



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
Asst. Director..Victoria Hellberg
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

BERLIN SENIOR CENTER LINES

JULY 2023

Greetings from the Director,

Summer is officially here. The summer months are a nice time to slow down. It's a time to enjoy the long days of sunlight, family picnics, fireworks, maybe even an ice cream cone from Dairy Queen or Pralines. Just remember to make it a healthy and safe summer. Use your sunscreen, keep hydrated and stay cool on those hot days.

Reminder— if you are a non-resident member your yearly dues are due. The yearly fee is \$36.00. Please give your payments to Victoria. Any questions you have should be directed to Victoria.

If you would like to receive the monthly newsletter “Center Lines” via email please contact the Senior Center with your email address.

“One flag, one land, one heart, one hand, one nation evermore!” Oliver Wendell Holmes

Happy 4th of July! Have a great summer !

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
96 Main St., Kensington, CT
860-828-4730

BRLNMEM@aol.com
www.BerlinMemorialFuneralHome.com

JOHN'S HAIR
DESIGN, LLC

928 Farmington Ave.
Kensington, CT 06037

Michelle Fetterman, Owner
860-828-8786

Closed Mondays
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CONTACT ME Spiro Maniotis

smaniotis@4LPi.com • (800) 950-9952 x2401

 **United Healthcare**

Michael Castro
Licensed Sales Agent

106 Scenic Dr., Berlin, CT 06037

860-539-2302 - mcastroinsurance@gmail.com
www.myuhcagent.com/michael.castro



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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!

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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.

COVID-19 Testing Kit Fraud Alert! From The NCAAA:

The U.S. Department of Health and Human Services Office of Inspector General is alerting the public of **fraud schemes involving unsolicited COVID-19 testing kits**. Medicare loses approximately 60-90 billion dollars a year because of fraudulent billing claims, although the actual numbers are difficult to estimate. In recent months, seniors from across the country have been receiving unexpected packages in the mail. They are COVID-19 testing kits that are arriving completely unsolicited! When Medicare beneficiaries later check their Medicare Summary Notice (MSN), it reveals that Medicare is being billed for reimbursement of these unwanted COVID-19 testing kits. Since Medicare will no longer pay for in-home COVID-19 tests after May 11, some unscrupulous companies may be trying to cash in while they still can. No legitimate providers are going to send out unsolicited kits.... If you know of a friend or family member who has received these supposed “free” testing kits, please report to the **Senior Medicare Patrol (SMP) at your local Area Agency on Aging in Connecticut at 1-800-994-9422**. Medicare needs to know the names these companies that are sending out unsolicited COVID-19 testing kits ... sometimes by the dozen!

Once targeted, a person may be vulnerable to future scams. Stolen Medicare numbers can be used repeatedly to get payments of all kinds or sold to other hucksters. Remember ... never, ever respond to unsolicited links, texts messages, emails, or telephone calls that request private, personal health or financial information such as your legal name, address, or contact information. These are imposter scammers who are trying to steal money from you as an individual or as a taxpayer. Look out for signs that someone has stolen your medical identity by carefully reading your benefit statements. Alert SMP if you know of someone on Medicare who recently received unordered surprise COVID-19 testing kits in the mail. If you suspect a scammer is attempting to steal medical identities or confuse seniors into giving out private confidential information, please report these activities to **Senior Medicare Patrol in Connecticut by calling 1-800-994-9422**.

Special Events

Summer Drive-Thru:

Root Beer Floats

Friday, July 14th at 10:00 AM

Enjoy the nostalgic memories of sitting with your family at an ice cream shop and enjoying a delicious treat. You will receive the fixings for a Root Beer Float at our drive thru on Friday, July 14th at 10:00am.

You have until July 11th to sign up.



Town Manager Visit

Wednesday, July 12th at 9:00 AM

Our Town Manager Arosha Jayawickrema will be visiting the Center on **Wednesday, July 12th from 9-10am**. If you haven't had the pleasure of meeting him this is a perfect time to do so. Come and enjoy a cup of coffee and chat with him about the town, the Senior Center, or yourself. **No sign up is necessary.**

Healthy Brain Series

Friday, July 21st at 1:00 PM

Presented by **Patty O'Brian, Dementia Specialist** with Hartford Healthcare Center for Healthy Aging. The topic is **Introduction to Alzheimer's**. Join us to learn the difference between dementia and Alzheimer's disease; risk factors for Alzheimer's disease and how to get a diagnosis.



