



**Friends of the Blackstone Council on Aging, Inc.**  
P.O. Box 204 Blackstone, MA 01504

**Senior Center Hours:** Monday—Friday: 8:00 am to 3:30 pm  
**Senior Center location:** 15 St. Paul Street Blackstone, MA 01504

**January  
2010  
Volume 4  
Issue 1**

### **Tips to Ensure Safe Winter Driving**

Since approximately 70% of winter deaths related to snow and ice occur in automobiles, now is the proper time for individuals and families to take the necessary steps to ensure their safety on the roads during the upcoming Winter Season.

- Keep your gas tank at least half-full.
- Install good winter tires with adequate tread and pressure.
- Have a well-stocked Winter Emergency Car Kit.
- Keep a windshield scraper and small broom for ice and snow removal.
- Keep all windows clear of snow and ice and keep your headlights and taillights clear, as well.
- Check your antifreeze, battery and windshield wipers and wiper fluid.
- Plan long trips carefully, listening to the radio or NOAA Weather Radio for the latest weather forecasts and road conditions. Consider Public Transportation.
- Travel during daylight hours, and if possible, take another person with you.
- Let others know your timetable and primary and alternate routes. Allow extra time. The first 1/2" of snow is sometimes the most slippery. Allow adequate braking distance from the car in front of you.
- SLOW DOWN. Many times hazards like black ice are not seen until it is too late.
- Be extra alert. Snow drifts can hide children or other vehicles.

### **SPECIAL STATE ELECTION for United States Senate Seat**

Tuesday, January 19th  
Senior Van is available for transportation to the polls  
Call Dennis at 508-876-5133



### **Special Events "January" Call Gail for Reservations 508-876-5151**

- ♦ Jan. 6 Movie "Bolt" at 10 Jean and Karen Special New Year Lunch at Noon- Bingo
- ♦ Jan. 7 COA meeting at 10 am  
**Friends meeting—Newsletter prep at 3 pm**
- ♦ Jan. 12 Free Hearing Screening by appointment from 9 am to 10:30 am
- ♦ Jan. 14 S.H.I.N.E. counselors by appointment 9 am to 11 am
- ♦ Jan. 18 Center Closed- Martin Luther King Day
- ♦ Jan. 20 **Fallon Senior Health Plan Presentation** at 10 am
- ♦ Jan. 21 Friends Group Meeting at 4 pm
- ♦ Jan. 26 **Birthday Party with J. Slick** at 10:30 am

### **Upcoming Events in February**

- \* Mardi Gras Party
- \* Valentine Tea with Rep. Jennifer Callahan
- \* Free Legal Counseling
- \* Blood Pressure Clinic
- \* **BISTRO MENU EVERY WEDNESDAY AND FRIDAY**
- \* Tai Chi- Thursday at 10:00 am
- \* Wii Bowling- Tuesday and Thursday at 1:00 pm

### **A Letter From The Blackstone Volunteer Coordinator**

I don't know about you, but 2009 was a very "tight" year for me. I had to tighten my belt and had to tighten my budget. Giving to family and friends is my greatest joy. This past year my giving wasn't as generous or as often as I would have liked. The only way I could make up for my lack of gifts was to give them more of myself. I called more often, I visited whenever convenient, and I learned to really listen to my four young and beautiful granddaughters. (Of course, I'm not one bit prejudiced). Guess what? My family and friends love me just as much and seem to respect me even more.

Giving one's time, and sharing yourself with family, friends and community is a gift more precious than gold. I'm proud to say that I volunteer at a nearby Senior Center. When my assignment with Operation A.B.L.E. is completed, I intend to volunteer at the Blackstone Senior Center for at least three hours a week. I want the many new friends and wonderful staff members to stay at part of my busy life.

Being a volunteer helps to bring new ideas and programs to the Center. We have hopes and dreams for the Center's growth in 2010. Won't you become a part of our dream?

Volunteer! One hour a week or whenever you can will make a difference in our Center, in our community, and in your life. Who can volunteer? Men, women, parents, students, grandparents, teens, retirees, disabled, professional and technical experts, volunteer organizations such as the Boys and Girl Scouts, Lions Club, etc.

Here is a variety of volunteer openings and program opportunities:

- ◆ Meals on Wheels Drivers and Runners
- ◆ Dining and kitchen assistants
- ◆ Newsletter Production Team Member
- ◆ Office Assistant
- ◆ Activity Leader
- ◆ Van Companion
- ◆ Friendly Visitor
- ◆ Computer Workshop Trainer

Feel free to call 508-876-5135 for further information regarding the above volunteer opportunities.

