



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.....Beth Hrubiec,

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

MARCH 2022

- * BINGO will resume on Thursday, March 3 & The Spring Setback Tournament will start Monday, March 7.
- * Congregate meals are on hold until further notice.
- * There will be a Town Budget Forum at the Senior Center on Tuesday, March 29 at 1:30 PM.
- * We are looking for a volunteer for Coffee Hour Monday mornings. Please call us if you are interested.

*“May the
blessings of
each day be the
blessings you
need the most.”*

—IRISH BLESSING

RD

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.** Please make sure that you are ready one hour before your bus reservation time. The driver should not have to wait for you. 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

Asset Protection ~

Wednesday, March 16 at 1:00 PM ~ Amanda Gilbert-Largent, Attorney with Wiley Etter Doyon, LLC is back to give us an overview of protecting assets for Medicaid purposes. **Sign up begins Tuesday, March 1.**

History for Fun Series ~ Betty White

Friday, March 18 at 1:00 PM ~ Joe “The History Guy” is back for his History For Fun Series! Join us for his talk on the late Betty White on **Friday, March 18 at 1:00 PM**. Betty Marion White Ludden was an American Actress and comedian. White was noted for her vast work in the entertainment industry and being one of the first women to work both in front and behind the camera. Let’s share a few moments in laughter. Remember Password, Mary Tyler Moor Show, The Golden Girls, Saturday Night Live, Hot in Cleveland and many more very funny moments in our life-times. **Sign up begins on Tuesday, March 1.**



Understanding Cholesterol ~

Friday, March 25 ~ The American Society Of Consulting Pharmacists student chapter will be discussing: What is Cholesterol, Understanding cholesterol levels, risk factors for high levels of cholesterol, Statin Therapy, Alternative cholesterol medications, and Lifestyle changes. There will be time for Q&A. **Sign up begins on Tuesday, March 1.**

COMING IN APRIL

Easter Gnomes Craft ~ Sign up begins Tuesday March 1!

Friday, April 1 at 2:30 PM ~ The Berlin VNA is coming back in April another fun craft! Marlo and Edyta will show you how to make an adorable Easter Gnome for you to take home. All supplies included.



White House Memories with Alan DeValerio, Former White House Butler ~

Wednesday, April 27 at 1:00 PM ~ Former White House butler Alan DeValerio is coming to Connecticut!! He's going to give you the inside details about all the preparations involved in White House entertaining. Not only will he relate his first-hand experiences with

history, but he will pass on the stories from those people that he worked with (like Eugene Allen, on whom the movie “The Butler” was based) who have been taking care of our First Families ever since the Franklin Roosevelt administration! Alan will also display many of the White House artifacts (menus, programs, personal photos, etc.) that he has collected over the years. And after the program his new book “A History of Entertainment in the Modern White House” will be available for purchase and signing. This is a presentation that you won't want to miss! **Sign up begins Friday, April 1.**

Monthly Activities

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 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.**



Special St. Patrick's Day Bingo~

Thursday, March 17 at 1:00 PM ~

Ledgecrest Healthcare Center will be sponsoring this special St. Patrick's Day BINGO on **Thursday, March 17 at 1:00 PM**. They will be providing a St. Patrick's Day treat and prizes. Our regularly scheduled games will be played. No sign up is necessary.

LGBT Moveable Senior Center via Zoom, Come Out and Connect!

Monday, March 24th at 12:00 PM~

LGBT adults and allies are invited to join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour. Our March topic will be "Making Connections".

Bringing your own lunch is optional! Visit www.cthealthyliving.org to register



There are still some seats open Cardio Drumming classes! First come first serve, please call to sign up or to be put on a wait list.

Senior Center Book Discussion

Senior Center Book Club: Wednesday, March 23 @ 1:30 PM Join us at the Berlin Senior Center for a discussion of "Did You Ever Have a Family?" by Bill Clegg. 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!

Weekly Classes

Cardio Drumming ~

Mondays and Wednesdays at 10am & 10:45am

This exercise will get your whole body moving and will pump you up. The best part is that it requires no skill, and you can go at your own pace. Join us for some fun and see what it's all about! **FREE.**

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.

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, March 10th & 24th.** Services are provided by Jessica Semmens, 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, March 1	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, March 8	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, March 15	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, March 22	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, March 29	10:30 AM ~ 11:30 AM	Blood Pressure Screening

AARP Tax-Aide in Berlin

The AARP Tax-Aide Program is available this upcoming tax season at both the Berlin Senior Center and the Berlin-Peck Memorial Library. As in past years, **appointments are required**. New this year, **Taxpayers will need to obtain and complete the intake booklet PRIOR to their scheduled appointment.**

The booklet will be available at both the Senior Center and Library
or can be printed directly from the IRS website at:

irs.gov/pub/irs-pdf/f13614c.pdf. (Click if you are accessing newsletter online)

Appointments are available **Thursdays at the Senior Center and Tuesday afternoons at the Library**. An appointment is required for each tax year to be completed. So, taxpayer needing both 2020 and 2021 returns, will need to schedule 2 appointments. Berlin Senior Center: (860) 828-7006 or Berlin-Peck Memorial Library: (860)828-7125.

