



BERLIN SENIOR CENTER

## **Center Information**

33 Colonial Drive,

Berlin, CT 06037

Phone # (860) 828-7006

Fax: (860) 828-7116

Email: [tdoyle@town.berlin.ct.us](mailto:tdoyle@town.berlin.ct.us)

[jasevigny@town.berlin.ct.us](mailto:jasevigny@town.berlin.ct.us)

## **Staff**

Director ..... Tina Doyle

Program Coordinator.....

Cheryl Schlichting

Bus Driver .....Joe LaVallee

## **Hours**

Monday..... 8:30pm-4:00pm

Tuesday .....8:30pm-4:00pm

Wednesday .... 8:30pm-4:00pm

Thursday..... 8:30pm-4:00pm

Friday ..... 8:30pm-4:00pm

## **Membership (Ages 60+)**

Resident: No Cost

Non-Resident: \$36 Annually

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# BERLIN SENIOR CENTER LINES

March & April 2021

## **Greetings from the Director,**

Believe it or not, March 16th marked a year since the Berlin Senior Center was forced to close its doors to the public due to an unprecedented global pandemic. It's been a challenging year to say the least but we all dug deep and found some resilience to face the obstacles that came our way. I would like to commend the Senior Center staff for being so adaptable this past year. We found ways to continue to serve so many despite the challenges of having our building closed for a year. At times, it feels like folks don't quite understand what we do here and why it matters, but during this year we have proven that Senior Center is an important part of our community and why. I think this year was our finest hour! The staff and I continue to remain very busy here at the Center. The rollout of the vaccine has been a frustrating process and our phone lines have been flooded with questions and frustration by many seniors and their families. We shared the same frustration. The relief to know that the vaccines are getting to you, fills us with hope and promise. We so look forward to unlocking our doors and start to ease back in some in person activities and events. Meanwhile, we have enjoyed seeing many of you at our Drive Thru events, grateful to have the opportunity to see you, "visit" from afar, and connect with you. Stay safe and continue to wear you mask and social distance.

*Tina*





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## Transportation

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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 discretion to determine whether or not transportation will be provided in the event that safety is a factor. This includes personal modes of passenger's mode of transportation must be able to be tied 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. \*Exceptions allowable for non-curb to curb service pending approval from the Director. \* **The Town of Berlin applied for a cash grant for the purchase of a wheelchair accessible vehicle under the Section 5310 program that is administered by the Connecticut Department of Transportation (CTDOT). The money is allocated to CTDOT through the Federal Transit Administration. CTDOT and the Regional Council of Governments throughout the state review the applications and award the grants per region. The program is 80% federally funded with a 20% local match. The Town of Berlin is very pleased to have received such grant to be able to transport our seniors and disabled.**

### **"New" Bus Schedule—Effective February 12th, 2021 Additional Destination Have Been Added**

Transportation Services are now available for medical appointments, grocery shopping, pharmacies for prescription pick ups only, banks, post office, town buildings, hair salons, barber shops, Food Share and specialty shopping trips on Fridays. There is limited spaces available each day because we are allowed only so many riders on the bus. We can now have 3 riders on the vehicle at a time. We require 24 hour notice for grocery shopping, pharmacies, banks, etc. We require 48 hour notice for medical appointment reservations. We accept bus reservations at least a week in advance. Bus reservations must be made during regular business hours. They should not be left on Senior Center's voicemail.

### **Grocery Shopping Reservations are as follows:**

**Monday**—Stop and Shop in Berlin— 3 spots for each time slot— 9am and 11am

**Tuesday**—Shop Rite in Cromwell— 3 spots for each time slot—9am and 11am

**Wednesday**—Stop and Shop in Berlin—3 spots for each time slot—9am and 11am

**Medical appointments are as follows:** Monday through Friday—3 spots per hour from 9am to 2:15pm  
Before getting on the bus you will have your temperature taken. If you have a temperature above 99.4 you will not be allowed to ride the bus. You must wear a mask the entire time you are on the bus. Each rider is required to sign the town's Covid waiver at their initial ride. If you have any questions regarding the changes to transportation please contact the Center.

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## Other Transportation...

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

**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. 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)539-6233.** \*Please Note: This is a “new” phone number for RSVP.

**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.

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## Drive Thru Events

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### March 19th 11:00am St. Patty's Day

Enjoy a delicious bowl of Irish Beef Stew and dessert.

Purchased from Joey B's.

