



## **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., November 30 and December 28.

## **Office Location**

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

## **COA Members**

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

## **Phone**

978-838-2750

## **Medical Equipment**

The COA has a supply of medical equipment available. We accept donations of thoroughly clean equipment in good condition. Please consider donating your clean, used equipment so we can pass it on to someone in need. Contact 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.

## **Metrowest Home Care and Hospice**

In late August, Susan Healey and Kristen Seibold from Metrowest Home Care and Metrowest Hospice came to Northbrook for our seniors. These ladies work out of the Marlborough office, the main office in Central Massachusetts.

Metrowest Home Care can provide skilled in home care including: Nursing, Home Health Aides, Social Workers, Speech Therapy, Physical Therapy and Occupational Therapy. These services will go out to your residence to provide the care, frequency will be dependent on the need. They also focus on helping those with COPD and Diabetes. These skilled services are billed to your insurance company with your primary care doctor providing authorization. There is no definitive amount of time that these services occur, but they are meant to be temporary. The goal is to get you back to your previous level of functioning.

Metrowest Hospice services provide end of life care to patients and their families. Hospice requires that someone have a terminal illness that would have a life expectancy of six months or less. A hospice nurse would do a referral or screen to see if someone is eligible for hospice services. If deemed eligible, someone can be signed on to care. Hospice services can be served in a person's home, a relative's home or in a facility (assisted living, nursing home, etc). Hospice care can include nursing, home health aides, social workers and chaplains. Frequency of services will depend on the needs of the patient. If any equipment would be needed, the hospice team can order it and make sure that the patient has all that they need. Hospice care is billed to your health insurance company as well.

It can seem daunting that people are providing care in-home. The people that are coming into the home are professionals. Metrowest has to complete CORI background checks for their employees. These people are deemed eligible for the jobs that they are providing their patients.

If you have any questions about either service or to see about eligibility, please contact 508-383-7000.

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## **Nashoba Boards of Health (NABOH) Blood Pressure and Wellness Clinic through the Council on Aging (COA)**

**Who can attend:** Anyone, focus is on our seniors

**When:** First Thursday each month at 10 a.m.

**Where:** Council on Aging Room, Town Offices (23 Linden Street, Berlin) Room 118

**Why:** To help everyone check out their health and answer any questions

**Questions:** Call COA at 978-838-2750



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## COA Van Driver Posting

The Town of Berlin seeks qualified candidates for the position of Council on Aging (COA) Van Driver.

This is a non-benefited, non-exempt part-time position of varying hours per week starting immediately at the pay rate of \$17.07/hour (Grade 4, Step 7 — pay rate updated/increased 10/6/2021).

Submit application and resume to Victoria Flynn, Berlin Council on Aging Director, Town of Berlin, 23 Linden Street, Berlin, MA 01503 or by email at [coadirector@townofberlin.com](mailto:coadirector@townofberlin.com). Questions can be submitted to [coadirector@townofberlin.com](mailto:coadirector@townofberlin.com) or call 978-838-2750.

Position(s) open until capacity is met. EOE.

## Art Group

The Council on Aging is offering art activities starting Thursday, November 4, at 1:30 p.m. at the Northbrook I community room. We are open to any suggestions that people may have regarding arts or crafts suggestions. We are really excited about this. Please call 978-838-2750 or email [coadirector@townofberlin.com](mailto:coadirector@townofberlin.com) with any questions.

## Library Book Sale

A reminder regarding the on-going Book Sale downstairs at the Library. Due to Covid restrictions and the small spaces in the Library, the friends have not had a book sale. However, we are continuing to organize and shelve books downstairs. It is a bit crowded in there but a patron can ask the library staff and go downstairs, browse the selections and leave a donation for the Friends for any purchases made.



**Nashoba  
Neighbors**  
BERLIN • LANCASTER • BOLTON

## Nashoba Neighbors November Informational ZOOM sessions!

**Live: Saturday, Nov. 13 from 10-11 a.m. at 19 Carter in Berlin**

**Online: Zoom, Tuesday, November 16 from 7-8 p.m.**

Nashoba Neighbors is a new nonprofit helping older adults in Bolton, Berlin, and Lancaster age at home. We are based on the idea of neighbors helping neighbors. Please join us for an informational meeting. To register contact us at 978-226-8844 or [info@nashobaneighbors.org](mailto:info@nashobaneighbors.org)

## Fuel Assistance and Medicare Open Enrollments

As the end of the year approaches, eligibility for fuel assistance and Medicare open enrollment are in full swing. The Council on Aging is willing to provide any assistance that you may need, please contact 978-838-2750 or email [coadirector@townofberlin.com](mailto:coadirector@townofberlin.com). Check out the information below.

