



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)

### **Staff**

Director ..... Tina Doyle

Asst. Director..Victoria Hellberg

Staff.....Cheryl Schlichting,

Donna Gianoni

Drivers ..... Joe LaVallee

Tom Chesery & Tom Zigmont

### **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

### **CFA Commission Members:**

Barbara Gombotz—Chairperson

Juliet Benjamin-Com. Secretary

Frank Slogeris

Lois Ustanowski

Kay Murray

Ann Gamelin

# BERLIN SENIOR CENTER LINES

JULY 2021

## **Greetings from the Director,**

**Hurray! The Senior Center will be reopening on Tuesday, July 6th at 8:30am after being closed for 15 months due to the pandemic.**

**I know many of you are excited to be returning to Center for programs and activities. For those that are not ready to return yet, that's okay. It is all about your own personal comfort level.**

**We will be a “hybrid” Senior Center where we will be offering programs and events through a few different ways. We will continue to offer Yoga and Unwind and Relaxation both virtually and in person. We will continue with our monthly drive thru event, pop up tent events and then in Center events. This way we can continue to reach as many of you as possible. You will be required to wear a mask if you are not fully vaccinated and we will be social distancing when we return back inside. Also all programs will not be returning in July. Please check out the whole newsletter to find out what's on the calendar . This is all new to us as well, including the staff so I ask you to please be patient with us and to understand we are doing everything possible to keep you safe. Happy 4th of July!**

*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 help. 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.

### Daily Bus Schedule

**Monday and Wednesday**—Stop-n- Shop 9am & 11am  
All other appointments & errands between 9am and 2:15pm

**Tuesday**- Shop Rite-Cromwell 9am & 11am  
All other appointments & errands between 9am & 2:15pm

**Thursday**- All appointments & errands between 9am & 2:15pm  
Kohl's 1:30pm (Last Thursday of the month)

**Friday** – Ocean State Job Lot 10am & Walmart 1:30pm  
Food Share 12pm (Alternating weeks with OS Job Lot & Walmart)  
All other appointments & errands between 9am and 2:15pm

Transportation Services is available for medical appointments, grocery shopping, pharmacies, banks, post office, town buildings, hair salons, barber shops, nail salons and specialty shopping. There is limited spaces available each day because we are allowed 4 riders on the bus 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 up to a week in advance. Bus reservations must be made during regular business hours. Reservations left on the Center's voicemail **will not be accepted**. You must wear a mask the entire time you are on the bus. If you have any questions please contact the Senior Center.

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## Other Transportation Resources

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**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 Ctr. 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.

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## Drive Thru and Special Events

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### **July 16th Root Beer Floats (Also known as a Brown Cow)**

Enjoy the nostalgic memories of sitting with  
your family at an ice cream shop and  
enjoying a delicious treat.  
You will receive the fixings for a Root Beer Float.  
You have until July 12th to sign up.

### **July 30th Ice Cream Truck**

The Rock n Roll Ice Cream Truck will be making  
a stop at the Berlin Senior Center.  
Come out and enjoy a “free” ice cream on us.  
Sign up begins on July 12th and you have until  
July 26th to sign up.

### **August 13th National S’mores Day**

Did you know that National  
S’mores Day is in August?!  
Come and celebrate with a No Bake S’mores Cup!  
Sign up begins on July 19th and you have until  
August 9th to sign up.

### **Berlin Senior / Community Center Open Forum** **Tuesday, July 20 at 1:00 PM**

All Berlin Residents are invited to join an open forum for the proposed Berlin Senior / Community Center at the Senior Center (33 Colonial Drive) on **Tuesday, July 20 at 1:00 PM**. The QuisenberryArcariMalik (QA+M) Architecture will present the conceptual plans and provide an opportunity for the audience to ask questions and give feedback at the conclusion of the presentation.

