



# **POWDER HOUSE NEWS**

## **BERLIN COUNCIL ON AGING—BERLIN, MASSACHUSETTS 01503**

JANUARY/FEBRUARY 2015

978-838-0157

COA@TOWNOFBERLIN.COM

**COA Mission Statement** — Our mission statement is to enhance the quality of life of seniors in the community by providing services, education and other programs to meet their needs.

### **Berlin Council on Aging**

#### **Services and Programs**

**Meals on Wheels (MOW):** Meal deliveries will resume after Labor Day and each Tuesday & Friday through June. Please call 978-838-2215 for further information.

**SHINE Program (Serving the Health Information Needs of Elders)** is a counseling service providing information and assistance for Health Insurance, Medicare, Medicaid, etc. For further information call 800-243-4636, option #3 to make an appointment with a SHINE counselor.

**"Powder House News":** A bi-monthly newsletter mailed to each senior household in Berlin with information on health, legislative issues, and other topics of interest.

**Blood Pressure Screenings:** 1st Thursday of the month, 9:30 am Sept - May at First Parish Church; June at Berlin Country Club; July - August at Town Offices, 23 Linden Street. Any questions or concerns call: Tamara Bedard, Town Nurse, 978-772-3335 ext. 40.

**Private Transportation** for medical appointments. Please call 978-838-0157 for further information.

**Council on Aging Members:** Chairman - Jim Connor; Secretary - Fran Gill; Treasurer - Joyce LaMotte; Members - Pat Wheeler, Carolyn Cashin, Karen Schultz, Lori Fearebay.

**Senior Citizens Association Officers:** President - Barbara Halloran; Vice President - Madeline McTague; 2nd Vice President - George Cedar; Treasurer - Joyce LaMotte; Ass't Treasurer - Millie Blenkhorn; Recording Secretary - Denise Davis; Corresponding Secretary - Jeanne Snay.

**SENIOR CITIZENS ASSOCIATION MEETINGS:** At First Parish Church on the 1st Thursday of the month, September through June. Blood pressure screenings by VNA 9:30-10:30 am followed by business meeting and program or entertainment. Lunch (\$5.00) is served at noon. Call 978-838-0157 for more information.

**NB:** There will be NO senior meetings when school is cancelled

### **SCHEDULE OF COMMUNITY ACTIVITIES**

#### **JANUARY:**

**1/1 - Happy New Year!**

**1/2 - Pizza Nite,** FPC, Fri 5-7pm

**1/3 - Contra Dance,** 1870 Town Hall, Sat 8pm

**1/4 - Tower Hill** - Last day of Holly Days

**1/8 - Senior Citizens Meeting/ Lunch,** FPC, 10:30-Noon, \$5.

**1/10 - Senior Yoga Brunch** after class at Northbrook Village

**1/19 - MLK, Jr. Day**

**1/21 - Friends of the Library** Library, Wed 11:00am

**1/23-1/25 - Flyleaf Theater Co. Production - *Doubt*,** directed by Mariagrazia LaFauci, \$10 tickets for Berlin residents. 1870 Town Hall, 8pm on 1/23 & 1/24 & 5pm on 1/25

**1/31 - Historical Society Meeting,** Open to the public, 1870 Town Hall - Sat 7:30pm

#### **FEBRUARY:**

**2/2 - Ground Hog Day**

**2/5 - Senior Citizens Meeting/ Lunch,** 10:30-Noon, FPC, \$5

**2/6 - Pizza Nite,** FPC, Fri 5-7pm

**2/7 - Contra Dance,** 1870 Town Hall, Sat 8pm

**2/7 - Lions Club Senior Dinner,** FPC, Sat, Noon - Roast pork, mashed potatoes, green beans and dessert served by Tom Sharon of the Lions Club

