



BERKLEY COUNCIL ON AGING

NEWSLETTER

MARCH 2017

Coffee Talk Café

Dementia Discussion

Friday, March 17

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 !



Berkley COA Lunch at the Silver Platter Restaurant

(Bristol-Plymouth Regional Technical High School)

Tuesday, April 4, 2017

Arrive at 11:15 a.m.

Choice of Chicken Marsala (boneless chicken sautéed in a Marsala wine sauce with mushrooms) OR

Broiled Scrod (tender white fish broiled and topped with cracker crumbs)

Beverage and Dessert \$7.75 per person plus tax

Call the COA at 508-821-3105 to sign up by Friday, March 24, 2017

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

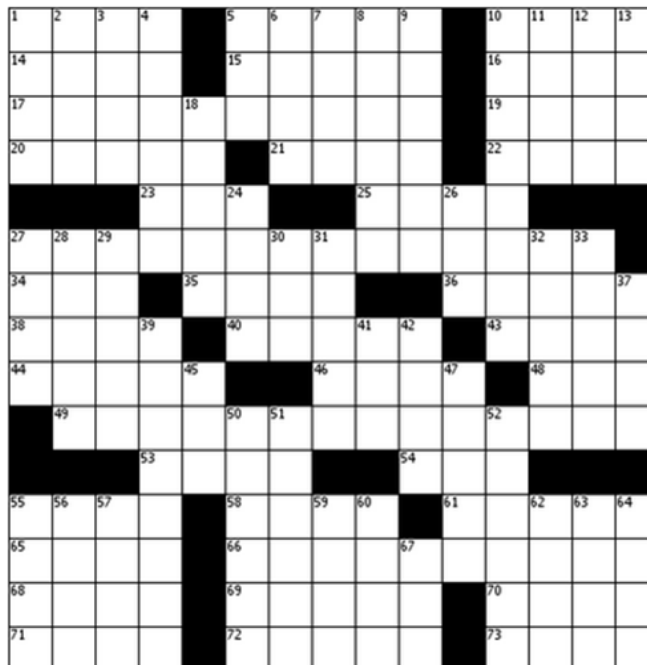
Veterans Services

Donald Hirschy

(508) 669-4524

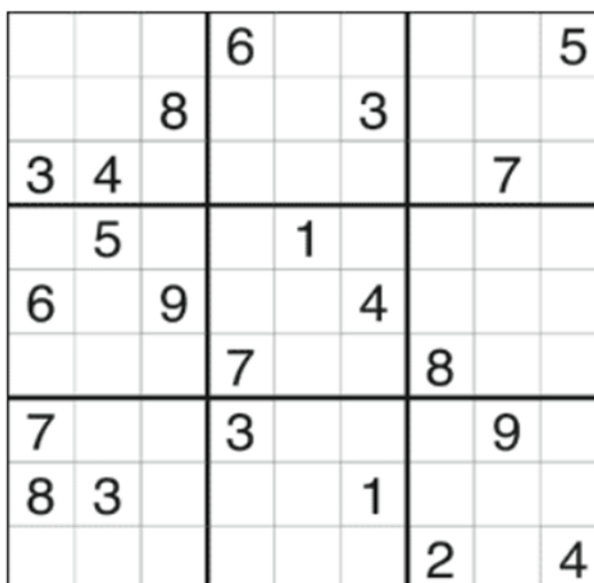
Across

1. "Friends" character
5. "Star Wars" name
10. Multipurpose plant
14. Unused
15. Deprive of weapons
16. Ovoid
17. Drugstore purchase
19. "Star Wars" name
20. Engage in polemics
21. Second or fourth wife of Henry VIII
22. Word on a sale sign, perhaps
23. Dr. Jekyll creator's monogram
25. Mountain goat's perch, perhaps
27. A-one stuff
34. Feel malaise
35. Do in a dragon
36. Film shots
38. Straight man in comedy
40. Your place or mine, really
43. "Gunsmoke" role
44. Moral principle
46. Cookie treat since 1912
48. Kind of brain
49. "Nutcracker" dancer
53. Lotion base
54. "--- Were a Rich Man"
55. Entry
58. Auto grille protectors
61. Remove marginalia
65. Lessen the force of
66. Pancake ingredient, perhaps
68. Where Kerman is
69. Bass-baritone Simon
70. Adams in "The Apartment"
71. Northern road crew's supply
72. Brings in the sheaves
73. Trawling needs



