



# POWDER HOUSE NEWS

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

MAY/JUNE 2018

978-838-2750

COA@TOWNOFBERLIN.COM

## EVENTS & ACTIVITIES

### MAY

5/3 - BERLIN SENIOR, FPC, PROGRAM & LUNCH AT 11AM

5/8- 19 CARTER RECIPE CLUB - 6:30PM - 19 CARTER

5/11 - PIZZA NITE AT FPC, 5-7PM

5/13 - MOTHER'S DAY

5/23 - COA MEETING 3:30PM TOWN OFFICES, RM 118

5/24 - COA ANNUAL SENIOR PICNIC, NOON AT NBII COMMUNITY CENTER

5/28 - MEMORIAL DAY

### JUNE

6/7 - BERLIN SENIOR, FPC, PROGRAM & LUNCH AT 11AM

6/8 - PIZZA NITE AT FPC, 5-7PM

6/12 - 19 CARTER RECIPE CLUB - 6:30PM

6/13 - COA VOLUNTEER LUNCHEON

6/14 - FLAG DAY

6/17 - FATHER'S DAY

6/21 - FIRST DAY OF SUMMER

6/27 - COA MEETING 3:30PM TOWN OFFICES, RM 118

## **ACTIVITIES AT 19 CARTER**

Open Monday through Friday (9am-5pm) and Saturday (10am-1pm).

Visit <http://www.19carter.org/> to learn of special events taking place

## **Weekly Senior Activities**

**Tai Chi and Yoga** Classes are held every week in Room 118 of the Town Offices.

All seniors are welcome

**Tai Chi** - Thursday 11am-12noon with Jeff Cote, supported in part by the *Massachusetts Cultural Council*.

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

**Balance & Fall Prevention** - Saturday mornings, 10:30-11:30am

\$2 donation suggested classes.

## TOWER HILL INVITES

### VISITORS TO PAY WHAT THEY WANT ON NATIONAL PUBLIC GARDENS DAY

Friday, May 11, 2018

10:00 AM-5:00 PM

Cost: Visitors can pay what they may on Friday, May 11th

Tower Hill Botanic Garden is pleased to announce that visitors can pay what they may on Friday, May 11, in celebration of National Public Gardens Day.

When guests arrive at the gate, they can determine how much they would like to pay for entry to enjoy Tower Hill's gardens, trails, and spring blooms. Organizers want anyone, regardless of income, to be able to enjoy the beauty and wellness opportunities that public gardens provide. In addition, some visitors might decide to pay more than they usually would to enter as a way to support Tower Hill's goal to share plants and nature with as many people as possible.

Patrons will also have the chance to experience art exhibits, a farm to table cafe, the Garden Shop, views of the Wachusett Reservoir, hands on activities, and much more.

National Public Gardens Day, established by the American Public Gardens Association, is a day to promote awareness of botanic gardens, arboreta, zoos, historic gardens, or any of North America's public gardens. Tower Hill Botanic Garden is a nonprofit organization estab-

## Annual Town Meeting

Mon., May 7, 8, 7:30 pm,  
Berlin Memorial School

## Annual Town Election

Mon., May 14, 12 noon - 8 pm,  
Berlin Town Offices

## NOTES FROM THE TOWN CLERK

### DOG LICENSES

Another appeal from Eloise Salls, our Town Clerk to get your dog licensed if you haven't already done so. As of this writing there are still several holdouts who have not completed the licensing form. She can be contacted at 978-838-2931. Please notify her if you no longer have a dog.

### SNOWBIRDS AND STUDENTS

For those of you who will be away for the November elections, you can apply for absentee ballots now. Applications are available outside of the Town Clerk's office. Stop by to pick one up. **Your vote does count!**

## GET A SENIOR PARKSPASS

If you're aged 62 or older, you're eligible for a discounted lifetime parking pass. This pass covers the cost of parking at most state parks. Cost of pass is \$10.

Go <https://www.mass.gov> and search for senior discounts for more info.

*Tower Hill continued* lished in 1986 in Boylston, Massachusetts, by the Worcester County Horticultural Society. For more information, please call 508-869-6111 or visit [towerhillbg.org](http://towerhillbg.org).

