



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](mailto: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

Tuesday .....8:30am-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

AUGUST 2022

### **Greetings from the Director,**

Hope you are enjoying your summer. Remember to stay cool and hydrated!

We have been fortunate again this summer to have town residents and local organizations donate their extra produce from their gardens to the Center. A BIG THANK YOU the Wotjusik Family, Berger Nursery, a guy named Joe from New Britain and Leisure Farms.

A friendly reminder to scan your MYSenior Center keytag to be counted. By scanning you're helping us with our attendance records, better security measures, and more accurate statistics. If you are a Berlin Senior and have not signed up to be a member please come see us at the Center to fill out a participation form and get your keytag.

***“August is the bridge between summer and autumn—between how the year has been and how the year will end”***

***Tina***



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**Michelle Fetterman, Owner**  
**860-828-8786**

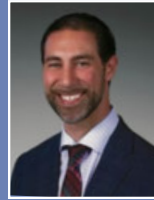
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**Berlin VNA**



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Berlin Senior Center, Berlin, CT

06-5282



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## Transportation

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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.

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## Other Transportation Resources

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**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 860-568-4442.**

**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.

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## Special Events

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### IN THE SPOTLIGHT:

**International Mahjongg Day is celebrated in August!**

**Did you know that we have a group that meets every Wednesday at 10 AM to play Mahjongg?! Mahjong is a 19th-century strategy game played with tiles. It's much like Rummy. The players meld beautifully designed tiles with Chinese characters and symbols to earn points. Melds include pongs, kongs, chows, and the mighty Mahjong. Newbies and all levels of players are always welcome, come try something new and make some friends!**



### **BERLIN ALERTS: Sign Up Assistance ~ Tuesday, August 9 from 9—11am**

Sign up to receive emergency alerts and community notifications that may impact you, your family, and/or your business at [www.berlinct.gov](http://www.berlinct.gov) and click on "Signup for Alerts" icon OR go directly to [berlin-ct.myfreealerts.com](http://berlin-ct.myfreealerts.com). We will be providing assistance to Berlin Seniors who do not have access to a computer or have a smart phone on **Tuesday, August 9 from 9-11am** to sign up for alerts.



### **CT Day Drive Thru Event ~Wednesday, August 10 at 11:00 AM**

Come and celebrate CT Day with us with a good ol' fashioned drive-thru event on **Wednesday, August 10 at 11:00 AM!** We'll be handing out some goodies that originate from Connecticut!

## **COMING IN SEPTEMBER**

### **Cupcake Decorating Class with Mimi's Cake School ~**

**Friday, September 16 at 1:00 PM**

Come and decorate cupcakes with the colors of fall with Mimi's Cake School on **Friday, September 16 at 1:00 PM!** In this class you will learn fun decorating techniques and tips to create beautiful cupcakes. Each student will be decorating 1 dozen cupcakes to take home (with container) and a free gift. All supplies will be provided. **Cost is \$5, payable on the day of the program. Space is limited. Registration begins Monday, August 1.**



**The Fall Setback Tournament will begin on Monday, September 12 @ 1pm.** 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.

### **Senior Shred It Event ~**

**Friday, September 23 from 8:00 AM—12:00 PM~** We will be having a FREE Shred It Event for Berlin Seniors on **Friday, September 23 from 8:00 AM—12:00 PM** in the upper parking lot of the Senior Center. Limit is 3 boxes, NO businesses. No registration necessary.

### **Affordable Connectivity Program**

The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more.

The benefit provides a discount of **up to \$30 per month** toward internet service for eligible households and **up to \$75 per month** for households on qualifying Tribal lands. Eligible households can also receive a **one-time discount of up to \$100** to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price. **The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household.**

### **Who Is Eligible for the Affordable Connectivity Program?**

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the [Federal Poverty Guidelines](#), or if a member of the household meets at least *one* criteria (SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, Veterans Pension or Survivor Benefits).

