



POWDER HOUSE NEWS

BERLIN COUNCIL ON AGING—BERLIN, MASSACHUSETTS 01503

SEPTEMBER/OCTOBER 2015

978-838-0157

COA@TOWNOFBERLIN.COM

COMMUNITY ACTIVITIES

SEPTEMBER:

9/3 - Senior Citizens, FPC, 10:30am

9/7 - Labor Day

9/8 - 5-6pm, Relieving Stress & Finding Joy, 19 Carter

9/11 - Friday Pizza Nite, FPC, 5-7pm
- Game Night, 19 Carter, 6-9pm

9/13 - Grandparents Day

9/14 - Rosh Hashanah

9/20 - St. Joseph's Fall Fair -
9:30am-4pm See Pg 3

9/20 - Nat'l Wife Appreciation Day

9/23 - Fall Begins

9/23 - Yom Kippur

9/26 - Photo Workshop 10-12,

COA Bus Dedication, 2-4pm, 19 Carter

9/28 - Tech Help with Parker, 3-5pm,
19 Carter

October:

10/1 - Senior Citizens, FPC 10:30am

10/2 - Friday Pizza Nite, FPC, 5-7pm
- Game Night, 19 Carter, 6-9pm

10/12 - Columbus Day

10/15 - Nat'l Grouch Day (for anyone who needs a reason)

10/17 - Indian Head Farm Pumpkin Fling 11am-3pm

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

10/31 - Halloween

Weekly Activities at 19 Carter

We welcome donations to support operations of the building.

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 Play-group

Saturday - 10am-1pm, Community Coffee, starts September 12th

Weekly Activities,

Town Offices, Rm 118, See Pg 4

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

Saturday - Senior Yoga, 9-10:15am
- Chair Yoga, 10:30-11:30am

Suggested donation, \$2.00 for classes.

SENIOR & VETERAN WORK-OFF PROGRAM

The Senior & Veteran Work-Off Program is off to a good start. Applications have come in; several positions have already been filled and town departments are beginning to reap the benefits.

Participants will receive a reduction of up to \$1000 in property taxes each fiscal year worked. Seniors and veterans must own and occupy the residence and the property for which the tax credit is sought. These tax credits are in addition to other tax abatements and tax exemptions that might apply.

Funding is provided for up to 20 positions in various town departments and organizations - 1870 Town Hall, Library, COA, Assessors, Treasurer and Tax collector offices, Building Inspectors, Cable Access, Police & Fire departments, Board of Health, the municipal building. Duties range from file maintenance, clerical work, mailings, photography and painting.

For more information about the program, contact COA @ 978-838-2750.

NOTES FROM THE POLICE BLOTTER

Several incidents have been reported of FEDEX or UPS packages being stolen from people's mailboxes. If you are missing a delivery or notice suspicious activity, please contact the police at the non-emergency number 978-838-7356.

Be ready for storms & power outages. Keep cell phones charged, flashlights with extra batteries, candles, matches and bottled water.

Berlin Meal Wagon resumes on September 8. Call Lorraine Cedar at 978-838-2215 to receive home-cooked, nutritious meals delivered to your home twice weekly on Tuesday & Friday. Suggested donation is \$2.00.

THE BUS IS HERE!!!

The COA purchased the used



2005 bus on Thursday the 17th of August. This three-year project was accomplished with the help of many people. We are planning a Dedication of the bus at 19 Carter Street on the 26th of September from 2pm to 4pm. The program is expected to begin Oct. 1 with trips planned on Tuesday, for shopping, and Friday for appointments; although, this schedule is subject to change.

Those using the services need to fill out a registration. Forms will be available at the Town Clerk's office, on the Town of Berlin website or by calling the COA office to leave a message.

Suggestions for a name for our bus are being solicited and can be sent to coa@townofberlin.com or leave voicemail at 978-838-2750.

19 Carter - New hours for the coming months will be Monday through Friday 9am-5pm. And Saturday morning starting on September 12 from 10am-1pm. Call 978-415-0014 with any questions. See website <http://www.19carter.org/> for updates on programs and events taking place. All are welcome.

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 978-838-0157 to schedule a ride.

Council on Aging Members: Chairman - Jim Connor; Secretary - Fran Gill; Treasurer - Joyce LaMotte; Members - Pat Wheeler, Carolyn Cashin, Karen Schultz, Lori Fearebay.

Senior Citizens Association Officers: President - Barbara Halloran; Vice President - Trudy Tervo; Treasurer - Joyce LaMotte; 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.



