

# Powder House News

#### **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 30 and February 27.

#### **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 Lori Fearebay Linda Robinson 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, 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-Sankaran

#### **CODE RED**

Since we are starting off the new year, I wanted to remind Berliners to sign up for CODE RED to get any public safety updates if you have not done so already. If you have the ability, you can go online to https://www.townofberlin.com/public-safety/pages/sign-codered-notifications to sign up electronically. There is also a paper application that can be completion and mailed/brought back to public safety. Please reach out to me at 978-838-2750 or at coadirector@townofberlin.com, if you have any questions.

#### **Feedback Requested**

As we approach a new budget season, we want to make sure that our Berlin senior residents feel heard. We are suspecting that the COA expense budget will remain unchanged next fiscal year. We are encouraging seniors to reach out to the COA and to the Select Board regarding services being offered and increasing funding to expand services. The COA is responsible for trying to help meet the needs of Berlin seniors (now at 33%). By 2030, senior rates are expected to reach 40%.

#### **Durable Medical Equipment Donations**

At this time, we are only in need of manual transport wheelchairs. We do appreciate all of the equipment that has been donated to the COA but are only in need of this. If you or someone you know needs any durable medical equipment, please call the COA at 978-838-2750.

#### **Online Payments**

The Town of Berlin recently adopted the Unipay system for taxes and other bills to be paid. The system will accept an EFT (electronic fund transfer) out of your account or through a credit card transaction. There is a small fee with this service but it may be easier for our residents to use, especially if transportation is a factor. If you have any questions, please reach out to the Assistant Treasurer/Tax Collector at 978-838-2765.

#### **Road Safety**

The Highway Department is asking for you to call them at (978) 838-2898 if you are seeing any potholes or any blocked roads. Please leave a message, they will be able to access messages remotely. Winter can quickly change the condition of the roads and we want to make sure that these issues are addressed timely.

#### **Fuel Assistance**

The Fuel Assistance season is still under way. You can still apply until April 30th as a new applicant. You can try to apply online and upload documents but you may need to go in person. If you are deemed eligible, you will be notified and funds will be dispersed to your utility companies. To apply for fuel assistance, you can contact MOC at 978-342-4520 or register online at https://toapply.org/INTFITCH. If you have any additional questions, please call us at the COA at 978-838-2750.

## FEMA: How to Protect Yourself from Winter Weather

#### If you are under a winter storm warning, find shelter right away.

Know your winter weather terms:

#### Winter Storm Warning

Issued when hazardous winter weather in the form of heavy snow, heavy freezing rain, or heavy sleet is imminent or occurring. Winter Storm Warnings are usually issued 12 to 24 hours before the event is expected to begin.

#### Winter Storm Watch

Alerts the public to the possibility of a blizzard, heavy snow, heavy freezing rain, or heavy sleet. Winter Storm Watches are usually issued 12 to 48 hours before the beginning of a Winter Storm.

#### Winter Weather Advisory

Issued for accumulations of snow, freezing rain, freezing drizzle, and sleet which will cause significant inconveniences and, if caution is not exercised, could lead to life-threatening situations.

#### **Know Your Risk for Winter Storms**

Pay attention to weather reports and warnings of freezing weather and winter storms. Listen for emergency information and alerts. Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

#### **Preparing for Winter Weather**

Prepare your home to keep out the cold with insulation, caulking and weather stripping. Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups. Gather supplies in case you need to stay home for several days without power. Keep in mind each person's specific needs, including medication. Remember the needs of your pets. Have extra batteries for radios and flashlights. If you are unable to afford your heating costs, weatherization or energy-related home repairs, contact the Low Income Home Energy Assistance Program (LIHEAP) for help.

#### In Case of Emergency

Be prepared for winter weather at home, at work and in your car. Create an emergency supply kit for your car. Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water and non-perishable snacks. Keep a full tank of gas.

## Now we are ONE

ONE team of volunteers who offer time and companionship to our members when they need a bit of help maintaining safe homes, picking up food and meds, and getting to area cultural events.

