

Outreach Coordinator: Jill Anderson

Senior News from Cole's Field

May 2016



Council on Aging

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Vice Chairman: Ellen Bowen
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Senior Club

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Secretary: Diane Lamoureux
Treasurer: Marge Keegan

Newsletter: Ellen Bowen
Jill Anderson

Ads: Sue Robbins

SHINE: Lee and Judy Katz

“AND THE WINNER IS”

How many watched to see the names of the Oscar Winners ??

Best Picture - “Spotlight”

Best Actor in a Leading Role - Leonardo DiCaprio in “The Revenant”

Best Actress in a Leading Role - Brie Larson in “Room”

Best Supporting Actor – Mark Rylance in “Bridge of Spies”

Best Supporting Actress – Alicia Vikander in “The Danish Girl”

And how many missed some of these movies and performances? You still have a chance to view any you might not have seen, and free of charge as well.... just go to the Millville Library ! Not only does the library have all the above, but the following list of motion pictures that were in nomination for various awards as well:

The Martian (Nomination for best picture and best actor)

Brooklyn (Nomination for best picture and best actress)

The Big Short (Nomination for best picture)

Steve Jobs (Nomination for best actor and best supporting actress)

Trumbo (Nomination for best actor)

Carol (Nomination for best actress)

Joy (Nomination for best actress)

Creed (Nomination for best supporting actor)

Remember, you may check out up to five DVD's which may be kept for one week. Renewal is possible for an additional week, unless another patron is on the wait list.

At the Millville Library on Saturday, May 7, from 9:00 am to 1:00 pm, the Millville Police Department is sponsoring a Firearms Safety Certification Course, their fee for which is \$75. If interested, call the Police Department at 508-883-3117 for information and registration.

Evelyn McNamara



JILL'S JOTTINGS

Warmer weather, spring flowers and lots of activities! What's not to like about May?

Trips: Whether it's just for grocery shopping, dining out, or going to a local or more distant attraction, you'll enjoy your trip if it's with a group of your Millville peers. Call the Senior Center to reserve your seat. Here are trips planned for May:

May 2 Patriot Place (Christmas Tree Shop, Bass Pro, Trader Joe's, etc.)

May 10 Lindy's Restaurant and Hannaford Grocery

May 18 Pawtucket Red Sox (11 AM game)

May 22 Rainforest Café and Burlington Mall

The van goes to a local grocery or Walmart every Tuesday and can bring you to Thursday lunch here.

Our new baby has arrived! The Senior Center received the fantastic gift of a baby grand player piano and piano rolls. Ron Benoit was our go-between for this gift and we thank both him and William Rademsky, the donor, who even paid to have the piano tuned and delivered. A very generous gift!

On May 24th at 2:30 we will host a talk by Paula Evans, Assistant Professor of Pharmacy Practice at the Massachusetts College of Pharmacy and Health Sciences. Ms. Evans will speak on Chronic Pain Management, a subject unfortunately familiar to many of us. The talk will take about an hour and light refreshments will be served. Please sign up at the Center so that we can plan for refreshments. As always there is no charge for an informational presentation.

Tickets for the “Millville Memories” show can be purchased at the Center when we're open—Monday, Tuesday and Thursday from 9 AM to 3:30 PM.

Jill Anderson

A 'BITTERSWEET' BINGO NIGHT

Nineteen people attended Thursday night's Bingo game with three avid Bingo players boasting double wins!! They were, Pauline Morse, Ellen Bowen and Rita Benoit. Other winners were Helen Forand, Jeannine Therien, Mark Laplume, and Betty Reilly.

The monthly attendees were taken aback when Bingo caller, Richard Hurteau and his assistant, Judy Monroe, announced they would no longer be heading the monthly bingo games due to multiple responsibilities. For the past two years, Richard and Judy have brought many smiles to those who attended the bingo session, donating special gifts every month in addition to the cash prizes awarded to bingo winners. Many thanks to this dedicated "team" for giving of their time and introducing the "Monthly Bingo" to the Millville Senior Center.



REMEMBER THE DATE!!!!

Annual Town Meeting
Monday, May 9, 2016
(Millville Elementary School)



DEDICATED TO MAY BIRTHDAY CELEBRANTS

"April showers bring May flowers" and a great time for all May "babies" to enjoy this beautiful month. The May birthstone is the Emerald and according to some jewelry specialists, its deep green color is the hue of springtime and the tone of life reflecting harmony and love. The May birth flower is the Lily of the Valley, generally white in color, conveys sweetness and humility.

