



# POWDER HOUSE NEWS

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

NOVEMBER/DECEMBER 2017

978-838-2750

COA@TOWNOFBERLIN.COM

## **EVENTS & ACTIVITIES**

### **NOVEMBER**

**11/2 - BERLIN SENIOR, FPC, PROGRAM & LUNCH AT NOON**

**11/4 - FRIENDSHIP VILLAGE SHOPPE, FPC, PARISH HALL, 8-2**

**11/4 - BOOK & BAKE SALE, PUBLIC LIBRARY, 10-1**

**11/5 - FRIENDSHIP VILLAGE SHOPPE, FPC, PARISH HALL, 11-2**

**11/10 - PIZZA NITE AT FPC, 5-7PM**

**11/11 - VETERANS DAY**

**11/13 - 19 CARTER RECIPE CLUB - 6:30PM,**

**11/17 - WINE TASTING, 19 CARTER,**

**11/22 - COA MEETING 3:30PM TOWN OFFICES, RM 118**

**11/23 - THANKSGIVING DAY**

### **DECEMBER**

**12/2 - CHRISTMAS SHOPPE FAIR, ST. JOSEPH'S, 9-3:30**

**12/2 - CHRISTMAS SHOPPE - 9-3**

**12/5 - BERLIN SENIOR, FPC, & LUNCH**

**12/7 - PEARL HARBOR DAY**

**12/8 - PIZZA NITE AT FPC, 5-7PM**

**12/11 - SPECIAL TOWN MEETING**

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

**12/12 - 1ST DAY OF Chanukah**

**12/20 - LAST DAY OF Chanukah**

**12/21 - Winter Solstice**

**12/25 - MERRY CHRISTMAS**

**12/27 - COA MEETING 3:30PM TOWN OFFICES, RM 118**

## **Weekly Senior Activities**

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

**Tai Chi** - Thursday 11am-12noon with Jeff Cote

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

**Balance & Fall Prevention** - Saturday mornings, 10:30-11:30am with Sharon Santello  
\$2 donation suggested classes.

## **SCAMMERS TARGETING SENIORS**

Senior citizens are often the targets of criminal activity, particularly identity theft and scams. Seniors can be targeted by telephone, through the mail, door-to-door or over the Internet. Remember, *if it sounds too good to be true, then it probably is*. These criminals try to play on your good will and trust. They will try to fast talk you or trick you by representing themselves as a government agency or a bank wanting to verify information.

Scams can vary but the objective is the same, to trick the victim into giving the thief money or access to bank accounts. It can be done any number of ways and the perpetrators are very skilled. They may make you think someone you know is in trouble and needs money wired to them or that you have won a prize but you must first pay a tax or a fee. While the particulars are different, there are common tips to protect yourself.

Remember a legitimate business or government agency will NEVER call or email you asking you to verify account information, PIN numbers, social security or credit card numbers.

If they won't put it in writing, don't do business with them.

Ask questions.

Don't feel pressured to "act now"

Don't pay by cash or wire money.

Don't be afraid to hang up or close the door.

If you receive a letter or phone call or e-mail notifying you that you have won some kind of prize, be careful! This is most likely a scam.

Check references.

When contracting work, get a written contract that is signed and includes total price, a detailed de-

*See next column*

## **WATER... IT'S GOOD FOR YOU!!!!**

**Water helps your body function by:**

- Keeping your body temperature normal;
- Lubricating & cushioning joints;
- Protecting & cushioning your vital organs;
- Helping you absorb nutrients;
- Carrying nutrients & oxygen to your cells;
- Moistens oxygen for breathing;
- Removing waste (urination, respiration and elimination).

**Your body needs more water when you are:**

- In hot weather; Running a fever;
- Having diarrhea or vomiting;
- Physically active.

If adequate water is not consumed on a daily basis, the body fluids will be out of balance, causing dehydration.

**Best sources of water are:**

- Drinking water (tap or bottle);
- Soup; milk; low sugar juices;
- Jell-O; Popsicles;
- Oranges, melons, tomatoes.

**Where is all that water?**

The human body is made up of 72% water.

- Lungs: 90% water; Blood: 82%;
- Skin: 80%; Muscles: 75%;
- Brain: 70%; Bones: 22%.