ONE with our community partners — boards of health, COA's, emergency services, churches who share our mission to ensure that seniors in Berlin, Bolton and Lancaster have the local resources they need to lead safe, healthy and active lives as they remain in their own homes for as long as possible.

AND, as a non-profit support group for seniors, we are, in fact, ONE year old, just completing our first full year of service to our senior members. During these last twelve months, we have fulfilled 373 member requests for various forms of help.

Please join us. Become a volunteer or member of Nashoba Neighbors as we enter our second year of service.

Call (978) 226-8844 or learn more at nashobaneighbors.org



# SOAR Senior Outreach and Reading Program

As the new school year approaches, Berlin Memorial is looking for seniors to help out our youngest readers some additional encouragement and support.

The SOAR Program has been ongoing since the early 2000s (taking a break during COVID). Teachers will supply you a book to read with the students or you will be able to choose one. Seniors will be able to discuss with the students about the readings.

Due to updated safety policies, CORIs and finger prints will need to be done before starting. Berlin Memorial can work with seniors on completing CORI checks and fingerprinting resources are available. Please contact Stephanie Woodward at swoodward@bbrsd. org or contact Berlin Memorial directly at (978) 838-2417 if you have any additional questions.

## MassHealth Ongoing Recertification

MassHealth is continuing its recertification process of benefits. During the COVID-19 emergency, the Commonwealth of Massachusetts automatically continued coverage for those on MassHealth. Since the emergency status of COVID has lifted, MassHealth is now undertaking the task of reviewing its 2,000,000 applicants. We are asking you to please be on the lookout for any blue envelopes coming to you, this is a main way that seniors will be recertifying their eligibility. If you have had any change of address or contact information during COVID, please call update your records with MassHealth. If you have any questions, you can reach out to Victoria at coadirector@ townofberlin.com or 978-838-2750.

## The Five W's: Berlin's who, what, when, where, and why

### Northbrook Villages I and II: Locally-Created Affordable Residences for Seniors

Living space for seniors, especially those with physical challenges and possibly needing financial assistance, has been much in the news recently. Government leaders and planners, prodded by senior advocacy groups, have struggled to find enough of it, of good quality and convenient to activities and resources needed for living interesting and involved lives as community members. With seniors comprising a third of Berlin's total population, and due to increase in the coming years, some urgency compels us to keep the issue of affordable housing for seniors on the front burner as we allocate the tax dollars that are collected to provide for the health and safety of all our residents.

This problem is not new. In the late 1970's, a group of concerned Berlin residents, led at the time by Reverend Howard Andrews of Berlin's First Parish Church, and including Helen Brewer, Ernest Perdue, Everett Smith, John Bosselman, Gordon Holyoake, Wes Durant and others, set about to finance and construct a residential community in what was then an open field area on Pleasant Street. Berlin resident and architect Ray Renzoni was chosen to create an attractive and homey village of structures to be occupied by what, at the time, were planned to be mostly residents of the town. When the federal Department of Housing and Urban Development (HUD) and the U.S. Department of Agriculture's Rural Development agency became involved as holders of the mortgages on the Northbrook property, the eligibility for space within the village became subject to the broader requirements of those two agencies, meaning that seniors from anywhere and people with significant physical challenges could apply for Northbrook's spaces on an even footing with local residents, a policy that continues to the present day.

Bids for construction of the 10 residential structures and community and maintenance buildings were sought in 1980. After three rounds, and with no successful bidder chosen, the federal agencies advised that only one more bid would take place. Someone in the founding group asked Al Roseberry, a local plumbing contractor who worked with Berkshire Builders of New Hampshire, if he thought Berkshire might be willing to offer a bid. Indeed they were, albeit with a few modifications to the plan, and they came in with a price-to-construct of \$1,400,000. And here's the best part: they began and finished construction on the whole project in just four months. Didn't the state contractor who was hired to repaint the bridge over I-290 take at least two years to finish all aspects of that work?