### **“Guardian Angel” Trusts** **Monday, July 26 at 1:00 PM**

Amanda Gilbert-Largent, Attorney with Wiley Etter Doyon, LLC will present a soft introduction to the benefits of trust planning, using “easy to understand” language and light-hearted examples. She will also touch upon **Wills, Powers of Attorney** and the **Probate Process** during this presentation. **Sign up begins Tuesday, July 6th.**

### **Trumpet Performance & Lecture** **Monday, August 16 @ 1:00 PM**

Mr. Frank Tamburro, principal trumpet of the New Britain Symphony Orchestra, will present an engaging and interactive summary of trumpet performance, history, repertoire and technique. Come to enjoy and appreciate a live performance while at the same time learn many interesting details about the trumpet, such as how a sound is produced on a trumpet, the basics of air, lips, and mouthpiece to the performance of trumpet repertoire, and how the trumpet has evolved from its earliest time. Mr. Tamburro will discuss briefly the function of the trumpet in the United States Military, and the role of the trumpet through different time periods. **Sign up begins on Monday, July 19th.**



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## Monthly Activities

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**BINGO IS BACK! Thursdays at 1:00 PM starting July 8th** — BINGO will resume at its normally scheduled day and time starting Thursday, July 8th. **Pre-Registration is required to attend this event.**

**Special Bingo ~ Thursday, July 22nd at 1:00PM**—Water's Edge Center for Health & Rehabilitation will be sponsoring this Special Bingo on July 22nd at 1:00PM. Our regularly scheduled games will be played. **Registration is required.**

**\*NEW\* Tech Help ~ Mondays By Appointment**— Do you have an electronic device that you are having trouble with, or want to learn how you can get more use out of it? Victoria, our new Assistant Director, is here to answer your questions about your laptop, smart phone, tablet, and/or kindle! **Please call to set up an appointment and please come ready with questions.**



### Pop Up Tent Events

**Our Pop Up Tent” Events in June were so successful we decided to offer a few of them in July.**

**Pre-registration is required. Classes will be rescheduled due to inclement weather.**

**Front Yard Banter~ Mondays July 12th, 19th, and 26th at 9:00 am**

Come and join us for a little chat in the shade of our front yard. Please bring a beverage to enjoy while engaging in some lively banter with other seniors and maybe even the Senior Center Director.

**Town Manager Front Yard Visit– Monday, July 12th at 9:00 am**— Our Town Manager Arosha Jayawickrema will be visiting the Center during Front Yard Banter. If you haven't had the pleasure of meeting him this is a perfect time to do so. Come and chat with him about the town, the Senior Center or yourself.

**Let's Rock the Berlin Senior Center with Kindness ~ Wednesday, July 14 @ 9:30 AM**—

Come and create Kindness Rocks for our new Kindness Rock Garden! Rocks and paint markers will be provided to create your rocks. Once they are dried we will place them in our front beds at the Center. We will use them to inspire others. You may make one to give as a gift.

**Repotting Your House Plants ~ Wednesday, July 21 @ 9:30 AM** We will supply the potting soil, you bring the plant and a larger pot. Together we will learn the proper technique and tips to repot like a pro.

**Creative Writing ~ Wednesday, July 28 @ 9:30 AM** Come and let your creative juices flow with us! You will be able to choose your prompt and can take your time letting your imagination run free on paper. Everyone can benefit from creative writing, and the best part is ~ you do not need any experience! There will be time to share with the group if you so choose.



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## Weekly Classes

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### Exercise for Wellness Class

#### EVERY TUESDAY & THURSDAY @

9:45 AM 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. Join us. Choose to be active and to age well. Please bring hand weights. **Cost: \$4.00 per class.** Instructors are Annette Banulski, Vicki Griswold and Lorraine Jurgilewicz.

### “The Social Leftovers”

#### EVERY WEDNESDAY 9:30AM –11:00AM

The Social Leftovers” Drop In is a very informal group. Members come to either socialize, do a craft, enjoy coffee hour, or work on what ever project they want. They would love for you to join them. No sign up necessary.

### Yoga Class (Virtual and In-Person)

#### 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. **Space is limited for in-person class.** Please indicate whether you will be attending In-Person or virtually when you register. We will send you the Zoom Link. **Cost: \$4.00 per class.** Wear comfortable clothing and bring a mat or rug.

### Unwind, Relax , Let Go Class

#### (Virtual and In-Person)

#### 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. **Space is limited for in-person class.** Please indicate whether you will be attending In-Person or virtually when you register. We will send you the Zoom Link. **Cost: \$4.00 per class.**

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## “Drop Ins” Are Back!

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### **Please register for ALL Drop Ins**

#### **Please NO sharing of materials**

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

**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.

**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.

**Wii BOWLING** - Looking for bowlers! Come one; come all every Friday at 1:00 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 Victoria.

**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.

### **Due to having to share game materials, the following Drop Ins will not return until the Fall**

**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

**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.

### **NEWCOMERS ARE ALWAYS WELCOME**

If you are interested in starting a new Drop In please see Tina.

