



## **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 29 and October 27.

## **We've Moved**

The Council on Aging office has now returned to its previous space at the Town Offices, 23 Linden St., bottom floor, Room 118.

## **COA Members**

Bob Blair, *Co-Chair*  
Pat Wheeler, *Co-Chair*  
Kate Bliss  
Lori Fearebay  
Karen Schultz

## **Phone**

978-838-2750

## **Medical Equipment**

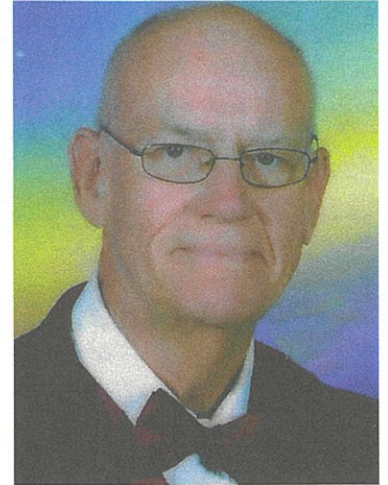
The COA has a supply of medical equipment available. We accept donations of thoroughly clean equipment in good condition. We are currently short on wheelchairs and rolling walkers with seats. If you have one you are no longer using, please consider donating it so we can pass it on to someone in need. Contact Lori Fearebay at 978-804-8487, [jfearebay@msn.com](mailto:jfearebay@msn.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.

## **George Pendergast**

Town Clerk Eloise Salls once remarked that George Pendergast was a man who couldn't say no. That observation was indelibly supported by the beautiful tribute to his Dad posted on Berlin Neighbors Connect by his son, Chris. In addition to the family adventures that Chris recounted, George's irrepressible drive to help others was framed in images of his work as a teacher, a Navy and Coast Guard vet, a longtime member of Berlin's Fire and EMT services ready to boot-up and go at any hour, and the devoted service he offered to Berlin seniors through his work on the Council on Aging, delivering Meals on Wheels, driving the van, directing COA activities and selflessly giving of himself in so many ways. That's the George we remember and won't forget. We are richer for having shared life's journey with him.



## **The COA Van Service is Up and Running**

Rides are going to be limited to medical appointments and necessity rides. Riders will need to keep masks on at all time and will need to have temperature checks to follow COVID protocols. Additional changes may need to occur, depending on local, state and federal COVID protocols. Riders need to contact COA 48-72 hours in advance for booking rides. For new riders, the rider information form will need to be completed, it is on the Town of Berlin COA website. Riders can call 978-838-2750 or email [coa@townofberlin.com](mailto:coa@townofberlin.com) for ride bookings.



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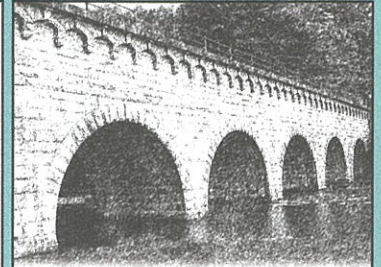


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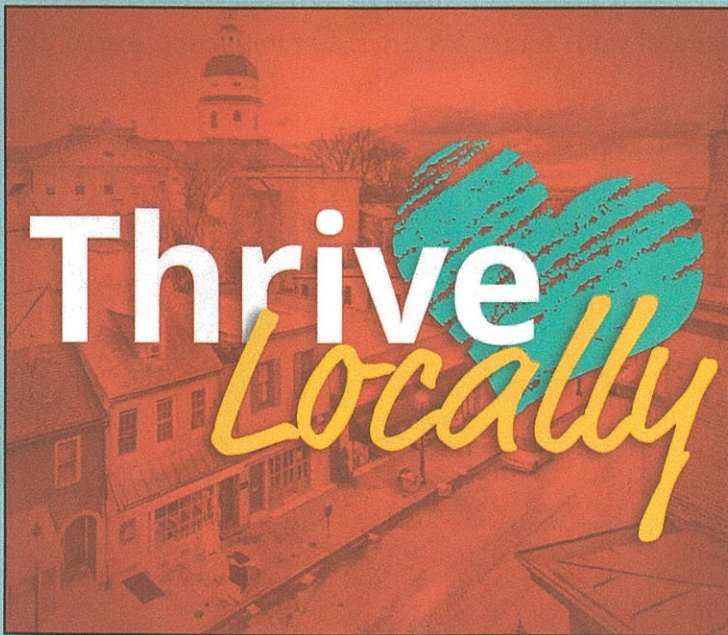


