



Powder House News

July/August 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., no meetings in July or August.

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, 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

Farmer's Market Coupons

It is that time of year again for farmer's markets. Through our local food service agency Making Opportunity Count (MOC), we will have a limited number of food stamps to distribute. Priority goes to senior housing and lower income residents. Since there are a limited number of stamps, these will be given out on a first come, first served basis.

MassHealth Ongoing Recertification

As we mentioned in the last issue, MassHealth has started undergoing recertification 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 800-841-2900 to update your records with MassHealth. If you have any questions, you can reach out to Victoria at coadirector@townofberlin.com or 978-838-2750

Abatement and Tax Exemptions

The Assessor's office wants to remind people that they are available if you have any questions, comments or concerns regarding tax abatements.

For those of you who are not aware, there are several types of abatements out there for seniors, veterans and other qualifiers. To qualify, you need to be a property owner in Berlin as of July 1st. If the property is part of a trust, you must be a trustee, beneficiary or hold a life estate. Seniors (identified as aged 65 and older) may qualify for an abatement if your income is under \$25623 and assets are under \$42600 for a single person. Married people have income cutoffs at \$38480 and assets of \$58575. Veterans do have several possible abatements; it is recommended you call or visit to get the full list of abatements.

If you think that you may qualify for any kind of tax abatement, please come to the Assessor's Office or call them at 978-838-2256. If you have any concerns about paying your taxes, please reach out as well. We want to make sure that all seniors have all information possible. Abatements need to be filed before the next tax bill is due for you to be considered.

Transfer Station Stickers

The FY24 Transfer Station Stickers are currently available with the Board of Health. The senior rate for FY24 is \$110 if purchased before August 10th. After August 10th, the rate goes up to \$140. New residents' half year rates are also \$110. Senior rates are in place for residents aged 70 years and older. You will need to have proof of Berlin residency and a valid vehicle registration. If you have any questions, comments or concerns, you can reach out to the Berlin Board of Health at 978-838-0042. Registration renewal is available online at www.townofberlin.com/board-health/transfer-station

Health's Tips to Prevent Overheating

Happy Summer Everyone! I hope that you all are enjoying the sunny days and are staying cool. Please remember that it is very easy to get dehydrated during the summer months, this includes people and pets. Please see the National Institute of Health's tips to prevent overheating: <https://www.nia.nih.gov/health/infographics/staying-safe-hot-weather>

Staying Safe in Hot Weather



Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse

Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.



Nashoba Neighbors

BERLIN • LANCASTER • BOLTON

Loneliness is a bummer, whether occasioned by the loss of close friends or life partners or retirement from a work place where we were part of a supportive team.

NASHOBA NEIGHBORS, like its kindred groups in the national Village to Village movement, has been lauded by AARP, the well-known senior advocacy non-profit, for its ability to connect seniors with the personal attention and companionship that is one of its hallmark offerings.

Whether volunteers provide rides in their personal vehicles to medical appointments, shopping, social and cultural events, or simply respond to member calls for a personal visit and chat over tea or companionship on a walk, Nashoba Neighbors volunteers are happy to make new friendships and lighten or brighten the lives of our members.

For a conversation about how our all-volunteer senior support non-profit might work best for you, please call us at: (978) 226-8844, or email us at: info@nashobaneighbors.org

Senior Tax Work Off

With the next tax bills going out in the fall, we want to make sure that people options to get help if anyone is concerned. The Senior and Veteran Tax Work-Off Program allows residents to work up to 125 hours for the Town of Berlin with credit going towards your personal taxes. Please reach out to us at coadirector@townofberlin.com or 978-838-2750 for more information.

Talking Books

In May, we were lucky to have a presentation with the Talking Library from Kathryn Pontes. What is the Talking Library? Well, it is an independent service that allows people to get books by audio player, through an audio app or through Braille texts. The Talking Library is a national program that provides books in multiple audio formats so all people can enjoy their favorites. To qualify for this free program, an application needs to be completed and a confirmed medical condition needs to be presented. This can range from someone having declining hearing or vision (requiring amplification or large print books) to having dyslexia or another learning disorder.

The Talking Library does work with the Massachusetts Association for the Blind to get access to their braille library. Most paper books are available for month-long check outs. Magazines have a shorter availability—about 2 weeks. The books, magazines or audio files will be mailed to you directly and you will be able to mail them back.

