



POWDER HOUSE NEWS

BERLIN COUNCIL ON AGING—BERLIN, MASSACHUSETTS 01503

JANUARY/FEBRUARY 2016

978-838-2750

COA@TOWNOFBERLIN.COM

COMMUNITY ACTIVITIES

JANUARY:

1/1 - NEW YEARS DAY

1/2 - Contra Dance - 1870 Town Hall - 7:30-10:30pm

1/5 Lions Club Meeting - 19 Carter 7pm

1/7 - Senior Citizens, FPC, 10:30am

1/8 - Friday Pizza Nite, FPC, 5-7pm

1/9 - Tech Help with Parker 19 Carter 10am-12pm

1/18 - Martin Luther King Day

1/22-1/31 - Flyleaf Theater - 1870 Town Hall

1/23 - Historical Society Meeting - Town Offices, Rm 227 - 7:30pm

1/25 -Tech Help with Parker, 19 Carter, 3-5pm

February:

2/2 - Ground Hog Day

2/2 - Lions Club Meeting, 19 Carter, 7pm

2/4 - Senior Citizens, FPC 10:30am

2/5 - Friday Pizza Nite, FPC, 5-7pm

2/5 - Game Night, 19 Carter 6-8pm

2/7 - Super Bowl Sunday

2/14 - Valentines' Day

2/15 - President's Day

2/19 - Lions Club Meeting, 19 Carter, 7pm

2/27 - Historical Society Meeting - 1870 Town Hall - 7:30pm

Weekly Activities at 19 Carter

Open Mon. through Fri., 9am-5pm and Sat. 10am-1pm. All activities are free. We welcome donations to support operations of the building. For weekly emails on programs and activities call us at 978-415-0014 or email maryredington@charter.net.

Monday - 2:30-4:30, Tea Time

Tuesday - 12-2pm, Lunch Time Soup

Wednesday - 9-11am, Community Coffee,

Thursday - 2:30-4:30pm - Tea Time

Friday - 10am-12pm, Kids Playgroup
- 12-2pm Lunchtime Soup

Saturday - 10am-1pm, Community Coffee

Town Offices, Rm 118,

Thursday - Tai Chi, 10:30-11:30am

Saturday - Senior Yoga, 9-10:15am

- Chair Yoga, 10:30-11:30am

Suggested donation, \$2.00

WINTER REMINDERS

The last few weeks have been warmer than usual, but we know that winter will soon take hold bringing with it the blustery nor'easters, ice storms and below freezing temperatures. Those of us who have not departed for warmer climes will have to put up with what Mother Nature dishes out to us.

The DPW will once again be busy plowing, salting and sanding our roads to clear them of ice and snow. The DPW asks that we avoid driving during the storm emergency, unless absolutely necessary, to give them the opportunity to get the job done.

Sand is available to town residents at the Town Shed down the driveway beyond Berlin Memorial School. There is a limit of two five-gallon pails per residence. Bring your own pails and shovel.

Please be advised of the town's winter parking and snow by-laws.

WINTER PARKING BAN - A winter parking ban is now in effect. No vehicle shall be parked on the streets of Berlin for a period of time longer than one (1) hour between the hours of 11 PM and 6 AM of any day during the period from November 1 to April 1 of each year.

SNOW BY-LAWS - No snow or ice shall be deposited on any public street or sidewalk from any parking lot, business or residential driveway once the street or sidewalk has been plowed by the Department of Public Works for the first time. Violators are subject to fines.

Absentee Ballots - The **Presidential Primary is March 1**. Absentee ballots are available outside the door of Town Clerk's office. Be sure to pick up a ballot to cast your vote if you plan to be away during that time.

VIRGINIA KELEHER TURNS THE BIG 100

On January 16, Virginia Keleher will be celebrating the "big 100", as she calls it.

Virginia was born in Brockton and grew up in Randolph. She and her husband raised their 6 children in the family's nine-room "overgrown bungalow" in the woods of Framingham. For the past several years she has lived in Berlin with her son, Paul, and daughter-in-law, Suzanne.

She enjoys being with her family and friends. For many years she worked at the church fairs. She considers herself to have a blessed life - "a lucky duck" in her words.



Virginia will celebrate her birthday with her family. With a glimmer in her eye and a smile, she adds, "I've told them to plan something good". As Berlin's oldest citizen, she's the recipient of the Boston Post Cane.

