

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

Senior News from Cole's Field

MARCH 2016



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Vice Chairman: Ellen Bowen
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While many of us grew up reading hand-held “print” books, you or your family most likely have an E-book reader, a Kindle, Nook or an i-Pad, on which electronic books, or E-books can be accessed. Each type book has its advantages, depending upon the individual, but many readers enjoy both print and E-books.

There are commercial E-book websites for you to visit and buy the latest interesting read for your device, but did you know there are also ways to download an E- book, at no charge, similar to checking one out with due dates from the Millville library?

For those of you who are “computer savvy” there are directions as to how you may do this, from home, at your convenience, and browse or download the offerings of E-books, as well as print and audio books. These directions are at the end of this article. If you are not comfortable following the procedure listed below, simply go to the library and Kristen Webb will either show you how, or download your choice for you, whichever you prefer..

Following are the directions which Kristen has provided, if you wish to do so yourself:

Go to CWMars.org. Their home page will come up.

Go to space marked “search our catalog.”

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Note: As of right now, there is one service available for patrons to download E-books. There will be another service in the near future, as we are just waiting to have our library name added to the list.

Evelyn McNamara



JILL'S JOTTINGS

LET'S DO LUNCH! Every other Tuesday we will take Senior Van riders to a local restaurant before also going to Hannaford grocery store. As of this writing we plan to go to Blackstone Valley Tech on March 1st, Lindy's (N. Smithfield) on March 15th and Jube's (Whitinsville) on March 29th. Call or come to the Senior Center to reserve your seat. All trips will leave the Center (or pick you up at home) between 11:30 AM and 12 noon.

As noted in an article elsewhere in this newsletter, Millville's Centennial Committee is coordinating quite a few special events to celebrate the town's 100th birthday. Your Senior Center's Senior Van will be a part of the parade on May 1st. Would you like to join in? We are looking for riders. Costumes are optional, we just need you to wear a smile!

Tri-Valley Elder Services not only provides us with a tasty hot lunch on Thursdays, they also deliver breakfast items that you can heat up at home. Various flavors of oatmeal, juice and a muffin comprise one choice—all of this for only 25 cents! There are also two kinds of breakfast toast—sausage or bacon—that come with juice for fifty cents. You can order up to four breakfasts a week (eight if you're a couple) and must pay in advance. Orders are taken Thursday mornings by stopping by the Senior Center or calling me at 508-883-3523.

Do you know a WWII or Korean War veteran who has not seen the monuments dedicated to those wars in Washington? Honor Flights New England has taken over 1300 vets on a one-day trips to Washington and the trip is completely free. If you would like more information, you can call them at 603-518-5368 or email them at honorflightnewengland@gmail.com.

Jill Anderson



BINGO UPDATE

Due to the frigid weather last month, the February Bingo was canceled. However, Leprechauns tell us that the March bingo is on with plenty of “Patty’s Prizes”. So mark the calendar, **Sunday, March 13th** for a fun time. Bingo caller, Richard “O’Hurteau” opens the doors at 1 p.m. for a 1:30 p.m.. Bingo game. Admission is \$1.00 and bingo cards are \$1.00 per card.

Judy “O’Monroe” will be on hand with surprises augmenting this special “March Bingo”. It’s time to join the bingo bunch and share a chance to win some “green”.



MARCHING” ON!!



Let’s forget February snow and march on to the next meeting of the Millville Senior Club scheduled for Monday, March 14^t at 11:30 a.m. Members and guests can enjoy a traditional Corned Beef and Cabbage dinner, excellent entertainment, give-a-ways and a chance to win “split the pot.” Vocal selections will be performed by Shanna Keegan, granddaughter of club treasurer, Marge (Wojcik) Keegan. Shanna is a professional entertainer who has performed throughout the valley. She was with us last March and we look forward to her “return engagement.”

The month of March is an exciting time of year introducing the first day of spring, daylight saving time, but most especially - **St. Patrick’s Day !!** So let’s gather our green fashions and lean on the “luck of the Irish” for sunshine and laughter to share with our Irish friends and those “who wish they were.”

HAPPY BIRTHDAY TO ALL MARCH BABIES!!!!

You’re sure to have a wonderful month, welcoming a new Spring!
Here are some fun facts for your March birthday celebration:

Your flower is a daffodil representing HOPE.

Your birthstone is Aquamarine, which symbolizes
COURAGE and BRAVERY.

Here’s hoping that this month brings you a little luck o’ the Irish as we celebrate St. Patrick’s Day along with your very special March birthday!

