



Millville Council on Aging and Senior Center  
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## DECEMBER 2015

### MILLVILLE'S MELODIOUS SENIOR ENSEMBLE

Just several months ago, after a fun karaoke session at a Senior Club meeting, it was suggested that seniors pool their vocal abilities and form their very own chorus. With the many individual talents apparent among the senior group, we came together and began blending voices. Ellen Bowen, Evie Doyle and Leo Gauthier took the lead, sharing in direction and selection of music. After several fun rehearsals at the Center, the group has demonstrated interest and participants are encouraged by plans to perform before an audience in the near future.

We were fortunate to obtain the "hidden" talents of Jill Anderson, the Center's Outreach Coordinator, who renders piano accompaniment together with Leo Gauthier on guitar. Currently, the group is rehearsing Christmas selections in preparation for their initial performance to be held at the Senior Club Christmas Party on December 14<sup>th</sup> at the Senior Center. We look forward to an enthusiastic audience to share the "debut" of the **MILLVILLE MELODIOUS SENIOR ENSEMBLE**.



**Seated - (Left to Right) Mary Ryan, Kathy Reilly, Claire Duffy, Roberta Gauthier, Carol Perron and Evie Doyle**

**Standing - (Left to Right) Paul Moore, Ellen Bowen, Marge Keegan, Jeannette Salome, Marcel Laplume, Leo Gauthier and Jill Anderson**

**Missing from photo: Mitch DuMond (Music Librarian) and Claire Poulin**

*Senior  
News  
from  
Cole's  
Field*

December			
Monday	Tuesday	Wednesday	Thursday
	1 Blood Pressure Ck 9 - 9:30 A.M. Line Dancing 9:30 - 10:30 A.M. Exercise 1 - 2 P.M.	2	3 Weekly Lunch 11:45 A.M. Senior Pitch 12 - 2:30 P.M.
7 Craft Class (knit/crochet/etc.) 9 - 11 A.M.	8 Blood Pressure Ck 9 - 9:30 A.M. Line Dancing 9:30 - 10:30 A.M. Exercise 1 - 2 P.M.	9 Council on Aging Meeting 6:30 P.M.	10 Weekly Lunch 11:45 A.M. Senior Pitch 12 - 2:30 P.M.
14 Craft Class (knit/crochet/etc.) 9 - 11 A.M. Senior Club Meeting/ Lunch Blood Pressure Ck.	15 Blood Pressure Ck 9 - 9:30 A.M. Line Dancing 9:30 - 10:30 A.M. Exercise 1 - 2 P.M.	16	17 Weekly Lunch 11:45 A.M. Senior Pitch 12 - 2:30 P.M. Shine Appt.
21 Craft Class (knit/crochet/etc.) 9 - 11 A.M.	22 Blood Pressure Ck 9 - 9:30 A.M. Line Dancing 9:30 - 10:30 A.M. Exercise 1 - 2 P.M.	23	24 Weekly Lunch 11:45 A.M. Senior Pitch 12 - 2:30 P.M.
28 Craft Class (knit/crochet/etc.) 9 - 11 A.M.	29 Blood Pressure Ck 9 - 9:30 A.M. Line Dancing 9:30 - 10:30 A.M. Exercise 1 - 2 P.M.	30	31 Weekly Lunch 11:45 A.M. Senior Pitch 12 - 2:30 P.M.

### CELEBRATING DECEMBER BIRTHDAYS

1st	Lois Laflamme	9th	Philomena Szlosek	18th	Charles Bourassa	25th	Daniel Ryan
2nd	Margaret Carroll	10th	Roberta Lavergne		John Salisbury	29th	Beatrice Meagher
	Edward Rainville		Jean McKay		Leo Gauthier		Christine Krawczyk
3rd	Bonnie Yasick		Susan Gould	19th	Marion Tuscher		Donald Dangelo
	David Hotchkiss	11th	Anne Leclair		Carol Deroche	30th	Leo Trottier
4th	Marge Keegan		Laurel Berks	21st	Evelyn Doyle		
	Richard Beaudreau		Robert Yasick	22nd	Carol Hagenback		
	Gerard Breton Jr.	12th	Charles Atteridge	23rd	Vincent Profenna		
5th	Ronald Bilodeau		Rita Benoit		Joyce D'Amato		
	Paul Brothers	13th	Grace Burns	24th	Doris Dartt		
7th	Viola Ranslow	14th	Joyce Daignault		Carol Thout		
	Joseph Montesi		Lynda Whiting		Patricia Ray		
8th	Mark Puffer		Joseph Kelleher		Nancy Hartford		
9th	Deborah Erickson	17th	Bill Legare		Masoud Kankash		
	Diane M. Berthelette	18th	Mary Ryan		Gerald Stevenin		



Please Note: If your birthday has been omitted from the Birthday List, we apologize. We can only list those we have knowledge of.



