

# Powder House News

January



February

Our mission is to enhance the quality of life of seniors in the community by providing services, which include nutrition, health screening, education and other program to meet their needs.

## Emergency Preparedness Care Packages For Berlin Seniors



In the case of an inevitable winter storm, Berlin Council on Aging is looking for donations to have care packages made up with non-perishable food, water bottles, batteries and flashlights, warm blankets, medicines, and socks that can be distributed to seniors in need.

Drop off location: Berlin Town Offices- Room 118 (downstairs)

Please contact Coordinator Emily Donoghue for more information.  
Emae4787@hotmail.com / Phone: 978-838-2075

If you are a senior 60+ in need of assistance this winter please contact us

### Interested in the Senior Property Tax Work Off Program? Applications are available now!

#### Positions available:

- Council on Aging- Transportation Dispatcher (M-F varies)
  - Conservation Commission (varies)
  - 1870 Program/ Bldg Program Assistant (varies)
- Email Peggy :** [coa@townofberlin.com](mailto:coa@townofberlin.com) / 978- 838-2750

### BERLIN FOOD PANTRY

Berlin residents that can provide some proof of financial hardship are welcome to contact Fran Gill at 978-838-2508 and make an appointment to visit and shop at the pantry.

Tuesday 11:30 – 1:30

Saturday 11:30 – 1:30

The Council on Aging Board meetings are held the 4th Tuesday of the month at 4:00 PM (January 28 & February 25), at 1870 Town Hall in Barnes Hall. This meeting is an open meeting – come one and come all! It's a great opportunity to hear what's currently happenings and what's on the horizon.



### STAFF/CONTACTS

**Hollie Lucht** | COA Director | (978) 838-2750  
[coadirector@townofberlin.com](mailto:coadirector@townofberlin.com)

### COA MEMBERS

**Bob Blair** | Co- chair  
**Patricia Wheeler** | Co- chair  
**Lori Fearebay** | Member  
**Fran M. Gill** | Member  
**Ruth Wheeler** | Member  
**Kate Bliss** | Member  
**Karen Shultz** | Member

Volunteers



**Call us for the facts:**

- Stay In Your Home • Increase Income
- Pay Off Debt • No Monthly Payments

**(508) 835-8803**  
 45 Sterling Street, West Boylston  
 MA Broker #MB2897  
 Evelyn Salmon MLO21537 • Tom Gibbons MLO21535 • Diana Ancill MLO21538

**REVERSE MORTGAGES**  
[wachusettmortgage.com](http://wachusettmortgage.com)



**McNally & Watson**  
 Funeral & Cremation Service

304 Church Street, Clinton, MA  
**978.365.3144**  
[www.mcnallywatson.com](http://www.mcnallywatson.com)



**Michael Totman** REALTOR

**FREE** Home Value Analysis,  
 call Mike at **508-386-5000**

[www.michaeltotman.com](http://www.michaeltotman.com)  
[facebook.com/mikeWtotman](https://facebook.com/mikeWtotman)




**THE BETTER ROOFING**  
 Complete Roofing Service in Berlin, MA

**We do the BEST for a BETTER PRICE**

Roofing & Siding • Gutters & Chimneys • Snow Removal

**Call 508-904-2839 Today!**



**FREE!**  
 Savings Include an American Standard Flight Height Toilet FREE! (\$500 Value)

**WALK-IN BATHTUB SALE! SAVE \$1,500**

- ✓ Backed by American Standard's 140 years of experience
- ✓ Ultra low entry for easy entering & exiting
- ✓ Patented Quick Drain® Technology
- ✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard
- ✓ 44 Hydrotherapy jets for an invigorating massage

Limited Time Offer! Call Today!  
**844-889-2321**  
 Or visit: [www.walkintubinfo.com/safety](http://www.walkintubinfo.com/safety)

➤ Reach the Senior Market

**ADVERTISE HERE**

**CONTACT**

**Karen Fontaine to place an ad today!**  
[kfontaine@lpiseniors.com](mailto:kfontaine@lpiseniors.com) or (800) 477-4574 x6350



ENJOY THE GIFT OF  
*Better Hearing*

Schedule your **free hearing consultation** and **\$200 off** a pair of mid-level hearing aids.

**Call 774-327-3451 today!**

26 West Boylston St. • Suite 5 • West Boylston, MA 01583 [hearingyourway.com](http://hearingyourway.com)

*Call today to connect with a*

**SENIOR LIVING ADVISOR**

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE

A Place for Mom has helped over a million families find **senior living solutions** that meet their **unique needs**.



