



Millville Council on Aging and Senior Center
40 Prospect Street - (508) 883-3523

e-mail: sr.center@millvillema.org
website: www.millvillema.org

OCTOBER 2015

Senior News from Cole's Field



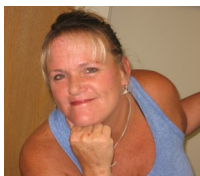
“A LITTLE BIT OF HAWAII”

Members and guests of the Millville Senior Club were greeted in an “Aloha” spirit at a luncheon/meeting held at the Senior Center last month. Dressed in vibrant floral attire, seniors were welcomed and draped with a colorful lei upon arrival while Hawaiian music played, setting an air of friendliness indicative of the famous island. Fresh pineapple and individual pineapple cakes were served with coffee following a roasted chicken dinner catered by the Bocci Club. President, Richard Hurteau, made a unique appearance as “Lolita, A Polynesian Beauty,” who charmed the gathering with graceful “moves” and titillating antics. Mary Ryan, line dance instructor at the Center, led a festively adorned dancing group, captivating the gathering with graceful movements expressing what Hawaii is: a land of beauty, grace and spirituality. Dancers pictured here are Evie Doyle, Claire Duffy, Roberta Gauthier, Evelyn McNamara, Jeannine Therien and Mrs. Ryan.

Leo Gauthier offered his rendition of “Tiny Bubbles” accompanying himself on the ukulele, joined in harmony by Ellen Bowen. Judy Monroe set the atmosphere playing varied Hawaiian selections and invited seniors to step up to the karaoke microphone to sing their favorite tune. Karaoke participants included, Marcel Laplume, Richard Hurteau, Evie Doyle, Leo Gauthier and Paul Moore.

Paul Gauthier and Gilbert Taschereau headed a 50/50 raffle and winners were: Leo Therien, Ronnie Benoit, Claire Duffy, Hubert Arsenault and Thelma Roscoe. Zucchini breads, donated by Ann Lesperance, were won by: Neal Robbins, Thea Barnabe, Winnie Charest, Sue Robbins and Judy Collin.


Hawaii’s most unique feature is the warmth of it’s people and folks at the Millville Senior Center emulated that warmth at last month’s luncheon. As they exited the Hawaiian scene, seniors expressed positive comments. “We love coming here, we always have so much fun,” Judy Collin from Blackstone said.



MEET OUR NEW VAN DRIVER

Holly Whalen, our new senior van driver, has completed a lengthy and complicated training schedule and is prepared to take the wheel of our Millville Senior Van. Holly was born in Danbury, Connecticut and graduated from Westboro (MA) High School, but has lived in Millville for the past twelve years. She is the mother of a 25 year old son, Tyler, who is a caretaker at the Daniels Farmstead in Blackstone, and a ten year old daughter, Madison, who is a fifth grade student at Millville Elementary School.

Holly drove a school bus when her son was small and worked at the Upton Senior Center for thirteen years, first as Assistant to the Director and then as Social Services Coordinator. She served as an interim director three times when the center was recruiting a new one. In Upton, Holly says her duties were varied, coordinating activities, driving the van and helping Seniors with benefit issues. Holly is eager to fill the van with seniors, including rides to the Senior Center for lunch, classes or bingo. We welcome Holly to the Senior Center Team!

