

*Outreach Coordinator: Jill Anderson*

# *Senior News from Cole's Field*

APRIL 2016



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Vice Chairman: Ellen Bowen  
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## Senior Club

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Secretary: Diane Lamoureux  
Treasurer: Marge Keegan

Newsletter: Ellen Bowen

Ads: Sue Robbins

SHINE: Lee and Judy Katz



## Free Programs and New Passes at the Millville Library



Mark your calendar for these free programs at the Millville Library!!

**Saturday, April 2, from 11:00 a.m. to 2:00 p.m.:** Come to enjoy zentangle! This is an easy-to-learn, relaxing and fun way to create beautiful images by drawing structured patterns. Registration is not required, and materials are supplied free of charge. Coloring books are all the rage, but you may want to color your own unique patterns after you attend this special program.

**Wednesday, April 20, 6:00-8:00 p.m.:** A representative of the American-French Genealogical Society will provide general information on researching your family history. You will leave with many ideas and attendees will receive a discount card from the Society. Registration is not required and all are welcome.

The library is excited to offer the first two listed, **new offers** for passes at reduced prices:

**Connecticut Science Center, 250 Columbus Blvd., Hartford, CT** : 20% off general admission for 4 people. Hours: Tues.-Sun 10 am-5 pm, (Mondays in July-August).

Regular prices: adult \$21.95, seniors \$19.95, children ages 3-17 \$14.95, Free for 2 yrs old and under.

**Salem Witch Museum, 19 ½ Washington Sq.N., Salem, MA:** Discounted rate for up to 6 people. Hours: 10 am-5 pm daily (July-August 10 am-7 pm). Regular prices adult \$11.00, seniors \$9.50, children 6-14 years \$8.00 .

**Free: USS Constitution Museum, Old Ironsides, Boston, MA:** Admission for up to 9 people.

**Hall at Patriot Place, Foxborough, A M.** Admission for 2 people.

### **Free or Reduced Price:**

**Massachusetts Park Pass for any Mass. State Park or Beach.** Since this varies with the particular site, call the park/beach for price and number covered by the pass.

### **Reduced Price:**

**Capron Park Zoo, Attleboro, MA:** Admission reduced for 2 adults and 4 children.

**Mystic Aquarium, Mystic, CT:** \$5.00 off admission for up to 4 people

**Roger Williams Park Zoo, Providence RI:** \$3.00 per person off admission. for up to 4 people

**Note:** All passes require a \$10 refundable deposit. You must be in good standing with the library to borrow passes.

Call librarian, Kristen Webb ( 1-508-883-1887) with questions/reservations, or stop by the library -

Tues./Thurs. 2-6 pm, Wed. 6-8 pm, Sat. 10 am-2 pm.

*Evelyn McNamara*



## **JILL'S JOTTINGS**

According to the calendar, Spring has arrived. Now if the thermometer would only rise...

I'm informed by the folks at SMOC that the deadline for **Fuel Assistance** applications has been extended to May 13. This would be for the heating season this past winter, ending April 30, so if you apply after May 1st, be sure to have a bill dating before then.

The **Senior Van** goes to the grocery store every Tuesday and there's room for more riders. On alternate weeks we go to Hannaford in Uxbridge and Walmart in Northbridge.

Sometimes we stop for lunch at a local restaurant on grocery day. In April we will dine at Pap Gino's on the 12th and the Greenhouse Restaurant in Mendon on the 26th. We also bring people to the **Thursday lunch** here at the Center, so if you would like to come join us but need transportation, call and we'll put you on the rider list for Thursdays.

We're planning a series of educational talks to be presented monthly on a Tuesday afternoon. On April 26 at 2:30 there will be a presentation by the VNA on **"The Amazing Brain—How to Stay Sharp"**. May 24th will be "Chronic Pain Management". There will be no charge for these talks and light refreshments will be served.

We're expecting the arrival of our new piano any day now! The **Melodious Ensemble** has begun rehearsing and would welcome new members—they meet Mondays at 10:30 am.

