



## **BERKLEY COUNCIL ON AGING NEWSLETTER**

### **SEPTEMBER 2018**

#### **BOARD MEMBERS:**

Chair - Joan Blake; Vice Chair - vacant; Treasurer - Margret Clark-Moroff; Committees Coordinator - Mary Silva;  
Program Coordinator and Acting Secretary— Nancy Thompson  
Associate Member: Mary Shilonski

#### **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**

- 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.
    - Don't forget, our exercise programs! Consult the calendar for times.
  - Make your manicure appointment for : September 18th, call 508-821-3105 First come first served
    - Movie Day
- Following the Meatball Luncheon on Wednesday Sept 19th. Movie to begin at 1:30 The movie this month will be Must Love Dogs , a romantic comedy with Diane Lane and John Cusack
- Friends of the
- COA will be holding a Luncheon on Wednesday, Sept. 19th 11:30-1:30
- Meatball sub, chips, drink and dessert \$6.50, please call in a reservation 508-821-3105 as will be first come first served.
  - Paint Party—Come paint a coffee mug! Sept 12 at 1:00 call 508-821-3105 to reserve your spot!
    - Beginners class on Essential Oils September 13th at 1:00
    - Coffee Café Sept 21 10:30 AM Come learn about medicinal cannabis use
    - Essential Oils Class NO charge A beginners class September 20th 1:00

Our first paint party was a success! And it was a lot of fun! Thank you Amy King for a great event! We are planning another! Join us on Sept. 12th for a fun time painting your own coffee mug! Hope to see you there! Sign up to reserve a spot



**Join us on September 12th at 1:00 to paint your own fall coffee/tea MUG! No charge for Berkley seniors, \$20.00 for our out of town guests. Call 508-821-3105 to reserve your spot**

## **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 the age 65 and meet disability guidelines, and
- Not a MassHealth or CommonHealth member\*

\*In some cases, individuals receiving assistance from MassHealth 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 Help You?**

Prescription Advantage supplements prescription drug benefits by helping to pay 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 now, instead of waiting for Open Enrollment in October.

For more information or application assistance call the COA at 508-827-3105 and leave a message for the Outreach Worker, Lucille.

## **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.



## **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**

Need a book to read? A puzzle to solve? Stop in to the center and see what is available!!

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

## **ATTENTION:**

The Board of Directors is seeking new members. If you are interested you should plan on attending 3 of our meetings and submitting a brief resume.

Meeting are usually the First Thursday of the month at 1:00.

If you would like further information, speak to any member of the Board of Directors.

**Come and help us Make a Difference!**

## Across

- 1. Kin of PDQ
- 5. Pretends
- 9. Got up
- 14. Evaluate
- 15. Shredded cabbage
- 16. Happen again
- 17. Farmer's harvest
- 18. At this location
- 19. Spud
- 20. Nile animal, for short
- 22. Copycat
- 24. Renovate
- 25. Always
- 27. Breakfast appliance
- 29. Ralph \_\_\_\_ of fashion
- 32. Argument
- 33. Disregard
- 34. Statue base
- 39. Blood vessel
- 40. Ocean
- 41. Brass instrument
- 42. Educated guess
- 45. Worked for
- 47. In the center of
- 48. Rains ice
- 49. Attire
- 53. Enlightened one's words (2 wds.)
- 54. Bed support
- 55. At no time, in verse
- 57. Like old bread
- 61. Monte \_\_\_\_
- 63. Little kid
- 65. \_\_\_\_ chowder
- 66. Basketball's Shaquille \_\_\_\_
- 67. Adolescent
- 68. Energy source
- 69. Succinct
- 70. Probabilities
- 71. Pink

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20				21		22			23		24			
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29	30	31					32							
33							34				35	36	37	38
39						40				41				
42				43	44				45	46				
				47					48					
49	50	51	52					53						
54					55		56			57		58	59	60
61				62		63			64		65			
66						67					68			
69						70					71			

## Down

- 1. Curved doorway
- 2. Indian robe
- 3. Above
- 4. Pizza meat
- 5. Fire remains
- 6. Transparent
- 7. Canvas cover
- 8. Climbing flower (2 wds.)
- 9. Music or painting
- 10. Raises children
- 11. Group of eight
- 12. Napped leather
- 13. Baseball blunder
- 21. Concluded
- 23. Address word
- 26. Vane letters
- 28. Devoured
- 29. Exist
- 30. Mellows
- 31. Army division
- 32. Swiftiness
- 35. Trolley
- 36. Song
- 37. Aid in crime
- 38. Chaps
- 40. Spike heel
- 43. Ruin
- 44. Hymn ending
- 45. Snaky letter
- 46. Pub potables
- 49. Dandy's neckwear
- 50. 747, e.g.
- 51. Kitchen gadget
- 52. Road guide
- 53. Irritated
- 56. Observed
- 58. Singing voice
- 59. Thailand's neighbor
- 60. Television award
- 62. Bullfight cry
- 64. Printing measures

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

Your **Council on Aging Board of Directors** is seeking new members. Anyone interested is welcome to attend a meeting to see what we are all about!