Best Wishes “ March Babies” for the upcoming year. Enjoy your special day celebrants are invited to share a special birthday cake on the last Thursday of each month at the Senior Center’s Thursday luncheon at Noon.



“If we did all the things we were capable of doing, we would astonish ourselves.”

(THOMAS EDISON)

NEWS YOU CAN USE

NEWSLETTER FROM SHINE

Prescription Drug Costs too high? Look into the **Extra Help** program from the Social Security Administration! You may be eligible to apply for **Extra Help** in meeting prescription drug costs—and you can be a homeowner and still potentially qualify for this program. Benefits for 2016 include drug co-pays as low as \$2.95 for generics and \$7.40 for brand name drugs. An **Extra Help** application can be completed any time during the year. If you want assistance or want to apply, contact the SHINE program at the Senior Center or apply on line at www.socialsecurity.gov/extrahelp.

A CORPORATE ATTORNEY'S ADVICE

Do not sign the back of your credit cards. Instead, put "PHOTO ID REQUIRED".

When writing checks to pay on credit card accounts, DO NOT put the complete card number on the 'for' line. Instead, just put the last four numbers.

Put your work phone number on your checks instead of your home phone. If you have a P.O. Box, use that instead of your home address.

Never have your Social Security number printed on your checks.

Photocopy contents of your wallet. Do both sides of each license, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to call and cancel should your wallet be stolen. Always notify the police

SUNBURNED IN THE WINTER?

According to columnist, Marilyn vos Savant, sunlight reflects strongly off snow, the way it reflects off sand at the beach. So in addition to the UV rays striking your face directly (from above) you're exposed to the rays that are redirected from below.

Some people call this phenomenon "snow burn." And then there's the fact that the sun's UV rays are much stronger at higher altitudes so if you are planning a skiing trip any time soon, use heavy duty sun block.

CALLING ALL SINGERS!!!!

The Melodious Senior Ensemble is preparing a special "menu of songs" in conjunction with Millville's Centennial year. Using the theme, "Growing up in Millville" (proposed by our pianist, Jill Anderson) the senior group will be rehearsing songs that take us through the life span. The ensemble will meet on Monday mornings, at 10:30 a.m. beginning March 7th. Let's not limit ourselves to "singing in the shower." We are calling all singers to join The Melodious Senior Ensemble as we prepare a whole new repertoire with an eye towards bringing musical entertainment to local Nursing Homes. Hope to see you March 7th!! Co-directors are: Jill Anderson, Ellen Bowen, Evie Doyle and Leo Gauthier.





MARCH LUNCH MENU



Mar. 3 Chicken Pasta Primavera, Spinach, Corn, Mixed Fruit, French bread.

Mar.10 Chicken Cacciatore, Pasta, Roman Vegetables, Pumpernickel Bread and Brownie.

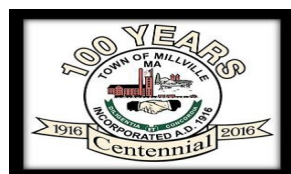
Mar.17 CORNED BEEF, BOILED POTATOES, CABBAGE & CARROTS, JELLO, FRENCH BREAD

Mar.24 Swedish Meatballs, Egg Noodles, California Veggies., Birthday Cake, Marble Rye Bread

Mar.31 Beef Broccoli, Seasoned Rice, Carrots, Pineapple, Pumpernickel 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.

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



CELEBRATE MILLVILLE'S 100TH BIRTHDAY

Our little Town of Millville will be celebrating its history and community diversity this year with planned activities to commend its Centennial year. Kicking off the celebration will be a parade Sunday, May 1st featuring

Multiple floats representing varied community groups, churches and local youth organizations. The parade sub-committee has engaged the "Shriners," a number of marching bands and musical units to enhance the colorful parade. Stepping off at 1p.m. at the corner of Providence and Central Streets, the parade will conclude on Main Street just about at the last residence.

Other events scheduled throughout the Centennial year are: 4 K race at 9 a.m. on Saturday, June 4th; "Millville Memories Show" the weekend of June 24th; Music and Fireworks in the park on Saturday, August 20th at 4 p.m.; Community Field Day, Saturday, September 10th 7 a.m. to 3 p.m. The year's events will culminate with a Centennial Banquet Sunday, October 2nd at 1 p.m. in the Grand View Ballroom in Mendon, Mass.

SMIDGENS OF IRISH WIT

Michael Hoolihan was courting Frances O'Malley. The young couple sat in the girl's parlor every night Much to the annoyance of old man O'Malley. One night, O'Malley couldn't take it any longer and standing at the top of the stairs, he yelled, "What's that young lad doing here all hours of the morning?" "Why Dad, said Frances, Michael was just telling me everything that's in his heart!" "Well next time, O'Malley roared, let him tell ya what's in his head and it won't take half as long!"

