



# THE BERKLEY BEACON

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

## SEPTEMBER 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

### Individual Highlights

- COA Activities/Trips 2
- Lose to Win 3
- Grab n' Go Lunches 3
- SMP Presentation 3
- Historical & Library 4
- Dighton Rock 4
- Save the Dates 4
- Fall Prevention 4
- Friends of COA 5
- Prescription Delivery 6
- Fuel Assistance 6
- Open Enrollment 6
- Veteran's Agent 6
- Help Your Neighbor 6
- Calendar 7
- Goodie Bags 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

It's September, which means Fall is right around the corner! Fall is my absolute favorite season – a time to wear flannels, wrap in a comfy blanket on chilly nights, and I can't forget to mention that I love all things pumpkin spice. September is also Fall Prevention Month. Yoga is great for helping with the prevention of falls. The top 7 benefits of yoga for seniors include it keeps your mind sharp, strengthens bones and joints, improves balance and stamina, reduces stress, improves sleeping habits, slows down aging, and reduces back pain. Don't forget that we offer yoga here at the COA weekly on Tuesdays at 9am with Monica Parris. Bring your mat and reap the benefit!

We have a rubber stamp collection for crafting. Would anyone be interested in having us offer a class? I'm always open to new class ideas – let me know!

Pet Food Aid continues to offer free dog and cat food to area seniors. Contact me here at the COA at (508) 821-3105 or Pet Food Aid directly by emailing [info@petfoodaid.org](mailto:info@petfoodaid.org) if you are in need of assistance with feeding your dog or cat.

Our colored-printed newsletters will return in October!

*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.

## Ceramics

Pagano Creations will be here for ceramics on Thursday, September 2<sup>nd</sup> at 11:30am! The picture below is an example of what you can expect to paint during class. You must **R.S.V.P** by calling or stopping by the COA. A minimum of 10 participants are required for the class to be offered.

**Fees:** \$10 for residents & \$20 for non-residents



## BOSTON SCIENCE MUSEUM

Through a grant with Berkley Cultural Council, we are able to plan a trip to the Boston Science Museum. Date and pricing is still to be determined, but we hope to have more details after Labor Day. Call or visit the COA to inquire or be put on the list to attend. Seats will be limited and to Berkley/Friends members only. A flyer will be posted at the COA and on our website and social media pages when information becomes available. Stay tuned!

## FLU SHOT CLINIC

The COA will be hosting a flu shot clinic with CVS Pharmacy on Wednesday, Sept. 29<sup>th</sup> from 9:30-11:30am in the Activity Room. This will be open to any Berkley resident who is eligible for the vaccine, not just seniors. You must bring your health insurance card on the date of the clinic. Pre-registration is required by calling or visiting the COA. Only 30 vaccines available.

## Rep. Norman Orrall Office Hours

Rep. Orrall (or sometimes his legislative staff) are here to provide office hours on the third Monday of the month returning Monday, Sept. 20<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.

## Painting with Amy

Join Amy on Wednesday, Sept. 29<sup>th</sup> from 1-3pm for painting! The theme will be a fall landscape. 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, Sept. 27<sup>th</sup> between 10am & 1:30pm. **Fees:** Berkley resident \$5, non-resident \$12.

## FOXWOODS BUS TRIP

Thursday, September 23<sup>rd</sup>

1<sup>ST</sup> STOP: Leave from Berkley Common (parking lot across from COA) at 7:10am – please arrive by 7:00am for boarding

2<sup>ND</sup> STOP: RT. 44 Plaza – Winthrop St., Taunton (Ocean State Job Lot) – please park in middle of parking lot; please do not park near store parking spaces. Leave at 7:30am – please arrive by 7:15am for boarding

Arrive at Foxwoods around 9:00am

Leave Foxwoods at 4:00pm

Arrive back in the city around 5:15pm

**Cost:** \$35.00 – checks payable to Jane Pittsley



*Round-trip transportation & bus drivers tip included in the cost. Complimentary snacks passed out on return trip.*

**Call Jane at (508) 822-5437 or email her at [flowers57@comcast.net](mailto:flowers57@comcast.net)**

**Reservations & payment required in advance!**

Foxwoods Bonus package is NOT available at this time – this might change.

