



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

Program Coordinator...Tammy DeWolf

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

OCTOBER 2022

Greetings from the Director,

Happy Autumn! The cool weather has arrived and the leaves are starting to change to those vibrant fall colors. A beautiful time in the Northeast.

Absentee ballots can be obtained by calling the Registrar of Voters at (860)828-7020 or by contacting the Town Clerk's Office at (860) 828-7038. You will need to receive an application which needs to be filled out before the ballot is mailed to you.

The Berlin Parks and Recreation Department is encouraging residents, organizations and businesses to be creative by creating their own unique scarecrow. This year, scarecrows will take up residency on the lawn area to the right, as you enter the Arthur B. Powers Municipal Complex. This is FREE to enter. Set-Up: October 15 & 16, 2022. If there are any volunteers that would like to do a submission for the Senior Center please contact Victoria or Tina at 860-828-7006.

Witching you a spooktacular Halloween!

Tina



Transportation

The Senior Center Buses and Van may be used by any Berlin resident who is age 60 and older, or any person with a disability, 18 years or older. These vehicles are equipped with a wheelchair lift and operate Monday-Friday from 8:30am to 3:30pm. *Service is curb to curb; therefore, riders that may require assistance getting to or from the curb should be accompanied by a companion who can provide such help. The driver may use his discretion to determine whether or not transportation will be provided in the event that safety is a factor. This includes personal modes of passenger's mode of transportation must be able to be tied securely, both in the front and back of the unit. In the case of Scooters, the passenger must be able to transfer to a seat on the Senior Center vehicle. *Exceptions allowable for non-curb to curb service pending approval from the Director. * The Town of Berlin applied for a cash grant for the purchase of a wheelchair accessible vehicle under the Section 5310 program that is administered by the Connecticut Department of Transportation (CTDOT). The money is allocated to CTDOT through the Federal Transit Administration. CTDOT and the Regional Council of Governments throughout the state review the applications and award the grants per region. The program is 80% federally funded with a 20% local match. The Town of Berlin is very pleased to have received such grant to be able to transport our seniors and disabled.

Daily Bus Schedule

Monday and Wednesday—Stop-n- Shop 9am & 11am

All other appointments & errands between 9am and 2:15pm

Tuesday- Shop Rite-Cromwell 9am & 11am

All other appointments & errands between 9am & 2:15pm

Thursday- All appointments & errands between 9am & 2:15pm

Kohl's 1:30pm (Last Thursday of the month)

Friday – Ocean State Job Lot 10am & Walmart 1:30pm

Food Share 12pm (Alternating weeks with OS Job Lot & Walmart)

All other appointments & errands between 9am and 2:15pm

Transportation Cont'd

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 860-568-4442.**

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.

Social Media

Stay up to date with the Senior Center online!



Follow us on Facebook!

www.Facebook.com/Berlinseniorcenter

Or search “Berlin Senior Center” on Facebook (you will see our logo)
Be sure to press the thumbs up to “Like” our page to stay updated on our events, activities, news, and other important information. We also love to post pictures from our programs!



And Visit Our Website:

www.Berlinc.t.gov > Departments > Senior Services

Access our newsletter, and other important information related to the Senior Center including transportation and nutrition.

Special Events



All About CBD~ Friday, October 14 at 2:00 PM

Sheila Fenton, manager of Your CBD Store Rocky Hill, will be here to explain what CBD is, how it works in the body and the variety of products they carry. She will also explain the differences between hemp and marijuana as well as bring a few samples for you to try! Gifts will be provided as well. **Sign up begins on Monday, October 3rd.**

Meet the Candidates ~

Wednesday, October 19 at 1:00 PM

Come and listen to the candidates that are running for public office in Berlin. Each candidate will be allowed to speak for 15 minutes with a Question and Answer period at the end. **Sign up begins on Monday, October 3rd.**

Craft Class ~ Card Making!

