

Outreach Coordinator: Jill Anderson

Senior News from Cole's Field

JULY 2017



Council on Aging

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Secretary: Diane Lamoureux
Treasurer: Marge Keegan

Newsletter: Ellen Bowen
Jill Anderson

Ads: Sue Robbins



LATEST FROM THE LIBRARY

Submitted by Evelyn McNamara



With these lazy, hazy days of summer, what can be better than curling up in your favorite place with a special book? Better still, your book can give you a preview of an upcoming movie. There are many now being released based on books, as you will see from the following list:

- Love and Friendship based on "Lady Susan" by Jane Austen
- "Alice Through the Looking Glass" by Lewis Carroll ** (May 27)
- "Me Before You" by Jojo Moyer **
- "The BFG" by Roald Dahl ** (July 1)
- "Tarzan of the Apes" by Edgar Rice Burroughs (July 1)
- Our Kind of Traitor based on "A Most Wanted Man" by John Le Carre **
- "Cell" by Stephen King **
- "Mike and Dave Need Wedding Dates" by Mike Stangle
- "Bourne Ascendancy" by Eric Van Lustaber
- "The Little Prince" by Antoine de Saint-Exupery
- "The Light Between the Oceans" by M.L. Stedman **
- "The Girl on the Train" by Paula Hawkins ** (Oct. 16)
- "A Monster Calls" by Patrick Ness (Oct. 14)
- "Fantastic Beasts and Where to Find Them" by Newt Scamander/J.K. Rowling Nov. 18)

If the book is on our shelves, an asterisk ** has been placed, but if the Millville Library does not have the title, it can be accessed for you by our librarian through inter-library loan. Where known-- movie release dates are shown.

Be sure to tell friends and family of our special children's Summer Reading Program, beginning July 3 and ending August 13, which has two levels this year: "Read to Me" (promises to read to a child each day) and "I Can Read" (promises to read for a certain amount of time daily). Prizes will be given weekly, with those completing 4 weeks entered for a major prize drawing. Mark the date, July 16, for a special performance by Davis Bates, and check with the library for other special activities and special performers included in this program.



JILL'S JOTTINGS

At a recent annual meeting of the statewide organization for senior center directors, the Massachusetts Council On Aging, I learned that on December 31st of 2016, for the first time in Massachusetts history, the number of people in our Commonwealth age 60 and over will be greater than the population under 20. In fact, by 2035, people over 60 will constitute 29% of the state's population! If there is strength in numbers, we are becoming the mighty mighty seniors!

Our talk on June 7th by Attorney John G. Dugan ("Legal Issues for Seniors") was well-attended and provided much for Millville seniors to think about.. Refreshments were provided by Lois Laflamme and Mary Ryan. Thank you, ladies, for such delicious treats!

The **Millville Melodious Senior Ensemble** performed at the library's 30th birthday celebration, with songs on the theme "Growing Up in Millville", in honor of this year's Centennial celebration. Special songs were added for the children attending the library event: John Beroth sang the verses of "Puff the Magic Dragon", with all invited to join in on the choruses. Leo Gauthier, accompanying himself on the guitar, led the audience participation song, "The Thing". Great job, gentlemen! The Ensemble will be taking a well-deserved rest over the summer, and resume rehearsals in the fall. It's a lot of fun and we can always use new members, so if you enjoy singing please call the Center for more information, or watch for scheduled rehearsal dates in coming newsletters.

We cancelled our June **painting classes** due to the illness of our instructor, Darrell Crow. We have tentatively schedule July classes for the 18th and 25th, at 12:30. We hope Darrell sees rapid improvement and look forward to his return. Darrell charges a \$5 per class fee for supplies and the Council On Aging pays his instructional fee.

Our air-conditioned center has fun activities and new friends to be made. Stop by for a welcome break from the summer heat. We are open Mondays, Tuesdays and Thursdays from 9 am to 3:30 pm.

Jill Anderson

BINGO WITH "MARCEL THE MAGNIFICENT"



Marcel Laplume did an exceptional job taking the helm of "bingo caller" at last month's Bingo session at the Senior Center.

Assisted by Rita Benoit, the duo managed the evening with ease and much enthusiasm. Gabrielle Mullaly provided bottles of water and snacks were donated by the Centennial K-run Committee. The evening provided another fun activity at the Senior Center and cash winners were: Helen Forand, Rita Benoit, Ellen Bowen, Marcel Laplume, Gabrielle Mullaly, Pauline Morse, and Rosalie Levitre. Mark Laplume won the door prize. Bingo games are scheduled on the second Thursday of the month. Admission is \$1.00 and cards are \$1.00 per card. Doors open at 6 p.m. and games begin at 6:30 p.m. This activity is open to all ages and is not limited to "senior citizens." Sooooo----tell your friends and neighbors and get in on a chance to win some CASH and enjoy an evening of laughter and an opportunity to greet "Marcel the Magnificent."