**2/16 - Presidents Day**

**2/18 - Ash Wednesday**

### **WEEKLY ACTIVITIES:**

#### **Wednesday:**

**Community Coffee and Knitting,** 1870 Town Hall, 9:00-11:00am

**Tai Chi, Town Offices,** Rm 118, 10:00-11:00am

#### **Saturday:**

**Yoga, Town Offices,** Rm 118, 9:00-10:15am

### **THE WOMAN BEHIND THE RENOVATION**

The spirit of volunteering is alive and well in Berlin, according to Evy Dueck. And who would know better than Evy, who is herself a volunteer and the managing force behind the renovations of the 1870 Town Hall and currently 19 Carter. There is no shortage of volunteers willing to provide their professional expertise, labor and materials to complete the renovations.

We were fortunate to have Evy take on these tasks. She had recently left her position as Executive Director at Indian Hill Music Center, a non-profit in Littleton, where she managed projects and fundraising.

The 1870 Town Hall had long been the center of many activities - town meetings, Grange and scout meetings, dances, spaghetti dinners, whist parties and even plays. When the town offices moved to the new Municipal Building, the town hall needed many repairs. Evy 'got to know the people and their needs' and researched the type of events best suited for the Town Hall to 'give this space life' again. From there she went on to involve volunteers, learn what they did best and put those talents to work.

The 1870 Town Hall now hosts contra dances, plays by Flyleaf Theater, Historical Society meetings and programs, Christmastime in Berlin and more. It is once again an integral part of our town history.

In 2008, Evy was asked to develop 19 Carter as a place for everyone 'to hang out' - a tea room, auxiliary space for the Library, a place for toddler time, art classes and coffee hour, to name a few.

The Old Methodist Church, as it was known, belonged to the Sawyer family. Even though the building was in disrepair, the structure was deemed 'solid and square'. The building was (Continued on Page 2)

From the Desk of  
**Rep. Harold Naughton**

I have had the honor and privilege of serving in the Massachusetts Legislature since 1994 and as the Representative for Berlin since 2012. It has been a pleasure getting to know the community of Berlin and the needs of the people. Berlin is truly a unique town that offers picturesque landscapes, as well as a tight knit and involved community. In my time representing Berlin I've advocated on a number of issues and initiatives relative to residents and seniors.

I have been active in fighting against the Kinder Morgan Pipeline project to protect Berlin from devastating environmental disruptions, financial burdens for home and business owners, and public safety concerns that would result.

In the most recent legislative session, I successfully increased local aid that directly funds services and programs for seniors, veterans' and service members, public safety and more.

I successfully secured funding for the restoration of the 19 Carter project taking place at the Old Methodist Church.

In November, you gave me the honor of serving as your State Representative for another term. Looking forward to the next two years I plan to put forth new legislative priorities that will continue to strengthen our economy, improve services specific to our senior community and address issues relevant to our area of the Commonwealth. I look forward to working with you in the upcoming term and if my office can be of any assistance please do not hesitate to contact us at (978) 365-1955.

(Continued from Page 1)

purchased in 2011. A 501(3)c was set up, a Board of Directors appointed and plans for the renovations begun.

While some experts in historic renovation and slate work on the roof and tower have been hired, most of the renovations has been done by volunteers and donors - electricians, plumbers and builders from Berlin.

As of the writing, the lower floor of 19 Carter is expected to be open for occupancy in December. There will be ample parking and handicap accessibility.

In the words of Evy Dueck, the woman behind the renovations, "How can you not love it?"

For more information on 19 Carter, visit the website <http://www.19carter.org/>.

The COA presented Evy with the 2012 Legacy Award for her work on 1870 Town Hall and 19 Carter which will contribute to the ongoing benefit & enjoyment of local seniors.

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**Thank you, Carolyn!**

A big thanks to Carolyn Landry for the five years she served as the Powder House News Editor. During that time she established the process of email distribution of the newsletter and maintained a list of contacts that she solicited each month for articles. She also worked with the printer to provide him with more advertising revenue.

We wish her all the best!

