



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 &

Ed Alicea

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

JUNE 2022

Greetings from the Director,

Great events are planned for this month:

- Central CT Health District Vaccine Booster Clinic - Wednesday, June 15th 10-2pm. This clinic is for those seniors that were vaccinated at the Senior Center. Please call to make an appointment.
- Shred It Event-Date To Be Determined. It will be from 8-Noon. This free event is open to **Berlin seniors only**.
- Strawberry Shortcake Festival, Monday, June 20th at 1pm. Sign up begins June 1st.
- Tina and Victoria's Flamingo Friday Birthday Celebration on July 1st at Noon. Sign up begins on Monday, June 6th.

“Having fun is a choice. Choosing to have fun depends on you only! “

Tina



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www.BerlinMemorialFuneralHome.com

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Michelle Fetterman, Owner
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Berlin VNA



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Berlin Senior Center, Berlin, CT

06-5282

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 appts, grocery shopping, pharmacies, banks, post office, town buildings, hair salons, barber shops, nail salons and specialty shopping. 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 the hours of 8:30am—3pm. Please remember to have the address of the doctor and time of appointment in front of you when calling to reserve a ride. 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. All calls for rides home must be made by 3:00pm. Lastly, you are allowed two stops per day except when going to the grocery store. If you have any questions please contact the 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

Learn about your 2 Medicare Covered Home Health Benefits~

Monday, June 13th at 1:00 PM~

Did you know that you have 2 Home Health Benefits covered by Medicare? Andie Mackey of AccentCare Hospice & Palliative Care of CT will highlight the differences between the Medicare Hospice Benefit and the Medicare Home Health Care Benefit. **Sign up begins Wednesday, June 1st.**

Rock Painting ~ Friday, June 17th at 1:00 PM

Beata and Sylvia are back from Euro-American Connections of Berlin with an inspirational rock painting class on **Friday, June 17th at 1:00 PM**. There is no cost and supplies will be provided. **Sign up begins Wednesday, June 1st.**

Ticks and Tickborne Illness in Connecticut ~ Wednesday, June 22nd at 1:00 PM

Join Central Connecticut Health District's public health nurse & health educator for an information session on ticks and tickborne illnesses in Connecticut on **Wednesday, June 22 at 1:00 PM**. You will learn what types of ticks are common in our state, basic information about local tickborne illnesses, how to prevent tick bites and how to keep your yard and pets safe. You will also have the opportunity to ask questions and learn some resources for further information. **Sign up begins Wednesday, June 1st.**



Ceramic Rose Painting ~ Friday, June 24th at 1:00 PM

Lisa Salamon will be leading a fun ceramic rose painting activity on **Friday, June 24 at 1:00 PM**. The roses were made and donated by our very own Cathy Baran and she has put them on a dowel so you can stick them in the ground to adorn your yard! There is no cost and supplies will be provided. **Sign up begins Wednesday, June 1st.**

History For Fun: Singin' in the Rain, The Story behind the Story ~

Monday, June 27th at 1:00 PM -

Joe The History Guy is back to present one of his newest talks! **Gene Kelly and Debbie Reynolds** were American actors, dancers, singers, filmmakers, and choreographers. They were known for their energetic and athletic dancing styles, good looks, and the likable characters they played on screen. They starred in, choreographed, or co-directed some of the most well-regarded musical films of the 1940s and 1950s. Get to know them and have some fun on **Monday, June 27th at 1:00 PM**. This is the story of the skill and hardships in making the film, cited by the Library of Congress as the best musical during the during Hollywood's Golden Years of Musicals. **Sign up begins Wednesday, June 1st.**



Easy Care Roses for the Home Garden ~ Wednesday, June 29th at 1:00 PM

June is National Rose Month! Marci Martin is currently the Master Consulting Rosarian at Woodland Gardens in Manchester. She is also a Rose Garden Consultant for personal and commercial gardens around the state. She will be here on **Wednesday, June 29th at 1:00 PM** to teach you all about growing roses here in Connecticut! Find out rosarians' secrets to become a successful rose gardener. Find out which roses do well in our climate without being fussy. Enjoy all the colors and forms of modern roses. She will be handing out Osmocote samples-each packet will feed a 10" pot full of flowers for months! Bring your rose questions with you. **Sign up begins Wednesday, June 1st.**

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 Bingo~

Thursday, June 16 at 1:00 PM ~

Ledgecrest Healthcare center will be sponsoring a Special BINGO on **Thursday, June 16 at 1:00 PM**. They will be providing cake for our intermission. Our regularly scheduled games will be played. No sign up is necessary.

