



POWDER HOUSE NEWS

BERLIN COUNCIL ON AGING—BERLIN, MASSACHUSETTS 01503

SEPTEMBER/OCTOBER 2016

978-838-2750

COA@TOWNOFBERLIN.COM

COMMUNITY ACTIVITIES

SEPTEMBER:

9/1 - SENIOR CITIZENS, FPC,
THURS., 10:30AM
9/2 - NATIONAL BACON DAY
9/5 - LABOR DAY
9/8 - STATE PRIMARIES
9/9 - FRIDAY PIZZA NITE, FPC, 5-7PM
9/10 - TECH HELP WITH PARKER, 10-
12, SAT. 19 CARTER
9/11 - ST. JOSEPH'S FALL FAIR -
CHURCH GROUNDS, SUN 9:30AM-4PM,
9/11 - GRANDPARENTS DAY
9/16, 17, 24 FLYLEAF THEATER, 8PM,
1870 TOWN HALL
9/22 - AUTUMN BEGINS
9/24 - HISTORICAL SOCIETY, BREWER
RESIDENCE, 6:30PM
9/25 FLYLEAF THEATER, 2PM, SUN.
1870 TOWN HALL

October:

10/6 - SENIOR CITIZENS, FPC,
THURS., 10:30AM
10/6 - FLU CLINIC, FPC 9:30AM
10/8 - TECH HELP WITH PARKER, 12-
2, MON., 19 CARTER
10/10 - COLUMBUS DAY
10/14 - FRIDAY PIZZA NITE, FPC, 5-
7PM
10/8 - TECH HELP WITH PARKER, 10-
12, SAT., 19 CARTER
10/31 - Halloween

Weekly Activities at 19 Carter

Open Monday through Friday (9am-5pm) and Saturday (10am-1pm). All activities are free. We welcome donations to support operations of the building. For weekly emails on programs and activities call 978-415-0014 or email 19carter.org or maryredington@charter.net

MONDAY - 2-4, TEA TIME

TUESDAY - 12-2 PM, LUNCH TIME SOUP

WEDNESDAY - 9-11AM, COFFEE AND KNITTING,
- 6:30PM, CRIBBAGE & SKIP BO

THURSDAY - 2-4PM, TEA TIME

FRIDAY - 10AM-12PM, KIDS PLAYGROUP
- 12-2PM LUNCHTIME SOUP

SATURDAY - 10AM-1PM, COMM. COFFEE

COMMUNITY LEGAL AID

Community Legal Aid provides free civil legal assistance to low-income and elderly families and individuals in central and western Mass. Their advocates have expertise in legal issues affecting elders. They can provide representation in courts and before administrative agencies with regard to a variety of legal matters, such as, domestic violence, and denial of Medicare benefits to name a few. They can prepare legal documents, including health care proxies, powers of attorney and homestead declarations.

There are no financial guidelines for services to individuals 60 or over; however, they do target services to the most vulnerable elders who are in social and/or economic need. Elders should call if: Denied government benefits such as SSI or Social Security; Benefits have been reduced or terminated; Electricity or gas has been, or will be, shut off; problems with Medicare, MassHealth or access to health care; concerns with nursing homes or rest homes; have housing problems or being evicted; victims of abuse or exploitation; or other legal problems. Call Community Legal Aid at 855-353-6452 for more info.

FOOD PANTRY

The Berlin Food Pantry serves 24 families for a total of 90 people per month. The Pantry can use donations of food, cleaning supplies and paper goods. Donations can be made at the Post Office, Town Offices, Recycle Center at the Transfer Station and Market Basket. Keep your receipts because donations are tax deductible.

SENIOR MEALS

Berlin Meals Wagon begins again on Sept 6, Tuesday after Labor Day. Meals are prepared and delivered on Tuesday and Friday, Sept. thru June. Call Lorraine Cedar 978-838-2215 to sign up or for info.

YOUR BUS AWAITS YOU!

The senior bus was purchased for the convenience of Berlin's senior citizens to use for taking trips to the grocery store, like Market Basket or Wegman's or for rides to appointments, medical or otherwise. The bus can also be used for rides to 19 Carter for soup on Tuesdays and Friday, coffee on Wednesday mornings, tea on Thursday and even to the Flyleaf's Sunday matinee at the 1870 Town Hall.

