



# BERKLEY COUNCIL ON AGING NEWSLETTER

## APRIL 2015

**BOARD MEMBERS:** Chair- Mary Silva, Vice Chair - Vacant, Treasurer- Carolyn Peloquin, and other members: Valerie Murray, Priscilla Martin and Gerry Durette

### Mission Statement

To promote and support Berkley Seniors to stay safe and active, participate in programs, enjoy life and to stay in their own homes for as long as possible.

**COA Board Meeting:** The next meeting will be held on April 16th at 10 AM in the Town Hall Annex. For additional information on the April meeting you can call the COA office @ (508)821-3105.

### COA Events for April (2015)

**Aerobics:** Mondays and Fridays at the Berkley Community School at 7:45 AM. Note that there will be no Aerobics on April 3, 20 and 24 due to school vacation.

**Reminder:** If there is no school in Berkley for any reason, aerobics will not be held. Please stay tuned to your television or radio station for Weather Alerts and Cancelations.

**Yoga:** Tuesdays at the Berkley Congregational Church at 9:00 AM.

### "Line Dancing" YES, Line Dancing is back!!!!

Please plan on joining Lestyn Gilmore and our group of Line Dancers on Wednesdays at 10 AM at the Berkley Congregational Church.

Stay active while still having fun.

**Food Distribution & Health Clinic :** The Food Distribution will be on **April 22** from 9:30AM - 10:30AM at the Myricks Methodist Church Hall. Also, if the recipient is physically impaired and cannot pick up their Brown Bag they can have a designated family member or friend pick it up for them.

### Important Phone Numbers

**FIRE/ POLICE  
MEDICAL**  
911

**Berkley  
Council on Aging**

Hours: Mon. & Wed. 9:30  
-11:30 AM

**(508) 821-3105**

berkeleycoa2013@aol.com

**Bristol Elder Services**

**(508) 675-2101**

**Attorney General's**

**Elder Hotline**  
(10-5) M-F (888) 243-5337

**Citizens for Citizens**

**(508) 823-6346**

**Fuel assistance**  
**(508) 679-0041**

**Food/Rent/Mortgage  
Assistance**  
**(508) 823-6346**

**Veterans Services**  
**Donald Hirschy**  
**(508) 669-5027**

**SHINE**  
**Needs of Elders**  
**1-800-987-2510**

**MA Council on Aging**  
**www.mcoaonline.com**

**COA April Events Continued**

**Bingo** and other games will be on Tuesday, April 14 at 1:00 PM at the Myricks Methodist Church Hall. Meet your friends, share your interests and have fun! It's a great way to spend your day!

**Watercolor Painting Class for Seniors sponsored by the COA**

For those individuals who have signed up for the Watercolor Painting Classes, the April classes are scheduled for April 1, 8, 15 and 22. Each session will run for approximately two hours from 1 PM to 3 PM.

Note: April 22nd class is the last class in this series.

**COA Upcoming Events****"Know the Ten Signs– Early Detection Matters" Presented by Jennifer Hoadley**

The Berkley COA is excited to offer this Alzheimer detection awareness program.

As we age, there can be changes to our memory. Yet, memory loss or behavior changes severe enough to disrupt daily life are not a typical part of aging. Knowing the 10 Warning Signs can help determine if it's important to speak to your doctor and get a diagnosis for yourself or someone you care about.

**Register** now by calling the COA at (508) 821-3105 and join us on **May 19th at 2 PM** at the Myricks Congregation Church Hall to learn more about Alzheimer's and its symptoms.

**Other Community Activities**

**The Friends of the Berkley Council on Aging:** Meetings are usually scheduled for the 1st Thursday of the month at 11:30 AM at the Berkley Congregational Church.

The next scheduled meeting of the Friends of the Berkley Council on Aging, however, is scheduled for Thursday April 16 at 11:30 AM.

Please note that anyone of any age can join the Friends. For more information contact Jackie Arnoe at 508-822-9634.

**"Happy Hearts"** meet every week at the Myricks Methodist Church, Rt. 79 on Mondays at 1:30 p.m. New members are always welcomed. If you are a senior and interested in joining this fun group, you can contact Roberta StYves @ 508-386-2047 for more information.

Other Community Events Continued

## **Free Dental Screening Clinic for Seniors!**

**Saturday, May 9, 2015**

**8:45 a.m. – 1:00 p.m.**

**Attleboro Council on Aging**

Rev. Larsen Senior Center, 25 South Main Street


**Dental professionals at the clinic will:**

- Diagnose dental problems
- Check for oral cancer
- Talk one-on-one about taking care of teeth, gums, and dentures
- Discuss nutrition choices
- Clean dentures using a specialized machine
- Label dentures to prevent loss
- Sign up eligible low-income seniors for a low-cost dental program

**The clinic is open to anyone aged 60 years and over.**

To schedule your **free** appointment at the screening, call the Attleboro Council on Aging at **(774)-203-1906**.

