



BERKLEY COUNCIL ON AGING NEWSLETTER

SEPTEMBER 2016

BOARD MEMBERS:

**Chair - Donna L. Benoit; Vice Chair - Robert Sullivan; Treasurer- Carolyn Peloquin;
Secretary/Programs - Priscilla Martin; Committees Coordinator - Mary Silva.
Currently we have two vacancies on the board that 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.

NEW

Soon Berkley will be a Dementia Aware Community!

The COA has received a grant awarded to the Massachusetts Councils on Aging by the Massachusetts Executive Office of Elder Affairs to assist town departments and businesses in becoming Dementia Aware. Our hope is that by raising awareness of dementia and its stigma, our residents with memory issues will be able to participate in community life and stay in their homes longer with the support of a Dementia Friendly community.

The COA will provide free training for businesses, their employees and town departments. We will be contacting you to arrange a convenient time to meet and discuss becoming Dementia Aware. For more information call the COA at 508-821-3105 or email us at berkley-coa2013@aol.com

Mah Jongg class starts September 12.

Janet Phillips will be teaching Mah Jongg on Mondays from 10:00 to 12:00 at the COA. Cost is free and she will supply the game materials. Please call the office at 508-821-3105 to sign up or just come on by on any Monday morning at 10:00 a.m.

Computer Available for Senior's use.

Seniors are invited to use the computer located in the Activity Room at the COA. First come first served.

HEALTH CARE PROXY FORMS

Massachusetts Health Care Proxy forms are available at the COA office along with instructions as to how to complete it. Stop by and pick one up or call the office at 508-821-3105 for more information.

Important Phone Numbers

FIRE/ POLICE

MEDICAL

911

Attorney General's

Elder Hotline

(10-5) M-F (888) 243-5337

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

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

Needs of Elders

1-800-987-2510

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

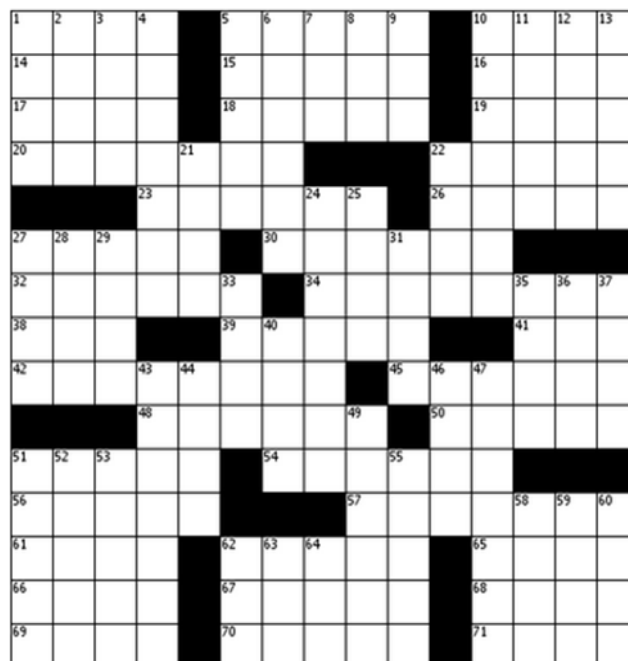
Veterans Services

Donald Hirschy

(508) 669-5027

Across

1. Common skin problem
5. Fastened shoestrings
10. Rave
14. Heavenly body
15. Traditional saying
16. Pennsylvania port
17. Majority
18. Burn slightly
19. Dancer ____ Kelly
20. Perform surgery
22. Flax product
23. Guarantee
26. Pile up
27. Warning horn
30. Calm
32. Pencil end
34. Ballroom dance
38. Atlas entry
39. Make up for
41. " ____ Clear Day..." (2 wds.)
42. ____ decorator
45. Excuses
48. Snake-haired woman
50. Upper class
51. Orally
54. Leased car
56. Artist ____ Picasso
57. African country
61. Adrift
62. Hearty soups
65. Monopoly, e.g.
66. Take it easy
67. Principle
68. Mimics
69. Family diagram
70. Furious
71. Pre-Easter period



Down

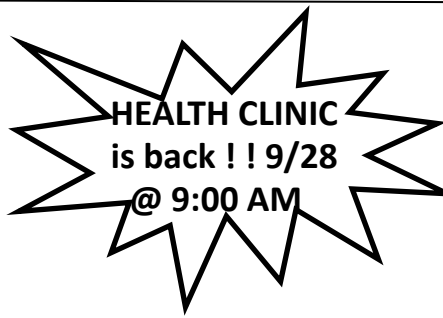
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|-------------------------|------------------------|---------------------------------|
| 1. Munitions, for short | 22. Delayed | 46. Slender |
| 2. Henhouse | 24. Contrition | 47. Illicit |
| 3. Smelling organ | 25. Eve's garden | 49. Reply |
| 4. Main courses | 27. Half (prefix) | 51. Into pieces |
| 5. Continues | 28. Mideast nation | 52. Sci-fi weapon |
| 6. Parisian farewells | 29. Entranced | 53. Fat |
| 7. Is able | 31. District | 55. Grouchy |
| 8. Hen product | 33. Foray | 58. Rubberneck |
| 9. Fourth letter | 35. Mongolian desert | 59. Prayer finale |
| 10. Systematic plan | 36. Single thing | 60. " ____ we forget" |
| 11. Hockey venue | 37. Relaxation | 62. Train depot (abbr.) |
| 12. Dressed to the ____ | 40. Sightseeing trip | 63. Hamilton bill |
| 13. Young people | 43. Imitate | 64. Liverpool's country (abbr.) |
| 21. Green Gables girl | 44. Decorator's advice | |

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

FRIENDS OF COUNCIL ON AGING

Meet the 1st and
3rd Thursday -
11:30 a.m.
Activity Room -
Town Hall.

