



Berkley Council On Aging Newsletter

JANUARY 2020

BOARD MEMBERS:

Chair - Margaret Clark-Moroff; Acting Secretary– Nancy Thompson;
Board Member– Loretta Marshall

Associate Members: 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.



UP COMING EVENTS

**January 2 11:00 AM COA
Meeting**



January 8 1:00 PM Stamping Workshop

January 22 9:00 AM Brown Bag

**January 22 1:00 PM Ceramics—Valentine Gnomes
don't forget to sign up**

are always looking for new members could it be you !

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

State Senator Marc Pacheco

District Office 508-822-3000

State House 617-722-1551

State Rep. NORMAN ORRALL

9:30—10:30 a.m., Town Hall

1st Monday of each month

Veterans Services

Donald Hirschy

(508) 669-4524

Happy New Year Friends,

Phhhhh! The holidays are now behind us. I do hope everyone had a pleasant holiday season. Now we can look forward to 2020.

I am looking for groups or functions you would be interested in. Would you like to do a book club, or how about a cookbook club? Would you like to research and create your family tree, we could do it together. Do you want to paint, draw, learn to crochet, crochet or knit blankets for babies?

Learn more life safety ideas or how to eat healthier?

Stop by or call and tell me your ideas.

Cindy COA Director

TRIVIA QUESTION:

Who was the 1st female Grand Marshal of the Tournament of Roses parade?

A: Mary Pickford in 1933

News Briefs:

- * We will be having some boxes for a coupon exchange center—bring in coupons you don't use, take some you need.
- * We will be having once a month on Fridays games such as Scrabble, Uno, cards. All are welcome to join us for some friendly competitions.
- * Berkley will be getting an Elder Affairs Police officer in 2020, we are looking forward to meeting and getting to know this officer to better protect our elders in the community.

EVERYBODY COUNTS:

A reminder 2020 is a census year we need to answer the census, this is how cities and town get their monies. They will look at the senior population and the town gets so much per senior for programs. The amount has gone up per person since last census count. So stand up and be counted.

REMINDER:

If Taunton or Berkley schools are closed due to snow.

There is no COA. We don't want people to travel on unsafe roads and risk having an accident.



Did you get a poinsettia for Christmas? Do you know how to take care of it?

Poinsettias are easy to keep. They will retain their blooms long after your decorations are away. Actually if you are lucky, they will last until Valentine's Day.

They like to be kept in a sunny area with the temperature between 60-70.

They don't like drafts or being placed too near heat sources.

Water thoroughly, then let soil dry between waterings. If they dry out, water them and it will bounce back. If the leaves turn a lighter green, give it more sunshine and again it will bounce back.

Did you know that when the weather gets warmer you can trim it, and plant in your yard? Apply general purpose fertilizer every 2-3 weeks. Just bring it in before the first frost.

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

WINTER SPORTS

ACROSKI

BANDY

BOBSLED

CURLING

FIGURE SKATING

LUGE

RINGETTE

SKELETON

SKI ARCHERY

SKI JUMPING

SKIBOARDING

SKIBOB

SKIING

SLALOM

SNOWBIKING

SNOWBOARDING

SNOWKITING

SNOWMOBILING

SPEED RIDING

SPEED SKATING

I would like to some input from the seniors in town as to what you may enjoy at COA
You can simply check areas of interest and drop off or mail to the COA Center or
simply call.

Art

Bingo

Book Club

Bridge

Cake Decorating

Candy Making

Ceramics

Chess / Checkers

Cooking Group

Cribbage

Crocheting

Discussion Group

Drawing

Friendly Visits

Gardening

Genealogy Research

Health Lectures

History Lectures

Knitting

Luncheons

Meditation

Needlepoint

Nutrition Talks

Painting

Plastic canvas needlepoint

Poetry

Poker

Puzzle Building

Scrabble

Sewing

Sign Language

Singing

Socials

Tatting

Trips

Uno

Writing / Journaling

HEALTH REMINDER:

4 Ways to stay healthy during flu season:

1. Wash your hands frequently
2. Practice healthy living
3. Limit Personal Contact
4. Avoid touching your face

Happy Hearts would like to wish everybody a happy and healthy New Year. They would also like to remind people they meet every Monday starting at 12:30 and they would love to have you join their ranks.

They are a social group and like the COA are always looking for new members.

