



POWDER HOUSE NEWS

BERLIN COUNCIL ON AGING—BERLIN, MASSACHUSETTS 01503

MARCH/APRIL 2017

978-838-2750

COA@TOWNOFBERLIN.COM

COMMUNITY EVENTS & ACTIVITIES

MARCH

- 3/1 - ASH WEDNESDAY
3/2 - SENIOR CITIZEN MEETING AT FPC
19 CARTER RECIPE CLUB, 6PM
3/7 - LIONS CLUB, 19 CARTER, 7PM
3/10 - PIZZA NITE, FPC, FRI, 5-7PM
3/11 - CARTER ST. BAND, 7PM
3/12 - DAYLIGHT SAVINGS BEGINS
3/17 - ST. PATRICK'S DAY
3/21 - 1ST DAY OF SPRING
LIONS CLUB, 19 CARTER, 7PM
3/25 - DOG & CAT RABIES CLINIC.
TOWN BARN, 8:30-10AM

APRIL

- 4/1 - APRIL FOOL'S DAY
4/4 - LIONS CLUB, 19 CARTER, 7PM
4/6 - SENIOR CITIZEN MEETING AT FPC
4/10 - VILLAGE POWER OPEN HOUSE
AND PANCAKE BREAKFAST
4/14 - PIZZA NITE, FPC, FRI, 5-7PM
4/18 - LIONS CLUB, 19 CARTER, 7PM
TAX FILING DAY—
4/29 - ART & HISTORICAL SOCIETY,
FPC, 7:30PM

MAY

- 5/1 - ANNUAL TOWN MEETING, BERLIN
MEMORIAL, 7:30PM
5/8 - TOWN ELECTIONS

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 or call 978-415-

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.

UPDATE ON 1870 TOWN HALL

Construction of the new elevator addition at the 1870 Town Hall is slated to start in April. During construction the building will be closed to the public. Regularly scheduled classes/events will be relocated to First Parish Church next door. Construction is expected to be approximately six months with anticipated reopening in the Fall of 2017 with accessibility to all!

The Police and Fire Departments and the Lions will assist the Art & Historical Society in moving the historical collections from the barn behind the Bullard House.

Any questions regarding classes/events may still be directed to Building Manager, Liane Leahy at berlin1870townhall@gmail.com.

FROM THE TOWN CLERK'S OFFICE

The **Dog & Cat Rabies Clinic** is set for March 25th from 8:30-10am at the Town Barn, 103 Carter St. The fee for the vaccination is \$15 cash only.

Nomination papers will be available March 1—April 11. Send notice to Eloise Salls at the Town Clerk's office, 978-838-2931 or send email to townclerk@townofberlin.com if you are planning to take out papers.

Mark your calendar for the **Annual Town Meeting on May 1st**, at 7pm at Berlin Memorial and elections on **May 8th**.

NEW RULES FOR BURNING PERMITS

Burning season runs from January 15 to May 1st. This year the procedure to obtain permits has changed. Permits are no longer available at Town Offices. They can be requested online at <http://massfire.net/brush/berlin.php> between the hours of 9:30am and 12:00pm for a cost of \$10. Payment for the permit can be made using a debit card or echeck with your bank routing number and account number. Authorization to burn can be requested through the website. 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. Burning hours are from 10am to 4pm with fires out by 4pm.

Questions for the new procedures can be directed to the Fire Dept. at 978-838-2444 Monday to Friday.

Tax Assistance - Free tax preparation assistance is available for all low to moderate income individuals regardless of age. Tel: 1-888-OURAARP (1-888-687-2277)

Legal Aid- Seniors and low income individuals can also seek assistance with legal matters at Website: masslegalhelp.org

THE USUAL TAX FILING DATE OF APRIL 15 IS EXTENDED THIS YEAR: YOU HAVE UNTIL TUESDAY, APRIL 18, 2017, TO FILE YOUR 2016 TAX RETURN WITH UNCLE SAM.

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: President -Trudy Tervo; Vice President - Bob McTague; Treasurer -Hazel Miele; Ass't Treasurer - open; Recording Secretary -Helen DiMuzio; Corresponding Secretary -Jeanne Snay; Hospitality - open

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.

