



# Berlin Senior "Center Lines" April 2017



Berlin Senior Center  
33 Colonial Drive, Berlin, CT 06037  
Tel.: (860) 828-7006 Fax: (860) 828-7116  
E-mail addresses: [tdoyle@town.berlin.ct.us](mailto:tdoyle@town.berlin.ct.us)  
[jasevigny@town.berlin.ct.us](mailto:jasevigny@town.berlin.ct.us)

Tina Doyle, Director  
Jane Sevigny, Assistant Director

**Office Hours:** Monday-Friday 8:30 AM – 4:00 PM

**Membership:** Resident – Age 60 and older – No Cost

Non-Resident – Age 60 and Older - \$36.00 Annually

The Berlin Senior "Center Lines" can be found each month on the town web page. Go to [WWW.TOWN.BERLIN.CT.US](http://WWW.TOWN.BERLIN.CT.US). The entire newsletter can be found online under Government/Department: P-W/Senior Services/News Tab.

## Greetings from the Director

*Greetings,*

Spring is officially here as of March 20<sup>th</sup>, now we need the actual weather to officially change to spring weather. I know I am ready for it. I bet you all are too!

During this month of April, we will celebrate Volunteer Appreciation Week, from April 23<sup>rd</sup>-April 29<sup>th</sup>. We will honor our volunteers with a delicious luncheon on Friday, April 28<sup>th</sup> at 12:00 PM. We would be unable to do what we do without all our volunteers. We will also celebrate Earth Day and spring at our Spring Fest on Wednesday, April 26<sup>th</sup> at 12:00 PM.

There are a lot of other great programs planned for this month – Sports Talk, Basic of Diabetes, Choosing a Homecare Provider, Lunch & Learn Fall Prevention, Spring Bingo, Spring Fest, and LegWorks program. Make sure you read the whole newsletter...you don't want to miss anything.

*Tina*

## **TRANSPORTATION**

The Senior Center Buses and Van may be used by any Berlin resident who is age 60 and older, OR any Person with a Disability, 18 years or older. These vehicles are equipped with a wheelchair lift and operate Monday-Friday from 8:30am to 3:30pm. Service is "curb to curb"; therefore, riders that may require assistance getting to or from the curb should be accompanied by a companion who can provide such assistance. The driver may use his/her discretion to determine whether or not transportation will be provided in the event that safety is a factor. This includes personal modes of transportation other than a traditional wheelchair, such as Scooters and Motorized Wheelchairs. The passenger's mode of transportation must be able to be tied down securely, both in the front and back of the unit. In the case of Scooters, the passenger must be able to transfer to a seat on the Senior Center Vehicle while it is in transit. Arrangements can be made for a home visit with the driver and a vehicle to determine if we can safely transport a passenger. Please allow at least five (5) business days for this service.

### **Bus Shopping and Schedule Information:**

**For reservations and cancellations call: (860) 828-7006.**

Please remember to have:

- the address of the doctor
- the time of appointment in front of you when calling to reserve a ride.

**You are responsible for having the correct information.**

**For your ride home from a scheduled appointment call: (860) 250-0510.**

**Medical appointments-** Berlin and New Britain only.

All medical appointments should be scheduled between 9:00am and 1:15pm.

**Regular appointments** (Banks, pharmacies, post office, hair and nail salons in Berlin, and any town buildings).

### **Important reminders for all bus riders:**

1. Reservations **MUST BE MADE AT LEAST 48 HOURS IN ADVANCE** for all medical appointments.
2. Reservations **MUST BE MADE AT LEAST 24 HOURS IN ADVANCE** for all regular appointments.

## Transportation Page Continued...

3. All bus reservations must be made during our regular business hours, **8:30AM to 3:30PM.**
4. All calls for rides home **MUST BE MADE BY 3:00 PM.**
5. Cancellations can be taken at anytime. An answering machine is available after normal business hours.
6. You are allowed two stops per day **except** when going to the grocery store.

### WEEKLY GROCERY SHOPPING SCHEDULE IS AS FOLLOWS:

MONDAYS-	STOP & SHOP	10:30 AM
TUESDAYS-	SHOP RITE	10:30 AM
WEDNESDAYS -	FERNDAL FRESH MARKET	1:30 PM

**NOTE:** All grocery shopping trips can take up to a maximum of six (6) shoppers except when the Director approves for more than six.

7. All riders should be ready one hour in advance of their scheduled appointment time.
8. Please inform the Senior Center if your appointment will be longer than usual.
9. **We are unable to provide transportation to and from medical procedures, Dialysis or discharges from the hospitals or other facilities.**
10. **You are not allowed any unscheduled stops unless the Senior Center Director has approved it.**

\*This vehicle has been paid in part by a grant from the Federal Transit Administration-Section 5310 and therefore extends transportation services to disabled Berlin residents regardless of age. Please contact the Senior Center at (860) 828-7006 to request transportation.

### Transportation Timely Tip:

In order to save time and fuel and in consideration of others, please remember to call and cancel a previously scheduled ride when you are not taking the bus. For local bus routes, call CT Transit @ 800-704-3113 or check [www.cttransit](http://www.cttransit) online for maps and fare information.

## **Other Transportation Resources Available in the Central CT Area:**

**Paratransit** - Are you unable to use the city buses (CT Transit Fixed Route Buses) to get to your doctors' appointments or to take you shopping? ADA Paratransit may be for you. ADA is designed to help individuals with disabilities of any age that are unable to navigate the city buses. ADA picks you up at your home, brings you to and from your destination and is available 6:00am—9:30pm, Monday through Saturday. Greater Hartford Transit District's provides this ADA Paratransit service. To schedule an ADA trip, call (860)724-5340 and select 1. The reservation Department will provide you with your new Greater Hartford Transit District ADA ID number when you call. For information about the program, call 860-247-5329, Ext 3100 or visit the District's website at [www.hartfordtransit.org](http://www.hartfordtransit.org). If you have any questions, or would like additional information, please contact Ms. Margaret Pieniazek at 860-247-5329 extension 3043 or write [MPieniazek@ghtd.org](mailto:MPieniazek@ghtd.org).

**Way to Go CT** - in Hartford helps inform senior citizens, veterans & people with disabilities in north central Connecticut with their available transportation options. They serve 37 towns in the Greater Hartford Area in Central Connecticut to help you navigate your transportation options. Five guides for the 37 towns in north central Connecticut have been created and can be downloaded or viewed on their website [info@waytogoct.org](mailto:info@waytogoct.org). Each town's social service department has a hard copy available for viewing. (There is a copy available to view at the Berlin Senior Center). If you would like to receive a hardcopy for yourself you would have to make a \$5.00 donation to off-set the printing costs by calling the Dani Herbert, Mobility Manager at 860-667-6207 ext. 17. For more information please call 860-667-6207.

**The Medical Transportation Volunteer Program** – The Retired Senior Volunteer Program (RSVP) provides seniors in our area a method of access to **free**, reliable, non-emergency medical transportation. Seniors requesting rides for the first time will call the RSVP Office and provide initial client information. From that point forward when they need a ride, they will be in the system and can call with their specific ride information. If you have any questions or would like to request a ride please call (860)760-3088 or (860)760-3077.

**Senior Transportation Services, Inc.** – a non-profit service offering older adults age 55 and older safe and reliable transportation. They provide transportation to out of town medical appointments and to care facilities to visit loved ones. There is a membership fee and a cost for rides. A client application will need to be filled out and mailed to Senior Transportation Services, Inc. in New Britain. Copies of this application are available at the Senior Center. If you have any questions please contact Nancy Morrissey, Executive Director at (860)224-7117.

**DISCLAIMER:** The Berlin Senior Center does not have anything to do with the above mentioned transportation programs. If you have any issues with these organizations, you must deal with that provider directly. We are listing them as another resource for when we cannot accommodate your transportation requests.

## Berlin Senior Center 2017 Trips

Come and join us as we travel to so many different and exciting places  
enjoying the wonderful sights.  
There is something for everyone!

