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# The Strawberry Vine

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Alice E. Souza,  
Executive Director

**JUNE 2010**

Tel. 508-823-0095  
<http://www.dighton-ma.gov>

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Dighton Council on Aging, 300 Lincoln Avenue, North Dighton, MA. 02764  
**SERVING ALL DIGHTON CITIZENS OVER 60 YEARS OF AGE**

Mission Statement: It shall be the mission of the Dighton Council on Aging to promote, evaluate, and encourage new and existing activities and services which will enhance the quality of life of elders living in the Town of Dighton.

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## **MASSACHUSETTS STATE PARK SENIOR PASS**

If age 62 or older, you can gain free admission to all *Massachusetts State Parks* with a Free State Park Pass. This one time only application, requires proof of age (copy of driver's license, birth certificate or passport & a letter requesting the pass.

Mail copy of proof of age & request letter to:  
*Department of Conservation and Recreation  
Attn: MA Senior ParksPass Program  
Division of State Parks  
251 Causeway Street, Suite 600  
Boston, MA 02114*

## **NATIONAL PARK AND FEDERAL RECREATIONAL SENIOR PASS**

This is a lifetime pass for U.S. citizens or permanent residents **age 62 or over**. The pass provides access to, and use of, *Federal* recreation sites that charge an Entrance or Standard Amenity. The pass admits the pass holder and passengers in a non-commercial vehicle/per vehicle fee areas and pass holder + 3 adults, (children under 16 are admitted free). **The pass can only be obtained in person at the park, and costs \$10.00.** For more info. Please visit <http://www.nps.gov>

*A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.*

*- James Dent*

## ***DON'T FORGET!***

*June 14th- Flag Day-Raise Old Glory*

*June 20th-Father's Day*

*June 21-First Day of Summer: Celebrate with ice cream or watermelon.*

## **CONGRATULATIONS!**

To Mr. Leo J. Deslauriers, who was honored with the Boston Post Cane for being the oldest resident in Dighton. Mr. Deslauriers is 98 years old, he will be celebrating his 99th birthday December 2010. The Boston Post Cane was previously held by Lena M. Bleau who passed away recently at the age of 105, she had been awarded the Cane in 2004.

## **SUMMER HEALTH & FOOD SAFETY**

- ◆ Drink plenty of water or other non alcoholic beverages;
- ◆ Wear lightweight, loose-fitting clothing that is light in color;
- ◆ Reduce strenuous activities, do them during the cooler parts of the day.

**Food Safety:** Cook meat, poultry and seafood thoroughly. Use meat thermometer to test. Don't cross-contaminate one food with another. Wash hands, utensils and cutting boards after they have been in contact with raw meat or poultry and before touching other foods; refrigerate leftover foods promptly; Wash produce to remove visible dirt, and discard the outermost leaves of a head of lettuce or cabbage.

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### **SMALL HOME REPAIRS**

We have a volunteer who can do small repairs. To qualify, you must be a Dighton Resident, 60+ years of age, and of low income. For more information please call the Council on Aging at (508)-823-0095.

### **TAI CHI & KETTLE BELLS**

Tai Chi and Kettle Bells classes are held on Fridays from 9 a.m. - 10 a.m., for those 60+, at Lincoln Village. The cost is \$4.00/class. Call (508) 823-0095 for more information.

### **PINOCHLE-CRIBBAGE-WHIST**

Card games are played at the Lincoln Village Community Center, on Wednesdays at 1:00 p.m. We also have a Whist Party scheduled for the 1st. and 3rd. Monday of the month at 1:00 p.m. Call 508-823-0095 for more information.

### **WE NEED YOU!**

#### **SOJOURN BEAR PROJECT**

The Sojourn Bear Project is in desperate need of Volunteers, to meet once a month, or even those who can cut and sew from home. The Sojourn Bear Project will be meeting Monday, June 28, 2010. If you'd like to sew, stuff the bears or knit sweaters for the bears, please join us. The Teddy Bears are given to cancer patients at nearby hospitals. For more information call (508) 823-0095.

