



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, Mary Ellen
Dinda, Maureen Murphy
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

MAY 2023

Greetings from the Director,

Every May, the Administration for Community Living (ACL) leads the nation’s observance of Older Americans Month (OAM). The 2023 theme is *Ageing Unbound*, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. Join us in promoting flexible thinking about aging – and how we all benefit when older adults remain engaged, independent, and included.

In celebration of Older Americans Month, we have a number of different programs scheduled for this month such Healthy Brain Series, This Business of Fighting: A Human Face on World War II, Commission for Aging Spring Social, Walking Club, Free Manicures, Cinco de Mayo Drive Thru Giveaway and Mother’s Day Drive Thru Giveaway.

“Age is an issue of mind over matter.
If you don’t mind, it doesn’t matter.”
Mark Twain

Tina

**OLDER
AMERICANS
MONTH**



AGING UNBOUND: MAY 2023

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 Continued...

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.

Energy Assistance

Energy Assistance Program We are taking appointments for Energy Assistance applications for those seniors 60 yrs and older who heat with DELIVERABLE FUEL (OIL, KEROSENE & PROPANE), Electric, and Gas. Appointments are scheduled from 9-3pm on Thursdays at The Berlin Senior Center. 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:

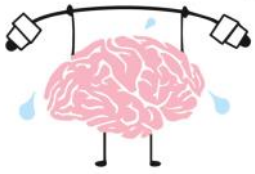
One Person Household – Income cannot exceed \$ 39,761

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. 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. **The deadline to apply has been extended until May 31st.**

Special Events



Healthy Brain Series

Fridays, May 19th, June 30th and July 21st at 1:00 PM

Presented by **Patty O'Brian, Dementia Specialist** with Hartford Healthcare Center for Healthy Aging. **May 19th ~ Brain Health: What**

Can I Do? This presentation aims to provide a foundation for educating individuals about brain health, including ways to promote healthy aging and reduce potential threats to brain health. **Sign up has begun.**

This Business of Fighting: A Human Face on World War II

Tuesday, May 16th at 1:00 PM

Arnie Pritchard, Storyteller/Historian, inherited the World War II army footlocker of his father, Anton (Tony) Pritchard. It contained hundreds of family letter and papers from his service in the Army and in the United Nations Postwar refugee program. From these letters he created a story focused on Tony's time in the front lines of Europe. It portrays a young man dealing with everything from raw fear to his role as a leader to his exposure to a world both wider and more brutal than he had known. He will be here to share these stories on Tuesday, May 16th at 1:00 PM. **Sign up begins Monday, May 1st.**

Commission for Aging Spring Social

Thursday, May 25th from 3:30—5:30 PM

It's been a few years since our CFA's last spring social, so we are going to make up for the lost time! We will have long-time popular solo artists, T-Bone Stankus and Brian Gillie who have teamed up as the Elderly Brothers, serving up mint-condition "oldies" rock 'n' roll. No sleepwalk down memory lane with these guys. Enjoy the solid groove and the upbeat, move-it-or-lose-it, '50s and '60s bandstand repertoire. After the music you'll enjoy a fabulous dinner of pizza, salad and dessert. **Sign up begins Monday, May 1st. You may sign up for yourself and one other. Limited to 100 people.**

The Overview of Probate Court

Friday, June 9 at 1:00 PM

The Berlin Probate District is one of 54 in CT. It has jurisdiction over the town and city of Berlin and New Britain. Probate Judge William Rivera will provide an overview of the Probate court and how it affects the lives of every person. He will cover everything from wills to conservator of the person, power of attorney and healthcare initiative, to children's court. He will answer basic questions about the process. **Sign up begins Mon, May 1st.**

Bus Trip To The Aqua Turf!

Celebrate Italia!!

Tuesday, July 11

The McLean Avenue Band shows their Italian side. Padraig and his band know how and what to play to please a crowd!! Special appearances by Joseph Bianca Rossa & Lacey Angerosa. Joseph & Lacey's voices bring Italian songs to life! **Cost is \$52** and includes: Family Style Dinner of Meatballs & Sausage/Chicken Parmigiana, A Glass of Beer or Wine, a Door Prize Ticket, and The Show. The bus will **leave the Center at 10:30 am and will return approx. 4:00 pm. Sign up begins Monday, May 1st. You must pay at the time of sign up.** You may sign up yourself and one other person.

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 schedule an appointment and come ready with questions. Appointments are 30 minutes long.**

Ladies' Free Manicures ~ Wednesday, May 3rd from 9—12pm - Rosanna D'Anna from Amberwoods of Farmington will be giving "free" manicures in the health room at the Berlin Senior Center. Please call the center to schedule an appointment. No walk-ins will be taken. **Sign up are now being taken.**



Special BINGO! Thursday, May 4th at 1:30 PM

Grandview Rehab will be sponsoring on **Thursday, April 6th at 1:30 PM**. They will be providing prizes/treat for intermission. Our regularly scheduled games will be played. No sign up necessary.