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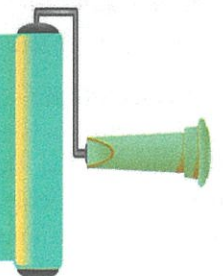


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Berlin Council on Aging

06-5323

## Greetings from 19 Carter, A new kind of community place

Weekly activities at 19 Carter  
continue outside ...

2-4 p.m. Monday afternoons  
9-11 a.m. Wednesday mornings

All are welcome to join us  
outside on the beautiful grounds  
at 19 Carter for a cup of coffee  
or tea and a visit with neighbors  
and friends. Please wear masks  
and follow social distancing  
protocols. Restrooms are  
available.

The grounds are open every day  
during daylight hours. Please  
enjoy the space while practicing  
social distancing protocol. Pick  
up a bite to eat at our local  
general store or bring something  
from home.

For more info, please check  
our website at [19Carter.org](http://19Carter.org) or  
Facebook page at [facebook.com/  
19CarterCommunity](https://facebook.com/19CarterCommunity) or sign  
up for our weekly emails as we  
hopefully add more activities  
during the fall. –with good cheer!

## The Take It Or Leave It Shop at the Berlin Transfer Station

The “Take It or Leave It Shop”  
at the Berlin Transfer Station  
will remain closed for an  
undetermined period of time  
due to the constraints of COVID  
protocols and to insure the  
safety of our volunteers and  
all Berlin residents. We look  
forward to seeing you again  
when COVID is no longer a  
concern.

## Senior Support Group, Nashoba Neighbors, Moves Toward Launch

**Nashoba Neighbors**, the member organization dedicated to helping  
seniors remain in their homes as long as possible, was highlighted in the  
last issue of the “Powderhouse News”. The help they offer will be provided  
by a team of neighbors committed to supporting seniors’ independence.

In the time since their introduction in this publication, Nashoba Neighbors  
has submitted paperwork to the Massachusetts Secretary of State to  
become a nonprofit corporation. Their initial board of directors has been  
elected! All the elected directors are residents of the three towns currently  
within the organization’s area of coverage: Berlin, Bolton and Lancaster.

While finalizing details about the financial and legal aspects of  
incorporation will occupy the Board’s immediate attention, outreach to  
inform senior residents of Nashoba Neighbors’ three-town area about the  
group’s offerings and benefits will follow soon afterward.

To obtain information about Nashoba Neighbors, inquire about becoming  
a member, or get on their mailing list, please contact: Catherine Pfau,  
[catherinepfau@gmail.com](mailto:catherinepfau@gmail.com), (978) 337-3059, Bolton, or Susan Henry,  
[sfh744@mail.harvard.edu](mailto:sfh744@mail.harvard.edu), (978) 838-2985, Berlin.

## Voting Information

**State Election:** Tuesday, November 3, 2020 from 7 a.m. to 8 p.m.

In-person voting at the Berlin Town Offices, Room 114, Lower Level

Due to the COVID-19 pandemic, voting by mail is strongly encouraged to  
protect the health of both voters and poll workers alike.

Applications for a Vote by Mail ballot must reach the Town Clerk’s Office  
by Wednesday, October 28, 2020 for the State Election.

State Election Ballots must be postmarked no later than Tuesday,  
November 3, 2020 and reach the Town Clerk’s Office no later than Friday,  
November 6, 2020.

For additional information, including days and hours for early in-person  
voting, visit the Town webpage, [townofberlin.com](http://townofberlin.com), or contact the Town  
Clerk at [townclerk@townofberlin.com](mailto:townclerk@townofberlin.com) or 978-838-2931. Office hours are  
Tuesday and Thursday, 11 a.m. – 2 p.m. and Wednesday, 7-9 p.m.