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## Health Services

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### 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, July 8th and July 22nd.** 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. All clinics are “free of charge” and no appointment is necessary. For more information, call the Berlin VNA at (860) 828-7030.

Tuesday, July 6th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, July 13th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, July 20th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, July 27th	10:30 AM ~ 11:30 AM	Blood Pressure Screening

### “New” Walking Club

Enjoy the outdoors with a little pep in your step!

Now that the nice weather has arrived, we would start ed up a Berlin Senior Center Walking Club! Cheryl Schlichting, from our Staff will be leading the group. **Walks will be scheduled every Thursday at 10:00AM (We will not meet on 7/8).** You will be asked to meet Cheryl at the chosen spot. You will meet at different parks and trails in Berlin. We will try to rate each park or trail beforehand so folks can determine if a specific walk is too difficult or too easy for them. As always you can walk for as long or as far as you like. Please wear proper foot attire and bring a water bottle to stay hydrated. **Pre-registration is required.**



### AARP Smart Driver Online Course

### Driver Safety

For Smart Driver course participants who may not be able to renew their car insurance discount due to course cancellations, there is an AARP Smart Driver online course available. There is a special 25% off discount for those who may have to take it online now. This offer is to keep the price in line with the classroom course price. Website: [www.aarpdriversafety.org](http://www.aarpdriversafety.org). **Promo code for 25% discount: DRIVINGSKILLS.** Good through: September 31, 2021. If you have any trouble with the online course, please call the AARP Customer Service team at 1-800-569-1658, Monday through Friday from 8 AM to 5 PM ET.



### We're On Facebook!

“Like” and “Follow” our page to stay updated on our events & activities, news, and upcoming reopening information! Visit **[www.facebook.com/berlinseniorcenter](http://www.facebook.com/berlinseniorcenter)** OR Search “Berlin Senior Center” in your Facebook search bar – you will see our logo! Don’t have Facebook? You can still visit our page! Please invite your friends & family to “Like” and “Follow” us too!

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## Tips For Successful Aging and Well-Being

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**1. Be Social** A social life—be it with friends or family—is good for the mind and body, says Mayo Clinic. Connecting with others helps ward off feelings of loneliness, sharpen memory and cognitive skills, increase your sense of happiness and well-being, and may even help you live longer.

**2. Avoid Negative Thoughts About Aging** Getting older comes with plenty of rewards: more wisdom, a higher sense of self-worth, clearer priorities, fewer headaches (literally) - to name a few. Allow yourself to focus on those positive aspects rather than negative ones. Johns Hopkins notes that there is “definitely a strong link between positivity and health” and that a positive attitude can improve life satisfaction.

**3. Don’t Listen to Stereotypes** Who says you can’t keep up with the latest trends or technologies? If you truly don’t care about the newest gadget or trend, that’s fine, but don’t let stereotypes tell you that you shouldn’t try to explore something you’re interested in.

**4. Cope and Adapt Purposefully** Illness, loss, and other challenges can and do happen to everyone. Accept and meet the challenge productively. There are a number of ways to cope in a healthy way, such as asking for help, joining a support group or keeping a journal. It’s also helpful to have a plan for your future care needs. This will allow you to tap into a solution when something unexpected happens.

**5. Find Meaning** Volunteer for a local nonprofit. Pick up trash in your local park. Learn a new hobby. Start a daily mindfulness routine, such as meditation, yoga, or walking. A 2019 study in Psychology Today notes that a sense of purpose is linked to better physical and mental health.  
*Taken from Renew Magazine, Spring/Summer 2021 Issue*

*To assume that the elderly and disabled are unable to serve society in a productive capacity is a fallacy dispelled by a partial listing of older people who have made*  
***major contributions:***