### March 26th 11:00am Easter Bunny "Bag" Basket

Receive a Easter Bunny Treat Bag.

We will be collecting non-perishable food for our local food pantries. Sign ups now being taken.

### Upcoming Drive Thru Events

### April 16th 11:00am Say Goodbye to Winter

Enjoy a delicious bowl of homemade chicken soup with crackers.

Purchased from Heroes LLC

### April 30th 11:00am Cinco de Mayo

Enjoy a "Walking" Taco in honor of Cinco de Mayo. A walking taco is a bag of Fritos with taco meat on top of them.

### May 7th Muffins for Mother's Day

Celebrate Mother's Day with a delicious muffin

Purchased from Josie's Restaurant

### May 21st Memorial Day Picnic

Come and get a hot dog and chips to start your Memorial Day weekend off.

Hotdogs purchased from Fireman Al's Hot Dogs Food Truck

### June 4th Strawberry Shortcake Day

Enjoy a delicious dish of strawberries, biscuit and whipped cream

### June 18th Donuts for Dad's Day

Celebrate Father's Day with a delicious donut

Sign ups for the April events will begin on April 1st.

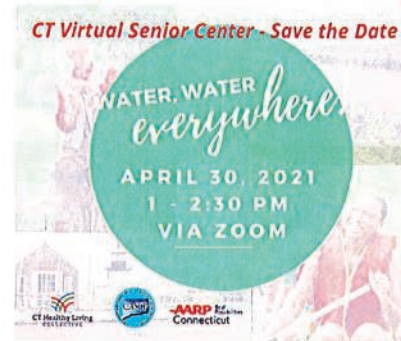


# Save the Dates!

## Upcoming Virtual State Wide Senior Center Programs



Brought to you by: With support from:



### SLEEPING BY THE NUMBER

Check out this quiz all about better sleep, just in time for Sleep Awareness Week (March 14-21). How many correct answers can you get?

1. How many times per day are our bodies programmed to get sleepy?
2. How many hours of sleep do most adults need per night?
3. What's the best temperature setting for your bedroom to ensure good quality sleep?
4. What percentage of sleep time is typically spent dreaming?
5. People with sleep apnea typically may stop breathing up to \_\_\_ times per hour while sleeping.
6. What percentage of people dream only in black and white?
7. What fraction of our lives do we spend in sleep?

Turn upside down to see answers:

1 2 2 7-9 3 62-68 F 4 22% 5 30 6 12% 7 1/3



**MyPlaceCT.org**—free web-based resource from the State of CT—offers information on these topics:  
**Health and Well-being:** Managing Chronic Disease & Pain, Preventing Falls, Medication Management, Geriatric Assessments, Holistic Health, Mental Health & Addiction, Memory Loss—and more!  
**Services and Supports:** In-Home Care, Housing, Technology & Home Modifications, Meals & Groceries, Transportation, Social Engagement, Veteran Services, End-of-Life Planning—and more!  
**Learn:** Plan for the Future, Assess Your Needs, Medicaid/Medicare, Financial Tools—and more!  
**Family Caregivers:** Respite Services, Support Groups, Online Resources, Legal Matters, and more!

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## Weekly Classes

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### Yoga Class (Virtual)

**EVERY FRIDAY @ 9:30 AM –11:00AM**

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

### Unwind, Relax , Let Go Class (Virtual)

**EVERY FRIDAY @ 11:15 –12:15pm**

Join Certified Yoga Teacher, Liz Hall. A time devoted to relaxation and rejuvenation. We will start with fundamental approaches to compose a tranquil body and mind to enhance the relaxation process which will include a 25 minute Deep Relaxation and a 10 minute meditation.

\*Liz Hall is a Kripalu Certified Yoga Teacher, teaching full-time for more than 21 years in Central Connecticut including the Berlin Senior Center.

**To Register & Receive Zoom Link:**

**Call Senior Center only between 8:30 - 4 pm  
@ 860-828-7006**

**Or Email: [tdoyle@town.berlin.ct.us](mailto:tdoyle@town.berlin.ct.us)**

### To Find Newsletter Online

**Go To Town Website:**

**[www.town.berlin.ct.us](http://www.town.berlin.ct.us)**

**Then go to the toolbar:**

**Government/Department/  
Senior Services/News Tab.**

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## Drop Ins

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### **ALL DROP INS HAVE BEEN SUSPENDED UNTIL FURTHER NOTICE.**

**SENIOR POKER DROP IN**—Every Monday at 10:00AM. Must have basic knowledge of poker.

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

**Po Ke No DROP IN**—Every Tuesday afternoon at 12:45PM

**COLORING for STRESS RELIEF** ~ Every Wednesdays at 1:00PM Coloring for adults has become a popular stress –reduction trend and a great way to relax. We will supply the coloring sheets and colored pencils.

