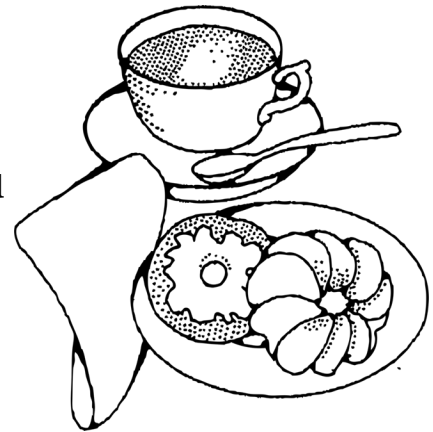




BERKLEY COUNCIL ON AGING
NEWSLETTER
JANUARY/FEBRUARY 2017

Coffee Talk Café
Friday, February 10
10:30 a.m.
Council on Aging

All seniors are invited to stop by the COA for free coffee, pastry and conversation. Come and enjoy time with other seniors and find out what's going on around you! Our goal is for you to chat, relax and get out of the house.



Hope you can join us !

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.

BOARD MEMBERS:

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

DISCLAIMER

The Berkley COA makes legal, medical, recreational and other services available. The persons who provide the services are not officers, employees or otherwise acting as agents of the COA . Persons who use the services do so with the understanding and agreement that the COA and its officers and employees are not responsible or liable for any advice or other information received by anyone while using the services. The COA does not endorse or recommend the persons who provide the services.

**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

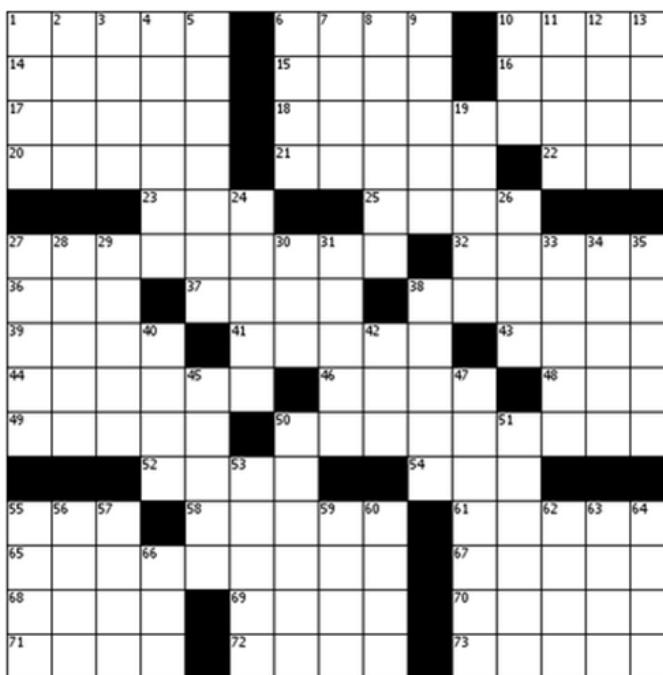
State Rep. KEIKO M. ORRALL
9:30—10:30 a.m., Town Hall
1st Monday of each month

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. Monastery head
6. Bang shut
10. Created
14. Young insect
15. Tibetan priest
16. Tibet's locale
17. Zodiac sign
18. Superintendents
20. Clairvoyants
21. Chinese "bear"
22. Ingested
23. Society girl
25. Bell sound
27. Baby carriages
32. Golfer ____ Woods
36. Metallic rock
37. Heroic narrative
38. Conditional release
39. Perjurer
41. Sub finder
43. Calm
44. Finally (2 wds.)
46. Mirth
48. Actress Sandra ____
49. Send money
50. Apologetic
52. Comic ____ Carvey
54. Shooter's group (abbr.)
55. Stop ____ dime (2 wds.)
58. Game of chance
61. Scrapbook
65. Felt sorry about
67. Gaggle members
68. Vicinity
69. In addition
70. Door sign
71. Puzzled
72. Collections
73. Fixed gaze



Down

- | | | |
|-------------------------------|----------------------------|----------------------|
| 1. Woe is me! | 24. Explosion | 47. Infuriates |
| 2. Expose | 26. Female | 50. Baby's toy |
| 3. French cheese | 27. ____ energy | 51. Skill |
| 4. Exert excessively | 28. Corny | 53. Short messages |
| 5. Cap ornaments | 29. Royal domain | 55. Voiced |
| 6. Spill | 30. Id's partner | 56. Infamous emperor |
| 7. Fluid rock | 31. Scope | 57. Mellows |
| 8. Changes for the better | 33. Cheese type | 59. ____ the waters |
| 9. ____ Gras (Shrove Tuesday) | 34. Actress ____ DeGeneres | 60. Lyric verses |
| 10. Actress ____ West | 35. Leased again | 62. Greek consonant |
| 11. Out of port | 38. Groom | 63. Client |
| 12. Grime | 40. Invasion | 64. Simple |
| 13. Leisure | 42. Mont Blanc, e.g. | 66. Snitch |
| 19. Christmas visitor | 45. Like old bread | |





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

**FRIENDS OF
COUNCIL ON
AGING**




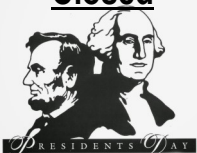
Meet the 1st and 3rd
Thursday - 11:30 a.m.
Activity Room - Town
Hall.

For info call:
Tracy Moskal at
508-822-2348

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 New Years observed	3	4	5	6
Holiday	9:00 AM - Yoga 10:00 AM - 4:00 PM - Podiatry 11:30 AM - Quilting 1:00 PM - COA meeting	10:00 AM - Line Dance 	10:00 AM - Tai Chi	8:15 AM - Aerobics
9	10	11	12	13
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	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
16 Martin Luther King Day	17	18	19	20
Holiday 	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 
23	24	25	26	27
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
30	31	<u>No School - No COA</u> 		
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:30 PM - Happy Hearts	9:00 AM - Yoga 11:30 AM - Quilting			

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		10:00 AM - Line Dance	10:00 - Tai Chi	8:15 AM - Aerobics
6	7	8	9	10
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 - COA meeting	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics 10:30 AM - Cafe 
13	14 <i>Valentine's Day</i>	15	16	17
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 	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
20 President's Day	21	22	23	24
Closed  <small>PRESIDENTS DAY</small>	9:00 AM - Yoga 11:30 AM - Quilting 1:00 PM - COA meeting	9:00 AM - Food Distribution 9:00 AM - Health Clinic 10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
27	28			
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	<u>No School - No COA</u>		

CLASS NOTES

Mah Jongg class is on Mondays at 10:00 a.m. Stop by if you'd like to learn how or already know how to play!

Art - We are trying to plan ahead to spring. Anyone interested in acrylic or watercolor classes? Would anyone be interested in a basic how to draw and paint class for real beginners? Call the COA at 508-821-3105 and let us know.

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

Around Town

Open Shelves Food Pantry is still available. If you need a boost they can help. They provide non-perishable food items to families in Berkley on an as needed basis. If you can use temporary help call 508-823-3273. All calls are confidential.

You can drop off food at the Berkley Public Library, Common Crossing and DoughLicious Piz-za.

They are looking for a new home. They have outgrown their current space and have aggressively been seeking out a new home! If you have rental space available with the following physical requirements—minimum of 16 x 20 space, ceiling height minimum of 7 ft., basic lighting, basic climate control including heat & A/C, with working receptacles/outlets; 1 regular & 1 dedicated, please call them at 508-823-3273. Remember they are a non-profit organization Sec. 501(c3).

Berkley Historical Society is in the process of restoring the Old Town Hall. More information on how you can help can be found on their Facebook page.

Annual Town Census—soon you will be receiving this form from the Town Clerk's Office. Please be sure to complete the form and add any senior living with you. This senior count is what the State uses to grant us funding. Every senior living with someone who isn't listed is money the COA is losing and we all know we need every dollar we can get!

So be sure to complete and return your annual census.

HAPPY HEARTS

Meet every Monday - 1:30 p.m. - Activity Room - Town Hall
For info call: Lorraine Judge, at 508-672-2892

ELDER DENTAL PROGRAM

The Elder Dental Program is a free service that connects low income older adults with local dentists who volunteer to treat them at greatly discounted fees.

Who is eligible?

- Older adults, age 60 & older
- Live in one of the towns served by the Elder Dental Program
- Have no dental insurance
- Qualify as low income:

Single/couple annual income less than 29,425/39,828 and less than \$23,246/\$46,264 in savings.



Contact the Elder Dental Program Manager at 781-769-3710 or email elderdental@verizon.net or visit them online at <http://elderdental.commmunityvna.com>

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

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

Need Help With Pet Food?

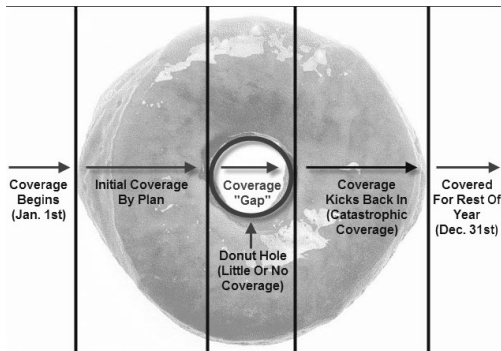
Contact:

Pet Food Aid
 P.O. Box 836
 North Dighton, MA 02764
 Telephone: (774) 204-5227
 E-mail: info@petfoodaid.org



Were you in the “Donut Hole” last year?

If so.... Chances are you could reach it again!



If you have a Medicare Part D or Medicare Advantage plan and do not get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$3700. Then you will pay 40% of the cost of brand name drugs and 51% for generics. Think what that means... a \$300 brand name drug will now cost you approximately \$120!

This is where Prescription Advantage can help.



Prescription Advantage, the Massachusetts prescription drug assistance program, can help pay for your prescription drugs when you reach the “donut hole.”

Another Great Benefit of Prescription Advantage is the ability to make an Additional change to your Part D plan outside of open enrollment or join a Part D plan if you do not have one.

To find out how to lower your drug costs, call our Outreach Counselor, Lucille at 508-821-3105 or visit the Prescription Advantage website at 222.prescriptionadvantagemass.org or call them at 1-800-243-4636.

Why Are Senior Citizens Fraud Targets?

Senior citizens are most likely to have a “nest egg,” to own their home, and/or to have excellent credit - all of which make them attractive to con artists.