Cinco de Mayo Drive Thru Giveaway

Friday, May 5th at 10:00 AM

Come celebrate Cinco de Mayo with us at our Drive Thru Giveaway on Friday, May 5th at 10:00AM. We will be handing out tortilla chips and salsa. **Sign up begins on Monday, May 1st.**

Craft & Meet our New Program Coordinator Maureen!

Friday, May 12th at 1:00 PM

Come out and meet Maureen Murphy, our new Program Coordinator! You'll spend a relaxing afternoon together crafting and getting to know one another. **Sign up begins Monday, May 1st.**

Mother's Day Giveaway Drive Thru

Friday, May 12th at 10:00 AM

We're celebrating all Mothers with a Drive Thru Giveaway on Friday, May 12th at 10:00am. We will handing out a surprise to all our Moms. **Sign up begins on Monday, May 1st.**

Special BINGO! Thursday, May 18th at 1:30 PM

Ledgecrest will be sponsoring on **Thursday, May 18th at 1:30 PM**. They will be providing a treat for intermission. Our regularly scheduled games will be played. No sign up is necessary.

Senior Center Book Discussion

Senior Center Book Club: Wednesday, May 24th @ 1:30 PM Join us at the Berlin Senior Center for a discussion of *West with Giraffes* by Linda Rutledge.

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

Intermediate Cardio Drumming ~ Mondays and Wednesdays from 10-10:45am
This exercise will get your whole body moving and will pump you up. The best part is that it requires no skill, and you can go at your own pace. Join us for some fun and see what it's all about! **FREE.**

***NEW! *High-Level Cardio Drumming ~ Mondays from 11am—12pm**
This hour-long class is for people who are looking for a more fast-paced cardio drumming exercise than our intermediate class. There will be faster and more intricate movements. **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 11:00AM. 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.
CANASTA—Every Wednesday afternoon at 1:00 PM. All level s 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 @ 1:30PM.
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 – Meets the 1st and 3rd Friday of the month @ 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 or Victoria.

Health Services

Footcare Program (By Appointment Only)

We are still in the process of trying to find a footcare nurse. We will let you know once we have someone to replace our previous footcare nurse.

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, May 2	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, May 9	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, May 16	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, May 23	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, May 30	10:30 AM ~ 11:30 AM	Blood Pressure Screening

Walking Club



Enjoy the outdoors with a little pep in your step! Victoria will be leading the group until we find a volunteer to lead every week. Walks will be scheduled every **Thursday at 10:00 AM**. You will be asked to meet at the chosen spot. You will meet at different parks and trails in and 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.

