pills or other possible means.
- Talking or writing about feeling hopeless or about death or dying
- Exhibiting out of character behavior such as sleeping all the time or acting anxious and being unable to sleep, rapid weight loss or gain, or giving away possessions.
- Expressing uncontrollable anger or sadness or demonstrating dramatic changes in mood.
- Increasing drug and/or alcohol use or engaging in other types of reckless behavior.
- Withdrawing from family, friends & society.

If someone exhibits one or more of these signs and you feel that they may be contemplating suicide: Ask them directly if they are thinking about suicide or are planning a suicide attempt. Asking someone about suicided will not "put the idea in their head" and by asking that question you may help to save a life.

If someone needs help then seek it immediately through:

A mental health professional

The National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255)

The Samaritans 24-hour helpline at 1-877-870-HOPE (1-8877-870-4673)

911

A suicidal person needs a lot of support - more than any one person can give. Get help by calling one of the numbers listed above or from a counselor or therapist, a teacher or guidance counselor, the local hospital emergency room, or a nurse or doctor.

Aging Services Access Points (ASAPs) in Massachusetts have a Family Caregiver Support Specialist to provide support to family caregivers caring for older adults - or adults of any age living with Alzheimer's - and grandparents (55+) caring for grandchildren. The Family Caregiver Support Specialist focuses on caregiver needs through one-on-one counseling in-home assessments and referrals to in-home and other respite services.

If you do not know the Family Caregiver Support Specialist in your area, please call Ana Karchmer - the Family Caregiver Support Program Manager at Executive Office of Elder Affairs at 617-222-7490 or ana.karchmer@state.ma.us

Council on Aging
1 North Main Street
Berkley, MA 02779

Return service requested

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Office of Elder Affairs*

Pet Safety Tips for Winter Months

- Do not leave pets outdoors when temperatures drop below freezing.
- Care for your pet's feet.
- Wind-chill is a threat to pets, even those protected by shelters.
- Pets that spend a greater amount of time outdoors in the winter need more food.
- Never leave a pet locked inside a car during extremely cold weather.
- Antifreeze and de-icing chemicals can be hazardous
- For more info go to www.smart-mass.org

**Daylight Savings Time
begins Sunday, March 13, 2016**

