

~Voice~



April – May – June 2017

Spring Edition

We're No Ordinary Healthcare Facility

Quabbin
Valley
Healthcare

821 Daniel Shays Hwy
Athol, MA 01331
(978) 249-3717



New England Patriots
SUPER BOWL LI (51)

By Bob Keating

Super Bowl LI will be a game that will live on in Boston sports history forever.

When New Englanders and Bostonians alike think of numbers like '01, '04, '08, '11, '13 and others, they need not an explanation.

Tom Brady leads one of the greatest comebacks in Professional Sports History as the New England Patriots wiped out a 25 point deficit and go on to defeat the Atlanta Falcons 34-28 in Super Bowl LI (51)

The Patriots scored 19 points in the fourth quarter including a pair of 2pts conversions then scored on James White's 2yd T.D. run to win in overtime by a 34 to 28 count.



The Patriots won the coin toss to open the overtime session and quickly moved to the scoring position. James White runs 2yds for the winning T.D. and

the Patriots are once again Super Bowl Champs

Before you start a conversation about the Patriots, Know This.....

Patriots – Five Time Super Bowl Champions

James White caught 14 passes in the game. He also ran for the Touchdown in O.T. win.

Brady completed 43 of 62 passes attempted.

Patriots drive for tying score with help from Edelman who made a catch to keep the ball off of the turf.



Brady turns 40 in August. The team may look to extend a contract for Brady. Good Idea! You can't afford season tickets so.... STAY HOME!



Important Dates!

April Fools Day – April 1st

Opening Game at Fenway - April 3rd (Televised)

Good Friday April 14th

Easter Sunday April 16th  Happy Easter

Boston Marathon - April 17th (Televised)

Veterans Breakfast May 10th

Mother's Day May 14th

Memorial Day May 29th

Flag Day – June 14th

Father's Day - June 18th

Summer Begins – June 21st



QVHC Resident Fundraiser

SOUP KITCHEN

Paws to Love an Animal 

Message from Resident Council
Helen Douglas – Spokesperson

I would like to thank you for contributing to such a worthy cause.

We have raised **\$1,450.00**, as well as a variety of goods such as; cat and dog food, chew toys, treats, bedding, litter pans and even a beautiful insulated dog house big enough to house a Husky.

Thank you for helping us, help the Animals.

**All proceeds Donated to
N. Quabbin Regional Animal Control Shelter
In the amount of \$1,450.00
by the Residents of QVHC**

 **Winner of Kitty Kleenex Cozy: Joel Botti**
Winner of Scratch Tickets: Jen Collins



THANK YOU FOR YOUR SUPPORT

~ Support Groups ~

Quabbin Valley Healthcare offers a support group for family members who have loved ones suffering from Alzheimer's disease or related dementias. Participants in this group will learn more about the disease and offer suggestions for coping or dealing with difficulties related to the disease.

Join us:

Athol Adult Day Health Center on the 2nd Wednesday of each month from 3-4:15pm.

Quabbin Valley Health Care on the 4th Wednesday of each month from 3-4:15pm.

For more information please contact: Wanda Landry – Alzheimer Program Director at 978-248-6334



Staff
in the
Spotlight

Lauren McWhinnie

By Bob Keating

This very personable young lady comes our way from the Boston area. She was born the daughter of parents Maureen (Buote) and Jack McWhinnie. Her DOB 12/17/73.

Home came baby Lauren to the neighboring Dorchester area greeted by many future friends, neighbors, and relatives "She knew'em all" and they all knew Lauren. Her early school days, pre-school, and Kindergarten were spent at Elm, Clark and Marshall Schools as well as upscale St. Marks in the Boston area of Dorchester. As the school years rolled on Lauren found much enjoyment spending her vacation time with Aunt Jane AKA (Nanny). For Lauren great memories reliving those younger days.

