



# POWDER HOUSE NEWS

## BERLIN COUNCIL ON AGING—BERLIN, MASSACHUSETTS 01503

MAY/JUNE 2016

978-838-2750

COA@TOWNOFBERLIN.COM

### COMMUNITY ACTIVITIES

#### **MAY:**

5/1 - MAY DAY

5/2 - TOWN MEETING - 7pm Special Meeting, 7:30 Annual Meeting, BMS

5/2 - Real Estate Taxes Due

5/3 & 5/17 Lions Club - 19 Carter 7pm

5/5 - Senior Citizens, FPC, 10:30am

5/6- Friday Pizza Nite, FPC, 5-7pm

5/7 - Contra Dance - 1870 Town Hall - 7:30-10:30pm - \$5 per person

5/8 - Happy Mother's Day!

5/9 - Town Elections

5/19 - Day Guild, FPC

5/30 - Memorial Day

#### **June:**

6/2 - Senior Citizens, Berlin Country Club; 10:30am

6/4 - Contra Dance - 1870 Town Hall - 7:30-10:30pm - \$5 per person

6/7 & 6/21 Lions Club - 19 Carter 7pm

6/9 - COA Volunteer Appreciation

6/10 - Friday Pizza Nite, FPC, 5-7pm

6/11 - Berlin Home Day - Center

6/14 - Flag Day

6/16 - Day Guild, FPC

6/19 - Happy Father's Day!

6/20 - Summer Solstice, the longest day of the year

### Weekly Activities at 19 Carter

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

**Monday** - 2-4, Tea Time

**Tuesday** - 12-2pm, Lunch Time Soup

**Wednesday** - 9-11am, Coffee and Knitting,  
- 3:15-4:30pm, Knitting Drop-in  
- 6:30pm, Cribbage & Skip Bo

**Thursday** - 2-4pm, Tea Time

**Friday** - 10am-12pm, Kids Playgroup  
- 12-2pm Lunchtime Soup

**Saturday** - 10am-1pm, Comm. Coffee

### Town Offices, Rm 118,

**Thursday** - Tai Chi, 10:45-11:45am

**Saturday** - Senior Yoga, 9-10:15am

- Chair Yoga, 10:30-11:30am

**Suggested donation, \$2.00**

### AVOIDING SCAMS: TIPS FOR ELDERLY

*IRS (Internal Revenue Service) Tax Phone Scam*—IRS warns seniors to be on the Alert for IRS IMPOSTER SCAM.

Tax identity theft is the theme of the week, but it's not the only tax scam we're talking about. Complaints to the FTC about IRS imposter scams have shot up over the last year — by almost 50,000 complaints.

Here's what happens: You get a call from a scammer pretending to be with the IRS, saying you'll be arrested if you don't pay taxes you owe right now. You're told to wire it or put it on a prepaid debit card. They might threaten to deport you or say you'll lose your driver's license. Some even know your Social Security number, and they fake caller ID so you think it really is the IRS calling.

*Taxpayers are advised that the IRS or Department of Revenue will never ask for a credit card number over the phone or request a pre-paid debit card or wire transfer.*

Visit this website for more information:

<http://www.mass.gov/ago/news-and-updates/press-releases/2014/2014-07-22-tax-telephone-scam.html>.

*"For every minute you are angry you lose sixty seconds of happiness."*

— Ralph Waldo Emerson

### NORTHBROOK SENIOR HOUSING

Northbrook Village II senior housing is an affordable rental opportunity made available to households composed of one or more persons, at least one of whom is 62 years of age or more at the time of initial occupancy.

The property consists of 39 one-bedroom units, 8 of which are built to be accessible and adaptable for mobility-impaired individuals. Berlin residents will be given preference for 6 of the units.

Eligible applicants will pay 30% of Adjusted Maximum Income towards the contract rate of \$750 per unit.

