



THE BERKLEY BEACON

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

JULY 2021 NEWSLETTER

Programs We Offer

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

Individual Highlights

Word Search Puzzle 2
Activities 2
Lose to Win 3
Calcium & Vitamin D 3
EEE 3
Historical Society 4
Happy Hearts 4
Pet Food Donations 4
Save the Dates 4
Friends of COA 5
Library & Friends 6
Bereavement Group 6
Outreach 6
Funeral Assistance 6
Calendar 7
Nurse Carol 8

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

FINALLY, we have reached a point where you are not required to wear a mask inside our center if you have been vaccinated! I have enjoyed seeing everyone's faces for the first time since stepping into my role as Director. It has been a true joy to see people laugh and smile while they participate in our indoor activities. I'd like to remind you that our doors are open and our programs will now be indoors, unless our instructors choose to take advantage of nice weather.

Don't forget to tune in to Channel 9 from 6-9am Monday-Friday. We are working to start a monthly COA show where you can watch guest speakers, listen for updates and learn more about the services and programs we offer. Stay tuned for new content and the reveal of the name of our show!

Our COA continues to expand our programs and activities, so be sure to hang up the calendar on page 7 to serve as a reminder!

Not to worry, our colored-printed newsletters will return in the Fall!

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.

4TH OF JULY WORD SEARCH

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

America	Fireworks	Independence	Red	United
Blue	Flag	July	Sparklers	White
Britain	Fourth	Liberty	Stars	
Celebrate	Freedom	Parade	Stripes	
Declaration	Holiday	Picnic	Summer	

Manicures with Kerrie

Get a manicure with Kerrie! Appointments are scheduled every 30 min. Call the COA to reserve your appointment for Monday, July 19th between 10am & 1:30pm. Fees: Berkley resident \$0, non-resident \$12.

Paint with Amy

Join Amy on Wednesday, July 7th from 1-3pm for painting class! The theme will be a garden scene this month. Please **R.S.V.P** by calling the COA so Amy knows how much supplies to bring.

Ceramics

Pagano Creations returns with a Summer Surprise – an assortment of outdoor ceramics on Thursday, July 29th from 11am-1pm! We will need a minimum of 10 seniors to participate, so it is important that you **R.S.V.P** by calling the COA no later than July 21st. Fees: Berkley resident \$10, non-resident \$20.

Director Meet n' Greet Breakfast

Enjoy a catered breakfast and meet your new Director on Friday, July 30th at 9am! Please **R.S.V.P** by calling the COA by July 22nd. This is a free event, however donations are appreciated. **Berkley seniors only**

Hip Hop Dance Chair Exercise

The Berkley Cultural Council presents "Hip Hop Dance Chair Exercise for Seniors!" *There is some evidence that physical activity can slow down the decline of cognitive disabilities and may improve the quality of life.* MUSIC Dance.edu is offering a 1-hour senior exercise class at the COA. Please join us on Monday, August 23rd at 1pm! Travel through time and space on the Soul Train and chair dance to clean hip hop music. "All Aboard the Hip Hop Soul Train Express"



Lose to Win Challenge

Lose weight. Win money. Perfect combination, right? Call Amanda, our COA Director, at (508) 821-3105 to schedule a time to weigh-in every Wednesday. The individual who loses the most weight at the end of every month will win a \$50 gift card to a store or restaurant of their choice, courtesy of the Friends of Council on Aging. Congratulations to our May winner, Mary Ricci!

Calcium & Vitamin "D"

When I was about 40 years old (Oh yes, I was 40 once, maybe even twice), I was working at Paul A. Dever State School in the canteen. One of the ladies I worked with was very interested in health and how it can be improved with what we eat. She told me one day that the Association of Women's doctors recommended that people in their 40's should be drinking orange juice with calcium (for bone density) and vitamin D (to help absorb the calcium) and help protect their bones. I always liked my bones, so I started drinking a large glass of orange juice with calcium and vitamin "D" every day.