After 12 years of living in the big city dad and mom decided too much violence had crept into the neighboring area. The family decided to move out to the country from the inner city. They did just that by moving from big city Dorchester to the small quaint little town of Wendell MA.

On one of the first nights in Wendell dad took the family out in the yard to look up at the sky and see the beautiful stars above.

Lauren enjoys taking her children on adventure trips. Lauren's sister Donna has a motto "Get in the car and go"!

Lauren And Donna often take these adventure trips around New England and follow up with a day trip into Boston to check out museums and visit points of interest.

Lauren's children are D.J.-25yrs old, Cassidy-22yrs old and Ally - 15yrs old. Lauren taught her children when they were growing to work hard for what they get.

Growing up Lauren was one of 6 children in the McWhinnie family.

The children were:

Jean who lives in Waltham

Army major Brian just back from the mid-east

Lauren is employed at QVHC as med records coordinator (6yrs)

Kimberley lives in Chicago IL.

John lives in Southern Illinois

Donna is Asst. Mgr. Of food services for QVHC. - Makes home in Athol Ma.

For the last 6 years Lauren has also been the medical records Coordinator at QVHC. Prior to this she was for 3 years a long term care secretary.

Lauren's favorite New England sports teams in order are the Red Sox, Pats, Bruins and Celtics. "Lauren loves'em all"! Lauren is currently dating a Yankee

fan from Worcester. The father of her boyfriend was also a Yankee fan.

About Cars. Lauren loves classic older cars also two favorites are a 1969 GTO convertible-dream car, and also a 2010 Mustang Bullet.

A few years ago I, Bob Keating had the pleasure attending a baseball game at Fenway Park with a small group of people from QVHC. Lauren was among the group along with Melisa Wilbur, Nancy Ouellette, Lil Thomas and myself. A good time was had by all. Lauren was a fun time. Believe me!!! Lauren knows the strike zone. Thanks Lauren



Valentine's Day Sweetheart Luncheon

Guess Who!

Can you guess who this pretty lady is ?




B. A. A. Marathon (Patriot's Day)

By Bob Keating

A lot has changed in and for the Boston Marathon since its initial run in the spring of 1897. Today it is the oldest and most revered Marathon in the U.S.A.

The current course was designed to match the original course in Greece. The course in Greece is a 25 mile route and also a very hilly course culminating at the Irvington Street Oval.

Since 1897 the Boston Athletic Association has managed the event. About 500,000 fans attend this event each year.

The Centennial Marathon in 1996 attracted 38,708 entrants and 35,000 starters as its base.

An oddity occurred in 1980 when an amateur female runner named Rosie Ruiz came out of nowhere to win the Woman's Division. Ruiz did not appear in the race videotape until near the race



Pictured: Rosie Ruiz

ending. Rosie had blended herself into the crowd of runners. She was disqualified and a Canadian named Jacqueline Garceau was declared the winner of the Women's Division.

In 1905 James Brooks of North Adams Ma died of pneumonia and had never returned home from the Marathon.

In 2016 James Marselles became the first double amputee to finish the marathon race.

The marathon course is a grinding 26 miles and 385 yds. – very hilly and demanding. It is held on the third Monday in April (Patriots Day) in Massachusetts.

On a personal note, the Boston Marathon and my niece Sue.



Pictured: Sue Roberts Karlberg

Sue Roberts Karlberg, my niece, grew up for the most part in Lunenburg Ma. and graduated from Lunenburg High School. She furthered her education at UMass

Amherst with a 4 year degree. She has been employed in the business world throughout the Boston area for the last several years.

Along the way Sue decided she would like to try the Boston Marathon, of course she did, that's my niece. Miss personality and sometimes road runner.

While working and training in the Boston area Sue ran 3 very credible Boston Marathons to completion.

In 3 separate years Sue ran the B.A.A Marathon.

Year:	Time:
2000	4hrs,-21 minutes
2001	5hrs,-9 minutes
2002	4hrs, - 6 minutes

Sue is now married to Jamie Karlberg, and they make their home in Beverly Ma. on the Massachusetts North Shore.