Happy birthday, Virginia! We wish you the best on your **big 100!**

From the Office of the Town Clerk:

It's time for the Annual Census. Forms will be mailed out soon along with other information. Please fill out and return by **January 30**. Forms can be dropped off at the **Library, Town Offices** or mailed to **Berlin Town Offices, 23 Linden St., #8 Berlin MA 01503**.



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

Council on Aging Services and Programs

Medical Equipment - Contact Lori Fearebay @ 978-804-8487 or jfearebay@msn.com

Berlin Meals Wagon (BMW): Meals delivered each Tuesday & Friday Labor Day-June. Call 978-838-2215 for further information.

SHINE Program (Serving the Health Information Needs of Elders) - a counseling service providing info and assistance for Health Insurance, Medicare, Medicaid, etc. Call 800-243-4636, Opt #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 topics of interest.

Blood Pressure Screenings: 1st Thursday of the month, 9:30am 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. 340.

Medical & Shopping Transportation Wednesday & Thursday. Call 978-838-2750 to schedule a ride.

Council on Aging Members:

Chairman - George Pendergast; Secretary - Fran Gill; Treasurer - Joyce LaMotte; Members - Pat Wheeler, Carolyn Cashin, Karen Schultz, and Lori Fearebay.

Senior Citizens Association Officers: President - Barbara Halloran; Vice President - Trudy Tervo; Treasurer - Hazel Miele; Ass't Treasurer - Millie Blenkhorn; Recording Secretary - Denise Davis; Corresponding Secretary - Jeanne Snay.

Senior Citizens Association Meetings: 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 978-838-7381 for more information.

Newsletter Editor:

Contact Lucy Roseberry Ayers - 978-838-2790 or at lucyayers@charter.net to receive your newsletter online.

FROM THE DESK OF HAROLD NAUGHTON

I hope you and your families enjoyed a wonderful holiday season and a very Happy New Year. Since returning home from my military deployment at the end of October, I would like to share with you some legislative and district focused highlights that my office continues to pursue on behalf of the Berlin community.

Firstly, my family and I want to thank everyone who expressed their support during my military deployment. I found an extraordinary sense of mission, purpose and comradery among American troops during this deployment. I will carry that with me for years to come and continue to pray for the safety of my colleagues in harm's way. While being away is never easy, I found comfort in knowing that my friends, colleagues and community always stood behind me and my family.

In October, I was thrilled to share that the Baker-Polito Administration awarded grant funding of \$178,900 for the Berlin Memorial Elementary School to convert from a heating oil boiler to a highly efficient biomass boiler heating system. This grant will deliver tremendous benefits for the students, teachers and staff within the elementary school through an improved and innovative heating system. Similarly, this funding will generate an annual cost savings of more than \$20,000 for the Berlin-Boylston public schools by using a less expensive, local fuel source that also reduces environmental impact. In addition, the project creates an opportunity to educate more than 200 students about renewable sources of heating and how changes such as this can have a long-term positive environmental effect.

Earlier this month it was my privilege to present a citation to **Lorraine Cedar** at the **Berlin Special Town Meeting**. For 50 years, Lorraine has worked as a

dedicated clerk for the Town of Berlin.

When she was not working as a clerk, she was delivering meals to local residents in need through the Meal on Wheels program. Lorraine's love of community and sense of purpose exemplifies the best of Berlin.

Berlin's 1870 Town Hall is in the process of continuing its renovations through the 2016 Cultural Facilities Fund grant administered through the Mass. Cultural Council. Following a request from the Town Hall Advisory Board, I have expressed my full support for this grant application to the Mass Cultural Council and will advocate on their behalf accordingly. If awarded to the Town Hall, this grant would be used for the installation of an elevator at the Town Hall in order to offer more cultural events and provide further handicap accessibility within the building.

Local improvement projects such as this are essential for economic growth in our community, particularly in an effort to invite more visitors and tourists to Town Hall and similar attractions. Throughout my time in office, I have kept a strong focus on promoting and bolstering our local attractions. In continuing with this initiative, one of my leading priorities this session is to establish a "cultural corridor" along Route 62 throughout the district. Our area of Central Massachusetts with its rich history, captivating art and dense culture serves as natural catalyst for the creation of a "cultural corridor" that will draw in more visitors and support our local economy. As my office continues to develop this initiative I will be sure to share updates with you periodically.

