



BERKLEY COUNCIL ON AGING NEWSLETTER JANUARY & FEBRUARY 2016

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 meetings for the next two months are scheduled for 1PM on January 8 and February 12 at the **Berkley Senior Center**. The agenda for each meeting is posted in the Town Hall 48 hours before each meeting. For additional information on the 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: Note: Due to holidays there will be **no Aerobic** classes on **January 1 & 18 and February 15.**

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.**

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

Food Distribution & Health Clinic : The Food Distribution for the month of January will be on **January 22** and for February will be **February 26** 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.

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

COA Events—Continued



Bingo will be on Tuesday, **January 12 & 26** and **February 9 & 23** 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!

Podiatry Clinic: The next clinic will be held from 10AM - 4PM on Thursday, **February 11** 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.

Quilting Club: Starting in January 2016 the BCOA (Berkley Council on Aging) is offering seniors the opportunity to join the newly formed "**Quilting Club**". The club will be meeting on Fridays from 1 to 4 at the **Berkley Senior Center**. All skill levels are welcome.

To join the club and share the fun of quilting with other quilters please call the BCOA @ 508-821-3105 and register or just show up.

Upcoming COA Events

Home Safety for Older Adults: This program is being offered by Captain Franco of the Berkley Fire Department on **Thursday March 10th at 1:30 PM** at the **Berkley Senior Center**. Topics covered will be the cause and tips for prevention of electrical and cooking fires. Also covered will be the importance of house numbering.

To register for this presentation please call the BCOA @ 508-821-3105.



LUNCH AT THE SILVER PLATTER RESTAURANT
March 15 at 11:30 AM



The Berkley Council on Aging invites you to join us for lunch on **Tuesday, March 15 at 11:30 AM** at the **Silver Platter Restaurant at Bristol Plymouth High School**.

Chicken or Fish (your choice) will be served along with soup, dessert, and a beverage all for only \$7.50. The students prepare and serve the meals in a delightful atmosphere for your dining pleasure. You dine, they smile. Come join us for a fun and relaxing day!

Please make your reservation on or before **March 8** by calling the Council on Aging at (508) 821-3105

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 year's annual Craft Fair. The next scheduled meeting of the Friends of the Berkley Council on Aging will be in April 2016.

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 **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.

Berkley Public Library: In January the Library will be adding two genealogical databases, **Heritage Quest**, which will be available from your home computer, and **Ancestry.com** which will only be available from inside the Library. Please note you'll need a library card to access either of these programs.

In conjunction with the Berkley Library offering of these free programs the Berkley Council on Aging is proud to host the presentation on **"Getting onto Genealogy"** presented by **Kathleen Rubano**, President of the Bristol County Chapter of the Massachusetts Society of Genealogists. This program will get you started growing your family tree and learn the basics of genealogical research.

Mark your calendars and plan on attending "Getting into Genealogy" on **January 26 at 7 PM at the Berkley Senior Center**. No registration is required just show up to learn how to discover your roots through the use of these free programs.

Ancestry and Heritage Quest

Meet your House and Senate State Representatives:

State House Representative Keiko M Orrall will host office hours in Berkley to give constituents an opportunity to meet with her or a staff member and discuss current events and issues. Office hours will be held at the Berkley Town Office 1 North Main Street on the first Monday of each month from 9:30 AM to 10:30 AM. Rep Orrall's office may also be contacted at 617-722-2090 or Keiko.Orrall@mahouse.gov to schedule a personal appointment.

State Senate Representative Marc R. Pacheco will host office hours in Berkley to give constituents an opportunity to meet with him or a staff member and discuss current events and issues. Office hours will be held at the Berkley Town Office 1 North Main Street on the third Tuesday of each month from 11:00 AM to 12:00 PM. Senator Pacheco's office may also be contacted at 617-722-1551, 508-822-3000 or Marc.Pacheco@masenate.gov to schedule a personal appointment.

Other Community Activities Continued



BERKLEY CARES

Berkley Cares is an outreach program that works in cooperation with the Council on Aging and Berkley Fire/Rescue Department to assist the senior population in making their homes safer.

The Berkley Cares Program is a free service that provides seniors with at home well-being checks, and needs assessment for a variety of services. The home visit will include information on a medical identification program, trip prevention, heating safety, bathroom safety, cooking safety, blood pressure checks, and smoke and CO detector tests. The program can also help seniors with referral programs such as meals on wheels, food pantry, and information on transportation options.

To setup an appointment with the Berkley Cares Program, please fill out the attached form and return it to Berkley Cares, 5 North Main Street, Berkley or call Berkley Fire/Rescue Dept 508-822-7516.

Sincerely,
Chief Scott Fournier
Berkley Fire/Rescue

Emergency Management Agency Referral Form

Fill out this form if you would like Berkley Cares to visit your home or you need special help in the event of a natural disaster or significant power outages and have no one else who will be available to assist you.

Please check all that apply:

- I am in a wheelchair and do not have access to any means of transportation to leave the area in the event of a natural disaster (hurricane, etc)
- I have specialized electrical medical equipment (breathing tube, oxygen, etc.).
Specify type: _____
- Any other issue that may hinder you if you need to leave the area.
Please Specify _____


Name: _____ Email: _____

Address: _____

Phone Number: _____ Cell Phone _____

- Would you like Berkley Cares to come visit your home.

**Please mail to: Berkley Fire/Rescue Department
C/O Berkley Cares Program
5 North Main Street
Berkley, Ma 02779**

Monday		Tuesday		Wednesday		Thursday		Friday	
January 2016								1—New Years Day No Aerobics	
4 8:15 AM - Aerobics Senior Center		5 09:00 AM - Yoga Senior Center		6 10:00 AM - Line Dance Senior Center		7		8 8:15 AM - Aerobics _____ 1 to 4 PM—Quilting Club Senior Center	
11 8:15 AM - Aerobics Senior Center		12 09:00 AM - Yoga _____ 1:00 PM—Bingo Senior Center		13 10:00 AM - Line Dance Senior Center		14		15 8:15 AM - Aerobics _____ 1 to 4 PM—Quilting Club Senior Center	
18—Martin Luther King Day No Aerobics		19 09:00 AM - Yoga Senior Center		20 10:00 AM - Line Dance Senior Center		21		22 8:15 AM - Aerobics _____ 1 to 4 PM—Quilting Club Senior Center	
25 8:15 AM - Aerobics Senior Center		26 09:00 AM - Yoga _____ 1:00 PM—Bingo _____ 7:00 PM Genealogy Presentation Senior Center		27 9:00—10:00 AM Food Distribution Health Clinic _____ 10:00 AM - Line Dance Senior Center		28		29 8:15 AM - Aerobics _____ 1 to 4 PM—Quilting Club Senior Center	

Council on Aging
1 North Main Street
Berkley, MA 02779

Return service requested

PRESORTED
STANDARD
U.S POSTAGE
PAID
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*The distribution of this
newsletter is made possible
by a grant from the
Massachusetts Executive
Office of Elder Affairs*

Circuit Breaker Tax Refund

If you are age 65+ you can claim a refundable credit on Massachusetts State Tax for Real Estate taxes paid on residential property you own in Massachusetts and it is your principle residence or rent paid on a Massachusetts residential property that is your principle residence. Even if you normally don't file a tax return, you can file just for this refund. If the credit exceeds the amount of total income tax due, the excess is refunded without interest. Last year the maximum credit was \$1,070.

To Qualify for this program you must meet the following criteria:

- ◆ Your total income can't exceed \$57,000 if single, \$71,000 for head of household or \$85,000 for joint filers.
- ◆ The assessed value of your home can't exceed \$693,000.
- ◆ You must complete both Schedule CB worksheets and Schedule CB.

Important Note: If you claim married filing separate or receive a rent subsidy or rent from a landlord who is not required to pay real estate taxes or is the dependent of another taxpayer, you will not qualify for this program.

Last year only 41 tax payers in Berkley claimed this refund receiving an average refund of \$683 dollars. Talk to your tax adviser; you are entitled to this refund so why would you pass it up?



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MARCH 2016

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COA Events

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All programs held at the Berkley Senior Center

Aerobics: Mondays and Fridays at 8:15 AM: Note: There will be no Aerobic classes on **March 11**.

Yoga: Tuesdays at 9:00 AM.

Line Dancing: Wednesdays at 10 AM.

Quilting: Tuesdays at 11:30 A.M.

Food Distribution & Health Clinic : The Food Distribution for the month of March will be on **March 23** from 9:00AM - 10:00AM at the **Berkley Senior Center**. 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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Thank You

We would like to thank our volunteers for their devotion and help in keeping our center staffed and open. We are currently open on a part-time basis while various members are on vacations. We will be back in full force come Spring and the snowbirds return! We hope our volunteers enjoy their break and we will be calling on you again come Spring!

We have also received donations from the Committee to Elect Sheriff Hodgson and Ballow & Hutchison Real Estate . We thank you for your support.

Other Community Activities Continued



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Please check all that apply:

I am in a wheelchair and do not have access to any means of transportation to leave the area in the event of a natural disaster (hurricane, etc)

I have specialized electrical medical equipment (breathing tube, oxygen, etc.).

Specify type: _____

Any other issue that may hinder you if you need to leave the area.

Please Specify _____




Name: _____ Email: _____

Address: _____

Phone Number: _____ Cell Phone _____

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5 North Main Street
Berkley, Ma 02779

Monday	Tuesday	Wednesday	Thursday	Friday
				
	<p>1</p> <p>9:00 AM - Yoga</p> <p>1:00 PM - COA Meeting</p> <p>11:30 AM to 1:00 PM - Quilting Club</p>	<p>2</p> <p>10:00 AM - Line Dance</p>	<p>3</p>	<p>4</p> <p>8:15 AM - Aerobics</p>
<p>7</p> <p>8:15 AM - Aerobics</p>	<p>8</p> <p>9:00 AM - Yoga</p> <hr/> <p>11:30 AM to 1:00 PM - Quilting Club</p> <hr/> <p>1:00 PM—Bingo</p>	<p>9</p> <p>10:00 AM - Line Dance</p>	<p>10</p> <p>1:30 PM - Fire Dept. Home Safety Program</p>	<p>11</p> <p>NO - Aerobics</p>
<p>14</p> <p>8:15 AM - Aerobics</p>	<p>15</p> <p>9:00 AM - Yoga</p> <hr/> <p>11:00 AM - Silver Plater lunch</p> <hr/> <p>11:30 AM to 1:00 PM - Quilting Club</p>	<p>16</p> <p>10:00 AM - Line Dance</p>	<p>17 - St. Patrick's Day</p> <div style="text-align: center;">  </div>	<p>18</p> <p>8:15 AM - Aerobics</p>
<p>21</p> <p>8:15 AM - Aerobics</p>	<p>22</p> <p>09:00 AM - Yoga</p> <hr/> <p>11:30 AM to 1:00 PM - Quilting Club-</p> <hr/> <p>1:00 PM—Bingo</p>	<p>23</p> <p>9:00—10:00 AM</p> <p>Food Distribution</p> <hr/> <p>10:00 AM - Line Dance</p>	<p>24</p>	<p>25 - Good Friday</p> <hr/> <p>8:15 AM - Aerobics</p>
<p>28</p> <p>8:15 AM - Aerobics</p>	<p>29</p> <p>9:00 AM - Yoga</p> <hr/> <p>11:30 AM to 1:00 PM - Quilting Club</p>	<p>30</p> <p>10:00 AM - Line Dancing</p>	<p>31</p>	

From the office of Bristol County District Attorney Thomas M. Quinn III.