April 12<sup>th</sup> - Broadway - Your Choice of "On Your Feet" or "Cirque Du

Soleil "Paramour" - Enjoy lunch at the famous Italian restaurant Buca di Beppo. Your meal will be served family style. After lunch, you will enjoy one of the two shows offered. **Cost: \$209.00 Per Person. Itinerary subject to change and availability. Taking a wait list.**

April 20<sup>th</sup> - Westchester Broadway Theatre "Mama Mia" - Today we will travel to Elmsford, NY for a day of entertainment and fun. You will enjoy a matinee performance at the Westchester Broadway Theatre, where lunch is included. You will receive a choice of entrée upon arrival. **Cost: \$104.00 Per Person. Itinerary subject to change and availability. Taking a wait list.**

April 18<sup>th</sup> - 25<sup>th</sup> - Outer Banks, NC - Spent eight wonderful days sightseeing and visiting Virginia, North Carolina and Maryland. Pick up a flyer to find out the full itinerary. **Cost: \$1524.00 PP Double, \$2124.00 Single, and \$1474.00 PP Triple. Itinerary subject to change and availability. Cancellation Insurance is available and recommended for this tour. Taking a wait list.**

April 27<sup>th</sup> - Ace in the Hole "The Rat Pack" - Canceled by Getaway Tours

May 7<sup>th</sup> - Warner Theatre "Follies" - Depart to Waterbury, CT to enjoy a lunch of Veal Parmigiana, Stuffed Sole or Chicken Marsala at San Marino restaurant. After lunch, we'll head over to Warner Theatre in Torrington to enjoy a matinee of performance of the musical "FOLLIES" with music and lyrics by Stephen Sondheim. **Cost: \$98.00 Per Person. Itinerary subject to change and availability. Sign ups now being taken.**

May 25<sup>th</sup> - Newport Playhouse & Cabaret Restaurant "Lunch with Mrs. Baskin" - This dinner theatre is unique...you will enjoy a great buffet, a wonderful play and a fun-filled cabaret. After lunch, you'll take a short stroll from the dining room to be intimate theatre. There you will have reserved seating to enjoy "Lunch with Mrs. Baskin" a comedy with a nice touch of romance. **Cost: \$100.00 Per Person. Itinerary subject to change and availability. Sign ups are now being taken.**

## 2017 Berlin Senior Center Trips:

**May 31<sup>st</sup> – June 2<sup>nd</sup> – Boothbay Harbor Scenery & Greenery Tour** – Enjoy three days in Maine – Kennebunkport, Boothbay Harbor and Bath visiting a seaside Franciscan Monastery, Boothbay Railway Village, the new Coastal Maine Botanical Gardens, Maine Maritime Museum and taking a Harbor cruise. Leave Maine filled with wonderful memories! **Cost: \$550.00 PP Double, \$650.00 PP Single, \$530.00 PP Single. Itinerary subject to change and availability. Cancellation Insurance is available and recommended for this tour. Sign ups are now being taken.**

**June 15<sup>th</sup> – Twin River Casino & A Show “Four by Four”** – this morning we will travel to the Twin River Casino in Lincoln, RI. Upon arrival you will receive a casino bonus package that includes a \$15 slot play and a complimentary lunch buffet. You will be able to enjoy a leisurely lunch and several hours at your own pace. Mid-afternoon we will head over to the Casino Event Center for the Four by Four hit show. Join us for this Rhode Island Getaway! **Cost: \$91.00 Per Person. Itinerary subject to change and availability. Sign ups are now being taken.**

**June 20<sup>th</sup> – Sail Boston 2017** – Depart from your area to Boston, MA and the TALL SHIPS celebration in Boston Harbor. We will have a complete lunch at one of Boston’s many fine restaurants (our choice). After lunch, you’ll board a Boston Harbor Cruise vessel located nearby. You’ll enjoy the cruise within Boston harbor and sail past the beautiful Tall Ships docked there. **Cost: \$131.00 Per Person. Itinerary subject to change and availability. Sign ups are now being taken.**

**June 29<sup>th</sup> – One World Observatory** – Our first stop will be the One World Observatory-Freedom Tower. Take in iconic sights, surrounding waters and panoramic views of the skyline and beyond. We will enjoy a late afternoon lunch at the famous Italian restaurant Carmine’s. **Cost: \$119.00 Per Person. Itinerary subject to change and availability. Sign ups are now being taken.**

**July 7<sup>th</sup> - Coins & Claws - Lobster & Casino!** – We off to Abbott’s Lobster in the Rough in Noank, CT. Dine next to the scenic harbor, on a dock where you can watch the boats on the Mystic River, while you enjoy your lunch. After lunch, we will depart for Mohegan Sun Casino. Upon arrival, you will receive a casino package including a food credit. **Cost: \$69.00 Per Person. Itinerary subject to change and availability. Sign ups are now being taken.**

## **2017 Berlin Senior Center Trips:**

**July 13<sup>th</sup> - Cape Cod Adventure** - Today we're bound for a day trip adventure to Provincetown, MA. Located on the very northernmost tip of Cape Cod. Our first stop will be historic Plymouth, MA where we'll board a high-speed ferry to our P-Town destination. You will have a free day to explore all this wonderful town has to offer. After our afternoon adventure, we will return to the ferry for our trip back to Plymouth, where our motorcoach awaits. After an eventful day on the Cape, we will return home with our little treasures and warm memories of sand, salt air and shopping. **Cost: \$97.00 Per Person. Itinerary subject to change and availability. Sign ups are now being taken.**

**July 18<sup>th</sup> -21<sup>st</sup> – Quebec City Tall Ships Regatta**

**August 19<sup>th</sup> – The Boston Pops at Tanglewood**

**September 6<sup>th</sup> – 9/11 Memorial and Museum**

**September 28<sup>th</sup> – The Inspiring Intrepid**

**October 3-4<sup>th</sup> – Villa Roma Resort, NY Oktoberfest**

**October 6-9<sup>th</sup> – Washington, D.C.**

**October 12<sup>th</sup> – Vermont Fall Foliage**

**October 19<sup>th</sup> – Oktoberfest at Krucker's Resort, NY**

**October 26<sup>th</sup> – Germanfest at Williams Inn, Williamstown, MA**

**November 9<sup>th</sup> – Westchester Broadway Theatre "Annie Get Your Gun"**

**December 7<sup>th</sup> – Twin River Casino & Bill Haley Jr. & The Comets**

**December 12<sup>th</sup> – Boars Had Feast at Williams Inn with Bright Nights**

**December 13<sup>th</sup> – 15<sup>th</sup> Amish Christmas Getaway**

**December 14<sup>th</sup> - "New" Holiday Train Show at NY Botanical Gardens**

**December 19<sup>th</sup> – Polynesian Christmas with Bright Nights**

**Note:** We have a flyer on each of the trips listed above. You may pick them up at the Senior Center or you can view them online at the Town's website in the Senior Services section.

### **"LUNCH BUNCH" TRIP**

Each month the senior center organizes a "lunch bunch" trip with the transportation provided by the senior center bus. Participants pay \$1.00 for their ride plus the cost of their own meal. This trip is limited to 12 people.

This month on Friday, April 28<sup>th</sup>, 2017 we're off to the Baltic Restaurant in Berlin. The senior bus will leave the senior center at 11:30am. Signups will be taken beginning at 9:00am on Wednesday, April 12<sup>th</sup>. You may sign up for yourself and one other person. Telephone signups will be taken after 12 Noon on the 12<sup>th</sup>.

### **SPECIALTY SHOPPING TRIP**

This month there will be two specialty shopping trips. **The first trip is to Angelo's Market in New Britain on Wednesday, April 12<sup>th</sup> at 10:30AM.** At Angelo's you'll be able to get Italian imports, fresh meats, produce, breads, pastries and lunches. **The second trip is to BIG LOTS in Newington on Wednesday, April 19<sup>th</sup> at 10:30AM.** This store sells a wide variety of merchandise, including packaged food and beverages, toys, furniture, clothing, housewares and small electronics, much of which is closed out or overstocked merchandise. **We need a minimum of 3 riders for the trip to go.** The bus driver will start picking up at 9:30AM. The driver will decide as to how much shopping time will be allowed. Please call the center at (860) 828-7006 at least 24 hours in advance to make your reservation. Please do not leave any reservations on the answering machine.

\*\*\*\*\*

### **BERLIN SENIOR CENTER "NEW" TRIP RULES**

The flyers for trips happening are up on the Trip Board at the Senior Center. We do have flyers for all of our 2017 trips. If a flyer is not on the board please inquire at the front desk about the one you are looking for. You may sign up for any trip during our regular business hours.

