



# THE BERKLEY BEACON

**Berkley Council on Aging**  
 1 North Main Street  
 Berkley, MA 02779

## APRIL 2021 NEWSLETTER

### Programs We Offer

- Aerobics
- Italian lessons
- Tai Chi
- Quilting
- BINGO
- Yoga & Chair Yoga
- Mah Jong
- Body in Motion
- Ceramics
- Line Dancing

### Individual Highlights

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### Mission Statement

To promote and support Berkley seniors to stay safe and active, participate in programs, enjoy life and stay in their own homes for as long as possible.

## A Message from The Director

What an exciting few weeks it has been as your new Director! Whether I have met you in person or have spoken to you over the phone, it has been a pleasure to interact with you. I wish to thank those who have welcomed me into this position with open arms, as well as to those who have made a genuine effort to answer my own questions related to the COA, have volunteered to help when needed, or who have introduced me to members of the Berkley community. While operating a COA during a pandemic is not ideal or the right time to start a new position, I can honestly say that I am blessed to have this opportunity to serve the seniors of this Town. I have a vision for our COA that includes expanding outreach services, introducing new programs/activities, and seeking grant funding that will provide the ability to expand what programs and services can be offered. This is YOUR Council on Aging and I promise to strive to make this facility your home away from home.

I look forward to meeting you all!

*Amanda Blais*

## COVID-19 Regulations & Restrictions

I'm sure everyone is tired of hearing and reading about COVID-19. However, it continues to be important that we don't forget to do our part to slow the spread. While vaccinations are slowly becoming available (that is if you can secure an appointment), we still have regulations to follow. **As of April 1<sup>st</sup>, the COA will reopen with the following considerations in place:**

- A mask be worn at all times while inside the COA.
- A distance of 6 feet must be maintained. For this reason, there is a 12 person limit to each group. (see page 4 for details)
- COVID-19 screeners must be completed at time of activity.
- Bathroom key must be logged in/out for each use.
- If you are feeling sick in any way, please be respectful of others and stay home. We will miss you here, but we can't risk the health of everyone else.

Exercise groups such as aerobics and tai chi will continue to meet at their own locations. (see page 7 for details)

# Easter

## WORD SEARCH



BASKET  
BOUQUET  
BUNNY  
CHICK  
CHOCOLATE

DECORATE  
EASTER  
EGGS  
FLOWERS  
HIDE

JELLYBEANS  
RABBIT  
SPRING  
SUNDAY  
TRADITION



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## COVID-19 Vaccination Appointment Assistance

MA COVID Vaccination Help is a group of dedicated individuals who have a mission to help as many Massachusetts residents book and secure an appointment for the COVID-19 vaccine. At this time, the group does not have a phone number to call directly, however they are in the process of having a phone number created. To complete an intake or to read more information about the group, please go to their website at: <https://macovidvaxhelp.com/>

## Ham with Lemon-Honey Glaze



### Ingredients:

- 1 whole bone-in ham, about 12 lb. (5.5 kg)
- Whole cloves for studding

### For the glaze:

- 8 Tbs. (1 stick) (4 oz./120 g) unsalted butter
- 4 shallots, minced
- 1/2 cup (4 fl. oz./125 ml) white wine
- 1/2 cup (4 fl. oz./125 ml) honey
- Grated zest and juice of 2 lemons
- 1/4 cup (1 1/2 oz./45 g) all-purpose flour
- 2 cups (16 fl. oz./500 ml) chicken broth
- Kosher salt and freshly ground pepper
- 1/4 cup (3/4 oz./20 g) finely chopped fresh flat-leaf parsley

### Directions:

Remove the ham from the refrigerator and let stand at room temperature for 1 hour.

Preheat an oven to 325°F (165°C).

Remove the ham from the packaging and place in a large roasting pan. Using a sharp knife, score the fat in a diamond pattern. Stud the intersections of the diamonds with a clove. Transfer to the oven and roast the ham for 2 hours.

While the ham is roasting, make the glaze: In a sauté pan over medium heat, melt the butter. Add the shallots and sauté until softened, about 3 minutes. Add the wine and cook until slightly reduced, about 2 minutes. Stir in the honey and the lemon zest and juice. Whisk in the flour and cook until absorbed. Whisking constantly, slowly pour in the broth. Continue cooking, stirring occasionally, until the mixture is thick enough to coat the back of a spoon, 3 to 5 minutes. Season with salt and pepper. Remove from the heat and stir in the parsley.

Remove the ham from the oven and brush with some of the glaze. Continue roasting, brushing the ham with the glaze every 30 minutes, until the internal temperature of the meat registers 140°F (60°C), about 1 1/2 to 2 hours more. If the surface of the ham becomes too dark while cooking, tent the ham loosely with aluminum foil.

