



# POWDER HOUSE NEWS

BERLIN COUNCIL ON AGING—BERLIN, MASSACHUSETTS 01503

NOVEMBER/DECEMBER 2015

978-838-2750

COA@TOWNOFBERLIN.COM

## COMMUNITY ACTIVITIES

### **NOVEMBER:**

**11/3+11/17 - Lions Club Meeting - 19 Carter - 7pm**

**11/5 - Senior Citizens, FPC, 10:30am**

**11/6 - Friday Pizza Nite, FPC, 5-7pm**

**11/6 - Game Night - 19 Carter, 5-7pm**

**11/7- Friendship Village Shoppe**

**Fair - Children's Church - 9am-2pm**

**11/8 - Friendship Village Shoppe Fair - Children's Church - 11am-2pm**

**11/12 Backyard Astronomy -1870Town Hall- 6-9PM**

**Nov 21 Photo workshop with Marty Miller, 19 Carter, 10-11:30**

**11/26 - Happy Thanksgiving!**

**11/28 - Berlin Artisan Craft Fair - 1870Town Hall - 9am-4pm**

**Nov 30 -Tech Help with Parker, 19 Carter, 3-5pm**

### **December:**

**12/3 - Senior Citizens, FPC 10:30am**

**12/4 - Friday Pizza Nite, FPC, 5-7pm**

**12/4-12/5 Christmastime in Berlin**

**12/6 - Hanukkah begins**

**12/10 - COA Luncheon - FPC, Noon**

**12/22 - Winter Solstice**

**10/26 - Tech Help with Parker, 3-5pm, 19 Carter**

**12/25 - Merry Christmas!**

**12/31 - Happy New Year**

### **Weekly Activities at 19 Carter**

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

**Monday** - 2:30-4:30, Tea Time  
- 7pm, Cribbage

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

**Wednesday** - 9-11am, Community Coffee,

**Thursday** - 2:30-4:30pm - Tea Time

**Friday** - 10am-12pm, Kids Playgroup

**Saturday** - 10am-1pm, Community Coffee

### **Town Offices, Rm 118,**

**Thursday** - Tai Chi, 10:30-11:30am

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

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

**Suggested donation, \$2.00**

## HOME HEATING ASSISTANCE

### FOR SENIORS

Low Income Home Energy Assistance Program (LIHEAP) - LIHEAP helps low-income individuals and seniors pay their heating bills during the winter. Eligible recipients can either own or rent their home and cannot have an income greater than \$31,218 for a single person or \$40,824 for two. For more information, please call the Massachusetts Heat Line toll-free at 1-800-632-8175. Citizens Energy Heat Assistance Programs - Citizens Energy Heat Assistance has two programs for home heat assistance. The Citizens Energy Oil Heat Program offers free heating oil to people in need. Each eligible household is allowed a one-time delivery per heating season of 100 gallons of home heating oil. The Citizens Energy / Distrigas Heat Assistance Program gives a \$150 utility bill credit to eligible households who heat with natural gas. Eligible recipients are facing a financial hardship and are not eligible for LIHEAP, or have used up their LIHEAP benefits. To apply, please visit [www.citizensenergy.com](http://www.citizensenergy.com) or call 1-877-JOE-4-OIL. Weatherization - The Weatherization Assistance Program (WAP) is a government-funded program to help low-income homeowners and renters lower their energy costs by making their homes more energy efficient. The program saves households an average of \$350 per year in energy costs. Energy inspector's visit eligible households to see what work needs to be done to save energy. The inspectors also do a health and safety check to make sure that all energy-related systems are working properly. Weatherization workers then make energy-saving improvements as needed. You can get free WAP services if you are eligible for the LIHEAP Fuel Assistance program or if someone in

*Continued on Page 4*

## BUS TRIP TO SALEM CROSS INN

The first official trip of the COA Senior Bus was held on 10-16; 10 Berlin Seniors traveled to Salem Cross Inn. Our bus driver Bob Williams did a great job. We also enjoyed help from Ron Plutniki as we left the bus at each stop. The lunch was great and the foliage beautiful! Another Senior bus from Hopkinton was at Salem Cross. It was nice to see them.