The advertising, rental, maintenance and improvement of the Northbrook property had always been intended to be handled by a property management company, and that plan held up for many years of Northbrook's existence up to the present, with one overly-long gap where Board dissatisfaction with the services provided by one company, caused the volunteer and unpaid Board members to spend



countless hours learning and implementing the rules (and there are many) and processes in running and renting a subsidized senior living community, while awaiting the vetting and employment of a new property management company. And here's where things get serendipitous. The company chosen, and now managing Northbrook I, is Eastpoint Properties of New Hampshire. They are, in fact, the successors to Berkshire Builders, the company that built Northbrook's 10 residential buildings and their 40 apartments back in 1980. Who could have foreseen that?

With some of Northbrook I residents developing health conditions that necessitated their moving to apartments with easier access, planning began again, in 2009, to create additional housing in a three story apartment building located on the Pleasant Street property just past the Northbrook I complex. Through negotiations with the Board at Northbrook I, 10 acres of Northbrook I land was transferred to Northbrook II, with the understanding that Northbrook II would fund the construction of new wells and water distribution for both villages. When some disagreement over the implementation of this plan arose, the two Northbrooks decided to proceed independently. Because HUD and RD, the federal agencies holding the mortgages for both properties, require a recognized social service agency to be involved in the properties they fund, Montachusett Opportunity Council, a north central Massachusetts provider of services to a broad spectrum of citizens, became the designated owner of Northbrook II. Construction on the new building, begun in 2009 by Barr Construction, was halted when that company declared bankruptcy, leaving the building in partially-built limbo for three years until Castagna Contractors completed the work and tenants were finally able to move from the waiting list to occupancy of the forty new apartments in a building with elevator access to all floors and no door sills to negotiate for those with mobility issues.

Not all the needs of Berlin's 3— or any other community's — seniors have been met, but the next time you drive by the Northbrook Village campus on Pleasant Street, observe the fruits of the labors of many good-hearted and planful citizens of Berlin in working to address the housing needs of our senior citizens. Three cheers for all their hard work.

## **COMMUNITY EVENTS CALENDAR**

For a complete listing of the meeting times and places of all Berlin town boards, commissions and committees, go to the "<u>mytowngovernment.org</u>" 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 9-10 a.m. Senior Yoga, Saturdays from 10-11 a.m. SAIL 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: 10 a.m. Meetinghouse and Zoom Family programming: First and third Sundays Pizza Night: Second Friday each month 5-7 p.m. Meetinghouse.

#### St. Joseph The Good Provider Catholic Church

Daily mass: Mon.- Fri. at 7:30 a.m. Weekend masses: Sat. 4 p.m.; Sun. 8:30 a.m. and 10:45 a.m.

#### **XIX CARTER**

**Open:** Monday-Friday 9 a.m.-5 p.m. / Saturday 10 a.m.-1 p.m.

MON: TeaTime 2-4 p.m.

TUES: Soup 12-1 p.m. Occasionally History Matters

WEDS: Coffee Hour 9 a.m.- Noon; 2nd & 4th Wed. of the month Old Time Music Jam 11 a.m.- 1 p.m. Irish Session 7-9:30 p.m.

**THURS:** Afternoon Games 1:30–3:30 p.m.; 1st Thurs. of the month Intermittent Fasting Support Group 3-4 p.m.

FRI: Coffee Hour 9 a.m.- Noon; Open Studio 9 a.m.- Noon; Fiber Arts 2-4 p.m.

SAT: Scones 10 a.m.-1 p.m.; 1st Saturday of the month Veg Group 11:30 a.m. - 12:30 p.m.

#### Jazz Jam with Nolan Slate & Friends: Tues. Jan 2, 7-10 p.m.

Join Nolan Slate (saxophone), Russel Hornung (trumpet), Ty Kinsky (trombone), Aidan Slate (piano) and more for an evening of jazz. All instruments and vocals are welcome to join in the jam. For more information, contact Nolan at nolanslate@gmail.com. Suggested donation: \$5

#### Coffee Chat with Superintendent Carol Costello: Wed. Jan 3, 10 a.m.-Noon

Stop by to chat with BBRSD Superintendent Carol Costello over coffee. A wonderful opportunity to discuss all things education! All are welcome.