**CRAFTY KNITTERS** - Every Wednesday morning at 10:00 AM. Do you like to knit or crochet? Come join the group.

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

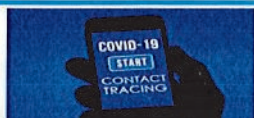
**SWEDISH WEAVING** –Every Thursday @ 9:00AM. This craft is also known as “huck” weaving . Create a unique blanket, pillow, table runner, etc. A list of supplies is available at the Center. Help is available.

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

**PHOTOGRAPHY** – Every Friday afternoon @ 1:00 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 it’s easy exercise. Stop in and check it out. If you are interested in joining the Friday group and have any questions please contact Tina or Jane.





Contact tracing is key to slowing spread of COVID & helps protect you, your family, & your community:

- \* Let people know they may have been exposed to COVID-19, monitor for signs & symptoms,
- \* Help people who have been exposed get tested,
- \* Asking people to self-isolate or self-quarantine to reduce the risk of spreading COVID-19 to others.

#### Green flags

Contact tracers:

- \* State/local Dept of Health employees/contractors,
- \* Ask about symptoms to gauge for infection,
- \* Recent contact with others,
- \* Refer you to other medical & social resources,
- \* Insured— ask, connect uninsured with resources.

#### Red flags

Be cautious of anyone who:

- \* Asks about your health insurance (Medicare #),
- \* Demands money to pay for COVID-19 test,
- \* Wants personal information to set up COVID test.

#### How Can Senior Medicare Patrol (SMP) Help?

SMP will provide you with information to **PROTECT** from Medicare fraud, errors, and abuse; **DETECT** potential fraud, errors, and abuse; and **REPORT** your concerns. SMPs educate & empower against health care fraud. Help with questions, concerns, complaints & provide information and educational presentations.

For more information, contact the Senior Medicare Patrol at your local Area Agency on Aging at 1-800-994-9422 or visit [www.smpresource.org](http://www.smpresource.org).

#### Emergency Heating Assistance Resources

##### Eversource Matching Payments Program -

Program provides year round electric service and possible forgiveness of back balances to low-income electric heating customers. Call 1-800-286-2828 or 860-947-2828.



**Eversource NUSTART** - NUSTART is a program designed to give a fresh start to low-income customers whose income is below 200% of the federal poverty level and have a past-due balance of \$100 or more on an Eversource bill. Call 1-800-286-2828 or 860-947-2828.

**The Soldiers', Sailors', and Marines' Fund Assistance** - This program provides limited assistance to veterans who are residents of Connecticut. Contact Information: Call 1-800-491-4941.

**Utility Arrearage Forgiveness Programs** - Many Connecticut utility companies have programs designed to help customers pay back portions of their overdue bills. To apply, contact your local utility company.

**Winter Protection Program** - This program is designed to prevent utility shutoff for "hardship cases" between November 1st and April 15th. To apply, contact your local utility company.

**Connecticut Energy Assistance Program** - Energy assistance through the Connecticut Energy Assistance Program (CEAP) helps low income households pay their primary heat source bills. Energy payments are determined by family size and gross income, and by whether a household is classified as "vulnerable." Vulnerable households have a member who is under age 6, who is age 60+, or who is any age and disabled. To apply, contact New Opportunities Community Action 203-756-8151.

#### HELLO my name is

What's In A Name?

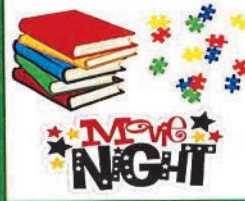
#### FUN FACTS ABOUT NAMES

March 1 is "Fun Facts About Names" Day; who knew?! Here are a few fun facts about names in the US:

- NUMBER OF PEOPLE WITH NAMES THAT RHYME: 62,935 (Names like Nellie Kelly)
- NUMBER OF PEOPLE WITH AN IDENTICAL FIRST AND LAST NAME: 4746 (Thomas Thomas is the most frequent found "double name")
- NUMBER OF PEOPLE WITH UNFORTUNATE FIRST INITIALS WITH LAST NAMES: 1307 (There are 721 B. Wares, and 375 B. Quicks, for example)
- NUMBER OF PEOPLE WHOSE LAST NAME STARTS WITH THEIR FIRST NAME: 45,379 (Such as John Johnson)

#### Books, Movies, Puzzles

Available to borrow. Please call or email your request & items available for pick up.



