



# **POWDER HOUSE NEWS**

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

MAY/JUNE 2015

978-838-0157

COA@TOWNOFBERLIN.COM

**COA Mission Statement**— Our mission statement is 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)** is a counseling service providing information and assistance for Health Insurance, Medicare, Medicaid, etc. For further information call 800-243-4636, option #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; 2nd Vice President - George Cedar; Treasurer - Joyce LaMotte; Ass't Treasurer - Milie 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.

### **COMMUNITY ACTIVITIES**

#### **MAY:**

- 5/1 - Pizza Nite**, FPC, Fri 5-7pm
- 5/1 - Real Estate Taxes are due.**
- 5/2 - Contra Dance** with Caller Dan Pearl, Saturday, 1870 Town Hall, 8-11pm, \$5 per person
- 5/4 - Town Meeting - BMS**, Spec. Meeting, 7:00pm & Annual Town Meeting, 7:30pm
- 5/7 - Senior Citizens Meeting/ Lunch**, FPC, 10:30-Noon, \$5
- 5/9 - Wachusett Dam walkway** will be open on Sunday from 2-5pm
- 5/11 - Election Day** - Noon-8pm, Town Offices
- Art & Historical Society Bake Sale**, Phone Book and other items.
- 5/25 - Memorial Day Activities -**
- Boy Scout Pancake Breakfast** - FPC, 7-11am
- Berlin Art & Historical Exhibit**, 1870 Town Hall
- Ice Cream Social** on the FPC lawn, after closing ceremonies

#### **JUNE:**

- 6/4 Senior Luncheon** - Noon, Berlin Country Club.
- 6/5 Pizza Nite**, FPC, Fri 5-7pm
- 6/6 -FPC Big Sale** (Plant, bake, electronic and yard sale) 9am-2pm
- 6/13 - Historical Society Meeting**
- 6/13 - Berlin Home Day, 9am-4pm**
- 6/19, 20, 26, 27, 28 - Flyleaf Production, Merrily We Roll Along**, \$10 for Berlin residents, 1870 Town Hall

### **Weekly Activities:**

#### **Wednesday at XIX Carter**

**Coffee & Knitting**, 9-11am

#### **Thursday at Town Offices**

**Tai Chi**, Rm 118, 10:30-11:30am with Jeff Cote (**Note:** new day & time.)

#### **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**

### **CAPITAL REQUEST COA**

Based on a recent survey in the Annual Town Census, the Council on Aging sees a growing need to provide transportation to Berlin's senior population for shopping and going to medical appointments. The survey showed the preferred towns for shopping were Hudson and Clinton, and Marlborough and Worcester for medical services. COA is proposing the purchase of a bus to accommodate this need and to provide the flexibility the Berlin seniors need.



chase of a bus to accommodate this need and to provide the flexibility the Berlin seniors need.

A request for \$30,000, to be funded by mitigation money from Highland Commons, is one of the articles that will appear on this year's town warrant.

It would be housed at the town offices or a town-owned property.

Refurbishing, painting and signage would be covered by local donations.

Maintenance, fuel and registration fees would be paid out of a COA donation account (\$3500 unallocated funds).

Insurance would be covered on the town blanket policy; estimate \$1136.

Drivers would be covered by State Funds (Formula Grant), estimate \$3000 for FY16. Seating capacity would not exceed 14 and would not require a CDL license to operate.

Dispatchers would be a volunteer with the possibility of using the work off program.

An initial schedule would be two trips a week one shopping and one medical, beginning September 2015.

For additional information, call Joyce at 978-838-2920.

## **The Boston Girl**

by Anita Diamant

**Contributed by Pat Smith**

*The Boston Girl* is a fictional story of what it was like to grow up female and poor at the turn of the century. Addie Baum, born in Boston in 1900 of Jewish immigrant parents, has two older sisters. Each struggles with being very poor but wanting to have a better life than their parents. The story, narrated by Addie, tells about her life at the request of her granddaughter, Ava. She begins, at the age of 15, crowded into a one-room tenement in the North End with her parents and sister, Celia. Betty, the oldest, has broken free of her family and works in Filene's, to her parents disgust. Addie must fight to stay in school, but Celia, despite her shyness and frail health, stands up for her and Addie is allowed to start high school.

It is there where reading, lectures, a library and two good women (Miss Chevalier who starts a Saturday Club for girls, and Miss Green, an artist) bring out Addie's gifts. She is invited to join the group for a week at Rockport Lodge and sneaks out of the apartment after lying to her parents. One of the poorest girls there, the experience opens a whole new world to Addie. Walking home after that first week, Addie "felt like a criminal going to be hanged."

Soon the family is celebrating the engagement of Celia to Mr. Herman Levine, a widower with two young boys. The wedding preparations bring Betty back to the family and Herman proves to be a force in encouraging the family to take on some of the culture of their new country.

The story follows the Rockport friends as they make their way through the changing 1920s, enjoying respites at the Lodge, discussing rights for women, and sharing with each other their loves and heartaches.

