



# Powder House News

Jan./Feb. 2023

## **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 last Tuesday of the month at 4 p.m., January 31 and February 28.

## **Office Location**

The Council on Aging office is located at the Town Offices, 23 Linden St., bottom floor, Room 118.

## **COA Members**

Bob Blair, *Co-Chair*  
Pat Wheeler, *Co-Chair*  
Kate Bliss  
Rachel Boyer  
Wes Durant  
Lori Fearebay  
Karen Schultz

## **Phone**

978-838-2750

## **Medical Equipment**

The COA has a supply of medical equipment available. We accept donations of thoroughly clean equipment in good condition. Please consider donating your clean, used equipment so we can pass it on to someone in need. Contact Victoria Flynn at [coadirector@townofberlin.com](mailto:coadirector@townofberlin.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.

## **From COA/Social Services Director Victoria Flynn**

### **Happy 2023 to you all!**

As we start off the new year, I would like to remind Berliners to sign up for CODE RED to receive public safety updates. If you have the ability, you can sign up online at <https://www.townofberlin.com/public-safety/pages/sign-codered-notifications>. There is also a paper application available that can be completed and mailed/brought back to public safety. Please reach out to me at 978-838-2750 or at [coadirector@townofberlin.com](mailto:coadirector@townofberlin.com) if you have any questions, comments or concerns.

### **Fall Prevention**

The COA and Public Safety are teaming up to host a fall prevention seminar on Wednesday January 18, 2023 at 10 a.m. The presentation will be led by the practice of Maragal Medical from Leominster. They will be able to identify those who may be at risk of falls as well as strategies to prevent falls. This will be available in person at the Town Offices Training Room 112 and online. We want to make sure that everyone stays safe and is able to comfortably get around their homes and within the community.

### **Grab and Go Meals**

The COA received a request to do another grab and go meal. We are planning on having a pickup on Wednesday, January 11. The options for meals include: turkey dinner with stuffing, mashed potato, roll, mixed veggie and dessert; or lasagna with salad, mixed veggies, roll and dessert. Cutoff for registration is 5 p.m. January 5, 2023. You can register your meals by calling us at 978-838-2750 or by emailing us at [coadirector@townofberlin.com](mailto:coadirector@townofberlin.com).

### **COVID-19 Tests**

As the holidays pass and we continue through winter, COVID-19 continues to be on our radar. For those who may not be aware, there are different ways to get some COVID tests. The town offices have some COVID tests in the lobby for visitors to grab. Also, there are additional ways to get free tests.

Depending on your health insurance, you may be eligible to get tests reimbursed (if you purchase them) or you can request tests through local pharmacies every 30 days. Please check out the website <https://www.covid.gov/tests> for more information or you can reach out to us at the COA.

### **Seminars in 2023**

The Council has received requests for information sessions about various topics. Since we are into winter, we know people tend to be more home based. For February, the Social Services department is looking into completing seminars about public housing benefits and decluttering. We are open to suggestions about other topics as well.

Social Services is going to be having a teen stress management webinar on January 25, 2023. I am working to get more information for teens and parents to receive succinct mental health information. Please reach out to Victoria if there are other topics you would like discussed.





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Berlin Council on Aging

06-5323







# Nashoba Neighbors

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## Happy January!

### Nashoba Neighbors is Now Enrolling Members and Volunteers!

During our Pilot this fall, we refined our program with help from a limited group of "test" volunteers and members from Berlin, Bolton, and Lancaster. Volunteers completed many service requests for our members, including yard work, house organization, and transportation to social events and medical appointments. Positive reactions from members and volunteers alike were beyond our expectations! Nashoba Neighbors is now ready to help YOU as we work together to make life better for all of our seniors.

#### Quote from a Member

"I was happy to be [the volunteer's] first experience... [I] hope she felt satisfied and knows how special it was for me to get out shopping for the first time in years!! Really!!"

#### Quote from a Volunteer

"This member is fantastic and a pleasure to work with. I was easily able to quickly clean up her flower beds and stayed a little while longer to handle a couple of other minor chores. And she gave me a loaf of banana bread!!"

To register or ask questions, contact us! Call us at 978-226-8844. Email us at [Info@nashobaneighbors.org](mailto:Info@nashobaneighbors.org) or register from your smartphone, telephone, or computer. Submit Member and Volunteer Interest Forms and learn more at [www.nashobaneighbors.org](http://www.nashobaneighbors.org)

We are a 501(c)(3) nonprofit corporation. Membership fees cover much of the cost of operating the all-volunteer organization, including insurance and technology costs. There are no charges for volunteer services provided to members. Check out membership options and fees at [www.nashobaneighbors.org](http://www.nashobaneighbors.org) and call us about our membership subsidies for those who qualify!