To schedule a ride, simply call 978-838-2570 the day before you want a ride. You'll be given a call back to set up a pick up time. If it's your first time, you'll need to fill out a "Berlin Council on Aging Rider Information" form prior to riding on the bus.

The bus is here for you. It can give those who are not able or do not like to drive the chance of mobility to run errands and an opportunity to socialize.

SENIOR CITIZEN MEETINGS

The Berlin Senior Citizens meetings are back from a summer hiatus. The first meeting on September 1 will begin at 9:30am at First Parish Church with blood pressure readings for those who want one, followed by a presentation by Alison O'Leary on "Hidden Gems of New England" and lunch.

The program for the October 6th meeting will be presented by Tamara Bedard, the Town Nurse.

Anyone needing a ride can call for a ride on the Senior Bus.

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.

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 info.

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 Be-dard, Town Nurse, 978-772-3335 ext. 340.

Medical & Shopping Transportation for appointments. Call 978-838-2750 to schedule a ride.

Council on Aging Members:

Chairman - George Pendergast; Secretary - Fran Gill; Members - Pat Wheeler, Kate Bliss, Karen Schultz, Lori Fearebay, Bev Baldwin.

Senior Citizens Association Officers:

President - Trudy Tervo; Vice President - Bob McTague; Treasurer -Hazel Miele; Ass't Treasurer - open; Recording Secretary - Helen DiMuzio; Corresponding Secretary - Jeanne Snay; Hospitality - Barbara Halloran

Senior Citizens Association Meetings:

First Parish Church on the 1st Thursday of the month, September through May. June @ Berlin Country Club. Blood pressure screenings 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 info.

Newsletter Editor:

Contact Lucy Roseberry Ayers at lucyayers@charter.net to receive your newsletter online. Archived newsletters at <http://www.townofberlin.com/boards-and-committees/council-on-aging/>

PULLING PERMITS - THINGS TO CONSIDER WHEN BUILDING OR REMODELING

The building inspector is the person to contact for pulling a permit if you're reroofing, residing your home, new construction or demolishing existing structures, to name a few examples. Plumbing permits require a licensed plumber. Gas permits require a licensed plumber or a gas fitter. Most electrical permits need to be pulled by a licensed electrician. Some permits, such as fire alarm systems, installation of larger propane tanks and renting dumpster, have to be pulled with the Fire Department. The inspector or clerk would be able to let you know what type of permit or authorization from other town boards is needed.

Each city or town has its own set of building and zoning codes enforced by the inspectors. This requires the inspectors to take continuous education classes to keep abreast of codes at both the State and Town levels to insure work meets these standards.

Building Inspector responsibilities include handling code and plan reviews, zoning and land use issues and inspections mandated by law at various stages of the project before signing off on the work. While it does not happen very often, work that doesn't meet code or is unpermitted may be required to be removed and reworked. Problems resulting from work that has not been properly inspected could mean loss of insurance benefits.

Permit applications can be filled out on line or with the clerk at the Inspectors' Office in the Town Offices. Window hours are Monday thru Friday from 10-12. Any questions can be addressed by calling the office at 978-838-0046.

When your friends begin to flatter you on how young you look, it's a sure sign you're getting old. - Mark Twain

MANY HANDS THRIFT SHOPPE

REOPENS

The shoppe has re-opened and waiting for you to stop in and find your next bargain of gently used clothing.

Hours have changed —

Tuesday - 10am to 2pm

Thursday - 12-8pm (new)

1st & 3rd Saturday -12-2pm

FREE MONEY, JUST SMILE.

by 19Carter

Free money, just smile.

Amazon has an amazing program that helps customers support non profit organizations. It's called Amazon Smile. If you shop at Amazon and chose 19 Carter as your preferred charity, we'll receive a small donation--at no cost to you. That should make us all smile.

AmazonSmile is a simple and automatic way for you to support 19 Carter. Every time you shop, the Amazon Smile Foundation will donate 0.5% of the eligible purchase price to 19 Carter. When you shop all the products and prices are the same as Amazon.com, and millions of products are eligible for donations.