The book is easy to read and written with a direct and humorous tone. The detailed descriptions of Boston and Rockport in the first quarter of the 20<sup>th</sup> century are entertaining and the experience of the characters is satisfying.

## **Keeping Ticks Away**

You don't have to be walking in the woods to be bitten by a tick. You can be in your own backyard!

Ticks like damp, shady, brushy, leafy areas, where they can wait for a person or an animal (like a deer or a mouse) to come by. The tick waits for direct contact with a passing person or animal.

Reducing ticks in your yard means making your yard less attractive to ticks, and the animals that carry ticks.

Is your yard damp with shrubs and shade? Are there rotting leaves along fences, wood piles, or rock walls? If the answer is yes, your yard may be attractive to ticks. Reduce the number of ticks around your home by following these steps:

Keep grass cut short. Ticks are more likely to be found in taller, unmown grasses and shrubs, where they wait to attach to a passing person or animal.

Remove leaf litter and brush from around your home. "Leaf litter" refers to decomposing leaves where ticks can live, that can be raked up and removed.

Prune low lying bushes to let in more sunlight to keep the yard from being so damp and shady.

Keep wood piles and bird feeders off the ground and away from your home to make your yard less attractive to mice and other small rodents.

Keep the plants around stone walls cut short.

Use a three-foot-wide wood-chip, mulch or gravel barrier where your lawn meets the woods. Ticks are less likely to cross the barrier into the lawn because they are prone to drying out. It also serves as a reminder that people who cross the barrier into the wooded area may be at higher risk of getting ticks. Source - [www.mass.gov](http://www.mass.gov) website (Cont. next col.)

## **NEW NAME - SAME SERVICE**

The Meals on Wheels program has a new name - **Berlin Meal Wagon** or **BMW** for short.

The nutritious, home-cooked meals have been provided for about 25 years. Volunteers take turns preparing meals in St. Jo-



Lorraine Cedar & Denise Davis

seph's kitchen on Tuesday & Friday, from Sept - June.

Anyone recently home from the hospital, unable to cook or disabled can have their meals delivered to their home by contacting Lorraine Cedar 978-838-2215.

## **MEDICAL EQUIPMENT AVAILABLE**

Scooters, walkers and other medical equipment are sitting in



storage unused. If you, or someone you know, could use any of these items, whether long-term or short-term, COA would be glad to loan them out.

Lori Fearebay is the person to contact at 978-804-8487 or [jfearebay@msn.com](mailto:jfearebay@msn.com), for questions

(Cont. from col. 2)

Additional information is available at <http://www.mass.gov/eohhs/gov/departments/dph/programs/id/epidemiology/ticks/>



## **ELECTRICAL AGGREGATION**

### **PROGRAM**

Contributed by Judy Booman

Article 14 on the May 4<sup>th</sup> Town Meeting warrant will ask that the Board of Selectmen be given authority to develop and participate in any municipal electric aggregation plan.

What does this mean? Your electric bill has two pieces: **Delivery** and **Supply**, they are listed and priced separately on your bill. The poles and the power lines are the **delivery** and the power is the **supply** part.

This article asks that the Selectmen have the ability to negotiate a lower **supply** price for the town residents and businesses. By aggregating the town electric requirements, economies of scale are created which makes it one of the most effective ways to achieve lower electric costs and save money.

National Grid will still continue to provide all delivery services, for instance if the power goes out or a tree falls on an electric line. You will continue to get a bill from National Grid; the only change would be that the Supplier section of the bill will have a different company name.

The law allows anyone to opt-out and choose another supplier or stay with National Grid. If you already have a different supplier nothing will change.

There are already 44 other town and cities in Western and Central Massachusetts that have changed their suppliers including Marlboro, Lancaster, Lunenburg, Lowell, Lenox, West Stockbridge and North Adams. This change will cost the town nothing and will save money for our residents and businesses.

## **BERLIN HOME DAYS** **(FORMERLY OLDE HOME DAYS)**

### **Save the date**

**Saturday, June 13**  
**9am-4 pm, Center Common,**  
**19 Carter Street, Public**  
**Library, 1870 Town Hall,**  
**Free, No Admission charges**

Organized by the  
**Berlin Home Day**  
**Town Committee**

Events and activities are not completely formalized and are subject to change. The tentative lineup follows. Come and browse, enjoy the music.

- Boy Scout campfire cooking demonstration (invited)
- Girl Scout - Cool things to keep in shape (invited)
- Fire Dept. - fire safety
- EMTs - Rescue Vehicle on display, Blood Pressure Checks
- Police Dept. - fingerprints for kids, seat belt tips, DARE
- Antique cars & Post WWII Classic Cars
- Library Friends Book Fair
- 19 Carter - Storytelling, Games
- 1870 Town Hall - Music, puppets (invited) and more
- Berlin Lions Club - Coffee, Donuts, Hamburgers & Hot Dogs and more
- Booth areas free to Town Organizations, Berlin Craft/Produce booths available.