*Pilot Member George Davis of Lancaster (right) worked with Nashoba Neighbors Volunteer Bob Blair (also Co-Chair of the Berlin Council on Aging) one brisk day in December and together, they pruned shrubs and tended to yard clean up before the snow fell.*

## History Matters and Berlin Art & Historical Society Meeting

Open to the public  
January 14, 2 p.m., @19 Carter



Join the Art & Historical Society for a project update on the restoration of Berlin's 1805 Hearse House.

The presentation will include a brief history of the building and a more detailed discussion of the work done this fall. The frame of this scribe building has been repaired and completely test fitted. The Hearse House Building Committee will also discuss the timeline and steps required for the building's re-erection in 2023.

A brief society meeting will vote on related matters first. The presentation will start at 2:30 p.m. Join us!

## Happy Retirement Chief Clark

As of January 31, 2023, Fire Chief P. Kenneth Clark will formally retire from the Berlin Fire Department after 3 years of service. Chief Clark will be missed by Berliners. We would like to recognize and thank Chief Clark for his time in Berlin. We wish him a long and happy retirement.



# COMMUNITY EVENTS CALENDAR

For a complete listing of the meeting times and places of all Berlin town boards, commissions and committees, go to the "[mytowngovernment.org](http://mytowngovernment.org)" website and click on "berlin, ma"

## COA

**Tuesdays from 1-2 p.m.**

**Tai Chi with Jeff Cote** in COA room 118. Zoom Meeting: <https://us02web.zoom.us/j/81287909508>  
Meeting ID: 812 8790 9508

**Saturdays from 9-11 a.m.**

**Senior Yoga** COA Room 118. Zoom Meeting Web Link: <https://us02web.zoom.us/j/89963068074>  
Meeting ID: 899 6306 8074)

## BERLIN CHURCHES

### First Parish Church

**Sunday Worship** (every Sunday): 10 a.m. Meetinghouse and Zoom

**Pizza Night** Second Friday of each month 5-7 p.m.  
Meetinghouse (11/11 and 12/9)

### St. Joseph The Good Provider Catholic Church

**Daily mass:** Mon.-Fri. at 7:30 a.m.

**Weekend masses:**

Saturday, 4 p.m., Sunday, 8:30 a.m. and 10:45 a.m.

**Reconciliation:** 3:30-4 p.m.

## XIX CARTER

**Open**

Monday-Friday 9 a.m.-4 p.m.

Saturday 10 a.m.-1 p.m.

**Monday: TeaTime** 1-3 p.m.

**Tuesday: Soup** 12-1 p.m.

Occasionally **History Matters** 1:30-3:30 p.m.

**Wednesday: Community Coffee** 9 a.m.-Noon

**Old Time Music Jam** 2nd & 4th Wednesdays 11 a.m.-1 p.m.

Acoustic string players are welcome to join us. Bring your lunch if you wish. Suggested donation of \$5.

**Irish Session** 7-9:30 p.m.

**Thursday: Afternoon Games** 1:30-3:30 p.m.

**Intermittent Fasting Support Group** 1st Thursday 3-4 p.m.

Questions? Email Sheryl at [sherylcrowley@hotmail.com](mailto:sherylcrowley@hotmail.com).

**Friday: Community Coffee** 9 a.m.-Noon

**Open Studio** 9 a.m.-Noon Bring your project to work on.

Questions? Call or text Ann Marie Hershberger at 781-883-3459. Suggested donation of \$5.

**Fiber Arts** 2-4 p.m.

**Saturday: Scones** 10 a.m.-1 p.m.

**Veg Group** 1st Saturday 11:30 a.m.-12:30 p.m.

Michele Ricard MD, certified in Plant-based nutrition.

**Open Mic**, Fri. Jan 13 and Fri. Feb. 10 7-9 p.m.  
Sign up in advance with Host Lori Diamond at [LoriDiamondMusic@gmail.com](mailto:LoriDiamondMusic@gmail.com). She and co-host, Fred Abatelli, will support you with a professional sound, and authentic encouragement. Suggested donation of \$5. BYOB. Some food and drink are available — the audience is invited to bring their own as well.

**Paul Rishell & Annie Raines Concert**, Sat. Jan. 21, 7-9 p.m.  
For 30 years Paul Rishell & Annie Raines have been hailed as one of the world's best blues duos. They have performed and recorded with John Sebastian, Susan Tedeschi, Pinetop Perkins and Rory Block. They have opened for Ray Charles, Dr. John, and Little Feat. Tickets \$15.