The Veterans Project

The Berlin Family Food Pantry has been sending its extra bread, pastries, and selected food and clothing to Veterans Inc., 69 Grove St., Worcester for a year now. The collection depends on a volunteer to drive these very welcomed commodities to the homeless Veterans shelter. It leaves the food pantry around 1pm on Saturday.

Lately, we haven't been able to bring these products to the shelter because no one has offered to drive them there. It is 20 minute ride, at most, to the shelter off Lincoln St. It's a shame that these men and women, who are heralded as wounded warriors, are so totally ignored once they are back on the land they are willing to die for.

This is a small way you could show your gratitude. You can plant a flag outside your home and be thought a patriot, or give an hour of your time once a month to make a difference in a patriots life. Call Mary Mikelk to sign up. 978-838-2326.

The **Lions Club** is an organization dedicated to the betterment of our community. They sponsor several town activities during the year. They meet the 1st & 3rd Tuesday of the month at the Portuguese Club in Hudson. New members are welcome. Contact Lori Burton @ 978-838-0210 to join.

BERLIN SENIOR CITIZENS

Thursday, September 3rd, The first meeting of the 2015-2016 year will be held at the First Parish at 10:30. There will be a presentation made by our Town Nurse Tamara Bedard. She will speak about foodborne illnesses.

The Senior Bus is parked at the town offices. There will be a short outline of the preliminary plans for the bus as well as the opportunity to indicate your transportation needs and how the COA can help you.

Thursday, October 1st, After the business meeting we will enjoy a great program about the Connecticut River. Bob McTague will take us to Historic Deerfield and a trip down the Connecticut River. He and Mattie attended a three day excursion put on by the Road Scholars.

A Lunch trip to Salem Cross Inn.

We are considering a trip to West Brookfield for lunch in October. There are five entrée selections as well as dinner rolls, salad, pecan custard bread pudding, coffee, tea or decaf. The cost is \$20 which we will ask you to bring the cash with you. We will pick a day during the week of October 5th.

MULLIGANS MINIATURE GOLF LEAGUES

Mulligan's Miniature Golf is planning a Senior Day every Wednesday in the month of September for Seniors to join/start a Town League and/or Individual Play and meet other neighboring town seniors who you may not have seen in years - a great way to reconnect, make new friends, share stories and have some fun!

- Free coffee and donuts at 8:30am
- Golf starts at 9am.
- Special price of \$6.00 per round.

Mulligans is located at 124 Leominster, Rd, Sterling.

For more information, contact Bill McNamara @ 508-612-6242.

ST. JOSEPH'S FALL FAIR

CELEBRATING 62 YEARS

As part of its long-standing tradition, St. Joseph the Good Provider Church, Rt. 62, will hold its Fall Fair on Sunday, September 20th. It all began as the "Chicken Carnival" in the early 50s while St. Joseph's was still a mission church of Our Lady of the Rosary in Clinton. It later evolved into the Fall Fair. The Fair runs from 9:30am-4pm on the church grounds, following an 8:30 Mass. Donuts, breakfast sandwiches and coffee will be served starting at 8:30am.

There is something for everyone including Attic Treasures, Baked Goods & Harvest Booth; featuring fresh baked apple pies and apple crisp; the Adult and Children's "Portuguese" Booths, a Silent Auction, a prize Raffle, and much more! For the children, there will be a variety of games like our Duck Pond and Ring Toss and the always popular, Bouncy House.

Lots of great food will be available including homemade doughnuts and cider, breakfast sandwiches, fried dough, hamburgers, hot dogs, meatball grinders, sausage & pepper grinders, chili and, of course, our "Famous Chicken BBQ" dinner, as well as, Craft and Flea Table Exhibits on the lawn. For additional information about the Fall Fair or to purchase dinner tickets in advance, call the Church office: 978-838-9922.

WELCOME FR. TOKARZ!

As of July 1, Fr. Thomas Tokarz was appointed the new pastor of St. Joseph the Good Provider Parish, replacing Fr. Robert Spellman, who recently retired to Southgate in Shrewsbury after many years in Berlin.

Fr. Tokarz, who grew up in Webster, has been in the priesthood for 38 years, serving first at Our Lady of Czestochowa in Worcester, and St. Joseph parishes in Webster, Gardner and now Berlin.

When asked how he liked Berlin, he replied, "It's a good change. It's quiet, except for the traffic!"