Celebrate "Gorgeous Grandma Day"

with the return of Joby Rogers' Makeup for Mature Women Class

Tuesday, July 25th at 1:00 PM

Joby Rogers, son of our very own Yolie Rogers & Professional Certified Celebrity Makeup Artist, is back on **Tuesday, July 25th at 1:00 PM** with his **NEW & IMPROVED** Makeup for Mature Women class. **This was a huge hit among our ladies last year!** Joby has over 30 years experience working as a Makeup Educator in several Academies & Schools throughout New England and the Tri-State Area. His Makeup Artistry has appeared in Forbes Magazine, Billboard, The New York Post, Marie Claire and on the Cover of Rolling Stone Magazine, among other printed and Social Media publications!! **You are encouraged to bring your own make up and accessories but it is not required. Sign up begins Monday, July 3rd. Space is limited.**

Special BINGO & Early Bird Dinner

Sponsored by The Berlin Democratic Town Committee

Thursday, July 27th at 1:30 PM

We will start the afternoon with a Special BINGO and Early Bird Dinner sponsored by the Berlin Democratic Town Committee on **Thursday, July 27th**. They will be providing prizes for BINGO followed by an early bird dinner of cold cut grinders and the fixins. **Sign up is not required for BINGO but is required for the Early Bird Dinner. Sign up begins Monday, July 3rd and you must register by Monday, July 24th.**

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, July 12th 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.**



"My Hometown Art Project" & Lunch ~ Wednesday, July 12th at 10:30 AM
The Senior Center will be taking part in the "My Hometown Art Project" sponsored by *Itsallin Berlin*. This town-wide art project is an opportunity for you to share your vision of what Berlin means to you. We will work on this project together on **Wednesday, July 12th at 10:30 AM** and will enjoy a chef salad lunch provided by our elderly nutrition provider, CW Resources, at **12 noon, cost of lunch is \$2.50** payable on the day of. The goal of The My Hometown Art Project is to get people in town to paint, draw, or use mixed media to create art on these canvases so we can showcase all the talent we have in our community. Your Art will be displayed in the library and throughout the community at various Berlin businesses. **Sign up begins Monday, July 3rd and you must sign up by Monday, July 10th at 10:30 AM if you would like lunch.**

Special BINGO! Thursday, July 20th at 1:30 PM

Ledgecrest will be sponsoring on **Thursday, July 20th at 1:30 PM**. They will be providing a treat for intermission. Our regularly scheduled games will be played. No sign up necessary.

Senior Center Book Discussion

Senior Center Book Club: No Book Club in July

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



Drop Ins

SENIOR POKER DROP IN—Every Monday at 10:00AM. Must have basic knowledge of poker.
SETBACK DROP IN—Every Monday at 1:00PM. All level of players are welcome.
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 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)

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 Wednesdays July 5th and 19th.** 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. For more information, call the **Berlin VNA at (860) 828-7030.**

Tuesday, July 4th	HOLIDAY Senior Center Closed
Tuesday, July 11th	10:30 AM ~ 11:30 AM Blood Pressure Screening
Tuesday, July 18th	10:30 AM ~ 11:30 AM Blood Pressure Screening
Tuesday, July 25th	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 Resources Senior Community Café