Now that another 40 years have passed (you do the math), my doctor sent me for a bone density test and the technician said that my bones were normal. I told her the above story and she said that I should tell that girl "Thank you". Just so you know, I did, as she still lives in the area. About a month ago, I took a bad fall off a step and landed on my face, hands, and knees. I had lots of black and blue and scrapes, but no broken bones. I cannot tell you with any authority that it is because of the orange juice I drank all those years, but I can tell you that I am giving it a lot of credit and I am still drinking that orange juice.

I looked up bone density and vitamin "D" on Google and this is the last line in their report on the "Importance of Vitamin D: Vitamin D receptors are located throughout the body which helps explain why vitamin D is important for so many aspects of health."

Why, you ask, am I telling you all of this? It's because Amanda, your COA Director, asked me to.

Submitted by Priscilla Martin



EEE (Eastern Equine Encephalitis)

The Massachusetts Department of Public Health anticipates that this will be the third year of a EEE outbreak cycle.

What is EEE? EEE is a rare but serious disease caused by a virus that is spread through the bite of an infected mosquito.

Symptoms of EEE: The first symptoms of EEE are fever (often 103 to 106 degree F), stiff neck, headache, and lack of energy. These symptoms show up three to ten days after a bite from an infected mosquito. Inflammation and swelling of the brain, called encephalitis, is the most dangerous and frequent serious complication. The disease gets worse quickly and some patients may go into a coma within a week.

How to Protect Yourself Against EEE

- Schedule outdoor events to avoid the hours between dusk and dawn, when mosquitoes are most active.
- When outdoors, wear long pants, a long-sleeved shirt and socks.
- Use a repellent with DEET, permethrin, picaridin, IR3535, or oil of lemon eucalyptus.
- Keep mosquitoes out of your house by repairing any holes in your screens and making sure they are tightly attached to all your doors and windows.
- Remove areas of standing water around your home: barrels, pools, birdbaths, roof gutters.

Berkley Historical Society

Stories from the Berkley Museum:

Dairy farms were plentiful in Berkley during the 18th & 19th century. At this point there are really none left and much of the land used to raise milk cows have been divided up into house lots. However, at the Berkley Historical Society Museum there is a collection of milk bottles as well as useful tools of some of these dairies.

Among the Museum's bottle collection is this 1-quart milk bottle of a lesser-known Berkley dairy called Elmwood Dairy. It was located at what today is known as 84 No. Main Street, Berkley. The farmer's name was Louis C. LaFrance and the dairy land included 35 acres for the cows to graze and several acres for grass to grow and be harvested for hay. There was also a stream that ran through the property and eventually emptied into the Taunton River. A shallow pond near a hayfield provided an opportunity for skating when frozen in the winter. A beautiful house with a wraparound porch presented a bucolic view along with a large barn and several outbuildings including the well house, cooling shed and equipment barn. After the milk had been collected into the milk cans, it would be kept cool by water from the well flowing over the cans. Tall, elegant elm trees lined the street in front of the house thus lending to the name Elmwood Dairy.



Come visit the BHS Museum on Tuesdays to see the dairy collection as well as much more of Berkley history. The hours are 10 am to 1 pm and it is located at 2 No. Main St Berkley, MA across from the Safety Building. Admission is FREE! We look forward to seeing you soon. *Submitted by Eden Jones*



Happy Hearts

The Happy Hearts senior group will be collecting bottles and cans at the Transfer Station during the month of July. Please consider donating!

Happy Hearts will return for in-person meetings and gatherings in the COA Activity Room starting Thursday, September 16th at 10:15am. All seniors are encouraged to join and you do not have to be a Berkley resident!

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

SAVE THE DATE

PODIATRY CLINIC

Dr. Smith will be back in August! Time slots are 9-11am. Please call the COA to schedule your appointment!

(508) 821-3105

MONTHLY MOVIE

Thursday, July 15th
11:30am

Come inside to enjoy popcorn and a movie!

All seniors welcome!

BROWN BAG

2021 Pickup Dates
July 28th
August 25th
September 22nd

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

LUNCH ON THE FARM

Annual event at Chamberlain Farm

Wed, August 11th • Noon

Reservations required!
(508) 821-3105

Berkley seniors only

Entertainment to be determined

F•R•I•E•N•D•S

of Berkley COA Trips & Activities



YOU ARE CORDIALLY INVITED TO A MURDER MYSTERY PARTY

Friday, October 29th • 1pm • Berkley COA

What is a Murder Mystery Party?

