

Outreach Coordinator: Jill Anderson

Senior News from Cole's Field

AUGUST 2016



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Newsletter: Ellen Bowen
Jill Anderson

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MILLVILLE LIBRARY OFFERING GOOD “BEACH READS”

(Submitted by Evelyn McNamara)

Last month we gave a “heads up” on books to be featured in upcoming movies. But here are some books to be enjoyed for themselves, as good “beach reads” and all the settings are here in our own New England. Some authors are well-known favorites, but why not try someone new? Any book not on our shelves can be ordered by the librarian through inter-library loan.

Judy Blume, “Summer Sisters”
Brenda Bowen “Enchanted August”
Geraldine Brooks “Caleb’s Crossing”
Wendy Francis “Summer of Good Intentions”
Jennifer Haigh “The Condition”
Elin Hilderbrand “Here’s to Us”
Hannah McKinnon “Mystic Summer”
Shelley Noble “Beach Colors”
Nora Roberts “Dance Upon the Air”
Maggie Shipstead “Seating Arrangements”
Danielle Steele “Bittersweet”
J. Courtney Sullivan “Maine”
Beartriz Williams “A Hundred Summers



As patrons of the Millville Library, have you been overlooking the community materials on display? When you come into the library entry and beyond, in addition to the used books sale, take a moment to look at the special pamphlets, and all the free community materials offered. In particular this summer be sure to take a copy of the handout “Free Fun Fridays.” For each Friday through August 26, there are listed different groupings of various sites (8 each week) 100% free; also movies for \$1 at Summer Movie Express Bellingham; and Kidfest at Cinemaworld Lincoln with free bowling and movies for children (adults \$2 or free with food donation).

JILL’S JOTTINGS



Summer is not over yet! There is a senior barbeque and a trip to Iggy’s planned in August. The July trip to Iggy’s in Warwick filled up quickly, so this time we will start taking names on August 1st for an **August 15th trip to Iggy’s in Narragansett**. If there is enough demand, we’ll make a second trip on August 22nd. Both of these dates are Mondays, and departure time will be 10:30 from the Senior Center. Call me (883-3523) and reserve your seat. Millville residents will be given priority.

The Worcester County Sheriff’s office has given us two cell phones for use by someone who may need to call 911 only. These phones are appropriate for someone who has been threatened or someone who has a medical condition that might result in the need to call an ambulance.

If you know someone who might need one of these phones please have him/her call me. You cannot make ordinary calls with these phones.

Speaking of the **Sheriff’s office**, **their annual picnic will be Saturday, August 20th** at SAC Park in Shrewsbury from 11am to 3pm. This is the day of our **Music In the Park/Fireworks festivities**— part of the Millville Centennial Celebration but the Millville event, featuring music, food and later fireworks, begins at 4pm. If there is a group of folks who are interested in the Sheriff’s Picnic, we’ll send our van up to Shrewsbury and you still can catch most of the Millville fun! A sign up will be in the Senior Center dining room.

Holly Whalen, who drives the senior van, has now taken on some extra duties as our new part time custodian. And we also have a new backup van driver, Tony Catalano of Blackstone. The Council on Aging will soon have a new member, Marcia Lanctot. The new Town Administrator, Jennifer Callahan, has already attended a Council On Aging meeting and pledged her support of the Senior Center and its programs. Welcome all! With this super team we expect a great year ahead.

Jill Anderson



GETTING INTO BINGO NIGHT!!!!

Volunteer, Marcel Laplume, randomly called the lucky numbers as Bingo players anxiously marked their Bingo cards, getting into the luck based game last month.

Winners of the top prizes were Helen Forand and Gabrielle Mullaly. Other cash prizes went to, Ellen Bowen, Rita Benoit, Marcel Laplume, Paul Moore and Shirley Kempton. The door prize, donated by Rita Benoit, was won by Jeannette Laplume. Refreshments were available and bottled water was donated by Gabrielle Mullaly. The bingo games are held on the 2nd Thursday of the month at the Senior Center. Doors open at 6 p.m. and games begin at 6:30 p.m. Admission is \$1.00 and cards may be purchased at \$1.00 per card. The Senior Van is available for transportation and arrangements should be made in advance by calling the Senior Center.