If you want to see the Talking Library in person, their offices are located inside of the Worcester Public Library. If you are planning on moving out of state and are enrolled in the program, the Talking Library is connected to other states and they can transfer your account over, so you have no delay in services. For those who would be interested, there is a Dial A Line service that you can access to listen to older radio shows. The Dial A Line number is 508-552-3456.

If this is a service that you are interested in, you can reach out to the COA or the Berlin Public Library regarding more information. The application can be sent to you for completion and we can help you get it submitted for services to begin.

The Five W's: BERLIN WEATHERS ITS STORMS

Weather phenomena are often in the news these days, frequently said to be linked to the warming of our planet. California and much of the West have seen big rises in temperature, prolonged droughts and catastrophic wildfires. Dry conditions in Eastern Canada this year have led to extensive forest fires that have blanketed much of the northeastern United States in unhealthy smoke. The Midwest is regularly bedeviled by destructive tornadoes and the southeastern states are annually hammered by hurricanes that inundate large areas and blow man-made structures away.

It often feels like we dodge the weather conditions that cause suffering elsewhere. While this is often the case, we have had our moments.



Cordelia's Farm, formerly Indian Head Farm

The tornado of 1953 that tore through the north end of the City of Worcester took the lives of 94 residents. While that storm scarred a path 48 miles long and churned for 78 minutes, its worst effects were not felt in Berlin. Count that as a bullet dodged.

The Great New England Hurricane of 1938 was a different story. On September 21, 1938, this destructive monster roared ashore over Long Island at a speed of 50 miles per hour and carved a path of misery with sustained winds of 121 miles per hour and gusts of 186 miles per hour. A total of 8900 homes and other buildings were destroyed and over 15,000 damaged. Seven hundred people were killed.



Jones residence on Summer Road

Faith Linzee was a seven-year-old at the time, living in the same family home she occupies today on Woodward Avenue. She recalls that local residents were left without electricity, and that those with electric well pumps thus also had no water. After the storm, residents could go down to the Berlin Memorial School and draw water from a pump shed there.

Faith's father operated the Town's general store and felt a duty to keep it open for residents who needed to replenish food supplies in the immediate aftermath of the hurricane. He expressed concern about the possibility of being struck by slate tiles being blown off the roof of the 1870 Town Hall next to their property. Faith's family invited unlucky people who were caught out in the storm to shelter in their house until the worst of it had blown over. One or two even stayed the night.

The father of one of Faith's young friends who had been playing at her house felt it necessary to fetch his daughter home during the onslaught. He had to hold his little girl down on the walk to their home two houses away so she wouldn't be blown away. Regarding damage to her own house, Faith said that all the apple trees in her yard, which she had so enjoyed climbing, were uprooted.

The random mounds of earth that Walter Bickford recalls seeing in the early 1950's along the banks of North Brook east of the present South Berlin rotary had their genesis as the stumps of huge trees toppled by the hurricane.

Down in South Berlin, the Jones family property on Summer Road lost a barn to the storm and their house was knocked off its foundation when the large tree on its south side was blown over and into the house. The resilient Jones family is said to have towed their house back onto its supporting cellar walls, a move that was clearly successful because this article is being penned on a table in that same house, some 85 years later.

You've got to love our New England and its hearty — and sometimes lucky — residents.



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](https://www.mytowngovernment.org)" 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: 10 a.m. Meetinghouse and Zoom

Pizza Night Second Friday of each month 5-7 p.m.
Meetinghouse (7/14 and 8/11)

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.-4 p.m. / Saturday 10 a.m.-1 p.m.

Closed: Monday, July 3 & Tuesday, July 4

MON: TeaTime 1-3 p.m.

TUES: Soup 12-1 p.m. Occasionally **History Matters** 1:30-3:30 p.m.

WEDS: **Community Coffee** 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: **Community Coffee** 9 a.m.- Noon
Fiber Arts 2-4 p.m.

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

Old Time Music Jam: 2nd and 4th Wed. All acoustic string players are welcome to join us for a round-robin 'Old Time' session of historic tunes and songs from 18th C to early 20th C Appalachia and New England. Come to play or to listen — bring your lunch if you wish. All are welcome. Suggested donation of \$5.