If interested in joining, you will be asked to attend 3 meetings and submit a brief resume.

Meetings are usually held the 3rd Thursday of the month at 1:00 in the COA Activity room at the Berkley Town Office Building. Sept will be the **second** Thursday Sept 13th

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

Daily SuDoku: Tue 24-Jul-2018

easy

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If you would like individual tutoring on the use of the computer or your SMART PHONE, please call the COA at 508-821-3105. Let us know whether you are interested in help with the computer or a smart phone and what type of smart phone you are using. We will find someone who is familiar with your phone.

## Fuel Assistance

If you received fuel assistance last year, Citizens for Citizens, Inc. will be mailing out this year's renewal application soon. For new enrollees, applications will be made available at the Berkley Council on Aging, 1 North Main. If you wish to apply for the first time, or require help with the renewal process, please call the Berkley COA at 508-821-3105 for more information or a list of required documentation.

FRIENDS OF THE BERKLEY COUNCIL ON AGING, INC.  
(A 501(c) 3 nonprofit)

Dear Members,

Thank you so much for your support of our fundraising efforts over the past year. We appreciate all of you who attended our fundraisers, gave of your time and efforts volunteering, and opened your hearts and your wallets for us.

Among the Council On Aging programs the "Friends" supported this year were the Senior Christmas Lunch, and a free 4<sup>th</sup> of July Concert on the Common. Funds were also used to buy a much-needed computer for the COA, a wide screen tv for the Senior Center, and equipment to help move the heavy furniture in the Senior Center. We look forward to helping the COA with funds to finish some carpentry work in their kitchen and in the storage room in the coming year, and to support any new programs or services.

Won't you please consider purchasing a membership to the Friends? Please complete the form below and send it along with your check payable to Friends of the Berkley COA, Inc. The mailing address is Friends of Berkley Council on Aging, c/o Rita Harrison, Treasurer, 20 South Main Street, Berkley, MA 02779. A membership costs \$10 for an individual, \$5 for a senior, and \$25 for a family. If you wish, you may send a donation of any amount. Donations, no matter how small, are always gratefully accepted.

If you would like to help or want more information, please call Jackie Arnoe at 508 822-9634.

MEMBERSHIP APPLICATION  
FRIENDS OF THE BERKLEY COUNCIL ON AGING, INC.

NAME \_\_\_\_\_ SPOUSE \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

Individual (\$10) \_\_\_\_\_ Senior(\$5) \_\_\_\_\_ Family(\$25) \_\_\_\_\_ Donation \_\_\_\_\_



## Cannabis for Seniors

Seniors citizens and baby boomers are now the fastest growing population looking for alternative health options through the use of cannabis. According to Green Flower Media 92% of seniors have at least one chronic health condition and 77% have at least two. Of course as we age our body changes and we do our best to adapt. But does this mean quality of life has to diminish? Cannabis can help as we enjoy this part of our life. Glancing back to the 1960's and 1970's when we may have used cannabis recreationally, our memories might not be of pain relief or topical treatment for skin conditions. Times have changed and we have learned so much regarding the medical use of cannabis. We are at a tipping point in health care with more people opting for natural medicine when appropriate rather than synthetic pharmaceuticals.

Some of the commonly found conditions within the senior population that respond well with cannabis use are; arthritis, fibromyalgia, insomnia, glaucoma, chronic pain, depression and anxiety. More serious conditions such as cancer, Alzheimer's and cardiovascular disease respond well, too. How? Why? To gain a better understanding we will touch on:

- The Endocannabinoid System – where it is located within the body and what it is responsible for
- Methods of Ingestion – how to use cannabis efficiently and safely
- CBD Oil – what it is, where it comes from and what it can do (without the “high”)
- The 3 types of cannabis and what they effect – finding the strain that is right for you
- New laws in Massachusetts and the availability of legal, adult use cannabis

As our population ages and we are living longer, good quality of life should be available to all. Through the variety of ways to use of cannabis we can achieve this. Whether you are a baby boomer or senior citizen, a caregiver, or someone looking to improve quality of life, this class will provide you with information to move forward with natural healing and alternatives for good health.

**Happy Hearts:** Starts Monday September 10, 2018 at the Berkley Council on Aging at 12:30 come on in that day or call Roberta St. Ives at 508-423-3154 if interested.

**Essential Oils Class:** Have you ever wondered about essential oils? Come join us for a free beginners class on how essential oils can improve your life!