CELEBRATING JULY BIRTHDAYS

A birthday is a momentous occasion to be commemorated just as a nation commemorates its birth or an organization celebrates its founding. It is much more than an occasion to receive gifts.

It is a chance to remember the day that a major event occurred, to celebrate, give thanks and to reflect upon how well we are fulfilling our calling.

July birth flower is the Larkspur or Delphinium meaning an open heart and ardent attachment.

July birth stone is the Ruby, said to guarantee health, wisdom, wealth and success in love. To all July birthday celebrants, we wish all of the above as you celebrate birth itself and the joy of life!!!



SENIORS ENJOY SONGS OF YESTERYEAR



Millville Seniors revisited songs from the 30s and 60s at their luncheon/meeting last month led by professional vocalist Kenny Marrocco aka "A One Man Show". The group joined in singing songs from yesteryear, often prompted to dance to the familiar tunes. President, Richard Hurteau presided at a brief business session and reports were given by Diane Lamoureux, secretary and Marge Keegan, treasurer. Roberta Gauthier read a momentous poem entitled: "Where There Is Love." President Hurteau announced his tentative plans for a "Saturday Night Fever" event to be held on a Saturday afternoon at the Center featuring Karaoke-Disc Jockey-Dancing- refreshments and other surprises. 50/50 winners were: Mitch DuMond, Sue Robbins, Leo Gauthier, Diane Lamoureux and Jeannette Salome. A special Flag Cake, donated by Rita Benoit, was won by Betty Ranslow. The July meeting/luncheon is being omitted this year and Millville Seniors are invited to a barbecue on August 8th at no charge. Seniors should register by calling or stopping in at the Center to be included on the guest list. This event is not limited to Senior Club Members!

LEARNING LIFE'S LESSONS

- * Either you control your attitude or it controls you.
- * Never ruin an apology with an excuse.
- * We don't have to change friends if we understand that friends change.
- * Our background and circumstances may have influenced who we are but what we are responsible for is what we become.
- * A rich person is not necessarily the one who has the most, but it is the person who gives of themselves.
- * Don't be so eager to find out a secret, it could change your life forever.

CELEBRATE INDEPENDENCE DAY ON JULY 4TH

Often known as “the Fourth of July,” Independence Day is annually celebrated on July 4th. It is the anniversary of the declaration of independence from Great Britain in 1776. Independence Day is a day of family celebrations with picnics and barbecues and patriotic displays showing a great deal of emphasis on the American tradition of political freedom. Many communities arrange fireworks that are often accompanied by patriotic music. Independence Day is a patriotic holiday for celebrating the positive aspects of the United States. Some politicians appear at public events to show their support for the history, heritage and people of their country. Above all, people in the United States express and give thanks for the freedom and liberties fought by the first generation of many of today’s Americans. The Statue of Liberty is a national monument that is associated with Independence Day. History tells us that in 1775, people in New England began fighting the British for their independence and on July 2, 1776, Congress secretly voted for independence from Great Britain. Two days later on July 4th, 1776, the final wording of the Declaration of Independence was approved and the document was published.. Interestingly, Thomas Jefferson and John Adams, both signers of the Declaration of Independence and presidents of the United States, died on July 4th 1826, exactly 50 years after the adoption of the Declaration.



MOSQUITO BITE PREVENTION

(Don’t Mess with Mosquitos!)



Protect yourself and your family from Mosquito bites. Use an Environmental Protection Agency (EPA) registered insect repellent with one of the following active ingredients: DEET – PICARIDIN – BAYREPEL –ICARIDIN- OIL OF LEMON EUCALYPTUS (OLE) or PARA-MENTHANE-DIOL (PMD)

Some brand name examples are OFF-CUTTER-SAWYER-ULTRATHON-CUTTER ADVANCED-SKIN SO SOFT BUG GUARD PLUS-REPEL. Insect repellent brand names are provided for your information only.

The Center For Disease Control and Prevention and the U.S.Department of Health and Human Services cannot recommend or endorse any name brand product.

Always follow the label instructions and reapply insect repellent every few hours, depending on which product and strength you choose. Do not spray repellent on the skin under clothing and if you are using sunscreen, apply sunscreen first and insect repellent second.

