



BERKLEY COUNCIL ON AGING NEWSLETTER JUNE, JULY, AND AUGUST 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

- * **Paint Party June 13th 1:00-3:00** No cost to Berkley residents, out of town guests will pay \$20 for supplies. All materials will be provided. Please call in your reservation so we can make sure we have enough supplies. 508-821-3105.
- * Manicures will be given on **June 26th from 12:00** on. Please call 508-821-3105 so we can schedule an appointment for you. This is at no cost for Berkley seniors, our out of town guests will pay \$10.00 (or \$12.00 for French Tips) Tips to the technician are at your discretion.
- * Lunch on the Farm **June 19th 12:00 noon**. Call 508-821-3105 for a reservation please call by June 10th and your reservation will be placed if space is still available.



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

Announcements:

- ♦ If anyone is interested in the meeting dates of any town department Check Channel 9 on cable on Fridays and there will be play backs of the meetings.
- ♦ We currently do not have a licensed nurse for our Health Care Clinic. If anyone knows any licensed nurse who would be willing to donate their time on the last Wednesday of the month through the summer, please call the COA at 508-821-3105.
- ♦ The File of Life is available 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.
- ♦ To apply for the Brown Bag Program which contains food staples and may include fresh fruits and vegetables and some meats. Please call the COA at 508-821-3105. ALL CALLS ARE CONFIDENTIAL.
- ♦ The Berkley Council on Aging Board of Directors is still looking for members. You do not have to be a senior to join. Please call 508-821-3105 for more information, or visit the COA BOD at their monthly meeting for more info.
- ♦ Please include the names of the COA BOD, The Mission Statement and include the important phone numbers and a couple of puzzles with answers on another page. A crossword puzzle is great, but please makes sure all clues are there.



Friends of CAO Announcements

- FOURTH OF JULY ON THE BERKLEY COMMON - Come on out on the **FOURTH OF JULY** from **11:30 - 1:30** and enjoy the "SULTANS OF SAX". Council on Aging is happy to bring this program to you again this year as it has been thoroughly enjoyed in the past. Along with the Sultans of Sax we will be serving free hot dogs, chips and a soft drink. Bring your lawn chairs and just enjoy the day.
 - 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.
- Have lunch out on **June 27** with friends, Friends of Berkley Council on Aging, that is. We will be serving a meatball sub, chips, a soft drink and dessert, in the COA Activity Room from **11:30 - 1:30**. All this for the very reasonable price of \$6.50. Although we are happy to have walk-in's, please call Jackie and make a reservation at 508-824-9634 to be sure we have enough for everyone.



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.

SUDOKU

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ANSWER

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Spotlight On – Vicki Dawson

By Tracy Elizabeth

Those who frequent the Berkley Public Library may have noticed a few changes recently, not the least of which is the new library director, Vicki Dawson. Formerly the technical services librarian, she replaced Director William Schneller who retired in January of this year after 12 years of service. She had been a library director for Freetown and reference assistant for Somerset before working for the Berkley Library. We chatted recently over lunch.

TE: What are your plans for the coming year?

VD: I'd like to do two adult programs per month, one of which is "No Stress Book Club" that meets the first Wednesday of each month at 6:30 PM at the library. All are welcome to come and participate. It's ok if you haven't finished reading the book.

On June 3 at 2 PM we are planning to show a film in the downstairs of the library about Josiah Henson, a man of great intellect and accomplishment, who was the model for Harriet Beecher Stowe's book *Uncle Tom's Cabin*.

We'll be offering a summer reading program for both children and adults. On September 7 from 6-10PM, with the help of the Friends of the Library, we'll be celebrating the 100th anniversary of the Berkley Library at the Chamberlain Pavilion.

Also, I'm looking forward to talking with the Council On Aging to see in what ways the library can better assist seniors. As always, the staff are happy to bring a book down to the car for a patron who can't climb the stairs. We are working on creating a special section for large print books. We also lend out a kindle that books can be downloaded onto, which is much easier than holding a heavy book.

I'd like to do much more.

TE: I've noticed the upstairs has a new look.

