



POWDER HOUSE NEWS

BERLIN COUNCIL ON AGING—BERLIN, MASSACHUSETTS 01503

JULY/AUGUST 2015

978-838-0157

COA@TOWNOFBERLIN.COM

COMMUNITY ACTIVITIES

JULY:

7/3 - Pizza Nite, First Parish Church, Fri 5-7pm; **Game Night** after Pizza at 19 Carter

7/16 - Annual Senior Picnic - 5-7pm
Northbrook Village Community Room,
(See back page for more details.)

August:

8/7 - Pizza Nite, First Parish Church, Fri 5-7pm; **Game Night** after Pizza at 19 Carter

Weekly Activities:

Tuesday at XIX Carter

2:30-4:30 Tea Time

7pm Cribbage.

Monday at XIX Carter

12-2pm Stop in for Soup

6-8pm - Live Music. Acoustic music.

Wednesday at XIX Carter

Coffee & Knitting, 9-11am (cancelled 7/1) Call 978-415-0014 or visit www.19Carter.org for up to date details.

Thursday at Town Offices

Tai Chi, Rm 118, 10:30-11:30am with Jeff Cote

Saturday at Town Offices

Senior Yoga, RM 118, 9-10:15am with Sharon Santello,

Chair Yoga, RM 118, 10:30-11:30am with Sharon Santello

Suggested donation of \$2 for classes

Special Events for July

Electronic Device Help with Parker

Mondays in July - 6th, 13th, 20th, 27th at XIX Carter.

Parker Rule is holding a technical support help session for everyone. Get help with your phone, e-book or laptop. There is no charge for this service.

XIX Carter will be closed for the holiday and will reopen on July 6th.

Berlin Meal Wagon will not be delivered in July and August.

The meals will resume Sept. 8.

SENIOR & VETERAN WORK-OFF PROGRAM

The Town of Berlin's Senior and Veteran Tax Work-Off program allows seniors and veterans the opportunity to work for the Town and in return will receive a reduction in property taxes each fiscal year worked, based on the total number of hours worked at the Massachusetts minimum wage rate. (Rate as of 1/01/2015 is \$9.00, as of 1/1/2016 is \$10.00). Taxpayers may earn a maximum of \$1000 per fiscal year. This program is in addition to other tax abatements and property tax exemptions for which senior and veteran tax payers may be eligible under other statutes. Seniors and Veterans must own and occupy the residence for which property taxes are paid and credit is being sought.

The program will run July 1 - March 1; tax reductions are credited on the May tax bill. Work must be completed no later than March 1 to allow enough time for the Assessor's office to process the tax credits. The amount of credit will not be paid directly to the participant; it will be shown as a reduction to the property owner's real estate taxes on the May tax statement.

Picnic Checklist

As you head out this summer to enjoy the warm weather and outdoor activities, here's a checklist to help you make sure you have everything you need to make it a safe outing:

- *Sunscreen (SPF 30 or greater)
- *Plenty of water or caffeine-free beverages
- *Bug spray
- *Fully charged cell phone for emergencies
- *Lots of ice and cooler to keep cold foods cold

Senior Bus OK'd by Town

On the 2nd night of the 2015 Annual Town Meeting the citizens approved the purchase of a used Senior bus with a wheelchair lift. The Article specified a cost of \$30,000.

We nominated a search committee headed by Pete Gemelli at our May COA meeting. They are using many different resources to find the best bus for our needs.

We are currently researching other towns that own their own buses as well as those towns who utilize WRTA services for advice and suggestions on how to manage transportation for Berlin's Seniors. We hope to have transportation available for our 756 seniors by January 2016.

We are also exploring the use of the Work Off program as a source of drivers. Our drivers will have a background and CORI check before they are accepted. Depending on their qualifications they may be required to complete training from Massachusetts Rural Transit Assistance Program (MARTAP). We are also hoping to find dispatchers through the Work Off Program.

The current plan is to provide transportation on two days of the week. Wednesday would be a good day for a shopping trip to Market Basket. Doctors and medical appointments would be on Thursdays.

Any suggestions you might have will be gratefully accepted. You can email coa@townofberlin or leave a message on our phone at the Town Offices (978-838-2750) We will return the call in 2 or 3 days.

(Picnic Checklist cont.)

- *Hats to protect from the sun
 - *Food that can be safely maintained in hot weather (to prevent food poisoning)
 - *umbrella or lightweight clothing to cover up if very sunny
- Nashoba Associated Boards of Health

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 other 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. 40.

Private Transportation for medical appointments. Call 978-838-0157 to schedule a ride.

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; Treasurer - Joyce LaMotte; 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:

E-mail lucyayers@charter.net to receive your newsletter online.