#### **SafeLink Wireless Subscriber Annual Renewal**

Many of you have asked, "How do I renew my SafeLink Wireless phone at the end of the expiration period?" Below is the answer.



An annual self verification letter will be sent to you in the mail which requires you to read the terms of agreement to continue for the next year. You will be required to sign, date and mail the entire form in the prepaid stamped self-addressed envelope. For faster results, you can FAX the completed and signed form to: 1-866-902-5756 or visit the SafeLink Wireless website at [www.safelink.com](http://www.safelink.com), click on VERIFY and follow the instructions on the screen.

If you have any questions regarding the form and wish to speak to a customer support representative, please call 1-800-723-3546.



# JANUARY 2010

## "SENIOR CENTERS WORK"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>It's a long winter, want to get out of the house? The Friends group is looking for Newsletter preparers and new ideas.</p>	<p>Starting in February look for our every Wednesday Bistro Special Lunch and Bingo</p>	<p>Friends Group meeting on Thursday, Jan. 21 at 4:00 pm</p> 		<p>Center Closed</p> 
<p>9:00 Arthritis Exercise</p> <p>10:00 Breakfast- Coffee and Danish</p> <p>10:00 <b>Scrabble</b></p> <p>12:00 Lunch</p>	<p>10:00 Breakfast-Tea and Crumpets</p> <p>Word Find &amp; Puzzle Time</p> <p>1:00 Wii bowling</p>	<p>10:00 Movie "Bolt"</p> <p>12:00 Karen &amp; Jean- New Year LUNCH</p> <p>1:00 <b>Bingo</b></p>	<p>9:00 Strength Training</p> <p>10:00 Breakfast</p> <p>10:00 <b>COA Meeting</b></p> <p>10:00 <b>Tai Chi</b></p> <p>12:00 Lunch</p> <p>1:00 <b>Wii Bowling</b></p> <p>3:00 <b>Friends Meet Newsletter Prep.</b></p>	<p>10:30 Line Dancing</p> <p>12:00 <b>Baked Tilapia, Tomato Basil Rice, Manhattan Clam Chowder</b></p> <p>1:00 Pitch Game</p>
<p>9:00 Arthritis Exercise</p> <p>10:00 Breakfast-Coffee and Danish</p> <p>10:00 <b>Scrabble</b></p>	<p>10:00 Wal-Mart</p> <p>10:00 <b>Breakfast</b></p> <p>9:00 - 10:30 am <b>FREE HEARING SCREENING BY APPOINTMENT</b></p> <p>12:00 Lunch</p>	<p>10:00 Donuts and Conversation</p> <p>12:00 <b>Soup &amp; Sandwiches</b></p> <p>1:00 <b>Bingo</b></p>	<p>9:00 Strength Training</p> <p>9-11 S.H.I.N.E by appt.</p> <p>9:30 <b>Craft Class</b></p> <p>10:00 Breakfast</p> <p>10:00 <b>Tai Chi</b></p> <p>12:00 Lunch</p> <p>1:00 <b>Wii Bowling</b></p>	<p>10:30 Line Dancing</p> <p>12:00 <b>Minestrone Soup, Herb Roast Chicken, Parsley Potato</b></p> <p>1:00 Pitch Game</p>
<p><b>Center Closed</b></p> <p><b>Martin Luther King Day</b></p>	<p><b>Center Open "Special State Election"</b></p> <p><b>12:00 Lunch-Finger Sandwich/</b></p>	<p>10:00 <b>Fallon Health Presentation</b></p> <p>12:00 <b>Portuguese Kale Soup, Stuffed Cabbage</b></p>	<p>9:00 Strength Training</p> <p>10:00 Breakfast</p> <p>10:00 <b>Tai Chi</b></p> <p>12:00 Lunch</p> <p>1:00 <b>Wii Bowling</b></p>	<p>10:30 Line Dancing</p> <p>12:00 <b>Cauliflower &amp; Cheddar Soup, Salmon Pie</b></p> <p>1:00 Pitch Game</p>
<p>9:00 Arthritis Exercise</p> <p>10:00 Breakfast-Coffee and Danish</p> <p>10:00 <b>Scrabble</b></p> <p>12:00 Lunch</p>	<p>10:30 Birthday Party w/ J. Slick</p> <p>1:00 <b>Wii Bowling</b></p>	<p>10:00 <b>Breakfast and Word Find Puzzle Time</b></p> <p>12:00 <b>Grilled Cheese &amp; Soup</b></p> <p>1:00 <b>Bingo</b></p>	<p>9:00 Strength Training</p> <p>9-:30 <b>Craft Class</b></p> <p>10:00 Breakfast</p> <p>10:00 <b>Tai Chi</b></p> <p>12:00 Lunch</p> <p>1:00 <b>Wii Bowling</b></p>	<p>10:30 Line Dancing</p> <p>12:00 <b>Seafood Chowder, Dynamite, Chips, Coleslaw</b></p> <p>1:00 Pitch Game</p>