If you haven't already met him, take a moment to say hello at the Fall Fair. One of the raffle prizes this year will feature an authentic, home-cooked Polish meal prepared by Fr. Tokarz for the winner(s).

CONSERVATION COMMISSION

ACCESSIBLE TRAIL

In late spring of 2016 (after mud season) the Conservation Commission will install an ADA accessible trail from the lawn at the corner of Pleasant and Central Streets, down a slope (that meets ADA standards) onto and along the right side of the mowed field, crossing a brook and about 300 yards into the wooded area stopping at a great, old, white oak. A picnic table and benches will be available

On another favorable note, the Commission has protected over 60 acres in the past year; 27 purchased outright, 23 protected with a conservation restriction, i.e. no building covenant, and a 10 acre gift. All three parcels connect and add to over 25 miles of existing hiking trails.

As always when hiking, be respectful of private property.

How to get the picture you

WANT..

A photo workshop by Marty Miller

a systematic
approach

Sponsored by The Berlin Public Library
and the Council on Aging

Bring a digital camera that
you know how to
operate.



Refreshments
Served!

10AM-Noon at 19 Carter St. September 26, 2015

Phases of the Moon

Sept 5 - Last Qtr
Sept 13 - New Moon
Sept 21 - First Qtr.
Sept 27 - Full Harvest Moon
Oct 4 - Last Qtr
Oct 12 - New Moon
Oct 20 - First Qtr
Oct 27 - Full Hunter Moon

Kenneth Harrold passed away in May of this year. We would like to acknowledge his many contributions to the COA, Seniors Citizens, the Lions Club and as Chairman of the Board of Berlin Retirement Homes. Ken was also a recipient of our Legacy Award. He will be sorely missed by his family and caretaker, Annie.

Friends Who Have Left Us

Kenneth Harrold - 5/24
Eunice (Spinney) Hoban - 7/10
Ida Jane Bartlett - 7/28
Margaret Rauscher - 8/13
Jeremy Eschelbacher - 8/17

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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HAPPENINGS AT THE LIBRARY

On Friday Sept. 4th Birds of Prey w/Tom Ricardi will be presented at the 1870 Town Hall @ 6:30.

The Library Adult Book Club meets once a month. Call or ask at the Library for information.

The Library Friends Group which has provided us with our magnificent garden and Museum passes will be holding their next meeting on Sept. 9th @ 11:00am.

Sept. 26th The Library presents Photo Workshop with Marty Miller (see Pg 3).

Sept. 28th the Library presents Tech-Help with Parker from 3-5 @ 19 Carter. Call 19 Carter to request a time slot. 978-415-0014.

Nooks are available for borrowing to read e-books. For more information please visit website: <http://www.townofberlin.com/departments/library/ebooks-audiobooks-and-videos>

Also available at the Library is a KILL A WATT meter. The meter, endorsed by MassSave, can be used to identify your 'energy hog' appliances.

The Library is literally at your fingertips with CWMars. The website gives you access to search titles/authors, reserve books and view items checked out. Go to cwmars.org, enter your library card # and last name in caps as your password to login.

PowderHouse News

Council on Aging
Berlin, Massachusetts 01503

**BULK RATE
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Exercise and Fitness as You Age

Starting or maintaining a regular exercise routine can be a challenge as you get older. You may feel discouraged by illness, ongoing health problems, or concerns about injuries or falls. Or, if you've never exercised before, you may not know where to begin. Or perhaps you think you're too old or frail, or that exercise is boring or simply not for you.

While these may seem like good reasons to slow down and take it easy as you age, they're actually even better reasons to get moving. Exercise can energize your mood, relieve stress, help you manage symptoms of illness and pain, and improve your overall sense of well-being. In fact, exercise is the key to staying strong, energetic, and healthy as you get older. And it can even be fun, too, especially if you find like-minded people to exercise with.

Excerpt from <http://www.helpguide.org/COA ONGOING PROGRAMS>

Sharon Santello, a Registered Yoga Teacher, has been teaching the senior yoga class for 10 years. She also has a Bachelor's degree in Health Sciences.

Jeff Cote has been a student, practitioner and teacher of Martial Arts, Qi Gong & other practices for over 20 years.

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.



Yoga is a wonderful low impact exercise for seniors. It helps to maintain and increase levels of flexibility as well as build strength and endurance. Balance poses increase balance and because yoga is weight-bearing, it can have a positive impact on Osteopenia and Osteoporosis. Yoga and yoga's breathing exercises help to relieve stress.

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