	Fuel Assistance	Medicare Open Enrollment
Benefit Period Eligible	November to April	October 15 to December 7
Qualifying	Homeowner or renter, meeting less than \$40,951 for 1 person household	Over age 65, under 65 with qualifying medical condition.  Medicaid: make less than 2396 couple, 15940 asset individ. 23920 asset couple)
Needed documentation	Proof of residence, SS card, driver's license, birth certificates, wages, bank statements	Proof of residence (citizen or permanent residency), Will depend on program you are enrolling in, proof of income and bank statements
Contact Information	North Central MA clients* apply to:  New England Farm Workers' Council Fuel Assistance Program 473 Main St., 3rd Floor, Fitchburg, MA 01420 978-342-4520  <a href="https://www.partnersforcommunity.org/our-services/fuel-assistance/eligibility-information">https://www.partnersforcommunity.org/our-services/fuel-assistance/eligibility-information</a>	SHINE Counseling <a href="https://shinema.org">https://shinema.org</a>  Milford - Central Mass Association of COA 508-422-9931  800-243-4636 <a href="http://prescriptionadvantagemma.org">prescriptionadvantagemma.org</a>

## Meet Your Town Movers

MARY ARATA, Administrative Assistant both to Berlin's Select Board and to Berlin's Town Administrator, has been in her post since 2013. She keeps track of the minutiae, dates and contact information of those interacting with both offices and keeps the voluminous paperwork related to Town administration in order. Of equal importance is her role as "host" of the Zoom meetings of the Select Board that we see on Monday evenings.

JUDY MILLS is the consummate good citizen, good neighbor and community organizer. In her roles as President of the Berlin Senior Citizens Association and Secretary of the Berlin Lions Club, she has worked tirelessly to bring entertaining and informative events to Berlin residents by engaging many Berlin groups and Town departments in cooperative efforts to achieve these goals. We salute her team spirit and enthusiasm.

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### Meet Mary Arata, Administrative Assistant to the Town Administrator



My youth was spent with horses; my brothers, friends, and I earned money by feeding and mucking stalls. It was a charmed childhood filled with horse shows and involvement in the 4-H Ambassador program and twice competing in national visual presentation contests.

During high school, my family moved from Reading to Harvard; I graduated from The Bromfield School before graduating from UMASS Amherst. I worked for a decade as a radio and cable television news anchor/reporter. I attained a Suffolk University law degree and practiced real estate law for another decade.

Married with two toddlers, I returned to report for the Nashoba Publishing/Lowell Sun newspapers. Eight years ago, I arrived to support the Select Board in a post now expanded to support the Town Administrator. I enjoy time with family, pets, and gardening. I am a 4-H and Girl Scout leader. I love this beautiful town and appreciate the opportunity to get to know so many great people.

### Meet Judy (Judith) Mills, President of the Berlin Senior Citizens Association



The first two years of my life I lived in the Simon Willard house in Grafton, MA. It has since been restored as the Simon Willard Clock Museum. I graduated from Grafton schools and had a very little college education. From my first marriage, I raised three great kids...two boys and a girl. They are grown and have blessed me with 10 grandchildren. I married for the second time, a wonderful Berlin man, Tom Mills from Bellevue Rd. We will be married 30 years in April of 2022.

I have had many different jobs throughout the years; from cooking, waitressing, nurse's aide, cashier, school bus driver, USPS letter carrier & Postal Clerk (30+ yrs) and back to the present job of school bus driver. I volunteer as president of the Berlin Senior Citizens Association and secretary of the Berlin Lions Club.

If there is but one message that I could leave behind to the world....it is the most self defining. "Be generous, kind, and thoughtful...help wherever you can...be a true and loyal friend and imitate the Holy One. Forgive as you have been forgiven and love as you are loved.

## XIX CARTER

Making full use of the beautifully renovated spaces both inside and outside its former church building, XIX Carter has weathered the confining months of the Covid pandemic with its vigor intact and its shift to outdoor events, when possible, an antidote to our collective cabin fever. While new activities continue to be added to the roster as public health protocols permit, many found pleasure in warm weather gatherings in a landscape that was recognized by Tower Hill Botanic Garden as a fine example of a community effort to rescue and beautify an urban space that had fallen on hard times.

Congratulations to all the volunteers who have participated in the remarkable rebirth of XIX Carter, and who continue to support and expand its opportunities to learn and grow and engage in good conversations.

We hope to open up more hours as we move into the winter. Check our website at [19Carter.org](https://www.19Carter.org) or our Facebook page <https://www.facebook.com/19CarterCommunity/> for updates. People can also sign up on our website to receive a weekly email with all the latest info on events and activities.

## COMMUNITY EVENTS CALENDAR

### November 4

"Christmas in Berlin" launches with a lighting of the trees in front of First Parish Church

### November 4

Free improv workshop at 19 Carter, 7-8 p.m.