**Healing Arts Marketplace**, Sun. Jan. 22, 11 a.m.-4 p.m.  
Rejuvenate, relax, explore and receive enhanced wellness of mind, body and spirit. Reiki, Rolfing, Mediumship, Reflexology, Acupuncture, Tarot Reading, Marconics, Foot Zoning, Energy Healing, Oracle Readings, Psychic Readings, and much more! Suggested donation of \$5.

**Movie Night "Free Guy"**, Tues. Jan. 24, 6-9:30 p.m.  
Sponsored by Cordelia's Farm tonight's movie "Free Guy" is a 2021 American science fiction action-comedy film starring Ryan Reynolds. Tickets \$10 includes pizza and salad, popcorn, and the movie (starts at 7 p.m.). Advance reservations are required by 3 p.m. on movie day.

**Off Brand Improv**, Fri. Jan. 27 and Sat. Jan. 28, 7:30-9:30 p.m.  
A troupe of improvisational actors. They're here to make you laugh and have a good time together! Come and see their newly expanded troupe! Tickets \$15.

**Physical Health—The Missing Factor in our Fight against Mental Illness**, Sun. Jan. 29, 3-4 p.m.  
Join Lisa to learn how physical health, diet, and lifestyle affect mental health, and how to improve both at the same time. Just like any other organ in the body, the brain is affected by nutrient status, blood sugar, hormones, and more. Lisa will discuss each of these factors and easy solutions that will protect your long-term mental and physical health. Donations are welcome but not required to attend—all donations benefit 19 Carter.

**Jazz Jam**, Sun. Jan 29 & Sun. Feb. 19, 6-8 p.m.  
Join Ken Parrish and the house band for an evening of Jazz. All instruments and musicians are welcome. Vocalists, please bring your charts. Questions? Email Ken Parrish at [ken@parrishworks.net](mailto:ken@parrishworks.net). Suggested donation of \$5.

**Carlos Odria solo concert**, Sat. Feb. 10, 7-9 p.m.  
Carlos will be performing compositions from his 2022 solo guitar album "Montuno Negro." This album comprises original instrumental songs inspired by profound life experiences. He wishes to connect with the audience at an emotional level, to transmit stories and feelings that perhaps are common to most people. Tickets \$15.

*Looking for more information about a specific program or event? Call us at 978-415-0014 or check out our website at [www.19carter.org](http://www.19carter.org).*



## Meet Rev. Misty-Dawn Shelly First Parish Church of Berlin



Rev. Misty-Dawn Shelly brings a collaborative and creative spirit to her ministry. She came to ministry after a career in bookkeeping at a non-profit human service agency. Ordained to the Unitarian Universalist ministry in 2011 by First Parish Northborough and the Brookfield UU Church, she answered a call to serve the UU Congregation of Fort Wayne, IN in 2012. For ten years, Misty-Dawn served the congregation and the larger Fort Wayne community in deepening interfaith relationships and fostering multi-generational community with programming, outreach, and worship. She has served the larger UUA movement as a Regional Transitions Coach to help support congregations in ministerial transition; and served her colleagues in the UUMA as Heartland Chapter President, Secretary, and Good Offices. Misty-Dawn returned to MA in August 2022 to serve the good people of First Parish Church in Berlin, MA. She is grateful for the opportunity to serve a federated church with clarity that while we may come with many beliefs and from many paths, all are welcome to serve and work to be stronger together and to share that with their Berlin and surrounding communities. Rev. Shelly and her spouse of over 20 years, Jenna, live in Berlin, sharing a home with her mother, Sandie; their dog, Rosscoe, and Sandie's cat, Crash. For fun, Misty-Dawn enjoys yoga, walking the dog, knitting, reconnecting with friends and family, and rediscovering the beauty of New England.

## Meet Fr. Thomas M. Tokarz St. Joseph the Good Provider



Fr. Thomas M. Tokarz has been serving St. Joseph the Good Provider Parish as pastor for the past eight years. His former parish was St. Joseph's in Gardner. He became a part of the Berlin Community welcoming veterans to services and leading the invocation at the Old Burial Grounds and Berlin Memorial School until Covid prevented it. Being a priest is more than just a job, it's a lifetime vocation of service 24/7. Fr. Tom, as he likes to be called, has welcomed new members to our faith community through baptisms and has blessed so many souls on their last days on their final journey home. Each week he welcomes parishioners to Saturday evening and Sunday morning Masses embracing and sharing his faith.

