



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

OCTOBER 2021

A Message from the Director ~

Happy Autumn! The cool weather has arrived and the leaves are starting to change to those vibrant fall colors.

Absentee ballots can be obtained either online on the Town’s Website <https://www.berlinct.gov> or from the Town Clerk’s Office. You will receive an application which needs to be filled out before the ballot is mailed to you. If you have any questions please contact the Town’s Clerk office at 860-828-7036.

We are looking for senior volunteers to organize and build our Senior Center Scarecrow entry for the Town’s Annual Scarecrow contest. Please contact myself or Victoria if you are interested. Entries have to be in place by Sunday, October 18th.

*“And all at once, summer collapsed into fall.”
Oliver Wilde*

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.

Special Events



LGBT Moveable Senior Center via Zoom Hosted by The Berlin Senior Center *Come Out and Connect!*

LGBT adults and allies are invited to join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour. The Berlin Senior Center is hosting! Held on **Thursday, October 28 at 12:00 PM**. Pre-registration is required. *Bringing your own lunch optional!* **Our October topic is "National Coming Out Day".**

Special Halloween Bingo, Thursday, October 28th at 1:00PM ~

Come and celebrate Halloween at Bingo. Wear a costume and be entered to win a prize! Halloween treats will be given out at the break. Our regularly scheduled games will be played. **No sign up necessary.**



AARP CT Virtual Programs Healthy Living Program Six-Week Virtual Workshop

Sessions begin Nov. 1 - Dec. 17, 2021

Registration closes on Oct. 15.

Start your path now to gain new skills in relationship building, expand your social networks and learning about yourself and others through group discussion and active learn strategies - all free, all virtual - with the **AARP Zero Isolation Program**. The virtual sessions are offered at the same time every week for a total of 6-weeks, and begin Nov. 1 - Dec. 17, 2021. A variety of session days and/times offered to meet schedule needs. To learn more check out this short video: <https://youtu.be/uIqqxA0YTMc>. ***To be considered for this program, please complete our registration. Be sure to answer "Yes" or "No" to all the scheduling-related questions to indicate your availability.*** Once your registration is complete, AARP will contact you to discuss your schedule. Questions? **Please email ctaarp@aarp.org** or call us to forward you the link.

Informational Session and Q&A: Con Artist Playbook

Take a look inside the mind of a fraud criminal and learn how to avoid scams. **Join AARP CT and attendees from around the U.S. as we offer this FREE, virtual session on Thursday, October 14, 2021 at 2:00 p.m. ET. AARP membership not required.**

Every day individuals are targeted by the criminal element via phone, email, online scams and ones you may not know about. Join us as we take a look at how you can protect yourself, loved ones while learning to SPOT & STOP criminals in their tracks with the AARP Fraud Watch Network "Con Artist Playbook". This is a live virtual session allowing you to ask questions and learn the warning signs that can stop a criminal in their tracks. Visit <https://states.aarp.org/connecticut/events-ct> to view all of their events.

Monthly Activities

**Aging Mastery Program Students, Please Note:
AMP will be held at 11:00 AM on Wednesday, October 13th***

Tech Help ~ Mondays 1 PM to 3 PM 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.**

Pumpkin Drive-Thru ~ Friday, October 15th at 10:00 AM~ Tis the season for pumpkin everything! Come and enjoy a slice of pumpkin pie and receive a small decorative pumpkin. **Sign up begins on Monday, October 4th.**

***NEW DAY*! Chair Volleyball ~ Friday, October 15th and 29th at 1:00 PM**
Chair volleyball 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! Come on down for some friendly competition and laughs. **Sign up begins on Monday, October 4th.**

Meet the Candidates ~ Tuesday, October 19 at 1:00 PM ~Come and listen to the candidates that are running for public office in Berlin. Each candidate will be allowed to speak for 15 minutes with a Question and Answer period at the end. **Sign up begins on Monday, October 4th.**

Cardio Drumming ~ Monday, October 25th at 10:00 AM ~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! **Tina and/or Victoria will be demonstrating throughout the month at various programs... so stay tuned! Sign up begins Monday, October 4th.**

Kensington Nursery School Halloween Parade—Friday, October 29th at 9:30AM ~
The students at the Kensington Nursery School will be at the Senior Center on Friday, October 29th at 9:30AM in their Halloween costumes. This event will be held outdoors this year. The event will be cancelled for inclement weather. We hope you will come to enjoy their costumes and their “spooky” songs. **No sign up necessary.**

Pumpkin Beauty Contest ~ October 29th at 1:00 PM ~ Come enjoy hot cider and apple cider donuts and vote for the decorated best pumpkin. Enjoy holiday themed spooky music on the keyboard, mix and mingle, and pick your favorite beauty queen or king. **Sponsored by National Healthcare Associates and Residence at Ferry Park. Sign up begins Monday, October 4th.**

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.

