



Powder House News

March/April 2020

COA Mission

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 programs to meet their needs.

COA Board Meetings

Board meetings are held on the 4th Tuesday of the month at 4 p.m., March 24 and April 28 at the 1870 Town Hall in Barnes Hall.

COA Members

Bob Blair, *Co-Chair*
Pat Wheeler, *Co-Chair*
Kate Bliss
Lori Fearebay
Fran M. Gill
Karen Schultz
Ruth Wheeler

Phone

978-838-2750

Medical Equipment

The COA has a supply of medical equipment available. We accept donations of equipment in good condition. We are currently short on wheelchairs and rolling walkers with seats. If you have one you are no longer using, please consider donating it so we can pass it on to someone in need. Contact Lori Fearebay at 978-804-8487, jfearebay@msn.com, or the COA phone 978-838-2750.

Transportation Services

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

A Note from the COA

The boards of the Berlin Council on Aging and Berlin Senior Citizens' Association have scheduled a number of joint meetings to explore ways in which the two groups can work together to identify and meet the needs of Berlin seniors.

As part of that exploration, we are reaching out to neighboring towns to see how their COAs and other senior groups complement each other in the areas of transportation, socialization, health, nutrition, home maintenance, safety, volunteer opportunities, technology support, fundraising and continuing education. The aim is to provide these opportunities and services with the efficient use of existing organizations and facilities, both here and in neighboring towns, and to supplement the current offerings where needed.

Your input and energies are always welcome and essential in meeting our goals. You can reach us at: Berlin Council on Aging
23 Linden St., Berlin, MA 01503
or by calling 978-838-2750

Stay tuned.

COA Director position

If you are interested in applying for the COA Director job, please see the posting on the Town's website at townofberlin.com/home/pages/employment-opportunities, on the Town's Facebook page at [facebook.com/BerlinMASS](https://www.facebook.com/BerlinMASS) or in the local newspaper. This position is open to applicants from town as well as to qualified applicants from elsewhere.

Presidential Primary Election

The Presidential Primary Election will be held on Tuesday, March 3, 2020, from 7 a.m. to 8 p.m., on the lower level, Room 114, of the Town Offices Building, 23 Linden Street.

The last day to register to vote in the Primary was February 12.

Annual Town Meeting

The Annual Town Meeting will be held on Monday, May 4, 2020 at 7:30 p.m., at Berlin Memorial School, 34 South St., Berlin, Massachusetts.

Annual Town Election

The Annual Town Election will be held on Monday, May 11, 2020, from 12 Noon to 8 p.m., on the lower level, Room 114, of the Town Offices Building, 23 Linden Street.

HOUSE NUMBERS

Make sure your house/property numbers are clearly visible, in colors contrasting sharply with their backgrounds and at least 5 inches in height, so that emergency responders can quickly identify your residence when responding to 911 calls.

“Age is an issue of mind over matter. If you don't mind, it doesn't matter.” — Mark Twain



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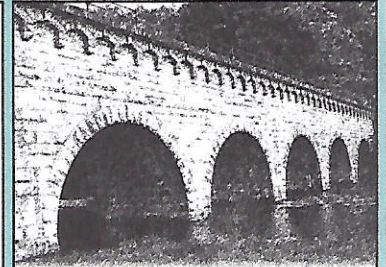


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56 Main Street, Northborough
Haysfuneralhome.com
Director: Jeff Koopman

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CONTACT

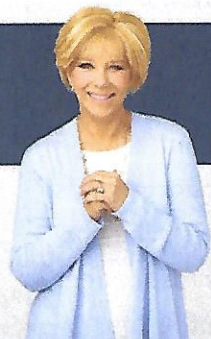
Karen Fontaine to place an ad today!

kfontaine@lpiseniors.com or (800) 477-4574 x6350

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



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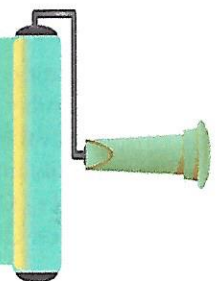
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Do You Have Medicare and Need to Change Plans?

Were your prescription costs much higher than expected?

Are your bills much higher than anticipated? Don't be trapped into paying more than you should!

Please know that Medicare has acknowledged that some people may have "made the wrong plan choice because of inaccurate information from the new Plan Finder website."

They advise you to call 1-800-MEDICARE (1-800-633-4227) and explain your situation. The Call Center representatives can help you throughout the year with options for making changes.

If you would like to research your options before making that call, you can talk with a SHINE counselor by calling 1-800-243-4636 or your town's senior center.

Social Security Phone Scam with a Twist

The Inspector General is warning seniors that scammers are not only calling and pretending to be government employees...threatening legal action and demanding money or gift cards!! They are now sending fake documents by email to convince you to do what they ask...some documents even look like official Social Security letterhead!