Suicide is the 10th leading cause of death. Every minute someone attempts suicide and every 15 minutes someone dies by suicide. It's an epidemic that affects all ages. In the aftermath of a suicide, family, friends and the community-at-large are often left with unanswered questions and a need for resources to cope with the grief that they feel.

The District Attorney's Office mission is to prevent suicide in Bristol County by raising awareness and by providing access to education and resources that relate to suicide prevention.

Studies indicate the best way to prevent suicide is through the early recognition and treatment of depression and other psychiatric illnesses.

Individuals contemplating suicide may exhibit one or more of the following signs:

- Talking about or threatening to harm oneself and seeking access to firearms, poison, pills or other possible means.
- Talking or writing about feeling hopeless or about death or dying
- Exhibiting out of character behavior such as sleeping all the time or acting anxious and being unable to sleep, rapid weight loss or gain, or giving away possessions.
- Expressing uncontrollable anger or sadness or demonstrating dramatic changes in mood.
- Increasing drug and/or alcohol use or engaging in other types of reckless behavior.
- Withdrawing from family, friends & society.

If someone exhibits one or more of these signs and you feel that they may be contemplating suicide: Ask them directly if they are thinking about suicide or are planning a suicide attempt. Asking someone about suicide will not "put the idea in their head" and by asking that question you may help to save a life.

If someone needs help then seek it immediately through:

A mental health professional

The National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255)

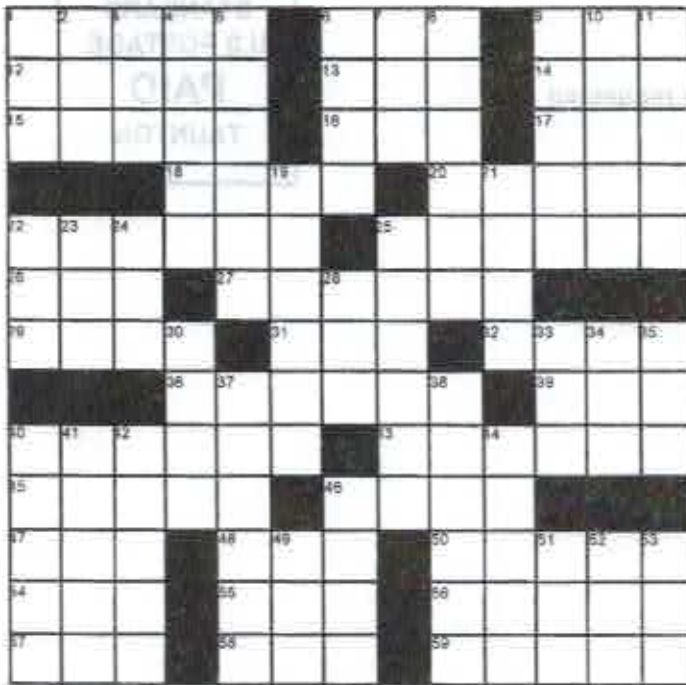
The Samaritans 24-hour helpline at 1-877-870-HOPE (1-8877-870-4673)

911

A suicidal person needs a lot of support - more than any one person can give. Get help by calling one of the numbers listed above or from a counselor or therapist, a teacher or guidance counselor, the local hospital emergency room, or a nurse or doctor.

Aging Services Access Points (ASAPs) in Massachusetts have a Family Caregiver Support Specialist to provide support to family caregivers caring for older adults - or adults of any age living with Alzheimer's - and grandparents (55+) caring for grandchildren. The Family Caregiver Support Specialist focuses on caregiver needs through one-on-one counseling in-home assessments and referrals to in-home and other respite services.

If you do not know the Family Caregiver Support Specialist in your area, please call Ana Karchmer - the Family Caregiver Support Program Manager at Executive Office of Elder Affairs at 617-222-7490 or ana.karchmer@state.ma.us



www.CrosswordWeaver.com

ACROSS

- 1 Dye by hand
- 6 Garden tool
- 8 Hotel
- 12 Rhinoceros
- 13 Hotel
- 14 Brand of dispensable candy
- 15 Root beer brand (3 wds.)
- 16 Government worker
- 17 Choose
- 18 Decorative needle case
- 20 Irregular
- 22 Flying muscle
- 25 Celtic language
- 26 Goddess
- 27 Sprinkles the lawn
- 29 Wine bottle
- 31 Not (refo)
- 32 Duces
- 36 Doctor's office
- 38 Move away
- 40 Noun
- 43 Relative
- 45 Water stoppers
- 46 _ matter
- 47 Furrow
- 48 British drink
- 50 Monthly mail
- 54 Cease
- 55 Stray
- 56: 1997 Madonna movie
- 57 Fraudian term
- 58 Crowse
- 59 Full of swamp grass

DOWN

- 1 Undergarment
- 2 Expression of surprise
- 3 Can metal
- 4 Listing at the back of a book
- 6 Blandish
- 6 High fidelity sound system
- 7 Only
- 8 Please
- 9 Reel
- 10 Coin
- 11 Ancient Indian
- 19 Venus
- 21 Letup
- 22 February (abbr.)
- 23 W.C.
- 24 Time zone
- 25 Good-humored
- 28 2,000 pounds
- 30 Acting (abbr.)
- 33 Soggy
- 34 Kimono sash
- 35 South by east
- 37 Hear
- 38 Part of cucumber
- 40 Escapee
- 41 Held on tightly
- 42 Outwit
- 44 Opp. of sophisticated
- 46 American Association of Retirees (abbr.)
- 49 Time period
- 51 Paler
- 52 Type of partnership
- 53 Tail

Sudoku

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

Y	D	E	E	R	R	P	N	A	P	O	G	O
A	I	L	I	B	E	R	R	E	R	E	N	D
S	T	L	S	B	I	L	L	S	T	E	A	R
				A	L	M	A					

ANSWERS

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

Council on Aging
1 North Main Street
Berkley, MA 02779

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STANDARD
U.S. POSTAGE
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Return service requested

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

Pet Safety Tips for Winter Months

- Do not leave pets outdoors when temperatures drop below freezing.
- Care for your pet's feet.
- Wind-chill is a threat to pets, even those protected by shelters.
- Pets that spend a greater amount of time outdoors in the winter need more food.
- Never leave a pet locked inside a car during extremely cold weather.
- Antifreeze and de-icing chemicals can be hazardous
- For more info go to www.smart-mass.org

Daylight Savings Time
begins Sunday, March 13, 2016





BERKLEY COUNCIL ON AGING NEWSLETTER

MAY 2016

BOARD MEMBERS: Chair - Mary Silva; Vice Chair - Donna Benoit; Treasurer- Carolyn Peloquin; Programs - Priscilla Martin; Member - Robert Sullivan. Currently we have two vacancies on the board that we are looking to fill. Anyone interested should contact Mary Silva at 508-821-3105.

Mission Statement

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UPCOMING COA EVENTS



Tuesday, May 3 - 2:00 p.m.
Is Your Estate In Order?

Preparing your estate needs, power of attorney, health care proxy, wills and preventing fraud!

Bristol County DA, Tom Quinn, Rep. from Attorney General's office, Berkley Police Department, Shelly Cohen, Esq., and other area experts will lead a discussion and answer your questions. Refreshments will be served.

Volunteer Luncheon: Tuesday, May 24 - Noon - Senior Center - Every year the Berkley COA treats our volunteers to an appreciation lunch (invitation only) and entertainment. At 1:30 pm The Amazing Magic Show will provide entertainment followed by dessert and coffee. All seniors are welcome to attend the entertainment portion of the program. Please sign up for this program by calling the Council on Aging at 508-821-3103 by May 18th. This program is supported in part by a grant from the Berkley Cultural Council, a local agency which is support-



My mother taught me about HYPOCRISY. "If I told you once, I've told you a million times, don't exaggerate!"

Important Phone Numbers

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State Rep. KEIKO M. ORRALL

9:30—10:30 a.m., Town Hall
1st Monday of each month

State Sen. MARC R. PACHECO

11:00 a.m.— 12:00 noon,
Town Hall
3rd Tuesday of each month

Veterans Services

Donald Hirschy

(508) 669-5027

Older Americans Month 2016: "Blaze a Trail"

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthday. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing. A meeting in April 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as "Senior Citizens Month," the prelude to "Older Americans Month."

Historically, Older Americans Month has been a time to acknowledge the contributions of past and current older persons to our country, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation during or before the month of May asking that the entire nation pay tribute in some way to older persons in their communities.

Older adults are a growing and increasingly vital part of our country. The contributions they make to our communities are varied, deeply rooted, and include influential roles in the nation's economy, politics, and the arts. From 69-year-old NASA Administrator Charles Bolden, Jr. to 84-year-old actress Rita Moreno to 83-year-old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life.

Led by the Administration for Community Living, the annual observance offers the opportunity to learn about, support, and celebrate our nation's older citizens. This year's theme, "Blaze a Trail," emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.

We encourage you to get involved with the Berkley Council on Aging, attend the many programs we sponsor or just stop by to chat.

May 2016



BLAZE A TRAIL: MAY 2016

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:15 AM - Aerobics	3 2:00 PM - Is Your Estate In Order?	4 10:00 AM - Line Dance	5	6 8:15 AM - Aerobics
9 8:15 AM - Aerobics	10 9:00 AM - Yoga 11:30 AM - Quilting Club 1:00 PM - Bingo	11 10:00 AM - Line Dance	12	13 8:15 AM - Aerobics
16 8:15 AM - Aerobics	17 9:00 AM - Yoga 11:30 AM - Quilting Club 1:00 PM - COA Meeting	18 10:00 AM - Line Dance	19 10:00 AM - Podiatry Clinic	20 8:15 AM - Aerobics
23 8:15 AM - Aerobics	24 9:00 AM - Yoga 11:30 AM - NO Quilting 12:00 PM—Volunteer Luncheon 1:00 PM - NO Bingo 1:30 PM - The Amazing Magic Show	25 9:00 AM - Food Distribution 10:00 AM - Line Dance	26	27 8:15 AM - Aerobics
30 Memorial Day 8:15 AM - Aerobics 	31 9:00 AM - Yoga 11:30 AM - Quilting Club			

MASSEALTH BUY-IN

If you have Medicare and are a single person and your monthly income does not exceed \$1,357.00 and assets of no more than \$7,280.0 or a married couple with monthly income of \$1,823.00 and assets no more than \$10,930.00 you may be eligible for getting your Medicare Part B Premium paid for. Assets are not your primary residence or your car. Please contact the **SHINE** Program at 1-800-243-4636 to speak to a **SHINE** Counselor and get help applying for this benefit.

Are You a WWII or Korean War Veteran?

Honor Flight New England is a 501© 3 non-profit organization with one goal—to take New England area WWII and Korean veterans on a one-day trip to Washington, DC to visit and reflect at the memorials that were built in their honor. Since June of 2009, Honor Flight has made this dream come true for over 1300 veterans. The trip is completely free to the veterans—they paid the price through the sacrifices they made many years ago.