Bingo caller, Richard Hurteau, portrayed himself as a “real turkey” at the Thanksgiving Bingo held last month where attendees “gobbled” up a diversity of prizes and no one went home empty handed. Bingo cash prize winners were: Shirley Kempton, Gabrielle Mullaly, Helen Forand, Claire Duffy, Ellen Bowen, Marcel Laplume and Marcia Lanctot. Special gift bags and scratch tickets were awarded and Mr. Hurteau’s unique turkey hat was presented to Sandra

Drouin, a monthly bingo enthusiast, who plans to surprise her granddaughter with the unique topper. Jeanine Therien, Jennie Borek, Mark Laplume, Cecile Gomes, Kathy Reilly and Holly Whalen were among winners and shared the night’s excitement. Dishes of candy garnished the bingo tables for participants to share. A variety of snacks and drinks were made available and planned by Mr. Hurteau’s assistant, Judy Monroe. Mr. Hurteau announced Sunday bingos will replace Thursday bingos for the winter months and will be held on the 2nd Sunday of the month commencing December 13th– Games will begin at 1:30 p.m.

## MONTHLY SENIOR CLUB MEETING REPORT

The Senior Club luncheon/meeting last month featured a delivery from the “KFC” kitchen surprising members with individual fried chicken lunch boxes. President Richard Hurteau added to the surprise by announcing a special Christmas dinner will be served at the December meeting at no charge to members. So get your name in on the reservation list soon. Join in this Holiday Celebration which will include the debut of “MILLVILLE’S MELODEOUS SENIOR ENSEMBLE.” Following the general meeting, Mr. Hurteau headed a special Bingo session and donated \$100 of cash prizes. Winners were: Jennie Borek, Gil Taschereau, Mary Patton, Jeannine Therien, Marcel Laplume and Mary Ryan. A Christmas table runner, created and donated by Laurie Kloczkowski, was won by Doris Souza. 50/50 winners were: Alice Trank, Ronald Benoit and Diane Lamoureux. The special afghan made and donated by Julie Gauthier was won by Evie Doyle and realized a profit of over \$100.

**Thank you, Julie.** Don’t forget to call the Center at (508-883-3523) and register for our special **CHRISTMAS CELEBRATION DINNER!!!**

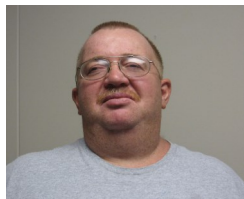
**Please Note:** Membership dues will be payable in January. No dues will be collected at the Christmas Party Luncheon.

**There are no constraints on the human mind, no walls around the human spirit, no barriers to our progress except those we ourselves erect.”**

**(Ronald Reagan)**

## **“AND THEN THERE WERE THREE”**

In the October issue of our “Senior News From Cole’s Field,” we introduced Holly Whalen, our first certified senior van driver. As reported last month, two additional van drivers have been added and are also prepared to accommodate the transportation needs of Senior Citizens and/or disabled of Millville.



**Allen Crawford, a resident of Bellingham, graduated from Blackstone Valley Tech. He was employed as a Security Officer for twenty years and has had experience as a van/handicapped driver. Allen has already completed several trips with the Senior Van transporting seniors to medical appointments and shopping trips and looks forward to taking the van wheel on future excursions.**



**Michelle DuMond, a resident and homeowner in Millville, attained business degrees from CCRI and Johnson and Wales. Michelle is a familiar face at the Senior Center volunteering as a kitchen worker, assists in breakfast distribution and is the music librarian for the newly formed Senior Chorus. Michelle has recently been appointed as an alternate on the Council on Aging and an active participant in the researching of the new stove purchase for the Senior Center.**

**We welcome all three certified van drivers as we join together in serving the transportation needs of Millville’s Seniors and/or disabled.**

**NOTE: Jill Anderson is coordinating trips of interest expressed by seniors through a recent survey and signup sheets are available at the Center.**





## **Library News**

**Submitted by Evelyn McNamara**



We know the books that are most sought after in our small town of Millville, but how does that compare with the circulation of books nationwide? Quartz has compiled a ranking based on reports from nine of the fifteen major city libraries, from San Francisco and Seattle in the west to Jacksonville and New York in the east. The most popular books checked out were: “Go Set a Watchman” by Harper Lee (newly published and written before her classic “To Kill a Mockingbird”) “The Girl on the Train” by Paula Hawkins (a film is now being adapted by Dreamworks) “The Fault in Our Stars” by John Green (movie is on our shelves) “Gone Girl” by Gillian Flynn (we have this film also).

