



# THE BERKLEY BEACON

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

## AUGUST 2021 NEWSLETTER

### Our Offerings

- Aerobics
- Italian lessons
- Tai Chi
- Quilting
- BINGO
- Yoga & Chair Yoga
- Mah Jong
- Cards/Board Games
- Body in Motion
- Painting & Crafts
- Manicures
- Coffee Talk Café
- Movies - Presentations

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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

Wait a minute.. when did it become August? This summer has flown by! I'd like everyone to know that I will be away on vacation visiting family in New Mexico (now that it is safe to travel). I will be out of the office from August 6<sup>th</sup> through the 13<sup>th</sup> and will return on August 16<sup>th</sup>. Activities will resume as usual and there will be limited coverage in the office with our Board members checking phone messages. If you need to visit the COA for another reason, I recommend calling ahead to make sure there is someone here for you to speak with.

Our COA will be extending our hours for those in need of being in a cool environment during the rest of the summer. Please call us and we will make arrangements to keep our facility open for you.

Lestyn Gilmore would like to remind those who attend her Body in Motion class to please make sure you wear appropriate footwear during class. It is important that you keep your feet protected!

Stay tuned for our colored-printed newsletters to 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.

# CPR | AED | FIRST AID

**Free and open to the public** – RSVP not required  
Bring your friends, children, grandchildren and significant others.



**August 4<sup>th</sup> 2021**

12:30pm – 3pm

**Berkley COA Activity Room**

## THIS PROGRAM WILL INCLUDE:

12:30 – 1:30pm	1:30 – 1:45pm	1:45 – 2:45pm
<ul style="list-style-type: none"> <li>• Adult CPR</li> <li>• Child CPR</li> <li>• Infant CPR</li> <li>• Choking Adult/Child</li> <li>• Choking Infant</li> <li>• AED (Defibrillator)</li> </ul>	<ul style="list-style-type: none"> <li>• Break</li> </ul>  <p><b>2:45 – 3:00pm</b></p> <ul style="list-style-type: none"> <li>• Q &amp; A</li> </ul>	<ul style="list-style-type: none"> <li>• Diabetic Emergency</li> <li>• Proper Inhaler Use</li> <li>• Stroke</li> <li>• Heart Attack</li> <li>• Proper Epi-Pen Use</li> <li>• Heat Stroke/Exhaustion</li> <li>• Hip and Femur Fractures</li> </ul>

Instructors: Prof. Daniel C. Shea | Experienced health and safety educator  
Dr. Daniel J. Shea | Retired Emergency Physician

\*\*\* This course will not provide a certification. This training provides hands on experience and in-depth knowledge to prepare you to provide immediate care increasing the chance of survival and improving the outcome before EMS arrives.

Provided by:  **M.S. Consulting**  
Serving the community through education since 2001.  
Your instructors have 66 years combined providing health and safety education and have been credited for the content of the U.S. Pentagon's AED Debriefing & Training

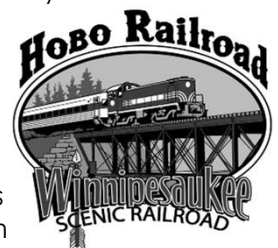
## Body Sculpting

Join Amy for body sculpting class starting Friday, August 6<sup>th</sup> at 10:15am! Body sculpting (or core conditioning) is a non-aerobic, muscle-toning class, usually focused on core strength. All are welcomed. **Fees:** \$2 for residents & non-residents



the famous Boston, Concord & Montreal line in the late 1800's, we offer old-fashioned train rides along the western shore of NH's largest lake from Meredith to Weirs Beach (located in the middle of our route) to Lakeport and back. From our Meredith Station, you will enjoy a 2-hour train ride along the lake shore. You'll enjoy panoramic views of the lake on one side of the train, and views of beautiful vacation homes lining the rail can be seen on the other side. During the train ride, you will enjoy a delicious turkey dinner catered by Hart's Turkey Farm. A variety of snacks, ice cream treats, soft drinks and bottled water along with train-related gifts, apparel, post cards and collectibles are available in our Meredith Station Gift Shop.

\$75 per person includes bus fare & train ticket (due by October 8<sup>th</sup>) • YOU MUST RSVP by calling the COA at (508) 821-3105 or seeing Amanda at the COA • 45 seats available for Berkley & out-of-town seniors (first come, first serve) • Travel with Fisher Bus Co. • Full day trip: depart from Berkley COA at 9:30am and returning approx. at 6:30pm



## Rep. Norman Orrall Office Hours

Rep. Orrall returns to provide monthly office hours! Visit Rep. Orrall (or sometimes his legislative staff) on the third Monday of the month starting Monday, Aug. 16<sup>th</sup> from 9:30-10:30am in the small conference room near the Activity Room. To request that Rep. Orrall be here directly, call (617) 722-2090.