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## General Information

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**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.

**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.

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## FYI (For Your Information)

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**Greater Hartford Legal Aid (GHLA) Office** provides free counseling and representation on many Elder Law Issues (Medicaid & other government programs, patients' rights, nursing home issues, etc. They are located at 999 Asylum Avenue, 3rd Floor, Hartford, CT 06105-2465 Phone: 860-541-5000, Fax: 860-541-5050 Email: [ghla@ghla.org](mailto:ghla@ghla.org).

**Consumer Law Project For Elders** is a project of the CT Legal Services, a non-profit law firm. They help seniors resolve consumer problems. People, age 60 and older, (of any income level) can call them if they have a consumer problem. Their phone number is 1-800-296-1467, Monday through Friday from 9:00 AM to 9:00 PM.

**Dial 211 Info line** is a partnership of the Connecticut United Ways and the State of Connecticut. It provides a single source for information about community services, referrals to human services and crisis intervention. It's toll free from anywhere in Connecticut and operates 24 hours a day, 365 days a year. Give it a try!

**Charter Oak Pass** provides access to the State of CT's Parks and Recreation System and is available only to CT residents, age 65 and older. There is NO CHARGE for this pass and is a life issue pass. Application forms are available here at the senior center or you may call the State Parks Department in Hartford at 424-3200.

**Free Cell phones:** If you are part of a government program such as energy assistance, SNAP, Medicaid, etc. you may qualify for a free cell phone through Assurance Wireless or Safelink. To see if you qualify for a free cell phone through Assurance Wireless call 1-800-395-2171. You can get more information on Safelink by visiting their website at [www.safelinkwireless.com](http://www.safelinkwireless.com).



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## Community News

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### ENERGY ASSISTANCE

We are taking appointments for Energy Assistance applications for those seniors who heat with DELIVERABLE FUEL (OIL, KEROSENE & PROPANE), GAS and ELECTRIC. Appointments are on Thursdays. Applications are done over the telephone. There is no contact. Annual Income guidelines (for households whose heat is not included in their rent) are as follows:

One Person Household – Income cannot exceed \$ 36,171

Two Person Household – Income cannot exceed \$ 47,300

Please call the Senior Center at 828-7006 with any questions you may have regarding eligibility requirements and documentation and to schedule your appointment .

### COMMISSION FOR THE AGING MEETING

Monday, May 17th @ 7pm

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.

### MOBILE FOODSHARE

at Sacred Heart Church, 48 Cottage Street, East Berlin

Bus Transportation is available if needed.

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

March 19th and April 2nd (Sr. Ctr. Closed), 16th & 30th

PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED

### Be On The Lookout For COVID-19 Scams

Unfortunately, scammers are using the COVID-19 pandemic to try to steal your Medicare Number, personal information and money. And they're using Robocalls, social media posts and emails to do it. Remember, if anyone reaches out to get your Medicare Number or personal information in exchange for something, you can bet it's a scam. Be on the lookout so you can stop scams before they happen. Here are recent Corona-virus scams to watch out for.

\* Robocalls offering you respiratory masks they'll never send

\*Social media posts fraudulently seeking donations for non-existent charities, or claiming to give you stimulus funds if you enter your bank account information

\*Fake testing kits, cures, "immunity" pills and offers for protective equipment

Visit [Medicare.gov/fraud](https://www.medicare.gov/fraud) for more information and tips on preventing Medicare scams and fraud.

