



BERKLEY COUNCIL ON AGING NEWSLETTER

SEPTEMBER 2017

BOARD MEMBERS:

Chair - Donna L. Benoit; Vice Chair - Robert Sullivan; Treasurer - Carolyn Peloquin; Secretary/Programs - Priscilla Martin; Committees Coordinator - Mary Silva; Member, Nancy Thompson. Anyone interested should contact the COA 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.

UPCOMING EVENTS

Chow Mein Sandwich Lunch - September 13 - You don't have to cook lunch today! The Friends of Council on Aging will be having a fund raising luncheon. Come on out and have a Chow Mein Sandwich, complete with non alcoholic beverage and dessert. All for \$6.00 and you can take it home or relax and enjoy lunch in COA's activity room. Lunch will be served from 12 noon to 2:00 pm. Please make a reservation by calling Jackie at 508-822-9634 or sign up when you are at the COA.

Coffee Talk Café - September 15 - 10:30 a.m. - The Smart Consumer - have questions about consumer mediations; auto repair issues; scams; identity theft; privacy rights; credit; debt collection; consumer rights; landlord/tenant rights; home improvement issues? Stop by, have some free coffee and pastry and get some answers!

Movie - The Butler - September 20 - 2:00 p.m. - drop in, popcorn

Halloween Party - October 26 - 2:00 p.m. - COA - Costumes optional - Refreshments will be available - Entertainment will be Davis Bates and his Seasonal Songs & Stories. We will sing harvest songs and ghost songs and hear true life ghost stories and tales about other spirits. Songs are often accompanied by spoons, limberjack and other ethnic percussion instruments. Since 1979 Davis has performed over 8,000 times throughout the northeast and is known for his humor and professionalism. His performance 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.



TURNING 65 SOON?

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.

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@berkeleyma.us

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.mcoonline.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



New Medicare Cards Arriving in 2018

Medicare beneficiaries are receiving new cards beginning next year that will no longer display Social Security numbers, a move by congress to protect against fraud and identity theft.

Identity theft has been on the rise among those age 65 and older. According to the latest figures from the Department of Justice the number of cases reached 2.6 million in 2014, up a half million incidents in just two years.

Medicare will mail new Medicare cards between April 2018 and April 2019. Your new card will have a new Medicare Beneficiary Identifier (MBI) that's unique to you. The new card won't change your coverage or benefits. It will happen automatically, you won't have to pay anyone or give anyone information, no matter what someone might tell you.

Having your Social Security number removed from your Medicare card helps fight medical identity theft and protects your medical and financial information. Even with these changes, scammers will still look for ways to take what doesn't belong to them. Remember, Medicare will **never** contact you for your Medicare number or other personal information. Here are some ways to avoid Medicare scams:

Is someone calling, claiming to be from Medicare, and asking for your Social Security number or bank information? Hang up. That's a scam. First, Medicare won't call you. Second, Medicare will never ask you for your Social Security number or bank information.

Is someone asking you to pay for your new card? That's a scam. Your new Medicare card is free.

Is someone threatening to cancel your benefits if you don't give up information or money? This is also a scam. New Medicare cards will be mailed to you automatically. There won't be any changes to your benefits.

Are you trying to help your parents or other aging relatives with resources to help them remain safe and independent? Many questions and concerns emerge as we try to assist our loved ones as they age. Berkley's COA Outreach Worker, Lucille, is more than happy to speak with you about your situation and offer suggestions, advice, and support. Call the COA at 508-821-3105 to set up an appointment with her.