Intermittent Fasting Support Group: 1st Thurs from 3-4 p.m. We are focused on weight loss and the health benefits of fasting. Come for support and education. We take one step at a time to be 1% better. We do require a medical disclaimer and privacy policy to be signed by everyone who would like to participate. This is a lifestyle, not a diet! For questions, please email Sheryl at sherylcrowley@hotmail.com.

Sunta Africa Concert: Sat. July 1, 7-9 p.m.
"Soul Songstress" brings a force of Funk with some Soul, R&B, Reggae & Blues. Tickets at 19Carter.org/tickets: \$15 in advance; \$20 at the door; Kids are FREE

Andrew Wilcox Trio Concert: Sat. July 8, 7-9 p.m.
"Rising young jazz musician." Original and traditional jazz. www.AndrewWilcoxmusic.com @sketchpianoman
Tickets at 19Carter.org/tickets: \$15 in advance; \$20 at the door; Kids are FREE

Office Hours with the Senator Robyn Kennedy Team; Mon. July 10, & Mon. August 14, 1-2:30 p.m.
Participate in monthly office hours with the Senator Robyn Kennedy Team — a fantastic opportunity for the community to engage with their state legislators. Voice your questions, comments or concerns or simply stop by to say hello! For more info, email the Senator's office at: kayannajames18@gmail.com

Northwoods Band Concert: Sat. July 15, 7-9 p.m.
Eclectic mix of blues, pop, folk, and country www.youtube.com/watch?v=ThJAxsVLEMc&t=29s Tickets at 19Carter.org/tickets: \$15 in advance; \$20 at the door; Kids are FREE

Friends of the Library Program The Platters: Sat. July 16, 2-3 p.m.
Tony Funches, the former lead singer of The Platters, will serenade the folks at 19 Carter on Sunday, July 16th. Come by and enjoy hits from the 50's, 60's and more! Refreshments will be available. Tickets at 19Carter.org/tickets: \$15

Jazz Jam: Sun. July 16, 2023 & Sun. Aug 20, 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. For questions, please email Ken Parrish at ken@parrishworks.net. Suggested donation of \$5.

Erin Harpe Duo Concert: Sat. July 22, 7-9 p.m.
One of the most dynamic talented and exciting roots rocking blues women on the scene, 2021 Album of the Year, Roots and Blues. www.ErinHarpe.com. www.facebook.com/ErinHarpeMusic Tickets at 19Carter.org/tickets: \$15 in advance; \$20 at the door; Kids are FREE

Healing Arts Marketplace: Sun. July 23, 11 a.m.-4 p.m.
Find yourself rejuvenated, relaxed and inspired as you explore and receive enhanced wellness of mind, body and spirit. Reiki, mediumship, sound healing, reflexology, tarot reading, energy healing, oracle readings, psychic readings, henna, and crystals.

440 Gypsy Jazz Quartet: Sat. July 29, 7-9 p.m.
Toe-tapping snappy hot Gypsy jazz. It's simultaneously exciting and relaxing to hear." www.jazzyviolinist.com/440.html Tickets at 19Carter.org/tickets: \$15 in advance; \$20 at the door; Kids are FREE

Laura Wetzler Trio Concert: Sat. August 5, 7-9 p.m.
"Amazingly gifted singer, song-writer and ethnic folklorist" Contemporary Folk, World Jewish Roots Music, Great Classics of American Song. www.laurawetzler.com Tickets at 19Carter.org/tickets: \$15 in advance; \$20 at the door; Kids are FREE

Open Mic: Fri. July 14, & Fri. August 11, 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. She and co-host, Fred Abatelli, will support you with a professional sound, and encouragement. Piano available. Suggested donation of \$5. BYOB. Some food and drink are available — or bring your own.

Carter's Swingtime Band Concert: Sat. August 12, 7-9 p.m.
All-star musicians led by Roland Ochsenbein and Hatrack Gallagher deliver blues, swing and jazz featuring special guest, New Orleans trumpeter Doyle Cooper. Tickets at 19Carter.org/tickets: \$15 in advance; \$20 at the door; Kids are FREE

Meet Your New Town Movers

PAUL REDMOND is our new Treasurer/Collector as of February 6. MICHAEL McQUILLEN is our new Fire Chief as of February 1.

Meet Paul Redmond, Berlin's newly-appointed Treasurer/Collector



My name is Paul Redmond, and I have recently joined the Town as the new Treasurer/Collector in February 2023.