## SPRING, FINALLY !!

**IT APPEARS THAT SPRING HAS REALLY COME; IT IS TIME TO CELEBRATE THE END OF WINTER WITH OUTDOOR ACTIVITIES.**

**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.

**Meals on Wheels:** Meals delivered every Tuesday & Thursday Call Bev Baldwin at 978-838-7348 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 - Judy Mills; Vice President - Bob McTague; Treasurer - Judy Mills; Ass't Treasurer - open; Recording Secretary - Judy Duff; Corresponding Secretary - Bev Baldwin

**Meetings** - are held at First Parish Church on the 1st Tue. of the month, September thru May; June @ Berlin Country Club. Call Judy at 978-838-0403 for more info. See Page 4 for program details..

**Well Adult Clinic and Blood Pressure Screenings:** from 9:30-10:30 held at FPC before Senior meetings. Call: Tamara Be-dard, Town Nurse, 978-772-3335 ext. 340 for any questions.

**Reminder: There will be no meeting if school is cancelled or delayed.**

**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, 978-838-2790 To the newsletter online, please send email to lucyayers@charter.net.

***THE POWDER HOUSE NEWS IS PARTLY  
SUPPORTED BY THE  
EXECUTIVE OFFICE OF ELDER AFFAIRS.***

**THE JAPANESE LOVER**

BY ISABEL ALLENDE

The world known author Isabel Allende, has written a fascinating love story, set in San Francisco and covering the 70 year period from 1939, the beginning of the World War to the near present. Her skill is in the weaving of the characters' stories with the times, the sorrows, the passion and the mysteries that many lives can relate to.

The main character, Alma Mendel, age 7 is sent by her parents from Poland to Aunt Lillian and Uncle Isaac Belasco in San Francisco just as they had sent Alma's brothers to England as war loomed and Hitler's persecution of the Jews grew. At first Alma is very homesick but finds friendship in Nathaniel, Isaac's son who is several years older, but kind, and in Ichimei Fakuda, the youngest son of the gardener, and the same age as Alma.

Irina is an aide at Lark House, a nursing home in San Francisco who seems to have a secret in her background. She soon becomes a personal aide to Alma after Alma arrives very suddenly one day in a chauffeured car, with a simple wardrobe, a small Smart car, and a lifelong background as an internationally known textile artist. Why would this active woman in her early seventies choose to come to Lark House when she had a comfortable life in the Belasco family mansion?

Alma lives in the "independent

**Friends Who Have Passed**

Henry Wheeler - 03/04  
Mallory Mikelk - 03/07  
Frederick Wheeler, Sr. - 03/09  
Eleanor Zwicker - 03/19  
Roger Wheeler - 04/06  
Peter Zaleski - 04/07  
Francis J. Kivior - 04/09  
Francis Burke, Jr. - 04/16  
Erin (Tervo) Mojkowski - 04/22  
Lorraine Cedar - 04/25

*Book Review cont.* apartment" level at Lark House and teaches some textile art classes as do some other talented "independents". But once a month she receives a letter and the gift of a gardenia, after which she packs a small weekend bag with her best clothes and disappears for a few days, and returns very happy. Where does she go?

Seth, Alma's grandson, is fascinated by his grandmother, and decides that her sudden change to Lark House is because of mysterious happenings in her life. He convinces Irina to help him find out more about his grandmother's life with the ruse of Alma helping him write a historical saga of not just the Belasco's but of San Francisco.

The author skillfully ties together the various threads of the lives of her characters and leaves the reader with a sense of a mystery solved and an appreciation of the many kinds of love and sacrifice we may be capable of.

*Book Review by Pat Smith*

**LIONS CLUB METAL DRIVE**

The Berlin Lions Club will be holding a scrap metal drive on Saturday May 5, 2018 at Indian Head Farm on Pleasant Street in Berlin from 8am to 12pm.

Do you have old metal junk you need to get rid of? Why not donate it to the Berlin Lions Club.

We take anything metal with the exception of dehumidifiers, refrigerators, air conditioners and TVs.

All proceeds from the metal drive go to support our local Berlin Lions Club charities which include our scholarships, Halloween party, senior dinner, and to help people with various sight and hearing needs.

Local pickup is available. Please contact Tom Doerr at 978-875-3527.