"May your blessings outnumber the shamrocks that grow and may trouble avoid you where ever you go."

Never iron a four leaf clover-- you don't want to press your luck!!!



REMEMBER THESE DATES!!!!

- (1) Annual Town Election
Monday, April 4, 2016
(St. Augustine's Hall)
- (2) Last day to register to vote in Town election is
Tuesday, March 15, 2016
(Town Hall)
- (3) Annual Town Meeting
Monday, May 9, 2016
(Millville Elementary School)



"Every election is determined by the people who show up."
(Larry J. Sabato-political analyst)

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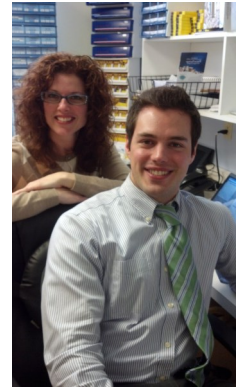
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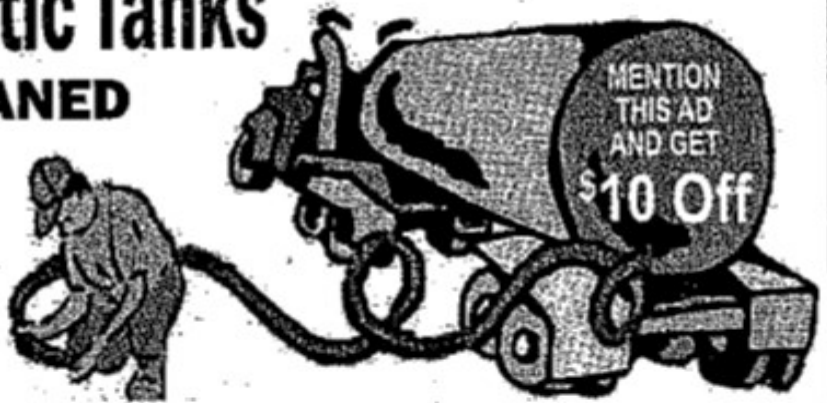
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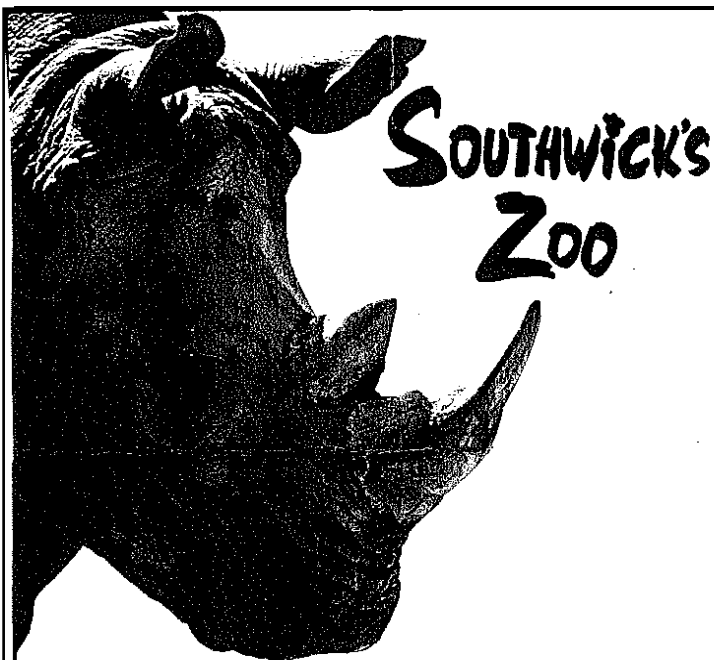
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FOR INFORMATION ON ADVERTISING, CALL SUE ROBBINS,
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SENIOR CENTER.



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

Monday

**9-11 Knitting
Crocheting
Embroidery
10:30 Melodious Ensemble (Chorus)
12:30-2:30 Painting (twice a month)**

Tuesday

**9 Blood Pressure Clinic
9:30 Line Dancing
1:00 Aerobics/Yoga**

Thursday

**11:45 Lunch
1:00 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 - Sunday March 13 1:30 pm

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



Irish Blessing:

May you always have...

Walls for the winds

A roof for the rain

Tea beside the fire

Laughter to cheer you

Those you love near you

And all your heart might desire

Happy St. Patrick's Day from your Council On Aging!

Millville Council on Aging and Senior Center
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