**BLACKSTONE SENIOR CENTER**  
15 ST. PAUL STREET BLACKSTONE, MA  
01504  
CALL 508-876-5151  
LUNCH SERVED  
AT NOON, MONDAY THRU FRIDAY  
CENTER OPEN  
8:00AM TO 3:30PM

\*\*\* S.H.I.N.E. Counselors by Appointment Only\*\*\*  
**ALL PROGRAMS ARE SUBJECT TO CHANGE  
DUE TO MEDICAL TRANSPORTATION AS A  
PRIORITY.**



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 CALL 508-876-5151  
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 CENTER OPEN  
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### Week of January 4 thru 8

**Monday:** BUTTERMILK CHICKEN, MASHED POTATOES, TUSCANY BLEND VEGGIES, MUFFIN, APPLE SAUCE

**Tuesday :** SWEET & SOUR PORK, STEAMED RICE, GARDEN PEAS, WHOLE WHEAT BREAD, PINEAPPLE .

**Wednesday:** Jean and Karen's New Year Lunch

**Thursday:** MEATLOAF & GRAVY, RED BLISS POTATOES, GREEN BEANS, RYE BREAD, BREAD PUDDING

**Friday:** The BISTRO by the Blackstone with Woonsocket Food services

### Week of January 11 thru 15

**Monday:** SPAGHETTI & MEATBALL WITH SAUCE, BROCCOLI, ITALIAN BREAD, PEARS

**Tuesday :** HEARTY BEEF STEW, GREEN BEANS, CORN, MUFFIN, TAPIOCA PUDDING (SUGAR FREE PUDDING)

**Wednesday :** Soup and Sandwiches

**Thursday:** GREEN PEA SOUP, HAM W/RAISIN SAUCE, MASHED POTATOES, CARROTS, HONEY WHEAT BREAD, PEACHES

**Friday:** The BISTRO by the Blackstone with Woonsocket Food services

### Week of January 18 thru 22

**Monday:** Martin Luther King Day

**Tuesday:** Election Day- Finger Sandwiches

**Wednesday:** The BISTRO by the Blackstone with Woonsocket Food services

**Thursday:** FISH VICTOR, TARTAR SAUCE, SEASONED RICE, MIXED VEGETABLES, SANDWICH ROLL, MANDARIN ORANGES

**Friday:** The BISTRO by the Blackstone with Woonsocket Food services

### Week of January 25 thru 29

**Monday :** CHICKEN MORNAY, HERBED NEW POTATOES, MIXED VEGETABLES, MULTIGRAIN BREAD, PINEAPPLE

**Tuesday:** BEEF ZITI BAKE, CALIF. BLEND VEGGIES, FRENCH BREAD, BIRTHDAY CAKE (PLAIN CAKE)

**Wednesday:** Grilled Cheese and Soup

**Thursday:** TOMATO SOUP, OMELET & CHEESE SAUCE, OVEN BROWNED POTATO, PEAS, HONEY WHEAT BREAD, PEACHES

**Friday:** The BISTRO by the Blackstone with Woonsocket Food services

### News from AARP TaxAide

The AARP TaxAide program will be returning to the Blackstone Senior Center starting in February 2010 to assist low- and moderate-income persons prepare their 2009 Federal and Massachusetts income tax forms. All Millville and Blackstone residents wishing to have their taxes prepared by AARP need to make an appointment by calling 508-876-5135. The final schedule for dates and times will be available by mid-January. Low- and moderate-income persons should call the Center after that date to schedule an appointment with the AARP Tax Assistor.