## The Berlin Council on Aging is looking for two new members.

**Please contact Bob Blair  
if you are interested in  
joining the board, or email  
[coa@townofberlin.com](mailto:coa@townofberlin.com)**

## Gone But Not Forgotten

Rose Sharon – April 11, 2020  
Allan Johnson Jr. – June 9, 2020  
Leonard Rainville – July 1, 2020  
Vivian Wheeler – July 7, 2020  
Paul Tebo – July 14, 2020  
Marguerite Root – July 23, 2020  
George Pendergast – August 1, 2020  
Christopher Maguire, Jr. – August 4,  
2020

## Meet Your Town Movers

The personal introductions found here are part of our series introducing you to members of Town departments or organizations who provide services to all Berlin residents. In this issue of the "Powderhouse News," we are featuring the three current members of the Berlin Select Board.

The Select Board is responsible for the general direction of Town government, enacting rules and regulations to establish and implement Town Policies, except those specifically assigned to some other office or agency. They approve all personnel policy guidelines and regulations and are responsible

for hiring Town employees in the departments for which the Select Board has responsibility.

A full description of their duties and responsibilities may be found on the Town of Berlin website: [townofberlin.com](http://townofberlin.com), under "Boards and Committees."

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**Chris Keefe:** My husband Jim and I moved to Berlin in 1984. We have four children and four grandchildren. We also have a one-year old French Bulldog named Nora. I began volunteering at the Berlin Memorial School when my children were young and from there, I ran for School Committee in 1998. After 15 years on the School Committee I was encouraged to join the Finance Committee and served for 3 years. I was then elected to serve on the Board of Selectmen. I'm in my 4th year on the Board and continue to enjoy serving the Town of Berlin and its residents. I am always available by phone or email for anyone who has a question or wants to share an opinion with me.

In my free time I like doing home improvements such as painting (inside and outside) as needed on our home, gardening, collecting and fixing antique furniture, and spending time with my family, especially my grandchildren Everett, Zoey, Teddy, and our newest granddaughter, 1 month old Charlotte!



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**Peg Stone:** What an honor and privilege to be one of Berlin's Selectboard members. Growing up my dad was very involved in the union for the Post Office and there were many nights the dining room table was covered with paperwork he needed to respond to, or organize or research. My mom worked at Ray-O-Vac and was also very vocal with her union. As a factory worker there were always issues with pay, safety, communication, equipment and much more. So I guess you could say that public service is in my blood.

I'm one of those boomerang era kids, live with the parents, move away, come back, go to school, live somewhere else and come home.

I love our little town, but also know our little town is not so little anymore. There's been many changes I've seen growing up here and I have no doubt there are many more to come. But like any New England small town, we will continue to support our neighbors, look out for each other and take pride in our town. Couldn't think of anywhere else I'd want to be!



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**Scott Hawkins:** I am Scott Hawkins, the newest member of the Berlin Selectboard. I live up in the Eco Village up on Sawyer Hill Road and have been living here a little over 10 years. My connection to the town goes back much longer. I am the grandson of Florence and Russell Hawkins and the son of Bob Hawkins and Verna Hamilton from Hudson. Florence and Russell lived in many places in town including the Bullard House and ran the Berlin General Store for a while.

My professional career has been spent entirely with non-profit organizations, mostly leading information technology departments. I have an undergraduate degree in Conflict Resolution, and a Master's Degree in Business. When not working, I spend my time researching family Genealogy, traveling to historic sites (saw Stonehenge last fall), camping and hiking, or driving around on my Motorcycle or electric car.

I am looking forward to serving this town. Feel free to reach out to me with any questions or concerns. I can be reached at 508-685-2499 or [shawkins@townofberlin.com](mailto:shawkins@townofberlin.com)



# Influenza (Flu) Vaccine (Inactivated or Recombinant): What you need to know

The flu shot program detailed here is being offered by the Nashoba Associated Boards of Health and Berlin's Town Nurse, Tamara Bedard, at Berlin Memorial School on Wednesday, October 28, from 2-4 p.m for seniors. All ages (six months and up) can also participate from 4-6 p.m.

