



POWDER HOUSE NEWS

BERLIN COUNCIL ON AGING—BERLIN, MASSACHUSETTS 01503

JULY/AUGUST 2016

978-838-2750

COA@TOWNOFBERLIN.COM

COMMUNITY ACTIVITIES

JULY:

7/4 - INDEPENDENCE DAY

7/13 - CREATIVE TEACHERS, 10:30 @
SUMMER STAR WILDLIFE, LINDEN ST,
BOYLSTON

7/16 - TECH HELP WITH PARKER, 10-12,
SATURDAY, 19 CARTER

7-18 - TECH HELP WITH PARKER, 12-2,
MONDAY, 19 CARTER

7/20 - ADULT COLORING BOOK, 6:30PM,
WEDNESDAY, 19 CARTER

7/25 - BEE Program WITH TIFFANY
RULE, 10:30AM, MONDAY, 19 CARTER

August:

8/2 - BLUEBERRY PICKING AT /
HEAD FARM—CHECK LIBRARY WEBSITE
FOR MORE INFO

8-8 - TECH HELP WITH PARKER, 12-2,
MONDAY, 19 CARTER

8/8 - PHOTO WORKSHOP WITH MARTIN
MILLER, 7:30PM, 19 CARTER

8/12, 8/13 - PEAK FOR PERSEIDS METE-
OR SHOWER

8/20 - SHERIFF'S ANNUAL SENIOR PIC-
NIC, 11-3, SAC PARK, 348 LAKE ST.
SHREWSBURY, COMPLIMENTARY
LUNCH, RAFFLES & BINGO

8/27 - TECH HELP WITH PARKER, 10-12,
SATURDAY, 19 CARTER

Weekly Activities at 19 Carter

Open Monday through Friday (9am-5pm)
and Saturday (10am-1pm). All activities
are free. We welcome donations to sup-
port operations of the building. For
weekly emails on programs and activities
call 978-415-0014 or email maryredington@charter.net or 19carter.org

MONDAY - 2-4, TEA TIME

TUESDAY - 12-2 PM, LUNCH TIME SOUP

WEDNESDAY - 9-11AM, COFFEE AND KNITTING,
- 6:30PM, CRIBBAGE & SKIP BO

THURSDAY - 2-4PM, TEA TIME

FRIDAY - 10AM-12PM, KIDS PLAYGROUP
- 12-2PM LUNCHTIME SOUP

SATURDAY - 10AM-1PM, COMM. COFFEE

**Berlin Meals Wagon will not
deliver meals during July &
August. Delivery will begin
again in September.**

WORK-OFF PROGRAM

The Senior and Veteran Work-Off Program allows seniors, age 60 and over, and veterans the opportunity to work for the Town and in return receive a reduction in property taxes each fiscal year based on the number of hours worked. The program, successfully launched last year, provided several departments with valuable assistance with some of their projects.

Applications are available at
<http://www.townofberlin.com/boards-and-committees/council-on-aging/> or by calling the Council on Aging at 978-838-2750.

GREEN ACRES HOUSING LOTTERY

Green Acres is located in Berlin off Dudley Road. Single family homes are offered through the lottery at \$168,000 for the two 2-bedroom units and \$191,000 for the six 3-bedroom units. Application deadline is 7/16, 2016. The lottery will be held on 7/21/2016 at 7pm, Berlin Offices on Linden St.

Contact Kristen Costa, L.A. Associates at 978-758-0197 or email kriscosta@verizon.net for info.

EARLY VOTING FOR THE NOVEMBER 8TH ELECTIONS

This year voters will be able to apply to vote early in the National Elections. Qualified voters will have the opportunity to cast their ballot 11 days early. Applications for early voting will be accepted up to the day before the election.

Complete information is available at:
<http://www.sec.state.ma.us/ele/eleproposedregs/proposedregsearlyvoting.htm>.

BERLIN FIRE & EMS DEPARTMENT SWEARING IN

On Monday June 20th the members of the new Berlin Fire & EMS Department were sworn in by Town



Clerk Eloise Salls. Following the swearing in, prayer was offered by Fire Chaplain Court Shields.



This marks a new beginning for Public Safety in the Town of Berlin. On February 1, 2016 the Berlin Fire and Berlin Rescue Departments were legally combined into one entity. Under the guidance of the new Fire & EMS Chief Paul J. Zbikowski the group has gone through a tremendous transformation. The department now has 43 paid-on-call fire-fighting and emergency medical personnel and 11 volunteer members of the newly formed Community Emergency Response Team.

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.

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 info.

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 for appointments. Call 978-838-2750 to schedule a ride.

Council on Aging Members:

Chairman - George Pendergast; Secretary - Fran Gill; Financial Secretary—open; Members - Pat Wheeler, Carolyn Cashin, Karen Schultz, 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 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.