Transportation provided by Fisher Bus Inc.

## TURKEY TRAIN

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

**ALL SEATS HAVE NOW BEEN FILLED. YOU CAN STILL PUT YOUR NAME ON OUR WAITLIST IN THE EVENT THERE IS A CANCELLATION. PLEASE SEE OR CALL THE DIRECTOR AT (508) 821-3105 TO HAVE YOUR NAME ADDED TO THE WAITLIST.**





## 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 July winner, Kathy Woodruff!

## Grab n' Go Lunches

Grab n' Go lunches continue to be provided by Bristol Elder Services! Pickups will be weekly on Fridays between 10:30-11:30am at the Berkley COA. 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 one-time forms and you must **R.S.V.P.** by calling the COA at (508) 821-3105 by 10am on the Thursday before pickup. It is important that you reserve your lunch(es) ahead of time to ensure we have enough to provide. A menu is provided for the month of September to inform you of the lunch you can expect to receive.

September 3 <sup>rd</sup>		September 10 <sup>th</sup>	
Turkey Tetrazzini	542 calories	Roast Turkey	303 calories
Chopped Broccoli	12 calories	Turkey Gravy	70 calories
Whole Wheat Roll	160 calories	Cranberry Sauce	3 calories
Oatmeal Crème Pie	171 calories	Mashed Potatoes	52 calories
Sugar-free Cookie	85 calories	Winter Squash	11 calories
		Oatmeal Bread	121 calories
		Pears	4 calories
Calories: 872 Fat: 34% Sodium: 1057mg Carbs: 106g		Calories: 739 Fat: 22% Sodium: 737mg Carbs: 120g	
September 17 <sup>th</sup>		September 24 <sup>th</sup>	
White Fish	294 calories	Meatloaf	240 calories
Tarter Sauce	261 calories	Mushroom Gravy	148 calories
Whipped Sweet Potato	33 calories	Mashed Potatoes	52 calories
Zucchini & Summer Squash	3 calories	Country Vegetable	32 calories
Multigrain Bread	190 calories	Oatmeal Bread	121 calories
Pineapple	1 calorie	Fresh Apple	2 calories
Calories: 720 Fat: 37% Sodium: 954mg Carbs: 93g		Calories: 672 Fat: 27% Sodium: 767mg Carbs: 100g	

## Protect Yourself from Medicare Fraud!

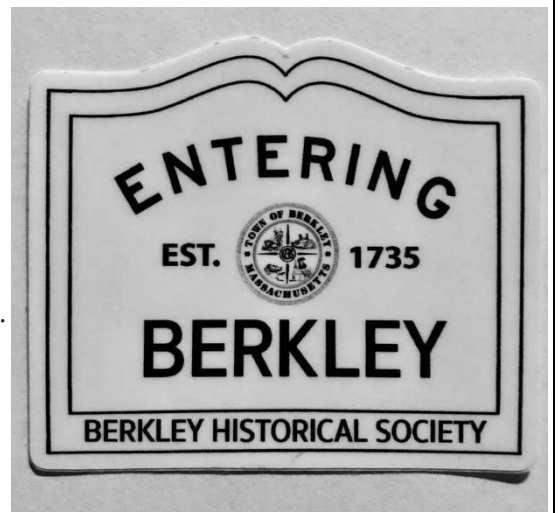
Did you know that over \$60 billion of our tax dollars are lost to Medicare fraud each year? Come meet Dennis Hohengasser, a representative of the Massachusetts Senior Medicare Patrol (SMP) Program, on Thursday, September 9, 2021 at 10am in the Berkley COA Activity Room. Participate in a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. We all can have an active role in protective Medicare for ourselves and future generations. This FREE information workshop will provide you with the tools to become a more informed and engaged health care consumer, including the importance of protecting your Medicare number. Although new Medicare cards have random numbers and no longer Social Security numbers, you still need to be vigilant and protect yourself from becoming victim to deceptive marketing and medical identity theft. For more information and to **reserve** your seat, please contact the Director at (508) 821-3105. If you cannot attend this workshop but have questions about questionable healthcare bills, Medicare Summary Notices, or other health insurance explanation of benefit statements, please call the MA SMP Program office at (800) 892-0890.