We're glad to be open again in Berlin and looking forward to seeing our clients!

Upcoming Changes to 3G Wireless Network

Sent from the CT State Unit on Aging ~

Did you know that service providers will be shutting down their 3G networks beginning in early 2022?

The Federal Communications Commission (FCC) has developed a [consumer guide](#) (click here) with more information on the 3G shutdown.

Anticipated shutdown dates by provider include:

- AT&T = on 2/22/22;
 - TMobile/Sprint = between March-July;
 - Verizon = by end of the year
 - Providers like Boost, Cricket, and Straight Talk also use the networks of the larger providers.
- The FCC encourages customers of any network to contact their carrier for more information. Many carriers may offer free or low-cost replacement phones or devices.

- This will affect **older devices** made for the 3G network, including but not limited to:
 - o cell phones
 - o tablets
 - o **personal emergency response system** devices
 - o smart watches
 - o assistive technology devices with SIM cards (possibly older augmentative communication devices and braille note takers)
 - o certain medical devices
 - o home alarm systems, and more.
 - o These devices on 3G networks will not be able to send texts, use data, or make or receive phone calls, including calls to 9-1-1.
 - o These devices **may** still be able to access services via a public or personal Wi-Fi network.
- Some devices may only require a software update to enable VoLTE (HD Voice) or other advanced services.

Older adults, people with disabilities, and people on fixed incomes may be affected.

What Can Consumers Do?

- Contact your or doctor for any concerns with a medical device; or your mobile provider, or the provider's website for more information about their 3G retirement plan.
- You may need to upgrade to a newer device to ensure that you can stay connected. Providers may be willing to help people upgrade if their current device is 3G; however, globally we are experiencing a microchip shortage – so could be shortages in general.
- Consumers with phones older than ~2013-2014, such as an iPhone 6 or a Samsung Galaxy S4 should contact their mobile carrier to determine if their device will be affected. To be safe, any device purchased before 2019 could be checked.
- If you purchased your phone independent of a mobile provider, you should be able to check whether your device is 4G LTE (with VoLTE or HD Voice) enabled by checking your phone's settings or user manual, or by searching your phone's model number on the internet, to determine whether you need to purchase a new device or install a software update.
- If you *did not* purchase your phone through a mobile provider, you may be able to check whether your device is 4G LTE (with VoLTE or HD Voice) enabled. This would help you determine if you need to purchase a new device or install a software update. To check, use your phone's settings and find the About Phone option. You can also search for this information in your phone's user manual or by searching your phone's model number on the Internet.

MARCH 2022				Events
Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12:45pm Po Ke No 	2 8:30am Coffee Hour 10/10:45am Cardio Drumming 10am Knitters 10 am Mahjongg 1pm Coloring 1pm Cribbage 1pm Canasta	3 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 1pm BINGO EA by appt only Tax Aide by appt only	4 8:30am Coffee Hour 9:30am Yoga 11:15 am Unwind, Relax, and Let Go 12:00pm Foodshare 1pm Wii Bowl 1pm Photography
	8 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12:45pm Po Ke No	9 8:30am Coffee Hour 10/10:45am Cardio Drumming 10am Knitters 10 am Mahjongg 1pm Coloring 1pm Cribbage 1pm Canasta	10 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 1pm BINGO EA—by appt only FC—by appt only Tax Aide by appt only	11 8:30am Coffee 9:30am Yoga 10:00am Ocean State 11:15 am Unwind, Relax, and Let Go 1pm Wii Bowl 1pm Photography 1:30 pm Walmart
	14 8:30am Coffee Hour 930am Special Shop 10:00am Poker 10:00am Scrabble 10/10:45am Cardio Drumming 1pm Bridge 1pm Setback 1-3pm Tech Help (by appointment)	15 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12:45pm Po Ke No	16 8:30am Coffee 10/10:45am Cardio Drumming 10am Knitters 10 am Mahjongg 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Asset Protection	17 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 1pm Special BINGO EA by appt only Tax Aide by appt only
	21 8:30am Coffee Hour 9:30am Special Shop 10:00am Poker 10:00am Scrabble 10/10:45am Cardio Drumming 1pm Bridge 1pm Setback 1-3pm Tech Help (by appointment)	22 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12:45pm Po Ke No 1pm Movie (Rescued by Ruby)	23 8:30am Coffee Hour 10/10:45am Cardio Drumming 10am Knitters 10 am Mahjongg 1pm Coloring 1pm Cribbage 1pm Canasta 130pm Book Club	24 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 1pm BINGO EA by appt only FC by appt only Tax Aide by appt only
	25 8:30am Coffee 9:30am Yoga 10 am Ocean State 11:15 am Unwind, Relax, and Let Go 1pm Wii Bowl 1pm Photography 1pm Understanding Cholesterol 1:30 pm Walmart			
28 8:30am Coffee 10:00am Poker 10:00am Scrabble 10/10:45am Cardio Drumming 1pm Bridge 1pm Setback 1-3pm Tech Help	29 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12:45pm Po Ke No 1:30pm Budget Forum	30 8:30am Coffee Hour 10/10:45am Cardio Drumming 10am Knitters 10 am Mahjongg 1pm Coloring 1pm Cribbage 1pm Canasta	31 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 1pm BINGO EA by appt only FC by appt only Tax Aide by appt only	