Friday, October 21 at 1:00 PM

Join us for a card making class with Lisa Salamon on **Friday, October 21st at 1pm.** There is no cost and supplies will be provided. Space is limited. **Sign up begins Monday, October 3.**

Vaccines—Presented by ASCP UConn School of Pharmacy Students

Wednesday, October 26 at 1:30 pm

UConn School of Pharmacy students representing American Society of Consultant Pharmacists UConn Chapter will be here on **Wednesday, October 26 at 1:30 PM** to talk about vaccines! Vaccines are a large part of your healthcare—they will tell you all about the vaccines recommended for you. They will answer any questions or concerns you may have about any of these vaccines. As student pharmacists, they had a vital part in administering COVID-19 vaccines so they have a lot of knowledge and maybe even some funny stories to share with you! They can't wait to hear your experiences as well! **Sign up begins Monday, October 3.**



Kensington Nursery School Halloween Parade

Monday, October 31st at 9:45AM

The students at the Kensington Nursery School will be at the Senior Center on **Monday, October 31st at 9:45AM** in their Halloween costumes. The event will be cancelled for inclement weather. We hope you will come to enjoy their costumes and their “spooky” songs. No sign up necessary.

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, October 20th at 1PM

Ledgecrest will be sponsoring on **Thursday, October 20 at 1:00 PM**. They will be providing a treat for intermission. Our regularly scheduled games will be played. No sign up is necessary.

Special Halloween Bingo, Thursday, October 27th at 1:00PM ~ Come and celebrate Halloween at Bingo. Wear a costume and be entered to win a prize! Halloween treats will be given out at the break. Our regularly scheduled games will be played. No sign up necessary.



Fighting Fraud with AARP CT Educational Series

Stay up-to-date on the latest scams! Including: Romance Scams, Gift Card Scams, Home and Contract Scams, Protecting Veterans and Families, Travel Scams, and Crime & Diversity.

Visit <https://www.youtube.com/user/AARPCT> to find the “Fighting Fraud” Playlist.

AARP Foundation Tax-Aide is Looking for Volunteers

Do you think you could have fun preparing taxes for seniors? Would you like to join a really great group of people helping others? If so, we may have an opportunity for you! AARP Foundation Tax-Aide provides free tax preparation services to primarily seniors of low to moderate income. We are looking for compassionate and friendly people to join our volunteer team. Prior tax preparation experience is helpful, but not required. You don't need to be an accountant or tax professional. Our volunteers come from a variety of backgrounds, and we'll provide the training and support to help you develop new skills. If you're interested or want more information, please visit www.aarpfoundation.org/taxaide or leave your contact information with the Berlin Library (860)828-7125, or Berlin Senior Center (860)828-7006, and a local Tax-Aide volunteer will follow-up with you. We need new volunteers to continue to serve our community and it's a great way to spend 1-2 days a week during the dreary winter months. Once tax season is over, so is the time commitment!

***Polling places in the Town of Berlin have changed. To find out your voting location, go to:
<https://wheretovotect.com/towns/berlin> or see Tina or Victoria if you do not have a smart phone or a computer.***

Senior Center Book Discussion

Senior Center Book Club: Wednesday, October 12 @ 1:30 PM Join us at the Berlin Senior Center for a discussion of *Defending Jacob* by William Landay . 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.

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, October 13 & 27.** 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.**

Tuesday, October 4	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, October 11	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, October 18	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, October 25	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.

FLU Clinics @ Berlin Senior Center

Tuesday, October 11th from 10:00AM-2:00PM (Indoor)

Wednesday, October 12th from 2:00PM-6:00PM (Drive-Thru)

The Central Connecticut Health District (CCHD) urges all CT residents to get their annual flu vaccination. CCHD will be hosting nine (9) Flu clinics during October in their four district towns ~ Berlin, Newington, Rocky Hill and Wethersfield.

Please be advised, all vaccinations are by **APPOINTMENT ONLY** and must be scheduled online aboard CCHD's **VACCINE PORTAL**. Appointments are limited and will be scheduled on a first reserved, first served basis. To book an appointment today, please visit: <https://www.ccthd.org/vaccine-portal>. Need online scheduling assistance? Leave us a voicemail at (860)785-8380 x216.