For 19 Carter to benefit from this program, before shopping, go to smile.amazon.com from the web browser on your computer and select us as your charitable organization. The site will remember your selection, so every future, eligible purchase you make at smile.amazon.com will result in a donation.

We believe the 9,000 people that have been through 19 Carter since we opened have all left with a smile. Choose 19 Carter. Buy. Donate. Smile.

BERLIN ART & HISTORICAL SOCIETY

SEPTEMBER 24TH, 6:30PM

The first program of the season will be "A Walk Through the Past" held at the residence of Alfred and Edith Brewer at 31 Highland Street. The event starts at 6:30pm with a pot luck dinner under the tent. The regular meeting will follow dinner. All are invited.

TELEPHONE DIRECTORY

The 2016 Berlin Telephone Directory can be purchased at the presidential elections in November at the Town Offices. In addition to resident phone numbers, there book contains a listing of local businesses and services. The book is only \$4.00.

BERLIN CULTURAL COUNCIL BRINGING GREAT PROGRAMING TO YOU

The Berlin Cultural Council(BCC) supports community-based projects in the arts, humanities, and sciences. The programs promote the availability of rich cultural experiences for all ages in our community and is funded through the Massachusetts Cultural Council and the town of Berlin.

Through the application process in 2015, the BCC provided funding for many programs in town this year. Several music programs were supported including the Symphony Pro Musica's summer concert and the Assabet Valley Mastersingers who offer free tickets to senior citizens and a program by David Polansky called "Music through the Decades". Two events just for the senior citizens were also funded by the BCC, Tommy Rule presented "A Musical Journey Through the Years" and Alison O'Leary is presenting "Hidden Gems of New England" in early September. Berlin public library events include Ed the Wizard "Reading is Magic", an art workshop for everyone called "Pastel Painting Stunning Still-lives Like the Masters" and a presentation by storyteller Mary Jo Miaichack. called "This-A-Way Mezudio".

The BCC works to provide and maintain the vitality of local cultural resources and to insure these are shared within the Berlin Community. At the BCC, we begin preparing for the grant cycle long before any applications are reviewed by gathering input from the community. Many of you participated in our recent survey which helps us respond to the needs of Berlin.

The Berlin Cultural Council will begin accepting applications September 1 for the next grant cycle. All applications must be received by Monday, October 17, 2016. It is a small window but a wonderful

opportunity for groups, organizations, individuals and artists to apply for funding for their special programs. Detailed information and the online application is available on the Massachusetts Cultural Council (MCC) website.

The Berlin Cultural Council relies on volunteers to provide funding for these wonderful programs for our community. A volunteer in a town committee serves a 3 year term and unfortunately most of our current council member's term is ending soon. Without volunteers we will lose our local chapter and the funding for these great experiences for our community.. If you are interested in serving a term as a cultural council member please contact the BCC and fill out an application to be a volunteer with the town selectmen's office. It will be one of the most rewarding experiences you could imagine. Help us continue to bring great performances, educational programs and the arts to the Berlin community and schools. Meetings are held once a month for half the year. The time commitment is very reasonable and the rewards are notable as the year unfolds.

<http://www.townofberlin.com/boards-and-committees/cultural-council/>



Phases of the Moon 2016

Sept 1 - New Moon
Sept 9 - First Quarter
Sept 16 - Full Harvest Moon
Sept 23 - Last Quarter
Sept 30 - New Moon
Oct 9 - First Quarter
Oct 16 - Full Hunter's Moon
Oct 22 - Last Quarter
Oct 30 - New Moon

Friends Who Have Passed

Daniel Le Blanc - July 10
Alma Ackley - August 9
Donald Hosmer - August 12
Alan Wheeler - August 17
David Holder - August 21

ASIAN LONGHORNED BEETLES

You may have noticed the Asian long horned beetle traps on Barnes Hill Rd. and Linden St. The traps only attract the beetles if they are already in the area.

The Asian long horned beetle (ALB) is an invasive wood-boring



insect that attacks hardwood trees, including maple, birch and elm. A large infestation of ALB

was discovered in Worcester, MA in August 2008 and is currently under eradication. A small infestation of just 6 trees was found in Boston in 2010.