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

Contact Lucy Roseberry Ayers @ lucyayers@charter.net for e-mailed newsletter. ewslatters at www.townofberlin.com/boards-and-committees/council-on-aging/

SLIDING THROUGH THE AGES WITH THE SOLSTICE SACKBUTS

April 29, 2017, 7:30pm

First Parish Church, 24 Central St. presented by the Berlin Art and Historical Society



The Solstice Sackbuts will be taking a musical tour through the centuries starting with medieval and Renaissance music, and continuing through the years with Baroque and Classical music, pop and jazz, and, quite possibly, a piece from the future. Travel through centuries with them and enjoy anecdotes about the music, the times, and the history of the trombone. They'll end with some selections you'll tap your feet to. The Solstice Sackbuts will be performing on soprano, alto, tenor and bass trombones.

Formed in 2010, the Solstice Sackbuts have performed numerous professional engagements from concerts to street fairs, parties and church services. For more information about the group and its members, visit www.solsticesackbuts.com.

BUS TO MARKET BASKET

The COA will be running senior bus trips to Market Basket on Monday afternoons to do grocery shopping. The driver plans to arrive at Market Basket at 2pm and allow approximately 1-1/2 hours of shopping time.

Call 978-838-2750 a few days ahead and leave your name and number to schedule a pick-up. You will be called to verify pick-up time.

19 CARTER STREET EVENTS

There are some fun evenings coming soon to 19 Carter. On March 2, the 19 **Carter Recipe Club** will meet for the 1st time at 6:30pm. Each person attending is asked to bring a 'savory' appetizer to share with everyone and bring the recipe. Ann Phipps (508-735-0360) is the person to call for more information about this event.

The **Carter St. Band** returns On March 11 at 7pm for a **St. Patrick's Day** celebration. The band plays their ever-popular jigs, reels and Irish fiddle music. Info is available by calling 978-415-0014.



George Pendergast at last year's St Patrick's Day event

Full Worm Moon, March 12th- As the temperature begins to warm and the ground begins to thaw, earthworm casts appear, heralding the return of the robins, other names are the Full Sap Moon.

Full Pink Moon, April 11th—This name came from the herb moss pink, or wild ground phlox, one of the earliest widespread flowers of the spring. Other names include the Full Sprouting Grass Moon, the Egg Moon

AVOIDING SCAMS: **TIPS FOR ELDERS**

Never give out personal information over the telephone such as Social Security Number, date-of-birth, credit card number, bank account number or Medicare number, if you have not initiated the call.

Do not give out personal information in person (many scam artists target the elderly at home by going door-to-door) if you have not scheduled an appointment with the caller.

Only give out personal information over the telephone if you have initiated the call to make a purchase or a charitable donation.

Never give in to pressure tactics from a caller. A legitimate business or charitable organization will not pressure you into making a purchase or giving a donation.

Remember, if you feel pressured or suspicious of the caller, you can always hang up!

Remember, you can request the caller to give you their telephone number and you can make the call yourself before giving out personal information. A tactic of the Drug Discount Card Scam is to give the elder person a telephone number that is disconnected.

Elders who encounter benefits related scams should report their suspicions to the Executive Office of Elder Affairs by calling 1-800-243-4636 and pressing 3; their local police; the MA Attorney General's office, and to Prescription Advantage at 1-800-AGE-INFO. Medicare related scams should be reported to Medicare at 1-800-MEDICARE.

THE FIVE STEPS TO TAKE IF YOUR CREDIT CARD/WALLET IS STOLEN

Step 1. This something you should do now: Make photocopies (front and back) of all your credit cards, ID cards and licenses in your wallet. List your account numbers and the toll free phone numbers you'd need to call to report them missing. Keep this photocopy in a separate, safe place.

Step 2. Call the companies that issued your credit cards to report the theft. Do this as soon as you discover the problem. Use the toll free number; most companies are available 24 hours a day to deal with these emergencies. Write down the name of each person you speak with. It's a good idea to follow up each of your phone calls with a letter. Summarize your phone conversation, including your name, account number, when you noticed that your card was missing, the date you first reported the loss via phone, and the name of the person you spoke with.

Step 3. Call the three national credit-reporting agencies (Equifax, Experian, and Trans Union) to report the theft, and ask them to attach a fraud alert to all your credit cards.