**The Free Dental Screening clinic has been underwritten by a grant from the Attleboro Rotary Club and is funded in part by a grant from Bristol Elder Services, Inc. through contracts with the Massachusetts Executive Office of Elder Affairs and by a grant from United Way of Greater Attleboro/Taunton.**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>April 2015</b>				
		<p>1</p> <p>10:00 AM line Dancing Congregational Church</p> <hr/> <p>Water Color Class Session 3</p>	2	<p>3</p> <p>No Aerobics-School Holiday</p>
<p>6</p> <p>7:45 am Aerobics Berkley Community School</p>	<p>7</p> <p>9.00 AM - Yoga Berkley Congregational Church Hall</p>	<p>8</p> <p>10:00 AM line Dancing Congregational Church</p> <hr/> <p>Water Color Class Session 4</p>	9	<p>10</p> <p>7:45 am Aerobics Berkley Community School</p>
<p>13</p> <p>7:45 am Aerobics Berkley Community School</p>	<p>14</p> <p>9.00 AM - Yoga Berkley Congregational Church Hall</p> <hr/> <p>1 PM Bingo Myricks Church Hall</p>	<p>15</p> <p>10:00 AM line Dancing Congregational Church</p> <hr/> <p>Water Color Class Session 5</p>	16	<p>17</p> <p>7:45 am Aerobics Berkley Community School</p>
<p>20</p> <p>No Aerobics-School Vacation</p>	<p>21</p> <p>9.00 AM - Yoga Berkley Congregational Church Hall</p>	<p>22</p> <p>9:30—10:30 AM Food Distribution Water Color Class Session 6 Myricks Church Hall</p> <hr/> <p>10:00 AM line Dancing Congregational Church</p>	23	<p>24</p> <p>No Aerobics-School Vacation</p>
<p>27</p> <p>7:45 am-Aerobics Berkley Community School</p>	<p>28</p> <p>9.00 AM - Yoga Berkley Congregational Church Hall</p>	29	30	<p>Happy Easter</p> <hr/> 



Council on Aging  
1 North Main Street  
Berkley, MA 02779

Return service requested

PRESORTED  
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U.S POSTAGE  
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TAUNTON  
PERMIT NO. 73

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

### **Massachusetts Rehabilitation Commission (MRC)**

A **durable medical equipment** reuse program, called REquipment, is being operated in the Greater Boston and central Massachusetts regions. This program collects and reassigns medical equipment to children, elders and adults with disabilities in need at no cost.

**REquipment (MRC/MassMATCH)** Provides refurbished, gently used wheeled mobility, lifts and other DME free to people of all ages. Delivery available in the Greater Boston and Central MA. Search inventory of reuse items at [www.dmerequipment.org](http://www.dmerequipment.org).

If you have any additional questions please feel free to contact the program manager , Randi Sargent.

(e) [Randi.sargent@dmerequipment.org](mailto:Randi.sargent@dmerequipment.org)

(p) 617-204-3626

## *Easter Sunday Dinners*

For over two decades Easter Sunday dinners have been prepared and delivered to area folks on Easter Sunday by a group of dedicated people from the two churches in town and many other friends.

If you, or someone you know, could use a traditional dinner and a little visit on Easter Sunday please contact Diane Ennis at 508-942-0505.



# BERKLEY COUNCIL ON AGING NEWSLETTER

## MAY 2015

**BOARD MEMBERS:** Chair- Mary Silva, Vice Chair - Vacant, Treasurer- Carolyn Peloquin, and other members: Valerie Murray, Priscilla Martin and Gerry Durette

### Mission Statement

To promote and support Berkley Seniors to stay safe and active, participate in programs, enjoy life and to stay in their own homes for as long as possible.

**COA Board Meeting:** The next meeting has not been scheduled. For information on the May meeting please call the COA office @ (508)821-3105 after April 16, 2015..

### COA Events for May 2015

**Aerobics:** Mondays and Fridays at the Berkley Community School at 7:45 AM. Note that there will be no Aerobics on May 25 , Memorial Day

**Reminder:** If there is no school in Berkley for any reason, aerobics will not be held. Please stay tuned to your television or radio station for Weather Alerts and Cancelations.

**Yoga:** Tuesdays at the Berkley Congregational Church at 9:00 AM.

### "Line Dancing" YES, Line Dancing is back!!!!

Please plan on joining Lestyn Gilmore and our group of Line Dancers on Wednesdays at 10 AM at the Berkley Congregational Church.

Stay active while still having fun.

**Food Distribution &Health Clinic :** The Food Distribution will be on **May 27** from 9:00AM - 10:00AM at the Myricks Methodist Church Hall. Also, if the recipient is physically impaired and cannot pick up their Brown Bag they can have a designated family member or friend pick it up for them.

### Important Phone Numbers

**FIRE/ POLICE  
MEDICAL**  
911

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Hours: Mon. & Wed. 9:30  
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1-800-987-2510

**MA Council on Aging**  
[www.mcoaonline.com](http://www.mcoaonline.com)

**COA May Events Continued**

**Bingo** and other games will be on Tuesday, May 12 at 1:00 PM at the Myricks Methodist Church Hall. Meet your friends, share your interests and have fun! It's a great way to spend your day!

**"The Basics: Memory Loss, Dementia and Alzheimer's Disease"****Presented by Jennifer Hoadley**

The Berkley COA is excited to offer this Alzheimer detection awareness program. Presented by the Alzheimer's Association.

Alzheimer's disease is not a normal part of aging. This program provides information about the disease and related dementias, the benefits of early detection, causes and risk factors, treatment, and services offered by the Alzheimer's Association

**Register** now by calling the COA at (508) 821-3105 and join us on **May 19th at 2 PM** at the Myricks United Methodist Church Hall to learn more about Alzheimer's and its symptoms.

**Volunteer Appreciation Luncheon**

On **May 26** our annual "Volunteer Appreciation Luncheon" which is a "**By Invitation Only**" event will be held at 1 PM. The location has not yet been finalized and will be communicated to you on your invitation.

Each year we are proud to honor and thank all our volunteers who donate their time and talents to better serve the seniors in our community.

**"Big Bill Reidy's Old Time Country Music Show"**

Also after the "Volunteer Luncheon" at 2 PM the Council on Aging is pleased to offer to all Berkley seniors the "Big Bill Reidy's Old Time Country Music Show", for everyone's listening pleasure. Singer Bill Reidy will accompany himself on guitar and sing everyone's favorite classic country music songs of the 1950s and 1960s, including songs by Johnny Cash, Hank Williams, Eddy Arnold, Ray Price, Buck Owens, and Gene Autry.