The next most popular books after the above four were:

“All the Light We Cannot See” by Anthony Doerr (World War II novel)

“Gray Mountain” by John Grisham (legal/suspense)

“Our Souls at Night” by Kent Haruf (romance)

“The Life Changing Magic of Tidying Up” by Marie Kondo (non-fiction)

“Truth or Die” by James Patterson (mystery)

“To Kill a Mockingbird” by Harper Lee (classic)

“Wicked Charms” by Janet Evanovich (mystery)

“Memory Man” by David Baldacci (suspense)

“Fairyland” by Alysia Abbott (memoir for which one library put on a readership drive)

If you haven’t read some of the above, you may want to check them out and see if you agree with the ranking. Our library has all the books listed above except “Fairyland.” “Our Souls at Night” is on order and most likely will be available by the time you read this article.



## **JILL’S JOTTINGS**

As we head into the holiday season, please don’t forget that your senior center is here as a resource and can help make life easier and/or more fun in many ways:

Have a question or problem that our state representative can assist with? Rep. Kevin Kuros will be at the Senior Center on December 7<sup>th</sup> from 2:30 to 3:30pm. Put it on your calendar now so you don’t forget while rushing around with Christmas preparations.

Do you or a relative need a walker, cane, bath chair, commode or wheelchair? We have all these items which we loan to those who need them.

Looking for a good book for those winter evenings we know are coming? We have a library chock full of books by many popular authors – no limit on the amount of time you may take to read them.

Hoping to avoid the “winter blahs” by spending time in interesting and fun activities? We have Line Dancing, Exercise, Pitch (cards), Chorus, Knit & Crochet, and Painting groups that are either free of charge or very inexpensive. Out-of-towners have often commented on how friendly and welcoming the people are at our center. Come find out for yourself!

And Merry Christmas to all!

***Jill Anderson***



## DECEMBER LUNCH MENU



Dec. 3rd	Greek Chicken, Couscous, Brussel Sprouts, Brownie & Plain Cake
Dec. 10th	Meatballs/onion gravy, Garlic Mashed Potatoes, Carrots/Peas & Fruit
Dec. 17th	Chicken Piccata, Penne Pasta, Spinach, Birthday Cake & Plain Cake
Dec. 24th	Beef Stew, Biscuit, Corn Niblets & Mandarin Oranges
Dec. 31st	Bacon Omelet, Potatoes, Green Beans & Tomato & Streusel Cake

**NOTE:** Meals include milk, coffee and bread. There is a \$3.00 donation requested and reservations should be made 48 hours in advance.

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.

## Council on Aging

Chairman: Patty Leja

Vice Chairman: Ellen Bowen

Secretary: Judy Monroe

Treasurer: Claudette Barrett

Members: Lois Laflamme

Sue Robbins

Richard Hurteau

Alternate: Bob Laflamme

Mitch DuMond

Outreach Coordinator:

Jill Anderson

Maintenance: Bob Laflamme

Newsletter: Ellen Bowen

Carol Perron

Ads: Sue Robbins

SHINE: Lee and Judy Katz

## Senior Club

President: Richard Hurteau

Vice President: Ellen Bowen

Secretary: Diane Lamoureux

Treasurer: Marge Keegan

## PAUL'S PUNS (Submitted by Paul Gauthier)



We went to a restaurant where the "seniors' special" was two eggs, bacon, hash browns and toast for \$1.99. "Sounds good," my wife said. "But, I don't want the eggs." "Then I'll have to charge you \$2.49 because you're ordering A la carte," the waitress warned. "You mean I'd have to pay for not taking the eggs? My wife asked incredulously. "YES" the waitress said. "I'll take the special then," my wife said. "How do you want your eggs?" the waitress asked. **"Raw and in the shell,"** my wife replied and she took the two eggs home.