## Hip Hop Dance Chair Exercise

The Berkley Cultural Council presents a **FREE** "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 23<sup>rd</sup> 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"

## Craft with Amy

Join Amy on Thursday, Aug. 26<sup>th</sup> from 12-2pm for craft time! You will create a sunflower themed wreath. Please **R.S.V.P** by calling the COA. **Fees:** Berkley resident \$10, non-resident \$20.

## Manicures with Kerrie

Get a manicure with Kerrie! Appointments are scheduled every 30 min. Call the COA to reserve your appointment for Monday, Aug. 30<sup>th</sup> between 10am & 1:30pm. **Fees:** Berkley resident \$5, non-resident \$12.

## TURKEY TRAIN

Friday, October 15<sup>th</sup> at 9:30am

All aboard the Turkey Train! The Winnepesaukee Scenic Railroad is located in the village of Meredith, NH at the northern end of Lake Winnepesaukee with a satellite ticket booth located on the Boardwalk at Weirs Beach, NH. Operating on a rail system that was once home to



## 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 June winner, Kathy Woodruff!

## Grab n' Go Lunches

Grab n' Go lunches will be provided by Bristol Elder Services starting Friday, August 20<sup>th</sup> between 9-10am at the COA. Pickups will be weekly on Fridays between 9-10am. Lunches are available to any senior resident in Berkley and there are no income guidelines to follow. You **must** see the Director to complete the necessary forms and you must **R.S.V.P.** by calling the COA at (508) 821-3105 by 10am on the day before pickup. It is important that you reserve your lunch ahead of time to ensure we have a lunch to provide you. A menu is provided for the month of August to inform you of the lunch you can expect to receive.

August 20 <sup>th</sup>		August 27 <sup>th</sup>	
Turkey with Gravy	373 calories	Beef & Broccoli	108 calories
Cranberry Sauce	3 calories	Asian Rice	78 calories
Mashed Potatoes	52 calories	Oatmeal Roll	121 calories
Winter Squash	11 calories	Pineapple	1 calorie
Multigrain Bread	190 calories		
Cookie	170 calories		
Calories: 790 Fat: 26% Sodium: 800mg Carbs: 127g		Calories: 695 Fat: 35% Sodium: 480mg Carbs: 72g	

## Farmer's Market Coupons

Coupons are now available for distribution for Berkley seniors only. Please understand that there are program guidelines that must be followed:

- You must be at least 60 years old and a resident of Berkley
- Your income must be at or below 185% of the Federal poverty level

Household Size	Monthly Income	Annual Income
1	\$1,986	\$23,828
2	\$2,686	\$32,227
3	\$3,386	\$40,626
4	\$4,086	\$49,025
5	\$4,786	\$57,424
6	\$5,486	\$65,823
7	\$6,186	\$74,222
8	\$6,886	\$82,621

- If you are found to be ineligible for the Farmer's Market Program, you will be advised in writing of your ineligibility and the reason for your ineligibility. You will also be notified of your right to a fair hearing.
- You are allowed only one set of \$25 coupons per person per year
- If you are unable to pick up the coupons and need someone to do so for you, a Proxy Form must be signed by that person

**Bristol Elder Services**  
**Drink Up:**  
**Water & Hydration**  
**for Older Adults**

An educational presentation over video or phone call to discuss how stay hydrated & why it is so important for our health.

With our Dietitian, Olivia

**Wednesday, August 25th**  
**10:15 AM**  
**Berkley COA**  
**Activity Room**

Please call the COA at (508) 821-3105 or stop by to inquire. There is a limited supply of coupons – distribution will be provided on a first come, first served basis. Coupons expire October 31, 2021.

# Berkley Historical Society

Stories from the Berkley Museum:

We have a special treat for you today. A recent donation to the Berkley Historical Society Museum is sure to have you humming and your toes tapping.

We are pleased to share with you a circa 1920 Victrola in impeccable condition. The Victrola was part of the growing home entertainment business of the Victor Talking Machine Company. In 1906, the Victrola started to be advertised in major magazines across the US. It was originally marketed for the more affluent population. The price of \$200 in 1906 now equates to about \$5,700.00 in today's money. In spite of the cost, the new Victrolas sold very briskly and the initial production run was soon gone. Victor Talking Machine Co. knew it had an immediate hit on its hands. Subsequent versions of the Victrola were made more affordable and soon many families would have one in their home. For your listening pleasure, come visit the Berkley Historical Society Museum on Tuesdays between 10am - 1pm. Admission is FREE! We will be happy to show you how beautifully the music sounds. The BHS Museum is located at 2 No. Main St Berkley, MA across from the Safety Bldg. We look forward to meeting you there!