Congregate Meals

CW Solutions Senior Community Café


Call Doretha
To Order: 860-921-4320

October Menu

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Onion Soup Unsalted Crackers Chicken Marsala Mashed Potato Sliced Carrots</p> <p>100% Whole Wheat Cinnamon Applesauce</p>	<p>4</p> <p>Sliced Ham with Pineapple Glaze Sweet Potato Geneva Blend Veggies</p> <p>Rye Bread Pineapple Cup</p>	<p>5</p> <p>Cranberry Juice Southern Grilled Chicken Salad with Olives, Tomatoes, Black Beans, and Corn Ranch Dressing</p> <p>Corn Bread Chocolate Pudding</p>	<p>6</p> <p>Broiled Fish Cheesy Rice Brussel Sprouts</p> <p>Wheat Bread Banana</p>	<p>7</p> <p>Homemade Meatloaf with Gravy Wide Egg Noodles Peas and Carrots</p> <p>Potato Bread Tropical Fruit Cup</p>
<p>10</p> <p>Snr Center Closed In Observance of Columbus Day</p>	<p>11</p> <p>Orange Juice Baked Veal Parmesan Rigatoni with Sauce Romaine Salad Italian Dressing</p> <p>Italian Dressing Oatmeal Raisin Crème Pie</p>	<p>12</p> <p>Tomato Basil Soup Unsalted Crackers Broccoli, Potato, Sausage Crumble Egg Bake Spinach</p> <p>Biscuit Pear Cup</p>	<p>13</p> <p>Chicken Picatta Linguini Brussel Sprouts</p> <p>Dinner Roll Cinnamon Applesauce</p>	<p>14</p> <p>Grape Juice Turkey Divan Brown Rice California Blend Veggies</p> <p>Whole Wheat Roll Ice Cream</p>
<p>17</p> <p>Lazy Stuffed Cabbage (Beef/Pork) Mashed Potato Meadow Blend Veggies</p> <p>Italian Bread Plum</p>	<p>18</p> <p>Apple Juice Herbed Chicken Legs Cheesy Rice Oriental Blend Veggies</p> <p>100% Whole Wheat Tropical Fruit Cup</p>	<p>19</p> <p>Cranberry Juice Open Faced Turkey Sandwich Turkey Gravy Buttered Noodles Carrots</p> <p>Apple Pie</p>	<p>20</p> <p>Swedish Meatballs Noodles Peas</p> <p>Dinner Roll Cantaloupe</p>	<p>21</p> <p>Minestrone Soup Unsalted Crackers Codfish Cakes Steak Fries Broccoli Tartar Sauce Oatmeal Bread</p> <p>Warm Peach Cobbler</p>
<p>24</p> <p>Cranberry Juice Goulash with Macaroni, Beef, and Green Pepper Carrots</p> <p>Italian Bread Rice Pudding</p>	<p>25</p> <p>Corn Chowder Unsalted Crackers Fajita Chicken Strips with Peppers and Onions Spanish Rice Pintos and Black Eye Peas Tortilla</p> <p>Pears</p>	<p>26</p> <p>Orange Juice Spaghetti with Turkey Meatballs Garden Salad Italian Dressing</p> <p>Garlic Bread Fresh Apple</p>	<p>27</p> <p>Beef Stroganoff Buttered Noodles Mixed Vegetables</p> <p>12 Grain Bread Mandarin Oranges</p>	<p>28</p> <p>Roast Turkey with Turkey Gravy Mashed Potato Brussel Sprouts Cranberry Sauce</p> <p>Dinner Roll Oatmeal Cookies</p>
<p>31</p> <p>Aching Apple Juice Terrifying Turkey Vanishing Vegetable Chilling Chili Beastly Brown Rice</p> <p>Cackling Corn Muffin Haunting Halloween Treat</p>				

OCTOBER 2022

Events

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30am Coffee Hr. 10:00am Poker 10:00am Scrabble 10:00am Cardio Drum 12pm Lunch 1pm Bridge 1pm Setback Tournament 1-3pm Tech Help (by appointment)	4 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No	5 8:30am Coffee Hr 10:00am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta	6 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm BINGO	7 8:30am Coffee Hr 9:30am Yoga 10:00am Ocean State 12pm Lunch 1pm Photography 1pm Wii Bowl 1:30 pm Walmart
10 The Senior Center is Closed in Observance of Columbus Day	11 8:30am Coffee Hr 9:45am Exercise 10am Flu Clinic (Indoors) 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Movie <i>Saving Mr. Banks</i>	12 8:30am Coffee Hr 10:00am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1:30pm Book Club 2-6pm Flu Clinic Drive Thru	13 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm BINGO Footcare (by apt)	14 8:30am Coffee Hr 9:30am Yoga 12:00pm Foodshare 12pm Lunch 1pm Wii Bowl 1pm Photography 2pm All About CBD
17 8:30am Coffee Hr. 10:00am Poker 10:00am Scrabble 10:00am Cardio Drumming 12pm Lunch 1pm Bridge 1pm Setback Tournament 1-3pm Tech Help (by appointment)	18 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No	19 8:30am Coffee Hr 10am Knitters 10 am Mahjongg 10:00am Cardio Drumming 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta	20 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm Special BINGO	21 8:30am Coffee Hr 9:30am Yoga 10:00am Ocean State 12pm Lunch 1pm Wii Bowl 1pm Photography 1pm Craft Class 1:30 pm Walmart
24 8:30am Coffee Hr. 10:00am Poker 10:00am Scrabble 10:00am Cardio Drumming 12pm Lunch 1pm Bridge 1pm Setback Tournament 1-3pm Tech Help (by appointment)	25 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No	26 8:30am Coffee Hr 9:30am Special Shop 10:00am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1:30pm Vaccine Program	27 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1pm Special Halloween BINGO Footcare (by apt)	28 8:30am Coffee Hour 9:30am Yoga 11:30am Lunch Bunch 12:00pm Foodshare 12pm Lunch 1pm Wii Bowl 1pm Photography
31 8:30am Coffee Hr 10:00am Poker 10:00am Scrabble 10:00am Cardio 12pm Lunch 1pm Bridge 1pm Setback Tournament 1-3pm Tech Help				
8 Berlin Senior Center				