### **PHASES OF THE MOON**

May 3 - Full Flower Moon  
May 11 - Last Qtr  
May 18 - New Moon  
May 25 - First Qt  
June 2 - Full Strawberry Moon  
June 9 - Last Qtr  
June 16 - New Moon  
June 24 - First Qtr

## **CELEBRATE THE RETURN OF SPRING,** **DAFFODILS, AND MORE AT TOWER HILL**

There is no better place to put the record-breaking winter behind than Tower Hill Botanic Garden in Boylston where visitors will enjoy a host of activities on Saturday, May 2, and Sunday, May 3, including the ever-popular Daffodil and Primrose shows where top specimens will be presented for the public's enjoyment. The field of daffodils - with more than 25,000 bulbs and 150 different types offering stunning views, inspiration, and photographic opportunities - will be in full bloom and is an annual must-see for many travelers from all over New England. In addition, on May 2 visitors can register to hear author Ellen Ecker Ogden speak on the Art of Growing Food at 10 a.m., followed by an 11:30 a.m. brown bag lunch and Gardeners Round-Table, before participating in the author's Kitchen Garden Design workshop at 1 p.m. At 6 p.m. on May 2, registrants can celebrate flowers and the return of spring with Flora's Holiday, presented by master storyteller Diane Edgecomb and Celtic harper Margot Chamberlain. Learn how to make a portable potted herb garden in a May 3 workshop at 1 p.m. Visitors can also enjoy lunch at the café, pick up gardening supplies at the gift shop, explore the formal gardens, or take a short hike for views of Mt. Wachusett. Children can enjoy a scavenger hunt, story walk, and wide open spaces and trails for outdoor exploration of plants and wildlife. For more information, visit [towerhillbg.org](http://towerhillbg.org) or call 508-869-6111.

### **Friends Who Have Left Us**

**Claire Ballard - 3/18/15**

**Mary Tervo - 3/27/15**

**Theresa Streeter - 4/3/15**

**Grace Freedman - 4/8/15**

**Thank you!**

*Special thanks to the  
Clinton Savings Bank for their continued  
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Powder House News*

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## PowderHouse News

Council on Aging  
Berlin, Massachusetts 01503

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

### HAPPENINGS AT THE LIBRARY

To see a listing of library passes available please visit our website: <http://www.townofberlin.com/departments/library/museum-passes/> or give us a call or, better yet, visit the library. The library Long Range Plan has been completed. You can view the current Library Plans here: <http://www.townofberlin.com/departments/library/planning-documents/>

On Saturday May 30<sup>th</sup> the library Teen Advisory Group will be presenting a program on Candle Making. The program will be held @ 11:00 A.M.

The Library Friends Group which has provided us with our magnificent garden and Museum passes will be holding their next meeting on May 20<sup>th</sup> @ 11:00.

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

### **THREE SENIOR PALS**

*Three seniors are out for a stroll. One of them remarks, "It's windy." Another replies, "No way. It's Thursday." The last one says, "Me too. Let's have a soda."*

### XIX CARTER STREET

Now that the blustery days of winter are replaced by the gentler winds of spring, and the ice and snow have succumbed to April rains; it's time to join in the activities and fellowship and connect with other people and groups at XIX Carter.

Seniors are encouraged to make suggestions for programs or activities of interest, such as; chess, card games, cribbage, book groups.

There is something there for everyone.

- Tea Time on Monday & Wednesday, 2:30-4:30;
- Soup on Tuesday & Friday, 12-2;
- Live Music on Tuesday, 6:30-8;
- Community Coffee & Knitting on Wednesday, 9-11.
- May 1 - Game Night; get your Pizza at First Parish and bring your family to play games
- May 8, 7-8pm, Faith Linzee and Bill Wheeler will present a slide show on "Wild Flowers of Berlin".
- June 5 - Game Night (See May 1)

### DO YOU NEED A RIDE ?

Volunteers are available to provide transportation to vote, to the Annual Town Meeting, to a doctor's appointment to name a few. Let Joyce (978-838-2920) know if you would like to volunteer your time or to set up a ride. A few days notice is helpful.

Also available for rides are Walter & Gail Bickford (978-838-2420).

### UPCOMING MEETINGS BERLIN SENIOR CITIZENS

**May 7-** The seniors will be entertained by the Berlin Memorial School music students. The music program is enjoyable and the program will show their progress this year.

After the business meeting and program we will enjoy a meal prepared by Bob Lowe.

**June 4** - The last meeting of the 2014-2015 year will be held at the Berlin Country Club. The program will be John Pross and Company. John is a regular at the Old Timers and we will hear our favorite tunes along with a sing along.

There will be a buffet lunch served by Bob Lowe.

### COA ONGOING PROGRAMS

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

**Senior Yoga** is held Saturday mornings from 9:00 - 10:15 with instructor Sharon Santello.

**Chair Yoga** is held Saturday mornings from 10:30 - 11:30 with Sharon. This is a new program and has been well received. There is room for more people so feel to join any time. **Tai Chi** with Jeff Cote is held on Thursday morning from 10:30-11:30.

*Change your thoughts and you  
change your world.*

Norman Vincent Peale

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