# Berkley Historical Society

Stories from the Berkley Museum:

Check out the new item from the Gift Corner at The Berkley Historical Society Museum. This window or bumper sticker is a great way to show your pride in Berkley as you drive around town or even out of state. With a donation of \$3.00 each, you can get stickers from the BHS Museum. The sticker size is 3" x 3.5". The BHS is a non-profit 501c3 and each purchase from our Gift Corner is helping to keep the Museum open for all to see the Berkley history collection inside. Visit us any Tuesday between 10 am to 1 pm. The Museum is located at 2 No. Main Street, Berkley, MA (across from the Berkley Safety Building). The BHS will also be participating in the Craft and Vendor Fair on the Common on September 11, 2021. We look forward to seeing you! *Submitted by Eden Jones*



## Berkley Public Library

Our library has received T-Mobile hotspots from the Massachusetts Board of Library Commissioners. What is a hotspot? Hotspots are devices that connect to a cellular network. You can then connect your personal devices to the hotspot using it as a bridge between your device and the cellular network. The hotspots can be checked out from the library and provide a great way to have internet access on the go or if you are in need of temporary internet access in your home. We'd be happy to answer any questions about these new devices. • The Friends of the Berkley Library will be setting up a Book Sale under the tent on September 11<sup>th</sup> during the COA's Craft Fair on the Common • For September, the No Stress Book Club is reading "The Woman in the Window" by A.J. Finn. The meeting to discuss this book is September 2<sup>nd</sup> at 6:00pm

Berkley Public Library (508) 822-3329  
E-mail: [berpl@sailsinc.org](mailto:berpl@sailsinc.org) | Website: [www.berkeleylibrary.org](http://www.berkeleylibrary.org)

## Dr. Delabarre & Dighton Rock

**Sunday, September 12<sup>th</sup>**

**1:00-3:00pm**

### Dighton Rock Museum

Professor Edmund B. Delabarre is highly known for his brilliant and meticulous study of the Dighton Rock. This visual presentation invites you to know him also as a man who was deeply interested in nature, archaeology and family life too. Presented by Eden Waterfield Jones of the Berkley Historical Society Museum. Best for ages 13+ years.

## Dighton Rock Museum

### Open House

**Sunday, September 12<sup>th</sup>**

**1:00-3:00pm**

View historic Dighton Rock and Interpretive panels that present various theories on who carved the petroglyphs into Dighton Rock.

Dighton Rock State Park (508) 644-5522  
Bay View Avenue, Berkley

## SAVE THE DATE

### PODIATRY CLINIC

Dr. Smith will be back October/November. Time slots are 9-11am. Please call the COA to schedule your appointment!  
  
(508) 821-3105

### MONTHLY MOVIE

Wed, Sept. 1<sup>st</sup>  
1:00pm  
  
Come inside to enjoy snacks and a movie!  
  
All seniors welcome!

### BROWN BAG

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

## FALL PREVENTION PRESENTATION

September is Fall Prevention Month! Join Dr. Shea (Ret.) as he educates on fall prevention, head & hip injuries and fractures.