Step 4. If your social security card is missing, call the Social Security Administration (fraud line) at 800.269.0271. Also, call the Motor Vehicles Bureau about your driver's license, as well as any other organizations from which you lost cards.

Step 5. Call the police in the jurisdiction where your credit cards were stolen to report the theft.

BE ALERT TO TAX SCAMS

In recent years, thousands of people have lost money and had their personal information compromised due to tax scams and fake IRS communications.

THE IRS WILL NEVER:

-Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail you a bill if you owe any taxes.

-Threaten to immediately bring in local police or other law-enforcement groups to have you arrested for not paying.

-Demand you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.

-Ask for credit or debit card numbers over the phone.

The IRS does not initiate contact with taxpayers by email, text messages or social media to request personal or financial information. The IRS does not threaten taxpayers with lawsuits, imprisonment or other enforcement action.

Please share this information with others and check out Consumer Alerts at the **IRS Website**.

MORE SCAMS

With all the talk of privatizing Medicare, some seniors have been receiving calls telling them Medicare is going to change and asking for their SS# and date of birth.

Don't fall victim to scams. Medicare, the IRS, Social Security or any Government agency will never call you requesting this information. They will only notify you by U.S. Postal mail.

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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LIONS RAFFLE AND VILLAGE POWER OPEN HOUSE & BREAKFAST



The Lions Club recently hosted their senior dinner at First Parish Church. Their next major planned events are the **Village Power Lions Club Raffle** with many great prizes and the **Village Power Open House and Pancake Breakfast**, Saturday, April 8 from 8am to noon. Raffle tickets go on sale in March at the Transfer Station and other Town locations. Winners will be drawn at noon during the pancake breakfast and you don't have to be present to win.

The Lions contribute to many worthy causes such as: Massachusetts Eye Research, the Lions International and the Clara Barton Camp for children with diabetes located in Oxford and the N. E. Assistance Dog Service program (NEADS) in Princeton.

Lions meetings, with pot luck dinners, are held at 7pm, the 1st & 3rd Tues. of the month at 19 Carter. For more information on the raffle, Open House, other Lions activities or for information on membership in the Lions please call Dave Westerling at 978-549-8252. New members are welcome.

FOOD PANTRY DONATIONS

The very generous donations of Thanksgiving and Christmas have been exhausted and the food pantry could use your help again to refurbish our supplies.

Next time you go shopping, perhaps you would add one or more of the following items to place in a Berlin Family Food Pantry collection box, located in Market Basket, the Berlin Post Office, the 1870 Town Hall, the Growing Room and just inside the door of the Town Office Building. Also, First Parish Church and St. Joseph's have containers. The container at the Recycle Center is unavailable until March, when the Take It or Leave It is open again.

Here's our most wanted list: hot or cold cereal, ziti or penne pasta, canned fruit such as pears, peaches, mixed fruit, pineapple or applesauce, 24 oz. vegetable or canola oil, 2lb boxes of sugar, salt, saltine or other crackers, diced or whole canned tomatoes, Boston baked beans, mayonnaise and ketchup. Thank you, Fran Gill

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

SENIOR CITIZEN EVENTS

All Berlin Seniors are invited to attend meetings on the 1st Thursday of each month. Meetings include free health screening, interesting programs and lunch for \$5.

March 2nd, free Diabetes Clinic, from 9:30-11am, followed by a meal of Greek lasagna, turkey tetrazzini and baklava all home-made by Lika, the new owner of the Berlin General Store and Eatery. The featured program, 'Factories of Lowell' the story of Mary McConnell an Irish mill worker, presented by storyteller Sharon Kennedy.

April 6th, Vision, Glaucoma, Cataract Screening - 9:30-11am, provided by D'Ambrosio Eye Care and Optometrist & Staff. No charge and no insurance needed. More information on the provider can be found at www.dambrosioeyecare.com or facebook.com/dambrosioeyecare Meal and program to follow.

All seniors are invited to join. Dues are \$10/year; and \$5 for those over 90. Meals are \$5.00

Friends Who Have Passed

Nancy Wheeler Domenici - 1/16

William Wales - 1/17

Don Davis - 1/20

Eva Yeiter - 2/8

Gail Bellarosa - 2/22