

THE BERLIN COUNCIL ON AGING

Dear Friends,

The *Berlin Council on Aging* is reaching out to all our seniors to assure you that you are not forgotten in the midst of the Corona virus health emergency. Here are **numbers to call** for needs you may have:

1). ALL EMERGENCIES (health, fire, accident)

DIAL **911**

This reaches a dispatcher who will connect you to **BERLIN POLICE, FIRE DEPARTMENT** or **EMERGENCY MEDICAL SERVICES**, as needed.

Dial: **(978) 772-1900**

2). NASHOBA ASSOCIATED BOARDS OF HEALTH, fact-and-science-based information on health issues, including Corona virus. Dial **(978) 772-3338**
Berlin's public health nurse, TAMMY BEDARD, is at **EXT. 340**.

3). HELP GETTING TO MEDICAL APPOINTMENTS

Berlin's **COUNCIL ON AGING VAN** is available, **BY APPOINTMENT**, for a ride to and from medical appointments.

Dial (978) 838-2750.

4). HELP GETTING GROCERIES from area food stores, for those who can't drive themselves. **COUNCIL ON AGING VAN TRANSPORTATION**
Call **(978) 838-2750**

5). If financial hardship keeps you from buying adequate amounts of food, call the **BERLIN FOOD PANTRY'S Fran Gill** at **(978) 838-2508**.

6). For inclusion in the **MEALS ON WHEELS** program, which delivers packaged meals twice weekly to residents who need help with preparing regular meals, call the **COUNCIL ON AGING** at **(978) 838-2750**

7). We are not sure how this Corona virus pandemic will ultimately play out, but we **ARE** sure that we, at the Berlin Council on Aging, will be here for you during and long after the immediate crisis. Don't hesitate to call us for any of the needs mentioned above, or simply if you are stressed and lonely and want to engage in friendly, reassuring conversation. We hear you and we'll get through this together. We're at **(978) 838-2750**.