Scam Reminder from Social Security :

“Awareness is our best hope to thwart the scammers, says Inspector General Gail Ennis. So tell your friends and family about them and report them to us when you receive them, but most importantly, just HANG UP and IGNORE the calls. Report calls by calling 1-800-269-0271

Social Security will NOT:

1. Tell you that your social security number has been suspended.
2. Contact you to demand an immediate payment.
3. Require a specific means of debt repayment, like a prepaid debit card, a retail gift card or cash.
4. Demand that you pay a Social Security debt without the ability to appeal the amount you owe.
5. Promise a Social Security benefit approval, or increase, in exchange for information or money.
6. Social Security will not threaten you.

JANUARY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
508 821- 3105 COA			1 <i>HAPPY NEW YEAR</i>	2 8-12 Pop up Library 9:30 Tai Chi <i>11 COA Mtg</i> 2 Bridge	3 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	4
5	6 8:15 Aerobics 9 Italian 10 Mah Jong <i>12:30 Happy Hearts</i>	7 9 Yoga 10:30 Tai Chi 11:30 Quilt- ing	8 10 Body In Motion <i>1 Stamping Workshop</i>	9 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	10 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	11
12	13 8:15 Aerobics 10 Mah Jong <i>12:30 Happy Hearts</i>	14 9:00 Yoga 10:30 Tai Chi 11:30 Quilting Manicures <i>1 BINGO</i>	15 10 Body In Motion	16 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	17 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	18
19	20 CLOSED MLK Jr Day	21 9:00 Yoga 10:30 Tai Chi 11:30 Quilting	22 <i>9 Brown Bag</i> 10 Body In Motion <i>1 Ceramics</i>	23 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	24 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat <i>11:00 Games</i>	25
26	27 8:15 Aerobics 10 Mah Jong <i>12:30 Happy Hearts</i>	28 9:00 Yoga 10:30 Tai Chi 11:30 Quilting <i>1 BINGO</i>	29 10 Body In Motion	30 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	31 8:15 Aerobics 9:30 Chair Yoga 10:15 Coffee Chat	

Council on Aging
1 North Main Street
Berkley, MA 02779

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

RETURN SERVICE REQUESTED

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



*Happy
New
Year
Everyone*



THE BERKLEY BEACON



Berkley Council On Aging

1 North Main St (Town Hall)

Newsletter February 2020

BOARD MEMBERS: Chair - Margaret Clark-Moroff; Acting Secretary – Nancy Thompson; Board Member– Loretta Marshall, Associate Members: Mary Shilonski, Director—Cynthia Crimlisk

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



February 5 Craft Corner sign up

February 6 11:00 AM COA Meeting



February 6 Podiatry please call for appointment

February 12 Sweetheart Party RSVP

February 19 Ceramics sign up

February 25 Manicures by appointment

February 26 9:00 AM Brown Bag

WE are always looking for new FRIENDS; could that be you !

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9:30–10:30 a.m., Town Hall

1st Monday of each month

Veterans Services

Donald Hirschy

(508) 669-4524

Hi Friends,

As you may have noticed our newsletter now has a name THE BERKLEY BEACON.

I choose Berkley Beacon because a beacon shines to help people, show them the way to a safe harbor, and helps sailors get their bearings exactly what the Berkley COA is here to do for you. We are here to help you stay independent, socially engaged and an informed senior allowing you to remain safe in your homes.

I really appreciate those of you that responded to my survey. It helps me to plan groups you want to attend. I am looking into several outings that I think you'll enjoy.

Cindy COA Director

TRIVIA QUESTION:

Who was the considered to be the Mother of Valentines?

A. Esther A. Howland, she began selling the 1st mass produced Valentines in America in the 1840's

News Briefs:

* Looking for people interested in playing chess. A request has been made by a local gentleman.

- Berkley's Elder Affairs Police officer; her name is Officer Catherine Connolly, we are looking forward to getting to know her.
- The Friends of Berkley COA are sponsoring a trip to the Boston Flower & Garden Show, lunch included on Thursday, March 12, \$60.00 per person. Space is limited so make reservations as soon as possible.
- The Italian class has been well received and quite enjoyable. Classes will start again in March, all are invited to join. Classes are Monday mornings at 9.
- Brown Bag Program is available to any Berkley resident, it provides a free bag of healthy groceries to eligible seniors the 4th Wednesday of the month.

Income guidelines 1 person \$1,860, 2 people \$2,504, 3 people \$3,149 and 4 people is \$3,793. Call 508 821-3105 for assistance.