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/>

WHAT'S SO GOOD ABOUT GROWING OLD

Even as certain mental skills decline with age—what was that guy's name again?—scientists are finding the mind gets sharper at a number of vitally important abilities. In a University of Illinois study, older air traffic controllers excelled at their cognitively taxing jobs, despite some losses in short-term memory and visual spatial processing. How so? They were expert at navigating, juggling multiple aircraft simultaneously and avoiding collisions.

People also learn how to deal with social conflicts more effectively. For a 2010 study, researchers at the University of Michigan presented "Dear Abby" letters to 200 people and asked what advice they would give. Subjects in their 60s were better than younger ones at imagining different points of view, thinking of multiple resolutions and suggesting compromises.

It turns out that managing emotions is a skill, one that takes many of us decades to master. In a published study, German researchers had people play a gambling game meant to induce regret. Unlike 20-somethings, those in their 60s didn't agonize over losing, and they were less likely to try to redeem their loss by later taking big risks.

These social skills may bring huge benefits. In 2010, researchers at Stony Brook University analyzed a telephone survey of hundreds of thousands of Americans and found that people over 50 were happier overall, with anger declining steadily from the 20s through the 70s and stress falling off a cliff in the 50s.

Tax Savings Tips

Seniors, 70 years and older, can apply for Elderly Tax Exemptions under Clause 41. A tax exemption releases an individual from the requirement to pay all or part of taxes assessed for his/her real property. Clause 41 can provide a deduction of \$500 from the year's tax bill. (continued in next column)

"ARE YOU OK?" TELEPHONE REASSURANCE PROGRAM

Are you OK? was born as a result of a public service project developed by Bruce Johnson for the Osage Police Department in Osage, Iowa. After going on line in 1988 in Osage, the RUOK project issued alerts to the police department and response teams saving the lives of many senior citizens.

Due to this success, other communities started inquiring about the RUOK. Currently there are over 2000 RUOK systems throughout North America.

The NASHOBA VALLEY REGIONAL DISPATCH DISTRICT, including the towns of Berlin, Bolton, Devens, Fort Devens, Harvard, Lancaster and Lunenburg, currently offers RUOK to seniors interested in this well-being check.

The system consists of a personal computer system, telephone, printer and the Are You OK? Software operated out of the NASHOBA VALLEY REGIONAL DISPATCH DISTRICT in Devens. Subscriber names, phone numbers and call times are stored in the system. RUOK automatically calls each person at a pre-determined time. If the subscriber does not respond within a specified amount of time, an alert is given and the contact person is notified.

If needed, emergency personnel would be dispatched to the person's home to check on them.

If the person will not be at home, the Dispatch Center can be notified by calling 978-772-1900 to inform them that a phone call will not be needed that day.

Additional information is available from the COA at 978-838-2750

Applicants must be 70 years or older, have owned and occupied the property for five years and lived in Massachusetts for the preceding 10 years.

Applications must be filed annually with the local Assessor's Office and are due within 3 months after the mailing of the actual tax bills.

BERLIN 2016 GARDEN TOUR

The Friends of the Library are hosting a July Garden Tour on Saturday, July 9 from 10:00 - 3:00. Brochures to sign up for the tour of 5 gardens have been mailed to all Berlin households. Share the information with your friends in other towns. The names/addresses of the particular gardens are not given out before the tour to protect the privacy of the gardeners. The tour will be held rain or shine.

Tickets for the event are \$15 when purchased in advance and \$20 on the day of the Tour. An opportunity to purchase an optional lunch for \$10 will be included in the brochure. All proceeds will benefit the Berlin Public Library programming, including children and teens activities. Fill out the order form, and make your check payable to The Friends of the Berlin Public Library. Mail to:

*Berlin Garden Tour
c/o Pat Smith
52 Pleasant Street
Berlin, MA 01503*

Lunch orders must be received by July 6. Contact Pat Smith at psmith10@charter.net or 838-7379 for any questions.

Your "ticket" for the Tour will be a booklet describing each garden and a map with suggestions for parking that can be picked up at 19 Carter on the day of the tour. 19 Carter will be open at 9:45 to accommodate us. Lunch will also be at 19 Carter from 11- 2.

The Garden Tour is a fun event and happens because we all work together. Thank you to advertisers, guests, and especially the gardeners who work hard to give each visitor a great experience.

WHAT IS LYME DISEASE?

We live in an area that has a high incidence of Lyme disease and other tick-borne illnesses, especially during the spring/summer and early fall. Lyme disease is an illness caused by bacteria (germ)



that is spread by the bite of a tiny, infected deer ticks. The tick usually must be attached to a person for at least 24 hours before it can spread the germ. Deer ticks are capable of spreading more than one type of germ in a single bite. Some of these other germs include: Babesiosis and Anaplasmosis.

Symptoms of Lyme disease usually begin to appear anywhere from 3 to 30 days after a tick bite. Often times, a person cannot recall having a tick on them or being bitten. Symptoms may include a bulls-eye rash, flu like symptoms, muscle/joint aches, and could progress to affecting the nervous system and heart problems if not identified and treated.



