



A River Runs Through It

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

June

2010

Volume 4

Issue 6



Thank You For Your Support

The Friends of the Blackstone COA wish to thank everyone who volunteered to make our 2nd annual

fundraiser Yard Sale a great success. We also want to thank all of the residents, friends, relatives, caregivers and neighbors who came out to the Senior Center on May 1st to purchase items and to help. We are proud to tell you that the Friends group made \$683.40 which will go toward the kitchen upgrades at our Center.



Red Sox Game Day "Hit A Home Run" The "Red Sox Game Day" at the Blackstone Senior Center is a new event for the Council on Aging. It is designed

to attract the men of our community to utilize our Senior Center. On Wednesday, May 12th, we watched the Red Sox game on our new HD TV. Troy Shirley, the store manager, from Rent-A-Center in Woonsocket, graciously donated the use of three comfortable leather sofas. Jean Doiron and Gail LeClair served beverages and snacks. Dennis Pimenta raffled off many Red Sox donated items. The big raffle prize of the afternoon was four Red Sox Box Seat tickets to the June 2nd game in Boston plus a free parking voucher donated by Peter Lentros of Lentros Engineering in Ashland MA. The raffle was won by Bernard and Germaine Belisle and daughter, Maureen. **The Blackstone seniors and the Council on Aging wish to thank Troy Shirley of Rent-A-Center and Peter Lentros from Lentros Engineering for their generous donations.**



◆ Special Events "June" Call Gail for Reservations 508-876-5151

- ◆ **Tues. June 2-** A Matter of Balance Program at the Millville Senior Center 9:30 am
- ◆ **Mon. June 7-** Wrentham Village & Cracker Barrel Restaurant at 10:00 am
- ◆ **Mon. June 7-**Lunch will be served at the Center for seniors who are not going on the trip to Wrentham
- ◆ **Friday, June 11-** Senior Expo at the Franklin Senior Center from 10-2 pm
- ◆ **Tues. June 15-**Trip to A.C. Moore
- ◆ **Thurs. June 17-** Father's Day Ice Cream Social at 12:30
- ◆ **Tues. June 22-** Movie "The Bucket List" at 10:00 am
- ◆ **Wed. June 23-** 6th Annual Summer Kick Off Party **1:00 pm J. Slick**
- ◆ **Tues. June 29- Blood Pressure and Vital Signs** 10:00 am
- ◆ **Tues. June 29-** Birthday Party at 10:45am

Upcoming Events in July

- * **Uxbridge Rod and Gun Picnic** and Fun on Thurs. July 15 at 11:00 am (Rain date July 29)
- * **Birthday Party** with Vini Ames July 27
- * **Matter of Balance** classes continued July 7, 14, 21, 28

Outreach Partners and Interested Parties

FROM: ***Prescription Advantage***

DATE: May 6, 2010

BULLETIN

This bulletin is one in a series of routine updates regarding Prescription Advantage. These notices are designed to inform a broad network of outreach partners and other interested parties about Plan updates affecting both current and future Plan members.

2009 Blue Cross Part D Premium Billing Error

Blue Cross and Blue Shield discovered an error with their 2009 Part D premium billing. This error affected Prescription Advantage members in the S1, S2 and S3 categories who were enrolled in the Blue Cross stand-alone Part D plans during 2009. This error resulted in both over billing and under billing members. Adjustments have been made to member accounts and will be reflected in the April 2010 premium invoice scheduled to be mailed by May 7th.

Approximately 5000 Prescription Advantage members in Blue MedicareRx (S2983) will receive an invoice reflecting the 2009 additional premium amount that they were not billed for in 2009 and another 750 members will receive an invoice reflecting a credit balance. In addition, there are 100 members who are no longer enrolled in a Blue MedicareRx plan and they will be issued a refund check within approximately 30 days of the April invoice mailing.

Although a letter of explanation will accompany the bills and refund checks, Blue Cross Blue Shield of Massachusetts/Blue MedicareRx recognizes there may still be some confusion. Members are encouraged to call Blue Cross Blue Shield of Massachusetts/Blue MedicareRx directly for a more detailed explanation.

Blue Cross Blue Shield of Massachusetts/Blue MedicareRx Customer Service can be reached at: 1-888-543-4917. TTY/TDD should call 1-866-236-1069.