Social Security does not send official reports by email; Social Security will never threaten you with arrest or other legal action over a fine or fee; Social Security will never ask for payment by gift card, cash or wire transfer.

The Social Security Administration will send you a letter by MAIL if there is an issue with your Social Security account.

If you get such a call, hang up or call the police, or Senior Medicare Patrol at 1-800-243-4636.

Animal Young Word Search

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions. *By Evelyn Johnson, www.gets.com*

N	E	T	T	I	K	N	Y	M	P	H	H
G	T	E	L	W	O	L	A	O	F	A	P
O	N	L	P	I	N	Y	E	S	L	G	S
S	I	W	U	S	E	A	P	A	W	N	A
L	Y	R	A	O	M	U	R	P	U	I	P
I	C	R	J	F	P	V	P	Y	W	L	T
N	S	U	F	K	A	P	G	Q	K	K	A
G	B	H	B	C	A	L	F	I	Q	C	D
L	A	V	O	T	P	E	T	T	Q	U	P
B	U	P	I	A	H	H	R	W	T	D	O
L	Q	N	N	T	T	W	P	N	P	N	L
M	S	F	L	E	D	G	L	I	N	G	E

Calf	Gosling	Owlet
Cub	Joey	Poult
Duckling	Kit	Pup
Fawn	Kitten	Shoat
Fledgling	Larva	Squab
Foal	Nit	Tadpole
Fry	Nymph	Whelp

Dementia Friendly America Massachusetts

Home Instead is offering respite care grants for families who cannot afford to hire home care help. The goal of these home care grants is to provide exceptional home care to families affected by dementia and to give these families much needed support and rest. They are not income-based, no specific finances are asked for. Family caregivers can apply online application at helpforalzheimersfamilies.com/get-help/hilarity-for-charity. The grants are specifically for respite hours of care provided by the local Home Instead Senior Care® office. Please feel free to contact Melody Joy Gaeta, LPN 781-349-7592.

EVENTS

March 1, 2020, 11 a.m. - 5 p.m.

FREE First Sunday in March + Film at MORI!

Museum of Russian Icons 203 Union Street, Clinton, Mass. 978-598-5000

Enjoy free admission all day, courtesy of the Nypro Foundation. In addition, stay for the film Pysanka — The Ukrainian Easter Egg, showings at noon and 2 p.m. (14 minutes). Explore the mysteries and symbolism behind the decorated Ukrainian Easter eggs in this short documentary that won over 25 international film awards.

Sunday, March 15, 2020 at 3:30 p.m.

Bridges to Unity: We Are Not Alone

R.R. Jay Performing Arts Center, Saint John's High School, 378 Main St., Shrewsbury MA 01545

- The Time Has Come — Eriks Esenvalds
- Unity in Diversity — Cynthia Wong (Commission for 40th Anniversary of AVM)
- We Exist—Oliver Caplan
- LUX: The Dawn From On High — Dan Forrest
- Meet the Composer (Cynthia Wong) at 2:30 p.m.

Assabet Valley Mastersingers; Dr. Robert P. Eaton, Artistic Director, with Orchestra, Soloists and Algonquin Regional High School Chamber Choir

Accessible to the physically challenged. Large Print Programs.

Tickets: \$25; \$20 Students/Seniors

Advance sale discount: \$3 at outlets in 6 towns

Information: (978)-562-9838 or www.avmsingers.org

April 10, 2020, 11 a.m. - 3 p.m.

Nature Drop-in Day: Signs of Spring

Broad Meadow Brook Conservation Center & Wildlife Sanctuary

414 Massasoit Rd, Worcester, Mass. 508-753-6087

bmbrook@massaudubon.org

Have you been noticing the first signs of spring? Stop by the Education Center for a full day of nature activities and learn to identify clues that spring has arrived. Enjoy self-directed crafts including trying your hand at making a bird nest. Join us for a guided one-hour hike at noon or 2 p.m. as we search for signs of spring. Registration not required.

April 16, 2020 at 7:30 p.m.

Geller Jazz Concert Spring 2020

Presented By: Clark Arts, Razzo Hall, Traina Center for the Arts

92 Downing St. Worcester, Mass. 508-793-7356

Clark Arts clarkarts@clarku.edu

A Celebration of Cécile McLorin Salvant featuring Vocalist Cécile McLorin Salvant with Sullivan Fortner, piano plus Caroline Davis & Alula.

Tickets may be purchased online starting Wednesday, February 5, 2020; \$10 for Clark community (students, faculty, staff, and alumni) and \$25 for general admission.