*Submitted by Eden Jones*



## Berkley Public Library

Looking for electronic resources and services? We have an APP for that!! Overdrive, Libby, Hoopla, & Kanopy are all APPs that can be downloaded on a computer, smart phone or tablet to gain access to e-books, e-audiobooks, videos, documentaries, music, and magazines. We would be happy to walk you through the process of setting up these services and get you started in using them. Come visit us or send us an e-mail asking for directions or tutorial materials. • Reminder! If you have been participating in our Summer Reading Challenge, make sure to turn in your brochure by August 14<sup>th</sup> in order to be eligible for the prize drawings. Winners will be drawn on August 17<sup>th</sup>. • In keeping with our Summer Reading Theme of Tails & Tales, the No Stress Book Club is currently reading *We Are All Completely Beside Ourselves* by Karen Joy Fowler. The meeting to discuss this book is August 5<sup>th</sup> at 6:00 p.m. • Berkley Public Library (508) 822-3329  
E-mail: [berpl@sailsinc.org](mailto:berpl@sailsinc.org) | Website: [www.berkeleylibrary.org](http://www.berkeleylibrary.org)

## Emergency Preparedness Training

**Presented by the Massachusetts Office on Disability**

Are you prepared for an environmental disaster or emergency? This free training, funded by the Dept. of Homeland Security, gives you the knowledge and supplies you need to be ready. You will learn about emergency response resources and procedures within the local community and the individual steps you can take to be prepared. Participants who qualify will receive a free emergency "Go Kit"! Call the COA at (508) 821-3105 to **RSVP**.

DATE & TIME: August 19<sup>th</sup> at Noon  
LOCATION: Berkley COA Activity Room

## SAVE THE DATE

### PODIATRY CLINIC

Dr. Smith will be back Friday, August 27<sup>th</sup>! Time slots are 9-11am. Please call the COA to schedule your appointment!  
  
(508) 821-3105

### MONTHLY MOVIE

Wed, August 18<sup>th</sup>  
1:00pm  
  
Come inside to enjoy snacks and a movie!  
  
All seniors welcome!

### BROWN BAG

2021 Pickup Dates  
August 25<sup>th</sup>  
September 22<sup>nd</sup>  
  
Income guidelines apply. Call COA for more information & eligibility.

## LUNCH ON THE FARM

**Annual event at Chamberlain Farm**

Wed, August 11<sup>th</sup> • Noon  
All seats have been filled!  
*\*Berkley seniors only\**

Entertainment provided by Red Handed Band paid by a grant from Berkley Cultural Council



# F•R•I•E•N•D•S

## of Berkley COA Trips & Activities



## YOU ARE CORDIALLY INVITED TO A MURDER MYSTERY PARTY

Friday, October 29<sup>th</sup> • 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 1<sup>st</sup>**

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

**4<sup>TH</sup> OF JULY CELEBRATION**  
**\*RESCHEDULED\***  
**Monday, September 6<sup>th</sup>**  
**11:30am-1:30pm**



Live music  
Free hot dogs, drink & dessert

Event held at the  
Berkley Common

**CRAFT FAIR**  
**Saturday, September 11<sup>th</sup>**  
**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. 26<sup>th</sup> – Oct. 2<sup>nd</sup>**

\$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

## 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. The next scheduled group will be Friday, August 20<sup>th</sup> at 10am.

All are welcomed!



**Continuum**  
HOSPICE & PALLIATIVE CARE



Join Lisa Lebreux from Prosper (Fall River) to learn how an Assisted Living Community is different than a Nursing Home. She will talk about the services, care and amenities offered at both communities. Yogurt Parfaits will be provided. Thursday, August 5<sup>th</sup> at 9am in the COA Activity Room. Just show up!

## Happy Hearts

Happy Hearts will return for in-person meetings and gatherings in the COA Activity Room starting Thursday, September 16<sup>th</sup> 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](mailto:info@petfoodaid.org)

## Health Connector & Medicare

What are your next steps now that you are losing the Health Connector? REACH OUT TO SHINE! Certified SHINE counselors offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Berkley Council on Aging at (508) 821-3105 and ask for Lucille. You can also schedule an in-person appointment.

If you are:	Can you keep Health Connector Plan after enrolling in Medicare?	Are you eligible to continue receiving tax credits and reduced cost-sharing?
Currently enrolled in a Marketplace plan and become entitled to <b>Premium-free</b> Part A	<b>NO</b>	<b>No.</b> Any tax credits the individual is receiving in the plan will be discontinued once Part A coverage begins, resulting in increase.