*There's no cost to you!*  
**(888) 612-8951**  
 We're paid by our partner communities

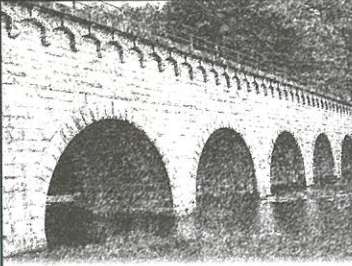
◀ Joan Lunden, journalist, best-selling author, former host of *Good Morning America* and senior living advocate.




**CHRISTOPHER HEIGHTS**  
 AN ASSISTED LIVING COMMUNITY

**NEW Senior Lifestyle Plans = CHOICES!**

**508-281-8001**  
[www.christopherheights.com](http://www.christopherheights.com)



**MEMORIES Shared**  
**LIFE Honored**  
**Embraced by COMMUNITY**



**508-393-6591**  
 56 Main Street, Northborough  
[Haysfuneralhome.com](http://Haysfuneralhome.com)  
 Director: Jeff Koopman



176 WATER STREET | CLINTON, MA 01510

**Thomas R. Comeau**  
 FUNERAL DIRECTOR

**(978) 365-6872**  
[www.philbincomeaufh.com](http://www.philbincomeaufh.com)

*Specializing in Pre-Need Funeral Planning*

**We Go Beyond Banking™**



More than just a bank in the community, we are a part of the community.

[clintonsavings.com](http://clintonsavings.com)  
**888-744-4272**



**Clinton Savings Bank**  
 An experience you can bank on.

## Berlin Senior Citizen January & February Luncheons \$6.00

### January Luncheon

Thurs. Jan, 2nd—Noon

Meat or Veggie Lasagna

\_\_ Beans, salad, rolls \_\_

11:00 Terry Ingano— Famous People  
Visits to area

### February Luncheon

Thurs. Feb. 6th —Noon

Beef Stew, corn bread,

\_\_ salad, rolls \_\_

11:00 Tim Wheeler— Famous Letters  
from the Civil War

The Berlin Fire Department  
&

The Berlin Council on Aging  
want to keep you SAFE!

If you need your fire or smoke detector  
changed or new batteries call the Berlin  
COA at 978-838-2750 and we'll have a  
fireman come to your house.



### MA ELDER AFFAIRS

Promotes independence,  
empowerment, and well-being of  
older people, individuals with  
disabilities, and their families. We  
ensure access to the resources you  
need to live healthy in every

Save the date! - Tuesday January 7th 7:00 PM Upstairs at  
19 Carter Street Community Center

### BERLINS LIONS CLUB SUPPER FOR INTERESTED NEW MEMBERS

On the menu is Uncle Dave's delicious American Chop Suey, served  
in piping hot bowls with fresh Italian loaf bread and butter.

Special dessert server after the meal.

Chocolate sauce anyone!

Free Autographed Copies of the Chop Suey recipe will be available.

Come and meet the Lions and learn about what they do for fun, stay  
for a brief meeting about upcoming fundraising events and enjoy  
some good company. No charge.

Meeting will adjourn at 8:30 pm, home by 9:00.

### Resources for Seniors:

State resources— [www.eldercaredirectory.org](http://www.eldercaredirectory.org)

Alzheimer's resources— [www.alz.org](http://www.alz.org) (800) 272-3900

Support Services— [www.elderhelper.org](http://www.elderhelper.org)

Montachusset Home Care— [montachussethomecare.org](http://montachussethomecare.org) 978-537-7411

Organizations, general interest— [www.aarp.org](http://www.aarp.org) (888) 687-2277

End of life resources— [www.growthouse.org](http://www.growthouse.org)



Need a flu shot?  
Call Tamara Bedard,  
RN  
Community Health  
Manager

### SENIOR TO STUDENT PEN PAL PROGRAM



Council on Aging  
in  
collaboration with  
Berlin Public Li-  
brary has started a  
Senior to Student  
Pen Pal Program. Our goal is  
to connect seniors with students  
over the course of the year to  
learn and share experiences while  
gaining a friendship through let-  
ter-writing.

Every few months Council on Ag-  
ing & Berlin Public Library will  
host a "get-together" for seniors  
and students to connect face to  
face.

Being a Pen Pal is simple. Con-  
tact us.