People who grew up in the 1930s, 1940s and 1950s were generally raised to be polite and trusting. Con artists exploit these traits, knowing that it is difficult or impossible for these individuals to say “no” or just hang up the telephone.

Older Americans are less likely to report a fraud because they don’t know who to report it to, are too ashamed at having been scammed, or don’t know they have been scammed. Elderly victims may not report crimes, for example, because they are concerned that relatives may think the victims no longer have the mental capacity to take care of their own financial affairs.

When an elderly victim does report the crime, they often make poor witnesses. Con artists know the effects of age on memory, and they are counting on elderly victims not being able to supply enough detailed information to investigators. In addition, the victims’ realization that they have been swindled may take weeks - or more likely, months - after contact with the fraudster. This extended time frame makes it even more difficult to remember details from the events.

Senior citizens are more interested in and susceptible to products promising increased cognitive function, virility, physical conditioning, anti-cancer properties, and so on. In a country where new cures and vaccinations for old diseases have given every American hope for a long and fruitful life, it is not so unbelievable that the con artists’ products can do what they claim.

Next month “What to Look For and How to Protect Yourself and Your Family”.

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*

Annual Town Census—soon you will be receiving this form from the Town Clerk's Office. Please be sure to complete the form and add any senior living with you. This senior count is what the State uses to grant us funding. Every senior living with someone who isn't listed is money the COA is losing and we all know we need every dollar we can get!

So be sure to complete and return your annual census.

Watch Berkley Cable Channel 9
for Program Updates



BERKLEY COUNCIL ON AGING
NEWSLETTER
MARCH 2017

Coffee Talk Café

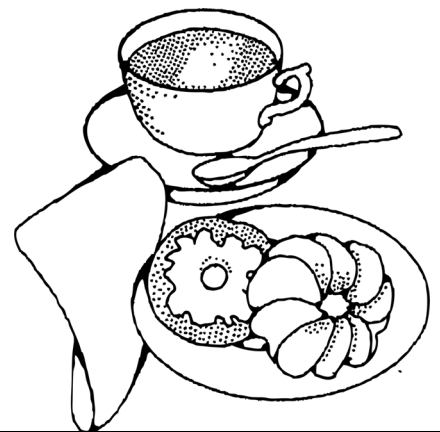
Dementia Discussion

Friday, March 17

10:30 a.m.

Council on Aging

All seniors are invited to stop by the COA for free coffee, pastry and conversation. Come and enjoy time with other seniors and find out what's going on around you! Our goal is for you to chat, relax and get out of the house.



Hope you can join us !

**Berkley COA Lunch at the
Silver Platter Restaurant**

(Bristol-Plymouth Regional Technical High School)

Tuesday, April 4, 2017

Arrive at 11:15 a.m.

Choice of Chicken Marsala (boneless chicken sautéed in a Marsala wine sauce with mushrooms) OR

Broiled Scrod (tender white fish broiled and topped with cracker crumbs)

Beverage and Dessert \$7.75 per person plus tax

Call the COA at 508-821-3105 to sign up by Friday, March 24, 2017

**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

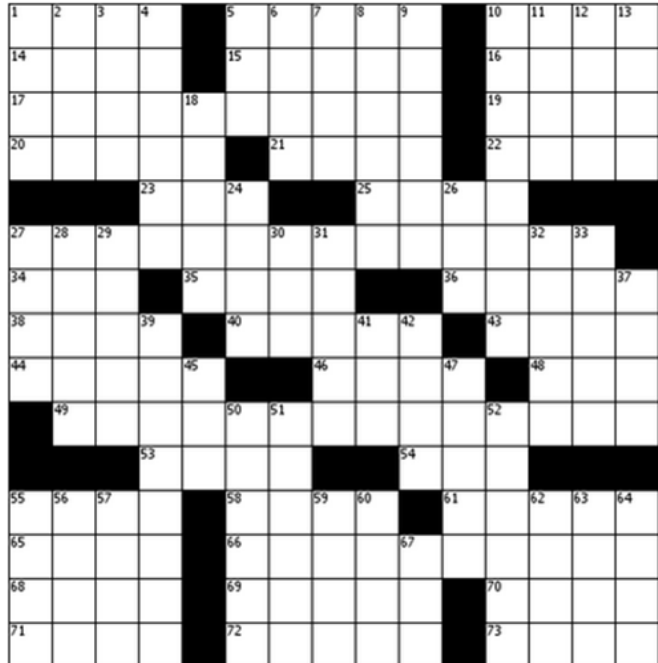
Veterans Services

Donald Hirschy

(508) 669-4524

Across

1. "Friends" character
5. "Star Wars" name
10. Multipurpose plant
14. Unused
15. Deprive of weapons
16. Ovoid
17. Drugstore purchase
19. "Star Wars" name
20. Engage in polemics
21. Second or fourth wife of Henry VIII
22. Word on a sale sign, perhaps
23. Dr. Jekyll creator's monogram
25. Mountain goat's perch, perhaps
27. A-one stuff
34. Feel malaise
35. Do in a dragon
36. Film shots
38. Straight man in comedy
40. Your place or mine, really
43. "Gunsmoke" role
44. Moral principle
46. Cookie treat since 1912
48. Kind of brain
49. "Nutcracker" dancer
53. Lotion base
54. "--- Were a Rich Man"
55. Entry
58. Auto grille protectors
61. Remove marginalia
65. Lessen the force of
66. Pancake ingredient, perhaps
68. Where Kerman is
69. Bass-baritone Simon
70. Adams in "The Apartment"
71. Northern road crew's supply
72. Brings in the sheaves
73. Trawling needs



Down

- | | | |
|------------------------------|--|----------------------------------|
| 1. Costa --- | 24. Filleted fish | 47. Bid |
| 2. Nitrogen's lack | 26. Do one's part? | 50. Second-story man |
| 3. Illegal coin | 27. Artsy gathering place | 51. Read carefully |
| 4. Tennis legend Pancho | 28. Hilarious joke tellers | 52. Pilots |
| 5. Au --- (in gravy) | 29. Root or Yale | 55. Nile wading bird |
| 6. "Dragonwyck" author Seton | 30. Org. responsible for aviation safety | 56. Fictional home in Dixie |
| 7. Rural structure | 31. Innsbruck is its capital | 57. Footnote term |
| 8. Combined meal | 32. Giraffe relative | 59. Lead-in to "boy!" or "girl!" |
| 9. It's of current interest? | 33. First pope | 60. Graduation |
| 10. Certain 3-D image | 37. Admonition to Spot | 62. Adjuvant |
| 11. Word after get or break | 39. Bone connector | 63. Alluring dress feature |
| 12. It may be certified | 41. Broadway play about Capote | 64. Barely manages |
| 13. Dramatic presentation | 42. Prefix with sphere | 67. Twisty letter |
| 18. Positions of control | 45. First name in baseball ironmen | |

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



well hello, march

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 AM - Line Dance	2 10:00 AM - Tai Chi	3 8:15 AM - Aerobics
6 8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:30 PM - Happy Hearts	7 9:00 AM - Yoga 11:30 AM - Quilting 1:00 PM - COA meeting	8 10:00 AM - Line Dance	9 10:00 AM - Tai Chi 10:00 AM - Podiatry	10 8:15 AM - Aerobics <hr/> 12 <i>Daylight Savings Ends</i>
13 8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:30 PM - Happy Hearts	14 9:00 AM - Yoga 11:30 AM - Quilting 1:00 PM - Bingo	15 10:00 AM - Line Dance	16 10:00 AM - Tai Chi	17 <i>St. Patrick's Day</i> 8:15 AM - Aerobics 10:30 AM - Cafe 
20 <i>President's Day</i>	21 NO Yoga 11:30 AM - Quilting 1:00 PM - COA meeting	22 9:00 AM - Food Distribution 9:00 AM - Health Clinic 10:00 AM - Line Dance	23 10:00 AM - Tai Chi	24 8:15 AM - Aerobics
CLOSED <i>Spring</i> 				
27 8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:30 PM - Happy Hearts	28 9:00 AM - Yoga 11:30 AM - Quilting 1:00 PM - Bingo	<i>Daylight Savings Ends on the 12th - Spring Ahead!</i>		

CLASS NOTES

Art - We are trying to plan ahead to spring. Anyone interested in acrylic or watercolor classes? Would anyone be interested in a basic how to draw and paint class for real beginners? Call the COA at 508-821-3105 and let us know.

Tai Chi - If you've ever seen a group of people moving in a graceful dancelike exercise in your local park, gym or community center you have witnessed the ancient art of Tai Chi.

These ordinary people are improving their health, strength, balance, concentration and mental wellbeing and they are having fun doing it! Best of all you can enjoy all these benefits yourself regardless of your level of physical fitness. Studies by Harvard Medical School and other research centers show Tai Chi has a wide range of health benefits. These include lower blood pressure, lower cholesterol, weight loss, relief of back pain, managing chronic disease and better balance. Experience the joy of movement, join us for Tai Chi on Thursday mornings at 10:00 a.m.

Yoga for Seniors - NO YOGA MARCH 21 - The practice of yoga has been dated back for more than 5,000 years. A surge in yoga for the senior population was ignited by a cardiologist who challenged that a yoga practice would lower blood pressure. While we age in maturity and wisdom, we also are at greater risk for depression, heart disease, arthritis and diabetes.

Yoga has shown to improve sleep, reduce stress, help control blood sugar in people who have diabetes, relieve arthritis pain while increasing bone density, helping to slow osteoporosis, reduce pain and improve balance.

A regular yoga practice helps to also reduce anxiety, sharpen the mind while challenging the body to its higher aspect, it also improves strength, posture and balance which only adds to the sense of self we can lose as we age.

Falls can be prevented through flexibility and balance, lung capacity improves through breathing techniques, blood pressure lowers and decreases risk of cardiovascular disease in seniors during a 12-week yoga study written by J. Hum Kinet in November, 2014. Join us for Yoga on Tuesday mornings at 9:00 a.m.