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

HHC Alzheimer's and Dementia Caregiver Virtual Support Group

Do you care for someone diagnosed with dementia? A support group provides emotional, educational and social support. Topics include: communication techniques, caregiver support, benefits of activities, and stages of the disease, family dynamics and safety issues.

First Tuesday of the month at 10 AM

Third Monday of the month at 1 PM

Last Monday of the month at 10:30 AM

Second Wednesday of the month at 6:30 PM

REGISTRATION REQUIRED: Call 1.855.HHC.

HERE (1.855.442.4373) or go to

HartfordHealthCare.org/VirtualClasses

After you register, you'll receive an email with easy instructions on joining the virtual class.

Monthly Meetings

COMMISSION FOR THE AGING MEETING **NEXT MEETING: MONDAY, MARCH 21ST**

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

MOBILE FOODSHARE

at Sacred Heart Church, 48 Cottage Street, East Berlin

Bus Transportation is available if needed.

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

March 4th & 18th

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:

James McNeil

Judy Gallo

Paul Dobrowolski

Anonymous

During the past 2 years 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

Spice It Up! Sumac (pickup begins Wednesday, March 16). This month's kit includes a sample of sumac, information sheets, and a few recipes to try. Place a hold on a kit beginning 3/1.

Sit & Knit: Thursdays in March. Visit library calendar for dates/times: www.berlinpeck.org Join local knitters for a relaxing time filled with knitting and good company!

Forever Ireland (online program) Tuesday, Mar. 8, 6:30 pm. Storyteller Monica Peterson brings the history, humor, and magic of the Irish people to life in this fascinating program.

Health and Wellness with Naturopathic physician, Dr. Nicole Klughers – Blood Sugar Balance and Natural Support for Diabetes (online program) Thursday, March 10, 6 pm.

Zentangle (online program) Wednesday, Mar. 9, 6 pm. Zentangle is a method of creating abstract art through structured patterns.

Courageous Conversations: Saturday, March 19 @ 10:30 am. Join us for an open, respectful conversation about Social Safety Nets. visit or contact the library to get this information and read more about the program series on our website.

Bald Eagles in Connecticut (online program) Thursday, Mar. 24, 6:30 pm. Join Ginny Apple, a Master Wildlife Conservationist with the State Department of Energy and Environmental Protection, for a talk about these magnificent birds of prey that so fascinate onlookerstheir valuable contributions

Saturday Book Club Saturday, March 26 @ 10:30 am. Please join us in a discussion of *Push* by Ashley Audrain.

How to Survive the Apocalypse (online program) Monday, Mar. 28, 6:30 pm. Dr. Michelle Ritchie draws on diverse perspectives (disaster management, geography, and climate science) to examine the many apocalyptic aspects of global environmental change. Attendees will gain a deeper understanding of Earth's changing climate at the global scale, resultant impacts at the regional and local scales, and—perhaps most importantly—how apocalyptic events can be mitigated and adapted to. This talk will close with a discussion of how attendees can improve their personal emergency preparedness and foster visions of hope for the future.

You're Making Me Blush: The history of Women's Makeup (online program). Tuesday, Mar. 29, 6:30 pm. Celebrate Women's History Month with the Grounded Goodwife. The first historical traces of makeup on record can be found in cave paintings of Paleolithic women with portions of their body colored in reddish-brown tones. In ancient Egypt, women wore makeup as a marker of wealth believed to appeal to the gods. Queen Victoria declared makeup to be vulgar! For some women, makeup is something that should always be applied before leaving the house, and for others, it's unnecessary and offensive. The next time you pop on your magnetic mink fake eyelash strips, think about all that women have gone through in order to give you the freedom to choose. Learn about the history of women's makeup with Ehris Urban and Velya Jancz-Urban of the Grounded Goodwife.