Congregate Meals

CW Solutions Community Café

To Order
Call Doretha
860-921-4320

May, 2023

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$2.50

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Orange Juice Ziti with Meatballs in Marinara Sauce Italian Blend Veggies Parmesan Cheese</p> <p>Breadstick</p> <p>Pudding</p>	<p>2</p> <p>Breaded Chicken Patty Confetti Rice Cauliflower Supreme</p> <p>Italian Bread</p> <p>Cinnamon Applesauce</p>	<p>3</p> <p>Vegetable Soup Unsalted Crackers Fish Fillet Potato Wedges Cole Slaw Tartar Sauce WW Hamburger Roll</p> <p>Tropical Fruit Cup</p>	<p>4</p> <p>Grape Juice Salisbury Steak with Vegetable Gravy Mashed Potato Green Beans</p> <p>Dinner Roll</p> <p>Banana</p>	<p>5</p> <p>Apple Juice Chicken Fajita with Onions and Peppers Mexican Rice Soupy Beans</p>  <p>Tortilla</p> <p>Brownie</p>
<p>8</p> <p>Veal Parmesan Linguini and Sauce Winter Blend Veggies</p> <p>Oatmeal Bread</p> <p>Fresh Apple</p>	<p>9</p> <p>Cream of Mushroom Unsalted Crackers Pork Riblette Sweet Potatoes Green Beans</p> <p>Rye Bread</p> <p>Melon Wedge</p>	<p>10</p> <p>Turkey Tetrazzini Brown Rice Brussel Sprouts</p> <p>Dinner Roll</p> <p>Peaches</p>	<p>11</p> <p>Pineapple Orange Juice Meatloaf with Onion Gravy Mashed Potato Beets with Dill and Garlic 100% Whole Wheat</p> <p>Chocolate Chip Cookies</p>	<p>12</p> <p>Mother's Day Special Italian Wedding Soup Unsalted Crackers Broccoli Cheese Quiche Potato Pancakes Vegetable Medley</p>  <p>Dinner Roll Angel Food Cake with Strawberries and Cream</p>
<p>15</p> <p>Vegetable Lasagna with Cream Sauce Zucchini</p>  <p>12 Grain Bread</p> <p>Fresh Orange</p>	<p>16</p> <p>Baked Ziti with Meat Sauce Italian Blend Veggies</p> <p>Garlic Bread</p> <p>Citrus Sections</p>	<p>17</p> <p>Cream of Broccoli Unsalted Crackers Butter Crumb Alaskan Pollock Cubed Sweet Potatoes Capri Blend Veggies Tartar Sauce Rye Bread Pineapple Tidbits</p>	<p>18</p> <p>Philly Cheesesteak Onions and Peppers Tater Tots Cole Slaw</p> <p>Sub Roll</p> <p>Applesauce</p>	<p>19</p> <p>Pork Loin with Pan Gravy Buttered Egg Noodles Peas and Onions</p> <p>Oatmeal Bread</p> <p>Tropical Fruit Cup</p>
<p>22</p> <p>Sausage and Peppers Buttered Orzo Peas</p> <p>Rye Bread</p> <p>Applesauce</p>	<p>23</p> <p>Orange Juice Bruschetta Chicken Penne Italian Blend Veggies</p> <p>Garlic Bread</p> <p>Short Bread Cookies</p>	<p>24</p> <p>Baked Potato Day Chili Baked Potato Cheese Broccoli Sour Cream</p>  <p>Corn Muffin</p> <p>Fruited Yogurt</p>	<p>25</p> <p>Crab Cakes Rice Pilaf Brussel Sprouts</p> <p>WW Dinner Roll</p> <p>Ice Cream</p>	<p>26</p> <p>Memorial Day Special Pineapple Orange Juice Hot Dog Potato Egg Salad Corn on the Cob Mustard and Ketchup</p>  <p>Hot Dog Roll</p> <p>Watermelon</p>
<p>29</p> <p>Closed</p> 	<p>30</p> <p>Sliced Turkey with LS Turkey Gravy Rice Summer Squash</p> <p>Oatmeal Bread</p> <p>Citrus Sections</p>	<p>31</p> <p>Orange Juice American Chop Suey with Elbow Macaroni, Beef, Onions, and Tomato Sauce Peas</p> <p>12 Grain Bread</p> <p>Birthday Cake</p>		

MAY 2023

Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Level Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback 1-3pm Tech Help</p>	<p>2 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>3 8:30am Coffee Hr 9am Free Manicures 10am Cardio Drumming 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>4 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm Special BINGO EA Appts</p>	<p>5 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 10am Cinco De Mayo Drive Thru Giveaway 12pm Lunch 1pm Wii Bowl 1pm Photography 1:30 pm Walmart</p>
<p>8 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Level Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback 1-3pm Tech Help</p>	<p>9 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Movie</p>	<p>10 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>11 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm BINGO</p>	<p>12 8:30am Coffee Hr 9:30am Yoga 10am Mother's Day Drive Thru Giveaway 12pm Lunch 12pm Foodshare 1pm Wii Bowl 1pm Craft & Meet Maureen</p>
<p>15 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Level Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback 1-3pm Tech Help 5pm CFA Meeting</p>	<p>16 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm This Business of Fighting</p>	<p>17 8:30am Coffee Hr 10am Knitters 10 am Mahjongg 10am Cardio Drumming 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>18 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm Special BINGO</p>	<p>19 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 1pm Wii Bowl 1pm Photography 1pm Healthy Brain Series 1:30 pm Walmart</p>
<p>22 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Level Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback 1-3pm Tech Help</p>	<p>23 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>24 8:30am Coffee Hr 10am Cardio Drumming 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1:30pm Book Club</p>	<p>25 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:00pm BINGO 3:30pm CFA Spring Social</p>	<p>26 8:30am Coffee Hr 9:30am Yoga 11:30 am Lunch Bunch 12pm Lunch 12pm Foodshare 1pm Wii Bowl</p>
<p>29 The Senior Center is closed in observance of Memorial day</p>	<p>30 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>31 8:30am Coffee Hr 10am Cardio Drumming 10am Knitters 10am Mahjongg 12pm Lunch 12:30pm Special Shop 1pm Coloring 1pm Cribbage 1pm Canasta</p>	 <p>The graphic features two large flowers, one pink and one orange, with green stems and leaves. A cartoon bee with a yellow and black striped body and blue wings is flying above the orange flower. Below the flowers, the word "May" is written in a large, green, rounded font.</p>	

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

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, MAY 15TH AT 5:00 PM

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 meetings.