The spread of ALB would cause negative impacts to the maple sugaring, nursery, tourism and forest product industries of Massachusetts, and would seriously threaten our state's forest, park and street trees. The Division of Crop and Pest Services, through the Cooperative Agricultural Pest Survey (CAPS) Program, provides public outreach and screening of potential Asian long horned beetle sightings in order to prevent the further spread of this invasive pest.

Anyone can contribute to stopping the spread of ALB in our state. Here are three suggestions for what you can do to help:

1. Take ten minutes and survey your own property for signs of both beetles.
2. Organize a talk and/or survey for a local group or organization in your area.
3. Buy firewood only where you intend to burn it, and chip wood onsite following yard work or storm cleanup. Don't move wood long distances because you could be accidentally spreading pests.

There is a lot of information on the Asian Longhorn Beetle, as well as the Emerald Ash Borer on the Mass.gov website. Search on 'Asian longhorn' for more info.

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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PowderHouse News

Council on Aging
Berlin, Massachusetts 01503

**BULK RATE
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FLYLEAF THEATER

IN SEPTEMBER

A Future Perfect

Flyleaf Theater Company

By Ken Urban

Directed by Eric Butler

September 16, 17, 24 at 8pm

September 25 at 2pm

Claire and Max find their values put to the test when best friends Alex and Elena announce they are having a baby. Claire is climbing the corporate ladder in advertising, while her husband Max is a puppeteer for PBS. With friends entering into parenthood, they ask: What happened to the indie-rock, kids that hated everything their parents believed in? A contemporary and timely new comedy about friendship and defining success. Tickets for Berlin residents are only \$10. Contact flyleaftheater.com to purchase tickets in advance.

Seeing Like an Artist

Sunday, September 18 2-4pm

Have you ever seen... heard experienced something that moved you to ask, "How can I share this with others?" Painter Tom Georgon provides a simple introduction to help you see more like an artist; that is, view reality with the goal of finding things to enjoy, interpret, and communicate to others. To demonstrate his approach, Tom will paint an autumn scene in acrylic. Free admission! Refreshments provided! Sponsored by The Friends of the Berlin Public Library.

ST. JOSEPH'S FALL FAIR

Sunday, September 11th, 2016

St. Joseph the Good Provider Church, Route 62, in Berlin, MA will hold its annual Fall Fair on Sunday, September 11th on the Church grounds, as part of a long-standing tradition for the parish.

There is something for everyone starting with fresh made doughnuts, coffee, cider or a hearty sandwich from the Doughnut Booth.

The Attic Treasures Booth is a great place to shop. The Baked Goods & Harvest Booth features fresh baked apple pies and apple crisp baked in our Church kitchen; as well as a variety of homemade cookies, breads and treats. The Adult and Children's "Portuguese" Booths have been a long-time favorite. The Silent Auction has a few surprises with items donated by local merchants and a raffle with chances to win the first prize of \$1,000!

For the children, there will be a variety of games like the Duck Pond and Ring Toss and the always popular, Bouncy House and Face Painting.

Lots of great food will be available all day, including fried dough, French fries, hamburgers, hot dogs, meatball grinders, sausage & pepper grinders, and of course our "Famous Chicken BBQ" dinner. Tickets for the dinner are available in advance; you may con-

tact the Church office for more information or to purchase dinner tickets: 978-838-9922.

Look for Crafters and Flea Table Exhibitors There will be activities and music all day.

Handicapped parking is available.

TAX BREAKS FOR SENIORS

Seniors 70 years or older, veterans, & those who are blind could qualify for a break on their real estate taxes. The link to look into is <http://www.mass.gov> and search for senior tax breaks.

FLU CLINIC

The flu clinic will be held on Thursday, October 6th from 9:30-11am at the First Parish Church, 24 Central St. It is open to all ages 6 months and up; no appointment is necessary. Any resident of any of our member towns can attend any of our clinics. We will be posting the full listing of clinics on our website: www.nashoba.org.

Weekly Senior Activities

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

Tai Chi - , Thursday 10:45-11:45am with Jeff Cote

Senior Yoga - Saturday mornings, 9:00-10:15 Sharon Santello

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

"I'm so glad I live in a world where there are Octobers." - L.M Montgomery