We just need your name, ad-

"The best and most beautiful things in the world cannot be seen or even touched - they must be  
felt with the heart." -Helen Keller

"SPREAD LOVE EVERYWHERE YOU GO.  
LET NO ONE EVER COME TO YOU WITHOUT LEAVING HAPPIER." -MOTHER TERESA



## BREAKFAST IN A MUG

These recipes are great for a quick and easy breakfast or snack when you don't feel like spending a lot of time in the kitchen. All you need is a mug, add the ingredients, mix and microwave for 1 minute. Note that times may vary depending on your microwave.

### Blueberry Muffin

4 TBS flour  
2 TBS sugar  
1/8 tsp baking soda  
3 TBS milk  
1 TBS vegetable oil  
Pinch of salt  
Mix all ingredients in a mug  
Add blueberries and stir  
Sprinkle brown sugar on top  
Microwave for 1 minute

### Omelet in a Mug

2 eggs  
2 TBS milk  
Chopped onions  
Pinch of Cheese  
Salt and pepper to taste  
Mix all ingredients in a mug  
Microwave for 1 minute  
Top with diced tomatoes,  
onions and parsley, if desired

### Banana Cinnamon Muffin

1/2 banana, mashed  
2 TBS milk  
1/4 tsp baking powder  
1-1/2 TBS brown sugar  
1/4 tsp vanilla  
3/4 tsp cinnamon  
5 TBS flour  
1 TBS vegetable oil  
Microwave for 1 minute

COA would like to put together a recipe book with recipes to serve 1-2 people. If you have a recipe you would like to submit please call 978-838-2750 or email [coadirector@townofberlin.com](mailto:coadirector@townofberlin.com). If able please include a photo of the dish and of you.

## MEDICAL EQUIPMENT

The COA has a supply of medical equipment available for your use. We have canes, walkers, a lift chair, portable toilets, etc. We accept donations of medical equipment in good condition. At this time, we are short on wheelchairs and would be glad to have any you're no longer using, so we can pass it on to someone else in need.

Lori Fearebay is the person to contact at 978-804-8487 or email her at [jfearebay@msn.com](mailto:jfearebay@msn.com) or leave a message on the COA phone at 978-838-2750.

## UNDERSTANDING ALZHEIMER'S AND DEMENTIA

An education program presented by the Alzheimer's Association®



### ALZHEIMER'S IS NOT NORMAL AGING.

It's a disease of the brain that causes problems with memory, thinking and behavior.

#### Join us to learn about:

- » The impact of Alzheimer's.
- » The difference between Alzheimer's and dementia.
- » Alzheimer's disease stages and risk factors.
- » Current research and treatments available to address some symptoms.
- » Alzheimer's Association resources.

Tuesday, Feb. 4th | 6:30 - 7:30 p.m.

Berlin Council on Aging  
12 Woodward Ave., Berlin, MA

RSVP: Hollie Lucht  
978-838-2750 or  
[coadirector@townofberlin.com](mailto:coadirector@townofberlin.com)

RSVP by 1/29/20

Visit [alz.org/CRF](http://alz.org/CRF) to register online and explore additional education programs in your area.

## FILE OF LIFE

*File of Life* provides medical information of allergies, medications and more to emergency medical providers. Call COA 978-838-2750 to get yours.

Transportation services Monday-Friday available. Rider Information forms are available on the Berlin town website under Boards & Committees- Council on Aging- Bus Services. Call 978-838-2750 for assistance.



# CROSSWORD PUZZLE

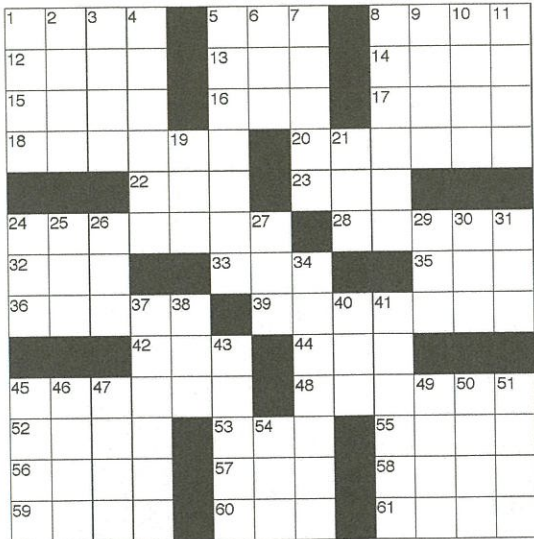
- ACROSS**  
 1 "Lorna Doone" character  
 5 Sinbad's bird  
 8 Demolish: Brit.  
 12 Idea (Fr.)  
 13 Alas  
 14 Cheese  
 15 Leg ends  
 16 Burmese knife  
 17 Taro  
 18 Small S.A. rabbit  
 20 Pilgrim  
 22 Skin vesicle  
 23 Veneration  
 24 Beginning  
 28 Blaubok  
 32 Public vehicle  
 33 54 (Rom. numeral)  
 35 Israelite tribe  
 36 Ringed boa  
 39 Reading desk  
 42 Abdominal (abbr.)  
 44 Have (Scot.)  
 45 Female falcon

