



# THE BERKLEY BEACON

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

## OCTOBER 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

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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

It's October – a time to enjoy eating our favorite candy, dress up in costume, go pumpkin and apple picking, watch your favorite scary or Halloween-themed movie. I sure do wish October was all year long... Don't forget the Friends of COA are hosting a Murder Mystery Party for those who have already R.S.V.P. I encourage those attending to get into the spirit and dress in costume for the 1920's theme. It'll be a great time!

As of the time this newsletter has gone to print, I do not have dates for the Brown Bag Program. There has been a change in distribution sites and we are currently waiting to hear where Berkley will be able to pick up the brown bags. Once more information becomes available, participants of the program will be notified of the monthly pick up schedule at the COA.

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.

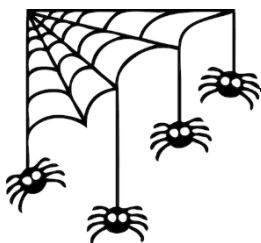
*Amanda Blais*

## 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 Tuesday, October 19<sup>th</sup> from 12-2pm! 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



## ARTS & CRAFTS

*with Amy*

*Create your own*  
**PICKET FENCE SCARECROW**



\$10 Berkley Residents

\$20 Non-Residents

includes all supplies & instruction.

**Thursday, October 21st at 1 p.m.**

**RESERVE YOUR SPOT TODAY!**

## 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, October 18<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.

## THE PRICE IS RIGHT – FREE!

*with The Arbors Assisted Living of Taunton*  
Join The Arbors on Wednesday, Oct. 27<sup>th</sup> at 1pm in the COA Activity Room for a chance to play The Price is Right and win prizes!

## Manicures with Kerrie

Get a manicure with Kerrie! Appointments are scheduled every 30 min. Call the COA to reserve your appointment for Monday, Oct. 25<sup>th</sup> between 10am & 1:30pm. **Fees:** Berkley resident \$5, non-resident \$12.

## BERKLEY FIRE/RESCUE

## Blue Address Sign Campaign

These signs help members of the Fire Department locate your house in an emergency (it also helps delivery drivers!) Seconds count in an emergency and these help greatly. We are offering **FREE** signs for seniors ages 65+ (limited to the first 200 only) who do not have an address sign. All other signs are \$20. Fill out a request form (the COA has forms too) and drop it off at the Berkley Fire/Rescue, 5 North Main Street – next door to COA/Town Hall. For the free sign, we will request to make a photocopy of your driver's license/ID to confirm age and residency.



We can also assist with mounting the signs if needed. Please call the Fire Department at (508) 822-7516 to request assistance or ask when you request a sign.

**Please make check payable to: Berkley Fire Association • Fee: \$20**

Please mount sign at the end of driveway approx. 4' off the ground. If your driveway is not on your actual street, please add your street name with your number.

## TURKEY TRAIN

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



**ALL SEATS HAVE 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 August 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.

October 1 <sup>st</sup>		October 8 <sup>th</sup>	
Apple Cider Beef Stew	240 calories	Turkey with Gravy	373 calories
Boiled Potato	51 calories	Whipped Sweet Potato	33 calories
Snowflake Roll	210 calories	Peas & Mushrooms	133 calories
Mandarin Oranges	6 calories	Multigrain Bread	190 calories
		Pineapple	1 calorie
Calories: 729	Sodium: 680mg	Carbs: 80g	Calories: 643
			Sodium: 902mg
			Carbs: 95g
October 15 <sup>th</sup>		October 22 <sup>nd</sup>	
Hot Dog	550 calories	Meatballs	496 calories
Mustard Packet	55 calories	Italian Style Pasta	1 calorie
Potato Wedges	27 calories	Tuscan Vegetables	56 calories
Cabbage & Carrots	47 calories	Multigrain Roll	190 calories
Hot Dog Roll	210 calories	Banana	1 calorie
Peaches	5 calories		
Calories: 757	Sodium: 1066mg	Carbs: 80g	Calories: 707
			Sodium: 916mg
			Carbs: 92g



October 29 <sup>th</sup>	
Chicken Cordon Bleu	550 calories
Red Bliss Potatoes	4 calories
California Blend	27 calories
Whole Wheat Bun	160 calories
Pears	4 calories
Calories: 757	Sodium: 1066mg
	Carbs: 80g

## Nan's Stuffed Quahogs

### INGREDIENTS:

- 8 quahogs
- ½ lb minced clams
- 1 cup water
- ½ cup white wine (dry)
- 2 bay leaves
- 2 cloves garlic, minced
- ½ cup onion, diced
- ½ sweet bell pepper, diced
- 1 Cajun andouille sausage
- 3 tbsp dried parsley
- 4 tbsp unsalted butter
- 1 package Stove Top Stuffing (savory herb)

### DIRECTIONS:

1. Scrub quahogs. Place in large pot with sausage, water and wine. Bring to a boil and simmer until clams open. Remove from broth. Reserve broth.
2. Chop clams. Remove casing from sausage and crumble. Sauté onion, sweet pepper and garlic for 3-4 minutes in a little butter.
3. Prepare package stuffing as directed using clam broth for liquid.
4. Mix all ingredients together – quahogs, clams, veggies, stuffing.
5. Split shells in half. Clean out any sandy residue. Divide mixture among split shells equally (16 halves).
6. Bake at 350 degrees in oven for 20 minutes.







