



POWDER HOUSE NEWS

BERLIN COUNCIL ON AGING—BERLIN, MASSACHUSETTS 01503

SEPTEMBER/OCTOBER 2017

978-838-2750

EVENTS & ACTIVITIES

SEPTEMBER

9/4 - LABOR DAY

9/7 - BERLIN SENIOR, FPC,
PROGRAM & LUNCH AT 11:45AM

9/8 - PIZZA NITE AT FPC, 5-7PM

9/10 - ST. JOSEPH'S FALL FAIR

9:30AM-4PM, MASS AT 8:30AM

9/12 - 19 CARTER RECIPE CLUB -
6:30PM, GARDEN HARVEST
RECIPES

9/12 - BUS TRIP TO ROTA SPRINGS
FARM, PICK UP STARTS @ 1:30PM

9/19 - COA PICNIC AT NORTH-
BROOK II COMMUNITY ROOM, NOON

9/20 - COA MEETING 3:30PM TOWN
OFFICES, RM 118

OCTOBER

10/9 - COLUMBUS DAY

10/5 - BERLIN SENIOR, FPC,
PROGRAM & LUNCH

10/10 - 19 CARTER RECIPE CLUB -
6:30PM, PUMPKINS

10/13- PIZZA NITE AT FPC, 5-7PM

10/16 - BCC GRANT REQUESTS DUE

10/18 - COA MEETING 3:30PM
TOWN OFFICES, RM 118

10/19 - KEN BURN'S VIETNAM ON
PBS

10/21 - VIETNAM DISCUSSION AT
BOLTON PUBLIC LIBRARY

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 morn-
ings, 9-10:15am Sharon Santello

Balance & Fall Prevention -
Saturday mornings, 10:30-
11:30am with Sharon Santello

\$2 donation suggested classes.

SENIOR CIRCUIT BREAKER

TAX CREDIT

If you're over 65 on or before
Dec. 31, own or rent in Massachu-
setts and meet the income re-
quirements, you may be eligible
for the Senior Circuit Breaker
Tax Credit. Home values must be
less than \$720,000 as of 1/1/16.

Residents must file Mass. State
Tax Form 1, Schedule CB (Circuit
Breaker) and include Schedule HC
(Health Care).

Adjustments can be made for 3
years prior as long as all eligibility
requirements are met.

The income limits from all
sources including Social Security
are as follows:

Single - \$57,000

Head of Household - \$70,000

Married, filing jointly - \$86,000

Married, filing separately does
not qualify.

An example of the Tax Credit
calculation for homeowners assum-
ing Real Estate Tax is \$3,500,
water and sewer fees are \$1,000
and total income is \$30,000.

Home & Real Estate Tax -\$3,500

1/2 of water & sewer fee- \$500

Less 10% of total income \$3,000

Tax Credit \$1,000

Max. amount for 2016 is \$1,070.

Figures not yet provided for
2017.

For more information about this
go to the **Department of Revenue**
web site www.mass.gov/dor/forms
then click on the **Online Forms**
Index and look for **Schedule CB**.
You can also call **800-392-6089**
with any questions you may have.

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

Donations accepted.

DON'T IGNORE

YOUR MEDICARE MAIL

It's that time of year! If you have
a **Medicare Prescription Drug Plan**
or a **Medicare Advantage Plan**
(HMO, PPO), you will receive infor-
mation from your plan by the end of
September. Please **understand** and
save this information regarding
changes in your plan for 2018.

During Medicare Open Enrollment
(**October 15 - December 7**), you
may change your insurance plan for
next year. SHINE counselors can
help you understand your plan chang-
es, as well as other options you may
have. There will be group presenta-
tions... and/or you may schedule a
phone or in-person appointment.