This year, Fr. Tom celebrated his 45th Anniversary to the priesthood. He was ordained in Worcester MA and has served as part of the Worcester Diocese since his graduation from Boynton Beach Seminary in FL. Fr. Tom has always loved to travel and has visited Poland and Rome Italy numerous times. He enjoys cooking and is famous for his Kapusta, (cabbage soup) and golumkies. Each fall he offers a home-cooked meal of Polish cuisine as part of our fall fair raffle. A highly sought after prize. Originally from Webster, MA Fr. Tom is happy to call New England his home and enjoys the small town hospitality of Berlin. He is always at the ready with a prayer or blessing, caring deeply about the members of his flock. The doors of St. Joseph the Good Provider are always open and welcoming. Come for services and get to know Fr. Tom.

## Berlin History Makers: Bill and Doris Lowe



The needs of a town like Berlin to allow just enough commercial development to provide the tax revenue that helps residents pay for the maintenance and replacement of its municipal buildings and vehicle fleet and provide various services, and still allow the preservation of adequate open space to maintain the rural environment and recreational opportunities these same residents revere can seem like impossible needs to reconcile. Thanks to the hard work and thoughtful planning of a number of Berlin's leaders through the years, we enjoy the benefits of progress in both development and preservation. As Berlin faced the prospects of large capital outlays to replace outdated municipal structures in the late 1980's, one of the leaders most effective in meeting those needs was Bill Lowe.

Bill's business acumen was honed through work with three large grocery chains and subsequent ownership of the Berlin General Store and Lowe's Variety and Meat Shop in Northborough, still owned and operated by family members. His partner and helpmate in running both the Berlin and Northborough stores was his beloved Doris.

Bill blended his business expertise with his appreciation of Berlin's dual interests in maintaining its rural character while also updating its aging infrastructure. An early proponent of the building of the Solomon Pond Mall on the town's border with I-290 — a hotly debated project at the time — he facilitated negotiations that brought the project to life in ways that minimally impacted in-town traffic and commercial intrusion concerns while also providing a long-term revenue source that funded open space preservation and the construction of a new elementary school and the renovation of the old school to accommodate new spaces for the town's offices and the fire, police and EMT headquarters.

Over the years, Bill volunteered his services on many town boards, including the Council on Aging, the Select Board, Finance Committee, and the Investment Advisory Board. He personally repainted the interiors of classrooms at Berlin Memorial School, donated food from his store on many occasions and provided summertime ice cream at the town library to encourage young readers' interest in books. Always humble and generous, he never asked for anything in return.

Bill and Doris were together for 57 years. They truly enjoyed the small-town life with each other, and Doris, always a devoted grandmother and great grandmother, tended to the needs, when asked, of those grands and great-grands from their birth up to high school age. In recent years, the Lowes played endless games of Rummy 500, watched the Red Sox and Yankees battle for supremacy, and relaxed on the front porch of their home on Woodward Avenue.

Bill passed away on November 9, 2022 at the age of 92. A love story to the end, nine days following Bill's death, Doris, at 90, passed peacefully in her sleep on November 18.

We are grateful for the wonderful lives they shared with us.



## RECIPES FOR HAPPINESS

Here are some recipes to brighten your day from Berlin residents. If you'd like to share favorites of your own, send them to the COA office at 23 Linden Street, Berlin, or to Bob Blair at 28 Summer Road, Berlin and we'll make a place for them in upcoming editions of the "Powder House News".

### ED MUNTER'S NOODLE PUDDING

*Ed Munter is the owner and principal cook at the Berlin General Store. Here is his recipe for a holiday treat.*

#### Ingredients:

- 1 lb package of egg noodles (medium-wide)
- 12 ounces cream cheese
- 3/4 cup sugar
- 1 teaspoon vanilla
- 1 teaspoon cinnamon
- 1/2 teaspoon Nutmeg
- 4 eggs
- 2 cups milk
- 1/2 cup raisins

#### For the Topping:

- 1 1/2 cups Corn Flakes cereal (crushed)
- 1/4 cup Honey
- 1 cup cherry or blueberry sauce

1. Preheat the oven to 350° F. Butter a 9 x 13 x 2-inch (3 quart) baking dish. Bring a large pot of water to a boil, and cook the noodles according to package directions until al dente. Drain and set aside.
2. In a large bowl, use an electric hand mixer or rotary beaters to beat together the cream cheese, and sugar until smooth. Add the eggs and vanilla, and beat until well mixed. Pour in the milk, and beat just until smooth.
3. Stir the drained noodles into the egg mixture. Add the raisins and stir to combine. Pour into the prepared pan,

and smooth the top with a spatula. Bake in the preheated oven for 1-1/4 hours, or until the pudding is puffed, set in the center, and golden on the bottom.

