



BERKLEY COUNCIL ON AGING NEWSLETTER

JANUARY 2018

We are all recovering from the holidays and welcoming the New Year and all it brings. Our regular programs are running as usual but at the moment we have no special events scheduled. More to come in our February newsletter.

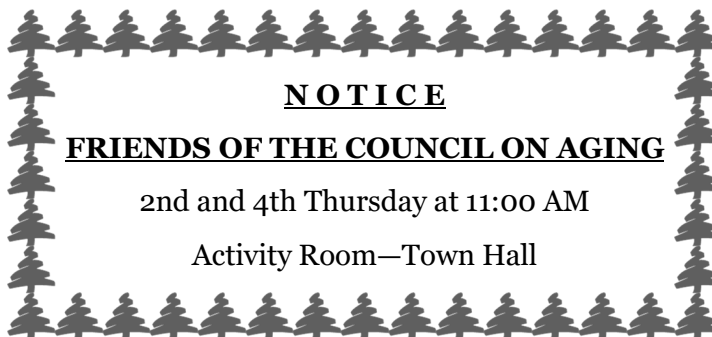
Monday	Tuesday	Wednesday	Thursday	Friday
1 New Years Day	2	3	4	5
CLOSED	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting	10:00 AM - Line Dance	10:00 AM - Tai Chi 11:00 - Friends of COA 1:00 PM - COA meeting	8:15 AM - Aerobics
8	9	10	11	12
8:15 AM - Aerobics 10:00 AM - Mah Jongg 1:00 PM - Happy Hearts	9:00 AM - Yoga 10:30 AM - Tai Chi 11:30 AM - Quilting 1:00 PM - Bingo	10:00 AM - Line Dance	10:00 AM - Tai Chi	8:15 AM - Aerobics
15	16	17	18	19
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	9:45—Podiatry Clinic 10:00 AM - Tai Chi	8:15 AM - Aerobics
22	23	24	25	26
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	10:00 AM - Tai Chi 11:00 - Friends of COA	8:15 AM - Aerobics
29	30	31		
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		

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
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Massachusetts Executive
Office of Elder Affairs*



NOTICE
FRIENDS OF THE COUNCIL ON AGING
2nd and 4th Thursday 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.

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.

February 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			10:00 AM - Tai Chi 11:30 AM - Friends of COA 1:00 PM - COA	8:15 AM - Aerobics
5	6	7	8	9
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 - Tai Chi	8:15 AM - Aerobics
12	13	14 Valentines Day	15	16
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		10:00 AM - Tai Chi 11:30 AM - Friends of COA	8:15 AM - Aerobics
19 President's Day	20	21	22	23
C L O S E D	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
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 9:00 AM - Health Clinic 10:00 AM - Line Dance		

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**BERKLEY COUNCIL ON AGING
NEWSLETTER**

FEBRUARY 2018

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



BERKLEY COUNCIL ON AGING NEWSLETTER

APRIL 2018

BOARD MEMBERS:

Chair - Joan Blake; Vice Chair - vacant Treasurer - Margret Clark-Moroff;
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

- April 3rd Luncheon at Silver Platter, Bristol Plymouth High School. Tickets are \$7.95, there is a choice of Chicken or Fish, call COA 508-821-3105 to register as seating is limited.
- To Apply for the Brown Bag Program which contains food staples and may include some fruit, vegetables, and some meat, call the Council on Aging 508-821-3105. All Calls are CONFIDENTIAL.
- If you would like to use a computer, call the Council on Aging at 508-821-3105 to reserve a time.



There is a tax reduction available called the MA "Circuit Breaker" which is available to homeowners and renters Age 65 or older who meet income requirements. Forms are available at the COA or you can download them at <https://www.mass.gov/lists/2017-massachusetts-personal-income-tax-forms-and-instructions>.

The Massachusetts CARE Act: What This Means For You

The Caregiver Advise, Record, Enable (CARE) Act went into effect as a state law on Nov. 8, 2017. Caring for an aging parent or loved one can be a stressful position. This law provides caregivers with critically needed information and guidance to effectively care for a patient once released from a hospital.

The CARE Act features three important provisions related to the family caregiver's role when one has been hospitalized:

The patient is provided with an opportunity to designate a caregiver;

The caregiver is notified if the patient is to be discharged to another facility or to their home; and,

The facility must provide an explanation and a demonstration of the medical tasks (medication management, injections, wound care and transfers) that the caregiver will perform at home.

The CARE Act is the step that will make a difference to individual caring for an aging parent or love one. Individuals undergoing medical procedures or entering a hospital should consider who to name as designated caregiver.

For more information or questions about the CARE Act, call the COA at 508-947-7224 and leave a message for the Outreach Worker, Lucille.

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

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8	7	3	5	1	2	9	6	4



April 2018

Mon

Tue

Wed

Thu

Fri

2

Happy Hearts- 1
Aerobics - 8:15

3

Yoga- 9 :00
Tia Chi- 10:30
Quilting- 11:30
Silver Platter- 11:30

4

Body in Motion—
10 :00

5

Tia Chi - 10 :00
COA MTG - 1:00
Friends of the COA -
11:30

6

Aerobics- 8:15 am

9

Happy Hearts- 1
Aerobics— 8:15

10

Bingo - 1 :00
Yoga- 9 :00
Tia Chi- 10:30
Quilting- 11:30

11

Body in Motion -
10 :00

12

Tia Chi - 10 am

13

Aerobics- 8:15 am

16

Happy Hearts- 1
Aerobics— 8:15

17

Bingo - 1:00
Yoga- 9 :00
Tia Chi- 10:30
Quilting- 11:30

18

Body in Motion—
10 :00

19

Friends of COA- 11:30
Tia Chi - 10:00

20

Aerobics- 8:15 am

23

Happy Hearts- 1
Aerobics— 8:15

24

Yoga- 9 :00
Tia Chi- 10:30
Quilting- 11:30

25

Food Distribution -
9:00
Health Clinic - 9:00
Body in Motion
10 :00

26

Podiatry - 9:00 AM -
5:00 PM
Tia Chi - 10 :00

27

Aerobics- 8:15 am

30

Happy Hearts- 1
Aerobics— 8:15

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BERKLEY COUNCIL ON AGING NEWSLETTER

APRIL 2018



Berkley Council on Aging Newsletter

May 2018

BOARD MEMBERS:

Chair - Joan Blake; Vice Chair - vacant Treasurer - Margaret Clark-Moroff;
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

- * **June 13th 1:00 - 3:00 PM** Paint Party at Berkley Council on Aging Come and paint a beautiful landscape with Amy King. All materials will be provided. Free to Berkley seniors, \$20.00 for our out of town guests. To reserve a spot call the COA at 508-821-3105
- * Luncheon sponsored by the Friends of the Berkley COA is on **May 16, 2018 12:00 Noon - 1 :30 PM** at the Senior Center on 1 North Main St., Berkley MA. The menu is Chow Mein Sandwich, dessert, and drink. \$6.50 to eat in or take out (while they last). To make a reservation call Jackie at 508-822-9634 or sign the list at the COA.
- * Movie Day is on **May 16th** following the luncheon, movie will begin at 2:00. Join us to watch A Dog's Purpose.
- * **Sunday, May 13th** Dighton Rock Park will be presenting a Native Collection to the Land. 1:00 - 3:00 Free and open to the public. Hartman Deetz, a Mashpee Wampanoag and cultural educator and historian will share the cultural perspective of people who treasure and respect the natural world and reinforce how living closely with the land builds responsibility and stewardship of the earth. This program is supported by a grant from the Berkley Cultural Council.

Additional Events

- * **Sunday, May 20th** "The Place of Stone" Dighton Rock Park and the Erasure of America's Indigenous Past" Douglas Hunter, author will examine the historiography of Dighton Rock Park, one of the most contested artifacts of American Antiquity. This program is supported by a grant from the Berkley Cultural Council.
- * Invitations are going out for the Appreciation Luncheon at Chamberlain Farm on **Tuesday, May 22nd**. If you do not receive one but feel you qualify with 10 hours or more of volunteer hours, please call the COA and leave a message, we will get in touch with you. Any Berkley senior who would like to join us at Chamberlain Farm on May 22nd at 1:30 to enjoy coffee/tea and pastries with us as we enjoy the music of John Root with music from the first half of the 20th century. This is free and open to all Berkley seniors. Please call the COA and leave your name as your reservation for this event. This event was made possible by The Berkley Cultural Council.
- * The annual Lunch on The Farm will be held on **Tuesday June 19th** at Chamberlain Farm. New Orleans Music will be provided at this event. This event was made possible by The Berkley Cultural Council.



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.

