



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

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

Tuesday8:30pm-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

AUGUST 2021

Greetings from the Director,

Wow! August is here. The month of July just flew by. I think its because we are getting back to some normalcy in our lives.

Although we haven't quite rebounded from our daily attendance prior to the shut down, it seems to be growing back week after week. It has been encouraging to meet some of our new members, who have joined us during our shutdown and to be able to put a name with a face.

Exciting News! This month we will be bringing back our Coffee Hour, cards, Po-Ke-No, Canasta, Scrabble and Mahjongg. Just beware there will be slight changes to how we run these programs but good news is they are back. The only other thing we still have not reinstated is in-person dining. I am currently working with CW Resources to safely return our congregate meal program in September.

Reminder ~ that masks are required in the Center if you are **unvaccinated**. Also per state law, masks are required on the Senior Center bus at all times because it is considered public transportation.

In this year of many challenges it was good to know that we made it through together. I know for me, I appreciate things a little more, I'm happier to be able to see family, friends and members whom I missed. I can't wait to hear the laughter coming out our classrooms again and see **all** your happy faces. Stay Cool!

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 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.

Other Transportation Resources

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.

Drive Thru and Special Events

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.**

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.**



| **AgingMastery**

Master Aging Through This Nationally Recognized Program!

Ten-Week Long Program Starting Wednesday, September 15 at 1:00 PM

The Berlin Senior Center and the CT Healthy Living Collective are pleased to announce that we will offer an innovative ten-week health and wellness program to Berlin residents 60 and older **beginning Wednesday, September 15 at 1:00 PM.** The Aging Mastery Program® (AMP) was developed by the National Council on Aging (NCOA) and has been successful at helping older adults build their own playbook for aging well.

AMP is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. The program encourages mastery—developing sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation. The CT Healthy Living Collective is a network of partners dedicated to delivering programs and services that promote healthier people, better care, smarter spending, and health equity.

***Please join us for an Informational Meeting on
Wednesday, August 11 at 1:00PM. Call 828-7006 to register.***

Monthly Activities

Special Bingo ~ Thursday, August 26th at 1:00PM—Karen Pliego from Trinity Home Health and Mary Babcock from Caregiver Homes will be sponsoring this Special Bingo on **August 26th at 1:00PM**. They will be providing prizes and refreshments in addition to our normal monetary prize. Regularly scheduled games will be played. No sign up is necessary.

Tech Help ~ Mondays 9 AM to 11 AM 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 come ready with questions.**

NEW! Chair Volleyball ~ Tuesday, August 31st at 1:00 PM

We are very excited to start up CHAIR VOLLEYBALL this month! This is a very fun game that requires no experience or skills. We will be playing with a beach ball and the only rule is: you must stay in your CHAIR! If there is enough interest in this activity we will schedule it for every week. Come on down for some friendly competition and laughs. **Sign up begins Monday, August 2nd.**



Craft Class ~ Wednesday, August 25th at 1:00PM

Beata and Sylvia are back from Euro-American Connections of Berlin with an inspirational painting class. There is no cost. Supplies will be provided. Refreshments will be served. **Sign up begins Monday, August 2nd.**

Learn About CaptionCall ~ Wednesday, August 11 at 10:00 AM— Do you have trouble hearing on the phone? Do you keep asking people to repeat themselves? If so, you may be eligible for no-cost telephone captioning from CaptionCall. Their phone displays big, easy-to-read text that automatically captions your conversations. Come enjoy coffee and a pastry and learn about this federally funded program. Sign up begins Monday, August 2nd.

Coming in September....

Doing it Your Way: Empowering Loved Ones Through Planning
Friday, September 24th at 10:00 AM

Learn about how you can control your healthcare and finances with advance directives in case you become incapacitated and unable to express your desires in the future. Healthcare representatives, living wills and Power of Attorney will be discussed. Presented by Drazen Rubin Law, LLC of Milford and Farmington. **Sign up begins Wed, Sept 1st.**

Cardio Drumming

You're probably asking yourself: what is cardio drumming?! It is the latest exercise craze that is very simple and requires no skill! This exercise will get your whole body moving and will pump you up. The best part is that you can go at your own pace. Join us for some fun and see what it's all about! More information forthcoming.