## **GROW YOUR OWN VEGETABLES AT BERLIN COMMUNITY GARDEN**

The Berlin Community Garden is an organic style garden located on a parcel of conservation land in the Riverbridge development area near the Solomon Pond Mall. Plots are assigned first to Berlin residents who apply by April 15.

New this year: Any remaining plots will be made available to out of town residents on a 1st come, 1st served basis beginning April 16.

Plots are 20 x 20 or 10 x 10. A donation of \$15 for the 20 x 20 plots (\$10 for seniors 65+) and \$10 for a 10 x10 should be included with the application.

Please contact the garden manager, Debra Rolfe, at [dauby52@gmail.com](mailto:dauby52@gmail.com) if you have any questions or would like an application.

*Contributed by Debra Rolfe*

## **EIGHT LEGS JAZZ QUARTET**

Join them on Thursday, May 10th 1:00 pm Pompositticut Community Center 509 Great Road, Stow, MA For more information contact Tanya Maggi, [Tanya.maggi@necmusic.edu](mailto:Tanya.maggi@necmusic.edu), 617-585-1243

## **KEEPING YOUR BRAIN ACTIVE**

If you're looking for new ways to keep your brain active, you might be interested in these educational websites suggested by Bob McTague.

[www.edx.org](http://www.edx.org) — Free online courses in Computer Science, Humanities, Languages, Business Management from Harvard, Berkley, The University of Texas System, for example.

[www.coursera.org](http://www.coursera.org)—Join for free and take the world's best courses from universities like UC San Diego, Stanford, Duke, and more.

[www.khanacademy.org](http://www.khanacademy.org)— Where you can learn anything for free—from early math to linear algebra, science and engineering to economics.

## **BREAKFAST IN A MUG**

These recipes are great for a quick and easy breakfast or snack when you don't feel like spending a lot of time in the kitchen. All you need is a mug, add the ingredients, mix and microwave for 1 minute. **Note** that times may vary depending on your microwave.

### **Blueberry Muffin**

4 TBS flour  
2 TBS sugar  
1/8 tsp baking soda  
3 TBS milk  
1 TBS vegetable oil  
Pinch of salt

Mix all ingredients in a mug  
Add blueberries and stir  
Sprinkle brown sugar on top  
Microwave for 1 minute

### **Omelet in a Mug**

2 eggs  
2 TBS milk  
Chopped onions  
Pinch of Cheese  
Salt and pepper to taste  
Mix all ingredients in a mug  
Microwave for 1 minute  
Top with diced tomatoes, onions and parsley, if desired

### **Banana Cinnamon Muffin**

1/2 banana, mashed  
2 TBS milk  
1/4 tsp baking powder  
1-1/2 TBS brown sugar  
1/4 tsp vanilla  
3/4 tsp cinnamon  
5 TBS flour  
1 TBS vegetable oil  
Microwave for 1 minute

*THE COUNCIL ON AGING VAN PROVIDES RIDES FOR MEDICAL APPOINTMENTS, SHOPPING, & OTHER APPOINTMENTS. PLAN AHEAD THOUGH. CALL COA, AT **LEAST 24 HOURS IN ADVANCE**. LEAVE A MESSAGE WITH DATE AND TIME YOU NEED A RIDE. YOUR CALL WILL BE RETURNED. CALL 978-838-2750.*

## **WACHUSETT DAM WALKWAY**

The walkway across the top of the Dam will be open for enjoying the view of the Reservoir. DCR Rangers will answer questions about the Reservoir's history and the importance of watershed protection. Come learn about the Division of Water Supply Protection's role in ensuring that the reservoir is a pristine drinking water source.

The walkway along the top of the majestic Wachusett Dam has been closed since the 1990s due to water supply security. DCR Watershed staff will be on hand to answer questions and to provide information on DCR's watershed protection program.

Due to increased security, backpacks, briefcases, and other large bags will not be allowed at this event. All other items brought to the event may be subject to search.

For more information, directions, or accessibility questions please contact the Wachusett Watershed Rangers at 978-365-3800 or [wachusett.rangers@massmail.state.ma.us](mailto:wachusett.rangers@massmail.state.ma.us) / Jim Lafley at 508-792-7423 x 231 or [jim.lafley@state.ma.us](mailto:jim.lafley@state.ma.us).