**Payments** – Payments for day trips must be made in full on the sign up day. Checks should be made out to "Town of Berlin". A person who signs up by telephone will have (2) working days to mail in their payment in full. Deposits (as determined by the contracted agent) for overnight trips, must be made on the initial day of sign up with the remaining balance due 30 days prior to departure date. Cancellation insurance (at a nominal fee) is available on overnight trips.

**Refunds & Cancellations** – Refunds will only be issued if a replacement is found (from a waiting list) to fill the vacancy. When canceling a trip, you must contact the Berlin Senior Center! Finding your own replacement is not allowed.

**Bus Seating** – On some trips, seating will be assigned by the tour company.

**Parking** – All Trip Participants are requested to park in the upper parking lot only.

**Thank you for your cooperation!**

**Ned Skinnon's Sports Talk**  
**Monday, April 3<sup>rd</sup> at 10:00 AM**  
**Berlin Senior Center**



Come meet Ned Skinnon, a sports enthusiast. Ned will give a preview of the upcoming baseball season touching on all divisions and predictions for who will be in this year's World Series. He will also cover other hot sports topics like the Men's and Women's NCAA tournament and other hot sports topics of the day. Enjoy his wonderful memorabilia display. A continental breakfast will be served. This program is sponsored by the Senior Center. Signups are now being taken.

**Choosing Homecare Providers**  
**Tuesday, April 4<sup>th</sup> at 1:00 PM**  
**Berlin Senior Center**



*"There's no place like home"*. The adage says it all. Given the choice, all of us would rather stay in our own homes. Come learn about home care services and all that it encompasses. Getting older means that we may need to lean on someone to do certain things that we no longer are able to do, or choose not to do. Fortunately, we live during times where all types of services can come into our homes. The key is to remain as independent as possible, while staying safe. Choosing to receive such services gives us the opportunity to do just that.

- Type of services
- Payment sources
- Hiring private versus agency
- Questions to ask when interviewing caregivers

Fatima Baptista-Palais, Director from Southcross, Inc. in Berlin will be the presenter. Refreshments will be served. Signups are now being taken.

**Basics of Diabetes**  
**Wednesday April 5<sup>th</sup> at 1:00 PM**  
**Berlin Senior Center**



Anne Young, MS, RD, CDE will plan to talk about what diabetes is and how it can be managed. A big emphasis of the talk will be to discuss healthy eating strategies to prevent or manage diabetes. It will specifically talk about healthy foods to include in person's diet and how much carbohydrate to eat at meals and snacks. Sponsored by Hartford HealthCare Senior services. Signups are now being taken.

## Monthly Activities



### Mobile Mammography

Tuesday, April 11<sup>th</sup> at 9:00AM

The Mobile Mammography Bus from Hartford Hospital, which will be at the Berlin Senior Center on April 11<sup>th</sup> from 9:00 a.m. to 2:00 p.m. to provide digital screening mammograms. A minimum of 10 ladies are needed in order for the bus to come. It is offered for women over the age of 40 who have not had a mammogram in the past 12 months and one day. They accept most insurance. Co-pays and deductibles are the responsibility of the patient and will be billed. They must bring a photo ID, preferably Driver's License or State ID, and their insurance cards with them to their appointment. If a woman has NO INSURANCE, donated funds are available to cover cost of her mammogram. Interested individuals will need to schedule an appointment with the Senior Center by calling 860-828-7006.

### Movie

Tuesday, April 11<sup>th</sup> at 1:00PM



For the movie programs, popcorn and a beverage will be available. There is no charge for the program and no reservations needed. Due to the length of movies and other circumstances there will be no previews. If you wish to recommend a movie, please leave it with either Carole at the front desk or Jane. ***Please be respectful to others during the movie by turning off cell phones and refraining from talking during the movie.***

**"Sully"** - On January 15, 2009, the world witnessed the "Miracle on the Hudson" when Captain "Sully" Sullenberger glided his disabled plane onto the frigid waters of the Hudson River, saving the lives of all 155 aboard. However, even as Sully was being heralded by the public and the media for his unprecedented feat of aviation skill, an investigation was unfolding that threatened to destroy his reputation and his career.

**Rated PG 13**

### Senior Book Club Discussion

Wednesday, April 12<sup>th</sup> at 1:30PM



This month's discussion will be on "The Readers of Broken Wheel Recommend" by Katarina Bivald. In this sleepy charmer, a Swedish bookseller finds friendship, love and more books in the small town of Broken Wheel, Iowa. Sara Lindqvist arrives in Broken Wheel from Sweden to meet her pen pal, Amy. In what is a case of the world's worst timing, it is the day of Amy's funeral. Sara welcomed into the town by Amy's friends and quickly finds her place among them. To reserve a copy of the book visit [www.berlinpeck.org](http://www.berlinpeck.org) or call the library reference desk 860 828-7126.

## Senior Safety Series

### Lunch & Learn "Fall Prevention"

Wednesday, April 19<sup>th</sup> at 1:00PM

This is the first in a series of "Lunch & Learn" on senior safety sponsored by Autumn Lake Healthcare, Monsignor Bojnowski Manor and Grandview Rehabilitation of New Britain. Terri Jones from Autumn Lake Healthcare will present the first program. Fall prevention may not seem like a lively topic, but it's important. As you get older, physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely. In fact, falls are a leading cause of injury among older adults. Still, fear of falling doesn't need to rule your life. Join us to learn more on fall prevention. Sign up begins Wednesday, April 5<sup>th</sup>.



## Spring Bingo

Thursday, April 20<sup>th</sup> at 1:00PM

Newington Rapid Recovery Rehab Center in Newington will be sponsoring this special Spring Bingo on Thursday, April 20<sup>th</sup> at 1:00pm. There will be bingo prizes and refreshments. No sign up is necessary.



## Volunteer Luncheon

Friday, April 21<sup>st</sup> at 12:00 Noon

We will honor our volunteers with a delicious luncheon just prior to Volunteer Appreciation Week April 23<sup>rd</sup> to 29<sup>th</sup>. All Senior Center volunteers will receive an invite to this special event.



## North Central Area Agency on Aging (NCAAA) Focus Group

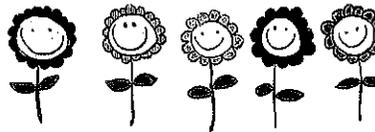
Monday, April 24<sup>th</sup>, 2017 at 9:00AM

The North Central Area Agency on Aging will be holding a Focus Group here at the Senior Center on Monday, April 24<sup>th</sup>, 2017 from 9:30am to 11:00am. NCAAA is a private non-profit agency that plans and funds programs and services for seniors. They're interested in hearing from you about what you see as gaps in services and/or ideas to make your life easier. Refreshments will be served. We'd love to see you. Please RSVP to Jane or Carole at (860) 828-7006.



**Spring Fest**

**Wednesday, April 26<sup>th</sup> at 12 Noon**



Come join us celebrate Earth Day and spring with us for a delicious luncheon provided and prepared by Cassena Care of New Britain. Dessert, Coffee and Tea will be served. Immediately following lunch, we will have musical entertainment provided by Kate Stone. **This program is limited to 100 people. You may sign up yourself and one other person. Sign ups are now being taken.**

**LegsWork Program**

**Friday, April 28<sup>th</sup> at 1:00PM**



The Center for Vein Restoration's community outreach program focuses on educating community members on the signs, symptoms, risk factors, prevention, diagnosis and treatment of venous insufficiency (Venous disease). The LegsWork Program is an interactive session that will discuss the necessary steps to keep one's leg veins healthy as one ages. Unhealthy leg veins are a serious issue that affects 50% of woman and 30% of men. This condition can lead to tired, heavy and achy legs. In addition, individuals with this problem can have big bugling leg veins, leg swelling by the end of the day and lower leg of ulcers. This program will give an individual tips to avoid these issues in order to keep one's leg veins healthy. **Sign ups will begin on Wednesday, April 5, 2017.**

\*\*\*\*\*

**Connecticut Center for Healthy Aging**

**Connect to healthier**

**Got Questions?**

**We've got answers.**

**Just remember..all roads lead to the Center.**

**1-877-424-4461**

**Monday-Friday 9 am – 5 pm**

**Call us for a friendly and personal free in-home assessment or office consultation.**

## TED Talks

Tuesday, April 25th, 2017 @ 12:00 Noon (Rescheduled from March 15<sup>th</sup>)

