



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
Assistant Director. Sami Wnek
Staff.....Beth Hrubiec,
Donna Gianoni, Mary Ellen
Dinda, Kathy Moss
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

FEBRUARY 2024

Greetings from the Director,

Happy February! Well, we have been very fortunate with very little powdery stuff. Let's keep our fingers crossed that Punxsutawney Phil seeing his shadow will bring us that early spring.

The "free" AARP Tax Aide program starts Thursday, Feb 8th and runs until Thursday, April 11th. Please call the Center to schedule your appointment.

The one thing we can never get enough of is love. And the one thing we never give enough is love. ~ Henry Miller

To live a life fulfilled, reflect on the things you have with gratitude~ Jaren Davis

"There are never enough I Love You's." - Lenny Bruce, Comedian

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

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Carolyn Audett Smith, Owner
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860-828-4730
 BRLNMEM@aol.com
 www.BerlinMemorialFuneralHome.com

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 860-788-7001
 1195 Farmington Ave. Berlin, Ct 06037

Berlin VNA

Your Local Homecare Agency

240 Kensington Road,
Ph: 860-828-7030
www.town.berlin.ct.us
 Our Goal is to keep you Home!

**NEVER MISS
 OUR NEWSLETTER!**

SUBSCRIBE

Have our newsletter
 emailed to you.

Visit www.mycommunityonline.com

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

New Opportunities of Greater Meriden is taking appointments for Energy Assistance applications for those seniors 60 yrs and older who heat with deliverable fuel, electric, natural gas, and heat included.

Please call New Opportunities of Greater Meriden at 203-639-5060 ext 403 or 410 to set up your 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

Documentation Required:

- 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.

Services

AARP Tax-Aide in Berlin

The AARP Tax-Aide Program is available 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. 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. Please call the Berlin Senior Center: (860) 828-7006, or Berlin-Peck Memorial Library: (860)828-7125 to make an appointment. We're glad to be open again this tax season and look forward to seeing our clients!

Tech Help Presentation ~ Tuesday, February 27th at 1:00PM

Looking for Tech Help with your phone, lap top, tablet, etc. or maybe you just have questions. Come join us and let us know what you're looking for in the way of tech support.

Rich Dinda, a volunteer has offered his technical expertise to help you out with any problems or questions.

Sign up will begin Thursday, February 1st.

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 the Library to make an appointment:

860-828-7125

Tips for Healthy Aging

- Get enough sleep
- Understand your health status
 - Engage your brain
 - Stay Social
 - Eat a balanced diet
- Get regular health check ups
 - Exercise regularly

Senior Center Activities & Event

Fairy Light Hearts, Wednesday, Feb 7th at 1:00PM

Gary McPhee, Owner of Someday Seaglass will be back to conduct this unique craft class. Class is limited to 15 participants. Class is free. **Sign up begins Thursday, Feb 1st.**

Berlin Police Dept Senior Center Hours

Thursday, February 8th from 9:00-11:00am

Starting this month, Berlin Police Officer Maegen Musanti will be joining us at the Center once a month to meet and talk with folks. Stop in and say hello.

Ladies' Free Manicures ~ Wednesday, February 14th from 9 to 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 Monday, Feb 5th.**

Valentine's Celebration ~ Wednesday, February 14th @1:00PM to 2:30PM

Come join us as we celebrate this month of love! Start the afternoon with the beautiful music of Airborne Jazz. This trio has wowed us with their past performances. A delicious dessert will be served following the program. This program is limited to 100 people. You may sign up yourself and one other person. **Sign up begins Thursday, Feb 1st.**

Special "Sweetheart" Bingo ~ Thursday, Feb 15th at 1:00PM—

Ledgecrest Convalescent will be sponsoring this special bingo on Feb 15th at 1:00PM. A special "Valentine" refreshments will be served. Our regularly scheduled games will be played. **No sign up is necessary.**

Lotus Lantern Workshop Wednesday, Feb 21st @ 1:00 PM Members of The Korean Spirit and Culture Promotion Project will be on hand to help attendees make lovely traditional lotus flower lanterns using colored paper and wire frames. All materials will be provided; participants can choose the color of their lotus flower. After the class, we will show a short documentary on Korea. (Korean Spirit & Culture Promotion Project (KSCPP) is a 501(c)(3) non-profit organization that is dedicated to raising awareness of Korean history and culture. In appreciation for the United States' support for Korea during the Korean War and in the years that followed, since 2009, KSCPP has held over 1,800 presentations about the history and culture of Korea throughout the country). **We must have 20 people in order for workshop to run. Cost: \$5.00 to cover cost of supplies. Sign up will begin Thursday, Feb 1st.**