## Neighbors Helping Neighbors

*A COA FORUM TO PROMOTE HELPING YOUR FELLOW NEIGHBOR*

“My name is Matt Thompson and I am a long-time Berkley resident. I now have stage 4 kidney disease and need a kidney. If you or anyone you know can donate a kidney to me, I would be forever grateful. If you can't help me and are interested in helping someone, sign up to be an organ donor. I can be reached at [thompsontreeco@comcast.net](mailto:thompsontreeco@comcast.net). Thank you.”



## 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.

Become a volunteer at the COA! Opportunities include: Transporting senior residents to and from medical appointments • Assisting with grocery shopping/pickup or prescription pickup • Monthly newsletter mailing • Events • Other opportunities as they become available

Are you in need of assistance or a special item? Call the COA at (508) 821-3105 to ask how you can be added to this community forum. Your neighbor may be able to help!

# AUGUST 2021

## Activities & Meeting Schedule

**STARTING AUGUST 1<sup>ST</sup>, THE COA WILL BE ASKING FOR A RECOMMENDED DONATION OF \$2 PER CLASS. PLEASE REFER TO NEWSLETTER OR POSTING INSIDE THE COA FOR FEES RELATED TO OTHER ACTIVITIES.**

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 unless posted different  
 Blood Pressure/Wellness Clinic – 1<sup>st</sup> Tuesday of the month  
 Chair Yoga – 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month  
 Friends of COA – 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9:00 Italian 11:30 Aerobics \$2 12:30 Coffee Talk 1:00 Mah Jong	9:00 Yoga \$2 10:15 Body in Motion \$2 10:30 Tai Chi \$2 11:30 Quilting 1-3:00 Nurse Carol McAfee	9:00 Chair Yoga \$2 10:00 Friends 12:30-3 CPR & First Aid	9:00 COA Meeting 9-10 Prosper Asst. Living & Yogurt Parfaits 10:30 Tai Chi \$2	10:15 Body Sculpting \$2 11:30 Aerobics \$2 12:30 Coffee Talk
9	10	11	12	13
9:00 Italian 11:30 Aerobics \$2 12:30 Coffee Talk 1:00 Mah Jong	9:00 Yoga \$2 10:15 Body in Motion \$2 10:30 Tai Chi \$2 11:30 Quilting	Noon Lunch on the Farm <b>NO BINGO</b>	10:30 Tai Chi \$2	<b>NO BODY SCULPTING</b> 11:30 Aerobics \$2 12:30 Coffee Talk 12:30 Card/Board Games
16	17	18	19	20
9:00 Italian 9:30-10:30 Rep. Orrall Office Hours 11:30 Aerobics \$2 12:30 Coffee Talk	9:00 Yoga \$2 10:15 Body in Motion \$2 10:30 Tai Chi \$2 11:30 Quilting	9:00 Chair Yoga \$2 10:00 Friends 1:00 Movie	10:30 Tai Chi \$2 Noon Emergency Preparedness Training	10:00 Bereave Grp. 10:15 Body Sculpting \$2 11:30 Aerobics \$2 12:30 Coffee Talk 12:30 Card/Board Games
23	24	25	26	27
9:00 Italian 11:30 Aerobics \$2 12:30 Coffee Talk 1:00 Mah Jong 1-2 Hip Hop Dance Chair Zumba	9:00 Yoga \$2 10:15 Body in Motion \$2 10:30 Tai Chi \$2 11:30 Quilting	9-10 Brown Bag pickup 10:15 Bristol Elder Services Presentation 12:30 Bingo	10:30 Tai Chi \$2 12-2 Craft with Amy King	10:15 Body Sculpting \$2 11:30 Aerobics \$2 12:30 Coffee Talk 12:30 Card/Board Games
30	31	<b>As always, the Council on Aging greatly appreciates the donations we have received and continue to receive. We could not offer activities and programs without the help of donations!</b>		
9:00 Italian *Appt Manicures 11:30 Aerobics \$2 12:30 Coffee Talk 1:00 Mah Jong	9:00 Yoga \$2 10:15 Body in Motion \$2 10:30 Tai Chi \$2 11:30 Quilting			

**BLOOD PRESSURE &  
WELLNESS CLINIC**



**1<sup>ST</sup> TUESDAY OF EVERY MONTH  
1-3PM • COA ACTIVITY ROOM**

Visit Nurse Carol McAfee each month to check your blood pressure. August'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 & prizes will be given!



**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

**COUNCIL ON AGING HOURS OF OPERATION**

Monday – Wednesday: 9am to 3pm  
Thursday: 9am to 1pm    Friday: 9am to 1pm

**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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