

THE BERKLEY BEACON



Berkley Council On Aging

1 North Main St (Town Hall)

Newsletter MARCH 2021

BOARD MEMBERS: Chair - Margaret Clark-Moroff; Vice Chair— vacant; Secretary— Vacant; Board Members—Nancy Thompson, Arlene Medeiros , Wendy Cochrane

Associate Members: Mary Shilonski Director—Amanda Blais

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.

CHRONIC DISEASES AND COVID-19 - STAYING HEALTHY

If you have a chronic disease you are more likely to experience serious complications if you get COVID-19

Diabetes—Monitor blood sugar regularly and keep taking all medications following your provider’s instructions. Keeping blood sugar in control can lower risk of complications from COVID-19. If you are having trouble paying for your diabetes medications. **ADA can help.**

Asthma —COVID-19 harms the lungs, so it’s important to manage triggers, use your controller and rescue medications and follow your asthma action plan (if you have one). Since many households cleaning products can make your asthma worse, try to clean and disinfect your home following **CDC guidelines.**

Heart Disease — Keep taking your heart medications following your provider’s instructions. Lowering your stress level can also help keep your heart healthy. Try deep breathing, get 6-8 hours of sleep, try to eat healthy and exercise whenever you can.

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NOW THAT OPEN ENROLLMENT IS OVER, CAN YOU STILL CHANGE YOUR MEDICARE PLAN?

Yes, If you are unhappy with your Medicare Advantage Plan between **January 1 and March 31, 2021**, you can change your Medicare Advantage plan or return to Original Medicare and enroll in a Part D drug plan, which will begin the first of the following month. If you wish, you may also enroll in a Medicare Supplement (a Medigap) plan. Coverage will begin on the first of the following month.

Yes, if you have MassHealth or if you qualify for “Extra Help” (LIS). Once per quarter, for the first three quarters of the year, you can change your Part D drug plan or Medicare Advantage plan.

Yes, if you are first becoming eligible for Medicare, or if you lose your current health insurance, **call Lucille at 508-821-3105 for more information.**

CORNBREAD

This Recipe was in an old 1940’s cookbook that I found at the Salvation Army Store in Florida. My sister, the baker, and I love it.

Cream 1 cup butter and 3/4 cup sugar, add 4 eggs, beating well after each egg.

With mixer on low speed, add the following ingredients

1-1/2 cups creamed corn

1 cup crushed pineapple

1 cup Monterey Jack cheese shredded

1 cup cornmeal and 1 cup flour

1 tablespoon baking powder

1 teaspoon salt

Pour into buttered 9 x 13 pan and bake at 325 degrees for 1 hour

Don’t forget the Myrtle Beach trip in September, call Liz @ 508-822-7597 or Priscilla @ 508-572-4869 for more information

Never sing in the shower! Singing leads to dancing, dancing leads to slipping and slipping leads to paramedics seeing you naked. So remember.....Don’t sing in the shower.

Disclaimer: References to any person, product, service or information does not constitute an endorsement or recommendation by the Berkley Council on Aging or any of its employees.

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

CoucilOnAging@

berkleyma.us

Bristol Elder Services

(508) 675-2101

Citizens for Citizens

Food/Rent/Mortgage

Assistance

(508) 823-6346

Fuel Assistance

(508) 679-0041

MA Council on Aging

www.mcoaonline.com

SHINE

(508) 821-3105

State Senator Marc Pacheco

District Office 508-822-3000

State House 617-722-1551

State Rep. NORMAN ORRALL

9:30—10:30 a.m., Town Hall

1st Monday of each month

Veterans Services

Donald Hirschy

Cont. from page one.

Cancer—Cancer and Cancer treatments can weaken the immune system which makes it harder to fight COVID-19. It is especially important for you to avoid unnecessary contact with others, so talk to your provider about having oral medications shipped to you. To avoid a trip to your providers office or the pharmacy.

High Blood Pressure—High blood pressure increases risk for complications from COVID-19. Monitor your blood pressure at home and keep taking all medications following your provider's instructions.

Nicotine Addiction—People who smoke or vape risk the possibility of getting sick with COVID-19. Smoking and vaping cause inflammation and stress your immune system; also cigarettes and vapes move from your hand to your mouth. Wash your hands as much as possible and reduce trips to the store.

