



THE BERKLEY BEACON

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

MAY 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

Let me start by expressing how excited I am to announce that the doors of the Council on Aging are open! The COA has books, movies and puzzles available to take home with you, so come inside to browse our collection. The computer in our Activity Room is available to use for your Internet browsing and printing needs. If you require assistance, please call ahead to make an appointment so that I may help. While I may be here in the office, there are times when I am in a meeting or attending important virtual seminars. If you would like to speak with me in person, I ask that you call ahead to make an appointment, that way I can provide you with my full attention.

Here are the daily hours the Council on Aging will be open:

- Monday-Wednesday: 9am to 3pm
- Thursday: 9am to 1pm
- Friday: 9am to noon

Happy Spring! *Amanda Blais*

COA Activity Room & COVID-19

We may be open, however we must remember to continue to follow strict guidelines:

- 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 limit of participants for indoor activities. Please call in advance to reserve a seat for the activity you wish to attend.
- If you are feeling sick in any way, please be respectful of others and stay home.

Exercise groups such as aerobics and tai chi will continue to meet at their own locations. (see page 7 for details). Board and card games will not be allowed at this time.

Lose to Win Weight-Loss Challenge

Congratulations to March's winner, Dorine Pierce! A new challenge will begin at the start of each month. Winner will receive a \$50 gift card to a store/restaurant of their choice, courtesy of the Friends of COA. To sign up, please call the COA. Weigh-ins are weekly on Wednesdays.



Mother's Day

Second Sunday of May

G	T	O	A	N	O	I	T	A	I	C	E	R	P	P	A
D	E	T	O	V	E	D	C	W	G	A	E	R	A	H	S
E	N	E	A	M	L	O	A	E	U	S	T	F	I	G	T
T	D	A	O	O	M	R	N	I	I	O	C	W	I	S	E
H	E	M	V	F	M	O	S	I	D	H	O	S	U	T	P
E	R	E	O	S	H	B	R	E	A	K	F	A	S	T	R
B	E	R	R	P	R	T	I	R	N	O	U	P	M	E	O
E	T	Y	E	G	R	E	M	A	C	H	E	O	L	T	T
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M	O	A	E	O	T	E	U	E	J	U	O	K	C	A	T
J	L	A	G	R	B	I	I	N	H	U	O	F	E	L	N

APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE



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. Please call the group for assistance at 1-888-432-1829. To complete an intake or to read more information about the group, please go to their website at: <https://macovidvaxhelp.com/>

Elder Mental Health Outreach Program

This is a free service to anyone who would enjoy having scheduled visits to talk about anything with a counselor. Visits are to talk about anything on a personal, yet confidential level, including daily events, history of loss, sadness, loneliness, etc. A counselor would call you to schedule in-person or telephone sessions. This service is offered to provide an extra person to talk to and can be discontinued at any time. Please call the COA to complete an intake form.

COVID-19 Information

Massachusetts Homebound Vaccination Program

The Commonwealth is working with local Boards of Health and developed a statewide program to offer in-home vaccinations for homebound individuals who cannot leave their home to get to a vaccination site.

Eligibility: In-home vaccinations are for homebound individuals who are not able to leave their home to get to a vaccination site, even with assistance. These individuals require either:

1. Ambulance or two-person assistance to leave the home, or
2. Are not able to leave the home for medical appointments under normal circumstances, or
3. Have considerable difficulty and/or require significant support to leave the home for medical appointments.

How to Connect with the Massachusetts Homebound Vaccination Program

Homebound Vaccination Program Central Intake Line

1-833-983-0485

Monday through Friday

9:00am to 5:00pm

About the Massachusetts Homebound Vaccination Program

For people who cannot leave their home for a vaccine appointment, even with assistance, the Commonwealth has developed a multi-pronged solution to ensure these individuals are able to get vaccinated in their home.

Many local Boards of Health are managing their own homebound vaccination programs for their community, while others have chosen to partner with the state's homebound vaccination program through Commonwealth Care Alliance. Contact the **Berkley Health Department at 508-822-7828** to inquire about receiving the vaccine if you believe you are homebound.

When an individual contacts the Homebound Vaccination Central Intake Line, they will be able to speak with a representative who will ask them questions to determine if an in-home vaccination is appropriate.

- If the in-home vaccination is appropriate, they will be registered with the State Homebound Vaccine Provider, Commonwealth Care Alliance, or referred to their local Board of Health should their local Board of Health be providing in-home vaccinations.
- If the in-home vaccination is not appropriate, the caller will be referred to other resources for assistance to schedule an appointment at a vaccination site or find transportation solutions.

The State Homebound Vaccine Provider, Commonwealth Care Alliance, will handle the scheduling and administration of in-home vaccinations. The State In-Home Vaccine Provider will be using the FDA-approved single-dose Johnson & Johnson's Janssen Vaccine.

