



# POWDER HOUSE NEWS

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

JULY/AUGUST 2017

978-838-2750

COA@TOWNOFBERLIN.COM

## **COMMUNITY EVENTS & ACTIVITIES**

### **JULY**

**7/4 - INDEPENDENCE DAY**

**7/11 - 19 CARTER RECIPE CLUB**

**7/15 - 19 CARTER ST BAND,  
7PM**

**7/19 - BUS TRIP TO ROTA  
SPRINGS FARM**

### **AUGUST**

**8/8 - 19 CARTER RECIPE CLUB  
SPRINGS FARM**

**8/12 - PEAK OF PERSEIDS—  
SHOOTING STARS**

### **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.



Tai Chi Class at Home Day

## **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 11-12noon with Jeff Cote—note the change in time

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

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

## **FROM THE EXECUTIVE OFFICE OF ELDER AFFAIRS**

**What is Elder Abuse?** Elder abuse includes: physical, sexual, and emotional abuse, caretaker neglect, financial exploitation and self-neglect. Who is Protected?

**Who is Protected?** Those 60 years and older living in the community are protected by this law. Speak to a live operator 24/7

**Who Must Report Elder Abuse?**

**Who must report?** Mandated reporters of elder abuse include: Physicians, physician assistants, nurses, medical interns, coroners, dentists, podiatrists, osteopaths, social workers, occupational, physical therapists, psychologists, family counselors, police, probation officers, EMTs, firefighters director of a home health aide agency, director of a homemaker agency, director of an assisted living residence, case managers, health aides, homemakers, director of a Council on Aging, Council on Aging outreach workers. Mandated reporters who fail to report elder abuse may be subject to a fine.

**What Happens After a Report is Made?** Once a report is received, the intake will be reviewed by the local protective services agency. If a report is screened in for investigation, a Protective Services caseworker will be assigned to investigate the situation. The caseworker determines whether abuse is likely to be present and the nature and extent of the abuse. If abuse is confirmed, the caseworker will offer the elder a choice of services designed to alleviate or end the abuse.

Cont. on P3, Col 3

## **FREE FUN FRIDAYS THROUGH AUGUST**

Are you looking for something to do?

The **Highland Street Foundation** presents Free Fun Fridays throughout the summer.

This is only a partial listing of museums and cultural events being offered through Highland Street Foundation. **For a complete listing visit [HighlandStreet.org](http://HighlandStreet.org) or call 617-969-8900** or go to COA website under News & Announcements.

**July 7** -Isabella Stewart Gardner Museum; New England Historic Genealogical Society; Pilgrim Hall Museum

**July 14** - Museum of Russian Icons; Cape Ann Museum; Edward Gorey House;

**July 21** - Museum of Fine Arts, Boston; Tanglewood; Fruitlands Museum, The Trustees; Hancock Shaker Village;

**July 28** - JFK Presidential Library & Museum; Arnold Arboretum; Tower Hill Botanic Garden;

**August 4** - The Old Manse, The Trustees; Old State House; Fort Devens Museum;

**August 11** - Franklin Park Zoo; Cape Cod Maritime Museum; Worcester Historical Museum

**August 18** - Old Sturbridge Village; Concord Museum; Emily Dickinson Museum; Berkshire Museum;

**August 25** - Plimoth Plantation; Nantucket Whaling Museum; Boston Harbor Islands Nat' & State Park

The **Highland Street Foundation** was founded in 1989 by David J. McGrath, Jr. He and his wife JoAnn contributed to many charitable causes through personal philanthropy. David passed away in 1995. JoAnn and her 5 children continue the work she and David started.

**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.

**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 and Meetings:** President - Carla Bentzen; Vice President - Bob McTague; Treasurer - Judy Mills; Ass't Treasurer - ; Recording Secretary - Judy Duff; Corresponding Secretary - Bev Baldwin

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. Call: Tamara Bedard, Town Nurse, 978-772-3335 ext. 340 for any question.

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

**Newsletter Editor** Lucy Roseberry Ayers lucyayers@charter.net. Newsletters can be emailed. Archives at [www.townofberlin.com/boards-and-committees/council-on-aging/](http://www.townofberlin.com/boards-and-committees/council-on-aging/)

**SOCIAL SECURITY CHANGE TAKES EFFECT JUNE 10**

Online account users must verify ID via cellphone or email. The Social Security agency announced that it is making changes to improve online security.

Starting June 10, people logging into their online Social Security accounts will need to verify their identity by one of two methods: a code sent to their cellphone or a code sent to their email accounts.

The move is part of a broader government push to ramp up online security amid a number of hacks of government and commercial websites that have compromised the personal information of millions of Americans.