**Wed, Sept. 15<sup>th</sup> at 1pm**  
**COA Activity Room**



# 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

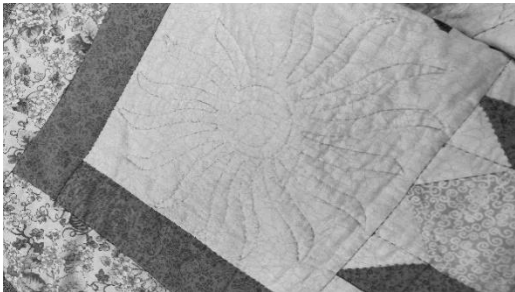
### QUILT RAFFLE FUNDRAISER

Quilt Name: Sunny Daze  
Hand-quilted quilt and 2 standard-size  
pillow shams. Quilt fits a Full-Size Bed.  
Donated by Nancy Thompson

Winner will be drawn during the Holiday  
Lunch in December 2021 (winner does  
not need to be present)

\$3.00 per ticket  
\$10.00 for 5 tickets  
\$15.00 for 10 tickets

Tickets can be purchased from the Director  
or any member of the Friends of Berkley  
COA: Nancy Townley, Priscilla Martin,  
Elisabeth Monkowski, Jackie Arnoe, Kathy  
Medeiros, Vivian Fairhurst, Nancy  
Thompson, Mary Ricci



### 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.

**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

**WINE TASTING**  
**Thursday, November 4<sup>th</sup>**  
**5 to 7pm at**  
**Debuca's Wine & Liquors**  
**600 South Street West**  
**Raynham, MA 02767**

Fee: \$ 30.00 | 35 maximum

Visit the COA and see the  
Director for ticket purchase

Look • Swirl • Smell • Taste



### 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 amount

# Prescriptions Delivered to Your Home from the Pharmacy

There have been a few good outcomes since COVID-19 reared its head over a year ago. For instance, one of the benefits is that local pharmacies began offering home delivery for prescriptions to their customers. This means that one could now get their prescriptions filled and in their hands, avoiding the drive to the drug store, taking public transportation, or finding someone to take them to the pharmacy. Home delivery of one's medications means fewer trips to the pharmacy. You can take advantage of this option. If you choose to do so, start getting your prescription refill dates aligned so that they can all be filled at the same time rather than staggering refills throughout the month. Your pharmacy of choice and doctor can help coordinate this. Using pharmacy delivery ensures that even if the unexpected happens (car trouble, bad weather, illness, etc.,) you can count on having your medications when you need them. • Local drug stores like CVS, Walgreens, or Walmart offer prescription home deliveries. There are a few options for home deliveries to select from (some free). The free options generally deliver prescriptions within 2 days. If a prescription is needed sooner, a fee may be charged. In most circumstances, a charge card will be needed to pay co-pays. So skip the drug store run and enjoy the convenience of prescription home delivery. To find out how to sign up, visit or call your pharmacy. In most cases, you can sign-up online. The following local pharmacies are offering prescription home delivery:

CVS Pharmacy 284 Winthrop Street, Taunton (508) 822-3658  
Walgreens Pharmacy 57 Winthrop Street, Taunton (508) 824-5332  
Walmart Pharmacy 36 Paramount Drive, Raynham (508) 822-4900



## Fuel Assistance

Fuel assistance begins November 1<sup>st</sup>. This program provides assistance to low-income eligible individuals and families to help pay for heating costs. If you received fuel assistance last year, Citizens for Citizens, Inc. will be mailing out this year's renewal application around the end of August and during September. For new enrollees, applications will be made available at the Berkley Council on Aging sometime in October. If you wish to apply for the first time, or require help with the renewal process, please call Lucille, our Outreach Worker, at (508) 821-3105 for more information or for a list of required documentation.

## Medicare Open Enrollment

Every year, Medicare Part D, Medigaps and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's important to review your options EVERY year to make sure you have the plan that works best for you for 2022.

We want to remind you that our SHINE Counselor, Lucille, is here to assist with your Medicare and Medicaid needs, especially during the **Annual Open Enrollment** from **October 15<sup>th</sup> through December 7<sup>th</sup>**. This is the time of the year to review and change your Medicare coverage for 2022. We will start taking appointments for Open Enrollment in October.