Trained SHINE counselors offer
free, confidential counseling on all
aspects of Medicare and related
health insurance programs. *To sched-
ule a SHINE appointment, call your
senior center or 1-800-AGE-INFO (1
-800-243-4636) then press or say*
3. If you get the SHINE answering
machine, leave your name and num-
ber. A counselor will call you back, as
soon as possible.

**Call early to receive a pre-
enrollment form and make that ap-
pointment and bring your Medicare
and insurance cards and complete list
of your medications.**

DO NOT WAIT UNTIL IT'S TOO LATE!

TOWN REMINDERS

Reminder from the **Town Clerk** to
get your dog licenses if you haven't
already done so.

It's important to return your cen-
sus forms to the **Town Clerk** to main-
tain your voter registration.

The **Cultural Council** is seeking
new recruits. If interested, contact
the BCC by email:

culturalcouncil@townofberlin.com.

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 and Meetings:

President - Carla Bentzen; Vice President - Bob McTague; Treasurer - Judy Mills; Ass't Treasurer; Recording Secretary - Judy Duff; Corresponding Secretary - Bev Baldwin

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.

Blood Pressure Screenings: 1st Thu. of the month, 9:30am Sept - May at First Parish Church; June at Berlin Country Club. Call: Tamara Bedard, Town Nurse, 978-772-3335 ext. 340 for any questions.

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 lucyayers@charter.net. Newsletters can be emailed.

To unsubscribe to the newsletter, please email to above address.

VIETNAM WAR DISCUSSION

The Vietnam War - whether we were for it or against it, whether we fought in it or knew someone who did and especially if we lost a loved one or friend - impacted our lives in so many ways. Ken Burns' 18-hour documentary about Vietnam starts airing on PBS stations on Sunday, 9/17. Between the first and subsequent episodes, the Bolton Public Library invited Katherine Jewel (professor of history at Fitchburg State University) to share her thoughts about this period of history, and also to talk with audience members about their reactions to the documentary. (We will not be viewing the documentary, just talking about it.)

This event is open to anyone who's interested in the topic, in documentary filmmaking, and/or in 20th century U.S. history.

Event date: Thurs., Sept. 21

Time: 7pm

Location: Bolton Public Library, 738 Main Street, Bolton

Contact: Kelly Collins, Director, 978-779-2839.

There is no charge for attending and refreshments will be offered.

All are welcome.

VETERANS OF KOREAN WAR

Korean War veterans are eligible to receive the Korean Ambassador for Peace Medal. To qualify you must have been in Korea between June 25, 1950 and July 27, 1953. Navy service, if ship was assigned to Korean waters.

Please contact Jim Cabral, Berlin Veterans Agent at 978-838-2560 or veteran-services@townofberlin.com for further information. DEADLINE IS SEPT. 14 2017.

AARP'S FRAUD WATCH

Don't access your email, online bank or credit card accounts using public Wi-Fi

Watch out for fake Wi-Fi at coffee shops, hotels or other free hot spots - network names that are close, but not exactly right. Employees can give you the correct connection name and IP address.

Don't let your mobile device automatically connect to nearby Wi-Fi; manually select the network you want.

Don't surf using an unknown public network if the website requires sensitive information - like online shopping.

Full Corn Moon or Full Harvest Moon , September 6th - This full moon's name is attributed to Native Americans because it marked when corn was supposed to be harvested. Most often, the September full moon is actually the Harvest Moon, the full Moon that occurs closest to the autumn equinox; but in some years it occurs in October. At the peak of harvest, farmers can work late into the night by the light of this Moon. Usually the full Moon rises an average of 50 minutes later each night, but for the few nights around the Harvest Moon, the Moon seems to rise at nearly the same time each night: just 25 to 30 minutes later across the U.S., and only 10 to 20 minutes later for much of Canada and Europe.

