

"THE MILLVILLE SENIOR CONNECTOR"



JUNE 2018

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Jill Anderson

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Library Programs for all Ages

The library is much more than books, DVDs, and other resources. It is a gathering place for the Millville community and a place where generations can enjoy programs together. On May 12th the library held a special Mother's Day Tea where approximately 15 ladies came together with their beautiful hats to enjoy tea and treats while honoring the special mom in their life. As you can see, they all had a wonderful time!



The library also holds many programs for children. For example, the library just ended a reading program funded by a Unibank grant that brought together seniors and 3rd graders from the Millville Elementary School to read to each other and share time together. This program will end on Thursday, May 31st at 1:00, with an ice cream party at the elementary school.

Coming up this summer will be a summer reading program for elementary age children. If you are a grandparent, you can help your grandchildren to keep reading by encouraging them to participate in this fun program. It kicks off on Saturday, June 30 with Diane Edgecomb, a storyteller from Boston, presenting a story and song performance related to the summer theme, "Libraries Rock". Children who reach the goal of reading 4 books this summer will earn prizes, and the program will end with a pizza party to recognize all the participants.

Adults can also enjoy many programs where they can learn and enjoy the company of others, such as the library's ongoing Pinterest parties (supported by a Cultural Council grant) where attendees learn to make a unique craft, and the library's monthly Saturday mystery book club for mystery lovers.

To learn more about all of the upcoming library programs, email the librarian at librarian@millvillema.org or visit the library's Facebook page at www.facebook.com and search Millville Free Public Library.

Submitted by Colleen Anderson, Librarian



“Four Guys” of Pawtucket sang and played stringed instruments at the Millville Senior Club meeting held last month at the Senior Center. The group offered many vocal selections evoking memories of days gone by, and encouraged a waltz or two by Clarice and John Beroth .

SENIOR CLUB MEETING REPORT FOR MAY

Approximately 50 seniors gathered at the Millville Senior Center last month, sharing food, entertainment, 50/50 drawings and discussed plans for future events. Concerned with the potential closing of the Senior Center, President, Richard Hurteau suggested a joint meeting of Club Officers with the Board of Selectmen to clarify the availability of the building for Senior Club meetings. Robert Gauthier offered a significant reading entitled “God’s Store House” expressing the importance of Peace, Joy, Love and Forgiveness. Treasurer, Marge Keegan and Secretary, Diane Lamoureux gave respective reports and a thank you note from Betty Osieski was read.

Director/Outreach Coordinator, Jill Anderson announced a “Spring Makeover” event is planned for June 4th. Sign up sheets are available at the Center.

50/50 winners were: JoAnn Davis and Kathy Folding of Blackstone. Also, Jeannette Laplume, Jeannine Therien, Mary Ryan, Rita Benoit, and Don Lamoureux.

Entertainment coordinator, Diane Lamoureux Announced **“Big J. Slick”** will be the featured entertainment next month at the June 11th meeting.

**SENIOR CLUB JUNE LUNCHEON
GOING “ITALIAN STYLE”**

The JUNE luncheon meeting of the Millville Senior Club will feature an Italian Menu with a choice of Spaghetti and Meat balls or Lasagna, prepared and catered by the Bocce Club, of Woonsocket.

Please call the Senior Center at 508-883-3523 to reserve your place at the table. The cost is \$10. and must be paid one week prior to June 11th meeting.



“
WE CONTEND THAT FOR A NATION TO TRY TO TAX ITSELF INTO PROSPERITY IS LIKE A MAN STANDING IN A BUCKET AND TRYING TO LIFT HIMSELF UP BY THE HANDLE.” (Winston Churchill)



MY FATHER'S DAY STORY

By: Ellen (Ethier) Bowen

Approximately 78 years ago, I lost my father to Cancer. I was only three years old at the time. Sadly, I have no memory of my father but treasure the stories told to me by my older sisters and brothers who loved him dearly and boasted his kind and caring ways but most of all his obvious love of God.

I lived with my Mom and thirteen siblings on a dairy farm in Chestnut Hill when my father was called to his eternal home. (That property is now recognized as Southwick's Animal Farm). Those farming days, I have been told, held many memories of hard work as the older family members and my Mom struggled to keep finances in check and at the same time, keep the farm and family together. I cannot conceive of the anxiety, hurt and emptiness they experienced as they grieved the loss of a father, their symbol of strength, patience and love no longer with them.

Within a year after my father's passing, the farm was sold to Justin Southwick and the family moved to downtown Millville.

This is my Father's Day Story--- I never knew Alphonse J. Ethier, but have been told that my seven brothers looked much like him. I am forever grateful to my older siblings who shared stories of the love and admiration my father exhibited to all during his short life. I feel I have come to know him through their eyes. My heart tells me that I will see him one day!!

WHAT'S IN A FLOWER?