If you'd like to ride in the senior van in the **Millville Centennial parade**, call me! It's May 1st.

*Jill Anderson*



A bingo group gathered on Sunday afternoon as numbers were drawn randomly by Mitch DuMond, building enthusiasm and great satisfaction as they yelled out the word **"BINGO."** Mitch was the "pinch hitter" for Richard Hurteau and she did a great job!!! Jeannette Salome was a three time winner and led the list of winners including Betty Reilly, Pauline Morse, Shirley Kempton, Ellen Bowen, Gaby Mullaly, Paul Moore and Claire Duffy. St. Patrick's cakes were donated by Gaby Mullaly and served to the group. The next Bingo session will be Thursday, April 14<sup>th</sup> – Doors open at 6 p.m. and games begin at 6:30 p.m. Admission is \$1.00 and bingo cards are \$1.00 per card. Come on down to the Millville Senior Center and get in on a relaxing evening of fun and a chance to win some CASH!!!! Senior van service is available - call the senior center for more information. (1-508-883-3523)



### **ANOTHER SPRING AWAKENING**

Daylight saving time, the warmth of spring, the lingering beauty and peace of the Easter season, resonates a feeling of revival within, affording another opportunity to begin again. As we move through budding trees and blooming flowers, revitalized by the season's rains, the beauty of nature unfolds before us and plans, hopes and expectations are renewed. The season of spring brings with it new hope. An atmosphere of Peace, Love and Joy can become genuine for all who come to appreciate nature and what is important in life. Embrace this opportunity to enjoy what is as we move through one more "Spring Awakening!"

### **CELEBRATING APRIL BIRTHDAYS**

April's birth flower is the daisy which conveys innocence, loyal love, and purity. It is also a flower given between friends to keep a secret. The daisy means: "I'll never tell." The other April flower is the sweet pea which signifies blissful pleasure but are also used to say good bye. The April birthstone is the diamond. Congratulations to all the April birthday babies. Remember you are loyal, patriotic, courageous, adventurous, confident and passionate!!

ENJOY YOUR SPECIAL DAY!!!!!!



### **SENIOR CLUB MARCH MEETING**

After a two month respite, Senior Club members and guests appeared eager to return to the monthly session which featured a traditional corned beef and cabbage dinner and the outstanding performance of vocalist, Shanna Keegan.

Adorned in varied shades of green, the group joined in singing traditional Irish tunes, were treated to Irish soda bread (prepared by member, Rita Benoit) and green frosted cupcakes provided by Salmon Adult Health. Lois Salome, member of the Centennial Committee, reviewed the itinerary of planned events and detailed the birthday candle project. Lois encouraged participation in Millville's 100<sup>th</sup> birthday celebration commencing with a gigantic parade on May 1<sup>st</sup>. A printed schedule of events is available at the Senior Center.

Robin Hutchins, Social worker at Salmon Adult Day Health, spoke on programs and services available at that Center. Representative Kevin Kuros gave an update on legislation aimed at reversing the opioid addiction crisis in Massachusetts.

March birthday celebrants attending were: Betty Ranslow, Claire Duffy, Doris Souza, Roberta Gauthier and Mary Jean Ethier. 50/50 winners were: Donald Lamoureux, Marcel Laplume, Judy Monroe and Mary Jean Ethier. Door prizes, donated by Judy Collin, were won by Leo, Roberta, and Juliette Gauthier.

A comedy performer will be featured at the April meeting and a Roast Chicken dinner will be served. Call or stop by the Senior Center to make your reservation. (the customary \$10 charge should be paid at that time).

### **GRATEFUL FOR GENEROUS DONATION**

Juliette Gauthier, head of the knitting/crocheting class held at the Senior Center Monday mornings was visibly ecstatic last month at the overwhelming supply of assorted yarns donated by Marion Tuscher. Mrs. Tuscher delivered five large bags of varied colored yarn and a library of pattern books. Wheels were spinning as Juliette and her group planned to plunge into the plentiful inventory, anxious to turn out new creations. Juliette's class is open to Millville Seniors and is held every Monday from 9 to 11:30 a.m. There is no charge and the class is filled with plenty of chuckles. Juliette is always eager to assist new students and loves to share new ideas with seasoned crafters. Thanks for this great contribution, Marion, you made lots of ladies at the senior center very happy!!!!