# Gone Golfing

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



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

BALL  
BIRDIE  
BOGIE  
CADDY  
CLUBS  
DRIVER  
EAGLE

FAIRWAY  
GRASS  
GREEN  
HANDICAP  
HOLE  
IRON  
PUTTER

ROUGH  
SCORE  
SLICE  
STROKE  
SUNSHINE  
WEDGE  
WOODS

©ActivityConnection.com

## **10 Tips for Emotional Health** **Be Good to You!**

1. **Practice Deep Breathing** – Deep Breathing relaxes your body and lowers your blood pressure and heart rate.
2. **Name Your Emotions** – Naming your emotions helps you be more aware and decide how you will react.
3. **Try Not to Judge Your Emotions** – Judging our emotions can make them seem worse.
4. **Know Your Emotional Triggers** – Knowing what makes you angry, sad or anxious will help you be better prepared.
5. **Be More Mindful** – Be aware of what is around you and try to notice your thoughts and feelings.
6. **Move Your Body** – Physical activity decreases anxiety and improves mood and self-esteem.
7. **Talk to Someone You Care About** – Humans are social! Make time to talk and connect with others.
8. **Sleep Well** – Sleep is important for your mind and body.
9. **Stop “Shoulds” in Their Tracks** – Don’t put too much pressure on yourself about what you “should” or “shouldn’t” be doing.
10. **Do the Things That Make You Happy** – Identify the things that make you happy and make time for them.

From the University of Ottawa Heart Institute. Paying attention to your emotional health can help you

manage stress and emotions.

## **Seasonal Affective Disorder**

### **Signs of SAD:**

- People may start to feel down when the days get shorter in the fall and winter (also called the “winter blues”) and begin to feel better in the spring, with longer daylight hours. Some of the symptoms of this type of depression may include:
- Oversleeping
- Overeating, particularly with a craving for carbohydrates
- Social withdrawal (feeling like “hibernating”)
- Losing interest in activities you once enjoyed
- Having problems with sleep
- Feeling sluggish or agitated
- Having low energy
- Feeling hopeless or worthless
- Having difficulty concentrating

Not all people with SAD experience symptoms every year. If you think you may be suffering from SAD, talk to your health care provider or a mental health specialist about your concerns. If you or someone you know is in immediate distress or is thinking about hurting themselves. Call the National Suicide Prevention Lifeline toll free at 1-800-273-TALK (8255) or the toll-free TTY number at 1-800-799-4TTY (4889). You can also simply dial 2-1-1 and then press 1 to be connected to a crisis counselor.

## **A Message from CFA Commission Chairperson Barbara Gombotz and CFA Members:**

The Commission for the Aging would like to recognize the Senior Center Staff for their efforts to keep basic communication with our Seniors during the COVID shutdown. The Center is closed but phones and limited transportation are still available as needed. The Drive-by special events were well organized and appreciated by all who participated. It was so nice to see Tina and her helpers as we passed through. The weather was cold but we got a very warm welcome from Tina and our Senior Center staff and helpers. We all look forward to the days when we can get back to our programs and social events at the Center.

The Commission has only met once with the architect regarding plans for the Senior Center/Community Center during the shut-down so planning for projects and programs are at a standstill. Hopefully things will change in the near future. The Commission for the Aging wishes a Happy and Healthy New Year to all our Seniors and the Center Staff.



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## **Town Department News**

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### **Social Services Department**

Berlin Social and Youth Services will begin making appointments for the Renter's Rebate Program beginning May 3, 2021. Please wait until this time to call 860-828-7007 to schedule your appointment.

### **Berlin Peck Memorial Library**

Need a puzzle? Visit the puzzle exchange at Berlin-Peck Memorial Library Monday through Friday. The library has received many puzzle donations recently and has a good selection. The library also has a seed library, offering free seed packets to anyone with a library card.

### **Berlin Police Department News**

#### **Community Relations Team**

The Berlin Police Department is proud to announce the creation of our new "Community Relations Team." The team will be commanded by Lieutenant Shawn Solek and coordinated by Officer Brandon Lagueux. Team members include Officer Cathy Griffin, Officer Aimee Krzykowski, Officer Kevin Chaffee, and Officer Isabella Delgado. The community relations team seeks to reinvigorate our neighborhood watch programs, strengthen our relationships within the community, improve communication concerning crime trends, and increase crime prevention and target hardening education. The team will continue to be involved with many of our long standing community events such as coffee with a cop, tours and open house events at police headquarters, stuff-a-cruiser, citizen's police academies, and many others.

Community members interested in starting a neighborhood watch or becoming a watch captain should contact us at [crimewatch@berlinpd.org](mailto:crimewatch@berlinpd.org). Upon receipt an officer assigned to your area will contact you. Also if you meet any of our CRO's in person they will be happy to address any questions you have about crime prevention or starting a neighborhood watch.

#### **What is the Special Needs 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. The information on the registry is only used for emergency purposes and is only shared with emergency responders.