Down

- | | | |
|------------------------------|------------------------------------------|----------------------------------|
| 1. Costa --- | 24. Filleted fish | 47. Bid |
| 2. Nitrogen's lack | 26. Do one's part? | 50. Second-story man |
| 3. Illegal coin | 27. Artsy gathering place | 51. Read carefully |
| 4. Tennis legend Pancho | 28. Hilarious joke tellers | 52. Pilots |
| 5. Au --- (in gravy) | 29. Root or Yale | 55. Nile wading bird |
| 6. "Dragonwyck" author Seton | 30. Org. responsible for aviation safety | 56. Fictional home in Dixie |
| 7. Rural structure | 31. Innsbruck is its capital | 57. Footnote term |
| 8. Combined meal | 32. Giraffe relative | 59. Lead-in to "boy!" or "girl!" |
| 9. It's of current interest? | 33. First pope | 60. Graduation |
| 10. Certain 3-D image | 37. Admonition to Spot | 62. Adjuvant |
| 11. Word after get or break | 39. Bone connector | 63. Alluring dress feature |
| 12. It may be certified | 41. Broadway play about Capote | 64. Barely manages |
| 13. Dramatic presentation | 42. Prefix with sphere | 67. Twisty letter |
| 18. Positions of control | 45. First name in baseball ironmen | |





Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
6	7	8	9	10
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 - COA meeting	10:00 AM - Line Dance	10:00 AM - Tai Chi 10:00 AM - Podiatry	8:15 AM - Aerobics <hr/> 12 <i>Daylight Savings Ends</i>
13	14	15	16	17 <i>St. Patrick's Day</i>
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 10:30 AM - Cafe 
20 <i>President's Day</i>	21	22	23	24
CLOSED <i>Spring</i> 	NO Yoga 11:30 AM - Quilting 1:00 PM - COA meeting	9:00 AM - Food Distribution 9:00 AM - Health Clinic 10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
27	28			
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	<i>Daylight Savings Ends on the 12th - Spring Ahead!</i>		

CLASS NOTES

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.

Tai Chi - If you've ever seen a group of people moving in a graceful dancelike exercise in your local park, gym or community center you have witnessed the ancient art of Tai Chi.

These ordinary people are improving their health, strength, balance, concentration and mental wellbeing and they are having fun doing it! Best of all you can enjoy all these benefits yourself regardless of your level of physical fitness. Studies by Harvard Medical School and other research centers show Tai Chi has a wide range of health benefits. These include lower blood pressure, lower cholesterol, weight loss, relief of back pain, managing chronic disease and better balance. Experience the joy of movement, join us for Tai Chi on Thursday mornings at 10:00 a.m.

Yoga for Seniors - NO YOGA MARCH 21 - The practice of yoga has been dated back for more than 5,000 years. A surge in yoga for the senior population was ignited by a cardiologist who challenged that a yoga practice would lower blood pressure. While we age in maturity and wisdom, we also are at greater risk for depression, heart disease, arthritis and diabetes.

Yoga has shown to improve sleep, reduce stress, help control blood sugar in people who have diabetes, relieve arthritis pain while increasing bone density, helping to slow osteoporosis, reduce pain and improve balance.

A regular yoga practice helps to also reduce anxiety, sharpen the mind while challenging the body to its higher aspect, it also improves strength, posture and balance which only adds to the sense of self we can lose as we age.

Falls can be prevented through flexibility and balance, lung capacity improves through breathing techniques, blood pressure lowers and decreases risk of cardiovascular disease in seniors during a 12-week yoga study written by J. Hum Kinet in November, 2014. Join us for Yoga on Tuesday mornings at 9:00 a.m.