2018 GRANT AWARDS

Applicant	Project Title	Location	Description	Project Date
RESS Foundation Inc.	In the Eyes of Another	Various theaters, libraries and schools	Partial funding for a film based on the true story of the relationship between a recent cancer survivor and a type 1 diabetic in the hopes of raising public awareness.	2018
Bee Informed Group of Bristol County	Veterans with PTSD - Bees for Vets: " Quiet Mind Therapy"	Berkley	Funds to equip a Vietnam veteran suffering with PTSD in the art of beekeeping. After schooling and hands-on-training vet will demonstrate beekeeping and talk with the public during the 2018 Honey Harvest Festival on how it has benefitted his PTSD.	January 2018 - December 2018
Cooperative Production, Inc. (dba CO-OP)	CO-OP Brain Injury Day Center	Taunton	Funds to provide arts-related programming and art supplies for their Brain Injury Supports program.	January 2018 - December 2018
Dena Haden	The Critique Group	Berkley	Formation of "The Critique Group" in Berkley for artists to give and receive feedback, encouragement and to exchange ideas.	January 2018 - December 2018
Tri-County Symphonic Band	Complimentary Senior Tickets	Taber Academy and Dartmouth High School	Free senior tickets to three of Tri-County Symphonic Band's concerts.	February 11 through October 23, 2018
Friends of Dighton Rock Museum, Inc	Stone of Power	Dighton Rock State Park	Douglas Hunter examines the historiography of Dighton Rock and shares his research and thoughts on this age-old mystery.	Tentative date: April 8
John Root	A Celebration of Song	Chamberlain Farms	John Root performs for seniors song and music from the first half of the 20th century.	Tuesday, May 22, 2018
William Schneller	Bill Harley Family Concert	Berkley Middle School	Bill Harley, well known performer will entertain children and adults with humorous songs and stories. Fundraiser for Friends of the Library and the Berkley Schools. Tickets in advance \$15/adults, \$10/child, max cost of \$50 per family. Tickets at the door \$20/adult, max cost of \$60 per family.	Friday, May 04, 2018
Friends of Dighton Rock Museum, Inc	Sustainable Harvest	Dighton Rock State Park	Deetz Hartman, a Mashpee Wampanoag cultural educator and historian, shares learning how to sustainably harvest plants to keep the future of the environment for healthy living and for the coming generations.	Sunday, May 13, 2018
Friends of Dighton Rock Museum, Inc	Plein Air Painting at the Park	Dighton Rock State Park	Ilani d'Alfonso, an artist and visual arts teacher leads a workshop on painting with watercolors. Supplies provided. Phone call or e-mail registration required for planning purposes.	Saturday, June 10, 2017
Berkley Council on Aging	Lunch on the Farm	Chamberlain Farms	New Orleans music provided for seniors at this luncheon.	Tuesday, June 19, 2018
Berkley Public Library	Line Dancing	Outside of library on Berkley Common	Brett Outchunis teaches line dancing for children seven and up and their families as part of the library's Summer Fun Festival.	Saturday, June 23
Friends of Berkley Council on Aging	Fourth of July Celebration and Concert on the Common	Berkley Commons	Fourth of July celebration with the Sultans of Sax, an ensemble of nine musicians.	Wednesday, July 04, 2018
Mayflower Camerata	2 Performances of Mozart's "Coronation" Mass, Symp	Friday - Saints Martha and Mary Church, Lakeville; the second - Central Congregational Church, Middleboro	Two performances of Mozart's Requiem and Coronation Mass and Symphony #40 in G Minor.	Performances between October 19 & 28, 2018
Berkley Council on Aging	Holiday Lunch	Berkley Middle School	Tom Madden provides holiday music for seniors at this luncheon.	Saturday, December 08, 2018

Prescription Advantage

Need help with prescription drug costs, this program may be your answer!

Prescription Advantage is the state-sponsored prescription drug assistance program for seniors and people with disabilities in Massachusetts. This income-based assistance program may help you pay for prescription drugs once you are in the Donut Hole. Your income level will determine the level of assistance you receive.

Who is eligible for Prescription Advantage?

Prescription Advantage is available to Massachusetts residents who are:
Age 65 or older, eligible for Medicare, or

- 65 years of age or older and not eligible for Medicare, or
Under age 65 and meet disability guidelines, and
- Not a Mass Health or CommonHealth member*

*In some cases, individuals receiving assistance from Mass Health to pay for Medicare Part A and/or Part B premiums, deductibles, and co-payments may still be eligible for Prescription Advantage.

How Can Prescription Advantage Work Help You?

Prescription Advantage supplements prescription drug benefits by helping to pay for medications covered by Medicare Part D when you reach the Donut Hole (also known as the Coverage Gap).

Prescription Advantage allows you to switch your Part D coverage once a year in addition to Open Enrollment in October.

For more information or application assistance call the COA at 508-821-3105 and leave a message for the Outreach Worker, Lucille.



Announcement: We have File of Life at the COA. A FILE OF LIFE provides individuals with emergency medical identification cards to be used at home and away from home. This is a very important program. It should be part of your emergency preparedness. For more information come pick up a File of Life, or call the COA 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

More Announcements:

⇒ To Apply for the **Brown Bag Program** which contains food staples and may include some fruit, vegetables, and some meat, call the Council on Aging 508-821-3105. All Calls are CONFIDENTIAL.

⇒ If you would like to use a computer, call the Council on Aging at 508-821-3105 to reserve a time.

⇒ The **Council on Aging Board of Directors** is looking for members, if you are interested call us and leave a message, we will get back to you! Or you can attend the BOD meeting on May 3rd and see what we do!



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Across

1. Mother
6. Fraud
10. Game on horseback
14. Blockage of the intestine
15. Diminish
16. Not odd
17. Achievements
18. French for "State"
19. Certain card games or liquors
20. Baby's soft spot
22. A flat mass of ice
23. Abominable Snowman
24. The far east
26. Pang
30. Writing liquid
31. 16 1/2 feet
32. Plant fiber
33. G G G G
35. Slander
39. European wild oxen
41. Release
43. Attempt again
44. Arid
46. Coffee dispensers
47. Tavern
49. Arrive (abbrev.)
50. Views
51. A person without pigment
54. Wanda

DOWN

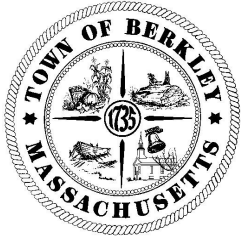
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2. Margarine
3. Average
4. Mongrel
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6. Sugariness
7. Resembling a feline
8. A Freudian stage
9. Shooting star
10. Treacherous
11. Small egg
12. A tart fruit
13. Beginning
21. Whinny
25. Somersault
26. Remote
27. Hint
28. Male deer
29. Outrageous
34. Replacement
36. Drill
37. Feudal worker
38. Not more
39. Greenish blue
42. Audacity
45. Sincere
48. Corpulent
51. Mime
52. Jeweler's glass
53. Beauties
55. Savor
58. District
59. Rubber wheel
60. Ancient Peruvian
61. Food thickener
62. Not a win

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 YOGA 9:00 Tai Chi 10:30	2 Body in Motion 10:00	3 Tai Chi 10:00 Friends 11:00 COA BOD 1:00	4 Aerobics 8:15	5
6	7 Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30	8 Yoga 9:00 Tai Chi 10:30 Bingo 1:00	9 Body in Motion 10:00	10 Tai Chi 10:00	11 Aerobics 8:15	12
13	14 Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30	15 Yoga 9:00 Tai Chi 10:30	16 Body in Motion 10:00 Chow Mein Luncheon 12:00 Movie 2:00	17 Tai Chi 10:00	18 Aerobics 8:15 Coffee Talk Café 10:30 CPR review	19
20	21 Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30	22 Yoga 9:00 Appreciation Lunch 12:00	23 Brown Bag Distribution 9:00 Body in Motion 10:00	24	25 Aerobics 8:15 Blood Drive (BAA) 1:00	26
27	28 MEMORIAL DAY	29 Yoga 9:00 Tai Chi 10:30	30 Health Clinic 9:00 Body in Motion 10:00	31 Tai Chi 10:00	Coming in June: Lunch on the Farm 19th Paint Party 13th 1:00	



BERKLEY COUNCIL ON AGING NEWSLETTER JUNE, JULY, AND AUGUST 2018

BOARD MEMBERS:

Chair - Joan Blake; Vice Chair - vacant Treasurer - Margaret Clark-Moroff;
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

- * **Paint Party June 13th 1:00-3:00** No cost to Berkley residents, out of town guests will pay \$20 for supplies. All materials will be provided. Please call in your reservation so we can make sure we have enough supplies. 508-821-3105.
- * Manicures will be given on **June 26th from 12:00** on. Please call 508-821-3105 so we can schedule an appointment for you. This is at no cost for Berkley seniors, our out of town guests will pay \$10.00 (or \$12.00 for French Tips) Tips to the technician are at your discretion.
- * Lunch on the Farm **June 19th 12:00 noon**. Call 508-821-3105 for a reservation please call by June 10th and your reservation will be placed if space is still available.



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Announcements:

- ◆ If anyone is interested in the meeting dates of any town department Check Channel 9 on cable on Fridays and there will be play backs of the meetings.
- ◆ We currently do not have a licensed nurse for our Health Care Clinic. If anyone knows any licensed nurse who would be willing to donate their time on the last Wednesday of the month through the summer, please call the COA at 508-821-3105.
- ◆ The File of Life is available at the COA. A File of Life provides individuals with emergency medical identification cards to be used at home and away from home. This is a very important program. It should be part of your emergency preparedness. For more information come pick up a File of Life, or call the COA at 508-821-3105.
- ◆ To apply for the Brown Bag Program which contains food staples and may include fresh fruits and vegetables and some meats. Please call the COA at 508-821-3105. ALL CALLS ARE CONFIDENTIAL.
- ◆ The Berkley Council on Aging Board of Directors is still looking for members. You do not have to be a senior to join. Please call 508-821-3105 for more information, or visit the COA BOD at their monthly meeting for more info.
- ◆ Please include the names of the COA BOD, The Mission Statement and include the important phone numbers and a couple of puzzles with answers on another page. A crossword puzzle is great, but please makes sure all clues are there.



Friends of CAO Announcements

- FOURTH OF JULY ON THE BERKLEY COMMON - Come on out on the **FOURTH OF JULY** from **11:30 - 1:30** and enjoy the "SULTANS OF SAX". Council on Aging is happy to bring this program to you again this year as it has been thoroughly enjoyed in the past. Along with the Sultans of Sax we will be serving free hot dogs, chips and a soft drink. Bring your lawn chairs and just enjoy the day.
 - 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.
- Have lunch out on **June 27** with friends, Friends of Berkley Council on Aging, that is. We will be serving a meatball sub, chips, a soft drink and dessert, in the COA Activity Room from **11:30 - 1:30**. All this for the very reasonable price of \$6.50. Although we are happy to have walk-in's, please call Jackie and make a reservation at 508-824-9634 to be sure we have enough for everyone.



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.

SUDOKU

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

ANSWER

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

Spotlight On – Vicki Dawson

By Tracy Elizabeth

Those who frequent the Berkley Public Library may have noticed a few changes recently, not the least of which is the new library director, Vicki Dawson. Formerly the technical services librarian, she replaced Director William Schneller who retired in January of this year after 12 years of service. She had been a library director for Freetown and reference assistant for Somerset before working for the Berkley Library. We chatted recently over lunch.

TE: What are your plans for the coming year?