Transfer the ham to a carving board and let rest for about 15 minutes. Cut the ham into slices and arrange on a warmed platter, passing the remaining glaze alongside. Serves 12.

Source: <https://www.williams-sonoma.com/recipe/ham-with-lemon-honey-glaze.html>



## Honey Brown Sugar Roasted Carrots

### Ingredients:

- 2 pounds baby carrots, tops trimmed at about 2 inches
- 2 tablespoons olive oil
- Salt & pepper to taste
- 4 tablespoons butter
- 2 tablespoons brown sugar
- 2 tablespoons honey
- 1 teaspoon Italian seasoning
- 1 tablespoon balsamic vinegar
- 1 tablespoon minced garlic

### Directions:

Preheat oven to 400 degrees. Toss carrots with oil and season with salt and pepper to taste and arrange carrots in a single layer on a baking sheet.

Combine butter, brown sugar, honey, Italian seasoning, balsamic vinegar, and garlic in a small sauce pan and stir over medium high heat until completely melted and mixture begins to boil. Remove from heat and pour over carrots.

Bake for about 20 minutes until tender and easily pierced with a fork. Serve immediately.

Source: <https://www.lecremedelacrumb.com/honey-brown-sugar-roasted-carrots/>

### Notes:

Baby carrots are simply smaller, thinner full carrots. If you only have larger carrots, make sure you slice them in half lengthwise so that they are half the thickness and cook properly.

## R.S.V.P.

### PODIATRY CLINIC

Dr. Smith will be here in April. Date to be determined. Time slots are 9-11:30am. Please call the COA to schedule your appointment!

### PROGRAMS

There is a seating limit for each group due to COVID-19. Please call the COA to reserve your seat for the program/activity you would like to attend!

### NOTARY SERVICES

Our Director is a Notary. Please call to schedule an appointment for this free service!

## Brown Bag

### 2021 Pickup Dates

April 28<sup>th</sup>  
 May 26<sup>th</sup>  
 June 23<sup>rd</sup>  
 July 28<sup>th</sup>  
 August 25<sup>th</sup>  
 September 22<sup>nd</sup>

Income guidelines apply. Call COA for more information/eligibility.

## Easy Paper Easter Wreath

### Supplies:

- Paper plate
  - Spring & Easter themed/colored paper
  - Glue
  - Glue dots
  - Ribbon (we used a 7/8" wide craft ribbon)
  - Egg cookie cutter or oval cookie cutter
  - Scissors
- \*Note on the cookie cutter: The cookie cutter used for this project was 4 inches high and 3 inches across the middle. We traced the inside of the cookie cutter.

### Directions:

Cut the inner portion from the paper plate so that you have the outer portion intact.

If your paper has a design on it, turn it over and trace the cookie cutter onto the paper for a template.

Cut the eggs from the paper and glue onto the back of the paper plate wreath.

Cut a piece of ribbon, make a bow, use a glue dot, and attach to the top of the wreath.

Cut another piece of ribbon, form a loop, use a glue dot, and attach to the back of the wreath.

Hang and enjoy for Easter!



Source:

<https://www.theresourcefulmama.com/easy-paper-easter-wreath/>

## April Fun Facts & Historical Moments

- April was the second month in an early Roman calendar, but became the fourth when the ancient Romans started using January as the first month.
- April is named for the Greek goddess of love, Aphrodite.
- April is Humor Month, so laugh it up!
- The birthstone for April is the diamond.
- The zodiac signs are Aries (March 21-April 19) and Taurus (April 20-May 20).
- The birth flowers for the month of April are the sweet pea and the daisy.
- America's first astronauts were announced by NASA on April 9, 1959
- The first Webster Dictionary was copyrighted by Noah Webster on April 14, 1828
- The Titanic sank on April 15, 1912
- The Revolutionary War in America began on April 19, 1775
- The United States Library of Congress was established April 24, 1800
- Our first President, George Washington, was inaugurated on April 30, 1789

## Berkley Library – Month of April

The library's doors are open!! Upstairs browsing and other services are available for up to two families at a time. The children's room is by appointment only. We are still offering curbside services for those that wish to continue a safe and convenient pickup. Unsure of what you're looking for? Give us a call and let us know your interests or favorite authors. We will happily put together a book bundle for you to pick up. DVDs, CDs, and Books on CD are also available to borrow.

The No Stress Book Club is reading *Emma in the Night* by Wendy Walker for this month's April 1<sup>st</sup> zoom meeting. You can join in on the discussion by registering through our website or by giving us a call. Phone # 508-822-3329.