Some people have fluid restrictions because of a health problem. If your healthcare provider has told you to restrict your fluid intake, be sure to follow that advice.

*-From Nashoba Associated Boards of Health*

scription of the work, as well as starting and ending dates, as well as a payment schedule.

Do not be embarrassed if you are a victim of a scam. If you believe you are a victim, contact your local police immediately.

*-From mass.gov website*

**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 978-758-1247 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 Bedard, 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 receive newsletter online, please send email to lucyayers@charter.net.

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

**A GENTLEMAN IN MOSCOW** BY AMOR TOWLES

It is 1922 when 30 year old Alexander Ilyich Rostov is called before the Committee of the People's Commissariat for Internal Affairs in Moscow. The expectation is that as an unrepentant aristocrat he should be put against the wall and shot. However, some in the senior ranks of the Party plead his case and he is instead sentenced to house arrest at the Hotel Metropol where the Count has a suite. If he is to ever to set foot outside the Metropol, he will be shot. Count Rostov had been raised by his godfather, the Grand Duke Demidov after the untimely death of both his parents. The Grand Duke, raised and educated Ilyich and his sister, Helena, in the aristocratic tradition. One of his first words of wisdom for the young Rostov was "that adversity presents itself in many forms; and that if a man does not master his circumstances then he is bound to be mastered by them." The Count soon realizes the worth of this advice. Written from the point of view of the Count, the reader is treated to masterful language of the cultured class of the times. Characters are developed and scene after scene is delightfully drawn. The Count forges friendships with other long term members of the grand hotel. There is no lack of humor as characters and the droll Count interact. Unlikely alliances are made and Count Rostov develops a character rich in emotional maturity and wit but is almost undone when circumstances suddenly puts the life of a six year old girl in his hands. The story line never falters as the Metropol is the one place in the changing city that all manner of characters flow through. The world beyond the doors of the hotel affects the lives of those within as the young Bolshevik revolution gradually leads to the time of Stalin and finally even the Metropol is not immune to the cruelty of the tumultuous times in which the story is set.

-Reviewed by Pat Smith

**SPECIAL ELECTION FOR STATE REPRESENTATIVE**

**November 7**—Special primary for State Representative—Town Office 7am to 8pm

**November 15**—last day for voter registration

**December 5** - Special election for State Representative— Town Offices, 7am to 8pm

**SPECIAL TOWN MEETING**

**December 11th** - Berlin Memorial School - 7pm

**ST. JOSEPH'S CHRISTMAS SHOPPE FAIR**

SATURDAY, DECEMBER 2 - 9-3:30

SUNDAY, DECEMBER 3 - 9-NOON

Christmas Café, Gifts Baskets,  
Raffles, Bakes Goods

**BERLIN LIONS CLUB**

The Berlin Lions Club is a community organization that provides many services to the Town. Such services are a children's Halloween Party, a free dinner for Senior Citizens, a scholarship for Berlin High School Seniors, a winter skating party, a paint night, a pumpkin giveaway for Berlin Memorial students and a peace poster contest for Tahan-to Regional High School students. The Berlin Lions also holds fund raising events like The Village Power Raffle and a Toll Road to raise money for local and international charities. The Lions meet on the 1st & 3rd Tuesdays at 7 pm at 19 Carter St. Anyone interested in becoming a member is welcome to attend. For membership information please contact Tom Sharon at [tsh0442@charter.net](mailto:tsh0442@charter.net) or 978-838-0442.

**Friends Who Have Passed**

Frederick Borden - 9/17

Philomene McGourty - 9/21

Mary Wendler - 9/24

Albert Richard - 10/2

Rose Marie Sawyer - 10/4

Barbara St. John - 10/19

### **VETERANS' STATISTICS**

#### **Did You Know?**

In WWII, there were 86,940 Marine casualties in 3 ½ years. In Vietnam there were 103,324 Marine casualties in 5 ½ years.

#### **Did you know?**

In WWII, the average Marine saw 40 days of front line fighting in 3 ½ years. Using the same criteria in Vietnam the average Marine saw 240 days of front line fighting in 1 year. 24 times the exposure.