VD: I'd like to do two adult programs per month, one of which is "No Stress Book Club" that meets the first Wednesday of each month at 6:30 PM at the library. All are welcome to come and participate. It's ok if you haven't finished reading the book.

On June 3 at 2 PM we are planning to show a film in the downstairs of the library about Josiah Henson, a man of great intellect and accomplishment, who was the model for Harriet Beecher Stowe's book *Uncle Tom's Cabin*.

We'll be offering a summer reading program for both children and adults. On September 7 from 6-10PM, with the help of the Friends of the Library, we'll be celebrating the 100th anniversary of the Berkley Library at the Chamberlain Pavilion.

Also, I'm looking forward to talking with the Council On Aging to see in what ways the library can better assist seniors. As always, the staff are happy to bring a book down to the car for a patron who can't climb the stairs. We are working on creating a special section for large print books. We also lend out a kindle that books can be downloaded onto, which is much easier than holding a heavy book.

I'd like to do much more.

TE: I've noticed the upstairs has a new look.

VD: With all the desks facing towards the door, it's easier to greet people when they arrive, and I think they feel more comfortable asking for assistance if they need it.

TE: What do you love most about being a librarian?

The patrons are wonderful. I've met so many new people. And I like the variety of tasks from handling reference and research questions, to planning programs, to the challenge of finding that elusive book title for a patron. Also, I'm kind of an information junkie.

TE: What are your thoughts on why a library is essential to any community?

Libraries promote literacy and lifelong learning. There are studies that show the cognitive benefits of reading, like improved analytical thinking for instance. And when you read a book, you encounter another person's perspective on issues.

As more and more services are being offered online, there is a greater need for computer access. There's a perception out there that everyone has a computer. That's just not accurate.

TE: And also, libraries provide free and equal access to information, a must in a democracy.

A Few Things to Know About Your New Medicare Card

Medicare is mailing new Medicare cards starting in April 2019. Here are a few things to know about your new Medicare card:

Mailing takes time: Your card may arrive at a different time than your friend's or neighbor's. Rumor has it that Massachusetts seniors may start receiving their Medicare cards sometime in June or after.

Destroy your old Medicare card: Once you get your new Medicare card, destroy your old Medicare card and start using your new cards right away.

Guard your card: Only give your new Medicare Number to doctors, pharmacists, other health providers, your insurers, or people you trust to work with Medicare on your behalf.

Your Medicare Number is unique: Your card has a new number instead of your Social Security number. This number is unique to you.

Your new card is paper: Paper cards are easier for many providers to use and copy, and they save taxpayers a lot of money. Plus you can print your own replacement card if you need one!

Keep your new card with you: Carry your new card and show it to your health care providers when you need care.

Your doctor knows its coming: Doctors, other health care facilities and providers will ask for your new Medicare card when you need care.

Note: For seniors enrolled in a **Medicare Advantage Plan, keep your Medicare Advantage Card.** If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare. You should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.

Help is available by calling 1-800-MEDICARE (1-800-633-4227). For assistance, call the COA at 508-821-3105 and leave a message for the Outreach Worker, Lucille.

The Massachusetts CARE Act: What This Means For You

The Caregiver Advise, Record, Enable (CARE) Act went into effect as a state law on Nov. 8, 2017. Caring for an aging parent or loved one can be stressful. This law provides caregivers with critically needed information and guidance to effectively care for a patient once released from a hospital.

The CARE Act features three important provisions related to the family caregiver's role when one has been hospitalized:

The patient is provided with an opportunity to designate a caregiver;

The caregiver is notified if the patient is to be discharged to another facility or to their home; and,

The facility must provide an explanation and a demonstration of the medical tasks (medication management, injections, wound care and transfers) that the caregiver will perform at home.

The CARE Act is the step that will make a difference to the individual caring for an aging parent or loved one. Individuals undergoing medical procedures or entering a hospital should consider who to name as designated caregiver.

For more information or questions about the CARE Act, call the COA at 508-821-3105 and leave a message for the Outreach Worker, Lucille.

~ June 2018 ~						July ▶	
◀ May	Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Aerobics 8:15-9:00	2
3		4 Aerobics 8:15-9:00 Mah Jong 10:00-11:00	5 Yoga 9:00-10:30 Tai Chi 10:30-11:45 Quilting 11:30-12:30	6	7 Tai Chi 10:00-11:00	8 Aerobics 8:15-9:00	9
10		11 Aerobics 8:15-9:00 Mah Jong 10:00-11:00	12 Yoga 9:00-10:30 Tai Chi 10:30-11:45 Quilting 11:30-12:30 Bingo 1:00-2:30	13 Body in Motion 10:00-11:00 Paint Party 1:00-3:00	14 Tai Chi 10:00-11:00 Podiatry 9:00-5:00 COA BOD 1:00	15 Aerobics 8:15-9:00 Coffee Café 10:30 IMA Senior Medicare Patrol Program	16
17		18 Aerobics 8:15-9:00 Mah Jong 10:00-11:00	19 Yoga 9:00-10:30 Tai Chi 10:30-11:45 Quilting 11:30-12:30 Lunch on The Farm 12:00	20 Body in Motion 10:00-11:00	21 Tai Chi 10:00-11:00	22 Aerobics 8:15-9:00	23
24		25 Aerobics 8:15-9:00 Mah Jong 10:00-11:00	26 Yoga 9:00-10:30 Tai Chi 10:30-11:45 Quilting 11:30-12:30 Bingo 1:00-2:30 Manicures 12:00-	27 Brown Bag 9:00 Body in Motion 10:00-11:00 Meatball Luncheon 11:30 – 1:30 Movie Day 2:00 The Greatest Showman	28 Tai Chi 10:00-11:00	29 Aerobics 8:15-9:00	30

~ July 2018 ~							August ▶		
◀ June	Sun		Mon		Tue	Wed	Thu	Fri	Sat
1			2 Aerobics 8:15-9:00 Mah Jong 10:00-11:00	3 Yoga 9:00-10:30 Tai Chi 10:30-11:15 Quilting 11:30-2:30	4 Independence Day Lunch to The Sultans of Swing 11:30-1:30 No charge On the common	5 Tai Chi 10:00-10:45	6 Aerobics 8:15-9:00	7	
8			9 Aerobics 8:15-9:00 Mah Jong 10:00-11:00	10 Yoga 9:00-10:30 Tai Chi 10:30-11:15 Quilting 11:30-2:30 BINGO 1:00-2:30	11 Body in Motion 10:00-11:00	12 Tai Chi 10:00-10:45 COA BOD 1:00	13 Aerobics 8:15-9:00	14	
15			16 Aerobics 8:15-9:00 Mah Jong 10:00-11:00	17 Yoga 9:00-10:30 Tai Chi 10:30-11:15 Quilting 11:30-2:30	18 Body in Motion 10:00-11:00	19 Tai Chi 10:00-10:45	20 Aerobics 8:15-9:00	21	
22			23 Aerobics 8:15-9:00 Mah Jong 10:00-11:00	24 Yoga 9:00-10:30 Tai Chi 10:30-11:15 Quilting 11:30-2:30 BINGO 1:00-2:30	25 Body in Motion 10:00-11:00 Brown Bag 9:00	26 Tai Chi 10:00-10:45	27 Aerobics 8:15-9:00	28	
29			30 Aerobics 8:15-9:00 Mah Jong 10:00-11:00	31 Yoga 9:00-10:30 Tai Chi 10:30-11:15 Quilting 11:30-2:30 Manicures 12:00-	Notes: Call for a manicure appointment				

~ August 2018 ~							September ▶
◀ July	Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Body In Motion 10:00-11:00	2 Tai Chi 10:00-10:45 COA BOD 1:00	3 Aerobics 8:15-9:00	4
5	6 Aerobics 8:15-9:00 Mah Jong 10:00 -11:00	7 YOGA 9:00-10:30 Tai Chi 10:30—11:15	8	8	9 Tai Chi 10:00-10:45	10 Aerobics 8:15-9:00	11
12	13 Aerobics 8:15-9:00 Mah Jong 10:00 -11:00	14 YOGA 9:00-10:30 Tai Chi 10:30—11:15 BINGO 1:00-2:30	15 Body In Motion 10:00-11:00	16 Tai Chi 10:00-10:45 Podiatry 9:00-5:00	17 Aerobics 8:15-9:00	18	
19	20 Aerobics 8:15-9:00 Mah Jong 10:00 -11:00	21 YOGA 9:00-10:30 Tai Chi 10:30—11:15	22 Brown Bag Distribution 9:00-12:00 Body In Motion 10:00-11:00	23 Tai Chi 10:00-10:45	24 Aerobics 8:15-9:00	25	
26	27 Aerobics 8:15-9:00 Mah Jong 10:00 -11:00	28 YOGA 9:00-10:30 Tai Chi 10:30—11:15 BINGO 1:00-2:30 Manicures 12:00-	29 Body In Motion 10:00-11:00	30 Tai Chi 10:00-10:45	31 Aerobics 8:15-9:00	Notes: Call for a Mani- cure Appt	

Directors Directions

By Caleb Madison

ACROSS

- 1. Opposers of a 14-Across
- 6. "___ With a Shotgun" (2011 Jason Eisener movie)
- 10. "Como ___ usted?"
- 14. See 1-Across
- 17. Deceptive move, in boxing
- 18. Screenwriter Ball
- 19. "Doubt" extras
- 20. Free (of)
- 21. Former steel giant
- 22. Spielberg's first blockbuster
- 23. Pulitzer-winning graphic novel subtitled "A Survivor's Tale"
- 24. Wall St. event
- 25. "Nanook of the North" director
- 28. Pixar's Lightning McQueen, for one
- 29. Scanned bars; Abbr.
- 30. Zap
- 31. Regret
- 33. Pumbaa from "Lion King," for example
- 36. "Beasts of the Southern Wild" director
- 40. Time for exposition
- 41. R&B singer related to Beyonce with the 2012 single "Losing You"
- 43. Nuyorican, e.g.
- 44. Dickens' Edwin
- 46. Benicio del ___
- 47. "___ Day" (1993 rap hit)
- 49. 2009 BBC movie directed by James Hawes about a famous children's book writer
- 50. It concludes with a couplet
- 52. Paper topic?
- 54. Coalesce
- 56. With 58-Across, "The Golden Compass" director
- 58. See 56-Across
- 60. YouTube personality Jenna
- 64. Stadium area
- 66. Was processed
- 71. ___ omnia vincit
- 72. Intl. commerce group
- 74. 1962 Terence Young directed Bond film
- 76. Uninvited guest, in modern slang
- 77. Saudi Arabia's largest city
- 79. "Look before you leap," e.g.
- 82. Mouse relative
- 83. "Once Upon a Time in the West" director
- 85. Mars
- 87. Lady bear, to Bernardo
- 88. "I got that covered!"
- 89. Common way to buy candy
- 90. Base, slangily
- 92. "Eastern Promises" director
- 99. Raw material