Best Wishes to all May Birthday celebrants. Make your birthday as special as you are and as beautiful as the blooming flowers in May!!!! Birthday Cake is served at the Senior Center luncheon on the third Thursday of the month -Come Celebrate!!!!



It's Monday again...



Oh wait, I'm retired!!!



SENIOR CLUB-COMING ATTRACTIONS

Alas, spring is in the air and we can look forward to the refreshing sounds and sights of it all!! "Help Yourself To Happiness" was a fitting title for the poem read by Roberta Gauthier as the meeting was opened by President, Richard Hurteau. Diane Lamoureux, Secretary, presented her report and Ellen Bowen gave the treasurer's report in the absence of Marge Keegan. Members are to bring in "lunch size" containers if they plan to bring food home. There will be no "doggy bags" available and a \$1.00 fee will be requested for "take home" meals. The Senior Club voted unanimously to purchase a candle for the town's "Centennial Birthday Cake" in memory of deceased members. Outreach Coordinator, Jill Anderson announced Rita Benoit will assist coordinating van trips which include:
May 22nd - "Rainforest Café" in Burlington Mall;
June 26th - Mystic Conn. and July 24th to a local restaurant for lunch and shopping at the Blackstone Valley Mall. Call or stop in at the Center to reserve your place on the Van. Tickets for the June "MILLVILLE MEMORIES" show, directed by Margaret Carroll, are available at the Senior Center. Split the Pot winners were: Marcia Lanctot, Alice Mercure and Alice Trank. A ham dinner will be on the menu at the May 9th meeting when we will be entertained by Craig Robbins (nephew of Neal and Sue (Lamoureux) Robbins). Craig is a talented young man with multi faceted abilities, playing a number of instruments and rendering vocal selections. The price is \$10.00 and must be paid by May 5th!!!



NEWS YOU CAN USE

ARE YOU TURNING 65 WITH A HEALTH CONNECTOR PLAN?

People with Health Connector coverage nearing Medicare eligibility, face many obligations.

(1)-To enroll in Medicare in a timely way - (2) To notify their Connector plan about Medicare eligibility - (3) To cancel their Connector plan. Despite these responsibilities, people with Connector plans receive no notice about their Medicare eligibility unless they are auto enrolled in Medicare and receive Social Security cash benefits. In addition, Connector enrollees receive no notification that their access to premium tax credits automatically terminates when they become Medicare eligible. These notification gaps put people in the Health Connector, who are nearing Medicare eligibility, at serious risk. Honest enrollment mistakes can lead to lifetime premium penalties, gaps in coverage, and disruptions in access to needed care. To avoid these consequences, it is imperative that Health Connector members who are eligible for Medicare, enroll in Medicare in a timely manner, notify their Connector plan about their Medicare eligibility and cancel their Connector plan.

OUR SHINE COUNCILORS, Lee and Judy Katz, are at the Millville Senior Center on the third Thursday of every month. They are available to answer queries regarding Health Insurance. Call Jill Anderson at (1-508-883-3523) to arrange an appointment with them.

CONSUMER ALERT: SCAMMERS CHANGE TACTICS, ONCE AGAIN!!!!

Aggressive and threatening phone calls by criminals impersonating IRS agents remain a major threat to taxpayers, but now the IRS is receiving new reports of scammers calling under the guise of verifying tax return information over the phone. The latest variation tries to play off the current tax season. Scam artists call saying they have your tax return and they just need to verify a few details to process your return. The scam tries to get you to give up personal information such as a Social Security number or personal financial information such as bank numbers or credit cards. Many phone scams use threats to intimidate and bully a victim into paying. They may even threaten to arrest, deport or revoke the license of their victim if they don't get the money. Scammers often alter caller ID numbers to make it look like the IRS or another agency is calling. Just this year, the IRS has seen a 400 percent increase in phishing schemes. Stay alert to scams that use the IRS as a lure. Tax scams can happen any time of year, not just at tax time.

For more information visit **"TAX SCAMS AND CONSUMER ALERTS"** on IRS.gov.