OCTOBER				
Monday		Tuesday	Wednesday	Thursday
				1 Weekly Lunch 11:45 A.M. Senior Pitch 12 - 2:30 P.M.
5 Craft Class (knit/crochet/etc.) 9 - 11 A.M. Painting Class 12:30 P.M.		6 Blood Pressure Ck 9 - 9:30 A.M. Line Dancing 9:30 - 10:30 A.M. Exercise 1 - 2 P.M.	7 Council on Aging Meeting 6:30 P.M.	8 Weekly Lunch 11:45 A.M. Senior Pitch 12 - 2:30 P.M. Bingo 6 P.M.
12 Senior Center Closed  Columbus Day		13 Blood Pressure Ck 9 - 9:30 A.M. Line Dancing 9:30 - 10:30 A.M. Exercise 1 - 2 P.M.	14	15 Weekly Lunch 11:45 A.M. Senior Pitch 12 - 2:30 P.M. Shine Appt.
19 Craft Class (knit/crochet/etc.) 9 - 11 A.M. Senior Club Meeting/Lunch Blood Pressure Check		20 Blood Pressure Ck 9 - 9:30 A.M. Line Dancing 9:30 - 10:30 A.M. Exercise 1 - 2 P.M. Talk on Alzheimers 2:30 P.M.	21	22 Weekly Lunch 11:45 A.M. Senior Pitch 12 - 2:30 P.M.
26 Craft Class (knit/crochet/etc.) 9 - 11 A.M. Painting Class 12:30 P.M.		27 Blood Pressure Ck 9 - 9:30 A.M. Line Dancing 9:30 - 10:30 A.M. Exercise 1 - 2 P.M.	28	29 Weekly Lunch 11:45 A.M. Senior Pitch 12 - 2:30 P.M.

CELEBRATING OCTOBER BIRTHDAYS

2nd	Lucille Laplume	11th	Andre Baril	17th	Neal Robbins	28th	Irene Miranda
	Maria Rodrigues		Paul Hendricks	19th	James Bentsen		James Mullaly
	Claudette Souza		Mark Duffy		Lorelei Mallozzi	29th	Jeannette Laplume
	Brad Monroe		Daniel Lennox		Diane Orourke		Susan Roberts
	Grace Sobers	12th	Diane Lamoureux	20th	Joanna Tober	30th	Donna Alexander
3rd	Jean Jones		Diane Stevenin		Alan Souza	31st	Michael Fowler
	Genevieve Heywood	13th	Claire Remillard	22nd	Catherine Andersen		
	Robert John Perreira	14th	Sheila Brothers		Judith Lashley		
	Susan Salisbury	14th	Constance Landry		Robert Cournoyer		
	Ronald Laplante	15th	Arthur Burroughs	23rd	Nicholas Gazerro		
4th	Marcia Davis		Ronnie Perron	24th	Adelena Piette		
5th	Robert Bartlett		Joyce Lavergne	25th	Linda Virgilio		
7th	Joane Wilson	16th	Simone Rawlinson	26th	Kerry Burke		
8th	Elaine Ethier		Linda Roy		Timothy Benjamin		
9th	Janice Whittemore		Denise Benjamin		Charles Holmes Jr.		
10th	Bettye-Jean Roy	17th	Marcel Laplume	27th	Leo Desmarais		



Please Note: If your birthday has been omitted from the Birthday List, we apologize. We can only list those we have knowledge of.



BINGO -A GAME OF CHANCE!!!

Some may call it gambling but participants at the Thursday night bingo games call it just a fun night with lots of laughs and a chance to win some cash and other special prizes. Richard Hurteau calls out the numbers and the winners excitedly call out "BINGO" and wait in anticipation as assistant Judy Monroe verifies that the correct numbers were covered.

Sixteen people attended last month and cash winners were: Sandy Drouin, Marcel and Jeannette Laplume, Paul Moore, Ellen Bowen and Gabrielle Mullaly. Special prizes went to Jeannine Therien who won a \$25.00 gift certificate from Brigido's Market and to Paul Moore who won a \$10.00 gift certificate to Hannaford's Market in Uxbridge, donated by Sue Robbins. Several gift bags and scratch tickets were awarded to the holders of lucky entrance tickets.

Why not join in these "games of chance?" Doors open at 6 p.m. and games begin at 6:30 p.m. Entrance fee is \$1.00 and Bingo Cards are \$1.00 per card. The games end by 8:30 p.m., so it's an early night offering two hours of recreation and a chance to - **WIN! WIN! WIN!** **NOTE:** Van transportation is currently available for Bingo night. Please call the Center for further information.