VD: With all the desks facing towards the door, it's easier to greet people when they arrive, and I think they feel more comfortable asking for assistance if they need it.

TE: What do you love most about being a librarian?

The patrons are wonderful. I've met so many new people. And I like the variety of tasks from handling reference and research questions, to planning programs, to the challenge of finding that elusive book title for a patron. Also, I'm kind of an information junkie.

TE: What are your thoughts on why a library is essential to any community?

Libraries promote literacy and lifelong learning. There are studies that show the cognitive benefits of reading, like improved analytical thinking for instance. And when you read a book, you encounter another person's perspective on issues.

As more and more services are being offered online, there is a greater need for computer access. There's a perception out there that everyone has a computer. That's just not accurate.

TE: And also, libraries provide free and equal access to information, a must in a democracy.

A Few Things to Know About Your New Medicare Card

Medicare is mailing new Medicare cards starting in April 2019. Here are a few things to know about your new Medicare card:

Mailing takes time: Your card may arrive at a different time than your friend's or neighbor's. Rumor has it that Massachusetts seniors may start receiving their Medicare cards sometime in June or after.

Destroy your old Medicare card: Once you get your new Medicare card, destroy your old Medicare card and start using your new cards right away.

Guard your card: Only give your new Medicare Number to doctors, pharmacists, other health providers, your insurers, or people you trust to work with Medicare on your behalf.

Your Medicare Number is unique: Your card has a new number instead of your Social Security number. This number is unique to you.

Your new card is paper: Paper cards are easier for many providers to use and copy, and they save taxpayers a lot of money. Plus you can print your own replacement card if you need one!

Keep your new card with you: Carry your new card and show it to your health care providers when you need care.

Your doctor knows its coming: Doctors, other health care facilities and providers will ask for your new Medicare card when you need care.

Note: For seniors enrolled in a **Medicare Advantage Plan, keep your Medicare Advantage Card.** If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare. You should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.

Help is available by calling 1-800-MEDICARE (1-800-633-4227). For assistance, call the COA at 508-821-3105 and leave a message for the Outreach Worker, Lucille.

The Massachusetts CARE Act: What This Means For You

The Caregiver Advise, Record, Enable (CARE) Act went into effect as a state law on Nov. 8, 2017. Caring for an aging parent or loved one can be stressful. This law provides caregivers with critically needed information and guidance to effectively care for a patient once released from a hospital.

The CARE Act features three important provisions related to the family caregiver's role when one has been hospitalized:

- The patient is provided with an opportunity to designate a caregiver;

- The caregiver is notified if the patient is to be discharged to another facility or to their home; and,

- The facility must provide an explanation and a demonstration of the medical tasks (medication management, injections, wound care and transfers) that the caregiver will perform at home.

The CARE Act is the step that will make a difference to the individual caring for an aging parent or loved one. Individuals undergoing medical procedures or entering a hospital should consider who to name as designated caregiver.

For more information or questions about the CARE Act, call the COA at 508-821-3105 and leave a message for the Outreach Worker, Lucille.

~ June 2018 ~							July ▶
◀ May	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Aerobics 8:15-9:00	2
3	4 Aerobics 8:15-9:00 Mah Jong 10:00-11:00	5 Yoga 9:00-10:30 Tai Chi 10:30-11:45 Quilting 11:30-12:30	6		7 Tai Chi 10:00-11:00	8 Aerobics 8:15-9:00	9
10	11 Aerobics 8:15-9:00 Mah Jong 10:00-11:00	12 Yoga 9:00-10:30 Tai Chi 10:30-11:45 Quilting 11:30-12:30 Bingo 1:00-2:30	13 Body in Motion 10:00-11:00 Paint Party 1:00-3:00	14 Tai Chi 10:00-11:00 Podiatry 9:00-5:00 COA BOD 1:00	15 Aerobics 8:15-9:00 Coffee Café 10:30 IMA Senior Medicare Patrol Program	16	
17	18 Aerobics 8:15-9:00 Mah Jong 10:00-11:00	19 Yoga 9:00-10:30 Tai Chi 10:30-11:45 Quilting 11:30-12:30 Lunch on The Farm 12:00	20 Body in Motion 10:00-11:00	21 Tai Chi 10:00-11:00	22 Aerobics 8:15-9:00	23	
24	25 Aerobics 8:15-9:00 Mah Jong 10:00-11:00	26 Yoga 9:00-10:30 Tai Chi 10:30-11:45 Quilting 11:30-12:30 Bingo 1:00-2:30 Manicures 12:00-	27 Brown Bag 9:00 Body in Motion 10:00-11:00 Meatball Luncheon 11:30 – 1:30 Movie Day 2:00 The Greatest Showman	28 Tai Chi 10:00-11:00	29 Aerobics 8:15-9:00	30	