ABOUT Tri-VALLEY'S MEALS on WHEELS

The Meals on Wheels program provides meals for individuals who are 60 years or older, homebound and unable to prepare their own food due to illness, disability or the absence of a caregiver. The program depends on the generosity of hundreds of volunteers to pack and deliver the meals. For more information about services and volunteer opportunities, call

508-949-6640 or go to www.trivalleyinc.org

MAY LUNCH MENU

MAY 5—Stuffed Chicken/Sour Cream & Chive Potatoes/Peas & Carrots/Choc. Mousse/French Bread

MAY 12— Salmon Boat w/Dill Sauce/Mashed Potatoes/Peas & Pearl Onions/Corn Chowder/Rye Bread

MAY 19—BBQ Chicken/Seasoned Potato/Country Blend Veggies/Fresh Melon/Pumpkin Bread

MAY 26 —Meatloaf & Gravy/Garlic Mashed Potatoes/Summer Blend Veggies/Whole Wheat Bread

Birthday Cake (diet/Plain Cake) May Birthday Celebrants come join us!!!!

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.



Mother's Day: Founding by Anna Jarvis

The official Mother's Day holiday arose in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children. After gaining financial backing from a Philadelphia department store owner named John Wanamaker, in May 1908 she organized the first official Mother's Day celebration at a Methodist church in Grafton, West Virginia. Following the success of her first Mother's Day, Jarvis—who remained unmarried and childless her whole life—resolved to see her holiday added to the national calendar. In 1914 President [Woodrow Wilson](#) signed a measure officially establishing the second Sunday in May as Mother's Day. In the United States, Mother's Day continues to be celebrated by presenting mothers and other women with gifts and flowers, and it has become one of the biggest holidays for consumer spending.



MOTHERS ARE PEOPLE

(Betty Billipp)

Mothers are people who cook things
Like breakfast or lunch or a snack.
Dexterous people who hook things
Which button or zip up the back.
Mothers are people who blow things,
Balloons and kisses and noses;
Green-thumbish people who grow things
Like ivy and puppies and roses.
Mothers are people who send things
Like letters and strawberry tarts;
Magical people who mend things
Like blue jeans and elbows and hearts.
Mothers are people who find things
Like mittens and homework and germs;
Fussbudget people who mind things
Like cusswords and snowballs and worms.
Mothers are people who sweep things
Like porches and cobwebs and rungs
Softhearted people who keep things
Like artwork, report cards and hugs.
Mothers are people who nurse things,
A boy or a girl or a spouse.
And all and all there are worse things
Than mothers to have in your house!

(Thanks to Jill Anderson who
retrieved this poem from her
“special memories “file.”)



“HONORING AMERICA’S HEROES”

On Memorial Day, the [flag of the United States](#) is raised briskly to the top of the staff and then solemnly lowered to the half-staff position, where it remains only until noon.^[45] It is then raised to full-staff for the remainder of the day.^[46] The half-staff position remembers the more than one million men and women who gave their lives in service of their country. At noon, their memory is raised by the living, who resolve not to let their sacrifice be in vain, but to rise up in their stead and continue the fight for liberty and justice for all. Millville’s Memorial Day observance is scheduled for Monday, May 30th at the Veterans’ Memorial Park. Many people visit cemeteries remembering those who died by placing flowers at the grave sites. Local Volunteers place an American Flag at veterans’ graves, paying honor and respect to those who gave their lives for their country.

Memorial Day – a time to remember- a time to be thankful- a time to recall those who fought to secure our freedoms. We must respect and memorialize those who took up the fight in the field of action, and we must honor and respect their sacrifice made for our nation.



TOP PITCH PLAYERS

Doris Souza won the first prize; John Beroth won second and Tom Burroughs come in third, ending a twelve week series of pitch games. Cash prizes were presented to the champions and participant pitch players shared additional cash prizes. A new pitch league series commenced March 31st and will conclude on June 16th. The Pitch Players gather at the Center on Thursdays at 12:30 p.m. following the Thursday luncheon. Marge Keegan heads the activity and invites Seniors to join in the weekly competition as Players compete for the top prizes while enjoying a few hours of socializing and fun. The 12 week series often concludes with a “pizza party” and an informal award ceremony. If you are interested in joining the card games, call the Center or just drop in and “let the games begin.”