Refreshments will be available. So please let us know if you plan on attending by calling the Council on Aging at 508-821-3105 on or before May 20.



**COA Upcoming Events***Lunch on the Farm***Time: June 23 at Noon      Place: Chamberlain Farm**

The Council on Aging provides a yearly opportunity for Berkley seniors to enjoy an afternoon in the clean fresh air. We invite you to join us for a free lunch buffet at the lovely Chamberlain Farm Pavilion on Friend Street on June 23. Details to follow in the June newsletter.

**Other Community Events**

**The Friends of the Berkley Council on Aging:** Meetings are usually scheduled for the 1st Thursday of the month at 11:30 AM at the Berkley Congregational Church.

Please note that anyone of any age can join the Friends. For more information contact Jackie Arnoe at 508-822-9634.

**"Happy Hearts"** meet every week at the Myricks Methodist Church, Rt. 79 on Mondays at 1:30 p.m. New members are always welcomed. If you are a senior and interested in joining this fun group, you can contact Roberta StYves @ 508-386-2047 for more information.

**Need Prescription Relief**

Each year thousands of seniors in Massachusetts reach a gap in their Medicare prescription drug plan that is often referred to as the **"donut hole."**


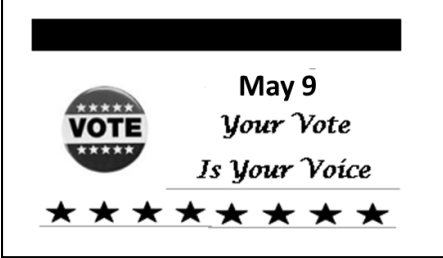
If you reach that gap, your prescription drug costs rise dramatically! Don't let this happen to you: **Prescription Advantage** can help!

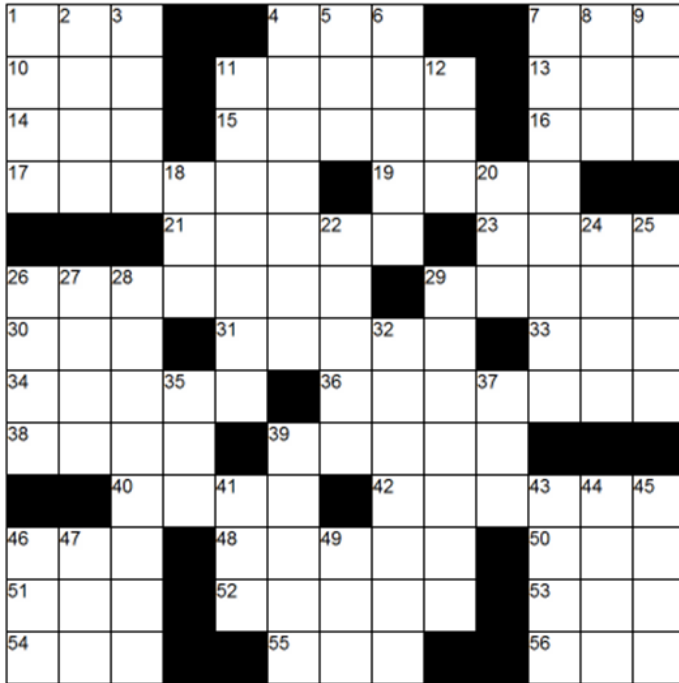
**Prescription Advantage** is a state-sponsored program that supplements your Medicare drug plan to fill that gap.

The link to the Prescription Advantage is <http://www.mass.gov/elders/healthcare>.

OR

Call Prescription Advantage *today* at **1-800-AGE-INFO (1-800-243-4636)** and **Press 2** to learn more!

Monday	Tuesday	Wednesday	Thursday	Friday
<b>May 2015</b>				
				<p>1</p>
				<p>2</p> <p>7:45 am Aerobics Berkley Community School</p>
<p>4</p> <p>7:45 am Aerobics Berkley Community School</p>	<p>5</p> <p>9.00 AM - Yoga Berkley Congregational Church Hall</p>	<p>6</p> <p>10:00 AM line Dancing Congregational Church</p>	<p>7</p>	<p>8</p> <p>7:45 am Aerobics Berkley Community School</p>
<p>11</p> <p>7:45 am Aerobics Berkley Community School</p>	<p>12</p> <p>9.00 AM - Yoga Berkley Congregational Church Hall</p> <p>1 PM Bingo Myricks Church Hall</p>	<p>13</p> <p>10:00 AM line Dancing Congregational Church</p>	<p>14</p>	<p>15</p> <p>7:45 am Aerobics Berkley Community School</p>
<p>18</p> <p>7:45 am Aerobics Berkley Community School</p>	<p>19</p> <p>9.00 AM - Yoga Berkley Congregational Church Hall</p> <p>2 PM Alzheimer Program Myricks Church Hall</p>	<p>20</p> <p>10:00 AM line Dancing Congregational Church</p>	<p>21</p>	<p>22</p> <p>7:45 am Aerobics Berkley Community School</p>
<p>25 Memorial Day</p> <p>No Aerobics- Memorial Day</p>	<p>26</p> <p>9.00 AM - Yoga Berkley Congregational Church Hall</p>	<p>27</p> <p>9:00—10:00 AM Food Distribution Myricks Church Hall</p> <p>10:00 AM line Dancing Congregational Church</p>	<p>28</p>	<p>29</p> <p>7:45 am Aerobics Berkley Community School</p>