There are many occasions and reasons why we give flowers, and knowing which flower symbolizes a certain affection will only enhance your gift. Here are some common meanings for various flowers, according to the Farmer's Almanac:

Red Roses: Love and Romance

Pink Roses: Gratitude, Admiration and Joy

White Roses: Innocence and Purity

Yellow Roses: Friendship

White Lilies: Purity and Virtue

Pink Lilies: Prosperity and Abundance

Orange Lilies: Confidence and Wealth

Yellow Lilies: Thankfulness

And don't forget **Herbs** can make a lovely addition to a bouquet or a wonderful gesture on their own. A bonus is that many Herbs can be repurposed somewhere else in the house such as for cooking or for potpourri.

BASIL: Love / **CHAMOMILE:** Comfort

LAVENDER: Devotion/ **MINT:** Virtue

OREGANO: Joy/**PARSLEY:** Gratitude

ROSEMARY: Remembrance/ **SAGE:** Wisdom

THYME: Courage/**VIOLET:** LOYALTY



BINGO REPORT



It has been significantly proven that playing games will make people feel better and that includes BINGO!!! Bingo games are famous all around the world and have a history of being a source of entertainment for centuries with a chance of winning cash. Winners at the Senior Center Bingo last month were: Pauline Morse, Dot Bourassa, Christine Skalubinski, Marcel Laplume, Paul Moore, Ellen Bowen, Claire Duffy and Rita Benoit. Nancy DelGizzi and Ellen Bowen won surprise bags. Thanks as always to our volunteers: Marcel and Jeannette Laplume and Rita Benoit who head the monthly Bingo sessions. Admission is \$1.00 and cards are \$1.00 per card. Games are scheduled on the **SECOND TUESDAY OF THE MONTH AT 6 P.M. Doors open at 5:30 p.m. Next Bingo game is: TUESDAY, JUNE 12TH.**

COME TO THE SENIOR CENTER FOR THURSDAY LUNCHES!!! A nominal fee of \$3.00 is requested (but not mandatory) for this nutritious meal served at 11:45 a.m. under the direction of Lois Laflamme. Call the Senior Center @ 508-883-3523 to reserve your meal. Seniors are invited to play pitch following the lunch program. **PLEASE NOTE: RESERVATIONS AND CANCELLATIONS ARE REQUIRED FOR THIS PROGRAM.**
TRI-VALLEY INFORMS US THERE HAVE BEEN TOO MANY WASTED MEALS DUE TO PEOPLE NOT SHOWING UP FOR LUNCH.

JUNE LUNCH MENU

June 7 —Chicken Pot Pie/Yukon Gold Potatoes/ Mixed Vegetables/Fresh Fruit
June 14 --BBQ Chicken/Mashed Potatoes/Country Blend Veggies/Strawberry Shortcake
June 21 --Chicken Sausage Jambalaya/Rice Pilaf/Green Peas/Butterscotch Pudding/Diet Vanilla Pudding
June 28—Lasagna with Meatballs/Broccoli/Birthday Cake (Diet/Plain 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.

Thank you to kitchen volunteers: Lois Laflamme, Lori Remillard, Mary Jean Ethier, Jeannine Therien



JILL'S JOTTINGS

The “A Matter of Balance” classes concluded on May 16th. We thank our friends at Tri-Valley Elder Services for providing this very informative program. There were a few people who wanted to take the course but had to be put on a wait list. We may be able to schedule this free eight week course either this coming fall or next spring. Let me know if you are interested.

If you would like to receive a color copy of this newsletter via email we can put you on our email list. Please call the Senior Center (508-883-3523) and leave your name and email address. This means you would receive your newsletter on the day we “snail mail” it to others at the post office. You would also be saving us the postage.

Nationally there has been quite an increase in the number of grandparents raising grandchildren – 2.7 million folks, up 7% since 2009. If you are raising grandchildren or caregiving for another person, you may want to check out these resources: Support groups meet in Attleboro, Charlton, Framingham and Worcester. The State has a Commission on Grandparents Raising Grandchildren that provides “A Guide for Relative Caregivers” which you can download online. AARP also has a “Grand Families Guide for Grandparents Raising Grandchildren”. If you Google “grandparents raising grandchildren” you can find these and other resources. If you don’t have a computer, we have several here at the Senior Center you can use (I’ll assist), as does the library.

The Central Massachusetts Agency on Aging will be conducting a random sample survey of elders. The purpose of the survey is to gather information on issues where elders may need assistance, for example transportation to medical appointments, home modification/repair, meal preparation, and so on. The results will be used to help determine how and where federal funds for elder services are utilized in Central Massachusetts. If you are selected you will receive a questionnaire in the mail with a postage-paid return envelope.

June 4 “Spring Makeovers” at 1 pm. Bring a scarf and pin, ladies. Please sign up or call so we can anticipate the number of participants.

Jill Anderson

“Any man can be a father but it takes someone special to be a dad.” Anne Geddes Happy Father’s Day!

