



THE BERKLEY BEACON

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

JUNE 2021 NEWSLETTER

Programs We Offer

- Aerobics
- Italian lessons
- Tai Chi
- Quilting
- BINGO
- Yoga & Chair Yoga
- Mah Jong
- Body in Motion
- Painting
- Manicures

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

Exciting news! We will be offering new and returning activities: manicures, yoga, chair yoga, and painting. Read through this newsletter for additional details. Nurse Carol McAfee from Community Nurse will be offering a monthly blood pressure clinic starting Tuesday, June 1st from 1-3pm. Come into the Activity Room; there is no need to R.S.V.P.

Cable Access Television has been working hard to provide seniors at home with interesting and beneficial content. Tune in to Channel 9 from 6-9am Monday through Friday to watch COA related content. Recordings of aerobics continue to be aired, as well as new segments with guest speakers, updates and more. Stay tuned!

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

Amanda Blais

COA Board Member Vacancy

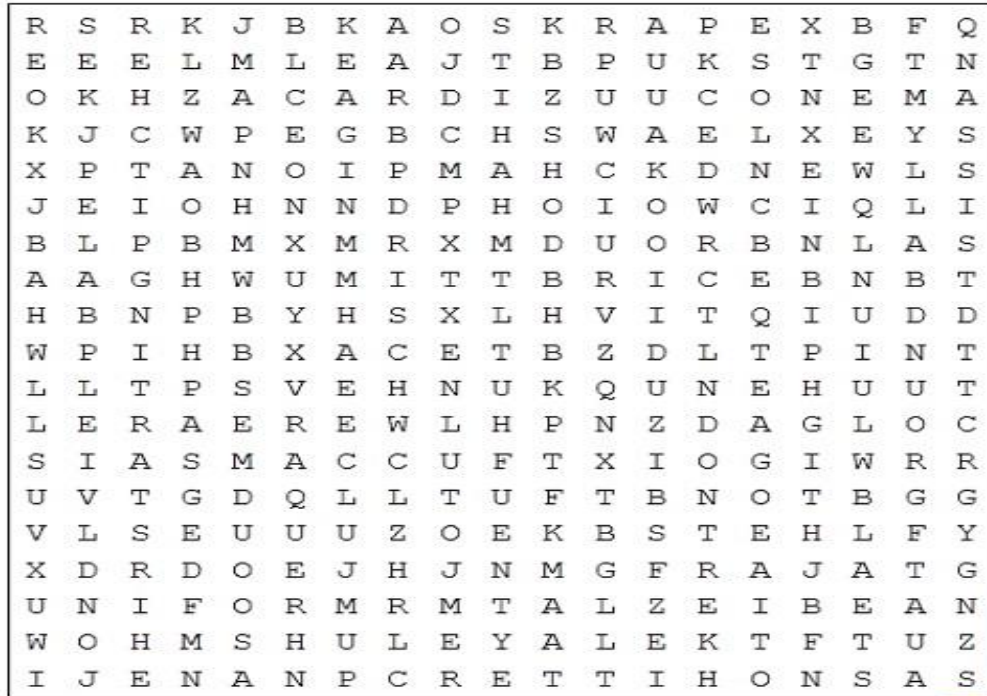
The Council on Aging Board is seeking interested candidates to fill a vacant member position. You do not need to be a senior to be considered, but it is a requirement that you have a passion for serving the senior population and have the ability to work as a team player. Candidates must submit a letter of interest (typed or handwritten) and/or resume to the Director. Submitted documents can be delivered in person by stopping at the COA, mail, or e-mail.

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.



BASEBALL Word Search



ASSIST
AT BAT
BUNT
CARD
CHAMPION
CLUB
DECK
DOUBLE HEADER
FIRST
FOUL

GROUND BALL
HELMET
HITS
LEAGUE
LINEUP
LOSE
MITT
NINE
NO-HITTER
OUT

PARK
RUN
SAVES
SCORE
STARTING PITCHER
STEAL
TAG
THROW
UNIFORM
WALK



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/>

Massachusetts Homebound Vaccination Program

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. Contact the Homebound Vaccination Program Central Intake Line at 1-833-983-0485 Monday through Friday from 9:00am to 5:00pm. Contact the **Berkley Health Department at 508-822-7828** to inquire about receiving the vaccine if you believe you are homebound.

Lose to Win Challenge

Isn't that a cute name? Are you wondering what you have to lose and what you will win? Since it has been in this newsletter a couple of times before, you may already know. However, I'm going to spell it out for you.

HERE IS WHAT WE ARE TALKING ABOUT LOSING: WEIGHT

When we lose weight, we have a better chance of not having to struggle with diabetes, high blood pressure, high LDL cholesterol, coronary heart disease, COVID-19 and much, much more. I got this information from the Centers for Disease Control website. So when we lose weight, we increase our chances of not getting diseases too numerous to mention. I suppose that we look better, but the truth is that looking good is the least important side effect of losing weight. It sure is nice though.