### Max. Income per Household

No. in Household	30% AMI
1	\$22,100
2	\$25,250
3	\$28,400

The Northbrook II units will be managed by Maloney Properties, Inc. Applications were made available on April 15th. Anyone wishing



Architectural Rendition

to fill out an application may request one by calling

781-943-

0200, by e-mail to [NVBII@maloneyproperties.com](mailto:NVBII@maloneyproperties.com).

The deadline for applications is June 17, 2016. They can be delivered in person by 4pm Monday or by mail, postmarked by June 17.

Selection will be made by lottery. For more information call Joseph Salvia of Maloney Properties, Inc. at 781-943-0200 x233.

**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](mailto: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 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, and 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:**

Contact Lucy Roseberry Ayers - at [lucyayers@charter.net](mailto:lucyayers@charter.net) to receive your newsletter online. Archived newsletters at <http://www.townofberlin.com/boards-and-committees/council-on-aging/>

**TOWN MEETING MAY 2**

Special Town Meeting commences at 7:00 pm in the Berlin Memorial School.

Town Meeting comes to order after the Special Town Meeting.

The warrants for both the Special Town Meeting and the Annual Town Meeting can be found online at [www.mytowngovernment.org/01503](http://www.mytowngovernment.org/01503)

**TOWN ELECTIONS, MAY 9TH**

Town Offices 12—8pm  
Slate of Candidates listed on [http://www.townofberlin.com/event/annual-town-election-2/?instance\\_id=17996](http://www.townofberlin.com/event/annual-town-election-2/?instance_id=17996)

**BULLARD HOUSE UPDATE**

The Berlin Art and Historical Commission has applied for the Community Preservation Mitigation Funding. The restoration/renovation of Bullard House to become Berlin's museum of history and art. The mitigation funding will allow us to repair and replace key parts of the structure, as well as, a conversion from a dwelling house to a public facility. Those benefiting from this project will be the people of Berlin and visitors to our community.

A major component of preparing this building for public use is the provision for handicapped access to the first floor. Part of this work is already done but we need to complete renovation of the existing bathroom by replacing exterior wall at east end of bathroom, structural improvements and accessibility for wheelchairs.

Finishing the kitchen to make it usable for serving refreshments for small events held in the Bullard House. Structural improvements have already been done here, but all finish work, cabinets, etc. remain to be completed.

Fabrication and installation of 2-level railings on ramp already installed in the middle of the house are on the list to be completed with this funding.

Work is being done to complete the Entrance Room mainly utilizing volunteers.

**REP. NAUGHTON JOINS HOUSE TO AUTHORIZE**

**\$200 MILLION IN CHAPTER 90 FUNDS**

(Boston) - Representative Harold Naughton, Jr. is proud to announce the House of Representatives passed legislation today that includes a \$200 million bond authorization for Chapter 90 funding to help municipalities complete road, bridge and infrastructure improvement projects. This funding comes at an important time of the year as cities and towns are preparing for various projects to complete during the upcoming construction season.

"This Chapter 90 appropriation will allow our towns to address important road and bridge improvements that are crucial for providing stability and economic growth," said Representative Naughton. "The passage of this funding package not only provides critical financial assistance for our towns but also the ability to properly plan for infrastructure projects. I look forward to these upcoming repairs and for the positive impact it will have on the safety for our communities."

The fiscal year 2017 appropriations for the towns that are in Representative Naughton's district are as follows:

Berlin - \$193,256,  
Boylston - \$203,263  
Clinton - \$329,236,  
Lancaster - \$310,688  
Northborough - \$504,133,  
Sterling - \$416,765

Chapter 90 funds may be used for all types of roadway projects, such as resurfacing, drainage, sidewalks, traffic control and lighting, or road building machinery, equipment and tools.

The bill now goes to Governor Baker's desk for him to sign.