We will begin our two weekly trips Wednesday the 21st and Thursday the 22nd. There are 2 people who have doctors appointments in Marlboro on the 22nd. So far there isn't anyone signed up for grocery shopping on the 21st.

This project was made possible with the backing of many, including the Selectmen, the Finance Committee and many residents working together to provide transportation to Berlin seniors.



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### CHAIRMAN OF COA

**Jim Connors** has decided to make good his dream of retiring to the Cape. His resignation as Chairman of COA is effective Nov 1. Jim has been an active member of COA and the Lions Club. He will be missed, but we wish him well in his retirement.

This leaves the COA with an opening for a new member. Please contact 978-838-2750 or email [COA@townofberlin](mailto:COA@townofberlin) for more info.

**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 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)** - 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. 40.

**Private Transportation** for medical appointments. Call 978-838-2750 to schedule a ride.

**Council on Aging Members**: Chairman - Open; Secretary - Fran Gill; Treasurer - Joyce LaMotte; 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 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**:

Contact Lucy Roseberry Ayers - 978-838-2790 or at lucyayers@charter.net to receive your newsletter online.

**FRIENDSHIP VILLAGE FAIR SHOPPE**

The Friendship Village Fair Shoppe, put on by First Parish Church, will be held on Saturday, **November 8**, from 8am-2pm and Sunday, **November 9**, from 11am-2pm in the **Parish Hall Children's Church**, 24 Central Street.

The fair features knitted items; handmade teddy bears; vintage and handcrafted jewelry; Hearth and Home with assorted handmade items, baked goods and collectibles; and attic treasures. Handmade items crafted by artisans and farmers in 30



*Bears from previous years*

countries around the world can be also purchased. The Cheese is an all-time favorite that sells out quickly.

Come have your breakfast in the morning and browse through the gigantic yard sale under the tent and inside lower level of Children's Church. Soup and sandwiches, made with freshly, baked bread and organically grown ingredients, will be served in the Food Court, as well as, coffee, tea, apple cider and assorted deserts.

**CHRISTMAS SHOPPE FAIR**

Christmas Shoppe Fair at St. Joseph's, Saturday, **Dec. 5** from 9am-3pm and Sunday, **Dec. 6** from 9am-noon will feature gift baskets of all shapes and sizes, homemade soups stews, Christmas cookie & bake sale, crafts. Santa will visit from 10-noon on Saturday.

**TAX BILLS**

You may have noticed your real estate tax bill is late. The DOR has recently approved new rates for FY2016 -

Residential	- \$15.88
Commercial & Industrial	- \$23.47
Personal property	- \$23.46

**BERLIN SENIOR CITIZENS**

Meetings start @ 10:30, and lunch at noon

Thursday, **November 5<sup>th</sup>**

Our November Meeting begins with a short talk by Sharon Santello about the two Yoga classes she conducts on Saturday and the many benefits of Yoga.

Chief Thomas Galvin will follow with updates on our upcoming Regional Dispatch, the work our police are doing in the community and their ongoing monitoring of scams.

Thursday, **December 3<sup>rd</sup>**

One of our favorite programs will be presented by the Berlin Memorial School Band and Chorus. Kathryn Denney, Band Director is new to BMS and Sarah Richards, Chorus Director will present the Children's Chorus.

**CHRISTMASTIME IN BERLIN**

*Christmastime in Berlin* will begin Friday night **December 4<sup>th</sup>** with "Pizza Nite" at the First Parish Church and a Flute Choir concert at the 1870 Town Hall. The fun continues all day Saturday, **December 5<sup>th</sup>**; a variety of Berlin groups and organizations will provide activities and entertainment throughout the day. Local businesses will participate with sales, door prizes and even goodies. Other locations hosting happenings include the Berlin Public Library, 19 Carter and St. Joseph's Church. Weather permitting there will be a fire pit and hay rides in the town center. A special guest ventriloquist performs for the kids at 2pm. Santa will arrive via fire truck at 3pm and there will be caroling around 5pm when multiple trees will be lit in the center of town. A soup supper follows the tree lighting and the day concludes with a Contra Dance ending at 10:30pm. Mark your calendar, and look for additional information in the coming weeks on Facebook at *Christmastime in Berlin*.

