



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.



The Officer of Veterans' services of Berlin, Massachusetts assist veterans, their families and their survivors who reside in the town. The Veterans' Services Officer (VSO) assists veterans, their spouses and their families with their eligibility to services, benefits, and entitlements from Federal, State, and Local agencies. The VSO must deliver Chapter 115 benefits, on a need based program, to qualified veterans residing in Berlin.

The VSO advocates for qualified veterans seeking homeless shelter, transitional housing and outreach programs.

The Veterans' office is located at 23 Linden St. Room 206. It is open Monday thru Thursday from 10:00am to 1:00pm and by appointment at anytime convenient to the Veteran. Please call 978-838-2560.

Montachusett Home Care



Nicole Kanis, Family Caregiver Specialists and Caitlin Roy, Options Counselor from Montachusett Home Care will be providing a presentation at 19 Carter on June 19th. Montachusett Home Care is a local non-profit organization. Our goal is to provide programs, services, support and information to help older adults and individuals with disabilities remain in the community as long as they would like. Nicole and Caitlin will discuss the various Montachusett Home Care programs and other community resources that can provide you with options for long term care. They will discuss private pay options as well as subsidized programs.

They will also discuss what supports and resources are available for those who are caring for an older adult or individual with a disability. Whether you care for a spouse, friend, neighbor or family member there are supports and resources available. Come with any of your questions about long term care. Nicole and Caitlin are also available to come and meet with you in person, **for free**, to discuss your specific questions about services and supports in your community.

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.

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



Important Dates



Monday May 6th - Annual Town Meeting 7:30pm-11:00pm @ Berlin Memorial School

Monday May 13th - Annual Town Election 12pm-8:00pm @ Berlin Town Offices

Tuesday June 4th -5 Wishes with Lee Atherton 7:00pm-8:30pm @ 19 Carter

Saturday June 8th -Opportunities Open House 10:00am-11:00am @ 19 Carter

Wednesday June 19th -Montachusett Home Care 9:00am-11:00am @ 19 Carter

If you would like an Absentee Ballot Application please call COA 978-838-2750

We would be happy to deliver one to your door.



Berlin Selectmen Candidates



Chris Keefe

I'm Chris Keefe, and I am running for re-election for the Berlin Board of Selectmen. I have two decades of municipal experience between my years on the School Committee, Finance Committee and as your Selectman. It is my practice to be a good listener, research all sides of an issue, problem solve, and make transparent decisions. I am focused on Fiscal responsibility and having good communication between all. I hope I can count on your vote at the election on May 13th to allow me to continue the work I have started and also to continue to listen to your concerns, your ideas and your hopes for the Town of Berlin. Thank you for your support!



Greg Tremelling

After graduating from Worcester Polytechnic Institute, my professional career started in Electrical Engineering and has progressed into a business leadership role at a technology company. I believe my work in technology, project development, and team building would be a valuable addition to the Board. Having hired many people and managed several cross functional teams, I feel that my experience is needed as we hire our first town administrator.

I am running for Selectmen because:

- I love Berlin and would like to help the town make reasoned, data driven decisions.
- I believe in transparency and respect for all.
- I can help the town create, adapt, and achieve its long-term vision and goals.

My goals include:

- Fiscal responsibility / Low tax rates for residents
- Maintaining and improving our existing infrastructure
- Successful implementation of a town administrator
- Managing responsible growth



For more information please visit <https://gregtremelling.com>



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

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 978-838-2750



Come for a Five Wishes workshop; the advance care planning program that is credible, simple, and legal. It is more than just a document. Five Wishes is a complete approach to discussing and documenting your care and comfort choices.

Often, as we approach serious illness or the end of life, we tend to think more about the things that matter most. We want to express love, to be forgiven and to forgive, and to prepare ourselves and our loved ones for what happens after our death. We may also have preferences for how our faith traditions are honored in memorial services or ceremonies. Five Wishes is the only advance directive that deals with spiritual and emotional matters in addition to medical decisions.

Five Wishes is unique among all other living will and health agent forms because it speaks to all of a person's needs: medical, personal, emotional and spiritual. Five Wishes also helps to guide and structure discussions with your family and physician, making conversations easier.

Five Wishes documents are legally valid in almost all states, including Massachusetts.

Five Wishes is the beginning of a conversation. Join us in conversation on June 4th at 7pm at 19 Carter.

Led by Rev. Lee Atherton. Lee is an ordained United Church of Christ minister serving in Clinton, MA. Her ministry includes hospice and fire chaplaincy, as well as end-of-life coaching for people of any or no faith tradition.

Nashoba Associated Boards of Health

When to Call the Town Nurse

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

For at risk or underserved residents 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!



At our Annual Town Meeting (held on Monday, May 6 and Tuesday, May 7), we will have an opportunity to decide if Berlin would like to ban Recreational Marijuana Businesses from operating in the town of Berlin. It is highly probable that these articles will not be voted on until the second night, Tuesday, May 7. Transportation for any Senior in need of a ride is provided. Please call Judy Mills at 978-227-2664.

Vote YES on Articles # 47-62 if you want to keep these businesses out.



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.



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

Bulk Rate
U.S. Postage
Paid
Permit No. 3
Berlin, MA

Every May, the Administration for Community Living leads our nation's observance of Older Americans Month. The 2019 theme, *Connect, Create, Contribute*, encourages older adults and their communities to:

- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

Communities that encourage the contributions of older adults are stronger! By engaging and supporting all community members, we recognize that older adults play a key role in the vitality of our neighborhoods, networks, and lives.

Everyone benefits when everyone can participate. We encourage you to connect, create, and contribute for stronger and more diverse communities this May, and throughout the year.

Visit ACL.gov/OAM for more information or Berlin COA

You're Invited

Berlin Opportunities Open House

hosted by Berlin Council on Aging

Location: 19 Carter Street

Date: June 8th

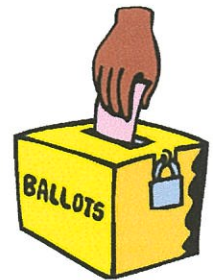
Time: 10am- 11am

Come enjoy light refreshments while learning about volunteer and membership opportunities within various Berlin groups, committees, and clubs.

Anyone interested in participating and reserving a table please contact- Hollie Lucht, coadirector@townofberlin.com or 978-838-2750.

Space is limited

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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.