



# POWDER HOUSE NEWS

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

MAY/JUNE 2017

978-838-2750

COA@TOWNOFBERLIN.COM

## COMMUNITY EVENTS

### MAY

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

**5/8 - TOWN ELECTIONS - 12-8PM  
TOWN OFFICES**

**5/8 - COA BUS WILL P/U FROM  
NORTHBROOK VILLAGE 1 & 2 AT  
12:30 TO VOTE RETURN AT 1:15.**

**5/14 - Mother's Day**

**5/20 - HAZARDOUS WASTE DAY**

**5/29 - MEMORIAL DAY**

### JUNE

**6/1 - SENIOR CITIZEN MEETING AT  
BERLIN COUNTRY CLUB**

**6/10 - BERLIN HOME DAY**

**6/14 - FLAG DAY**

**6/18 - FATHER'S DAY**

**6/21- SUMMER SOLSTICE**

### 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.



Val Bradley & Sally Bergen  
Memorial Day Parade

## **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.

## SAVE THE DATES - MAY 20 AND JUNE 10

### BERLIN HOUSEHOLD HAZARDOUS WASTE DAY

**Date:** SATURDAY, May 20th

**TIME:** 9:00am - 12:30pm

**PLACE:** TRANSFER STATION  
JONES ROAD

**WHO:** BERLIN RESIDENTS  
ONLY

**COST:** \$15 Min charge 1 gal or  
\$1 lb \$35 up to 5 gal or 5 lbs  
Over 5 gal or 5 lbs price TBD  
**Cash or check** made to Town of  
Berlin

### **What to Bring:**

Stains; Oil paints, Thinners & strippers; Solvents & Varnishes; Adhesives, Glues; Waste Fuels (kerosene, gasoline, oil); Engine Degreaser, brake fluid; Transmission fluid; Poisons, Insecticides, weed killers; Hobby and artists supplies; Fiberglass resins, wood preservatives; Chemical fertilizers; Photo Chemicals, chemistry sets; Cleaners, Spot removers; Swimming pool chemicals; Anti-freeze, Motor oil; Asbestos (must call 5 days prior to event)

### **What NOT to Bring:**

Latex paint; Smoke detectors; Radioactive waste; Fire extinguishers; Propane Cylinders; Ammunitions, fireworks, Explosives; Prescription Medicines/ Syringes/Needles; Commercial or Industrial waste; Infectious & Biological Waste

### **TO ENSURE SAFETY, PLEASE:**

Tighten caps and lids leaving materials in original labeled containers;

### BERLIN HOME DAY

**Date:** SATURDAY, June 10th

**TIME:** 9:00am - 3:00pm

**PLACE:** TOWN CENTER

**WHO:** OPEN TO ALL

### **FUN FOR THE WHOLE FAMILY:**

Music, food, booths, games and classic cars brought to you by the **Lions Club, Fire and Safety, 19 Carter Community Center, the Friends of the Library, the Recreation Committee** and many more.

Join the **Berlin Fire Department** at their Open House. The event also highlights local business so it's a great opportunity to come out and see all the wonderful things. The **Berlin Food Pantry** will be collecting. **Council on Aging** will have a Tai Chi demonstration.

**Berlin's Country Run:** Information and Registration for the 2nd Annual 5K/Fun Run can be found at [www.Berlincountryrun.com](http://www.Berlincountryrun.com).

### **Want to reserve a booth?**

Email or phone Lisa Wysocki: [wysocki.lisa@gmail.com](mailto:wysocki.lisa@gmail.com) or call (978) 244-2595

**Berlin Home Day Committee:** Chief Tom Galvin, Captain David Lichwell, Sharon McGowan, David Westerling (Lion's Club), Lisa Wysocki, Chief Paul Zbikowski

*Continued from Col 2*

**SORT & PACK SEPARATELY:** paint, pesticides, household cleaners. Avoid spills and do not use a garbage bag.

**NEVER MIX CHEMICALS.** Pack your vehicle and go directly to the Hazardous Waste Drop off area before disposing of household trash.

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

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/)

**"THERE'S NO PLACE LIKE HOME"  
-- AND THE MASS REHAB  
COMMISSION CAN HELP!**

Please know that you (as a homeowner) may be in a position to improve safety in your home through a zero interest loan through the Massachusetts Rehabilitation Commission. There are no age requirements.