Berkley Senior Center **September 20, 2018** at 1:00 Hope to see you there!

Call 508-821-3105 to reserve a spot, Drop ins will be welcome

**Do not forget to vote!! Election day is November 7th.**

Make sure you're currently registered and do not forget to vote!

Absentee Ballots will be available through the Town Clerk's office!



# September 2018

Mon	Tue	Wed	Thu	Fri
<b>3</b> <b>LABOR DAY</b>	<b>4</b> Yoga– 9 :00 Tia Chi– 10:30 Quilting– 11:30	<b>5</b> Body in Motion— 10 :00	<b>6</b> Tia Chi - 10 :00 COA MTG - 1:00 Friends of the COA - 11:30	<b>7</b> Aerobics– 8:15 am Coffee and Chat 9:15
<b>10</b> Happy Hearts– 12:30 Aerobics— 8:15	<b>11</b> Yoga– 9 :00 Tia Chi– 10:30 Quilting– 11:30 Bingo - 1 :00	<b>12</b> Body in Motion - 10 :00 Paint Party 1:00	<b>13</b> Tia Chi - 10 am COA BOD 1:00	<b>14</b> Aerobics– 8:15 am Coffee and Chat 9:15
<b>17</b> Happy Hearts– 12:30 Aerobics— 8:15	<b>18</b> Manicures Yoga 9:00 Tia Chi– 10:30 Quilting 11:30	<b>19</b> Body in Motion—10 :00 Meatball Luncheon 11:30/movie 1:30 Monster In Law	<b>20</b> Friends of COA- 11:30 Tia Chi - 10:00 Essential Oils 1:00	<b>21</b> Aerobics– 8:15 am Coffee Café 10:30 Medicinal Cannabis
<b>24</b> Happy Hearts– 12:30 Aerobics— 8:15	<b>25</b> Yoga– 9 :00 Tia Chi– 10:30 Quilting– 11:30 BINGO 1:00	<b>26</b> Food Distribution - 9:00 Health Clinic - 9:00 Body in Motion 10 :00	<b>27</b> Podiatry - 9:00 AM - 5:00 PM Tia Chi - 10 :00	<b>28</b> Aerobics– 8:15 am Coffee and Chat 9:15
BOD = Board of Directors				

## **Berkley Senior Center is going to Install Automated Check-In System soon!**

A new, automated check-in system called MySeniorCenter will soon be installed on the table at The Berkley Senior Center. It's specifically designed to help our staff members manage the various sign-ups and sign-ins, and improve the way we report our services to the state agencies.

Moreover, by quickly and accurately detailing which services we're providing, the system will increase our chances of receiving additional funding in the future. Today MySeniorCenter is being used by over 900 senior centers across the U.S. and Canada—so it's a proven tool.

### **A Change for the Better**

The new system is extremely easy to use. Here's how it works:

All visitors and volunteers will receive a small keytag. (The card contains no personal information, but it will allow the new system to recognize you.)

Instead of signing into our book, you'll swipe your keytag at the scanner, or you can enter your name on the touchscreen (see below).

Press the touchscreen to select the programs you'll be participating in that day.

Press FINISH.



### **A Smooth Transition**

Even though MySeniorCenter is designed to be user-friendly, Berkley Senior Center staff members and volunteers will be available by the table for the first few weeks to help people operate the new check-in system. We want to make the transition as seamless as possible for everyone.

To reiterate, once MySeniorCenter is running smoothly, our registration process will be more efficient and we'll stand a better chance of receiving funding for future activities.

MySeniorCenter will be installed soon.

## Essential Oils

Have you seen essential oils everywhere and wonder,

“What are they?”

“What do they actually do?”

and

“How can they help me”

If so, then come and spend an hour and a half with me and see how essential oils can help you. This class is completely FREE.

Yvette Anger

Independent Young Living Distributor

508-837-0168

Don't forget! Lakeville Counsel on Aging has invited us to participate in their trips,, tours and outings. Come by the Center and look through the trip binder for the latest happenings!!

So let's wrap things up! We have plenty of exercise programs, we have manicures, we have a paint party where we will paint our own coffee mugs, we have a meatball luncheon followed by a movie. We are having a class on essential oils. We will have a coffee café on medicinal cannabis. We have quilting and bingo. There is plenty going on at the center this month! Please come in and join us!

On Friday's we will be having a coffee and **CHAT** after aerobics, if you want to come socialize, Come on in!!

Council on Aging  
1 North Main Street  
Berkley, MA 02779

PRESORTED STANDARD

U.S POSTAGE PAID  
TAUNTON, MA

PERMIT NO. 73

Return service requested

**BERKLEY COUNCIL ON AGING NEWSLETTER**  
**SEPTEMBER 2018**