

Outreach Coordinator: Jill Anderson

Senior News from Cole's Field

JUNE 2016



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Newsletter: Ellen Bowen
Jill Anderson

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Mark your calendar for a very special date – June 18, 2016 at the Millville Library!

During the Millville Centennial Parade, the very large book featured on our float called attention to the year 2016 – Millville's 100th Celebration and Millville Library's 30th Anniversary. That 30th Anniversary will be commemorated on Saturday, June 18 and you are invited to come to the library to celebrate between the hours of 10 am to 2 pm. Beginning at 10:00 am with an "unheard of price" at a book sale, (\$2 bargain bag of books, your choice, for this anniversary only), a special prize contest, Story-time with Lynn, continuing with surprise musical entertainment by MMSE our newly formed Senior Chorus at 12:30, and refreshments, our invitation is to come and enjoy for part or all, until the celebration ends at 2:00 pm.

If you haven't had a chance to redeem your bookmark for a "well-loved" book, pick it up when you come on the 18th and be sure to take advantage of our 30th Anniversary \$2 book bag bargain.

The library's Centennial float featured a signpost listing magical places to visit in books. If you can identify the books that match these places, you will have a chance to win a special prize. The signpost is on view at the library. Here are some of the clues to get you started: Narnia...Middle Earth...Neverland...McGregor's Garden..... be sure to come to the library to see the entire list of magical place clues to be ready for your contest entry.

Depending on which side of the street you were on at the parade, you may have missed some library walkers dressed to represent the slogans they carried – the posters will all be on display – here are just some...

Bks r lke rly lng txt msgs

Read return repeat

Feed your brain – Grab a book

Magic kingdom of books

Minions of books – so little time

Children who read succeed

The weekend is booked....be sure to look for all the other posters.



Mark June 18th on your calendar. Come and enjoy the refreshments, entertainment, bargains and prizes, celebrating the 30th Anniversary of the Millville Free Public Library.

(Submitted by Evelyn McNamara)

JILL'S JOTTINGS



Every year in May the Massachusetts Bar Association coordinates special presentations for seniors through its **Elder Law Education Program**. This year we have postponed our presentation to June 7th, but it will be well worth the wait. John G. Dugan of Doherty, Ciechanowski, Dugan & Cannon, P.C. of Franklin, will speak at the Senior Center on "Legal Planning for Seniors". A resource guide—"Taking Control of Your Future: A Legal Checkup" - will be given to the first 20 people who sign up for the program, which will include topics such as protecting assets, power of attorney, health care proxies, wills, and alternatives to nursing home care. Even if you already have some of these tools in place, it may be time for a "legal checkup", due to changes in your situation and recent law changes.

Thank you to our **Centennial Parade van riders** Jeannette Salome, Helen Quist, and Karen Truglio and also to Van Driver Mitch Dumond. It was great to see our Center participating in the festivities!

Our **Melodious Ensemble** continues to practice and perform. This month we will help the Millville Library celebrate its 30th anniversary with a performance of songs about "Growing Up and Growing Old in Millville" on June 18th.

Recreational trips using the Senior Van in June will be

- June 15 The Honey Shop in Woonsocket—Natural foods and body care products. Free tastings!
- June 26 Mystic Connecticut—various attractions. A Sunday trip.
- June 29 Asia Grille in Lincoln, RI—lunch at a popular local Asian restaurant.

Call/sign up to reserve your place now!

Summer at last! Enjoy!

Jill Anderson



BINGO IS BACK!!!

Volunteers have stepped up to the plate to preserve the monthly Bingo games!! Working alternate schedules, several people have offered their time to continue these fun sessions and we appreciate these efforts. Initiated by Richard Hurteau and Judy Monroe two years ago, “Bingo Night” at the Senior Center has drawn an enthusiastic group and it is hoped that the numbers will expand as we proceed.

Sooo— tell your friends and neighbors the good news and invite them to join us on the second Thursday of the month. Doors open at 6 p.m. and games begin at 6:30 p.m.

Admission is only \$1.00 and bingo cards are \$1.00 per card. The next Bingo is June 9th.