#### Office Hours with the Senator Robyn Kennedy Team: Mon. Jan 8, & Mon. Feb 12, 1-2:30 p.m.

A fantastic opportunity for the community to engage with their state legislators. Voice your questions, comments or concerns. For more information, email the Senator's office at: kayannajames18@gmail.com

#### Book Club: Tues. Jan 9, 1:30-2:30 p.m.

The book of this month's session is Poverty by America by Matthew Desmond. Please contact Ann Ribbens with any questions at annri1951@yahoo.com.

#### Open Mic: Fri. Jan 12, & Fri. Feb 9, 7-9 p.m.

All types of music and all ages are celebrated at our supportive, welcoming, and inclusive open mic. Sign up in advance with Host Lori Diamond at LoriDiamondMusic@ gmail.com. Piano available. BYOB. Some food and drink are available — the audience is invited to bring their own as well. Suggested donation of \$5.

#### Jazz Jam: Sun. Jan 14, & Sun. Feb 4, 6-7 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. For questions, please email Ken Parrish at ken@parrishworks.net. Suggested donation of \$5.

#### **Movie Night:** Mrs. Harris Goes to Paris, Fri. Jan 19, 6:30-9:30 p.m. Sponsored by Cordelia's Farm, *Mrs. Harris Goes to Paris* is a historical "dramedy" that tells the story of Mrs. Ada Harris, a widowed cleaning lady who develops a new obsession: haute couture! Ignited by her love for clothing, Mrs. Harris embarks on an exhilarating journey that takes her to the

Dior fitting room in Paris. Tickets: \$15 Pizza, salad and popcorn included in the ticket price! Reservations required by 3 p.m. on the day of showing.

Movie Matinee: Mrs. Harris Goes to Paris, Sun. Jan 21, 2-4 p.m. Sponsored by Cordelia's Farm. Tickets: \$10 Popcorn included in the ticket price!

## Armchair Traveler: New Zealand & Australia, Sun. Jan 28, 4–5:30 p.m.

Evy Dueck and her daughter, Rebecca, will share footage from their month-long journey to New Zealand and Australia. Some refreshments will be available. All are welcome!

#### Carlos Odria Solo Guita: Sat. Feb 10, 7-9 p.m.

Peruvian-born guitarist Carlos Odria's original compositions and arrangements of jazz standards and Latin American tunes deliver an exciting blend of international styles such as bossa nova, Afro-Peruvian festejo, rumba flamenca, and Afro-Caribbean vibes, all imbued with an improvisational approach inspired by the rich tradition of American jazz. Tickets: \$15 in advance; \$20 at the door — Kids are free

Movie Night: Mamma Mia!, Fri. Feb 23, 6:30-9 p.m. Sponsored by Cordelia's Farm, *Mamma Mia!* is the film adaptation of ABBA's hit musical, telling the story of Sophie and her three potential fathers! Chaos ensues as Sophie's mother, Donna, comes face-to-face with past trysts and heartbreak. Tickets: \$15 Pizza, salad and popcorn are included in the ticket price! Reservations required by 3 p.m. on the day of showing.

Movie Matinee: Mamma Mia!, Sun. Feb 25, 2-4 p.m. Sponsored by Cordelia's Farm. Tickets: \$10 Popcorn included in the ticket price!

#### Book Club: Tues. Feb 27, 1:30-2:30 p.m.

This month's theme is Current Events. Please contact Ann Ribbens with any questions at annri1951@yahoo.com.

## Message from Kristen Rubin, Town Administrator



Happy fall to everyone here in Berlin! Believe it or not, it has been over a year since I started as Town Administrator. It has been both a wonderful and very busy year. We were able to complete the recreation court project on South Commons, install the community garden fence, replace the roof over the town offices, work towards installing solar on the new highway building,

apply for and receive a number of grants, upgrade our servers here at the municipal offices, and start a facilities assessment of all town owned buildings, among many other projects.

As you may be aware, we are headed into the FY25 budget season which lasts until the Annual Town Meeting on Monday, May 6, 2024. I encourage all residents to get involved in the process and attend Wednesday evening Finance Committee meetings, Monday evening Select Board meetings or reach out to me at townadmin@townofberlin. com with any questions you may have. We want to hear from you!