- 48 Butterfly  
 52 State (Fr.)  
 53 Television channel  
 55 Endearment  
 56 Mine (Fr. 2 words)  
 57 Rom. first day of the month  
 58 Per. poet  
 59 Maid  
 60 Compass direction  
 61 Foreign (pref.)

- DOWN**  
 1 Breach  
 2 Design  
 3 Profound  
 4 Hate  
 5 Fanatical  
 6 Wood sorrel  
 7 Rudderfish  
 8 Flat molding  
 9 "Cantique de Noel" composer  
 10 Kemo \_\_\_\_\_

- 11 Turk. title  
 19 Jap. fish  
 21 Intimidate  
 24 Amazon tributary  
 25 Grab  
 26 Kwa language  
 27 "Abner"  
 29 "Fables in

- Slang" author  
 30 Rhine tributary  
 31 Television channel  
 34 Car  
 37 Insect  
 38 Presidential nickname  
 40 Helper  
 41 Caddy (2 words)  
 43 Male duck  
 45 Loyal  
 46 Hindu soul  
 47 Cella  
 49 Crippled  
 50 Dayak people  
 51 Aeronautical (abbr.)  
 54 Low (Fr.)



Tai Chi and Yoga are held every week in COA Room 118 of the Town Offices-downstairs.

All welcome. Donations accepted.  
 Tai Chi- Thursday 10:45 -11:45 a.m.  
 Jeff Cote

Senior Yoga- Saturday mornings 9:00-10:15 a.m. & Chair Yoga 10:30-11:30 Sharon Santello

## 19 Carter Street Happenings

**MONDAY**

**Tea Time - 2-4pm**



**TUESDAY**

**Soup at Noon - 12-2pm**



**WEDNESDAY**

**Community Coffee - 9-11am**



**THURSDAY**

**Tea Time - 2-4pm**



**FRIDAY**

**Muffin Morning - 9-11am**



**FRIDAY**

**Fiber Fridays - 2-4pm**



**SATURDAY**

**Stop by for Scones - 10am-noon**



### January 9th—10:30-11:30 @ 19 Carter

Join Berlin Historical Commission member June Miller as she delves into all things historical. Find out the where and when of something "old". Share stories about people and places in Berlin. Learn strategies for preserving papers and photos. Research your family's history. Create a house history. Learning about the past informs the present and helps us make better choices for the future.

### February 21st- 6:00-9:30 @ 19 Carter Movie Night "The World's Fastest Indian"

Sponsored by Indian Head Farm, tonight's movie The World's Fastest Indian is a 2005 New Zealand biographical sports drama film based on the Invercargill, New Zealand, speed bike racer Burt Munro and his highly modified Indian Scout motorcycle. Munro set numerous land speed records for motorcycles with engines less than 1,000 cc at the Bonneville Salt Flats in Utah in the late 1950s and into the 1960s. The film stars Anthony Hopkins, and was produced, written and directed by Roger Donaldson. Tickets: \$5  
 Includes pizza provided by Berlin Village Cafe at 6 pm, movie and popcorn at 7 pm.

# REMINISCENCE

Old Stone House



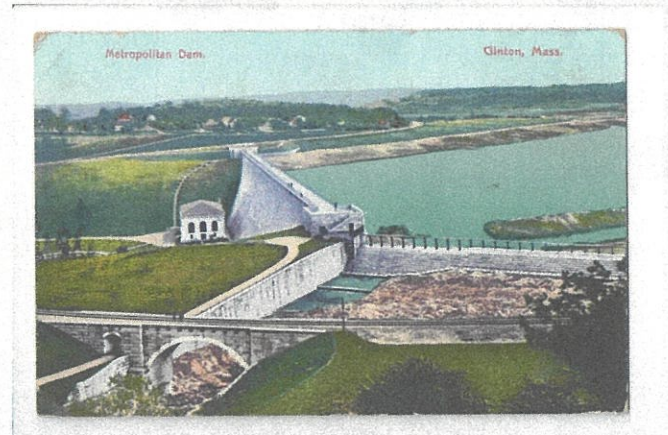
Post Office and General Store, Berlin Mass.