## 4 Exercises You Should Do Everyday

### **Exercise #1: Sit-to-Stand**

Why? "Standing up from a chair or other surface without using your hands is a good exercise for older adults to perform to maintain good health, fitness, and mobility," Phelps says. After all, being able to sit down and stand up from a couch, chair, or toilet is often the determining factor in whether someone can live independently or needs full-time care.

How to do it: Stand in front of a sturdy chair with your feet between hip- and shoulder-width apart. Your heels should be about six inches in front of the chair, arms held straight out in front of your shoulders. Brace your core. From here, slowly bend your knees and push your hips back to lower your body onto the chair. Pause, then press through the back two-thirds of your feet to stand up again. That's one rep. Aim for two or three sets of 10 reps total per day.

### **Exercise #2: Tandem Stance**

Why? Commonly used as a test for assessing balance, the tandem stance is also a great exercise to perform every day. "It can significantly improve balance and stability to increase function and decrease the risk of falls," Phelps says.

How to do it: Stand tall with your feet together, and brace your core. From here – holding onto a wall, counter, or sturdy chair for balance, if necessary – step one foot in front of you so that your front foot's heel is against your back foot's toes. Your feet should be in a straight line. Imagine you're standing on a tightrope or balance beam. Hold this position for 30 seconds or as long as you can, then switch the position of your feet and repeat.

### **Exercise #3: Farmer's Walk**

Why: "Walking is a must-do daily activity," Phelps says. This variation, which requires holding a light weight in each hand, pulls double duty by training your upper body and core strength. Mastering this move can improve your ability to perform almost any other exercise and activity that life throws at you.

How to do it: Stand tall with your feet hip-width apart and a weight in each hand down by your sides, palms facing your body. Brace your core. From here, slowly walk forward. Imagine a string through the crown of your head is pulling your spine straight toward the ceiling. Walk for 30 seconds or as long as you can, then repeat in the opposite direction.

### **Exercise #4: Single-Leg Stand**

Why? "This exercise has a tremendous impact on your ability to perform everyday activities that require supporting yourself on one leg at a time, such as walking and climbing stairs," Phelps says. It will also help you discover and resolve any muscular imbalances between your left and right sides.

How to do it: Stand tall with your feet together, and brace your core. From here – holding onto a wall, counter, or sturdy chair for balance, if necessary – lift your right foot just off the floor so that you're standing on your left foot. Imagine a string through the crown of your head is pulling your spine straight toward the ceiling, and engage your core to avoid leaning to one side. Hold this position for 30 seconds or as long as you can, then repeat on the opposite side.

# APRIL 2021

## Activities & Meeting Schedule



Lee continues to do Aerobics outside on Monday mornings in the Library parking lot at 10:30 (weather permitting).

Aerobics – Daily at 8am on Channel 9

Tai Chi is held at 3 Grove Street, Myricks (Old RR Depot)

Bingo is held the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of every month.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:30 Tai Chi 11:30 COA Meeting	2	3
4	5 9:00 Italian 11:30 Friends of COA Mtg	6 10:30 Tai Chi 11:30 Quilting	7	8 10:30 Tai Chi	9	10
11 <b>EASTER</b>	12 9:00 Italian	13 NO TAI CHI 11:30 Quilting	14 12:30-3:30 BINGO	15 10:30 Tai Chi	16	17
18	19 9:00 Italian 11:30 Friends of COA Mtg	20 10:30 Tai Chi 11:30 Quilting	21	22 10:30 Tai Chi	23	24
25	26 9:00 Italian	27 10:30 Tai Chi 11:30 Quilting	28 9-10 Brown Bag pickup 12:30-3:30 BINGO	29 10:30 Tai Chi	30	

**Council on Aging**

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**We're on the Web!**

Visit us at:

[townofberkleyma.com/council-aging](http://townofberkleyma.com/council-aging)

## Our Outreach Program

Did you know that the Outreach Service gives direct help with many tasks and needs that may be faced by seniors and/or their caregivers? We can answer your questions and/or connect you to programs and services that can help you remain in your home. Some issues seniors face include: "I am experiencing more health problems and just need a little help keeping my home up", "Where can I get the assistance and will it cost me?", and "I am caring for my spouse whose health is failing. I need more help with his/her care. Where can I get the help?"

Lucille, our Outreach Worker, will assist you with determining what the senior/caregiver needs are in the home. In addition, if there is an application that is required for a service, Lucille will assist with completing the required paperwork. To inquire about services or to make an appointment, call the COA at (508) 821-3105 and ask for Lucille.

**NEWSLETTER REMINDER**

In an effort to save money to print our newsletters, please call us to let us know if you wish to be taken off of our mailing list or if you will temporarily be away from your residence. Newsletters can also be viewed on our website!

**COUNCIL ON AGING**  
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