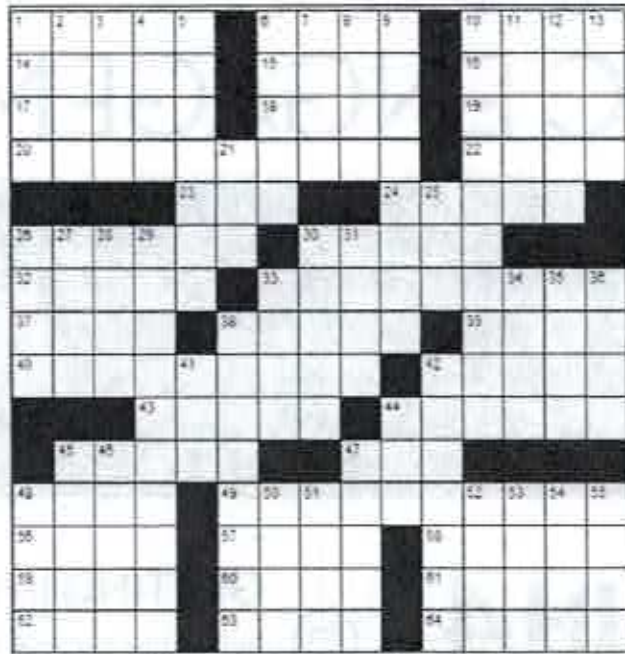
If you are a WWII or Korean War veteran and have not been on an honor flight, please call 603-518-5368 for more information. You can also visit their website www.honorflightnewengland.org or email them at honorflightnewengland@gmail.com

C	R	A	C	K		O	W	N	S		P	A	N	E
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1	3	2	4	8	6	7	9	5
8	5	6	7	1	9	2	3	4
9	7	4	2	3	5	1	8	6

ACROSS

- 1. A long narrow opening
- 6. Possesses
- 10. Piece of glass
- 14. Hawaiian veranda
- 15. Ship
- 16. Flying saucers
- 17. Not together
- 18. Arab chieftain
- 19. Steals
- 20. Luscious
- 22. Barbershop emblem
- 23. Derisive laugh
- 24. Scribbled
- 26. Attach
- 30. Secret agents
- 32. Scallion
- 33. Roared
- 37. Somersault
- 38. Contending
- 39. Portuguese folksong
- 40. Hartebeests
- 42. Melodies
- 43. Charges per unit
- 44. Relating to cats
- 45. Mystic
- 47. Family
- 48. Flippant
- 49. Catastrophe
- 56. 53 in Roman numerals
- 57. Modify
- 58. Tortilla chip
- 59. Savvy about
- 60. Pervert
- 61. Clobber
- 62. To fancy (archaic)
- 63. Wild Tibetan oxen
- 64. Feel



DOWN

- 21. Buff
- 25. Scarlet
- 41. Flee
- 2. Sexual assault
- 26. Ancient marketplaces
- 42. Renters
- 3. A Freudian stage
- 27. Soon
- 44. Hale
- 4. Concern
- 28. Sediment
- 45. A river through Paris
- 5. Cookhouse
- 29. Permissiveness
- 46. Produce a literary work
- 6. A religion based on sorcery
- 30. Startles
- 47. Friends and acquaintances
- 7. Uterus
- 31. Jests
- 48. Farm equipment
- 8. Found on a finger
- 33. Sort
- 50. Notion
- 9. Scattering
- 34. Hindu princess
- 51. Ill
- 10. Meaningful
- 35. Biblical garden
- 52. Container weight
- 11. In progress
- 36. An amount of medicine
- 53. Computer symbol
- 12. Chivalrous
- 38. In a consecrated manner
- 54. Units of resistance
- 13. Being
- 55. No

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	5					3	
9		4				1	8
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SCHEDULE



TAILOR



REVIEW



SUPPORT

BLAZE A TRAIL TO CIVIC ENGAGEMENT

Civic engagement means working to make a difference in the lives of community members. Community service and volunteering are common ways to refer to this engagement. No matter what you call it, older Americans are doing it, and in higher numbers than ever before.

Beyond helping and the people around you, being involved in your community benefits you. From preventing mental health issues by engaging in meaningful work to the physical benefits of being active and social, civic engagement is a win-win. It is never too late to give back!



1 IN 4

older Americans makes a positive impact through volunteering.

THE BENEFITS:

- Volunteering can lead to improved physical and mental health.
- Older volunteers report greater life satisfaction than non-volunteers.
- New relationships and making a difference provide a greater sense of purpose.
- Research suggests that those who volunteer are more likely to live longer.

GETTING INVOLVED



Schedule service that fits your lifestyle and determine how much time you want to give. If you are a morning person, the early shift at an animal shelter or reading to kids might be a good fit. 10-20 hours per week is common for many retirees.



Find the right opportunities. Volunteering works best when you involve your interests and skills. If you are handy, a Habitat for Humanity project may be most rewarding. If you enjoy working with kids, contact a local school to talk about ways you can help. Need inspiration? Visit <http://serve.gov/> for more tips and ideas.



Check out the do-it-yourself guides at <http://serve.gov/site-page/toolkits> if you have trouble finding the right opportunity or you have an idea for a new project. These toolkits will help to turn your concept into a successful activity.



If you want to help others more informally, think about driving neighbors to appointments, babysitting for working parents, or tutoring kids in your neighborhood. If you are a member of a spiritual community or club, ask if there are outreach programs that need help.

TIP: ASK FRIENDS OR FAMILY TO JOIN YOU!

Or check with other older adults in your community. Studies show that being asked to get involved is a great motivator.



BLAZE A TRAIL: MAY 2016

More resources:
<http://oam.acl.gov/resources.html>





WORK



CREATE



LEARN



SERVE

BLAZE A TRAIL TO REINVENTION

Today, older Americans are living longer and more healthfully than ever before. What does this mean for our notions of life after a career? Many retirees are finding new inspiration in second careers, helping others, discovering new interests, and pursuing dreams. Reinventing yourself can be fun and rewarding. Even better: it is also good for your mental and physical well-being.

Whether you are planning for retirement or simply looking to get involved in new activities, start by thinking about your skills, dreams, and passions.



By 2029, more than **20%** of Americans will be of retirement age.

THE BENEFITS:

- Helps keep your mind active
- Helps maintain physical health
- Provides structure and routine
- Connects you with the community
- Promotes social activities
- Helps prevent isolation
- Provides income in some cases



FOLLOW YOUR PASSION, USE YOUR SKILLS

Careers after retirement can be rewarding, personally and financially. First, determine whether you have the skills needed for a new venture. If so, update your resume and start looking at job posts. If not, seek out classes and training—online or at a local college. Remember to ask whether financial assistance is available.



Express yourself through the arts. Learn to paint or draw, dust off those dancing shoes, or put your musical talent to use. Take a class in stand-up comedy or acting, or finally write that story. Even if you never felt artistic, everyone has the ability to be creative. As a bonus, studies show that the arts can improve brain health.



Keep learning and growing! Learn a new language or take a computer class. Or, maybe you have always wanted to travel and discover other cultures. No matter what you choose, pursuing a new interest will help keep you happy, healthy, and connected.



Consider using your years of experience to serve others. Volunteers meet a range of community needs, from mentoring at-risk youth to providing job training to helping families recover from disasters. Find opportunities at <http://serve.gov/> or by visiting a local organization or charity.

TIP: NEED HELP DECIDING WHAT TO DO?

Connect with your local senior center, community college, or library to find programs in your community.

OLDER AMERICANS MONTH



BLAZE A TRAIL: MAY 2016

More resources:
<http://oam.acl.gov/resources.html>



Council on Aging
1 North Main Street
Berkley, MA 02779

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

Free Dental Screening Clinic for Seniors!
Saturday, May 7, 2016, 8:45 a.m.—1:00 p.m.
Attleboro Council on Aging
25 South Main Street, Attleboro, MA

Dental professionals at the clinic will:

- ◆ Diagnose dental problems
- ◆ Check for oral cancer
- ◆ Clean dentures using a specialized machine
- ◆ Label dentures to prevent loss

Clinic is open to anyone over 60. Call Attleboro COA 774-203-1906 to schedule your free appointment. More details on flyer on bulletin Board at Berkley Senior Center.

The Friends of the Berkley Public Library will be presenting **The Graveyard Girls** for "A Virtual Tour of Berkley's Cemeteries" on **Wed., May 4**, at the **Berkley Middle School**. The doors will open at 6pm and the program will begin promptly at 6:30. This program, funded by the Berkley Cultural Council, is free and open to the public. Donations to the Library Building Fund will be gratefully accepted.



BERKLEY COUNCIL ON AGING NEWSLETTER JUNE 2016

BOARD MEMBERS:

Chair - Mary Silva; Vice Chair - Donna Benoit; Treasurer- Carolyn Peloquin;
Programs - Priscilla Martin; Member - Robert Sullivan.

Currently we have two vacancies on the board that we are looking to fill.
Anyone interested should contact Mary Silva at 508-821-3105.

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.

UPCOMING COA EVENTS

Tai Chi classes are now being offered for seniors on Thursdays at 10:00 a.m. at the Senior Center. No special clothing is required. You can sit or stand. The movements are very slow. Join us! It's free.



Lunch on the farm - June 21 at Noon - Chamberlain Farm, Friend Street, Berkley

The Council on Aging provides a yearly opportunity for Berkley seniors only to enjoy an afternoon enjoying the clean fresh air. We invite you to join us for a FREE lunch on June 21 at the lovely Chamberlain Farm Pavilion on Friend St.

The event will start at Noon with lunch followed by entertainment provided by the Olde Kids, an 18-piece band. 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.

Seating is limited so please call the Council on Aging office at 508-821-3105 or email us at berkeleycoa2013@aol.com on or before **June 16** to reserve your spot. If the answering machine picks up be sure to leave your name and number and someone will call you back as soon as possible.

If you need to cancel for any reason, please let us know as soon as possible so that we can offer the seat to another senior.

**Important
Phone Numbers**

FIRE/ POLICE

MEDICAL

911

Attorney General's

Elder Hotline

(10-5) M-F (888) 243-5337

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

Citizens for Citizens

(508) 823-6346

**Food/Rent/Mortgage
Assistance**

(508) 823-6346

Fuel assistance

(508) 679-0041

MA Council on Aging

www.mcoaonline.com

SHINE

Needs of Elders

1-800-987-2510

State Rep. KEIKO M. ORRALL

9:30—10:30 a.m., Town Hall
1st Monday of each month

State Sen. MARC R. PACHECO

11:00 a.m.— 12:00 noon,
Town Hall

3rd Tuesday of each month

Veterans Services

Donald Hirschy

(508) 669-5027

Kitchen shower

date June 23, 2016

Time 2:00 p.m.

place Activity Room, Council on Aging

RSVP 508-821-3105 berkeleycoa2013@aol.com
By June 16

“Take time for all things.”