Find more criteria, other information, and apply here: <https://www.fcc.gov/acp>

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## Monthly Activities

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**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.**



**2 Special Bingos! ~ Thursdays, August 18 & 25 at 1:00 PM ~**

Ledgecrest Healthcare center will be sponsoring on **Thursday, August 18 at 1:00 PM**. They will be providing cake for our intermission. Middlewoods of Farmington will be sponsoring on **Thursday, August 25 at 1:00 PM**, and will be providing a treat for intermission. Our regularly scheduled games will be played. No sign up is necessary.

**STAY SAFE—AND SAVE—WITH THE AARP SMART DRIVER COURSE**  
**Thursday, August 18 from 9:00 AM—1:00 PM at The Community Center**

The AARP Smart Driver course teaches valuable defensive driving strategies and provides a refresher of the rules of the road. Drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. Plus, you may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details).



**Take the AARP Smart Driver course at The Berlin Community Center on Thursday, August 18 from 9:00 AM—1:00 PM.** The classroom course costs **\$20 for AARP members and \$25 for non-members**, payable by check on the day of the course. Space is limited, so register now by calling the Senior Center: 860-828-7006.

**Craft Class ~ Friday, August 19 at 1:00 PM**

Join us to create your own easy floral painting with Lisa Salamon on **Friday, August 19th at 1:00 PM**. There is no cost and supplies will be provided. Space is limited. **Sign up begins Monday, August 1.**

**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. **Please see Tina or Victoria to claim your prize!**



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## Senior Center Book Discussion

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**Senior Center Book Club: Wednesday, September 7 @ 1:30 PM** Join us at the Berlin Senior Center for a discussion of *The Paris Library* by Janet S. Charles. Please contact the library for a copy.

**The Senior Center Library** is always looking for donations of gently used books.

No religious books will be accepted. Large Print Books are greatly appreciated. Please drop off your donation at the front desk. We ask when returning books to our library to please put in basket. Do not put back on shelves. Thank you!

## Weekly Classes

### Cardio Drumming ~

#### Mondays and Wednesdays at 10am

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.



## 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.



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## Health Services

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### 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, August 11 & 25.** 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 phone number is (860) 268-7698.

### 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.**

<b>Tuesday, August 2</b>	<b>10:30 AM ~ 11:30 AM</b>	<b>Blood Pressure Screening</b>
<b>Tuesday, August 9</b>	<b>10:30 AM ~ 11:30 AM</b>	<b>Blood Pressure Screening</b>
<b>Tuesday, August 16</b>	<b>10:30 AM ~ 11:30 AM</b>	<b>Blood Pressure Screening</b>
<b>Tuesday, August 23</b>	<b>10:30 AM ~ 11:30 AM</b>	<b>Blood Pressure Screening</b>
<b>Tuesday, August 30</b>	<b>10:30 AM ~ 11:30 AM</b>	<b>Blood Pressure Screening</b>

### Walking Club



Enjoy the outdoors with a little pep in your step! Victoria, our Assistant Director, will be leading the walking club in August. Walks will be scheduled every **Thursday at 10:00 AM**. You will be asked to meet Victoria at the chosen spot. You will meet at different parks and trails in or around 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.

### **Update: At-home COVID-19 tests for people who are blind or have low vision**

#### How to get the tests:

Order at <https://special.usps.com/testkits/accessible> or by calling 1-800-232-0233.

- Each order now includes 12 rapid-antigen tests that are more accessible for people who are blind or have low vision.
- Orders will ship free, while supplies last.

*Note: If you placed an order before July 7 and received only two tests, you may place another order now to receive 12 additional tests*

#### To use the tests, you must:

- Have a compatible Bluetooth-enabled smartphone.
- Download and install a free app from the Apple App Store (for iOS) or Google Play Store (for Android).

