



Powder House News

Sept./Oct. 2022

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., September 27 and October 25.

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

Medicare Open Enrollment — October 15 to December 7

It is that time of year again. For those who have Medicare benefits or will have soon, this is for you. There are different types of Medicare including A (emergency care and SNF coverage), B (primary care services), D (prescription) and C (combination). With the August 7th Congress bill being passed, it aimed to help with Medicare prescription costs. Please call the COA at 978-838-2750 if you have any questions. If needed, we can guide you to a SHINE counselor who can help you get registered for 2023 coverage. You can also reach out to MCPHS Pharmacy Outreach Program at 1-866-633-1617, they can provide you some additional information about your medications and best coverage for you.

COVID Tests

The COA has a supply of COVID tests if you are in need, please call 978-838-2750 or email coadirector@townofberlin.com to request some.

Farmer's Market Coupons

The COA received some farmers market coupons from MOC. If you are interested, please call us at 978-838-2750 to see if you qualify. We have a limited supply and this is a first come, first serve opportunity.

Shuttle Run Trials

The COA is trailing a shuttle route to Apex complex in Marlborough on Mondays (holidays excluded). The route will go from Northbrook properties, the Berlin Public Library, Target (near Solomon Pond Mall) and Apex complex. Additional stops may be added depending on continued usage. Please reach out to the COA if you are interested in using the shuttle at 978-838-2750.

Food and Meal Resources

To best advertise various resource categories for Berlin, we are going to cover a category to provide names/contacts with each issue. This will include free and paid for resources. If you want any additional information regarding a particular agency, please call us at 978-838-2750. For this issue we want to provide people with local food resources.

- **Berlin Family Food Pantry:** established to give some measure of support to Berlin residents experiencing difficulty providing food for their family. 23 Linden Street, Berlin MA 01503, By appointment only. Please call 774-245-8320, <https://berlinfamilyfoodpantry.org>

- **Hudson Community Food Pantry:** available to residents of Hudson, Bolton, and Berlin. 28 Houghton Street, Hudson, MA 01749, 978-562-5280, contact@hudsoncommunityfoodpantry.org, <https://hudsoncommunityfoodpantry.org>

- **WHEAT Community Cupboard and Café:** A program of United Way of Tri-County. Available to Clinton, Berlin, Bolton, Lancaster, and Sterling residents. 272 High St., Clinton, MA 01510, 508-370-4943, <https://www.uwotc.org/WHEAT>

- **Heart for Homes (paid):** paid meals delivered to your home 508-709-1589 289 Elm St. Suite 102, Marlborough, MA 01752 <https://hearttohomemeals.com>



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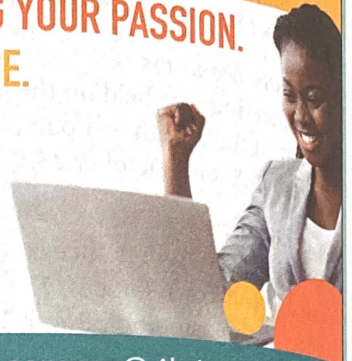
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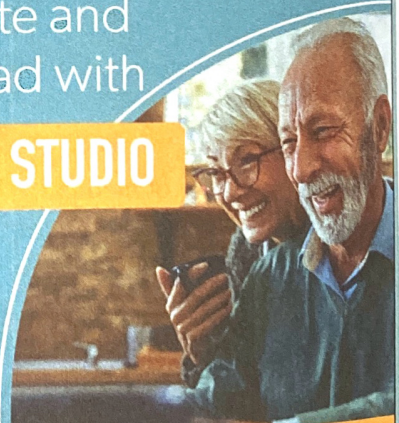


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Berlin Council on Aging

06-5323



Nashoba Neighbors

BERLIN • LANCASTER • BOLTON

Nashoba Neighbors Launches Pilot

"We're working out the kinks before we fully launch in 2023," says Nashoba Neighbors board member Susan Henry, of Berlin. Members of the newly-formed nonprofit have worked throughout the pandemic to design an all-volunteer support system for seniors in Berlin, Bolton, and Lancaster who want to age at home. Henry explained that, in preparation for a full launch in early 2023, Nashoba Neighbors has invited approximately 20 enthusiastic supporters to take the role of Member or Volunteer and to test the system this fall, from mid-September through December, 2022. This group will test the ways Nashoba Neighbors plans to address members' needs; the ways the organization will vet, train, and support community volunteers; and the way volunteers will be matched up with members' requests for assistance. "There is more to this than you'd think," says board member Mary Anne Cleary, adding that she is excited that residents across the three towns are engaged in the pilot, including Mark and Pat Smith (Berlin), Trudy Tervo (Berlin), Karen and George Davis (Lancaster), and still others from Bolton. Cleary adds, "We know they will bring great energy to our trial run and offer useful feedback so we can refine our approach and be fully ready to open for our area seniors in 2023."

