



THE BERKLEY BEACON

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

NOVEMBER 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

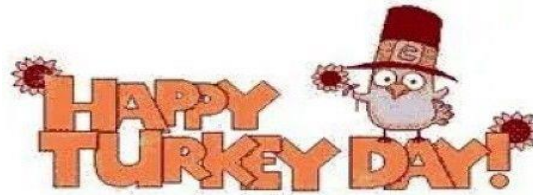
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Mission Statement

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



**MAY YOUR STUFFING BE TASTY,
MAY YOUR TURKEY BE PLUMP,
MAY YOUR POTATOES'N GRAVY...
HAVE NARY A LUMP,
MAY YOUR YAMS BE DELICIOUS,
MAY YOUR PIES TAKE THE PRIZE,
MAY YOUR THANKSGIVING DINNER
STAY OFF OF YOUR THIGHS.**

Happy Thanksgiving

Amanda Blais

IMPORTANT ANNOUNCEMENTS

Parking at the COA – Whether you are at the COA for an activity or just visiting, please park your vehicle in spaces that are in front of the COA building. Overflow parking is located across the street. We ask that you do not park in spaces designated for Town Hall business.

COA Code of Conduct and Behavior Policy – It is important that we refrain from bullying, harassment, discussions of politics and political views, and signing of petitions. Please refrain from such behavior. We want everyone to feel safe within the COA to enjoy activities and our environment. Thank you for cooperating!

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 at (508) 821-3105 to complete an intake form.

Ceramics

Pagano Creations will be here for ceramics on Wednesday, November 10th from 1:30-3pm! You will have the option to choose from an assortment of ceramics 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



SENIOR LUNCH IS COMING BACK!

Beginning on Thursday, Sept. 9, 2021



Please join us each Thursday at noon
in the Parish House of

St. Thomas Episcopal Church
111 High Street, Taunton, MA

for lunch and a variety of programs and resources.

Sponsored by Our Daily Bread Food & Resource Center and
The Episcopal Church of St. Thomas

BOSTON SYMPHONY HALL HOLIDAY POPS

Saturday, December 11th

34 seats available • R.S.V.P. (508) 821-3105
(Berkley seniors & active Friends of COA members given
priority; out of town seniors will be waitlisted)

**Pricing, lunch, and itinerary are still
to be determined**

Rejoice as conductor Keith Lockhart and the
Boston Pops return for a performance filled with
holiday music favorites, the jubilant Pops sing-
along, and a visit from Santa Claus himself!



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.

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, November 15th 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.

Art Projects with Amy

Class will not be scheduled in the month of November, but Amy will return sometime in December with the possibility of doing 2 art projects. Keep an eye out for the December newsletter for dates and details!

Manicures with Kerrie

Get a manicure with Kerrie! Appointments are scheduled every 30 min. Call the COA to reserve your appointment for Monday, November 29th 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.

COA Annual Holiday Party

Saturday, December 4th • Noon to 2pm • Berkley Middle School

Enjoy a FREE catered meal with live holiday music for entertainment! You must R.S.V.P. by calling the COA at (508) 821-3105 or stopping by. 100 seats available to Berkley seniors and active Friends of COA members only.



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 September winner, Liz Monkowski!

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.

November 5 th		November 12 th	
Honey Mustard Chicken	375 calories	Mini Raviolis	202 calories
Florentine Rice	112 calories	Tomato Sauce	55 calories
Italian Blend	26 calories	Italian Blend	26 calories
Whole Wheat Roll	160 calories	Garlic Bread	230 calories
Pears	4 calories	Ambrosia	209 calories
Calories: 530 Sodium: 849mg Carbs: 65g		Calories: 671 Sodium: 894mg Carbs: 96g	
November 19 th		November 26 th	
Turkey w/ Gravy	373 calories	NO LUNCHES - COA CLOSED	
Cranberry Sauce	3 calories	DAY AFTER THANKSGIVING	
Garlic Mashed Potatoes	53 calories		
Butternut Squash	11 calories		
Multigrain Bread	190 calories		
Apple Pie	27 calories		
Calories: 814 Sodium: 829mg Carbs: 132g			

Easiest-Ever Pumpkin Pie

INGREDIENTS:

- ¾ cup sugar
- 1 ½ teaspoons pumpkin pie spice
- ½ teaspoon salt
- 1 can (15 oz.) pumpkin (not pumpkin pie mix)
- 1 ¼ cups evaporated milk or half and half
- 2 eggs, beaten
- 1 crust from 1 package (12 oz) frozen Pillsbury Deep Dish Pie Crusts (2 count)



DIRECTIONS:

1. Heat oven to 425 degrees. In large bowl, mix filling ingredients. Pour into pie crust.
2. Bake 15 minutes. Reduce oven temperature to 350 degrees. Bake 40 to 50 minutes longer or until knife inserted near center comes out clean. Cool 2 hours.
3. Serve or refrigerate until serving time. Store in refrigerator.