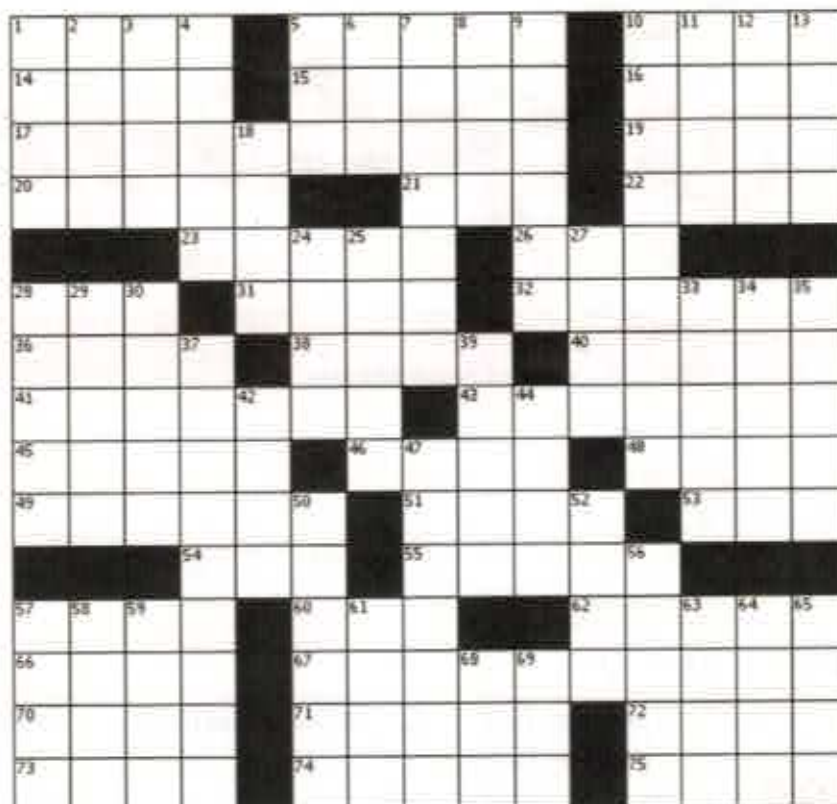
September

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Labor Day	5	6	7	8
	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - COA Meeting	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
11	12	13	14	15
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:30 PM - Happy Hearts	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - Bingo	10:00 AM - Line Dance Lunch Fundraiser at COA by Friends of the COA	10:00 AM - Tai Chi 10:00 AM - Podiatry	8:15 AM - Aerobics 10:30 - Coffee Talk Cafe
18	19	20	21	22
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:30 PM - Happy Hearts	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting	10:00 AM - Line Dance 2:00 PM - The Butler - movie & popcorn	10:00 AM - Tai Chi	8:15 AM - Aerobics <i>Autumn Begins</i>
25	26	27	28	29
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:30 PM - Happy Hearts	9:00 AM - Yoga 10:30 AM - Tai Chi 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

Across

1. Gambling term
5. English noblemen
10. Nasty
14. Sharp
15. Slumber
16. Apex
17. Think over again
19. Abrasive particles
20. Dote on
21. Before, to Keats
22. Defective bombs
23. Rich dessert
26. Doctors' group (abbr.)
28. ABC rival
31. Average
32. Franklin ____ Roosevelt
36. Harvest
38. Halloween purchase
40. TV repeat
41. Books of maps
43. Can ____ (kitchen devices)
45. Severe
46. Tortoise's opponent
48. Relaxation
49. Actor Charlton ____
51. Fall faller
53. Collection
54. Baseball stat
55. Count ____ of jazz
57. ____ Moore of "G.I. Jane"
60. Opposite of WSW
62. Serious play
66. Waterless
67. Ritual
70. Chinese dynasty
71. Diner
72. Not busy
73. Singer ____ Seeger
74. Leading actors
75. Elongated fish



Down

1. Soup vegetable
2. Land document
3. Art ____
4. Scornful sound
5. Highway curve
6. Rhyming boxer
7. Restores the honor of
8. Sly look
9. Butter or jam
10. Mary ____ (Bible figure)
11. Beige
12. Among
13. New Jersey team
18. Sign gas
24. European capital
25. Garbage
27. Nothing more than
28. Collide
29. Actress ____ Davis
30. Bargain events
33. Zones
34. Doctor's coworker
35. Beginning
37. Quail's kin
39. Seoul's country
42. Uppity one
44. Pod dwellers
47. Canadian province
50. Female relatives
52. Dog's name
56. ____ Banks of baseball
57. Moist
58. New York's canal
59. Coin factory
61. Not messy
63. Staff member
64. Shopping spot
65. Pub drinks
68. Always, poetically
69. Married woman (abbr.)



TRAVEL OPPORTUNITIES

The Lakeville Council on Aging Arts & Crafts has opened their travel program to Berkley seniors!!!!!!

All trips leave from the Lakeville Council on Aging at One Deer Crossing, off Pickens Street, Lakeville, MA. If interested in a trip, call Kelly Conway at Lakeville COA at 508-947-7224. She will hold your spot. Full payment for the trip is due within 48 hours of making the reservation or your spot will be released. Make check payable to COA Gifts & Grants. This is a great opportunity to do some sightseeing with your friends!!

Friday, September 22 - All New Scallop Festival - East Falmouth - now held at Barnstable Fair Grounds - see flyer at COA - hurry if interested!

Wednesday, October 18 - Lake Winnepesaukee Turkey Dinner Train - \$79.00 per person.

Sunday, November 19 - Christmas in Newport - pickup at 8:45 a.m. Return 5 p.m. Lakeville Senior Center. Discover the elegance of a bygone age. We will visit two mansions, The Elms and The Breakers, both all decked out for the holidays! A sumptuous brunch will be served after the first house tour at the Mainstay Resort in Newport, wait until you see the spread! Trip includes: round trip motor coach transportation, entrance fees for 2 mansions and buffet brunch at the Mainstay Resort. \$84.00 per person. Reservations due 11/19.

Friday, December 8 - 2017 Holiday Pops Christmas Show with the Boston Pops at Symphony Hall, lunch at the Venezia Waterfront Restaurant is included. Take part in one of Boston's most beloved traditions - a Holiday Pops concert at historic Symphony Hall. The Pops will perform their signature Sleigh Ride, as well as other Holiday classics and seasonal favorites. Santa Claus himself will make a guest appearance during the concert's finale followed by the tradi-

tional Boston Pops Holiday Sing-a-long to bring this special performance to a close. \$139 includes transportation, luncheon, tax, gratuity and show ticket. Reservations due 10/20.

Saturday, Dec. 9 - Monday, Dec. 11 - Indian Head Resort - Christmas in White Mountains - 2 nights hotel, 2 dinners, 2 breakfasts, welcome reception & lunch buffet, Franconia Notch Touring, Christmas Party with Santa, 2 evenings of entertainment; Don Who & Mark Shelton, Tilton Outlets and NH Liquor Store visits. \$459 Single, \$369 pp Double; \$349 pp Triple. See flyer.

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

For more details see flyers in binder at Berkley COA

Council on Aging
1 North Main Street
Berkley, MA 02779

Return service requested

PRESORTED STANDARD

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The distribution of this
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Office of Elder Affairs

Thank You,

Aces Physical Therapy, 69 Bayview Ave., Berkley 508-967-7938 and

Jean Harley for your COA support



Coffee Talk Café - 10:30 a.m.

COA Activity Room

Friday - September 15 - The Smart Consumer -

Friday - October 20 - Aging Safely at Home -

Friday - November 17 - Homestead Act -

Friday - December 15 - TBA