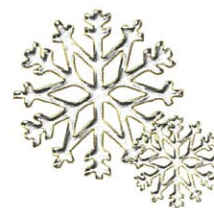




Powder House News



November/ December 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.

Resources for Seniors:

State resources– www.eldercaredirectory.org
Alzheimer's resources– www.alz.org (800) 272-3900
Support Services– www.elderhelper.org
Montachusset Home Care– montachussethomecare.org 978-537-7411
Organizations, general interest– www.aarp.org (888) 687- 2277

70th Annual Friendship Fair
First Parish Church
Saturday, November 2
9am-2pm
Sunday, November 3
11am-2pm

Berlin COA Senior Holiday Luncheon



Thursday December 12
First Parish Church

12:00 pm –1:30 pm **Free 60+**

RSVP by Dec. 5th

Tossed Garden salad , Corn bread and butter
Real mashed potato, Butternut squash
Homemade stuffing
Roast turkey carved with gravy and cranberry sauce
Coffee decaf, some reg. tea
Apple crisp with vanilla ice cream

Music by Heather Marie



Berlin COA Facebook page is "Berlin, MA Council

Understanding Alzheimer's & Dementia

Monday December 9th
12:00 -1:00 @ 1870 Town Hall
RSVP by December 2nd

Join us to learn about the impact of Alzheimer's
* The difference between Alzheimer's and dementia
* Stages and risk factors * Treatments * Resources

Visit alz.org/CRF

Children share why they're thankful:

Malcolm– for my family so I don't have to be alone because I can't cook– I'm only 5.
Ben– for fire and police to keep us safe.
Gianna– for my little sister– even though sometimes she bugs me.
Keith– my family because they help me feel better.
Missi– my dogs even though they smell sometimes.
Van– that my parents letting me play football.
Allysa– going to my gramma's to play BINGO
Nicole– music.
Jarrod– working on the car with my dad.
Kyle– I don't know...I guess candy.

Obituaries Sandra (Goland) O'Neill, Sept. 10, 2019
Linda I. Brideau, 74, Oct. 21, 2019

Office Hours: (hours may vary please call ahead)

Monday 8:30-2

Tuesday 8:30-2

Thursday 8:30-1:00

978-838-2750 or coadirector@townofberlin.com

1870 Town Hall, 12 Woodward Ave, Berlin, MA 01503

Berlin Council on Aging Members

Co- Chair Bob Blaire Member Karen Shultz Co-Chair Patricia Wheeler
Member Lorinda Fearebay Member Kate Bliss Member Fran Gill Member Ruth Wheeler



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

The Registry of Motor Vehicles is reinstating courtesy notices for driver's license and ID renewals, thanks to and innovative reform– a public-private partnership at no cost to taxpayers.

The RMV partnered with a private Massachusetts electronic messaging firm to develop a secure notification service that will alert customers a month before their license expires by email, phone, or text message. The RMV Reminder Service powered by Sendza, Inc. and sponsored by Massachusetts businesses, will be free of charge to customers while using innovative technology that protects a person's most important identity document against fraud and abuse.



Customers may join the new service through the RMV [website](#) and choose to be notified by phone, e-mail, or text message. You must sign up for the service at least 45 days before your license or ID expires and will receive a message at least 30 days before the expiration date that tells you whether you can renew online or must visit a branch because a license is in non-renew status or because of an outstanding parking ticket or excise bill. The notification service includes a strict privacy policy to protect the information and data provided. [Visit](#) the RMV website where the online transaction express line is always open.

BERLIN FIRE DEPARTMENT AND COUNCIL ON AGING ARE WORKING TOGETHER TO KEEP OUR SENIORS SAFE WITH FALL FIRE SAFETY. The heating season is beginning. Prepare your home for the winter with smoke and fire detectors. If you need help changing the batteries– we're here to help!
We'll also give you helpful information to stay safe and warm all season!

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!

SENIOR TO STUDENT PEN PAL PROGRAM

Council on Aging in collaboration with Berlin Public Library 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 letter-writing.

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

Being a Pen Pal is simple. Contact us.

We just need your name, address, age and 5 things you enjoy.
We'll set up the rest.

If needed, we will supply the paper, envelopes, and stamps.



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

Town Offices 23 Linden Street



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.

BAYPATH ELDER SERVICES, INC.

BayPath provides an array of services and programs for older adults, caregivers, and persons with disabilities to support their independence and dignity. Some programs have eligibility criteria, such as age, need, income, and/ or insurance.

To find out more, please visit website www.baypath.org or call **508-573-7200** and ask for the Information and Referral Dept.

Berlin's 10th Annual Artisans and Fine Crafts Fair

Saturday November 30th

9:00—4:00

1870 Town Hall



Jewelry, Pottery, Fiber Arts, Woodworking, Floral Crafts, Baskets, Artwork, Glasswork, Photography, Decoupage, Greenery, and more

FOOD FUN RAFFLES & UNIQUE GIFTS

THE SECRET INGREDIENT IS...