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics — from science to business to global issues — in more than 100 languages. TED is a global community, welcoming people from every discipline and culture who seek a deeper understanding of the world. We will have lunch while we enjoy the TED Talks. You may either order lunch from the kitchen or bring a brown bag lunch. The Center will provide the beverages and dessert. **Sign ups are now being taken.**

**Old Books Born as Art: Brian Dettmer** -What do you do with an outdated encyclopedia in the information age? With X-Acto knives and an eye for a good remix, artist Brian Dettmer makes beautiful, unexpected sculptures that breathe new life into old books. (Length: 6:06)

**Your body is my canvas: Alex Meade**- Alexa Meade takes an innovative approach to art. Not for her a life of sketching and stretching canvases. Instead, she selects a topic and then paints it—literally. She covers everything in a scene—people, chairs, food, you name it—in a mask of paint that mimics what's below it. In this eye-opening talk, Meade shows off photographs of some of the more outlandish results, and shares a new project involving people, paint and milk. (Length: 7:04)

**How yard bombing grew in worldwide environment: Magda Sayeg**

Textile artist Magda Sayeg transforms urban landscapes into her own playground by decorating everyday objects with colorful knit and crochet works. These warm, fuzzy "yarn bombs" started small, with stop sign poles and fire hydrants in Sayeg's hometown, but soon people found a connection to the craft and spread it across the world. (Length: 5:30) **Sign ups will be taken starting Wednesday, April 5<sup>th</sup>.**

\*\*\*\*\*

### **Drug "Take Back" Event**

**Saturday, April 29<sup>th</sup> 10:00am to 2:00pm**

**At the Berlin Town Hall – 240 Kensington Road**

The Berlin Police Department in cooperation with the Drug Enforcement Agency has scheduled it's annual "Take Back" initiative to remove expired and unused prescription drugs from homes. Residents can drop off the unwanted drugs at the upper parking lot of the Town Hall. The service is free and anonymous. Residents need only drive up the Town Hall driveway to drop the drugs into a curbside box. An officer will be on site to answer any questions. The initiative seeks to prevent increased pill abuse, theft and environmental problems. For more information, contact Sgt. John McCormack at 860-828-7191.

# Health Services



## **FOOTCARE PROGRAM (By Appointment Only)**

The Berlin Senior Center offers low cost foot care for seniors provided by a specially trained registered nurse. **This month's program is scheduled for Thursday, April 13<sup>th</sup>, and Friday, April 21<sup>st</sup>.** Services are provided by Catherine Brennan, RN, and include general assessment of the feet and lower extremities, trimming, filing and cleaning toenails, reducing of corns and calluses, massaging, lotioning and powdering of feet. Referrals to MD/Podiatrist when necessary. **\*Fee is \$29.00.** Please **no diabetics**. Call the senior center at 828-7006 to schedule your appointment. Home visits are scheduled by speaking directly with the foot care nurse. Home visits are available at a cost of **\$50.00 per visit.** Her home phone number (in Wethersfield) is (860)513-1040.

---

### Free Health Clinics

The **Berlin VNA** will hold the following "**FREE**" health clinics at the Berlin Senior Center.

Tuesday, April 4 <sup>th</sup>	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, April 11 <sup>th</sup>	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, April 18 <sup>th</sup>	12:45 PM ~ 1:45 PM	Blood Pressure Screening
Tuesday, April 25 <sup>th</sup>	12:45 PM ~ 1:45 PM	Blood Pressure Screening

All clinics are "free of charge" and no appointment is necessary. For more information, call the

**Berlin VNA at (860) 828-7030.**

\*\*\*\*\*

### Catholic Charities

#### Counseling Services Available At the Berlin Senior Center

Do you feel like you need to make some changes in your life but don't know how? Do you find yourself worrying a lot about everything or anything? If the answer is YES then make an appointment. Christine Krom, LPC from Catholic Charities can meet with you in a private, confidential setting. **Christine will here this month on Thursday, April 20<sup>th</sup> at 9:00am.** This is a free service made available through a Marjorie Moore grant. Call (860) 225-3561 x7119 to make an appointment.

\*\*\*\*\*

#### **FREE DENTAL Cleaning Clinics**

**April 5<sup>th</sup> & 6<sup>th</sup>, June 1<sup>st</sup> & 2<sup>nd</sup> and August 1<sup>st</sup> & 3<sup>rd</sup>**

**Time: 9:00 a.m.-3:00pm**

**(For Adults age 60 and older)**

The Berlin Senior Center with The Central Connecticut Health District and have teamed up to offer Free Dental Cleaning Clinics for residents of **Berlin for Adults 60 and older.** A licensed dental hygienist will be conducting the cleanings that will last approx. 1 hour. **Limit: 5 patients per day. Appointments are required.** For further information, directions, and to schedule an appointment, call 860-828-7006.

This program is sponsored from donations made to the Berlin Senior Center.

## WEEKLY CLASSES

### EVERY TUESDAY

9:45 AM

"Exercise for Wellness Class"

Getting ready to swing that golf club, work in the garden, or take that favorite walk? This class works your body head to toe. We are friendly, fun-loving group who meet weekly for an hour of easy to follow exercises designed to maintain strength, flexibility, energy, and mobility. Enjoy a pressure free environment where everyone works at their own pace. Aging is inevitable. How you choose to age is up to you. Join us. Choose to be active. Choose to age well. Please bring hand weights.

**Cost: \$4.00 per class. Instructor is Annette Banulski.**

### EVERY WEDNESDAY

9:30-11:30 AM

"Ceramics Class"

You can make beautiful gifts for family and friends. Our paints are non-toxic and the slip (clay) is all made in the USA. Our class meets for two hours and you will be learning many techniques to make a beautiful project.

**Cost: \$4.00 (plus cost of piece). Beginners are always welcomed.**

**Instructor is Cathy Baran.**

### EVERY THURSDAY

9:45 AM

"Exercise for Wellness Class"

Getting ready to swing that golf club, work in the garden, or take that favorite walk? This class works your body head to toe. We are friendly, fun-loving group who meet weekly for an hour of easy to follow exercises designed to maintain strength, flexibility, energy, and mobility. Enjoy a pressure free environment where everyone works at their own pace. Aging is inevitable. How you choose to age is up to you. Join us. Choose to be active. Choose to age well. Please bring hand weights.

**Cost: \$4.00 per class. Instructor is Annette Banulski.**

### EVERY FRIDAY

9:30 AM

"Yoga Class"

Join Certified Yoga Teacher, Liz Hall and learn how to increase your strength and energy. Stretch and tone your muscles. Learn techniques to relax.

**Cost: \$4.00 per class. Wear comfortable clothing and bring a mat or rug.**

## DROP INS

**We Also Offer The Following "Drop In" Sessions at "No Cost"**

**SCRABBLE DROP IN** – Every Monday at 10:00AM. All level of players are welcome.

**RUBBER STAMPING** – On Tuesday, April 11<sup>th</sup> and Tuesday, April 25<sup>th</sup> from 9:30AM - 1:30 PM. We have stamps and stamp pads available for new participants. Come join us!

**CRAFTY KNITTERS** - Every Wednesday morning at 10:00 AM. Do you like to knit or crochet? The crafters work on various projects that they sell at the senior center and donate to local hospitals.

**CRIBBAGE DROP IN** - Every Wednesday afternoon at 1:00 PM. All level of players are welcome.

**MAHJONGG** - Every Friday afternoon at 1:15 PM. All levels of players are welcome

**PHOTOGRAPHY** – Every Friday afternoon @ 1:30 PM. Come and join our informal group of beginners to experienced photographers for camera and photography questions and discussions. Any kind of camera is welcome, whether its film, digital or slides. The group discusses camera features, subject, lighting, composition, as well as alterations on a computer.

**Wii BOWLING** - Looking for bowlers! Come one; come all every Friday at 12:45 PM to join us for some "interactive" bowling in our multi-purpose room. It's fun and its easy exercise. **Want to learn about the other Wii Games available.** Just stop in and check it out. If you are interested in joining the Friday group or joining our Wii Bowling Team, the "**Retire-wiis**" please contact Tina or Jane.

**NEWCOMERS ARE ALWAYS WELCOME TO ANY OF THE  
"DROP IN" SESSIONS!**

**"New" Ideas for "Drop In" Sessions** - If you are interested in starting a "new" Drop In at the center please contact Tina at (860) 828-7006.

.....

