



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..... 8:30am-4:00pm
Tuesday8:30am-4:00pm
Wednesday 8:30am-4:00pm
Thursday..... 8:30am-4:00pm
Friday 8:30am-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

JULY 2022

Greetings from the Director,

Happy Summer! It's time to enjoy the long days of sunlight, family picnics, fireworks and days at the beach. Just remember to make it a healthy and safe summer. Use your sunscreen and bug spray. Stay hydrated and cool on those hot days.

Reminder— if you are a non-resident member your yearly dues are due. The yearly fee is \$36.00. Please give your payments to Victoria or Beth.

If you would like to receive the monthly newsletter "Center Lines" via email please contact Victoria at vhellberg@berlinct.gov.

The Photography Group will resume on Friday, July 8th.

Summertime is always best of what might be.

~Charles Bowden~

Tina



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www.BerlinMemorialFuneralHome.com

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Kensington, CT 06037

Michelle Fetterman, Owner
860-828-8786

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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

Electricity From Plants ~ Monday, July 11 at 2:00 PM

Did you know that plants can generate electricity? Come and learn all about this interesting topic on **Monday, July 11 at 2:00 PM**. Presented by Jeff The Plant Guy, who has over forty-five years' experience in horticulture. He's funny, historic, sometimes dramatic and otherwise quite entertaining. If you have a question about a specific plant, please bring a picture, leaf, cutting or the whole plant, for an assessment by Jeff the Plant Guy for identification and or bug eradication. If you have a plant to swap or a cutting to share please bring it along as well. **Sign up begins Friday, July 1.**



Mocktail Hour ~ Wednesday, July 13 at 1:00 PM

Join us for a fun "Mocktail Hour" on **Wednesday, July 13 at 1:00 PM**. We will be serving up a few popular non-alcoholic cocktails (otherwise known as 'mocktails'). There will be plenty of socializing, fun, and Hors d'Oeuvres! **Sign up begins Friday, July 1.**

Beating Boredom ~ Wednesday, July 20 at 1:00 PM

July is National Anti-Boredom Month! Boredom is a common feeling. Feeling unsatisfied by an activity, or uninterested in it, can lead to boredom. Boredom may occur when we feel energetic but have nowhere to direct our energy. It may also occur when we have difficulty focusing on a task. Finding creative and healthy ways to beat boredom will improve our everyday lives. Once we've identified the causes, we can approach boredom with a set of positive challenges and stimuli to keep it at bay. Jo Anne Harrison-Becker, M.S. will lead this workshop on **Wednesday, July 20 at 1:00 PM** where we will complete a leisure interest survey, discuss the following topics and engage in some fun and stimulating anti-boredom activities. **Sign up begins Friday, July 1.**

***RESCHEDULED* Hearing Loss Presentation Followed by FREE Hearing Assessments! Wednesday, June 20 at 2:00 PM**

Nova Hearing will provide a light and fun conversation about hearing loss. We will cover a wide range of topics to Who is affected, the causes, and how it effects every age group. Along with topics on anatomy of the ear, the brain affects and how hearing loss allows other illnesses to persist such as balance and depression. Sam Johnston will bring his 40 years of experience to share his stories, answer your questions and tell you what the experts are doing to help! (Free hearing Assessments to follow presentation). **Sign up begins Friday, July 1.**

***RESCHEDULED* Balance Without Fear**

Friday, July 29 at 1:00 PM ~Have no fear! A safe and steady balanced – focus class is here! Guided by a Rehabilitation professional, you will learn more about how to regain stability and control over movements that require you to weight shift and explore movements, inside and outside your comfort zone. This class will be a blend of simple progressions, inspired by T'ai Chi, Yoga, developmental movement patterns and more. This class is accessible to all and will include static and dynamic balance positions and can include sitting and standing and possibly positions on the floor, depending on participant's comfort level. Poses will be demonstrated and modified for safety and access. All you have to gain is confidence and a new respect for balance! Led by Jennifer Hirschberg-Wise, owner and founder of Radiant Journey, Occupational Therapy & Integrative Wellness. **Sign up begins Friday, July 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 Bingo ~ Thursday, July 21 at 1:00 PM ~

Ledgecrest Healthcare center will be sponsoring a Special BINGO on **Thursday, July 21 at 1:00 PM**. They will be providing cake for our intermission. Our regularly scheduled games will be played. No sign up is necessary.

