



BERLIN SENIOR CENTER

Center Information

33 Colonial Drive,
Berlin, CT 06037
Phone # (860) 828-7006
Fax: (860) 828-7116
Email: tdoyle@berlinct.gov

Staff

Director Tina Doyle
Staff.....Beth Hrubiec,
Donna Gianoni, Mary Ellen
Dinda
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
Kay Murray
Ann Gamelin
Roger Moss

BERLIN SENIOR CENTER LINES

JANUARY 2024

Greetings from the Director,

Greetings from the Director, Happy New Year! The new year gives you a clean slate. A chance to make a commitment to making changes in your life. Whether you decide to have more fun or improve your health or to meet new people we can help you. Take a look through the newsletter—an exercise class if it’s your health you’re looking to improve, or coffee hour or lunch if you want to meet new people. The programs are low cost or no cost to you. It’s close to home and you’ll always meet wonderful people at the Center. We will start taking appointments starting Jan 16th for the “free” Tax Aide program at the Senior Center which will be held on Thursdays, starting Feb 8th.

I hope that 2024 brings you a year of good health, happiness, prosperity and love.

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

 <p><i>Newly Renovated Rooms</i> The Bradley Home and Services *Long-Term Care *Respite Care *Short-Term Rehab Tour Today! (203) 235-5716</p>	<p style="text-align: center;">We're here for you.</p> <p style="text-align: center;">Independent Living Assisted Living Memory Support Skilled Care Rehabilitation Services</p> <p style="text-align: center;">covenant living of CROMWELL</p> <p style="text-align: center;">Cromwell, CT • CovLivingCromwell.org</p>	<p style="text-align: center;"><i>Caring Service with a Gentle Hand</i></p> <p style="text-align: center;">Berlin Memorial Funeral Home Inc.</p> <div style="display: flex; align-items: center;">  <div style="font-size: small;"> <p>Carolyn Audett Smith, Owner 96 Main St., Kensington, CT 860-828-4730</p> <p>BRLNMEM@aol.com www.BerlinMemorialFuneralHome.com</p> </div> </div>	<p style="font-size: 2em; font-weight: bold;">SUPPORT OUR ADVERTISERS!</p>
<p style="font-weight: bold; font-size: 1.2em;">Place Your Ad Here and Support our Community!</p> <p>Instantly create and purchase an ad with</p> <div style="display: flex; align-items: center;"> <div style="background-color: #FFD700; padding: 5px; font-weight: bold; color: white; text-align: center; width: 60px;"> AD CREATOR STUDIO </div>  </div> <p style="text-align: center; font-weight: bold; color: #FFD700;"> lpicommunities.com/adcreator </p>	<p style="text-align: center; font-weight: bold; font-size: 1.2em;">ADT-Monitored Home Security</p> <p style="text-align: center;">Get 24-Hour Protection From a Name You Can Trust</p> <ul style="list-style-type: none"> ● Burglary ● Fire Safety ● Flood Detection ● Carbon Monoxide <div style="display: flex; justify-content: space-between; align-items: center; background-color: #0056b3; color: white; padding: 5px;"> <div style="font-size: small;"> Authorized Provider </div> <div style="font-weight: bold; font-size: 1.1em;">SafeStreets</div> <div style="font-size: 1.5em; font-weight: bold;">833-287-3502</div> </div>		
<div style="display: flex; align-items: center;">   </div> <div style="font-size: small; margin-top: 5px;"> <p>Selling homes in Berlin Since 1986. Over 2100 properties sold!</p> <p>Cell 860-995-9665 MJ Agostini mj@mjagostini.com www.mjagostini.com 860-788-7001 1195 Farmington Ave. Berlin, Ct 06037</p> </div>	<p style="font-size: 1.5em; font-weight: bold;">Berlin VNA</p>  <p style="font-weight: bold; color: #FF8C00;">Your Local Homecare Agency</p> <p style="font-size: small;">240 Kensington Road, Ph: 860-828-7030 www.town.berlin.ct.us Our Goal is to keep you Home!</p>	<p style="font-weight: bold; font-size: 1.5em;">NEVER MISS OUR NEWSLETTER!</p> <div style="text-align: center; margin: 10px 0;"> <div style="background-color: white; color: #FF4500; padding: 5px 15px; border-radius: 10px; display: inline-block;">SUBSCRIBE</div> </div> <p style="font-size: small;">Have our newsletter emailed to you.</p> <div style="text-align: center; margin-top: 10px;">  <p style="font-weight: bold; font-size: 1.2em;">Visit www.mycommunityonline.com</p> </div>	

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 860-58-4442.**

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, electric, natural gas, and heat included. **Appointments are every Thursday, from 9-3pm.** Please call the Senior Center to set up your appointment. Those residents under the age of 60 yrs old please contact New Opportunities of Greater Meriden at #203-235-0278 directly to set up an energy appointment.