Are you turning 65? Are you thinking about retiring? Are you struggling to financially cover your medical expenses? For assistance with Medicare issues, schedule your appointment with Lucille by calling the COA at (508) 821-3105.

## Veteran's Agent

Berkley has a new Veteran's Agent, Raymond Hague! A Meet n' Greet date will be scheduled for November so stay tuned. Raymond can be reached at (774) 872-0944 or by email at [rhague@dighton-ma.gov](mailto:rhague@dighton-ma.gov) and is in the Berkley Town Hall on Tuesdays. Reach out to Raymond with Veteran questions!

## 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."



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!

# SEPTEMBER 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 unless posted different  
**Blood Pressure Clinic is temporarily on hold**  
 Chair Yoga – 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month  
**Body Sculpting – 2<sup>nd</sup> & 4<sup>th</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
		1	2	3
		9:00 Chair Yoga \$2 10:00 Friends 1:00 Movie	10:30 Tai Chi \$2 11:30-1:30 Ceramics \$10/\$20	9:00 COA Meeting 10:30-11:30 Grab n Go lunch pickup <b>NO AEROBICS</b> 12:30 Coffee Talk 12:30 Card/Board Games
6	7	8	9	10
<b>COA CLOSED FOR LABOR DAY</b> 11:30-1:30 Friends 4 <sup>th</sup> of July Celebration on Berkley Common	9:00 Yoga \$2 10:15 Body in Motion \$2 <b>NO TAI CHI</b> 11:30 Quilting	10:00 Body Sculpting \$2 12:30 Bingo	10:00 Medicare Patrol Program Presentation <b>NO TAI CHI</b>	10:30-11:30 Grab n Go lunch pickup 11:30 Aerobics \$2 12:30 Coffee Talk 12:30 Card/Board Games
13	14	15	16	17
9:00 Italian 11:30 Aerobics \$2 12:30 Coffee Talk 1:00 Mah Jong	9:00 Yoga \$2 <b>NO BODY IN MOTION</b> 10:30 Tai Chi \$2 11:30 Quilting	9:00 Chair Yoga \$2 10:00 Friends 1:00 Fall Prevention Presentation, Head Injury & Fractures	10:15 Happy Hearts 10:30 Tai Chi \$2	10:30-11:30 Grab n Go lunch pickup 11:30 Aerobics \$2 12-1 Bereavement Group 12:30 Coffee Talk 12:30 Card/Board Games
20	21	22	23	24
<b>NO ITALIAN</b> 9:30-10:30 Rep. Orrall Office Hours 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	9-10 Brown Bag pickup 10:00 Body Sculpting \$2 12:30 Bingo	10:15 Happy Hearts 10:30 Tai Chi \$2	10:30-11:30 Grab n Go lunch pickup 11:30 Aerobics \$2 12:30 Coffee Talk 12:30 Card/Board Games
27	28	29	30	
<b>NO ITALIAN</b> *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	9:30-11:30 Flu Shot Clinic 1:00 Painting with Amy \$10/\$20	10:15 Happy Hearts 10:30 Tai Chi \$2	

***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!***

## **GOODIE BAG GIVEAWAY!**

THANKS TO A GRANT FROM MASS COUNCILS ON AGING, WE ARE ABLE TO DISTRIBUTE GOODIE BAGS TO BERKLEY SENIORS. YOU MAY HAVE ALREADY HAD A VISITOR DELIVER A BAG TO YOUR DOOR. IF YOU HAVE YET TO RECEIVE A BAG, PLEASE VISIT THE BERKLEY COA AND SEE THE DIRECTOR. IF YOU NEED THE BAG DELIVERED TO YOU, ARRANGEMENTS CAN BE MADE.



### **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

### **SOCIAL MEDIA**

Facebook: Berkley Council on Aging    Instagram: berkleycouncilonaging  
Website: [TownOfBerkleyMA.com/council-aging](http://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>

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