



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

SEPTEMBER 2021

This year, senior centers have sown a great deal — probably more than ever imagined. As a senior center professional, I am proud of my staff and other Senior Center professionals in CT who shined a light on our centers by showing the entire nation how vital we are to the health and well-being of a community. We transformed our centers to virtual classrooms, created drive thru events, set up phone hotlines so we could provide continued means of social engagement and activity during bleak times, turning the table on ageist stereotypes about older adults and technology use. We provided countless hours of support and encouragement and delivered food, supplies, masks, and whatever else was needed. We became even more integral to health care delivery in our communities by providing COVID-19 guidance, vaccine education, and vaccinations to our members. And we played an outsized role in addressing an issue that we all knew was important even before the pandemic: social isolation. Senior centers are re-opening again, but it will never be business as usual going forward. In years past, a theme for National Senior Center Month was chosen. This year, the National Council on Aging instead encouraged us to choose a theme or topic that spoke to our senior center in our community. I would have to say the theme would be:

Senior Centers ~The Heart



of the Community!

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 contact: **info@waytogoct.org or (860)268-6167.**

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

A, B, C & D's of Medicare Wednesday, September 8th at 11:30 AM

Are you or someone you know:

- On a Medicare Supplement (Medigap) Plan?
- Curious about the Safe Discharge laws?
- On a Medicare Advantage Plan?
- Looking to Potentially Lower Your Healthcare Premiums?
- Wondering what the BIGGEST gap in Medicare really is?
- Confused about the "Observation" crisis?

If so, please join us for this educational seminar addressing how Medicare works and the changes coming in 2022. This presentation will be led by Roger Moss from Bankers Life. Beverages, pizza, salad and dessert will be served. **Sign up begins Wednesday, Sept 1st.**

Breakfast with Berlin Monday, September 13 at 10:00 AM "New" Library Director

Monday, September 20 at 10:00 AM "New" VNA Director

Monday, September 27th at 10:00 AM "New" Assistant Senior Center Director

Our "new" Town staff will be sharing with you about their respective departments and services.
Enjoy a continental breakfast provided by the Senior Center.

Sign up begins Wednesday, Sept 1st.

Drive-Thru Food Drive Friday, September 17 at 11:00 AM

In honor of Hunger Action Month, we encourage you to come out and make a donation of any size to support our Berlin Food Pantry. Please stop by the Center to pick up a list of items needed or call to request a copy be emailed to you.

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 Wednesday, Sept 1st.**

Coin Program Tuesday September 28 at 1:00 PM

Blair Soucy has been collecting coins for over 50 years and is a professional coin dealer. He is also the President of the Litchfield County Coin Club and Vice President of the Bristol, CT Coin Club. He is also an American Numismatic Association life member. Blair will talk about the hobby of coin collecting, the U.S. Mint, the gold and silver bullion market and provide a general overview of coin and currency collecting. You are encouraged to bring any coins or currency for Blair to look at. **Sign up begins Wednesday, September 1st**

Monthly Activities

NEW! Chair Volleyball ~ Tuesday, September 7 & 21 at 1:00 PM

We are very excited to start up CHAIR VOLLEYBALL! 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! Come on down for some friendly competition and laughs.

The Fall Setback Tournament will begin on Monday, Sept 13th @ 1:00 PM

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. We will pass on your information to the Setback group.

Cooking & Kitchen Hacks with Tina ~ Friday, September 17th at 1:00PM

Come join us and learn about cooking hacks that’ll make you say “How Come Nobody told me this sooner?” Then learn some quick and clever kitchen hacks which will change how you cook for the better. Limited to 8 students. Free. **Sign up begins Wednesday, Sept 1st.**

Craft Class ~ Wednesday, September 22nd at 1:00PM

Beata and Sylvia from Euro-American Connections of Berlin will be here to do a wonderful craft. There is no cost. Supplies will be provided. Refreshments will be served. **Sign up begins Wednesday, Sept 1st.**

Special Bingo ~ Thursday, September 23rd at 1:00PM

Cori Zuppardi from Caring People Inc. will be sponsoring this Special Bingo on **September 23rd at 1:00PM**. She will be providing prizes and goodies. 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.**

Cardio Drumming ~ Coming in October

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!**

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, September 9th & 23rd.** 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, September 7	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, September 14	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, September 21	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, September 28	10:30 AM ~ 11:30 AM	Blood Pressure Screening

Walking Club

Enjoy the outdoors with a little pep in your step!