**Wachusett Dam Walkway**

The walkway on top of the Wachusett Dam will be open to the public on Saturday, May 7, from 2 to 5 p.m. For information, or directions, contact the Wachusett Reservoir Ranger Station at (978) 365-3800. *From the Clinton Item*



## **VISITORS ENCOURAGED TO PICNIC AT TOWER HILL ON MOTHER'S DAY WEEKEND**

All are welcome to attend Mother's Day weekend on May 7 and 8 at Tower Hill Botanic Garden in Boylston. For many visitors, attending that weekend is an annual pilgrimage, ushering in the return of spring in New England. Families and friends often bringing picnic lunches to enjoy on the grounds where 10 formal gardens will be teeming with spring flower blooms, including the Field of Gold and its 25,000 daffodil bulbs. There is much to experience on the Tower Hill property, including views of Mt. Wachusett, a Wildlife Refuge Pond, an apple orchard, fountains, sculptures, easy trails for hiking, an exhibit from the Hudson Valley Seed Library, a theater showing Tower Hill Through the Seasons, greenhouse conservatories, a library, the Garden Shop, a self-guided historical audio tour, Twigs Cafe, and much more. Children are invited to partake in a nature-inspired scavenger hunt and follow along with a plant-themed story walk. Special events on May 7 that require registration include Designing a Personal Home Healing Garden at 9 a.m., All the Presidents Gardens Talk and Book-Signing at 2 p.m., and a performance of Flora's Holiday at 6 p.m. A garden tour on Sunday, May 8, will show guests the stories behind the gardens. For more information, including hours and admission prices, please visit [towerhillbg.org](http://towerhillbg.org) or call 508-869-6111.

### **Recommendations for Reading**

The Berlin Library Book Club recommends two nonfiction books that look beyond the headlines.

*I SHALL NOT HATE* by Izzeldin Abuelaish is a book about a Palestinian physician and infertility expert who practiced at the Sheba Medical Center in Tel Aviv. The Israeli Palestinian conflict is told through the eyes of a man of peace who lost his home and with his family confined to Gaza, managed to train, practice medicine, and bring up his family despite severe privations. His three daughters were killed in the Israeli incursion in January, 2009. Izzeldin calls for both sides to see the human dignity of each other and work toward reconciliation. It was an eye opening and very affecting book. He suffered, he would be angry, he practiced patience and refused to hate. He says, "If I could know that my daughters were the last sacrifice on the road to peace between Palestinians and Israelis, then I would accept their loss."

*THE QUARTET*, by Joseph J. Ellis is a book of history, detailing the making of the Constitution between the American Revolution and the coming together of disparate states under the Articles of Confederation to form the United States, a nation. It wasn't easy. Told in an amazingly easy to read style, the author tells of the work of George Washington, Alexander Hamilton, John Jay, and James Madison to build a national government that still respected States' rights. As we listen to candidates who argue about the Constitution, this book explains how we became the nation we are.

### **IT'S ALL IN THE STARS WITH LIBRARY TELESCOPE PROGRAM**

This telescope was donated to the Library by Douglas and Patricia Coldwell and will be maintained by Aldrich Astronomical Society, Inc.



as part of their Adopt a Library Program. Come and learn how to use the new Library Telescope that adults can reserve using their library card! Find out what objects lie within the reach of this amazing telescope and how easy it is to use!

### **From the Town Clerk's Office:**

Absentee ballots for the May 9 Town Elections and the Sept. 9 State Primary are available outside of the Town Clerk's office, or by e-mailing [townclerk@townofberlin.com](mailto:townclerk@townofberlin.com). If you are planning to be away at school or on vacation for those elections be sure to request an absentee ballot. Allow 7-10 business days if you are mailing the ballot back.

### **INTERESTING WEBSITES**

Celestial events: [deborahbyrd@earthsky.org](mailto:deborahbyrd@earthsky.org)  
Weather from Space: [spaceweather.com](http://spaceweather.com)  
Bald Eagle Live Nest Cam: [dceaglecam.org](http://dceaglecam.org)  
Mt. Washington Weather: [www.mountwashington.org](http://www.mountwashington.org)



### **Phases of the Moon 2016**

May 6 - New Moon  
May 13 - First Qtr.  
May 21 - Full Flower Moon  
May 29 - Last Qtr  
Jun 4 - New Moon  
Jun 12 - First Qtr  
Jun 20 - Full Strawberry Moon  
Jun 27 - Last Qtr

