



Powderhouse Senior News

NOVEMBER/DECEMBER 2013

BERLIN COUNCIL ON AGING • BERLIN • MASSACHUSETTS 01503

BERLIN COUNCIL ON AGING SERVICES AND PROGRAMS

MISSION STATEMENT OF THE BERLIN COA

Our mission is to enhance the quality of life of seniors in the community by providing services, which include nutrition, health screening, education and other programs to meet their needs.

- **Meals on Wheels (MOW)** - Meal deliveries will resume on the day after Labor Day and each Tuesday & Friday thereafter through June. Please 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 SHINE counselor.
- **"Powderhouse Senior News"** - a bi-monthly newsletter mailed to each senior household in Berlin with information on health, legislative issues, and other topics of interest to elders.
- **Blood Pressure Screenings** - twice a month - 1st Thursday of the month from 9:30 to 10:30 A.M. at First Parish Church. 4th Tuesday of the month from 9:00 to 10:00 A.M. at Northbrook Village Community building.
- **Private transportation** for medical appointments. Please call 978-838-0157 for further information.
- **Council on Aging Members:** Jim Connor, Chairman; Bill Lowe, Vice Chairman; Carolyn Landry, Secretary; Joyce LaMotte, Member; Sally Bergen, Treasurer; Ken Harrold, Member; Pat Wheeler, Member. **COA meetings** every 4th Wednesday in the Town Office Building from 9 - 10 AM.
- **Senior Citizens Association Officers:** President; Barbara Halloran; Denise Davis, 2nd Vice President; George Cedar, Recording Secretary; Open, Corresponding Secretary; Barbara Halloran, Treasurer; Joyce LaMotte, Asst. Treasurer; Millie Blenkhorn.
- **Senior Citizens Association Meetings:** at First Parish Church on the 1st Thursday of each month except July and August. Blood Pressure screening by VNA 9:30 - 10:30, followed by business meeting and program or entertainment and lunch is served (\$5.00) at noon.

(978)-838-0157

CHIEF THOMAS GALVIN SETTLES IN

Chief Galvin made the move to his new office in Berlin on September 9th. He is excited about his new position and is looking forward to becoming an important part of the town. He recognizes our needs, our culture and our people as they are much like Wayland where he grew up and spent 15 years as a member of the Wayland Police Department.

Our town being one of the smallest town population wise the Chief will be hands on and working with the seven full time officers and a similar number of part-timers. He will work toward maintaining the relationship the department has with the community. He has stopped by at the Wednesday coffee at the 1870 town hall and will speak to Senior Citizens of Berlin at their luncheon in January.

The Police Department web page is an excellent resource and Chief Galvin has plans to explore this means of communication. He is aware that not all of the 700 plus seniors in the town have a computer, so he will give regular updates to the PHN to supplement the webpage.

Many issues that the police monitor are important to seniors, one of these areas is identify theft and scams. If we get suspicious phone calls or unsolicited email requests we should inform the police. If we don't feel safe or if we feel threatened the police can look into the situation.

The Chief lives in Hudson with his wife and two daughters. We welcome him wishing him much success in his new position.

BERLIN PUBLIC LIBRARY HAS A NEW DIRECTOR

Bob Hodge has replaced Suzanne McGuire the former Director who recently retired. His credentials are impressive and we can look forward to our library continuing to bring patrons books as well as sources of information and entertainment not available in the libraries of our youth.

Bob lives in Clinton with his wife Frannie and daughter Lily. He is known for his participation in the Clinton Tribute Road Race where he placed 1st in 5 of the annual races and he rides his bike to work weather permitting. He looks forward to getting to know our small town and its citizens.

HAPPENINGS AT THE LIBRARY

• The library will soon begin lending e-readers. We have two Google Nexus 7 readers that will be available for a two week check-out. The e-readers will also be available for in-library "test drives" with assistance from the staff. Patrons borrowing the readers will be required to sign a borrower agreement in case they are lost or damaged. Patrons will also need access to WiFi to use the readers.