“We don't stop playing because we grow old. We grow old because we stop playing.” - George Bernard Shaw

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

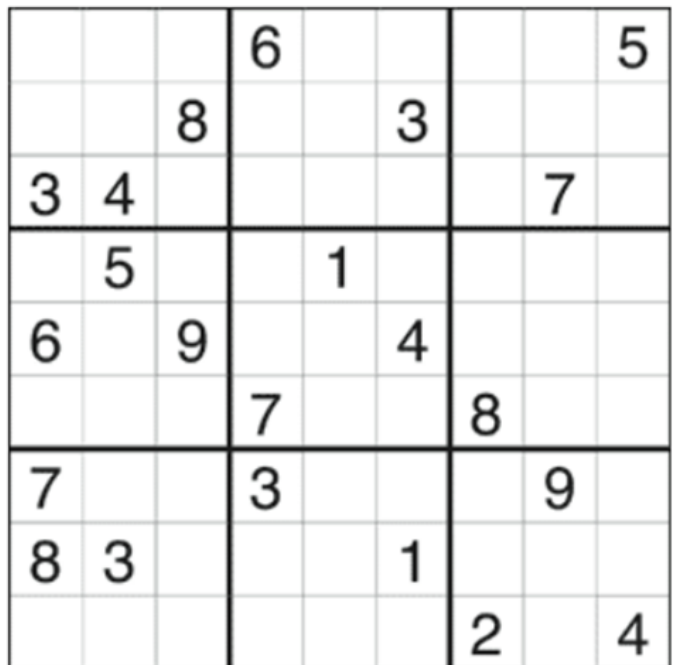
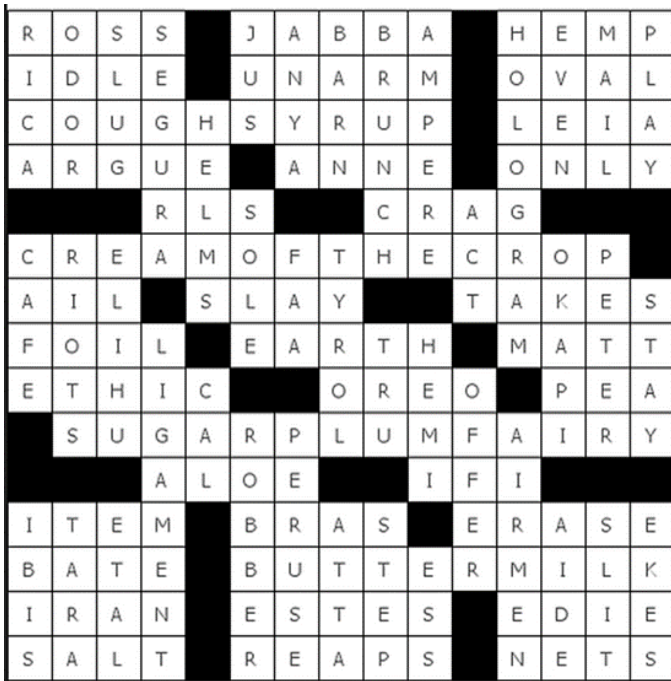
HAPPY HEARTS

Meet every Monday - 1:30 p.m. - Activity Room - Town Hall
For info call: Lorraine Judge, at 508-672-2892

Tips for Avoiding Health Care Fraud or Health Care Insurance Fraud

Senior citizens are frequent targets of Medicare schemes, especially by medical equipment manufacturers who offer seniors free medical products in exchange for their Medicare numbers. Because a physician has to sign a form certifying that equipment or testing is needed before Medicare pays for it, con artists fake signatures or bribe corrupt doctors to sign the forms. Once a signature is in place, the manufacturers bill Medicare for merchandise or service that was not needed or was not ordered.

- Never sign blank insurance claim forms.
- Never give blanket authorization to a medical provider to bill for services rendered.
- Ask your medical providers what they will charge and what you will be expected to pay out-of-pocket.
- Carefully review your insurer’s explanation of the benefits statement. Call your insurer and provider if you have questions.
- Do not do business with door-to-door or telephone salespeople who tell you that services of medical equipment are free.
- Give your insurance/Medicare identification only to those who have provided you with medical services.
- Keep accurate records of all health care appointments.



TURNING 65 THIS YEAR?

Medicare and supplemental insurance choices can be confusing. Let Lucille, our outreach worker, help you. She knows all the ins and outs! Call her at 508-821-3105.

BOARD MEMBERS:

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

LEGAL ASSISTANCE

If you are low-income or elderly living in Southeast Massachusetts and need civil legal help, South Coastal Counties Legal Service may be able to assist you.

South Coastal Counties Legal Services, located in Fall River, is a non-profit charitable corporation providing free civil legal services to individuals age 60 and older who are economically and socially disadvantaged. Attorneys and paralegals represent older adult clients in legal matters such as housing, health care, long-term care, utilities, and age discrimination. In addition, they will help clients obtain the government benefits to which they are entitled. Such as Medicaid, Food Stamps, Fuel Assistance, and Veterans Services. For more information about this program contact the Berkley COA Outreach Worker, Lucille, at 508-821-3105 or the South Coastal Counties Legal Services at 508-676-6265.

!!!!!! Don't Forget the Senior Circuit Breaker Tax !!!!!!

The Senior Circuit Breaker Tax Program can put up to \$1,070.00 in **YOUR** pocket!

The Massachusetts Circuit Breaker Tax program (a tax credit or refund) is for persons 65 or older whose property taxes (or 25% of rent) exceed 10% of their annual income and who meet other qualifying criteria.

For more information regarding eligibility contact our outreach worker, Lucille, at 508-821-3105 or consult with your tax preparer.

Need Help With Pet Food?

Contact:

Pet Food Aid
 P.O. Box 836
 North Dighton, MA 02764
 Telephone: (774) 204-5227
 E-mail: info@petfoodaid.org
 Website: <http://petfoodaid.org>



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*

Get Active - Join A Class

**Aerobics
Line Dance
Quilting
Tai Chi
Yoga**

Check the Calendar for Dates and Times and Just come on in!

Watch Berkley Cable Channel 9
for Program Updates



BERKLEY COUNCIL ON AGING NEWSLETTER

JUNE, JULY, AUGUST 2017

BOARD MEMBERS:

Chair - Donna L. Benoit; Vice Chair - Robert Sullivan; Treasurer - Carolyn Peloquin; Secretary/Programs - Priscilla Martin; Committees Coordinator - Mary Silva; Member, Nancy Thompson. 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.

UPCOMING COA EVENTS

Lunch on the farm - June 20 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 20 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 CouncilOnAging@berkleyma.us on or before **June 15** 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.

Turning 65 This Year?

Medicare and supplemental insurance choices can be confusing. Let Lucille, our outreach worker, help you. She knows all the ins and outs! Call her at 508-821-3105.



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

CouncilOnAging.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



The “**Friends of the Berkley Council on Aging**” will be sponsoring the “**4th of July celebration**” on the Town Common from **11:30 a.m. to 1:30 p.m., July 4, 2017**. Lunch will be available. Entertainment by the “**Sultans of Sax**”.

All are welcome to attend. 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.



What is MOON?

For people with Medicare, MOON has a new meaning: “Medicare Outpatient Observation Notice”. This newly required notice must be given to some patients who have been admitted to a hospital for “observation”. Hospitals are increasingly admitting patients under observation status.

You may be surprised to know that even if you are admitted to a hospital room overnight, you might not be an “inpatient”. If you are under observation, you are considered an outpatient even though you may stay in a hospital bed for many days. This changes how your Medicare coverage works. The MOON will explain the reason for observation status and how it affects your Medicare coverage.

For example, if you have Original Medicare, with or without a Medigap plan, an inpatient hospital stay of at least three days is needed to get any coverage for skilled nursing facility (SNF) care. If you are under observation, you would not get any follow up SNF coverage paid for, even if it is medically necessary. However, if you are in a Medicare Advantage plan or your doctor is in an Accountable Care Organization, the rules are different and the three day requirement may be waived.

For further assistance about this or any Medicare issue, contact our SHINE counselor, Lucille at 508-821-3105.

June 2017



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Due to budget cuts this newsletter will cover all 3 summer months. The September issue will be mailed in mid September. Any program changes or new programs will be posted on Berkley Cable Channel 9.</p>			1	2
			10:00 AM - Tai Chi	8:15 AM - Aerobics
5	6	7	8	9
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:30 PM - Happy Hearts 7:00 PM - Annual Town Meeting - Middle School	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
12	13	14 Flag Day 	15	16
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	10:00 AM - Line Dance	9:00 AM - Tai Chi	8:15 AM - Aerobics <hr/> 18 Father's Day
19	20	21 Summer Begins !	22	23
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:30 PM - Happy Hearts	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	8:15 AM - Aerobics
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	10:00 AM - Line Dance	10:00 AM - Tai Chi	



Monday	Tuesday	Wednesday	Thursday	Friday
3	4 4th of July  Closed	5	6	7
8:15 AM - Aerobics 10:00 AM - Mah Jongg	11:30 AM - on the Common Sultans of Jazz FREE	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
10	11	12	13	14
8:15 AM - Aerobics 10:00 AM - Mah Jongg	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - Bingo	10:00 AM - Line Dance	10:00 AM - Podiatry 10:00 AM - Tai Chi	8:15 AM - Aerobics
17	18	19	20	21
8:15 AM - Aerobics 10:00 AM - Mah Jongg	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 - COA meeting	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
24	25	26	27	28
8:15 AM - Aerobics 10:00 AM - Mah Jongg	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - Bingo	9:00 AM - Food Distribution 10:00 AM - Line Dance	10:00 AM - Tai Chi	
31	<p>The September newsletter will be mailed in mid-September. Watch Channel 9 for any early September programs or changes.</p>			
8:15 AM - Aerobics 10:00 AM - Mah Jongg				



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - COA Meeting	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
7	8	9	10	11
8:15 AM - Aerobics 10:00 AM - Mah Jongg	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - Bingo	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
14	15	16	17	18
8:15 AM - Aerobics 10:00 AM - Mah Jongg	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - COA Meeting	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
21	22	23	24	25
8:15 AM - Aerobics 10:00 AM - Mah Jongg	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - Bingo	9:00 AM - Food Distribution 10:00 AM - Line Dance	NO - Tai Chi 10:00 - Red Cross Blood Drive	8:15 AM - Aerobics
28	29	30	31	
8:15 AM - Aerobics 10:00 AM - Mah Jongg	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting	10:00 AM - Line Dance	10:00 AM - Tai Chi	September newsletter will be sent mid September.

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.

Managing Your Medicines - Keeping Track

Medications play an expanding role in health as we grow old. Older adults are more likely to develop one or more chronic illnesses. Appropriate medications can help us live longer, more active lives. The more medications we take, the more important it is to keep track of what we are taking, why we are taking them, how and when to take them, and the name of the doctor who prescribed them.