Elder Drug Plan "Donut Hole" Rebate of \$250.00

Any Medicare beneficiary who reaches the "donut hole" is automatically eligible to receive a rebate of \$250.

The elder's drug plan will contact CMS directly when this threshold is reached; CMS will issue the \$250 check directly to the senior during the next quarter.

NOTE: There is NO application process. The check will be automatically mailed to your home. Any phone calls associated with the issuance of this check should be reported to the Blackstone Police Department.

Any attempted contacts, should be immediately reported to CMS (1-800-MEDICARE; 1-800-633-4227) and Blackstone Senior Center.



Blackstone Dining and Activity Center
15 St. Paul Street, Blackstone, MA 01504

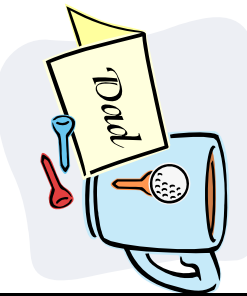


JUNE 2010

"SENIOR CENTERS WORK"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>S.H.I.N.E. Counselors by Appointment Only ALL PROGRAMS ARE SUBJECT TO CHANGE DUE TO MEDICAL TRANSPORTATION AS A PRIORITY. Call Dennis Pimenta at 508-876-5133</p>	<p>11:00 Coupon Exchange 12:00 Lunch 1:00 Wii Bowling</p>	<p>9:30 Matter of Balance Program @ Millville Senior Ctr. 12:00 Bistro Lunch 1:00 Bingo</p>	<p>9:00 Strength Training 9-11 Computer Class 10:00 COA Meeting 10:00 Tai Chi 12:00 Lunch 1:00 Wii Bowling</p>	<p>10:30 Line Dancing 12:00 Bistro on the Blackstone Lunch 1:00 Pitch League</p>
<p>9:00 Arthritis Exercise 10:00 Scrabble 10:00 Wrentham Village & Cracker Barrel 12:00 Lunch</p>	<p>10:00 WALMART-Diamond Hill 12:00 Lunch 1:00 Wii bowling</p>	<p>9:30 Matter of Balance Program @ Millville Senior Ctr. 12:00 Bistro Lunch 1:00 Bingo</p>	<p>9:00 Strength Training 9-11:30 S.H.I.N.E. by appointment 10:00 Tai Chi 12:00 Lunch 1:00 Wii Bowling</p>	<p>NO LUNCH AT CENTER 10:30 Line Dancing 10:00-2:00 pm SENIOR EXPO at the Franklin Senior Center-Lunch reservations required call Gail 1:00 Pitch League</p>
<p>9:00 Arthritis Exercise 10:00 Scrabble 12:00 Lunch 1:00 Ice Cream Machine</p>	<p>9:30 A.C. Moore 11:00 Coupon Exchange 12:00 Lunch 1:00 Wii Bowling</p>	<p>9:30 Matter of Balance Program @ Millville Senior Center 12:00 Bistro Lunch 1:00 Bingo</p>	<p>9:00 Strength Training 9-11 Computer Class 10:00 Tai Chi 12:00 Father's Day Ice Cream Social 1:00 Wii Bowling 3:30 Friends Group</p>	<p>10:30 Line Dancing 12:00 Bistro Lunch 1:00 Pitch League</p>
<p>9:00 Arthritis Exercise 10:00 Scrabble 12:00 Lunch 1:00 Wrights Dairy Farm</p>	<p>10:00 Movie—The Bucket List 12:00 Lunch 1:00 Wii Bowling</p>	<p>10:00 6th Annual Summer Kick Off Party— Fun & Games 12:00 Hot Dogs and Other goodies 1:00 J. Slick-entertainment</p>	<p>9:00 Strength Training 9:30 Craft Class 10:00 Tai Chi 12:00 Lunch 1:00 WALMART-Diamond Hill 1:00 Wii Bowling</p>	<p>10:30 Line Dancing 12:00 Bistro Lunch 1:00 Pitch Game</p>
<p>9:00 Arthritis Exercise 10:00 Scrabble 12:00 Lunch 12:45 Valentine Whitman House</p>	<p>10-11 Blood Pressure and Vital Signs 12:00 Birthday Party/Lunch 1:00 Wii Bowling</p>	<p>9:30 Matter of Balance Program @ Millville Sr. Ctr. 12:00 Bistro Lunch 1:00 Bingo</p>	<p>BLACKSTONE SENIOR CENTER 15 ST. PAUL STREET OPEN: MONDAY THRU FRIDAY 8:00 AM TO 3:30 PM</p>	<p>CALL GAIL LECLAIR TO MAKE RESERVATIONS FOR ACTIVITIES AND LUNCH AT 508-876-5151</p>