**The Boys in the Boat** by

Daniel James Brown Review by Pat Smith

*The Boys in the Boat* is a story of resiliency and strength set against the historical backdrop of the Depression era and the 1936 Olympics. Joe Rantz is the main character but as he says to the author when he gives permission to write about his rowing career, "But [it's] not just about me. It has to be about the boat."

Joe was a child of the depression and never fully recovered from his mother's death at four and being abandoned by his family at 15. They could not afford to feed him anymore. Al Ulbrickson, rowing coach at the U. of Washington, impressed by Joe's upper body strength, invited him to try out for crew. And from there begins the story of the boat and the motley eight man crew who learn to row. Each chapter begins with a quotation from George Yeoman Pocock, a master boat builder and philosopher. The reader learns much about rowing, the making of a shell, and school rivalries of the time. But it is the unbreakable spirit of the characters at a desperate time in history that keeps you reading, that and the undefinable quality and spirit that turns individuals into a team. The gritty determination of the boys, the coaches, and struggling families is set against the rise of Nazi Germany. The climax comes at the Olympic games of 1936 in Germany. The detail in this book is thanks to Joe's daughter, Judy who collected and shared stories and memorabilia about her father and invited the author to interview him for several months before he passed away.

Nonfiction...2013....available in paperback, on readers, and on audio.



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## **SENIOR DISCOUNTS**

Living on fixed income during 'the golden years' can be made a bit easier by taking advantage of discounts offered to senior citizens. Many of these discounts are only offered on specific days. Be sure to ask about their policies before ordering or making a purchase.

### **Restaurants**

-Dunkin' Donuts: AARP special at participating locations free donut when you buy a large hot coffee

-IHOP: 10% off (55+)

-KFC: free small drink with any meal (55+)

-McDonald's: discounts on coffee everyday (55+)

-Subway: 10% off (60+) selected locations-check prior to ordering.

-Taco Bell: 5% off; free beverages for seniors (65+) in some locations.

-TCBY: 10% off (55+)

-Wendy's: Check with the restaurant for senior age discounts.

### **Activities & Entertainment**

-AMC Theaters: up to 30% off (55+)

-Bally Total Fitness: up to \$100 off memberships (62+)

-Regal Cinemas: 30% off

### **Clothing**

-Clarks: 10% off (62+)

-Dress Barn: 10% off (55+)

-Hallmark: 10% off one day a week (date varies by location)

-Kohl's: 15% off (60+)

-Rite Aid: 25% off 1st Wed. seniors 65+

**Meals on Wheels** are available for those who are homebound or find it difficult to prepare nutritious meals. A \$2 donation is requested. Call Lorraine Cedar at 978-838-2215.

**Berlin Food Pantry** - Call Fran Gill at 978-838-2508

## **DID YOU REACH THE "DONUT HOLE" LAST YEAR?**

*If so... chances are you could reach it again!*

If you have a Medicare Part D or Medicare Advantage plan and do not get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches \$2,960. Then you will pay 45% of the cost of brand name drugs and 65% for generics. Think what that means.... a \$300 brand name drug will now cost you \$135!

This is where Prescription Advantage can help. Prescription Advantage, the Massachusetts prescription drug assistance program, can help pay for your prescription drugs when you reach the "donut hole."

To find out how to lower your drug costs, call Prescription Advantage at: 1-800-243-4636 or TTY (toll free) at 1-877-610-0241 for the deaf and hard of hearing with Text Telephone capability. You can also visit our web-site:

[www.prescriptionadvantagemag.org](http://www.prescriptionadvantagemag.org)

The money you save can be your own!