Flamingo Fridays

Did you receive a Flamingo at Tina & Victoria's birthday party?! Everyone with a flamingo has their very own number on the bottom—make sure you tune into our robocalls every Friday during the summer! That is when we will be pulling a number and announcing the lucky winner of the week! Winners will receive a fabulous prize.



Craft Class ~ Friday, July 15th at 1:00 PM

Beata and Sylvia are back from Euro-American Connections of Berlin to lead a fun Patriotic craft on **Friday, July 15th at 1:00 PM**. There is no cost and supplies will be provided. **Sign up begins Friday, July 1.**



Summer Bash ~ Friday, July 22 at 1:00 PM Join us for an afternoon of entertainment, food, and fun on **Friday, July 22 at 1:00 PM**! Ashly Cruz is back with her new “Party Cabaret Show”, which is packed with dance tunes from the 50's and 60's as well as beautiful ballads. Everyone will be singing and clapping along to their favorite music! After the show enjoy a delicious dessert.

CTDOT and CT DEEP ParkConneCT Program

The Connecticut Departments of Transportation and Energy and Environmental Protection are



pleased to announce the ParkConneCT program, a collaboration of CTDOT and CT DEEP. This program aims to provide safe and reliable transportation within a 10 minute walk to Hammonasset Beach, Silver Sands, Fort Trumbull, Osbornedale, Indian Well, Sleeping Giant and Sherwood Island State Parks.

The ParkConneCT Pilot Program will run through Labor Day weekend (9/5/2022). All public buses statewide will operate without collecting fares through December 1, 2022. Holidays during the program are observed on 5/30/2022, 7/4/2022, and 9/5/2022. Connections to the parks listed above are available from nearby train stations, providing access to the parks on a regional basis.

Visit <https://portal.ct.gov/DEEP/State-Parks/Park-Connect> for more info

Weekly Classes

Cardio Drumming ~

Mondays and Wednesdays at 10am

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 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. 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.

NEW Line Dancing with Joel Sylvestro Fridays at 1:00 PM

Join Joel Sylvestro who known across New England for his expert dance skills and musicality, his sense of humor, and his "joie de vivre". Includes country western and ballroom line dancing. **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, July 14.** 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 \$30.00.** 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, July 5 | 10:30 AM ~ 11:30 AM | Blood Pressure Screening |
| Tuesday, July 12 | 10:30 AM ~ 11:30 AM | Blood Pressure Screening |
| Tuesday, July 19 | 10:30 AM ~ 11:30 AM | Blood Pressure Screening |
| Tuesday, July 26 | 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 Resources Senior Community Café