MAHJONGG - Every Wednesday morning at 10:00 AM. All levels of players are welcome.

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 @ 9:30AM. 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.

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, October 7th and October 21st.** 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, October 5th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, October 12th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, October 19th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, October 26th	10:30 AM ~ 11:30 AM	Blood Pressure Screening

Walking Club

Enjoy the outdoors with a little pep in your step!

Cheryl Schlichting, retired Senior Center Program Coordinator, 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.**

World Mental Health Day is Celebrated October 10th

The overall objective of World Mental Health Day is to raise awareness of mental health issues around the world and to mobilize efforts in support of mental health.

Here is a fact sheet on Mental Health of Older Adults:

<https://www.who.int/en/news-room/fact-sheets/detail/mental-health-of-older-adults>

If you do not have computer access, we will be happy to print you a copy of the fact sheet.

FLU Clinics @ Berlin Senior Center

Wednesday, October 13th from 2:00PM-6:00PM

Friday, October 22nd from 10:00 AM-2:00PM

The Central Connecticut Health District (CCHD) urges all CT residents to get their annual flu vaccination. CCHD will be hosting nine (9) Drive Thru flu clinics during October in their four district towns ~ Berlin, Newington, Rocky Hill and Wethersfield.

Please be advised, all vaccinations are by **APPOINTMENT ONLY** and must be scheduled online aboard **CCHD's VACCINE PORTAL**. Appointments are limited and will be scheduled on a first reserved, first served basis. To book an appointment today, please visit: <https://www.ccthd.org/vaccine-portal>. Need online scheduling assistance? Leave us a voicemail at (860)785-8380 x216.

Halloween Facts

- **Halloween originated from an ancient Celtic festival.** The origins of Halloween date back 2,000 years to the ancient Celtic festival of Samhain, which was celebrated on October 31 on the eve of their new year, according to the History Channel. The Celts believed that the dead returned to earth that night, and so they lit bonfires and donned costumes to ward off the ghosts.
- **Irish immigrants brought Halloween to the U.S.** During the mid-1800s, a flood of Irish immigrants fled from the potato famine to the U.S., bringing the tradition of Halloween with them.
- **Jack-o-lanterns were inspired by an Irish legend.** According to the History Channel, the name jack-o'-lantern is rooted in an Irish folktale about a man named Stingy Jack who fooled the devil and in turn was forced to walk the Earth with only a burning coal in a hollowed turnip to light his way. The Irish began to call him "Jack of the Lantern," and then just "Jack o'Lantern."
- **The most lit jack-o'-lanterns on display is 30,581.** The City of Keene, New Hampshire holds the Guinness World Record for the most lit jack-o'-lanterns on display (a whopping 30,581). Keene was the original record holder in this category and has broken the record eight times since then.
- **Trick-or-treating has existed since medieval times.** Trick-or-treating was inspired by the medieval English tradition of "souling," which involved children going door-to-door on All Souls Day, offering prayers for residents' deceased loved ones in exchange for food.
- **Trick-or-treating was also inspired by a tradition called "mumming."** In the middle ages, people began practicing a tradition known as mumming, in which they dressed up as ghosts and demons, and went door-to-door performing songs and scenes from plays in exchange for food and drink. This custom is believed to be an antecedent of trick-or-treating.
- **Candy wasn't given out to trick-or-treaters until the 1950s.** Halloween simply wouldn't be the same without those fun (and king!) size candy bars to sweeten the day. But there was a time when trick-or-treaters didn't receive candy at all, but rather pieces of cake, fruit, nuts, coins, and little toys, according to the History Channel. It wasn't until the 1950s, when candy makers began to promote their goods for Halloween, that candy became a staple on the trick-or-treating circuit. These days, one quarter of all the candy sold in the U.S. each year is purchased for Halloween.
- **Skittles are America's favorite candy and candy corn is America's least favorite candy.**
- **The fear of Halloween is called Samhainophobia.** The word comes from Samhain, the Gaelic festival that inspired Halloween.



From [20 Fun Halloween Facts You Didn't Know - Unusual Halloween Trivia \(thepioneerwoman.com\)](#)

Senior Center Book Discussion

Senior Center Book Club: Wednesday, November 3rd @ 1:30 PM Join us at the Berlin Senior Center for a discussion of *Educated* by Tara Westover. 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!