DEHYDRATION DANGER

Dehydration occurs when you use more fluid than you take in and your body doesn't have enough water and other fluids to carry out its normal functions. According to the Journal of the National Medical Association, dehydration is the most common fluid and electrolyte problem among the elderly. Aside from the natural aging process, thirst perception also tends to change due to certain medications necessary to support seniors. Don't be fooled by your lack of thirst. The National Institute on Aging has these great tips to ensure you are getting enough fluid in your diet:

- Take sips of water, milk or juice between bites
- Drink an entire glass of water with a pill
- Drink fat free milk or other sugar free drinks
- Alcohol drinks should be consumed in moderation

Signs of Dehydration may be fatigue, less frequent urination, dizziness or dark colored urine. The Mayo Clinic Recommends consulting your doctor if you have had diarrhea longer than 24 hours or are irritable or disorientated.



AGING GRACEFULLY

Experts recommend that a handful of simple, scientifically validated health strategies will help us age gracefully and beautifully.

1. **TAKE A WALK.** Or, undertake another enjoyable form of outdoor exercise for about 30 minutes a day.
2. **GREET THE SUN.** Researchers at Boston University, Harvard University and others attest that sufficient doses of Vitamin D help prevent some disease and support longevity. They suggest exposing bare skin to sunlight for 15 minutes, three times a week to allow natural production of vitamin D.
3. **DRINK PLENTY OF WATER.** Hydration is key to cell health and overall proper body functions. Aim to consume one ounce of water every day for every two pounds of body weight.
4. **GET A GOOD NIGHT'S SLEEP.** Eight hours is more than beauty sleep. Studies show that it is essential for energy and the prevention of a host of diseases. It is not true that we need less sleep as we age.
5. **EAT A HEALTHY DIET**-This means lots of vegetables, fish, some lean meats and poultry and moderate amounts of fruits and grains for weight control.



Fifteen Senior Citizens received Certificates of Completion last month at the Senior Center after successfully completing an 8 week course on a "Matter of Balance" sponsored by Tri-Valley, Inc. L to R— BACK ROW-Jill Anderson, Ruth Logan, Laure Kloczkowski, Roberta Gauthier, Evelyn McNamara, Kathy Early and Evie Doyle.

L to R—FRONT ROW— Leo Gauthier Paul Moore, Claire Duffy, Mary Jean Ethier, Ellen Bowen, Mary Ryan and Elaine Geissinger. (Clarice Beroth was unavailable for the picture)

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Pitch players gathered at the Senior Center last month for a Pizza Party, culminating the end of another Pitch series. Pictured above (L to R) - Second Place Ron Benoit
First Place Marcel Laplume
Third Place Lois Laflamme



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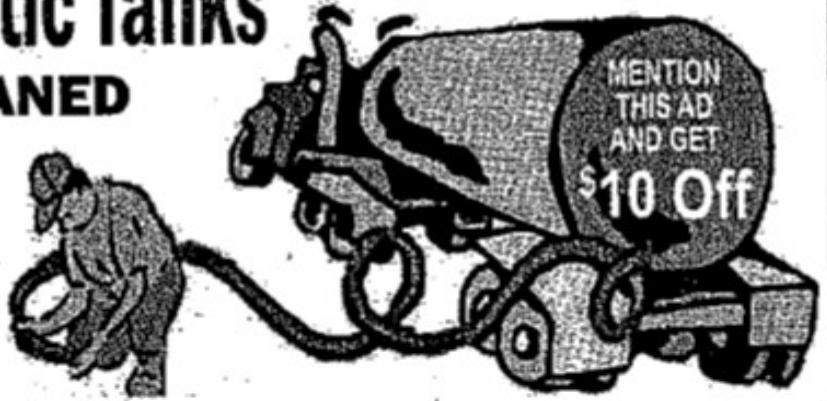
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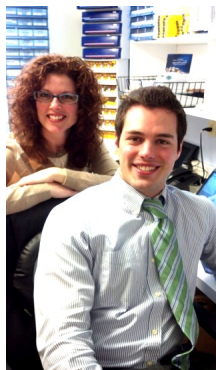


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Millville Senior Center hours are: 9AM to 3:30 PM Monday, Tuesday and Thursday

Monday

**9-11 Needle Crafts (Knit,
Crochet, etc.)**
11:00 Cribbage
12:30 Painting (May 7 & 21)

Tuesday

9:00 Blood Pressure Clinic
9:30 Line Dancing
1:00 Exercise

Thursday

10:00 Chorus rehearsal
11:45 Lunch
12:30 Pitch

Bingo Games - Second Tuesday of each month at 6:00 pm. Next session May 8, 2018

Senior Club Meetings/Lunch and Blood Pressure Clinic—May 14, 2018, 11:30 AM

These programs are supported in part by grants from the Millville Cultural Council and the MA Executive Office of Elder Affairs.

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