As always, if you have any questions of concerns please do not hesitate to contact my office at (978) 365-1955 or by email at

Harold.Naughton@mahouse.gov

Your Friend,

Harold Naughton

**TAKE ADVANTAGE OF
SENIOR DISCOUNTS**

Restaurant Discounts

Applebee's: 15% off with Golden Apple Card (60+)

Arby's 10% off (55+). Varies by location

Boston Market: 10% off (65+)

Burger King: 10% off or a \$.75 drink (60+). (varies by location)

Chili's: 10% off (55+)

Denny's: 10% off, 20% off for AARP members (55+)

Dunkin' Donuts: 10% Off (60+)

Friendly's: Discounted breakfast (60+)

IHOP: 10% off (55+)

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

Krispy Kreme: 10% off (50+)

Ponderosa: Senior menu from 11a-4p (60+)

Subway: 10% off at manager's discretion (60+)

Taco Bell: 5% off; free beverages for seniors (65+)

Wendy's: Discount and age limit vary by location. Ask your local restaurant for details.

Retail and Clothing Discounts

Bed Bath and Beyond: 10% off mailing club (55+)

Clarks: 10% off (62+)

Dress Barn: 10% off (55+) (varies by location)

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

Kohl's: 15% off (60+) on Wednesdays

Michael's: 10% off on Tuesdays with AARP card

Rite Aid: 20% off on the first Wednesday of the month for wellness+ members (65+)

The Salvation Army Thrift Stores: up to 50% off (55+)

TJ Maxx: 10% on Tuesdays, varies by location.

Entertainment Discounts

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

Regal Cinemas: 30% off

Miscellaneous Discounts

Great Clips: \$3 off hair cuts (65+)

Super Cuts: \$2 off haircuts (60+)

BERLIN ART & HISTORICAL PROGRAMS

The Berlin Art & Historical Society is hosting *Preservation Projects in Berlin* on **January 23rd**, (Snow Date, January 30th), 7:30 PM at The Town Offices, 23 Linden St., Room 227.

Preservation of our early-built environment offers a tangible connection to our town's history and the stories of its people.

Preservation Carpenter Tim Wohleuter of Squaw Hollow Restoration, Inc. will be speaking to us about his work on the 1805 Berlin Hearse House, illustrating the restoration process with slides. Hearse Houses were once a responsibility of town government and are rare survivors of our early history.

The Bullard House Preservation Plan will be presented with an update on recent reconstruction of the foundation at the "jog end."

On **February 27**, Tim Wheeler and Janet Woodward will present a program entitled *Route 20 USA Travelogue*, about their cross-country tour. This program will be held in the 1870 Town Hall at 7:30pm.

Watercolor Workshops

Wednesday, February 3, 10, 17, 24
6:00pm - 7:30pm, 1870 Town Hall
\$25 per person per class,

Each workshop is independent of the others—sign up for any or all. No experience necessary, and you take home your own original painting after each workshop. Instructor will have a limited amount of supplies to use during the workshop, or bring your own.

2/3- Sunset: learn how to create washes to create a painting.

2/10- Mountain Range: learn contrast and color use to convey distance and atmosphere in a painting.

2/17- Apple Still Life: learn about shading and painting technique to create a realistic apple still life.

2/24- Dramatic Sky Painting: learn how to add colors to wet washes in a landscape painting.

Workshop is limited to 8 For more info, to make a deposit to reserve your seat, or for shopping list of supplies needed, call 508-333-0242 or Email suzannaski@gmail.com

**ARE YOU PREPARED FOR OUR
NEW ENGLAND WEATHER?**

If you only have a few minutes to pack to go to a shelter, remember to take these items with you:

Prescription medication

Dentures

Eyeglasses

Hearing aid

Flashlight/batteries

A change of clothes

Sleeping bag/blanket and pillow

Keys

Special foods/drinks

Any medical equipment

Cash

Medical cards/driver's license

Hygiene items: toothbrush/paste, deodorant, hair brush, sanitary pads/napkins

Towel/soap/shampoo

Additional items if time allows:

Radio

Bottled water

First aid kit

Toilet paper

Paper towels

Cell phone

Games/books

Submitted by:

Your town nurse

Nashoba

Associated

Boards of Health

Nashoba Nursing

Service &

Hospice

1-800-698-3307



Phases of the Moon 2016

Jan 9 - New Moon

Jan 16 - First Qtr.