© 2010 SUEAN BRANCH

Gift ideas: We are registered at Target. Go to www.target.com, click on registry, enter berkeleycoa2013@aol.com, password is bcoa2016

Some items needed -

Cotton dish towels

Sponges

Dish soap

Paper towels, Napkins

Paper plates, sm & lg

Paper bowls (cereal size)

Plastic bowls lg serving size

Plastic knives, forks & spoons

Paper cups for hot drinks (sm & med)

Kitchen cleaning products

Spatulas

Lg. spoons

Salt & pepper shakers, Salt & Pepper

Sugar & storage container with tight seal

Plastic storage containers (all sizes)

Plastic wraps & storage bags (all sizes)

Aluminum foil

Sugar & creamer sets

Pots & pans

Knives

Pizza cutter

Cutting boards several sizes

Lemonade & cold drink mixes

Measuring spoons

Measuring cups

June 2016



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		10:00 AM - Line Dance	10:00 AM - Tai Chi 11:30 AM - Friends of COA meeting	8:15 AM - Aerobics
6	7	8	9	10
8:15 AM - Aerobics 7:00 PM - Annual Town Meeting	9:00 AM - Yoga 11:30 AM - Quilting 1:00 PM - COA Meeting	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
13	14	15	16	17
	Flag Day	World Elder Abuse Day		
8:15 AM - Aerobics	9:00 AM - Yoga 11:30 AM - Quilting 1:00 PM - Bingo	10:00 AM - Line Dance	9:00 AM - Tai Chi 10:00 AM - Podiatry Clinic 11:30 AM - Friends of COA meeting	8:15 AM - Aerobics
20	21	22	23	24
Summer Begins !				
8:15 AM - Aerobics	9:00 AM - Yoga 11:30 AM - Quilting Noon - Lunch at the Farm	9:00 AM - Food Distribution 10:00 AM - Line Dance	10:00 AM - Tai Chi 2:00 PM - Kitchen Shower	8:15 AM - Aerobics
27	28	29	30	
8:15 AM - Aerobics	9:00 AM - Yoga 11:30 AM - Quilting 1:00 PM - Bingo		10:00 AM - Tai Chi	

Are You a WWII or Korean War Veteran?

Honor Flight New England is a 501© 3 non-profit organization with one goal—to take New England area WWII and Korean veterans on a one-day trip to Washington, DC to visit and reflect at the memorials that were built in their honor. Since June of 2009, Honor Flight has made this dream come true for over 1300 veterans. The trip is completely free to the veterans—they paid the price through the sacrifices they made many years ago.

If you are a WWII or Korean War veteran and have not been on an honor flight, please call 603-518-5368 for more information. You can also visit their website www.honorflightnewengland.org or email them at honorflightnewengland@gmail.com



JULY 4TH INDEPENDENCE DAY – Doesn't this seem like a great day to meet your friend's on the Berkley Common for some entertainment by the "Sultans of Sax"? That's right, a lot of you have seen them before and thoroughly enjoyed them so we are having them back for our Independence Day celebration this year. Friends of Council on Aging will be presenting this program for your listening pleasure. And that's not all, folks, Friends of Berkley Council on Aging will be providing free, I said **FREE**, hot dogs, chips and a drink between 11:30 a.m. and 1:30 p.m. for those who attend. We are hoping that you will come on out to the Common and have a great day with friends and family. See you all there!

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.

HAPPY HEARTS

Meet every Monday
1:30 p.m.

Activity Room - Town Hall
For info call: Roberta St. Yves
at 508-386-2047



FRIENDS OF COUNCIL ON AGING

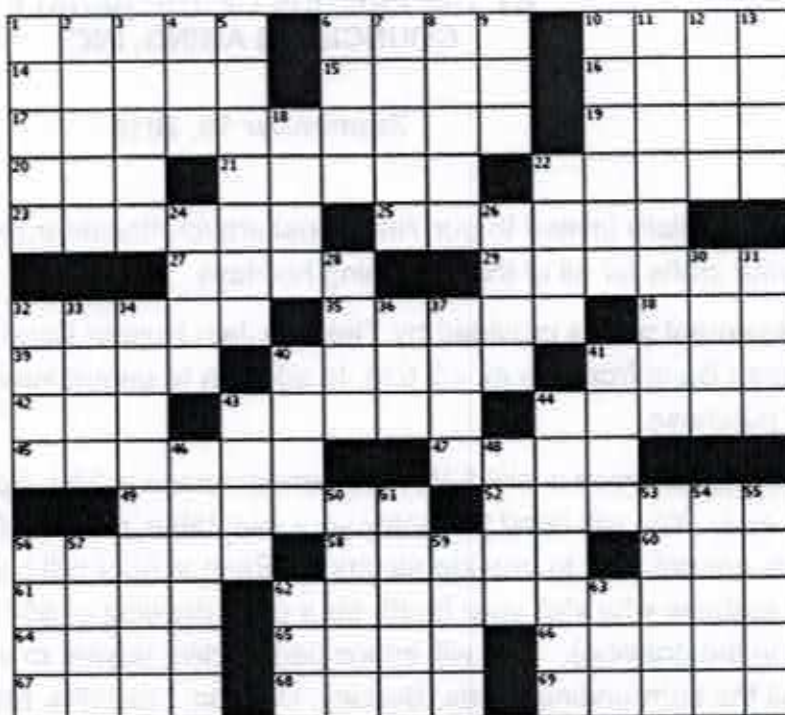
Meet the 1st and 3rd Thursday
11:30 a.m.

Activity Room - Town Hall
For info call: Jackie Arnoe
at 508 - 822-9634

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

Across

- 1. Mixes
- 6. And
- 10. Surrounded by
- 14. Regional
- 15. Teller of falsehoods
- 16. Flower
- 17. Broken
- 19. Yearn
- 20. TV room
- 21. Slackens
- 22. Exams
- 23. Imitation
- 25. Cowboy's rope
- 27. Converge
- 29. Again
- 32. Drive too fast
- 35. Winter accessory
- 38. Wind dir.
- 39. William or Sean
- 40. Fern "seed"
- 41. Broil
- 42. Anger
- 43. Swiftless
- 44. Evade
- 45. Soup bowl
- 47. Still snoozing
- 49. Athens' country
- 52. Responds
- 56. Leading
- 58. Brief summary
- 60. Ordinance
- 61. Hardens
- 62. Bargain hunter's stop (2 wds.)
- 64. Toledo's lake
- 65. Platoon
- 66. Tear to bits
- 67. Circle sections
- 68. Ball holders
- 69. Poke fun at



Down

- 1. Playground fixture
- 2. Photocopier liquid
- 3. Sacred images
- 4. Musical genre
- 5. Rained ice
- 6. Cry of sorrow
- 7. Defame
- 8. Chip dip
- 9. Natural mineral
- 10. Come into view
- 11. Wetted
- 12. Common contraction
- 13. Stains
- 18. Demolish
- 22. Quarrel
- 24. Prayer's end
- 26. Seldom found
- 28. Chef's units (abbr.)
- 30. Glitch
- 31. At this location
- 32. Roasting stick
- 33. Andean country
- 34. Peppy
- 36. Foldaway bed
- 37. Space
- 40. Of sound mind
- 41. Soft drink
- 43. Obey
- 44. Most profound
- 46. Deletes
- 48. Boast
- 50. Long-legged bird
- 51. Uncanny
- 53. Heidi's cousin
- 54. Fables
- 55. Stockholm resident
- 56. On the ocean
- 57. German mister
- 59. Felines
- 62. Belly
- 63. That gal

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

CLAM QUICHE

- 1- can Snow's Clam Chowder (condensed) without adding milk
- 4 eggs - slightly beaten
- 1/2 cup chopped onions
- 1/2 cup sour cream
- 2 tsp chopped parsley
- 1/2 tsp pepper
- 4 slices American cheese
- 1 9 inch pastry shell

Blend together all ingredients except cheese. Pour into unbaked shell about 2/3rds of the mixture. Cover with cheese slices and pour remaining mixture over cheese. Bake at 350 degrees for 50 - 55 minutes.

**ARTS/CRAFT/VENDOR FAIR SPONSORED
BY THE FRIENDS OF THE BERKLEY
COUNCIL ON AGING, INC.**

September 10, 2016

You are cordially invited to our 7th annual arts/craft/vendor fair. This will be an opportunity to show off your crafts for all of the upcoming holidays.

Entertainment will be provided by The Toe Jam Puppet Band from 11 a.m. to 12 noon and The Mike Moran Band from 1 p.m. - 3 p.m. In addition to entertainment, food and soft drinks will be available for purchase.

The cost for a space is still \$25; food vendor space is \$50. Space is limited so make your reservations early. You will need to supply your own table, chair and overhead cover should you need one. We are not able to provide electricity. Each vendor will be provided with raffle tickets to be given out to those who visit your booth for a prize drawing of \$50 (vendors are exempt from participating in the drawing). This will entice perspective buyers to visit your booth. We will be advertising in all the surrounding towns; Berkley, Dighton, Lakeville, Middleboro, Freetown, Taunton, Fall River and New Bedford.

The fair will be held on the Berkley Common, North Main St. (center of town) from 9 a.m. to 4 p.m. on September 10.

The goal of our organization is to raise funds to help the Berkley COA continue with health and educational programs for our seniors. To reserve a space, fill out the application below or call Jackie at 508-822-9634.

APPLICATION

Participant/Business/Artist Name: _____

Address: _____

Phone: _____ E-Mail: _____

Type of Craft/Product/Art: _____

Make Checks Payable to: **FRIENDS OF BERKLEY COA**

Mail to: Jackie Arnoe, 25 Green St. Berkley, Mass.02779

**FRIENDS OF BERKLEY COUNCIL ON AGING, INC.
WE NEED YOUR HELP**

Friends of Berkley Council on Aging, Inc. are a small group of enthusiastic volunteers who support the Council On Aging. The purpose of this organization is to raise money to help COA continue with the programs they are currently running and to start new programs to benefit our senior citizens in Berkley. "Friends" is a non-profit organization and depends solely on support from donations, memberships and fund raisers.

If you would like to help or want more information, please call Jackie Arnoe at 508-822-9634.

Anyone of any age may join the "Friends" by completing the form below. Membership dues for an individual are \$10, for a senior \$5, for a family \$25, and a donation in any amount will be greatly appreciated. Checks should be made payable to Friends of Berkley COA, Inc. and mailed (along with the application) to Rita Harrison, Treasurer, 20 South Main St., Berkley, Mass. 02779.

MEMBERSHIP APPLICATION

FRIENDS OF BERKLEY COUNCIL ON AGING INC.

NAME _____ SPOUSE _____

Address _____

Telephone _____ E-mail _____

Individual (\$10) _____ Senior (\$5) _____ Family (\$25) _____ Donation _____

Council on Aging
1 North Main Street
Berkley, MA 02779

Return service requested

PRESORTED STANDARD

U.S. POSTAGE PAID
TAUNTON, MA

PERMIT NO. 73

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

Getting calls from your own number?

It's like a scene out of a strange sci-fi movie. You get a call, look at the caller ID, and see that your own number is calling. Weird!? No, this isn't an alternate reality where your future self is calling the present you. It's a scammer making an illegal **robocall**.

Technology makes it easy for scammers to fake or "spoof" caller ID information. They can make it look like they're calling from a different place or phone number. Even your number. Scammers use this trick as a way to get around call-blocking and hide from law enforcement. They hope you'll be curious enough to pick up. Don't fall for it.

The real callers could be calling from anywhere in the world. We've written about these kinds of tricks before - like when **scammers pretended to be the IRS** and faked caller ID so people thought it really was the IRS calling.

Bottom line? These calls from your own number are illegal. Don't pick up - or press buttons to be taken off the call list or to talk to a live person. That just leads to more calls. It's best to ignore them, and move on with your day.