250 Calories • 8g Total Fat • 6g Protein • 39g Total Carbs • 26g Sugars

Prep: 5 minutes | 8 Servings

Roasted Sweet Potatoes

INGREDIENTS:

- 2 lbs sweet potatoes
- 2 tablespoons avocado oil or olive oil
- ½ teaspoon cumin
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- Salt and pepper to taste



DIRECTIONS:

1. Preheat oven to 425 degrees. Peel potatoes (if you'd like) and cut into ½ inch cubes.
2. Add avocado or olive oil and spices to the sweet potatoes. Use your hands to toss everything together until it's well mixed.
3. Arrange sweet potatoes in a single layer on a large baking sheet, making sure there's space between the cubes.
4. Roast for 30-35 minutes. Stir the potatoes halfway through to ensure all sides are cooked through.

173 Calories • 5g Total Fat • 2g Protein • 31g Total Carbs • 6g Sugars

Prep: 10 minutes | 6 Servings

Berkley Historical Society

Moments from the Museum:

Recently, we had a visitor at the Berkley Historical Society Museum and we are always happy to see her. She always has something to share about living in Berkley and we love to hear her stories. This day, she shared a charming story that I think you might find interesting and heartwarming too.

She was born in 1932 and proudly told us with her next birthday she will be 90 years of age. As the conversation developed, the subject moved into how Berkley came to be known as the "cow town" due to the large number of dairy farms. Our visitor mentioned that one of them, Colpitt Dairy, had a contract with the School Department to be the supplier of milk for the school children. Each day, milk was delivered in cute little ½ pint glass bottles and money was collected from the students by the teacher. At the end of the week, a student was selected to walk to the Colpitt Dairy farm office with the money in an envelope to be delivered to Mr. Colpitt. You can imagine how being selected was a great honor because the child needed to have exemplary conduct, attendance and grades, and the teacher trusted the student. Our visitor told us of the time she was selected and how wonderful and important it made her feel to have this task to care for. The walk was not far.. merely 3 houses down the street from the school to 7 North Main Street. But oh, how proud she was to have the responsibility.

These are the stories that add color to the tapestry of life in Berkley. We at the Museum love hearing them. Do you have a story to share? Come visit us! The BHS Museum is open on Tuesdays from 10am-1pm. Admission is FREE! We look forward to seeing you.



Submitted by Eden Jones

Berkley Public Library

New group at the library: Knot Just Knitting! Bring your latest knitting, crochet or crafting project and share tops, ideas, friendship and fun. All levels are welcome and registration is not required. This group will meet the 2nd Wednesday of every month at the library. Next meeting will be November 10th from 1:30-3pm.

Want to stay in the loop about library events, new books, recommendations and more? You can sign up from the library's e-mail newsletter. There is a link on the Adult News Page on the website or you can come and visit us and we will set you up.

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

SAVE THE DATE

PODIATRY CLINIC

Dr. Smith will be back November 12th. Time slots are 9-11am. Please call the COA to schedule your appointment!

(508) 821-3105

BLOOD PRESSURE CLINIC

Barbara Rounds has volunteered to check blood pressures monthly during our Brown Bag pickup starting

November 24th from 9-10am

BROWN BAG

November 24th
December 22nd

Income guidelines apply. Please call the COA to determine eligibility.

(508) 821-3105

PRESENTATION

Presented by



A CMS approved presentation on any individual product: Medex, Blue MedicareRx, Medicare Advantage Plans: Medicare HMO Blue and Medicare PPO Blue

**November 2nd at 9am
COA Activity Room**

FRIENDS of 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 any member of the Friends of Berkley COA: Nancy Townley, Priscilla Martin, Elisabeth Monkowski, Jackie Arnoe, Kathy Medeiros, Vivian Fairhurst, Nancy Thompson, Mary Ricci



BRIGHT NIGHTS BUS TRIP

Wednesday, December 8th • 10am • Springfield

This is a one-day trip. Bus will leave the Berkley Common at 10:00am for Yankee Candle in South Deerfield. An early dinner will be at Golden Corral Buffet at about 4:00pm. There will be 2 ½ miles of lights and Holiday displays at Bright Nights. Return to Berkley Common around 9:00pm. No walking (the bus will be riding through the Bright Nights display).

Price includes bus, bus driver's tip, dinner & tip, and Bright Nights. This is a fundraiser for the Friends of Berkley Council on Aging.

Please sign-up on the sign-up sheet at the Council on Aging and drop-off check with the Director or contact Priscilla Martin at (508) 572-4869 to make arrangements.

Fee: \$65.00 per person

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

YANKEE
CANDLE®



WINE TASTING

Thursday, November 4th
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 18th
Leave COA at 10am



Buffet lunch at 11am

"A Christmas for Carol" at 1pm

ALL SEATS HAVE BEEN FILLED

Please call the COA at
(508) 821-3105 to be waitlisted

First come, First served

MONTHLY LUNCHEAS ARE
COMING BACK IN 2022

January – Pulled Pork Sandwich

February – Chowder &

Quahogs

March – Meatball Sandwich

April – Chow Mein Sandwich

May – Soft Shell Taco

June through December menu
still to come...