"We don't stop playing because we grow old. We grow old because we stop playing." - George Bernard Shaw

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

HAPPY HEARTS

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

How to Pay for Nursing Home Care

There are many factors to consider when looking for a nursing home for your loved one, but cost ranks on top as the most common concern.

According to a 2016 survey, the average cost of a private room in Massachusetts is \$395 per day, or over \$144,000 annually. In addition, the price of a private room in a nursing home is expected to increase by nearly \$10 a day in 2017. With costs steadily rising, it's important to research all of your options for paying for nursing home care and understanding the requirements for payment under state - mandated programs such as Medicare and Medicaid.

If your loved one has spent three days or more as a hospital inpatient and meets specific "skilled nursing home care criteria," they will qualify for Massachusetts Medicare. Being admitted to the hospital for a stay of at least three nights is one of the key conditions for payment coverage. Medicare pays for all covered services in a nursing home for up to 20 days, at a pre-determined rate in a semi-private room, according to www.mass.gov. From then, up to a maximum of 100 days, Medicare will pay for covered services for qualified patients, except for a co-pay that is calculated annually. After the 101st day, the patient and/or family will need to pay for all costs.

Medicaid offers assistance to people who either do not have the funds upfront to pay for nursing home care, or have exhausted their funds and assets while paying for the services. In order to pursue this option, the individual can have no more than \$2,000 total in countable assets. If the individual is married and their spouse remains in the community, he/she can retain an amount of the combined countable assets, in addition to spousal allowance from their combined incomes. Lastly, the patient must also be assessed as needing long-term care, as is provided through a nursing home.

While cost is an important concern, your primary focus should be choosing a skilled nursing facility where your loved one will be comfortable and enjoy the very best care.

STORM ADVISORIES

Winter Storm Outlook: Winter storm conditions are possible in the next 2 to 5 days.

Winter Weather Advisory: Winter weather conditions are expected to cause significant inconveniences and may be hazardous. When caution is used, these situations should not be life threatening.

Winter Storm Watch: Winter storm conditions are possible within the next 36 to 48 hours. People in a watch area should review their winter storm plans and stay informed about weather conditions.

Winter Storm Warning: Life-threatening, severe winter conditions have begun or will begin within 24 hours. People in a warning area should take precautions immediately.

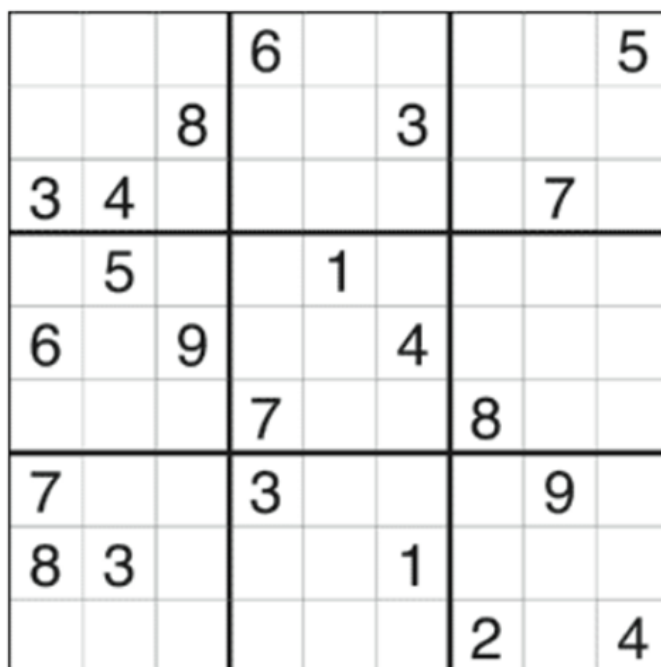
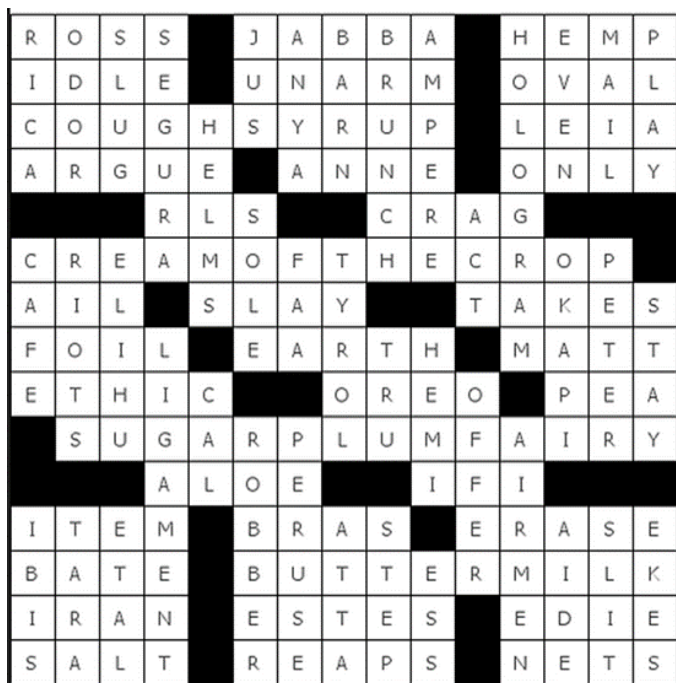
Mission Statement