Federal Trade Commission Consumer Information consumer.ftc.gov



BERKLEY COUNCIL ON AGING NEWSLETTER

SEPTEMBER 2016

BOARD MEMBERS:

**Chair - Donna L. Benoit; Vice Chair - Robert Sullivan; Treasurer- Carolyn Peloquin;
Secretary/Programs - Priscilla Martin; Committees Coordinator - Mary Silva.
Currently we have two vacancies on the board that we are looking to fill.
Anyone interested should contact Mary Silva at 508-821-3105.**

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.

NEW

Soon Berkley will be a Dementia Aware Community!

The COA has received a grant awarded to the Massachusetts Councils on Aging by the Massachusetts Executive Office of Elder Affairs to assist town departments and businesses in becoming Dementia Aware. Our hope is that by raising awareness of dementia and its stigma, our residents with memory issues will be able to participate in community life and stay in their homes longer with the support of a Dementia Friendly community.

The COA will provide free training for businesses, their employees and town departments. We will be contacting you to arrange a convenient time to meet and discuss becoming Dementia Aware. For more information call the COA at 508-821-3105 or email us at berkley-coa2013@aol.com

Mah Jongg class starts September 12.

Janet Phillips will be teaching Mah Jongg on Mondays from 10:00 to 12:00 at the COA. Cost is free and she will supply the game materials. Please call the office at 508-821-3105 to sign up or just come on by on any Monday morning at 10:00 a.m.

Computer Available for Senior's use.

Seniors are invited to use the computer located in the Activity Room at the COA. First come first served.

HEALTH CARE PROXY FORMS

Massachusetts Health Care Proxy forms are available at the COA office along with instructions as to how to complete it. Stop by and pick one up or call the office at 508-821-3105 for more information.

**Important
Phone Numbers**

FIRE/ POLICE

MEDICAL

911

Attorney General's

Elder Hotline

(10-5) M-F (888) 243-5337

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

Citizens for Citizens

(508) 823-6346

Food/Rent/Mortgage

Assistance

(508) 823-6346

Fuel Assistance

(508) 679-0041

MA Council on Aging

www.mcoaonline.com

SHINE

Needs of Elders

1-800-987-2510

State Rep. KEIKO M. ORRALL

9:30—10:30 a.m., Town Hall

1st Monday of each month

State Sen. MARC R. PACHECO

11:00 a.m.— 12:00 noon,

Town Hall

3rd Tuesday of each month

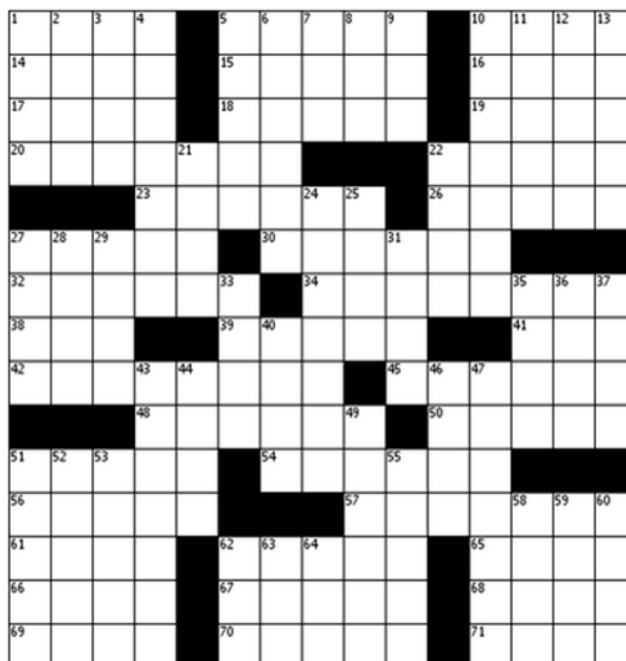
Veterans Services

Donald Hirschy

(508) 669-5027

Across

1. Common skin problem
5. Fastened shoestrings
10. Rave
14. Heavenly body
15. Traditional saying
16. Pennsylvania port
17. Majority
18. Burn slightly
19. Dancer ____ Kelly
20. Perform surgery
22. Flax product
23. Guarantee
26. Pile up
27. Warning horn
30. Calm
32. Pencil end
34. Ballroom dance
38. Atlas entry
39. Make up for
41. " ____ Clear Day..." (2 wds.)
42. ____ decorator
45. Excuses
48. Snake-haired woman
50. Upper class
51. Orally
54. Leased car
56. Artist ____ Picasso
57. African country
61. Adrift
62. Hearty soups
65. Monopoly, e.g.
66. Take it easy
67. Principle
68. Mimics
69. Family diagram
70. Furious
71. Pre-Easter period



Down

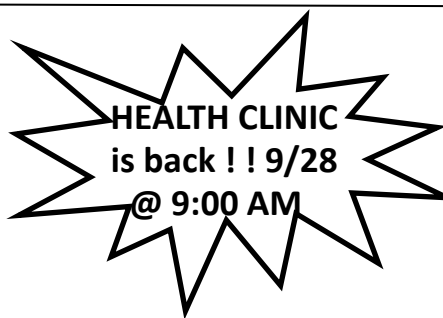
- | | | |
|-------------------------|------------------------|---------------------------------|
| 1. Munitions, for short | 22. Delayed | 46. Slender |
| 2. Henhouse | 24. Contrition | 47. Illicit |
| 3. Smelling organ | 25. Eve's garden | 49. Reply |
| 4. Main courses | 27. Half (prefix) | 51. Into pieces |
| 5. Continues | 28. Mideast nation | 52. Sci-fi weapon |
| 6. Parisian farewells | 29. Entranced | 53. Fat |
| 7. Is able | 31. District | 55. Grouchy |
| 8. Hen product | 33. Foray | 58. Rubberneck |
| 9. Fourth letter | 35. Mongolian desert | 59. Prayer finale |
| 10. Systematic plan | 36. Single thing | 60. " ____ we forget" |
| 11. Hockey venue | 37. Relaxation | 62. Train depot (abbr.) |
| 12. Dressed to the ____ | 40. Sightseeing trip | 63. Hamilton bill |
| 13. Young people | 43. Imitate | 64. Liverpool's country (abbr.) |
| 21. Green Gables girl | 44. Decorator's advice | |

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

**FRIENDS OF
COUNCIL ON
AGING**

Meet the 1st and
3rd Thursday -
11:30 a.m.
Activity Room -
Town Hall.

For info call:
Jackie Arnoe at
508 - 822-9634



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			10:00 AM - Tai Chi 1:30 PM - Friends of COA meeting	8:15 AM - Aerobics
5 LABOR DAY	6	7	8	9
	9:00 AM - Yoga 11:30 AM - Quilting		10:00 AM - Tai Chi	8:15 AM - Aerobics 10 - Saturday - Arts/Craft Fair on Common - Friends of Council on Aging 11 - Sunday - Dighton Rock State Park - Paranormal Investigation 101
12	13	14	15	16
8:15 AM - Aerobics 10:00 AM - Mah Jongg	9:00 AM - Yoga 11:30 AM - Quilting 1:00 PM - Bingo	10:00 AM - Line Dance	10:00 AM - Tai Chi 1:30 PM - Friends of COA meeting	8:15 AM - Aerobics 17 - Saturday - Honey Harvest Festival on Common - Bee Informed Group
19	20	21	22	23
8:15 AM - Aerobics 10:00 AM - Mah Jongg	9:00 AM - Yoga 11:30 AM - Quilting 1:00 PM - COA Meeting	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics 24 - Saturday - Noon - Happy Hearts Chicken BBQ @ American Legion
26	27	28	29	30
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:30 PM - Happy Hearts	9:00 AM - Yoga 11:30 AM - Quilting 1:00 PM - Bingo	9:00 AM - Food Distribution 9:00 AM - Health Clinic 10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics

ANNOUNCEMENTS

Meet our new **Outreach Worker**
Lucille Dallaire

She will be working with us 10 hours a week as part of a grant from the Massachusetts Councils on Aging (MCOA) that was awarded to the Berkley-Lakeville Consortium. She will be reaching out to all of our senior residents to inform them of services available and to see if there is anything they would like the Council on Aging to provide.

She will also be assisting with the Dementia Friendly community grant.

In filling in an application, where it says, "In case of emergency", notify: I put "DOCTOR" !!!!!!!

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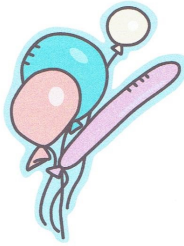
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M	O	S	T		S	I	N	G	E		G	E	N	E
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NOTARY PUBLIC SERVICES

Board Member, Robert Sullivan is offering his services as a notary public free of charge, to any senior citizen in Berkley. Please call the COA office at 508-821-3105 for an appointment.

HAPPY HEARTS

Meet every Monday - 1:30 p.m. - Activity Room - Town Hall
 For info call: Roberta St. Yves, at 508-386-2047



FRIENDS
Of the Berkley COA

Craft & Vendor Fair
Berkley Common
Sept. 10, 2016

9a.m. - 4 p.m.

Entertainment by:
The Toe Jam Puppet Band 11a.m.-12p.m.
The Mike Moran Band 1p.m. -3p.m.

Food and beverages available
Space is \$25 - Food Vendor Space is \$50
To reserve a 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.

REMINDER FROM SHINE

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should be receiving information from your plan by the end of September. It is important to understand and save this information because it explains the changes in your plan for 2017.

During the annual Medicare Open Enrollment (October 15 - December 7), you will have a chance to **CHANGE** your plan for next year.

SHINE Counselors can help you understand your plan changes as well as other options you may have.

Make your SHINE appointment early. Call the SHINE Counselor at 508-669-5027.

*The longer I live
the more beautiful life becomes.
Frank Lloyd Wright*

HURRICANE SEASON IS HERE

The Atlantic hurricane season runs from June 1st to November 30th. The National Weather Service issues hurricane watches/warnings when there is a threat of hurricane conditions to coastal areas. Preparing for a hurricane is **ESSENTIAL**.

Gather emergency supplies:

- ◆ 3 to 5 day supply of non-perishable food and water (about 5 gallons of water for each person)
- ◆ First aid kit, prescription medications, and special medical needs
- ◆ Battery-powered radio, flashlights, and extra batteries
- ◆ Sleeping bags or extra blankets
- ◆ Personal hygiene supplies such as soap, toothpaste and disposable cleaning cloths
- ◆ Cash
- ◆ Make plans to ensure the safety of pets.

Throughout the storm, whether you are ordered to evacuate or remain in your home, remember to:

- ◆ Remain indoors and stay away from windows and doors
- ◆ Keep informed about the storm by radio or television
- ◆ Prepare to evacuate to a shelter or a neighbor's home if your home becomes damaged or if advised by local authorities to do so.

Council on Aging
1 North Main Street
Berkley, MA 02779

PRESORTED STANDARD
U.S POSTAGE PAID
TAUNTON, MA
PERMIT NO. 73

Return service requested

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



Attention Berkley Residents



A member of the Board of Assessors will be inspecting houses that have not been reviewed in a number of years as part of our cyclical inspections. Since our values are based on the continual updating of our records and sales, home inspections are necessary to ensure and maintain the accuracy of our records. We will be contacting residents by telephone and by mail. Should you receive a message or letter, please contact our office to schedule an appointment. Our assessors will always have proper identification for review. Your cooperation is greatly appreciated. Feel free to contact the Office of the Board of Assessors at 508-822-7955 should you have any questions.