There is a huge amount of satisfaction that comes with yelling out the word- "BINGO!" Come join the "Bingo Brigade" and see for yourself!!!!

CELEBRATING AUGUST BIRTHDAYS

August is the latest month to claim two birthstones: PERidot and SPINEL. Peridot, with its signature lime green color, is believed to instill power and influence on the wearer. The August birth flower is the Gladiolus. The meaning attached to the Gladiolus is that of moral character. If your birthday is in August, you are among celebrities: President Barack Obama and the beloved country singer, Kenny Rogers. If we are to appreciate the fruits of life, we must first appreciate the tree that bears the fruit—**BIRTH ITSELF!!** Birth is our beginning. It is a window to the chance of a lifetime, a chance to fulfill a unique mission.



RESOURCES FOR OLDER DRIVERS

Visit Senior Driving, AAA.com to find tools, programs and educational resources to help keep seniors behind the wheel for as long as safely possible. The site features driving evaluation tools, tips to improve driving skills and resources on alternative forms of transportation.



MILLVILLE SENIORS INVITED TO "BARBECUE WITH BRANDO"

Seniors can celebrate the end of the summer season with a gathering at the Senior Center combining a free catered barbecue with entertainment by Manny Brando on Monday, August 8th at 11:30 a.m. Manny Brando has been entertaining New England audiences for over 50 years. His material includes English, Portuguese

and Spanish music. He is well known for his showmanship and sense of humor and has been associated with a number of charities and fund raising events in the area. Manny also hosts the Manny Brando Show weekly on radio station WOON along with his wife, Virginia.

The barbecue will be catered by Joe Gaspar of the Bocci Club and the menu will be comparable to last year which included hamburgers, hotdogs, grilled chicken, a variety of salads, coffee and dessert. President, Richard Hurteau will conduct a brief business session preceding the planned festivities. There will be door prizes as well as the usual 50/50 offering. Remember, there is no charge for this barbecue; it is open to all Millville Senior Citizens and is not limited to Senior Club Members. There will be a \$10 charge for guests. The Senior Center hall capacity is 119 and you must stop by or call the Center as soon as possible to ensure your name will be included!!

Please plan to join this unique "BARBECUE WITH BRANDO" Monday, August 8th at the Millville Senior Center.

WHY DOES OUR HAIR TURN GRAY AS WE GET OLDER???

According to Marilyn@parade.com, our hair turns gray, then white, as hair follicles slowly stop producing the pigment that colors the strands; but the timing of this process is inherited (as is our hair color) and is not related to the aging of the rest of our bodies.

Depending on genetic background, you might start going gray in your 20s and be just as strong and healthy as your peers, or you might still have much of your youthful hair color in your 70s, despite a few wrinkles. And no, it is not true that teenagers cause gray hair in their parents.



FIND THE BOUNTY OF AGRICULTURE AT LOCAL FARMERS' MARKET!!!

Eating fresh is not a fad! Make your way to one of the great Farmers' Markets and find some fresh and healthy options. Support your local economy, farm stands and farmers' markets in the local area and feel good on lots of levels.

DANIELS FARMSTAND -286 Lincoln Street, Blackstone, Mass. is open until October, Sundays From 11 a.m. to 3 p.m. Offerings include organic foods, baked goods, flowers, eggs, herbs, vegetables, honey, jams and more.

WOONSOCKET FARMERS' MARKET-450 Clinton Street, Woonsocket, R.I. is open Tuesdays From 3:30 to 6:30 p.m. offering fruits, vegetables, eggs, cheese etc.

BURRILLVILLE FARMERS' MARKET – 75 Tinkham Lane, Harrisville, R.I., open Saturdays from May 21 through October, 9:30-12:30. A variety of fresh agricultural products and more.

GRAFTON FARMERS MARKET – 1 Grafton Common, Grafton, Mass. Open until October on Thursdays 2 to 6:30 p.m. Offerings include pet food/arts and crafts as well as fresh produce.