OCTOBER 2021

Events

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 8:30am Coffee Hour 9:30am Yoga 11:15 am Unwind, Relax, and Let Go 12:30pm Foodshare 1pm Wii Bowl 1pm Photography 1pm Craft Class</p>
<p>4 8:30am Coffee Hour 10:00am Poker 10:00am Scrabble 12:30pm Bridge 1 pm Setback 1-3pm Tech Help (by appointment)</p>	<p>5 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12:45pm Po Ke No</p>	<p>6 8:30am Coffee Hour 9:30 am Social Left Overs 10am Knitters 10am Mahjongg 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Aging Mastery</p>	<p>7 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 1pm Bingo Footcare – by appt only</p>	<p>8 8:30am Coffee Hour 9:30am Yoga 10am Ocean State 11:15am Unwind, Relax, and Let Go 1pm Wii Bowl 1pm Photography 1:30pm Walmart</p>
<p>11 <i>Columbus Day Senior Center is Closed for the Holiday</i></p>	<p>12 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12:45pm Po Ke No 1pm Movie “Book Club”</p>	<p>13 8:30am Coffee 9:30am Left Overs 10am Knitters 10am Mahjongg 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Aging Mastery CCHD Flu Drive Thru Clinic 2-6pm</p>	<p>14 8:30amCoffee Hour 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 1pm Bingo</p>	<p>15 8:30am Coffee Hour 9:30am Yoga 10am Pumpkin Drive Thru 11:15 am Unwind, Relax, and Let Go 12:30pm Foodshare 1pm Chair Volleyball 1pm Wii Bowl 1pm Photography</p>
<p>18 8:30am Coffee Hour 10:00am Poker 10:00am Scrabble 12:30pm Bridge 1pm Setback 1-3pm Tech Help (by appointment)</p>	<p>19 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12:45pm Po Ke No 1pm Meet The Candidates</p>	<p>20 8:30am Coffee Hour 9:30am Left Overs 10am Knitters 10 am Mahjongg 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Aging Mastery</p>	<p>21 8:30amCoffee Hour 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 1pm Bingo Energy Assistance (by appt only) Footcare –by appt</p>	<p>22 8:30am Coffee 9:30am Yoga 10am Ocean State 11:15 am Unwind 1pm Wii Bowl 1pm Photography 1:30pm Walmart CCHD Flu Drive Thru Clinic 10-2pm</p>
<p>25 8:30am Coffee Hour 10am Cardio Drumming 10:00am Poker 10:00am Scrabble 12:30pm Bridge 1 pm Setback 1-3pm Tech Help (by appointment)</p>	<p>26 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 10:30am Spec Shopping 12:45pm Po Ke No 1pm Movie “The Starling”</p>	<p>27 8:30amCoffee Hour 9:30am Left Overs 10am Knitters 10 am Mahjongg 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Aging Mastery</p>	<p>28 8:30am Coffee Hour 9:30am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm LGBT MSC 1pm Halloween Bingo</p>	<p>29 8:30am Coffee Hour 9:30am Yoga 9:30am KNS Halloween Parade 11:15 am Unwind 11:30am Lunch Bunch 12:30pm—Foodshare 1pm—Chair Volleyball 1pm—Wii Bowl 1pm—Photography 1pm Pumpkin Beauty Contest</p>

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.



Monthly Meetings

COMMISSION FOR THE AGING MEETING

NEXT MEETING: NOVEMBER 15th

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:

October 1, 15, and 29

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 ~ Senior Center

Jerry & Martha Pangakis

James McNeil

Eleanor & Orrin Riggott

Brian & Vicki Allen

Rose Wollman

Doris Marselle

Natalie & Joe DeMaio

James McNeil (2)

Anonymous

John & Janet Roman

Frank & Ginny Steele

Nancy Hollis

In Memory of Carole DeSantis

Senior Center Crafters

Linda Sturtevant

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

Sit & Knit: Thursdays in September. Join local knitters for knitting and good conversation. Call 860-828-7126 for program times or visit library calendar online at berlinpeck.org.

Simple Pasta Sauces (Online Program) Tuesday, Sept. 7 @ 6:30 pm.

COVID Update with Central Connecticut Health District (Online Program) Wednesday, Sept. 8 @ 6:30 pm.

Saturday Book Club: Saturday, Sept. 11 @ 10:30 am. Join us for a discussion of *The Fall of Marigolds* by Susan Meissner. Please contact the library to obtain a copy of this book. This discussion will take place in the library's large meeting room. If you prefer to participate online, there will be an option to do so. Please specify your preference (in-person or online) when registering.