FROM THE PRESIDENT'S DESK

We have been blessed with beautiful weather. (Although we could use a bit of rain). Over 60 folks enjoyed the great food, entertainment and fellowship at our September meeting. We had a very special guest "show up"- the sweet and lovely Lolita! (Check the bulletin board for memorable pictures)."Lolita" tells me she had so much fun, she may visit again. She really enjoyed dancing with the Polynesian" ladies -- they did a great job!! **REMEMBER: October 19th will be the club luncheon.** (The usual 2nd Monday is a holiday)! October's luncheon promises to be another fun gathering with more entertainment, raffles and a roast beef dinner. We can't say enough about the service and good food that the Bocce Club is providing the seniors. **ALSO**, in October we celebrate Halloween -- so dress in your favorite costume. Come join in an afternoon of conversation and laughter. Who knows what great "star" may pay us a visit??? I will be presiding at the brief meeting prior to lunch and look forward to promoting positive plans for fund raising events in an effort to increase the Senior Club's Treasury. So put your "thinking caps" on and bring your suggestions forward.

FYI--Roberta Gauthier conducts a blood pressure clinic at the monthly sessions.

Richard Hurteau

SENIOR CENTER STOVE PURCHASE

Awaiting a final report from the appointed "stove research" committee, members of the Council on Aging are nearing a positive decision on the purchase of a much needed new stove. Committee members, Richard Hurteau, Lois Laflamme, Gerry Finn and Michelle DuMond met several times to discuss pros and cons as they research information and prices prior to a final report to be presented at the Council On Aging's October meeting. At the Annual Town Meeting, voters approved a transfer from the Capital Outlay account in the amount of \$10,500.00 to cover the cost of the new kitchen apparatus. A new refrigerator is planned for purchase having been approved by Capital Outlay Committee to be potentially purchased in 2017 pending voter approval. The original kitchen equipment was purchased second hand and has been utilized since the Center was built almost eight years ago. Going forward, the Council on Aging will be reviewing present hall rental policies and will be working on a more structured plan for use of the kitchen involving appointment of a responsible, knowledgeable and certified person to monitor the use of the kitchen. This piece is an "imperative" step in order to insure the safety and cleanliness of the kitchen facility.



MILFORD REGIONAL MEDICAL CENTER EXPANSION

(Grand Opening – Sunday, Oct. 4th 1-5 p.m.)

You are invited to tour the new state-of-the-art facility, get a close-up look at the very latest in diagnostic equipment, check out the new private patient rooms and meet the physicians and staff. There will be giveaways and refreshments, plus exciting raffles for all ages including Patriots tickets. Children are included on the VIP list and are invited to share a memorable picture of the Milford Regional Mascot-"Mr. Moose, MD." (The first 400 children present will receive their very own cuddly moose to care for). Parking is available off the Route 16 (Main Street) entrance and the Cancer Center parking lot off of Route 140. Hospital staff and volunteers will be on hand to assist. **CIRCLE THE DATE: (10/4/2015)**



Library News Submitted by Evelyn McNamara



You may receive this Bulletin in time to run down to the Millville Free Public Library for their annual Book and Bake Sale Saturday, October 3, from 9 a.m. to 1 p.m., sponsored by the Friends of the Library. Be sure to choose some tasty home baked pastries and a bargain awaits book lovers... whatever you can fit, your choice, in one of two different size bags provided by the library, for \$5 or \$10.

Murder mysteries represent an extremely popular book type, but did you know that women authors are now very prolific in this field? Here are some well-known female crime writers whose series are so well represented in our library.

Janet Evanovitch's numbered series featuring Stephanie Plum, beginning with "One for the Moon" and ending with "Top Secret Twenty-One," her 21st, are all available on our shelves, as well as other volumes by this prolific writer.

The internationally best-selling author Tess Gerritsen has written 14 books about Boston Detective Jane Rizzoli and Medical Examiner Maura Isles, incorporating her own expertise as a physician. All of this group we have available, together with some not in this series.

Sue Grafton has been using every letter of the alphabet from A and is now up to X, all of which we have for you to enjoy featuring Detective Kinsey Millhone and her witty "one liners."