Managing your medications can help you stay out of the hospital. First, keep a checklist of all the prescriptions and over the counter medications you take. For each medication, make note of the amount you take, the time of day you take it and whether it should be taken with food. Don't forget to include the name of the prescribing doctor. Many people see more than one doctor. To assist you in taking your medications, use a chart or calendar to jot down your medications and times you need to take them, or use a pill organizer.

Make sure to update your list when you start taking a new medication, or discontinue taking a medicine. It is also important to review the list and ask any questions about your medicines every time you see a doctor.

If you are having trouble paying for your prescriptions, give our outreach worker, Lucille, a call at 508-821-3105. She may be able to find additional assistance.

Sudoku 1

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

HAPPY HEARTS

Meet every Monday

1:30 p.m.

Activity Room - Town Hall

For info call: Lorraine Judge,

at 508-672-2892

No meetings July and August.

Puzzle 1

Across

- 1. Part of DJ
- 5. Grinding tooth
- 10. Resorts
- 14. Japan's continent
- 15. Limber
- 16. Modern Persia
- 17. Worsen
- 19. Fiddling emperor
- 20. Perceive
- 21. Wash away
- 23. Pro
- 24. Assists
- 26. Depleted
- 28. Become visible
- 31. Pencil end
- 34. Tyrannosaurus ____
- 35. Aloha State
- 37. Songstress ____ McEntire
- 40. Sharp blows
- 42. Takes a break
- 43. Drawer pull
- 44. Pace
- 45. Guiding principles
- 47. Metered vehicle
- 48. School playtime
- 50. Restaurant
- 52. Out of the way
- 54. Nordic capital
- 55. Edge
- 56. Desert haven
- 60. Horses' gaits
- 64. Unrefined metals
- 66. Admission
- 68. List of choices
- 69. Sum
- 70. Atop
- 71. Chip in
- 72. Hurricane
- 73. Distort

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	57	58	59			60		61	62	63
64			65		66				67					
68					69						70			
71					72							73		

Down

- 1. June honorees
- 2. Psychic's phrase (2 wds.)
- 3. Endorse
- 4. Julius ____
- 5. Bombshell ____ West
- 6. Monsters
- 7. Pinocchio, e.g.
- 8. Choir singer
- 9. Critic Rex ____
- 10. Wickedness
- 11. Favored option
- 12. Slugger Hank ____
- 13. Scornful sound
- 18. Horse sound
- 22. Tricky curve
- 25. Sweetie
- 27. Brew coffee
- 28. Slips up
- 29. Pork or beef
- 30. Lab test
- 31. Slackens
- 32. Pinup ____ Hayworth
- 33. Theater passages
- 36. Marries
- 38. Wild hog
- 39. "Dear ____"
- 41. Went fast
- 46. Seasons
- 49. Corporate VIP
- 51. Upper bodies
- 52. Perfume
- 53. Warning horn
- 54. Movie award
- 57. Behaves
- 58. Chimney residue
- 59. Absorbed by
- 61. Sty sound
- 62. Lug
- 63. Winter flakes
- 65. Bring to court
- 67. Graceful tree

Sudoku 1 Solution

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

Sudoku 2

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

TRAVEL OPPORTUNITIES

The Lakeville Council on Aging Arts & Crafts has opened their travel program to Berkley seniors!!!!!!

All trips leave from the Lakeville Council on Aging at One Deer Crossing, off Pickens Street, Lakeville, MA. If interested in a trip, call Kelly Conway at Lakeville COA at 508-947-7224. She will hold your spot. Full payment for the trip is due within 48 hours of making the reservation or your spot will be released. Make check payable to COA Gifts & Grants. This is a great opportunity to do some sightseeing with your friends!!

Thursday, June 1 - Wright's Chicken Farm, Harrisville, RI - Surprise bag "Bingo" will be held after an all you can eat Rhode Island Style Chicken Dinner at Wright's Chicken Farm Restaurant. Your bingo card is included in your trip price. Check out their very special gift store filled with many one of a kind items. Trip includes deluxe round trip motor coach transportation; Bingo with great gift card prizes; chicken dinner, family style with includes all the chicken you can eat, garden salad, shells with sauce, French fries, dessert and beverage; Wright's gift shop will be open; Cash bar; gratuity included—\$63.00 per person

Tuesday, June 20 - Tall Ships Boston. \$89 per person.

Tuesday, July 11 - Stonewall Kitchen, Foster's Clambake dinner, Nubble Light House. \$75.00 per person

Wednesday, July 26 - Lobster Bake & Rockport visit—\$85.00 per person

August 29—31 - 3 day/2 nights - Coast of Maine: and the White Mountain Inn & Resort - \$499 per person/double occupancy or \$649 single

Thursday, September 14 - Boston Red Sox game - Sox vs Oakland A's. Seating is under the overhang in the left field grandstand. Game at 1:30 p.m. includes game ticket and transportation. \$55.00 per person.

Wednesday, October 18 - Lake Winnepesaukee Turkey Dinner Train - \$79.00 per person.

For more details see flyers on Berkley Council on Aging bulletin board.

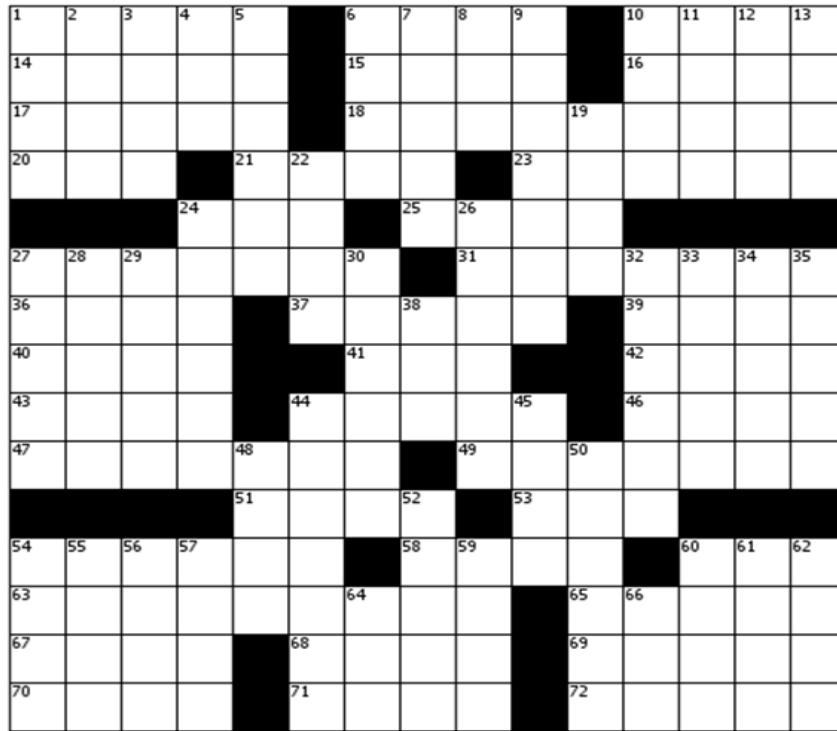
TIPS for Medication Safety:

- * Carry a list of the medications and dosages you take, including over the counter medications
- * Lock up your medications at home, keep them out of the reach of children
- * Do not share medications with family or friends
- * Do not combine medications with alcohol or drugs
- * Take medications as prescribed by your doctor, do not skip doses. Use a pill box or calendar to keep track
- * If you have pills you no longer take, get rid of them at the police station
- * If you have questions or concerns about your medications, talk with your doctor or pharmacist.

Puzzle 2

Across

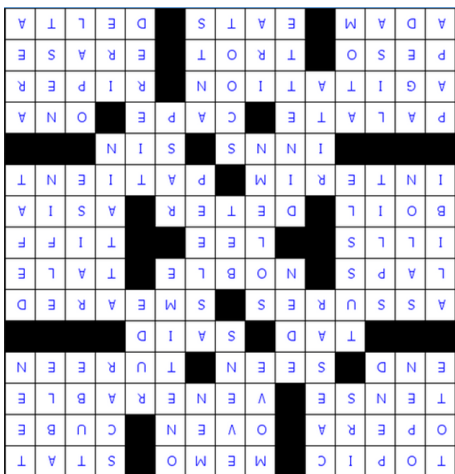
- 1. Subject
- 6. Office note
- 10. EMT's word
- 14. "Phantom of the ____"
- 15. Baking need
- 16. Ice unit
- 17. Edgy
- 18. Reversed
- 20. Conclusion
- 21. Spotted
- 23. Soup bowl
- 24. Small amount
- 25. Stated
- 27. Guarantees
- 31. Smudged
- 36. Track circuits
- 37. Honorable
- 39. "A ____ of Two Cities"
- 40. Afflictions
- 41. Director Spike ____
- 42. Quarrel
- 43. Simmer
- 44. Discourage
- 46. Korea's continent
- 47. Meantime
- 49. Tolerant of delay
- 51. Taverns
- 53. Transgression
- 54. Roof of the mouth
- 58. Dracula's garment
- 60. "Snakes ____ Plane" (2 wds.)
- 63. Unrest
- 65. Less green
- 67. Acapulco coin
- 68. Horse's gait
- 69. Obliterate
- 70. Eden resident
- 71. Breaks bread
- 72. River mouth



Down

- 1. Lug
- 2. "____ sesame!"
- 3. Remain undecided
- 4. Taxing agcy.
- 5. ____ Salad
- 6. Budge
- 7. Levels
- 8. Males
- 9. Former (hyph.)
- 10. Blemish
- 11. Inner ____
- 12. Ready, willing, and ____
- 13. Juvenile
- 19. Ill-mannered
- 22. Adam's home
- 24. Scuffle
- 26. Slumbering
- 27. Excuse
- 28. Beauty shop
- 29. Divided
- 30. Serious
- 32. Achieve
- 33. Salary boost
- 34. Like Santa's helpers
- 35. Trim meat
- 38. Wager
- 44. Eating area
- 45. Scrape roughly
- 48. Glamorous ____ Hayworth
- 50. Having rows
- 52. Scram!
- 54. Mama's man
- 55. Old
- 56. ____ Marie Presley
- 57. Energy source
- 59. Colony insects
- 60. Colorful gem
- 61. Treetop abode
- 62. Locality
- 64. Nest egg (abbr.)
- 66. Great wrath

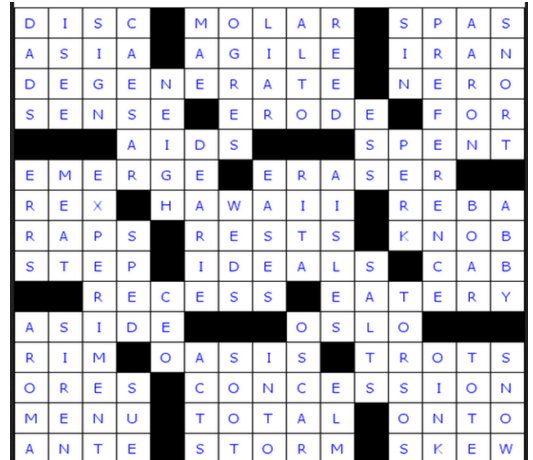
Puzzle 2 Answers



Sudoku 2 Solution



Puzzle 1 Answers



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*

REMEMBER

**Lunch on the farm - June 20 at Noon - Chamberlain
Farm**

**Sultans of Sax - July 4 on the Common - Friends of
Council on Aging**

Red Cross Blood Drive - August 24 - Council on Aging

Drop by the COA to cool off when the weather is too hot for you.