**At 104: Melquiades Ortiz** actively farmed

**At 100: Grandma Moses** was still painting

**At 93: George Bernard Shaw** wrote the play, *Farfetched Fables*

**At 91: Eamon De Valera** served as President of Ireland

**At 91: Adolph Zukor** was chairman of Paramount Pictures

**At 90: Albert Schweitzer** practiced medicine

**At 90: Duncan MacLean** won a silver medal at the World Veterans’ Olympics

**At 90: Pablo Picasso** was producing drawings and engravings

**At 88: Pa Pablo Casals** was giving cello concerts

**At 88: Michelangelo** designed the Church of Santa Maria Degli Angeli

**At 85: Coco Chanel** was the head of a fashion design firm

**At 82: Winston Churchill** wrote, *A History of the English—Speaking Peoples*

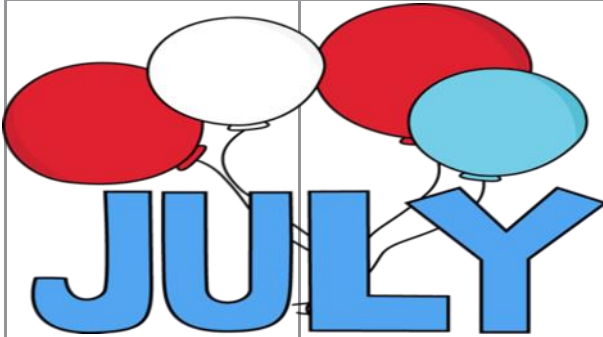
**At 81: Benjamin Franklin** effected the compromise that led to the adoption of the US Constitution

**At 81: Johann Wolfgang von Goethe** finished “Faust”

**At 80: George Burns** won his first Academy Award for “The Sunshine Boys”

*What are you currently doing that you love, or what new skill or hobby will you learn?*



JULY 2021				Events
Monday	Tuesday	Wednesday	Thursday	Friday
		<b>Room Key</b> <b>MP</b> —Multi Purpose Room <b>BR</b> —Blue Room <b>HR</b> —Health Room <b>DT</b> —Drive Thru <b>PT</b> —Pop Up Tent <b>OS</b> —Offsite	<b>1</b> 10am—Walking Club <b>(OS)</b>	<b>2</b> 9:30am—Yoga ( <b>zoom</b> ) 10am—Ocean State 11:15 am—Unwind, Relax, and Let Go <b>(zoom)</b> 1:30pm—Walmart
<b>5</b> <b>The Senior Center is CLOSED in Observance of Independence Day</b>  <b>Happy 4th of July!</b>	<b>6</b> 9:45am—Exercise ( <b>MP</b> ) 10:30am—B Pressure ( <b>HR</b> )	<b>7</b> 9am—Social Left Overs ( <b>BR</b> ) 10am—Knitters( <b>MP</b> ) 1pm—Coloring ( <b>BR</b> )	<b>8</b> 9am— Swedish Weaving ( <b>BR</b> ) 9:45am—Exercise ( <b>MP</b> ) 1pm—Bingo ( <b>MP</b> ) FC (by appointment) ( <b>HR</b> )	<b>9</b> 9:30AM—Yoga ( <b>MP</b> ) 11:15 am—Unwind, Relax, and Let Go ( <b>MP</b> ) 12:30pm—Foodshare 1pm—Wii Bowl ( <b>MP</b> ) 1pm—Photography ( <b>BR</b> )
<b>12</b> 9 am—Town Manager Visit ( <b>PT</b> ) Tech Help (by appointment)	<b>13</b> 9:45am—Exercise ( <b>MP</b> ) 10:30am—B Pressure ( <b>HR</b> ) 1:00pm—Movie ( <b>MP</b> )	<b>14</b> 9am—Social Left Overs ( <b>BR</b> ) 9:30am—Rock Painting ( <b>PT</b> ) 10am—Knitters( <b>MP</b> ) 1pm—Coloring ( <b>BR</b> )	<b>15</b> 9am—Swedish Weaving ( <b>BR</b> ) 9:45am—Exercise ( <b>MP</b> ) 10am—Walking Club ( <b>OS</b> ) 1pm—Bingo ( <b>MP</b> )	<b>16</b> 9:30am—Yoga ( <b>MP</b> ) 10am—Ocean State 11 am—Root Beer Floats ( <b>DT</b> ) 11:15 am—Unwind, Relax, and Let Go ( <b>MP</b> ) 1pm—Wii Bowl ( <b>MP</b> ) 1pm—Photography ( <b>BR</b> ) 1:30pm—Walmart
<b>19</b>  9 am—Front Yard Banter ( <b>PT</b> ) Tech Help (by appointment) 930am—Specialty Shopping	<b>20</b> 9:45am—Exercise ( <b>MP</b> ) 10:30am—B Pressure ( <b>HR</b> ) 1pm Berlin Senior / Community Center Open Forum ( <b>MP</b> )	<b>21</b> 9am—Social Left Overs ( <b>BR</b> ) 9:30 am—Repotting Your House Plants ( <b>PT</b> ) 10am—Knitters( <b>MP</b> ) 1pm —Coloring ( <b>BR</b> )	<b>22</b> 9 am—Swedish Weaving ( <b>BR</b> ) 9:45am—Exercise ( <b>MP</b> ) 10am—Walking Club ( <b>OS</b> ) 1pm—Special Bingo ( <b>MP</b> ) FC (by appointment) ( <b>HR</b> )	<b>23</b> 9:30am—Yoga ( <b>MP</b> ) 11:15 am—Unwind, Relax, and Let Go ( <b>MP</b> ) 12:30pm—Foodshare 1pm—Wii Bowl ( <b>MP</b> ) 1pm—Photography ( <b>BR</b> )
<b>26</b> 9 am—Front Yard Banter ( <b>PT</b> ) Tech Help (by appointment) 1pm—Guardian Angel Trusts	<b>27</b> 9:45am—Exercise ( <b>MP</b> ) 10:30am—B Pressure ( <b>HR</b> ) 1:00 pm—Movie ( <b>MP</b> )	<b>28</b> 9am—Social Left Overs ( <b>BR</b> ) 9:30am—Creative Writing 10am—Knitters( <b>MP</b> ) 1pm—Coloring ( <b>BR</b> )	<b>29</b> 9 am—Swedish Weaving ( <b>BR</b> ) 9:45am—Exercise ( <b>MP</b> ) 10am—Walking Club ( <b>OS</b> ) 1pm—Bingo ( <b>MP</b> ) 1:30pm—Kohl’s	<b>30</b> 9:30am—Yoga ( <b>MP</b> ) 10am—Ocean State 11 am—Ice Cream Truck ( <b>DT</b> ) 11:15 am—Unwind, Relax, and Let Go ( <b>MP</b> ) 1pm—Wii Bowl ( <b>MP</b> ) 1pm—Photography ( <b>BR</b> ) 1:30pm—Walmart