* There is the possibility of some changes coming in March. We are looking to expand our offering to improve your health and welfare. But as you know prices are not what they use to be. So staying with the times we are looking at possible set fees for the groups we offer. Nothing outrageous but something to help cover our expenses to instructors and supplies.

REALLY EVERYBODY COUNTS:

Interested in being a census taker, they are looking for help. They arrange for you to stay local within 5-10 miles of home.

A reminder 2020 is a census year; **we need you** to answer the census, **this is how cities and town get their monies. They will look at the senior population and the town gets so much per senior for programs.** The amount has gone up per person since last census count. **So stand up and be counted.**

REMINDER:

If Taunton and or Berkley schools are closed due to snow. There is no COA. We don't want people to travel on unsafe roads and risk having an accident.



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

The Movie Titanic

BRITISH

BROCK

CAL

DICAPRIO

DISASTER

FABRIZIO

ICEBERG

JACK

LIZZY

LOVE

MAIDEN VOYAGE

MOVIE

NORTH ATLANTIC

OCEAN

PASSAGER LINER

ROMANCE

ROSE

RUTH

SPICER

WINSLET

We want **ALL** Berkley seniors, as well as surrounding area seniors , to feel welcome to come to the Berkley COA located in the Berkley town hall. There are no stairs, we have a wheelchair ramp easily assessible for wheelchairs or walkers, or any other mobility item. We currently offer 2 aerobics classes working at your ability level , 2 tai chi classes, yoga, chair yoga with stretching and relaxing all while sitting in your chair, body in motion to help keep you flexible and steady on your feet.

There are lessons offered to learn Italian; want to learn to quilt we have a group that meets on Tuesdays, with bridge offered on Thursday afternoons.

In the coming months there will be craft corners offering crocheting, plastic canvas, cake decorating, maybe even the old fashioned sugar eggs (remember those you looked inside), nutritional talks , then something really fresh and unexpected, in March we will be trying Lizzie Borden to see if she did it or not.

We want as many jurors (that's You) as possible. So please come in and join the fun.

Should you have any questions please feel free to call 508 821 -3105.



Happy Hearts is a Senior Social Club for Berkley and the surrounding areas. They meet every Monday at 12:30, at Berkley COA, unless it's a Monday holiday. They play bingo, have penny sales, go out to lunch, as well as go on outings.

So come make new friends or visit with old friends.

Any questions you may have can be answered by calling President Loretta Marshall at 508 880-5138

HEALTH REMINDER:

We love to see you at the COA center, but if you aren't feeling well **PLEASE** stay home.

4 Ways to stay healthy during flu season, which is now starting to spread throughout the state and clogging emergency rooms. If you do get sick it is quicker to go to your doctor or an urgent care center. If however you have breathing issues or heart conditions then by all means go to the emergency room.

- 1. Wash your hands frequently**
- 2. Practice healthy living**
- 3. Limit Personal Contact**
- 4. Avoid touching your face**



SAFETY INFORMATION REMINDER:

The Silent Call Procedure

If you need to call 9-1-1 and you are unable to speak for any reason, once the call is answered:

Press 1 if you need POLICE

Press 2 if you need FIRE

Press 3 if you need an AMBULANCE

If the 9-1-1 dispatcher asks questions,

Press 4 for YES

Press 5 for NO

FEBRUARY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
508 821-3105 COA			Lucille from SHINE here On Wednesdays			1
2 Super Bowl Game 	3 8:15 Aerobics 10 Mah Jong 12:30 Happy Hearts	4 9 Yoga 10:30 Tai Chi 11:30 Quilting	5 10 Body In Motion 11 Craft Corner	6 8-12 Pop up Library 9:30 Tai Chi 11 COA MTG 2 Bridge	7 8:15 Aerobics 9:15 Chair Yoga 10:15 Coffee Chat 11 Games	8
9	10 8:15 Aerobics 10 Mah Jong 12:30 Happy Hearts	11 9 Yoga 10:30 Tai Chi 11:30 Quilting 1 BINGO	12 10 Body In Motion 12 Sweetheart Party	13 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	14 8:15 Aerobics 9:15 Chair Yoga 10:15 Coffee Chat Valentine 's Day 	15
16	17 Presidents' Day CLOSED	18 9 Yoga 10:30 Tai Chi 11:30 Quilting	19 10 Body In Motion 1 Ceramics Shamrock Dish	20 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	21 8:15 Aerobics 9:15 Chair Yoga 10:15 Coffee Chat 11 Games	22
23	24 8:15 Aerobics 10 Mah Jong 12:30 Happy Hearts	25 9 Yoga 10:30 Tai Chi 11:30 Quilting Manicures 1 BINGO	26 9 Brown Bag 10 Body In Motion Ash Wednesday	27 8-12 Pop up Library 9:30 Tai Chi 2 Bridge	28 8:15 Aerobics 9:15 Chair Yoga 10:15 Coffee Chat	29 LEAP YEAR DAY