Prompt treatment with antibiotics during the early stage of the disease prevents later, more serious problems. Always talk with your doctor about your symptoms and treatment. It's a good idea to let your doctor know when you remove a tick from your body for your health records and as a reference should you develop any symptoms.

Prevention is the key! Use a repellent with DEET or Permethrin according to instructions given on the product label. Wear long, light-colored pants tucked into your socks or boots. Stay on cleared trails when walking and avoid tall grasses and leaf piles if possible. Talk to your vet about your pet. Most important—

Continued in col. 3

check yourself children and pets for ticks after being outdoors and if found, remove promptly! The best way to remove a tick is to first-wash your hands and the site with mild soap & water, next use tweezers or a tick remover to gently pull the tick straight out with steady, straight pull. If some of the tick remains under the skin, do NOT dig at the area. Consider it like a splinter; it will work its way out. Keep the site clean, dry and monitor for any signs of infection or rash, etc. and notify your health care provider. Do NOT use any substances on the area. www.aldf.com (American Lyme Disease) www.tickinfo.com (tick products)

MOSQUITO CONTROL DATES

July 5, 11, 18, 25 are the dates listed for mosquito control spraying by the Center for Massachusetts Mosquito Control Project (CMMCP). Dates are subject to change due to weather conditions. A detailed notice of the schedule is posted on CMMCP (www.CMMCP.org) and on phone system (508-393-3055) after 3:30 pm. The program will shut down after cool temperatures become predominant in the area.

Complaints can be registered at 508-393-3055 between 7 am and 3:30 pm. Requests for no spray must be made in writing.



Phases of the Moon 2016

July 4 - New Moon
July 11 - First Quarter
July 19 - Full Thunder Moon
July 26 - Last Quarter
Aug 2 - New Moon
Aug 10 - First Quarter
Aug 18 - Green Corn Moon
Aug 24 - Last Quarter

Friends Who Have Passed

Margaret Wilson - May 4
Rachel Larson - May 12
Judith Loether - June 2
Barbara Agnitti - June 6

Thank you!

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

Clinton Savings Bank

An experience you can bank on.
www.clintonsavings.com
978-365-3700 / 888-744-4272(4CSB)

PowderHouse News

Council on Aging
Berlin, Massachusetts 01503

**BULK RATE
U.S. POSTAGE
PAID
PERMIT NO. 3
BERLIN, MA**

**Return Service
Requested**

TRANSFER STATION FY2017 STICKER RENEWAL BEGINS JULY 1ST

The FY2017 Transfer Station stickers can be purchased at the Town Offices or by using the Online Payment Center link beginning July 1st. Starting this year, if you have previously purchased a sticker and live at the same address, you can pre-order a sticker using the Renewal by Mail Forms. The forms can be picked up at the Transfer Station, the Library, 19 Carter or downloaded from the Board of Health web site at

<http://www.townofberlin.com/boards-and-committees/board-of-health/>.

TRANSFER STATION STICKER FEES

1st sticker for Household \$115, \$140 if purchased after August 15th

2nd sticker for Household \$15 with a limit of 3 stickers per household.

Senior Fee (70 and over) \$70. \$90 if purchased after August 15th.

Hardship Fee (as per Assessors List) \$70.

The Board of Health website lists transfer stations hours, lists of items that are accepted, as well as, those that are not.

COMPOSTERS AVAILABLE ON WEB SITE

The Earth Machine Composter (\$45.00) and the Kitchen Pail (\$9.00) can be ordered on the Online Payment Center.



ARE YOU TURNING 65?

Even if you're working and covered by medical insurance, you will want to apply for Medicare at least 3 months before turning 65 or there will be penalties.

When applying for Medicare, you can sign up for Part A (hospital insurance) and Part B (medical insurance). Because you pay a premium for Part B coverage, you can turn it down. However, if you decide to enroll in Part B later on, you may have to pay a late enrollment penalty for as long as you have Part B coverage. Your monthly premium will go up 10 percent for each 12-month period you were eligible for Part B, but didn't sign up for it, unless you qualify for a special enrollment period.

For more information about Medicare and Social Security benefits, visit www.SocialSecurity.gov or call Social Security at 1-800-772-1213 (TTY users 1-

SHERIFF'S ANNUAL SENIOR PICNIC

August 20th 11-3, SAC Park, 348 Lake St. Shrewsbury— Sponsored by Worcester County Sheriff, Lewis Evanelidis and the Worcester County Reserve Deputy Sheriff's Association—A fun-filled day with complimentary lunch, raffles & bingo in honor of our seniors. Call 978-838-2750 for bus reservations.

Weekly SENIOR ACTIVITIES

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

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

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

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

SUMMER REMINDER—BLOOD PRESSURE SCREENINGS

WILL BE DONE ON THE 1ST THURSDAY IN JULY & AUGUST IN THE TOWN OFFICES AT 9:30 AM.

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