# NEWS YOU CAN USE

## UNDERSTANDING YOUR MEDICAL PROBLEMS

Are you confused when you visit the doctor or pharmacist? There are some things that you can do to make it easier to understand. One way to help is to take a family member or friend with you because two heads are better than one when listening to instructions. Ask for more information if you don't understand. Have someone write down any instructions for taking medications or therapy. You can also use the computer to learn more about your medical condition and medications.

## BEWARE OF GOVERNMENT IMPOSTERS

The Federal Trade Commission (FTC) is alerting the general public about "pesky government imposters" who use the FTC's name to try to con people into paying them for something. Whether it's to clean up your credit report, give you a prize, resolve a complaint against you or pay off a debt you owe- they're all lies!!! The message may be a call or an email, but **BE WARNED-IT IS NOT FROM THE FTC OR ANY OTHER FEDERAL AGENCY.** FTC Consumer education specialist, Alvaro Puig, warns if someone is claiming to be a government employee asking you to send money to collect a prize or remove negative information from your Credit report, **DON'T DO IT!!** And most importantly, **DON'T GIVE THEM YOUR PERSONAL OR FINANCIAL INFORMATION!!**

## CONSUMER PROTECTIONS

The Department of Telecommunications (DTC) advises:  
Verizon cannot terminate basic landline telephone service to households where residents are 65 years of age or older.  
Verizon is required to provide free unlimited, local directory assistance calls (numbers within Massachusetts) to landline telephone customers who are 65 years of age or older and/or certified persons with disabilities.  
Landline or Wireless discounted telephone service is available for eligible low income consumers through the government's Lifeline Program.  
Lastly, the DTC believes it is important for seniors to know their consumer rights in order to assist in making informed choices when determining their needs for telephone and cable service. For more information about the FTC and consumer protection rules, you may contact Consumer Hotline at 1-800-392-6066.

## ABOUT SHINE (Serving Health Information Needs of Everyone)

Trained SHINE Volunteers can help you! They offer free, unbiased, and confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center at 1-508-883-3523 for an appointment or more information.



## APRIL LUNCH MENU



APR. 7 — Beef w/peppers/onions/red bliss potatoes/ veggies/fresh fruit and Hamburg roll

APR. 14—Spaghetti & Meatballs/green beans/small diet brownie/marble rye bread

APR. 21—Chicken Pot Pie/mashed potatoes/country blend veggies/mandarin oranges/biscuit

APR. 28 —Salisbury Steak/mashed potatoes/carrots + peas/diet birthday cake/French bread

TRI-VALLEY RECEIVES FEDERAL FINANCIAL SUPPORT UNDER THE OLDER AMERICANS ACT FURNISHED BY CENTRAL MASSACHUSETTS AGENCY ON AGING AND THE MASSACHUSETTS OFFICE OF ELDER AFFAIRS.

**WELCOME BACK**, Lois Laflamme. We missed your presence at the Thursday lunch! Thank you to kitchen servers: Lori Remillard, Mary Jean Ethier & Mitch DuMond who stepped up to the plate in your absence.

### DANDY DISCOUNTS FOR SENIORS!

Here is a list of fairly local businesses offering senior savings; but you must ask for the discount.

#### RESTAURANTS:

**Applebee's** -15% -with Golden Apple Card.

**Burger King-Chili's-IHOP-Subway and Wendy's**

all offer a 10% discount. **Dunkin Donuts** -10% off plus a free coffee. **KFC** offers a free small drink with any meal and **McDonald's** offers discounts on coffee every day.

#### RETAIL & APPAREL:

**Banana Republic and Big Lots** -30% discount.

**Dress Barn**-20%-**Kmart**-40% off Wednesdays only. **Kohl's**-15% -**The Salvation Army Thrift Stores** up to 50% off and **Rite Aid** 10% off on certain days plus 10% off prescriptions.