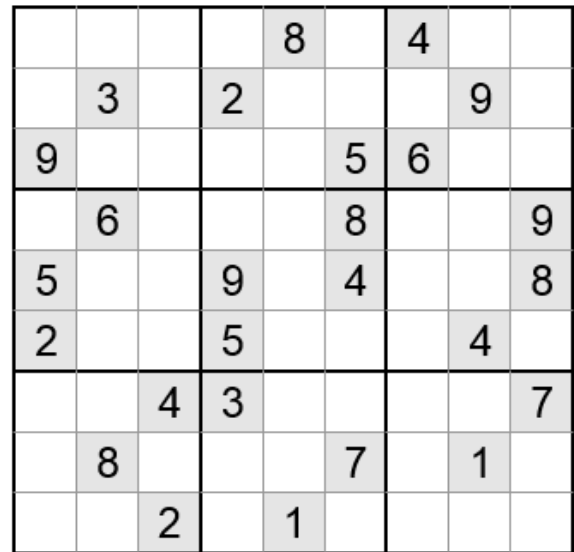


ACROSS

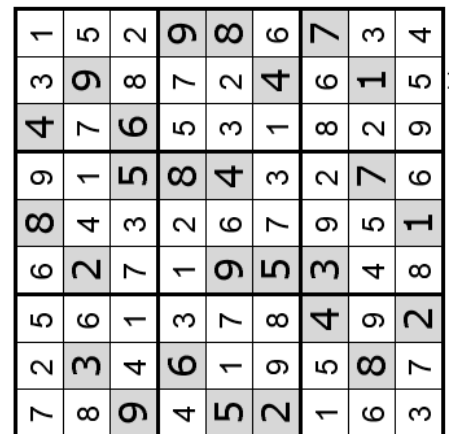
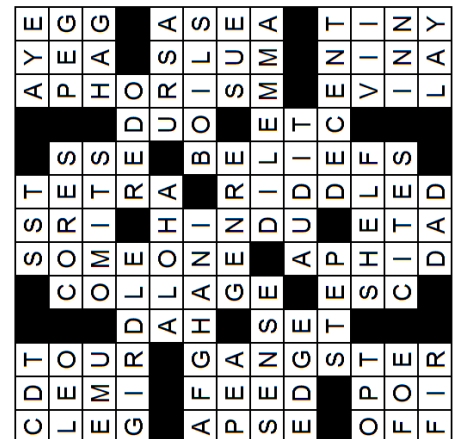
DOWN

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|------------------------------|---|
| 1 Central daylight time      | 1 Horse fly                                   |
| 4 Fast plane                 | 2 Less than usual in size, power or character |
| 7 Popeye's yes               | 3 Travel around                               |
| 10 Constellation             | 4 Person                                      |
| 11 Hearts                    | 5 ___ Lanka                                   |
| 13 Wooden leg                | 6 Neon fish                                   |
| 14 Flightless bird           | 7 Adage                                       |
| 15 Misses                    | 8 Yes   |
| 16 Old, ugly woman           | 9 Chick holder                                |
| 17 Sash                      | 11 Photomontage                               |
| 19 Make over                 | 12 Compass point                              |
| 21 Hawaiian 'hello'          | 18 Morse code 'T'                             |
| 23 ___ Minor (Little Dipper) | 20 Pair                                       |
| 26 Afghan currency           | 22 Eastern religion                           |
| 29 Stews                     | 24 Ghetto                                     |
| 30 Pod vegetable             | 25 At sea                                     |
| 31 Literary composition      | 26 Niche                                      |
| 33 Take to court             | 27 Swill                                      |
| 34 Hearing, for example      | 28 Al Capone                                  |
| 36 Plight                    | 29 Dogmas                                     |
| 38 Lip                       | 32 Spread throughout                          |
| 39 Inspect                   | 35 Place                                      |
| 40 Stair                     | 37 And so forth                               |
| 42 Proper                    | 39 Louse                                      |
| 46 Choose                    | 41 Escudo                                     |
| 48 Book holder               | 43 Cruel                                      |
| 50 Seven                     | 44 One of Columbus' ships                     |
| 51 Challenger                | 45 Minute                                     |
| 52 Quotes                    | 46 Spoiled                                    |
| 53 Lodge                     | 47 Luau dish                                  |
| 54 Evergreen tree            | 49 Terminal abbr.                             |
| 55 Papa                      |   |
| 56 Rest                      |   |

# Sudoku



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Council on Aging  
1 North Main Street  
Berkley, MA 02779

Return service requested

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

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## New law in Massachusetts: **Wipers on, headlights on!**

### *Headlights to also be used 30 minutes before sunrise, sunset*

Published 2:00 PM EDT Mar 30, 2015



**BOSTON**—A new Massachusetts law will soon requires drivers to turn headlights on when the vehicle's windshield wipers are needed.

The law, which **goes into effect April 7**, also says headlights should be in use 30 minutes before sunrise and sunset or when visibility is under 500 feet.

Drivers can be ticketed for failing to comply with the new headlight law, and it is considered a minor surchargeable traffic violation, which may result in increased insurance premiums.

Chapter 481 of the Acts of 2014 was approved in January.



# BERKLEY COUNCIL ON AGING NEWSLETTER SEPTEMBER 2015

**BOARD MEMBERS:** Chair– Gerry Durette, Vice Chair - Mary Silva, Treasurer- Carolyn Peloquin and Priscilla Martin. Currently we have three vacancies we are looking to fill. Any one interested should contact Gerry Durette at 508-813-6418.

### Mission Statement

To promote and support Berkley Seniors to stay safe and active, participate in programs, enjoy life and to stay in their own homes for as long as possible.