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/TEA ON FRIDAYS FROM 8:30 AM TO 10:00 AM.

Berlin Senior Community Café – Congregate Meals

Lunch is served Monday - Friday at Noon. A suggested donation of \$2.50 per person is requested. At this time to order a meal please call the Senior Center 860-828-7006 between 10:30 AM - 12:00 PM only. 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 sure you notify the Center of your lunch cancellation.

Town Department News

Berlin Police Department News

Did you know that the Berlin Police and Fire Department has two contact numbers, 9-1-1 to report an emergency and 860-828-7080 for routine complaints and information inquiries.

Some people delay calling 9-1-1 in emergency situations because they “don’t want to bother anyone” or because they turn to family members first. 9-1-1 operators note that it is usually elderly persons who delay calling, particularly during nighttime emergencies, preferring to wait until morning to call. Delay often complicates the handling of emergency situations.

When you call 9-1-1 the first question the dispatcher is going to ask is the location of your emergency. They will then proceed with asking questions about your emergency. This is to ensure we have your location in case the phone becomes disconnected.

If you call 9-1-1 and are reporting a medical emergency, the dispatcher will tell you to remain on the phone and transfer you to Hunters Ambulance’s Emergency Medical Dispatcher. They will begin by asking the town or city you are reporting your emergency in. They will follow by asking for your address and phone number. Following their protocols, they will ask this 2 times to ensure they have your information correct. This does not delay the response of the ambulance. The ambulance is simultaneously be dispatched by another dispatcher.

Here are some questions and answers to help you use 9-1-1 appropriately.

Question #1: When should I call 9-1-1?

Answer: Call 9-1-1 for emergencies! An emergency is when immediate police, fire or medical assistance is needed to protect life or property. Call 9-1-1

- To report a crime
- To report a fire
- If you are injured or suddenly become ill
- To report a missing person, particularly a child or elderly person who may be in danger.

Question #2: When shouldn’t I call 9-1-1?

Answer: You shouldn’t call 9-1-1 to ask for the phone number for the town hall. You shouldn’t call 9-1-1 to ask when the parade starts, or to complain about a neighbor’s loud music. These are legitimate concerns, but are *not emergencies*. Phone numbers for town offices are listed in the blue pages of the phone book and also can be found on the internet. Police departments have phone numbers for non-emergency situations. 9-1-1 operators recommend keeping phone numbers for routine police matters near the phone.

Question #3: What if I’m not sure if a situation is an emergency?

Answer: When in doubt, *always* call 9-1-1. As part of their education, 9-1-1 operators are trained to determine whether a situation is an emergency or not.

Question #4: Is there another number I can call for non-emergency information?

Answer: Connecticut residents can call 2-1-1 (Infoline) for many different types of help. Professional call specialists help callers with such complex issues as substance abuse, gambling, domestic violence programs, suicide prevention, financial problems, and much more. The most frequently requested services are: Financial Assistance, Food, Protective Services, Legal Assistance, Child Care, Utilities, Hear, Social Support, Housing, and Mental Health. Infoline’s staff is available 24 hours a day.

Berlin Senior Services

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)**. For residents under 60 years of age you must contact New Opportunities of Greater Meriden directly to schedule an appointment. 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 are taking deliverable fuel, electric and gas customers at this time. Please call the Senior Center to schedule an appointment.

Saint Patrick's Day Word Search



Saint Patrick's Day

March 17

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

BLARNEY
CHARM
CLOVER
DANCE
DUBLIN
EMERALD

GOLD
GREEN
IRELAND
ISLE
LEPRECHAUN
LIMERICK

LUCK
MARCH
PARADE
RAINBOW
SHAMROCK



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, March 22 at 1:00 PM ~ Rescued by Ruby ~ Dog lovers, this one's for you: "State trooper Dan (Grant Gustin) dreams of joining the K-9 Search & Rescue team, but no one will give him the chance. Shelter dog Ruby dreams of having a home, but is running out of hope. When fate brings Dan and Ruby together, it's their unshakable bond that helps them face their toughest challenge yet." **Based on a true story**, and adapted from the short stories *Ruby: A Dogwink Story* and *Dogwink Ruby* by Squire Rushnell and Louise DuArt, *Rescued by Ruby* is directed by Katt Shea, from a script by Karen Janszen.



Specialty Trips

LUNCH BUNCH" TRIP



There will be no Lunch Bunch during the winter months.

We will resume in April!

SPECIALTY SHOPPING TRIP

Our Specialty Shopping Trip this month will be to **Boscov's in Meriden** on **Monday, March 14.** 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.