~ July 2018 ~							August ▶
◀ June	Mon Aerobics 8:15-9:00 Mah Jong 10:00-11:00		Tue	Wed	Thu	Fri	Sat
1	2	3	4 Independence Day Lunch to The Sultans of Swing 11:30-1:30 No charge On the common	5	6	7	
	Aerobics 8:15-9:00 Mah Jong 10:00-11:00	Yoga 9:00-10:30 Tai Chi 10:30-11:15 Quilting 11:30-2:30		Tai Chi 10:00-10:45	Aerobics 8:15-9:00		
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	Aerobics 8:15-9:00 Mah Jong 10:00-11:00	Yoga 9:00-10:30 Tai Chi 10:30-11:15 Quilting 11:30-2:30 BINGO 1:00-2:30	Body in Motion 10:00-11:00	Tai Chi 10:00-10:45 COA BOD 1:00	Aerobics 8:15-9:00		
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	Aerobics 8:15-9:00 Mah Jong 10:00-11:00	Yoga 9:00-10:30 Tai Chi 10:30-11:15 Quilting 11:30-2:30	Body in Motion 10:00-11:00	Tai Chi 10:00-10:45	Aerobics 8:15-9:00		
22	23	24	25	26	27	28	
	Aerobics 8:15-9:00 Mah Jong 10:00-11:00	Yoga 9:00-10:30 Tai Chi 10:30-11:15 Quilting 11:30-2:30 BINGO 1:00-2:30	Body in Motion 10:00-11:00 Brown Bag 9:00	Tai Chi 10:00-10:45	Aerobics 8:15-9:00		
29	30	31	Notes: Call for a manicure appointment				
	Aerobics 8:15-9:00 Mah Jong 10:00-11:00	Yoga 9:00-10:30 Tai Chi 10:30-11:15 Quilting 11:30-2:30 Manicures 12:00-					