Seniors receiving Social Security payments in 2008 should have received a one-time additional payment of \$250 in the late spring-early summer of 2009. If you had direct deposit of your regular Social Security payment, this additional payment was also directly deposited; others would have received this payment by a mailed check. In either case, the payment was separate from your regular monthly payment. Please check your records to be sure you received this "stimulus" payment as your TaxAide counselor will need to ask you about it.

If you are eligible for the Massachusetts Senior Circuit Breaker, remember to bring your 2009 real estate and town water / sewer bills and receipts with you. For most, these will be the bills issued in Feb and May (payments 3 / 4 for Fiscal 2009), and Aug and Nov (payments 1 / 2 for Fiscal 2010). If you do not have records of your payments, they may be obtained from your town treasurer's office. The maximum amount to be refunded this year is \$960 (up from \$940 last year).

Massachusetts AARP Tax Aide volunteer counselors look forward to helping you again this coming year.

### **Wednesday and Friday Meals Bistro By the Blackstone JANUARY**



All are welcome to join us for lunch on Friday's at the Blackstone Senior Center at 12:00pm. Call two days in advance for reservations, 508-876-5151. Complete

lunch for \$3.00. Below is the **JANUARY** lunch menu:

**Fri. Jan. 8**– Manhattan Clam Chowder, Baked Tilapia, Tomato Basil Rice, Whole Green Beans, Dessert

**Fri. Jan. 15**– Minestrone Soup, Herb Roast Chicken, Parsley Potatoes, Capri Vegetables, Peaches & Cream

**Wed. Jan. 20**–Portuguese Kale Soup, Stuffed Cabbage, Whipped Potatoes, Zucchini & Yellow Squash

**Fri. Jan. 22** –Cauliflower & Cheddar Cheese Soup, Salmon Pie, Marinated Beets, Dessert

**Fri. Jan. 29** –Seafood Chowder, Dynamite on a Roll, Chips, Coleslaw and Fresh Fruit

### **Other Tips for Driving In The Winter**

- Yield to snowplows, giving them plenty of room to safely do their job.
- Be patient and follow at a safe distance.
- If a blizzard traps you in your car, pull off the highway. Turn on hazard lights and hang a brightly colored distress flag/cloth from your radio antenna or window.
- Remain in your vehicle where rescuers are more likely to find you. Do not set out on foot unless you can see a building close by where you know you can take shelter.
- Run the engine and heater about 10 minutes each hour to keep warm. When the engine is running, crack open the window slightly for ventilation. Periodically clear snow from the exhaust pipe.
- Exercise to maintain body heat, but avoid overexertion. In extreme cold, use road maps, seat covers and floor mats for insulation. Huddle with passengers.
- Take turns sleeping. One person should be awake at all times to look for rescue crews.
- Drink fluids to avoid dehydration.
- Be careful not to waste battery power.
- At night turn on dome light.

News from S.H.I.N.E. (Sharing the Health Information Needs of Elders)

**You Can Still Change Your Medicare Plans!**

**Between January 1 and March 31, you can make one change in your Medicare health plan.** If you have Original Medicare, you can join a Medicare Advantage Plan (such as a Medicare HMO, Medicare PPO, or Medicare PFFS) or switch between Medicare Advantage Plans. If you are in a Medicare Advantage Plan, you can return to Original Medicare.

**You cannot add or drop prescription drug coverage during this period.**

After March 31, most of you will not be able to make any changes until the next Medicare Open Enrollment Period (November 15 - December 31, 2010), effective January 2011. However, if you have a special situation, like you first become eligible for Medicare, or you lose your current health insurance, then you do not have to wait.

**If you are a member of Prescription Advantage, you have one extra chance to change your Medicare prescription drug plan at any time during the year.**

Prescription Advantage, the state pharmaceutical assistance program, will continue to help with the costs of Part D plans, but there are changes for 2010. You should already have received letters from Prescription Advantage about these changes.