One of our patrons found Victoria Thompson's series of 17 Gaslight Mysteries so pleasurable she asked the librarian to pass along her appreciation to the author by Facebook, and yes, a "thank you" reply was received.

We could continue with Sara Paretsky or Louise Penny but have to conclude with the crime author who has sold more than one million books in the United States alone, 37 of which are on our shelves, Mary Higgins Clark, and we haven't even mentioned our male mystery writers! Happy sleuthing!!



JILL'S JOTTINGS

There are several new programs planned here at the Senior Center this fall.

- We are in the process of organizing a **Senior Chorus** for fun and to entertain our peers.
- The annual **flu shot clinics** will be held October 13th, at 9-11 a.m. and 5-7 p.m.
- The **Senior Van** will be going to Walmart and Hannaford - Call to reserve a ride.
- A **presentation on memory loss** will take place on October 20th at 2:30 pm.

Gary Davis, Director, Salmon Health and Retirement's Tapestry Program, will discuss the differences between typical, age-related memory loss and signs associated with

Alzheimer's disease and other dementias. Come learn more with us and calm your fears and anxieties. November's talk will be on arthritis on November 17th.

I recently had an energy assessment of my home by a state-sponsored program, MassSave. Your heating system, and hot water heater are checked, along with the various ways you may be losing heat in your home or using extra energy. I received about ten energy-efficient light bulbs, a shower head, programmable thermostats and power strip. Then I was advised that I needed more insulation in my attic. The program would cover 75% of the cost. I had ten inches of cellulose blown into my attic and expect to recoup the cost in one year! If you are a home owner trying to save on energy costs, I recommend that you call MassSave at 866-527-7283 for a free assessment. You are not obligated to follow up with anything they recommend. All the people I dealt with were very courteous and professional.

As I do every fall, I'll be helping folks with their Fuel Assistance applications, starting in October. Please call ahead for an appointment. 508-883-3523.

Come visit and bring your ideas!

Jill Anderson



*Leo and Roberta Gauthier share a moment
reminiscing their trip to the Islands at last month's
"Hawaiian" luncheon/meeting.*



OCTOBER LUNCH MENU



Oct. 1st	Salisbury Steak, Mashed Potatoes, Peas & Mushrooms & Fresh Fruit
Oct. 8th	Lasagna, Veggies, Apple Crisp, Diet Baked Apples & Soup
Oct. 15th	Salmon Boat/Dill Sauce, Mashed Potatoes, Peas & Onions & Fruit
Oct. 22nd	Chicken Cacciatore, Pasta, Veggies & Birthday Cake (Plain Cake)
Oct. 29th	Meatloaf & Gravy, Mashed Sweet Potatoes, Veggies & Pears

NOTE: Meals include milk, coffee and bread. 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.

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

Outreach Coordinator:

Jill Anderson

Maintenance: Bob Laflamme

Newsletter: Ellen Bowen

Carol Perron

Ads: Sue Robbins

SHINE: Lee and Judy Katz

Senior Club

President: Richard Hurteau

Vice President: Ellen Bowen

Secretary: Diane Lamoureux

Treasurer: Marge Keegan



OCTOBER IN NEW ENGLAND

Every season has its special beauty and Autumn is no exception. Watching the trees turn from a uniform green to all varieties of gold, yellow and red, is a spectacular experience. One can almost be blinded by the fiery brilliance. It is an awesome sight and just one of the many blessings God has given us here on earth.

With all this beauty, there is a certain sadness in knowing that the changing colors foreshadow the arrival of a long, cold winter. But for now, let us enjoy and appreciate October in New England!!

APPLE PICKING TIME IN NEW ENGLAND

Apple picking time is a fall ritual for countless New Englanders and with apple growers predicting a bumper crop this season, it's good news for apple picking enthusiasts.

What a gratifying adventure to stroll among the apple trees, in the crisp, Autumn air, seeking plump, juicy, shiny apples to bring home and enjoy!!

The picking season began in earnest around Labor Day when McIntosh apples, which account for about two-thirds of New England production, became available, according to 79 year old Frank Carlson, of Carlson Orchards in Harvard, MA.