**COA Board Meeting:** The next meetings will be held at the **Berkley Senior Center**. dates and times for September have not yet been determined. For additional information as to the dates and times of the September COA meetings please call our office @ 508-821-3105. Anyone interested in COA is welcome to attend.

### COA Events for September

**Aerobics:** Mondays and Fridays at the **Berkley Senior Center** at 8:15 AM. Note; no Aerobics September 7th (Labor Day Holiday)

**Reminder** Please stay tuned to your television or radio station for Weather Alerts and Cancelations.

**Yoga:** Tuesdays at the **Berkley Senior Center** at 9:00 AM.

### "Line Dancing" (Body in Motion)

Please plan on joining Lestyn Gilmore and our group of Line Dancers every Wednesdays at 10 AM at the **Berkley Senior Center**.

Stay active while still having fun.

**Food Distribution & Health Clinic :** The Food Distribution will be on **September 23** from 9:00AM - 10:00AM at the **Berkley Senior Center**. Also, if the recipient is physically impaired and cannot pick up their Brown Bag they can have a designated family member or friend pick it up for them.

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**MA Council on Aging**  
[www.mcoaonline.com](http://www.mcoaonline.com)

### COA September Events Continued



**Bingo** and other games will be on Tuesday, **September 8th** at 1:00 PM at the **Berkley Senior Center**. Meet your friends, share your interests and have fun! It's a great way to spend your day!

### Upcoming COA Events

### **Berkley COA Senior Spectacular - MARK YOUR CALENDAR!!!**

The Berkley Council on Aging is excited to invite all Berkley seniors to the grand opening of our new Senior Center. On **Friday September 18, 2015 from 10 AM to 2 PM**

# Grand



# Opening

For additional information about this event see the inserted flyer.

**The Berkley Council on Aging:** The Board would like to thank the Berkley Cultural Council and the Massachusetts Cultural Council for their support of the "Bill Reidy's Old Time Country Show" and many other local events. It is only through your continued support that the Berkley Council on Aging can offer such quality entertainment for our seniors.. Your support is greatly appreciated.

### Other Community Events

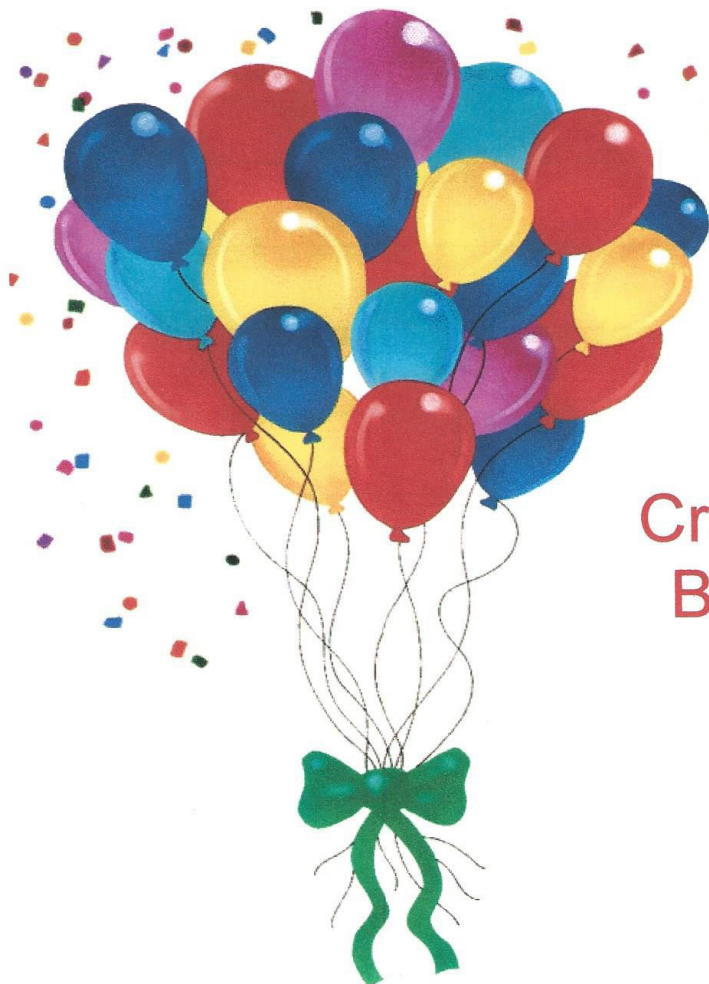
**The Friends of the Berkley Council on Aging:** Meetings are usually scheduled for the 1st Thursday of the month at 11:30 AM. For meeting location for September please call Jackie Arnoe at 508-822-9634

Please note that anyone of any age can join the Friends.

### **Other upcoming Friends event being offered is :**

On **September 12, 2015, from 9 AM to 4 PM** , Friends will again be sponsoring their annual "**Arts, Craft and Vendor Fair**" to raise money for the Berkley Council on Aging. There will be food, music and other entertainment. **See flyer on next page for additional details.**

**You don't want to miss this fun filled event!!!**



**FRIENDS**  
*of the Berkley*

**COA**

**Craft & Vendor Fair  
Berkley Common  
Sept. 12, 2015  
9am-4pm**

**Entertainment by:**

**The Amazing Magic Show 11am-12noon**

**The Mike Moran Band 1pm-3pm**

**Food and Beverages available**

**Space is \$25 for crafters to reserve your space call Jackie at 508-822-9634**

**This program is supported in part by a grant from the Berkley Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.**

**Other Community Events—Continued**

**"Happy Hearts"** meet every week at the Myricks Methodist Church, Rt. 79 on Mondays at 1:30 p.m. New members are always welcomed. If you are a senior and interested in joining this fun group, you can contact Roberta StYves @ 508-386-2047 for more information.