#### **Is the Registry Right for Me?**

The Registry is a helpful tool that allows police, fire and EMS to better serve you in times of need. For example, should there be a need to evacuate a neighborhood, emergency services will be aware of your needs. Or, should you call 9-1-1 for an emergency, the emergency dispatchers will be better able to assist you. The BPD has changed the form so you can either call Tammy Wright at 860-828-7176 and leave a message if she doesn't answer, or you can email BPD at [specialneedsregistry@berlinpd.org](mailto:specialneedsregistry@berlinpd.org) and ask for a new form. The forms will go out shortly for those that are already on the list and for those that are new to requesting a form.

## Stay Connected Program

*Helping Older Adults and Persons with Disabilities connect with medical providers, community, family and friends during COVID-19*

### Objective

To connect adults aged 18 years of age with a disability or older adults sixty years of age with the most appropriate Assistive Technology (AT) to foster improved communication with medical professionals, family/friends and the community during COVID-19.

### Screening

All five Area Agencies on Aging and Centers for Independent Living will use a validated 6- question screening tool during calls to their agency to select individuals who would gain the most from technology help. Those eligible, will be referred to one of three CT Tech Act partners for a technology consultation and training.

### Connection and Training to Technology

The CT Tech Act partner will conduct a remote consultation with the identified individual to find the best selection of AT device based on the person's needs and preference. Guidance on the price/purchase location for the AT device/internet will be provided to the individual. When needed, an internet ready device will be mailed to the home for this consultation and training and applications for the device may be uploaded onto recommended AT devices once the device has been bought. The individual will get training and support after the device is in the home. A connection to community supports will be made for future training support. Individuals who need only training and support for existing devices will be eligible for the grant.

**Referrals** Refer appropriate individuals who would benefit to the "Stay Connected" program to their Area Agency on Aging (1-800-994-9422) or Center for Independent Living Program. For More Information contact: Patricia.Richardson@ct.gov or Arlene.Lugo@ct.gov

## COVID-19 Vaccine Schemes

Fraudsters are attempting to bill Medicare for sham tests or treatments related to the coronavirus and are targeting individuals to illegally obtain money or Medicare numbers.

Scammers rapidly alter their tactics and adapt their schemes to the changing landscape, and we anticipate that they will leverage the COVID-19 vaccine to prey on unsuspecting Medicare beneficiaries. Be vigilant and protect yourself from potential fraud concerning COVID-19 vaccines and treatments.

### Here are things you need to know about the COVID-19 vaccine:

- You likely will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine.
- You cannot pay to get early access to the vaccine.
- You will not be solicited door to door to receive the vaccine.
- No one from Medicare or the Health Department with contact you.
- No one from a vaccine distribution site or health care payer, like a private insurance company, will call you asking for your Medicare number, Social Security number, or your credit card or bank account information to sign you up to get the vaccine.

### What Can You Do to Stop COVID-19 Fraud?

- Beware of providers offering other products, treatments, or medicines to prevent the virus. Check with your health care provider before paying for or receiving any COVID-19-related treatment.
- If you get a call, text, email — or even someone knocking on your door — claiming they can get you early access to the vaccine, STOP. That's a scam!
- Never provide your Medicare number to anyone who contacts you through unsolicited calls, texts, or emails.

Your local Senior Medicare Patrol (SMP) is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. To locate your state Senior Medicare Patrol (SMP): Visit [www.smpresource.org](http://www.smpresource.org) or call 1-877-808-2468.



## On-line Activities to do at home

### Museums

<https://robbreport.com/lifestyle/news/14-virtual-museum-to-visit-during-social-distancing-and-quarantine-2905827/>

<https://www.wvltv.com/content/news/Stuck-at-Home-with-the-kids-here-are-12-Famous-Museums-Offer-Virtual-Tours--568830661.html>

National Museum of Natural History: <https://naturalhistory.si.edu/visit/virtual-tour>

### MOMA Classes:

[https://www.coursera.org/learn/modern-art-ideas?ran-MID=40328&ranEAID=Cu8bOePBZBg&ranSiteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDWPA&siteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDW-PA&utm\\_content=10&utm\\_medium=partners&utm\\_source=linkshare&utm\\_campaign=Cu8bOePBZBg](https://www.coursera.org/learn/modern-art-ideas?ran-MID=40328&ranEAID=Cu8bOePBZBg&ranSiteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDWPA&siteID=Cu8bOePBZBg-1i9OSsiZhVaw475BGWDW-PA&utm_content=10&utm_medium=partners&utm_source=linkshare&utm_campaign=Cu8bOePBZBg)