Dead Wake:

The Last Crossing of the Lusitania

By Erik Larson

The sinking of the Lusitania in 1915 was a pivotal event in the early years of World War I. Erik Larson has done a masterful job at examining the historical records surrounding the disaster. He delves deeply into the facts and explores the shifts in the tide of war in Europe and the politics in England and America with the stories of those individuals caught up in the voyage. Larson develops several historical figures such as Charles Lauriat, a Boston bookseller and collector of rare documents, William Turner, experienced and courageous captain of the Lusitania, and Captain Schwieger of U-Boat 20. The role of the code breakers in England, the character of Winston Churchill, and the resulting decisions made, are riveting. President Woodrow Wilson, recently widowed and grieving, is humanized as he finally is faced with a decision he hoped never to make. The ships themselves are described in detail as each tries to fulfill its mission, and suspense rises as they come closer and closer to each other. One learns of the beginnings of submarine warfare: "...neither Germany nor Britain understood the true nature of the submarine or what Churchill called 'this strange form of warfare hitherto unknown to human experience.'" (p.30) The publishers helpfully provide a map on the inside cover and the shift from one point of view to another is smoothly done. The disaster of the Lusitania is clearly set against the larger stage of a world in conflict.

Review by Pat Smith

THANK YOU TO THE FOLLOWING CONTRIBUTORS TO THE COUNCIL ON AGING.

CARY AND NANCY CORKIN
RIVERBRIDGE
ROBERT LLYOD CORKIN CHARITABLE FOUNDATION
THE RESEVOIR

**FROM THE DESK OF
HAROLD NAUGHTON**

Dear Berlin Seniors,

The House budget finished in April and I was able to successfully secure local funding for Berlin including increases to Chapter 70 and Unrestricted General Government Aid. The budget passed through the Senate and is now in the conference committee stage where the remaining discrepancies will be ironed out between the House and Senate to produce a final budget that will be laid before the governor for a signature. I will continue fiercely advocating for local funding for the Berlin community.



On May 28th I welcomed Housing and Economic Development Secretary Jay Ash to the district for a meeting with local elected, business owners, developers, and education professionals. Secretary Ash gave a terrific presentation and shared with us his vast knowledge on economic planning and expansion and how to tailor specific ideas and initiatives to fit the needs of a community for guaranteed success.

I brought the Secretary to 19 Carter and Riverbridge projects to showcase the diverse and creative developments happening in Berlin. From local grassroots efforts to refurbish a historic landmark to the construction of a large scale multi-use village, these two projects adequately convey the variety of economic opportunity within the Berlin community. It is my goal that by bringing together players from the local, state and executive levels we can continue to support existing developments and projects and work to create new business opportunities to bolster our local economy.

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

**TOWER HILL OFFERS A CHANCE
TO SEE PRIZED FLOWERS UP CLOSE
AT UPCOMING SHOWS**

As summer commences, Tower Hill Botanic Garden in Boylston has some exciting flower shows lined up for visitors who want to learn more about lilies, and daylilies. Newcomers, families, and longtime gardeners will be surrounded by thousands of varieties and have the chance to learn from the experts who know them best.

On July 11 and 12, the Lily Show, presented by the New England Lily Society, returns for its 56th annual exhibit. The show - which will include hundreds of flowers and varieties such as Asiatic, Canadense, Longiflorum, Trumpet Lily, hybrid American species, and the giant Orientpets - will be open to the public from 11 a.m. to 5 p.m. on Saturday and from 9 a.m. to 4 p.m. on Sunday. Attendees can stop by several educational workshops, including "Growing Lilies, Pests and Progress" on Saturday at 2 p.m. and "Growing Lilies Without Chemicals" on Sunday at 12:30 p.m.

The Daylily Show returns on Saturday, July 25, and is open to the public from 1:30 to 4 p.m. Come see hundreds of the finest daylilies grown in New England. The exhibition, presented by the New England Daylily Society, is a rare opportunity to view the incredible diversity of daylilies, the most popular and easiest to grow perennial, and to participate in a workshop on how to divide a daylily clump. While on site, visitors can also explore Tower Hill's 175 cultivars and three distinct species of daylilies interspersed throughout the formal gardens.

The nonprofit is located at 11 French Drive, Boylston. Visit towerhillbg.org or call 508-869-6111.

Perseid Meteor Shower

The Perseid meteor showers, one of the brighter meteor showers of the year, occur every year between July 17 and August 24. The shower seems to originate from the constellation Perseus, the Hero; and tends to peak around August 9-13 when the rate of meteors reaches 60 or more per hour.

They can be seen all across the sky but are primarily visible in the northeast sky. The best time to view the Perseids, or most other meteor showers is when the sky is the darkest. Most astronomers suggest that depending on the Moon's phase, the best time to view meteor showers is right before dawn.

Source:

<http://www.timeanddate.com/astronomy/meteor-shower/perseid.html>

Blue Moon in August

The second full moon in a calendar month is known as the Blue Moon. The time between one full moon and the next is close to the length of a calendar month. So the only time one month can have two full moons is when the first full moon happens in the first few days of the month. It occurs about every three years on average. The last one was on Aug. 31, 2012. The term "blue moon" is used to mean a rare event, as in the phrase "once in a blue moon."

Source: <http://earthsky.org/>



Phases of the Moon

July 1 - Full Hay Moon
July 8 - Last Qtr
July 15 - New Moon
July 24 - First Qtr.
July 31 - Full Blue Moon
August 6 - Last Qtr
August 14 - New Moon
August 22 - First Qtr
August 29 - Full Grain Moon

WATER!! IT'S GOOD FOR YOU!!