**Dighton Rock Museum:** On **Sunday September 13, 2015** at 1 PM the Dighton Rock Museum is offering, an **"Explorers of the 15th Century"** with Travis Worthley.

**Travis Worthley** from **Pilgrim Memorial State Park** will share his knowledge about explorers of the 15th century and other early adventures.

Location: Dighton Rock State Park, Bayview Avenue, Berkley, Ma.

Note: This program is supported in part by a grant from the Berkley Cultural Council, which is part of the Massachusetts Cultural Council.

**Berkley Library: .Museum and other Passes**



**Buttonwood Park Zoo**

Pass admits 4 persons free.

Capron Park Zoo in Attleboro will also honor this pass for free admission for 2 Adults and 2 Children.



**The Hall at Patriot Place**

Each of two passes admits two persons for free.

15% off at Patriots ProShop and CBS Scene Restaurant

Regular admission is \$10/adult, \$7/senior, \$5 children age 5-12.



**Massachusetts State Parks Pass**

Free parking for the day at any Mass. State Park or Forest.

Includes Horseneck Beach and Demarest Lloyd State Park.

Parking fees link [Download](#) the State Park app at [pocketranger.com](http://pocketranger.com)



**New Bedford Whaling Museum**

Pass admits two persons free. The Library has two passes.

Children 5 and younger are free.



**Salem Witch Museum**

Pass admits Adults and Seniors for \$6.25, Children for \$4.75.

Regular admission is \$9.50, \$8.50 and \$6.50.

The pass is good for 6 persons.



**Berkley Council on Aging Volunteers Needed**

**Volunteer Survey**

**You do not need to be a senior to be a volunteer.**

DATE: \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL: \_\_\_\_\_

Is there a specific type of volunteer work that interests you? Please explain or check those areas of interest

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- Open and/or close the senior center one day a week
- Answer phone, pick up messages and direct calls: Number of hrs. \_\_\_\_\_  
Day/s of the week \_\_\_\_\_
- Help with programs: Which program and how often?

\_\_\_\_\_  
\_\_\_\_\_

- Parties/special events/entertainment searches \_\_\_\_\_


\_\_\_\_\_

- Newsletter
- Kitchen and Refreshment Team
- Decorating Team
- Apply for position on the Berkley COA Board of Directors
- Grant writing
- Telephone Outreach

What are your skills and interests?

Educational Background

\_\_\_\_\_

Monday	Tuesday	Wednesday	Thursday	Friday
<b>September 2015</b>			<b>Back to School</b> 	
		1 09:00 AM - Yoga Senior Center	2 10:00 AM - Line Dance Senior Center	3
7 Labor Day  <b>No Aerobics</b>	8 09:00 AM - Yoga <hr/> 1:00 PM—Bingo Senior Center	9 10:00 AM - Line Dance Senior Center	10	11 8:15 AM - Aerobics Senior Center
14 8:15 AM - Aerobics Senior Center	15 09:00 AM - Yoga Senior Center	16 10:00 AM - Line Dance Senior Center	17	18 8:15 AM - Aerobics Senior Center
21 8:15 AM - Aerobics Senior Center	22 09:00 AM - Yoga Senior Center	23 9:00—10:00 AM Food Distribution Health Clinic <hr/> 10:00 AM - Line Dance Senior Center	24	25 8:15 AM - Aerobics Senior Center
28 8:15 AM - Aerobics Senior Center	29 09:00 AM - Yoga Senior Center	30 10:00 AM - Line Dance Senior Center		

1	2	3		4	5	6		7	8	9	
10				11				12	13		
14				15					16		
17			18			19		20			
			21			22		23	24	25	
26	27	28					29				
30			31			32			33		
34			35			36			37		
38				39							
	40		41			42			43	44	45
46	47			48		49				50	
51				52					53		
54					55					56	

ACROSS

- 1 Spots
- 4 IBM Competitor
- 7 Federal Bureau of Investigation
- 10 Curtsy
- 11 Marker
- 13 Rio de Janeiro
- 14 Government agency
- 15 Eagle's nest
- 16 Lodge
- 17 Pariah
- 19 Spank
- 21 Abated (2 wds.)
- 23 Parent groups
- 26 Computer burglars
- 29 Southern accent
- 30 Alien's spaceship
- 31 Cheek cosmetics
- 33 Oolong
- 34 Properties
- 36 Even now
- 38 Pretentious
- 39 Animated
- 40 Careen
- 42 Fairer
- 46 Farming club (abr.)
- 48 A camel's bumps
- 50 Stinging fish
- 51 American Cancer Society (abbr.)
- 52 Muscle
- 53 United States
- 54 Make lace
- 55 Wonder
- 56 Women's partners

DOWN

- 1 Cain's brother
- 2 Idiot
- 3 Exchange
- 4 Conductor
- 5 Atmosphere
- 6 New bill
- 7 Open omelet with meat
- 8 Container
- 9 Cation
- 11 Vocations
- 12 Fresh
- 18 Antlered animal
- 20 April (abbr.)
- 22 Customary
- 24 Reverent
- 25 Kill
- 26 \_\_\_ hoop (child's toy)
- 27 Far away
- 28 Striking difference
- 29 Muslim dedicated to poverty and chastity
- 32 Brief look
- 35 Change color
- 37 Moray
- 39 Birds "thumb"
- 41 Extremely high frequency (abbr.)
- 43 Cask
- 44 Comfort
- 45 Baseball's Nolan
- 46 Overweight
- 47 Farm credit administration (abbr.)
- 49 Kitten's cry

