



## Berkley Council on Aging Newsletter May 2018

### BOARD MEMBERS:

Chair - Joan Blake; Vice Chair - vacant Treasurer - Margaret Clark-Moroff;

Secretary/Programs - Priscilla Martin; Committees Coordinator - Mary Silva; Member- Nancy Thompson

### **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**

- \* **June 13th 1:00 - 3:00 PM** Paint Party at Berkley Council on Aging Come and paint a beautiful landscape with Amy King. All materials will be provided. Free to Berkley seniors, \$20.00 for our out of town guests. To reserve a spot call the COA at 508-821-3105
- \* Luncheon sponsored by the Friends of the Berkley COA is on **May 16, 2018 12:00 Noon - 1 :30 PM** at the Senior Center on 1 North Main St., Berkley MA. The menu is Chow Mein Sandwich, dessert, and drink. \$6.50 to eat in or take out (while they last). To make a reservation call Jackie at 508-822-9634 or sign the list at the COA.
- \* Movie Day is on **May 16th** following the luncheon, movie will begin at 2:00. Join us to watch A Dog's Purpose.
- \* **Sunday, May 13th** Dighton Rock Park will be presenting a Native Collection to the Land. 1:00 - 3:00 Free and open to the public. Hartman Deetz, a Mashpee Wampanoag and cultural educator and historian will share the cultural perspective of people who treasure and respect the natural world and reinforce how living closely with the land builds responsibility and stewardship of the earth. This program is supported by a grant from the Berkley Cultural Council.

# Additional Events

- \* **Sunday, May 20th** "The Place of Stone" Dighton Rock Park and the Erasure of America's Indigenous Past" Douglas Hunter, author will examine the historiography of Dighton Rock Park, one of the most contested artifacts of American Antiquity. This program is supported by a grant from the Berkley Cultural Council.
- \* Invitations are going out for the Appreciation Luncheon at Chamberlain Farm on **Tuesday, May 22nd**. If you do not receive one but feel you qualify with 10 hours or more of volunteer hours, please call the COA and leave a message, we will get in touch with you. Any Berkley senior who would like to join us at Chamberlain Farm on May 22nd at 1:30 to enjoy coffee/tea and pastries with us as we enjoy the music of John Root with music from the first half of the 20th century. This is free and open to all Berkley seniors. Please call the COA and leave your name as your reservation for this event. This event was made possible by The Berkley Cultural Council.
- \* The annual Lunch on The Farm will be held on **Tuesday June 19th** at Chamberlain Farm. New Orleans Music will be provided at this event. This event was made possible by The Berkley Cultural Council.



## 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.

## 2018

## GRANT AWARDS

Applicant	Project Title	Location	Description	Project Date
RESS Foundation Inc.	In the Eyes of Another	Various theaters, libraries and schools	Partial funding for a film based on the true story of the relationship between a recent cancer survivor and a type 1 diabetic in the hopes of raising public awareness.	2018
Bee Informed Group of Bristol County	Veterans with PTSD - Bees for Vets: "Quiet Mind Therapy"	Berkley	Funds to equip a Vietnam veteran suffering with PTSD in the art of beekeeping. After schooling and hands-on-training vet will demonstrate beekeeping and talk with the public during the 2018 Honey Harvest Festival on how it has benefitted his PTSD.	January 2018 - December 2018
Cooperative Production, Inc. (dba CO-OP)	CO-OP Brain Injury Day Center	Taunton	Funds to provide arts-related programming and art supplies for their Brain Injury Supports program.	January 2018 - December 2018
Dena Haden	The Critique Group	Berkley	Formation of "The Critique Group" in Berkley for artists to give and receive feedback, encouragement and to exchange ideas.	January 2018 - December 2018
Tri-County Symphonic Band	Complimentary Senior Tickets	Taber Academy and Dartmouth High School	Free senior tickets to three of Tri-County Symphonic Band's concerts.	February 11 through October 23, 2018
Friends of Dighton Rock Museum, Inc	Stone of Power	Dighton Rock State Park	Douglas Hunter examines the historiography of Dighton Rock and shares his research and thoughts on this age-old mystery.	Tentative date: April 8
John Root	A Celebration of Song	Chamberlain Farms	John Root performs for seniors song and music from the first half of the 20th century.	Tuesday, May 22, 2018
William Schneller	Bill Harley Family Concert	Berkley Middle School	Bill Harley, well known performer will entertain children and adults with humorous songs and stories. Fundraiser for Friends of the Library and the Berkley Schools. Tickets in advance \$15/adults, \$10/child, max cost of \$50 per family. Tickets at the door \$20/adult, max cost of \$60 per family.	Friday, May 04, 2018
Friends of Dighton Rock Museum, Inc	Sustainable Harvest	Dighton Rock State Park	Deetz Hartman, a Mashpee Wampanoag cultural educator and historian, shares learning how to sustainably harvest plants to keep the future of the environment for healthy living and for the coming generations.	Sunday, May 13, 2018
Friends of Dighton Rock Museum, Inc	Plein Air Painting at the Park	Dighton Rock State Park	Ilani d'Alfonso, an artist and visual arts teacher leads a workshop on painting with watercolors. Supplies provided. Phone call or e-mail registration required for planning purposes.	Saturday, June 10, 2017
Berkley Council on Aging	Lunch on the Farm	Chamberlain Farms	New Orleans music provided for seniors at this luncheon.	Tuesday, June 19, 2018
Berkley Public Library	Line Dancing	Outside of library on Berkley Common	Brett Outchunis teaches line dancing for children seven and up and their families as part of the library's Summer Fun Festival.	Saturday, June 23
Friends of Berkley Council on Aging	Fourth of July Celebration and Concert on the Common	Berkley Commons	Fourth of July celebration with the Sultans of Sax, an ensemble of nine musicians.	Wednesday, July 04, 2018
Mayflower Camerata	2 Performances of Mozart's "Coronation" Mass, Symp	Friday - Saints Martha and Mary Church, Lakeville; the second - Central Congregational Church, Middleboro	Two performances of Mozart's Requiem and Coronation Mass and Symphony #40 in G Minor.	Performances between October 19 & 28, 2018
Berkley Council on Aging	Holiday Lunch	Berkley Middle School	Tom Madden provides holiday music for seniors at this luncheon.	Saturday, December 08, 2018

