

# ~Voice~



July – Aug – Sept 2017

Summer Edition

*We're No Ordinary Healthcare Facility*

Quabbin Valley Healthcare

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



Staff in the Spotlight

**Joanne Wheeler**

*By Bob Keating*

At Quabbin Valley Healthcare, one of its cherished workers is the very well versed Director of Social Services by the name of Joanne Wheeler. She, Joanne, has been a valued member of the Quabbin team for some 20 years now. Joanne's school career began with grades 1 through 3 at Templeton Center School, followed by grades 4 through 6 at East Templeton Elementary School and grades 7 through 12 at Narragansett Junior and Senior High School. She graduated from the senior high school at Narragansett in 1976. Furthering her post high school education she moved on to attending the well respected Assumption College in Worcester Ma. She graduated in 1980.

A former administrator of a Gardner nursing facility offered Joanne a position before her graduation from Assumption College. She, Joanne, was employed for fourteen years at

this Gardner facility. She has also worked at similar facilities in Westboro, Leominster, and Worcester Ma, before coming to QVHC.

Joanne has always been a big fan of the New England Patriots and follows their seasons with much enthusiasm. "GO PATSI!" Down through the years Joanne has enjoyed success on several area golf courses. She has



enjoyed playing on some of the finest golf courses the area has to offer.

It has been a pleasure to know and converse with this well spoken lady over my years here at Quabbin Valley Healthcare. Big thanks to Joanne for sharing her story with the folks here at the "Voice" and its readership.

### Important Dates!

- ❖ Independence Day July 4<sup>th</sup>
- ❖ Labor Day September 5<sup>th</sup>
- ❖ Patriot Day September
- ❖ Autumn Begins September



### In the News

**Nancy Ouellette**  
Missionary Trip  
*By Bob Keating*

Nancy Ouellette, our very own, well-liked; long term care Nurse Manager on the Prescott unit, here at QVHC, will be departing on a weeklong Missionary trip to Haiti. This Missionary trip organized through her church, Cornerstone Church, Winchendon MA. It is an experience for those that do volunteer work in the Haiti area.

Nancy, along with other volunteers, will depart for Haiti on August 19, 2017 and return August 26, 2017.

The group will be volunteering their time, working together throughout the week, to put part of a building back together, and to reconstruct parts of an existing orphanage. During this time, Nancy will be offering Nursing Services as needed.

Thank you Nancy for giving your time to the less fortunate and stepping forward to help make a difference. We look forward to hearing of your adventure on your return.

### ~ 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 2<sup>nd</sup> Wednesday of each month from 3-4:15pm.

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

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



Resident  
in the  
Spotlight

### Eleanor Dow "Ellie"

By Bob Keating

This fine lady comes to us from the Granite State, town of Hopkinton N.H. She was born in 1927. Ellie as she is sometimes called, the bouncing baby, daughter of Doris Shaw and Curtis Brassaw. Mother stayed home with newborn and father worked at his trade being an accomplished brick mason. Dad kept moving the family from town to town, where the most work for a brick mason was at the time. A couple of dad's big jobs as a mason were; High School and Fire Station in Concord N.H. and a dam in Franklin N.H. He built the dam project all by himself. WOW! Eleanor remembers her mother Doris as having beautiful red hair. Ellie grew up, she says, as a happy child singing and yodeling since the age of 8. How about this- Ellie when she was age 10 was singing and yodeling at the N.H. State Fair before a noon time audience of 4,000 people and was invited back for an evening performance before a crowd of 10,000 onlookers. Ellie's uncle, Francis Shaw, was a good yodeler. Francis was a yodeler of note although he never did sing. Aunt Natalie her aunt was also musical. Ellie has played the guitar. A club manager asked Ellie to sing, she did. Ellie sang at a club in Concord N.H. The bar was called the "Melody Bar" with audiences from Pittsfield to Concord N.H. They were all in such awe at what they had just witnessed. Mother's favorite music was that of the late

George Jones. Eleanor's daughters are named Cheryl and Virginia. Eleanor's favorite entertainer is Tammy Wynett. Ellie's friend Vicki Jackson used to sing along with Ellie. Ms. Dow was born to entertain! Eleanor Dow regularly performs before an appreciative audience at her home base here at Quabbin Valley Healthcare in Athol, Ma. We



enjoy her singing, yodeling and of course her quick wit. Be sure to watch your calendar for upcoming performances of Eleanor Dow.

