



# POWDER HOUSE NEWS

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

JANUARY/FEBRUARY 2017

978-838-2750

COA@TOWNOFBERLIN.COM

## COMMUNITY EVENTS & ACTIVITIES

### JANUARY

- 1/1 - **HAPPY NEW YEAR!**  
1/5 - **SENIOR CITIZEN MEETING AT FPC**  
1/13 - **PIZZA NITE, FPC, FRI, 5-7PM**  
1/14 - **TECH HELP WITH PARKER**  
10AM-12PM AT 19 CARTER  
1/14 - **MUSIC WITH THE CARTER STREET**  
**BAND 7-9PM AT 19 CARTER**  
1/16 - **MARTIN LUTHER KING, JR. DAY**

### FEBRUARY

- 2/2 - **GROUND HOG DAY**  
2/2 - **SENIOR CITIZEN MEETING AT FPC**  
2/10 - **PIZZA NITE, FPC, FRI, 5-7PM**  
2/11 - **TECH HELP WITH PARKER**  
10AM – 12PM, AT 19 CARTER  
2/11 - **MUSIC WITH THE CARTER STREET**  
**BAND 7-9PM AT 19 CARTER ST.**  
2/14 - **VALENTINES DAY**  
2/20 - **Presidents Day**

### Weekly Activities at 19 Carter

Open Monday through Friday (9am-5pm) and Saturday (10am-1pm). All activities are free. Donations welcome to support operations of the building. Sign up for emails on programs and activities, at [www.19carter.org](http://www.19carter.org) or call 978-415-0014.

**MONDAY** - TEA TIME, 2-4PM

**TUESDAY** - SOUP AT NOON

**WEDNESDAY** - COFFEE AND KNITTING, 9-11AM,

**THURSDAY** - TEA TIME, 2-4PM

**FRIDAY** - KIDS PLAYGROUP, 9:30AM

**SATURDAY** - COMM. COFFEE, 10AM-1PM

### Weekly Senior Activities

Tai Chi and Yoga Classes are held every week in Room 118 of the Town Offices. All are always welcome.

**Tai Chi** - , Thursday 10:45-11:45am with Jeff Cote

**Senior Yoga** - Saturday mornings, 9:00-10:15 Sharon Santello

**Balance & Fall Prevention** - Saturday mornings, 10:30-11:30 with Sharon.

## 1870 TOWN HALL ELEVATOR PROJECT

The Town voted to approve the 1870 Town Hall Elevator Project at the Special Town Meeting of Nov. 14. The Advisory Committee is very grateful for the town support over the years of working toward this goal.

Even without full accessibility, the building has over 10,000 visits/uses per year. Fulfilling the ADA requirements for a public building assures the preservation of this historic building as an active recreational, cultural and educational facility in our Town Center.

The Committee applied for and were successful in receiving a grant of \$242,000 from the Massachusetts Cultural Facilities Grant Program. The project also received funding from the Highland Commons Cultural Mitigation funds. In spending this fund the Selectmen adopted a policy to receive the advice and consent of the Finance Committee and the approval at Town meeting. The proposed project met the criteria established by the Board and after approval at Town meeting went out to bid.

Due to sharply rising costs of building, a scaled back alternate to our original project now includes site modifications, an ADA approved walkway to the back of the building, Curatorial building foundation, materials

to complete the Curatorial building, and gravel parking area for 2-3 cars, two of which will be Handicapped parking.

The winning bid was awarded to Antonelli Construction; the project will begin in early April and will take about six months to complete.

We look forward to the reopening of this historic building that will then accommodate all who wish to enjoy its offerings.

## BRUSH BURNING RULES HAVE CHANGED

Effective January 15, 2017 the procedure for obtaining and activating brush permits will change.

Seasonal brush burning permits will be available **ONLINE ONLY** beginning January 10. Residents can visit <http://massfire.net/brush/berlin.php> to purchase permits for a cost of \$10.00. Payment method will be credit card, debit cards or echecks only and are subject to standard credit service fees.

Burn permits can be requested on the website between the hours of 9:30am and 12:00pm. If burning is permitted that day, you will be able to enter your permit number and authorization code to be placed on the burning list for that day only. A message will be displayed on the website if burning is not permitted due to weather conditions.

The burning season runs from January 15 to May 1. Burning hours are from 10am to 4pm. Fires must be extinguished by 4pm.

Questions regarding the new procedures can be directed to the Fire Department at 978-838-2444 Monday to Friday from 8am to 4pm.

**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 Members:**

Chairman - George Pendergast; Secretary - Fran Gill; Members - Pat Wheeler, Kate Bliss, Karen Schultz, Lori Fearebay, Bev Baldwin.