4. In a small bowl, combine the cereal & honey. Stir to combine. spread evenly over the pudding. Bake additional 5 minutes until topping is lightly toasted. Remove from the oven and allow to cool on a rack for 15 to 20 minutes before cutting into squares to serve.
5. Top with warm fruit topping if desired.

### FAITH LINZEE'S SESAME SEED COOKIES

*Faith Linzee, a lifelong resident of Berlin's Central Village and still preparing her own meals at the age of 91, offers us this recipe:*

#### Ingredients:

- 2 cups flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon vanilla
- 1 cup shortening (1/2 butter)
- 1 cup sugar
- 1 egg
- 1 cup sesame seeds lightly toasted

1. Sift dry ingredients into small bowl.
2. Cream sugar, shortening.
3. Add egg and vanilla.
4. Add flour mix — 1/2 at a time, blending well.
5. Wrap in waxed paper and chill several hours.
6. Roll dough into small balls, then in seeds, and place 2" apart on cookie sheet.
7. Bake at 350° F for 10 minutes or until lightly brown. Makes 8 dozen.

## Community Needs Survey—UMASS Boston

The Town of Berlin has decided to have a Community Needs Assessment accessible by all residents 18 and older. Through UMASS Boston, the survey will assess if Berlin's municipality is meeting the wants and needs of our residents.

In late January, please keep an eye out for a postcard with information for survey completion. About 1-2 weeks later, the survey will be available. Senior households will be mailed paper surveys with an envelope to be returned to UMASS Boston. A QR code and a website will also be available for completion. The Town of Berlin wants to stress

that **NO ONE REPRESENTING TOWN GOVERNMENT WILL SEE YOUR RESPONSES** to the survey. Any responses will go directly to UMASS Boston and their team conducting the survey. Any questions will be directed to UMASS Boston as well.

In late spring 2023, UMASS Boston will share with the town the results of the survey summarizing the data collected. I will be attending the Coffee Talk on January 19, 2023 as well as giving an update on January 9, 2023 to the Select Board. Please feel free to reach out to the COA if you have any questions prior to the survey going out.



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# Powder House News

COUNCIL ON AGING • BERLIN, MASSACHUSETTS 01503

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## Winter Storm Preparedness

As we continue to another winter season, we want to make sure that you and your loved ones remain safe during a prolonged storm. We are aware that many people in Berlin have non-electric heat, please make sure that you have ample ventilation to prevent any carbon monoxide risks. Please check your smoke detectors and carbon monoxide detectors to make sure they are working. Fully charge all electronic communication devices (phones, laptops, tablets) so you can continue to receive updates. Public safety will update the town Facebook page as frequently as possible if there are areas to avoid. If you have any medical equipment that relies on electrical power, please reach out to your medical providers to see if batteries may be an option for any equipment. If you have any immediate safety concerns, please call 911. With general questions, You can reach out to public safety at 978-838-7335.

## REAL ID extension

The Department of Homeland Security has pushed back the required date for REAL ID usage for travel until May 7, 2025. To apply for a REAL ID, you will need to visit a RMV or AAA (if you are a member). If your ID is a REAL ID, it will have a gold star in the right corner. Please check out Mass.gov website or call the COA if you have questions about scheduling an appointment or for documentation questions.

## Gone But Not Forgotten

Robert Roche .....	October 22
Lee Mungeam .....	November 4
Ronald Vavruska .....	November 4
William Lowe .....	November 9
Antonio Reis .....	November 15
Doris Lowe .....	November 18
Herbert Tufts .....	November 27
Sandra Tufts .....	December 6
Jean Kelley-Joyce .....	December 13

(5)

## Twinkle Tour and Contest

The lights were lit and the tourists toured and voted for their favorite Twinkle Lights displays. Here are the results:

**First place:** Rick & Julie Lee, 180 South St.

**Second place:** Brian & Andrea Clemmer, 79 Pleasant St.

**Third place tie:** Christopher & Loren Gould, 39 Bailey Rd. and Dan Sirpenski & Kate Bliss-Sirpenski, 59 Randall Rd.

**Honorable Mention:** Jim & Kathy Munyon, 11 Highland St.

This year's tour and contest was sponsored by the Berlin Senior Citizens' Association and the Berlin Council on Aging.

*Greatly appreciated sponsorship from the following businesses funded prizes that helped the contest winners pay for the holiday surge in their electric bills: Berlin Country Club, Golden Skep Farm, Gillis Garden Center, Northbrook Farm, Northboro Oil Co., Daigneault's Liquors, and Market Basket.*