Treat items such as boots, pants, socks and tents with Permethrin or purchase permethrin treated clothing and gear. Do not use permethrin products directly on skin. Use screens on windows and doors. Repair holes in screens to keep mosquitoes outside. Use air conditioning when available. keep mosquitoes from laying eggs in and near standing water.

JULY LUNCH MENU

JULY 7- Salisbury Steak, Mashed Potatoes, Peas. & Carrots, Fresh Fruit, Whole Wheat Bread

JULY 14- Chicken Fajitas, with Peppers/Onions, Spanish Rice, Veggies/Pineapple/Pita Pocket

JULY 21- Beef Mediterranean, Mashed Potatoes, Mixed Veggies, Chocolate Mousse, Marble Rye

JULY 28- Chicken Cacciatore, Penne Pasta w/ Tomato Sauce, Italian Blend Veggies, Birthday Cake

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. Please call a few days in advance if you would like to join the THURSDAY LUNCH BUNCH.– OPEN TO ALL MILLVILLE'S SENIORS AND DISABLED.

GET A NEW LEAF ON LIFE

with
Kale Caesar Salad

1 Tbs. fresh lemon juice
1 clove garlic, finely minced.
1 tsp. Dijon mustard
1/4 tsp. kosher salt
3 Tbs. mayonnaise
3 Tbs. extra-virgin olive oil
1 bunch of Tuscan kale (10-12 oz.)
(stems removed and discarded,
leaves thinly sliced)
1/4 cup shredded parmesan cheese
Freshly ground black pepper

In a large bowl, whisk together the first six ingredients. Toss the kale with this dressing - sprinkle with Parmesan cheese and season with Black pepper. (Serves 4)



SENIORS SETTING THE RECORD STRAIGHT

Many seniors may have already read this Article elsewhere but it may be worth re-reading because it truly describes our Country's existing situation. **Read on:**

“Senior citizens are constantly being criticized for Every conceivable deficiency of the modern world, real or imaginary. We know we take responsibility for all we have done and do not blame others.

However, upon reflection, we seniors would like to point out that it was not the senior citizens who took:

The melody out of music
The pride out of appearance
The courtesy out of driving
The commitment out of marriage
The responsibility out of parenthood
The togetherness out of family
The learning out of education
The nativity scene out of cities,
The dedication out of employment
The ambition out of achievement, or
God out of government and school.

Also, we certainly are not the ones who eliminated patience and tolerance from personal relationships and interaction with others. Plus, we do understand the meaning of patriotism and remembering those who fought and died for our country.”(author unknown)

SENIORS SUPPORT LIONS EYEGLASS PROGRAM

Used glasses collected by the Lions Club can help children and adults in developing countries enjoy a better quality of life. We can help the Lions Recycling For Sight Program through collection of used eyeglasses. Official Lions Club collection boxes have been placed at the Millville Senior Center.

“KEEPING KONNECTED”

(FROM THE FEDERAL TRADE COMMISSION – CONSUMER INFORMATION)

Crooks use clever schemes to defraud millions of people every year. They often combine sophisticated technology with age-old tricks to get people to send money or give out personal information. They add new twists to old schemes and pressure people to make important decisions on the spot. One thing that never changes, they follow the headlines – and the money.

You may have seen on TV, ads that claim buying gold is an easy way to earn easy profits, or build a safe retirement investment. While buying gold might help diversify your investment portfolio, is it always a good way to build your retirement? Or might it be an investment scheme disguised as a golden opportunity?

According to a complaint filed by the FTC, Discount Metal Brokers, Inc. advertised itself as a Legitimate seller of gold and silver, yet failed to deliver on its promises. In national TV ads, the Company portrayed gold as a safe retirement investment, urging people to be “smart investors” and “protect themselves” because “in today’s economy, you need to own gold and silver.” Discount Metal Brokers, Inc. then flashed their toll-free number for people to call.

Here’s what the FTC says happened next: once people called, the company asked callers to pay a deposit by check or credit card. They then told callers to send the balance of the money by check or wire transfer. The FTC says that, even though company employees reassured people their orders would ship soon, hundreds of people never received the promised gold or silver. Plus, they lost the money they paid to the company.

If a seller presses you to wire money, that’s a sign of a SCAM. And, if you’re thinking of investing, Learn about what questions to ask and what to avoid.

Stay a step ahead with the latest info and practical tips from the nation’s consumer projections agency and browse FTC scam alerts!

FROM THE MASSACHUSETTS SENIOR MEDICARE PATROL (SMP)

The Massachusetts Senior Medicare Patrol (SMP) Program works in partnership with government, non-governmental and “grassroots” community based organizations across the state to raise awareness about protecting, detecting and reporting healthcare errors, fraud and abuse. According to the Centers for Medicare and Medicaid Services, healthcare errors, fraud and abuse cost American tax payers billions of dollars annually.