Annual Income guidelines

(except 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 the Center 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.
-

Monthly Activities & Special Events

Tech Help ~ Tech help at the Senior Center is currently paused. The Berlin Peck Memorial Library can be used as a resource for help with your phone, tablet, laptop, etc. You may stop in for help or if it is a more complex issue please call to make an appointment: 860-828-7125.

Ladies' Free Manicures ~ Thursday, January 11th 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. **Sign up will start on Tuesday, January 2nd.**

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

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

AARP Tax-Aide in Berlin

The AARP Tax-Aide Program will be available this upcoming tax season at both the Berlin Senior Center and the Berlin-Peck Memorial Library. Appointments will be available Thursdays at the Senior Center and Tuesday afternoons at the Library. Like last year, Taxpayers will need to pick-up and complete the intake booklet PRIOR to their scheduled appointment. Booklets can be obtained from either the Senior Center or the Library. A separate appointment will be required for each tax year to be completed. We will begin scheduling in January, so please do not call for an appointment before then. Berlin Senior Center: (860) 828-7006, Berlin-Peck Memorial Library: (860)828-7125. We're glad to be open again this tax season and look forward to seeing our clients!

Note: The Senior Center will be taking Tax Aide appointments starting Tuesday, January 16th.



WINTER SAFETY TIPS FOR SENIORS

Winter has arrived! Be sure to leave this checklist with your aging loved ones to help keep them warm and safe during the winter season.



Check the weather. Before leaving home, be sure to view the forecast so you are aware of any special weather statements. Change your plans and stay indoors if needed.



Bring your walking aid if necessary. If you have a cane or walker, be sure to bring it along when leaving the house.



Stick to the path. When outdoors, be sure to walk on bare surfaces and use handrails whenever possible.



Invest in good footwear. Warm, waterproof, anti-slip boots are key for winter.



Plan ahead when going outdoors. Pack a snack, water, and any medication you may need to take throughout the day in case your trip takes longer than expected.



Bundle up. Be sure to dress in several layers suitable for cold weather, including a hat, scarf, and mittens.



Let others know where you are going and when you expect to return whenever leaving the house.



Ask for help for winter tasks. Do not attempt to shovel the driveway, break ice, or remove snow from your roof by yourself.



Eat a healthy diet and stay hydrated. Winter can lead to a deficiency in vitamin D due to lack of sun exposure. Consume vitamin D rich foods (such as salmon, fatty fish, mushrooms and egg yolk) to prevent deficiency. Drink plenty of water throughout the day to stay hydrated.

Senior Center Book Discussion

Senior Center Book Club will return in March

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.**

High-Intensity 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 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 12:45 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.

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 Wednesday, January 10th and 24th.** Services are provided by Carol Raza, 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.

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. The Berlin VNA is open for business. For more information about services please call the Berlin VNA at (860) 828-7030.

Tuesday, January 2nd	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, January 9th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, January 16th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, January 23rd	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, January 30th	10:30 AM ~ 11:30 AM	Blood Pressure Screening

Walking Club

The Walking Club will resume their weekly Thursday morning walks in the Spring.

Catholic Charities Counseling Services

Available At the Berlin Senior Center

Wednesdays, Jan 10th & 24th 9am -12pm

Do you feel like you need to make some changes in your life but don't know how? Do you find yourself worrying a lot about everything or anything? If the answer is YES then make an appointment at 860-757-0845 with Leonilda Velez, Outreach and Support Worker with Catholic Charities at will be available to meet with you, connect, support, and provide you with resources you might need. This is a free service.