Monday, June 20 at 1:00 PM

Strawberry Shortcake Festival

Let's bring in the start of strawberry season with some entertainment and fun. We will have long-time popular solo artists, T-Bone Stankus and Brian Gillie who have teamed up as the Elderly Brothers, serving up mint-condition "oldies" rock 'n' roll. No sleepwalk down memory lane with these guys. Enjoy the solid groove and the upbeat, move-it-or-lose-it, '50s and '60s bandstand repertoire. Make sure you stick around after their performance to indulge in some strawberry shortcake. Sign up begins Wednesday, June 1st.



June is National Men's Health Month!

Did you know that Heart Disease is the #1 health concern for men in the United States? Here are some ways that you can reduce your risk of heart disease, according to the CDC—

1. Know your **blood pressure**. Having uncontrolled blood pressure can result in heart disease.
2. Talk to your health care provider about whether you should be tested for **diabetes**. **Quit smoking**. If you don't smoke, don't start.
3. Discuss checking your **cholesterol and triglyceride** levels with your health care provider.
4. Make **healthy food**. Having overweight or obesity raises your risk of heart disease.
5. **Limit alcohol** intake to one drink a day.
6. **Lower your stress level** and find healthy ways to cope with stress



Men's Health Presentation

Tuesday, June 28th at 1:00 PM

The Berlin VNA will be here on **Tuesday, June 28th at 1:00 PM** to discuss Cardiac Health, along with Mental and Cognitive Health. Sign up begins Wednesday, June 1.



Tina & Victoria's Flamingo Friday Birthday Celebration!

Tina and Victoria invite you to celebrate their birthday (both on July 2nd!!) on **Friday, July 1 at 12:00 PM**. We will be having sandwiches, chips, and ice cream. This celebration will also be our first "Flamingo Friday"! Everyone who attends will get their own Flamingo with a number on it. Each Friday during July and August we will pull a number and announce the winner on our weekly robo call! The weekly winner will get a fabulous prize. Make sure you listen in! Sign up begins Monday, June 6th.

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, June 9 & 30.** 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, June 7	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, June 14	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, June 21	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, June 28	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.

SAMHSA'S 988 Suicide and Crisis Lifeline

From The State Unit on Aging — On July 16th, the National Suicide Hotline number **9-8-8** will go live as a simplified way of getting connected to help if you or someone you know is experiencing suicidal ideation and need help. This line connects you to one of over 250 agencies that can help a person who is at risk of death by suicide.

The National Suicide Hotline that is currently in use 1-800-273-8255 will remain a working number even after the 9-8-8 number is in effect. The 9-8-8 number was created to simplify the process at accessing help when it is most needed. ***For more information on suicide prevention and resources you may visit:***

<https://www.samhsa.gov/find-help/988>

suicidepreventionlifeline.org

<https://portal.ct.gov/DMHAS/Programs-and-Services/Finding-Services/Suicide-Resources>.

Depression and Suicide/Suicidal Ideation are NOT a normal part of aging!

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Congregate Meals

CW Solutions Senior Community Cafe				
T TO CHANGE		SUGGESTED DONATION		
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
 				