It is a party wherein all guests participate, have fun and enjoy a lunch. By the power of imagination, we will be transported to the 1920's. Imagine New York City at the Jazz Club!

What will happen during the Murder Mystery Party?

At some point during the lunch, one of the guests will be "killed" (figuratively, hence "murder") by one of the other participants. The remainder of the event will be spent piecing together clues in an attempt to determine who the murderer is.

This is a role-playing event!
Because it will be close to Halloween, the theme of the party is the 1920's. If possible, let's do our best to dress up to represent the times.



FRIENDS OF BERKLEY COA MEMBERSHIP DONATIONS

Membership applications can be found at the COA, just ask for one!

MEMBERSHIP COSTS

Individual - \$10 • Senior - \$5
Family - \$25 • Donations – any amt.

Fee: \$20.00 per person and includes lunch

**Make check payable to:
Friends of Berkley COA**

**Reservations: no later than
September 1st**

**Call Liz Monkowski at
(508) 822-7597**

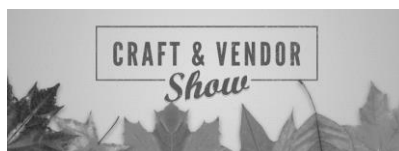
4TH OF JULY CELEBRATION
Saturday, July 3rd
11:30am-1:30pm



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

MYRTLE BEACH
Sept. 26th – Oct. 2nd

\$785 for 7 days & 6 nights
Per person, double occupancy
Depart from Berkley, MA at 8am

Motorcoach transportation • 10 meals • 3 evening shows • 4 nights in Myrtle Beach area • Much more!

For Information & Reservations
Contact Priscilla Martin at
(508) 572-4869 or Liz Monkowski at
(508) 822-7597

Flyers with full trip description are available at the COA

Berkley Public Library

The adult room at the library is open. Masks are now optional upstairs but encouraged. The Children's room is still open only by appointment and masks must be worn. We will continue to offer curbside pickup! • The library now has passes that offer generous savings at Plimoth Patuxet. With this discount voucher you will have access to Plimoth Patuxet, Mayflower II and the Gristmill as well. Looking for other summer outing ideas? The library also offers other passes and discounts. Give us a call or reserve them on our website. • It's not too late to join in on the Summer Reading Challenge! This program runs until August 7th. You can pick up materials at the library or print them from home through our website. www.berkleylibrary.org • The No Stress Book Club is currently reading The Book Woman of Troublesome Creek by Kim Michele Richardson. • Berkley Public Library (508) 822-3329

Friends of the Berkley Library

This summer, the Friends are having some fun activities. Coming up on July 24th, we will be hosting a Read-a-Thon fundraiser from 9am to 2pm. Participate from the comfort of your own home or join us at the library. From now until the end of summer, we are flocking houses in Berkley. You may have already started to see our pink flamingo friends around town. If you are interested in sending them to a friend to brighten their day, please inquire at the library or email us at FriendsOfTheBerkleyLibrary@gmail.com

Bereavement Support

There really is no "wrong way" to grieve the loss of a loved one. Most of us experience a whole range of emotions and feelings. It is important to reach out, talk to someone, and cry when you need to in a safe place. Rev. Lawrence (Pastor Larry) Smith will be facilitating a free, monthly, 1 hour bereavement support group in the COA Activity Room starting Friday, July 2nd at 10am. All are welcomed!



Continuum
HOSPICE & PALLIATIVE CARE

COVID-19 Funeral Assistance

FEMA is providing financial assistance for COVID-19 related funeral expenses incurred after January 20, 2020 to help ease some of the financial stress and burden caused by the pandemic. The program will assist with expenses up to \$9,000 per funeral, up to a maximum of \$35,000 if applicants are applying for assistance related to more than one death.