*A Winter Wonderland* is the title for the *Christmastime in Berlin* Memorial Hall display by the Historical Society from Friday, **Dec. 4** at 6:30 until the concert starts and Saturday, **Dec. 5** from 1-5pm.



## **HARVEY LEONARD, "BURIED IN BOSTON"**

Spend a fascinating and informative evening with Harvey Leonard, Chief Meteorologist from WCVB Channel 5. The program, presented by 1870 Town Hall and Friends of the Berlin Public Library, is titled "Buried in Boston: Record breaking Winter of 2014-15", a subject that is painfully fresh in our minds.

According to Harvey, the only reason he would not come is if we have a big snow storm. Keep your fingers crossed that the weather holds up and join us on November 22, 2-4pm in the 1870 Town Hall. Admission is free with refreshments. It is hoped we will not need a snow date!

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Pat Joubert, the Children's Librarian, will be retiring at the end of December. She has been with us for 5 years. Come join us for *Christmastime in Berlin* on 12/7 for some refreshments and to take a few moments to wish Pat well in her retirement.

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## **BACKYARD ASTRONOMY:**

### **USING THE**

### **NEW LIBRARY TELESCOPE**

**DATE: NOVEMBER 12**

**TIME: 6:00PM TO 7:00PM**

**LOCATION: 1870 TOWN HALL,  
GRAND HALL**

Please attend this family friendly PowerPoint presentation to 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.

The telescope was donated to the Library by Douglas & Patricia Coldwell and will be maintained by the Aldrich Astronomical Society, Inc. as part of their Adopt a Library Program.

"Spacey" door prizes will be offered. Aldrich will host an outdoor observing event if the weather permits.

## **VISITORS INVITED TO AUTHOR'S BRINGING NATURE HOME TALK**

All are welcome to attend a talk and book signing by Doug Tallamy, author of "The Living Landscape: Designing for Beauty and Biodiversity in the Home Garden," at 7 p.m. on Wednesday, Nov. 4. Tallamy will discuss the important ecological roles of plants in landscapes, and emphasize the ecological, educational, physical, and emotional benefits of designing landscapes with these roles in mind. Tallamy, a professor at the University of Delaware, is a previous winner of the Silver Medal from the Garden Writer's Association for his book, "Bringing Nature Home." The cost for the Nov. 4 event is \$15 for members and \$25 for nonmembers. To register or for more information, visit [towerhillbg.org](http://towerhillbg.org) or call 508-869-6111.



4.5" Orion Starblast Telescope donated to the Library by Douglas & Patricia Coldwell

### **STAY CONNECTED!**

Did you know that the Town of Berlin has both an official Facebook and Twitter account? Follow the Town of Berlin on Facebook by searching for "Town of Berlin, MA" and follow Town happenings on Twitter@TownofBerlinMA.

## **RIGHT TO FARM COMMUNITY**

Berlin is a "Right to Farm" community as stated in the Town By-Laws. The by-law reinforces the right to farm for both commercial and family farms, which includes raising livestock; growing and harvesting forest products; dairying; production, cultivation, growing and harvesting fruits and vegetables; cultivation and tillage of the soil, while maintaining fair farming procedures and practices. A disclosure notice is required by landowner prior to exchange or sale of real property.

The Community Gardens on River Road are sponsored by the committee and run by Deborah Rolfe, Community Garden Manager. They provided residents plots to grow their own fresh vegetables.

The Agricultural Committee is comprised of 7 members representing most branches of farming and agriculture. They work with Farm Bureau to encourage, promote and protect farming. Anyone can come to committee meetings to learn about available resources, such as UMass Extension Service, to improve soil for better production or find out how to make use of their land even on smaller plots.