BERKLEY COUNCIL ON AGING NEWSLETTER

NOVEMBER 2016

BOARD MEMBERS:

Chair - Donna L. Benoit; Vice Chair - Robert Sullivan; Treasurer- Carolyn Peloquin;
Secretary/Programs - Priscilla Martin; Committees Coordinator - Mary Silva.
Currently we have two vacancies on the board that we are looking to fill.
Anyone interested should call the COA at 508-821-3105.

NEW

FIRE PREVENTION SEMINAR

November 2—2:00—3:00 p.m.

Deputy Chief Russ Horgan and Captain John Franco will present new ways to make you and your home safe, not only from fire but other hazards as well. There are new products on the market that you may be interested in. There are also new rules for replacing smoke alarms and carbon dioxide detectors. Come and spend an hour with us and learn. Your life could depend on it!!



HOLIDAY LUNCHEON

December 10 - Noon

Berkley Middle School Cafeteria

The Council on Aging is hoping you will join us for lunch to celebrate the holiday season. We've got it all together and we are very happy to tell you about it.

Last year we had D & D Caterers from New Bedford cater our lunch and it was delicious. We will be having the same caterer this year and they are bringing a typical holiday lunch. The students from the Middle School will be helping as they have in the past.

After lunch, when we are all relaxing and looking for a little entertainment, the Somerset – Berkley Regional High School Show Choir is going to sing for us. It will be a wonderful and relaxing afternoon of enjoying the season.

As in the past, there will be no charge. **Please call Council on Aging at 508-821-3105 as soon as you can and let us know you are coming because we have limited seating and we don't want you to miss out. Reservations deadline is Friday, December 2.**

We'll see you there. Berkley residents only.

**Important
Phone Numbers**

**FIRE/ POLICE
MEDICAL**

911

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

**Berkley
Council on Aging**
Hours: Mon. thru Thurs.
(508) 821-3105
berkeleycoa2013@aol.com

Bristol Elder Services
(508) 675-2101

Citizens for Citizens
(508) 823-6346

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

Fuel Assistance
(508) 679-0041

MA Council on Aging
www.mcoaonline.com

SHINE
Needs of Elders
1-800-987-2510

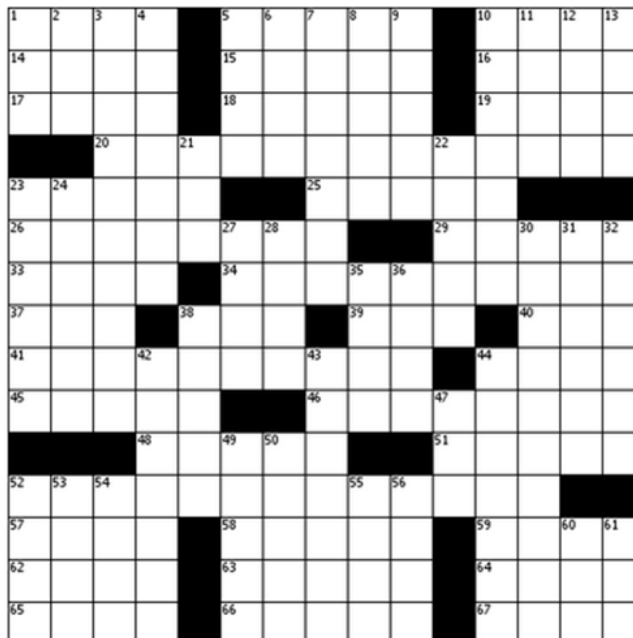
State Rep. KEIKO M. ORRALL
9:30—10:30 a.m., Town Hall
1st Monday of each month

State Sen. MARC R. PACHECO
11:00 a.m.— 12:00 noon,
Town Hall
3rd Tuesday of each month

Veterans Services
Donald Hirschy
By appointment - call
(508) 669-4524

Across

1. Apple output
5. Lord's laborers
10. IRS employee
14. One of the reeds
15. Father of 6-Down
16. Petrocelli of '60s-'70s baseball
17. Noted Quaker
18. "Of course!"
19. Year, on a cornerstone
20. "Soldier's shoulders," for one
23. Where gulls gather
25. Not first-class
26. Geometry curve
29. For the stock issue price
33. Cultural interests
34. What you say but don't mean
37. Stat for Sosa
38. Frodo's companion
39. Washington's bill
40. Paste's partner
41. Fictional cuspid collector
44. Author Janowitz
45. Golfer with an "army"
46. Early explorer, of necessity
48. James gang member
51. Without interruption
52. Bungle things
57. Trendy furniture store
58. Qatari currency
59. Marine shade
62. Noggin
63. Without peers
64. Sign of decay
65. This, in Tarragona
66. Disney pooch
67. Consider



Down

- | | | |
|---------------------------------------|-------------------------------------|-------------------------------|
| 1. Swab | 21. Wyo. neighbor | 43. "Don't try to hide!" |
| 2. Tad's dad | 22. "Why should ___?" | 44. Mead vessel |
| 3. Human pretzel's act | 23. Peloponnesian stronghold | 47. Instead of |
| 4. Ladies of Linares | 24. Safe haven | 49. Sandal feature |
| 5. Emulate Jewel | 27. Minnesota's St. ___ College | 50. Con man's accomplice |
| 6. Son of 15-Across | 28. Soup bean | 52. Deride |
| 7. Loan document limit | 30. Like "Don Quixote de la Mancha" | 53. Four-stringed instruments |
| 8. De ___: actual | 31. Depth of perception | 54. Ham or lamb |
| 9. The "e" sound in "the" | 32. Slow down | 55. Wish for |
| 10. Sensational programming, slangily | 35. Ticked off | 56. Sub in a tub |
| 11. Make cents | 36. New Age songstress | 60. Take advantage of |
| 12. Prom night woe | 38. Bo Peep's loss | 61. PIN requester |
| 13. King Hussein's widow | 42. Mexican border city | |

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

**HAPPY
HEARTS**

Meet every Mon -
1:30 p.m.
Activity Room
Town Hall

For info call:
Roberta St. Yves,
at 508-386-2047

NOVEMBER



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Taxes Due 9:00 AM - Yoga 11:30 AM - Quilting 1:00 PM - COA meeting	2 10:00 AM - Line Dance 2:00 - 3:00 PM - Older Adults Fire Safety - New Regulations	3 no Tai Chi 1:30 PM - Friends of COA meeting	4 8:15 AM - Aerobics 6 - Sunday - Daylight Savings Time Ends
	7 8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:30 PM - Happy Hearts	8 VOTE 9:00 AM - Yoga 11:30 AM - Quilting 1:00 PM - Bingo	9 10:00 AM - Line Dance	10 no Tai Chi
14 8:15 AM - Aerobics 1:00 - 3:00 PM - Mah Jongg (Conference Rm)	15 9:00 AM - Yoga 11:30 AM - Quilting	16 9:00 AM - Food Distribution 9:00 AM - Health Clinic 10:00 AM - Line Dance	17 10:00 AM - Tai Chi 1:00 - 3:00 PM - Painting 1:30 PM - Friends of COA	18 8:15 AM - Aerobics
21 8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:30 PM - Happy Hearts	22 9:00 AM - Yoga 11:30 AM - Quilting 1:00 PM - Bingo	23 10:00 AM - Line Dance	24 Thanksgiving 	25 8:15 AM - Aerobics
28 8:15 AM - Aerobics 1:30 PM - Happy Hearts	29 9:00 AM - Yoga 10:00 AM - Mah Jongg 11:30 AM - Quilting :00 PM - COA meeting	30 10:00 AM - Line Dance		



UPCOMING EVENTS

Mah Jongg class

Janet Phillips is teaching Mah Jongg on Mondays from 10:00 to 12:00 at the COA. Cost is free and she will supply the game materials. Please call the office at 508-821-3105 to sign up or just come on by on any Monday morning at 10:00 a.m.

Acrylic Paint Class

Elsie Goldstein will teach a 6 week course (Oct. 20–Dec. 1) in Acrylic Painting. Class will be held on **Thursdays** from **1:00 - 3:00 PM** in the Senior Center Activity Room. Call 508-821-3105 to register and for a list of supplies needed. Space is limited.

























 Away for the winter? Let us know when you'll be away and we can save some money by
 


 not mailing your newsletter to you. If while away you have internet access, you can read
 


 the newsletter online at www.townofberkeleyma.com Call the COA at 508-821-3105 and
 


 leave us your names and dates you'll be away. Thanks
 
























Medicare Open Enrollment Assistance

If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you will have a chance to CHANGE your plan for next year between October 15 and December 7. For help understanding your plan, or options available to you, a trained SHINE counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs.

THANKSGIVING DINNER

For over twenty years a group of parishioners from the Berkley Congregational Church began preparing and delivering Thanksgiving dinners to seniors in Berkley and surrounding towns. Over the years the Myricks United Methodist Church and local residents have joined us. We now also deliver Christmas and Easter dinners. For Thanksgiving we serve a traditional dinner with turkey, stuffing, potatoes, butternut squash, carrots, green beans, rolls, butter, cranberry sauce, pickles and squash or apple pie.

There are no requirements other than you could use a hot meal and a visit on Thanksgiving Day. The meals are prepared at the church on Thanksgiving morning and delivered after 11:00 a.m. If you, or someone you know, could use a Thanksgiving Dinner, please contact Diane Ennis at 508-942-0505, dgennis@comcast.net or call the Berkley Council on Aging at 508-821-3105.

OUTREACH

The COA's Outreach Service Worker is available to assist seniors and their families through home and office visits. This Outreach Service is free and is available to provide information and referrals to various programs and services, and/or assist in completing applications.

FUEL ASSISTANCE

The COA wants to remind you that:

It is time to apply, or re-apply, for fuel assistance which can help pay for heating your house or apartment during the heating season (November 1ST and April 30th). Eligibility is based on gross income and household size. Fuel Assistance can assist with any primary heat type: oil, natural gas, electricity, propane, kerosene, wood or coal.

Family of 1	\$34,001
Family of 2	\$44,463
Family of 3	\$54,925
Family of 4	\$65,387

The annual Medicare Open Enrollment is October 15-December 7 for a Medicare Prescription Drug Plan and Medicare Advantage Plan (HMO, PPO).

To receive assistance with the application to these programs call the COA at 508-821-3105 and leave a message for the Outreach Worker, Lucille.

FRIENDS OF BERKLEY COUNCIL ON AGING will be collecting cans at the Recycling Center during the month of November. Please bring those bottles and cans to the Recycling Center on Wednesdays (11:00 a.m. – 6:30 p.m.) and Saturdays (8:00 a.m. – 3:30 p.m.) in November and we will turn them into cash to help support Council on Aging programs.

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M	A	C	S		S	E	R	F	S		T	M	A	N	
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S	H	O	R	E				C	O	A	C	H			
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A	R	T	S		L	I	P	S	E	R	V	I	C	E	
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Holiday Assistance 2016

Mass 2-1-1

This online directory is an information resource for emergency food, rent, help paying your heating and utility bills, mental health counseling, health programs, public health and safety services, child care referrals, job resources, and other help for individuals, parents and families. Click on orange circle, "Search for Help". Tip: use "holiday" under keyword search.

Website: <http://www.mass211help.org>

Call 211 for resources.