Have a safe summer !



BERKLEY COUNCIL ON AGING NEWSLETTER SEPTEMBER 2017

BOARD MEMBERS:

Chair - Donna L. Benoit; Vice Chair - Robert Sullivan; Treasurer - Carolyn Peloquin; Secretary/Programs - Priscilla Martin; Committees Coordinator - Mary Silva; Member, Nancy Thompson. 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.

UPCOMING EVENTS

Chow Mein Sandwich Lunch - September 13 - You don't have to cook lunch today! The Friends of Council on Aging will be having a fund raising luncheon. Come on out and have a Chow Mein Sandwich, complete with non alcoholic beverage and dessert. All for \$6.00 and you can take it home or relax and enjoy lunch in COA's activity room. Lunch will be served from 12 noon to 2:00 pm. Please make a reservation by calling Jackie at 508-822-9634 or sign up when you are at the COA.

Coffee Talk Café - September 15 - 10:30 a.m. - The Smart Consumer - have questions about consumer mediations; auto repair issues; scams; identity theft; privacy rights; credit; debt collection; consumer rights; landlord/tenant rights; home improvement issues? Stop by, have some free coffee and pastry and get some answers!

Movie - The Butler - September 20 - 2:00 p.m. - drop in, popcorn

Halloween Party - October 26 - 2:00 p.m. - COA - Costumes optional - Refreshments will be available - Entertainment will be Davis Bates and his Seasonal Songs & Stories. We will sing harvest songs and ghost songs and hear true life ghost stories and tales about other spirits. Songs are often accompanied by spoons, limberjack and other ethnic percussion instruments. Since 1979 Davis has performed over 8,000 times throughout the northeast and is known for his humor and professionalism. His performance 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.



TURNING 65 SOON?

Medicare and supplemental insurance choices can be confusing. Let Lucille, our outreach worker, help you. She knows all the ins and outs! Call her at 508-821-3105.

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

CouncilOnAging@berkeleyma.us

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



New Medicare Cards Arriving in 2018

Medicare beneficiaries are receiving new cards beginning next year that will no longer display Social Security numbers, a move by congress to protect against fraud and identity theft.

Identity theft has been on the rise among those age 65 and older. According to the latest figures from the Department of Justice the number of cases reached 2.6 million in 2014, up a half million incidents in just two years.

Medicare will mail new Medicare cards between April 2018 and April 2019. Your new card will have a new Medicare Beneficiary Identifier (MBI) that's unique to you. The new card won't change your coverage or benefits. It will happen automatically, you won't have to pay anyone or give anyone information, no matter what someone might tell you.

Having your Social Security number removed from your Medicare card helps fight medical-identity theft and protects your medical and financial information. Even with these changes, scammers will still look for ways to take what doesn't belong to them. Remember, Medicare will **never** contact you for your Medicare number or other personal information. Here are some ways to avoid Medicare scams:

Is someone calling, claiming to be from Medicare, and asking for your Social Security number or bank information? Hang up. That's a scam. First, Medicare won't call you. Second, Medicare will never ask you for your Social Security number or bank information.

Is someone asking you to pay for your new card? That's a scam. Your new Medicare card is free.

Is someone threatening to cancel your benefits if you don't give up information or money? This is also a scam. New Medicare cards will be mailed to you automatically. There won't be any changes to your benefits.

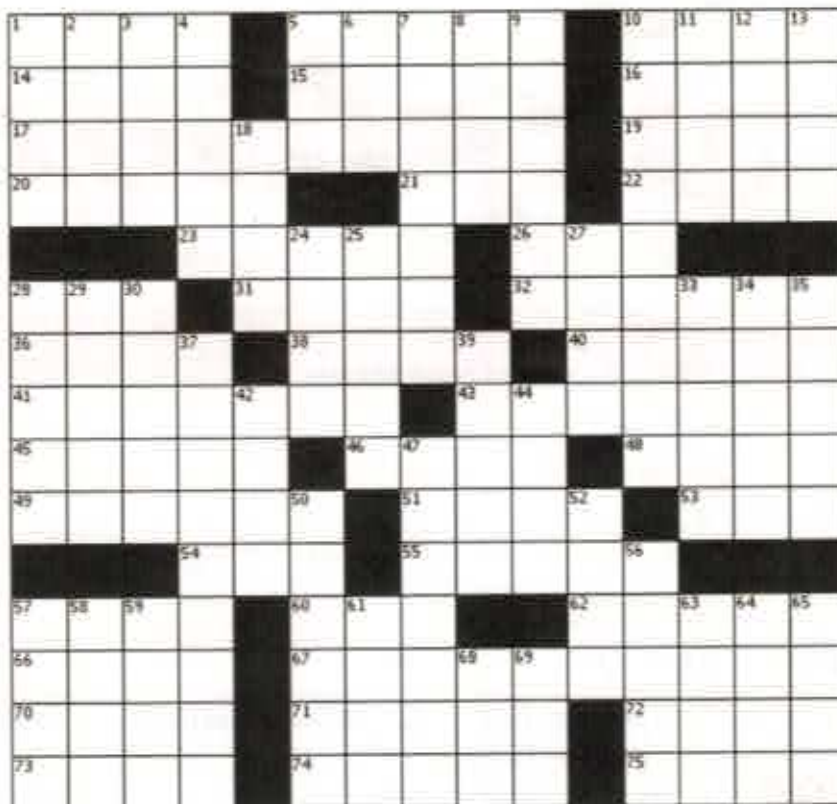
Are you trying to help your parents or other aging relatives with resources to help them remain safe and independent? Many questions and concerns emerge as we try to assist our loved ones as they age. Berkley's COA Outreach Worker, Lucille, is more than happy to speak with you about your situation and offer suggestions, advice, and support. Call the COA at 508-821-3105 to set up an appointment with her.

September

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4 Labor Day	5	6	7	8
	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - COA Meeting	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
11	12	13	14	15
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:30 PM - Happy Hearts	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - Bingo	10:00 AM - Line Dance Lunch Fundraiser at COA by Friends of the COA	10:00 AM - Tai Chi 10:00 AM - Podiatry	8:15 AM - Aerobics 10:30 - Coffee Talk Cafe
18	19	20	21	22
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:30 PM - Happy Hearts	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting	10:00 AM - Line Dance 2:00 PM - The Butler - movie & popcorn	10:00 AM - Tai Chi	8:15 AM - Aerobics 
25	26	27	28	29
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:30 PM - Happy Hearts	9:00 AM - Yoga 10:30 AM - Tai Chi 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

Across

- 1. Gambling term
- 5. English noblemen
- 10. Nasty
- 14. Sharp
- 15. Slumber
- 16. Apex
- 17. Think over again
- 19. Abrasive particles
- 20. Dote on
- 21. Before, to Keats
- 22. Defective bombs
- 23. Rich dessert
- 26. Doctors' group (abbr.)
- 28. ABC rival
- 31. Average
- 32. Franklin ____ Roosevelt
- 36. Harvest
- 38. Halloween purchase
- 40. TV repeat
- 41. Books of maps
- 43. Can ____ (kitchen devices)
- 45. Severe
- 46. Tortoise's opponent
- 48. Relaxation
- 49. Actor Charlton ____
- 51. Fall faller
- 53. Collection
- 54. Baseball stat
- 55. Count ____ of jazz
- 57. ____ Moore of "G.I. Jane"
- 60. Opposite of WSW
- 62. Serious play
- 66. Waterless
- 67. Ritual
- 70. Chinese dynasty
- 71. Diner
- 72. Not busy
- 73. Singer ____ Seeger
- 74. Leading actors
- 75. Elongated fish



Down

- 1. Soup vegetable
- 2. Land document
- 3. Art ____
- 4. Scornful sound
- 5. Highway curve
- 6. Rhyming boxer
- 7. Restores the honor of
- 8. Sly look
- 9. Butter or jam
- 10. Mary ____ (Bible figure)
- 11. Beige
- 12. Among
- 13. New Jersey team
- 18. Sign gas
- 24. European capital
- 25. Garbage
- 27. Nothing more than
- 28. Collide
- 29. Actress ____ Davis
- 30. Bargain events
- 33. Zones
- 34. Doctor's coworker
- 35. Beginning
- 37. Quail's kin
- 39. Seoul's country
- 42. Uppity one
- 44. Pod dwellers
- 47. Canadian province
- 50. Female relatives
- 52. Dog's name
- 56. ____ Banks of baseball
- 57. Moist
- 58. New York's canal
- 59. Coin factory
- 61. Not messy
- 63. Staff member
- 64. Shopping spot
- 65. Pub drinks
- 68. Always, poetically
- 69. Married woman (abbr.)



TRAVEL OPPORTUNITIES

The Lakeville Council on Aging Arts & Crafts has opened their travel program to Berkley seniors!!!!!!

All trips leave from the Lakeville Council on Aging at One Deer Crossing, off Pickens Street, Lakeville, MA. If interested in a trip, call Kelly Conway at Lakeville COA at 508-947-7224. She will hold your spot. Full payment for the trip is due within 48 hours of making the reservation or your spot will be released. Make check payable to COA Gifts & Grants. This is a great opportunity to do some sightseeing with your friends!!

Friday, September 22 - All New Scallop Festival - East Falmouth - now held at Barnstable Fair Grounds - see flyer at COA - hurry if interested!