Congregate Meals






RW Solutions Senior Community Café

1% or Skim milk provided
Margarine available

January, 2024

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00- \$5.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Closed</p> 	<p>2</p> <p>Apple Juice Swedish Meatballs Egg Noodles Scandinavian Blend Veggies</p> <p>Wheat Roll</p> <p>Brownie</p>	<p>3</p> <p>Chicken and Dumplings Green Beans</p> <p>Mini Biscuit</p> <p>Mandarin Oranges</p>	<p>4</p> <p>Roast Pork with LS Pork Gravy Au Gratin Potatoes Brussel Sprouts</p> <p>12 Grain Bread</p> <p>Pineapple</p>	<p>5</p> <p>Hearty Vegetable Bean Soup Unsalted Crackers Potato Pollack Broccoli Tartar Sauce</p> <p>Oatnut Bread</p> <p>Pudding with Topping</p>
<p>8</p> <p>Breaded Chicken Patty with Dijon Sauce Sweet Potatoes California Blend Veggies</p> <p>White Bread</p> <p>Swiss Roll</p>	<p>9</p> <p>Taco Mix Yellow Rice Fiesta Corn Shredded Cheese and Lettuce Salsa and Sour Cream Tortilla Chips</p> <p>Pineapple</p>	<p>10</p> <p>Beef Burgundy Butternut Squash with Cinnamon Kale and Spinach</p> <p>Wheat Roll</p> <p>Yogurt</p>	<p>11</p> <p>Tomato Florentine Soup Unsalted Crackers Cold Roast Turkey Sandwich Warm Green Bean Salad with Bacon and Onion Kaiser Roll</p> <p>Mango Mix</p>	<p>12</p> <p>MLK Day Special Grape Juice Sausage Gumbo White Rice Sautéed Spinach and White Beans</p> <p>Corn Muffin Peach Cobbler with Whipped Topping</p>
<p>15</p>  <p>CLOSED</p>	<p>16</p> <p>Lasagna Roll with Meat Sauce Broccoli</p> <p>Garlic Bread</p> <p>Tropical Fruit</p>	<p>17</p> <p>Pork Loin with Apricot Glaze Scalloped Potatoes Brussel Sprouts</p> <p>Oatnut Bread</p> <p>Oatmeal Cookie</p>	<p>18</p> <p>Taste of India Chicken Curry Jasmine Rice Zucchini and Carrots</p> <p>Naan Bread</p> <p>Pineapple</p>	<p>19</p> <p>Minestrone Soup Unsalted Crackers Crab Cake Brown Rice Pilaf California Blend Veggies Tartar Sauce Whole Wheat Bread</p> <p>Bread Pudding</p>
<p>22</p> <p>Shepards Pie with Beef, Mashed Potatoes, Corn Green Beans</p> <p>Multigrain Bread</p> <p>Peaches</p>	<p>23</p> <p>Mongolian Pork Chopette White Rice Stir Fried Veggies</p> <p>Whole Wheat Bread</p> <p>Pears</p>	<p>24</p> <p>Chicken Stew Tuscan Blend Veggies</p> <p>Biscuit</p> <p>Cookie</p>	<p>25</p> <p>Vegetable Barley Unsalted Crackers Pot Roast with LS Gravy Baked Potato Winter Blend Veggies Rye Bread</p> <p>Birthday Cake</p>	<p>26</p> <p>Tossed Salad Balsamic Dressing Salmon with Stuffing and Dill Sauce Rice Florentine Peas and Onions</p> <p>Clementine</p>
<p>29</p> <p>Lazy Glumpki with Beef, Rice, Cabbage, and Tomato Sauce) Tomatoes and Zucchini</p> <p>Oatnut Bread</p> <p>Peaches</p>	<p>30</p> <p>Homemade Meatloaf LS Brown Gravy Garlic Mashed Potatoes Carrots</p> <p>Multigrain Bread</p> <p>Citrus Sections</p>	<p>31</p> <p>Runaway Bay Jerk Chicken Buttered Orzo Scandinavian Veggies</p> <p>Wheat Roll</p> <p>Mango and Pineapple</p>		

JANUARY 2024

Events

Monday	Tuesday	Wednesday	Thursday	Friday
	<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 10am Cardio Drum 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 12pm Lunch 1:30pm Bingo Energy Asst. (by appt)</p>	<p>5 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl</p>
<p>8 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament Spring Session begins</p>	<p>9 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>10 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta Footcare-by appt</p>	<p>11 8:30am Coffee Hr 9am FREE Manicures 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo Energy Asst. (by appt)</p>	<p>12 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart</p>
<p>15 Martin Luther King Jr. Day Senior Center Closed</p>	<p>16 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No</p>	<p>17 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Canasta</p>	<p>18 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Special BINGO Energy Asst. (by appt)</p>	<p>19 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl</p>
<p>22 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback</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 Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta Footcare - by appt</p>	<p>25 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo Energy Asst. (by appt)</p>	<p>26 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart</p>
<p>29 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback</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 Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta</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, JANUARY 22nd 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:

January 5th and 19th

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

Anonymous

Anonymous

Paul Dombrowolski

In Memory of Lois Ustanowski-Mary & Robert Salerno

In Memory of Theresa DeMay-Laura & Lawrence Jovino



Berlin-Peck Memorial Library Monthly Events

To register for online events, call 860-828-7126 or visit berlinpeck.org/events

Six Word Memoir Contest: January 1–January 31. Writing the story of your life could take years... but what if you used only six words? Submit your six-word memoir at the Reference Desk or at berlinpeck.org/six

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

Garden Kit: Fig Cuttings: Pickup starts Friday, January 5. Place holds now. Grow your own fig tree!