Due to logistical considerations around vaccine expiration while in transit, people receiving in-home vaccinations will be grouped based on geography, and not on a first-come, first-serve basis. It may take individuals several weeks to get an in-home vaccination due to these logistical challenges.

For individuals who need assistance with pre-registration or scheduling an appointment at a vaccination site, please refer to 2-1-1 (877-211-6277).

Source: <https://www.mass.gov/info-details/covid-19-homebound-vaccination-program>

Pet Food Donations

Pet Food Aid is a local organization that provides dog and cat food to area seniors. If you are in need of assistance, please contact the Berkley Council on Aging or Pet Food Aid directly by emailing info@petfoodaid.org

Directions:

In a medium bowl, whisk flour, baking powder, cinnamon and salt.

In a large bowl, whisk milk, applesauce, butter and egg. Add dry ingredients and stir just until combined (batter should be slightly lumpy).

Lightly coat large skillet with cooking spray and heat on medium. Spoon ¼ cup scoops of batter into skillet and lightly push 1 apple slice into each scoop of batter.

Cook until bubbles appear at sides of pancakes for 1-2 minutes. Flip and cook until browned for 1-2 minutes more. Transfer to plate and cover to keep warm. Repeat with remaining batter and apple slices.

Serves 4. Approx. 246 calories. 7g Protein. 36g Carbs. 2g Fiber. 10g Sugar (0g added sugar). 9g Fat.

No-Syrup Pancakes

Ingredients:

- 1 cup all-purpose flour
- 2 tsp baking powder
- ½ tsp cinnamon
- ½ tsp salt
- ½ cup 2% milk
- ½ cup unsweetened applesauce
- 2 tbsp unsalted butter, melted
- 1 large egg
- 1 apple, peeled and thinly sliced into rounds



My Senior Center – you can log in from home!

Go to <https://myactivecenter.com/#signup/USA.MA.Berkley.Berkley-Council-on-Aging> and complete the online form to register your account. You will need your MySeniorCenter key tag for the barcode number.

To watch a video on how to register with MyActiveCenter visit <https://www.youtube.com/watch?v=kjUZRKH82Xg>



FEATURES:

- Browse hundreds of activities happening at senior centers in your area (not just the Berkley COA)
- Join groups and enroll in activities online
- Keep track of your upcoming activities on your personal My Activities calendar page
- Optionally create a joint account if you share an e-mail address with your spouse

If you need a MySeniorCenter key tag issued to you, please see the COA Director.

REMINDERS

PODIATRY CLINIC

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

ANNUAL TOWN ELECTION

Saturday, May 8th
10am to 6pm
Berkley Community School
59 South Main Street
Every vote counts!

NOTARY SERVICES

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

Brown Bag

2021 Pickup Dates

May 26th
June 23rd
July 28th
August 25th
September 22nd

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



FRIENDS
of Berkley COA
Trips & Activities

MYRTLE BEACH

Price Includes:

- Motor coach transportation
- 6 nights lodging including 4 consecutive nights in the Myrtle Beach area
- 10 meals: 6 breakfasts and 4 dinners
- 3 evening shows: Legends in Concert, Carolina Opry, Alabama Theatre's 'One the Show'
- Pure Magic Show at the Calvin Gilmore Theatre
- "The Man of a Thousand Voices" at Asher Theatre
- Barefoot Landing, a Unique and Popular Shopping, Dining and Entertainment Experience
- Visit to Myrtle Beach Boardwalk and Promenade
- Amazing L.W. Paul Living History Farm

And much more!

\$785

7 days & 6 nights

**Per person, double occupancy
(Sunday – Saturday)**

September 26 through October 2, 2021

Departure: Berkley, MA at 8am

For Information & Reservations:

Contact Priscilla Martin (508) 572-4869
or Liz Monkowski (508) 822-7597

Flyers available at the COA

FREE MEATBALL SANDWICH
Wednesday, May 26th
12-1:30pm



Please call the COA at 508-821-3105 to reserve your sandwich. Please confirm if your sandwich will be take-out or lunch in. Seats for lunch-in are limited. Time for lunch-in is limited to 45 minutes.

4TH OF JULY CELEBRATION
Saturday, July 3rd
11:30am-1:30pm



Live music
Free hot dogs, drink & dessert
Event held at the Berkley Common

CRAFT FAIR
Saturday, September 11th
9am-4pm



Food • Live Music • Raffles

Event held at the Berkley Common

If you are a vendor and would like to rent a space, please call Liz Monkowski at 508-822-7597

Berkley Library

Did you know that the library offers passes for discounted or free admission prices at local museums? At this time, we have passes for Blithewold Mansion Gardens & Arboretum, Buttonwood Park Zoo, Massachusetts State Parks, Museum of Fine Arts Boston, The New Bedford Whaling Museum and the Children's Museum of Fall River. You can reserve passes via our website or give us a call. Many of the museums also require special advanced purchasing of tickets which we can assist with.