If you have any chronic disease, take these healthy steps:

1. Talk to your provider about the safest way to schedule your healthcare appointments.
2. Focus on healthy eating and regular exercise to control stress and stay healthy.
3. Quit smoking and/or vaping even if you have tried quitting.

www.Mass.gov/COVID19 Call 211 if no computer access

Chocolate is God's way of telling us that he likes us a little bit chubby.

GRAB N' GO LUNCH WITH HEART TO HOME MEALS

When: Friday, March 26, 2021 at 12 noon, Cost: FREE

The team of Heart to Home Meals is offering a free Grab n' Go lunch to celebrate a record breaking year of sales since opening their services in August of 2019. Meals are frozen and can be stored in your freezer until you are ready to heat and enjoy! The company provides a selection of over 160 healthy and nutritious meals, soups and desserts, hand delivered by a local driver right to your freezer. Their friendly, convenient service can be adapted to suit many dietary preferences, with free delivery and no contract or minimum commitment required.

Easy curb side pick-up will be provided at the Berkley Council on Aging

RSVP Required as space is limited: Please call 508-822-3943 to reserve yours today. If unable to make it to the Senior Center, please call 508-658-3000 to request a catalog and redeem your free meal and dessert today

Choices are: 1. Turkey with cranberry orange sauce: sliced turkey with a cranberry and orange sauce, a side of stuffing and served with seasoned potatoes and mashed turnip.

2. Crumb topped cod in lemon sauce: Cod fillet topped with a parsley crumb in a lemon butter sauce. Served with rice, asparagus and green beans.

These meals are suitable for any one following a low fat or low calorie diet.

Can we please talk about something else

COVID-19 is all that we are hearing about today and I know that you are ready for some good news for a change but until the vaccine gets out to all of us, good news is hard to find. However, you shouldn't think that Berkley is not working hard to bring you the vaccine as soon as it is available. The Board of Selectmen, Board of Health, Fire Department and Town Administrator are all working diligently to get the needed equipment and the vaccine for Berkley residents. Summer is almost here and I am looking forward to being able to sit in the sun with my friends without a mask. "Keep the Faith". Taunton COA has funding for GATRA transportation for vaccine. Please contact Med Wheels 508-823-8828 Ext. 263.

Here is a little bit of **good news**. The **Historical Society** is open every Tuesday from 10 a.m. to 1 p.m. This is a great time to wonder around and reflect on our history (some of us are old enough to be a part of it).

I'm at a place in my life where errands are starting to count as going out.

TRIVIA

1. What vegetable is a symbol of Wales?
2. In the original Roman calendar, which month was March?
3. What is most commonly considered the flower for March?
4. Which of these occurs in March, a solstice or an equinox?
5. March has more than one birthstone, true or false?
6. On what date are the Ides of March?
7. Complete this saying, "Mad as a March _____".
8. St. Patrick's Day is March 17, what does this date commemorate?
9. What green nickname does Ireland go by?
10. What did St. Patrick use to illustrate the trinity?

TRIVIA ANSWERS

1. The leek, a humble root vegetable
2. First month of a 10 month calendar, 31 days
3. The beautiful daffodil
4. Equinox, Spring equinox in the Northern Hemisphere and autumnal equinox in the Southern Hemisphere.
5. There are two birthstones, aquamarine and bloodstone
6. March 15, considered the deadline for settling debts.
7. Hare, a brown hare in the breeding season, noted for its leaping, boxing and chasing in circles. As mad as a March hare—(of a person) completely mad or irrational; crazy.
8. St. Patrick's Day observes the death of St. Patrick. The holiday has evolved into a celebration of Irish culture.
9. The Emerald Isle, this stems from the countries rolling green hills.
10. St. Patrick used the shamrock to illustrate the Christian teaching of three persons and the one and only God.

The Assessors would like everyone to be aware of these Tax Relief Programs and to call if you have any questions (508-822-7955) or if you would like an application mailed to you. In these trying times , Assessors would like to be as flexible as possible.