### Sudoku

		6	2	4		1		5
8			6			7		
3		2			5		9	
2	9			7	3			4
1			9					7
5					6		2	1
	1		8			4		9
		5			1			8
7		9		6	4	2		

B	I	O			S	L	E	A		R	E	R	A	Y	S	A	N				
F	R	I	N		T	A	W	L		T	E	A			D	R	A	Y	M	E	N
					A		P	R	A		E				L						
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1	7	8	9	5	6	3	8	2	4	5	7
8	9	5	3	2	6	9	4	7	1	6	2
4	3	1	7	5	2	8	6	7	9	1	4
2	6	7	1	9	4	8	2	7	3	9	6
6	1	2	7	8	4	3	7	1	3	5	9
7	5	4	2	9	8	1	6	3	7	4	2
9	8	3	2	1	5	3	7	6	1	4	7

Council on Aging  
1 North Main Street  
Berkley, MA 02779

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*The distribution of this  
newsletter is made possible  
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Massachusetts Executive  
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### **Berkley Town Hall and Senior Center**

It's almost complete!!

Don't miss the **grand opening** of the Town Hall.

The date will be posted on the Town of Berkley website and in the Old Town Hall.

Currently the grand opening of the Senior Center is scheduled for **September 18, 2015** with the "Berkley COA Senior Spectacular". This event will be from **10 AM to 2 PM** and host South Coast Hospital Group Health Care Van and many other vendors.





# BERKLEY COUNCIL ON AGING NEWSLETTER DECEMBER 2015

**BOARD MEMBERS:** Chair- Gerry Durette, Vice Chair - Mary Silva, Treasurer- Carolyn Peloquin, Programs-Priscilla Martin, Outreach Coordinator- Donna Benoit, and Member-Robert Sullivan. Currently we have one vacancy we are looking to fill. Anyone interested should contact Gerry Durette at 508-813-6418.

### Mission Statement

To promote and support Berkley Seniors to stay safe and active, participate in programs, enjoy life and to stay in their own homes for as long as possible.

**COA Board Meeting:** The next meeting will be held at the **Berkley Senior Center**. Dates and times for December have not yet been determined. For additional information as to the dates and times of the November COA meetings please call our office @ 508-821-3105. Anyone interested in COA is welcome to attend.

### COA Events

**Aerobics:** Mondays and Fridays at the **Berkley Senior Center** at 8:15 AM. Exception: Note: **No class on Friday December 25, 2015**

**Yoga:** Tuesdays at the **Berkley Senior Center** at 9:00 AM.

**Line Dancing:** Please plan on joining our group of Line Dancers every Wednesday at 10 AM at the **Berkley Senior Center**. Note: **No class on December 9, 2015.**

Reminder Please stay tuned to your television or radio station for Weather Alerts and Cancelations.

**Food Distribution & Health Clinic :** The Food Distribution will be on **December 23** from 9:00AM - 10:00AM at the **Berkley Senior Center**. Also, if the recipient is physically impaired and cannot pick up their Brown Bag they can have a designated family member or friend pick it up for them.



**Bingo** will be on Tuesday, **December 8** and **December 22** at 1:00 PM at the **Berkley Senior Center**. Meet your friends, share your interests and have fun! It's a great way to spend your day!

### Important Phone Numbers

**FIRE/ POLICE  
MEDICAL  
911**

**Berkley  
Council on Aging**  
Hours: Mon. thru Fri.  
9:00 AM to 4:00 PM  
**(508) 821-3105**  
berkeleycoa2013@aol.com

**Bristol Elder Services**  
**(508) 675-2101**

**Attorney General's  
Elder Hotline**  
(10-5) M-F (888) 243-5337

**Citizens for Citizens**  
**(508) 823-6346**

**Fuel assistance**  
**(508) 679-0041**

**Food/Rent/Mortgage  
Assistance**  
**(508) 823-6346**

**Veterans Services**  
Donald Hirschy  
**(508) 669-5027**

**SHINE**  
Needs of Elders  
1-800-987-2510

**MA Council on Aging**  
[www.mcoaonline.com](http://www.mcoaonline.com)

**COA Events**

**Podiatry Clinic:** The next clinic will be held from 10AM - 4PM on Thursday, **December 10** at the **Berkley Senior Center**.

If you need more information or you would like to make an appointment, please call Leanne at (508) 822-9381.



## *Senior Holiday Dinner*



**Berkley Middle School**

———— **Saturday, December 5** ————

### **Celebrate the Season at Our Holiday Dinner**

Our annual Holiday Dinner will be held on Saturday, December 5 at Noon. This event is open to all Berkley seniors and will be held at the Berkley Middle School. All our guests will be treated to a turkey dinner with all the trimmings prepared by “D and D Catering” and served by the students of the Berkley Middle School. Each senior who attends will be given a door prize ticket to be drawn during the event.

**Entertainment** for this year will be “**Tom Bruhl’s—One Man Band**”. Tom, a graduate of Boston’s Berklee College of Music, brings his talent to you through guitar, voice, saxophone and flute.

Tom Bruhl will present a Holiday show with classic Christmas songs and will take you on a musical journey through the years. You will find yourself singing along filled with the spirit of Holiday cheer.

**Cost:** As always is **Free** to all Seniors

Also, once a reservation is made, if you have to cancel it for any reason, please extend the courtesy of calling the COA office. This will allow another senior to attend.

Come join the fun — you will have a great time!

**Berkley Tax Relief Program - 2016**

**Berkley Senior Tax Relief for 2016 Program:** A tax exemption, a release from the obligation to pay a portion of your property tax. To qualify for one of the tax exemptions listed below you must file with the local tax assessor every fall. The deadline for filling for an exemption is three month after the actual bills are mailed which would be March 31, 2016.