- 100. "___ Brockovich" (2000 Soderbergh film)
- 101. Q5 maker
- 102. Pie cuts, often
- 103. Regatta need
- 104. ___ vase
- 105. Need a bath, say
- 106. "The ___ Suspects" (Bryan Singer thriller)
- 107. Channel that's "very funny"
- 108. Gives in to gravity
- 109. In ___
- 110. Katmandu's country

DOWN

- 1. In the distance
- 2. Roman Emperor often associated with a fiddle
- 3. "Frankenweenie" director
- 4. 2010 Christopher Nolan sci-fi thriller
- 5. Producer Scott, with the 2004 hit "Lean Back"
- 6. Journey to Mecca
- 7. "Series of Unfortunate Events" Count
- 8. Weep

- 9. Ad come-on
- 10. Tangled
- 11. Journalist Ray of "NewsHour"
- 12. Wide-headed fastener
- 13. It's capital was Nineveh
- 14. Company with ads starring William Shatner as the Negotiator
- 15. Strahan's cohort
- 16. Stench
- 26. General ___ Chicken
- 27. Pend
- 32. Speak
- 33. Bunches of cash
- 34. Beginning to -polis
- 35. Really saw
- 36. Least ornate
- 37. Votes in
- 38. Abbr. part, often
- 39. Junction point
- 42. Actress Anderson
- 45. Latin noun class; Abbr.
- 48. "Bride & Prejudice" actress Aishwarya ___
- 51. "My Generation" band
- 53. Veer
- 55. Winter Palace ruler
- 57. Letters after Q

- 59. Shore bird
- 60. Earth neighbor
- 61. Gallic gal pal
- 62. "The Gay Ranchero" actor
- 63. Isn't humble
- 65. "Whatever you want"
- 67. Home port for a sailor
- 68. Judd Apatow comedy with the tagline "What if this guy got you pregnant?"
- 69. Not busy
- 70. 1-Across utterances
- 73. Job positions
- 75. Former California fort
- 78. Royal crowns
- 80. ___ rage
- 81. Singer Winans
- 84. Amorous
- 86. 5K, perhaps
- 90. "Das ___"
- 91. UAE part
- 93. Diva's highlight
- 94. Parisian ways
- 95. Literary tributes
- 96. "Swoosh" company
- 97. Music industry org.
- 98. Fish organ

Directors Directions

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

SUDOKU GAME WITH ANSWER

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

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

SUDOKU

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

ANSWER

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

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



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

Council on Aging
1 North Main Street
Berkley, MA 02779

PRESORTED STANDARD

U.S POSTAGE PAID
TAUNTON, MA

PERMIT NO. 73

Return service requested

BERKLEY COUNCIL ON AGING NEWSLETTER
SUMMER 2018



BERKLEY COUNCIL ON AGING NEWSLETTER

SEPTEMBER 2018

BOARD MEMBERS:

Chair - Joan Blake; Vice Chair - vacant; Treasurer - Margret Clark-Moroff; Committees Coordinator - Mary Silva;
Program Coordinator and Acting Secretary– Nancy Thompson
Associate Member: Mary Shilonski

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

- To Apply for the Brown Bag Program which contains food staples and may include some fruit, vegetables, and some meat, call the Council on Aging 508-821-3105. All Calls are CONFIDENTIAL.
- If you would like to use a computer, call the Council on Aging at 508-821-3105 to reserve a time.
 - Don't forget, our exercise programs! Consult the calendar for times.
- Make your manicure appointment for : September 18th, call 508-821-3105 First come first served
 - Movie Day

Following the Meatball Luncheon om Wednesday Sept 19th. Movie to begin at 1:30 The movie this month will be Must Love Dogs , a romantic comedy with Diane Lane and John Cusack

- Friends of the
COA will be holding a Luncheon on Wednesday, Sept. 19th 11:30-1:30
- Meatball sub, chips, drink and dessert \$6.50, please call in a reservation 508-821-3105 as will be first come first served.
- Paint Party—Come paint a coffee mug! Sept 12 at 1:00 call 508-821-3105 to reserve your spot!
 - Beginners class on Essential Oils September 13th at 1:00
 - Coffee Café Sept 21 10:30 AM Come learn about medicinal cannabis use
 - Essential Oils Class NO charge A beginners class September 20th 1:00

Our first paint party was a success! And it was a lot of fun! Thank you Amy King for a great event! We are planning another! Join us on Sept. 12th for a fun time painting your own coffee mug! Hope to see you there! Sign up to reserve a spot



Join us on September 12th at 1:00 to paint your own fall coffee/tea MUG! No charge for Berkley seniors, \$20.00 for our out of town guests. Call 508-821-3105 to reserve your spot

Prescription Advantage

Need help with prescription drug costs? This program may be your answer!

Prescription Advantage is the state-sponsored prescription drug assistance program for seniors and people with disabilities in Massachusetts. This income-based assistance program may help you pay for prescription drugs once you are in the Donut Hole. Your income level will determine the level of assistance you receive.

Who is eligible for Prescription Advantage?

Prescription Advantage is available to Massachusetts residents who are:

- Age 65 or older, eligible for Medicare, or
- 65 years of age or older and not eligible for Medicare, or
- Under the age 65 and meet disability guidelines, and
- Not a MassHealth or CommonHealth member*

*In some cases, individuals receiving assistance from MassHealth to pay for Medicare Part A and/or Part B premiums, deductibles, and co-payments may still be eligible for Prescription Advantage.

How Can Prescription Advantage Help You?

- Prescription Advantage supplements prescription drug benefits by helping to pay medications covered by Medicare Part D when you reach the Donut Hole (also known as the Coverage Gap).
- Prescription Advantage allows you to switch your part D coverage now, instead of waiting for Open Enrollment in October.

For more information or application assistance call the COA at 508-827-3105 and leave a message for the Outreach Worker, Lucille.

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

Need a book to read? A puzzle to solve? Stop in to the center and see what is available!!

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

ATTENTION:

The Board of Directors is seeking new members. If you are interested you should plan on attending 3 of our meetings and submitting a brief resume.

Meeting are usually the First Thursday of the month at 1:00.

If you would like further information, speak to any member of the Board of Directors.

Come and help us Make a Difference!

Across

- **1.** Kin of PDQ
- **5.** Pretends
- **9.** Got up
- **14.** Evaluate
- **15.** Shredded cabbage
- **16.** Happen again
- **17.** Farmer's harvest
- **18.** At this location
- **19.** Spud
- **20.** Nile animal, for short
- **22.** Copycat
- **24.** Renovate
- **25.** Always
- **27.** Breakfast appliance
- **29.** Ralph _____ of fashion
- **32.** Argument
- **33.** Disregard
- **34.** Statue base
- **39.** Blood vessel
- **40.** Ocean
- **41.** Brass instrument
- **42.** Educated guess
- **45.** Worked for
- **47.** In the center of
- **48.** Rains ice
- **49.** Attire
- **53.** Enlightened one's words (2 wds.)
- **54.** Bed support
- **55.** At no time, in verse
- **57.** Like old bread
- **61.** Monte _____
- **63.** Little kid
- **65.** _____ chowder
- **66.** Basketball's Shaquille _____
- **67.** Adolescent
- **68.** Energy source
- **69.** Succinct
- **70.** Probabilities
- **71.** Pink

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
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54					55		56			57		58	59	60
61				62		63			64		65			
66						67					68			
69						70					71			

Down

- **1.** Curved doorway
- **2.** Indian robe
- **3.** Above
- **4.** Pizza meat
- **5.** Fire remains
- **6.** Transparent
- **7.** Canvas cover
- **8.** Climbing flower (2 wds.)
- **9.** Music or painting
- **10.** Raises children
- **11.** Group of eight
- **12.** Napped leather
- **13.** Baseball blunder
- **21.** Concluded
- **23.** Address word
- **26.** Vane letters
- **28.** Devoured
- **29.** Exist
- **30.** Mellows
- **31.** Army division
- **32.** Swiftness
- **35.** Trolley
- **36.** Song
- **37.** Aid in crime
- **38.** Chaps
- **40.** Spike heel
- **43.** Ruin
- **44.** Hymn ending
- **45.** Snaky letter
- **46.** Pub potables
- **49.** Dandy's neckwear
- **50.** 747, e.g.
- **51.** Kitchen gadget
- **52.** Road guide
- **53.** Irritated
- **56.** Observed
- **58.** Singing voice
- **59.** Thailand's neighbor
- **60.** Television award
- **62.** Bullfight cry
- **64.** Printing measures

A	S	A	P		A	C	T	S		A	R	O	S	E	
R	A	T	E		S	L	A	W		R	E	C	U	R	
C	R	O	P		H	E	R	E		T	A	T	E	R	
H	I	P	P	O		A	P	E	R		R	E	D	O	
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T	E	R	S	E		O	D	D	S		R	O	S	Y	

Your **Council on Aging Board of Directors** is seeking new members. Anyone interested is welcome to attend a meeting to see what we are all about!

If interested in joining, you will be asked to attend 3 meetings and submit a brief resume.