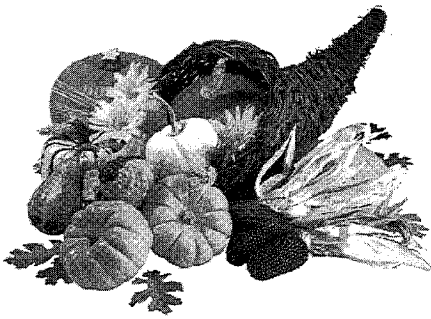
• The library also has access to many reference databases including local and international news databases. Please contact the library staff should you require assistance using these databases or if you would like a demonstration on what is available and how to use the resources.

• The library is also planning to restart our newsletter early next year. We will be polling everyone on the format they would like to receive their newsletter in. The initial issue will be mailed to everyone in town and future issues will be available in electronic format or mailed for those who request it.

• A committee is presently being formed to begin formulating the library's Long Range Plan. We are planning to send a town wide survey with the library newsletter. The survey will also be available on the library website.

• The library Friends Group which has provided us with our magnificent garden will be holding their Book and Bake sale on Saturday November 2nd from 9AM-1AM. Come and browse a wide assortment of books for children and adults and gently used DVD's.

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



OBITUARIES

Gone, but never forgotten

Joseph M. Voas	July 4, 2013
Daniel E. Jenkins	August 21, 2013
Eva Woodhead Feuerstein	September 13, 2013
Robert J. Vierkant	September 16, 2013
Audrey J. Burns	September 23, 2013
Patrick M. Stone	September 25, 2013
Eleanor Kittredge	October 14, 2013

EVENTS

Friendship Village Fair Shoppe

Saturday, November 2
Breakfast 8am - 10am; \$7 for Seniors
Shoppe Open 9am - 2pm
Lunch Court 10am - 1pm
Hand-pressed cider, homemade bread & pies,
hand-crafted bears, aprons, sweaters, and more!

Yoga w/ Sharon Santello

Yoga for all abilities
Saturdays 9-10:15
Room 118 Town Offices
Supported by Berlin Council on Aging
\$2.00 Donation

Community Coffee

Wednesday 9:00 - 11:00
Drop in and enjoy coffee and a sweet. Always
good conversation! 1870 Town Hall

Knitting

Wednesday 9:00 - 11:00
Knitters of all abilities are welcome. If you
have any questions send an email to Louise
Janda @LRJanda@verizon.net 1870 Town
Hall sponsored by the Berlin Public Library

*"You don't stop laughing because you
grow old. You grow old because you stop
laughing."*

~ Michael Pritchard

NOVEMBER RECIPE

CRANBERRY RELISH

Ingredients

2 cups washed raw cranberries
2 skinned and cored tart apples
1 large, whole (peel ON) seedless orange,
cut into sections
1 to 2 cups granulated sugar (depending on
how sweet you would like your relish to be)

Method

Run fruit through a grinder or food processor
(do not over pulse or the fruit will be mush)
Use the entire (seedless) orange with peel.
Mix in the sugar. Let sit at room temperature
until sugar dissolves, about 45 minutes. Cover
and store in the refrigerator.

Schedule of Community Activities

NOVEMBER

November 1	Pizza Nite 5pm - 7pm, \$8.00 First Parish Church
November 2	Friendship Village Fair 8am - 2pm First Parish Church Breakfast 8am - 10am, \$7.00 First Parish Church
November 2	Electronic Recycling 9am - 3pm First Parish Church
November 2	Library Book & Bake Sale
November 3	Set Clocks to EST
November 7	Senior Citizens Meeting/Lunch 10:30am - 12:30pm, \$5.00 First Parish Church
November 8	Wine Tasting Fundraiser 7pm - 9pm 1870 Town Hall
November 9	Boy Scouts Spaghetti Dinner 4:30pm - 7:30pm First Parish Church
November 15	Flyleaf Theater Fundraiser Dinner 6:30pm 1870 Town Hall
November 16	Tick, Tick, Boom! 8:00pm 1870 Town Hall
November 23	Community Turkey Dinner First Parish Church
November 30	Berlin Artisan Craft Fair 9am - 4pm 1870 Town Hall