July, 2022

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
|  | | | | |
|  Fourth of July Closed | 4 Eggplant Rouloti Marinara Sauce Ziti Broccoli and Cauliflower  12 Grain Bread Brownie | 5 Cream of Broccoli Unsalted Crackers Crabmeat Salad Sandwich 3 Bean Salad Cucumber, Onion, Dill Salad Hot Dog Roll Watermelon | 6 Chicken Salad with Cranberries Pasta Salad with Broccoli, Red Peppers, White Beans, Carrots Club Roll Banana | 7 NO CONGREGATE MEAL |
| 8 Florentine Chicken Lemon Orzo Broccoli and Red Pepper Happy Birthday Whole Wheat Bread Birthday Cake | 9 Stuffed Shells with Meat Sauce Green Beans Italian Bread Pineapple Chunks | 10 Chef Salad with Ham, Turkey, Cheese, Cheese, Egg, Veggies Italian Dressing Breadstick Fresh Fruit | 11 Orange Juice Slow Cooked Pork in Pan Gravy Roasted Herb Potatoes Squash Medley Dinner Roll Grapes | 12 Taste of Asia Teriyaki Pork Fried Rice Oriental Vegetables Fortune Cookie  100% Whole Wheat Pineapple Chunks |
| 13 Cranberry Juice Pork Riblet with BBQ Sauce Corn with Black Beans Cole Slaw Corn Muffin Ice Cream | 14 Salisbury Steak with Mushroom Gravy Sliced Potatoes Broccoli  Multi Grain Bread Peaches | 15 Baked Fish Buttered Rice with Peas and Mushrooms Squash Medley Tartar Sauce Rye Bread Orange | 16 Macaroni, Chicken, and Pea Salad Broccoli and Red Pepper Salad Mustard Dinner Roll Fresh Fruit Salad | 17 Roast Beef with Horseradish Sauce Mashed Potatoes Brussel Sprouts 12 Grain Bread Fruited Yogurt |
| 18 Italian Sausage (Mild) with Onions and Peppers Rice Pilaf Spinach Club Roll Fruit Cocktail | 19 Cranberry Juice Meatloaf with Onion Gravy Mashed Potatoes Pease and Carrots Dinner Roll Fresh Peach | 20 Spaghetti with Turkey Meatballs Broccoli Parmesan Cheese Italian Bread Lemon Pudding | 21 Orange Juice Cod Fish with Butter Crumb Topping Broccoli and Cheese Rice Green and Yellow Beans Rye Bread Cantaloupe | 22 Apple Juice Hot Dog Baked Beans Sauerkraut  Hot Dog Roll Animal Cookies |

| JULY 2022 | | | | Events |
|--|--|---|--|---|
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | | | | 1 8:30am Coffee Hour 9:30am Yoga 10:00am Ocean State 11:15 am Unwind, Relax, and Let Go 12pm Birthday Party 1pm Wii Bowl 1pm Line Dancing 1:30 pm Walmart |
| SENIOR CENTER CLOSED  | 5 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No | 6 8:30am Coffee Hour 10:00am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta | 7 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm BINGO | 8 8:30am Coffee Hour 9:30am Yoga 11:15 am Unwind, Relax, and Let Go 12:00pm Foodshare 12pm Lunch 1pm Wii Bowl 1pm Photography 1pm Line Dancing |
| 11 8:30am Coffee Hr. 10:00am Poker 10:00am Scrabble 10:00am Cardio Drumming 12pm Lunch 1pm Bridge 1pm Setback Drop In 1-3pm Tech Help (by appointment) 2pm Electricity from Plants | 12 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Movie: <i>Amelia</i> | 13 8:30am Coffee Hour 10am Knitters 10 am Mahjongg 10:00am Cardio Drumming 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Mocktail Hour | 14 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm BINGO Footcare (by apt) | 15 8:30am Coffee Hour 9:30am Yoga 10:00am Ocean State 11:15 am Unwind, Relax, and Let Go 12pm Lunch 1pm Wii Bowl 1pm Photography 1pm Line Dancing 1pm Craft Class 1:30 pm Walmart |
| 18 8:30am Coffee Hr. 10:00am Poker 10:00am Scrabble 10:00am Cardio Drumming 12pm Lunch 1pm Bridge 1pm Setback Drop In 1-3pm Tech Help (by appointment) | 19 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No | 20 8:30am Coffee Hour 10:00am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Beating Boredom 2pm Hearing Loss & Assessments | 21 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm Special BINGO | 22 8:30am Coffee Hour 9:30am Yoga 11:15 am Unwind, Relax, and Let Go 12:00pm Foodshare 12pm Lunch 1pm Wii Bowl 1pm Photography 1pm Line Dancing 1pm Summer Bash |
| 25 8:30am Coffee Hour 10:00am Poker 10:00am Scrabble 10:00am Cardio Drumming 12pm Lunch 1pm Bridge 1pm Setback Drop In 1-3pm Tech Help (by appointment) | 26 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No | 27 8:30am Coffee Hour 9:30am Special Shop 10:00am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta | 28 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm BINGO | 29 8:30am Coffee Hour 9:30am Yoga 10:00am Ocean State 11:00am Lunch Bunch 11:15 am Unwind, Relax, and Let Go 12pm Lunch 1pm Wii Bowl 1pm Photography 1pm Line Dancing 1pm Balance W/o Fear 1:30 pm Walmart |