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

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

**COA Bus** - Call 978-838-2750 to schedule a ride on the bus.

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

**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.

**Senior Citizens Association Officers:** President - Trudy Tervo; Vice President - Bob McTague; Treasurer -Hazel Miele; Ass't Treasurer - open; Recording Secretary - Helen DiMuzio; Corresponding Secretary - Jeanne Snay; Hospitality - Barbara Halloran

**Senior Citizens Association Meetings:** First Parish Church on the 1st Thursday of the month, September through May. June @ Berlin Country Club. Blood pressure screenings 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 info.

**Blood Pressure Screenings:** 1st Thu. of the month, 9:30am Sept - May at First Parish Church; June at Berlin Country Club; July - Aug. at Town Offices, 23 Linden Street. Call: Tamara Bedard, Town Nurse, 978-772-3335 ext. 340 for any question.

**Newsletter Editor:**

Contact Lucy Roseberry Ayers  
AT LUCYAYERS@CHARTER.NET TO RECEIVE YOUR NEWSLETTER ONLINE. ARCHIVED NEWSLETTERS AT [HTTP://WWW.TOWNOFBERLIN.COM/BOARDS-AND-COMMITTEES/COUNCIL-ON-AGING/](http://WWW.TOWNOFBERLIN.COM/BOARDS-AND-COMMITTEES/COUNCIL-ON-AGING/)

**Need a ride?** Call COA to schedule a ride on the bus - 978-838-2750.

**WINTER HEALTH TIPS**

Wash hands. Wash hands.  
Get vaccinated annually against the flu.

Ask your doctor about the vaccine that protects against pneumonia

Get enough sleep.

Watch for signs of depression and seek treatment if you have extreme sadness, excessive fatigue and/or feelings of wanting to harm yourself

Don't share eating or drinking utensils of food and drink.

Check the lighting in your house. Make sure there are no great contrasts from one room to another because older people have difficulty adjusting to changes in light and high contrast which can increase the risk of slips or falls.

In the bathroom, have mats inside and outside the tub to keep you from slipping on a wet surface. If you need them, install grab bars inside the tub, and always check the temperature of the water before getting into the tub.

Continue your exercise regimen—indoors if possible, However, avoid strenuous exercise like shoveling snow.

Maintain a nutritious diet with minimal sweets and a good level of hydration. Your water intake should include 5 glasses daily even in winter

Make sure your smoke alarms are working and if you live in your own house vs. apartment, you should have a carbon monoxide alarm also.

Have appropriate footwear when navigating icy/slippery streets and walks.

Have a programmable phone

with emergency numbers entered, Another good idea if you live alone is to have your meds and important contact information quickly available. (File of Life)

Food Safety: Drink only pasteurized beverages (not just dairy), but fruit juices and cider as well. Keep an eye on food temps (>160 degrees for most meats). Also keep cold things cold. Prepare meats separately from fruits and vegetables. Nashoba Assoc. Bd of Health

**WINTER CHEER NOTES ...**

"One kind word can warm three winter months"

-Japanese Proverb

"Snowflakes are one of nature's most fragile things, but just look what they do when they stick together"

-Verna Kelly

"In the depths of winter I finally learned there was in me an invincible summer"

-Albert Camus 1913 - 1960

"Laughter is the sun that drives winter from the human face"

- Victor Hugo 1802 - 1885

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

-Bill Watterson 7/5/1958

The **Northern Hemisphere** has one again begun its journey back toward the sun; the days grow longer—length of daylight on Jan. 1 is 9 hrs 58 mins. By Feb. 28, it is 11 hrs and 33 mins.

Time to get the seed catalogs to begin planning your garden.

**Charter's NBC channel change.**

Due to WHDH's loss of it's NBC affiliation, Charter viewers will need to tune in WBTS to watch the Boston NBC programming. WBTS is located on Charter channels 17 and 777.

**THE TOWN OF BERLIN'S**  
**COMMUNITY CHOICE POWER SUPPLY PROGRAM**  
**CONSUMER NOTIFICATION**

The Town of Berlin is pleased to announce that **Verde Energy USA** has been selected as the supplier for its Community Choice Power Supply Program ("Program"). Verde Energy USA will provide electric power supply for all Basic Service consumers in Berlin. This notification is intended to tell you about this Program for electric power supply. In accordance with state law, it also informs you of your rights and options if you choose not to participate in the Program.

**YOU WILL NOT NOTICE ANY CHANGE IN YOUR ELECTRICITY SERVICE.** The only difference you will see is that Verde Energy USA will be printed under the "Supply Services" section of your monthly bill. You will continue to receive one bill from National Grid. You will continue to send your payments to National Grid for processing. National Grid will continue to respond to emergencies, read meters and maintain the distribution and transmission lines. Reliability and quality of service will remain the same. Furthermore, you will continue to have all existing consumer rights and protections.