DECEMBER

December 1	Youth Ensemble of NE 5pm First Parish Church
December 5	Senior Citizens Meeting/Lunch 10:30am - 12:30pm, \$5.00 First Parish Church
December 6	Pizza Nite 5pm - 7pm, \$8.00
December 6	Flute Concert 8pm 1870 Town Hall
December 7	Christmas in Berlin 9:30 See Flyer
December 21	Ladies of Locherbie Berlin Theater Company 2:30pm Matinee 1870 Town Hall 7:30 Evening show 1870 Town Hall

Prices reflect Senior Citizen rates



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DECEMBER RECIPE**CARAMEL CREAMS****Ingredients**

- 1 cup butter, softened
- 2/3 cup packed brown sugar
- 2 egg yolks
- 1/2 teaspoon vanilla extract
- 2 1/2 cups King Arthur Unbleached All-Purpose Flour
- 1/3 cup finely chopped pecans
- 1/4 teaspoon salt

Filling

- 2 tablespoons plus 1 1/2 teaspoons butter
- 1 1/2 cups confectioners' sugar
- 1/2 teaspoon vanilla extract
- 2 to 3 tablespoons heavy whipping cream

Directions

In a large bowl, cream butter and brown sugar until light and fluffy. Beat in egg yolks and vanilla. Combine the flour, pecans and salt; gradually add to the creamed mixture and beat well. Shape into two 10-in. rolls; wrap each in plastic wrap. Refrigerate for 1-2 hours.

Unwrap and cut into 1/4-in. slices. Place 2 in. apart on ungreased baking sheets. Bake at 350° for 11-13 minutes or until golden brown. Remove to wire racks to cool.

For filling, in a small saucepan, cook butter over medium heat until golden brown. Pour into a large bowl, beat in the confectioners' sugar, vanilla and enough cream to achieve spreading consistency. Spread on the bottom of half of the cookies; top with remaining cookies. Yield: about 3 dozen.

BERLIN FAMILY FOOD PANTRY

Hours: Tuesday or Saturday 11:30-1:00
23 Linden St., Cluster Box #6, Berlin, MA
 The Berlin Family Food Pantry has been established to give some measure of support to Berlin residents experiencing difficulty providing food for themselves and/or their family. We are depending on volunteers from the community to provide both food and service to our clients, who themselves may be volunteers.

Any non-perishable food, canned or boxed can be donated. Please check the 'use by code' before you give it to us. There is a list of most requested items which is available at the donation boxes and the Food Pantry at the Town Offices, 23 Linden Street.

Food items may be placed in the donation boxes at the Berlin Public Library, the Berlin branch of the Clinton Savings Bank, the Berlin Post Office, the 1870 Town Hall and the entrance to the Town Office Building at 23 Linden St., which is also where the food pantry is located. To arrange for a large donation to be brought directly to the pantry, please call Fran Gill at 978-838-2508 or leave an email message at fmgill@verizon.net.

If you are a Berlin resident and wish to use the Berlin Family Food Pantry, Welcome. Please bring proof of residency each time you come. Proof of residency could be a valid driver's license with a photo id., a rent receipt made out to you with a Berlin address and a photo id., or a bill with your name and Berlin address on it and a photo id. We will ask to see proof of residency each time you come.

Besides the practical aspect of providing food, we hope to foster a strong sense of community between both volunteer and client. A sense that we can and will depend on each other to get over the rough bumps life provides, neighbor to neighbor.

For more information you can visit the Food Pantry link off the town's website www.townofberlin.org as well as join Berlin Food Pantry on Facebook.

MEDICARE OPEN ENROLLMENT**October 15-December 7**

You can select a new plan for 2014 or keep the one you have.

Whether you have original Medicare, Medicare Advantage or a Medicare Part D prescription drug plan, you have one opportunity each year to make changes.

This opportunity is Medicare's open enrollment period, also called the Medicare Annual Election Period. Medicare plan

benefits and your needs can change on an annual basis, so use the open enrollment period to compare your options and get the right fit.

During this past year, have you: Changed the medications you take? Been diagnosed with a new medical condition? Any of those changes could mean your current Medicare plan no longer meets your needs.

If you need help you can call 1-800-243-4536 option 3 and they will put you in touch with a Shine Counselor.