June 2010 Blackstone Lunch Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TRI-VALLEY RECEIVES FEDERAL FINANCIAL SUPPORT UNDER THE OLDER AMERICANS ACT FURNISHED BY CENTRAL MASS AGENCY ON AGING AND THE MASS. OFFICE OF ELDER AFFAIRS	1. Tri-Valley Meal \$2.00 donation MAPLE GLAZED HAM BOILED POTATOES CABBAGE & CARROTS MULTIGRAIN BREAD PEACH CRISP	2. Bistro Meal \$3.00 donation Tomato Basil Soup Low Sodium Ham & Swiss on Rye Low Fat Mayo Lettuce & Tomato Pasta Salad & Fresh Fruit	3. Tri-Valley Meal \$2.00 donation PASTA PRIMAVERA with CHICKEN PEAS FRENCH BREAD FRESH MELON	4. Bistro Meal \$3.00 donation Orange Juice Blueberry Muffin Cheese Omelet Ham Slice Homefries Tropical Fruit
7. Tri-Valley Meal \$2.00 donation BAKED FISH with CRUMB TOPPING & TARTAR SAUCE CORN CHOWDER OVEN BROWNED POTATO TUSCANY BLEND VEGGIES HONEY WHEAT BREAD VANILLA PUDDING	8. Tri-Valley Meal \$2.00 donation BEEF and BROCCOLI STEAMED RICE ORIENTAL STYLE VEGGIES PUMPERNICKEL BREAD PINEAPPLE	9. Bistro Meal \$3.00 donation Chicken Rice Soup Stuffed Cabbage Herb Whipped Potatoes Peas Jello w/ Fruit	10. Tri-Valley Meal \$2.00 donation SWEDISH MEATBALLS NOODLES CALIFORNIA BLEND VEG. HONEY WHEAT BREAD FRUIT COCKTAIL	11. No Lunch Franklin Senior Expo Franklin Senior Center 10 Daniel McCarhill St. Franklin, MA 02038
14. Tri-Valley Meal \$2.00 donation CHICKEN SALAD RED POTATO & GREEN BEAN SALAD SUMMER CORN SALAD HONEY WHEAT BREAD MANDARIN ORANGES	15. Tri-Valley Meal \$2.00 donation TURKEY ala KING MASHED POTATOES BRUSSELS SPROUTS RYE BREAD COOKIES	16. Bistro Meal \$3.00 donation Italian Wedding Soup Garlic Bread Spaghetti & Meatballs Broccoli Peaches	17. Tri-Valley Meal \$2.00 donation FATHER'S DAY MEAL BEEF & JARDINERE SAUCE OVEN BROWNED POTATO CARROTS WHOLE WHEAT BREAD CHOCOLATE BROWNIE	18. Bistro Meal \$3.00 donation Beef Barley Soup Chicken Marsala Scalloped Potatoes Seasoned Chicken Cake & Ice Cream
21. Tri-Valley Meal \$2.00 donation ITALIAN BRAISED BEEF EGG NOODLES BROCCOLI PUMPERNICKEL BREAD COOKIES	22. Tri-Valley Meal \$2.00 donation APPLE GLAZED PORK HERB ROASTED POTATO TUSCANY BLEND VEGGIES HONEY WHEAT BREAD BIRTHDAY CAKE	23. Summer Kick Off Party \$5.00 Fruit Salad Hot Dogs & Chips Pickles Soda Dessert	24. Tri-Valley Meal \$2.00 donation SWEET and SOUR CHICKEN STEAMED RICE ORIENTAL BLEND VEGGIE WHEAT BREAD PINEAPPLE	25. Bistro Meal \$3.00 donation Lemonade BBQ Chicken Potato Salad Tossed Salad Buttermilk Biscuit Watermelon
28. Tri-Valley Meal \$2.00 donation HONEY GLAZED PORK SWEET POTATOES BRUSSELS SPROUTS WHEAT BREAD PUDDING (SUGAR FREE PUDDING)	29. Tri-Valley Meal \$2.00 donation BAKED FISH with NEWBURG SAUCE RICE PILAF ZUCCHINI & TOMATOES HONEY WHEAT BREAD COOKIES	30. Bistro Meal \$3.00 donation Cabbage Soup Beef Burgundy over Egg Noodles Mixed Vegetables Brownie		
<p>The menu includes: milk and margarine. Menus are subject to change. Reservations must be made 48 hours in advance. Your voluntary donation is appreciated. Thank you.</p>				