"Our towns provide invaluable assistance to seniors through the Councils on Aging, food pantries, Friends of Seniors, and community centers," explains Henry, adding, "Nashoba Neighbors will focus on filling gaps in services that are necessary for seniors to remain independent while aging at home." The first is flexible, personalized transportation, available during a variety of hours — day, night, and weekends — and for a range of purposes, from medical appointments, errands, and trips to the post office to cultural events, tea with friends, and social gatherings. Second, volunteers from the three towns will help with tasks around the home that can become more difficult as people age. These may include putting away yard hoses for winter, cleaning out a closet, raking leaves from the deck or pathways, transplanting some favorite house plants, replacing light bulbs or smoke detector batteries, and many other tasks. Those interested in joining or volunteering for Nashoba Neighbors are encouraged to call (978) 226-8844 or email info@nashobaneighbors.org with questions or to sign up for their monthly newsletter.

RECIPES FOR HAPPINESS

(an antidote for the stresses of our present times)

When conversations would turn contentious or sad, my Mother's go-to advice was: "Let's talk about something we can eat!" Amen to that! How could that not work? (Bob Blair)

Here are recipes to brighten your day from Berlin residents Trudy Tervo and Jan Woodward. 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".

TRUDY TERVO'S BANANA BREAD

1 cup shortening or butter
2 cups sugar
4 eggs
2 teaspoons vanilla
6 mashed bananas
3 1/2 cups flour
2 teaspoons baking soda
1/3 cup warm water

Cream shortening (or butter) and eggs (added one at a time) and mashed bananas and warm water. Add flour, baking soda and vanilla.

Bake at 350 degrees for 1 hour.

JANET WOODWARD'S APPLE BROWNIES

Janet says: "My sister, Marj, gave me this recipe and it is especially appreciated when you are in a pinch for time and company's coming."

1/2 cup butter or margarine
1 cup sugar
1 egg
1 cup flour
1/2 teaspoon baking powder
3 medium apples — about two cups of thin slices
1/2 teaspoon baking soda
1 teaspoon cinnamon
1/4 teaspoon salt

Melt butter or margarine and add sugar and egg. Beat well. Mix in apples that are pared and thinly sliced. Sift flour, baking powder, baking soda, salt, and cinnamon and stir into apple mixture. Spread in a 9" by 9" greased pan. Bake at 350 degrees for 40 to 50 minutes.

A half cup of nut meats may also be added to the batter, if desired. To make it fancier, add a dollop of whipped cream or ice cream on top.

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" website and click on "berlin, ma"

COA

Tuesdays from 1-2 p.m.

Tai Chi with Jeff Cote in COA room 118 on the lower level of the Town Office Building at 23 Linden Street. Also available online.

Saturdays from 9-11 a.m.

Senior Yoga will be returning after Labor Day

Wednesday, October 26

Grab and Go meal — details coming soon

BERLIN PUBLIC LIBRARY

"**TOO HUMAN**", will perform a free concert at XIX Carter on Sunday, October 23 at 2 p.m. under the aegis of the Friends of the Berlin Public Library with funding from the Berlin Cultural Council.

"**TOO HUMAN**" is the married couple, Roger and Ellen Schwartz, who combine their musical chops with that of a locally-hired stand-up bass player to roll out their performance entitled "A Celebration of Song: The American Songbook and Beyond", a vibrant jazz and blues concert.

BERLIN CHURCHES

First Parish Church

Sunday 9/4 service is on Zoom at 10 a.m.

Sunday 9/11 service is Homecoming Sunday at 10 a.m. (in person and online)

After that every Sunday at 10 a.m. for Sunday worship (in person and online)

Wednesday 9/21 "Meet the Minister" Community potluck (details TBD)

St. Joseph The Good Provider Catholic Church

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

Weekend masses: Saturday, 5:30 p.m., Sunday, 8:30 a.m. and 10:45 a.m.

XIX CARTER

Open

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

Mondays 1-4 p.m. TeaTime

Tuesdays 2-3:30 p.m. History Matters

Please join Historical Commission Chair June Miller to find out the when and where of something "old".

Wednesdays 9 a.m.-Noon Community Coffee

Every Wednesday: 7-9:30 p.m. Irish Session

Players and listeners are welcome. Suggested donation: \$5

Thursdays 1-4 p.m. Cribbage

Stop by for a game of cribbage or other games, bring a book to read on the couch, or work on the puzzle.

Fridays: 9-noon Community Coffee

Open Mic: Sept 9, Nov 11, Dec 9, 7-9 p.m.