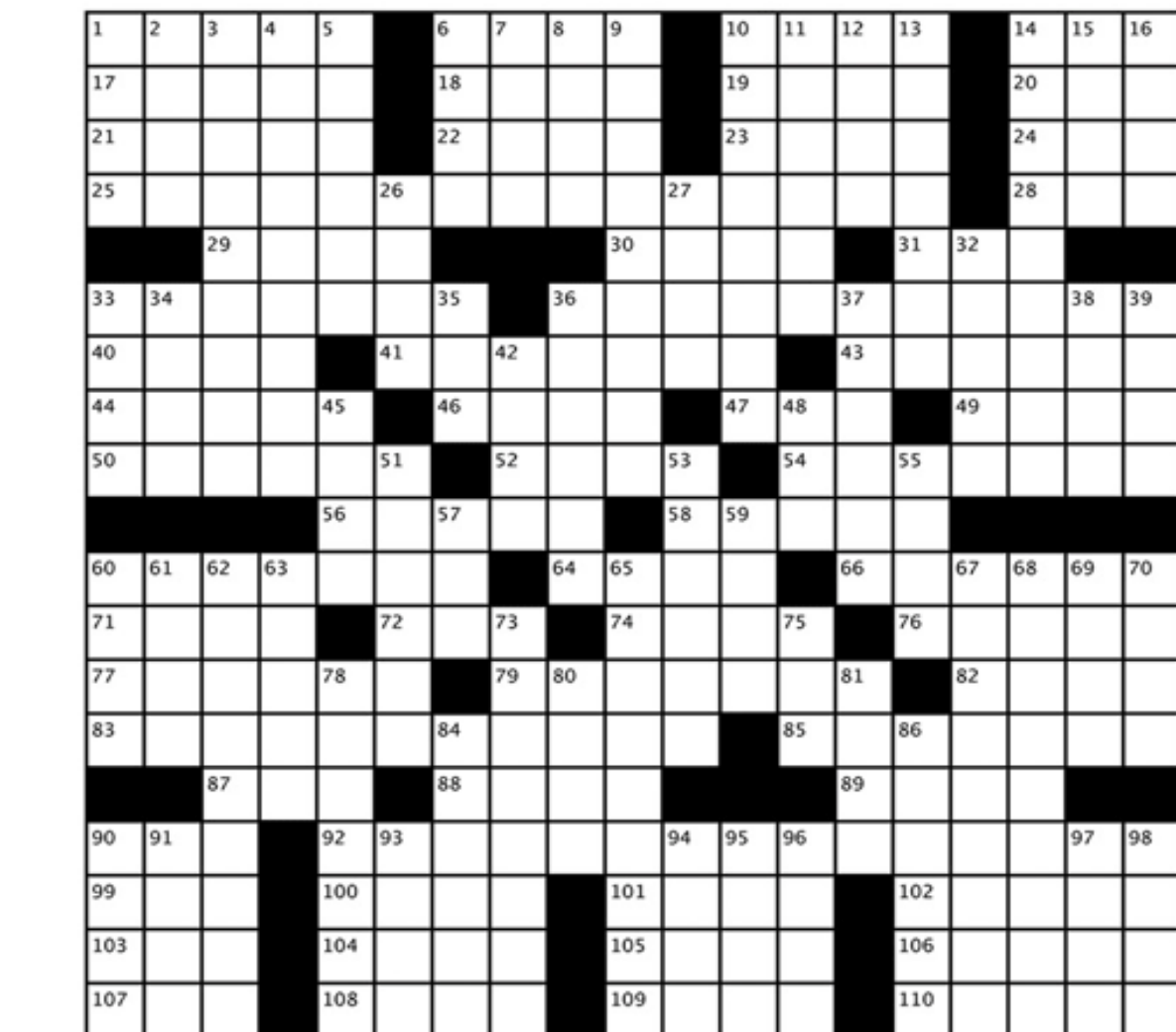
~ August 2018 ~							September ▶
◀ July	Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Body In Motion 10:00-11:00	2 Tai Chi 10:00-10:45 COA BOD 1:00	3 Aerobics 8:15-9:00	4
5	6 Aerobics 8:15-9:00 Mah Jong 10:00 -11:00	7 YOGA 9:00-10:30 Tai Chi 10:30—11:15	8	8	9 Tai Chi 10:00-10:45	10 Aerobics 8:15-9:00	11
12	13 Aerobics 8:15-9:00 Mah Jong 10:00 -11:00	14 YOGA 9:00-10:30 Tai Chi 10:30—11:15 BINGO 1:00-2:30	15 Body In Motion 10:00-11:00	15	16 Tai Chi 10:00-10:45 Podiatry 9:00-5:00	17 Aerobics 8:15-9:00	18
19	20 Aerobics 8:15-9:00 Mah Jong 10:00 -11:00	21 YOGA 9:00-10:30 Tai Chi 10:30—11:15	22 Brown Bag Distribution 9:00-12:00 Body In Motion 10:00-11:00	22	23 Tai Chi 10:00-10:45	24 Aerobics 8:15-9:00	25
26	27 Aerobics 8:15-9:00 Mah Jong 10:00 -11:00	28 YOGA 9:00-10:30 Tai Chi 10:30—11:15 BINGO 1:00-2:30 Manicures 12:00-	29 Body In Motion 10:00-11:00	29	30 Tai Chi 10:00-10:45	31 Aerobics 8:15-9:00	Notes: Call for a Mani- cure Appt