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## General Information

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**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

**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.

**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 CT. 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!

**Free Masks** The Center has free masks available for Berlin seniors who may need one-while supplies last.

**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).

### **National Elder Fraud Hotline**

If you or someone you know has been a victim of elder fraud, help is standing by at the National Elder Fraud Hotline. **1-833- FRAUD-11 or 1-833-372-8311. Every day, 6am to 11pm, Eastern Time. English/Espanol and other languages are available.** This hotline is a free resource created by the U.S. Department of Justice (DOJ), Office for Victims of Crime for people to report fraud against anyone age 60 or older.

### **The Office of the Healthcare Advocate (OHA)**

The OHA focuses on assisting consumers in making informed decisions when selecting a health plan; assisting consumers to resolve problems with their health insurance plans and tracking trends of issues/problems, which may require administrative or legislative intervention, or advocacy with industry, the public, or other stakeholders.

You can contact OHA for assistance with inquiries involving :

- \*Healthcare insurance enrollment, overage or billing questions
- \*claim denials or pre-authorization issues
- \*explanations regarding a healthcare benefit, program or coverage
- \*an assessment of the healthcare plans offered in CT
- \*your rights and responsibilities as a healthcare plan member
- \*referral and pre-authorization procedures required by
- \*your healthcare plan your healthcare plan's internal and external appeals processes

**Toll-free number: 1-866-466-4446**

**Email: [Healthcare.advocate@ct.gov](mailto:Healthcare.advocate@ct.gov)**

**Fax: (860) 331-2499**

### **Emergency Rental Assistance**

Acting through the Department of Housing (DOH), the State of Connecticut is developing the UniteCT Program. This \$235 million program will provide rental and electricity payment assistance to qualified Connecticut households financially impacted by the COVID-19 pandemic. The intention of UniteCT is to help stabilize Connecticut's Rental Housing Market. Visit <https://portal.ct.gov/DOH/DOH/Programs/UniteCT> for more information and to apply.

### **Institute on Aging's Friendship Line**

The Friendship Line at Institute on Aging is the nation's only accredited 24-hour toll-free hotline for older adults and adults living with a disability. Available to people 60+ who may be lonely, isolated, grieving, depressed, anxious and/or thinking about death or suicide. Also welcomes calls from caregivers. Call the Friendship Line anytime, day or night, 7-days a week at **1-800-971-0016**. Call the Senior Center for more information.