SETBACK IS...BACK!!!

The Fall Setback Tournament will begin on Monday, Sept 13th @ 1pm. If you would like to be a "sub" player or you have a team of two who would like to play please contact Tina or Victoria at (860) 828-7006.



Weekly Classes

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 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.

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.**

Drop Ins

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

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.

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.

BINGO—Every Thursday @ 1:00PM.

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.

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.

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, August 12th and 26th.** 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, August 3	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, August 10	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, August 17	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, August 24	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, August 31	10:30 AM ~ 11:30 AM	Blood Pressure Screening

Walking Club

Enjoy the outdoors with a little pep in your step!

Cheryl Schlichting, from our Staff will be leading the group. **Walks will be scheduled every Thursday at 10:00 AM.** 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. **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** **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!

NEW: Connecticut Elder Justice Hotline



1-860-808-5555

The Attorney General's Office, in cooperation with the **Coalition for Elder Justice in Connecticut (CEJC)**, has launched the **Elder Justice Hotline – 1-860-808-5555**, a new resource to help older adults in Connecticut seek information, assistance, and justice. Have you been the victim of a fraud? Received a message demanding immediate payment and aren't sure if it's legitimate? Have you or your loved one been the victim of abuse or neglect? Do you need help accessing benefits or assistance? If so, contact the **Elder Justice Hotline** at **1-860-808-5555** and our staff can connect you to agencies who are available to help. The hotline will be staffed by the **Attorney General's Office Monday through Friday from 8am to 5pm**. If you are calling after hours, please leave a message and your call will be returned as soon as possible.

For more information, please visit: <https://portal.ct.gov/ag/elderhotline>



Mediactive - How to Participate in Our Digital World (Virtual Event) **Wednesday, August 11 at 7:00 PM**

Technology for Tomorrow and Arizona State University News Co/Lab are collaborating to deliver a course on how understanding media literacy principles can help you make sense of your digital media environment. Attendees will learn how to spot misinformation, how to assess credible sources and claims, and how to use media to participate in your community. In addition to course content, attendees will participate in smaller, facilitated, break-out discussions. Register here: www.AARP.org/CTEvents

Virtual U: Latin American Studies 3-Part Series (Virtual Event)

Join us as we welcome Dr. Mark Overmyer-Velazquez inaugural University Campus Director of the University of Connecticut at Hartford as he offers to us a 3-part series on Latin American Studies from his lens as a Professor of History and Latinx Studies.

Wed 9/15 @1PM - Hispanic Heritage Month: Celebration of the People

Wed 10/20 @7PM - Beyond Borders Register here: www.AARP.org/CTEvents

Visit www.aarp.org/ct for a variety of offerings, news & to sign up for event email announcements.

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!