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, February 14th.** 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, February 6th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, February 13th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, February 20th	10:30 AM ~ 11:30 AM	Blood Pressure Screening
Tuesday, February 27th	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, Feb 7th & 21st 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



February, 2024

1% milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h3 style="color: red;">Groundhog Day</h3>			<p>1</p> <p>Roast Turkey with LS Gravy Mashed Potato Green Beans</p> <p>Whole Wheat Bread</p> <p>Cookies</p>	<p>2</p> <p>Groundhog Day</p> <p>Tomato Rice Soup Unsalted Crackers Jumbo Ravioli with Florentine Sauce Brussel Sprouts</p> <p>Multigrain Bread Fruited Jell-O with Topping</p>
<p>5</p> <p>Grilled Chicken Breast with Orange Cranberry Sauce Yams with Cinnamon Spinach</p> <p>Wheat Roll</p> <p>Pineapple</p>	<p>6</p> <p>Sloppy Joe Tater Tots California Blend Veggies</p> <p>Hamburger Roll</p> <p>Raisins</p>	<p>7</p> <p>Lentil Soup Unsalted Crackers Chicken Marsala Herbed Ziti Italian Blend Veggies</p> <p>Garlic Bread</p> <p>Oatmeal Cream Cookie</p>	<p>8</p> <p>Beef Stew with Cubed Beef, Peas, and Carrots Scalloped Potatoes</p> <p>Rye Bread</p> <p>Pudding with Topping</p>	<p>9</p> <p>Butternut Macaroni and Cheese Broccoli</p> <p>Oatnut Bread</p> <p>Tropical Fruit</p>
<p>12</p> <p>Grilled Chicken Breast with BBQ Sauce Au Gratin Potatoes Carrots</p> <p>Whole Wheat Bread</p> <p>Orange</p>	<p>13</p> <p>Country Style Chicken Steak Black Eyed Peas Collard Greens and Spinach</p> <p>Cornbread Spiced Peaches with Topping</p>	<p>14</p> <p>Ash Wednesday</p> <p>Orange Juice Broccoli Cheese Quiche Tater Tots Peas and Pearl Onions</p> <p>♥♥♥ Croissant</p> <p>Strawberry Cake</p>	<p>15</p> <p>Ham with Raisin Sauce Sweet Potatoes Brussel Sprouts</p> <p>White Bread</p> <p>Yogurt</p>	<p>16</p> <p>Special Dessert</p> <p>Crab Cake Roasted Red Potatoes Meadow Blend Veggies Tartar Sauce</p> <p> Cornbread Apple Pie with Whipped Topping</p>
<p>19</p> <p> PRESIDENTS DAY</p>	<p>20</p> <p>Salisbury Steak with Gravy Scalloped Potatoes Peas and Pearl Onions</p> <p>Wheat Roll</p> <p>Tropical Fruit</p>	<p>21</p> <p>Diced Chicken with Fricassee Sauce Sweet Potatoes Green Beans</p> <p>Whole Wheat Bread</p> <p>Clementine</p>	<p>22</p> <p>Homemade Meatloaf LS Brown Gravy Garlic Mashed Potatoes Carrots</p> <p> White Bread Birthday Cake</p>	<p>23</p> <p>Salmon with LS Latino Sauce White Rice Spinach</p> <p>Multigrain Bread</p> <p>Mango Mix</p>
<p>26</p> <p>Hearty Vegetable Bean Soup Unsalted Crackers Lasagna Roll with Meat Sauce Winter Mix Veggies Garlic Bread</p> <p>Raisins</p>	<p>27</p> <p>Swedish Meatballs Egg Noodles Scandinavian Blend Veggies</p> <p>Wheat Roll</p> <p>Pineapple</p>	<p>28</p> <p>Chicken and Dumplings Green Beans</p> <p>Biscuit</p> <p>Mandarin Oranges</p>	<p>29</p> <p>Roast Pork with LS Pork Gravy Au Gratin Potatoes Brussel Sprouts</p> <p>12 Grain Bread</p> <p>Brownie</p>	<p> Valentine's</p>

FOOD ALLERGY WARNING: Please be advised that our food may have come in contact or may contain peanuts, tree nuts, soy, milk, eggs, wheat, shellfish, or fish. Please advise a staff member of any food allergies prior to consumption of meals. Thank you!