I think that I am one of many people who have been fighting the "battle of the bulge" for many years. After having some moderate success at keeping off a few pounds, along came COVID-19 and during this last year, I have put on about 16 pounds. My doctor tells me this is about the average weight gain during the pandemic.

Sooo, the Council on Aging and the Friends of Council on Aging thought it might be good to try to help seniors take off these excess pounds by running a weight loss program at no cost to the participant. Participants have to find the best way for them to lose weight and go into the Council on Aging Activity Room to get weighed in once a week. I decided to count calories.

HERE IS WHAT WE ARE TALKING ABOUT WINNING: MONEY

Now we know that losing weight to be in better health should be its own reward, but what is wrong with 2 rewards? Sooo, the Council on Aging and the Friends of Council on Aging will give a \$50 gift card to a store/restaurant per month to the participant who loses the most weight during the month.

If you are like most of us and you want to try to do something about it, give Amanda, our COA Director, a call and make an appointment to get working on this problem. Maybe you will be a winner in more ways than one.

Submitted by Priscilla Martin

Congratulations to Dorine Pierce on another win! Weigh-ins are currently done every Wednesday.

Strawberry Banana Overnight Oats

Ingredients:

- ½ cup oats (quick, rolled, or steel-cut)
- ½ cup milk (dairy, almond, cashew, etc.)
- ½ cup yogurt (Greek, low-fat, or flavored)
- 1 tbsp chia seeds
- 1 tsp vanilla extract
- Banana & strawberry for topping

Directions:

In a 16 oz mason jar or 4 cup round Pyrex bowl, combine your oats, milk, yogurt (I used strawberry banana flavored low-fat yogurt), chia seeds, and vanilla extract. Give a nice stir. Once combined, add your sliced or chopped bananas and strawberries to the top. Leave the fruit on top as shown in the picture. Put the lid on your jar or bowl and store in the refrigerator overnight. The next day for breakfast, simply remove from the refrigerator and enjoy! You can eat these cold (I was skeptical at first, but try it!) or heat for 1-2 minutes.



Yoga with Monica

Join Monica Parris every Tuesday, starting June 1st from 9-10am for indoor yoga! You must R.S.V.P. by calling the COA because space is limited for social distancing. Please bring your own yoga mat if possible, to eliminate cross contamination. If you need a mat, please inform the COA when you call and Monica will provide you with one to borrow.



Chair Yoga with Mary

Join Mary Rogers on the 1st and 3rd Wednesday of every month, starting June 2nd from 9-10am for outdoor chair yoga! You do not need to R.S.V.P. as this activity will be outside with plenty of space to socially distance.

Paint with Amy

Join Amy King on Wednesday, June 23rd from 1-3pm for painting class! You will paint a beach themed portrait to take home. You must R.S.V.P. by calling the COA because space is limited for social distancing.

Manicures with Kerrie

Kerrie Ann Auclair returns to provide monthly manicures! Call the COA to reserve your appointment for Monday, June 21st between 10am to 1:30pm. Appointments are scheduled every 30 minutes. Fees: Berkley residents \$0, non-residents \$12.

Quilting Club Display & Ice Cream Social

The Quilting Club will be displaying their beautiful work in our Activity Room on Saturday, June 26th from 11am to 2pm. An ice cream social will also occur, sponsored by Rep. Norman Orrall. All are welcome!

ITALIAN CLASSES

Ciao, come stai?

Come ti chiami?

Parli italiano?

LEARN A NEW LANGUAGE!

Have you ever wanted to learn a new language? Now is the time!

Our Italian group will be learning from a new book. Instructor Rizzotti is encouraging anyone who is interested in learning the language to join. Italian meets every Monday at 9am in the Activity Room at the COA.

REMINDERS

PODIATRY CLINIC

Dr. Smith will be here on Friday, June 18th from 9-11am. Please call the COA to schedule your appointment!

ANNUAL TOWN MEETING

Monday, June 7th
7:00pm
Berkley Community School
59 S. Main Street

LUNCH ON THE FARM

Chamberlain Farm
Wed, August 11th
Noon
Reservations required!
(508) 821-3105

Brown Bag

2021 Pickup Dates

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

**Please drop-off a copy of your COVID-19 vaccination card at the COA if you are signing up for this trip*

For Information & Reservations:

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

Flyers available at the COA

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

**FRIENDS OF COA
MEMBERSHIP DONATIONS**

Membership applications can be found at the COA, just ask for one! Donations, no matter how small, are always gratefully accepted. Donations help contribute to trips, luncheons, activities, food, drinks, etc.