Dogs are not permitted.

More information about DCR events can be found on

<https://www.mass.gov/files/documents/2017/12/13/Wachusett%20Reservoir%20Programs%20Winter%20Spring%202018.pdf>

## **MEDICAL EQUIPMENT**

The COA has a supply of medical equipment available for your use. We have canes, walkers, a lift chair, portable toilets, etc.

We accept donations of medical equipment in good condition. At this time, we are short on wheelchairs and would be glad to have any you're no longer using, so we can pass it on to someone else in need.

Lori Fearebay is the person to contact at 978-804-8487 or email her at [jfearebay@msn.com](mailto:jfearebay@msn.com) or leave a message on the COA phone at 978-838-2750.



**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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### **BERLIN FAMILY FOOD PANTRY**

The 28 volunteers at the Berlin Family Food Pantry offer 24 families in Town a helping hand by providing good nutritious food, paper goods and toiletries at no cost. The volunteers enjoy what they do and have gotten to know a lot of great people they would not have otherwise met.



Fran Gill, Bev Baldwin, Helene Nagy, April Crouch



Jane Barry helping out

Berlin residents are eligible if their income is \$24,120 or below for a single person and \$34,380 for two people. Proof of income will be needed unless you already qualify for fuel assistance under LIHEAP. BFFP is thankful for all the generous donations they have received in

the past, but there is always a need for additional donations. There are a variety of items that would help if you are able—gluten-free products, low sodium and low sugar items are needed. Toothpaste, mouthwash,

## PowderHouse News

Council on Aging  
Berlin, Massachusetts 01503

### **MEALS ON WHEELS PROGRAM**

The Meals on Wheels Program provided by the Montachusett Opportunity Council has proven to be very successful. Each Tuesday and Thursday, 3 meals are delivered to each qualified elder, one hot, one cold and one frozen. Reports have been good about the quality of the meals. Meals are prepared and delivered to people who are temporarily or permanently unable to cook for themselves.

We could use always more people to help deliver them. The Meals on Wheels coordinator is Bev Baldwin at 978-838-7348.

### **MARK YOUR CALENDAR**

The **Senior Picnic** will be held on Thursday, **May 24<sup>th</sup>**, at Northbrook Village II at noon. Buffet Way has been contracted to provide a chicken bar-b-que with potato salad, etc. It will be held in the Community Room from 11-12.

Bev Baldwin will be able to answer any questions you may have.  
978-838-7348

*BFFP continued* shampoo, toilet paper, shaving cream and other items are on their wish list.

The Pantry is open from 11:30-1:30 on Tuesday and Saturday or by appointment. For any questions, call Fran Gill @ 978-838-2508. You can also visit their website at [www.berlinfamilyfoodPantry.org](http://www.berlinfamilyfoodPantry.org) to apply or find out how you can help.

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

### **BERLIN SENIOR MEETINGS**

**When:** 1st Thurs. of the month  
**Well Adult Clinic:** 9:30-11 am,  
**Meeting & Program:** 11am  
**Lunch:** 12pm, \$5, unless noted

**May 3:** at First Parish Church

**Well Adult Clinic:** D'Ambrosio Eye Care, Inc. will do vision, glaucoma, cataract screening from 9:30-11am.

**Program:** Berlin Memoria School Chorus & Band

**Lunch:** Roast turkey dinner with vegetable, mashed potatoes and gravy, rolls and butter and dessert prepared by Lika of the General Store

**June 7:** at Berlin Country Club  
**Program:** The Magic of Scott Jameson

**Lunch:** Buffet with many choices that are sure to please any palette, prepared by Lika of the General Store. Well Adult Clinic will be held at the Country Club. (This program is supported by a grant from the Massachusetts Cultural Council.)

### **NOT A MEMBER**

of the Berlin Senior Citizens yet? Stop in at any meeting and join us for fun and activities. Membership fees are only \$10, \$5 for seniors 90 or over.

**COA Volunteer Luncheon** will be held on Wednesday, **June 13** at Barbers Crossing in Sterling (rt.12) at 12:30. Invitations will be mailed to volunteers.