Author Talk: Martha Hall Kelly (Online Program) Tuesday, Sept. 14 @ 7 pm.

Join us for a very special Zoom event with New York Times Best Selling author, Martha Hall Kelly! Kelly is the author of *The Lilac Girls*. The library will also host a viewing of this event live on a large screen in our meeting room. When registering, please specify if you will be attending on your own computer or if you will view it at the library.

Senior Center Book Club: Wednesday, Sept. 15 @ 1:30 pm. Join us at the Berlin Senior Center for a discussion of *The Vanishing Half* by Brit Bennett. Please contact the library to obtain a copy of this book.

Eat This Not That (Online Program) Thursday, Sept. 16 @ 6:30 pm. Join us for this fun and interactive nutrition program and learn how making simple tweaks in our foods lead to big results! Presented by Jill Patterson, RDN, an award-winning registered dietitian nutritionist, certified fitness instructor and personal trainer. Contact the library to register.

Dementia Caregiver Support Group (virtual) Monday, Sept. 20 @ 1 pm 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>

Author Talk: Libby Copeland, "The Lost Family" (Online Program) Monday, Sept. 27 @ 6:30 pm. Join Libby Copeland for a discussion of her new book, *The Lost Family: How DNA Testing Is Upending Who We Are*.

Nutrition

Coffee Hour



The Senior Center has an informal "coffee hour" available Monday through Friday from 8:30 AM to 10:00 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

Town Department News

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.

Berlin Social Services

Open Enrollment for Medicare D ~ October 15th to December 7th

Open enrollment for Medicare part D is from October 15th to December 7th. Please contact Doug Truitt, Assistant Director of Community Services at Town Hall to schedule an appointment. You may reach Doug @ 860-828-7059. His hours @ Town Hall are Monday- Wednesday 8:30am to 4:30pm, Thursday 8:30am to 7:00pm and Friday, 8:30am-1:00pm.

Energy Assistance Program

We will be taking appointments for Energy Assistance applications for those seniors **60yrs and older** who heat with **DELIVERABLE FUEL (OIL, KEROSENE & PROPANE)**. Those residents under the age of 60 yrs old would apply at the Berlin Social Services Dept. 860-828-7007 at Town Hall. Our first day of appointments is October 21st from 9:00am to 3:00pm.

Annual Income guidelines (for households whose heat is not included in their rent) are as follows:

One Person Household – Income cannot exceed \$ 37,645

Two Person Household – Income cannot exceed \$ 49,228

No Liquid Asset Test

Please call Victoria at 828-7006 with any questions you may have regarding eligibility requirements and documentation when scheduling your appointment. We will start taking applications for Electric and Gas customers starting late November.

Halloween Word Search



HALLOWEEN WORD SEARCH

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

COSTUME
CANDY
PUMPKIN
PARTY
MOON
BOO

TRICK OR TREAT
SPOOKY
JACK-O-LANTERN
HAUNTED
BLACK CAT
SPIDER
BAT

GHOST
MUMMY
VAMPIRE
FRANKENSTEIN
WITCH
ZOMBIE

USE THE REST OF THE LETTERS IN THE ORDER THEY APPEAR TO FIND THE ANSWER:

WHAT DID THE LITTLE VAMPIRE SAY IN THE HAUNTED HOUSE?

_____! ☺

www.florassippigirl.blogspot.com



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, October 12th~ Book Club ~ Four longtime friends and **book club** members--Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen--have their lives upended when they aim to spice up their mundane routines by reading the provocative bestseller Fifty Shades of Grey. With newfound confidence, they each begin to come alive as exciting romances are ignited and old flames are rekindled. **Rated PG-13**

Tuesday, October 26th~The Starling ~ A woman adjusting to life after a loss contends with a feisty bird that's taken over her garden — and a husband who's struggling to find a way forward. Starring: Melissa McCarthy, Chris O'Dowd, Kevin Kline. **Rated PG-13.**



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 **San Souci’s Restaurant in Meriden on Friday, October 29th at 11:30 AM.** **We are limited to 12 people. Masks must be worn on the bus at all times. Sign up begins on Wednesday, October 13th. You may sign up yourself and one other.** Telephone signups will be taken after 12 Noon on the 13th. If you went on last month’s trip you will need to wait until 12 Noon to sign up.

SPECIALTY SHOPPING TRIP

Our Specialty Shopping Trip this month will be to the Christmas Tree Shop in Manchester on Tuesday, October 26th at 10:30AM. **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. You may sign up yourself. Masks must be worn on the bus at all times. **Sign up will begin on Tuesday, Oct 19th.**