### **BLOOD PRESSURE/SUGAR CLINIC**

Our Blood Pressure and Blood Sugar Clinic will be held on Tuesday, June 15, 2010 at 9:00 a.m., at the Lincoln Village Community Center, located at 300 Lincoln Avenue, North Dighton. Please call (508) 823-0095 to make an appointment. Walk-ins are always welcome. The next Blood Pressure/Blood Sugar Clinic will be held in September 2010

### **WELLNESS CLINIC**

The Wellness Clinic will be held during the Blood Pressure Clinic on Tuesday, June 15, 2010. The scheduled topic for this month is "Aging & Nutritional Needs". Nurses will be available to answer questions and offer information on this topic. Walk-ins are always welcome.

### **VISION CLINIC AT PRIME TIME**

The Vision Clinic will be held on Tuesday, June 29, 2010, 8:45 a.m. Cornerstone Family Vision will be at Prime Time to provide the free service of minor repairs and adjustments to eyeglasses. Call (508) 669-6272 for more information.

### **PRESENTATION AT PRIME TIME**

Clinical Therapist, Terry Ruby, will be speaking on *"Wellness" on June 8, 2010, starting at 9:15 a.m.* This is an informative presentation. Please call (508) 669-6272 to let us know if you're coming. Walk-ins are always welcome.

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### EXERCISE CLASSES

Classes for those 60+ are held on Mondays and Wednesdays from 9 - 10 a.m., at Lincoln Village. Exercise helps achieve and maintain weight loss, improves our mood, and reduces blood pressure and osteoporosis. The cost is \$3.00 per class. For more information, please call (508) 823-0095. The last class will be June 23rd, classes will resume in September.

### LIBRARY VISITS LINCOLN VILLAGE

The Dighton Public Library will be visiting at Lincoln Village on Tuesday, June 8, 2010, and Tuesday, June 22, 2010, from 1 - 3 p.m. This program is for Dighton residents 60+. You may check out and return books, videos, DVDs and more. To ask for a specific book title, video, etc., please call (508) 669-6421, and they will bring it to you at Lincoln Village.

### UFO'S /KNITTING GROUP

The *Un-Finished Objects* and Knitting Group will be getting together Tuesday, June 29, 2010 at 10:00 a.m., at Lincoln Village. Let's finish your projects, knit hats, mittens, etc. Knitting is a wonderful way to relieve stress. Please call (508) 823-0095 for more info.

### JUNE 2010 ENTERTAINMENT

We have great music every Monday at 12:30 p.m. Come sing along with Pastor Jack and his accompanist. Please call Prime Time at 508-669-6272 to let us know if your coming.

### PRIME TIME WISH LIST

- ◆ Jenga Game
- ◆ Nerf Ping Pong game
- ◆ Yarn for UFO's, Knitting & Sojourn Bears
- ◆ Wrapped cookies for Bingo Prizes



### PODIATRY CLINIC

The Podiatrist will be at Prime Time possibly in July 2010. This is by appointment only. Please call 508-669-6272 for more information and to schedule an appointment. There is limited space, so please call early.

### ART CLASSES

The Dighton Public Library is hosting Watercolor Classes with Robyn Franczyk. These **FREE** classes are supported by the Dighton Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency. **Registration is required.** To register and for more information, please call 508-669-6421, or stop by the library. Classes will be on Wednesdays, from 3 p.m. - 4 p.m., starting June 2nd., and will run for 6 weeks. Participants will be able to display their work at the end of the sessions. All supplies will be provided - **with the exception of paper, participants must provide good quality paper.**

### FOOD MYTH- BUSTED

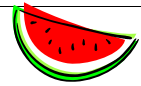
**Decaf Coffee Has No Caffeine:** Decaf varieties contain between 8 and 32 milligrams, depending on the cup size. Although this is significantly less than regular, which has between 100 and 150 milligrams, even a small amount may matter to caffeine-sensitive people. So, if you struggle with insomnia, you may want to stick with caffeine-free herbal tea starting late afternoon.