**Winter is coming** - time to have your furnaces cleaned and also your chimneys, if you have a wood-burning stove.



### **Phases of the Moon**

Nov 3	- Last Qtr
Nov 11	- New Moon
Nov 19	- First Qtr.
Nov 25	- Full Beaver Moon
Dec 3	- Last Qtr
Dec 11	- New Moon
Dec 18	- First Qtr
Dec 25	- Full Cold Moon

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

**Paula LaForce - 9/6**

**Janet Bartlett - 10/4**

**Claire Delaney - 10/23**

**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**

### **MEDICARE OPEN ENROLLMENT IS NOW! YOU NEED TO CHECK YOUR PLAN!**

Here is Beth's story. Beth was in Okeydokey Drug plan in 2015 and decided to see a SHINE counselor in her town to compare Okeydokey to other plans for 2016.

She was surprised to find that two of her medications won't be covered on her drug plan next year and it would cost her \$550 a month to pay for them!

The SHINE counselor helped her find a new plan -- and she saved over \$6000! Success!

To find a SHINE counselor, go to your Council on Aging or call 1-800-243-4636.

You can also look on the Plan Finder yourself at [www.medicare.gov](http://www.medicare.gov) or call Medicare 24/7 at 1-800-633-4227.

#### **Passes at the Library**

The Library have several passes available - some are free and others are discounted.

#### **Check them out!**

Ecotarium

Massachusetts Parks Pass

Museum of Russian Icons

Tower Hill

USS Constitution Museum

*"If we couldn't laugh we would all go insane." - Robert Frost*

### **SOAR PROGRAM**

The SOAR program is a senior volunteer effort to encourage children to read. Senior's go to the school and the children read to them. It is very interesting, the books they read are so different from "Dick, Jane and Spot". It is a ½ hour commitment once a week.

You can send an email to Mrs. McNally [lmcnally@bbrsd.org](mailto:lmcnally@bbrsd.org) or leave your name with Judy Rapa the school secretary 978-838-2417.

#### **Fuel Assistance - Continued from Page 1**

your household gets SSI or TAFDC. For more information, please call the Massachusetts Heat Line toll-free at 1-800-632-8175.

MassSave - MassSave is an energy savings program for Massachusetts homeowners and renters. MassSave offers energy tips and information about free home energy assessments, energy-saving products, and loans, rebates, and other incentives for energy-saving home improvements.

MassSave is for Massachusetts residents who want to save money by making their homes more energy efficient. Anyone can use the MassSave web site or telephone line to see which rebates, loans, home energy assessments, or other energy programs are available to them.

Most programs are for homeowners or tenants who live in 1-to-4 unit dwellings and pay their own heat or electricity. Low-income residents may qualify for free services.

For more information, please visit [www.MassSave.com](http://www.MassSave.com) or call 1-866-527-7283.

### **COA HOLIDAY LUNCHEON**

The Annual COA Holiday Luncheon will be held at the First Parish Church, Thursday, Dec. 10<sup>th</sup> at 12:00pm. The Buffet Way will cater the event.

#### **COA BERLIN RIDES**

The bus is ready to take you for a ride either shopping or to appointments. The process starts with submitting your registration. The information will help us in future scheduling and in conducting the program. The current schedule is Wednesday for shopping and Thursday for appointments. We will also be holding Lunch trips. Call 978-838-2750 to schedule a ride or get more info. We will return your call within 24 hours.

### **SENIOR ACTIVITIES**

Held in Room 118, Town Offices.

**Senior Yoga** - Saturday mornings from 9:00-10:15 Sharon Santello.

**Chair Yoga** - Saturday mornings from 10:30-11:30 with Sharon.

**Tai Chi** - Thursday morning from 10:30-11:30 with Jeff Cote.

### **WINE & BEER TASTING**

Wine & Beer Tasting to benefit the Berlin Family Food Pantry on Friday, November 13 from 7-9pm at the 1870 Town Hall. Tickets are \$20 each, \$35 for couples. The event is sponsored by the Wine Cellar at BJ's. Tickets can be purchased at Lowe's Variety or from Pam Dona at 978-838-2992.

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