**In 2010, Prescription Advantage will not help with the cost of your premiums, but will still help with the cost of your drugs if you get into the "donut hole".**

**If you have MassHealth or if you qualify for "Extra Help" with your drugs, you can change your Medicare prescription drug plan at any time during the year.**

**TRIVIA Quiz**

**What was the prevailing method of birth control in the '50s?**

- a. Heavy lifting and cold showers
- b. Fear
- c. Girdles and crinoline petticoats

**Tinkertoys date back to when?**

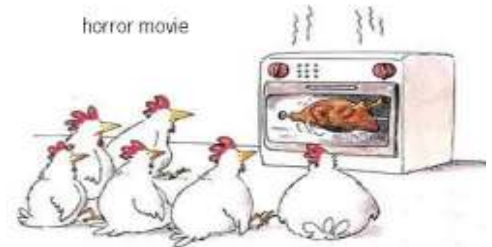
- a. 1914
- b. 1949
- c. 1967

**What convertible offered an optional radio that automatically increased its volume as the car accelerated?**

- a. 1912 Franklin
- b. 1943 Jeep
- c. 1957 Ford Thunderbird

**In the quaint greasy spoon jargon of yore, what did "knock the horns off one, and drag it through the garden" mean?**

- a. 86 the customer, then kick him out the back door
- b. Rare hamburger or steak with tomato and lettuce
- c. Cooties



## Outreach


Many citizens aged 60 or older either have no knowledge of what the Council on Aging has to offer or think that its services are targeted only to the very elderly. Outreach is helping the community's older citizens remain safely in their homes by advocating for the kinds of services that will enhance their dignity, support their independence and promote their general health and well-being. It is also a goal of the Outreach Program to acquaint all the seniors in the community with the kind of information that can broaden their knowledge of elder issues and assist them in making informed decisions about the critical areas of their personal lives.

### **Outreach assists with information, referrals and applications for:**

- Health and prescription coverage
- Fuel assistance
- Food stamps (snap program)
- File of life
- Caregiver services
- Long term care programs
- Mental Health programs
- Transportation
- Meals on Wheels
- Flu Clinic
- Tax Assistance
- Veterans Agent Information
- SHINE (Serving the health information needs of elders)

Please call Jean Doiron, Outreach Coordinator at 508-876-5134 for information on any of these services or programs.

Time to update your file of life card!

<b>FILE OF LIFE</b>	
	Name: _____
Address: _____	
Doctor: _____	Phone#: _____
<b>EMERGENCY CONTACTS</b>	
Name: _____	Phone#: _____
Address: _____	
Name: _____	Phone#: _____
Address: _____	

Please call Jean Doiron at 508-876-5134 if you need a file of life card. Everyone should have a file of life card attached to their refrigerator. Emergency contacts,

### It's In Your Hands



You've just finished your afternoon can of soda, what do you do with it? Do you take the extra step to ensure that it is recycled? How important is it that your can or bottle ends up in a recycling bin? Every bottle and can you recycle eases the strain on our natural resources and reduces green house gases.

#### KNOW WHAT:

The energy it takes to recycle is nothing compared to the energy it saves. Recycling cans and bottles not only decreases the materials going to landfills; it helps keep our environment healthy.

Help the Friends Group recycle by donating your deposit cans and bottles for our fundraising efforts. The recycle box can be found in the lower level of the Blackstone Town Hall at 15 St. Paul St. In addition, you can arrange a pick up of the recyclable donations by calling our volunteer coordinator Karen T. at 508-883-7111.

### Just a Winter's Day

The Holidays are over  
 The garlands packed away  
 No tree to light  
 Each and every night  
 Just another winter's day  
 The angel's wrapped in tissue  
 Her wings folded with such care  
 No Christmas cushions brightly sit  
 No scent of holly, pine or spice  
 Upon my favorite chair  
 Fill the air with joy  
 But I can hear my neighbor's child  
 Playing with a brand new toy  
 No candles at my windows  
 No holy songs to sing  
 Should I just sit and hibernate  
 Waiting for the Spring?  
 No~ Every Season's Special!  
 Just look outside and see  
 Nature's decorated  
 Each and every tree  
 The smiles from friends and family  
 Will light each Wintry day  
 And I will Thank the One above  
 When I kneel to Pray



Written by Phyllis Proia



### Lions Clubs International

#### Eyeglass Recycling Changing Lives One Pair at a Time

In just about any dresser drawer, one can find a pair of eyeglasses that are no longer being used. That same pair of eyeglasses can change another persons life.

Throughout the year, Lions and other volunteers collect used eyeglasses and deliver them to regional Lions Eyeglass Recycling Centers.

Volunteers clean, sort by prescription and package the glasses. Most of the recycled glasses are distributed to people in need in developing countries where they will have the greatest impact.

If you have used eyeglasses you no longer need, you can donate them to the Blackstone Lions Club. The Blackstone Senior Center currently has an Eyeglass Recycle Box at the Town Hall Lower Level.