#### **Did you know?**

Marines comprised 20% of the troops that served in Vietnam and have 26% of the names on The Wall.

#### **Did you know?**

28% of all Marines that served in Vietnam would be killed or wounded. Including all support troops. So if you were in the bush it would be closer to 50 or 60%.

*Resource: The Virtual Wall website*

### **TRIPS ON THE COA VAN**

The COA van goes to the Westboro YMCA on Monday, Wednesday & Friday. The van leaves at 11:00 and returns at 1:00. The Y is not far from the Wegmans and Christmas Tree Shoppe. If you are interested in going to the Y or shopping, call 978-838-2570 to hitch a ride. Membership fees for the YMCA are separate.

### **HELP WANTED**

**The Council on Aging is seeking to fill several positions**

- **Van drivers to drive seniors, as needed, to doctors appointments, to the markets, etc.**
- **Drivers to deliver Meals on Wheels. This is a volunteer position with mileage reimbursement.**
- **YOGA Instructor for Seniors**

**For information about these opportunities, contact George Pendergast at 978-758-1247.**

**Need a ride to a doctor's appointment or going to market? Call COA for a ride on the bus. Call 978-838-2750.**

### **THE GRAVEDIGGER'S GIFT AT BERLIN PUBLIC LIBRARY**

A performance of the one-act play: "The Gravedigger's Gift" by Steve Henderson comes to the Berlin Public Library on Sunday, November 19th at 2 pm and will be presented at 19 Carter. The play is based on the Gravediggers from Shakespeare's Hamlet.

The Gravediggers (or Clowns) are examples of Shakespearean fools (also known as clowns or jesters), a recurring type of character in Shakespeare's plays. Like most Shakespearean fools, the Gravediggers are peasants or commoners that use their great wit and intellect to get the better of their superiors, other people of higher social status.

Don't miss this hilarious and thrilling blend of comedy, mystery and drama.

For more information please contact the Berlin Public Library at 978-838-2812. The performance is funded in part by the Massachusetts Cultural Council. Admission is free.

### **TECH HELP**

#### **WITH PARKER AND DAVIS**

**Saturday, Nov. 11<sup>th</sup> and Dec. 9<sup>th</sup> 10 a.m. - 12 p.m. at 19 Carter St.**

Thinking of getting a smartphone? Need help with your existing smartphone? Want to link your phone to your car? Want to join Facebook so you can stay in touch with your family? Do you have any issues at all with your laptop, tablet, smartphone, smartwatch, wireless speaker, or any other electronic device? Are you a computer science student seeking assistance with homework? If you have any of these needs, Tech Help with Parker and Davis is for you. The only dumb tech help question is the one you don't ask. Contact them at [19CarterTech-Help@gmail.com](mailto:19CarterTech-Help@gmail.com)

**How fresh is your bread?** Tags tell you everything. Monday—blue; Tuesday—green; Thursday—red; Friday—white; Saturday—yellow

### **FRIENDSHIP VILLAGE FAIR**

#### **BERLIN'S FIRST PARISH CHURCH**

24 Central Street in Parish Hall  
Remember....it's

**Sat. Nov. 4** - Shoppe open 8-2

- Breakfast starts at 8 am
- Lunch court opens at 10 am
- Homemade bread and pies, hand-crafted bears,
- Aprons, sweaters, Serrv, jewelry, cheese, candy,
- and yard sale.
- Recycling truck will be there on Saturday

**Sunday Nov. 5** - Shoppe & yard sale open 11-2

### **19 CARTER RECIPE CLUB**

The Recipe Club meets next on Tuesday, Nov. 14. Bring along an ethnic family dish that you had growing up or one you enjoy making to share with the group.

On Dec. 12, we'll share a potluck dinner and have a Yankee swap. Bring a wrapped present. It can be new (but not over \$5), used or regifted.

Ann Phipps can be reached at 978-838-7311 for more details.

#### **– Full Beaver Moon – Nov. 4<sup>th</sup> –**

This was the time to set beaver traps before the swamps froze, to ensure a supply of warm winter furs. Another interpretation suggests that the name Full Beaver Moon comes from the fact that the beavers are now actively preparing for winter. It is sometimes also referred to as the Frosty Moon.