		1	2	3
	Cream of Mushroom Unsalted Crackers Fish Fillet Potato Wedges Cole Slaw Tartar Sauce WW Hamburger Roll Tropical Fruit Cup	Apple Juice Chicken Fajita with Onions and Peppers Mexican Rice Soupy Beans Tortilla Brownie	Grape Juice Salisbury Steak with Vegetable Gravy Mashed Potato Green Beans Dinner Roll Banana	
	6	7	8	9
	Veal Parmesan Linguini and Sauce Winter Blend Veggies Oatmeal Bread Fresh Apple	Mushroom Barley Soup Unsalted Crackers Pork Riblette Sweet Potatoes Green Beans Rye Bread Cantaloupe Wedge	Pineapple Juice Meatloaf with Onion Gravy Mashed Potato Beets with Dill and Garlic 100% WW Bread Chocolate Chip Cookie	Cranberry Juice Turkey Tetrazzini Brown Rice Brussel Sprouts Dinner Roll Pecan Pinwheel
13	14	15	16	17
Vegetable Lasagna with Cream Sauce Zucchini 12 Grain Bread Fresh Orange	Spaghetti with Meat Sauce Italian Blend Veggies Garlic Bread Citrus Sections	Pork Loin with Pan Gravy Brown Rice Peas and Onions Rye Bread Tropical Fruit Cup	Cranberry Juice Philly Cheesesteak Onions and Peppers Tater Tots Cole Slaw Sub Roll Applesauce	Pier 17 Fish Tartar Sauce Brown Rice Capri Blend Veggies Rye Bread Pineapple Chunks
20	21	22	23	24
Turkey Kielbasa Pierogies Red Cabbage Rye Bread Applesauce	Orange Juice Bruschetta Chicken Penne Italian Blend Veggies  Garlic Bread Short Bread Cookies	Chili Baked Potato with Cheese Broccoli Sour Cream Corn Muffin Fruited Yogurt	Cranberry Juice Crab Cakes Rice Pilaf Brussel Sprouts W.W. Dinner Roll Ice Cream Sandwich	Tomato Florentine Soup Unsalted Crackers Egg Salad with Celery Potato Salad Broccoli and Red Pepper Salad Rye Bread Fresh Pear
27	28	29	30	
Hearty Vegetable Soup Unsalted Crackers Hot Dogs Baked Beans Cole Slaw Hot Dog Roll Tropical Fruit Cup	Orange Juice Sliced Turkey with Turkey Gravy Rice Summer Squash Oatmeal Bread Birthday Cake	American Chop Suey with Beef, Onions, Elbow Macaroni, and Tomato Sauce Peas 12 Grain Bread Citrus Sections	Hamburger Lettuce and Tomato Steak Fries Green Beans Hamburger Roll Pineapple Cup	

MAY 2022				Events
Monday	Tuesday	Wednesday	Thursday	Friday
		1 8:30am Coffee Hour 10/10:45am Cardio Drumming 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 1pm BINGO	3 8:30am Coffee Hour 9:30am Yoga 10:00am Ocean State 11:15 am Unwind, Relax, and Let Go 1pm Wii Bowl 1pm Photography 1:30 pm Walmart
6 8:30am Coffee Hour 10:00am Poker 10:00am Scrabble 10/10:45am Cardio Drumming 1pm Bridge 1pm Setback Drop In 1-3pm Tech Help (by appointment)	7 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12:45pm Po Ke No	8 8:30am Coffee Hour 10/10:45am Cardio Drumming 10am Knitters 10 am Mahjongg 1pm Coloring 1pm Cribbage 1pm Canasta	9 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 1pm BINGO Footcare (by apt)	10 8:30am Coffee Hour 9:30am Yoga 11:15 am Unwind, Relax, and Let Go 12:00pm Foodshare 1pm Wii Bowl 1pm Photography
13 8:30am Coffee Hour 10:00am Poker 10:00am Scrabble 10/10:45am Cardio Drumming 1pm Home Health Benefits 1pm Bridge 1pm Setback Drop In 1-3pm Tech Help (by appointment)	14 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12:45pm Po Ke No 1:00pm Movie (Blue Hawaii)	15 No Cardio Drumming 8:30am Coffee Hour 10am Knitters 10 am Mahjongg 1pm Coloring 1pm Cribbage 1pm Canasta	16 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 1pm Special BINGO	17 8:30am Coffee Hour 9:30am Yoga 10:00am Ocean State 11:15 am Unwind, Relax, and Let Go 1pm Wii Bowl 1pm Photography 1pm Rock Painting 1:30 pm Walmart
20 8:30am Coffee Hr. 10:00am Poker 10:00am Scrabble 10/10:45am Cardio Drumming 1pm Strawberry Shortcake Festival 1pm Bridge 1pm Setback Drop In 1-3pm Tech Help (by appointment) CFA Meeting	21 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12:45pm Po Ke No	22 8:30am Coffee Hour 10/10:45am Cardio Drumming 10am Knitters 10 am Mahjongg 1pm Ticks 1pm Coloring 1pm Cribbage 1pm Canasta	23 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 1pm BINGO Footcare (by apt)	24 8:30am Coffee Hour 9:30am Yoga 11:15 am Unwind, Relax, and Let Go 11:00am Lunch Bunch 12:00pm Foodshare 1pm Wii Bowl 1pm Photography 1pm Ceramic Rose Painting
27 8:30am Coffee Hour 10:00am Poker 10:00am Scrabble 10/10:45am Cardio Drumming 1pm History for Fun 1pm Bridge 1pm Setback Drop In 1-3pm Tech Help (by appointment)	28 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12:45pm Po Ke No 1pm Men's Health	29 8:30am Coffee Hour 9:30am Special Shop 10/10:45am Cardio Drumming 10am Knitters 10 am Mahjongg 1pm Easy Care Roses 1pm Coloring 1pm Cribbage 1pm Canasta	30 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 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