The new system is not expected

to be as secure as cellphone-only two-step authentication since many people use the same password for email and other online accounts. If one of those accounts gets hacked, cyber intruders would then be able to access their Social Security account via the victim's email.

Excerpts from AARP

**WHEELCHAIR REQUESTS**

We are getting requests for wheelchairs. If you have one you no longer need, please consider donating it to COA. Contact Lori Fearebay at 978-838-2108.

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

**Full Buck Moon, July 9th**, is normally the month when the new antlers of buck deer push out of their foreheads in coatings of velvety fur. It was also often called the Full Thunder Moon, for the reason that thunderstorms are most frequent during this time. Another name for this month's Moon was the Full Hay Moon.

**Full Sturgeon Moon, August 7th** - The fishing tribes are given credit for the naming of this Moon, since sturgeon, a large fish of the Great Lakes and other major bodies of water, were most readily caught during this month. A few tribes knew it as the Full Red Moon because, as the Moon rises, it appears reddish through any sultry haze. It was also called the Green Corn Moon.

**WHY NATIVE AMERICANS NAMED THE MOONS**

The early Native Americans did not record time by using the months of the calendar. Many tribes kept track of time by observing the seasons and lunar months. For some tribes, the year contained 4 seasons and started at a certain season, such as spring or fall. Others counted 5 seasons to a year. Some tribes defined a year as 12 Moons, while others assigned it 13. Certain tribes that used the lunar calendar added an extra Moon every few years, to keep it in sync with the seasons.

Each tribe that did name the full Moons (and/or lunar months)

had its own naming preferences. Some would use 12 names for the year while others might use 5, 6, or 7; also, certain names might change the next year. A full Moon name used by one tribe might differ from one used by another tribe for the same time period, or be the same name but represent a different time period. The name itself was often a description relating to a particular activity/event that usually occurred during that time in their location.

The Farmers Almanac uses the names of the Algonqian tribes.

Excerpt from Farmers Almanac



### THE LIBRARY—BEYOND BOOKS

If you're looking for some fun things to do this summer with your kids or grandkids without having to break the bank, the Library is a good place to start.

The Library offers **Museum Passes** for free or reduced rates. Free passes are available to the **Museum of Russian Icons**, the **USS Constitution**, **Worcester Art Museum** and to over 50 **Massachusetts Department of Conservation and Recreation** sites. Reduced rates are available to the **Ecotarium** in Worcester and **Tower Hill Botanical Gardens** in Boylston.

Borrow the Library's **telescope** to get a front-row seat to see the **Perseids** shooting stars between July 17 to August 24 or catch a glimpse of Mercury in the evening from July 5 to Aug. 17 or **Uranus** in the mornings from now till Oct. 18.

Your Library card gives you the option to login to **CWMars.org** to browse for books, renew them online, request books through the online catalog from any of the participating libraries.

History buffs might want to peruse the online **Annual Reports** to find out what was going on at the Library between 1894 through 1958.

If you have a few hours a week or a month, the Library would welcome **volunteers** willing to help out.

The **Summer Reading Program** encourages kids to spend **time with books** by rewarding readers with raffle tickets for prizes, based on time spent reading. Join us as we work to "**Build a Better World**" with a different theme each week, including drama, food, magic, science, and more.

You can visit the Library, call at 978-838-2812 or email us at [berlinpubliclibrary1@gmail.com](mailto:berlinpubliclibrary1@gmail.com) for more details.

Login to **CWMars.org** using your member id and create a password (if you haven't already) to start browsing or visit the Library website at [TownofBerlin.com](http://TownofBerlin.com) to learn about all the programs being offered.

### **SNAP FOR SENIORS**

The Massachusetts Food Stamp Program, now called the Supplemental Nutrition Assistance Program (SNAP) has been streamlined for seniors. Even if you've never applied for assistance, or have been ineligible in the past, here are some reasons to consider applying for SNAP:

During these difficult economic times, even a modest monthly SNAP benefit can help to offset some of your household expenses.

Using SNAP benefits is completely confidential. SNAP recipients use a card which works just like a debit card.

The application for seniors is shorter (only two pages).

If you spend more than \$35 per month on medical expenses including medications and doctor's visits, you may qualify for a \$155 standard deduction. (or even higher based on your medical expenses) This deduction could result in a higher monthly SNAP benefit.

To apply, please call 1-866-950-FOOD or visit your local Department of Transitional Assistance (DTA) Office. Once you have applied, you will find out in 30 days whether you are eligible for SNAP.

Learn more about SNAP and apply for this benefit by checking out our [SNAP:Food Assistance](#) section or call the Executive Office of Elder Affairs at: 1-800-AGE-INFO.