Book Review

Dutch Girl

Audrey Hepburn and World War II
By Robert Matzen

Dutch Girl is a definitive biography of Audrey Hepburn in the war years of late 1939 through 1945. The book has 304 pages plus ten pages of photos, chapter notes, selected bibliography and an index. A very helpful map is found on the inside of the book cover.

Born in 1929, to an English father and a Dutch mother, Audrey's father abandoned the family when Audrey was six and as a ten-year-old, flew from her English boarding school to the Netherlands and joined her mother in the town of Arnhem. Many readers would remember Arnhem from the movie "A Bridge Too Far," a crushing defeat for the Allies.

The book is divided into six parts each with short chapters with headings making it easy to navigate. Each of the six parts starts with an essay giving short insights about the "future" Audrey that are not necessarily chronological with the text but fill out the understanding of how her early life during the war affected her later life.

She started studying ballet soon after arriving in Holland; it quickly

became an integral part of her life. Her determination to dance focused her during the war and the Nazi occupation. She later spoke of the horror she felt as Jewish neighbors and friends disappeared, and she watched as entire families were loaded onto waiting trains heading for the concentration camps.

In the last two years of the war, Audrey and her mother moved to Velp. The teen-aged Audrey worked in the hospital, caring for the injured, learning more about the Resistance work of the physicians. Due to her youth she was able to move about the city as a courier, and completed other tasks the Resistance leaders needed. As the war went on, and the Nazis stripped Holland of most of its resources, food became increasingly scarce. Finding enough food to stay alive became the focus of all Dutch families, particularly during the "hunger winter" of 1944-45. Her later life work for UNICEF was a reaction to the intense suffering she and others endured during "the starving time."

The style and structure of the book helps the reader to connect what we "know" about the famous actress and humanitarian with the tragic, life altering experiences in this well researched and readable wartime story.

19 Carter Street

Mon. Tea Time 2 – 4 p.m.

Tues. Soup at Noon – 2 p.m.

Wed. Community Coffee 9–11 a.m.

Thurs. Tea Time 2 – 4 p.m.

Fri. Muffin Morning 9 – 11 a.m.
Fiber Fridays 2 – 4 p.m.

Sat. Stop by for Scones 10 a.m. – noon

Berlin Food Pantry

Berlin residents who 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. Hours are Tuesday and Saturday 11:30 a.m. – 1:30 p.m.

Senior Property Tax Work Off Program

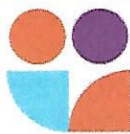
Applications are available for:

- Transportation Dispatcher
- Conservation Commission, File Management

Email Peggy at
coa@townofberlin.com or
call 978-838-2750

COA Van Driver — Part-time position

Varying hours per week. Starting pay is \$14.99/hr. Submit resume to COA, 23 Linden St., Berlin, MA 01503 or email to coadirector@townofberlin.com. See job description at the town's website, under Employment Opportunities.



Dementia
Friendly
America
Massachusetts

Diagnosed with dementia, she documented her wishes for the end. Then her retirement home said no. People with early signs of the ailment sign new advance directives to say how they want to die. They may offer a false sense of security.

https://www.washingtonpost.com/health/diagnosed-with-dementia-she-documented-her-wishes-for-the-end-then-her-retirement-home-said-no/2020/01/17/cf63eeaa-3189-11ea-9313-6cba89b1b9fb_story.html

Dementia Friendly Reading gains momentum

http://homenewshere.com/daily_times_chronicle/news/reading/article_0e90bde2-491d-11ea-82d7-8f625fe55f6d.html

“Why must I prove that I am me when I pay bills over the phone? Did someone else call to pay my bills, and if they did, why didn't you let them?”

THE MASSACHUSETTS SENIOR LEGAL HELPLINE

(800) 342-5297 / ARE YOU 60+ AND IN NEED OF LEGAL HELP?

The Helpline is a project of the Volunteer Lawyers Project of Boston. We provide free legal information and referral services to Massachusetts residents who are 60 years old or older. **The Helpline is open Monday through Friday 9 a.m. - 12 p.m.**

Can I get a free attorney?

Most callers will not be eligible for a free attorney. Helpline advocates can help you find out if you are eligible and complete an application for services with a Massachusetts civil legal services program. Legal services law types include: Social Security/SSI, Veterans Benefits, Mass Health, Medicare, Consumer, Public Benefits, Unemployment, Foreclosures, Utilities, Guardianship, Wills/Advance Directives, Bankruptcy, Housing, Family law, and Nursing Home.

Can I get referrals to reduced fee and private bar attorneys?

If you are not eligible for a free attorney and have some ability to pay an attorney, we can refer you to reduced fee attorney referral programs where attorneys will charge you on a sliding scale based on your income.