### **Friends Who Have Passed**

Flora Geraldine Marble  
Touchette - 1/24/15  
Armando Silva - 3/9/16  
Elizabeth Mariano - 3/29/16  
Allan MacQuarrie - 4/1/16  
Arthur Ballard - 4/2/16  
Joyce Bellino - 4/10/16  
Evelyn Peterson - 4/12/16

### **VOLUNTEER APPRECIATION LUNCHEON**

The Council on Aging will be hosting the Volunteer Appreciation Luncheon at the Berlin Country Club on June 9th to thank them for donating their time over the past year to serve the seniors of Berlin. More information will be available in June.



**DOG  
LICENSES**  
are due now!  
Fines start on June 1.

**Thank you!**

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Clinton Savings Bank for their continued  
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Berlin, Massachusetts 01503

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### **SENIOR CITIZENS OF BERLIN UPCOMING PROGRAMS**

**Thursday, May 5,** Senior Citizen Meeting - 10:30-11am at First Parish Church. The Berlin Memorial School Chorus and Band will be providing the entertainment. Lunch will be catered by Bob Lowe of Lowe's Variety, Donation \$5.00

**Thursday, June 2,** Senior Citizen Meeting - 10:30-11am at the Berlin Country Club; a buffet will be served. Entertainment will be provided by Tommy Rull with a *Musical Journey Through the Years*. Funding provided with donations by the Berlin Cultural Council. New officers to be named.

**ADULT CLINIC:** hosted by Nashoba Associated Boards of Health in conjunction with the Berlin Board of Health, Thursday, May 5, from 9:30 to 11 a.m. at the First Parish Church, 24 Central St. No appointment needed. for information, contact Nashoba at (978) 772-3335 or 1-800-427-9762 or [www.nashoba.org](http://www.nashoba.org).

### **FOOD PANTRY SEEKING VOLUNTEERS**

The Berlin Family Food Pantry is truly a program of neighbors helping neighbors. The Program is actively seeking new board members and volunteers. No experience is necessary, just a desire to assist in a meaningful way. If you are interested in this opportunity, please contact Fran Gill

at [fmgill@verizon.net](mailto:fmgill@verizon.net) for more information on the Pantry and where you can help.

Food Pantry Hours at the Town Offices

Tuesday 11:30am - 1:00pm

Saturday: 11:30am - 1:00pm

Contact Fran Gill for appointment.

### **NEED HELP WITH YOUR ELECTRONIC GADGETS?**

Come to 19 Carter for **Tech Help with Parker** on Saturdays 10am-1:00pm and Mondays 3-5pm.

Bring your laptop, tablet, cell phone or other devices that you have questions about. **Tech Help** is sponsored in conjunction with the Berlin Public Library.

### **Weekly SENIOR ACTIVITIES**

Tai Chi and Yoga Classes are held every week in Room 118 of the Town Offices. This is a great way to maintain flexibility and balance. These are low impact activities. Newcomers are always welcome. A donation of is \$2 suggested.

**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.

### **Resources for Seniors:**

**State resources:** [www.eldercaredirectory.org](http://www.eldercaredirectory.org)

**Alzheimers resources:** [www.alz.org](http://www.alz.org)

**Support services:** [www.elderhelper.org](http://www.elderhelper.org)

**Organizations, general interest:** [www.aarp.org](http://www.aarp.org)

**End of life resources:** [www.growthhouse.org](http://www.growthhouse.org)

**Donut Hole Coverage:** [www.medicare.gov/pubs/pdf/11493.pdf](http://www.medicare.gov/pubs/pdf/11493.pdf)

**Free Credit Report:** [www.annualreport.com](http://www.annualreport.com)

**Auto Recall lists:** [www.safercar.gov/CheckForRecalls](http://www.safercar.gov/CheckForRecalls)

**Opt In or Out of offers:** [www.OptOutPrescreen.com](http://www.OptOutPrescreen.com)