MAY IS NATIONAL FITNESS MONTH

Did you know that regular physical activity increases your chances of living a longer, healthier life? It also reduces your risk for high blood pressure, heart disease, and some types of cancer. The Millville Senior Center recognizes National Physical Fitness and Sports month and encourages physical activity. Our weekly exercise program, under the direction of Laurie Coco, works on strength, balance, flexibility, coordination, circulation and bone density designed to promote wellness. The classes are held on Tuesdays from 1 p.m. to 2 p.m. The Senior Center also offers Line Dancing, promoting exercise while learning new dance routines on Tuesday mornings. Mary Ryan is the instructor and has been heading the line dance program for more than a dozen years. So, if you have been thinking about joining an exercise program but have not quite decided, perhaps the month of May is the time to sign up!!

The Physical Activity Guidelines for Americans recommend that adults aim for 2 hours and 30 minutes of moderate activity each week which include walking fast, dancing, swimming, etc. No matter what shape you are in, you can find activities that work for you. Check out the successful exercise programs at the Millville Senior Center.

Call Jill Anderson, outreach coordinator- (508)883-3523

INSERT PICTURES OF LINE DANCERS AND EXERCISE—WITH INSTRUCTORS—



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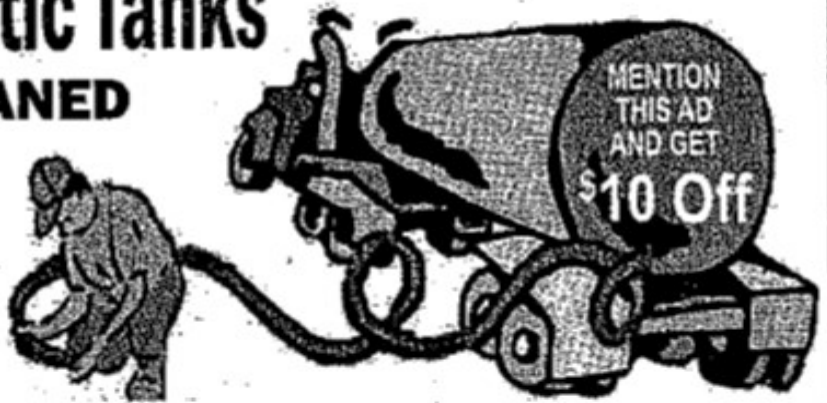
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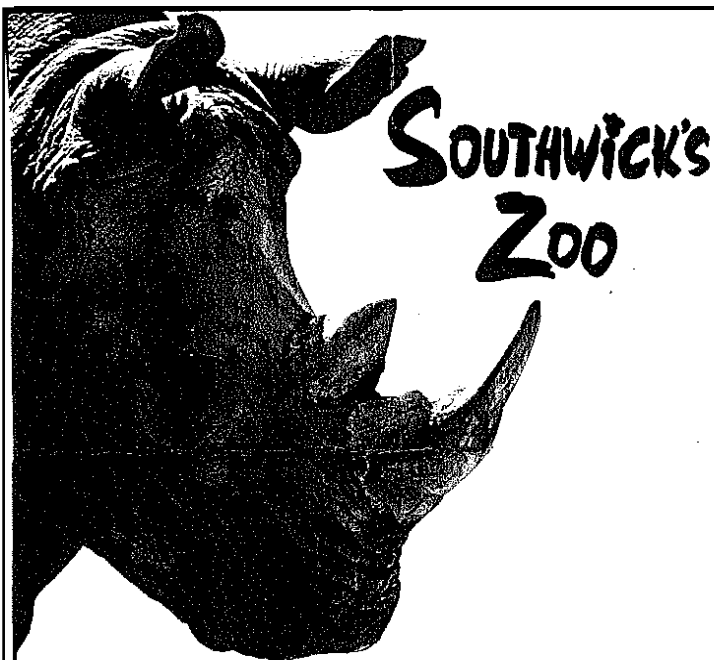
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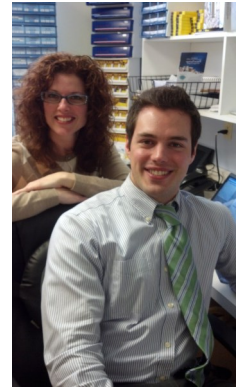
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Millville Senior Center hours are: 9 to 3:30 P.M. Monday, Tuesday and Thursday.

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
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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