Meetings are usually held the 3rd Thursday of the month at 1:00 in the COA Activity room at the Berkley Town Office Building. Sept will be the **second** Thursday Sept 13th

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

Daily SuDoku: Tue 24-Jul-2018

easy

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If you would like individual tutoring on the use of the computer or your SMART PHONE, please call the COA at 508-821-3105. Let us know whether you are interested in help with the computer or a smart phone and what type of smart phone you are using. We will find someone who is familiar with your phone.

Fuel Assistance

If you received fuel assistance last year, Citizens for Citizens, Inc. will be mailing out this year's renewal application soon. 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.

FRIENDS OF THE BERKLEY COUNCIL ON AGING, INC.
(A 501(c) 3 nonprofit)

Dear Members,

Thank you so much for your support of our fundraising efforts over the past year. We appreciate all of you who attended our fundraisers, gave of your time and efforts volunteering, and opened your hearts and your wallets for us.

Among the Council On Aging programs the "Friends" supported this year were the Senior Christmas Lunch, and a free 4th of July Concert on the Common. Funds were also used to buy a much-needed computer for the COA, a wide screen tv for the Senior Center, and equipment to help move the heavy furniture in the Senior Center. We look forward to helping the COA with funds to finish some carpentry work in their kitchen and in the storage room in the coming year, and to support any new programs or services.

Won't you please consider purchasing a membership to the Friends? Please complete the form below and send it along with your check payable to Friends of the Berkley COA, Inc. The mailing address is Friends of Berkley Council on Aging, c/o Rita Harrison, Treasurer, 20 South Main Street, Berkley, MA 02779. A membership costs \$10 for an individual, \$5 for a senior, and \$25 for a family. If you wish, you may send a donation of any amount. Donations, no matter how small, are always gratefully accepted.

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

MEMBERSHIP APPLICATION
FRIENDS OF THE BERKLEY COUNCIL ON AGING, INC.

NAME _____ SPOUSE _____

Address _____

Telephone _____ E-mail _____

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

Cannabis for Seniors

Seniors citizens and baby boomers are now the fastest growing population looking for alternative health options through the use of cannabis. According to Green Flower Media 92% of seniors have at least one chronic health condition and 77% have at least two. Of course as we age our body changes and we do our best to adapt. But does this mean quality of life has to diminish? Cannabis can help as we enjoy this part of our life. Glancing back to the 1960's and 1970's when we may have used cannabis recreationally, our memories might not be of pain relief or topical treatment for skin conditions. Times have changed and we have learned so much regarding the medical use of cannabis. We are at a tipping point in health care with more people opting for natural medicine when appropriate rather than synthetic pharmaceuticals.

Some of the commonly found conditions within the senior population that respond well with cannabis use are; arthritis, fibromyalgia, insomnia, glaucoma, chronic pain, depression and anxiety. More serious conditions such as cancer, Alzheimer's and cardiovascular disease respond well, too. How? Why? To gain a better understanding we will touch on:

- The Endocannabinoid System – where it is located within the body and what it is responsible for
- Methods of Ingestion – how to use cannabis efficiently and safely
- CBD Oil – what it is, where it comes from and what it can do (without the “high”)
- The 3 types of cannabis and what they effect – finding the strain that is right for you
- New laws in Massachusetts and the availability of legal, adult use cannabis

As our population ages and we are living longer, good quality of life should be available to all. Through the variety of ways to use of cannabis we can achieve this. Whether you are a baby boomer or senior citizen, a caregiver, or someone looking to improve quality of life, this class will provide you with information to move forward with natural healing and alternatives for good health.

Happy Hearts: Starts Monday September 10, 2018 at the Berkley Council on Aging at 12:30 come on in that day or call Roberta St. Ives at 508-423-3154 if interested.

Essential Oils Class: Have you ever wondered about essential oils? Come join us for a free beginners class on how essential oils can improve your life!

Berkley Senior Center **September 20, 2018** at 1:00 Hope to see you there!

Call 508-821-3105 to reserve a spot, Drop ins will be welcome

Do not forget to vote!! Election day is November 7th.

Make sure you're currently registered and do not forget to vote!

Absentee Ballots will be available through the Town Clerk's office!

September 2018

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>LABOR DAY</p>	<p>4</p> <p>Yoga- 9 :00 Tia Chi- 10:30 Quilting- 11:30</p>	<p>5</p> <p>Body in Motion— 10 :00</p>	<p>6</p> <p>Tia Chi - 10 :00 COA MTG - 1:00 Friends of the COA - 11:30</p>	<p>7</p> <p>Aerobics- 8:15 am Coffee and Chat 9:15</p>
<p>10</p> <p>Happy Hearts- 12:30 Aerobics— 8:15</p>	<p>11</p> <p>Yoga- 9 :00 Tia Chi- 10:30 Quilting- 11:30 Bingo - 1 :00</p>	<p>12</p> <p>Body in Motion - 10 :00 Paint Party 1:00</p>	<p>13</p> <p>Tia Chi - 10 am COA BOD 1:00</p>	<p>14</p> <p>Aerobics- 8:15 am Coffee and Chat 9:15</p>
<p>17</p> <p>Happy Hearts- 12:30 Aerobics— 8:15</p>	<p>18</p> <p>Manicules Yoga 9:00 Tia Chi- 10:30 Quilting 11:30</p>	<p>19</p> <p>Body in Motion—10 :00 Meatball Luncheon 11:30/movie 1:30 Monster In Law</p>	<p>20</p> <p>Friends of COA- 11:30 Tia Chi - 10:00 Essential Oils 1:00</p>	<p>21</p> <p>Aerobics- 8:15 am Coffee Café 10:30 Medicinal Cannabis</p>
<p>24</p> <p>Happy Hearts- 12:30 Aerobics— 8:15</p>	<p>25</p> <p>Yoga- 9 :00 Tia Chi- 10:30 Quilting- 11:30 BINGO 1:00</p>	<p>26</p> <p>Food Distribution - 9:00 Health Clinic - 9:00 Body in Motion 10 :00</p>	<p>27</p> <p>Podiatry - 9:00 AM - 5:00 PM Tia Chi - 10 :00</p>	<p>28</p> <p>Aerobics- 8:15 am Coffee and Chat 9:15</p>

BOD = Board of Directors

Berkley Senior Center is going to Install Automated Check-In System soon!

A new, automated check-in system called MySeniorCenter will soon be installed on the table at The Berkley Senior Center. It's specifically designed to help our staff members manage the various sign-ups and sign-ins, and improve the way we report our services to the state agencies.

Moreover, by quickly and accurately detailing which services we're providing, the system will increase our chances of receiving additional funding in the future. Today MySeniorCenter is being used by over 900 senior centers across the U.S. and Canada—so it's a proven tool.

A Change for the Better

The new system is extremely easy to use. Here's how it works:

All visitors and volunteers will receive a small keytag. (The card contains no personal information, but it will allow the new system to recognize you.)

Instead of signing into our book, you'll swipe your keytag at the scanner, or you can enter your name on the touchscreen (see below).

Press the touchscreen to select the programs you'll be participating in that day.

Press FINISH.



A Smooth Transition

Even though MySeniorCenter is designed to be user-friendly, Berkley Senior Center staff members and volunteers will be available by the table for the first few weeks to help people operate the new check-in system. We want to make the transition as seamless as possible for everyone.

To reiterate, once MySeniorCenter is running smoothly, our registration process will be more efficient and we'll stand a better chance of receiving funding for future activities.

MySeniorCenter will be installed soon.

Essential Oils

Have you seen essential oils everywhere and wonder,

“What are they?”

“What do they actually do?”

and

“How can they help me”

If so, then come and spend an hour and a half with me and see how essential oils can help you. This class is completely FREE.

Yvette Anger

Independent Young Living Distributor

508-837-0168

Don't forget! Lakeville Counsel on Aging has invited us to participate in their trips,, tours and outings. Come by the Center and look through the trip binder for the latest happenings!!

So let's wrap things up! We have plenty of exercise programs, we have manicures, we have a paint party where we will paint our own coffee mugs, we have a meatball luncheon followed by a movie. We are having a class on essential oils. We will have a coffee café on medicinal cannabis. We have quilting and bingo. There is plenty going on at the center this month! Please come in and join us!

On Friday's we will be having a coffee and **CHAT** after aerobics, if you want to come socialize, Come on in!!

Council on Aging
1 North Main Street
Berkley, MA 02779

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BERKLEY COUNCIL ON AGING NEWSLETTER
SEPTEMBER 2018



Berkley Council On Aging Newsletter

October 2018

BOARD MEMBERS:

Chair - Joan Blake; Vice Chair - vacant; Treasurer - Margret Clark-Moroff; Committees Coordinator - Mary Silva;
Program Coordinator and Acting Secretary - Nancy Thompson

Associate Members: Mary Shilonski, Priscilla Martin

Mission Statement

To promote and support Berkley Seniors to stay safe and active, participate in programs, en-

Upcoming COA Events

- * Coffee Café on Friday October 19th at 10:30 AM Topic: AARP Fraud
- * If you would like to use a computer, call the Council on Aging at 508-821-3105 to reserve your computer time.
- * To apply for the **Brown Bag Program**, which contains food staples and may include some fruit, vegetables, and some meat, call the Council on Aging at 508-821-3105. All calls are **CONFIDENTIAL**.
- * Don't forget our exercise programs! Consult the calendar for times!
- * Make your manicure appointment for October 16th or 30th, call 508-821-3105 for an appointment. First come first served!
- * BRIDGE! Bridge lessons with Chris, Thursdays from 2:00—4:00. Please sign up as space is limited!
- * Friends of the COA will be hosting a luncheon on Wednesday October 17th, 2 hotdogs in buns, a side of baked beans, a drink and dessert. \$6.50 eat in or take out. Please call to reserve: 821-3105
- * Following the luncheon on Wed Oct 17th, we will be showing a movie at 1:30 Come join us for the Book Club!
- * Join us on Wednesday October 31st at 1:00 to celebrate Halloween we are showing the movie Sleepy Hollow

BERKLEY COUNCIL ON AGING CODE OF CONDUCT/BEHAVIOR POLICY

Introduction: We hope that you will find the Berkley Council on Aging Senior Center a friendly place where you can come to create, socialize with others, access helpful services and find intellectual stimulation. Volunteers and staff are available to assist you at any time.