CELEBRATING JUNE BIRTHDAYS



Happy Birthday to all the June babies out there! With summer kicking off this month, we hope the warmer weather brings you a sunny birthday. For those who love to know all about their birth month, here are some awesome June birthday fun facts you may not know:

The flower of June is the Rose, recognized as a symbol of love. Although June counts three gems as birthstones, the more popular is the Pearl. People born in the month of June are generally humorous and sociable. YES!!!! We hope this next year is full of happiness and excitement and that your birthday is a BLAST!!!!

SENIORS GATHER AT MAY MEETING

“Honest to Goodness People” was the title of a meaningful recitation rendered by Roberta Gauthier at the Senior Club May luncheon meeting.

President, Richard Hurteau presided at the business session seeking suggestions from the group for future Senior Club activities. Mr. Hurteau announced his plan for a “Saturday Afternoon Fever” activity proposed for the Fall, complete with D.J., refreshments and other surprises. The event would be held at the Center from 2 p.m. to 7 p.m. Additional information will be forthcoming.

The membership voted to skip the July meeting and will hold a Summer barbecue in August. Outreach coordinator/director, Jill Anderson introduced Arthur Rittwager of Blackstone as a volunteer at the Senior Center working on Monday mornings at the front desk.

In conjunction with Mass Elder Law Month, Jill has scheduled a program on June 7th at 2:30 p.m. entitled: “Legal Planning For Seniors.” Call the Center for more information.

Following a Ham dinner, the group was entertained by the “Tempo Tantrum” a talented female barber shop quartet who bedazzled the group with their harmonious vocals and witty stories.

Winners of the 50/50 event were: Clarice Beroth, Shirley Marchand,, Mary Ryan, Alice Mercure, Janice Searles and John Beroth.

The next luncheon/meeting is June 13th.



PERKS OF REACHING 80 OR OVER 90

(And heading towards 100!!)

1. Kidnappers are not interested in you.
2. No one expects you to run—anywhere.
3. Things you buy now won't wear out.
4. In a hostage situation, you are likely to be released first.
5. People call at 8 p.m. and ask: “Did I wake you?”
6. There is nothing left to learn the hard way.





HELP IS AVAILABLE WITH PRESCRIPTION COSTS -THROUGH PRESCRIPTION ADVANTAGE

Prescription Advantage is a state-run program which helps many seniors pay for their Prescription drugs. Eligibility is based on **income only** and there is **no asset limit!**

If you are a Massachusetts resident, eligible for Medicare and are 65 years or older with an annual income at or less than \$59,400 for a single person or \$80,100 for a married couple; **OR** –Under 65 years and disabled, with an annual income at or less than \$22,335 for a single person or \$30,118 for a married couple—**YOU MAY JOIN!!**

There is **no charge** for joining Prescription Advantage if you have an annual income at less than \$35,640 for a single person and \$48,060 for a married couple. There is a \$200 per person enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask for an application form.

You can reach Prescription Advantage at 1-800-243-4636, then press or say **2**. You may also apply on line by going to www.prescriptionadvantagemass.org.

PLEASE NOTE: Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Shine Counselors, Lee and Judy Katz are at the Millville Senior Center on the third Thursday of every month. Call Jill Anderson at 508-883-3523 to arrange an appointment.

ALLERGY AWARENESS

People often associate food allergies with children, but they can develop at any age. Seniors might be at a higher risk for allergies as their immune systems age, according to dietitians and researchers. The gradual deterioration of the immune system can result in allergies to foods that were tolerated in the past according to Larissa Brophy, a dietitian and assistant professor of nutrition at Mount Carmel College of Nursing in Columbus, Ohio. Researchers estimate that as many as 15 million people nationwide have food allergies and as many as 10 percent of seniors are believed to have food allergies.

An allergic reaction to food can affect the skin, gastrointestinal, respiratory and in most serious cases, cardiovascular systems according to Dr. Casey Curtis, an allergist and immunologist at Ohio State University's Wexner Medical Center. The symptoms of food intolerance and food allergies can be similar, so knowing the difference is important, Dr. Curtis said. Other factors such as autoimmune disorders, digestive problems or taking multiple medications, also could cause allergy like symptoms which is why people should consult an allergist, Dr. Arnaldo Perez(an allergist at Premier Allergy in Ohio) advised.