### **Friends Who Have Passed**

Ulla Hagstrom - 4/14  
Annabritta Taylor - 4/27  
Dorothy Baietto - 4/30  
Elizabeth Rexford - 5/18  
Jane Kiley - 5/21  
Kenneth Sawyer - 5/26  
Elizabeth Campbell Prentiss - 6/9  
William Beauchaine - 6/19

*Continued from Page 1 - Elder Abuse*

**How do I report Elder Abuse?** To report suspected elder abuse, call the statewide 24-hour hotline at 1-800-922-2275. All calls (day or night, 7 days a week) will go directly to the Massachusetts-based call center, regardless of the location of the reporter or the elder within Massachusetts.

**Important Note:** While the initial intake is centralized, all reports will be referred to local Protective Services Agencies for screening and if indicated investigation and service planning.

**What are Protective Services?** Protective Services are services designed to eliminate or alleviate abuse of an elder. Caseworkers work with family and community agencies to connect elders to medical, mental health, legal and social services. Protective Services casework may include services such as:

- Assistance with locating resources for things such as counseling, housing and legal services,
- Safety planning,
- Family intervention, à Home-maker/health aide services,
- Transportation, à Money Management Program and Financial counseling
- Legal assistance, and Advocacy.

**For more information contact:**

1-800-AGE-INFO (1-800-243-4636) TTY: 1-800-872-0166  
ELDER ABUSE HOTLINE: 1-800-922-2275 Administrative: 617-727-7750 Affairs

**THE ELDER'S RIGHTS  
AND WISHES  
ARE ALWAYS RESPECTED**

*Google can bring you back 100,000 answers, a librarian can bring you back the right one. —Neil Gaiman*

**Thank you!**

*Special thanks to the*

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## PowderHouse News

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Berlin, Massachusetts 01503

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### **COUNCIL ON AGING**

COA is planning a bus trip to Rota Springs Farm on Wednesday, July 19th, 1:30-2:30pm. Sign up by calling 978-838-2750 or email comodone1@gmail.com.

There's still time to sign up.

### **19 CARTER RECIPE CLUB**

The recently formed 19 Carter Recipe Club meets for food and conversation at 19 Carter at 6:30 pm on the 2<sup>nd</sup> Tuesday of each-month.

There's a different theme



each month - strawberries one time; asparagus, another. The July theme is "Bring a Favorite Dish From Your Childhood". You're invited to share the fun, delicious food and your recipe on July 11 and on August 8. Give Ann Phipps a call at 978-838-7311 for more info.

### **COA VOLUNTEER OPPORTUNITIES**

COA has many volunteer opportunities for Berlin Meals Wagon, a program providing between 15-20 meals to seniors twice a week from Sept. thru June. A few hours a month is all that's needed to help prepare and pack meals for delivery. Also needed is coordinator to oversee the program. Please contact George Pendergast— 978-758-1247 or comodone@charter.net to learn more.

### **MUNICIPAL ELECTRICAL RATE INCREASE**

Berlin's electrical aggregation plan started in January 2017 and Verde Energy was chosen with a residential rate of .08963 per kWh vs National Grid rate of .09787 per kWh. This was a 6-month rate which will end July 2017. On June 7<sup>th</sup> Colonial Power went out to bid for new electrical rates for Berlin. Verde Energy was chosen with a residential rate of .09069 per kWh vs National Grid rate of .09432. This rate is for 6 months ending January 2018. You should see this new rate begin on the day of month in July 2017 that your meter is read. For more information about this program or to OPT-IN or OPT-OUT go to [www.colonialpowergroup.com/berlin](http://www.colonialpowergroup.com/berlin) or call Verde Energy USA at (800)-241-0295.

### **CATCH IT ON YOUTUBE**

*Technology is amazing! We are not always able to attend meetings, but now we can watch Selectmen's Meetings, some town events, and Historical Society programs on Youtube.*

*<https://www.youtube.com/user/townofberlintv>*

### **THANK YOU LORRAINE AND GEORGE CEDAR**

George and Lorraine Cedar are



retiring after more than 25 years of helping to provide meals to Berlin seniors. George first began making home deliveries to seniors needing assistance with meals. Soon after Lorraine joined in cooking the meals and eventually took over supervising food preparation and scheduling.

Meals on Wheels, as the program was called originally, was started around 1988 by Mary Petkauskus. Meals were prepared by volunteers in St. Joseph's kitchen and continues to this day by the name of Berlin Meals Wagon.

When asked what she would do in retirement, she says she's 'still working at the farm' and intends to continue baking biscuits and muffins at Indian Head.

The town of Berlin is deeply indebted to George and Lorraine and all the volunteers for their dedicated services to Berlin's seniors. George and Lorraine were honored at the volunteer luncheon and presented with a gift by COA president George Pendergast.