Treat other participants, staff, instructors, and guest speakers in a courteous and respectful manner.

Do refrain from engaging in inappropriate behavior or language that disturbs other participants, volunteers or staff.

Do refrain from bullying or taking unfair advantage of any participant, volunteer or staff.

Do refrain from engaging in racial, religious, political or sexual harassment of participants, volunteers, or staff.

Do not sell items or services: do not beg or solicit personal gifts.

Do wear appropriate attire and footwear.

Maintain personal cleanliness and good hygiene.

Berkley Council on Aging will implement the code of conduct by responding as following to a violation.

- Meet with participants to discuss conduct policy

- Discuss inappropriate behavior and the violation that occurred

- Make a record of the incident and notify the participant of the documentation.

- Advise the violator that continued inappropriate behavior will result in suspension from the senior center.

We would like to encourage everyone to join in and participate and have a good time.

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

ATTENTION:

COA Board of Directors is looking for new members.

Please think about joining us! Attend 3 of our meetings and submit a brief resume.

October meeting will be on October 4th at 12:30

Meetings are currently being held at the senior center, please join us and see what we are all about!

Don't forget to vote!! November 7th! 7:00 am—8 pm

Absentee ballots will be available if you cannot make it in to vote!

Unveiling of our new key tag system will be held on October 15th!! Stop by and get yours!

Important Reminder: When driving to the center, the parking lot is one way only. Please enter through the entrance and exit through the exit.

THANK YOU!



Quilting

The stitching together of padding and fabric, may date back as far ancient Egypt.

Europe: Quilting introduced by the Crusaders in the 12th century. One of the earliest existing decorative works is the Tristan quilt made in 1368, at least 2 sections survive at the V & A Museum (London) and the Bargello palace (Florence).

Russia: Holds the most ancient example in existence. It is a liner carpet found in a Mongolian cave now kept in St. Petersburg.

Australia the UK and Tasmania—Rajah Quilt created by 30 convict women in 1841 found in Scotland in 1989.

U.S.: common in the late 17th century , early 18th century. Colonial quilting was done by only a few who had the time.

The industrial revolution brought about dramatic changes as textiles became manufactured on a broad scale.

Next came Singer in 1856 starting the installment plan to sell machines thus women could make clothes more easily and have time for quilting. Although scraps left over from old clothes and sewing projects were used in quilt making, examining quilts found in museums we see many quilts were made with fabric bought specifically for that quilt.

Civil war and abolition: before the war, abolitionists held craft fairs and sold quilts to help slaves escape. Some quilts had anti slavery themes sewn into them. During the war so called gun quilts were sold to help buy supplies for gun ships—also, the log cabin block styled quilts were hung outside “safe houses” to designate refuge for slaves.

Through the years different designs became popular. Feed was delivered in the 40's & 50's in cloth sacks that were used by some to make quilts. Crazy quilts became another popular design where different shapes were sewn together in “crazy” patterns.

Whatever the pattern, material or method—quilting remains a popular pastime that can bring a sense of accomplishment as well as a useful item.

Every Tuesday from 11:30 to 2:30 a small group meets at the COA to quilt. Their expertise ranges from beginner to accomplished crafter. They share tips, stories and companionship while creating their “masterpieces”. Come join us and make something special, or a friend, or both!

Across

- 1. Begged
- 5. Thin
- 9. Incline
- 14. Well-ventilated
- 15. ____ Sampras of tennis
- 16. Golfer ____ Woods
- 17. Not kin
- 19. Awaken
- 20. Sower
- 21. Soak in vinegar and oil
- 23. Outcome
- 24. Egyptian cobra
- 26. Mouth part
- 27. Laker Shaquille ____
- 29. Stops
- 34. Work hard
- 37. Ark builder
- 39. Unadulterated
- 40. Document
- 41. Tavern
- 42. Baseball great Hank ____
- 43. Above
- 44. Scored on serve
- 45. Wave top
- 46. Deposit on teeth
- 48. Respond
- 50. Storage container
- 52. Compass pt.
- 53. Summer cooler
- 56. Having repeated cycles
- 61. Orb
- 63. Revise
- 64. Lunchroom
- 66. Fragment
- 67. Squeaks by
- 68. File
- 69. Map book
- 70. Nail polish shades
- 71. Bullring shouts

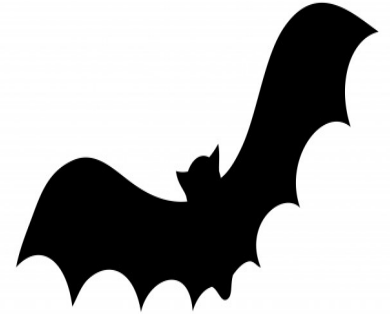
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56	57	58	59				60		61		62			
63						64		65						
66						67				68				
69						70					71			

Down

- 1. Hesitation
- 2. Flax product
- 3. Was mistaken
- 4. Colored
- 5. Thinly distributed
- 6. Allow
- 7. Ledger entry
- 8. Olympic award
- 9. Skunk feature
- 10. Big cat
- 11. Spanish water
- 12. Treetop abode
- 13. Forest plant
- 18. Less fatty
- 22. Wealthy
- 22. Wealthy
- 25. Sudden fright
- 27. Open to view
- 28. Recluse
- 30. Separated
- 31. Positive
- 32. Greek god of love
- 33. Shipped
- 34. Location
- 35. Volcanic outpouring
- 36. Mimicker
- 38. Chile's mountains
- 42. Receive willingly
- 44. Parched
- 47. Homes
- 47. Homes
- 49. Appraise
- 51. Kinder
- 53. Wild
- 54. Ascend
- 55. Some tides
- 56. Mama's man
- 57. Give forth
- 58. Rod's companion
- 59. Andes native
- 60. Birthday treat
- 62. Submarine sandwich
- 65. Gave lunch to

P	L	E	D		S	L	I	M		S	L	A	N	T	
A	I	R	Y		P	E	T	E		T	I	G	E	R	
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HAVE FUN!



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7	5	1	3	8	9	6	4	2
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6	4	2	8	3	5	7	9	1
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Daily SuDoku: Wed 12-Sep-2018

hard

Very Successful Coffee Café on September 21st.



FRIEND'S OF COUNCIL ON AGING WILL BE SELLING GRANDMA'S CAKES OF NEW ENGLAND IN TIME FOR YOUR THANKSGIVING HOLIDAY

Grandma's cakes are made in Boston and one of our volunteers drives in to pick them up the day after they are baked. If you had one during our July fund raiser, you know what we are talking about. Grandma's cakes are made with fresh eggs and bourbon vanilla. We are offering 4 varieties, Cinnamon Walnut, Granny Smith Apple with walnuts and Cinnamon without walnuts and Blueberry (no walnuts). All cakes are 8" and will serve 8 - 12 people at a cost of \$13.00. We will be taking orders until November 1st for delivery on November 19, in time for the Thanksgiving holiday.

00:6 e80λ

Now this is what you do if you want one of these great cakes for your holiday and, at the same time, support the Friends of Berkley Council on Aging.

1. Call 508-824-0887, leave your name and phone number and the flavor and number of cakes you wish to order.
2. Someone will call you back to confirm your order. We will have the cakes just before Thanksgiving on November 19, and you can pick them up at the Council on Aging Activity Room.



OCTOBER 2018



Mon	Tue	Wed	Thu	Fri
<p>1 Aerobics 8:15 Mah Jong 10:00 Happy Hearts</p>	<p>2 Yoga- 9 :00 Tai Chi- 10:30 Quilting- 11:30</p>	<p>3 Body in Motion— 10 :00</p>	<p>4 Tai Chi - 10 :00 Friends: 11:30 BOD 12:30</p>	<p>5 Aerobics- 8:15 am Coffee and Chat 9:15</p>
<p>8 Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30</p>	<p>9 Yoga- 9 :00 Tai Chi- 10:30 Quilting- 11:30 BINGO 1:00</p>	<p>10 Body in Motion - 10 :00</p>	<p>11 Tai Chi - 10 am Friends : 11:30 Bridge 2:00</p>	<p>12 Aerobics- 8:15 am Coffee and Chat 9:15</p>
<p>15 Aerobics 8:15 Mah Jong 10:00 Happy Hearts—</p>	<p>16 Yoga 9:00 Manicules Tai Chi- 10:30 Quilting 11:30</p>	<p>17 Body in tion— 10 :00 Friends Luncheon 1:00 Movie 1:30 The</p>	<p>18 Tai Chi - 10:00 Bridge 2:00</p>	<p>19 Aerobics- 8:15 am Coffee Café 10:30 AARP FRAUD</p>
<p>22 Aerobics 8:15 Mah Jong 12:30 Happy Hearts—</p>	<p>23 Yoga- 9 :00 Tai Chi- 10:30 Quilting- 11:30</p>	<p>24 Food Distribution - 9:00 Health Clinic - 9:00</p>	<p>25 Podiatry - 9:00 AM - 5:00 PM Tai Chi - 10 :00 Friends: 11:30 Bridge 2:00</p>	<p>26 Aerobics- 8:15 am Coffee and Chat 9:15</p>
<p>29 Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30</p>	<p>30 Yoga 9:00 Manicules Tai Chi- 10:30 Quilting 11:30</p>	<p>31 Body in Motion 10:00 Movie: Sleepy Hal- low 1:00</p>	<p>Halloween mov- ie and refresh- ments</p>	

Council on Aging
1 North Main Street
Berkley, MA 02779

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Berkley Council On Aging Newsletter

November 2018

BOARD MEMBERS:

Chair - Joan Blake; Vice Chair - vacant; Treasurer - Margret Clark-Moroff; Committees Coordinator - Mary Silva;
Program Coordinator and Acting Secretary - Nancy Thompson
Associate Members: Mary Shilonski, Priscilla Martin

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.