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, NOVEMBER 21ST**

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

MOBILE FOODSHARE
at Sacred Heart Church, 48 Cottage Street, East Berlin
Bus Transportation is available if needed.
PLEASE NOTE TIME CHANGE: Every other Friday 12:00 to 12:30 PM
for the following dates:

October 14 & 28

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

Shred It Event

Anonymous Business Sponsor

Sandy Turner

Margaret Bishop

Joanne Simons

Anonymous

Open House

Ginny Steele

Jean Letendre

Cathy Baran

Beth Hrubiec

Tina Doyle

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.



Berlin-Peck Memorial Library Monthly Events

Register at www.berlinpeck.org

Spice Kit: Spice It Up! Whole cloves. While supplies last. Place hold beginning 10/1. Pickup of spice and recipes begins on 10/19.

Sit & Knit: Thursday, Oct 6, 20 @ 6:00 pm and Thursday, Oct 13, 27 @ 1:00 pm.

The Healthy Brain Series: Thursday, Oct 6, 13, 20, 27 @ 6:30 pm This is a 5 week, in-person program. Weekly topics include activities to keep your mind sharp, the importance of diet, finding meaningful engagement as you age, sleep and your brain and the Blue Zones. Register.

Bobcats: Tuesday, Oct. 4 @ 6:30 pm. Learn about bobcats in CT, including their natural history, habitat, diet, behavior, and reproduction. Register.

Birds: Their Side of the Story: Tuesday, Oct. 11 @ 6:30 pm. Presented by John Himmelman, author, illustrator, naturalist, and popular lecturer. Sponsored by Berlin Land Trust. Register.

AARP Safe Driver program: Get Smart About New Vehicle Technology: Thursday, Oct 13 @ 10:00 am. A 90-minute workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Register.

Saturday Book Club: Saturday, Oct 15 @ 10:30 am. Join us for a discussion of *These Silent Words* by Kimi Cunningham Grant. Please contact the library for a copy of the book.

Witches in Connecticut: Saturday, Oct. 15 @ 1pm. Hear the stories of some of people accused, tried, and executed as witches in CT. Presented by the CT Historical Society. Register.

Healing with Books: (online) Wednesday, Oct 17 @ 6:30 pm. Join historian Mary Mahoney for a talk on bibliotherapy, or the use of books as medicine. Register for link.

National Parks: America's Best Idea: Wednesday, Oct 19 @ 6:30 pm. Dr. Richard Benfield will draw upon his ten years of teaching about National Parks and World Heritage Sites to create an immersive experience for all participants. Register.

Courageous Conversations: Prisons: Does America's prison system work? Sat., Oct 22 @ 10:30 am. Visit berlinpeck.org for reading material. Registration required.

Mastering Self-Awareness and Compassion: Monday, Oct 24 @ 6:30 pm. Mastering the skills of self-awareness and self-compassion gets us more engaging and meaningful connections with others, increases the impact of our work and relationships, and gives us more time to enjoy our lives instead of endlessly worrying, doubting, second-guessing, or fearing our own thoughts and emotions. Presented by Blaze Schwaller. Register.

Backyard Astronomy: Wednesday, Oct 26 @ 6:30 pm. Join CCSU Geological Sciences Faculty Member, Dr. Kristine Larsen, in a journey through space and time.