Wednesday, October 18 - Lake Winnepesaukee Turkey Dinner Train - \$79.00 per person.

Sunday, November 19 - Christmas in Newport - pickup at 8:45 a.m. Return 5 p.m. Lakeville Senior Center. Discover the elegance of a bygone age. We will visit two mansions, The Elms and The Breakers, both all decked out for the holidays! A sumptuous brunch will be served after the first house tour at the Mainstay Resort in Newport, wait until you see the spread! Trip includes: round trip motor coach transportation, entrance fees for 2 mansions and buffet brunch at the Mainstay Resort. \$84.00 per person Reservations due 11/19.

Friday, December 8 - 2017 Holiday Pops Christmas Show with the Boston Pops at Symphony Hall, lunch at the Venezia Waterfront Restaurant is included. Take part in one of Boston's most beloved traditions - a Holiday Pops concert at historic Symphony Hall. The Pops will perform their signature Sleigh Ride, as well as other Holiday classics and seasonal favorites. Santa Claus himself will make a guest appearance during the concert's finale followed by the tradi-

tional Boston Pops Holiday Sing-a-long to bring this special performance to a close. \$139 includes transportation, luncheon, tax, gratuity and show ticket. Reservations due 10/20.

Saturday, Dec. 9 - Monday, Dec. 11 - Indian Head Resort - Christmas in White Mountains - 2 nights hotel, 2 dinners, 2 breakfasts, welcome reception & lunch buffet, Franconia Notch Touring, Christmas Party with Santa, 2 evenings of entertainment; Don Who & Mark Shelton, Tilton Outlets and NH Liquor Store visits. \$459 Single, \$369 pp Double; \$349 pp Triple. See flyer

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

For more details see flyers in binder at Berkley COA

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*

Thank You,

Acce Physical Therapy, 69 Bayview Ave., Berkley 508-967-7938 and

Jean Harley for your COA support



Coffee Talk Café - 10:30 a.m.

COA Activity Room

- Friday - September 15 - The Smart Consumer -
- Friday - October 20 - Aging Safely at Home -
- Friday - November 17 - Homestead Act -
- Friday - December 15 - TBA



BERKLEY COUNCIL ON AGING NEWSLETTER

OCTOBER 2017

BOARD MEMBERS:

Chair - Donna L. Benoit; Vice Chair - vacant; Treasurer - vacant
Secretary/Programs - Priscilla Martin; Committees Coordinator - Mary Silva; Member - Nancy Thompson
Anyone interested in joining the board 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.

UPCOMING COA EVENTS

Friends of COA lunch - October 18 - Noon - 1:30 PM - meatball sub, chips, drink, dessert, \$6.50. Walk Ins Welcome

Movie - October 18 - 2:00 p.m. - Evolution - a comedy starring David Duchovny, Orlando Bloom and Julianne Moore

Coffee Talk Café - October 20 - 10:30 a.m. - Aging in Place

Halloween Party - October 26 - 2:00 p.m. - Seasonal Songs & Stories with Davis Bates - Davis will lead us in harvest songs and ghost songs and he will tell true life ghost stories and tales about other spirits and shape-shifters, such as a traditional story from Ireland and a trick or treating ghost story from Davis' childhood. His sing-alongs are often accompanied by spoons, limberjack and other ethnic percussion instruments. He has performed over 8,700 times throughout the northeast. He is known for his humor, as well as, his professionalism. Refreshments will be served. Call and register for this program now 508-821-3105.

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.



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
CouncilOnAging@berkleyma.us

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.mcoonline.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

Medicare Open Enrollment Oct. 15, 2017-Dec 7 2017

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, copays, deductibles, formularies (list of drugs covered) and preferred pharmacies. It's important to review your options EVERY year to make sure you have the plan that works best for you for 2018.

What you can do during Medicare Open Enrollment period (Oct 15-Dec 7, 2017) is:

- * Change from original Medicare to a Medicare Advantage plan
- * Change from Medicare Advantage Plan to Original Medicare
- * Switch from one Medicare Advantage plan to a different Medicare Advantage plan
- * Join a Medicare prescription drug plan
- * Switch from one Medicare prescription drug plan to a different Medicare prescription plan

While one of these new plans might be better than your current Medicare coverage, how do you know for sure? Why go through the trouble of researching new options if you like the plan you have? Remember, Medicare plans can change, not only what you pay each year, but also what they pay for. To ensure that you still have the best plan for your needs, it is important to check your plan against competitors each year. Switching to a different Medicare Advantage or Part D plan could potentially save you hundreds of dollars each year.

Assistance is available from the SHINE program. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare.

Please call the Berkley COA at 508-821-3105 to schedule your appointment with Lucille, the SHINE volunteer.

Friends of the Council on Aging Lunch

Wednesday, October 18 - Noon to 1:30 PM

Walk Ins Welcome!

Meatball sub with potato chips, choice of non-alcoholic beverage and a brownie with ice cream - All for \$6.50

NOTICE

Call the COA at 508-821-3105 and let us know the dates you will be away this winter. We'll stop the newsletter and start it again when you return.

Otherwise we will stop it and you will have to notify us when you return to start it again.

Fuel Assistance

If you received fuel assistance last year, Citizens for Citizens, Inc., will be mailing out this year's renewal application in October. For new enrollees, applications will be made available at the Berkley Council on Aging, 1 North Main. If you wish to apply for the first time, or require help with the renewal process, please call the Berkley COA at 508-821-3105 for more information or a list of required documentation.

Managing Your Medicines-Keeping Track

Medications play an expanding role in health as we grow old. Older adults are more likely to develop one or more chronic illnesses. Appropriate medications can help us live longer, more active lives. The more medications we take, the more important it is to keep track of what we are taking, why we are taking them, how and when to take them, and the name of the doctor who prescribed them.

Managing your medications can help you stay out of the hospital. First, keep a checklist of all the prescriptions and over the counter medications you take. For each medication, make note of the amount you take, the time of day you take it and whether it should be taken with food. Don't forget to include the name of the prescribing doctor. Many people see more than one doctor. To assist you in taking your medications, use a chart or calendar to jot down your medications and times you need to take them, or use a pill organizer.

Make sure to update your list when you start taking a new medication, or discontinue taking a medicine. It is also important to review the list and ask any questions about your medicines every time you see a doctor.

Turning 65 This Year?

Medicare and supplemental insurance choices can be confusing. Let Lucille, our outreach worker, help you. She knows all the ins and outs!

Call her at 508-821-3105.



If you are having trouble paying for your prescriptions, give our Outreach Worker, Lucille, a call at 508-821-3105. She may be able to find additional assistance.

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

HAPPY HEARTS

Meet every Monday
 1:30 p.m.
 Activity Room - Town Hall
 For info call: Lorraine Judge,
 at 508-672-2892

Across

- 1. Titles
- 6. Lip
- 10. Sure!
- 14. Soap ____
- 15. Interested by
- 16. Warsaw native
- 17. Oyster gem
- 18. Coastal bird
- 19. Opera song
- 20. Author ____ Hemingway
- 22. Come in first place
- 23. Lower limbs
- 24. Venture
- 26. Poor farmer
- 28. Frequently, to Keats
- 31. Map parts
- 33. Sugarless soft drink (2 wds.)
- 36. Afternoon nap
- 41. Classic song
- 42. Train terminal (abbr.)
- 44. Railroad station
- 45. Take offense at
- 47. Second self (2 wds.)
- 49. Fishing nets
- 51. Beaver project
- 52. Methods
- 56. Mineral springs
- 59. Haul
- 60. For
- 62. Plot
- 66. Certain poems
- 67. Marshal Wyatt ____
- 69. Drying cloth
- 70. Cool!
- 71. True
- 72. Basketball's Shaquille ____
- 73. Caribous' kin
- 74. Associate
- 75. Relaxes

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		57	58			
59						60		61		62		63	64	65
66						67			68		69			
70						71					72			
73						74					75			

Down

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> 1. Slangy refusal 2. Impersonator 3. Cruel 4. Miscalculated 5. Chip dip 6. Pose 7. Once more 8. Flag feature 9. 14-line poems 10. October gems 11. Seoul's country 12. Straighten 13. Bread ingredient 21. Group of three | <ul style="list-style-type: none"> 25. Conclusions 27. Stage remark 28. Fragrance 29. Manicurist's tool 30. Turner and Kennedy 32. Lucifer 34. Neckwear 35. Sight or smell 37. Always, in poems 38. Went quickly 39. Roman garb 40. Energy source 43. Pub offerings 46. Type of paint | <ul style="list-style-type: none"> 48. Recipe abbr. 50. Tel Aviv's locale 52. Boulder 53. Alpine call 54. T-bone, e.g. 55. Trials 57. Performer 58. Gleamed 61. Unwritten 63. Sheep mamas 64. Pork or beef 65. Building wings 68. Layer |
|--|---|--|

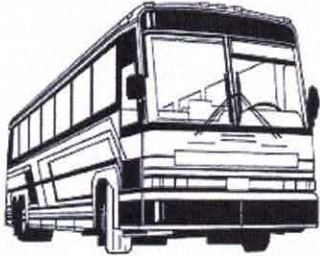
GATRA

Makes Everyday Life a Little Easier

GATRA also provides Dial - A - Ride, a curb - to - curb transportation for persons 60 years or older.
To find out which services are available call: 1 - 800 - 483 - 2500 or visit their website www.gatra.org

TRAVEL OPPORTUNITIES

The Lakeville Council on Aging Arts & Crafts has opened their travel program to Berkley seniors!!!!!!



All trips leave from the Lakeville Council on Aging at One Deer Crossing, off Pickens Street, Lakeville, MA. If interested in a trip, call Kelly Conway at Lakeville COA at 508-947-7224. She will hold your spot. Full payment for the trip is due within 48 hours of making the reservation or your spot will be released. Make check payable to COA Gifts & Grants. This is a great opportunity to do some sightseeing with your friends!!

For more details see flyers on Berkley Council on Aging bulletin board.