MEMBERSHIP COSTS

Individual - \$10
Senior - \$5
Family - \$25
Donations – any amount

Berkley Public Library

The adult summer reading program will begin mid-June! Challenge yourself to see how many of the reading and library related tasks you can complete. You'll also have a chance to win prizes! Raffle tickets will be given out for each completed task. For details, stop in to pick up a brochure form.

Want to be "Friends"? The Friends of the Berkley Library are advocates for our library. They work to raise funds and secure grants that support the library and help improve and maintain the building. Monthly meetings are held the third Monday of every month at 7:00 p.m. The Friends love having new faces at the meetings, but they are not mandatory, and any bit of contribution helps! For more information on becoming a Friend you can email FriendsOfTheBerkleyLibrary@gmail.com
 Berkley Public Library (508) 822-3329

Berkley Historical Society

Hello Berkley Seniors! June is a great month to explore new things.

We invite you to come explore at the Berkley Historical Society Museum on **Tuesdays between 10am & 1pm**. Admission is FREE! Among the variety of historical displays you will see:

- A small collection of quilts of varying ages. Some are quite old and the pattern of fabrics used will tell its story. Other quilts are commemorative.
- Also, you will be intrigued by the history of Berkley's Fire Department and Police Department from what it was to what it is now as you look over the display of personal items used by the police and fire personnel of the past and photographs.

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

Need help buying groceries?

SNAP can help!

The Supplemental Nutrition Assistance Program (SNAP) formerly known as Food Stamps helps individuals and families buy healthy food. SNAP benefits are loaded onto an EBT (Electronic Benefit Transaction) Card that acts similar to a ATM or bank card.



Outreach

The COA's Outreach Program helps Berkley seniors connect with resources that they may need. Lucille, our Outreach Worker is available to assist seniors and their families. You will be provided information and referrals to various programs and services that are available and will receive assistance in completing applications, i.e., fuel assistance, food stamps, Medicaid, etc. To schedule an appointment, call Lucille at 508-821-3105.

Who Can Apply?

To get SNAP, you must be low-income and be a U.S. citizen or legal noncitizen (restrictions apply). Eligibility for SNAP benefits depends on financial and non financial criteria.

Income Guidelines & Benefit are subject to change

Household Size	Monthly Gross Income Limit	Monthly Maximum SNAP Amount
1	\$2,147	\$234
2	\$2,903	\$430
3	\$3,660	\$616
4	\$4,417	\$782
5	\$5,173	\$929
6	\$5,930	\$1,114

For more information about applying for SNAP please contact:

Berkley Council on Aging
 Lucille Dallaire, Outreach Worker
 508-821-3105

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

This project has been funded at least in part with Federal funds from USDA. This institution is an equal opportunity provider. The SNAP logo is a service mark of the U. S. Department of Agriculture. USDA does not endorse any goods, services, or enterprises.

JUNE 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 11:30am 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.

Blood Pressure Clinic – 1st Tuesday of every month

Chair Yoga – 1st & 3rd Wednesday of every month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Yoga 10:30 Tai Chi 11:30 Quilting 1-3:00 Blood Pressure Clinic	2 9:00 Chair Yoga 10:00 Friends 12:30 BINGO	3 10:30 Tai Chi 11:30 COA Meeting	4 11:30 Aerobics	5
6	7 9:00 Italian 11:30 Aerobics	8 9:00 Yoga 10:30 Tai Chi 11:30 Quilting	9	10 10:30 Tai Chi	11 11:30 Aerobics	12
13	14 9:00 Italian 11:30 Aerobics 1:00 Mah Jong	15 9:00 Yoga 10:30 Tai Chi 11:30 Quilting	16 9:00 Chair Yoga 10:00 Friends 12:30 BINGO	17 10:30 Tai Chi	18 9-11 Podiatry Clinic 11:30 Aerobics	19
20 FATHER'S DAY	21 9:00 Italian 10:00 Manicules 11:30 Aerobics 1:00 Mah Jong	22 9:00 Yoga 10:30 Tai Chi 11:30 Quilting	23 9-10 Brown Bag pickup 1-3 Painting	24 10:30 Tai Chi	25 11:30 Aerobics	26 11-2 Quilting Club Display & Ice Cream Social
27	28 9:00 Italian 11:30 Aerobics 1:00 Mah Jong	29 9:00 Yoga 10:30 Tai Chi 11:30 Quilting	30 12:30 BINGO			

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

PRESORTED STANDARD

U.S. POSTAGE PAID TAUNTON, MA

PERMIT # 73

BLOOD PRESSURE CLINIC

**1ST TUESDAY OF EVERY MONTH
STARTS JUNE 1ST
1-3PM
COA ACTIVITY ROOM**

NURSE CAROL MCAFEE, LPN

WALKS-INS WELCOME!



STAFF

Amanda Blais, Director
Lucille Dallaire, SHINE/Outreach

(508) 821-3105

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>

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