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, SEPTEMBER 19th**

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:

July 8th & 22nd

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:

Andy Thiede - prizes for Flamingo Fridays
Dawn Hoffman - prizes for Flamingo Fridays
Anonymous—prizes for Flamingo Fridays
Joe Kozalka—raffle basket
Imelda Mongillo—Girl Scout Cookies and Crispy Crème Donuts
Jane Hudson—yarn and material for Crafters
Beth Hrubiec—Tin of cookies
Evie Pampuro—prizes for special bingo

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

Summer Reading Program for Adults! Win prizes just for reading all summer long! Sign up online at www.berlinpeck.org or visit the library for more information.

Spice It Up! July's will be Pico Fruta seasoning. Place holds starting July 1st. Distribution begins 7/13.

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

Movie Matinee: Friday, July 1 @ 1 pm: *The Dog* (Channing Tatum). Rated PG-13.

Movie Matinee: Friday, July 8 @ 1pm: *Journal for Jordan*. Rated PG-13.

PBS documentary: Monday, July 11 @6:30 pm: *My Garden of a Thousand Bees*. Register.

Make and Take: DIY Dog Toys: Thursday, July 14 @ 6:30 pm. Learn how to create 2 types of dog toys. You may keep your finished creations for a special pup in your life or leave them with us for donation to the Friends of Berlin Animal Control. Please bring an old t-shirt. All other supplies will be provided. Registration required.

Saturday Book Club: Saturday, July 16 @ 10:30 am: *Maybe You Should Talk to Someone* by Lori Gottlieb. Please contact the library for a copy of the book.

Dementia Caregiver Support Group (ONLINE) Monday, July 18 @ 1:00 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>

Kitchen Secrets with Carbone's Prime (ONLINE) Wednesday, July 20 @ 3:00 pm. Get a rare behind-the-scenes look at Carbone's Prime! We have been invited to get a special sneak peek inside Carbone's Prime new food truck and get a personal cooking lesson with Chef Matt and Paul. Join us to learn how to make hand-picked summer dishes, hot off the food truck! This event will be streamed live on Zoom and Facebook (Cora Belden Library). Registration is required to receive the Zoom meeting link. Registration required. Sponsored by a collaboration between the Berlin-Peck Memorial Library, Wethersfield Library, Lucy Robbins Welles Library (Newington) and the Cora Belden Library (Rocky Hill).

Movie Matinee: Friday, July 22 @ 1pm: *No Time to Die (James Bond)*. Rated PG-13.

Movie Matinee: Friday, July 29 @ 1pm: *Cruella*. Rated PG-13.

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 either call Emily at 413-640-1111 or sign up in-person in the Big Room.** If you cannot make lunch because of an illness or an emergency please make sure you notify the Center of your lunch cancellation.



Berlin Parks and Recreation

Percival Pool and Demore, Dinda, Bittner Jr. Memorial Pool are open for the summer! Household and Individual Pool Passes are now on sale at the Parks and Recreation Department. Call the Department for more information: 860-828-7009.

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.

Berlin Police Department

"Coffee with a Cop"

was held on Monday, June 27th

On Monday, June 27th, the Sr. Ctr. together with the Berlin Police Dept. hosted "Coffee with a Cop." Seniors got the chance to chat with some of our Berlin officers. It was an enjoyable morning for everyone!