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## Monthly Meetings

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### COMMISSION FOR THE AGING MEETING

#### NEXT MEETING: SEPTEMBER 20TH

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:

July 9th and 23rd and August 6th and 20th

PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED

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## Donations

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The Berlin Senior Center accepts monetary and item donations. Each month the Senior Center recognizes our donors. The monetary donations are deposited in our Senior Center Agency Fund with the Town's Finance Dept. The funds are used for programs/items needed at the Center. You may specify what you would like the donation used for, such as transportation, programs, food for an event, etc. If you have any other questions please contact Tina at 828-7006.

### Donor's Name

James McNeil	Linda Williams
Anonymous	Laura Berman ~ Thank You for Mask
Lois Ustanowski	Paul Dombrowski
Christine Taylor	Anonymous
Wendy Kingsbury	
Michael & Michele Casola ~ In Memory of Barbara Brochetti	
Rose Wollman ~ In Memory of Barbara Brochetti	
Ray & Carolyn Bosso ~ In Memory of Barbara Brochetti	
Doris Beneti ~ In Memory of Barbara Brochetti	
Caroline Kulasenski ~ In Memory of Barbara Brochetti	
Angela & Paul Carson ~ In Memory of Barbara Brochetti	
Deborah A. Carson ~ In Memory of Barbara Brochetti	
Kensington Congregational Church ~ Happy Camper Totes	
Berlin Police Association ~ Happy Camper Totes	

During the past 15 months of the pandemic many seniors and town residents have been very generous by making donations to the Senior Center to help us stay connected to you through our many events. This is just a partial list of our donors. I will continue with the remaining donors names next month. ~Tina~



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## Berlin-Peck Memorial Library Monthly Events

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### Berlin Peck Memorial Library

The Berlin-Peck Memorial Library is open Monday through Thursday from 10-8, Friday from 10-5 and Saturday 10-4. On Wednesday and Friday mornings, the library also has special senior hours from 9 -10. Curbside pickup and homebound delivery are available to those who are not able to come into the building. Call 860-828-7126 for more details. The library is closed Saturday, July 3—Monday, July 5 for Independence Day weekend.

**Summer Reading Program for Adults!** Read (or listen to) books throughout the summer to win great prizes! Visit the library (or our website: [berlinpeck.org](http://berlinpeck.org)) to sign up and see a list of prizes. The program runs from June 22 through September 2. Prize drawings take place every Thursday beginning July 8.

**Take & Make Craft for Adults: Paper Towel Tube Wall Art.** While supplies last. Visit our website to place a hold. Pickup begins Thursday, July 8.

**Spice It Up!** Try out a new spice (or herb) each month! This month, we will feature Harissa, an African and Middle Eastern spice blend with chili pepper and garlic. While supplies last. Visit our website to place a hold. Pickup begins Wednesday, July 14.

**Sit & Knit (outdoors).** Join local knitters for knitting and good company. Every Thursday. Time to be announced. Call or visit the library's website for more details.

**Monday night book club (outdoors) Monday, July 12th @ 6:30 pm.** Join us for a discussion of the book, *When All is Said*, by Anne Griffin. Please contact the library for a copy of the book. Register. Rain date is 7/19.

**Dementia Caregiver Support Group (virtual) Monday, Jul. 19 @ 1 pm.** RSVP to Patty O'Brian: 203-859-1992. This group meets online on the third Monday of every month and is facilitated by Patty O'Brian, CDP, dementia specialist, Hartford HealthCare Center for Healthy Aging. Sponsored by Hartford HealthCare Center for Healthy Aging and Alzheimer's Association. Join Zoom meeting: <https://hartfordhealthcare.zoom.us/j/98719138494>

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### Nutrition

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#### Coffee Hour.....See You In The FALL!



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.

#### (NOT YET RESUMED)

#### Berlin Senior Community Café – Congregate Meals

Lunch is served Monday - Friday at Noon. A suggested donation of \$2.50 per person is requested. To order a meal, stop in & see CW Site Manager (after 10:30 AM) or call them at (860) 670-8546 between 10:30 AM - 12:00 PM only. When leaving a voice mail please give your name, day and date you would like lunch. You must order your meal at least 24 hours in advance. If you cannot make lunch because of an illness or an emergency please make



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## Town Department News

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### Social Services Department

The Renter's Rebate Program is now open. Application period is from April 1 to October 1, 2021. This program is for elderly and disabled individuals with a qualifying income that can not exceed \$37,600 for unmarried or \$45,800 for married or other. Please contact Jaymee Miller at Berlin Department of Social and Youth Services for more information on how to apply at 860-828-7007.