The two **Basic Assistance Types** are:

Clause 17C½ -It will reduce the local property tax liability of a qualified Berkley senior.

The qualifying requirements are:

- a. You must **own and occupy your home for at least 5 years.**
- b. You must be **70 years old** by July 1, 2015
- c. Your **assets, not including your home, cannot exceed \$59,997.**

Assistance Amount: **\$175**

Clause 41C -It will reduce the local property tax liability of a qualified

Berkley senior.

The qualifying requirements are:

- a. You must **own and occupy your home for at least 5 years.**
- b. You must be **70 years old** by July 1, 2015
- c. You must not exceed the **income limits which are \$23,566 for a single person or \$28,703 for a married couple.**
- d. You must have been a **Massachusetts resident for the preceding 10 years.**
- e. Your **assets, not including your home, cannot exceed \$41,323 for a single person or \$45,150 for a married couple.**

Assistance Amount: **\$500**

**Fuel Assistance - 2016**

**Fuel Assistance is a federally funded program that assists income eligible households in paying for home or apartment heating costs. The Fuel Assistance Program is handled through Citizens for Citizens, Inc. at One Taunton Green in Taunton.**

The new income guidelines for this year are: a one person household can make up to \$33,126 and a two person household can make up to \$43,319 per year.

Berkley Seniors who think they may be eligible for fuel assistance, have never applied before or just need additional information can call Citizens for Citizens at 508-823-6346.

### Other Community Activities

**The Friends of the Berkley Council on Aging:** Meetings are usually scheduled for the 1st Thursday of the month at 11:30 AM at the Berkley Senior Center.

This year the Friends have decided to take a winter break before starting to plan for next years annual Craft Fair. The next scheduled meeting of the Friends of the Berkley Council on Aging will be in April 2016. However, Friends will be collecting cans at the Recycling Center on Wednesdays and Saturdays in December and any volunteer help would be appreciated.

Please note that anyone of any age can join the Friends. For more information contact Jackie Arnoe at 508-822-9634.



## *Christmas Day Dinners*



For over two decades Christmas dinners have been prepared and delivered to area folks on Christmas Day by a group of dedicated people from the two churches in town and many other friends.

If you, or someone you know, could use a traditional dinner and a little visit on Christmas Day please contact Diane Ennis at 508-942-0505



## *Annual Open House Berkley Public Library 2 N. Main St.-Berkley, MA*

*Sunday, December 6th, 5:30-7:30p.m.  
(during the "Lighting of the Common" celebration)*



*Music by Ann Cavanaugh*



*Children's activities*



*Light refreshments*

*Sponsored by the Friends of the Library, the Board of Library Trustees, and other generous donors.  
Thank you!*



**Other Community Activities**

**"Happy Hearts"** meet every week at the **Berkley Senior Center at 1 North Main Street** on Mondays at 1:30 p.m. New members are always welcome. If you are a senior and interested in joining this fun group, you can contact Roberta StYves @ 508-386-2047 for more information.

**New !!- Free Resources Links for Elders**



**A Service of the Massachusetts Executive Office of Health and Human Services**

**What is MassOptions?**

A free resource linking elders, family members, caregivers, and individuals with disabilities to services that help you or a loved one live independently.

Trained specialists are available by phone or by online chat, 7 days a week, 8am – 8pm.

**What Does MassOptions Do?**

We empower you to make informed choices by making access to community services and supports easier.

Trained specialists from MassOptions give you fast, personalized attention. All you need to do is tell them about yourself or what you need to live independently. You can even stay on the line while they connect you with an appropriate community resource or organization.



**The MassOptions Network**

We partner with a strong statewide network, including the Aging and Disability Resource Consortia (ADRC) and state agencies that provide services and supports. Together, we work with you to find and choose the services and supports that best fit your needs.

MassOptions is your link to information about a broad range of services.

**Call us toll-free today at 1-844-422-6277 or visit us at**

**[www.MassOptions.org](http://www.MassOptions.org)**

Monday		Tuesday		Wednesday		Thursday		Friday		
<b>December 2015</b>										
	1	09:00 AM - Yoga Senior Center		2	10:00 AM - Line Dance Senior Center		3		4	8:15 AM - Aerobics Senior Center
7	8	09:00 AM - Yoga ----- 1:00 PM—Bingo Senior Center		9	No Line Dance		10		11	8:15 AM - Aerobics Senior Center
14	15	09:00 AM - Yoga Senior Center		16	10:00 AM - Line Dance Senior Center		17		18	8:15 AM - Aerobics Senior Center
21	22	09:00 AM - Yoga ----- 1:00 PM—Bingo Senior Center		23	9:00—10:00 AM Food Distribution Health Clinic ----- 10:00 AM - Line Dance Senior Center		24		25	Christmas Day  
28	29	09:00 AM - Yoga Senior Center		30	10:00 AM - Line Dance Senior Center		31			



Council on Aging  
1 North Main Street  
Berkley, MA 02779

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

Elder Abuse Hotline  
1-800-922-2275

Elder Abuse is known to be on the rise. Every year, tens of thousands of our senior citizens are abused in their own homes, in relatives' homes, and even in facilities that are responsible for their

- Physical
- Emotional
- Neglect or Abandonment by Caregivers
- Financial Exploitation

Often times, victims of abuse are too frightened or confused to seek help -- especially if it is a close relative who is responsible for the abuse. If you have reasonable cause to believe that an elderly person is being abused you should call the Elder Abuse Hotline @ 800-922-2275 or Old Colony Elder Services @ 508-584-1561. Calls are confidential. Of course, if someone is in immediate danger call 911.