#### **– The Full Cold Moon; or the Full Long Nights Moon – Dec. 3<sup>rd</sup> –**

During this month the winter cold fastens its grip, and nights are at their longest and darkest. It is also sometimes called the Moon before Yule. The term Long Night Moon is a doubly appropriate name because the midwinter night is indeed long, and because the Moon is above the horizon for a long time. The midwinter full Moon has a high trajectory across the sky because it is opposite a low Sun.

**The winter solstice** is the "shortest day" of the year, with the least amount of sunlight. The Sun reaches its most southern point in the sky at local noon. After this date, the days start getting "longer".

**Thank you!**

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## *PowderHouse News*

Council on Aging  
Berlin, Massachusetts 01503

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### **IMPORTANT DATES FOR SENIORS**

Are you spending too much for your prescription drugs?

Let SHINE help you find the right Medicare drug plan.

**Medicare Open Enrollment  
October 15 - December 7**

SHINE provides free & unbiased health insurance counseling for Medicare beneficiaries of all ages. Call Council on Aging, 1-800-243-4636 for an appointment.

*From the Shine Program serving the  
Health Information Needs of Elders*

### **MEALS ON WHEELS UPDATE**

Meals on Wheels has undergone a change since last year. The meals are prepared by the Montachusett Opportunity Council (MOC). Seniors who are housebound, unable to drive to sites offering meals or unable to prepare meals for themselves, are eligible to have meals delivered to their home. Meals can be delivered on long-term or a short-term basis if the need arises. Please contact Bev Baldwin at 978-838-7348 for information about the program.

### **SENIOR FRAUD HELPLINE**

1-800-297-9760

The goal of the Helpline is to be a recognized safe place for seniors in Worcester County who may be confused or concerned about a phone call, email or other solicitation.

*Interested in Volunteering? Call  
Kathy at 508-791-7787 for details!*

### **IMPORTANT INFORMATION FOR SENIORS**

***You're getting a new Medicare card!  
Cards will be mailed between April  
2018 - April 2019***

You asked, and we listened. You're getting a new Medicare card! Between April 2018 and April 2019, we'll be removing Social Security numbers from Medicare cards and mailing each person a new card. This will help keep your information more secure and help protect your identity. You'll get a new Medicare Number that's unique to you, and it will only be used for your Medicare coverage. The new card won't change your coverage or benefits. You'll get more information from Medicare when your new card is mailed.

**Here's how you can get ready:**

- Make sure your mailing address is up to date. If your address needs to be corrected, contact Social Security at [ssa.gov/myaccount](https://ssa.gov/myaccount) or 1-800-772-1213. TTY users can call 1-800-325-0778.
- Beware of anyone who contacts you about your new Medicare card. We'll never ask you to give us personal or private information to get your new Medicare Number and card. time than your friend's or neighbor's.
- Understand that mailing everyone a new card will take some time. Your card might arrive at a different time than your friend's or neighbor's.

### **BERLIN SENIOR MEETINGS**

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

**November 2:** at First Parish

**Program:** Soprano Ruth Harcovitz, who was crowned Ms. Massachusetts Senior America queen in 2015, will be performing her rendition of military songs to commemorate Veterans Day.

**Lunch:** BBQ chicken, mashed potatoes & green beans served by Lika from the General Store. **All veterans are invited to attend.**

Call Judy Mills at 978-838-0403 to let her know you are coming if you are not a member of the Berlin Senior Citizens.

**December 7,** at First Parish

**Program:** Seniors will be treated to a performance by the Berlin Memorial Chorus and Band under the direction of Kathryn Denny.

**Lunch:** Meatloaf with gravy, mashed potatoes and a vegetable will be served by Lika from the General Store.

### **HOLIDAY SENIOR DINNER**

#### **SAVE THE DATE**

**When:** December 14 at noon

**Where:** First Parish Church

Bring your holiday spirit to the COA Holiday Senior Dinner on Dec. 14th. Plan on enjoying a turkey dinner with all the fixings prepared by Buffet Way.

We look forward to seeing you there. Call Pat Wheeler at 978-838-2559 for information.