Leading the group will be either our Volunteer, Cheryl Schlichting or Assistant Director, Victoria Hellberg. **Walks will be scheduled every Thursday at 10:00 AM.** You will be asked to meet our leaders at the chosen spot. We 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 Virtual Programs

Virtual U Music History 6-Part Series: A Reflection of Times: Join us as we travel through time to reflect on the people who shaped our communities, across generations, through music. Prof Stephen Armstrong of CT's first Age-friendly University, Central Connecticut State University, transports you through decades in this series. Learn how music impacted how we lived, mirroring our response to the times. You will also learn ways to participate in creating an age-inclusive society from wherever you live, learn, and recreate. Individual registration required for each seminar.

9/1 @ 1PM The Beatles and American Society by AARP CT Webinar Wednesdays

9/29 @ 1PM Elvis Presley and His Impact on A Decade by AARP CT Webinar Wednesdays

Fraud Fighting Fourth Fridays: Powered by AARP CT & the Coalition for Elder Justice in CT shining a light on the scams in your community. **9/24 @ 10AM Investment Fraud Training: Protecting Yourself and Others from Fraud and Financial Abuse** Join staff from the U.S. Securities and Exchange Commission for a live webinar on investment fraud and financial abuse. Learn about the common scams targeting Connecticut residents, the common persuasion tactics that criminals use, and the profile criminals look for when targeting people for investment-fraud (which may surprise you).

Master Aging Through This Nationally Recognized Program!



AgingMastery

Aging Mastery 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. Registration is required.**

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.

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

LGBT adults and allies are invited to join the CT LGBT Moveable Senior Center via Zoom for Rainbow Lunch Hour. Held on **Thursday, September 23 at 12:00 PM**. Pre-registration is required. *Bringing your own lunch optional!* Our September topic is "**Resourcefulness and Healthy Living**" [Click Here to Register](http://www.cthealthyliving.org) or visit www.cthealthyliving.org.

Falls Prevention Awareness Week **September 20—24, 2021**

According to the U.S. Centers for Disease Control and Prevention, one-fourth of Americans over age 65 falls each year.

Check to see if you're at risk of falling with NCOA's [Falls Free CheckUp \(ncoa.org\)](https://ncoa.org/falls-free-checkup). At the end of the assessment, the tool will display a score, and you can email the results to yourself to share with their health care provider.

- If you don't have a computer, call us to do the Assessment over the phone with you and we will print your score out for you.

Senior Center Book Discussion

Senior Center Book Club: Wednesday, September 15th @ 1:30 PM Join us at the Berlin Senior Center for a discussion of *The Vanishing Half* by *Brit Bennett*. 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!