AUGUST 2021

Events

Monday	Tuesday	Wednesday	Thursday	Friday
2 8:30am—Coffee Hour 9-11am—Tech Help (by appointment) 10:00am—Poker 10:00am—Scrabble 12:30pm—Bridge	3 8:30am—Coffee Hour 9:45am—Exercise 10:30am—B Pressure 12:45pm—Po Ke No	4 8:30am—Coffee Hour 9:30am—Social Left Overs 10am—Knitters 1pm—Coloring 1pm—Cribbage 1pm—Canasta 1:30pm Book Club	5 8:30am—Coffee Hour 9:30 am— Swedish Weaving 9:45am—Exercise 10am—Walking Club (OS) 1pm—Bingo	6 8:30am—Coffee Hour 9:30am—Yoga 11:15 am—Unwind, Relax, and Let Go 12:30pm—Foodshare 1pm—Wii Bowl 1pm—Photography 1:15pm—Mahjongg
9 8:30am—Coffee Hour 9-11am—Tech Help (by appointment) 10:00am—Poker 10:00am—Scrabble 12:30pm—Bridge	10 8:30am—Coffee Hour 9:45am—Exercise 10:30am—B Pressure 12:45pm—Po Ke No 1:00pm—Movie	11 8:30am—Coffee Hour 9:30 am—Social Left Overs 10am—Knitters 1pm—Coloring 1pm—Cribbage 1pm—Canasta 1:00pm Introduction to Aging Mastery Program	12 8:30am—Coffee Hour 9:30 am— Swedish Weaving 9:45am—Exercise 10am—Walking Club (OS) 1pm—Bingo FC (by appointment)	13 8:30am—Coffee Hour 9:30am—Yoga 10am—Ocean State 11:15 am—Unwind, Relax, and Let Go 1pm—Wii Bowl 1pm—Photography 1:15pm—Mahjongg 1:30pm—Walmart
16 8:30am—Coffee Hour 9-11am—Tech Help (by appointment) 10:00am—Poker 10:00am—Scrabble 12:30pm—Bridge	17 8:30am—Coffee Hour 9:45am—Exercise 10:30am—B Pressure 12:45pm—Po Ke No	18 8:30am—Coffee Hour 9:30 am—Social Left Overs 10am—Knitters 1pm—Coloring 1pm—Cribbage 1pm—Canasta	19 8:30am—Coffee Hour 9:30 am—Swedish Weaving 9:45am—Exercise 10am—Walking Club (OS) 1pm—Bingo	20 8:30am—Coffee Hour 9:30am—Yoga 11:15 am—Unwind, Relax, and Let Go 12:30pm—Foodshare 1pm—Wii Bowl 1pm—Photography 1:15pm—Mahjongg
23 8:30am—Coffee Hour 9-11am—Tech Help (by appointment) 9:30am—Specialty Shopping 10:00am—Poker 10:00am—Scrabble 12:30pm—Bridge	24 8:30am—Coffee Hour 9:45am—Exercise 10:30am—B Pressure 12:45pm—Po Ke No 1:00 pm—Movie	25 8:30am—Coffee Hour 9:30 am—Social Left Overs 10am—Knitters 1pm —Coloring 1pm—Cribbage 1pm—Canasta 1pm Crafts –Euro- American Connection	26 8:30am—Coffee Hour 9:30 am—Swedish Weaving 9:45am—Exercise 10am—Walking Club 1pm—Special Bingo FC (by appointment)	27 8:30am—Coffee Hour 9:30am—Yoga 10am—Ocean State 11:15 am—Unwind, Relax, and Let Go 1pm—Wii Bowl 1pm—Photography 1:15pm—Mahjongg 1:30pm—Walmart
30 8:30am—Coffee Hour 9—11am—Tech Help (by appointment) 10:00am—Poker 10:00am—Scrabble 12:30pm—Bridge	31 8:30am—Coffee Hour 9:45am—Exercise 10:30am—B Pressure 12:45pm—Po Ke No 1:00pm—Chair Volleyball			
9 Berlin Senior Center				

General Information

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.

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

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.

Greater Hartford Transit District

Fare Free Rides thru Labor Day Weekend

The Greater Hartford Transit District will be offering weekend fare-free ADA Paratransit service this summer through Labor Day Weekend (September 6, 2021). Passengers can book their rides and not pay a fare on the specified dates. In addition to Saturdays and Sundays, the fare free transportation dates will also include Labor Day Monday, September 6. Regular fares will be required on weekdays. Holidays operate on a reduced Sunday CTtransit schedule.

Monthly Meetings

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:

August 6th and 20th & September 3rd and 17th

PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED

Donations

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

Viola Sadin ~ In Memory of Barbara Brochetti
Grace (Griswold School) & Ryan Lee Foundation
James McNeil (3 donations) ~ Senior Center
Margaret Bishop ~ Shred It Event
Sandy Turner ~ Shred It Event
Paula Alkas ~ Shred It Event
Anonymous

In Memory of Carole DeSantis (our receptionist)

Irene DiPace
Kay Murray
Kathy Jedd
Cathy Baran
Anonymous ~ Senior Center
Sharon Donelli ~ Senior Center

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~



Berlin-Peck Memorial Library Monthly Events

Spanish and Polish Language Books: Coming soon! The library is adding books in Spanish and Polish. The collections will be located on the short shelves in the adult section, near the paperbacks.