Lunches will include a
drink and dessert

*Price and additional
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?

- 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
- Niagara Falls – September 19-22, 2022 - \$759 pp (double occupancy); \$939 (single occupancy)
- The Kalifornia Karl & Christiana Caprarelli Show – October 6, 2022 - \$65 pp no transportation

Flyers with full descriptions and information are available at the COA

TRIPS OFFERED THROUGH BRS TOURS

- Mohegan Sun and New England Christmas & Arts and Crafts Festival – November 5, 2021 - \$58 pp
- Christmas in the White Mountains (Jackson, NH) – December 13-15, 2021 - \$559 double occupancy

Flyers with full descriptions and information are available at the COA

Fuel Assistance

Fuel assistance begins November 1st. 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 15th through December 7th**. 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. 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!

NOVEMBER 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 – 4th Wednesday of the month
 Chair Yoga – 1st & 3rd Wednesday of the month
 Body Sculpting – 2nd & 4th Wednesday of the month
 Friends of COA – 1st & 3rd Wednesday of the month

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:00 Italian 11:30 Aerobics \$2 12:30 Coffee Talk 1:00 Mah Jong	9:00 Blue Cross Blue Shield Presentation 10:15 Body in Motion \$2 10:30 Tai Chi \$2 11:30 Quilting	9:00 Chair Yoga \$2 10:00 Friends 12:30 Bingo	9:30 COA Meeting 10:15 Happy Hearts 10:30 Tai Chi \$2	9:00 Yoga \$2 10:30-11:30 Grab n Go lunch pickup 11:30 Aerobics \$2 12:30 Coffee Talk
8	9	10	11	12
9:00 Italian 11:30 Aerobics \$2 12:30 Coffee Talk 1:00 Mah Jong	10:15 Body in Motion \$2 10:30 Tai Chi \$2 11:30 Quilting	10:00 Body Sculpting \$2 Noon-1:00 Final Expense Planning 1:30-3 Ceramics \$10/\$20	COA CLOSED FOR VETERANS DAY	9:00 Yoga \$2 9-11:00 Podiatry Clinic 10:30-11:30 Grab n Go lunch pickup 11:30 Aerobics \$2 12:30 Coffee Talk
15	16	17	18	19
9:00 Italian 9:30-10:30 Rep. Orrall Office Hours 11:30 Aerobics \$2 12:30 Coffee Talk 1:00 Mah Jong	9-11:00 Veteran's Agent Meet n' Greet NO BODY IN MOTION NO TAI CHI 11:30 Quilting	9:00 Chair Yoga \$2 10:00 Friends 12:30 Bingo	10:00 Newport Playhouse R.S.V.Ps 10:15 Happy Hearts 10:30 Tai Chi \$2	9:00 Yoga \$2 10:30-11:30 Grab n Go lunch pickup 11:30 Aerobics \$2 Noon-1 Bereavement Support Group 12:30 Coffee Talk
22	23	24	25	26
9:00 Italian 11:30 Aerobics \$2 12:30 Coffee Talk 1:00 Mah Jong	10:15 Body in Motion \$2 10:30 Tai Chi \$2 11:30 Quilting	9-10:00 Brown Bag 9-10:00 Blood Pressure Clinic 10:00 Body Sculpting \$2	COA CLOSED FOR THANKSGIVING	COA CLOSED FOR DAY AFTER THANKSGIVING
29	30			
9:00 Italian *Appt Manicures 11:30 Aerobics \$2 12:30 Coffee Talk 1:00 Mah Jong	10:15 Body in Motion \$2 NO TAI CHI 11:30 Quilting			

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!

PRESORTED STANDARD
U.S. POSTAGE PAID TAUNTON, MA
PERMIT # 73

SIMPLIFYING LIFE INSURANCE

NOVEMBER 10TH FROM NOON TO 1PM
COA ACTIVITY ROOM • PIZZA (R.S.V.P.)

JOIN TERRI PIMENTO FOR A PRESENTATION TO LEARN
HOW LIFE INSURANCE CAN PAY FOR FINAL EXPENSES.

THINGS YOU SHOULD KNOW INCLUDE:

- TERM VS. WHOLE LIFE
- TAX FREE CASH VALUE OPTIONS
- NURSING HOMES & HOSPITALS CANNOT ACCESS BENEFITS

PLEASE CALL THE COA AT (508) 821-3105 TO RESERVE A SEAT SO TERRI WILL KNOW HOW MUCH PIZZA TO ORDER!



VETERAN'S AGENT MEET N' GREET

NOVEMBER 16TH FROM 9-11AM
COA ACTIVITY ROOM • PASTRIES & COFFEE

COME BY TO MEET OUR NEW VETERAN'S AGENT,
RAYMOND HAGUE! ASK QUESTIONS RELATED TO BENEFITS
AND SOCIALIZE WITH OTHER FELLOW VETERANS. THIS
EVENT IS OPEN TO SENIORS AND VETERANS OF ANY AGE.
PASTRIES AND 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 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