### Thank You "To Our Readers of the Voice"

We as a group would like to thank you for your interest and support. We are very pleased with the response you continue to show over the newsletter each quarter of the year. We hope to continue bringing to our readers of the "Voice" a quality newsletter!

Thank You All,  
Bob Keating- Editor



### Shabby Sheik Crafts with Cathy

What better way to beat the heat than with homemade Victorian fans.

### Happy Birthday Donation

By Evie Boudreau

A special thank you to Helen Walling's daughters, Barbara Bender and Susan Pratt. On June 13, Helen Walling celebrated her



Helen Walling, Barbara Bender & Susan Pratt

90<sup>th</sup> Birthday. Her daughter Susan stated "Mom has always enjoyed gardening, plants, trees, flowers just all plant life and she always comments on them where ever we are". The daughters discovered the *Activity Department* were in the process of re-doing the patio Gardens as part of their "Growing Interest" program and decided to donate

the generous amount of \$250 dollars towards the purchase of flowers as a gift to honor and celebrate their mom's birthday.



"Growing Interest" is a popular program here at Quabbin Valley our Residents meet weekly and enjoy digging in and getting their hands dirty, and watching the fruits of their labor grow. Thank you again to Helen Walling's daughters, Barbara Bender and Susan Pratt, for your generosity.



**Message from Resident Council**  
President – Helen Douglas



Hi everyone, just wanted to give you an update on our upcoming Annual Craft Fair which will take place this year November 18<sup>th</sup>.

We are looking for donations for our Chance Auction Table, if you have a “new” or “like new” item you would like to donate, please see Evie Boudreau the Director of the Activity Program. If you would like to make goodies for the Baked Goods table please see Donna McWhinney, Assistant Director of Food Services. We welcome your help.

We have also been busy with planning and selecting the crafts we would like to make this year for our Resident Craft Table. Recently We have mailed out over 200 requests to local area businesses and those throughout the state of Massachusetts, in a request for donations for our Chance Table. All proceeds benefit us, (the Residents) and enable us to take special trips, purchase additional supplies, and hire additional performers and so much more.

Thank you for your all your support.



**Surprise Bachelor Shower**  
Congratulation Pat Malakie  
Listen for Wedding Bells on July 1, 2017



**Love Is In The Air**

*Mr. and Mrs. Christopher Desautels*  
*Est. June 17, 2017*



*Congratulations*  
*Maureen Cole Desautels*

*Mr. and Mrs. Michael Soja*  
*Est. May 20, 2017*



*Congratulations*  
*Nikki Lyman Soja*

## "The Speedy Schwinn"

A Blast from Bob's Past

By Bob Keating

Do you think it's time for a brand new Schwinn two wheel bicycle? Of course! It was time after all! I needed transportation for my new thriving Fitchburg Sentinel Paper Rte Delivery Business. Without a bike I would be like a U.P.S. driver without a truck. My Mother could see some of my logic in this thinking.

Mom, being the company buyer, Dad, the profits from my paper route collection money, and guess what? Bob, that's me, and what shows next at the front door but a brand new Schwinn two wheeler

EVERY SCHWINN-BUILT BICYCLE



Leadership in quality for nearly 50 years... leadership in bicycle improvement! And now—Arnold Schwinn & Company looks its reputation for making the best bicycle in the world with a Lifetime Guarantee Certificate attached to the frame of every Schwinn-built bicycle. Here's your proof of Schwinn's matchless quality and the integrity of the maker

ARNOLD, SCHWINN & COMPANY  
1717 N. KILDARE AVE. CHICAGO, ILL.

and bruises: knee scrapes, elbow scrapes, etc. Nobody threw out the yellow caution flag! Mother, whom was a nurse, saw me and brought me home. In my mind it looked like the Indy 500, and my mom was the pit crew.

Oh no! Here comes the iodine and the mercurochrome assault. I could always tell one from the other. Mercurochrome is what I like to call Fire Water! The one with the mercurochrome didn't sting like



the iodine did. My mother, the nurse, was giving me a lecture on bicycle safety while about 40 newspapers were lying all over the road right up the street. Oh! I almost forgot the wind was blowing quite

strongly of course. After a day of quick recovery I was back on the bike once again and decided to be more careful from then on.