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:

May 12th & 26th

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

Paul Dobrowolski

James McNeil

Timberlin Senior Golf Association



Berlin-Peck Memorial Library Monthly Events

Please note: The library plans to have new carpeting installed in mid-May. This will affect several of our regularly scheduled programs. Movie matinees, cookbook club and lectures will resume in June.

Sit & Knit: Thursday, May 4, 18 @ 6 pm, May 11, 25 @ 1 pm. The meetings may be outdoors or in the main library depending on carpeting installation.

Estate Planning Documents: Overview and Recent Law Changes Tuesday, May 2 @ 6:30 pm. In this program, you'll learn about wills, trusts, powers of attorney, and healthcare directives. You'll walk away understanding what these documents are for, and what you need to do to create yours. Even if you have already created an estate plan, come learn about recent law updates and discover if you should have your existing documents reviewed and updated. Presented by Attorney Brendan Daly, CELA, of Czepiga Daly Pope & Perri, in Berlin.

Make and Take: Watercolor Pet Paint Night: Thursday, May 4 @ 5:30 pm. This program is currently full, with a waiting list.

The Menopause Transition Tuesday, May 9 @ 6:30 pm. Join Dr. Lenora S. Williams to learn about the menopause transition, with an overview of available menopause/perimenopause management strategies. Presented by Lenora S. Williams, M.D., F.A.C.O.G., Assistant Professor (Clinical) at UConn Heath's OB/GYN Department.

Dementia Caregiver Support Group: Monday, May 15 @ 1 pm. This event will be offered as hybrid: either in-person or online. RSVP to Patty O'Brian: 203-859-1992 to let her know which way you will be attending. Sponsored by Hartford HealthCare Center for Healthy Aging and Alzheimer's Association.

Book Club: Saturday, May 20 @ 10:30 am. Join us for a discussion of *True Biz* by Sara Novic. Contact the library for a copy of the book. (may be held in the community center depending on carpet installation).

Coming in June: Juneteenth all day event for all ages on 6/17, a National Parks program and a program with the Berlin Historical Society!

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 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

We will take applications for the Renter's Rebate Program beginning May 22, 2023. Renter's Rebate is for Renters 65 year and older; 50 years + for surviving eligible spouse; or 18 years old with 100% permanent disability. Must have 1 year residency. Income eligibility is \$49,100 and less for married couples and \$40,300 and less for single individuals. The program runs for through October 1, 2023. Documentation needed for the application process includes income from 2022 (tax return or 1099), rent receipts from 2022, and utility payment history for gas, electric, and water for 2022. Please call 860-828-7136 or 860-828-7007 to schedule an appointment or for more information.

Memorial Day

Word Search

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

- AMERICAN
- ANTHEM
- CEMETERY
- CEREMONY
- COMMEMORATE
- DECORATION
- FALLEN
- FLAGS
- FLOWERS
- FREEDOM
- GRAVE

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



- | | |
|------------|-------------|
| HALF MAST | REMEMBRANCE |
| HEROES | SACRIFICE |
| HOLIDAY | SALUTE |
| HONOR | SERVICE |
| MAY | SOLDIERS |
| MEMORIAL | TAPS |
| OBSERVANCE | VETERANS |
| PATRIOTIC | WAR |

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, May 9th at 1:00 PM ~ Where The Crawdads Sing

From the best-selling novel comes a captivating mystery. ***Where the Crawdads Sing*** tells the story of Kya, an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. For years, rumors of the “Marsh Girl” haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, Kya opens herself to a new and startling world; but when one of them is found dead, she is immediately cast by the community as the main suspect. As the case unfolds, the verdict as to what actually happened becomes increasingly unclear, threatening to reveal the many secrets that lay within the marsh. **Rated PG-13.**



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 **DiNovellis Restaurant in Rocky Hill on Friday, May 26th at 11:30 AM. We are limited to 12 people. Sign up begins on Wednesday, May 10th. You may sign up yourself and one other.** Telephone signups will be taken after 12 Noon on the 10th. If you went on the last month’s trip you will need to wait until 12 Noon to sign up.

SPECIALTY SHOPPING TRIP *NEW TIME*

Our Specialty Shopping Trip this month will be to **Stew Leonards on Friday, May 24th** We need a minimum of 3 riders for the trip to go. The bus driver will **start picking up at 12:30 PM.** The driver will decide as to how much shopping time will be allowed. We will start taking reservations up to a week in advance. Please call the center at (860) 828-7006 **by 3:00 PM by Tuesday, May 23rd.** Please **do not** leave any reservations on the answering machine.