If you're cooking a turkey for the holidays try slicing clementine's in half and tuck them right under the turkey skin. This will make the turkey juicier than ever!
Remove before slicing.

Want to cut back on the carbs? Replace your mashed potatoes with mashed cauliflower! With a little seasoning you'll be saying, mmmm!

Like coleslaw? Add a golden delicious apple and enjoy a sweet natural taste!

If you're serving chili this season be sure to add some dark chocolate morsels. It balances out the acidity in the tomatoes.

Mixing up a meatloaf for dinner...add some French -fried onions and top with bbq sauce. Every bite is sure to make your mouth water!

Have A Safe & Happy Holiday Season!

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

Positions available:

- **Council on Aging- Transportation Dispatcher (M-F varies)**
- **Highway/ facilities- Clerical (Wed. mornings 2-3 hours)**
 - **Conservation Commission (varies)**
 - **1870 Program/ Bldg Program Assistant (varies)**

Email Peggy : coa@townofberlin.com / 978- 838-2750



Serving the Health Insurance Needs of Everyone

Make your appointment to meet Berlin SHINE Counselor Robin McGrath

Location: 1870 Town Hall

November 21st

First Come- First Serve

Must RSVP by Nov. 14th

Please bring insurance cards



RIVERBRIDGE

SEB Housing is managing the marketing and lottery for both the affordable- and marketrate- apartments at apartment complex on River Road West in the so-called "Riverbridge" mixed-use Village District (apartment complex yet-to-be-named). SEB Housing, in conjunction with the Berlin Housing Partnership, is pleased to announce two upcoming important events.

BOTH events will be from 6-8 p.m., and BOTH events will take place
Berlin Town Office Building
23 Linden Street
Berlin, MA 01503

**** INFORMATION SESSION ****

Tuesday, December 3, 2019
Room 218 (Board Room), 2nd floor

****LOTTERY NIGHT****

Tuesday, January 28, 2020
Room 227 (Hearing Room),
2nd floor

Community Preservation Act Implementation in the Town of Berlin

Berlin's Fiscal Year 2020 property tax bills include a 3% property tax surcharge for the Town's share of the newly established Community Preservation Fund. Dollar for dollar, Berlin's contributions will be matched by the Commonwealth of Massachusetts to fund open space, historic preservation, community housing and recreational projects in Berlin. For more information please go to town website.

BERLIN Powder House News



Powder House News

Council on Aging

Berlin, MA 01503

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

BERLIN SENIOR CITIZENS LUNCHEON

First Thursday every month @ First Parish Church

Meeting @ 10:30

Entertainment @ 11:00

Lunch @ noon \$6.00

November 7—Veteran's Day Program— Berlin Veterans invited to lunch
— Swedish meatballs, brown rice, carrots, salad, rolls

Will be collecting donations from the Veteran's Wish List. All proceeds
will go to Veteran's Inc. on Grove Street, Worcester.

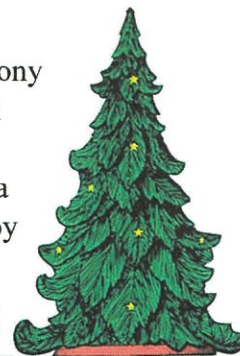
December 5— Berlin Memorial Chorus and Band Winter Program— Pot
roast, potatoes, butternut squash, salad, rolls

January 2— Terry Ingano-Famous People Visits to area Meat or veggie
lasagna, beans, salad, rolls

Veteran's Wish List—All items must be NEW

* **Movie Tickets** * **Telephone calling cards** * **Bus passes** *
Tickets to Recreational Events * **Flip Flops** * **Single bed**
fitted sheets * **Postage stamps** * **Tooth brushes** * **Tooth-**
paste * **Bar soap** * **Shampoo** * **Razors** * **Combs** * **Shaving**
cream * **Bath towels** * **Hats** * **Gloves** * **Scarves (men/**
women) * **Men's new underwear and t-shirts (assorted**
sizes) * **Non-perishable canned goods** * **gift certificates**

Berlin Lion's Club
Berlin Tree Lighting Ceremony
First Parish Church Gym
December 7th 5PM
Visit & Photos with Santa
Hot cocoa provided by Boy
Scouts



& Chowder will be sold

5th Annual Berlin Police "Fill a Cruiser Toy Drive"

Saturday, November 30th 10:00—4:00

Location: Hudson Cabella's

The Berlin Police department partnering with
Cabela's (Berlin) to benefit [Boston Children's](#)
[Hospital](#). Please bring any NEW & UNWRAPPED
toys to the Berlin Cabela's (44 Highland Commons
E). We will also accept cash donations the day of.

Instructors and Entertainers
Needed - We are looking for
credentialed and/or volunteer
instructors to teach academic,
arts, and fitness classes, as well
as experienced entertainers.

Please contact Hollie—
coadirector@townofberlin.com



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

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 community in
the Commonwealth.

BERLIN COUNCIL ON AGING

Hollie Lucht, Director Berlin COA Director @ 978-838-2750 /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.