## Prescription Advantage

***Need help with prescription drug costs, this program may be your answer!***

Prescription Advantage is the state-sponsored prescription drug assistance program for seniors and people with disabilities in Massachusetts. This income-based assistance program may help you pay for prescription drugs once you are in the Donut Hole. Your income level will determine the level of assistance you receive.

### **Who is eligible for Prescription Advantage?**

Prescription Advantage is available to Massachusetts residents who are:  
Age 65 or older, eligible for Medicare, or

- 65 years of age or older and not eligible for Medicare, or  
Under age 65 and meet disability guidelines, and
- Not a Mass Health or CommonHealth member\*

\*In some cases, individuals receiving assistance from Mass Health to pay for Medicare Part A and/or Part B premiums, deductibles, and co-payments may still be eligible for Prescription Advantage.

### **How Can Prescription Advantage Work Help You?**

Prescription Advantage supplements prescription drug benefits by helping to pay for medications covered by Medicare Part D when you reach the Donut Hole (also known as the Coverage Gap).

Prescription Advantage allows you to switch your Part D coverage once a year in addition to Open Enrollment in October.

For more information or application assistance call the COA at 508-821-3105 and leave a message for the Outreach Worker, Lucille.



**Announcement:** We have File of Life at the COA. A FILE OF LIFE provides individuals with emergency medical identification cards to be used at home and away from home. This is a very important program. It should be part of your emergency preparedness. For more information come pick up a File of Life, or call the COA 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**

## **More Announcements:**

⇒ To Apply for the **Brown Bag Program** which contains food staples and may include some fruit, vegetables, and some meat, call the Council on Aging 508-821-3105. All Calls are CONFIDENTIAL.

⇒ If you would like to use a computer, call the Council on Aging at 508-821-3105 to reserve a time.

⇒ The **Council on Aging Board of Directors** is looking for members, if you are interested call us and leave a message, we will get back to you! Or you can attend the BOD meeting on May 3rd and see what we do!



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## Across

1. Mother
6. Fraud
10. Game on horseback
14. Blockage of the intestine
15. Diminish
16. Not odd
17. Achievements
18. French for "State"
19. Certain card games or liquors
20. Baby's soft spot
22. A flat mass of ice
23. Abominable Snowman
24. The far east
26. Pang
30. Writing liquid
31. 16 1/2 feet
32. Plant fiber
33. G G G G
35. Slander
39. European wild oxen
41. Release
43. Attempt again
44. Arid
46. Coffee dispensers
47. Tavern
49. Arrive (abbrev.)
50. Views
51. A person without pigment
54. Wanda

## DOWN

1. Annoy
2. Margarine
3. Average
4. Mongrel
5. Test, as ore
6. Sugariness
7. Resembling a feline
8. A Freudian stage
9. Shooting star
10. Treacherous
11. Small egg
12. A tart fruit
13. Beginning
21. Whinny
25. Somersault
26. Remote
27. Hint
28. Male deer
29. Outrageous
34. Replacement
36. Drill
37. Feudal worker
38. Not more
39. Greenish blue
42. Audacity
45. Sincere
48. Corpulent
51. Mime
52. Jeweler's glass
53. Beauties
55. Savor
58. District
59. Rubber wheel
60. Ancient Peruvian
61. Food thickener
62. Not a win

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3	4	5	2	8	6	1	7	9

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# May 2018

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> YOGA 9:00 Tai Chi 10:30	<b>2</b> Body in Motion 10:00	<b>3</b> Tai Chi 10:00 Friends 11:00 COA BOD 1:00	<b>4</b> Aerobics 8:15	<b>5</b>
<b>6</b>	<b>7</b> Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30	<b>8</b> Yoga 9:00 Tai Chi 10:30 Bingo 1:00	<b>9</b> Body in Motion 10:00	<b>10</b> Tai Chi 10:00	<b>11</b> Aerobics 8:15	<b>12</b>
<b>13</b>	<b>14</b> Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30	<b>15</b> Yoga 9:00 Tai Chi 10:30	<b>16</b> Body in Motion 10:00 Chow Mein Luncheon 12:00 Movie 2:00	<b>17</b> Tai Chi 10:00	<b>18</b> Aerobics 8:15 Coffee Talk Café 10:30 CPR review	<b>19</b>
<b>20</b>	<b>21</b> Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30	<b>22</b> Yoga 9:00 Appreciation Lunch 12:00	<b>23</b> Brown Bag Distribution 9:00 Body in Motion 10:00	<b>24</b>	<b>25</b> Aerobics 8:15 Blood Drive (BAA) 1:00	<b>26</b>
<b>27</b>	<b>28</b> MEMORIAL DAY	<b>29</b> Yoga 9:00 Tai Chi 10:30	<b>30</b> Health Clinic 9:00 Body in Motion 10:00	<b>31</b> Tai Chi 10:00	<b>Coming in June: Lunch on the Farm 19<sup>th</sup> Paint Party 13<sup>th</sup> 1:00</b>	