There are tests, including skin and blood tests that can confirm an allergy diagnosis. It is important to check with your doctor!!!



JUNE LUNCH MENU

JUNE 2- Pork Rib-i-que, hot potato salad, corn niblets, mandarin oranges, Hamburg bun
JUNE 9- Garlic herbed chicken, couscous, winter mix veggies, streusel cake, pumpernickel bread
JUNE 16- Swedish Meatballs, mashed potatoes, Scandinavian veggies, strawberry shortcake, rye bread
JUNE 23- Spaghetti & Meatballs, green beans, birthday cake, French bread
JUNE 30- Beef w/peppers & onions, potato wedges, Jardinière veggies, mixed fruit, sandwich roll

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.

Call a couple days ahead to reserve your meal..



“I REMEMBER PAPA”

Many people laughed at Sonora Dodd when she gave the concept of having Father’s Day since, traditionally, only Mother is regarded as the sole nurturer of a child. The role of father is often relegated to a secondary status as compared to a mother. But all of us know that father is just as important for a child as the mother is. Celebration of Father’s Day makes us ponder for a while on the important role a father plays in life. Father’s Day, June 19th is the day to honor fathers and the best way to do so (whether your dad is here or has passed), is by saying:

“I love you, Papa.”

Happy Fathers Day



COMPLIMENTS (BY Ron Tranmer)

I’ve been told that I am thoughtful,
that my feet are on the ground.
Some say that I am likeable and fun
to be around.
It’s been said that to my principals
I stand firm and true.
That I’m dependable and honest in
the things I say and do.
But the single greatest compliment
that I have ever had,
Is when somebody told me:
“You remind me of your dad.”

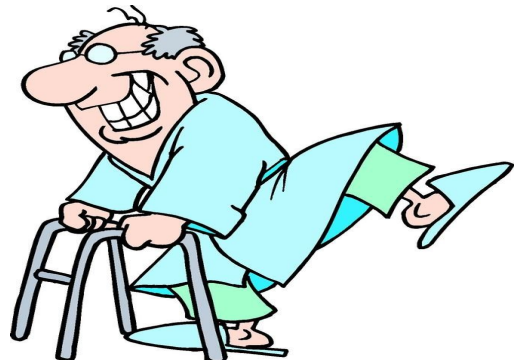


AS A RESULT OF A UNANIMOUS VOTE TAKEN
AT THE MAY MEETING OF THE COUNCIL ON
AGING, THE SENIOR CENTER HALL WILL NO
LONGER BE OFFERED TO RENT EFFECTIVE
JULY 1st 2016.

IN OTHER ACTION, THE COUNCIL AGREED TO
MOVE FORWARD IN ADVERTISING THE NEWLY
CREATED CUSTODIAL POSITION . SEE LOCAL
CABLE FOR DETAILS OR CALL JILL ANDERSON
AT THE SENIOR CENTER. (508) 883-3523

OMG, I’M RICH!!!!

Silver in the hair, Gold in the teeth,
Crystals in the kidney, Sugar in the blood,
Lead in the butt, Iron in the arteries, and
an inexhaustible supply of natural gas!!!
(I never thought I would accumulate
such wealth!) Author unknown



FROM THE VETERANS' DESK

GULF WAR ILLNESSES: New research shows that exposure to pesticides and toxins cause Gulf War Illness among the 700,000 U.S. troops who fought in the Gulf War. Researchers concluded that exposure to pesticides and ingestion of pyridostigmine bromide (PB) (prophylactic pills intended to protect troops against the effects of possible nerve gas) are "casually associated with GWI and the neurological Dysfunction in Gulf WAR VETERANS ." The research team cites multiple studies showing a link between Veterans' neurological problems and exposure to the nerve-gas agent's sarin and cyclosarin, as well as to oil well fire emissions. Some veterans may receive disability compensation for chronic disabilities resulting from undiagnosed illnesses and/or medically unexplained chronic multi-symptom illnesses defined by a cluster of signs or symptoms. A disability is considered chronic if it has existed for at least six months.