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1 North Main Street
Berkley, MA 02779

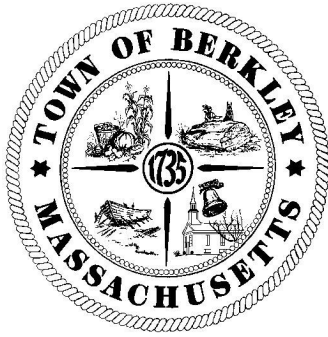
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*Happy
Valentine's
Day
Everyone*



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Berkley Council On Aging
1 North Main St (Town Hall)
Newsletter March 2020

BOARD MEMBERS: Chair - Margaret Clark-Moroff; Vice Chair—
Loretta Marshall; Acting Secretary— Nancy Thompson; Board Members—
Elisabeth Monkowski, Alice Medeiros
Associate Members: Mary Shilonski Director—Cynthia Crimlisk

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participate in programs, enjoy life and to stay in their own homes for
as long as possible.



UP COMING EVENTS



March 4 Craft Corner sign up

March 5 11:00 AM COA Meeting

March 11 Ceramics sign up

March 12 Boston Flower & Lunch if signed up

March 17 St. Patrick's Day Party sign up

March 26 9:00 AM Brown Bag

WE are always looking for new FRIENDS; could that be you !

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1st Monday of each month

Veterans Services

Donald Hirschy

(508) 699-4524

Hi Friends,

Well, congratulations we made it through another winter and into March. Hopefully, in the near future all the flowers will begin to pop.

This always makes people feel better, days are getting longer and we are more willing to venture out of our homes. When you do, consider coming down to the Council On Aging Center.

We offer all types of exercise programs, various crafts, games, puzzles, outings to interesting places and functions like a Paw Sox game or a ride on a paddleboat in Plymouth harbor, not to mention, lots of friendship, reminiscing and good times. So come down and join the fun.

Hope to see you soon!

Cindy COA Director

TRIVIA QUESTION:

March 14 is National Potato Chip day, who invented the potato chip?

A. George Crum a cook at the Moon Lake Lodge in Saratoga Spring, NY. He had a customer (Cornelius Vanderbilt) that kept complaining the fries were too thick. So George cut the potatoes paper thin, he loved them. That was in August 1853.

News Briefs:

* Looking for people interested in playing chess. A request has been made by a local gentleman.

- The Friends of Berkley COA are sponsoring a trip to the Boston Flower & Garden Show, lunch included on Thursday, March 12, \$60.00 per person. Space is limited so make reservations as soon as possible.
- The Italian class will start again on March 9, all are invited to join. Classes are Monday mornings at 9.
- Brown Bag Program is available to any Berkley resident, it provides a free bag of healthy groceries to eligible seniors the 4th Wednesday of the month.

Income guidelines 1 person \$1,860, 2 people \$2,504, 3 people \$3,149 and 4 people is \$3,793. Call 508 821-3105 for assistance.

* If there is anyone interested in volunteering to help Berkley residents get to their medical appointments, be a friendly visitor or running simple errands. Please call the center 508 821-3105. We are trying to put together a list of volunteers, wishing to help a fellow town resident.

REALLY EVERYBODY COUNTS:

A reminder 2020 is a census year; **we need you** to answer the census, **this is how cities and town get their monies. They will look at the senior population and the town gets so much per senior for programs.** The amount has gone up per person since last census count. **So stand up and be counted.**

To help you identify a census taker:

They **MUST** show a photo ID with the U.S. Department of Commerce seal and an expiration date.

The Census Bureau will **NEVER** ask for your Social Security number, bank account or credit card numbers, money or donations. The 2020 Census will not ask citizenship status.

If you suspect fraud call 800-923-8282 to speak with a local Census Bureau representative.

REMINDER: If Taunton and or Berkley schools are closed due to snow. There is no COA. We don't want people to travel on unsafe roads and risk having an accident.