Jan 23 - Full Wolf Moon

Jan 31 - Last Qtr

Feb 8 - New Moon

Feb 15 - First Qtr

Feb 22 - Full Snow Moon

"I like these cold, gray winter days. Days like these let you savor a bad mood."

Bill Watterson 7/5/1958, American Cartoonist

Friends Who Have Left Us

Claire Delaney - 10/23

Ernest Coulson 12/3

Paula Shaud - 12/10

Karen Hill 12/12

Marguerite Bartlett 12/14

Glen Smith - 12/15

Viola (Vicky) Dubicki - 12/21

Thank you!

Special thanks to the

Clinton Savings Bank for their continued support in providing the postage for the Powder House News

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PowderHouse News

Council on Aging

Berlin, Massachusetts 01503

**BULK RATE
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HERE ARE A FEW THINGS HAPPEN- ING AT THE LIBRARY IN JANUARY

New Children & Youth Services

Librarian Pam Chenevert will be starting on December 28th so please stop by and say welcome and hello.

On January 6th & 20th, Wednesday, knitting for all ages at 3:30.

On January 9th, Saturday, get tech help with Parker from 10-12 @ 19 Carter. Bring your laptop, tablet, cell phone or other devices that you have questions about.

Look for a program soon involving the library telescope which will soon be available for lending.

JUST FOR CHUCKLES

SENIORS TEXTING CODE:

ATD: At the Doctors

BFF: Best Friend Fell

BTW: Bring the Wheelchair

BYOT: Bring Your Own Teeth

FWIW: Forgot Where I Was

GGPBL: Gotta Go Pacemaker Battery Low

GHA: Got Heartburn Again

IMHO: Is My Hearing-Aid On

LMDO: Laughing My Dentures Out

OMMR: On My Massage Recliner

OMSG: Oh My! Sorry, Gas

ROFLACGU: Rolling On Floor Laughing And Can't Get Up

TTYL: Talk To You Louder

SENIOR CITIZENS OF BERLIN

January 7th and February 4th

The board of the Senior Citizens of Berlin decided to be proactive in the first two months of the year and have 2 Improv meetings. This allows for the possibility of snow (which seems quite remote today). Each meeting will begin a little later around 11:00am with a short business meeting. We will tell the nurses of our plans and maybe they will visit us around 10. Following the meeting we might have a contest with prizes, or a short talk with a local celebrity, or an informational talk from Tamara Bedard about common health problem seniors share.

As usual you will receive a call about the meetings.

Many Hands Thrift Shop

*Look for the Grand Opening of the **Many Hands Thrift Shop** in the basement of the Children's Church, 24 Central Street in February to benefit First Parish Church. For information call Edie Brewer, 978-838-2786 (home) or 978-618-4847 (cell).*

COA SENIOR BUS - JANUARY

The COA met on December 23, 2015 and determined the procedure for seniors to schedule a ride on the bus.

The first step is to register by filling out the form that is available outside the Town Clerk's office or one that is in Room 118.

We have a regular trip on Wednesday's which will go to the Y in Westboro, Wegmen's in Northboro, the Christmas Tree Shop and Joann's in Shrewsbury. The trip will leave Berlin (pick up times to be determined by the driver) around 11:00 and drop passengers off along the way. It will return to Berlin around 12:45. We have set aside Thursdays for appointments which could include a stop at Highland Commons and Market Basket. We will have a donation container available on the bus and we are grateful for your donations.

The procedure will be to call the COA (978-838-2750) 48 hours in advance and leave a message. You will get a confirmation call with the time you will be picked up.

All suggestions and concerns about the program can be sent by email, COA @TownofBerlin.com, voicemail or snail mail. We look forward to providing a program that will serve many of our Seniors.

SENIOR ACTIVITIES

Held in Room 118, Town Offices.

Senior Yoga - Saturday mornings from 9:00-10:15 Sharon Santello.

Chair Yoga - Saturday mornings from 10:30-11:30 with Sharon.

Tai Chi - Thursday morning from 10:30-11:30 with Jeff Cote.

**THE POWDER HOUSE NEWS IS PARTLY SUPPORTED BY
THE EXECUTIVE OFFICE OF ELDER AFFAIRS.**