Up coming events

- * Pick up your coffee cakes at the COA on Monday November 19th.
- WALK WITH US! Meet at the Town Office Building at 10:00 AM on Saturday, November 17th for a walk, culminating with social time at the COA Activity room.
- Friends of the COA Luncheon Chow Mein 11:30-1:30 Call 508-821-3105 to reserve yours! Wednesday November 28th 11:30-1:30.
- Movie Time Wednesday November 28th 1:30 following the luncheon. Come and watch Mama Mia, Here We Go Again (new release)
- Coffee Café Friday, November 16th at 10:30. Come learn about volunteer opportunities at Hospice
- Ceramic Christmas Trees Wednesday November 7th 1:00 call to reserve your spot, they are going fast! 508-821-3105.
- The Annual Christmas luncheon will be held on Saturday, December 8th at noon at Berkley Middle School starting at noon. There will be music by Tom Madden following the turkey dinner. Call 508-821-3105 to reserve your spot. No charge for Berkley seniors.
- Paint a ceramic sleigh Wednesday December 5th from 1-3. Free to Berkley seniors and \$18 for our senior guests. Call 508-821-3105 to reserve a spot.
- Manicures Tuesday November 20th Call 508-821-3105 for an appointment.
- La Salette Shrine to see the lights!! Tuesday, November 4th leaving COA at 5:00 PM
- Friday, November 16th 1:00 Craft Class, Dyeing scarves/ties. Result will be suitable for gifting

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.mcoaonline.com

SHINE

(508) 821-3105

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Daily SuDoku: Tue 25-Sep-2018

medium

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Friend's of COA will be having a Chow Mein Lunch on November 28 from 11:30 to 1:30. Okay folks, this is the last lunch until Spring. Come on out and join us for a Chow Mein Sandwich with a drink and dessert. All this for the price of \$6.50. Walk-ins are limited so it is a good idea to make a reservation. There is a sign-up sheet in the COA Activity Room and you may call 508-824-0887 and leave a message with how many people are coming with you and someone will call you back to confirm. See you there.

We will be hosting some craft classes where you will end up with a giftable item. Make a gift or give it to yourself! November 7th we will be painting 11" ceramic light-up Christmas trees. Free to Berkley Seniors and \$20 to guests (if space allows) call for a spot! 508-821-3105

Bingo

A lottery game "IL giuoco del lotto d'italia" was being played in Italy about 1530. In the 18th century, playing cards and tokens and the calling out of numbers were added.

The French game le lotto appears in 1778, featuring 27 squares in a layout of three rows and nine columns, five squares in each row had numbers 1-90 leading to the modern design

In the 1920's, Hugh J Ward created and standardized the game and played it at carnivals. He copyrighted it and published a rule book in 1933.

By the 1940's bingo games were popularized through the USA. by a toy merchandiser named Ewin Lowe. Lowe produced two versions a 12 card set for 1.00 and 2.00 for 24 cards.

The origin of the name bingo is unknown but rumor has it that a friend of Lowes was so excited at winning that she yelled out Bingo!

And so the game and the name go on.

The COA has bingo games on the second and fourth Tuesday of the month from 1-3 .come join us for fun refreshments and a little moohlah.

Reminders! Please read!

Parking for the COA is in front along North Main Street, there is over flow parking across the street between the playground and the ball field. If parking in over flow please use the CROSSWALK to cross the street.

Do Not park in the spaces labeled for town office use only, those spaces are needed for citizens conducting business in the town offices.

The flow of traffic in the parking lot is one way, please abide by this. Enter only through the entrance on North Main Street and exit into the access road between the public safety building and the COA.

SHINE: Call for your appointment with Lucille 508-821-3105

We will be adding programs so please read the newsletters thoroughly.

We are adding more one day craft classes. In November there will be several craft classes. You will leave the class with a giftable item that you have created. You can gift it to yourself or gift it to someone else. Hope you will join us, it is a fun time. These classes are free to Berkley seniors and there will be a fee, depending on craft, for our senior guests.

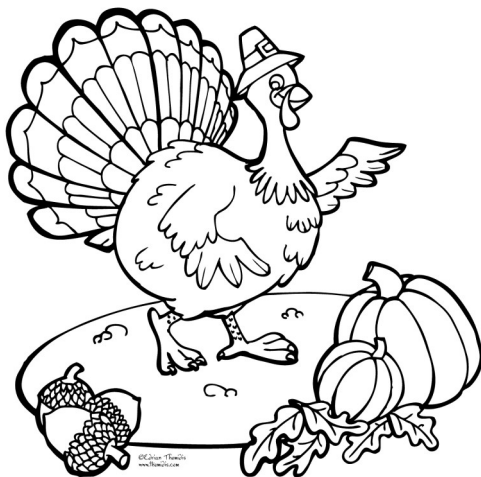
We will be offering bus trips. The first one is to La Salette Shrine to see the Holiday lights! On Tuesday , December 4th, We will meet at the COA and the bus will leave promptly at 5:00 PM. We will leave La Salette at 8:00 PM to return to the COA. There is no charge for our Berkley seniors, and \$30.00 for our senior guests as space permits. Watch future newsletters for upcoming trips!

2019 Fuel Assistance Applications are now available.

The income guidelines for 2019 are:

- 1 person income no greater than \$35,510
- 2 people income no greater than \$46,437
- 3 people income no greater than \$57,363

If you are interested in applying call the COA at 508-831-3105 and make an appointment with Lucille. All applications are **CONFIDENTIAL**.



Health Care Alert

We, at the COA, are committed to providing a comfortable, friendly environment. We also want to assure a safe, healthy space for all who visit our center. To that end, there will be hand sanitizing lotion at the table which holds our key tag system. Please use this lotion to reduce the spread of contact transmitted diseases. Also, germs are spread via the airborne method, so, if you don't feel well or think you're "coming down" with something: please stay home until you feel well.

Don't forget your flu shot!

Protect yourself and others by acting responsibly.

Thanks to all! YOUR COA



Join us November 7th 1-3 to paint yours! No cost to Berkley seniors and \$20 to our senior guests. Call 508-821-3105 to reserve your spot, spots are going fast.

On Tuesday, December 4th we will be taking a bus trip to La Salette Shrine . We will leave the Town Office Building parking lot PROMPTLY at 5:00 PM. There is no charge for Berkley residents and \$14.00 for our senior guests.

LA Salette!!!



In October we talked about FRAUD. Unfortunately, senior citizens are often vulnerable targets. I want to take a moment and tell you about the nightmare my family is in the midst of, we always felt it would not happen to us!

The news articles are referring to her as a “wealthy” widow. She never considered herself wealthy (except maybe in love) and you would not have thought of her as wealthy if you knew her. They dated for 10 years before marrying at 35 and 38. Both lived at home with parents prior to marriage. They both worked average jobs, at the same employers their entire adult life. He also worked part time as a bartender during those 10 years prior to marriage.

Once they married, they bought a house. A small cape, very nice but very unpretentious. He drove her to work each morning and picked her up after work, so they always only had 1 car. They were home bodies, and did not go out much, they just liked being home together.

They never had children. After visiting a friend in Florida, they bought a condo there and spent their vacation time at their condo. Once they retired, they split their time between Florida and Massachusetts, driving back and forth.

When their parents died, they received inheritances, which went in the bank. All they wanted to be sure of was that they could live out their life the way they always lived.

Then one winter, the pipes burst destroying the inside of their home in Massachusetts. It had to be completely renovated. They decided to spend one last summer in Massachusetts when the renovations were finished., selling the house and all the furnishings that fall. Again banking the profits. They lived simply, and were married for 50 years.

In 2011 he began to show signs of dementia and was diagnosed with Alzheimer’s 2 years later. She was advised to send him to a nursing home, but she refused instead hiring a live in male nurse who stayed for 4 years until his death.

In addition to doing all the driving, he had also handled all the bills. As his mind was failing, she was totally confused as to handling finances, and allowed someone from the bank to do it for her.

On April 30th, she was found stabbed to death in her bedroom. There was no forced entry and this was only the second recorded murder in her Florida town’s history. In September they arrested the young man from the bank. He has not been charged with her murder at this point, but he has been charged with embezzling almost a million dollars. All of the money that they had saved to ensure they could live out their lives in their condo.

It turns out, she had been an easy target, I pray she did not suffer too much. Stay vigilant !

Across

- 1. Bundled hay
- 6. Prolonged ringing
- 10. Securely closed
- 14. Rice-__
- 15. Edison's middle name
- 16. Italian tower town
- 17. Pitcher who won 200-plus games while playing in four different decades, 1929-53
- 19. Poor box donations
- 20. Logo, e.g.
- 21. Jimi Hendrix's genre
- 23. Declare
- 24. Zodiac butter
- 26. Former queen of Spain
- 27. Skating champ once married to Terry Bradshaw
- 33. Heavy reading?
- 36. Lennon's love
- 37. Plains dwelling
- 38. Airline to Ben-Gurion
- 39. Accumulated, as debts
- 42. Big bell
- 43. Path to theater seats
- 45. I, in Emden
- 46. Picnic problems
- 47. "Out of the Inkwell" classic toon
- 51. __-Mex
- 52. Santa __ winds
- 53. CBS forensic drama
- 56. Aggregates
- 61. Nantucket or Catalina
- 63. Dental exam feature
- 64. Creator of the first designer perfume
- 66. Represent in drawing
- 67. Utah ski spot
- 68. Simone's school
- 69. Sword with a blunted tip
- 70. Romanov ruler
- 71. "Virginia" dances

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Down

- 1. Innocent
- 2. Bouquet
- 3. Hotel waiting area
- 4. Organic compound
- 5. Mexican moola
- 6. Handle roughly
- 7. "Born Free" lioness
- 8. Long-legged shore bird
- 9. Thin coating
- 10. Box for practice
- 11. Hawaiian city
- 12. Gomer Pyle's outfit: Abbr.
- 13. Honey-do list item
- 18. Key with four sharps
- 22. Blowgun missile
- 25. __ Lisa
- 27. Dessert "there's always room for"
- 28. Seattle NBAer
- 29. Launched
- 30. "Once __ a time ..."
- 31. Loafer adornment, shaft perhaps
- 32. Bulk beer buys
- 33. Hard wood
- 34. Conglomeration
- 35. Part of a Halloween costume
- 40. Pac-10 school
- 41. Sound-related
- 44. Caesar's last words
- 48. Jazz devotee
- 49. Lauds
- 50. It helps tighten a nut
- 53. Rapids transit
- 54. Fishhook connector
- 55. Waits in traffic
- 56. Wheel-supporting
- 57. Plumbing problem
- 58. Title for Agatha Christie
- 59. "Auld Lang __"
- 60. Septa- plus one
- 62. Delicate fabric
- 65. Dinghy propeller