Mischief followed me of course. I had to have a speedometer from Gamaches Cyclery. I just had to have it!! Up River Street go to Gamache's and walk in the door chirping about a speedometer. Fifteen minutes later, back down River St. I go staring down at my latest (accessory) - A new Speedometer and eyes on the road!!!

Meanwhile back to the bike I go and meet up with the Andersson brothers and we are headed for Froggy's Pond near Coggshall's Park. It was usually loaded with small frogs that used to swim and jump in the water when pursued. More fun, never did tell Mom or Dad about our trips to the Fitchburg Airport. There was always about four or five kids. We'd all crawl through a rather large drain pipe of about four feet in diameter with only a few inches of water in the bottom. No danger on this trip! We'd crawl through the pipe and come out on the other end.

Oh well we did have fun with some of our adventures! As dangerous as they might've seemed it was good to know mom was a nurse and had plenty of Iodine and Mercurochrome. I also had the fastest and fanciest Schwinn around!!

with two baskets in the front and two more baskets in the rear. This wasn't the model like some of the other kids have, this was the real deal! Alright!! Sounds good to me!

Next I figured for safety's sake I should have a speedometer. My mother gave me the approval for this purchase, also to my surprise, but not yet... It must have been the Safety Law thing again. For a 12 or 13 year old I was riding pretty well, a few minor mishaps, but no total wrecks yet!

Well one day I was on South Street in Fitchburg doing my paper rte. I had about 40 papers in the front baskets and I'm doing about 30mph. The bike was going well and so was the paper rte. Then, I just so happen to take my eyes off the road for a fleeting second and a little dog was nipping at my shoes and ankles!! I had my eyes on my mad dog assailant. Ok, well I was watching the dog and not the road. I lost the pup and also control of the bike. Oops!! But of course! There it was, a car parked on the side of the road that I didn't see at first. Of course I hit the parked car from behind. The papers flew all over the now busy South St. and I had the usual cuts



Hazel Lackey

By Bob Keating

Resident  
in the  
Spotlight

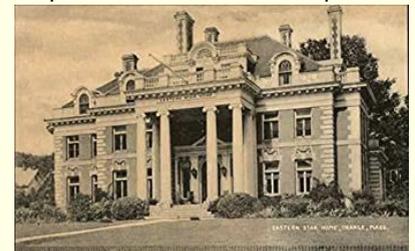
The spotlight shines this time around on a lively young lady from Athol Ma., who has turned 90 yrs of age on May 2, 2017. (D.O.B.) 5/2/27.

This sweet lady grew up amongst the Athol Tool Town natives and is well known to the locals for her versatility and exuberance. She is very well liked, Hazel Lackey, who back in the Good Old Days attended Sanders Street School, advanced onward to Riverbend Jr. High and studied for one year @ A.H.S. before leaving school on her own. Her daughter was born when Hazel was

16. Hazel is the Mother of 6 children, also the Grandmother and Great Grandmother of several in the family. Hazel was married to the late Milton Lackey for 40 yrs.

She, Hazel, in addition to running the Orange Community Clothing Center for 25 yrs and it is still operative, was a cook at The Eastern Star Home, an organization (Woman's) of The Mason's. Hazel

has quite an assortment of recipes



she gathered during her 22 years at Eastern Star.

Folks Hazel is a very well liked member of the Seven Day Adventist Church. The music group from the church performs at QVHC on the 1<sup>st</sup> Saturday of each month at 2:00pm. Hazel- Thank you for sharing your story with the readers of The "Voice"



(Pictured Thomas Yawkey & Wife)

**FENWAY PARK  
A PRECIOUS ANTIQUE**

By Bob Keating

In 1934 new Red Sox Owner Thomas A. Yawkey rebuilt Fenway Park, modernizing the Ball Park that had been born in 1912. The second oldest Major League Stadium behind Chicago's Comiskey Park, Fenway Park has become a Landmark.