E	N	O	T	S		R	O	D	O		E	P	O	N
L	D	E	O	Y		E	L	I	F		R	E	P	A
K	E	S	T	S		S	D	E	T		N	A	R	M
S	A	T	E			E	I	T			D	A	R	E
						S	E	S						S
A	R	E	A	P	E	M	S	E	T					
L	R	E	A	R	P	R	O	S	I	N	A	L	S	T
Y	L	A	R	P										
R	O	N	E	A	S									
E	S	S	T	S										
S	L	E	A	L										

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

You need a Personal Support Network

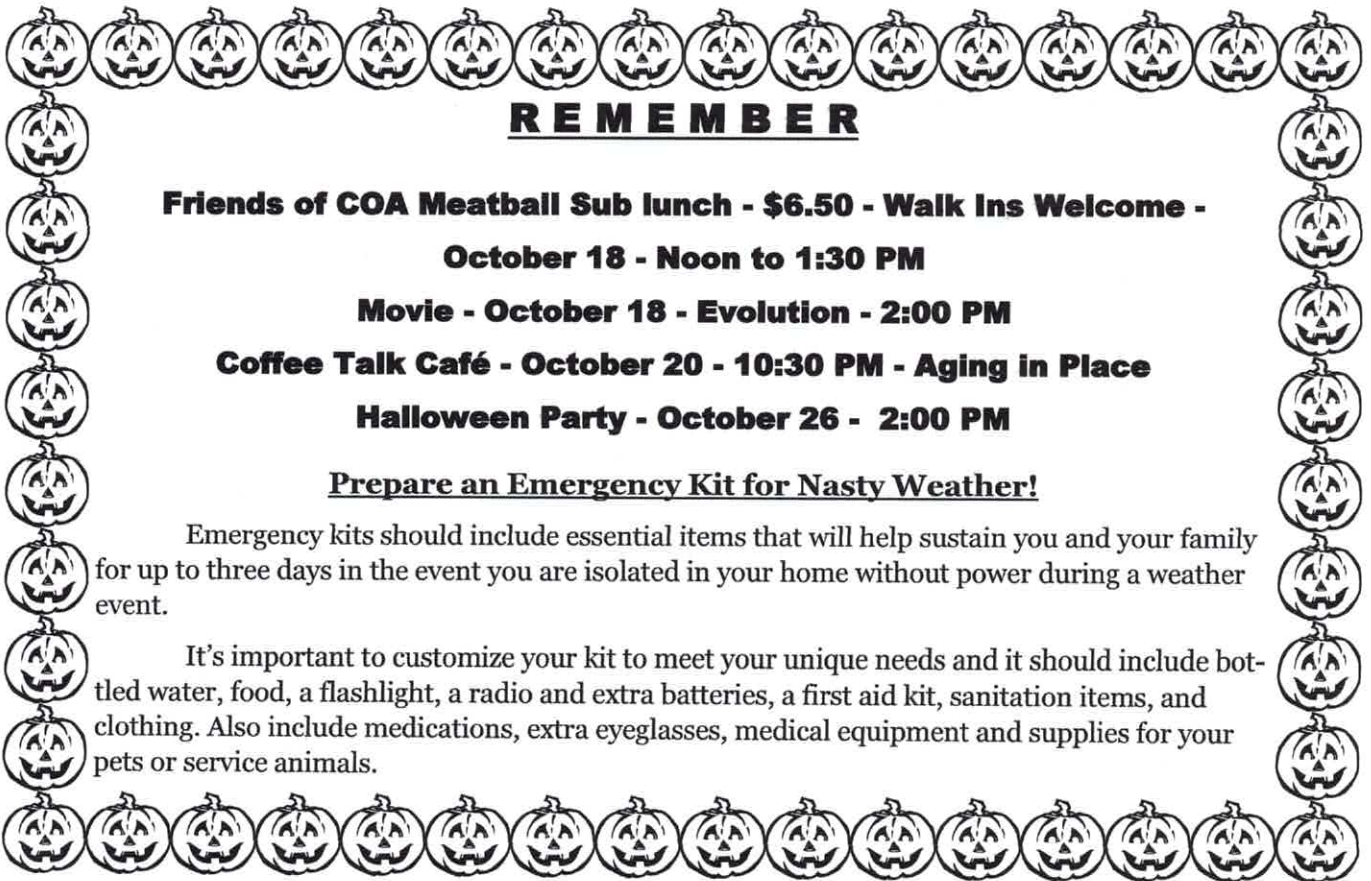
Seniors should have a network of several individuals who will check in on you in an emergency, to ensure your wellness and to give assistance if needed. Arrange for them to check on you after a disaster. Exchange important keys. Show them where you keep emergency supplies. Agree on ways to contact each other in an emergency. Do not count on the telephones working. Always notify your network when you are going out of town and when you will return.

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*



REMEMBER

Friends of COA Meatball Sub lunch - \$6.50 - Walk Ins Welcome -

October 18 - Noon to 1:30 PM

Movie - October 18 - Evolution - 2:00 PM

Coffee Talk Café - October 20 - 10:30 PM - Aging in Place

Halloween Party - October 26 - 2:00 PM

Prepare an Emergency Kit for Nasty Weather!

Emergency kits should include essential items that will help sustain you and your family for up to three days in the event you are isolated in your home without power during a weather event.

It's important to customize your kit to meet your unique needs and it should include bottled water, food, a flashlight, a radio and extra batteries, a first aid kit, sanitation items, and clothing. Also include medications, extra eyeglasses, medical equipment and supplies for your pets or service animals.



BERKLEY COUNCIL ON AGING NEWSLETTER

NOVEMBER 2017

BOARD MEMBERS:

Chair - Donna L. Benoit; Vice Chair - vacant Treasurer - vacant;
Secretary/Programs - Priscilla Martin; Committees Coordinator - Mary Silva;
Member, Nancy Thompson.

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

Thursday, November 15 - Noon to 1:30 PM - Friends of Council on Aging Lunch

Clam Chowder and a Stuffed Quahog, Dessert and Drink for \$6.50

Eat - In or Take Out!

All proceeds will go to help support COA programs.



Saturday, December 2 - Noon - Berkley Middle School

Council on Aging Holiday Luncheon

We have been busy ever since last year planning just the right holiday celebration for you and we think that we have succeeded. Because you enjoyed the students from the Somerset/Berkley High School Chorus last year, they are coming back! On top of that, the students from the Middle School will be there waiting on you and making sure that everything meets your satisfaction as they have for many years now. As in past years, D & D Caterer, who we have enjoyed, will be serving a traditional turkey dinner.

All this for a small donation of **\$5.00**** If this donation will keep you from coming, please call Priscilla or Lucille at the Council on Aging at 508-821-3105 and we will work with you to make it possible for you to attend.

PLEASE make your reservations by calling the Council on Aging ASAP and NO LATER than November 27!
Remember seating is limited so reservations are a must.

**Due to budget constraints we must charge to help defray expenses.

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
CouncilOnAging.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

Turning 65 This Year?

Medicare and supplemental insurance choices can be confusing. Let Lucille, our outreach worker, help you. She knows all the ins and outs! Call her at 508-821-3105.



Friends of the Council on Aging Lunch

Wednesday, November 15 - Noon - 1:30 PM

Eat-In or Take Out

Clam Chowder, Stuffed Quahog, Dessert and drink

\$6.50

All proceeds go to funding COA programs

After a satisfying lunch join us for

Wednesday Afternoon at the Movies

November 2:00 PM

“Shall We Dance” starring

Richard Gere, Jennifer Lopez and Susan Sarandon

Despite having a great career and a loving family, lawyer John Clark (Richard Gere) is missing something in his life as he meanders listlessly from day to day. On his commute back home one night, Clark notices a stunning woman (Jennifer Lopez) in a dance studio and decides on a whim to join a class for ballroom dancing. While Clark finds a new spark in his life, his wife, Beverly (Susan Sarandon) grows suspicious of his frequent absences, since he decides to keep his dancing a secret.

Refreshments provided.



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		10:00 AM - Line Dance	10:00 AM - Tai Chi 1:00 PM - meeting	8:15 AM - Aerobics 11:00 AM - Friends of COA
6 Daylight Savings Ends	7	8	9	10
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:00 PM - Happy Hearts	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics 11 - Veteran's Day
13	14	15	16	17
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:00 PM - Happy Hearts	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - Bingo	9:00 AM - Food Distribution Health Clinic 10:00 AM - Line Dance Noon- 1:30 PM - Friends of COA lunch 2:00 PM - Movie "Shall We Dance"	9:00 AM - Tai Chi 10:00 - 5:00 -Podiatry	8:15 AM - Aerobics 10:30 AM - Coffee Talk 11:00 AM - Friends of COA
20	21	22	23 Closed	24 Closed
10:00 AM - Mah Jongg 1:00 PM - Happy Hearts	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting	10:00 AM - Line Dance		
27	28	29	30	1
10:00 AM - Mah Jongg 1:00 PM - Happy Hearts	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - Bingo	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics

Across

- 1. Mexican coins
- 6. No ifs, _____, or buts
- 10. Picnic intruders
- 14. Texas landmark
- 15. Look
- 16. Stolen goods
- 17. Carved pole
- 18. Five-sided base (2 wds.)
- 20. Of the backbone
- 22. Advance upon
- 23. Skirt's edge
- 24. Craving
- 25. "Viva _____ Vegas"
- 27. Met solo
- 29. Engine part
- 31. Phonograph records
- 35. Endanger
- 38. Bert's friend
- 39. Gardening tools
- 40. Pointed weapon
- 43. Tiny insect
- 44. Helps a crook
- 46. Upset
- 48. Keepsake
- 49. Gridiron number
- 50. Bun
- 52. Bear's hideaway
- 53. Battering _____
- 56. Can metal
- 59. Banister
- 61. Washington city
- 63. Exactly alike
- 66. Snouts
- 67. Tiny opening
- 68. Glamorous _____ Hayworth
- 69. Contaminate
- 70. Narrow opening
- 71. Brood
- 72. Winter toys

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	57	58		59				60		61		62			
63				64					65		66				
67						68					69				
70						71					72				

Down

- 1. Sucker
- 2. Secretly marry
- 3. Lustrous fabric
- 4. Harbinger
- 5. Kenya's neighbor
- 6. Fire leftover
- 7. Inert gas
- 8. Dishonor
- 9. Greasy streak
- 10. Total amount
- 11. Ark skipper
- 12. Haul
- 13. Mushroom part
- 19. Vanity
- 21. Endures
- 26. Stair part
- 28. Aviator
- 29. Annoy
- 30. Laker Shaquille _____
- 32. Irritated state
- 33. Quote
- 34. Sow
- 35. "All _____ Jazz"
- 36. Tramp
- 37. Smell strongly
- 41. Old
- 42. Metal bolt
- 45. Scornful sound
- 47. Renters
- 49. Draw out
- 51. Animals' homes
- 53. _____ O'Donnell of TV
- 54. Make right
- 55. Sail supports
- 56. Bits of advice
- 57. Revered person
- 58. Fiddling emperor
- 60. Not punctual
- 62. West Virginia product
- 64. Butterfly snare
- 65. Regulation

HAPPY HEARTS

Meet every Monday
 1:00 p.m.
 Activity Room - Town Hall
 For info call: Lorraine Judge, 508-672-2892

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

Daily SuDoku: Fri 20-Oct-2017

medium

(c) Daily Sudoku Ltd 2017. All rights reserved.