**Swedish Weaving Drop In**  
**Thursdays, 9:00am – 11:00am**

Swedish Weaving is a very relaxing, fun needlecraft that dates back several centuries. In more recent times, this craft has also been known as "huck weaving" or "huck embroidery". In the 1930's and 1940's, huck weaving/embroidery was used to decorate hand towels and many designs were created. Some of these designs have been adapted for us on Monk's cloth. The beauty of this needlecraft is that it only requires a few items: Monk's cloth, 4-ply yarn, 1 13" needle, scissors and a pattern, to create unique, impressive blanket, pillow, table runner, etc. You can order you monk's cloth in almost any color on-line or you can purchase it at Joann's Fabrics. A list of supplies is available at the center. If you have any questions, contact Tina or Jane at 860-828-7006.

**Monthly Meetings**  
**AARP Chapter 3035**

The Berlin AARP Board of Directors will meet at 10:00 am Monday, April 10, at the Senior Center. The monthly Chapter meeting is scheduled for Tuesday, April 18, at 1:15 pm, also at the Senior Center. Entertainment will be provided by the Berlin High School Jazz Band.

The March Seniors Safe Driver Class was filled to capacity. Another Safe Driver Class, sponsored by AARP Chapter 3035, is scheduled for Thursday, April 20, from 9:00 to 1:00 pm at the Berlin Community Center. The class provides a certificate that entitles a discount on car insurance premium. Pre-registration is required. Contact Barbara Dixon at 860-828-6295.

.....

**COMMISSION FOR THE AGING MEETING**

**May 15th, 2017 at 7:00PM**

The Commission for the Aging meets six times a year at the Berlin Senior Center. They study the needs of seniors in town. They also analyze the services that are provided by the community, both public and private agencies, and make their recommendations to the Town Council. Berlin residents are invited to any of the meeting.

\*\*\*\*\*

**Computer for Public Use**

There is a computer and printer located in the craft room that is available for seniors to use. Please Check with staff to determine when the computer is available to use. The computer was purchase through funds donated from the Myrna Pauloz Berlin Senior Center Fund.

The computer is available for use are as follows:

Monday Morning: 8:30am – 11:30am

Tuesday All Day: Except the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday

Wednesday Afternoon: 12:00pm-4:00pm

Thursday All Day: Except during Tax Season

Friday Morning: 8:30am to 12:30pm

\*\*\*\*\*

**Senior Center Magazines**

Through generous donations from Southington Care Center (Central CT Senior Health Services), Porter's Funeral Services Inc. and The Eye Center of Grove Hill seniors are able to enjoy over 21 different magazines at the Senior Center while enjoying a cup of coffee, waiting for their lunch to be served or while waiting for an appointment at the Center. The old magazines are put in the Center's library for folks to enjoy or to take home if they would like. Thank you again to our generous donors.

**Prints for Sale**

If you are interested in prints of any of the photographs located on the wall at the Center please see Jane or Tina. The Senior Center Photography Club will be happy to make prints for you. The prices are as follows:

**5 x 8 = \$5.00**

**8 x 10 = \$10.00**

**11 x 14 = whatever it costs to print**

The Photography Club has graciously agreed to donate all proceeds from the sale of these prints to the Berlin Senior Center. Thank you ladies and gentleman for those donations.

\*\*\*\*\*

**DONATIONS**

The Berlin Senior Center has received the following donations. The monetary donations are deposited in our Senior Center Agency Fund with the Town's Finance Department. The funds are used for programs or items at the Center. In some incidents, the donor will specify what they would like the money used for.

<b><u>Date</u></b>		<b><u>Donor</u></b>
3-17-17	Senior Center	Anonymous
	In Memory of Barbara Pavano	Berlin Polish Political Club
	Photography Group	Penny Preston

\*\*\*\*\*

**MOBILE FOODSHARE**

**at Sacred Heart Church, 48 Cottage Street, East Berlin  
(Parking Lot behind the church)**

**Bus Transportation is available if needed.**

**PLEASE NOTE TIME CHANGE: Every other Friday 12:00 to 12:30 PM for the following dates:**

**April 7, 21, May 5,19, June 2,16,30**

**PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED**

## ENERGY ASSISTANCE PROGRAM

2016-2017

We are now taking Energy Assistance applications for those seniors who heat with DELIVERABLE FUEL (OIL, KEROSENE & PROPANE) on Thursday, April 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</sup> from 11:00 AM to 3:30 PM. Please call Jane at the center to make an appointment. The last day of the program is April 30<sup>th</sup>.

### The following documentation is needed:

1. Copy of your **latest** Social Security check for 2017 or provide your latest bank statement (**All Pages**) showing direct deposit of you 2017 check. Must be current or not more than one month old.
2. Copy of your **latest 2017** pension check or bank statement (**All Pages**) showing direct deposit. Must be current or not more than one month old.
3. Assets-**Proof of each account**. Must show current value (not interest earned) of all "liquid" accounts, such as bank books, check books, CD's, money markets, IRA's, stocks, bonds, etc. Your "liquid" assets-can not exceed \$12,000 (renters) or \$15,000 for (homeowners). If you are over the asset limit, the difference will be added to your income. **All pages of all assets will be required.**
4. Gas or Electric Bills are required for households whose primary heat is gas or electric. The name and address on the bill must match one member of the household.
5. Social Security Numbers and dates of birth for each member of the household.
6. Name, address and telephone number of landlord. A Rent receipt is only required for people whose heat is included in their rent. The annual income guideline for households whose heat is included in their rent is: Single \*\* and Couple\* \*. This includes renters at Sage Pond Place.
7. Name and address of your oil vendor or other vendor of deliverable fuel (coal, propane, etc.). Check with vendor and to be sure that they are participating in the State of CT Energy Assistance Program for the 2015/2016 heating season.
8. Income must be shown for every member of the household. If employed-household member(s) must provide last four consecutive paystubs.
9. Annual Income guidelines (for households whose heat is not included in their rent) are as follows:

**One Person Household – Income cannot exceed \$ 33,880**

**Two Person Household – Income cannot exceed \$ 44,305**

**Please call Jane 828-7006 to schedule an appointment or for more information about the Energy Assistance Program.**

# Guidelines for State of CT Renter Rebate Program

1. Claimant must have resided in CT for any one year period prior to filing an application.
2. Claimant, or spouse if living together must have been 65 years of age by December 31<sup>st</sup>, 2016

**OR**

Be 50 years of age or older and the surviving spouse of a renter, who at the time of his death qualified and was entitled to tax relief.

3. Persons 18+ yrs. old who are receiving Social Security Disability or Disability benefits.

## QUALIFYING INCOME

Single	Not to exceed \$ 35,200
Married	Not to exceed \$ 42,900

## WHAT DOCUMENTATION IS NEEDED:

1. Evidence of payments for rent, utility (electricity, gas, water and fuel) and proof of all 2016 income.
  - a. Rent receipts or canceled rent checks or payment history for entire 2016 year.
  - b. Electric/Gas/Water/Fuel bills, canceled checks or payment histories from the utility companies for entire 2016 year.
  - c. Social Security benefit statement for 2016 (SSA 1099)
  - d. Bank interest statement and dividends (2016 1099s).
  - e. Pension statement for (2016 1099s).
  - f. Copy of 2016 Federal income tax return (1040), if filed must be presented.

Renter Rebate applications will be at the Senior Center on the following days in April:

<u>Time:</u>	<u>Date:</u>
8:30am -12:30pm	APRIL 19TH
9:30am-1:30pm	APRIL 25TH

**PLEASE NOTE:** The Renter's Rebate Program runs from April 1<sup>st</sup> to October 1<sup>st</sup>, 2017. You must have all your documentation available the day of your appointment. If not, we will have to reschedule you to a later date.

**Appointments are necessary. Please call Jane at (860) 828-7006 to schedule your appointment.**



# ACHIEVE HEALTH STEP INTO SUMMER 2017 WALKING COMPETITION GUIDELINES

---

Are you a resident or employee of Berlin, Newington, Rocky Hill, or Wethersfield? If so, the Central Connecticut Health District (CCHD) invites you to join us as we get healthier and have a little friendly neighborhood competition. In partnership with Anthem Blue Cross Blue Shield, we are hosting our second annual Step into Summer 2017 Walking Competition!