It's a great time of year to visit farm stands and markets in the area where fresh produce can be purchased. We at the Millville Senior Center extend a big thank you to our local farmer, Keith Gray of Chestnut Hill, who, under the hot sun and with disciplined work, produced a harvest of varied vegetables which he is generously sharing with seniors at the Center. Yes, urban farming is on the move and Keith is moving with it! Keith makes "surprise" random deliveries at the Center and the fresh vegetables of summer squash, zucchinis and beans go quickly. Seniors are encouraged to "share in the bounty" as we continue to acknowledge Keith's thoughtfulness again this year!!!

THANK YOU, FARMER GRAY!!!!



"GRINS & GIGGLES"

Did you know that August 16th is observed annually as National **"Tell a Joke" Day**? To help us celebrate this special day, Paul Gauthier of "Paul's Puns" column, submitted this light hearted story which he acknowledges as one of his favorites and adds, "anyone who has ever dressed a child will like this one!"

A kindergarten student asked his teacher for help in putting on his boots; but even with her pulling and him pushing, the little boots were very hard to get on. Once on, the student cried, "teacher, they are on the wrong foot." It wasn't any easier pulling the boots off then it was putting them back on; this time on the right foot. The student then announced, "teacher, these are not my boots." Once again the teacher struggled to help him pull the ill fitting boots off his little feet. No sooner had they gotten the boots off when the student declared: "These are my brother's boots. My Mom made me wear 'um." Mustering what courage (and patience) the teacher had left, she wrestled the boots on his feet again. Helping him on with his coat, the teacher asked, "Now where are your mittens?" The student replied: "I stuffed them in the toes of my boots!!" It has been reported that the teacher fainted on the spot!!!!

Thanks for sharing one of your favorite jokes, Paul. The day could be filled with laughter from morning until night if everyone shared their favorite story.



AUGUST LUNCH MENU

AUG 4—Meatloaf/gravy/garlic mashed potatoes/country blend veggies/tropical fruit/pumpnickel bread

AUG 11—Pork Rib-i-que/hot potato salad/corn niblets/strawberries w/whip topping/sandwich roll

AUG 18- Beef and broccoli/seasoned rice/carrots/pineapple tidbits/marble rye bread

AUG 25- American Chop Suey/broccoli & red peppers/garden salad/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.

A great big thank you to Lois Laflamme who heads the Thursday lunches and to the many hands who volunteer periodically in the kitchen: Mitch DuMond, Mary Jean Ethier, Lori Remillard, and Jeannine Therien. CALL THE CENTER AND JOIN THE THURSDAY LUNCH BUNCH – OPEN TO ALL MILLVILLE'S SENIORS.

ATTENTION “BLUEBERRY BUFFS”

July 4th was opening day for blueberry picking and if you had an opportunity to pick your own (PYO) blueberries last month, here is the best way to store them according to Cook's Illustrated.

Wash berries in a bowl of water and vinegar (in a 3 to 1 mixture); drain and rinse in a colander; dry completely and store in a paper lined container, leaving the lid open a bit to let moisture out. If you are freezing them, put a single layer on a cookie sheet and place them in the freezer. When frozen, store in a freezer safe bag or container and keep in freezer until needed. At just 80 calories per cup and zero percent fat, they make a great snack or addition to cereal during cold and dreary winter days!

ONE MINUTE RECIPE-BLUEBERRY DESSERT

½ Cup –Brown Sugar
6 Cups-Blueberries
1 Teasp.-Cinnamon
2 Teasp.-Cornstarch
1 can biscuits (cut in quarters)



Mix-Sugar/Berries/Cinn./Cornstarch tog.
Place in Crock Pot
Cover berries with quartered biscuits.
Cook for 2 ½ - 3 hrs. on high.
Serve warm with ice cream!!!!

CENTENNIAL CELEBRATION CONTINUES



Millville's Centennial Committee announces the following activities:
Saturday, August 20th (rain date August 21st) “Music and Fireworks”-Veterans Memorial Park, Main Street from 4 to 9 p.m. (Vendors for food and snacks will be available.) Music will be provided by Millville's Own, “Northeast Groove.” Fireworks are scheduled to begin at 9 p.m.
Sunday, October 2nd - 1 p.m. “Centennial Banquet” at Lakeview Ballroom in Mendon. Tickets are \$40 and are available at the Senior Center. 100 candles will top the Centennial Birthday Cake featured in the Centennial Parade. The attractive and unique cake was created and “baked” by Tom Hite and Paul Donnelly. Mark your calendars and let's get together as we continue to share in
**MILLVILLE'S 100TH
BIRTHDAY CELEBRATION!!!!**