New Haven RR Carters, West Berlin



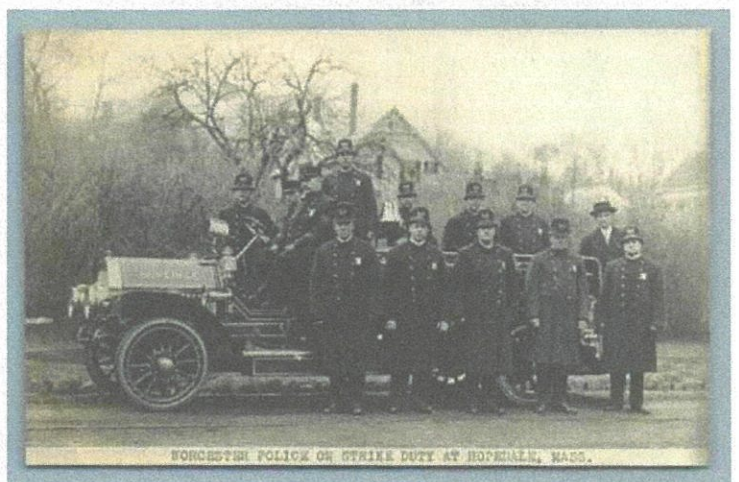
Clinton, MA Metropolitan Dam 1908



Old Railroad Bridge, Berlin Road, Clinton MA



Worcester MA Police "Strike Duty" HOPEDALE  
Massachusetts RPPC Car Photo 1910s



Our pictures are our footprints. It's the best way to tell people we were here. Joe McNally

# NEVER MISS A NEWSLETTER !

Sign up to have our  
newsletter emailed to you at  
[www.ourseniorcenter.com](http://www.ourseniorcenter.com)





# Powder House News

Council on Aging Berlin, Massachusetts 01503

**BULK RATE**  
**U.S. POSTAGE**  
**PAID**  
**PERMIT NO. 3**

## Happy New Year!



AULD LANG SYNE  
 BABY  
 BALL  
 BALLOONS  
 CALENDAR  
 CELEBRATION  
 CHAMPAGNE  
 CLOCK  
 CONFETTI  
 COUNTDOWN  
 DANCING  
 DECEMBER  
 EVE

FATHER TIME  
 FIRECRACKER  
 FIRST  
 FLUTE  
 GAMES  
 GOWN  
 HAPPY  
 HAT  
 HOURGLASS  
 INVITATION  
 JANUARY  
 KISS  
 MIDNIGHT

MUSIC  
 NOISE MAKER  
 PARTY  
 RESOLUTION  
 SPARKLER  
 STREAMER  
 TIMES SQUARE  
 TOAST  
 TRADITION  
 TUXEDO  
 VOW  
 YEAR



## DIY Crafts for Adults

**Wednesdays, December 11, January 8,  
 and February 12 from 3 - 4 p.m.  
 Main Library - Fiction Area (R)**

We provide the materials, you provide the creativity. For ages 16 and up. (R) Register online at [mywpl.org](http://mywpl.org) or call 508-799-1655 ext. 3.

- December 11:** Shrinky Dinks
- January 8:** Fuse Beads
- February 12:** Jute Twine Wine Bottles

Free and open to the public.



3 Salem Square • Worcester, MA • 508-799-1655 x 3 • [mywpl.org](http://mywpl.org) • [facebook.com/worcesterpubliclibrary](https://www.facebook.com/worcesterpubliclibrary)  
 The City of Worcester is committed to principles of equal opportunity and affirmative action.



Saturday, January 25, 2020 @ 7:30-10 PM 19 Carter Street

There are few artists who have had as profound an influence on American popular music as the early blues singers, Bessie Smith and Billie Holiday. Artists as wide ranging as Janis Joplin, Ella Fitzgerald, Frank Sinatra, Mick Jagger, and Queen Latifah have been quick to point to these women as musical inspirations. A fun evening exploring the music, lives, and influence of Bessie Smith and Billie Holiday will be presented by a trio of noted local musicians: jazz vocalist Lydia Fortune, pianist Roland Ochsenbein, and upright bassist Tim Fiehler.

Marylou Ferrante opens! Daniel Gewertz, music and theater critic for the Boston Herald, described Marylou as "the Bay State's finest female acoustic blues interpreter."

Tickets: \$10