Movie Matinee: My Big Fat Greek Wedding 3. Friday, January 5, 1 pm. PG-13 • 1 hour 32 minutes.

What Language Does Your Dog Speak? Monday, January 8, 6:30 pm. Learn how to communicate with dogs by recognizing and interpreting their body language. This program is for humans only. Please leave pets at home.

Mending Circle: Tuesday, January 9, 10 am. Join Jennifer Duff of Wildwood Mending, and other local menders, to help brainstorm solutions and help with techniques.

Trash Art Workshop: Thursday, January 11, 6–8 pm. REGISTRATION REQUIRED. Learn to make art using trash and repurposed materials.

English Conversation Group: Wednesday, January 17, 2 pm. REGISTRATION REQUIRED. Join us to practice your English in a comfortable group setting.

Movie Matinee: The Butler: Friday, January 19, 1:00 pm. PG-13 • 2 hours 12 minutes.

First Annual Jigsaw Puzzle Contest. Saturday, January 20, 12:30 pm. REGISTRATION REQUIRED. Compete to see who can finish their puzzle the fastest! Join as a team of 4 or register solo.

Don't Lose Your House: Protecting Your Assets from the Costs of Long-Term Care. Tuesday, January 23, 6:30 pm. Learn how to protect your assets from the costs of long-term care.

Modern Calligraphy: Thursday, January 25, 6–8 pm. REGISTRATION REQUIRED. Learn the popular and playful Modern Calligraphy!

Movie Matinee: What Happens Later: Friday, January 26, 1 pm. Rated R • 1 hour 43 minutes.

Saturday Morning Book Club: Saturday, January 27, 10:30 am. Join us for a discussion of [Ordinary Grace](#) by William Kent Krueger.

A Funny Program About Funny Programs: The Greatest Sitcoms of All Time: Saturday, January 27, 1 pm. Join award-winning author and pop culture historian Martin Gitlin to learn about the best of the best in sitcoms—plus, trivia!

Lawyers in Libraries: Free Legal Help: Monday, January 29, by appointment. REGISTRATION REQUIRED. Sign up to receive free one-on-one legal advice.

Cookbook Club: Monday, January 29, 6:30 pm. REGISTRATION REQUIRED. This month's cookbook is [Simple Thai Food](#) by Leela Punyaratabandhu. Register and let us know which dish you'll bring.

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 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 at least 2 days before by 10 am (Monday and Tuesday meals need to be reserved by Thursday before by 10am)** . If you cannot make lunch because of an illness or an emergency please make sure you notify the Center of your lunch cancellation.

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.

WEATHER

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

WORD SEARCH

AIR
 ATMOSPHERE
 BAROMETER
 BLIZZARD
 CIRRUS
 CLIMATE
 CLOUDY
 CONDENSATION
 CUMULONIMBUS
 CYCLE

ENERGY
 EVAPORATION
 FOGGY
 FORCE
 GAUGE
 HAIL
 HEAT
 HUMIDITY
 HURRICANE
 HYGROMETER

LIGHTNING
 MASS
 METEOROLOGY
 OVERCAST
 PRECIPITATION
 PRESSURE
 RAINBOW
 SLEET
 SMOG
 STORM

STRATOSPHERE
 STRATUS
 SUNNY
 TEMPERATURE
 THERMOMETER
 THUNDER
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 WATER
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Senior Center News

Inclement Weather –Senior Center Closing

Please listen to television stations WVIT NBC 30, WFSB 3 and WTIC 1080 AM for all Senior Center cancellations, delays and closings. When the Berlin Public Schools close due to snow we have no transportation, no meals and no activities. But as town employees we are expected report to work and keep the Center open. If unsure of a cancellation please call the Senior Center before leaving your home.

Friendly Reminders

- If you have signed up for lunch and can't make it due an emergency or illness, please notify the Kitchen Manager, Dorethea at 860-921-4320 or the front desk staff as soon as possible.
- If you sign up for a program/event and can't make it due to an emergency or illness please notify the front desk staff of your cancellation as soon as possible.
- If you have signed up for bus transportation and are not planning on going please call the Center to cancel your ride as soon as possible. We do not want to waste the driver's time or waste gas.

Specialty Trips

“LUNCH BUNCH” TRIP

There will be no Lunch Bunch during the winter months.
We will resume in the spring.

SPECIALTY SHOPPING TRIP *NEW TIME*

Our Specialty Shopping Trip this month is to **Homegoods in Southington on Wednesday, January 17th**. 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 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 on Monday, January 8th**.

Please **do not** leave any reservations on the answering machine.