#### GROCERY:

**Hannaford's** offers senior discounts every Tuesday, with Millville Senior Van Transportation available. (Call the Center to insure your seat) Other discounts are available on travel, lodging, car rental needs and entertainment. A full list is available at the Senior Center. Stop in and pick one up to begin your "senior savings." Remember, you must ask for these discounts so keep in mind to  
**"ask and you shall receive."**



### HURTEAU'S HORTICULTURAL SEMINARS

**Senior Club President, Richard Hurteau, is offering a monthly class on gardening every second Tuesday of the month, beginning April 12th at 6 p.m. at The Senior Center. Depending on interest, the classes will run through to the month of July. Mr. Hurteau promises great tips on gardening, Cultivation and management. Call the Senior Center for more information.**



### REMEMBER THESE DATES!!!!

- (1) Annual Town Election  
**Monday, April 4, 2016**  
 (St. Augustine's Hall)
- (2) Last day to file income tax  
**Friday, April 15, 2016**
- (3) Annual Town Meeting  
**Monday, May 9, 2016**  
 (Millville Elementary School)



### IN MEMORIAM

CONSTANCE "Connie" RUE passed from this life on February 28<sup>th</sup> at the Oakland Grove Nursing Home. Connie was a volunteer at the Millville Senior Center and served as a member of the Council on Aging and as an officer in the Senior Club. Connie was very visible and enthusiastic in caring for the day to day functions at the Center and her allegiance on behalf of the Millville Seniors and the Senior Center will long be remembered.



## **CELEBRATE NATIONAL HUMOR DAY**

April 19<sup>th</sup> is National Humor Day and those of us who enjoy a good laugh, look forward to this special day to stay on the lighter side!! While laughter will probably make you feel better, it should not be looked upon as a cure all to all illnesses or serious medical conditions. Laughter will, however, give you a little boost in your energy and daily outlook. Other benefits may include a lower blood pressure, improved alertness and creativity. So let's enjoy some comic entertainment and let yourself laugh.

Paul Gauthier, our "Prince of Humor" is always ready to share his library of humor. We appreciate Paul's and other seniors' contributions to the Senior Newsletter.

### **HERE'S A PICK FROM PAUL'S PUNS**

While enjoying an early morning breakfast in an Arizona café, four elderly ranchers were discussing everything from cattle, horses and weather to how things used to be in the good old days. Eventually, the conversation moved on to their spouses. One gentleman turned to the fellow on his right and asked: "Roy, aren't you and your bride celebrating your 50<sup>th</sup> wedding anniversary soon?" "Yep, we sure are." Roy replied "Well, are you gonna do anything special to celebrate?" (Another man asked) The old gentleman pondered this for a minute, then responded: "For our 25<sup>th</sup> anniversary I took my wife to Tucson—Maybe for our 50<sup>th</sup>, I'll go back there and get her!!!!!!"



**Remember to laugh a little or a lot on National Humor Day!!!**



## **MILLVILLE BOASTS A BASEBALL LEGEND**

It's Millville's Centennial Year, and appropriately, we reflect on local history and local people, and point with pride to one Baseball Hall of Famer, Charles Leo "Gabby" Hartnett. Born in Woonsocket in 1900, "Gabby" Hartnett grew up in Millville and graduated from Longfellow School (now recognized as the Town Hall Municipal Center). Records indicate that the Hartnett family resided on Preston Street. "Gabby" was one of fourteen children. At 14 years old, he worked with his father, Fred Hartnett, in Joe Banigan's Millville Rubber Shop. "Gabby" left the rubber shop to attend Dean Academy in Franklin, now the site of Dean College. In 1920, the American Steel & Wire Company in Worcester, offered him a job in its shipping department just so he could play on the company's baseball team. "Gabby" made his major league debut on April 12, 1922 and the more he played, the more he excelled. In 1923 he played for the Chicago Cubs. The "Millville Marvel" took over catching duties and began setting records. Crouched behind home plate, he developed a reputation as something of a chatter box and thus he was dubbed "Gabby". He was elected to the Baseball Catchers Hall of Fame in 1955. Charles Leo "Gabby" Hartnett passed away on his 72<sup>th</sup> birthday in December of 1972.