To be eligible, you must meet these conditions:

- The death must have occurred in the United States, including the U.S. territories, and the District of Columbia
- The death certificate must indicate the death was attributed to COVID-19
- The applicant must be a U.S. citizen, non-citizen national, or qualified alien who incurred funeral expenses after January 20, 2020
- There is no requirement for the deceased person to have been a U.S. citizen, non-citizen national, or qualified alien
- The program is open to all who qualify, regardless of their income

To apply, call FEMA's toll-free COVID-19 Funeral Assistance Line at 1-844-684-6333 | TTY: 1-800-462-7585 Monday-Friday

from 9am to 9pm ET. When you call, it should take about 20 minutes to apply. No online applications will be accepted. To make the application process go quickly, please gather all necessary information and documentation before applying, such as:

- An official death certificate that attributes the death directly or indirectly to COVID-19
- Funeral expense documents (receipts, funeral home contract, etc.) that include the applicant's name, the deceased person's name, the amount of funeral expenses, and the dates the funeral expenses happened
- Proof of funds received from other sources specifically for use toward funeral costs.

FEMA is not able to duplicate benefits received from burial or funeral insurance, financial assistance received from voluntary agencies, government agencies, or other sources. <https://www.fema.gov/disasters/coronavirus/economic/funeral-assistance>

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.



FEMA

JULY 2021

Activities & Meeting Schedule



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 the month
 Chair Yoga – 1st & 3rd Wednesday of the month
 Friends of COA – 1st & 3rd Wednesday of the month
 Bereavement Support Group – 1st Friday of the month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10:30 Tai Chi	2 9:00 COA Meeting 10:00 Bereave Grp. NO AEROBICS 12:30 Coffee Talk	3 4 th of July Celebration on the Common 11:30-1:30
4 4th of JULY	5 CLOSED IN OBSERVANCE OF 4TH OF JULY	6 9:00 Yoga 10:15 Line Dancing 10:30 Tai Chi 11:30 Quilting 1-3:00 Nurse Carol McAfee	7 9:00 Chair Yoga 10:00 Friends 1-3 Painting	8 10:30 Tai Chi	9 11:30 Aerobics 12:30 Coffee Talk	10
11	12 9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 1:00 Mah Jong	13 9:00 Yoga 10:15 Line Dancing 10:30 Tai Chi 11:30 Quilting	14 12:30 BINGO	15 10:30 Tai Chi 11:30 Movie & Popcorn	16 11:30 Aerobics 12:30 Coffee Talk	17
18	19 9:00 Italian *Appt Manicures 11:30 Aerobics 12:30 Coffee Talk 1:00 Mah Jong	20 9:00 Yoga NO LINE DANCE 10:30 Tai Chi 11:30 Quilting	21 9:00 Chair Yoga 10:00 Friends	22 10:30 Tai Chi	23 11:30 Aerobics 12:30 Coffee Talk	24
25	26 9:00 Italian 11:30 Aerobics 12:30 Coffee Talk 1:00 Mah Jong	27 9:00 Yoga 10:15 Line Dancing 10:30 Tai Chi 11:30 Quilting	28 9-10 Brown Bag pickup 12:30 BINGO	29 10:30 Tai Chi 11-1 Ceramics	30 9:00 Director Meet n' Greet Breakfast 11:30 Aerobics 12:30 Coffee Talk	31

BLOOD PRESSURE & WELLNESS CLINIC



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

Visit Nurse Carol McAfee each month to check your blood pressure. July's Wellness Clinic will be a presentation on The Basics of Alzheimer's. This will be an easy-to-understand program for anyone who is suffering from memory loss or has a loved one suffering with memory loss. Nurse Carol has been an LPN for 30+ years, a Certified Dementia Practitioner and a Certified Alzheimer's Disease and Dementia Care Trainer. Participants are encouraged to register by calling the COA at (508) 821-3105. Coffee will be provided!



STAFF

Amanda Blais, Director
Lucille Dallaire, SHINE/Outreach

(508) 821-3105

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

BOARD MEMBERS

Margaret Clark-Moroff, Chair
Mary Shilonski, Associate Member

Nancy Thompson

Arlene Medeiros

Wendy Cochrane

SOCIAL MEDIA

Facebook: Berkley Council on Aging

Instagram: berkleycouncilonaging

Website: TownOfBerkleyMA.com/council-aging

COUNCIL ON AGING HOURS OF OPERATION

Monday – Wednesday: 9am to 3pm

Thursday: 9am to 1pm Friday: 9am to noon

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