To Order
Call Doretha
860-921-4320

July, 2023

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE		SUGGESTED DONATION		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 4th Special 3 BBQ Chicken Potato Salad Broccoli and Cauliflower Salad Whole Wheat Roll Frozen Treat	Fourth of July Closed 4 	Teriyaki Pork Fried Rice Oriental Veggies Fortune Cookie Naan Bread Pineapple Chunks	Corn Chowder Unsalted Crackers Crabcake 3 Bean Salad Cucumber Onion Dill Salad Tartar Sauce Hamburger Roll Watermelon	Chicken Salad with Cranberries Pasta Salad with Vegetables Club Roll Banana
Florentine Chicken 10 Lemon Orzo Broccoli with Red Pepper Happy Birthday Whole Wheat Bread Birthday Cake	Stuffed Shells 11 Meat Sauce Green Beans Italian Bread Pineapple Chunks	Chef Salad with LS Ham, LS Turkey, Hard Boiled Egg, and Veggies Italian Dressing 12 Breadstick Strawberries	Orange Juice 13 Grilled Chicken Patty Swiss Cheese Tater Tots Southwest Corn WW Hamburger Roll Grapes	Apple Juice 14 Shepards Pie with Beef, Mashed Potato, and Corn Scandinavian Veggies 12 Grain Bread Chocolate Chip Cookies
Grape Juice 17 Pork Riblet with BBQ Sauce Corn with Black Beans Cole Slaw Corn Muffin Ice Cream	Salisbury Steak with Mushroom Gravy Sliced Potatoes Broccoli 18  Multi Grain Bread Pears	Baked Fish 19 Buttered Rice with Peas and Mushrooms Squash Medley Tartar Sauce Rye Bread Orange	Macaroni, Chicken, and Pea Salad 20 Broccoli and Red Pepper Salad Mustard Dinner Roll Fresh Fruit Salad	Roast Beef with Horseradish Sauce Mashed Potatoes Brussel Sprouts 21 12 Grain Bread Fruited Yogurt
Italian Sausage (Mild) with Onions and Peppers Rice Pilaf Spinach 24 Club Roll Fruit Cocktail	Grape Juice 25 Meatloaf with Onion Gravy Mashed Potatoes Peas and Carrots Dinner Roll Fresh Peach	Spaghetti with Turkey Meatballs Broccoli Parmesan Cheese 26 Italian Bread Lemon Pudding	Cod Fish with Butter Crumb Topping Broccoli and Cheese Rice Green and Yellow Beans 27 Rye Bread Cantaloupe	Apple Juice 28 Hot Dog Baked Beans Sauerkraut  Hot Dog Roll Animal Cookies
Chicken Piccata 31 Linguini Broccoli with Red Pepper Dinner Roll Chocolate Pudding	    			

JULY 2023

Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Drop In 1-3pm Tech Help</p>	<p>4 <i>Senior Center is closed in observance of Independence Day</i></p> 	<p>5 8:30am Coffee Hr 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta Footcare (by appt)</p>	<p>6 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm BINGO</p>	<p>7 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 1pm Wii Bowl 1pm Photography</p>
<p>10 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback Drop In 1-3pm Tech Help</p>	<p>11 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00PM Summer Movie</p>	<p>12 8:30am Coffee Hr 9am Free Manicures 9am Town Manager Visit 10:30am My Hometown Art Project 10am Cardio Drum 10am Knitters 10am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta</p>	<p>13 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm BINGO</p>	<p>14 8:30am Coffee Hr 9:30am Yoga 10am Root Beer Float Drive Thru 10am Ocean State 12pm Lunch 12pm Foodshare 1pm Wii Bowl 1:30 pm Walmart</p>
<p>17 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback drop in 1-3pm Tech Help</p>	<p>18 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1:00PM Summer Movie</p>	<p>19 8:30am Coffee Hr 10am Cardio Drumming 10am Knitters 10 am Mahjongg 12pm Lunch 1pm Coloring 1pm Cribbage 1pm Canasta Footcare (by appt)</p>	<p>20 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm Special BINGO</p>	<p>21 8:30am Coffee Hr 9:30am Yoga 12pm Lunch 12pm Foodshare 1pm Wii Bowl 1pm Photography 1pm Healthy Brain Series</p>
<p>24 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Intensity Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback drop in 1-3pm Tech Help</p>	<p>25 8:30am Coffee Hr 9:45am Exercise 10:30am B Pressure 12pm Lunch 12:45pm Po Ke No 1pm Makeup for Mature Women</p>	<p>26 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>27 8:30am Coffee Hr 9:30 am Swedish Weaving 9:45am Exercise 10am Walking Club 12pm Lunch 1:30pm Special BINGO 3:30pm Early Bird Dinner</p>	<p>28 8:30am Coffee Hr 9:30am Yoga 10am Ocean State 11am Lunch Bunch 12pm Lunch 1pm Wii Bowl 1:30 pm Walmart</p>
<p>31 8:30am Coffee Hr. 10am Poker 10am Cardio Drum 11am High Level Cardio Drumming 11am Scrabble 12pm Lunch 1pm Bridge 1pm Setback drop in 1-3pm Tech Help</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, coverage 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, SEPTEMBER 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:

July 7th & 21st

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 Dombrowski

James McNeil

In Memory of Dottie Breski -Audrey Zelek

Raul Fernandes— Pizzas for Commission for Aging Spring Social



Berlin-Peck Memorial Library Monthly Events

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

Sit & Knit: Thursday, July 6+20, 6:00 pm. Thursday, July 13+27, 1:00 pm.

Movie Matinee: A Man Called Otto: *Friday, July 7, 1:00 pm.*

Learn to Knit: *Saturday, July 8, 15, 22, 10:30 am.* Join a local knitting instructor for a three-week introduction to knitting class. Each class builds on the previous one. Please expect to attend all three dates. Registration required.