### November 8

SPECIAL TOWN MEETING, 7 p.m., indoors at Berlin Memorial School

### November 13

Nashoba Neighbors live informational meeting at 19 Carter, 10-11 a.m.

### November 16

Nashoba Neighbors informational Zoom session, 7-8 p.m.

### November 18

Free improv workshop at 19 Carter, 7-8 p.m.

### November 20

Berlin Arts & Fine Crafts Fair, 1870 Town Hall, both floors, 9 a.m.-4 p.m.

### November 27

Friends of Berlin Public Library holiday greenery baskets go on sale at the library, at Holiday Farm on Central St. (Rte. 62) and 19 Carter

### December 2

Free improv workshop at 19 Carter, 7-8 p.m.

## COA

**Tuesdays at 1 p.m.** Tai Chi with Jeff Cote in COA room

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

Senior Yoga with Sharon Santello through Zoom (or in COA room)

## XIX Carter

**Mondays from 2-4 p.m.**

Tea Time

**Wednesdays and Fridays from 9:30-11:30 a.m.**

Community Coffee

**Thursdays from 2-4 p.m.**

Cribbage and other games

**Fridays from 2-4 p.m.**

Fabric Arts Group

**Saturdays from 10-11:15 a.m.**

New Mamas and Mamas-to-Be

## First Parish Church

**Bible study:** 3rd Wednesdays at 6:30 p.m. in the yellow building at 24 Central St.

**Book Group:** 4th Wednesdays at 6:30 p.m. in the yellow building at 24 Central St.

**Sunday worship service:** 10 a.m. in the church (Nov. 7 on Zoom)

**Christmas Eve service:** Dec. 24 (Call 978-838-2575 for time)

## St. Joseph The Good Provider Catholic Church

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

**Thanksgiving mass:** Nov. 25 at 7:30 a.m.

**Weekend masses:** Sat., 5:30 p.m., Sun., 8:30 a.m. and 10:45 a.m.

**Christmas masses:** Christmas Eve at 4 p.m. with Children's Christmas Pageant, Christmas Day at 8:30 a.m. & 10:45 a.m.

## Protect Your Family & Home with Carbon Monoxide Detectors

The law requires carbon monoxide (CO) alarms to be installed on every level of your home, including habitable portions of basements and attics, in most residences.

On levels with sleeping areas, CO alarms should be installed within ten (10') feet of any bedroom doors.

When purchasing a carbon monoxide alarm, be sure to look for the approval label of an independent testing company, such as Underwriters Laboratory (UL), International Approval Services (IAS), or Canadian Standards Association (CSA). Most CO alarms that are sold in the Commonwealth meet these standards, but it's a good idea to check before buying.

Replace CO alarms every 5-7 years, depending on the make and model.

Newer CO alarms have a 10-year sealed battery that does not need charging. At 10 years, the entire device is replaced.

If you have a plug-in model, be aware that the battery will run down during an extended power outage and may need to be replaced.

### For Landlords and Tenants

- Nicole's Law also requires landlords to install and maintain CO alarms in every dwelling unit that has a source of carbon monoxide.

**Be aware of the symptoms of CO exposure. The presence of these symptoms should be your prompt to activate the 911 system.**

- A mild exposure can cause nausea, headache, vomiting and symptoms

can often be mistaken for common illnesses, such as the flu or cold.

- A medium exposure can cause a severe throbbing headache, drowsiness, confusion, elevated heart rate, increased respirations and cherry red lips.
- An extreme exposure can cause unconsciousness, cardio respiratory failure and death.

### Your Berlin Fire & EMS Department Personnel Stand Ready to Assist You

Your Berlin Fire & EMS Department personnel are trained and ready to assist you with any questions you may have to check your home or apartment for the presence of CO and install or maintain your CO alarms.

### THE SAWYER FAMILY GARDENS IN BERLIN'S CENTER

*Jane Sawyer, a lifelong Berliner, has been planting and maintaining the spectacular flower gardens on Central Street, across from Pleasant Street, since the late 1970's, as a continuation of a family tradition and commitment begun by her grandfather. This is her story about the gardens and how they came to grace our town center.*

I was born in 1946 and lived the first three years of my life where the Clinton Savings Bank is now located with my parents, Loraine and Guy (Punky) Sawyer, my grandparents, Maude and Guy Sawyer, and my uncle, Sid Sawyer. At age three, I moved with my parents to 7 Central Street, the other side of the store building, and have lived there ever since, except for three years when I lived in the store building.