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 Doretha 860-921-4320 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.

Town Department News

Berlin Parks and Recreation

Red Cross Blood Drive: Tuesday, October 11

Scarecrow building Workshop: Saturday, October 15

People can start placing scarecrow's for our Scarecrow Festival on Saturday, October 15 at the Town Hall complex.

Please call the Community Center for more details: 860-828-7056

Berlin Police Department

Community Relations Team - Community members interested in starting a neighborhood watch or becoming a watch captain should contact us at crimewatch@berlinpd.org. Upon receipt an officer assigned to your area will contact you. Also if you meet any of our CRO's in person they will be happy to address any questions you have about crime prevention or starting a neighborhood watch.

What is the Special Needs Registry? The Special Needs Registry is a completely voluntary program which allows Berlin residents to make police, fire and EMS aware of any special needs or disabilities they may have in case of emergency. The information on the registry is only used for emergency purposes and is only shared with emergency responders. The Registry is a helpful tool that allows police, fire and EMS to better serve you in times of need. For example, should there be a need to evacuate a neighborhood, emergency services will be aware of your needs. Or, should you call 9-1-1 for an emergency, the emergency dispatchers will be better able to assist you. The BPD has changed the form so you can either call Ofc. Cathy Griffin or Dispatcher Tom Farr and leave a message if they don't answer, or you can email BPD at specialneedsregistry@berlinpd.org and ask for a new form. The forms will go out shortly for those that are already on the list and for those that are new to requesting a form.

Berlin Police Dept. Drug Collection Box— If you have any old prescriptions and over the counter medicines that you need to get rid of the safest way to do so is by bringing them to the Berlin PD Drug Collection Box at the Berlin Police Dept. which is located by the Berlin Town Hall. They ask No Aerosol, No Needles and No Liquids. The Berlin PD will then bring them to an incinerator to be destroyed. If you have any questions please call the BPD at 860-828-7080.

Berlin Social and Youth Services

Energy Assistance Program We will be taking appointments for Energy Assistance applications for those seniors 60 yrs and older who heat with DELIVERABLE FUEL (OIL, KEROSENE & PROPANE) starting October 5th. The first day of appointments is Thursday, October 27th from 9-3pm. Those residents under the age of 60 yrs old would apply at the Berlin Social Services Dept. 860-828-7007 at Town Hall. Annual Income guidelines (for households whose heat is not included in their rent) are:

One Person Household – Income cannot exceed \$ 39,761

Two Person Household – Income cannot exceed \$ 51,996

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 will start taking applications for Electric and Gas customers starting late November.

- Bank statements needed to prove SSD/SSI/Social security benefits or child support.
- 1099 or Stub is required for Pension.
- Household will be required to document their income from either the previous thirty days or four consecutive weeks anytime in the last three months prior to the date of application.

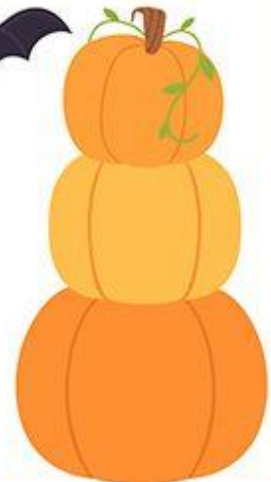
HALLOWEEN WORD SEARCH

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Bat
Pumpkin
Halloween
Mummy
Vampire
Witch
Spooky
Trick or Treat

Fun
Ghost
Costume
Skeleton
Candy
Scary
Monster
Haunted House



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, October 11 at 1:00 PM ~ Saving Mr. Banks (2013)

Spurred on by a promise he made to his daughters, Walt Disney (Tom Hanks) embarks on what would become a 20-year quest to obtain the movie rights to "Mary Poppins." The author, P.L. Travers (Emma Thompson), proves to be an uncompromising curmudgeon who has no intention of letting her beloved characters become mangled in the Hollywood machine. However, when the books stop selling and she finds herself in need of money, Travers reluctantly agrees to consider Disney's proposition.



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 **Cracker Barrel in East Windsor on Friday, October 28.** **The bus will leave the Senior Center at 11:30 AM. We are limited to 12 people. Sign up begins on Wednesday, October 12. You may sign up yourself and one other.** Telephone signups will be taken after 12 Noon on the 12th. 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 **Christmas Tree Shop in Manchester on Wednesday, October 26.** **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.