The **Home Modification Loan Program** offered by the Massachusetts Rehabilitation Commission (MRC) offers 0% and 3% loans (up to \$30,000) to help Massachusetts homeowners make modifications to stay at home. Loans can help finance projects such as:

- Ramps;
- Stair lifts and wheelchair lifts;
- Kitchen and bathroom adaptations;
- Home security... hard-wired alarm systems, safety windows, and fences;

With generous income guidelines, approximately 95% of borrowers qualify for a 0% loan with no monthly payments. Repayment is required when the home is sold or transferred.

For more information, visit: [www.cedac.org/hmlp](http://www.cedac.org/hmlp) ... or call **Susan Gillam at 1-866-500-5599**.

Elder Affairs received funds from the federal Administration for Community Living to continue/expand access to help maximize the impact of limited

legal services to elder consumers in greatest need. This project was made possible by a partnership with the Volunteer Lawyers Project (VLP) of the Boston Bar Association.

A key element of this effort is a Senior Legal Helpline hosted by VLP that provides free legal information and referral services to Massachusetts residents who are 60 years old or older.

The **helpline telephone number is 800-342-5297 and is open Monday through Friday 9AM-**

**THE SEASON OF THE TICKS**

Once again, be on the lookout for those nasty ticks that are especially active during the spring/summer and early fall. Lyme disease is caused by bacteria that is spread by the bite of an infected deer tick. 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; such as, Babesiosis and Anaplasmosis.

Take a few extra moments to check your clothes and animals after being outdoors. Prevention is the key! Use a repellent with DEET or Permethrin according to instructions given on the product label. Wear long pants and light colored clothing that will help to show the ticks.

**Friends Who Have Passed**

**Gloria (Lowe) Gadoua- 3/2**

**Patricia O'Donnell - 3/3**

**John Niedzal, Jr. - 4/3**

**Francis Ryan - 4/12**

**William Coulter - 4/14**

— **Full Flower Moon – May** In most areas, flowers are abundant everywhere during this time. Thus, the name of this Moon. Other names include the Full Corn Planting Moon, or the Milk Moon.

— **Full Strawberry Moon – June** This name was universal to every Algonquin tribe. However, in Europe they called it the Rose Moon. Also because the relatively short season for harvesting strawberries comes each year during the month of June . . . so the full Moon that occurs during that month was christened for the strawberry!



## **VETERANS' BENEFITS**

Veterans' Agent, Jim Cabral is available to speak with veterans seeking information about their benefits. He is able to assist veterans in filing claims. This may be especially important to seniors who are showing the effects of Agent Orange exposure during the Viet Nam era. There are 12-15 presumptive illnesses attributed to Agent Orange, one of them being prostate cancer. According to Jim, we are lucky to have some of the best VA healthcare services in this area.

A great source of information is found on the [www.Mass.gov](http://www.Mass.gov) website and search on **veterans benefits**. Below are a few excerpts from the website with a few examples of benefits.

### **FINANCIAL MEDICAL & ASSISTANCE**

Under Ch. 115 of Massachusetts General Laws, the Commonwealth provides a uniform program of financial and medical assistance for low-income veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, housing supplies, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources.

### **PROPERTY TAX EXEMPTIONS**

Veterans and spouses where applicable may qualify for property tax exemptions under M.G.L. Ch. 59.

Contact Jim at **838-2560** or [veteranservices@townofberlin](mailto:veteranservices@townofberlin).



## **MEMORIAL DAY HISTORY**

Three years after the Civil War ended, on May 5, 1868, the head of an organization of Union veterans — the Grand Army of the Republic (GAR) — established Decoration Day as a time for the nation to decorate the graves of the war dead with flowers. Maj. Gen. John A. Logan declared that Decoration Day should be observed on May 30. It is believed that date was chosen because flowers would be in bloom all over the country.

The first large observance was held that year at Arlington National Cemetery, across the Potomac River from Washington, D.C.