Resident
in the
Spotlight



June Elizabeth (Dame) Jess.

By Bob Keating

June Elizabeth (Dame) Jess. This well liked resident of Quabbin Valley Healthcare in Athol Ma comes to us from Fitchburg Ma. She was born at the city of Fitchburg's Lucy Helen Maternity Hospital on April 10th, 1942. Growing up in Fitchburg this young lady (June) attended elementary school at the long time Goodrich St. School House grades 1-6. After completing 6 grades at Goodrich St. School, June moved onto B.F. Brown Jr. High School for grades 7 and 8 in Fitchburg, and thus she completed her elementary and Jr. High School education in the Fitchburg public school system.

June, after completing her education through grade 8 went to work with and for her brother-in-law.

Together they ran a concession stand located in busy Depot Square at the downtown Fitchburg Railroad Station.

At the age of 16 June decided to get married. She and Richard Jess exchanged vows. Husband Richard Jess worked at several plastic shops throughout the area over a period of years. After a period of time Richard got a better position with the plastic industry. Husband Richard developed cancer in 1994 and passed away in 1995. Wife June kept working after husbands passing. She worked for 11 yrs after his passing at Sterilite Corp. and briefly at a couple other shops before calling it a career.

Also, June's mother left her house to June when she passed away. June sold this house when her husband Richard died.

June Elizabeth Jess is the proud mother of 4 boys they are: Rick, Bruce, Robert and Scott. She also has 12 grandchildren.

Hobbies are: Bingo, card games, reading, cribbage and crocheting. June learned to drive an automobile at 24 yrs of age.

Thank you for sharing your story with the readers of "The Voice"





Chicago Cubs

By Bob Keating

Get This!!! There are 108 stitches on a Baseball. Did you know that?????

After 108 yrs. of futility the longest drought in Baseball History is finally over. "Cubs topple Tribe 2016"

The 2016 World Series Champions Chicago Cubs are now owned by the Ricketts family whose other business is the T. D. Ameritrade located on 108th Avenue in Omaha Nebraska.

This past fall (October) it took the Cubs of Chicago Baseball Fame 10 innings and 8 runs to overcome the Cleveland Indians in one of baseball's most exciting World Series Finales ever.

The Cubs won the series in seven games (4-3). Suddenly Cub Fans- Your North Side Cubbies are no longer Bozos and the sky seems the Limit and the Cubs are mentioned in the same breath as some Yankee and Braves Teams of the past. What!!!!!! Yeah!!!! Oh What did you Say???



Pictured: Theo Epstein

The Chicago Cubs are now for the record into the 6th season of a rebuild under the direction of Theo Epstein who directed the Boston Red Sox to a Championship in 2004 after the Bosox had endured an 86 Year Jinx.

Five Cubs Players who started the final game against Cleveland in the 2016 World Series were 24 years old or younger. They are Kyle Schwarber, Addison Russell, Kris Bryant, Wilson Contreras and Javier Baez. Anthony Rizzo, Jason Heyward and Kyle Hendricks are no older than 27. I

know you never heard of some of these guys, but they do play for the Chicago Cubs, they play very well too.

There is a feeling across the board in Baseball circles that this Cub's team is on the Cusp of Greatness. Former Red Sox Hurler Jon Lester, now a Cubbie pitcher says "It's amazing to see how these guys are ahead of the curve. The Cubs that is!!"

Cubs Manager John Madden says, "When you have great leadership at the top, it normally filters down to the rest of the group." Theo Epstein says of the group, "If we stay humble and hungry, this is going to be a beginning."

The Management Team of Theo Epstein, Jason McLeod and Jed Hoyer are poised to guide these Cubs to another exciting season in 2017. STAY TUNED



Decorative flourish



Joyce A. Fontaine

By Helen Douglas and Bob Keating

Let me introduce you to a long time Certified Nurse's Aide Joyce A. Fontaine from Quabbin Valley Healthcare. She, Joyce, was born in Mexico, Maine on 6/26/46. She has been widowed for several years.