**DON'T MESS WITH SENIORS!!!**

## STAY HEALTHY THIS HOLIDAY SEASON

With the holiday season upon us, many people have hectic schedules including social events, family gatherings, shopping ventures, and decorating to be done. While holidays can be fun, it can be a time of added pressure, which leads to stress and other unhealthy situations.

Follow these tips for maintaining a healthy mind and body.

- Get the flu vaccine to prepare you for cold and flu season.
- Carry disinfecting wipes to help avoid coming into contact with germs.
- While it can be tempting to overbook your schedule, leave days open to relax and do things you want to do such as viewing Christmas light displays or unwinding at home with a good book.
- Keep up an exercise routine. Exercise can improve energy levels and relieve stress.
- Don't focus on food but on enjoyable activities that keep you moving rather than always being seated around the table for a big meal.
- If the holidays have you feeling blue, talk to a friend or family member. If you need more professional support, find a social worker or psychologist that can help you work through stress and other feelings.



## CELEBRATING A CHARLIE BROWN CHRISTMAS

It's hard to believe that TV's "A Charlie Brown Christmas" is turning 50 this year. It's always a treat to take a respite from Christmas shopping, wrapping and decorating and just sit and view Charlie Brown proudly holding his sad looking legendary Christmas tree, surrounded by his pals, Snoopy, Lucy, Peanuts and others. Marking the 50<sup>th</sup> year anniversary of this famed holiday special, Charlie Brown Christmas themed stamps are available at the U.S. Post Office, depicting scenes from the beloved show. It's not too late to plan a holiday excursion and arrange to see "The Peanuts Movie" which finds Snoopy, the world's most lovable beagle, embarking on his greatest mission as he and his team take to the skies. Celebrate "A Charlie Brown Christmas" with the grandchildren. It will be exciting to see Peanuts and the gang on the big screen this year.



## A LESSON ON STRESS

In an attempt to explain stress management, a seminar leader raised a glass of water to the audience and asked, "How heavy is this glass of water?" The answers ranged from 8 ozs. to 12 ozs. The leader asserted that the absolute weight doesn't matter; it depends on how long the glass is held because the longer it is held, the heavier it becomes. And that's the way it is with stress. If burdens are carried all the time, sooner or later they become increasingly heavy making it difficult to carry on. And so as early in the evening as possible, lay all burdens down and don't carry them into the night. Pick them up the next day if you must!

### Remember:

1. Some days you're the pigeon and some days you're the statue.
2. Always keep your words soft and sweet just in case you have to eat them.
3. Drive carefully - It's not only cars that can be recalled by the Maker.
4. If you lend somebody \$20 and never see that person again, it was probably worth it..
5. Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
6. Birthdays are good for you. The more you have, the longer you live.
7. A truly happy person is one who can enjoy the scenery on a detour. (Lesson Learned!)

**HAVE AN AWESOME DAY AND KNOW THAT SOMEONE HAS THOUGHT ABOUT YOU TODAY!**



## IMPORTANT MEDICARE INFORMATION

During Medicare Open Enrollment, from October 5<sup>th</sup> to December 7<sup>th</sup>, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE Counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Our shine counselors at the Millville Senior Center are Lee and Judy Katz. They are at the Center the third Thursday of the month BUT you must contact the Center for an appointment. Call Jill Anderson at 1-508-883-3523.

## *Grandparents* **BEWARE!**

**"Tis the season of giving" but for many con artists it's an opportunity to cheat you out of your money! Scams tend to increase during the holiday season, including this latest "Grandparents Scam."**

### **What is it?**

The Grandparent Scam is a scam that targets the elderly in an attempt to steal large sums of money through a wire transfer. Financial losses from this scam are usually several thousand dollars per victim.

### **How does it happen?**

A grandparent receives a call or an email from someone who claims to be their grandchild. The person states that he/she is traveling in a foreign country, has gotten into a bad situation and needs money wired ASAP.

### **What can you do?**

Contact your grandchild or another family member to determine whether the call is legitimate. Never wire money based on a request made over the phone or in an email, especially overseas. If you have been scammed, contact your local law enforcement.



### **NOW HEAR THIS!!!**

According to ear, nose and throat specialist, Lleana Showalter, MD of Mercy

Medical Center in Baltimore, people adapt to certain levels of hearing loss so it's hard to figure out that we are not hearing like we did. Here are a few red flags for hearing loss:

- You frequently ask people to speak slower, louder or more clearly.
- You listen to the TV or radio at a higher volume than you used to.
- You find it harder to follow a conversation when you're in a noisy environment.
- It seems easier to avoid participating in conversations than trying to follow them.