New Britain Museum of American Art: <https://nbmaa.org/online>

Grammy Museum: <https://www.billboard.com/articles/news/9337126/grammy-museum-free-online-programs-brandi-carlile-bob-newhart>

Museums, Libraries, Zoos Offer Online Programs <https://www.wvxu.org/post/museums-libraries-zoo-offer-online-programs-during-coronavirus-closures#stream/0>

Smithsonian <https://www.edx.org/school/smithsonianx>

CT Historical Society <https://chs.org/bringchshome/>

### Courses

You can now take classes from prestigious universities in the safe haven of your home, and they are free.

<https://www.classcentral.com/collection/ivy-league-moocs>

<https://www.open.edu/openlearn/free-courses>

<https://www.coursera.org/>

<https://www.edx.org/school/smithsonianx>

Ted Talks <https://www.ted.com/>

JIGSAW PUZZLES: <https://games.aarp.org/games/jigsaw>



### Documentaries

<https://documentaryheaven.com/>  
<https://www.discovery.com/>

### Opera

[https://www.vulture.com/2020/03/coronavirus-the-metropolitan-opera-to-stream-free-operas.html?utm\\_campaign=nym&utm\\_source=fb&utm\\_medium=s1&fbclid=IwAR1XT9zz\\_SNyRYp\\_oy7lpXFFBsDmpcEn0Gkqm5JfgT2l\\_lf5mOuoYoMlwI](https://www.vulture.com/2020/03/coronavirus-the-metropolitan-opera-to-stream-free-operas.html?utm_campaign=nym&utm_source=fb&utm_medium=s1&fbclid=IwAR1XT9zz_SNyRYp_oy7lpXFFBsDmpcEn0Gkqm5JfgT2l_lf5mOuoYoMlwI)

### Animals

<https://zoo.sandiegozoo.org/live-cams>  
<https://www.youtube.com/user/LionWhispererTV>  
<https://nationalzoo.si.edu/webcams>

### Webcams

Yellowstone <https://www.nps.gov/yell/learn/photosmultimedia/webcams.htm#north>  
All different types: <https://www.earthcam.com/>  
Volcanoes: <https://www.ospo.noaa.gov/Products/atmosphere/vaac/webcams.html>

### Games

Online games/crosswords/word searches, etc.  
<http://games.courant.com/category/allgames/>

### Fitness/Yoga/Dance/Meditation

Online fitness classes from the YMCA: [https://www.youtube.com/channel/UCOGt\\_lpcP\\_xQhhCMCrut\\_A](https://www.youtube.com/channel/UCOGt_lpcP_xQhhCMCrut_A)

Free Fitness Classes online: <https://www.9news.com/article/news/health/coronavirus/free-home-workouts/73-ca117ae0-6de3-42ba-a68c-aa67eab158c5>

Free Adult Dance Classes: <http://www.danceplace.org/virtual-adult-classes/>

Free Meditation: <http://www.freemeditation.com/>

YouTube Free Yoga Classes: <https://www.youtube.list=PLZkDZKOcyYTh4dRDXQ71m7gQUmW>







## RECIPE CORNER

## Cheesy Pasta and Spinach



- 4 cloves garlic, minced
- 2 15 oz cans diced tomatoes in basil, oregano and garlic
- 2 15 oz. cans chicken broth
- 2 packages of frozen spinach, thawed and squeezed
- 1 pkg. Penne Rigate or pasta of choice
- 1/2 cup crumbled feta, blue chees or gorgonzola cheese

1. Sauté 4 cloves of garlic in a tbsp. olive oil.
2. Add 2 cans diced tomatoes seasoned with basil, oregano and garlic
3. Simmer for about 5 min.
4. Add 2 cans of chicken broth and simmer another 5 minutes
5. Add 2 packages of frozen spinach, thawed and squeezed.
6. Simmer about 10 minutes.
7. Cook pasta according to pkg. directions. Drain pasta.
8. Mix well with sauce mixture.
9. Add cheese, toss with pasta. Enjoy!

## St. Patrick's Day Word Search

### Word List

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

- HAT
- IRELAND
- IRISH
- JIG
- LIMERICK
- COINS
- DANCING
- EMERALD
- FOLKLORE
- GOLD
- PARADE
- PARTY
- POEMS
- RAINBOW
- SHAMROCKS