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

STARS OF BASKETBALL

BILL BRADLEY

BILL RUSSELL

BOB COUSY

CHRIS PAUL

DWAYNE WADE

HARRY LEW

JAMES HARDEN

JERRY WEST

JIM THORPE

JOHN WOODEN

KEVIN DURANT

KOBE BRYANT

LAMAR ODOM

LARRY BIRD

LEBRON JAMES

MAGIC JOHNSON

MOSES MALONE

STEPHEN CURRY

TIM DUNCAN

WALT FRAZIER

DONE IN MEMORY OF KOBE AND FRIENDS

DO YOU HAVE MEDICARE AND NEED TO CHANGE PLANS?

Did you change your Medicare or Medicare Advantage plan last fall?

Were your prescription costs **much higher** than expected?

Are your **bills much higher** than anticipated? **Don't be trapped** into paying more than you should!

Please know that Medicare has acknowledged that some people may have “made the wrong plan choice because of inaccurate information from new Plan Finder website.”

They advise you to call 1-800-MEDICARE(1-800-633-4227) and explain your situation. The Call Center representatives can help you *throughout the year* with options for **making changes**.

If you would like to **research your options** before making that call, you can talk with a **SHINE** counselor by calling 1-800-243-4636 or talk with **Lucille** by calling 508 821-3105.



Happy Hearts Happenings:

There will be **NO** meeting on March 2nd

March 30th at 12:15 PM: Magic with Jack Ryan with some ESP thrown in. Coffee & Cookies will be served.

This event will be **FREE** to Members, \$5 for non-members or guests.

So come make new friends or visit with old friends.

Any questions you may have can be answered by calling President Loretta Marshall at 508 880-5138

YOU MAY QUALIFY FOR CASH or CREDIT FROM THE STATE IF YOU PAY RENT OR PROPERTY TAXES

Massachusetts “**CIRCUIT BREAKER**” **TAX PROGRAM** is for qualifying persons age 65 or over whose property tax, or 25% of rent, exceeds 10% of their annual gross income.

You may be eligible for cash or a tax credit of up to \$1,130 this tax year. This benefit equals the amount of your property tax (plus 50% of your water and sewer bill*) or 25% of your rent exceeds 10% of your income up to a maximum benefit amount.

You may Qualify if you: Are 65 or over on or before December 31, 2019

- Own or rent in MA as principal residence
- Your income does not exceed: Single \$60,000, Head of Household \$75,000, Married , filing jointly \$90,000
- Your assessed real estate valuation does not exceed \$808,000

To obtain the Circuit Breaker Credit, you must file for the 2019 tax year, even if you typically don't file a return— and include Schedule CB, the Circuit Breaker Credit form.

* **Your water and sewer bill must be separate from your property tax bill**

Social Security Phone Scam with a Twist

The Inspector General is warning seniors that **scammers are not only calling and pretending to be government employees** .. threatening legal action and demanding money or gift cards!!! They are now sending fake documents by email to convince you to do what they ask.. Some documents even look like official Social Security letterhead!

Social Security does not send official reports by email;

Social Security will Never threaten you arrest or other legal action over a fine or fee;

Social Security will Never ask for payment by gift card, cash or wire transfer.

They **will** send you a letter by **MAIL** if there is an issue with your Social Security account.

If you get such a call, **hang up and call police, or Senior Medicare Patrol at 1- 800-243 -4636.**

MARCH 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1 COA 508 821-3105	2 8:30 Trivia 10 Mah Jong	3 9 Yoga 10:30 Tai Chi 11:30 Quilting	4 10 Body In Motion 11 Craft Corner	5 9:30 Chi Gung 10 Tai Chi 11 COA MTG 2 Bridge	6 8:30 Let's talk nutrition 9:15 Chair Yoga 10:15 Coffee Chat 11 Games	7
8 Daylight Saving Time Begins	9 8:15 Aerobics 9 Italian Class 10 Mah Jong 12:30 Happy Hearts	10 9 Yoga 10:30 Tai Chi 11:30 Quilting 1 BINGO	11 10:00 Body In Motion 1 Ceramics Bunnies	12 9:30 Chi Gung 10 Tai Chi 2 Bridge	13 8:15 Aerobics 9:15 Chair Yoga 10:15 Coffee Chat	14
15	16 8:15 Aerobics 9 Italian Class 10 Mah Jong 12:30 Happy Hearts	17 9 Yoga 10:30 Tai Chi 11:30 Quilting 1 St Patrick's Party	18 10 Body In Motion	19 9:30 Chi Gung 10 Tai Chi 2 Bridge	20 8:15 Aerobics 9:15 Chair Yoga 10:15 Coffee Chat 11 Games	21
22	23 8:15 Aerobics 9 Italian Class 10 Mah Jong 12:30 Happy Hearts	24 9 Yoga 10:30 Tai Chi 11:30 Quilting 1 BINGO	25 9 Brown Bag 10 Body In Motion	26 9:30 Chi Gung 10 Tai Chi 2 Bridge	27 8:15 Aerobics 9:15 Chair Yoga 10:15 Coffee Chat	28
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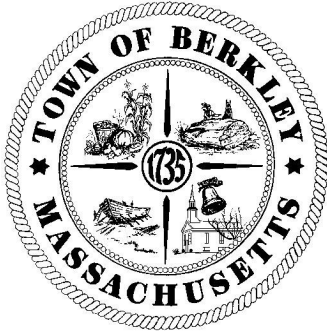
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THE BERKLEY BEACON