NEWS YOU CAN USE

UNCLAIMED PROPERTY SWEEPSTAKES SCAM

Illegitimate letters from a Massachusetts address are being sent to the state's citizens claiming "unclaimed property winnings". According to Treasurer Deb Goldberg, these letters are not being sent by either the Massachusetts Office of the State Treasurer or the National Association of Unclaimed Property Administrators (NAUPA). Official unclaimed property notices will never direct owners to pay money, whether for processing fees, tax payments, or otherwise, when searching unclaimed property or filing a claim. The official Massachusetts Treasury website for unclaimed property is free of charge to search and claim. (<http://www.findmassmoney.com/>)

There are a number of ways to discern official Treasury notices from scam notices. Letters will be mailed from Boston, Massachusetts with a return address; they will direct owners of an official Government website and they will bear the official seal of the State of Massachusetts along with the Signature of the Treasurer. Unclaimed property includes forgotten savings, checking accounts, un-cashed checks, insurance policy proceeds, stocks, dividends and contents of unattended safe deposit boxes. Most accounts are considered abandoned and are turned over to the state after three years of inactivity. The Treasury currently holds over \$2 billion in unclaimed property that rightfully belongs to Massachusetts residents.

If you have any questions regarding unclaimed property, please visit the Treasury's official website, <http://www.findmassmoney.com/> or call 888-344-MASS (6277) You can view an example of a fraudulent letter at the following: www.mass.gov/treasury/scamletter.

THE AMERICAN RED CROSS

The American Red Cross, one of the most distinguished humanitarian organizations in the world, traces its history back to the 19th century. In 1881, former American Civil War nurse, Clara Barton and her circle of acquaintances founded the American Red Cross in Washington, D.C. That idea was inspired by a postwar visit Barton made to Europe, where she first encountered the International Red Cross. Though many women did not work outside the home during Barton's era, the Massachusetts-born nurse would serve as the head of the American Red Cross for 23 years, during which time she aided the United States military in the Spanish-American War. Barton also successfully campaigned for peacetime relief work as part of the global Red Cross mission. Today, the American Red Cross continues to help millions of people in need. Among the organization's many missions are helping Americans affected by natural disasters, supporting military personnel and their families, collecting blood for processing and distribution, providing health and safety education and training and providing international relief.

PLEASE TAKE NOTE!!!!!!

Our **SENIOR CENTER PAINTING CLASS** with artist instructor Darrell Crow will take a summer vacation in August. Next classes will be September 19 and 26 (both Mondays) from 12:30 to 2:30 pm. Classes are \$5 each and all materials are provided. Many of our class participants started out proclaiming that they had never painted and expected to do poorly. Then they produced a beautiful picture of which they were quite proud! So we urge you to try something new this fall. Darrell tells stories and jokes and the group is very congenial and accepting of new members at any level. For more information such as the subject of September's painting, call Jill at 883-3523.





AN EARLY CHRISTMAS PRESENT

Millville Seniors are enjoying an early Christmas gift delivered to the Senior Center earlier this year through the efforts of a Senior Club member and a dedicated individual, Ronnie Benoit. Ronnie resided in Millville for many years and although he is currently a Blackstone resident, his heart has always remained in Millville. Ronnie's 40 year friendship with the donor, William Rademski of North Kingston, helped to coordinate the incredible gift of a baby grand player piano. Mr. Rademski paid to have the piano completely refurbished and covered the cost of delivery to the Center as well.

Our new baby has brought much joy to senior gatherings as they listen to selections from the library of piano rolls which were included in the fantastic gift. Thanks to the long time friendship of these two gentlemen, Ronnie Benoit and William Rademski, Millville Seniors can listen to electronically played piano music invoking group singing and even dancing (on a good day!!)

A baby grand piano, because of its outstanding tone and beauty, is often featured in operatic settings and as accompaniment to professional stage shows, in larger cities. Millville Seniors are happy this "baby" found its way to the Senior Center in "Our Home Town" - MILLVILLE!!

Thanks again, Ronnie Benoit and William Rademski for this "grand" gift!!