I want to introduce myself to you all and take this opportunity to express how excited I am to be joining the Town of Berlin.

I have previously worked in Shrewsbury, Boxboro, Bellingham and Leominster before coming to Berlin. I enjoy working in smaller communities and am looking forward to meeting all of you. The Treasurer department recently started getting electronic payments options approved for taxes. I am from Charlton and went to school at Worcester State University. I live nearby with my wife and daughters.

Both growing up and working in close knit communities, I feel I have a good understanding and appreciation of the Town's core values and can use that knowledge to support the community in the best way possible. Please feel free to contact me if you would like to get in touch. I'm looking forward to getting to know all of you and working together.

Meet Michael McQuillen, Berlin's newly-appointed Fire Chief

Chief Michael McQuillen attended the NH Vocational Technical College in Laconia from 1990-1992 earning a A.S. in Fire Science while being a live-in student for the Town of Gilmanton Fire Department. He began his career in November of 1993 after being hired fulltime for the Londonderry Fire Department in N.H. He spent 28 years serving Londonderry Fire becoming one of their first paramedics and establishing a transporting ALS ambulance service. Michael was promoted to Lieutenant in 2005, Battalion Chief in 2013, and Operations Chief in 2017. In his time in Londonderry, Chief McQuillen developed a fleet replacement program, oversaw the call department, oversaw the communications division and expanded it to serve other communities. He was involved in capital development of the stations, apparatus and communications equipment.

In December of 2020, Chief McQuillen was selected to be the Fire/Rescue Chief for Littleton Fire Rescue in Littleton N.H. Chief McQuillen integrated a new EMS transport system into a permanent part of the fire department at an ALS level serving the region. Chief McQuillen became involved with the mutual aid district and developed a first response hazardous materials operations unit for north country and a water rescue team to cover the incidents on the reservoir and river areas of town that never existed before. He was involved with the N.H. State Fire Control Board, N.H. Fire Service Committee of Merit and was a Board of Director of the N.H. Fire Chief's Association.

Michael is married to his wife and best friend Deborah for 29 years. They have two grown daughters, one son-in-law and a granddaughter that is the reason he relocated to Massachusetts. His dog Lily, is a Dalmatian and can be found at the fire station quite often at Chief McQuillen's side. He loves the outdoors, hiking, skiing and boating.



Thank you and Well Wishes



Richard Hanks, Berlin's Building Inspector is leaving Berlin over the summer. Richard's last day is July 31st, 2023. Richard has been with Berlin since 2019 and we want to thank him very much for all of the work he has done for Berlin.



Molly Reed, MAA.

My Assessing Career of thirty-five years has been quite a ride. Working for Berlin, a small Town with a rural spirit has been a great experience. As I look forward to my next adventure, I wish you all peace and kindness.

RECIPES FOR HAPPINESS

Here are some recipes to brighten your day from the 2012 Berlin BiCentennial Cookbook. 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.

LYNDA NELSON'S BLUEBERRY SAUCE

2 cups fresh blueberries	1 Tbsp. lemon juice
1/2 cup sugar	2 Tbsps. tapioca
1-1/2 cup water	Dash cinnamon
1/4 cup brown sugar	Dash salt

In a saucepan, combine all ingredients, except lemon juice. Allow to stand 5 minutes.

Stir over medium heat until mixture comes to a boil. Stir in lemon juice.

Remove from heat and cool 20 minutes. Serve warm over ice cream or pancakes. Enjoy!!

DONNA WAGNER'S STRAWBERRY BANANA PEACH SMOOTHIE

1/2 cup frozen, sweetened strawberries
3 oz. low fat peach yogurt
1/2 banana
1/4 cup water
1-1/2 tsp. sugar
1 cup crushed ice.

Combine all ingredients in a blender and blend until smooth.

Fraud Prevention

We had a presentation with Kevin Donohue, a Community Outreach representative from District Attorney Early's office. He was able to give us information regarding fraud towards seniors that we want to share with you.

According to Kevin, younger adults aged 18-40 are more likely to fall for a scam. However, seniors tend to be getting scammed at higher financial amounts. This is in part because seniors are perceived to have steady income sources (such as Social Security, pension, etc.) as well as more in savings. The most common scams towards seniors include: business scams (such as something posing as Amazon), government scams (from the IRS, Medicare, Social Security, etc.), and gimmicks (free vacations). Scams can come from phishing emails, phone calls or personal interactions with someone.