### STRAWBERRY VINE UPDATE

The Strawberry Vine Newsletter will not be published in July and August. We will resume in September. Also no programs will be held at Lincoln Village Community Center through July and August. All Programs will resume on the week of September 13, 2010. For Council on Aging updates during July and August, please go to our website <http://www.dighton-ma.gov>. Have a safe and happy summer!



# June 2010 Calendar of Events



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Delicious, nutritious meals served at Prime Time! Please call 24 hours in advance to reserve.</i>	1) Walking Club- At the Town Hall	2) Walking Club- <i>T.H.</i> 9:00 Exercise Class 1:00 Card Games/  Cribbage	3) Walking Club- At the Town Hall	4) Walking Club- At the Town Hall 9:00 Tai-Chi/Kettle Bells
7) Walking Club- At the Town Hall 9:00 Exercise 1:00 Whist	8) Walking Club- At the Town Hall 9:15 <i>Wellness Presentation-Terry Ruby at Prime Time</i>	9) Walking Club- <i>T.H.</i> 9:00 Exercise Class 1:00 Card Games/  Cribbage	10) Walking Club- At the Town Hall	11) Walking Club- At the Town Hall 9:00 Tai-Chi/Kettle Bells
14) <b>Flag Day</b>  Walking Club- At the Town Hall 9:00 Exercise Class	15) Walking Club- <i>T.H.</i> 9:00 Hearing Screening- at Prime Time 9:00 Blood Pressure/ Sugar Screening  9:30 Wellness Clinic	16) Walking Club- At the Town Hall 9:00 Exercise Class 1:00 Card Games/  Cribbage	17) Walking Club- At the Town Hall	18) Walking Club- At the Town Hall 9:00 Tai-Chi/Kettle Bells
21) Walking Club- At the Town Hall 9:00 Exercise Class 1:00 Whist	22) Walking Club- At the Town Hall 1:00 Library @ L.V	23) Walking Club- At the Town Hall 9:00 Exercise Class 1:00 Card Games/  Cribbage	24) Walking Club- At the Town Hall	25) Walking Club- At the Town Hall 9:00 Tai-Chi/Kettle Bells
28) Walking Club- At the Town Hall 10:00 Sojourn Bears	29) <i>8:45 Vision Clinic @ Prime Time</i> 10:00 U.F.O's & Knitting Group	30) Walking Club- At the Town Hall 1:00 Card Games/ Cribbage 	<i>L.V.= Lincoln Village T.H.= Town Hall P.T.= Prime Time</i>	<i>Need Transportation? Call Dial-A-Ride (508) 823-8828</i>

**Many Services** are available through your local Council on Aging Office. Below are just a few programs available: Mass Health Buy-In Program; Food Stamps; Project Bread's Food Source Hotline; Prescription Advantage Insurance Program; Nutrition Program; Vial of Life Program; RUOK Program; SHINE Program; Legal Assistance; Meals on Wheels; Health Checks and much more. If you have any questions at all concerning elder affairs please do not hesitate to call us at 508-823-0095. We are here to help!

**NOTE: If Dighton schools are cancelled due to bad weather, programs will not be held at the Council on Aging or the Prime Time Adult Day Program. Listen for announcements on your local radio and television stations.**

**Dighton Council on Aging: Executive Director:** Alice E. Souza, **Board Members:** Harold Mendoza, James Hoye, Nicholas Santore, Roberta Perry, Thomas Ferry, Joseph Lawrence, Gloria Johnson, Joan Woods, Jeffrey Allie

Dighton Council On Aging  
300 Lincoln Avenue  
North Dighton, MA 02764

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