## **The Basics:**

1. **The fun begins on April 30, 2017 and will conclude on June 10, 2017.**
2. **Registration begins on April 17, 2017** and will be available on Anthem Blue Cross Blue Shield's Walking Works website ([www.walkingworks.com](http://www.walkingworks.com)), or through the "WalkingWorks" mobile app, to take part in the competition.
3. **All participants will wear a pedometer or utilize the tracking device** of choice during the 6-week program to count daily steps. Steps count toward the town where you work or live.
4. This competition is **open to all ages** – children and families are encouraged to participate!

## **How It Works:**

1. Each participant must **register** at [walkingworks.com](http://walkingworks.com) or on the Walking Works mobile app. If you are not registered, your steps **will not count**.
2. Registered participants should sign-up to be on their **town's** team. Participants can organize teams with family, friends or coworkers, but steps will be **tracked by town only**.
3. Each town has a contact person for the competition. If you have questions, please contact the person listed for your town:
  - a. **Berlin:** Lecia Paonessa ([lpaonessa@town.berlin.ct.us](mailto:lpaonessa@town.berlin.ct.us))
  - b. **Newington:** Jamie Trevethan ([jtrevethan@newingtonct.gov](mailto:jtrevethan@newingtonct.gov))
  - c. **Rocky Hill:** Rita Chhabra ([rchhabra@rockyhillct.gov](mailto:rchhabra@rockyhillct.gov))
  - d. **Wethersfield:** Cheryl Pearce ([cheryl.pearce@wethersfieldct.gov](mailto:cheryl.pearce@wethersfieldct.gov))
4. You may be contacted via email by your town contact person or by Central Connecticut Health District staff about the competition. Your email or personal information **will not** be shared outside the purposes of the walking competition.

## **What You Need to Know:**

1. Steps **must** be entered weekly into the tracking program by Sunday of each week (**May 7, May 14, May 21, May 28, June 4 and June 11**) to count toward the competition.
2. Updates will be provided weekly noon on Fridays (**May 5, May 12, May 19, May 26, June 2 & June 9**), giving the other towns a chance to Step-It Up the following week.
3. Winners will be announced at an Awards Ceremony on Thursday, June 29, 2017 (rain date, Wednesday, July 5, 2017) at the "Summer Concert Series" at the Rocky Hill Elm Ridge Park Amphitheatre.
4. Honorable mention awards will be given for the town with the highest total miles logged, and the town with greatest number of participants.
5. Prizes will be awarded to the individual with highest number of steps/miles in each town and the individual with highest number of steps overall.
6. The **TOWN** with the highest average steps per participant will be declared the winner of the competition and gain bragging rights with the 2017 Highest Stepper Trophy, currently held by Berlin!



## **Timberlin Senior Golf Association**

The Annual Membership Meeting will be held on Wednesday, April 12th at 1:00 p.m. at the Berlin Senior Center. Current and new members can pay their dues at this meeting or any time BEFORE May 1<sup>st</sup> to be eligible for regular league play.

The Association welcomes new members to join their ranks. Prospective members must be retired Berlin male residents 60 years of age and over who love to play the game of golf, regardless of skill level, with others who feel the same way. A \$10.00 initiation fee is required for new members, plus the annual dues which cover the costs of the Annual Picnic and Awards Dinner at the end of the season. Association members play on Monday and Tuesday mornings.

## **Berlin-Peck Memorial Library – April 2017 Events**

### **New Britain Symphony Orchestra: Jazz Quartet: Wednesday, Apr. 5 @ 6:30 pm**

Jazz is the fusion of many different African-American styles of music that have evolved to become Americas' contribution to the world of music. Come take your seat and immerse yourself in the culture of cool and soothing music. Please register for this event: 860-828-7126.

### **Movie Matinee: Bridget Jones's Baby: Friday, Apr. 7 @ 1 pm**

Rated R. Breaking up with Mark Darcy (Colin Firth) leaves Bridget Jones (Renée Zellweger) over 40 and single again. She meets a dashing and handsome American named Jack (Patrick Dempsey). Things couldn't be better, until Bridget discovers that she is pregnant. Now, the befuddled mom-to-be must figure out if the proud papa is Mark or Jack.

### **Author Talk: Remembering Katharine Hepburn: Saturday, Apr. 8 @ 1 pm**

Join TV anchor/journalist Ann Nyberg as she discusses her book on Katharine Hepburn. Please register for this event.

### **Stock Club: Tuesday, April 11 @ 1:30 pm**

Join local investors for discussions on stock market trends.

### **Found Poetry: Tuesday, Apr. 11 @ 6:30 pm**

In this unique poetry writing class, participants will gather language from existing sources like newspapers, magazine articles, cooking recipes and grocery lists, and "collage" those words into new and original poems. Participants will be given instruction on the "found poetry" technique, allowed time to write poems during the workshop. Please register for this event: 860-828-7126

### **Senior Center Book Club: Wednesday, Apr. 12 @ 1:30 pm**

Join us in discussing *The Readers of Broken Wheel Recommend* by Katarina Bivald. Broken Wheel, Iowa, has never seen anyone like Sara, who traveled all the way from Sweden just to meet her pen pal, Amy. When she arrives, however, she finds that Amy's funeral has just ended. Luckily, the townspeople are happy to look after their bewildered tourist--even if they don't understand her peculiar need for books. This group meets at the senior center.

### **Movie Matinee: The Dressmaker: Friday, Apr. 21 @ 1 pm**

Rated R. The story of the beautiful and talented Tilly Dunnage (Kate Winslet). After years working as a dressmaker in exclusive Parisian fashion houses, Tilly returns home to a town in the Australian outback to reconcile with her eccentric mother Molly. Armed with her sewing machine and haute couture style, Tilly transforms the women of the town, exacting sweet revenge on those who did her wrong.

### **Fe Fi Fo Concert: Tuesday, Apr. 25 @ 6:30 pm**

Join Fe Fi Fo, an all original, eclectic, multi-cultural acoustic music group. Contact the library to register: 860-828-7126.

### **Living Donations: Wednesday, Apr. 26 @ 6:30 pm**

The Center for Living Organ Donors at Yale New Haven Health invites you to a living donation discussion. Yale New Haven Hospital and the Center of Living Organ Donors have committed to fostering health and well-being for living donors in our community. Currently, Connecticut has over 1,000 patients on the kidney transplant waitlist. In Connecticut, it can take 5-6 years to receive a kidney from a deceased transplant waitlist. Join us in this informative discussion about living organ discussion.

Refreshments will be served. Sponsored by the Rotary Club of Kensington/Berlin.

### **Sit and Knit: every Thursday in April**

Join local knitters for a relaxing time and good company. Visit online library calendar for times.

## Community News

**The Berlin-Peck Memorial Library and the Berlin Senior Center teamed up to provide a new online service called BrainHQ. Visit [www.berlinpeck.org](http://www.berlinpeck.org) to access the site.**

### **BrainHQ™**

**Helping Adults – Think Faster, Focus Better, and Remember More**

A recent AARP survey reports 9 in 10 people say brain health is important, but few know how to maintain it. BrainHQ™ is an easy way to make brain health a priority. Our brains are at their peak performance at age 27, but through continual learning and challenge we can help remodel our brains and function maximally, so we can lead the life we want. BrainHQ is an online suite of 27 exercises with 840+ levels of training organized around the 6 core cognitive areas of Attention, Brain Speed, Memory, People Skills, Intelligence and Navigation. Exercises are delivered in short 2 minute or less segments, adapting speed and delivery to your performance. A private, personal dashboard visualizes your performance and provides feedback and suggestions on areas of focus. Through training you too can gain 10 years' improvement in memory, experience increased visual and auditory processing, improve reaction time, and even decrease medical costs.

Get started by creating your private account with BrainHQ, and light up your brain. Training is available online, or by downloading an app to your iPhone or iPad. The Android app is under development. For further instructional information, contact the Berlin-Peck Memorial Library reference desk @ 860-828-7126.

\*\*\*\*\*

### **Memoir Writing Workshop:**

**Wednesdays, May 31<sup>st</sup>, June 7<sup>th</sup>, and June 14<sup>th</sup> at 1:00PM**

Facilitated by Via Arts' Kristiana Smith, participants write memoirs inspired by their real life experiences. After creating written work, participants will be coached to make their words on the page fit for sharing. Join us for this three-part exploration of storytelling and performance.

Facilitator Bio: Kristiana Smith is a founding partner of Via Arts LLC. She has spent the past decade working with youth, educators and the elderly reinvigorating the human experience through theater arts. This workshop is sponsored by the Berlin Senior Center and the Friends of the Berlin-Peck Memorial Library. To register please call the Library at 860-828-7126.