If you're looking for a "pick your own" orchard site nearby, check out Wojcik Farm, located on 65 Milk St. in our neighboring town of Blackstone. The apple crop is looking top notch this season, so why not head out to Wojcik's and fill your receptacle with some of those rosy reds. It's a healthy and invigorating experience New Englanders have been enjoying every Fall.

On the other hand, if you are not a "picker" don't be without, because there will be plenty of apples for sale at the local farms and markets this year due to the strong growing season. – Remember the old adage:

"AN APPLE A DAY KEEPS THE DOCTOR AWAY"

Enjoy and stay healthy!!!!



IN MEMORIAM

Robert Symes – passed away August 21st, 2015 at the Holiday in Lincoln, RI. Mr. Symes was a member of the Millville Senior pitch group for many years. He enjoyed his visits to the Senior Center, often singing songs from yesteryear, huddled around the piano with his Millville Senior friends. His courteous demeanor will long be remembered.



Rest in Peace, Mr. Symes





OCTOBER IS BREAST CANCER AWARENESS MONTH

While most people are aware of breast cancer, many may forget to take steps to have a plan to detect the disease in its early stages. When detected early, in the localized stage, the five year relative survival rate is 100% according to the American Cancer Society.

Staying at a healthy weight, being physically active and limiting alcohol intake can help reduce the risk of breast cancer. Regular screening can often find breast cancer early when treatments are more likely to be successful. We can make a difference in the fight against breast cancer by volunteering time, participating in an event or donating to the cause.

The month of October, designated annually as breast cancer awareness month, is a good time to make a decision to increase awareness of this disease and encourage others to do the same.

SCAM — COA DIRECTOR ALLEGEDLY SEEKING MEDICARE INFORMATION



Ingenuity never stops and constantly reinvents itself. (This event just recently occurred).

It's a new scam to get personal medical information to falsely bill the government Medicare. The impersonator used the name of a COA director in that town and proceeded to ask a few questions (their doctor, their meds and their Medicare number). The elder refused to answer the last request, hung up and then called the COA to complain about the director. PLEASE KNOW THAT COA DIRECTORS WILL NEVER CALL AND ASK FOR YOUR MEDICARE NUMBER!! IT'S A NEW SCAM - Just hang up and – if possible get the caller's phone number from the telephone screen and contact local police!



IMPORTANT MEDICARE INFORMATION

During Medicare Open Enrollment, from October 5th to December 7th, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, a trained SHINE Counselor is available to offer FREE and CONFIDENTIAL counseling on all Medicare and related health insurance programs. Our shine counselors at the

Millville Senior Center are Lee and Judy Katz. They are at the Center the third Thursday of the month **BUT** you must contact the Center for an appointment. Call Jill Anderson at 1-508-883-3523.



AFGHAN RAFFLE

Pictured here is a beautiful hand crocheted afghan made by Juliette (Benoit) Gauthier and donated to the Millville Senior Club as a fund raiser. Chances for this attractive afghan, made with love and devotion, are available at the Senior Center and can also be purchased at the October and November Senior Club meetings. Drawing is scheduled to be held at the November luncheon/meeting. Please support this fundraising effort. Chances are on sale for \$1.00 per ticket or 6 for \$5.00. This handmade afghan will make an exceptional Christmas gift and would be an attractive accent to any home. Senior Club members and friends are asked to participate in this fundraiser through sale promotion. Call the Center for more information. (508) 883-3523 (A proficient and talented lady, Juliette heads the Craft classes on Monday mornings at the Senior Center).



A VISIT FROM "LOLITA" SET THE STAGE FOR THE HAWAIIAN LUNCHEON AT THE SEPTEMBER SENIOR CLUB MEETING.

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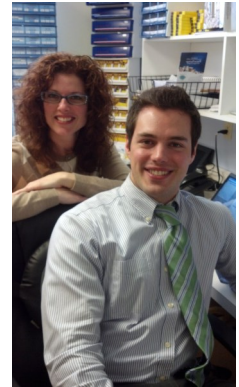


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 SENIOR CENTER.**



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)

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