The little Town of Millville takes pride in this piece of history and through Legislative action a section of Route 122 ( running from Millville to the Blackstone line) was dedicated in memory of this famed baseball legend, sealing the town's historic connection. The sign reads: "Charles L. "Gabby" Hartnett Memorial Highway".

Of note, the May 1<sup>st</sup> Millville's Centennial Parade, stepping off at the corner of Providence and Central Streets will conclude near the "Gabby" Hartnett Highway sign. How significant is that?????



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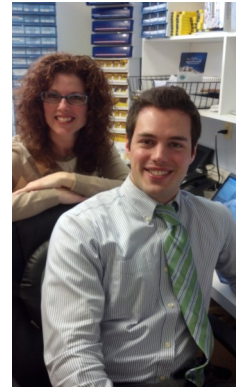
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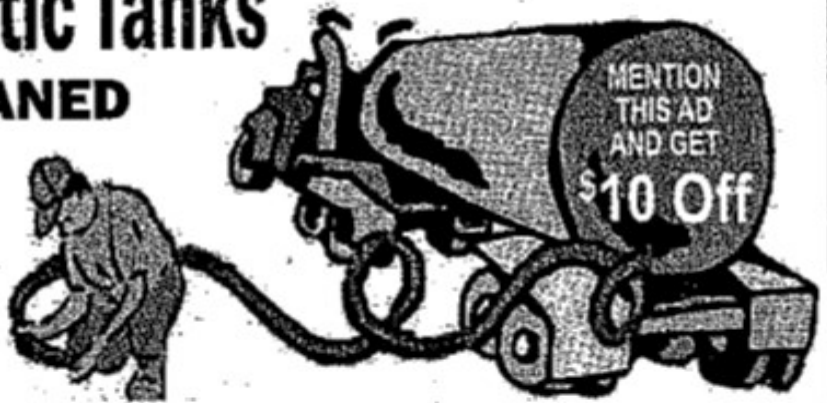
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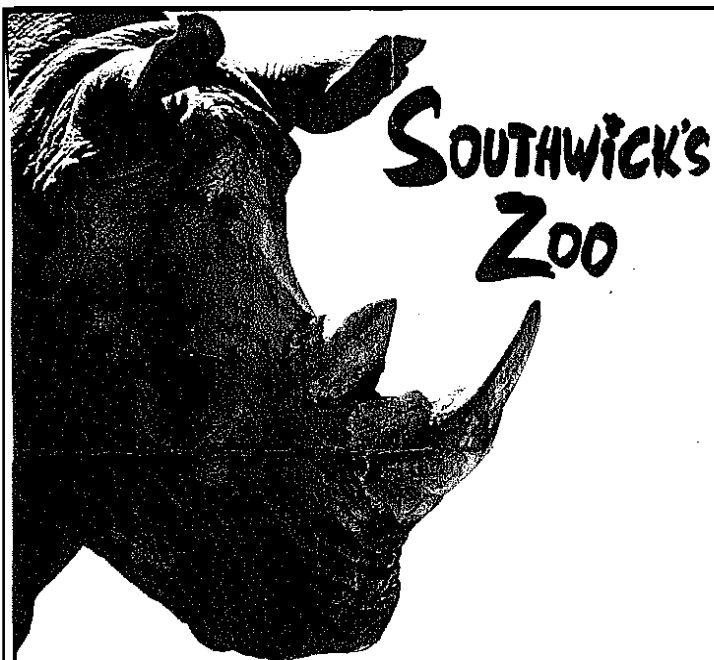
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Monday, Tuesday and Thursday.**

**Monday**

**Tuesday**

**Thursday**

**Knitting**

**Blood Pressure Clinic**

**Lunch**

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**Line**

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