***UPDATE* Re: CT State Parks and Forests**

Passport Parking fees are now eliminated at Connecticut State Parks for those with Connecticut registered vehicles. To make this possible, **an increase in registration fees was passed by the General Assembly**. It is \$5 per year, which means \$10 for the customary two-year registration renewal for all non-commercial motor vehicles. Seniors 65+ with a one-year registration renewal will have only an additional \$5 fee each year. For more info, visit: <https://portal.ct.gov/DEEP/State-Parks/Passport-to-the-Parks>

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!

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, JUNE 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:

June 10th & 24th

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

Paul Dobrowolski

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! June's herb will be dill. Place holds starting June 1st. Distribution begins 6/16.

Sit & Knit: Thursdays in June. Join local knitters for a relaxing time of with knitting & good company!

Courageous Conversations: Voting and Elections: Saturday, June 4 @ 10:30 am. Join us for an open, respectful discussion of voting and elections in America. Participants are asked to read this month's background resources prior to the conversation. Find resources here: <https://berlinpeck.org/cc/>

"Queen of the Coop" Author Lisa Steele (online program) Tuesday, June 7 @ 6:30 pm. Join author and award-winning blogger, Lisa Steele, better known as "Queen of the Coop". In her newest book, *The Fresh Eggs Daily Cookbook*, Lisa will expand your egg repertoire beyond the usual breakfast fare of fried, poached, and scrambled. Register.

Voting in Our Elections: Thursday, June 9 @ 6 pm. This presentation will be led by Berlin's Registrars of Voters and Town Clerk and is intended to help citizens become more informed about the local voting process. The presenters will cover information on voting registration, new polling locations, redistricting, and more. Registration is required.

Save at the Supermarket (online program): Monday, June 13 @ 6:30 pm. Equip yourself with tools to slash your grocery bill while eating nutritiously with this informative and interactive workshop with Presenter Jill Patterson, RDN. Register.

New Britain Symphony Orchestra Mini Concert: Tuesday, June 14 @ 6:30 pm. Reg. required.

Living with Connecticut's Wildlife: Wednesday, June 15 @ 6 pm. This presentation will teach us how to live with and enjoy our wild neighbors. Presenter Paul Colburn is a certified Master Wildlife Conservationist. Registration required.

Author Visit with Stewart O'Nan (online) Thursday, June 16 @ 7 pm. Bestselling author Stewart O'Nan will be discussing his new book *Ocean State*.

Juneteenth Event: Saturday, June 18. Details to be announced.

Dementia Caregivers Support Group (online) Monday, June 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>

Boldest and Most Beautiful: Connecticut's Traprock Ridglands: Tuesday, Jun. 21, 6:30 pm: Presenter Peter M. LeTourneau, Ph.D. will explore the unique geology, ecology, history, and cultural significance of Connecticut's traprock ridglands. Register.

Book Club: Saturday, June 25 @ 10:30. Join us for a discussion of *A Gentleman in Moscow* by Towles. Please contact the library for a copy of the book. Register.

Make and Take: Botanical Wood Prints: Thursday, Jun. 30, 6:30 pm. Learn how to transfer vintage botanical prints to wood to create unique decor. Cancellation policy applies. Registration required.

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. **To order a meal please call Emily at 413-640-1111. You must order your meal by Wednesday at 12pm for the following week.** 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

May 18th Memorial Service for Berlin Officer Jeffrey Casner who was killed in the Line of Duty.

Comments by Chief Matthew McNally IV

This past weekend, tens of thousands of law enforcement officers and their families went to our nation's capital to celebrate National Police Week and to memorialize and honor those who have made the ultimate sacrifice in the performance of their duty with a Memorial service at the steps of the Capitol on Sunday, May 15th. The emotions of the past week are not lost on those of us here today as we complete the week of showing respect for those who serve.