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.

Tips for Avoiding Health Care Fraud or Health Care Insurance Fraud

Senior citizens are frequent targets of Medicare schemes, especially by medical equipment manufacturers who offer seniors free medical products in exchange for their Medicare numbers. Because a physician has to sign a form certifying that equipment or testing is needed before Medicare pays for it, con artists fake signatures or bribe corrupt doctors to sign the forms. Once a signature is in place, the manufacturers bill Medicare for merchandise or service that was not needed or was not ordered.

- Never sign blank insurance claim forms.
- Never give blanket authorization to a medical provider to bill for services rendered.
- Ask your medical providers what they will charge and what you will be expected to pay out-of-pocket.
- Carefully review your insurer's explanation of the benefits statement. Call your insurer and provider if you have questions.
- Do not do business with door-to-door or telephone salespeople who tell you that services of medical equipment are free.
- Give your insurance/Medicare identification only to those who have provided you with medical services.
- Keep accurate records of all health care appointments.



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.

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.

LEGAL ASSISTANCE

If you are low-income or elderly living in Southeast Massachusetts and need civil legal help, South Coastal Counties Legal Service may be able to assist you.

South Coastal Counties Legal Services, located in Fall River, is a non-profit charitable corporation providing free civil legal services to individuals age 60 and older who are economically and socially disadvantaged. Attorneys and paralegals represent older adult clients in legal matters such as housing, health care, long-term care, utilities, and age discrimination. In addition, they will help clients obtain the government benefits to which they are entitled. Such as Medicaid, Food Stamps, Fuel Assistance, and Veterans Services. For more information about this program contact the Berkley COA Outreach Worker, Lucille, at 508-821-3105 or the South Coastal Counties Legal Services at 508-676-6265.

!!!!!! Don't Forget the Senior Circuit Breaker Tax !!!!!!

The Senior Circuit Breaker Tax Program can put up to \$1,070.00 in **YOUR** pocket!

The Massachusetts Circuit Breaker Tax program (a tax credit or refund) is for persons 65 or older whose property taxes (or 25% of rent) exceed 10% of their annual income and who meet other qualifying criteria.

For more information regarding eligibility contact our outreach worker, Lucille, at 508-821-3105 or consult with your tax preparer.

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
Website: <http://petfoodaid.org>



Council on Aging
1 North Main Street
Berkley, MA 02779

Return service requested

PRESORTED STANDARD

U.S POSTAGE PAID
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PERMIT NO. 73

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

Get Active - Join A Class

**Aerobics
Line Dance
Quilting
Tai Chi
Yoga**

Check the Calendar for Dates and Times and Just come on in!

Watch Berkley Cable Channel 9
for Program Updates