In the United States, **Flag Day** is celebrated on June 14th. It commemorates the adoption of the flag of the United States, which happened that day by resolution of the Second Continental Congress in 1777.

In 1916, President Woodrow Wilson issued a proclamation that officially established June 14th as Flag Day; in August 1949, National Flag Day was established by an Act of Congress.

Flag Day is not an official federal holiday, though on June 14, 1937, Rennerdale, Pennsylvania became the first (and only) U.S. state to celebrate Flag Day as a state holiday.

The birthday of the stars and stripes, June 14th, 1917. 'Tis the Star Spangled Banner, oh, long may it wave, o'er the land of the free and the home of the brave!" Library of Congress description: "Poster showing a man raising the American flag, with a minuteman cheering and an eagle flying above."

"Civil War Reenactment"

Daniels Farmstead

286 Mendon Street Blackstone, MA 01504

Saturday & Sunday , June 19th & June 20th 2010

Cost: Gate Tickets \$7.00 Adult; Children / Seniors \$5.00

Advance Purchase Tickets: Adults \$6.00; Children / Seniors \$4.00

All Parking at BMR High School 175 Lincoln Street

Shuttle Bus to Daniels Farmstead

Grounds Open 11:00am

Sorry No Pets Allowed

Saturday Battle: 1:30pm

Sunday Battle 1:00pm

23rd MA Field hospital, cavalry, civilian camp, post office,
chaplain tent, tavern, & families
with the 25th & 12th Massachusetts
Volunteer Infantry.

Doris's Kitchen Open for Hot Dogs, Burgers, and Sausage w/ Peppers & Onions.

Advance tickets will be available at :

Giguere & Marchand Oil Company, 25 Montcalm Ave Blackstone, MA

Flamingo Flowers, 63 Main Street, Blackstone MA

The Tole Booth, 129 Main Street, Blackstone, MA

WNRI Radio 1380, Diamond Hill Road, Woonsocket RI

Marty's Kitchen, Milford MA

Mendon Greenhouse, Mendon MA

Southwick's Zoo, Mendon MA

Visit www.danielsfarmstead.org

Be Aware.....Fraudulent Activity and Scams

The Census Bureau uses a workforce of trained federal employees to conduct a variety of household and business surveys by telephone, in-person interviews, through the mail, and in limited cases through the Internet. We understand your personal information is sensitive, and go to great lengths to protect the data we collect. Although we cannot stop or warn against all bogus or false collections of data -- here are some tips to help you recognize fraudulent activity or unofficial data collections.

If you are contacted for any of the following reasons

Do Not Participate. It is NOT the U.S. Census Bureau.

Phishing:

'Phishing' is the criminally fraudulent process of attempting to acquire sensitive information such as usernames, passwords, social security numbers, bank account or credit card details by masquerading as a trustworthy entity in an electronic communication. Phishing is typically carried out by email and it often directs users to enter sensitive information at a fake web site whose look and feel are almost identical to the legitimate one.

Other Scams:

- ♦ **The Census Bureau does NOT conduct the 2010 Census via the Internet**
- ♦ **The Census Bureau does not send emails about participating in the 2010 Census**
- ♦ **The Census Bureau never:**
 - o Asks for your full social security number
 - o Asks for money or a donation
 - o Sends requests on behalf of a political party
 - o Requests PIN codes, passwords or similar access information for credit cards, banks or other financial accounts.