"THE VILLA INVITES YOU TO ATTEND"

Free concerts in the Courtyard at the Villa at Saint Antoine are scheduled as follows:

Thursday, August 4th – "Avenue A"

Thursday, August 18th - Vini Ames & Sh-bop"

Concerts begin at 6:30 p.m., are free and open to the public. Refreshments will be served.
The Village at Saint Antoine is located on 400 Mendon Road, North Smithfield, R.I.



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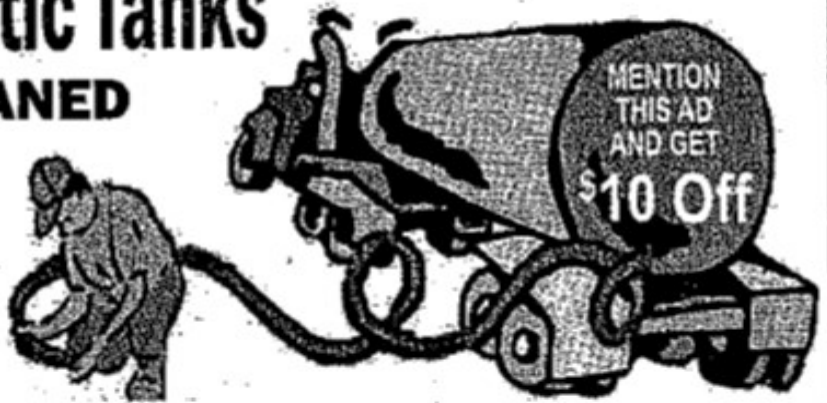
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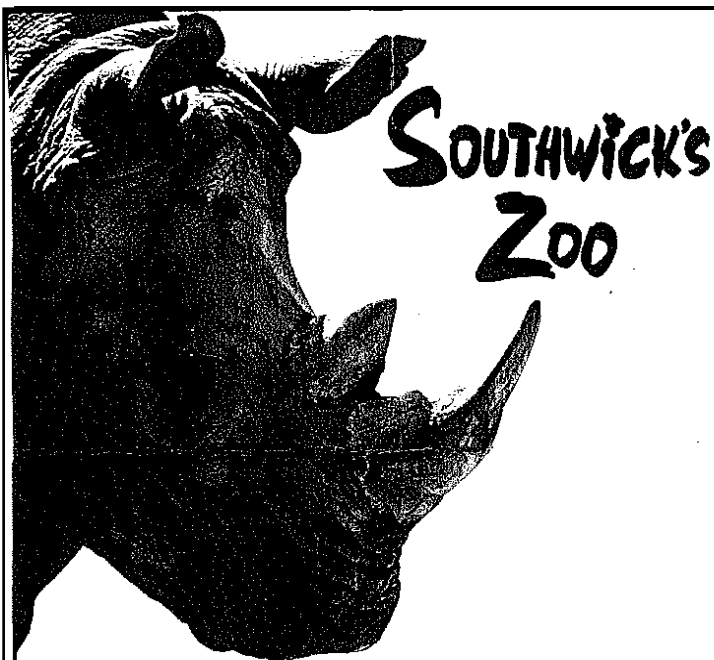
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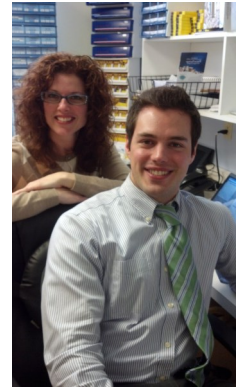
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Millville Senior Center hours are: 9 A.M. to 3:30 P.M. Monday, Tuesday and Thursday.

Monday

**9:00 AM Knitting
Crocheting
Embroidery**

10:30 AM Chorus

12:30 PM Painting (twice a month)

Tuesday

9:00 AM Blood Pressure Clinic

9:30 AM Line Dancing

1:00 PM Aerobics/Yoga

Thursday

11:45 AM Lunch

12:30 PM Pitch

These programs are supported in part by a grant from the MA Executive Office of Elder Affairs

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Senior Club Meetings/Lunch & Blood Pressure Clinic - 2nd Monday of every month

Shine Councilors Lee & Judy Katz - 3rd Thursday of every month (Appointments needed)

Millville Council on Aging and Senior Center
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