

Millville Council on Aging and Senior Center
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Outreach Coordinator: Jill Anderson

Senior News from Cole's Field

FEBRUARY 2016



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

Maintenance: Bob Laflamme

Senior Club

President: Richard Hurteau
Vice President: Ellen Bowen
Secretary: Diane Lamoureux
Treasurer: Marge Keegan

Newsletter: Ellen Bowen
Carol Perron
Ads: Sue Robbins
SHINE: Lee and Judy Katz



New Electronic Library Cards Now Available **Submitted by Evelyn McNamara**



Our library is now completely electronic. What does this mean for you? First, whether you do or do not already have a Millville library card, in order to access any item at our Millville Library, you will need to stop in and get your electronic card, making it possible for you to go to any library in Massachusetts and check out material that library has. However, it is not necessary for you to travel elsewhere. If the item desired is not at our library, Kristen Webb will order it for you through inter-library loan. Deliveries are made to Millville twice weekly and you will be notified about arrival for pickup at the Millville Library. This notification is in the form of an email which you will receive several days before the material is here. If you do not have email, then the librarian will call you. There is no charge for this service. What could be more convenient? Many of Millville's patrons have been amazed at the personal touch provided by Kristen Webb. She knows their preferences, whether type of book, special author, favorite series or new offerings. She now has at her fingertips the ability to look up what you want and where it can be obtained, and if the Millville Library does not have it, order it for you. What a wonderful, helpful and free service!

When you check out material from our Millville Library, loan time is three weeks for all items (movies are due back in one week). There is no fine for overdue material, and unless another patron has requested a "hold" renewal is allowed. If you request material from another library through inter-library loan, you will be informed of that library's special requirements. Items borrowed through inter-library loan, simply return to the Millville Library.

After Millville's certification, time was required to make all items on our shelves ready for electronic check-out. During that time you may have obtained an electronic card from another library. That card may still be used. However, if you come in and simply replace it with a Millville electronic card, your usage will be reflected in the Millville library statistics which we need to report annually.

Be sure to stop in now and get your new Millville electronic card!



JILL'S JOTTINGS

Did you know that we have free WiFi here at the Center? You will need a password from me and then off you go to surf the 'net! Our three public use computers are available whenever the Center is open.

Our faithful Monday front desk volunteer, Claire Remillard, has had to step down and we are looking for one or two volunteers to answer the phone and do light office work on Mondays. For now we would like to fill this position from 9 am to 2 pm. This is a job for a "people person" who doesn't get bored if the phone is quiet for long periods. (Bring a book or magazine.) Thank you, Claire for your many hours of service, !

Do you know someone who could benefit from (M-F) delivery of a hot lunch from Meals On Wheels? This service is coordinated by Tri-Valley Elder Services, who will send an intake coordinator to determine whether someone is eligible. They will also recommend other programs and services that might help someone stay in his/her home. Basically, a person must be 60 plus years old and homebound to receive Meals On Wheels. For more information call Tri-Valley at 508-949-6640 or 1-800-286-6640.

While Open Enrollment is over you can still change your health insurance plan if you wish to enroll in a Tufts Health Plan. That company recently received the top rating that the government provides and seniors can switch to their "5-star" plans once a year. For more information about this you can make an appointment with our SHINE counselors, who visit us monthly (and Bellingham Senior Center weekly), call the SHINE program at its offices at the Milford Senior Center at 508-473-8334 or google "Tufts Medicare Preferred".

Take care and stay warm!

Jill Anderson



BINGO REPORT

The torrential rains did not dampen the spirits of Bingo enthusiasts attending the newly scheduled Sunday afternoon Bingo January 10th. Among the winners were: Shirley Kempton, Rita Benoit, Jeannette Laplume, Mary Jean Ethier, Jeannine Therien, Jennie Borek and Paul Moore. Scratch tickets and bagged prizes were also awarded to those holding a winning ticket. Snacks and drinks were available and Valentine candy was shared. Bingo caller, Richard Hurteau was assisted by Judy Monroe and Gabrielle Mullaly. Admission is \$1.00 and Bingo cards are offered at \$1.00 per card. Doors open at 1 p.m. and games begin at 1:30 p.m. The next Sunday afternoon Bingo is scheduled for February 14th. Why not join in the fun with a chance to WIN-WIN-WIN!!!!!!