## **PHASES OF THE MOON**



Jan 6 - Full Wolf Moon

Jan 13 - Last Qtr

Jan 20 - New Moon

Jan 26 - First Qtr

Feb 3 - Full Snow Moon

Feb 11 - Last Qtr

Feb 18 - New Moon

Feb 25 - First Qtr

## **THINGS TO DO LOCALLY**

### **MOVIE AND A BITE TO EAT**

The Strand Theatre is a Clinton Landmark and one of Central Massachusetts' best kept secrets. It is one of the oldest existing movie theatres in the area, complete with it's signature marquee, offering the quaintness, quality, and hometown friendliness of the theatres of yesteryear.

The Strand specializes in showing recent movies as well as "classic" series (during certain months of the year). It is a unique alternative to the large cinemas. Movies are reasonably priced at \$5.50 and patrons can enjoy personal pizzas, burgers & fries, and various fried foods right from the comfort of their seat and also a glass of wine or beer.

The Strand is located at 58 High Street in Clinton. 978-365-5500  
<http://strandmovies.com/>

*Age is a thing of mind over matter. If you don't mind, it doesn't matter.*

Mark Twain

The **2014 Berlin Telephone Book**, published by the Berlin Art & Historical Society, can be purchased for \$4 at the Berlin branch of Clinton Savings Bank, the Library, Indian Head Farm, Balance Rock Farm or by calling Edie Brewer at 978-838-2876.

### **Friends Who Have Left Us**

Marlene Williams - Nov 16, 2014

Rosalie Galano - Nov 17, 2014

Thomas Thorburn - Dec. 2, 2014



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Berlin Public Library

**Mon.—Thu. 11:00a.m.— 6:30 p.m.**

**Sat-- 10:00am –1:00 pm**

**Closed Friday and Sunday**

### **BORROWING POLICIES**

#### **Loan Periods**

|                  |           |
|------------------|-----------|
| Books            | 3 weeks   |
| Books-on-tape    | 3 weeks   |
| Music CDs        | 3 weeks   |
| Learning CD-ROMS | 3 weeks   |
| Magazines        | 1 week    |
| Videos and DVDs  | 1 week    |
| Museum passes    | Overnight |

### **HAPPENINGS AT THE LIBRARY**

The library now has passes for the Museum of Russian Icons in Clinton. To see a listing of library passes available please visit our website: <http://www.townofberlin.com/departments/library/museum-passes/>.

The library also has access to many reference databases including local

and international news databases. Please contact the library staff if you require assistance using these databases or if you would like a demonstration on how to use the resources.

The library Long Range Plan is nearing completion. A survey has been conducted and received 151 responses. You can view the results of the survey on the library website.

You can view the current Library Plans here:

<http://www.townofberlin.com/departments/library/planning-documents/>

The library Friends Group which has provided us with our magnificent garden and Museum passes will be holding their next meeting on January 21st @ 11:00am.

The Adult book club is currently meets regularly. Contact the library for further information on the current read.

For more information on happenings at the library please call us at 978-838-2812 or visit the library website at: <http://www.townofberlin.com/town/Library/index.htm>.

**STAFF:** Director - Bob Hodge; Circulation Services - Karen Kowal, Marilyn MacQuarie; Children Services - Patricia Joubert

## SENIOR CITIZENS OF BERLIN

### UPCOMING PROGRAMS

**January 8th** - Due to the holiday we will be having our luncheon meeting on the second Thursday of the month. This meeting will include a program presented by our board, the board will also conduct a bake sale and we will include in the activities a door prize. It should be a fun morning that will include a great lunch served by Bob Lowe.

**February 5th** - Bob McTague will present an interesting program, which at this writing is still being developed. Bob has given several interesting programs in the past and we expect this one to be one of his best. Lunch will be served by Bob Lowe.

The **Berlin Senior yoga class** will be holding their annual holiday brunch on Sat., January 10<sup>th</sup> at 10:30am following class. They would like to extend an invitation to anyone interested in joining the group or the upcoming chair yoga class. The brunch will be held at Northbrook Village, 135 Pleasant Street, Berlin, MA.

**Along with our advertisers, "Powderhouse Senior News" is partly supported by Executive Office of Elder Affairs.**

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