Water helps your body to function. It helps to:

- *Keep body temperature normal
- *lubricate and cushion your joints
- *protect your spinal cord (back) and other sensitive tissues
- *get rid of wastes through urination, perspiration, and bowel movements

Best sources of water are:

- *drinking water - tap or bottled
- *soup, milk, juices, jello, oranges, melons, tomatoes

Your body needs more water when you:

- *are in hot weather
- *running a fever
- *having diarrhea or vomiting
- *are physically active

If adequate water is not consumed on a daily basis the body fluids will be out of balance, causing dehydration. Some people may have fluid restrictions because of a health problem. If your healthcare provider has told you to restrict your fluid intake, be sure to follow that advice.

**Don't Fall Victim
to Summer Heat**

Take the following precautions to reduce your risk:

*Drink plenty of water or other non-alcoholic beverages. Don't wait until you're thirsty to drink. If you are on fluid restrictions, consult with your doctor.

*Wear lightweight, loose fitting clothing that is light in color.

*Reduce strenuous activities or do them during the cooler parts of the day.

*Apply sunscreen and lip balm with a SPF of 15 or higher.

Please come to the well adult clinic and visit with the town nurse. Nashoba Associated Boards of Health.

Friends Who Have Left Us

David Knorr - 5/26
Florence MacDonald - 6/2
Joanne Forbes - 6/6
Larry Foster - 6/20
James Fivecoat - 6/22

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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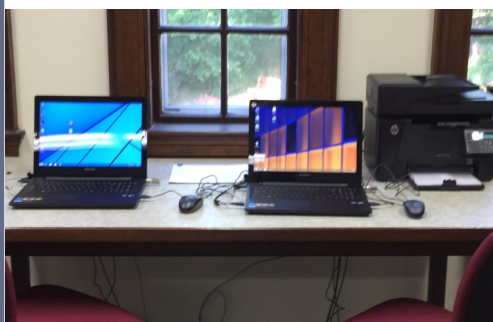
PowderHouse News

Council on Aging
Berlin, Massachusetts 01503

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HAPPENINGS

AT THE LIBRARY



The library has received two new laptop computers for patron access in the library. Please feel free to stop in and try one out.

The library Friends Group which has provided us with our magnificent garden and Museum passes will be holding their next meeting on Sept. 9th @ 11:00.

On July 24th the library will present a Magic program with Scott Jameson @ the 1870 Town Hall @ 7:00 P.M.

On July 30th the library will present Animal Adventures @ the library. Bring a chair or a blanket and picnic out in the library garden while meeting some new animal friends. @ 1:00 P.M.

For more information on happenings at the library please call us at 978-838-2812 or visit the library website at: <http://>

Flyleaf Theater Production

ORDINARY DAYS

directed by Krisha Maynard
Friday, July 17 8:00pm
Saturday, July 18 8:00pm
Sunday, July 19, 2:00pm
Set in New York City, Ordinary Days follows four characters exploring how their ordinary lives connect in the most amazing ways. Flyleaf is proud to present this production in association with the Domestic Violence Services Network (DVSN) with a cast featuring Flyleaf alums Amanda Casale Eldridge, Jennifer Drummond Morotto, Skylar Grossman, and Joshua Wright.

Berlin Art & Historical Society

Recently the Society hosted a study group in ceramics called *If these pots could talk ... that* met Tuesday afternoons in January and February in Memorial Hall. We shared our special dishes and their stories ... some handed down in our families ... others were "finds" that were chosen for their uniqueness or vintage qualities. We became familiar with resource books that helped describe material, style, origin and dates of manufacture. The Society acquired a current **Encyclopedia of Marks** by Arnold Kowalski and a copy of Geoffrey Godden's **Encyclopedia of British Pottery and Porcelain Marks**. The books are kept in the reference section of the Library to make them more accessible.

BERLIN SENIOR CITIZENS

SENIOR SUMMER PICNIC

The COA Annual Summer Picnic will be held on July 16th from 5-7pm at the **Northbrook Village Community Room**.

The picnic will be catered by Buffet Way Caterers of Marlborough. The menu will consist of hamburgers, hot dogs, chicken, assortment of salads and watermelon.

All Berlin Seniors are welcome. For more information, call Pat Wheeler @ 978-838-2559.

Blood Pressure Readings

at Town Offices (COA), Rm 118 on -
Thursday July 2nd 9:30-11am
Thursday August 6th, 9:30-11am.

COA ONGOING PROGRAMS

Programs are held in Room 118 at the Town Offices. Classes will be held during the summer.

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.

(Berlin Art & Historical (cont.)

We hope to form another study group tentatively scheduled for Tuesday afternoons in October and November. Let us know your special interests and enjoy the camaraderie of like minded Society members and friends while learning about our material past and historic spaces. Contact June Miller: junewmiller@gmail.com or 978 838-0044

The Powder House News is partly supported by the Executive Office of Elder Affairs