For the 1st 40 years on God's Green Acres, Joyce and her immediate family moved military style around the globe. Joyce graduated from High School in 1964. High School was located in Hawaii.

Joyce worked as a hairdresser for 20 yrs before she became a C.N.A. She has now been a Nurse's Aide for some 30 yrs. Joyce has now been employed @ Quabbin Valley

for 12 yrs. She prefers working the 11-7 shift. "A well liked person she is".

Joyce says her mother taught her at a young age to treat people in the same manner as she liked to be treated. Through the years with the glowing personality, Joyce has made a list of Friends around the globe.

Joyce has 3 grandsons that live in Orange Ma. and one grandson that lives and goes to college in Santa Fe. N.M. Grandma Joyce loves Black and White movies from the 20's and 30's. Joyce loved the Ocean Beaches while living in California and Hawaii.

Of all the different cities lived in the favorite city for Joyce is San Francisco. Absolutely loved San Fran!!!!

Also Joyce came to Massachusetts after her husband dies and lived with her children and parents until she got her own place.

Thank you to Joyce for sharing your story with "The Voice" and our readers.

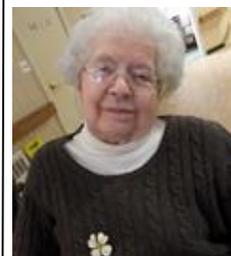
Decorative flourish

X-TRA - X-TRA READ ALL ABOUT IT! Meet the Press of QVHC ~Voice~



Bob Keating - Editor in Chief

I am Bob Keating and I am the Editor & Chief Reporter. If you would like to *Voice* your story or have a topic you would like to share, please let us know.



Helen Douglas - Columnist /Reporter

I am Helen Douglas, I am the Resident Council Spokesperson. I also am a Columnist and Reporter. If you would like to *Voice* your story or have a topic you would Like to share, please let us know.

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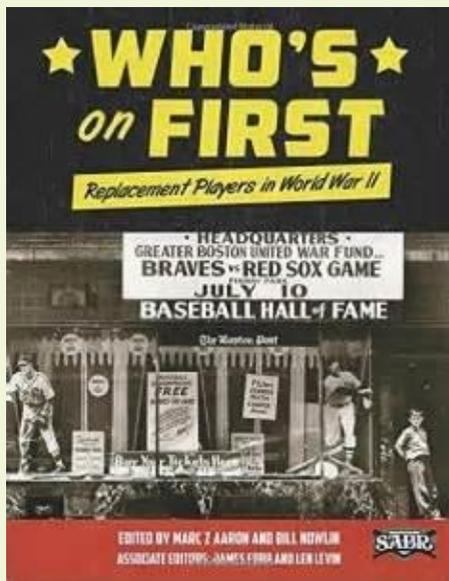




**Abbott and Costello
WHO'S ON FIRST**
By Bob Keating

In Entertainment circles it is generally agreed that the Comedy Team of Bud Abbott and Lou Costello were the most famous Comedy team of the 1940's. They are most remembered for their famous skit of "Who's on First" (Ed Sullivan Show 1956)

Today the mounted Gold Record of "Who's on First" is located on the second floor wall of the Baseball Hall of Fame Library.



T.V. personality Larry King says these two (Abbott and Costello) are "Comedic Geniuses."

Abbott and Costello immediately had audiences around the country going wild over their gig "Who's on First".

If ever a formula for laughs transcended the decades it was the banter about the who's, what's and where's of a team.

In a 20yr PARTNERSHIP Abbott and Costello amassed an extensive Show Business Resume, a nice run in a Broadway Show, 36 Motown pictures, a syndicated T.V. series and a War Bond Tour that netted Uncle Sam \$78 million in the 1940's.