Full Hunter's Moon, October 5th - This full Moon is often referred to as the Full Hunter's Moon, Blood Moon, or Sanguine Moon. Many moons ago, Native Americans named this bright moon for obvious reasons. The leaves are falling from trees, the deer are fattened, and it's time to begin storing up meat for the long winter ahead. Because the fields were traditionally reaped in late September or early October, hunters could easily see fox and other animals that come out to glean from the fallen grains. Probably because of the threat of winter looming close, the Hunter's Moon is generally accorded with special honor, historically serving as an important feast day in Western Europe and among many Native American tribes.

AUTUMN SAFETY TIPS

Fall is the beginning of Flu & Cold Season, be sure to get your flu shots! The CDC recommends everyone 6 months and older get a flu shot. It is the best way to protect yourself this flu season. Also, be sure to cover your mouth when sneezing or coughing, and wash your hands frequently.

Residential Maintenance, with changing seasons, it is a good idea to check that your heating system is up-to-par before the cold New England temperatures arrive. Check that your furnace is functioning and that you have fuel to heat your home. If you have a space heater, keep in mind to distance the heater from walls, curtains and any other flammable surface. Never leave your space heater on unattended.

Outdoor Maintenance, beginning in fall, the beautiful leaves start to change and the foliage falls onto the ground. As beautiful as autumn and the falling leaves may be, paired with rain, these leaves can create slick conditions. Try to keep up with your yardwork, or hire a professional to help maintain clear walkways.

Be prepared for an emergency, changing seasons could mean storms which may result in power outages. Be prepared and keep extra batteries, candles, clean water and non-perishable items on hand.

From the Office of
State Rep. Harold P. Naughton,
Jr., 12th Worcester district.
Contact my Office: **(617) 722-2230** or **(978) 365-1955**
haold.naughton@mahouse.gov

GETTING READY FOR WINTER

Low Income Home Energy Assistance Program (LIHEAP)

Program Description Known commonly as Fuel Assistance, the Low Income Home Energy Assistance Program (LIHEAP) provides eligible households with help in paying a portion of winter heating bills.

Eligible Applicants—Homeowners and renters including households whose cost of heat is included in the rent can apply at the agency in their area. Eligibility is based on household size and the gross annual income of every household member, 18 years of age or older. Household income cannot exceed 60% of estimated State Median Income. This information is also available on the Mass.Gov website.

Eligible Activities and Funding

Requirements—This program provides assistance through a fixed benefit amount for the cost of the primary source of heat with includes, but is not limited to:

oil, electricity, natural gas, propane, kerosene, wood, coal

Payments for actual usage or fuel delivery are made directly to the heating vendor.

Fuel Assistance is available for low-income residents through the New England Farm Workers Council (NEFWC), 473 Main St. 3rd floor, Fitchburg, MA 01420, 978-342-4520. First time applicants will need to make an appointment to apply in person.

The **Berlin Cultural Council** will be accepting grant applications for 2018 starting **Sept. 1** thru **Oct. 16**. Applications must be submitted online at

www.mass-culture.org/Berlin.

BCC strives to provide and maintain the vitality of local cultural resources and ensure these are shared within the Berlin Community. For info, contact Amanda Rodgers at
culturalcouncil@townofberlin.com.

BENEFITS OF A NO-COST HOME ENERGY ASSESSMENT:

Energy efficiency services provided at no-cost through this program may include:

Installation of energy efficient LED light bulbs, advanced power strips, faucet aerators, low-flow showerheads, and more.

Evaluation of your existing refrigerator, freezer, window AC unit, and/or dehumidifier to determine if it is inefficient and eligible for a no-cost replacement with an energy efficient model.

No-cost replacement of an existing boiler or furnace if the existing heating system is determined to be inefficient and eligible

Weatherization upgrades at no-cost including additional insulation in your attic, wall, and basement as well as sealing the drafty areas of your home to help you save up to 25 percent of your energy costs each year.

In addition to energy efficiency services, you may be eligible for additional programs. If your household income is at or below the income guidelines shown above, you may be eligible for:

Fuel Assistance: Fuel Assistance provides eligible households with help in paying a portion of winter heating bills.