For info call:
Jackie Arnoe at
508 - 822-9634



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			10:00 AM - Tai Chi 1:30 PM - Friends of COA meeting	8:15 AM - Aerobics
5 LABOR DAY	6	7	8	9
	9:00 AM - Yoga 11:30 AM - Quilting		10:00 AM - Tai Chi	8:15 AM - Aerobics 10 - Saturday - Arts/Craft Fair on Common - Friends of Council on Aging 11 - Sunday - Dighton Rock State Park - Paranormal Investigation 101
12	13	14	15	16
8:15 AM - Aerobics 10:00 AM - Mah Jongg	9:00 AM - Yoga 11:30 AM - Quilting 1:00 PM - Bingo	10:00 AM - Line Dance	10:00 AM - Tai Chi 1:30 PM - Friends of COA meeting	8:15 AM - Aerobics 17 - Saturday - Honey Harvest Festival on Common - Bee Informed Group
19	20	21	22	23
8:15 AM - Aerobics 10:00 AM - Mah Jongg	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 24 - Saturday - Noon - Happy Hearts Chicken BBQ @ American Legion
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	9:00 AM - Food Distribution 9:00 AM - Health Clinic 10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics

ANNOUNCEMENTS

Meet our new **Outreach Worker**

Lucille Dallaire

She will be working with us 10 hours a week as part of a grant from the Massachusetts Councils on Aging (MCOA) that was awarded to the Berkley-Lakeville Consortium. She will be reaching out to all of our senior residents to inform them of services available and to see if there is anything they would like the Council on Aging to provide.

She will also be assisting with the Dementia Friendly community grant.

In filling in an application, where it says, "In case of emergency", notify: I put
"DOCTOR" !!!!!!!

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1				8			2	
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	7			4				9
		7					8	
3			4				1	
			2			3		4

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

NOTARY PUBLIC SERVICES

Board Member, Robert Sullivan is offering his services as a notary public free of charge, to any senior citizen in Berkley. Please call the COA office at 508-821-3105 for an appointment.

HAPPY HEARTS

Meet every Monday - 1:30 p.m. - Activity Room - Town Hall

For info call: Roberta St. Yves, at 508-386-2047



**FRIENDS
Of the Berkley COA**

Craft & Vendor Fair
Berkley Common
Sept. 10, 2016

9a.m. - 4 p.m.

Entertainment by:
The Toe Jam Puppet Band 11a.m.-12p.m.
The Mike Moran Band 1p.m. -3p.m.

Food and beverages available
Space is \$25 - Food Vendor Space is \$50
To reserve a space call Jackie at 508-822-9634

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.

REMINDER FROM SHINE

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2017.

During the annual Medicare Open Enrollment (October 15 - December 7), you will have a chance to **CHANGE** your plan for next year.

SHINE Counselors can help you understand your plan changes as well as other options you may have.

Make your SHINE appointment early. Call the SHINE Counselor at 508-669-5027.

*The longer I live
the more beautiful life becomes.
Frank Lloyd Wright*

HURRICANE SEASON IS HERE

The Atlantic hurricane season runs from June 1st to November 30th. The National Weather Service issues hurricane watches/warnings when there is a threat of hurricane conditions to coastal areas. Preparing for a hurricane is **ESSENTIAL**.

Gather emergency supplies:

- ◆ 3 to 5 day supply of non-perishable food and water (about 5 gallons of water for each person)
- ◆ First aid kit, prescription medications, and special medical needs
- ◆ Battery-powered radio, flashlights, and extra batteries
- ◆ Sleeping bags or extra blankets
- ◆ Personal hygiene supplies such as soap, toothpaste and disposable cleaning cloths
- ◆ Cash
- ◆ Make plans to ensure the safety of pets.

Throughout the storm, whether you are ordered to evacuate or remain in your home, remember to:

- ◆ Remain indoors and stay away from windows and doors
- ◆ Keep informed about the storm by radio or television
- ◆ Prepare to evacuate to a shelter or a neighbor's home if your home becomes damaged or if advised by local authorities to do so.

Council on Aging
1 North Main Street
Berkley, MA 02779

Return service requested

PRESORTED STANDARD

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



Attention Berkley Residents



A member of the Board of Assessors will be inspecting houses that have not been reviewed in a number of years as part of our cyclical inspections. Since our values are based on the continual updating of our records and sales, home inspections are necessary to ensure and maintain the accuracy of our records. We will be contacting residents by telephone and by mail. Should you receive a message or letter, please contact our office to schedule an appointment. Our assessors will always have proper identification for review. Your cooperation is greatly appreciated. Feel free to contact the Office of the Board of Assessors at 508-822-7955 should you have any questions.