Berkley Council On Aging

1 North Main St (Town Hall)

Newsletter October 2020

BOARD MEMBERS: Chair - Margaret Clark-Moroff; Vice Chair—Loretta Marshall; Acting Secretary— Nancy Thompson; Board Members— Elisabeth Monkowski, Alice Medeiros
Associate Members: Mary Shilonski Director—Cynthia Crimlisk

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.

As if the **PANDEMIC** isn't enough , a reminder we are still in **HURRICANE SEASON** until **November 30**. We are already up to Vicky so **BE PREPARED:**

- Have 3 days of non perishable food, non cook food, 1 gallon of water per day, per person and medication.
- Flashlight, extra batteries and battery powered radio
- First aid kit, cash for a few days, cell phone and charger
- ID cards, Medical information (Dr., meds, allergies), family/friends contact, driver's license, put into a zip top waterproof bag.
- blanket, towels and washcloth, toothbrush/ toothpaste, clothes for a few days, pet supplies if you need them. **BE SAFE not SORRY!**

**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

Food/Rent/Mortgage

Assistance

(508) 823-6346

Fuel Assistance

(508) 679-0041

MA Council on Aging

www.mcoaonline.com

SHINE

(508) 821-3105

State Senator Marc Pacheco

District Office 508-822-3000

State House 617-722-1551

State Rep. NORMAN ORRALL

9:30–10:30 a.m., Town Hall

1st Monday of each month

Veterans Services

Donald Hirschy

(508) 669-4524

Hi Friends,

*The doors at Berkley COA remain closed to the public. The lights are on and we are here to help. Governor Baker continues to say COA will be able to reopen sometime in Phase 4 . From the very beginning of this pandemic, the senior population and those with underlying health conditions have been the most at risk. So out of an abundance of caution and with safety in mind, changes will be coming in the COA, for our **NEW NORMAL** .*

Such as mandatory cleaning and disinfecting.

Implementing screening procedures, taking temperatures , screening people for sickness. If sick you must leave.

Limiting face to face interactions, to groups of 10 or less.

Social distancing minimum of 6 feet apart

Masks being worn at all times.

No eating or drinking.

*I want **ALL** my friends to return.*

Cindy COA Director

News Briefs:

- **REMEMBER TO VOTE** you can request a mail in ballot until October

COPING WITH COVID-19 Stress

- Take breaks from watching , reading or listening to the news, that includes social media
- Take care of your body
- Take deep cleansing breaths, stretch or meditate
- Eat well balanced meals / avoid excessive alcohol
- Get plenty of sleep
- Call friends or family to stay connected
- Make time to unwind. Do something you enjoy knit, crochet, read, watch a movie or build a puzzle.

WE HAVE A NEW PODIATRIST..... I can hear all those toe nails cheering.

Dr Smith will be at the Berkley COA Center on October 23. If you are interested in an appointment, please call the center at 508 821-3105.