The Lions accepts reading glasses, sunglasses, and plastic and metal frames. Children's glasses are especially needed.

### Answers to the Trivia Quiz on page 6

1: C 2:A 3:C 4:B

## Let's Start the New Year as we hope to continue with a Laugh

### Dieting - New Resolutions

- 2006: I will get my weight down below 180 pounds.
- 2007: I will follow my new diet religiously until I get below 200 pounds
- 2008: I will develop a realistic attitude about my weight.
- 2009: I will work out 3 days a week.
- 2010: I will try to drive past a gym at least once a week.



### New Year's Day Prayer for One and All

Dear Lord

So far this year I've done well.

I haven't gossiped, I haven't lost my temper, I haven't been greedy, grumpy, nasty, selfish, or overindulgent. I'm very thankful for that. But in a few minutes, Lord, I'm going to get out of bed, and from then on I'm probably going to need a lot more help.

## and a Song

### Auld Lang Syne

Auld Lang Syne was partially written by [Robert Burns](#) in the 1700's, it was first published in 1796 after Burns' death. Early variations of the song were sung prior to 1700 and inspired Burns to produce the modern rendition. An old Scotch tune, 'Auld Lang Syne' literally means 'old long ago,' or simply, 'the good old days.'

Here are the lyrics: so many people seem to remember only the first verse.

Auld Lang Syne

Should auld acquaintance be forgot  
and never brought to mind?  
Should auld acquaintance be forgot  
and days of auld lang syne?  
For auld lang syne, my dear,  
for auld lang syne,  
we'll take a cup of kindness yet,  
for auld lang syne.

Should auld acquaintance be forgot  
and never brought to mind?  
Should auld acquaintance be forgot  
and days of auld lang syne?  
And here's a hand, my trusty friend  
And gie's a hand o' thine  
We'll tak'A cup o' kindness yet  
For auld lang syne.

## SENIOR SPOTLIGHT—Mary Wojcik

By Doris Suss

How many married women, five months pregnant, would climb a ladder in the middle of the night to help her husband pick apples before the wind took its toll on the precious fruit because of a predicted up-coming hurricane? Not too many I should think. But that's exactly what Mary did way back in one fall of the early fifties.

Mary was born right here in Blackstone on Jan. 14, 1928 daughter of Frank Guca and Julia Gniadel. Her youth was spent sharing roller skates and ice skates with her brother. Mary says she was a quiet kid. She pushed her dolls in a doll carriage which she kept safely stored in her parents' attic once she had outgrown it so that she could pass it on to her daughter some day. And she did. But -fate intervened. She and Joe first had three sons and then at last a daughter. Because one of her sons recklessly pushed his little sister around in that very old doll buggy, it fell apart! Mary reminded me that you never see little girls pushing doll carriages anymore.

Mary went to all the Blackstone schools starting in first grade and going through high school. Many young people had strict parents during this era and so did she. Consequently, Mary wasn't allowed to become a cheerleader much to her dismay; nor did she attend the high school proms but that was because a gown was not affordable.

Mary was a tomboy. She tried to entwine herself into the boys' baseball games but more often than not she got shooed away— and by her future husband to boot! And, being the tomboy that she was, she often fought her brother's battles. No greater love hath a brother and sister indeed!

After high school, Mary worked in the office of the Blackstone Cotton Mill until she married Joe in 1948 and sojourned to Washington, D.C. for their honeymoon.

Her first date with Joe on her 19th birthday took them to the Ice Capades. At first, when they arrived at the ice show, Joe couldn't find his tickets but was lucky enough to find them on the floor of his car. Disaster was avoided.

Mary doesn't ever remember Joe proposing marriage. It was taken for granted that they would wed one day and so they did. Joe was well known in Blackstone, being in the produce business practically all his life. He took part in Blackstone politics serving on the By-Laws Committee, Finance Committee and Board of Assessors.

Soon after they married, they bought a farm where Mary still resides. To this day it is famous locally for its sweet corn and apples. Mary worked alongside her husband for 56 years until Joe's demise in 2004. Mary admits she still likes to help out on the farm once in a while when she can even though she is almost 82 years young.

Their winter vacations brought them many times to Mexico and Florida.