FEBRUARY 2024

Events

Monday	Tuesday	Wednesday	Thursday	Friday
			1 8:30am Coffee Hr 8:30-10am Meet Samantha 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo	2 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl
5 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament	6 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No	7 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta Footcare-by appt 1pm Fairy Light Heart	8 8:30am Coffee Hr 9am Tax Aide-appt 9-11am BPD Visit 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo	9 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart
12 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Tournament	13 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No	14 8:30am Coffee Hr 9am FREE Manicures 10am Cardio Drum 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Canasta 1pm Valentine Music Celebration	15 8:30am Coffee Hr 9am Tax Aide appt 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Special "Sweetheart" BINGO	16 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 12:45pm Wii Bowl
	20 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No	21 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta 1pm Lotus Lantern Class Footcare - by appt	22 8:30am Coffee 9am Tax Aide-appt 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo	23 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 12pm Lunch 12:45pm Wii Bowl 1:30 pm Walmart
26 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback	27 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00pm Tech Help Presentation	28 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta	29 8:30am Coffee Hr 9am Tax Aide- appt 9:30 am Swedish Weaving 9:45am Exercise 12pm Lunch 1:30pm Bingo	

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 Robin Evans at (860) 828-7059 or Jaymee Miller at (860) 828-7007.

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, MARCH 18th 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:

February 2nd and 16th

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 (Transportation)

Paul Dombrowolski

Roger Moss - New Year's Eve Crystal Ball

Donna/Bart Bovee, Roger/Kathy Moss, Greg/Wendy Soneson & James/Lori Shirley

Portable CD Player



Berlin-Peck Memorial Library Monthly Events

Sit and Knit: Thursdays Feb 1, 15 at 6 pm and Feb 8, 22, 29 at 1 pm. Join us for a relaxing session of knitting and good company!

Invasive Plants: Stop Them Before They Take Over Your Landscape: Thursday, February 1, 6:30 pm. Sponsored by the Berlin Land Trust.

Movie Matinee: Haunting in Venice: Friday, Feb 2 at 1 pm. Rated PG-13. 1 hr 43 min.

Pasta from Scratch: Tuesday, Feb 6 at 6 pm. Registration is required.

Dayton Rich Concert: Thursday, Feb 8 at 6:30 pm.

Movie Matinee: The Marsh King's Daughter: Friday, Feb 9 at 1 pm. Rated R. 1 hour 49 min.

Mending Circle: Tuesday, Feb 13, 10 am. Join Jennifer Duff of Wildwood Mending, and other local menders, to help brainstorm solutions and help with techniques.

Make and Take: Mini Bird Feeder: Thursday, Feb 15 at 6 pm. Registration required.

Movie Matinee: Holdovers: Friday, Feb 16 at 1 pm. Rated R. 2hr 13 min.

Dementia Caregiver: Support Group: Monday, Feb 19 at 1 pm. ONLINE ONLY this month. RSVP to Patty: 203-859-1992

Norman Rockwell: Painting America's Stories (Online program with optional in person viewing)

Tuesday, February 20 at 6:30pm. Contact library for Zoom link.

English Conversation Group: Wednesday, Feb 21 at 2 pm. Join us to practice your English in a comfortable group setting.

Courageous Conversations Book Club: Thursday Feb 22 at 6:30 pm. February's Courageous Conversations will be held as a book discussion! We'll be reading *I Never Thought of It That Way: How to Have Fearlessly Curious Conversations in Dangerously Divided Times* by Mónica Guzmán. Please read the book prior to the conversation.

Movie Matinee: Crooked House. Friday, Feb 23 at 1 pm. Rated PG-13. 1 hour 55 min.

Saturday Book Club: Saturday, Feb 24 at 10:30 am. Join us in discussing *I Never Thought of It That Way: How to Have Fearlessly Curious Conversations in Dangerously Divided Times* by Mónica Guzmán (we are offering two separate discussions on this book this month).

Lawyers in Libraries: Free Legal Help: Monday, Feb 26, by appointment. REGISTRATION REQUIRED. Sign up to receive free one-on-one legal advice.

Cookbook Club: Monday, Feb 26, 6:30 pm. REGISTRATION REQUIRED. This month's cookbook is *Indian-ish : Recipes and Antics from a Modern American Family* by Priya Krishna. 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 \$3.00 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.

VALENTINE'S DAY WORD SEARCH



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

Arrow

Be mine

Bouquet

Candy

Card

Chocolate

Cuddle

Cupid

February

Flowers

Friend

Hearts

Hug

Kiss

Love

Pink

Red

Romance

Roses

Sweet

Valentine



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Senior Center News

Inclement Weather –Senior Center Closing

In terms of inclement weather cancellations, our department follows the Board of Education cancellation decision. In the event of:

Delayed Openings: Senior Center activities scheduled before 11:00am will be cancelled.

Early Dismissals: Senior Center activities scheduled after 1:00PM will be cancelled.

Full Day Cancellations: Senior Center activities will be cancelled for the entire day.

The Senior Center staff will be in the office to answer calls.

During inclement weather the Senior Center transportation service follows the BOE cancellation decision regarding bus transportation.

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 **Boscov's or Target in Meriden on Tuesday, February 13th**. 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, February 12th**.

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