# Berkley Historical Society

Stories from the Berkley Museum:

Just about all Berkley residents have traveled down Berkley Street and crossed the Taunton River using the Weir Bridge. Over the centuries, the Weir Bridge has had many forms. This picture shows the old drawbridge at the Weir circa 1890. It was a popular gathering spot for local residents. On both sides of the bridge there was this sign:

*'By a city ordinance-any person riding or driving any horse over this bridge faster than a walk is liable to a penalty of \$1 for each offense.'*

In today's monetary value, that \$1 would be \$26...!!! Picture courtesy of *Just Yesterday - A Pictorial History of Taunton* by William F. Hanna & Charles E. Crowley. 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).

We look forward to seeing you! Submitted by Eden Jones



## Berkley Public Library

We're more than just books! Libraries play a fundamental role in our communities. We provide resources and services that promote and support literacy and education, community awareness, information and are central to a creative and innovative society. In addition to loaning out books, DVDs, CDs and many other materials the library offers a number of other services. These include the use of computers with Microsoft office software, free broadband internet access with wireless connectivity, color and black & white printer and copier, 3D printing, and fax machine. • On October 2<sup>nd</sup>, The Friends of the Berkley Library are having a Read-a-Thon event. You can read from home, at your favorite spot or pack a picnic and join us on the common from 10-2 for reading and Read-a-thon activities. You can pick up a sponsor and donation sheet from the circulation desk at the library or print one from our website.

Berkley Public Library (508) 822-3329

E-mail: [berpl@sailsinc.org](mailto:berpl@sailsinc.org) | Website: [www.berkeleylibrary.org](http://www.berkeleylibrary.org)

### The History of Sowams

The 17<sup>th</sup> Century Home of Massasoit

**Sunday, October 10<sup>th</sup>**

**1:00-3:00pm • Dighton Rock Museum**

Discover Sowams, the land around the East Bay of Rhode Island and the shores of Massachusetts. The home of Massasoit, it was described as a "garden" by Pilgrim Myles Standish in 1652. After decades of treaties, land sales, warfare, broken promises, and contagious diseases, what happened? Dr. David Weed of the Sowams Heritage Project will lead us on a journey to rediscover our region's lost past. Best for ages 13+ years.

Dighton Rock Museum Open House

**Sunday, October 10<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 November 12<sup>th</sup>. Time slots are 9-11am. Please call the COA to schedule your appointment!  
(508) 821-3105



**KARAOKE WITH KATHY**  
Wed, October 13<sup>th</sup>  
1:30-3:00pm

COA Activity Room

Sing your favorite songs & have fun!

### CRAFT WITH MELISSA

Melissa Ahaesy, LMHC will be here to create 1920's style headpieces for those attending the Murder Mystery Party.

**Oct. 13<sup>th</sup> & 20<sup>th</sup> 1pm in small conference room near COA Activity Room**

## PRESENTATIONS

Presented by



General presentation to provide overview of services Bristol Elders' can offer – **Oct. 19<sup>th</sup> at 9am**

Blue Zone Diet: Secret food habits for extended health – **Oct. 26<sup>th</sup> at 9:15am**

**COA Activity Room**

# FRIENDS

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**



### 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



NEWPORT PLAYHOUSE  
Thursday, November 18<sup>th</sup>  
Leave COA at 10am



Buffet lunch at 11am

"A Christmas for Carol" at 1pm

\$10 per person – **R.S.V.P** by  
calling the COA at  
(508) 821-3105 or seeing  
the Director

50 seats available

\*First come, First served\*

BRIGHT LIGHTS  
December 2021

YANKEE  
CANDLE®



Yankee Candle Factory  
Lunch at Golden Corral  
Tour of Christmas Lights

More information to follow

### 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

## TRIPS OFFERED THROUGH DON WHO?

- The Musical "Margaritaville" at Hanover Theatre – October 24, 2021 - \$169 pp
- St. Patrick's Day Celebration! Featuring: "The Maclean Avenue Band" – March 15, 2022 - \$109 pp
- Comedian, Singer & Entertainer: Mark Verselli – April 12, 2022 - \$109 pp
- Atlantic City Gambling Tour to RESORTS – April 25-27, 2022 - \$299 pp (double occupancy)
- Pennsylvania Dutch Country and Sight & Sound Theatre Tour – May 23-25, 2022 - \$489 pp (double)
- "Studio Two" New England's Best Beatles Tribute Band – June 16, 2022 - \$69 pp
- "The Bobby Darling & Dr. Devine Show" – July 14, 2022 - \$59 pp no transportation; \$85 with transportation
- "The American Dream" with Ricky Lee – August 4, 2022 - \$67 pp no transportation; \$62 pp (Veterans)
- Tony Pace & Don Who: Together Again Tour – September 8, 2022 - \$69 pp
- The Kalifornia Karl & Christiana Caprarelli Show – October 6, 2022 - \$65 pp no transportation

Flyers with full descriptions and information are available at the COA

## Financial Planning with Alberto

Do you need help or don't know where to start when it comes to planning your finances? Alberto is here to guide you! Come to his informational class on **Wednesday, October 27<sup>th</sup> from 6:00-8:00pm in the COA Activity Room** to ask your questions and take home what information Alberto has to offer. This is a completely FREE informational class. *\*You do not have to be a senior to benefit from attending\**

## 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.

## 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@digton-ma.gov](mailto:rhague@digton-ma.gov) and is in the Berkley Town Hall on Tuesdays. Reach out to Raymond with Veteran questions!