Stay Healthy with No Cost Medicare Preventative Benefits

Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO. Included are:

- ◇ **Colorectal cancer screening (including colonoscopies)**
- ◇ **Mammograms**
- ◇ **Pap tests and pelvic exams**
- ◇ **Prostate cancer screening**
- ◇ **Bone mass measurements**
- ◇ **Cardiovascular screening**
- ◇ **Flu and pneumonia shots**
- ◇ **Alcohol misuse screening and counseling**
- ◇ **Depression screening**
- ◇ **Obesity screening and counseling**



There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

"GOOD NEWS AND BAD NEWS"

There is the story of a pastor who got up on Sunday and announced to his congregation: "I have good news and bad news. The good news is, we have enough money to pay for our new Building program. The bad news is, it's still in your pockets."

HOW DO YA FIGURE???

People want the front of the bus, the back of the church, and the center of attention!



SENIORS ENJOY VAN EXCURSIONS

Seven savvy seniors hopped aboard the Senior Van last month and enjoyed a jaunt to Patriot's Place in Foxborough. The trip offered opportunities to visit the museum, the famous Gillette Stadium and browse the many shops lining the Patriot Place strip. The Christmas Tree Shop won the popularity vote and Senior shoppers exited the store with smiling faces, boasting their special "bargains." The group enjoyed a delicious lunch at the "Olive Garden" complete with sample wine tasting. There are several trips planned for the coming months open to all Millville's seniors/disabled. Trips are coordinated by Rita Benoit and based on general interests and popularity among seniors. The Millville Senior Van service is in full swing prioritizing medical appointments and offering weekly shopping trips. Competent and caring Drivers are employed at the Millville Senior Center and are ready to serve you. Please call Jill Anderson at (508) 883-3523 to arrange your Senior Van transportation needs or join "savvy seniors" on the next fun excursion.

LETS TALK ABOUT MILLVILLE

Millville was first settled in 1662, and it was officially incorporated in 1916, separating from Blackstone which was originally part of Mendon. Millville is celebrating its centennial this year and the enthusiasm is building!! Millville has a population of about 3,190 people according to the 2010 census. It is in the Blackstone River Valley National Heritage Corridor and has a well preserved lock-The Millville Lock-that was used on the Blackstone Canal in the early 19th century. Millville also has the historic Chestnut Hill Friends Meeting House and Cemetery and a refurbished Udor Tower. In the first two decades of the 20th century, baseball's great, Gabby Hartnett, who was born in nearby Woonsocket, grew up in Millville, played youth baseball with the Blackstone Valley League, and went on to play for the Chicago Cubs beginning in 1922. Millville is part of The Blackstone Millville Regional School District which includes the Millville Elementary School.



“MILLVILLE MEMORIES SHOW”



This is a **“must see”** show!!! Friday, June 24th and Saturday, June 25th at 7 p.m. at the Millville Elementary School. This show captures memories of the many entertaining presentations in the Old Town Hall and Will reunite you with many talented performers included in those presentations. The show is directed by Millville's own Margaret Carroll with John Staples, pianist. The show is packed with familiar songs and Local talent. Tickets are now on sale at the Millville Senior Center and the Millville Public Library during normal business hours. Price is \$10 per ticket and seating is limited. **Call for your tickets TODAY!!!!**



MEET THE ‘TEMPO TANTRUM’ LADIES—A FEMALE BARBER SHOP QUARTER WHO ENTERTAINED MILLVILLE SENIORS AT THE MAY LUNCHEON MEETING.

From left to right: Evie Doyle, lead singer; Ruth Widerski, tenor; Ann Marie Jantsch, bass and Mary Kriener, baritone.



Rep. Kevin Kuros will hold office hours at the
MILLVILLE SENIOR CENTER
On June 6th 2016 from 12:30 to 1:30 p.m.