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# Congregate Meals



CW Resources Senior Community Café

Call to reserve meal:

860-921-4350

1% or Skim milk provided  
Margarine available

## August, 2022

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Salisbury Steak LS Gravy Mashed Potato Spinach</p> <p>Rye Bread</p> <p>Fresh Apple</p>	<p>2</p> <p>Grape Juice Eggplant Rولاتini Marinara Sauce Ziti Broccoli and Cauliflower</p> <p>12 Grain Bread</p> <p>Brownie</p>	<p>3</p> <p>Cream of Broccoli Unsalted Crackers Crabmeat Salad Sandwich 3 Bean Salad Cucumber, Onion, Dill Salad Hot Dog Roll</p> <p>Watermelon</p>	<p>4</p> <p>Chicken Salad with Cranberries Pasta Salad with Broccoli, Red Peppers, White Beans, Carrots</p> <p>Club Roll</p> <p>Banana</p>	<p>5</p> <p><b>Taste of Asia</b> Teriyaki Pork Fried Rice Oriental Vegetables Fortune Cookie</p>  <p>100% Whole Wheat</p> <p>Pineapple Chunks</p>
<p>8</p> <p>Cranberry Juice Florentine Chicken Lemon Orzo Broccoli and Red Pepper</p> <p><b>Happy Birthday</b> Whole Wheat Bread</p> <p>Birthday Cake</p>	<p>9</p> <p>Stuffed Shells with Meat Sauce Green Beans</p>  <p>Italian Bread</p> <p>Pineapple Chunks</p>	<p>10</p> <p>Chef Salad with Ham, Turkey, Cheese, Cheese, Egg, Veggies Italian Dressing</p> <p>Breadstick</p> <p>Fresh Fruit</p>	<p>11</p> <p>Orange Juice Slow Cooked Pork in Pan Gravy Roasted Herb Potatoes Squash Medley</p> <p>Dinner Roll</p> <p>Grapes</p>	<p>12</p> <p>Pineapple Orange Juice Shepards Pie with Beef, Mashed Potato, and Corn Scandinavian Veggies</p> <p>12 Grain Bread</p> <p>Chocolate Chip Cookies</p>
<p>15</p> <p>Cranberry Juice Pork Riblet with BBQ Sauce Corn with Black Beans Cole Slaw</p> <p>Corn Muffin</p> <p>Ice Cream</p>	<p>16</p> <p>Salisbury Steak with Mushroom Gravy Sliced Potatoes Broccoli</p> <p>Multi Grain Bread</p> <p>Peaches</p>	<p>17</p> <p>Baked Fish Buttered Rice with Peas and Mushrooms Squash Medley Tartar Sauce</p> <p>Rye Bread</p> <p>Orange</p>	<p>18</p> <p>Macaroni, Chicken, and Pea Salad Broccoli and Red Pepper Salad Mustard</p> <p>Dinner Roll</p> <p>Fresh Fruit Salad</p>	<p>19</p> <p>Roast Beef with Horseradish Sauce Mashed Potatoes Brussel Sprouts</p>  <p>12 Grain Bread</p> <p>Fruited Yogurt</p>
<p>22</p> <p>Italian Sausage (Mild) with Onions and Peppers Rice Pilaf Spinach</p>  <p>Club Roll</p> <p>Fruit Cocktail</p>	<p>23</p> <p>Cranberry Juice Meatloaf with Onion Gravy Mashed Potatoes Pease and Carrots</p> <p>Dinner Roll</p> <p>Fresh Peach</p>	<p>24</p> <p>Orange Juice Spaghetti with Turkey Meatballs Broccoli Parmesan Cheese</p> <p>Italian Bread</p> <p>Lemon Pudding</p>	<p>25</p> <p>Cod Fish with Butter Crumb Topping Broccoli and Cheese Rice Green and Yellow Beans</p> <p>Rye Bread</p> <p>Cantaloupe</p>	<p><b>Labor Day Special</b> 26</p> <p>Apple Juice Hot Dog Baked Beans Sauerkraut Mustard</p> <p>Hot Dog Roll</p> <p>Watermelon</p>
<p>29</p> <p>Chicken Piccata Linguini Broccoli with Red Pepper</p> <p>12 Grain Bread</p> <p>Chocolate Pudding</p>	<p>30</p> <p>Crab Cakes with Cream Sauce Potato Wedges Broccoli</p> <p>Dinner Roll</p> <p>Fresh Fruit</p>	<p>31</p> <p>Kielbasa Pierogies Red and White Cabbage</p>  <p>Rye Bread</p> <p>Apple Pie</p>	 	