Contact: http://www.census.gov/survey_participants/related_information/phishing_email_scams_bogus_census_web_sites.html

Blackstone Millville Regional High School "Senior Prom"

This years theme was a "Hawaiian Paradise".



King and Queen



Dancing the Night Away



"Aloha"

The COA and seniors would like to extend our thanks and gratitude to the BMR students who did a great job in preparation, hosting and giving a fun time to all.



How long can you safely keep leftovers in the refrigerator?

According to the Department of Agriculture, you should eat refrigerated leftovers within four days to reduce the risk of food poisoning. If you don't anticipate being able to eat the leftovers within this period of time, freeze them immediately.

Food poisoning — also called food-borne illness — causes abdominal pain, diarrhea, nausea and vomiting. Food poisoning is caused by harmful organisms such as bacteria in contaminated food. Because bacteria typically don't change the taste, smell or appearance of food, you can't tell whether a food is dangerous to eat. So if you're in doubt about a food's safety, it's best to throw it out.

Fortunately, most cases of food poisoning can be prevented with proper food handling. To practice food safety, quickly refrigerate perishable foods such as meat, poultry, fish, dairy and eggs — don't let them sit more than two hours at typical room temperature or more than one hour at temperatures above 90 F (32 C). Uncooked foods, such as cold salads or sandwiches, also should be eaten or refrigerated promptly. Your goal is to minimize the time a food is in the "danger zone" — between 40 F (4 C) and 140 F (60 C) — when bacteria can multiply.

Before eating leftovers, reheat them thoroughly. Reheat leftover sauces, soups and gravies to boiling. If you're using the oven to reheat leftovers, set the temperature no lower than 325 F (163 C) to ensure they're reheated quickly. Because they may not get hot enough, slow cookers and chafing dishes aren't recommended for reheating leftovers.

Storage Times for the Refrigerator and Freezer

These short but safe time limits for home-refrigerated foods will keep them from spoiling or becoming dangerous to eat. The guidelines for freezer storage are for quality only. Frozen foods remain safe indefinitely.

<u>Category</u>	<u>Food</u>	<u>Refrigerator(40 °F or below)</u>	<u>Freezer(0 °F or below)</u>
Salads	Egg, chicken, ham, tuna & macaroni salads	3 to 5 days	Does not freeze well
Hot dogs	opened package	1 week	1 to 2 months
Hot dogs	unopened package	2 weeks	1 to 2 months
Luncheon meat	opened package or deli sliced	3 to 5 days	to 2 months
Luncheon meat	unopened package	2 weeks	1 to 2 months
Bacon & Sausage	Bacon	7 days	1 month
Bacon & Sausage	raw — from chicken, turkey, pork, beef	1 to 2 days	1 to 2 months
Hamburger & Ground Meats,	turkey, veal, pork, lamb	1 to 2 days	3 to 4 months
Fresh Beef, Veal, Lamb & Pork	Steaks	3 to 5 days	6 to 12 months
Fresh Beef, Veal, Lamb & Pork	Chops	3 to 5 days	4 to 6 months
Fresh Beef, Veal, Lamb & Pork	Roasts	3 to 5 days	4 to 12 months
Fresh Poultry	Chicken or turkey, whole	1 to 2 days	1 year
Fresh Poultry	Chicken or turkey, pieces	1 to 2 days	9 months
Soups & Stews	Vegetable or meat added	3 to 4 days	2 to 3 months
Leftovers	Cooked meat or poultry	3 to 4 days	2 to 6 months
	Leftovers Chicken nuggets or patties	3 to 4 days	1 to 3 months
	Pizza	3 to 4 days	1 to 2 months