SEPTEMBER 2021

Events

Monday	Tuesday	Wednesday	Thursday	Friday
  HAPPY LABOR DAY		1 8:30am—Coffee Hour 9:30am—Left Overs 10am—Knitters 10 am—Mahjongg 1pm—Coloring 1pm—Cribbage 1pm—Canasta	2 8:30am—Coffee Hour 9:30 am—Swedish Weaving 9:45am—Exercise 10am—Walking Club (OS) 1pm—Bingo	3 8:30am—Coffee Hour 9:30am—Yoga 11:15 am—Unwind, Relax, and Let Go 12:00pm—Foodshare 1pm—Wii Bowl 1pm—Photography
	7 8:30am—Coffee Hour 9:45am—Exercise 10:30am BP Screening 12:45pm—Po Ke No 1 pm—Chair Volleyball	8 8:30am—Coffee Hour 9:30 am—Left Overs 10am—Knitters 10 am—Mahjongg 11:30 am—A,B,C,D's of Medicare 1pm—Coloring 1pm—Cribbage 1pm—Canasta	9 8:30am—Coffee Hour 9:30 am—Swedish Weaving 9:45am—Exercise 10am—Walking Club (OS) 1pm—Bingo	10 8:30am—Coffee Hour 9:00am—Yoga 9:30am—Ocean State 11-1pm Senior Center Closed 1-4pm Staff Training / Meeting at Center NO PM Programs
13 8:30am—Coffee Hour 9-11am—Tech Help (by appt) 10—Breakfast w/ Berlin 10:00am—Poker 10:00am—Scrabble 12:30pm—Bridge 1 pm—Setback	14 8:30am—Coffee Hour 10:30am—B Pressure 12:45pm—Po Ke No 1:00 pm Movie NO Exercise Class Democratic Primary Polling Site Voting All Day	15 8:30am—Coffee Hour 9:30 am—Left Overs 10am—Knitters 10 am—Mahjongg 1pm—Coloring 1pm—Cribbage 1pm—Canasta 1pm—Aging Mastery 1:30 pm—Book Club	16 8:30am—Coffee Hour 9:30 am—Swedish Weaving 9:45am—Exercise 10am—Walking Club (OS) 1pm—Bingo	17 8:30am—Coffee Hour 9:30am—Yoga 11:15 am—Unwind, Relax, and Let Go 12:00pm—Foodshare 1pm—Wii Bowl 1pm—Photography
20 8:30am—Coffee Hour 9-11am—Tech Help (by appt) 9:30am—Shopping 10:00am Breakfst w/ Berlin 10:00am—Poker 10:00am—Scrabble 12:30pm—Bridge 1 pm—Setback 7 pm—CFA Meeting	21 8:30am—Coffee Hour 9:45am—Exercise 10:30am—B Pressure 12:45pm—Po Ke No 1 pm—Chair Volleyball	22 8:30am—Coffee Hour 9:30 am—Left Overs 10am—Knitters 10 am—Mahjongg 1pm—Coloring 1pm—Cribbage 1pm—Canasta 1pm Crafts—Euro-American Connection 1pm—Aging Mastery	23 8:30am—Coffee Hour 9:30 am—Swedish Weaving 9:45am—Exercise 10am—Walking Club (OS) 1pm—Special Bingo	24 8:30am—Coffee Hour 9:30am—Yoga 10am—Ocean State 10 am—Doing It Your Way 11:15 am—Unwind, Relax, and Let Go 1pm—Wii Bowl 1pm—Photography 1:30pm—Walmart
27 8:30am—Coffee Hour 9—11am—Tech Help (by appt) 10:00am Breakfast w/ Berlin 10:00am—Poker 10:00am—Scrabble 12:30pm—Bridge 1 pm—Setback	28 8:30am—Coffee Hour 9:45am—Exercise 10:30am—B Pressure 12:45pm—Po Ke No 1 pm—Coin Program	29 8:30am—Coffee Hour 9:30am—Left Overs 10am—Knitters 10 am—Mahjongg 1pm—Coloring 1pm—Cribbage 1pm—Canasta 1pm—Aging Mastery	30 8:30am—Coffee Hour 9:30 am—Swedish Weaving 9:45am—Exercise 10am—Walking Club (OS) 1pm—Bingo	

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:

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:

In Loving Memory of Carole DeSantis (our receptionist)

Lois White

Ray & Lorraine Jurgilewicz

Robert Brown

Joe Kozalka

Wendy Kingsbury

Janet Robinson

Elaine LaValle

Frank & Ginny Steele

Rejeanne Regan

Barbara Gombotz

Lois Sarisky

James McNeil

Rose Wollman

Anonymous

During the past 15 months of the pandemic many seniors and town residents have been very generous by making donations to the Senior Center. This is just a partial list of our donors. We thank you from the bottom of our hearts for thinking of us and for your generosity. I will continue to list the remaining donors 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

Town Buildings Closing Schedule, September 10th 2021

- Berlin Town Hall will close at 11 a.m. on Friday, September 10, 2021 for the Annual Staff Picnic.
- The Berlin-Peck Memorial Library will be open from 1 p.m. to 5 p.m.
- The Community Center and the Senior Center will be closed at 11 a.m. and re-open at 1 p.m.

Community Center

The Community Center will fully re-open on **Tuesday, September 7**. We ask that everyone who uses the facility to please wear a mask.

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 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.

Labor Day Word Search

Name: _____

Date: _____

Labor Day Word Search



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

CARPENTER
SEPTEMBER
BREAK
CELEBRATE
END

SUMMER
POLICE
PICNIC
FALL
TEACHER

SCHOOL
WORKERS
WEEKEND
MONDAY
FAMILY

HOLIDAY
VACATION
FIREFIGHTER
NURSE
BARBECUE

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, September 14th at 1:00pm ~ Return to Me ~ starring David Duchnovny and Minnie Driver. A man who falls in love with the woman who received his wife's heart must decide which woman it is who holds his heart.
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 **Bill's in Westbrook on Friday, September 24th 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, Sept 8th.** If you went on last month's trip you will have to wait until 12 Noon to sign up for this month's trip. This allows everyone a chance to go to the shore for lunch. You may sign up yourself and one other.

SPECIALTY SHOPPING TRIP

Our Specialty Shopping Trip this month will be to **Burlington Coat Factory in Newington on Monday, Sept. 20th .** 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.