**COMPARATIVE RATES AND TERMS**

**IF YOU ARE A BASIC SERVICE CONSUMER WHO HAS BEEN MAILED A NOTIFICATION** you do not need to take any action to participate. You will automatically be enrolled and start benefiting from the aggregation rate beginning on the day

	<b>Berlin's Program (Supply Services Only)</b>	<b>National Grid Basic Service (Supply Services Only)</b>
<b>Rate</b> Residential Commercial/Streetlight Industrial	\$0.08963 per kWh \$0.08963 per kWh \$0.08963 per kWh	\$0.09787 per kWh \$0.09094 per kWh \$0.08669 per kWh
<b>Duration</b>	<b>January 2017 – July 2017</b> <i>[Rates apply to service beginning and ending on the days of the month that your meter is read in your service area.]</i>	<b>November 1, 2016 – April 30, 2017</b> <i>[Residential and Small Commercial rates change every 6 months. Large Commercial and Industrial rates change every 3 months.]</i>
<b>Exit Terms</b>	<b>NO PENALTY CHARGE</b>	May receive a reconciliation charge or credit <i>[Industrial G-2 &amp; G-3 only]</i>

of the month in January 2017 that your meter is read. This date varies by service area. Your meter reading date is shown on your bill.

**IF YOU DO NOT WISH TO PARTICIPATE** you must OPT-OUT by signing and returning the Opt-Out Reply Card included with the mailed notification **OR** visit [www.colonialpowergroup.com/berlin/](http://www.colonialpowergroup.com/berlin/), click the OPT-OUT button and follow the instructions specified **OR** call Verde Energy USA at (800) 241-0295.

**IF YOU WISH TO JOIN THIS PROGRAM** you may OPT-IN at [www.colonialpowergroup.com/berlin/](http://www.colonialpowergroup.com/berlin/) **OR** call Verde Energy USA at (800) 241-0295 and ask to be enrolled.

**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

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### **HILLBILLY ELEGY:**

#### ***A MEMOIR OF A FAMILY AND A CULTURE IN CRISIS***

*By J. D. Vance*

Hillbilly Elegy is a memoir of J.D.'s growing up in the Appalachian culture of Jackson, Kentucky and the Rust Belt of Middletown Ohio where many from Kentucky settled to find jobs in the steel mills. The book is important for its insights into the feelings of oppression and alienation that many poor working class white Americans speak of. Throughout the book Vance credits his tough gun toting grandmother "Mamaw" as the stable force in his chaotic family life. Mamaw wanted her children to live the American Dream and moved to Ohio for a union job for her husband and schooling for her children. But J.D.'s Mom, despite an associate's degree in nursing, fell into the old culture, changed husbands frequently and fell into drug use, creating chaos at home for J.D. and his older sister, Lindsay.

Well written and eye opening, the book explains how difficult it really is to experience "upward mobility" when one comes from an alien white American culture. Mamaw's religion was hard work and the American Dream. J.D. achieved this, despite many obstacles, because of a few stable people in his life,

### **NOTES FROM THE TOWN CLERK**

The Annual Census will be mailed out to all households in the coming weeks. Please return these forms as soon as possible to avoid follow-up calls. Failure to return the forms will result in removal from active voters list and may result in the removal from the voter registration rolls. It would be helpful to include your e-mail address on the form.

#### **VACANCIES ON TOWN BOARDS**

If interested, apply to the  
**Selectmen's Office for —**  
Recreation Committee (1)  
Rail Trail Committee (1)  
Board of Appeals (1)  
Personnel Committee (3)  
Planning Board (1) appointment to fill a vacancy until May  
**Appointment is made by Town Moderator for —**  
Finance Committee (1)

and his decision to enter the Marines, where his work ethic and deep beliefs earned him a supportive network. You may chuckle when you read of his painful assimilation into the middle-upper classes of Yale after the Marines, but you will perhaps be left thinking how to best offer or provide a helping hand to a subculture one does not understand.

Time Magazine published a review by Joe Klein of Hillbilly Elegy, in its September 12-19, 2016 issue. Review by Pat Smith

### **BERLIN SENIORS**

**January 5th**, Seniors will meet in the First Parish Church. Blood pressure screenings 9:30-10:30am will be followed by business meeting and a musical program presented by Evy Dueck. Lunch (\$5.00) is served at noon.

**February 2nd**, the Seniors will be entertained by Ruth Horcovitz singing songs from World War II and followed by lunch. All seniors are invited to join. Dues are \$10/year; and \$5 for those over 90.  
**Call for a ride on the COA bus if you need transportation - 978-838-2750.**

**Reminder: there is no meeting when school is cancelled.**

### **FULL WOLF MOON — JAN. 12**

Amid the cold and deep snows of midwinter, the wolf packs howled hungrily outside Indian villages. Thus, the name for January's full Moon. Sometimes it was also referred to as the Old Moon, or the Moon After Yule.

### **FULL SNOW MOON — FEB. 11**

Since the heaviest snow usually falls during this month, native tribes of the north and east most often called February's full Moon the Full Snow Moon. Some tribes also referred to this Moon as the Full Hunger Moon, since harsh weather conditions in their areas made hunting very difficult. -Old Farmers Almanac