For the month of May, The Berkley No Stress Book Club will be reading *An Anonymous Girl* by Greer Hendricks and Sarah Pekkanen.

If any Berkley residents are currently homebound, please let us know and our librarians will be happy to arrange a home delivery of your materials. Contact the library at (508) 822-3329.

Hello Berkley Seniors! Have you visited the Berkley Historical Museum yet? Did you know that Berkley

Berkley Historical Society

has a museum? It is true! In 2016, the Old Town Hall became the home of the Berkley Historical Society Museum. Since then, many people have donated wonderful articles of Berkley history and shared interesting stories of happenings in Berkley. We invite you to come visit the Museum on **Tuesdays between 10 am and 1pm**. You will be surprised at the collection we have on display including wonderful photographs of people and houses from Berkley's early years. Admission is FREE and the ramp and rail at the entrance makes it easy for anyone to enter the Museum. The Museum is located right across the street from the Berkley Council on Aging at 2 North Main Street, Berkley, MA. Our website is <http://berkeleyhistorical.org/> Find us on Facebook: The Berkley Historical Society or email: info@berkeleyhistorical.org We hope to see you soon! (All CDC safety protocols are followed at the BHS Museum)

Put Healthy Food on Your Table

SNAP stands for the Supplemental Nutrition Assistance Program. It is the nation's largest nutrition program to help low-income individuals and families. Each year this program services over 5 million senior households to help them buy food. The program addresses the growing need for older adult nutrition services. Because nutrition affects the overall wellbeing of seniors, Snap is a vital resource for many people to get the food they need to remain healthy at home.

For instance, let's look at Mary Smith (fictitious name) who is a retired accountant. She stepped away from her job 8 years ago and has been on a fixed income ever since. Sometimes she needed the assistance, but it was hard for her to ask for help. She had tried to save over the years but found that she needed a little help to make ends meet. "It's very hard after you've worked all your life and then have to say, "Okay, I need a little help here." The help needed may be just enough to buy bread, milk, eggs, etc.

Mary did not know much about the SNAP program, but once she did her first thought was that someone else must need the benefits more than her. The truth is SNAP is a benefit that you have paid into while working and if eligible, you are entitled to. By enrolling you are never taking benefits away from someone else. Mary now uses her SNAP card while shopping for groceries. The benefits are added to her card each month. This helps to stretch her food dollars.

Applying for SNAP benefits is simple. You can apply online or we can assist you through the entire application process. To see if you qualify, call the COA and ask for Lucille (508) 821-3105.

This institution is an equal opportunity provider and employer. This message is funded in part by the USDA. USDA is an equal opportunity provider and employer.

MAY 2021

Activities & Meeting Schedule



Lee continues to do Aerobics outside (weather permitting). Mondays are at the Library parking lot. Fridays are at the Town Hall/COA parking lot. Class starts at 10:30am on both days.

Aerobics – Daily at 8am on Channel 9

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

Bingo is held every other week.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 9:00 Italian 10:30 Aerobics 11:30 Friends	4 10:30 Tai Chi 11:30 Quilting	5 12:30 BINGO	6 10:30 Tai Chi 11:30 COA Meeting	7 10:30 Aerobics	8 Annual Town Election
9 MOTHER'S DAY	10 9:00 Italian 10:30 Aerobics	11 10:30 Tai Chi 11:30 Quilting	12	13 10:30 Tai Chi	14 10:30 Aerobics	15
16	17 9:00 Italian 10:30 Aerobics 11:30 Friends	18 10:30 Tai Chi 11:30 Quilting	19 12:30 BINGO	20 10:30 Tai Chi	21 10:30 Aerobics	22
23	24 9:00 Italian 10:30 Aerobics	25 10:30 Tai Chi 11:30 Quilting	26 9-10 Brown Bag pickup	27 10:30 Tai Chi	28 10:30 Aerobics	29
30	31 9:00 Italian 10:30 Aerobics					

COUNCIL ON AGING
TOWN OF BERKLEY
1 NORTH MAIN STREET
BERKLEY, MA 02779

PRESORTED STANDARD

U.S. POSTAGE PAID TAUNTON, MA

PERMIT # 73



STAFF

Amanda Blais, Director
Lucille Dallaire, SHINE/Outreach

coa.director@berkleyma.us
ldallaire@berkleyma.us

BOARD MEMBERS

Margaret Clark-Moroff, Chair Nancy Thompson Arlene Medeiros Wendy Cochrane
Mary Shilonski, Associate Member

SOCIAL MEDIA

Facebook: Berkley Council on Aging Instagram: berkleycouncilonaging
Website: TownOfBerkleyMA.com/council-aging

All updates as they become available will be posted on our social media, so be sure to follow and stay up to date!

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:

<https://www.townofberkleyma.com/council-aging/pages/newsletters>

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