The MA SMP Program encourages consumers to keep a personal healthcare journal and use thee journals to record their medications. Prescribed and over the counter; all medical appointments, radiology appointments, home health services, lab tests, prescribed durable medical equipment, such as wheelchair, CPAP machine, etc. Consumers should use journals to record all questions they may have for their physicians or other health professionals as well as responses to their questions.



VALUE OF VOLUNTEERS

Perhaps the furthest thing on the minds of volunteers as they donate their time, is money; but there is no denying the financial value that volunteers provide to the organizations they help! We are proud of the many volunteers who keep things going here at the Millville Senior Center. Under the guidance of Senior Center director, Jill Anderson, this generous group takes on varied tasks at the front desk, answering phones, verifying program attendees and generally offering smiles to the many seniors participating or just visiting the Senior Center. Volunteers lend a hand serving Thursday's lunch, preparing the monthly Newsletter for mailing, and assist whenever called upon reflecting the community spirit evidence in this little town of Millville. So while money is not foremost on the minds of volunteers as they lend support and caring, their selflessness plays a crucial role in improving our community and augmenting services to our senior population. It's time to shout out-----THANK YOU!!!!



Sue and Neal Robbins



Lori Remillard



Jennie Borek



Mary Ryan



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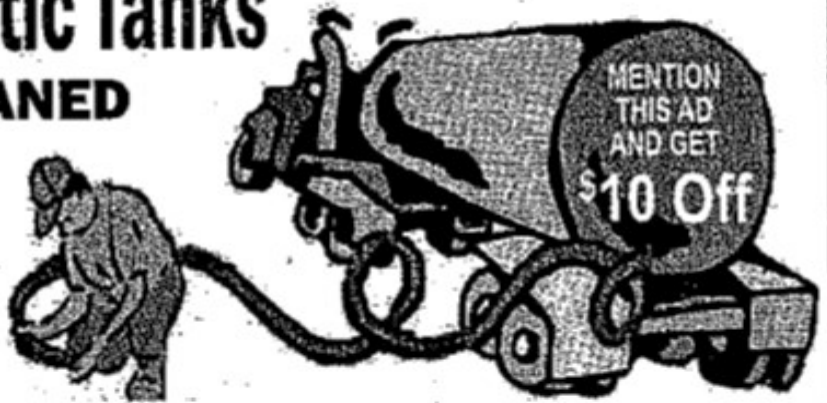
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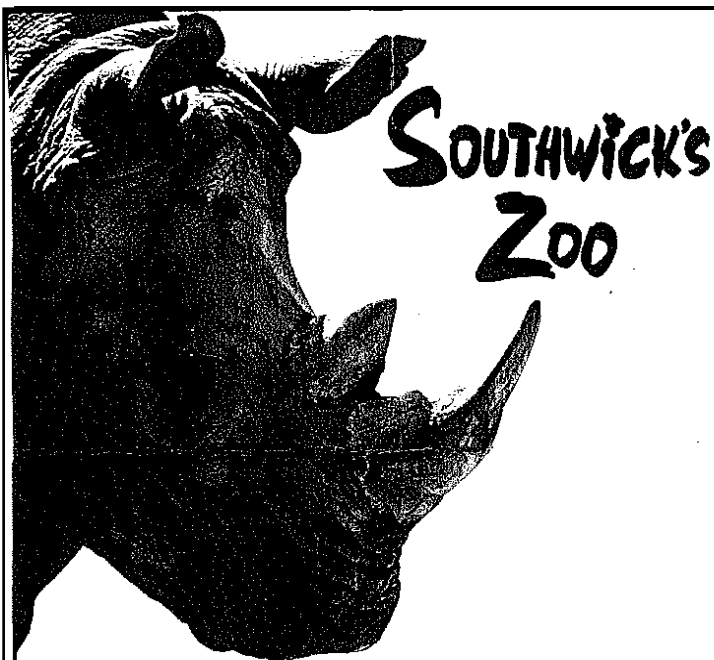
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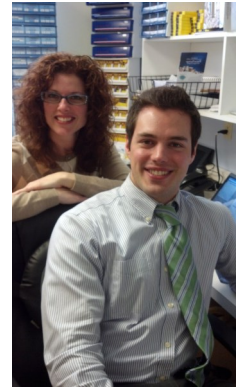
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Millville Senior Center hours are: 9 A.M. to 3:30 P.M. Monday, Tuesday and Thursday.

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)

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