Blackstone Millville Regional Van Transportation Dedication and Blessing

We would like to take this opportunity to thank the people who attended the van dedication ceremony on May 14, 2010 and made it a memorable event. State Senator Richard T. Moore and State Representative Jennifer M. Callahan who were instrumental in advocating at the State House for the Mobility Assistance Program grant from Mass Department of Transportation. The Mobility Assistance Program provides for capital assistance to public agencies for the purchase of vehicles and related equipment to be used in the provision of transportation services to the elderly, persons with disabilities, and families transitioning from public assistance to employment for whom existing public and/or private mass transportation is unavailable, insufficient, or inappropriate. We were honored by the presence of John Englert, Manager of Transit Planning and Joanne Champa, Program Coordinator. Our extended thanks to Paul Jacobs, Jacob Video for taping the entire dedication. Sincere appreciation to Kenneth Bianchi, Town Administrator, Father Gilbert, St. Augustine's Parish, Sargeant Anthony Boulette, Robert Dubois, John Wozniak, , COA board members from Blackstone and Millville, Doris Suss, Judith Collin, Arthur Rittwager, James DiLibero, Jeannette and Marcel Laplume, Normand Marcotte, Karen Albright, COA Director Blackstone, Carol Smith, COA Director Millville, Helen Quist first rider from Millville, Dennis Pimenta, Jean Doiron, Gail LeClair, and Donald Patterson, Blackstone Town Vehicle Maintenance.



Happy Father's Day

A Dad is a person
who is loving and kind,
And often he knows
what you have on your
mind.

He's someone who listens, suggests,
and defends.

A dad can be one
of your very best friends!
He's proud of your triumphs,
but when things go wrong,

A dad can be patient
and helpful and strong

In all that you do,
a dad's love plays a part.

There's always a place for him
deep in your heart.

And each year that passes,
you're even more glad,
More grateful and proud
just to call him your dad!

Thank you, Dad...

for listening and caring,
for giving and sharing,
but, especially, for just being you!
Happy Father's Day

Neighbors Helping Neighbors

Times are hard but it warms our hearts to find generous neighbors who without reservation are helping other who are in need, with donations of used furniture and other useful items. Recently Mr. and Mrs. Hull of Millville, helped us obtain Wing Back chairs for the Senior Center, and Mrs. Manning of Uxbridge donated furnishings to a young couple just starting out. It is nice to see neighbors helping neighbors. In this day and age we need more of the generous spirit amongst each of us to make ends meet. We should all keep this idea in our minds when we no longer need items that can be useful to others.

Call Rent-A-Center for all your household needs.

Rent-A-Center
2000 Diamond Hill Road
Woonsocket, RI 02895

Troy Shirley, Store Manager
Phone: 401-767-5680 Fax: 401-767-5685
www.rentacenter.com



Proposal to Expand the Bottle Bill

Discarded cans and bottles are a major source of trash that impacts our communities. When the Bottle bill was enacted in 1982, the beverages covered were limited to carbonated soft drinks, beer and malt drinks. Since that time the market has added bottle water, fruit drinks, iced teas, and sport drinks. Since 2000 non-carbonated beverages have experienced double digit growth in sales. However, these non-carbonated beverages are not covered by the current Bottle Bill and often end up in landfills or along the side of the roads.

Governor Deval Patrick is proposing in the fiscal year 2010 budget to include bottles by revising the definition of "Beverages" to include bottles containing carbonated and non-carbonated water, flavored waters, coffee based drinks, juices and sports drinks (of less than 1 gallon in size) and make them subject to the \$.05 refundable deposit charge.

We will notify the Blackstone community when the new revised law goes into effect and we will then be accepting juice, water, sport drink, and bottled coffee and teas.

If you have any questions regarding the new Bottle Bill and its contents kindly call our volunteer coordinator **Karen T. at 508 883-7111** and she will be glad to explain it to you.

As a reminder the Friends of the Council on Aging are continuously collecting returnable bottles and cans. Please help our fundraising efforts by dropping your cans and bottles in the recycling box next to the vending machine in the lower lever of the Blackstone Town Hall at 15 St. Paul Street or call Karen T. to arrange a pick up at your home, if necessary.

Know a good lawyer? We do.

There are times when legal assistance is necessary. Whether you are buying or selling a home, starting a business, going through a divorce, or you need a will, you should find the right attorney to answer your questions and help solve your legal problems.

**Contact the Statewide Bar Sponsored Lawyer Referral Service at
617-654-0400 or toll free at 866-627-7577;
call the Blackstone Senior Center at 508-876-5135.**

Helpful service representatives will interview you over the phone to determine the nature of your legal problem and refer you to an attorney in your area.