Daily SuDoku: Fri 20-Oct-2017
medium

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

(c) Daily Sudoku Ltd 2017. All rights reserved.

Puzzle Solution © OnlineCrosswords.net

P	E	S	O	S		A	N	D	S		A	N	T	S
A	L	A	M	O		S	E	E	M		L	O	O	T
T	O	T	E	M		H	O	M	E	P	L	A	T	E
S	P	I	N	A	L		N	E	A	R		H	E	M
Y	E	N		L	A	S		A	R	I	A			
			P	I	S	T	O	N		D	I	S	C	S
T	H	R	E	A	T	E	N			E	R	N	I	E
H	O	E	S		S	P	E	A	R		M	I	T	E
A	B	E	T	S			A	G	I	T	A	T	E	D
T	O	K	E	N			E	L	E	V	E	N		
			R	O	L	L		D	E	N		R	A	M
T	I	N		R	A	I	L		T	A	C	O	M	A
I	D	E	N	T	I	C	A	L		N	O	S	E	S
P	O	R	E		R	I	T	A		T	A	I	N	T
S	L	O	T		S	T	E	W		S	L	E	D	S

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*

R E M E M B E R

Thursday, November 15 - Noon to 1:30 PM - Friends of COA Lunch

Clam Chowder and a Stuffed Quahog, Dessert and Drink for \$6.50

Eat - In or Take Out!

All proceeds go to help support COA programs.

Saturday, December 2 - Noon - Berkley Middle School

Council on Aging Holiday Luncheon

Turkey Dinner and Entertainment

Reservations are a must by November 27th!



BERKLEY COUNCIL ON AGING NEWSLETTER

DECEMBER 2017

BOARD MEMBERS:

Chair - Donna L. Benoit; Vice Chair - Vacant; Treasurer - Vacant;
Secretary/Programs - Priscilla Martin; Committees Coordinator - Mary Silva; Member,
Nancy Thompson. Anyone interested in joining the Board 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.

UPCOMING COA EVENTS

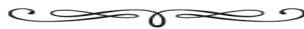
Holiday Luncheon - Saturday, December 2 - Noon

**Berkley Community School -
entertainment by SBRHS Chorus
Limited seating
Call COA if interested**

REMINDER

If you will be away during the winter and having mail forwarded, the post office will not forward this newsletter because it is sent bulk mail. You can read the newsletter online on the Town website. If your newsletter is returned to us from the post office, we will remove your name from the mailing list. They charge us to return the newsletters! When you return home, contact the COA and have your name added again.

**CONGRATULATIONS TO SCOTT FOURNIER
OUR NEW FIRE CHIEF !**



Turning 65 This Year?

Medicare and supplemental insurance choices can be confusing. Let Lucille, our outreach worker, help you. She knows all the ins and outs! Call her at 508-821-3105.



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
CouncilOnAging.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

Winter Safety Tips

To avoid damage in your home from frozen pipes and/or ice dams, consider the following:

During cold spells, keep cabinet doors open to allow warm air to circulate around pipes, particularly those in the kitchen and bathrooms.

Keep a slow trickle of water flowing through faucets connected to pipes that run through unheated or unprotected spaces.

A better idea would be to wrap water pipes in your basement or crawl spaces with insulation sleeves to slow heat transfer.

Water from melted snow on your roof can refreeze in the gutters and seep in under the roof, causing major damage in your home from the ice dams that form. To avoid ice dams, ventilate your attic and insulate the attic floor well to minimize the amount of heat rising through the attic from within the house.

As an added precaution, have a contractor check your roof to see if it would sustain the weight of a heavy snowfall.

Winter Fire Safety Tips

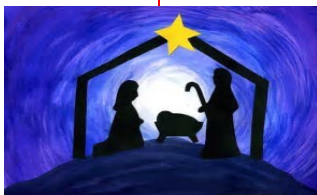
Winter is a time when household fires occur because heating systems are turned on. It is a good time to remember to:

- ◆ Buy and install smoke alarms on every floor of your home.
- ◆ Test smoke alarms monthly.
- ◆ Practice fire drills with your family.
- ◆ Install a carbon monoxide detector outside bedrooms.
- ◆ Place space heaters on a level, hard surface at least three feet away from anything that could burn such as paper, clothing, bedding, curtains or rugs, and turn them off when leaving the room or when you are sleeping.



2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 8:15 AM - Aerobics ***** 2 Noon - Holiday Luncheon - Community School
4 8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:00 PM - Happy Hearts	5 9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting	6 10:00 AM - Line Dance	7 10:00 AM - Tai Chi 11:00 - Friends of COA 1:00 PM - COA meeting	8 8:15 AM - Aerobics
11 8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:00 PM - Happy Hearts	12 9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - Bingo	13 10:00 AM - Line Dance	14 9:00 AM - Tai Chi	15 8:15 AM - Aerobics
18 8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:00 PM - Happy Hearts	19 9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting	20 9:00 AM - Food Distribution & Health Clinic 10:00 AM - Line Dance	21 Winter begins ! 10:00 AM - Tai Chi	22 8:15 AM - Aerobics
25 Closed	26 Closed	27 10:00 AM - Line Dance	28 10:00 AM - Tai Chi 11:00 - Friends of COA	29 ***** 31 - Happy New Year 



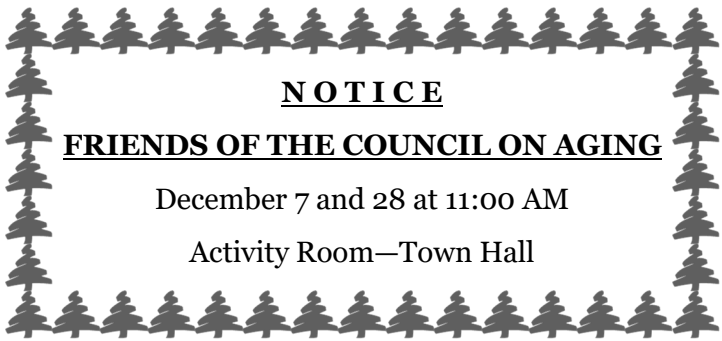
Across

- **1.** Rocking ____
- **6.** Apex
- **10.** ____ McEntire of country music
- **14.** Pound part
- **15.** Business abbr.
- **16.** Strong metal
- **17.** Doctrine
- **18.** Water ____ (like some watches)
- **20.** Compass reading (abbr.)
- **21.** Stunned
- **23.** Taunts
- **24.** Snow runner
- **25.** Peruse
- **27.** Roads
- **31.** Most favorable
- **36.** MGM's symbol
- **37.** Stern
- **39.** Fatigue
- **40.** Spanish water
- **41.** Lean's opposite
- **42.** Japan's continent
- **43.** Bird's home
- **44.** Fathers
- **46.** Not as much
- **47.** More environmentally friendly
- **49.** Person on a pension
- **51.** Buffalo's lake
- **53.** Curve
- **54.** Most sensible
- **58.** Barn ornament
- **60.** Pull apart
- **63.** Enjoyable things
- **65.** Bullwinkle, for one
- **67.** Consumes
- **68.** Skating arena
- **69.** More peculiar
- **70.** Went by horse
- **71.** Foreman
- **72.** Adjust again

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	57					58	59				60	61	62
63							64					65	66		
67						68						69			
70						71						72			

Down

- **1.** Folding beds
- **2.** Tones
- **3.** Diarist ____ Frank
- **4.** Polar sight
- **5.** Seize back
- **6.** Farm measure
- **7.** Female students
- **8.** Mr.'s mate
- **9.** Tombstone inscription
- **10.** Actress ____ Hayworth
- **11.** Time periods
- **12.** Skeleton part
- **13.** Industrious insects
- **19.** Forwarded
- **22.** "Gone ____ the Wind"
- **24.** Lawmaking body
- **26.** Fellow leading actor
- **27.** Street talk
- **28.** Golfer ____ Woods
- **29.** Awaken
- **30.** African tour
- **32.** Kind of type
- **33.** Stingy one
- **34.** Ascend
- **35.** Tenant's document
- **38.** Knock sharply
- **44.** Bother
- **45.** Actor ____ Connelly
- **48.** Monster's loch
- **50.** Earth vibration
- **52.** Levels
- **54.** Goad
- **55.** Besides
- **56.** Deficiency
- **57.** Lighten
- **59.** Inquires
- **60.** Poles
- **61.** Understood! (2 wds.)
- **62.** Jaunty
- **64.** ____ de Janeiro
- **66.** Lyric poem



NOTICE

FRIENDS OF THE COUNCIL ON AGING

December 7 and 28 at 11:00 AM

Activity Room—Town Hall

HAPPY HEARTS
Meet every Monday 1:00 p.m. Activity Room - Town Hall For info call: Lorraine Judge, at 508-672-2892 No meetings July and August.

C	H	A	I	R		A	C	M	E		R	E	B	A
O	U	N	C	E		C	O	R	P		I	R	O	N
T	E	N	E	T		R	E	S	I	S	T	A	N	T
S	S	E		A	W	E	D		T	E	A	S	E	S
			S	K	I		S	C	A	N				
S	T	R	E	E	T	S		O	P	T	I	M	A	L
L	I	O	N		H	A	R	S	H		T	I	R	E
A	G	U	A		F	A	T		A	S	I	A		
N	E	S	T		P	A	P	A	S		L	E	S	S
G	R	E	E	N	E	R		R	E	T	I	R	E	E
				E	R	I	E		A	R	C			
S	A	N	E	S	T		V	A	N	E		R	I	P
P	L	E	A	S	U	R	E	S		M	O	O	S	E
U	S	E	S		R	I	N	K		O	D	D	E	R
R	O	D	E		B	O	S	S		R	E	S	E	T

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

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

Winston Churchill – since light travels faster than sound, some people appear bright until you hear them speak.

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*