A friendly and supportive evening for all types of music and all ages of performers. Seth Asser and others will host and provide back up on guitar, mandolin or harmonica as needed. A beautiful baby grand is available for performers as well. Sign up ahead of time by emailing info@19Carter.org or just come on that night. Some food and drink is available — audience is invited to bring their own as well. BYOB. Suggested donation for the evening is \$5.

Laura Wetzler concert: Sept 10, 7-9 p.m.

Singer, songwriter, guitarist, and ethnic folklorist Laura Wetzler will be singing acoustic originals from her five CDs, Jewish music from the Ukraine and Uganda, and Boomer favorites. Laura will be joined by New York drummer extraordinaire Robin Burdulis on Mid-east, Latin, & African percussion and renowned Jazz musician Wes Brown on Bass. Tickets: \$15 available online at 19Carter.org/tickets.

Off Brand Improv: Sept. 16, 17, 23, 24, 7:30-9:30 p.m.

Off Brand Improv! is 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! Check out their Facebook page <https://www.facebook.com/obicomedy>. Tickets: \$15 available online at 19Carter.org/tickets.

Free Improv Workshop: Oct 6, Nov 10, 7-8 p.m.

In this free workshop run by Meredith Charles, participants will learn and practice improvisation activities and techniques that will help to improve expressive language skills as well promote faster thinking and decrease stress. Participants in Adult improv workshops find that they laugh a lot and that getting in touch with their creative sides brings them peace and happiness. Number of participants limited. Facemasks are required. For questions, please contact Meredith Charles at mcdramaenrichment@gmail.com. Sponsored by the Berlin Cultural Council.

Inclusion Coffeehouse, Dec 16, 7-9 p.m.

Lori Diamond & Fred Abatelli will host this magical, memorable musical event featuring talents of some extraordinary young musicians/artists. This coffeehouse is a joyous event of INCLUSION where we will celebrate everyone's unique gifts! Songwriters, singers, dancers, poets and comedians will all be sharing the stage, kinship and camaraderie. Special appearance by Anelise & her Family Band! <https://www.ldfamusic.com/anelise-music>

Meet Your Town Movers

EVY DUECK, the founder and manager of the community gathering spot XIX Carter, has been involved with numerous community improvement projects over the years, including the restoration of the 1870 Town Hall and the expansion of offerings there. On any given day she may be found in her second home, XIX Carter, serving as its irreplaceable hostess.

ABIGAIL "ABBY" VIANNA is the administrative assistant to the Berlin Police and Fire Chiefs. In addition to dealing with department-related payroll, billing and invoicing business, she processes public records requests, license-to-carry firearms request appointments and accident reports.

Meet Evy Dueck, founder and Executive Director of 19 Carter



Before moving to Berlin in 1994, I lived and worked in Boston as a professional classical violinist. In the 1990s I managed several non-profit music organizations — the Pro Arte Chamber Orchestra and Indian Hill Music. My late husband, Don Davis and I were delighted to find a home in Berlin where we raised our two daughters, Annette, and Rebecca. Since 2000, I have found great joy in connecting with the Berlin community through my volunteer efforts as a Library trustee, on the 1870 Town Hall committee and now as the founder and Executive Director of 19 Carter.

It's been a real pleasure to continue the work done by so many community-minded souls over the years to bring life once again to Berlin's town center. As one of many volunteers who have worked on these projects, it's great to see the whole community now enjoying our restored 1870 Town Hall, our thriving library, the bustling General Store and Thrift Shop "Many Hands", FPC pizza nights and

events at 19 Carter. I also have fun playing cribbage or my fiddle and connecting with friends (old and new) at 19 Carter. And in between, I love to hike and camp and play around in my garden.

Meet Abigail "Abby" Vianna, Public Safety Office Administrator



My name is Abigail "Abby" Vianna and on October 25, 2021 I was hired as the Public Safety Office Administrator for the Town of Berlin.

My background includes working as an Expeditor for The Hope Group in Northborough for 11 years. Prior to that I was the Secretary to the Director of Security at a medium to maximum security prison in Bridgewater. I also worked as an EMT many years ago.

I live in Hudson with my husband of twenty-two years, Michael, my nineteen year old son Avery and my dachshund named Ellie.

I enjoy working for the Public Safety Office where I am able to interact with and assist residents when needed.

The Bullard House

The Bullard House has patiently waited for the opportunity to become our local history museum. Community Preservation Act funding has given us this opportunity by providing the means to plan wholistically... to envision a future for this building. The awarding of CPA funds has also given us the leverage to seek a Massachusetts Historical Commission MPPF grant and we will begin to integrate into our planning the steps needed to apply for that grant.

The Historical Commission is fortunate to have Architect Daniel Barton assist us in planning the work ahead for the Bullard House. Some of you may remember Dan as the person who conceptualized the elevator addition for the Berlin Town Hall, now known familiarly as the 1870. Dan also designed the addition that made our beautiful 19 Carter, the Old Methodist Episcopal Church, accessible.