### Berlin Park & Recreation

Percival Pool will open on Saturday, June 19 and be open Sunday-Saturday from 12-6 p.m. Demore, Dinda, Bittner Jr. Memorial Pool will open Tuesday, June 22 and be open Monday-Friday from 12-7 p.m. and Saturday and Sunday from 12-6 p.m. Both pools will be open from 12-5 p.m. on Sunday, July 4 and Monday, July 5. Any other changes to pool hours will be posted at the pool. They can purchase a family pass for \$85 or an individual pass for \$55, at the Parks and Recreation Department during normal business hours. There are also daily fees, \$10 for a resident adult and \$5 for a resident child and anyone over 18 must show identification to be charged the resident rate. Demore, Dinda, Bittner Jr. Memorial Pool will close on August 7 and Percival Pool will close on August 14.

### Berlin Police Department News

**Community Relations Team** - 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. 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.

**Berlin Police Dept. Drug Collection Box**— If you have any old prescriptions and over the counter medicines that you need to get rid of the safest way to do so is by bringing them to the Berlin PD Drug Collection Box at the Berlin Police Dept. which is located by the Berlin Town Hall. They ask No Aerosol, No Needles and No Liquids. The Berlin PD will then bring them to an incinerator to be destroyed. If you have any questions please call the BPD at 860-828-7080.

### BEWARE OF UTILITY SCAMS

**Per The Berlin Citizen:** "Some Eversource customers have reported receiving a call from someone claiming to be from Eversource and using a real employee's name offering a discount on their electric bill. Others have reported receiving an email that contains the Eversource logo. These are new deceptive tactics scammers are using to steal someone's money and sensitive personal information. Never provide personal financial or account information to any unsolicited person on the phone, at the door or online, even if they seem legitimate. Eversource urges anyone who believes they are a target of improper solicitation to immediately contact local law enforcement. Customers are also encouraged to contact the energy company, at 1-800-286-2000."

# July Fourth Word Search



ADAMS  
AMERICA  
BARBECUE  
COLONIES  
CONGRESS  
DECLARATION  
EQUALITY  
FIREWORKS

FOURTH  
FREEDOM  
HOTDOGS  
INDEPENDENCE  
JEFFERSON  
JULY  
LIBERTY

NATION  
PARADE  
REVOLUTION  
RIGHTS  
STATES  
THIRTEEN  
UNITED

## Senior Center Book Discussion

**Senior Center Book Club: Wednesday, August 4TH @ 1:30 PM** Join us at the Berlin Senior Center for a discussion of *Where the Crawdads Sing* by Delia Owens. Please contact the library for a copy of the book.

The Senior Center Library is always looking for donations of gently used books. No religious books will be accepted. Large Print Books are greatly appreciated. Please drop off your donation at the front desk. We ask when returning books to our library to please put in basket. Do not put back on shelves. Thank you!



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## Movies

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For the movie program, **there will be no popcorn or beverage available.** There is no charge for the program, **but registration is required.** 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 Tina or Victoria. ***Please be respectful to others during the movie by turning off cell phones and refraining from talking during the movie.***



### **Tuesday, July 13th at 1:00pm ~ The War With Grandpa**

In this star-studded comedy for the whole family, young Peter is not too pleased when his mom makes him give up his beloved bedroom to accommodate Grandpa (Robert Di Nero). Desperate to get his room back, Peter decides to wage all-out war and devises all sorts of wild schemes to make Grandpa give up the room. However, Grandpa refuses to surrender easily and soon takes the fight back to his grandson. **Rated PG**

### **Tuesday, July 27th at 1:00pm — Yes Day**

Tired of their three young children consistently pestering them, married couple Carlos (Edgar Ramírez) and Allison (Jennifer Garner) decide to turn the tables on their family. For twenty-four hours, Allison and Carlos agree to any outlandish scheme their children concoct, embarking on several unusual and high-energy adventures in the hopes of teaching their family the importance of balance and discipline. **Rated PG**

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## Specialty Trips

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### **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. **The Center is hoping on resuming these trips in August.**

### **SPECIALTY SHOPPING TRIP**

Our Specialty Shopping Trip this month will be on **Monday, July 19th.** You can choose if you would like to go to Boscov’s or Target in Meriden. **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.