FEBRUARY SENIOR CLUB MEETING

(A Pre-Valentine celebration)

Officers of the Senior Club met recently to finalize plans for a Pre-Valentine Celebration at the February 8th club meeting. There will be plenty of “heart” warming laughter as Comedian David Shikes debuts at the Millville Senior Center with a standup comedy routine. Mr. Shikes is a “popular favorite at the Springfield Senior Center and promises to be funny while remaining appropriate!” Plan to join in the fun and enjoy some much needed laughter. The popular roast chicken dinner will be served by the Bocce Club with all the fixings' for only \$10.00. (You can also expect some “heart shaped” treats to help celebrate our “Pre-Valentine” event). In addition to the food and entertainment, President Richard Hurteau, will be seeking membership input on several important topics such as reactivating a “Sunshine Committee,” suggestions for future Senior Van trips, club meeting meal catering and a new approach to “take home” meals. The 2016 Membership dues may be paid at this meeting and the popular 50/50 event will be returning under the direction of Paul Gauthier and Gil Tashereau. Membership participation and suggestions are essential to the Senior Club moving forward in 2016. Call or stop in at the Center to reserve your place soon!!!



*when I get old,
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sit around
knitting.
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clicking my Life
Alert button to
see how many
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Incredible.

FEBRUARY BIRTHDAY FUN FACTS

Happy Birthday to all our February babies!! You're so lucky to be sharing the shortest month of the year with one of the sweetest Holidays of all - VALENTINE'S DAY!! Here are some February birthday fun facts you might find especially interesting:



Your birth flowers are the Iris, which represents faith, hope and wisdom and the Violet which represents faithfulness, modesty and virtue.

If you're a history buff, you probably also know that the following four Presidents shared February birthdays:

William Henry Harrison, Abraham Lincoln,
Ronald Reagan and George Washington.

How will you be celebrating your birthday this year? We hope you have an extra wonderful day and enjoy all the joy it has to bring.

Note: Birthday celebrants are invited to share a birthday cake on the last Thursday of each month at the Senior Center's Thursday luncheon.



NEWS YOU CAN USE

BANISH THE WINTER BLUES---THINK SPRING!!!!

A sure cure for possible winter blues is to order your garden seeds and begin preparing for next season's garden. Picking out seeds and preparing for a spring garden can help deal with winter blues. The first two decisions are: what you want to grow and how much to order. So browse through your favorite seed and bulb catalog and begin planning your spring garden!!!!

WINTERIZE TO PREVENT FALLS

Here are some simple steps that you can take today to reduce falls.

1. "Winterize" shoes, boots and assistive devices.—Attach spikeless ice and snow shoe gripper sole covers to shoes for extra stability when walking on slippery surfaces. (Look for these at sporting goods stores).
 2. Attach an ice gripper cane tip that has spikes on the bottom to penetrate the ice and secure a firm grip. (Ice grip tips can be purchased online).
 3. Choose winter shoes with rubber soles to maintain traction on slippery surfaces.
 4. Carry a zip top bag filled with a lightweight kitty litter and cast it out on slick surfaces.
- Help make this season a safe, warm and wonderful one for your family and community!

REGIONAL BEREAVEMENT SUPPORT GROUP

(Offered by the Bellingham Council on Aging)

Every 2nd and 4th Thursday of the month through June 2016.

11:15 a.m. to 12:30 p.m.

Bellingham Senior Center, 40 Blackstone Street, Bellingham, MA

Topics include: Coping with Life Changes – Strategies for seeking support – Grief and Healing – Stress Relief and Finding a way forward.

These sessions are open to those interested in the surrounding area – Come to one or all meetings. For more information or to register—Call 508-966-0398 – Support group leader: Kay Page

Senior Singers "on the road" in 2016!!!

The Millville Senior Center is buzzing with plans for the new year. The newly formed "Millville Melodious Senior Ensemble" will be meeting every Monday morning at 10:30 a.m. beginning in March as we prepare to expand our musical repertoire. Future plans include visits to local Nursing Homes as we endeavor to share talent and bring happy smiles!! Please consider joining the Ensemble – Call the Senior Center or just stop in any Monday morning!!!!



UPDATE ON PAINTING SCHEDULE

Unfortunately, our painting instructor, Darrell Crow, has been experiencing health issues necessitating a change in the painting schedule over the past several months. Many prayers and good wishes for improved health have been extended and we look forward to his return on Monday, February 15th and 22nd (12:30pm). Class participation has increased and completed oil paintings have demonstrated hidden talents as the result of Mr. Crow's teaching abilities. Stay well, Darrell, we miss you!!!!





FEBRUARY LUNCH MENU



Feb. 4th	Spaghetti & Meatballs, Green Beans, Baked Cinnamon Apples, French Bread
Feb. 11th	Meatloaf & Gravy, Mashed Potatoes, Green Beans, Tiramisu, Diet Chocolate Mousse, Bread
Feb. 18th	Chicken Murphy, Seasoned Potatoes, Beets, Fresh Fruit, Whole Wheat bread
Feb. 25th	BBQ Chicken, Red Bliss Potatoes, Corn, Birthday Cake, Diet-Plain Cake, Marble Rye Bread

NOTE: Meals include Milk and Coffee. 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.

Thank you to kitchen servers: Lois Laflamme, Claire Poulin, Jeannine Therien, Mary Jean Ethier & Mitch DuMond for their dedication.