I am proud to be working for the residents of Berlin and I thank you for the trust you have put in me over the past year. My welcome has been warm and I truly enjoy being here. Please do not hesitate to reach out if I can ever be of assistance. You can also stop by the town offices or call the office at 978-310-5919.

## Meet Linda Berisha, Newly-Appointed Assessing Director



My name is Linda Berisha, I am the new Assessing Director for the Town. I hold a Bachelor Degree and Master's degree from Becker College. I am an Accredited Assessor for the state of MA. And fun fact I am trilingual.

# Meet Victorya Dube, Director of the Berlin Public Library



As the new Director of the Berlin Public Library, I have enjoyed getting to meet the residents of Berlin. If we haven't had the chance to meet, I hope to see you in the library soon! I am a lifelong resident of nearby Sterling, MA. I received my Bachelor's degree in Anthropology from The George Washington University in Washington, D.C., and am currently finishing my

program for a Master's degree in Library and Information Science at Simmons University in Boston. I am excited to continue offering all the services the library has been providing — internet access, faxing, and interlibrary loans. I am also hopeful that the library can expand our programs and collections to reach new patrons and improve our service to all of Berlin.

### Meet Jax



The Berlin Police Department is proud to announce the arrival of their first Comfort Dog. Jax is an English Chocolate Labrador Retriever and was born on September 10, 2023. Thank you to Peggi and Dave at Boonefield Labradors in Rindge NH for this amazing little boy. Jax was one of seven puppies: five girls and two boys. Two of Jax's siblings will also be going to police departments as Comfort Dogs. Jax will be living and working with Sgt. Richard Gilchrest. Jax and Sgt. Gilchrest will be going through extensive training to prepare him for working within the community. Jax's first day on duty was

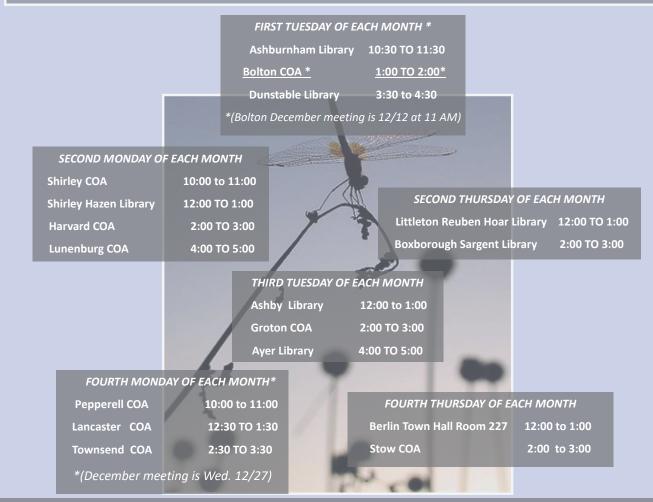
Monday November 6, 2023. Please feel free to stop by the station and say hello or stop them when they are out on patrol.

Sgt. Gilchrest is in the process of setting up an account for Jax. If you would like to support the Comfort Dog Program, you can make a donation by dropping off a check at the Berlin Police Department or you can donate by using Venmo. Please stay tuned for more information and details on the donation process.



Nashoba Associated Boards of Health welcomes adults who are experiencing grief to participate in monthly, drop-in Grief & Healing Support Groups. Facilitated by grief counselor Karen Campbell, these support groups offer a safe space to share experiences of the grief journey.

This group is an opportunity to learn more about the grief process and strategies for managing grief. Confidentiality is respected and maintained. The Grief & Healing Support Group honors all types of grief, including grief due to loss, change and transitions. In recognition that grief has no time frame, those who grieve are welcomed at any point in their journey. Since grief is an evolving process, occasional check-ins with a grief support group may be beneficial. No one is required to commit to consistent attendance.



This service is provided to the community by the Nashoba Associated Boards of Health. Please visit <u>www.nashoba.org/calendar</u> for the latest schedule. For more information, please contact Karen Campbell at 978-772-3335 x 322.