This morning, we gather here at the graveside of Berlin Police Officer Jeffrey Casner, badge #56, who also gave his life in the performance of his duty on February 2nd 1985. Thirty seven years have passed since Officer Casner, with only 3 months of service, made the ultimate sacrifice while directing traffic at an accident scene on the Berlin Turnpike. His sacrifice and our memory of that sacrifice shall never be diminished. The loss of life of a police officer in the performance of his/her duty is always tragic and affects family, friends and community with no end. Officer Casner had a bright and promising future ahead of him at the age of 21. His death was made even more tragic, as his life was cut short by the criminal decision of a drunk driver to get behind the wheel of a motor vehicle, and operate that vehicle with no regard for the lives of others, turning it into a weapon that took the life of our young brother officer. To add to the tragedy of that night, Jeffrey's older brother, also a Berlin police officer, was working the shift. Officer Casner was survived by his parents, his two sisters, and his brother. He was also survived by every police officer who has ever served, continues to serve and those who will serve, as the Thin Blue Line represents the entire law enforcement family. This senseless tragedy is a reminder of the constant dangers our brave men and women in law enforcement face every single day. A rather routine call to respond to an accident and conduct traffic direction resulted in a young officer losing his life in the line of duty.

I'm grateful that the vast majority of our nation's citizens truly appreciate the service and sacrifice of law enforcement. They recognize the men and women serving are good people who put their uniforms on every day and take extraordinary risks to protect others. When we hire police officers, we are looking for individuals that embody the best of this profession -- all that is good, all that is wholesome, all that is pure, all that is righteous. Officer Jeffrey Casner embodied all those things. Officer Casner is an officer who took those risks to protect others. And he made the ultimate sacrifice in doing so. I know our officers and the community of Berlin will never forget his service and sacrifice. May God continue to bless Officer Jeffrey Casner and all of our nation's brave law enforcement officers.

Berlin Social and Youth Services

We will take applications for the Renter's Rebate Program beginning May 2, 2022. Renter's Rebate is for Renters 65 years and older; 50 years + for surviving eligible spouse; or 18 years old with 100% permanent disability. Must have 1 year residency. Income eligibility is \$46,400 and less for married couples and \$38,100 and less for single individuals. The program runs through October 1, 2022. Documentation needed for the application process includes income from 2021, rent receipts from 2021, and utility payment history from 2021. Please call 860-828-7007 to schedule an appointment or for more information.

CT ENERGY ASSISTANCE PROGRAM DEADLINE EXTENDED TO JUNE 30TH

Governor Lamont announced that the state has extended by one month the deadline by which households can apply for benefits for the 2021-2022 season from the original deadline of May 31, 2022, to the new deadline of June 30, 2022. Additionally, for qualifying households that use oil or propane, the state will pay for fuel deliveries through May 31, 2022. 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.

SUMMER FUN

Word Search Puzzle



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



BAREFOOT
BASEBALL
BEACH
BICYCLE
CAMPING
COOKOUT
FAIRGROUND
FIREWORKS

FISHING
FLIP FLOPS
FRIENDS
FRISBEE
GAMES
ICE CREAM
LEMONADE
OUTDOORS

PICNIC
POPSICLE
ROAD TRIP
SPRINKLERS
SUNSHINE
SWIMMING
VACATION
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EURO-AMERICANSM
CONNECTIONS & HOMECARE

ART CLASS FOR SENIORS AT THE BERLIN SENIOR CENTER



RSVP BY:
4/20/2022
Eva J

Friday May 13
1.00pm -
2.00pm

Join us for food, fun and a good time,
while we create art with our Seniors at
the Berlin Senior Center. This calming
event has become a tradition since we
started this at our location in Berlin on
Valentines day in 2019.

WE PROVIDE FULL LIVE - IN
AND HOURLY CARE.

SERVICES INCLUDE:

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CHORES
COOKING
ACTIVITIES

860-829-0208

Thrive Locally



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, June 14 at 1:00 PM ~ Blue Hawaii

After being discharged from the U.S. Army, cool guy Chadwick Gates (Elvis Presley) returns home to Hawaii. Following several years of strict military life, Gates wants nothing more than to hang loose and surf all day. His family pressures him to work for the family pineapple business. Much to the chagrin of his snobby mother (Angela Lansbury), Gates lands a job as a tour guide at the same company where his girlfriend, Maile (Joan Blackman), also works.



Specialty Trips

LUNCH BUNCH” TRIP



Each month the senior center organizes a “lunch bunch” trip with the transportation provided by the senior center bus. Participants pay \$1.00 for their ride plus the cost of their own meal. This month will be to **Lenny & Joe’s in Westbrook on Friday, June 24th.** **The bus will leave the Senior Center at 11:00 AM. We are limited to 12 people. Sign up begins on Wednesday, June 8. You may sign up yourself and one other.** Telephone signups will be taken after 12 Noon on the 8th. 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 **Burlington Coat Factory OR Stew Leonard’s in Newington on Wednesday, June 29th.** **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.