There is no fee for contacting the referral service, however, the attorney may charge \$25.00 for the first half hour consultation.

www.MassLawHelp.com

Part II - REMINISCING ON DAYS GONE BY
by Doris Suss

A special thanks goes out to Andree and Bill Pontes for sharing their remembrances of days gone by.

THEN: In olden days, you might have found some kitchens in a separate building to eliminate the chance of fire destroying the main house. Some farm-house winter kitchens were placed near the stairway so that the heat would rise to the second floor. Some were housed in cellars.

NOW: This is superfluous in that cooking stoves are not prone to cause a fire.

THEN: Cast iron waffle makers sat on top of the stove on the open hole heated by wood or coal that cooked the waffles.

NOW: Waffles are made in an electric waffle iron.

THEN: During prohibition, moonshine was made illegally by many people.

NOW: It's much easier to buy liquor at the package store.

THEN: After washing linoleums in our old kitchens and bedrooms, we would wax said floors once and sometimes twice.

NOW: Linoleums today are practically extinct.

THEN: There used to be a rag man that came around collecting rags and newspapers for which, I believe, he would pay you by the pound.

NOW: No one collects rags that I know of but the towns do collect hard plastic and newspapers for re-cycling.

THEN: In early 20th century, parlor windows were adorned with cotton, ecru-colored curtains that were washed, starched and stretched on a curtain stretcher to keep their shape.

NOW: Most curtains are perhaps made of polyester and are now mostly wash and wear - or I should say wash and hang.

THEN: At least as far back as the Victorian Age, traveling people would bring along their small lap top desk to write letters on and for other writings as well.

NOW: Everyone brings along their lap-top computers.

THEN: Frozen ice on ponds and lakes were cut into blocks, covered with hay and stored in an ice house for use during Spring and Summer. The ice man would bring a large chunk of ice which he swung with large tongs onto a slab of rubber over his back so that he wouldn't get wet. This ice was put into the family's ice box for refrigeration.

NOW: Electric refrigerators gives us all the ice we need.

THEN: Before supermarkets, many food stuffs were delivered by truck to our neighborhoods such as bakery, produce, notions and even house wares such as pots and pans.

NOW: Don't you wish they would come by again? The only truck I ever see is the ice-cream man.

THEN: In the past, stores sold animal feed that was enclosed in cotton, printed material which our mothers used to sew garments and sometimes to make pillow cases.

NOW: I'm not sure what animal feed comes in today - is it perhaps heavy paper bags?

To be continued next month

What is TRIAD?

The Blackstone Council on Aging is a member of the Community TRIAD partnering with Worcester County Sheriff Guy W. Glodis. The Triad is a community policing initiative between seniors, law enforcement, and service providers to increase safety through education and crime prevention.

The TRIAD initiatives in Blackstone are the File of Life, 911 Cell Phone Bank, and the House Numbering Program.

The Council on Aging will be adding other new initiative for fiscal year 2011. We will begin a S.A.L.T. Council (**Seniors and Law Enforcement Together**). The S.A.L.T. Council determines the needs of the community's senior population as they relate to crime prevention and safety awareness, and coordinates activities to meet those needs.

What do seniors say about TRIAD?

"Triad is a great program to help bridge the gap between law enforcement and our seniors." - Sheriff Guy Glodis

"It is comforting to know that someone is looking out for the needs and Concerns of our seniors. TRIAD in conjunction with the Sheriff's Office is a tremendous public safety resource." - Michael Trombley, Director Southbridge Council on Aging

For more information on the TRIAD call Karen at 508-876-5135.

Please join us at the Center to learn more about the TRIAD and a S.A.L.T.

----- 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)
 Kevin Sullivan.....President
 Marie Lewis.....Vice President
 Shirley Bradley.....Treasurer
 Marcia McDonald.....Secretary
Meetings are open to the public.
Every third Thursday of each month
at 3:30 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
 Arthur Rittwager.....Board Member

Meetings are open to the public.
Every first Thursday of each month at
10:00 am
 Held at the Blackstone Municipal Center

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

Production and distribution of this monthly newsletter is funded by the Friends of the Blackstone Council on Aging, Inc. and your generous donations. Thank you.

- ◆ **A Matter of Balance Program begins Wed. June 2nd**
- ◆ **6th Annual Summer Kick-Off with J. Slick, Wed. June 23**

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