Since the COVID-19 pandemic the romance scam and the grandparent scam have become mainstream. Both of these use relationships (whether longstanding or new) to try and get people to send money to help their perceived loved one get out of trouble or get what they need. Many scams will wait for you to supply a name and use that as verification to go forward. If someone ever wants you to send something by gift cards or money orders, it is likely a scam.

Personal Identifying Information (PII) is out there. Most people have had their information compromised at some point or another. UMASS, Saint Vincent's and Shields MRI all had security breaches within the last year. If a company has been hacked, they are supposed to notify people and offer free credit monitoring services to individuals.

More recent scams include people being scammed by supposed service providers. For example, if people come from your electric company offering you a break on your

service. People may go door to door or may try calling you. In either case, it is suggested that you reach out to the electric company by the main telephone number and confirm what you are being told. Odds are, it is likely false.

Elders are being targeted regarding health equipment availability. For example, you may be notified by a company that you are eligible for a walker, wheelchair, etc. and Medicare will be picking up the bill. If you give out your Medicare number, you will be billed for the item without necessarily receiving it. If you ever get a call about medical equipment, please reach out to your health care providers. Proper billing for these items includes prescriptions by a health care provider that your insurance will decide to cover or not. Providers should also be having conversations with you as well so you know what to expect.

If you figure out that you have been scammed, Kevin suggests reporting it to Berlin Police. Though you may not be able to get back any money spent, you can file a police report. Many businesses will post on their website common scams that are going on. Also, in case there are ever charges filed against a scammer, you may be able to collect a settlement.

It is advised that you carefully look at your health insurance summary statements, review your bank statements and be careful where you click online. We want people to be able utilize social media and online resources. We don't want you to now fully stop answering your phone or going online. If there is a phone number you don't recognize, don't answer and let them leave a message. You don't have to answer the door if you are not feeling comfortable. The Berlin Police will help you if you are feeling unsafe in those kinds of situation.

Berlin History Maker: Judith Christensen — Little Lady, Big Impact

That five hundred people would crowd into both floors of Berlin's First Parish Church to remember and show their love for Judy Christensen and her family tells you all you need to know about how universally beloved she was. Many of us recall our personal interactions with Judy, but the most complete remembrance of her endearing qualities are probably best enumerated by the loving family she nurtured and who continue to share with us the values and spirit she instilled in them. And so, we offer you the following words penned by her children and brother.

Judith Ann Ross Christensen was born into an Army family at Fort Riley, Kansas on April 13, 1944. When Judy was two, her father Edward Ross fell ill and decided to bring Judy, her brother David and her mother Florence back to Berlin, where her grandfather Lester Ross had a farm and was able to help Florence raise her children after Edward died. Lester enjoyed taking his two grandchildren fishing at the many ponds in and near Berlin. Judy loved the fact that the Berlin Fishing Derby, which continues to this day, was later named in honor of Lester's impact on local young fishermen and women.

Judy made friends easily, a trait she carried throughout her life, letting her heart of gold and sunny happiness guide her non-judgmental way of loving each and every animal and person. She was "Mom" to many and so thoroughly embraced her love of animals that her house was always full of them, many brought home sick or injured by her daughter Kelly, to be nursed back to health and set free or welcomed as pets. Judy's brother David related a funny story about where Judy's animal shepherdry could lead her. Two of her friends were emplaning to Arizona for the winter and didn't want their two small dogs crated up in a plane, so hired Judy and her pal, Janet Campbell, to drive them there. Judy welcomed Janet's suggestion to make a side trip to Fort Riley where she intended to pick up a Fort Riley T-shirt for her brother. Turned away at the base PX because she wasn't in the military, she returned home empty-handed and disappointed in her failed mission, only to find that David's wife, hearing of her frustration, had researched a source for the coveted T's and had one waiting for her when she got home. Judy was stunned. All that extra, unproductive driving, and David's wife had fulfilled the mission by mail and phone. Dang!

"No" was not an operative word in Judy's vocabulary. She welcomed every animal and human into the embrace of her home, when needed. An ever-present light in her window proclaimed: "Look for a light. You are welcome in this home." She became a Mom or Grandma Judy to many throughout the years, always ready with kind and welcoming words, finding the positive in any situation, and hosting many for varying periods of time in "Hotel Christiansen".