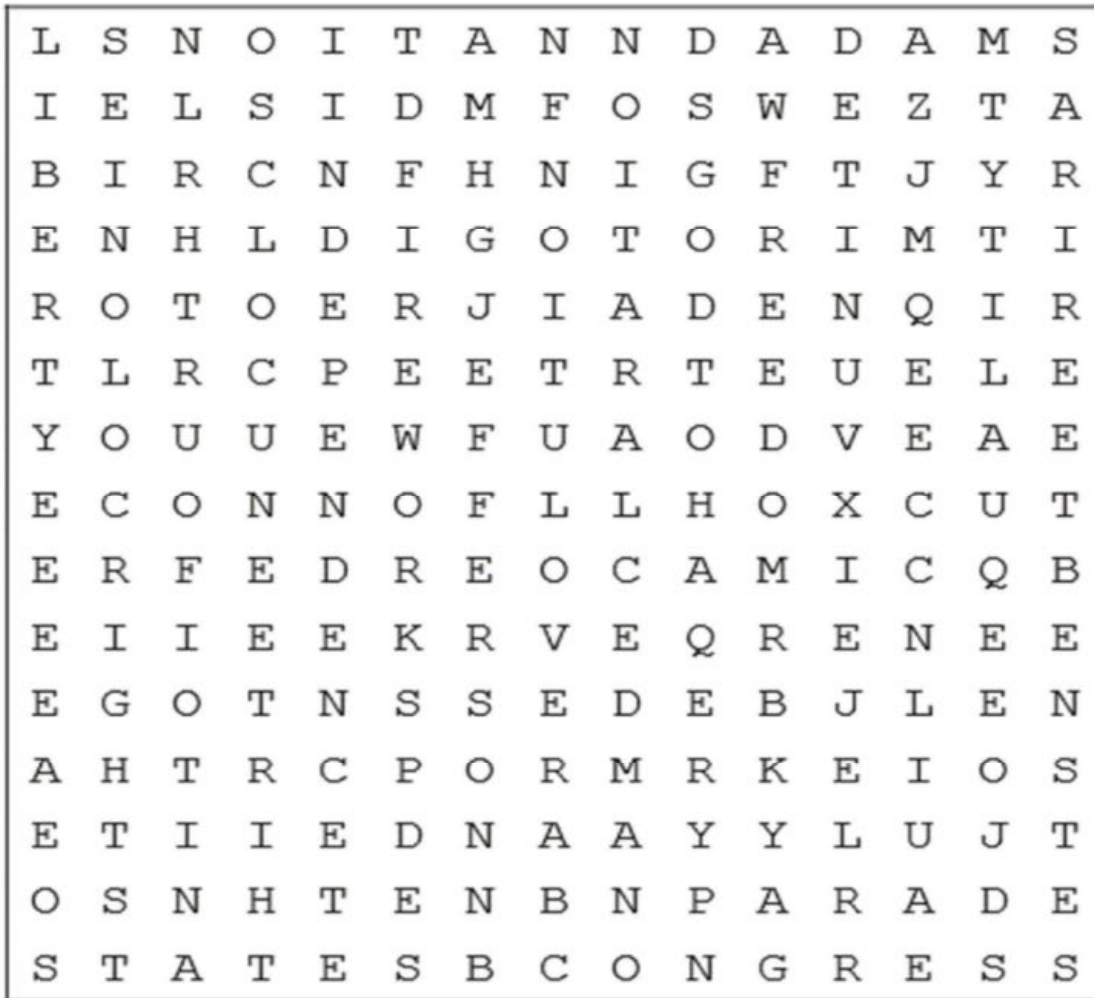


Summer Word Search



Independence Day

July 4th



ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS

FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY
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STATES
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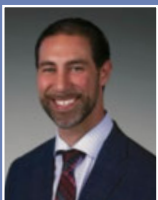
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EURO-AMERICANSM
CONNECTIONS & HOMECARE

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.

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06-5282

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.*

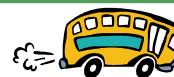
Did you know: Amelia Earhart Day is celebrated during the month of July?!

Tuesday, July 12 at 1:00 PM ~ From the time she first sits in the pilot's seat, aviatrix Amelia Earhart (Hilary Swank) feels destined to achieve great things. Beginning in 1928, she sets a number of aviation milestones, including numerous speed and altitude records, and was the first woman to fly solo across the Atlantic. In 1937, Amelia undertakes her greatest challenge of all: to become the first woman to circumnavigate the globe by airplane.



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, July 29th.** **The bus will leave the Senior Center at 11:00 AM. We are limited to 12 people. Sign up begins on Wednesday, July 13th. You may sign up yourself and one other.** Telephone signups will be taken after 12 Noon on the 13th. If you went on last month’s trip you will need to wait until 12 Noon to sign up.

SPECIALTY SHOPPING TRIP

Our Specialty Shopping Trip this month will be to **Saver’s in Newington on Wednesday, July 27th.** **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.