Participants must complete the form found here, or a copy of it, and bring it to the flu clinic at Berlin Memorial School together with a copy of their health insurance identification card and a copy of their driver's license.

## 1. Why get vaccinated?

Influenza vaccine can prevent influenza (flu).

Flu is a contagious disease that spreads around the United States every year, usually between October and May. Anyone can get the flu, but it is more dangerous for some people. Infants and young children, people 65 years of age and older, pregnant women, and people with certain health conditions or a weakened immune system are at greatest risk of flu complications.

Pneumonia, bronchitis, sinus infections and ear infections are examples of flu-related complications. If you have a medical condition, such as heart disease, cancer or diabetes, flu can make it worse.

Flu can cause fever and chills, sore throat, muscle aches, fatigue, cough, headache, and runny or stuffy nose. Some people may have vomiting and diarrhea, though this is more common in children than adults.

Each year thousands of people in the United States die from flu, and many more are hospitalized. Flu vaccine prevents millions of illnesses and flu-related visits to the doctor each year.

## 2. Influenza vaccine

CDC recommends everyone 6 months of age and older get vaccinated every flu season. Children 6 months through 8 years of age may need 2 doses during a single flu season. Everyone else needs only 1 dose each flu season.

It takes about 2 weeks for protection to develop after vaccination.

There are many flu viruses, and they are always changing. Each year a new flu vaccine is made to protect against three or four viruses that are likely to cause disease in the upcoming flu season. Even when the vaccine doesn't exactly match these viruses, it may still provide some protection. Influenza vaccine does not cause flu.

Influenza vaccine may be given at the same time as other vaccines.

## 3. Talk with your health care provider

Tell your vaccine provider if the person getting the vaccine:

- Has had an allergic reaction after a previous dose of influenza vaccine, or has any severe, life threatening allergies.
- Has ever had Guillain-Barré Syndrome (also called GBS).

In some cases, your health care provider may decide to postpone influenza vaccination to a future visit.

People with minor illnesses, such as a cold, may be vaccinated. People who are moderately or severely ill should usually wait until they recover before getting influenza vaccine.

Your health care provider can give you more information.

## 4. Risks of a vaccine reaction

- Soreness, redness, and swelling where shot is given, fever, muscle aches, and headache can happen after influenza vaccine.
- There may be a very small increased risk of Guillain-Barré Syndrome (GBS) after inactivated influenza vaccine (the flu shot).

Young children who get the flu shot along with pneumococcal vaccine (PCV13), and/or DTaP vaccine at the same time might be slightly more likely to have a seizure caused by fever. Tell your health care provider if a child who is getting flu vaccine has ever had a seizure.

People sometimes faint after medical procedures, including vaccination. Tell

your provider if you feel dizzy or have vision changes or ringing in the ears.

As with any medicine, there is a very remote chance of a vaccine causing a severe allergic reaction, other serious injury, or death.

## 5. What if there is a serious problem?

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call 9-1-1 and get the person to the nearest hospital.

For other signs that concern you, call your health care provider.

Adverse reactions should be reported to the Vaccine Adverse Event Reporting System (VAERS). Your health care provider will usually file this report, or you can do it yourself. Visit the VAERS website at [www.vaers.hhs.gov](http://www.vaers.hhs.gov) or call 1-800-822-7967. VAERS is only for reporting reactions, and VAERS staff do not give medical advice.

## 6. The National Vaccine Injury Compensation Program

The National Vaccine Injury Compensation Program (VICP) is a federal program that was created to compensate people who may have been injured by certain vaccines. Visit the VICP website at [www.hrsa.gov/vaccinecompensation](http://www.hrsa.gov/vaccinecompensation) or call 1-800-338-2382 to learn about the program and about filing a claim. There is a time limit to file a claim for compensation.

## 7. How can I learn more?

- Ask your healthcare provider.
- Call your local or state health department.
- Contact the Centers for Disease Control and Prevention (CDC):
  - Call 1-800-232-4636 (1-800-CDC-INFO) or
  - Visit CDC's [www.cdc.gov/flu](http://www.cdc.gov/flu)

# 2020-2021 Flu Insurance Information Form

The completion of this form is necessary for every vaccine recipient. If no insurance information is available, please fill out as much as possible using existing information.