Discover the Safety Benefits of New Car Technology *Wednesday, July 12 — 1:00 pm to 2:30 pm*
Learn about the latest car safety technology. Stay up to date with the latest safety technology in your current or future car. Learn all about what new technologies are available, how they work, and how they can improve your peace of mind on the road. Presented by AARP Smart DriverTEK.

Local Author Joe Clifford: *Thursday, July 13, 6:30 pm.* Join us for a book signing with local author Joe Clifford! Meet the author and get a signed copy of his latest book, Say My Name. Books will be available for purchase at the event. Registration required.

Movie Matinee: Champions: *Friday, July 14, 1:00 pm.*

Make and Take: Clothespin Dragonflies: *Saturday, July 15, 10:30 am–2:30 pm.* Boost your summer decor with this colorful dragonfly! Registration required.

Mission to Ukraine: *Tuesday, July 18, 6:30 pm.* Learn about Ukrainian humanitarian aid efforts happening in Connecticut.

Movie Matinee: Women Talking: *Friday, July 21, 1:00 pm*

Saturday Morning Book Club: *Saturday, July 22, 10:30 am:* Join us for a discussion of The Nature of Fragile Things by Susan Meissner.

Summer Foraging: With The 3 Foragers: *Thursday, July 27, 6:30 pm. ONLINE ONLY. REGISTER FOR LINK.* Learn how to identify, sustainably harvest, and prepare the wild foods of summer.

Movie Matinee: Whitney Houston: I Wanna Dance with Somebody: *Friday, July 28, 1:00 pm.*

Adult Dementia Caregiver: Support Group: *Monday, , 1:00 pm.* Join us to share practical info, feelings, needs and concerns. RSVP to Patty: 203-859-1992.

Cookbook Club: *Monday, July 31, 6:30 pm.* You do not need to be an experienced cook, just enthusiastic! This month's cookbook is The Complete Summer Cookbook from America's Test Kitchen.

SUMMER READING (Until Friday, September 1) Each book you read earns you a raffle ticket for one of our weekly raffle baskets! Visit berlinpeck.org/summer to start earning raffle tickets! If you participated last year, you can log in using the same account. If you have trouble logging in, call 860-828-7126 or email library@berlinpeck.org.

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.

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 860-828-7059 to schedule an appointment or for more information.

Word Search



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

4TH OF JULY

- ADAMS
- AMERICA
- BARBECUE
- COLONIES
- CONGRESS
- DECLARATION
- EQUALITY
- FIREWORKS
- FOURTH
- FREEDOM
- HOTDOGS
- INDEPENDENCE
- JEFFERSON
- JULY
- LIBERTY
- NATION
- PARADE
- REVOLUTION
- RIGHTS

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

- STATES
- THIRTEEN
- UNITED





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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.***

Old Summer Time Classic Movies

Tuesday, July 11th Mr. Hobbs takes a Vacation Roger Hobbs is an overworked banker who reflects on his recent vacation. Originally, he and his wife Peggy were to travel overseas alone together, but Peggy instead arranges a seaside holiday, which includes their two grown daughters Susan and Janie, teenage daughter Katey, teenage son Danny, family cook, sons-in-law, and young grandchildren. When Roger and Peggy reach their vacation destination, they find a dilapidated beach house with rotting steps. The shared telephone line and unreliable plumbing are running gags throughout the film.

Tuesday, July 18th Beach Blanket Bingo A singer, Sugar Kane, is unwittingly being used for publicity stunts for her latest album by her agent, for example, faking a skydiving stunt, actually performed by Bonnie. Meanwhile, Frankie duped into thinking he rescued Sugar Kane, takes up skydiving at Bonnie's prompting; she secretly wants to make her boyfriend Steve jealous. This prompts Dee Dee to also try free-falling. Eric Von Zipper and his Rat Pack bikers also show up, with Von Zipper falling madly in love with Sugar Kane. Meanwhile, Bonehead falls in love with a mermaid named Lorelei.



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 **Bill’s Seafood Restaurant in Westbrook on Friday, July 28th at 11:00 AM. We are limited to 12 people. Sign up begins on Wednesday, July 12th. You may sign up yourself and one other.** Telephone signups will be taken after 12 Noon on the 12th. 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 **Boscov’s in Meriden on Wednesday, July 26th.** 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, July 25th.** Please **do not** leave any reservations on the answering machine.