LEARNING LIFE'S LESSONS

- Two people can look at the exact same thing and see something totally different
- It takes years to build up trust and only seconds to destroy it.
- Its not what you have in your life, but who you have in your life that counts.
- Always leave loved ones with loving words] It may be the last time you see them.
- You can get by on charm for fifteen minutes. After that, you'd better know something.
- You can do something in an instant that will give you a heartache for life.
- No matter how bad your heart is broken, the world doesn't stop for your grief.

“DANGEROUS” DOG

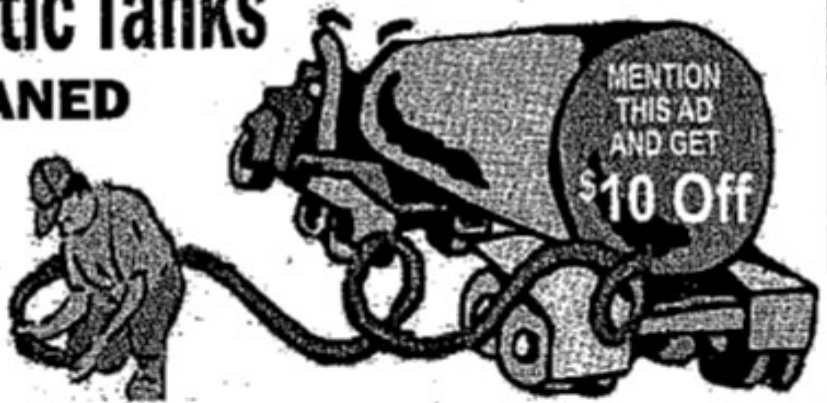
Visiting a little country store a stranger noted a sign posted on the glass door which read: DANGER! BEWARE OF DOG! Upon entering, he noted a harmless old hound dog asleep on the floor beside the cash register. He asked the store keeper, “Is THAT the dog folks are supposed to beware of?” “Yep, that's Him,” he replied. Giving the hound a second glance, the stranger said: “He certainly doesn't look like a dangerous dog to me. Why would you post that sign?” “Because”, the owner replied, “before I posted the sign, people kept tripping over him!”

(Submitted by Paul Gauthier)

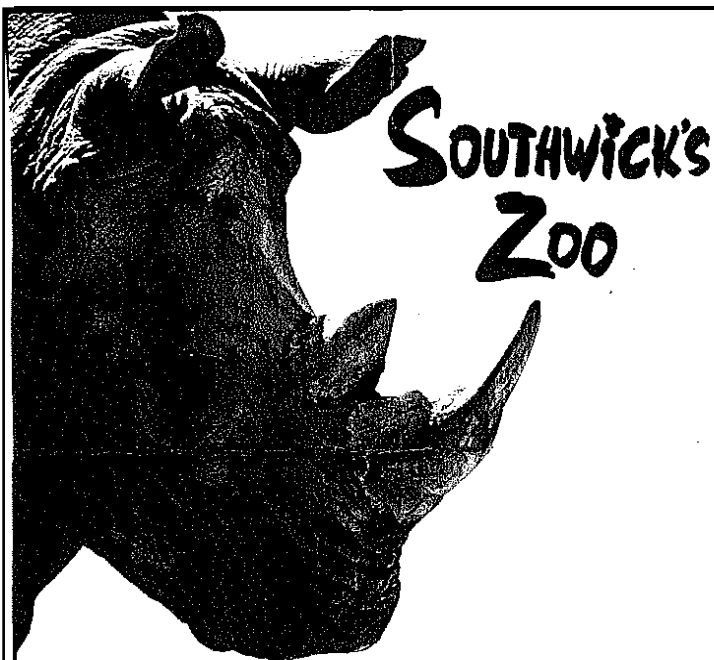
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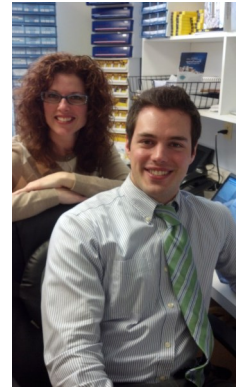
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Millville Senior Center hours are: 9 A.M. to 3:30 P.M. Monday, Tuesday and Thursday.

Monday

**9:30 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

**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

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

Millville Council on Aging and Senior Center
40 Prospect Street
Millville, MA 01529

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