The Greater Boston Food Bank

Each month, GBFB delivers a carefully planned selection of nutritious food items to senior and community centers, where staff and volunteers organize and fill grocery bags for distribution. A typical grocery bag weighs about 15 pounds and contains roughly \$40 worth of food items such as: milk, cheese, ground turkey, yogurt, spinach, carrots, dried fruit, spaghetti, peanut butter and cereal.

Call Berkley COA for assistance 508-821-3105

www.gbfb.org

Project Bread Food Source Hotline

Project Bread screens residents of Massachusetts for eligibility for the SNAP Program, helps people apply over the phone and provides information on community food programs. This hotline has translators available in 140 languages.

Hotline: (800) 645-8333

Phone: (617) 723-5000

TTY: 1-800-377-1292

Email: info@projectbread.org

Website: <http://www.projectbread.org>

Salvation Army Family Services

The Salvation Army endeavors to spread hope year-round while also acknowledging religious and national holidays. Provides children and individuals with clothing, toys and gifts. In addition, seniors and families may receive financial assistance to help them meet basic needs, such as vouchers for utilities, rent and grocery store / food pantry items.

<http://easternusa.salvationarmy.org/> (Eastern Territory) Enter zip code to locate your area Salvation Army. (Located in middle of home page)

Continued on Page 9

Globe Santa

Serves eastern Massachusetts. Families request toys by writing to Globe Santa, stating their family size and need. This must be verified and countersigned by a social service or religious agency that is currently registered with the Globe Santa fund. Mail your request. Send your letter and completed verification form to the following address by **November 30**

Globe Santa

P.O. Box 55820

Boston, MA 02205-5820

Phone: (617) 929-2002

Email: santa@globe.com

Website: <http://globesanta.org/>; <http://globesanta.org/aboutreq.aspx#request>

Phone: (617) 929-2002

My Brother's Keeper

Assistance is provided by delivery only— no pick-ups at our facility. The towns we service for our Christmas Assistance Program are as follows: Boston area south to Fall River and Cape Cod. All requests are processed by phone. We cannot accept e-mail requests or requests made in-person at our facility due to staffing limitations.

Christmas Assistance Line

508-238-2562

September – December

call for up-to-date days & hours of operation

<http://www.mybrotherskeeper.org/request-assistance/christmas-assistance/>

Taunton - Corline Cronan's Family, Inc.

The Corline Cronan's Family coordinates donations of food, turkeys and volunteers for a hot meal for the homeless, less fortunate, lonely citizens on Thanksgiving, Christmas and Easter holidays. Meal site is Coyle Cassidy High School. Meals are also delivered to shut-ins. All attendees can take away a second meal, a bag of canned and non-perishable groceries, as well as gently used clothing. In addition, new items such as blankets, knit hats, gloves, and personal hygiene have been provided at various times.

Phone: (508) 823-8443

Website: <http://corlinecronan.weebly.com>

Taunton - Citizens for Citizens, Operation Christmas

Operation Christmas distributes toys to parents of children from birth to 12 years of age to be given as gifts at Christmas. Must be picked up by custodial parent.

Must have application signed by school department, DTA, DCF, or an appropriate human service agency to document a need. Serves Taunton, Raynham, Dighton and Berkley.

1 Taunton Green, Taunton, MA 02780

Phone: (508) 823-6346

Director: Debbie Araujo, daraujo@cfcinc.org

Applications available after November 1st. Deadline is December 11, 2015.

NOTICE FROM THE BERKLEY HISTORICAL COMMISSION

The Berkley Historical Commission under the guidance of the Massachusetts Historical Commission has received a \$20,000 grant \$10,000 from a private foundation and \$10,000 which is being put up by the Town of Berkley and will be reimbursed at the conclusion of the survey in 2017 to the Town of Berkley)

The Berkley Historical Commission has selected Mr. Timothy Orwig, Ph.D., who wrote the successful application for the Berkley Common area to be accepted into the National Register of Historic Places, to conduct this new, and important inventory.

Mr. Orwig has been approved by both the Berkley Historical Commission and the Berkley Board of Selectmen to conduct the survey and inventory of approximately 90 homes for this project. The inventory will include an exterior photograph of the home, the age of the home, the style of architecture and any other interesting features of the structure.

Mr. Orwig will have a badge of certification and also a letter from the Berkley Historical Commission when he will be in Berkley working on the survey and inventory. If you have an historic home, you may possibly see Mr. Orwig photographing the exterior of your home. We thank you for your cooperation. Once the survey and inventory listing are completed, there will be two copies of the report. One will be available in the Assessor's Office and a second copy with the Berkley Historical Commission. Should your home be included, it will be a valuable asset to you, as the homeowner as well.

Submitted by Marge Ghilarducci, Secretary, Berkley Historical Commission

BEWARE !!! SCAMMERS CAN FAKE CALLER ID INFORMATION

Your phone rings. You recognize the number, but when you pick up, it's someone else. How?



Scammers are using fake caller ID information to trick you into thinking they are someone you trust—like an official agency or police department, or a company you do business with—like your bank etc. The practice is called “caller ID spoofing”, and scammers don't care whose phone number they use—Even yours! Don't rely on caller ID to verify who's calling. Here are a few tips for handling these calls:

If you get a strange call from the government, hang up. If you want to check it out, visit the official (.gov) website for contact information. Government employees won't call out of the blue to demand money or account information.

Don't give out—or confirm—your personal or financial information to someone who calls.

Don't wire money or send money using a reloadable card. In fact, never pay someone who calls out of the blue, even if the name or number on the caller ID looks legit.

Continued from page 6

Toys for Tots

The mission of the U. S. Marine Corps Reserve Toys for Tots Program is to collect new, un-wrapped toys during October, November and December each year, and distribute those toys as Christmas gifts to less fortunate children in the community in which the campaign is conducted. To find your local Toys for Tots program: <http://toysfortots.org/donate/toys-city-county.aspx?txtState=MASSACHUSETTS>

Self CPR for a Heart Attack

Since many people are alone when they suffer a heart attack, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.

You can help yourself by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the heart is felt to be beating normally again.

Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it to regain a normal rhythm. In this way, heart attack victims can get help or to a hospital.

Apples are in season - Priscilla Martin thought you might enjoy this recipe!

APPLE SLAW (Delicious)

VINAIGRETTE:

- 1/3 cup packed brown sugar
- 1/3 cup cider vinegar
- 1-1/2 tablespoons vegetable oil
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper



SLAW:

- 2-1/2 cups chopped Pink Lady or other sweet apple
- 1 (12-ounce) package broccoli slaw
- 1 (3-ounce) package dried tart cherries
- 2 tablespoons unsalted sunflower seed kernels

1. To prepare vinaigrette, combine first 5 ingredients in a small bowl, stirring well with a whisk.
2. To prepare slaw, combine apple, broccoli slaw, and dried cherries. Drizzle with vinaigrette, toss well to combine. Sprinkle with sunflower seeds; chill up to 3 hours.

Yield: 8 servings (serving size: 1 cup)

Council on Aging
1 North Main Street
Berkley, MA 02779

Return service requested

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PERMIT NO. 73

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



Soon Berkley will be a Dementia Aware Community!

The COA has received a grant awarded to the Massachusetts Councils on Aging by the Massachusetts Executive Office of Elder Affairs to assist town departments and businesses in becoming Dementia Aware. Our hope is that by raising awareness of dementia and its stigma, our residents with memory issues will be able to participate in community life and stay in their homes longer with the support of a Dementia Friendly community.

The COA will provide free training for businesses, their employees and town departments. We will be contacting you to arrange a convenient time to meet and discuss becoming Dementia Aware. For more information call the COA at 508-821-3105 or email us at berkleycoa2013@aol.com

Computer Available for Senior's use.

Seniors are invited to use the computer located in the Activity Room at the COA.



BERKLEY COUNCIL ON AGING NEWSLETTER

DECEMBER 2016

BOARD MEMBERS:

Chair - Donna L. Benoit; Vice Chair - Robert Sullivan; Treasurer- Carolyn Peloquin; Secretary/Programs - Priscilla Martin; Committees Coordinator - Mary Silva.
Currently we have one vacancy on the board that we are looking to fill.
Anyone interested should contact the COA at 508-821-3105.

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.

GRAND OPENING

Coffee Talk Café

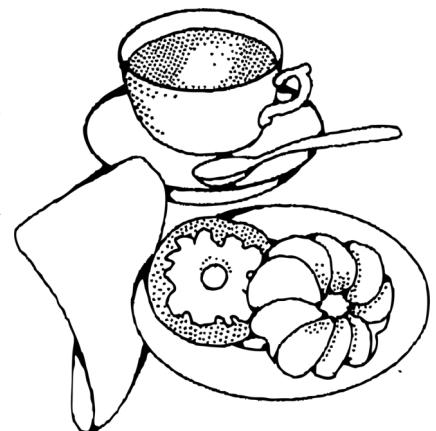
Tuesday, December 6

10:30 a.m. - Noon

Council on Aging

All seniors are invited to stop by the COA on the first Tuesday of every month from 10:30 a.m. to Noon for free coffee, pastry and conversation. Come and enjoy time with other seniors. There may be an activity, a game or a presentation going on. Our goal is for you to chat, relax and get out of the house.

Hope to see you there!



**Important
Phone Numbers**

**FIRE/ POLICE
MEDICAL**

911

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

**Berkley
Council on Aging**
(508) 821-3105
berkeleycoa2013@aol.com

Bristol Elder Services
(508) 675-2101

Citizens for Citizens
(508) 823-6346

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

Fuel Assistance
(508) 679-0041

MA Council on Aging
www.mcoaonline.com

SHINE
(508)-821-3105

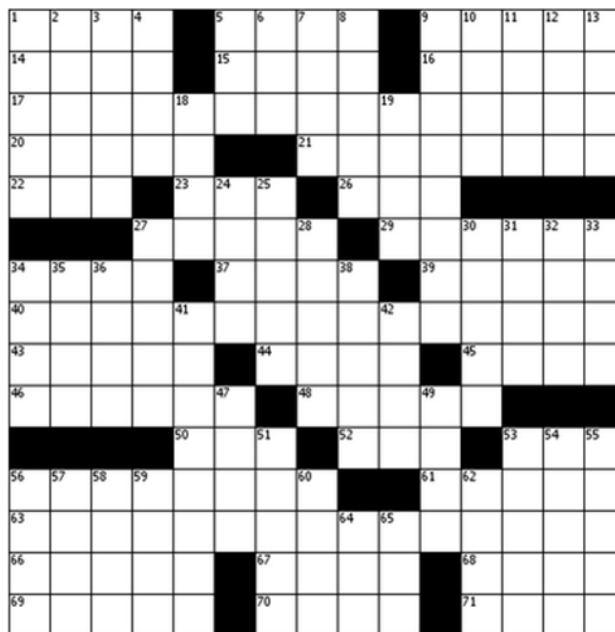
State Rep. KEIKO M. ORRALL
9:30—10:30 a.m., Town Hall
1st Monday of each month

State Sen. MARC R. PACHECO
11:00 a.m.— 12:00 noon,
Town Hall
3rd Tuesday of each month