AUGUST 2022				Events
Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> 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)	<b>2</b> 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No	<b>3</b> 8:30am Coffee Hour 10:00am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta	<b>4</b> 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm BINGO	<b>5</b> 8:30am Coffee Hour 9:30am Yoga 12pm Foodshare 12pm Lunch 1pm Wii Bowl 1pm Photography 
<b>8</b> 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)	<b>9</b> 8:30am Coffee Hour 9am Berlin Alerts Sign Up Asst. 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No	<b>10</b> 8:30am Coffee Hr 10:00am Cardio Drumming 10am Knitters 10 am Mahjongg 11am CT Day Drive Thru 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta	<b>11</b> 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm BINGO Footcare (by appt)	<b>12</b> 8:30am Coffee Hour 9:30am Yoga 10:00am Ocean State 12:00pm Foodshare 12pm Lunch 1pm Wii Bowl 1pm Photography 1:30 pm Walmart 
<b>15</b> 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)	<b>16</b> 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Movie	<b>17</b> 8:30am Coffee Hour 10am Knitters 10 am Mahjongg 10:00am Cardio Drumming 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta	<b>18</b> 8:30am Coffee Hour 9am AARP Safe Driver @ Comm Ctr. 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm Special BINGO	<b>19</b> 8:30am Coffee Hour 9:30am Yoga 12pm Lunch 12pm Foodshare 1pm Wii Bowl 1pm Photography 1pm Craft Class 
<b>22</b> 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)	<b>23</b> 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No	<b>24</b> 8:30am Coffee Hour 10:00am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta	<b>25</b> 8:30am Coffee Hour 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm Special BINGO Footcare (by appt)	<b>26</b> 8:30am Coffee Hour 9:30am Yoga 10:00am Ocean State 11am Lunch Bunch 12:00pm Foodshare 12pm Lunch 1pm Wii Bowl 1pm Photography 1:30 pm Walmart 
<b>29</b> 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)	<b>30</b> 8:30am Coffee Hour 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No	<b>31</b> 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		

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## General Information

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**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](mailto: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](mailto: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](http://HartfordHealthCare.org/VirtualClasses)**  
*After you register, you'll receive an email with easy instructions on joining the virtual class.*

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## Monthly Meetings

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### **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:**

**August 5th & 19th**

**PLEASE NOTE: NO IDENTIFICATION OR PAPERWORK NEEDED**

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## Donations

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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 (4)

Paul Dobrowolski (2)

Robert & Carolyn Graham

Anonymous

Anonymous

Alice Chapin

Wendy Sullivan—prizes for Flamingo Fridays

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~





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## Berlin-Peck Memorial Library Monthly Events

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**Birding 101: Tuesday, August 2, 6:30 pm** (online). Summer is the perfect time to get outside and enjoy the natural world around you. Presented by Connecticut Audubon Society.

**Protecting Your Assets from the Costs of Long-Term Care: Wednesday, August 3, 6:30 pm.**

Attorney Brendan Daly will explain how you can protect your assets with a careful plan.

**Sit & Knit: Thursday, August 4, 18, 6:00 pm and Thursday, August 11, 25, 1:00 pm.** Join us for a relaxing session of knitting and good company.

**Movie Matinee: The Good Liar Friday, August 5, 1:00 pm.** Rated R. 1h 49m. Conman Roy Courtney has set his sights on the recently widowed Betty McLeish. But this time, what should have been a simple swindle escalates into a cat-and-mouse game with the ultimate stakes.

**Courageous Conversations: One-on-One Thursday, August 11, 6/ 6:30/ 7 pm.** REGISTRATION REQUIRED. Discuss important social issues with your political opposite in this facilitated one-on-one session of Courageous Conversations, where respectful, open talking and listening about important topics are taught through practice.