Commission members started to work with Dan in May to write mission and vision statements, to assemble resources and collect the documentation that informs the work needed for creating a public space. At our upcoming meetings, we will begin prioritizing the steps to make this happen.

Your questions and comments are welcomed as we move forward.

June Miller, Berlin Historical Commission

Town of Berlin — Board & Committee Vacancies

Agricultural Commission	7 Regular members and 2 Alternate non-voting members 1 Alternate (non-voting) member Vacancy — term thru 5/31/2023
Cable Access Committee	3 members with 1-year terms 2 Vacancies with terms thru 5/31/2023
Cable Advisory Committee	3 members with staggered 3-year terms 2 Vacancies — one term thru 5/31/2023, another thru 5/31/2024
Community Preservation Act Committee (CPAC)	SB "At Large" appointees have 3-year terms 1 "At Large" Vacancy effective 7/1/2022 — term thru 6/30/2025
Earthwork Advisory Committee	5 members with 1-year terms 1 Select Board "At Large" Seat Vacancy — term thru 5/31/2023
Energy Committee	5 members with 1-year terms 3 Vacancies with each term thru 5/31/2023
Historical Commission	5 members, staggered 3-year terms 2 Vacancies with each term thru 5/31/2023
Traffic Safety Advisory Committee	8 members, 1-year terms 1 "At Large" Vacancy with a term thru 5/31/2023
Zoning Board of Appeals	5 Regular members with 5-year staggered terms, 3 Associate members with 5-year staggered terms 1 Associate Member Vacancy with term thru 11/30/2024

Cost Savings Strategies TIP #1 from SHINE

Did you know that the Medicare Savings Plans can help you pay for Medicare premiums and make you eligible for BIG SAVINGS on your prescriptions? Check these current 2022 numbers. If you have Medicare and your income and assets are similar to those below, you might qualify!

Medicare Savings Plans	Gross Monthly Income Limit	Asset Limit*	Application To Use	Benefits
MassHealth Senior Buy-In (QMB)	\$1,473 (individual) \$1,984 (couple)	\$16,800 (individual) \$25,200 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Medicare A, B premiums, deductibles and copays, automatic full extra help with prescription costs
MassHealth Buy-In (SLMB, QI-1)	\$1,869 (individual) \$2,518 (couple)	\$16,800 (individual) \$25,200 (couple)	MassHealth SACA-2 or Buy-In 1-800-841-2900	Pays Medicare B premium & full extra help with prescription costs

* Primary residence and one vehicle are not counted

If you have any questions about these programs, contact a SHINE counselor or outreach worker at your COA or MassOptions at (1-800-243-4636). You can apply any time and reap big savings!

Beginning May 3, 2023, you will need a REAL ID or other acceptable ID such as a valid passport to fly within the U.S., access certain federal facilities, or enter military bases.

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Powder House News

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Meals on Wheels

For people 60 and older who are looking for home delivered meals, the Berlin COA does team up with the Making Opportunity Count (MOC). We have deliveries going out to our residents on Tuesdays and Thursdays. The Meals on Wheels are free of charge, though a donation of \$3 may be asked. Anyone can request meals for themselves or a loved one. For those who have various dietary needs, this can be discussed with the nutrition team once meals on wheels have been signed up. To sign up, please call 978-345-8501 and press extension 2. You may need to leave a message and await a call back. If you have any additional questions, please call the COA at 978-838-2750.

Holiday Twinkle Tour; Let Your Little Lights Shine

You can help light up the Town for the holidays. The Berlin Seniors are looking to recruit creative, inspiring people to bring exciting ideas to the popular Holiday Lights Twinkle Tour this December.

Should there be more contestant categories? More free bus rides? More or different lights or decorations in the town center? A visit from the Claus family? Music? Call Judy Mills at 978-227-2664 with your best ideas.

Gone But Not Forgotten

Louise A. Porter	June 16
Bert Amos Brine Jr.	July 3
Elizabeth Ann (Fateiger) Andrews	July 16
Caleb Matthew Nunnery	July 17
Raymond J. Hoy	July 18

Durable Medical Equipment

The COA has been glad that we have been able to receive and give out various equipment to our residents and neighboring residents. We continue to receive equipment that has been dropped off **without knowledge and approval** of the COA. The COA **only** accepts walkers, wheelchairs (non-electric), crutches, commodes, raised toilet seats and rollators that are **thoroughly cleaned**. Please call 978-838-2750 or email coadirector@townofberlin.com to see if any equipment that you may have can be donated. The COA will throw out anything that does not get pre-approval.

1870 Town Function Hall

is available for your entertaining or event functions. Please call us at 978-310-5922 or email 1870TownHall@TownofBerlin.com.