Utility Discount Rates: Discounted rates that lower your actual charges for your energy usage. If you qualify for Fuel Assistance or other income verified programs, you will be referred to your local natural gas or electric utility for a discount on your utility bills.

Friends Who Have Passed

Joan Gilchrest - 7/4
Kenneth Painter, 7/3
Lawrence Landry - 7/14
Dorothy Martinath - 7/24

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

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COUNCIL ON AGING

TRIP TO ROTA SPRINGS FARM

COA is planning a bus trip to **Rota Springs Farm** on Tuesday, Sept. 12th, with pick up starting at 1:30pm.

Rota Springs Farm has some of the best ice cream around and also a small market offering fresh vegetables.

To sign up Call Bev Baldwin at 978-838-7348 or email lucyayers@charter.net.

19 CARTER RECIPE CLUB RETURNS

The Recipe Club is a gathering of friends sharing a meal and good conversation at 19 Carter on the 2nd Tuesday of the month at 6:30 pm.

On Sept 12th bring a favorite dish and the recipe using your Garden Harvest.

On October 10th, the featured meal theme will be pumpkins.

ST. JOSEPH'S ANNUAL FALL FAIR

Sept. 10, 9:30-4pm, Mass at 8:30am. Come enjoy their famous Chicken BBQ dinner, hot dogs, hamburgers, grinders, cider, donuts and other refreshments, games for kids, Bake booth, Silent Auction, the Portuguese Booths for kids and adults, live music and many craft booths — a day of fun for the whole family.

Call 978-838-9922 for info and to purchase dinner tickets.

TAKE A CLASS

Assabet After Dark: Those 60 or over may request a discount of 10% off course fees. Visit AssabetAfterDark.com, call 508-263-9651, or visit in person at 215 Fitchburg St., Marlboro.

Tuition Waivers: Consider taking a course at a public college or university. To be eligible, you must be a legal MA resident for at least 1 year and over 60.

WISE (Worcester Institute for Senior Education) at Assumption College offers learning opportunities for older adults, for a membership fee. Visit their site: www.assumption.edu/wise

GET A SENIOR PARKSPASS

If you're aged 62 or older, you're eligible for a discounted lifetime parking pass. The fee is \$10. The pass covers the cost of parking at most state parks.

Send a request for a Senior ParksPass to:

DCR MassParks
Attn: Senior ParksPass Coordinator
251 Causeway St.
Boston, MA 02114

Include: A copy of your MA driver's license or other official proof of state residency and age; A check for \$10 made out to the Commonwealth of Massachusetts; and your License plate number.

THE COA PICNIC

will be held in the Northbrook II Community Room on Sept. 19 at noon. The menu will consist of

BERLIN SENIOR MEETING

September 7, blood pressure readings 10:30am at First Parish Church. The program, presented by Clinton Savings Bank, will be trivia games, a raffle and prizes and a presentation on banking scams and how to protect yourself. CSB is also providing a free lunch at **11:45am**.

The flu clinic for Berlin is scheduled for: Thursday, October 5th at the First Parish Church from 9:30-11am. Program TBA with lunch for \$5 prepared by Lika from the General Store.

All residents are welcome! No appointment necessary. Bring insurance cards/information. There will be some High Dose Vaccine available for those aged 65 and up who are interested.

MEALS PROGRAM

IS UNDERGOING A CHANGE

Meals will be prepared by the Montachusett Opportunity Council (MOC) on Tuesdays and Thursdays. The meals will be picked up and delivered to your home. To receive meals, contact George Pendergast at 978-758-1247 or COA at 978-838-2750. Please leave a message and you will be contacted. You must be at least 60 years old, disabled, unable or find it difficult to drive.

sandwiches, green salad, fruit, ice tea and water.

Call 978-838-2570 for info. All Berlin seniors are invited.