Throughout their career Abbott and Costello performed and preserved countless burlesque and vaudeville routines. They made the rounds, in other words, they did it all!! Star billing all the time, this duo was careful not to wear out their "Who's on First" act performing the full routine in only one film, "The Naughty Nineties" in 1945.

"A Cut Above" once was described as their overall Top Notch Show- A Big Performance!

Abbott and Costello were flat – out Joke Men. They took existing material and made it better. Difficult to do! Oh how I remember that Sunday night in Spring of 1956. It was at my parent's home in Fitchburg. My

parents along with this writer, my sister, Carolyn, my steady girlfriend , Carol, and a national T. V. audience had gathered to watch this very highly rated Sunday Night Variety Show. Oh Bud Abbott and Lou Costello performed and delighted folks Coast to Coast.

Lou Costello once said "We are mighty proud of making people laugh."



Abbott and Costello would part ways in July of 1957. "Dance With Me Henry" the last of their films was made in December 1956.

Bud once said "People like to laugh. Which seems to be their favorite pastime. We try to take care of this."

It was once said that the idea of how far you can take "Who" and then "What", and, then why on and on and it keeps going. A Hall of Fame show piece it will always be. T. V. personality, Larry King, says "Who's on First" is the funniest sketch in the history of comedy teams.

**Fundraising Events To Benefit
Alzheimer's Forget me-not walk**

Wine & Canvas

Fundraising Event
Friday, May 19th 6:30pm
BRING YOUR OWN WINE
Snacks will be provided

Location: Millers Wood & Riverbend
739 Daniel Shays Hwy
Athol MA 01331

Tickets: \$45.00 per person
(\$10.00 benefits walk)

If interested Contact Wanda Landry
978-248-6334

Wine Tasting

Fundraising Event
Thursday, July 20th (Time: TBA)

Location: Patio Garden
Quabbin Valley Healthcare
821 Daniel Shays Hwy
Athol MA 01331

Tickets: \$15.00 per person
If interested Contact Wanda Landry
978-248-6334



My Mother,
My friend so dear,
Throughout my life
You're always near,
A tender smile
To guide my way.
You're the sunshine
To light my day.
Happy Mom's Day!
I Love You!



A father is neither an anchor to hold us back,
Nor a sail to take us there,
but a building light whose love shows us the way.



Bob Keating
The Heart of the "Voice"
By Evie Boudreau

When I first decided to start a facility newsletter, I had no idea I was helping someone to live out their dream. For those of you who might not remember; the first edition of the *Voice* feature Bob Keating as *Resident in the Spotlight*.

During his spotlight interview, Bob was quite particular about how this article was to be written and even more particular about the editing of this article.

Bob was not only featured in the first edition, he volunteered to

deliver the newsletter throughout the facility and to visitors coming in.

When it was time to begin the second edition of the *Voice*, I decided to ask Bob if he would be interested in writing a column, not realizing I was helping him to realize his life long dream.

Bob, as a young man received a full scholarship to two colleges. His goal was to be a journalist, however, he stated "I let it slip by because of a girl". He was elated to become part of the *Voice* team, he stated "You did me a favor, it was like you turned back the clock for me".

Bob has since become the Editor in Chief. In fact he is the Heart of the *Voice*. Each and every article he pours his soul into. He stated "when someone gives me a compliment on one of my articles it really makes me proud of our *Voice*, we work hard, and it gives me the drive, and the

incentive to work a little harder on the next article. It spurs me on".

Most days you will see Bob Keating working diligently on his articles. He uses the dining room back table as his office where he interviews people and does a lot of his writing. His articles are spread out as he pours over each one to ensure he has captured the essence of his subject.

Bob is very proud of this newsletter and looks forward to hearing your feedback. If you have a story you would like to share, Bob would love to hear it.



Mail To:

Short-Term Rehab, Alzheimer's Care, Long-Term Care

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Quabbin Valley Healthcare