We can also refer you to private bar attorney referral programs. Private attorneys will charge for their services. Some cases, such as medical malpractice, workmen's compensation, personal injury, and Social Security benefits denials do not require you to pay money upfront in order to get an attorney. The attorney fees are taken from your award only if you win your case.

Can I get free legal information or referrals?

Yes. Your Helpline advocate will research your legal issue and provide you with information or referrals on most legal topics. We can also text, e-mail, or mail you links or written materials.

Where can I find social services or resources?

Executive Office of Elder Affairs (800) AGE-INFO (800-243-4636) / TTY (800) 872-0166

Information on prescription drug assistance, care giving, community resources, local programs, homecare, housing/assisted living facilities, and other topics. The EOEAA can also refer you to elder services programs in your community with services to improve your quality of life, such as housing counseling, home care services, public benefits, healthcare access, financial help, and others.

How do I report elder abuse?

Elder Protective Services: (800) 922-2275

Where can I find help with a consumer matter?

Attorney General's Elder Hotline
(888)-AG-ELDER (1-888-243-5337)

Statewide, toll-free service providing consumer information and referrals to seniors about consumer transactions, telemarketing fraud, and home improvement scams.

Who helps elder homeowners with financial problems?

Homeowner Options for Massachusetts Elders (H.O.M.E.)
www.elderhomeowners.org
(978) 970-0012 / 1-800-583-5337

H.O.M.E. provides comprehensive in-home counseling to low/moderate-income elder homeowners on financial and homeownership issues to enable successful aging-in-place. Services include remainder-of-life planning, budgeting, income maximization, equity conservation, foreclosure prevention, consumer protection, equity conversion, and creative financial options specially crafted for seniors.

What are Councils on Aging/Senior Centers?

Councils on Aging are municipally appointed agencies that offer a wide range of resources, including: housing search and advocacy, social services, assistance with applications for government benefits and community services, translation services and advocacy, transportation assistance, education, recreation and socialization, abuse and neglect services, mental health resources, exercise programs, volunteer opportunities, meal/food services, healthcare advocacy, technology trainings, and more. To find the Council on Aging for your town, go to www.mcoonline.com or www.mass.gov, or call your local city or town hall.

Where can I find help with Medicare/Health?

Executive Office of Elder Affairs: Serving the Health Insurance Needs of Everyone (SHINE)
www.800ageinfo.com (800) AGE-INFO /
800-243-4636 / TTY (800) 872-0166

Free health insurance information, assistance and counseling to Medicare beneficiaries of all ages. Help compare costs and benefits of various health plans, explain benefits of Medicare and additional insurance options, including Medigap, HMOs, MassHealth and prescription drug options, and assist with enrollment, claims, billing, or denial of care issue.



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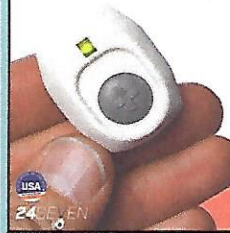
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Powder House News

COUNCIL ON AGING • BERLIN, MASSACHUSETTS 01503

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Berlin Senior Citizen Luncheons

March 5, 2020

*First Parish Church
24 Central Street, Berlin, Mass.*

Meeting at 10:30 a.m.
Entertainment at 11 a.m.
Lunch at noon
\$6.00 – reservations required

Non-members please call Judy at
978-838-0403 by Sunday, March 1.

Gary Landgren, the Original Honky
Tonk man will present a sing-along
program of hand-clapping, foot-
stomping old time Honky Tonk
Music, along with storytelling
anecdotes and jokes.

Lunch: Baked Macaroni and
Cheese, Ham, Broccoli, Salad, Rolls,
and Dessert

April 2, 2020

*First Parish Church
24 Central Street, Berlin, Mass.*

Meeting at 10:30 a.m.
Entertainment at 11 a.m.
Lunch at noon
\$6.00 – reservations required

Non-members please call Judy at
978-838-0403 by Sunday, March 29.

A presentation by Grace Ross
from Mass. Association Against
Predatory Financing. She will be
assisted by Jean Mitchell of Berlin.
Topics will include Homeowners
and Tenants Rights, Reverse
Mortgages, 401(k)s, Retirement
Account Equity Loans, and time for
questions and answers.

Lunch: Baked Chicken, Brown Rice
w/ Mixed Veggies, Salad, Rolls, and
Dessert

3rd Annual Chili Cook-Off

Mark your calendar!
19 Carter Street
March 1 from 4-6 p.m.

To enter your chili, please email
info@19Carter.org. Meat and
Vegetarian chilis welcome.

The Berlin Library presents

TOO HUMAN with
Chris Conte on upright bass

BERLIN 1870 TOWN HALL
Sunday, March 29, 2020 at 2 p.m.

A celebration of song: The Great
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Jazzy Blues Originals and Jazz
Standards