PAUL'S PUNS (Submitted by Paul Gauthier) (The importance of "PROOF")

A man went to his lawyer and told him: "My neighbor owes me \$500 and he won't pay up; what should I do?" "Do you have any proof that he owes you the money?" the lawyer asked. "Nope," the man replied. "OK, then write him a letter asking for the \$5000 he owes you," said the lawyer. "But he only owes me \$500," the man replied. "Precisely. That's just what he will reply **and then you'll have your proof!**" Thanks, Paul Gauthier!!!!

DO YOU HAVE YOUR HOUSE NUMBERED??



According to the Town of Millville Bylaws, it is the owner's responsibility to maintain the street number on the front of the building or in the area of the main entrance of every residential, industrial or commercial building. (Please see the bylaw located at www.millvillema.org).

Violations and Penalties:

Whoever violates any provision of this bylaw shall be liable to a penalty of \$1.00 per day for each date during or on which failure to so number continues, commencing 10 days following date of receipt of written notice from the Town Clerk.

"SHINE'S MEDICARE AND MORE"

The Central MASS SHINE Program is now sponsoring a monthly cable TV program called **SHINE'S MEDICARE AND MORE** which is currently on our local cable channel 192. This program is designed to educate and update **MEDICARE** beneficiaries and their families on **MEDICARE** and other programs that can assist you with your health insurance needs.



We welcome an addition to the front desk receptionists. Evelyn McNamara has volunteered her services on Monday. Jennie Borek is on duty Tuesday and Thursday as well as Mary Ryan. Thank you to these ladies and a special thanks to Claire Remillard for her services.

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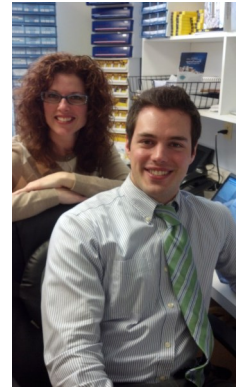


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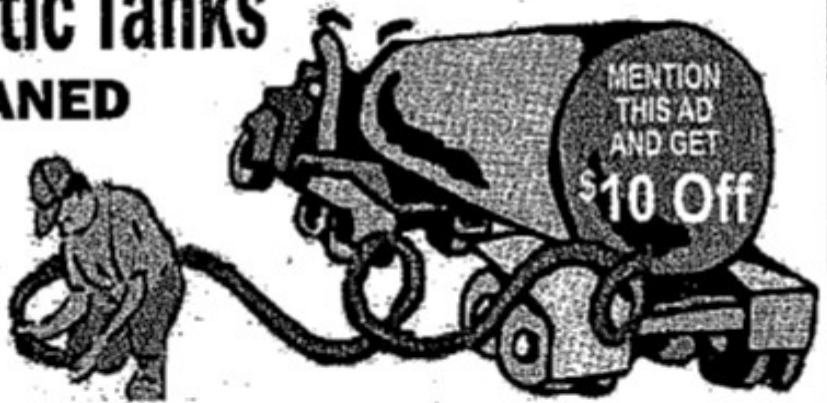
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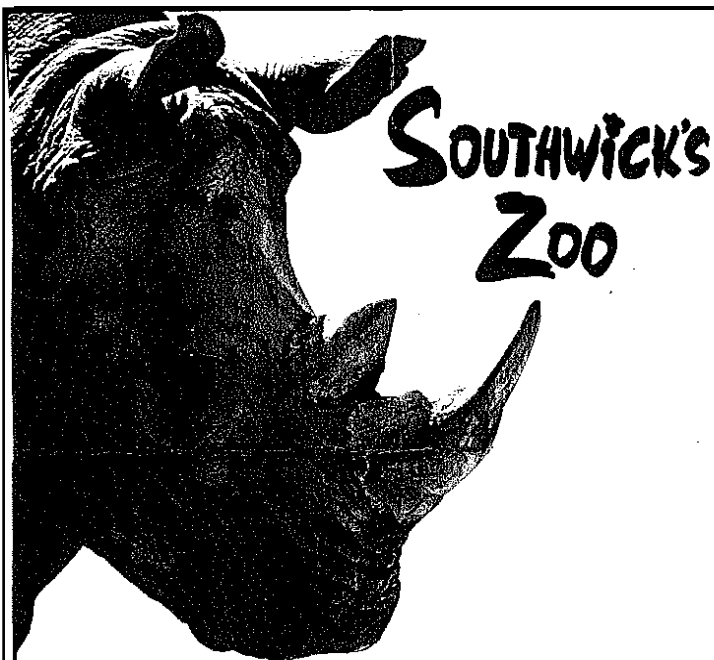
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FOR INFORMATION ON ADVERTISING, CALL SUE ROBBINS,
AD COORDINATOR AT 508-883-5231 OR CALL THE
SENIOR CENTER.



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)

Millville Council on Aging and Senior Center
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