DEFINITION OF HOARDING**By Mayo Clinic staff**

Hoarding is the excessive collection of items, along with the inability to discard them. Hoarding often creates such cramped living conditions that homes may be filled to capacity, with only narrow pathways winding through stacks of clutter. Some people also collect animals, keeping dozens or hundreds of pets often in unsanitary conditions.

Hoarding, also called compulsive hoarding and compulsive hoarding syndrome, may be a symptom of obsessive-compulsive disorder (OCD). But many people who hoard don't have other OCD-related symptoms.

People who hoard often don't see it as a problem, making treatment challenging. But intensive treatment can help people who hoard understand their compulsions and live safer, more enjoyable lives. Shared from article on the internet with permission.

There was a workshop on hoarding at the recent MCOA conference in Sturbridge. It talked about the worst cases, however my experience and observations indicate that maybe clutter is a part of the problem, when clutter becomes unmanageable it becomes hoarding. Do what you can to stop the mail, catalogs, and magazines that you don't have time to read. Distribute treasures to your loved ones now. Have a yard sale. Donate things you no longer use to local charities. De-clutter your house! And do whatever possible to prevent any further clutter.



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The Berlin Powderhouse Senior News

Council on Aging

Berlin, Massachusetts 01503

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ELDER ABUSE AND PROTECTIVE SERVICES FOR MASSACHUSETTS SENIORS

Elder abuse is when someone (a caregiver, for example) seriously harms an elderly person physically or emotionally, or steals or misuses the money or property of an elderly person. Elder abuse can also be self-inflicted if an elderly person living alone doesn't take care of his or her own basic needs.

Elder abuse can be:

- physical abuse
 - emotional or verbal abuse
 - sexual abuse
 - financial exploitation
 - caretaker neglect
 - self-abuse, when a senior is living alone and doesn't properly care for him/herself
- Anyone age 60 or older is protected by elder abuse laws. Separate laws apply to seniors living at home, and to seniors living in nursing homes. There are no income limits for elder protective services.

Anyone can report elder abuse.

If you, or a senior you know, is being abused or in danger of being abused, you should report it. Some people are required by law to report elder abuse, but anyone who believes an elder is suffering or has died as a result of abuse can and should report the abuse. Seniors can even report self-abuse, if they are living alone and unable to care for themselves.

Massachusetts laws require doctors, nurses, podiatrists, dentists, social workers, police and other emergency responders, elder outreach workers, directors of home health agencies, and certain other workers to report elder abuse. If any of these mandated reporters knows of elder abuse and doesn't report it, that person can be fined.

A mandated reporter must call to report the abuse right away, and must file a written report, Elder Abuse Mandated Reporter Form, within 48 hours.

In an emergency where there is immediate danger, call 911.

In non-emergency situations, you should call your local designated Protective Services agency and ask for Protective Services: You may also call the Massachusetts Elder Abuse Hot Line at 1-800-922-2275. The Elder Abuse Hot-line is open 24 hours a day, 7 days a week.

When you call, you should give as much of the following information as possible:

- the name and address of the senior
- the senior's age
- the type of abuse
- any medical treatment the senior is receiving
- the name of the person you are reporting for abuse, if any
- anything else you think is important to report

You may give your name and address if you choose, but you do not have to give this information. Your report will remain confidential, and the senior and person reported for abuse will not be told your name.

For nursing home abuse, you should call the Long Term Care Ombudsman serving your area. For contact information, call the Massachusetts Department of Elder Affairs toll-free at 1-800-882-2003, or see Contacting Long Term Care Ombudsman.

What protective services are provided?

A Protective Services caseworker will investigate the report to determine the type and extent of abuse. When needed, the caseworker will work with the senior and caregivers to develop a protective service care plan. Services may include counseling, legal services, home health care, transportation, housing, and safety planning.

For seniors living alone and not willing and/or able to care for themselves, a caseworker will meet with the senior to develop a plan to improve self-care and get support services.

Seniors must consent to protective services. If a senior is not competent to give consent, the caseworker may petition the courts for a temporary guardianship.

Protective services are free of charge.

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