\*\*\*\*\*

### **Did you know that The Berlin Senior Center Has a Lending Library?**

We have a nice selection of large print books, bestsellers and paperbacks. We use the "honor system". You can select up to two books at a time. Keep them as long as you want-then return them back to our library.

We do accept donations "gently used" hard covers and paperbacks. Donations can be dropped off at the Senior Center. **We ask that if you are bringing in donations to please drop them off at the front desk.**

**Do not put them in the library. The books need to be stamped with "This book belongs to the Berlin Senior Center". When returning books to the Senior Center Library please do not put them back on the shelf. Please put them in the box in the library marked "Return Books".**

## **Senior Center General Information**

### **Senior Center Lost and Found Box**

Did you know there is a lost and found box at the Senior Center? It is located in the coat closet near the front desk. So if you are missing any item please check out the lost and found box.

### **Save Your Box Tops and Campbell Labels**

Labels for Education have been awarding free educational equipment to schools in exchange for proofs of purchase from the Campbell family of brands. It's an easy program where we can work together to help the schools in our community. Please save your Box Tops and labels and drop them off in the box in the multi-purpose room of the Center. We are now collecting for Willard Elementary School in Berlin.

### **Free Balance Screening Certificates**

If anyone is interested in a FREE Balance Screening please contact the Senior Center. You will be given a certificate for this "free" screening. The screenings will take place at the Jerome Home in New Britain.

**These certificates were given by the Central Connecticut Senior Health Services.**

### **Berlin Food Pantry**

**"When hunger stops, so will we"**

We continued to collect non-perishables for our local food pantry. There is a box located in the Senior Center front foyer for any donations. The Berlin Food Pantry is located at the Town Hall. If you are need of assistance from the food pantry, please contact Doug Truitt at (860) 828-7059.

### **Parking Reminder**

Visitors to the Berlin Senior Center are asked to park in the upper parking lot. Handicapped spaces are available in the lower lot for those with a proper permit. Please make sure when you are parking in a handicap space that you do not park on the diagonally lined space next to it. Those spots are there specifically for visitors in wheelchairs. Any violator who has parked in spaces reserved for Percival Heights Housing residents will be towed away at their own expense.

### **Computer for Public Use**

There is a computer and printer located in the craft room that is available for seniors to use. Please check with staff to determine when the computer is available to use. The computer was purchase through funds donated from the Myrna Pauloz Berlin Senior Center Fund.

### **CRIS Radio**

There is a pre-tuned radio located in the Center's library for audio access for the Blind or Print-Challenged. This radio provides access to the same printed material that their friends and family enjoy through our high quality electronic audio recording service. This device provides timely access to news and current events, expands knowledge, promotes independence and self-sufficiency and enhances the quality of life. Please ask a staff member for help in using the radio. The donation was made possible through a grant from the North Central Area Agency on Aging.

## FYI (For Your Information) Page

### Key Keeper Program

Attention, Attention!!! We have a program that you will want to take advantage of. It is the ***Key Keeper*** program. The purpose of this program is to assist persons in need when the family, neighbors, or friends cannot be contacted. The key keeper program is offered to persons of limited mobility and social contacts. This program is intended to reduce needless suffering and/or hardship on the part of sick or injured persons and to eliminate damage to property should forced entry otherwise be required. You will need to fill out a form that is available at the Senior Center or Police Station. You will take your key and form to the Police Dept. This program is available for residents in Berlin. We hope you will join us to make our communities safe and to avoid tragedies.

### File of Life

The ***File of Life*** is a voluntary program designed to help your local first responders to quickly obtain in an emergency your necessary medical history, your support needs, and your emergency contact information. The ***File of Life*** is a refrigerator magnet with an attached red plastic pocket labeled "***FILE OF LIFE***". In the plastic pocket is a tri-fold card on which you can record your vital emergency information. Fill in the information on the card. Remember, the information will help first responders to better assist you in an emergency.

When you finish filling out the card, fold it and place it back into the "***FILE OF LIFE***" plastic pocket and then place the whole thing on the outside of your refrigerator. Simple as that! It could help save your life. The ***File of Life*** is also available in pocket or pocketbook size. Both styles are available at the Berlin Senior Center and have made available by Friends of the Berlin VNA. Don't forget to keep your ***FILE OF LIFE*** information up to date!

### Special Registry

The Special Needs Registry is a completely voluntary program, which allows Berlin residents to make police, fire and EMS aware of any special needs or disabilities they may have in case of emergency, evacuation or an extended time period without utilities. The information on the registry is only use for emergency notification purposes and kept confidential. The Registry is a helpful tool that allows police, fire and EMS to better serve you in times of need. You will need to fill out a form that is available at the Senior Center or Police Station. The form can be mailed, faxed or hand delivered to the Police Department.

### Office of the Healthcare Advocate

Did you know that the Office of the Healthcare Advocate is available to you? They provide advocacy services at no charge to individuals who have been denied coverage or a claim by their insurance company for a service that is medically necessary. They also assist with coverage and billing issues appeals. Check out the website at [www.ct.gov/oha](http://www.ct.gov/oha) or call 1-866-466-4444. **Non-Driver Photo ID's:**

The Department of Motor Vehicles issues a non-driver photo ID card to any applicant who does not possess a valid driver's license. The cost is \$22.50 and can be obtained at a full service DMV office (such as Enfield or Wethersfield) or the Manchester or Cromwell AAA. You must be a CT resident. Check out [www.ct.gov/dmv](http://www.ct.gov/dmv) for more information.

## FOUND ON A FARM

Most farmers are up at the crack of dawn, and over the course of the day they'll put in many hours of hard work. The only task that you're responsible for is finding the following terms related to farm life in the diagram.

BALER

COW BARN

HAYLOFT

BARNYARD

CROPS

HENHOUSE

COMBINE

FEED

MEADOW

CORNCRIB

FENCES

MILK CAN

CORRAL

FIELDS

ORCHARD

PAILS

PASTURE

PIGSTY

PLOW

POND

SEEDER

SHED

SILO

SMOKEHOUSE

SOWER

STABLES

TRACTOR

TROUGH

WAGON

WELL

WOODPILE

D W Y M H E D N O P O D S G  
E M M S I R W A R P R U A A  
E L P A I L S R A A L L C T  
F I I L M E K S H W B S M A  
I S M P E S T C O R I W W O  
E N E D D U R L A W A G O N  
L Y E C R O P S G N E T D C  
D R H E N H O U S E W R A P  
S T A B L E S W N N A A E I  
Y I Y L A K F I L Y D C M G  
B A L E R O B B N E N T K S  
P E O O R M T R H G U O R T  
W G F B O S A S L U K R S Y  
P F T C C B I R C N R O C B

# Nutrition



## COFFEE HOUR

The Senior Center has an informal "coffee hour" available Monday through Friday from 9:00 AM to 11:00 AM! Enjoy a fresh cup of coffee and/or tea for only 25 cent per cup! So drop by and chat with "old friends" and make new ones! Complimentary pastry is also available for those who buy a cup of coffee/tea. ENJOY A "FREE" CUP OF COFFEE ON FRIDAYS FROM 9:00 AM TO 11:00 AM.

\*\*\*\*\*

### Berlin Senior Community Café – Congregate Meals

CW Resources of New Britain is the catering service for the Central Connecticut Elderly Nutrition Program and they provide our congregate meals here at the senior center.

1. Lunch is served Monday through Friday at 12 Noon.
2. A donation of \$2.50 per person is requested.
3. To order a meal, stop in and see CW Site Manager in the kitchen (after 10:30 AM) or call them at (860) 670-8546 between 10:30 AM - 12:00 PM only.
4. If no one answers, please leave a voice mail with your name and the day and date you would like lunch. If you have any difficulty when calling for a reservation, please contact the senior center for help.
5. Congregate meals cannot be ordered after noon on Friday for the following Monday. The kitchen telephone is not answered after 12 Noon on Friday.
6. You must order your meal at least 24 hours in advance.
7. If you cannot make lunch because of an illness or an emergency please make sure you notify the kitchen of your lunch cancellation.

### NOTE: Per state health regulations absolutely no congregate meals are allowed to be taken

home. Meals for homebound residents of Berlin are also being provided by CW Resources. For more information about the homebound meal program or any questions or concerns about the Elderly Nutrition Program, please call Judy Nimro, Coordinator, at CW Resources in New Britain – (860) 229-7700.