Homebound Delivery: Did you know? Homebound Delivery is available to Berlin residents who are homebound (permanently or temporarily) due to illness, disability, injury, or age. We'll help you select books, music, magazines, audiobooks, large print books, DVDs, or any other library materials—then set up a delivery! Call 860-828-7126 for more information.

Senior Center Book Club: Wednesday, August 4, 1:30 pm. Join us at the Berlin Senior Center to discuss *Where the Crawdads Sing* by Delia Owens. Contact the library for a copy of the book. Register by calling 860-828-7126.

Poured Paint Planting Pots: Thursday, August 12, session one @ 5 pm or session two @ 6:30 pm. Learn the trendy, easy art of paint pouring while creating an eye-catching pot for your porch or garden. Registration is required. Program is in-person at the library. All library visitors should continue to wear masks during indoor programs.

Sit & Knit: Thursdays, August 5 and 19, 6:00 pm and Thursdays, August 12 and 26, 1:00 pm. Join us in the library's large meeting room for a relaxing session of knitting and good company—six feet apart, of course. All library visitors should continue to wear masks during indoor programs.

Alzheimer's Caregiver Support Group: Monday, August 16, 1:00 pm (online). A safe place for caregivers, family, and friends of persons with dementia. Join us to share practical information, feelings, needs and concerns. Sponsored and hosted by Hartford HealthCare Center for Healthy Aging and Alzheimer's Association. RSVP to Patty O'Brian: 203-859-1992. Join the Zoom meeting: <https://hartfordhealthcare.zoom.us/j/98719138494>.

Spice It Up! Za'atar (Pickup begins Wednesday, August 18). Try out a new spice each month! This month's kit includes a sample of za'atar, information sheets, and a few recipes to try.

Beyond the Breed: Exploring Dog DNA: Wednesday, August 18, 6:30 pm (online). Interested in the genetic make-up of your furry family members? Join us to learn about dog evolution and genetics! Presented by the Connecticut Humane Society. Register.

Decoding the Mysteries of Cats: Why Cats Do What They Do: Monday, August 23, 6:30 pm (online). Discover the evolutionary and adaptive forces that shape the lives of cats. Presented by Feline Behaviorist Stephen Quandt, Feline Behavior Coordinator for the Animal Care Centers of NYC and the ASPCA. Register.

Nutrition

Coffee Hour IS BACK!



(NOT YET RESUMED)

Berlin Senior Community Café – Congregate Meals

The Senior Center has an informal “coffee hour” available Monday through Friday from 8:30 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.

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

Town Department News

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 is open Sunday-Saturday from 12-6 p.m. Demore, Dinda, Bittner Jr. Memorial Pool will be open Monday-Friday from 12-7 p.m. and Saturday and Sunday from 12-6 p.m. Any other changes to pool hours will be posted at the pool. You 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 & Percival Pool will close on Aug 14th.**

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. 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 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.



Summer Word Search

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

RELAXATION
TRAVELING
HOT
SUNSHINE
POPSICLE

BARBECUE
OCEAN
BEACH
SUNBATHE
GRILLING

VACATION
SWIMSUIT
AIR CONDITIONING
SWIMMING
ICE CREAM

WATER PARK
LAKE
POOL
CAMPING
SPEEDBOAT

Movies

For the movie program, popcorn and water will be served. There is no charge for the program. 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, August 10th at 1:00pm ~ Life As We Know It~ Holly and Eric discover reciprocal hatred during their first date, but must put their feelings aside after becoming guardians of their friends' baby. **Rated PG-13**

Tuesday, August 24th at 1:00pm — Greater ~ Faith and determination transform a talentless football player at the University of Arkansas into an All-American in this inspiring true story. **Rated PG**



Specialty Trips

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 month will be to **Lenny & Joes in Westbrook on Friday, August 27th at 11:00 AM.** **We are limited to 12 people.** **Masks must be worn on the bus at all times.** **Sign up begins on Wednesday, August 11th.** **You may sign up yourself and one other.**

SPECIALTY SHOPPING TRIP

Our Specialty Shopping Trip this month will be to Price Chopper in Newington on **Monday, August 23.** **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.