## Digital Literacy Classes for Jan/Feb 2024

As discussed in previous issues, we are starting our digital literacy classes in January and February. We are REQUIRING a pre-registration for the classes. If the class you are interested in fills, you will be added to the next available class. There are pre-class and post-class surveys that we are asking each participant to fill out. Refreshments will be provided at each class. You are welcome to bring your own tech device, just notify us during the registration.

The Introduction to Digital Literacy class is going to be offered 4 times (classes will be capped at 15 to 20 participants). The first class is Wednesday, January 17 at 11:30 a.m. (Town Offices Room 227). The second offering is on Wednesday, January 31 at 11:30 a.m. (Northbrook II, first floor common room). The third offering is on Wednesday, February 7 at 11:30 a.m. (Town Offices Room 227). The final offering is on Wednesday, February 21 at 11:30 a.m. (Northbrook II, first floor common room). If there are any weather concerns, we will notify participants ahead of time and will reschedule the class.

If you have any questions, please call us at 838-2750 or email Victoria directly at coadirector@townofberlin. com.

## **Extreme Makeover: COA Edition**

The COA is looking for ideas/suggestions regarding the COA space in the Town Offices. We know that the COA space is in need of a small update to make it more inviting. We are asking for you to let us know what you would like to see. We are considering trying to get some additional seating and decorations in the room. If you have any feedback, please reach out to us at 838-2750.

## **Additional Webinars**

Back in September, we hosted a webinar with Lisa Farnham from Blue Cross Blue Shield discussing Medicare Basics.

We are teaming up with Blue Cross again to have two new webinars, "Medicare Supplement Plans or Medicare Advantage Plans? Which Coverage is Best for Me." And "Planning for Medicare." We are tenatively looking at Tuesday, January 23 at 4:30 p.m. and Monday, February 5 at 4:30 p.m. for the webinars.

If you are interested in attending either (or both) webinars, call the COA at 838-2750 or email us at coadirector@townofberlin.com to register.





## Powder House News Town of Berlin, Council on Aging, 23 Linden St., Berlin, MA 01503

PRST STD U.S. POSTAGE PAID PERMIT NO. 3 BERLIN, MA 01503

## From the Berlin Public Library

The Berlin Public Library is seeking your feedback! The library is beginning its Strategic Planning Process. At the end of that process, we will have a roadmap for changes and enhancements from 2025 to 2030. The first step in this process is a brief survey. The collected responses will help us understand what programs, services, and materials the Berlin community would be most interested in. The survey should take about 10 minutes to complete and it is completely anonymous. The link to the survey will be available on the library website, www.townofberlin.com/ berlin-public-library, on January 8 and response will be accepted through February 10. Paper copies will also be available at the library, 19 Carter, and the town offices, and may be returned to the library in person or through the mail.

If you are interested in having more opportunities to provide feedback and help inform the five-year plan, please stay tuned for feedback sessions to be scheduled in the Spring, or contact Director Victorya Dube at vdube@cwmars.org.

The Friends of the Berlin Public Library are clearing their shelves to make room for new materials. All books in their book sale inventory are currently free! They have adult fiction, cookbooks, craft books, all kinds of children's books, and more. All are welcome to stop by the library to browse and take home as many books as they desire.

#### **Gone But Not Forgotten**

Sandra Haley	October 28
Judisth Sbrogna	December 5

### **Fire Safety Checks**

The Berlin Fire Department is offering a free home safety check to residents, particularly seniors who may be in need of updated smoke detectors/carbon monoxide detectors before winter. If you think that you would be interested or you have any questions, please reach out to the Fire Department at 978-838-2444.

#### **The Powder House News**

If you would like a digital copy of the Powder House News, please call us at 978-838-2750.

Thank you, Thank you! The Berlin Council on Aging would like to thank its gracious sponsors for helping to keep the Powder House News going: Kristine Romano, Esq, LLM, PC; Clinton Savings Bank; Golden Skep Farm; Holiday Farm; The Berlin Seniors; Berlin General Store; and Chef Du Jour.

If you or anyone you know would like to sponsor the Powder House News, please reach out to us at 978-838-2750.