**Movie Matinee: Stillwater Friday, August 12, 1:00 pm.** Rated R. 2h 19m. A father travels from Oklahoma to France to help his estranged daughter, who is in prison for a murder she claims she didn't commit.

**Saturday Book Club Saturday, August 13, 10:30 am.** Join us for a discussion of *The Boston Girl* by Anita Diamant. Contact the library for a copy.

**Dementia Caregiver Support Group Monday, August 15, 1:00 pm.** (Online) A safe place for caregivers, family and friends of persons with dementia. RSVP to Patty O'Brian: 203-859-1992.

**Spice Kit: Spice It Up! Cumin.** While supplies last. Place hold beginning 8/1. Pickup of spice and recipes begins on Wednesday, August 17.

**Make & Take: Sharpie Seashells Thursday, August 18, 6:30 pm.** REGISTRATION REQUIRED. Learn a few simple techniques for embellishing seashells using sharpie markers.

**Movie Matinee: The Eyes of Tammy Faye. Friday, August 19, 1:00 pm.** Rated PG-13. 2hr. A look at the extraordinary rise, fall and redemption of televangelist Tammy Faye Bakker.

**Composting 101 Monday, August 22, 6:30 pm.** Join a certified UConn Master Composter, to learn about easy, low maintenance composting.

**Movie Matinee: Cyrano Friday, August 26, 1:00 pm.** Rated PG-13. 2h 3m. Too self-conscious to woo Roxanne himself, Cyrano de Bergerac helps young Christian win her through love letters.

**Puzzle Exchange:** Did you know the library has a large collection of puzzles? Take a puzzle and bring it back once you've finished. No due dates!

**Library of Things:** Did you know the library lends board games, an outdoor movie projector/screen and lawn games, such as bocce, cornhole, pickleball racquets/balls, ring toss and more?

**\*There will be no more senior hours at the Library starting the week of 9/11\***

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## Nutrition

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### 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.

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## Town Department News

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### **Berlin Parks and Recreation**

Demore, Dinda, Bittner Jr. Memorial Pool close for the season on **Friday, August 5** and Percival Pool will close on **Saturday, August 12**. 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.

### **MEDICARE SAVINGS PROGRAM (MSP) NEW INCOME LIMITS:**

The State of Connecticut offers financial assistance to eligible Medicare enrollees through their 'Medicare Savings Programs.' These programs may help pay Medicare Part B premiums, deductibles, and co-insurance. If you qualify for one of the three Medicare Savings Programs (depending on your income), DSS will pay your Medicare Part B premium each month. In addition, some enrollees will be covered for Medicare deductibles and co-insurance. Their Medicare Savings Programs are funded by Medicaid.

There are three levels within MSP. Your gross income or combined gross income with your spouse determines which category you qualify for. The new monthly income limit, effective March 1, 2022, are:

Medicare Savings Program (MSP)		
	Single	Couple
Q01/QMB	\$2,390	\$3,220
Q03/SLMB	\$2,617	\$3,525
Q04/ALMB	\$2,786	\$3,754



## Summer Word Search

# Summer

word search

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



TRAVEL	SUN	CAMPING	HOT
POOL	PICNIC	SANDALS	SUNGLASSES
HAT	BALL	PARK	ICE CREAM
BEACH	VACATION	CAMPFIRE	SHELL





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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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## Movies

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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, August 16 at 1:00 PM ~ The Art of Racing In The Rain

Through his bond with his owner, aspiring Formula One race car driver Denny, golden retriever Enzo learns that the techniques needed on the racetrack can also be used to successfully navigate the journey of life. Rated PG



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## Specialty Trips

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### 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, August 26.** **The bus will leave the Senior August 17th. You may sign up yourself and one other.** Telephone signups will be taken after 12 Noon on the 17th. 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 **Boscov’s in Meriden on Wednesday, August 31st.** 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.