My grandfather had a garden across the street, where mine is now, and it was larger than the one you see today. He planted vegetables and flowers, especially gladiolas, strawberries and raspberries. He bought land behind the current garden that went back to Walnut Street and enlarged his garden back to Hartshorn's Pond. In 1958 he planted the entire area with pumpkins. Using a nail, he carved names in some of them which would scab over when the pumpkins were fully grown. He gave them to family children and friends' children so they had pumpkins with their names on them. He brought all the rest of the pumpkins across to the house and gave them away to anyone who stopped by. There was an article in the "Worcester Telegram" with a picture of him holding one pumpkin and with the rest behind him and it said "Yankee auctioneer rejects all bids".

One year, he planted the whole garden in gourds and put me and my grandmother out by the road in front of the house with a table full of them to sell. However, when someone stopped and asked where Guy was, and we sent them out back, he would give them some of the gourds, so we didn't make a lot of money but did have fun. He also planted all decorative corn and popcorn another year and my grandmother and I were forever running across the street to chase the birds away. We weren't really very successful.

When my grandfather didn't plant a full garden anymore, he made three huge round flower beds in the front of his acreage by the road and planted tulips and then replaced them with geraniums and other annual flowers. You can still see the three mounds in the grass today.

My grandfather died in 1973. In the late 1970's, my cousin Roger said let's make a garden like your grandfather's, so we started very small and then enlarged it each year for awhile until Roger moved to Ashburnham. At that point, I took over the garden project with the help of family and



friends who rototill and plow the garden, mow around the outside, give me manure and compost and help spread it and weed and water and pound in tomato stakes. Without their help, I could not bring the garden to life each year.

I plant winter rye in the fall and rototill it under in the spring. I spread turkey manure each year and that gets rototilled in. When I plant, I use 10-10-10 fertilizer and circle each plant. I spread compost to keep weeds down and put newspapers underneath it in the walkways. Some hard-to-find plants, like purple cauliflower, extra tall salvia and zinnias, I start from seed in my upstairs living room. I buy a lot of plants at local farms and greenhouses and start some things from seed right in the garden. The giant cannas at the corners are dug up every fall and the roots are stored in my basement. I do the same with dahlias. I then replant them in the spring. Some flowers reseed and I just move them around to where I want them when I start planting.

I grow about 23 different kinds of vegetables, but because I only eat tomatoes and potatoes, I give the rest away to family and friends. I have potatoes that I winter over in my garage as well as butternut squash that we enjoy at Thanksgiving and Christmas. More than 22 varieties of flowers are planted each year.

An especially important resource book for gardeners is *Carrots Love Tomatoes* by Louise Riotte. It is a Garden Way Publishing book that was recommended to me by a friend. It's all about companion planting. I always have it with me in the garden and use it to arrange my flowers and vegetables.

If my grandfather hadn't prepared the soil for his garden and planted all the beautiful flowers, I wouldn't be doing it today. I plant for everyone to enjoy when they drive by, just as he did many years ago.

Best of all, gardening is great exercise.

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# Powder House News

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## Gone But Not Forgotten

Russell Kennedy . . . . . August 15  
Lilian Forrest . . . . . August 31  
David Wheeler . . . . . September 20  
Henry Wheeler . . . . . September 27  
Earle Cadoret . . . . . October 5  
James Bowser . . . . . October 13  
Marjorie Lamy . . . . . October 15

## Tai-Chi and Yoga

Tai-chi and yoga classes are resuming in person. Yoga is being held on Saturday mornings at 9 a.m., while Tai-chi classes are being held on Tuesdays at 1 p.m., both at the COA office.

**Berlin Food Pantry**  
774-245-8320

## The Friends of The Library Calendar

### Holiday Greens Sale

The Friends of the Berlin Public Library will once again be creating Holiday Greenery “baskets” this year. They will be available for sale on **November 27th** at the Library, at 19 Carter and at Holiday Farm. This is a fundraiser for the Friends and the proceeds support Library Programs for children and adults, and funds the Passes for museums, etc. All materials for the woodsy themed “baskets” are gathered, donated and created by the Friends. They can decorate your home or office during the Holidays and make great gifts.

### Arts and Fine Crafts Fair

Berlin will hold its 11th Arts and Fine Crafts Fair on Saturday, **November 20th**, 9 a.m.- 4 p.m. at the 1870 Town Hall. We have a wide variety of offerings: Handmade pottery; Etched and decoupaged glassware; Tooled leather products; Wood worked bowls, boxes, cutting boards; Needle felted art; Soaps and bath products; Woven baskets; Weaving; Knitted and small quilted items; table runners; Skin creams, vanilla, paintings; Stained glass; Photos, custom puzzles; Original watercolors made into cell phone covers, coasters; Unique jewelry; Wooden flowers; Woven bamboo... and more. Shop Local and avoid supply chain headaches! We have an elevator! We will follow Covid Protocols.