CW Resources Senior Community Café

LS: Low Salt

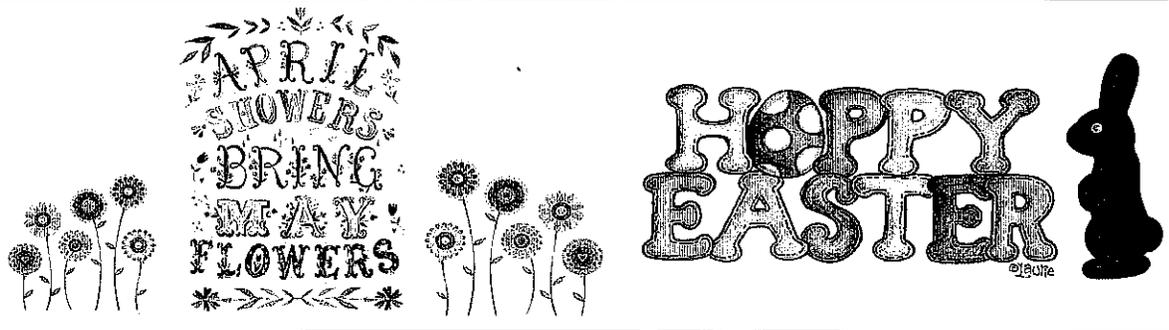
1% or Skim milk provided  
Margarine available

# April, 2017

**MENU ITEMS SUBJECT TO CHANGE**

**SUGGESTED DONATION \$2.50**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pulled Pork Mashed Potatoes Coleslaw  W.W. Hamburger Roll  Applesauce	4 Pineapple Juice Sweet and Sour Grilled Chicken Breast Au Jus Brown Rice Ginger Baby Carrots <b>Happy Birthday</b> 12 Grain Bread  Birthday Cake*	5 Ravioli with Meat Sauce Broccoli Garden Salad Thousand Island+  Italian Bread  Fresh Pear	6 Grape Juice Beef Stew Diced Potatoes Green Beans  W.W. Dinner Roll  Brownie*	7 LS Yankee Bean Soup Unsalted Crackers Eggplant Rolatini Baked Ziti with Sauce Italian Blend Veggies  Garlic Bread  Tropical Fruit Cup
10 Sloppy Joe Baked Sweet Potato California Veggies  Hamburger Bun  Pineapple Chunks	11 Grape Juice Stuffed Shells Meat Sauce Romaine Salad Ranch Dressing+  Garlic Bread  Fresh Apple	12 <b>Easter Special</b> Apple Juice LS Sliced Ham with Orange Cranberry Sauce Loaded Potatoes Peas and Pearl Onions   Rudi Roll  Easter Poke Cake with Whipped Topping	13 Apple Juice Garlic Baked Chicken with Spinach and Parmesan Cheese** Cheesy Mushroom Rice Geneva Blend Veggies  100% W.W. Bread  Pudding Cup	14 <b>Good Friday</b> <b>Closed</b>  
17 Balsamic Roasted Pork Loin Egg Noodles Zucchini  12 Grain Bread  Cinnamon Applesauce	18 Orange Juice Cheeseburger Steak Fries Corn with Peppers Lettuce Tomato Slices Hamburger Bun  Oatmeal Cookies*	19 Apple Juice Bruschetta Chicken Roasted Potatoes Spinach  Pumpnickel Bread  Pears	20 Escarole Soup Unsalted Crackers Lasagna Rolette Meat Sauce Garden Salad Italian Dressing Garlic Bread  Fresh Apple	21 Crab Cakes with White Sauce Buttered, Parslied Noodles Broccoli  Rye Bread  Citrus Sections
24 Chicken Pot Pie with Carrots, Celery and Peas Diced Potatoes Chopped Spinach  Biscuit  Tropical Fruit Cup	25 Cranberry Juice Turkey Loaf Turkey Gravy Rice Green Beans  Dinner Roll  Chocolate Chip Cookies	26 Knockwurst with Apples and Sauerkraut Garnish Pierogis Broccoli  Hot Dog Bun  Pears	27 Roast Beef LS Beef Gravy Sesame Noodles Broccoli and Carrots  Oatmeal Bread  Banana	28 Butter Crunch Fish Fried Rice Stir Fry Blend Vegetables  Multi Grain Bread  Pineapple Chunks



# April 2017

## BERLIN SENIOR CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> 9:30 AM GL Fitness (BCC) 10:00 AM Scrabble D/In 10:00 AM Sports Talk 12:30 PM Bridge Tournament 1:00 PM Setback Tournament	<b>4</b> 9:45 AM Exercise 12:45 PM Blood Pressure Screening 1:00 PM Choosing Homecare Providers	<b>5</b> 8:00 AM Dental Cleaning 9:30 AM Ceramics Class 9:30 AM GL Fitness (BCC) 10:00 AM Crafty Knitters 1:00 PM Basic of Diabetes 1:00 PM Cribbage D/In	<b>6</b> 8:00 AM Dental Cleanings 9:00 AM Swedish Weaving 9:00 AM-2:00 PM Tax Aide-by appt 9:45 AM Exercise 1:00 PM Bingo Energy Assistance by appt	<b>7</b> 9:30 AM Yoga 12:45 PM Wii Bowling 1:15 PM Mahjongg 1:30 PM Photography D/In
<b>10</b> 9:30 AM GL Fitness (BCC) 10:00 AM AARP Bd Mtg 10:00 AM Scrabble D/In 12:30 PM Bridge Tournament 1:00 PM Setback Tournament	<b>11</b> 8:00 AM Mobile Mammography 9:00 AM Rubbers stamping D/In 9:45 AM Exercise 12:45 PM Blood Pressure Screening 1:00 PM Movie	<b>12</b> 9:30 AM Ceramics Class 9:30 AM GL Fitness (BCC) 10:00 AM Crafty Knitters 10:30 AM Specialty Shopping 1:00 PM Cribbage D/In 1:00 PM Timberlin Sr Mens Mtg 1:30 PM Book Club Discussion	<b>13</b> 9:00 AM Swedish Weaving 9:00 AM-2:00 PM Tax Aide-by appt 9:45 AM Exercise 10:43 AM "Special" Bingo Energy Assistance by appt Footcare by appt	<b>14</b> Good Friday Senior Center Closed
<b>17</b> 9:30 AM GL Fitness (BCC) 10:00 AM Scrabble D/In 12:30 PM Bridge Tournament 1:00 PM Setback Tournament	<b>18</b> 9:45 AM Exercise 12:45 PM Blood Pressure Screening 1:15 PMAARP Mtg	<b>19</b> 8:30 AM - 12:30 PM Renters Rebate - by appt only 9:30 AM Ceramics Class 9:30 AM GL Fitness (BCC) 10:00 AM Crafty Knitters 10:30 AM Specialty Shopping 1:00 PM Cribbage D/In 1:00 PM Lunch & Learn - Fall Prevention	<b>20</b> 9:00 AM Catholic Charities 9:00 AM Swedish Weaving 9:45 AM Exercise 1:00 PM "Spring" Bingo Energy Assistance by appt	<b>21</b> 9:30 AM Yoga 12:00 PM Volunteer Luncheon 12:45 PM Wii Bowling 1:15 PM Mahjongg 1:30 PM Photography D/In Footcare by appt
<b>24</b> 9:00 AM FOCUS Group 9:30 AM GL Fitness (BCC) 10:00 AM Scrabble D/In 12:30 PM Bridge Tournament 1:00 PM Setback Tournament	<b>25</b> 9:00 AM Rubbers stamping D/In 9:30 AM Renters Rebate - by appt only 10:00 AM "Free Manicures" 12:00 PM TED Talks 12:45 PM Blood Pressure Screening Budget Referendum-Polling Site	<b>26</b> 9:30 AM Ceramics Class 9:30 AM GL Fitness (BCC) 10:00 AM Crafty Knitters 12:00 PM Spring Fest 1:00 PM Cribbage D/In	<b>27</b> 9:00 AM Swedish Weaving 9:45 AM Exercise 1:00 PM Bingo Energy Assistance by appt	<b>28</b> 9:30 AM Yoga 11:30 AM Lunch Bunch Leaves 12:45 PM Wii Bowling 1:00 PM LegsWork Program 1:15 PM Mahjongg 1:30 PM Photography D/In

Mar 2017

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

May 2017

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				