In her youth, growing up on a farm, she nurtured her love for animals, enjoyed horseback riding and haying the fields. Her horse, Goldie, was a buckskin mare that she would take with her to the South Common on Olde Home Day so she could offer rides on her to little kids.

Judy was fond of motorcycles and pickup trucks, having owned many throughout her life. A 1965 gold Triumph motorcycle, shortened to accommodate her height, was a favorite, and she enjoyed driving aimlessly around town



in her pickups, with a dog or two riding shotgun, just to take in the sights and sounds. She delivered newspapers for a time in the early morning hours in one equipped with glasspack mufflers that were a Mother's Day gift from her son. Judy especially enjoyed driving her grandson Matthew to and from school, a special time

spent together that would frequently involve a stop for ice cream at the General Store on the homebound ride. Always willing to loan her trucks to others, her last one featured two construction hats on top of the dash, a toy cow tied to the grille and a license plate that read "MOOOVE OVER".

Among her many involvements in town, Judy belonged to the Women's Evening Guild for many years. She made fudge for the church fair, and was always glad to learn that it had sold out. She helped count the ballots at Town elections. Planting geraniums in the cemeteries for Memorial Day became an annual event, and Judy's daughters have vowed to keep up the practice as a tribute to her. In the spirit of sharing her love of daffodils, Judy would randomly plant little bunches of them at various places around town, sometimes with her kids and close to darkness because she worried that it might not be an allowed activity.

On the homefront, Judy loved sitting on her porch with her dog "Cash", reading her paper and listening to the sounds of birds and nature. She loved life's simple pleasures: walking the dog, admiring wildflowers, picking berries, both at her home and at Indian Head Farm, where she enlisted the help of her children in filling buckets with strawberries and blueberries. Farm corn was brought home for family cookouts and pick-your-own flowers to grace tables.

A fixture in the kitchen of the General Store for over 20 years, Judy's deft sandwich-making brought pleasure to many townies and visitors, each receiving their order wrapped in paper marked with Judy's signature cowboy smiley face.

Judy did her best to remember the birthdays of many around town and would often make personalized cards for her friends and family. She tapped her inner poetess, creating poems specifically centered on the intended recipient's life and enjoyed seeing the happiness that they brought to people's faces. These written communications also informed family members at home. Notes were taped to doors, bathroom mirrors, walls and vehicle steering wheels, with birthday greetings on one's special day and a doughnut with a candle in it to start your day.

Gathering family and friends brought Judy much joy. On the last day of her life, she celebrated her 79th birthday surrounded by family and had a wonderful day.

Judy never took life for granted. She knew how important all the little things you do for people mean the most. She brought joy to everyone she met. We will keep her alive in our hearts and through the stories we share. We take to heart this guiding goal: Do unto others as Judy would do to you.



Powder House News

TOWN OF BERLIN, COUNCIL ON AGING, 23 LINDEN ST., BERLIN, MA 01503

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Vitas Healthcare

In the beginning of June, we had a webinar with Beth Ann Burns and Vitra Health. Vitra Health originated in the Braintree area of Massachusetts and they are expanding out towards the central and western parts of the state. Vitra Health is able to provide adult foster care services and personal care services to residents in our area. Vitra Health does offer home health aids in Eastern Massachusetts and they are hoping to expand this towards Central Massachusetts.

Adult Foster Care services allow for caregivers to get paid for work for their loved one. Caregivers cannot be spouses but otherwise can include children, grandchildren, friends, nieces/nephews, etc. Payment is done through a secondary agency and work is done with Vitra's nursing or Elder Services' nursing to determine need for care. There is one Adult Day Health facility currently run by Vitra Health, unfortunately this program is not coming to our area any time soon. Home care services are looking to expand to Central Mass., unfortunately, supply is outweighing demand. Vitas has been made aware that Berlin is in need of more home care options due to a lack of resources for our residents.

If you have any additional questions, you can get more information through vitrahealth.com as well as contacting Beth Burns at (413) 412-9401.

Gone But Not Forgotten

Janet Latham..... May 21
Doris Short..... June 8
Karen Baum.....June 11

UMASS Boston Community Needs Assessment

We would like to let you know that the UMASS Boston team is looking to do a formal presentation to Berlin regarding the results of the survey. When the date and information is set for this presentation, we will post it in the next PowderHouse News, so stay tuned.

The Powder House News

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

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