The Polish people have a unique Christmas tradition. On Christmas Eve they observe "Wygilia" (pronounce Viliaw) and carry on the ancient ritual of "Opatech" (pronounced Op-watek). Each person holds a piece of the host and breaks off a tiny piece from another loved one, eating it while wishing the good health, happiness, etc. This was always observed at her grandmother's house and Mary's family still observes this tradition to the present day.

Mary now has 7 grandkids and 7 great-grandkids.

She always enjoyed doing crewel work but now her favorite enjoyment is reading murder mysteries!

Mary agrees with the saying "live one day at a time".

**Friends of the Blackstone Council On Aging, Inc.  
Taken from the Articles of Organization**

The purpose of this Non-Profit 501 (c) 3 organization is to institute fund-raising projects, seek contributions and donations through membership, corporate gifts and grants, in order to provide financial support to the Blackstone Senior Center for items, services and programs not provided by local and state government, thereby enhancing the welfare of the Senior Citizens, age sixty (60) and over and/or other residents of the Town of Blackstone in need at the discretion of the organization.

- ◆ Membership shall be open to anyone interested in the well being of the residents and the senior center in Blackstone.
- ◆ Membership may be established and maintained by a continuing donation on an annual basis upon payment of donations.
- ◆ Members shall enjoy and have full voice and voting privileges.

**We Need You To Be A  
Friend of the Blackstone Council on Aging**

Membership is open to all regardless of age or residency. A \$10.00 membership donation is appreciated. The membership includes **a complimentary copy of "A River Runs Through It"** our monthly newsletter.

- ◆ Annual membership begins January 1, 2010 and ends December 31, 2010.
- ◆ Please consider making a donation to the Friends in memory of a loved one or in honor of a special occasion. An acknowledgement of your donation will be sent to whomever you designate and will be published in "A River Runs Through It".

**Please make checks payable to the:  
Friends of the Blackstone Council on Aging, Inc.**

----- cut along line -----

**Yes, I would like to become a member of the Friends of the  
Blackstone Council on Aging, Inc a 501 (c) (3) organization.**

Name \_\_\_\_\_

Address \_\_\_\_\_

Town & Zip \_\_\_\_\_

**Amount enclosed: \$10.00 "Key Chain" One Year Membership** includes complimentary copy of the monthly newsletter "A River Runs Through It". Membership start on January 1st and ends on December 31. Thank you for your generous donations.

**New** \_\_\_ **Renewal** \_\_\_ **Honorary** \_\_\_ **Memorial** \_\_\_ **Special Occasion** \_\_\_

**Please make checks payable to:** Friends of Blackstone Council on Aging, Inc.

**MAIL to:** Friends of Blackstone COA P O Box 204 Blackstone MA 01504

**Friends of the Blackstone  
Council on Aging, Inc.  
Officers ( 501 c 3 Organization)**

Henry Valati.....President  
Marie Lewis.....Vice President  
Shirley Bradley.....Treasurer  
Marcia McDonald.....Secretary

**Meetings are open to the public.  
Every third Thursday of each month  
at 4:00 pm.**

Held at the Blackstone Municipal Center  
15 St. Paul Street lower level

Call the Center for more details.

**Blackstone Council on Aging  
Board Officers**

Daniel Gagnon.....Chairperson  
James DiLibero.....Vice Chairperson  
Doris Suss.....Board Member  
Dorothy Clifford.....Board Member  
Judith Collin.....Board Member  
Helen Grumbach.....Board Member  
One (1) Board Member Opening

**Meetings are open to the public.  
Every first Thursday of each month at  
10:00 am**

Held at the Blackstone Municipal Center  
Board of Selectmen Room

**Senior Center Staff**

Karen Albright.....Director ..... (508) 876-5135  
Jean Doiron.....Outreach Coordinator.....(508) 876-5134  
Gail LeClair.....Nutrition/Fitness Coordinator .....(508) 876-5151  
Dennis Pimenta.....Transportation Coordinator.....(508) 876-5133

**Van Drivers**

Nancy Davidson, Theresa Cardinal, Dennis Bouvier, Kevin Sullivan  
Robert Greenhalgh, Dave Ceolinski

**Volunteer Drivers**

Paul Moran, Anna Atchison, Normand Marcotte

**S.H.I.N.E. (Serving the Health Information Needs of Elders) Volunteers**

Judy and Lee Katz

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**Fallon Senior Health Plan  
Presentation on  
January 20 at 10:00 am**

**Friends of the Blackstone  
Council on Aging, Inc.  
PO Box 204  
Blackstone, MA 01504**