- * You will need to bring your insurance cards.
- * Wait in your car, until the time of your appointment
- You must wear a mask



Bristol Elders would like you to take a survey about what you feel Berkley needs may be. Simply go to <https://www.surveymonkey.com/r/88Y67MT>

By October 31. Answer some simple questions. Thank you

October 2020

SUN	MON	TUE	WED	THU	FRI	SAT
COA 508 821-3105			Lucille From SHINE Every Wednesday 9-2	1 11 COA Mtg	2	3
4	5 10:30 Aerobics 9:00 Italian	6 10:30 Tai Chi	7 9:00 Chair Yoga 9-Noon Flu Clinic	8 9- Noon Flu Clinic	9	10
11	12 10:30 Aerobics 9:00 Italian COLUMBUS DAY	13 10:30 Tai Chi	14 9:00 Chair Yoga	15	16	17
18	19 10:30 Aerobics 9:00 Italian	20	21 9:00 Chair Yoga	22 FRIENDS 11:30- 1:30 CHOW MEIN SANDWICHES	23 PODIATRIST 9:00- 12:30 Call for appointments	24
25	26 10:30 Aerobics 9:00 Italian	27 10:30 Tai Chi	28 9:00 Chair Yoga Brown Bag	29	30	31 Trick or Treat ! 

SHINE CORNER:

FUEL ASSISTANCE

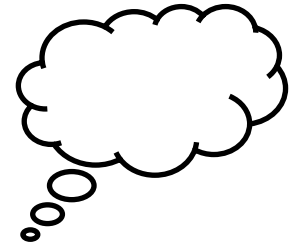
Fuel assistance begins November 1st. This program provides assistance to low income eligible individuals and families to help pay for heating cost. People who are already participating in the program have or will be receiving their re-applications.

While the center is closed to the public, because of COVID-19, we are doing consultations and assisting with the applications by phone. When you have received your fuel re-application and need assistance, call the Berkley COA to make a phone appointment. If you are interested in applying for Fuel Assistance for the first time, call Berkley COA mid October when we will have the new applications.

The income eligibility for the 2020-2021 season is:

Family Size (#of people in the home)	Income no greater than
1	\$39,105
2	\$51,137
3	\$63,169

Call 508 821-3105 and ask for our Outreach Worker, Lucille.



Advice from a lake:

Be Clear, make POSITIVE ripples, look beneath the surface, STAY CALM, Shore up Friendships, take time to reflect, BE FULL OF LIFE

How To Wash Cloth Face Coverings:

By machine: Wash with your regular laundry, use regular detergent and the warmest appropriate water setting for the cloth used.

Washing by hand: 4 teaspoons of household bleach to a quart of room temperature water. Soak for 5 minutes and rinse thoroughly with cool water.

Dryer: Use highest heat setting until completely dry.

Air Dry: Lay flat and allow to completely dry. If possible, place in direct sunlight.

- * **BEWARE of Hand Sanitizers:**
- * **Not all hand sanitizers are created equal.**
- * **The recall products are usually made in from Mexico. They don't use ISOPROPYL alcohol, they tend to use ETHYL alcohol.**
- * **Ethyl alcohol can burn your skin, and is absorbed into the skin.**

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

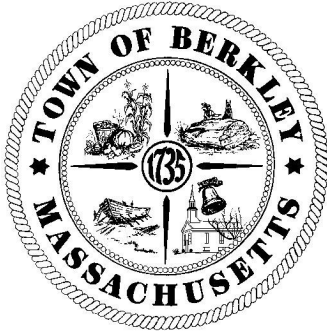
**PRESORTED STANDARD
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PERMIT NO. 73**

RETURN SERVICE REQUESTED

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*We will continue
To be strong and
A beacon for all
To see*



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NEW NORMAL .

** Mandatory cleaning and disinfecting.*

- Screening procedures, taking temperatures and screening people for symptoms and illness.*
- If sick you should stay at home, because you will be asked to leave.*

** Limiting face to face interactions, to groups of 10 or less.*

** Social distancing minimum of 6 feet apart*

** Masks being worn at all times.*

** No eating or drinking to avoid the spread.*

Please, continue to wear your mask, maintain social distancing when possible, and washing your hands.

Cindy COA Director

Trivia Corner:

Everybody knows that William Tell shot an apple off of his son's head, but what was his son's name?

Answer: Walter

News Briefs:

• **REMEMBER TO VOTE NOVEMBER 3rd!**

OPEN SHELVES FOOD PANTRY

If you could use some temporary food assistance, please call 508 823-3273.

Everybody needs a little help sometimes and ALL calls are CONFIDENTIAL!

Open Shelves Food Pantry is located at 96 Myricks Street Berkley.

We also have some food available at Berkley COA. Should that be easier for you or you feel more comfortable calling the COA center 508 821-3105. Again, it would be COMPLETELY CONFIDENTIAL ! We are here to help !

December Holiday Party

We will not be having an in person holiday party due to COVID-19.