Directors Directions

By Caleb Madison

ACROSS

1. Opposers of a 14-Across
6. "___ With a Shotgun" (2011 Jason Eisener movie)
10. "Como ___ usted?"
14. See 1-Across
17. Deceptive move, in boxing
18. Screenwriter Ball
19. "Doubt" extras
20. Free (of)
21. Former steel giant
22. Spielberg's first blockbuster
23. Pulitzer-winning graphic novel subtitled "A Survivor's Tale"
24. Wall St. event
25. "Nanook of the North" director
28. Pixar's Lightning McQueen, for one
29. Scanned bars; Abbr.
30. Zap
31. Regret
33. Pumbaa from "Lion King," for example
36. "Beasts of the Southern Wild" director
40. Time for exposition
41. R&B singer related to Beyonce with the 2012 single "Losing You"
43. Nuyorican, e.g.
44. Dickens' Edwin
46. Benicio del ___
47. "___ Day" (1993 rap hit)
49. 2009 BBC movie directed by James Hawes about a famous children's book writer
50. It concludes with a couplet
52. Paper topic?
54. Coalesce
56. With 58-Across, "The Golden Compass" director
58. See 56-Across
60. YouTube personality Jenna
64. Stadium area
66. Was processed
71. ___ omnia vincit
72. Intl. commerce group
74. 1962 Terence Young directed Bond film
76. Uninvited guest, in modern slang
77. Saudi Arabia's largest city
79. "Look before you leap," e.g.
82. Mouse relative
83. "Once Upon a Time in the West" director
85. Mars
87. Lady bear, to Bernardo
88. "I got that covered!"
89. Common way to buy candy
90. Base, slangily
92. "Eastern Promises" director
99. Raw material



100. "___ Brockovich" (2000 Soderbergh film)
101. Q5 maker
102. Pie cuts, often
103. Regatta need
104. ___ vase
105. Need a bath, say
106. "The ___ Suspects" (Bryan Singer thriller)
107. Channel that's "very funny"
108. Gives in to gravity
109. In ___
110. Katmandu's country

DOWN

1. In the distance
2. Roman Emperor often associated with a fiddle
3. "Frankenweenie" director
4. 2010 Christopher Nolan sci-fi thriller
5. Producer Scott, with the 2004 hit "Lean Back"
6. Journey to Mecca
7. "Series of Unfortunate Events" Count
8. Weep

9. Ad come-on
10. Tangled
11. Journalist Ray of "NewsHour"
12. Wide-headed fastener
13. It's capital was Nineveh
14. Company with ads starring William Shatner as the Negotiator
15. Strahan's cohost
16. Stench
26. General ___ Chicken
27. Pend
32. Speak
33. Bunches of cash
34. Beginning to -polis
35. Really saw
36. Least ornate
37. Votes in
38. Abbr. part, often
39. Junction point
42. Actress Anderson
45. Latin noun class; Abbr.
48. "Bride & Prejudice" actress Aishwarya ___
51. "My Generation" band
53. Veer
55. Winter Palace ruler
57. Letters after Q

59. Shore bird
60. Earth neighbor
61. Gallic gal pal
62. "The Gay Ranchero" actor
63. Isn't humble
65. "Whatever you want"
67. Home port for a sailor
68. Judd Apatow comedy with the tagline "What if this guy got you pregnant?"
69. Not busy
70. 1-Across utterances
73. Job positions
75. Former California fort
78. Royal crowns
80. ___ rage
81. Singer Winans
84. Amorous
86. 5K, perhaps
90. "Das ___"
91. UAE part
93. Diva's highlight
94. Parisian ways
95. Literary tributes
96. "Swoosh" company
97. Music industry org.
98. Fish organ

Directors Directions

A	N	T	I	S		H	O	B	O		E	S	T	A		P	R	O				
F	E	I	N	T		A	L	A	N		N	U	N	S		R	I	D				
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SUDOKU GAME WITH ANSWER

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SUDOKU

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ANSWER

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7	5	3	4	6	8	9	2	1
8	4	5	1	3	9	2	7	6
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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
SUMMER 2018