Veterans Services
Donald Hirschy
(508) 669-4524

Across

- 1. Within view
- 5. Overshoot, say
- 9. Syrup source
- 14. "Born Free" feline
- 15. First name in folk
- 16. Steer clear of
- 17. All-American appetizer
- 20. They may have brand identification
- 21. It works like a charm
- 22. To date
- 23. Modern records
- 26. Computerphile's concern
- 27. Stands in line, say
- 29. Vladivostok villas
- 34. Hawkeye portrayer
- 37. Goes for the gold
- 39. Ethiopia's Selassie
- 40. All-American entree
- 43. Saudi's neighbor
- 44. Deduction from gross
- 45. Take seriously
- 46. University official
- 48. Thermometer wielder
- 50. Sticky stuff
- 52. Coiled choker
- 53. Piece by Matisse
- 56. "Pleasure" philosopher
- 61. First name among TV military men
- 63. All-American snack
- 66. Immigrants' island
- 67. Fabled napper
- 68. Flair
- 69. Sacked out
- 70. Playhouse location
- 71. On deck



Down

- 1. Info-packed
- 2. Best of the best
- 3. It's a plus
- 4. Election contest
- 5. British isle
- 6. They'll handle your return
- 7. Long narrow opening
- 8. Sub finder
- 9. Hawaiian foodfish
- 10. Madison and Park, e.g. (Abbr.)
- 11. Frost output
- 12. Kudrow of "Analyze That"
- 13. Idyllic place
- 18. Shamu, e.g.
- 19. Covered up
- 24. Operatic star
- 25. Tour of duty
- 27. "McQ" star
- 28. Roomy wheels
- 30. Hoarder's supply
- 31. Take to the trail
- 32. Sheltered, nautically
- 33. Put in the mail
- 34. Love, to Caesar
- 35. Like some excuses
- 36. Boring time
- 38. Prepare for surgery
- 41. Polyglot
- 42. Protagonist
- 47. Rip or ripped
- 49. Novel of epic proportions
- 51. Should (with "to")
- 53. Plenty of
- 54. Stop worrying
- 55. River near Nottingham
- 56. Maternal sheep
- 57. Gloomy atmosphere
- 58. Emerald, for one
- 59. Wood sliver
- 60. Top of the cast
- 62. Word with handed or minded
- 64. Bonanza find
- 65. Family tree word

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**FRIENDS OF
COUNCIL ON
AGING**

Meet the 1st and 3rd
Thursday - 11:30 a.m.
Activity Room - Town
Hall.

For info call:
Jackie Arnoe at
508 - 822-9634



Monday	Tuesday	Wednesday	Thursday	Friday
<h1><u>No School - No COA</u></h1>			1	2
			10:00 - Tai Chi 1:30 PM - Friends of COA meeting 1:00 - 3:00 PM -	<u>No Aerobics</u>
5	6  Cafe Grand Opening	7 Pearl Harbor Day	8	9
<u>No Aerobics</u> 10:00 AM - Mah Jongg 1:30 PM - Happy Hearts	9:00 AM - Yoga 10:30 AM - Noon - Café 11:30 AM - Quilting 1:00 PM - Bingo 1:00 PM - COA meeting	10:00 AM - Line Dance 	10:00 AM - Tai Chi	8:15 AM - Aerobics <hr/> Saturday 10 Holiday Luncheon Noon - Middle School
12	13	14	15	16
8:15 AM - Aerobics 10:00 AM - Mah Jongg No Happy Hearts	9:00 AM - Yoga 11:30 AM - Quilting	9:00 AM - Food Distribution 9:00 AM - Health Clinic 10:00 AM - Line Dance	10:00 AM - Tai Chi 1:00 - 3:00 PM - Painting 1:30 PM - Friends of COA meeting	8:15 AM - Aerobics
19	20	21	22	23
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:30 PM - Happy Hearts	9:00 AM - Yoga 11:30 AM - Quilting 1:00 PM - Bingo 1:00 PM - COA meeting	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
26 Holiday	27	28	29	30
CLOSED	9:00 AM - Yoga 11:30 AM - Quilting	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics

NOTE

If Berkley and/or Taunton schools are cancelled because of inclement weather, then all COA activities are cancelled for that day.

Christmas Dinner 2016

Over twenty years ago a group of parishioners from the Berkley Congregational Church began preparing and delivering Thanksgiving dinners to senior folks in Berkley and surrounding towns. Over the years the Myricks United Methodist Church and local residents have joined us. We also deliver Christmas and Easter dinners.

For Christmas we serve baked stuffed chicken breast, gravy mashed potatoes, glazed carrots, broccoli in cheese sauce, peas and pearl onions, cranberry sauce, rolls, butter, pickles and dessert.

There are no requirements other than you could use a hot meal and a visit on Christmas Day. Our usual recipients are either couples or a person who lives alone. The meals are prepared at the church on Christmas morning and delivered after 11:00 a.m.

If you, or someone you know, could use a Christmas Dinner please contact Diane Ennis at 508-942-0505, dgennis@comcast.net or call the Berkley Council on Aging at 508-821-3105.

PREVENTING FALLS

Do you exercise regularly? Regular exercise such as Tai Chi, builds your strength and improves your balance and coordination. We offer Tai Chi and Yoga every week!

Do you take your time getting up to answer the phone or doorbell? Rise slowly. Do not rush. Sit a moment before you get out of your bed. Stand and get your balance before you walk.

Do you keep walking areas and stairways clear of tripping hazards, such as papers, books, electrical cords, and shoes?

Are your outdoor steps and walkways kept clear of ice and snow? If needed, ask for help with snow and ice removal.

Do your throw rugs have rubber, non-skid backing? If you must have scatter rugs, make sure they lay flat and do not slide when you step on them.

Is your carpeting in good condition? Make sure carpeting is not wrinkled, torn, or worn.

HAPPY HEARTS

Meet every Monday - 1:30 p.m. - Activity Room - Town Hall
For info call: Roberta St. Yves, at 508-386-2047

OUTREACH

The COA's Outreach Service Worker is available to assist seniors and their families through home and office visits. This Outreach Service is free and is available to provide information and referrals to various programs and services, and/or assist in completing applications.

FUEL ASSISTANCE

The COA wants to remind you that:

- It is time to apply, or re-apply, for fuel assistance which can help pay for heating your house or apartment during the heating season (November 1ST and April 30th). Eligibility is based on gross income and household size. Fuel Assistance can assist with any primary heat type: oil, natural gas, electricity, propane, kerosene, wood or coal.

Family of 1	\$34,001
Family of 2	\$44,463
Family of 3	\$54,925
Family of 4	\$65,387

- The annual Medicare Open Enrollment is October 15-December 7 for a Medicare Prescription Drug Plan and Medicare Advantage Plan (HMO, PPO).

To receive assistance with the application to these programs call the COA at [508-821-3105](tel:508-821-3105) and leave a message for the Outreach Worker, Lucille.



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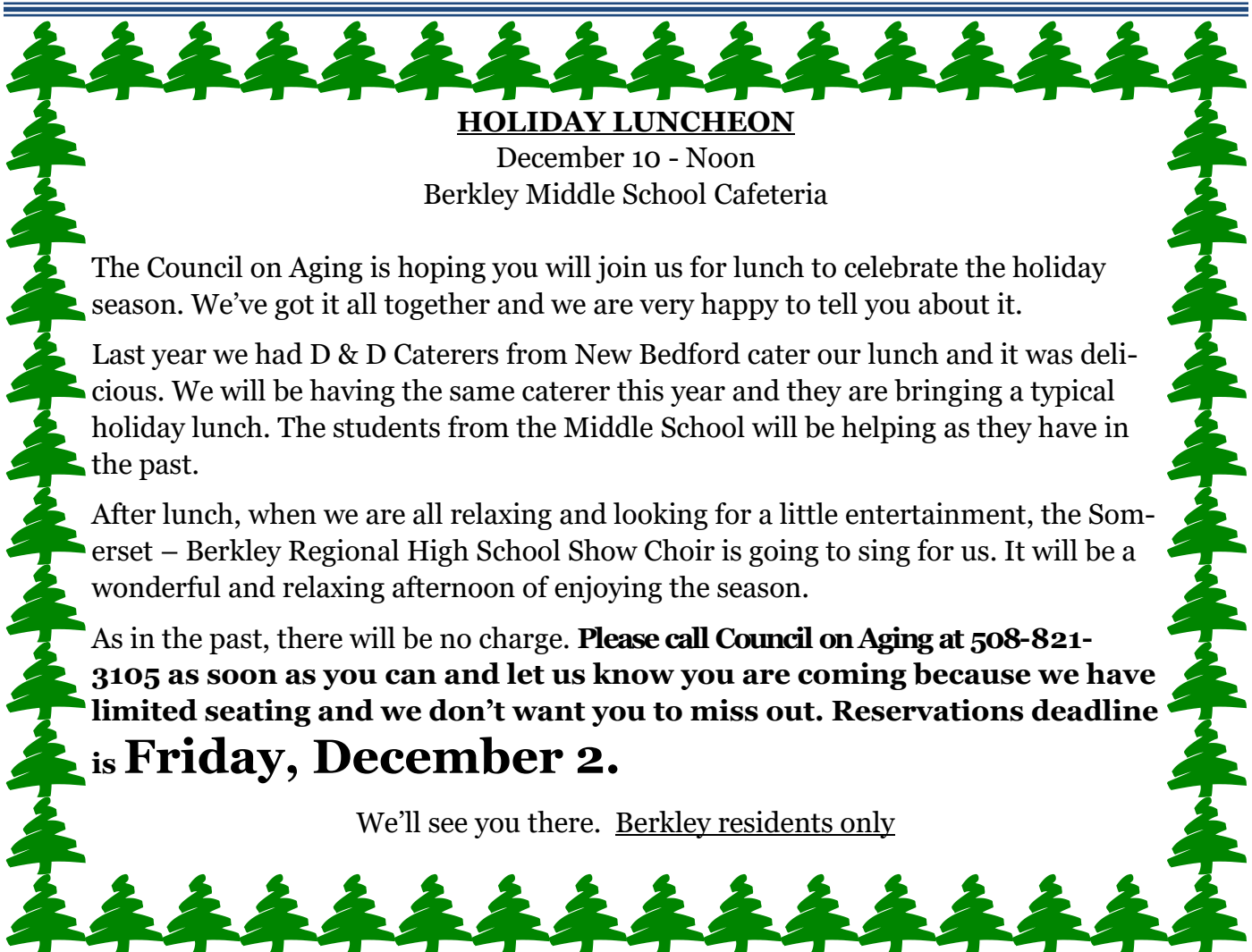
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Council on Aging
1 North Main Street
Berkley, MA 02779

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*The distribution of this
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by a grant from the
Massachusetts Executive
Office of Elder Affairs*



HOLIDAY LUNCHEON

December 10 - Noon
Berkley Middle School Cafeteria

The Council on Aging is hoping you will join us for lunch to celebrate the holiday season. We've got it all together and we are very happy to tell you about it.

Last year we had D & D Caterers from New Bedford cater our lunch and it was delicious. We will be having the same caterer this year and they are bringing a typical holiday lunch. The students from the Middle School will be helping as they have in the past.

After lunch, when we are all relaxing and looking for a little entertainment, the Somerset – Berkley Regional High School Show Choir is going to sing for us. It will be a wonderful and relaxing afternoon of enjoying the season.

As in the past, there will be no charge. **Please call Council on Aging at 508-821-3105 as soon as you can and let us know you are coming because we have limited seating and we don't want you to miss out. Reservations deadline is **Friday, December 2.****

We'll see you there. Berkley residents only