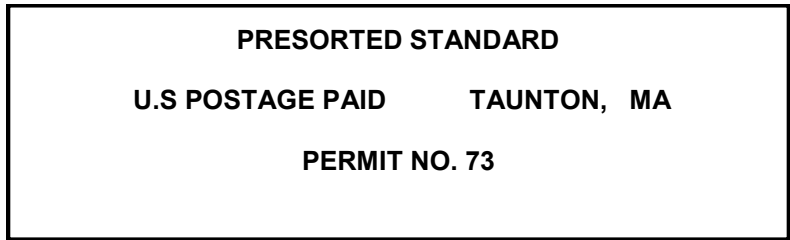
PROGRAMS OF TAX RELIEF FOR FY2021 (July 2, 2020 to June 30, 2021)

Reduces local property tax liability of senior. Must own and occupy property for at least 5 years, and be 70 years old by July 1 of the tax year (for 2021 taxes, July 1, 2020)	None	\$66,593	\$175. elderly Exemption
Reduces local property tax liability of senior. Must own and occupy the property for at least 5 years and be 70 years old by July of the tax year (for 2021 taxes, July 1, 2020) and a Mass resident for the preceding 10 years.	Single \$26,158 Married \$32,859	Single \$45,855 Married \$50,114	\$500 Elderly Exemption
Legally blind	None	None	\$500 Elderly exemption
Surviving Spouse	None	\$66,593	\$175 Exemption
Surviving Spouse of Fire Fighter or Police Officer (killed in the line of duty—until remarried) .	None	None	100% Exemption
Surviving minor children of Fire Fighter or Police Officer (killed in line of duty).	None	None	100% Exemption
VETERANS AND SURVIVING SPOUSE —Need evidence of disability from veterans Administration; please see assessors for eligibility requirements.			
10% war related disability—Purple Heart	None	None	\$400 Exemption
Permanent loss of 1 foot or hand or eye	None	None	\$750 Exemption
Permanent loss of both feet, hands, or 1 foot and 1 hand or loss of both eyes.	None	None	\$1250 Exemption
Permanent and total disability. “Special adapted housing”	None	None	\$1500 Exemption
Surviving spouse, not remarried, of soldier or sailor killed in combat. Retroactive to FY03 for combat death on or after September 11, 2002.	None	None	Full exemption for 5 years then capped at \$2500
100% disabled; incapable of working	None	None	\$1000 Exemption
Surviving parent or guardians, of soldier or sailor, member of the National Guard or veteran during active duty suffered injury or illness that was proximate cause of death or is missing in action with presumptive finding of death as a result (Brave Act).	None	None	100% Exemption
Paraplegic	None	None	100% Exemption

MARCH 2021

SUN	MON	TUE	WED	THU	FRI
	Lee is doing Aerobics outside on Monday mornings in the Library parking lot at 10:30. Weather Permitting	Aerobics Channel 9, daily at 8 AM	Italian classes are on Mondays and are ongoing. If you would like more information, Call COA 508-821-3105	Tai Chi is held at 3 Grove St., Myricks Old RR Depot	
	1 9 Italian class Friend's of COA Mtg. 11:30	2 10:30 Tai Chi Quilting 11:30	3	4 10:30 Tai Chi 11:00 COA Meeting	5
7	8 9 Italian class	9 10:30 Tai Chi Quilting 11:30	10	11 10:30 Tai Chi	12
14	15 9 Italian class Friend's of COA Mtg. 11"30	16 10:30 Tai Chi Quilting 11:30	17	18 10:30 Tai Chi	19
21	22 9 Italian class	23 10:30 Tai Chi Quilting 11:30	24 9 –10 Brown Bag	25 10:30 Tai Chi	26 Grab & Go Lunch Noon
28	29 9 Italian class	30 10:30 Tai Chi Quilting 11:30	31		

Council on Aging
1 North Main Street
Berkley, MA 02779



RETURN SERVICE REQUESTED

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

NEW DIRECTOR FOR BERKLEY COUNCIL ON AGING

Council on Aging and the Board of Selectmen and our Town Administrator have hired a new Director. Her name is Amanda Blaise from Tiverton, Rhode Island. I understand her background is in Social Work. She is starting on Monday, Feb. 22. I would like to offer from all of us a very friendly “Hello and Welcome”.

- 1. “Lose to Win” This is going to start on March 1. If you want to participate, call 508-821-3105 and you can make an appointment to be weighed and to discuss the program and how it is going to work for you. Remember, we are awarding a \$50 prize for the person who loses the most weight every month.**
- 2. Fuel Assistance—Just call Lucille at 508-821-3105 and leave a message and she will call you back. Lucille is also our SHINE counselor and will answer questions about Medicare and Medicaid.**
- 3. Podiatrist will be here in March. Call COA 508-821-3105 and someone will call you back.**