Puzzle Solution © OnlineCrosswords.net

B	A	L	E	D		P	E	A	L		S	H	U	T
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NOVEMBER

2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Tai Chi 10:00 Friends 11:30 COA 12:30	Aerobics 8:15 Coffee Chat 9:15
5	6	7	8	9
Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30	Yoga 9:00 Tai Chi 10:30 Quilting 11:30	Body In Motion 10:00 Ceramic Christmas Tree Painting 1-3	Tai Chi 10:00	Aerobics 8:15 Coffee Chat 9:15
12	13	14	15	16
Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30	Yoga 9:00 Quilting 11:30 Bingo 1:00	Body In Motion 10:00	Friends 11:30	Aerobics 8:15 Coffee Café 10:30 Hospice Volunteers 1:00 Craft Dying scarves/ ties
19	20	21	22	23
Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30	Yoga 9:00 Quilting 11:30	Body In Motion 10:00	THANKSGIVING	Center Closed Today
26	27	28	29	30
Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30	Yoga 9:00 Tai Chi 10:30 Quilting 11:30 Bingo 1:00	Body In Motion 10:00 Food Distribution & Health Clinic 10:00 Chow Mein Luncheon 11:30 Movie 1:30	Tai Chi 10:00	Aerobics 8:15 Coffee Chat 9:15

On Saturday, November 17th at 10:00 we will be asking the town to WALK WITH US. Come join us as we walk the common, refreshments at the COA will follow.



December 5 Ceramic Sleigh

December 8 COA Christmas Luncheon
BMS noon—no cost for Berkley seniors.
Call 508-821-3105 to reserve your spot.

**Council on Aging
1 North Main Street
Berkley, MA 02779**

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

RETURN SERVICE REQUESTED





Berkley Council On Aging Newsletter

December 2018

BOARD MEMBERS:

Chair - Joan Blake; Vice Chair - vacant; Treasurer - Margret Clark-Moroff; Committees Coordinator - Mary Silva;
Program Coordinator and Acting Secretary- 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.

Up coming events

- Tuesday, December 4th : Bus trip to LaSalette Shrine to see the Christmas Lights. Must have a reservation (call 508-821-3105). Bus leaves promptly at 5:00 PM from the COA. \$14.00 for out of town guests.
- Wednesday, December 5th: Ceramics class : Sleigh! 1:00 PM—3:00 PM, free to Berkley seniors and \$18 for our senior out of town guests.
- Saturday, December 8th COA Christmas Luncheon, noon at Berkley Middle School. No cost to Berkley seniors. Call 508-821-3105 for a reservation by Dec . 1st.
- Monday, December 10th we will be making de-Coupage Bird Houses! Come join us, 1:00-3:00! No cost to Berkley seniors, \$20 for out of town seniors.
- Wednesday, December 19th we will be making mosaic garden stones. 1:00-3:00. No cost for Berkley seniors, \$20.00 for out of town seniors.
- Wednesday, Dec 12th we will have a holiday Pizza Party at noon, followed by a Holiday Movie. Call 508-821-3105. No charge for Berkley seniors, \$5.00 for out of town seniors.
- On **May 16th 2019**, we will be traveling to a Pawtucket Red Sox game. It is a long way off but please sign up if interested. There are 56 spots. This will include premium seating (handicapped seating will also be available if needed) a hot dog, soda, chips and a Pawtucket Red Sox hat as well as bus transportation from across the street from the COA. No cost to Berkley seniors .

Important Phone Numbers

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MEDICAL

911

Attorney General's

Elder Hotline

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

Berkley

Council on Aging

(508) 821-3105

CouncilOnAging@berkleyma.us

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(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

Fun was had by all at our Ceramic Class. We painted beautiful light up Christmas trees!



Join us for the ceramic sleighs!

Fun was had by all with the trees!

December 5th

1:00—3:00



Across

- 1. Closing-night partiers
- 5. Mine in France
- 9. Financial advice guru Suze
- 14. Buck attachment
- 15. Times Square light
- 16. Revered person
- 17. "Crossfire," e.g.
- 20. Understand
- 21. ___ generis
- 22. Send forth
- 23. Bush and Clinton, once
- 25. Sign of stress?
- 27. Remote button
- 31. Garage band production
- 32. Fairy queen
- 33. Long slender feather
- 38. Doc, for one
- 40. Fashion monogram
- 42. Left only the meat
- 43. It might be blue
- 45. Sinuous swimmer
- 47. Prepare for a photo
- 48. Cross-examiner's demand, perhaps
- 51. Sack time
- 55. Final Four org.
- 56. Carson successor
- 57. Peas/pod connection
- 59. Highest point
- 63. Browser feature
- 66. Pool member
- 67. God of love
- 68. Naturalness
- 69. Nag
- 70. Drop off
- 71. High-sounding

Down

- 1. Leg part
- 2. Geometric calculation
- 3. Toothbrush type
- 4. Front and center
- 5. Belief that all natural objects have souls
- 6. Ryan or Tilly
- 7. Exclaims in amazement
- 8. Know by cognition
- 9. Lyric poem
- 10. "___ Without a Cause"
- 11. Hurricanes' university
- 12. Loft
- 19. Get rid of
- 24. Influence
- 26. Captain of fiction
- 27. Likelihood
- 28. Small salamander
- 29. Actor Epps
- 30. "Ghosts" writer
- 34. Avoids trial
- 35. Start for it all or nothing
- 36. majestic
- 37. River of Germany
- 39. Bonnie, to Clyde's Warren
- 41. Folk star Redbone
- 44. Enter
- 46. Sugar variety
- 49. Detected
- 50. Perform perfectly
- 51. Type of fund
- 52. Informed about
- 53. Subordinate to
- 54. Porky and Petunia, for two
- 58. Prefix with phobia
- 60. Skier's transport
- 61. Drying oven
- 62. Quarry
- 64. Tribulation
- 65. "Frasier" producer

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H	O	R	S	E		D	O	Z	E		A	R	T	Y

Fun was had by all at our Ceramic Class. We painted beautiful light up Christmas trees!

7	3	1	9	2	6	4	5	8
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6	4	9	2	5	8	7	1	3
5	9	6	1	8	3	2	4	7
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Daily SuDoku: Wed 7-Nov-2018

easy

PLEASE

If you sign up for an activity and find you are unable to attend, please call and cancel. While, events may say free to Berkley seniors, that is because the COA is paying for it. We sometimes have a waiting list because an activity is filled up, let us give your space to someone else! **THANK YOU!**

MAH JONG

Mahjong is a tiled based game that was developed in China during the Qing dynasty and has spread throughout the world since the 20th century. It is commonly played by four players. The game and it's regional variants are widely played throughout Eastern and South Eastern Asia and have become popular in Western countries too. The game has also been adapted into a widespread online entertainment. Similar to the Western card game rummy, Mahjong is a game of skill, strategy and calculation and involves a degree of chance.

Come join us on Mondays at 10:00 AM and develop a new skill, or improve an old one.



Come paint your sleigh on Wednesday December 5th at 1:00!

Call for a reservation!! 508-821-3105

Remember: If there is not school in Berkley or Taunton due to stormy weather, the center will be closed.

Winter Weather Reminders:

Make sure you have sufficient medication on hand in case you are unable to get out for refills.

Prepare an emergency preparedness kit, include battery operated lamps, extra batteries, a battery or hand operated radio. Emergency contact numbers, a supply of bottled water, if you have a landline where you use a cordless phone, keep a landline phone that can plug into the phone jack. Keep your cell phone charged, and add a cell phone charger which should be fully charged before a storm. You should also have a well stocked first aid kit.

During a storm, try to stay home. Arrange prior to the storm to have someone shovel and plow for you. Have sand on hand to keep your walkway safe. Be careful and wary of BLACK ICE.

Have a supply of staples that you can eat without having to use electricity to heat it up.

Have a Warm and Safe Winter!!!!!!!!!!



DECEMBER

2018

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	5	6	7
Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30	Yoga 9:00 Tai Chi 10:30 Quilting 11:30 5:00 pm Bus to LaSalette	Body In Motion 10:00 !1:00-3:00 Ceramic Sleighs	Tai Chi 10:00 Friends 11:30 COA 12:30 Bridge 2:00	Aerobics 8:15 Coffee Chat 9:15
10	11	12	13	14
Aerobics 8:15 Mah Jong 10:00 Decoupage Bird Houses 1:00	Yoga 9:00 Tai Chi 10:30 Quilting 11:30 Bingo 1:00	Body In Mo- tion 10:00 Pizza Party 12:00 Movie 1:00 see below	Tai Chi 10:00 Bridge 2:00	Aerobics 8:15 Coffee Chat 9:15
17	18	19	20	21
Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30	Yoga 9:00 Tai Chi 10:30 Quilting 11:30	Body In Motion 10:00 Food Distribu- tion & Health Clinic 10:00 1:00 Mosaic Garden Stones	Tai Chi 10:00 Bridge 2:00 Friends 11:30	Aerobics 8:15 Coffee Chat 9:15
24	25	26	27	28
CHRISTMAS EVE Center closed	CHRISTMAS	Body In Mo- tion 10:00	Tai Chi 10:00 Bridge 2:00	Aerobics 8:15 Coffee Chat 9:15
30	31			
Aerobics 8:15 Mah Jong 10:00 Happy Hearts 12:30	Yoga 9:00 Tai Chi 10:30 Quilting 11:30	Movie: Sav- ing Christmas w/ Ed Asner	A comedy!	Join us December 12th to see this holiday hit!

**Council on Aging
1 North Main Street
Berkley, MA 02779**

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

RETURN SERVICE REQUESTED



MAH JONG