**"The only limit to our realization of tomorrow will be our doubts of today. Let us move forward with strong and active faith."**

**(Franklin D. Roosevelt)**



### **WHAT'S IN A NAME?**

When assistant editor of the Senior Monthly Newsletter, Carol Perron sees the name “Kraft” these days, its connotation goes beyond a cheese product!! Flaunting a souvenir photo, Carol describes a “moment to remember,” meeting Patriot owner, Robert Kraft several weeks ago at the 2015 PPP (Patriots Platelet Pedalers) Rider Appreciation Dinner held in Gillette Stadium. The dinner was hosted by the Kraft Family and afforded attendees an opportunity to click a memorable photo with Mr. Kraft that night.

As generous supporters of the Pan-Mass Challenge - Jimmy Fund, Carol and husband Ronnie received the invitation from their good friend and neighbor, Leo Trotter, who they have supported for many years in his Annual Bike-A-Thon Challenge to benefit the Dana Farber Institute. Founded in 1980, The Pan - Mass Challenge (PMC) is an annual bike-a-thon that today raises more money for charity than any other single event in the country.

### **WHAT'S YOUR 2016 NEW YEAR'S RESOLUTION?**

A New Year's Resolution is a tradition in which a person makes a promise to do an act of self improvement or something slightly nice, such as opening doors for people, donating to the poor more often, to become more assertive, or to become more responsible beginning on New Year's Day.

A significant plan this coming year for all this town's residents is to resolve to participate in Millville's 100th birthday. Let's look forward with pride and steadfastness to our Centennial Celebration in 2016!!!



### **CHRISTMAS IS**

Christmas is family, Christmas is fun,  
 A time for giving to everyone.  
 The message of hope, the promise of peace  
 That love might prevail and fighting cease.  
 Christmas is memories, Christmas is cheer,  
 A time to greet friends far and near;  
 The leap of the heart, delight of the soul  
 When love fills us up and renders us whole  
 Christmas is laughter, Christmas is song,  
 A time for dancing and getting along;  
 The flower of joy, the season of light  
 When love came upon us that Winter night.  
 (Janet Collins)

### **HOOKED ON YARD SALES?**



There are many people I know who just can't resist the lure of the Saturday morning yard sale. They take delight in rummaging through other people's "cast offs" hoping to find a bargain; and even if they can't use it, they always know someone who can, especially if the price is right! With yard sale notices plastered on poles and fences in glaring neon colors, advertised in local newspapers, and on the internet, yard sale addicts are afforded many opportunities to browse and feed their passion. My seasoned yard sale friends have learned that timing is everything and that the "early bird catches the worm." They rise early to avoid competitive yard salers who have an experienced eye for bargains. But only a yard sale junkie would understand the simple joy of rooting through the offerings and the delight of returning home with a trunk full of clothing for their grandchildren, an odd looking cookie jar, a rusted scale, old records, sheet music and lots of paperback books. A word to the wise – Watch out for the car in front of you bearing the bumper sticker: “I Stop For Yard Sales.”

**\*\*\*\*\* PLEASE NOTE: THERE WILL BE NO JANUARY NEWSLETTER! \*\*\*\*\***



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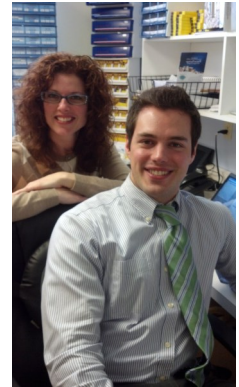


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**Graduation**

**Dinner**

**Dance**

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

**Monday**

**Knitting**

**Crocheting**

**Embroidery**

**Painting (twice a month)**

**Tuesday**

**Blood Pressure Clinic**

**Line Dancing**

**Aerobics/Yoga**

**Thursday**

**Lunch**

**Pitch**

**These programs are supported in part by a grant from the Millville Cultural Council and the  
MA Executive Office of Elder Affairs.**

**Partial funding for this Newsletter is supported by Ad Subscriptions and is printed by  
Blackstone-Millville High School at a nominal fee.**

**Senior Club Meetings/Lunch & Blood Pressure Clinic - 2nd Monday of every month  
Bingo Games - 2nd Thursday of the month at 6 P.M.**

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



*We would like to wish all of you and your  
families a very Merry Christmas and a  
healthy and Happy New Year!  
Ellen Bowen & Carol Perron*

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Millville, MA 01529

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