



BERKLEY COUNCIL ON AGING NEWSLETTER

MAY 2015

BOARD MEMBERS: Chair- Mary Silva, Vice Chair - Vacant,
Treasurer- Carolyn Peloquin, and other members: Valerie Mur-
ray, Priscilla Martin and Gerry Durette

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 Board Meeting: The next meeting has not been scheduled. For
information on the May meeting please call the COA office @ (508)821
-3105 after April 16, 2015..

COA Events for May 2015

Aerobics: Mondays and Fridays at the Berkley Community School at
7:45 AM. Note that there will be no Aerobics on May 25 , Memorial
Day

Reminder: If there is no school in Berkley for any reason, aerobics
will not be held. Please stay tuned to your television or radio station for
Weather Alerts and Cancelations.

Yoga: Tuesdays at the Berkley Congregational Church at 9:00 AM.

"Line Dancing" YES, Line Dancing is back!!!!

Please plan on joining Lestyn Gilmore and our group of Line Dancers
on Wednesdays at 10 AM at the Berkley Congregational Church.

Stay active while still having fun.

Food Distribution & Health Clinic : The Food Distribution will be on
May 27 from 9:00AM - 10:00AM at the Myricks Methodist Church Hall.
Also, 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. & Wed. 9:30
-11:30 AM
(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

MA Council on Aging
www.mcoaonline.com

COA May Events Continued

Bingo and other games will be on Tuesday, May 12 at 1:00 PM at the Myricks Methodist Church Hall. Meet your friends, share your interests and have fun! It's a great way to spend your day!

"The Basics: Memory Loss, Dementia and Alzheimer's Disease"**Presented by Jennifer Hoadley**

The Berkley COA is excited to offer this Alzheimer detection awareness program. Presented by the Alzheimer's Association.

Alzheimer's disease is not a normal part of aging. This program provides information about the disease and related dementias, the benefits of early detection, causes and risk factors, treatment, and services offered by the Alzheimer's Association

Register now by calling the COA at (508) 821-3105 and join us on **May 19th at 2 PM** at the Myricks United Methodist Church Hall to learn more about Alzheimer's and its symptoms.

Volunteer Appreciation Luncheon

On **May 26** our annual "Volunteer Appreciation Luncheon" which is a **"By Invitation Only"** event will be held at 1 PM. The location has not yet been finalized and will be communicated to you on your invitation.

Each year we are proud to honor and thank all our volunteers who donate their time and talents to better serve the seniors in our community.

"Big Bill Reidy's Old Time Country Music Show"

Also after the "Volunteer Luncheon" at 2 PM the Council on Aging is pleased to offer to all Berkley seniors the "Big Bill Reidy's Old Time Country Music Show", for everyone's listening pleasure. Singer Bill Reidy will accompany himself on guitar and sing everyone's favorite classic country music songs of the 1950s and 1960s, including songs by Johnny Cash, Hank Williams, Eddy Arnold, Ray Price, Buck Owens, and Gene Autry.

Refreshments will be available. So please let us know if you plan on attending by calling the Council on Aging at 508-821-3105 on or before May 20.

COA Upcoming Events***Lunch on the Farm*****Time: June 23 at Noon Place: Chamberlain Farm**

The Council on Aging provides a yearly opportunity for Berkley seniors to enjoy an afternoon in the clean fresh air. We invite you to join us for a free lunch buffet at the lovely Chamberlain Farm Pavilion on Friend Street on June 23. Details to follow in the June newsletter.

Other Community Events

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 Congregational Church.

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

"Happy Hearts" meet every week at the Myricks Methodist Church, Rt. 79 on Mondays at 1:30 p.m. New members are always welcomed. If you are a senior and interested in joining this fun group, you can contact Roberta StYves @ 508-386-2047 for more information.

Need Prescription Relief

Each year thousands of seniors in Massachusetts reach a gap in their Medicare prescription drug plan that is often referred to as the **"donut hole."**



If you reach that gap, your prescription drug costs rise dramatically! Don't let this happen to you: **Prescription Advantage** can help!

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill that gap.

The link to the Prescription Advantage is <http://www.mass.gov/elders/healthcare>.

OR

Call Prescription Advantage *today* at **1-800-AGE-INFO (1-800-243-4636)** and **Press 2** to learn more!

Monday	Tuesday	Wednesday	Thursday	Friday
May 2015				
		 <p>May 9 Your Vote Is Your Voice</p> <p>★ ★ ★ ★ ★ ★ ★ ★ ★ ★</p>	1	2 7:45 am Aerobics Berkley Community School
4 7:45 am Aerobics Berkley Community School	5 9.00 AM - Yoga Berkley Congregational Church Hall	6 10:00 AM line Dancing Congregational Church	7	8 7:45 am Aerobics Berkley Community School
11 7:45 am Aerobics Berkley Community School	12 9.00 AM - Yoga Berkley Congregational Church Hall 1 PM Bingo Myricks Church Hall	13 10:00 AM line Dancing Congregational Church	14	15 7:45 am Aerobics Berkley Community School
18 7:45 am Aerobics Berkley Community School	19 9.00 AM - Yoga Berkley Congregational Church Hall 2 PM Alzheimer Program Myricks Church Hall	20 10:00 AM line Dancing Congregational Church	21	22 7:45 am Aerobics Berkley Community School
25 Memorial Day No Aerobics- Memorial Day	26 9.00 AM - Yoga Berkley Congregational Church Hall	27 9:00—10:00 AM Food Distribution Myricks Church Hall 10:00 AM line Dancing Congregational Church	28	29 7:45 am Aerobics Berkley Community School



- # Sudoku

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

[illegible]

ANSWERS

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

Council on Aging
1 North Main Street
Berkley, MA 02779

Return service requested

PRESORTED
STANDARD
U.S POSTAGE
PAID
TAUNTON
PERMIT NO. 73

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

New law in Massachusetts: **Wipers on, headlights on!**

Headlights to also be used 30 minutes before sunrise, sunset

Published 2:00 PM EDT Mar 30, 2015



BOSTON —A new Massachusetts law will soon requires drivers to turn headlights on when the vehicle's windshield wipers are needed.

The law, which **goes into effect April 7**, also says headlights should be in use 30 minutes before sunrise and sunset or when visibility is under 500 feet.

Drivers can be ticketed for failing to comply with the new headlight law, and it is considered a minor surchargeable traffic violation, which may result in increased insurance premiums.

Chapter 481 of the Acts of 2014 was approved in January.