## 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.

## 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!



# OCTOBER 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 9:00 Yoga \$2 10:30-11:30 Grab n Go lunch pickup 11:30 Aerobics \$2 12:30 Coffee Talk
4 9:00 Italian 11:30 Aerobics \$2 12:30 Coffee Talk 1:00 Mah Jong	5 10:15 Body in Motion \$2 10:30 Tai Chi \$2 11:30 Quilting	6 9:00 Chair Yoga \$2 10:00 Friends 12:30 Bingo	7 10:15 Happy Hearts 10:30 Tai Chi \$2 2:30 COA Meeting	8 9:00 Yoga \$2 10:30-11:30 Grab n Go lunch pickup 11:30 Aerobics \$2 12:30 Coffee Talk
11 <b>COA CLOSED FOR COLUMBUS DAY</b>	12 10:15 Body in Motion \$2 10:30 Tai Chi \$2 11:30 Quilting	13 10:00 Body Sculpting \$2 11:30-1 Bristol County Sheriff Office Presentation 1:00 Melissa 1920s Headpiece Craft	14 10:15 Happy Hearts 10:30 Tai Chi \$2	15 9:00 Yoga \$2 9:30 Turkey Train R.S.V.Ps 10:30-11:30 Grab n Go lunch pickup 11:30 Aerobics \$2 12:30 Coffee Talk
18 9:00 Italian 9:30-10:30 Rep. Orrall Office Hours 11:30 Aerobics \$2 12:30 Coffee Talk 1:00 Mah Jong	19 9:00 Bristol Elders Presentation of Services 10:15 Body in Motion \$2 10:30 Tai Chi \$2 11:30 Quilting 12-2 Ceramics \$10/\$20	20 9:00 Chair Yoga \$2 10:00 Friends 12:30 Bingo 1:00 Melissa 1920s Headpiece Craft	21 10:15 Happy Hearts 10:30 Tai Chi \$2 1:00-2:30 Craft with Amy \$10/\$20	22 9:00 Yoga \$2 10:30-11:30 Grab n Go lunch pickup 11:30 Aerobics \$2 12-1 Bereavement Group \$10/\$20 12:30 Coffee Talk
25 9:00 Italian *Appt Manicures 11:30 Aerobics \$2 12:30 Coffee Talk 1:00 Mah Jong	26 9:15 Bristol Elders: Blue Zone Diet Presentation 10:15 Body in Motion \$2 10:30 Tai Chi \$2 11:30 Quilting	27 10:00 Body Sculpting \$2 1:00 Price is Right 6:00-8:00pm Financial Planning with Alberto	28 10:15 Happy Hearts 10:30 Tai Chi \$2	29 9:00 Yoga \$2 10:30-11:30 Grab n Go lunch pickup 11:30 Aerobics \$2 1:00 Friends of COA Murder Mystery Party

***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!***

**FREE SENIOR SAFETY I.D.'S**

**OCTOBER 13<sup>TH</sup> FROM 11:30AM-1PM IN  
COA ACTIVITY ROOM • SMALL SANDWICHES &  
COOKIES PROVIDED (PLEASE R.S.V.P)**

THE BRISTOL COUNTY SHERIFF'S OFFICE WILL BE AT THE BERKLEY COUNCIL ON AGING TO OFFER BERKLEY SENIORS AN OPPORTUNITY TO CREATE A SENIOR SAFE ID. THE IDENTIFICATION CARDS FEATURE YOUR NAME, PICTURE AND ADDRESS ON THE FRONT AND AN EMERGENCY CONTACT ON THE BACK. THE CARDS ALSO COME WITH A LANYARD, SO SENIORS CAN WEAR IT AROUND THEIR NECKS WHILE OUT FOR A WALK, SHOPPING, OR ON A DAY TRIP WITH THE COA. SENIOR SAFE ID'S ARE NOT A SUBSTITUTE FOR A DRIVER'S LICENSE OR AN OFFICIAL STATE ID CARD. THE ID'S ARE SIMPLY FOR SAFETY PURPOSES BY OFFERING SENIORS THE ABILITY TO ALWAYS HAVE THEIR NAME, PICTURE AND EMERGENCY CONTACT NEARBY.

OTHER PRESENTATIONS DURING THIS TIME WILL INCLUDE THE "ARE YOU OKAY?" PROGRAM, PROJECT LIFESAVER AND THE FILE OF LIFE. YOU DON'T WANT TO MISS OUT!



**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

**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*