We will however be having a grab and go celebration on Wednesday December 9th from 12-1. In order to receive a meal you need to call and make a reservation. It is first come, first serve we will only have 100 meals to offer.

Looking for something different for your Thanksgiving meal !

Try **Cranberry Honey Butter:**

1 cup soften butter 1/3 cup chopped dry cranberries

1/4 cup honey 2 teaspoons grated orange zest

1/8 teaspoon kosher salt

Beat ingredients together until blended. Store in air tight container.

SHINE CORNER:

MEDICARE OPEN ENROLLMENT OCT. 15– DEC.7, 2020

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 2021. If you’re enrolled in Medicare Prescription Drug Plan (Part D) or a Medicare Advantage Plan (HMO/PPO), you should have already received an informational packet from your plan. It is important to understand and save this information.

We want to remind you that our SHINE counselor, Lucille, is here to help with your Medicare and Medicaid needs, especially during the Annual Open Enrollment from Oct 15 thru Dec 7th. This is the time to review and change your Medicare coverage for 2021. Also, Are you turning 65?...Are you thinking about retiring?... Are you struggling to financially cover your medical expenses?

For assistance with any Medicare issues call Berkley COA 508 821-3105

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November Trivia

1. What is it that you are supposed to grow in November?
2. What is the birthstone of November?
3. On which day is Veteran's Day celebrated?
4. November is recognized as a tribute to which musical instrument?
5. How long did the first Thanksgiving celebration last?
6. Under which president did Thanksgiving become an annual holiday?
7. What year did Macy's parade start? What was the first year it first televised?
8. What president was the first to give a turkey a presidential pardon?
9. What are baby turkeys called?
10. What is the red piece of flesh on top of the beak of a turkey called?
11. What state raises the most turkeys?
12. What food was present at the first Thanksgiving but is rarely eaten now?
13. What year was the infamous green bean casserole created?
14. The United States celebrates Thanksgiving in November, when does Canada?
15. What sports franchise was founded November 1, 1924?
16. What frozen food did Clarence Birdseye start marketing November 1952?
17. The first Post office was set up in Massachusetts with permission of King William and Queen Mary in what year?
18. On November 8, 1731 what did Benjamin Franklin open in Philadelphia?
19. What year was the Tomb of the Unknown Soldier dedicated?
20. The first colonial prison was organized in 1676, where was it located?
21. What famous cartoonist was born in 1922?
22. The mason jar was invented and patented November 30 what year?

November Trivia Answers

- | | |
|-----------------------|-----------------------------------|
| 1. Moustache | 12. Seafood |
| 2. Topaz | 13. 1955 |
| 3. 11th | 14. The second Tuesday of October |
| 4. Drum | 15. Boston Bruins |
| 5. 3 Days | 16. Frozen peas |
| 6. Abraham Lincoln | 17. 1639 |
| 7. 1924 , 1952 | 18. 1st Library |
| 8. Ronald Reagan | 19. 1921 |
| 9. Pults or turklings | 20. Nantucket |
| 10.Snood | 21. Charles Schulz |
| 11.Minnesota | 22. 1858 |

Extra bonus Question:

Who is Mary Ann Evans better known as?

None other then author George Eliot. She penned the name to be taken

That ends November trivia.

Thanks for playing.

So how did you do?

Did you enjoy exercising your brain cells? Please feel free to provide feedback.

**DON'T FORGET TO SET YOUR CLOCKS BACK 1 HOUR
BEFORE BED ON HALLOWEEN NIGHT !**

November 2020

SUN	MON	TUE	WED	THU	FRI	SAT
1 Daylight Savings Time Ends	2 10:30 Aerobics 9:00 Italian All Soul's Day	3 10:30 Tai Chi Election Day	4 9:00 Chair Yoga	5 11 COA Mtg	6	7
8	9 10:30 Aerobics 9:00 Italian	10 10:30 Tai Chi	11 9:00 Chair Yoga Veterans Day	12	13 National Indian Pudding Day	14
15	16 10:30 Aerobics 9:00 Italian	17 10:30 Tai Chi Homemade Bread Day	18 9:00 Chair Yoga Great American Smoke Out	19	20	21
22	23 10:30 Aerobics 9:00 Italian	24 10:30 Tai Chi	25 9:00 Chair Yoga	26 HAPPY THANKSGIVING DAY	27 BLACK FRIDAY	28 French Toast Day
29 Square Dance Day	30 10:30 Aerobics 9:00 Italian Full Moon					

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us be grateful
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