

# Powder House News

March/ April 2019

978-838-2750

coadirector@townofberlin.com



## BERLIN COUNCIL ON AGING



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.

# Berlin Seniors Announce

The Berlin Seniors wish to welcome all members and non members to join us at the First Parish Church in Berlin at 24 Central St in a live reenactment of The Civil War Letters of Worcester natives, George & Emily Ward....entitled "To My Dearest". A performance funded primarily by The Berlin Cultural Council from a grant awarded by The Massachusetts Cultural Council. A lunch of Pot Roast and carrots will be catered by Berlin General Store and Eaterie and tossed salad, rolls & butter and dessert will be offered for a fee of \$5.00. Any guests wishing to stay for lunch are asked to reserve by calling Judy Mills @ 978-227-2664. Free blood pressure monitoring is offered between the hours of 9:30 am and 11:00 am by the Nashoba Nurse's.

April menu will be BBQ chicken with rice pilaf and corn, tossed salad, rolls, and dessert. Blood pressure screening is available. The entertainment TBD.



***SAVE THE DATE: Thursday April 25th***

**Berlin Opportunities Open House**— hosted by Berlin Seniors and Council on Aging  
11:00am @ 19 Carter Street

Come enjoy light refreshments while learning about volunteer and membership opportunities within various Berlin groups, committees, and clubs. Anyone interested in participating and setting up a table please contact

Hollie Lucht, COA Director— coadirector@townofberlin.com or 978-838-2750

Beginning in March Hollie Lucht, Berlin COA Director will be at 19 Carter Street for a "Meet & Greet" every Thursday from 8:45 a.m.—10:30 a.m.

Thank you to the volunteers who help make a difference

## **Berlin Council on Aging Members**

Chair George Pendergast

Member Karen Shultz

Member Patricia Wheeler

Member Lorinda Fearebay

Member Kate Bliss

Member Francis Gill

Member Beverly Baldwin





## Weekly Senior Activities



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

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

## Senior Resources

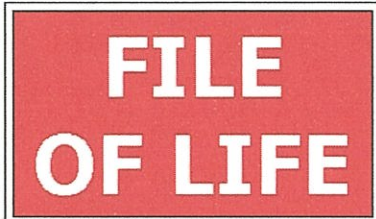
### **LENDER'S LOCKER**

Berlin Council on Aging accepts, loans, and in some cases gifts DME (durable medical equipment) to those in need, no matter the age. If you or a loved one is in need of an item to improve quality of living– contact [coadirector@townofberlin.com](mailto:coadirector@townofberlin.com) 978-838-2750

MOC assists elders and disabled persons to remain safely in their own homes through the provision of in-home and community based services designed to prevent unnecessary nursing home placement.

**Services include:** In-home services, caregiver support, adult family care, supportive housing, group adult foster care, congregate housing, personal care attendant, care transitions coaching, options counseling, and protective services.

Contact: [mhcc@mhcc-1.org](mailto:mhcc@mhcc-1.org) or 978-537-7411  
680 Mechanic Street, Leominster, MA 01453



Your latest medical information – including allergies, medications, contact persons and more – all in one safe place.

### **POISON CONTROL**

**1-800-222-1222**

### **Nashoba Associated Boards of Health**

#### **When to Call the Town Nurse**

**Tamara Bedard, RN (978) 772-3335 x 340**



For at risk or underserved resident of any age  
Concern about a frail elder who may need additional services  
Support and assistance with coordinating care and services  
For questions about health concerns & for consultation  
For possible hoarding and clutter issues  
Communicable and infectious disease investigation and follow-up  
Don't forget our monthly drop-in clinics held throughout the district.  
You are welcome to attend ANY clinic!

(See our website: [www.nashoba.org](http://www.nashoba.org) for clinic dates/times)

## Upcoming Events

Friday March 8– Fiber Fridays 2-2:30pm @ 19 Carter St. Do you knit, spin, weave, crochet, needle felt, hook rugs, braid, quilt, embroider, or do any other fiber work? Expert or newbie, come join us for an informal session to share knowledge, look for guidance, and connect with other fiber artists. Bring your active projects to work on, or just stop in to watch and learn.

Saturday March 9– Free Tech Help 10-12pm @ 19 Carter St. Can't get your pictures from your phone to your computer? Don't know how to email? Parker and Davis can help with any issues you may have with your laptop, smartphone, tablet or any other electronic device. From the simple to the tricky - all questions are welcome.

Sunday March 10– American Folk Songs– 3:30 @ Saint Mark's School, 25 Marlboro Road, Southborough, MA. Presented by the Assabet Valley Mastersingers. FREE Limited tickets available @ 19 Carter St.

Tuesday March 12– Montachusett Home Care– 12pm @ Town Hall Room 118 (downstairs) Overview of MHCC services: In-Home, Caregiver Support, Adult Family Care, Supportive Housing, Personal Care, Care Counseling, Protective Services, and more.

Saturday March 16– Carter Street Band– 7:30-8:30pm– 19 Carter St., St. Patrick's Day Celebration. Tickets are \$15.

Wednesday March 20– First Day of Spring– Sand & Sea Glass Craft-12:30pm- @ Town Hall Room 118 (downstairs) FREE. Please **RSVP** your spot 978-838-2750

Saturday April 6– First Saturday Movie Night– 7:00-9:30pm– 19 Carter St. Movie: THE STING Tickets \$5– Free popcorn

Tuesday April 9– Aging & Vision Loss-11:00am- @ Town Hall Room 118 (downstairs) **RSVP** by Thursday April 4 to [coadirector@townofberlin.com](mailto:coadirector@townofberlin.com)/ 978-838-2750

Sunday April 21– **HAPPY EASTER!!!**

19 Carter Street has WONDERFUL events and daily activities.

For more details go to: [19Carter.org](http://19Carter.org) \* call 978-273-8239 \* email [info@19carter.org](mailto:info@19carter.org)

Do you have something you would like to add in the next Powder House News?

Please feel free to email Berlin COA– [coadirector@townofberlin.com](mailto:coadirector@townofberlin.com)

We're looking for Berlin seniors to interview for our next issue of the PHN

**Let's Get To Know Our Neighbors**

# Clinton Savings Bank

An experience you can bank on.

THANK YOU!

Special thanks to Clinton Savings Bank for their support in providing the postage for the Powder House News.

Clintonsavings.com

Contact Us: 888-744-4272

Powder House News

Council on Aging

Berlin, MA 01503

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GATES

CHURCHES

HOWE

ASSABET

GARDEN

BULLARD

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If you are interested in receiving the Powder House News by email please contact

Hollie Lucht, Director Berlin COA Director @ 978-838-2750 or email coadirector@townofberlin.com

Transportation services 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.