The ceremonies centered around the mourning-draped veranda of the Arlington mansion, once the home of Gen. Robert E. Lee. Various Washington officials, including Gen. and Mrs. Ulysses S. Grant, presided over the ceremonies. After speeches, children from the Soldiers' and Sailors' Orphan Home and members of the GAR made their way through the cemetery, strewing flowers on both Union and Confederate graves, reciting prayers and sing-

*Depart . of Veterans Affairs*

## **AMERICAN LEGION ORIGINS**

The **American Legion**, Inc. is an American veterans' organization formed in Paris, France on March 16, 1919, by members of the American Expeditionary Forces. The Legion was chartered by the United States Congress on September 16, 1919. It is headquartered in Indianapolis, Indiana and also legislative offices in Washington. The American Legion played the leading role in drafting and passing the Servicemen's Readjustment Act of 1944, otherwise known as the "GI Bill".

Only those, who served at least 1 day during wartime and were honorably discharged, are eligible to be members of the Legion.

## **MEMORIAL DAY, MAY 29TH**

In compliance with the General Orders of the headquarters Dept. of Mass G.A.R. the **American Legion** and its **Auxiliary** will decorate the graves of our fallen comrades. All Soldiers and Sailors, whether a member or not, are invited to be present and assist in the exercises of the day. The American Legion and its Auxiliary are represented by the H. Wallace Woodward Post No. 162 Dept. of Mass.

The parade forms at 12:45 at Berlin Memorial School with a tribute by Robert Rainville, Commander, a recitation of Flanders Fields by Chris Maki, prayers, the placing of wreaths, the singing of **God Bless America** by Chandler Walsh and a salute to the dead by the Legion Firing Squad followed by Taps.

The parade will reform and march to the Old Burial Ground with another recitation of Flanders Field. The Gettysburg Address will be presented by Keevan Regan, the Edward "Squash" Bartlett Award by the Bartlett Family, and the singing of **National Anthem** by Chandler Walsh. This year's speaker is Tracy Lynch, in charge of the JRROTC at Assabet Valley Regional High School, followed by a prayer, a Salute to the Dead and Taps. **It is up to us, the living, to not forget their sacrifice.**



Rev. Oscar Wallace, John Wilson and Robert Rainville at Old Burial Ground

**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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## *PowderHouse News*

Council on Aging  
Berlin, Massachusetts 01503

**BULK RATE  
U.S. POSTAGE  
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BERLIN, MA**

### **FROM THE TOWN CLERK'S DESK**

**Town Meeting - May 1st**

**Town Election - May 8th**

**Dog Licenses** expired on March 31, but there's still time to license your dog before incurring late fees. All dogs 6 months or older are required to be licensed and have proof of current rabies shots. The cost of licenses start at \$11 for intact dogs, and \$7 for spayed and neutered dogs. An additional \$5 late fee is charged after June 1<sup>st</sup> and increases to \$25 after July 1<sup>st</sup>.

Send in your **Annual Census** if you haven't already done so; otherwise, you may be removed from the Town Voter List.

**Absentee ballots** are available, please fill out the application at the clerk's office or call 978-838-2931 with any questions.

**Town Elections** - A person can seek nomination and election without filing nomination papers by conducting a **write-in or sticker campaign**. Let Eloise know if you intend to run so she can apprise you of all requirements. All write-in or sticker votes should include the correct name and address of the candidate. However, the vote may still be counted if name and address are incorrect if the intent can be reasonably determined.

**COA bus will pick up from Northbrook Village 1 & 2 at 12:30 to vote; return at 1:15.**

### **WHAT IS A MOON?**

For people with Medicare, MOON has a new meaning: "Medicare Outpatient Observation Notice". This newly required notice must be given to some patients who have been admitted to a hospital for "observation". Hospitals are increasingly admitting patients under observation status.

You may be surprised to know that even if you are admitted to a hospital room overnight, you might not be an "inpatient". If you are under observation, you are considered an outpatient even though you may stay in a hospital bed for many days. This changes how your Medicare coverage works. The MOON will explain the reason for observation status and how it affects your Medicare coverage.

For example, if you have Original Medicare, with or without a Medigap plan, an inpatient hospital stay of at least three days is needed to get any coverage for skilled nursing facility (SNF) care. If you are under observation, you would not get any follow up SNF coverage paid for, even if it is medically necessary. However, if you are in a Medicare Advantage plan or your doctor is in an Accountable Care Organization, the rules are different and the three-day requirement may be waived.

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

**May 4th** from 9:30-11am, followed by a meal by Lika, the owner of the Berlin General Store and Eatery. The program will feature chorus and band of Berlin Memorial School.

**June 1st Meeting** will be at the Berlin Country Club. 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.

For further assistance about this or any Medicare issue, contact the SHINE Program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.