**Information about the person to receive vaccine (please print): *\*Required Fields***

Name: (Last, First, MI) *	Date of birth: *	Age*	Sex: (Circle)*					
	<table style="width: 100%; border: none;"> <tr> <td style="border: none; width: 33%;">Month</td> <td style="border: none; width: 33%;">Day</td> <td style="border: none; width: 33%;">Year</td> </tr> </table>	Month	Day	Year		<table style="width: 100%; border: none;"> <tr> <td style="border: none; width: 50%;">Male</td> <td style="border: none; width: 50%;">Female</td> </tr> </table>	Male	Female
Month	Day	Year						
Male	Female							
Street Address: *								
City: *	State: *	Zip: *	Phone: *					
			(    )					

**For children 18 years of age and younger:**

<p><b>Is Vaccine for Children (VFC) Program eligible:</b></p> <p><input type="checkbox"/> Is enrolled in Medicaid (includes MassHealth and HMOs etc. if enrolled through Medicaid)</p> <p><input type="checkbox"/> Does not have health insurance</p> <p><input type="checkbox"/> Is American Indian (Native American) or Alaska Native</p> <p><b>Is not VFC-eligible:</b></p> <p><input type="checkbox"/> Has health insurance and is not American Indian (Native American) or Alaska Native</p>
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**Insurance Information: *Include the whole member ID number and any letters that are part of that number***

Name of Insurance Company: *	Member ID Number: *	Group ID Number: (if available)
Medicare Number:	Is Medicare Primary? Yes    No	Is Subscriber Retired? Yes    No

**If person getting vaccinated is not the insurance subscriber/policy holder, please complete the following:**

Subscriber's Name: (Last, First, MI) *	Subscriber's Date of Birth: *	Sex: (Circle)*					
	<table style="width: 100%; border: none;"> <tr> <td style="border: none; width: 33%;">Month</td> <td style="border: none; width: 33%;">Day</td> <td style="border: none; width: 33%;">Year</td> </tr> </table>	Month	Day	Year	<table style="width: 100%; border: none;"> <tr> <td style="border: none; width: 50%;">Male</td> <td style="border: none; width: 50%;">Female</td> </tr> </table>	Male	Female
Month	Day	Year					
Male	Female						
Subscriber's Street Address: * (If different from address above)							
City: *	State: *	Zip: *    Phone: *					
		(    )					
Patient Relationship to Subscriber: (Circle)*    Spouse    Child    Other							

I have been given a copy and have read, or had explained to me, the Vaccine Information Statement for the Seasonal Influenza Vaccine and understand the risks and benefits. I understand that children younger than 9 years of age may need 2 doses of vaccine. I voluntarily give consent for the person named above to be vaccinated. I give permission to bill my/his/her health insurance.

X \_\_\_\_\_ Date: \_\_\_\_\_  
(Signature of patient, parent or legal guardian)

**For Clinic/Office Use Only:**

Date of Service/ Date VIS Given	Date on VIS	Vax Type	Vaccine Manufacturer	Lot Number & Exp. Date	State Supplied (Circle)	Preservative Free* (Circle)	Dose (mL)	Injection Route	Injection Site (Circle)
	08/15/19				Yes No	Yes No	0.5 0.7	IM	R Arm    L Arm R Leg    L Leg

Signature of Vaccine Administrator: \_\_\_\_\_

Attach Photo Copy of All Insurance Cards

Provider Name/Address: Nashoba Associated Boards of Health, 30 Central Avenue, Ayer, MA 01432    MDPH Provider PIN#: 11194



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## WARNING

### GENETIC TESTING SCAM

Medicare beneficiaries are being targeted through phone calls and at senior centers, housing complexes, and other community locations by companies claiming Medicare fully covers a cheek swab that tests for any or all cancers, how your body processes prescriptions, and/or a variety of other genetic or heredity diseases.

### DO NOT DO IT!

Do report it! If you are contacted by anyone who offers these tests, report it to the Massachusetts Senior Medicare Patrol (SMP) Program at 1-800-892-0890.

Adapted from [www.masspresource.org](http://www.masspresource.org) flyer.