(Fenway Park as it appeared in 1912)

It is the last of a kind, a Precious Antique and the grass is real, Fenway Park is a snug band box where fans feel like they can reach

out and touch their heroes. It is cozy - It has charm –its perimeters resemble part of a Jigsaw Puzzle, a succession of walls and barriers jutting in and out at odd angles designed to conform to the property's peculiar real-estate boundaries.

The most unlikely contour of all is the Left Field's Wall, alias, Green Monster. It has lured Right Hand Batters and even some Left Hand Batters for decades now. The wall is baseball's most notorious Landmark.

Has there ever been a Right Handed Fan even with decreasing eye sight who didn't feel he or she could stand at home plate and sock baseballs off the Left Field Wall at Fenway Park??? Probably not!!!

Curiously, of the 15 Batting Championships won by Red Sox players since 1941, all but one has been won by Left Hand Batters. Most Pitchers hate working at Fenway Park- especially Left Handed throwers. No Red Sox lefty has won more than 20 games in a season in the last 30yrs. Not only does disaster lurk just 300 ft away but pitchers loath the closeness of the stands.

If you have never been to "Fenway Park- The Home of The Boston Red Sox" – "Go See it for Yourself." I think you will like it and all of its idiosyncrasies.

I've mentioned before in this Newsletter that my 1<sup>st</sup> visit to Fenway Park to see a Red Sox game was with my father and grandfather on a hot summer afternoon in 1946. Of course I remember that.... Some things we never forget. Right!!!!!!!



(Fenway Park as it appeared in 1946)

Whatever its flaws New England Folks just love Fenway Park. It is a Landmark just like the Old North Church, Bunker Hill Monument and Old Ironsides. The Red Sox have averaged 1.8 million fans per year for the last 17 yrs. Pretty good for a Ball Park that seats roughly 35,000 fans per event.



(Fenway Park as it appears today 2017)



Join QVHC for a Summer Gourmet  
Burger and Hot Dog Party



Thursday, July 20, from 4:30-7:00

Join us for music, great food, wine, beer, lemonade, soft drinks, and side dishes. There will also be great raffles prizes to win!

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



RSVP by July 16 by calling: 978-249-3717

\$20 advance purchase  
\$25 at the door

All proceeds will be donated to local agencies that support people with Alzheimer's Disease and their caregivers.

Help the QVHC Forget Me Not Walk Team raise money for this great cause.



**In the News**

**Steve Goodale  
Citation**

Congratulations to Steve Goodale, QVHC Nurse Manager of the Enfield and Greenwich unit. Steve was awarded a Citation for 25 years service as a call firefighter from House and Senate presented by Senator Anne Gobi and Representative Donald Berthiaume.



OK Sheridan Photography





## ~ Let's Grow~!

By Melinda MccReven

Greetings from your friendly horticultural arts therapist, Melinda... AKA "the garden lady"!

You might have noticed that we currently have a riot of color blooming along the back patio. Our new soil, a loam/ compost mix, has been delivered and expertly installed along the raised wall by our hard working maintenance department (thanks, guys!) The Dana unit's garden area will also benefit from



this influx of fresh soil- so essential to the needs of our plant friends!- especially the perennial flowers and herbs being grown just outside Dana to delight the senses and inspire wonderful reminiscences.

In addition to our regular mix of fabulous annual flowers, reliable perennials, and the curiosities of the plant world, we have been the recipients of garden gifts! Margaret's son, Ralph, has once again brought us tomato, cucumber, and



watermelon plants, among other fine "starts", to add to our garden. We're certain they'll be appreciated- and eventually devoured- by all! (...We are also growing some dill, along with our herb favorites. Do you find yourself suddenly hankering for a

pickle?)

In addition, the family of Helen W has generously donated funds for the purchase of MORE flowers! (Rumor has it, a certain horticultural therapist cried tears of happiness.) In gratitude, we'll be "paying it forward" by selecting plants that our pollinator friends adore, and dedicating a special area as an official "butterfly garden." Who doesn't love butterflies?!



Did you know that we have been supporting butterflies and other pollinators by protecting their habitat? It's true! For example, some people might think the humble milkweed isn't that great in a garden, but think twice before you pull this "weed"; it's the Monarch Butterfly's favorite place to lay eggs. Other butterflies also utilize this plant, too. Our milkweed is located in-ground between the two wooden raised beds, and this year they are bedecked with lovely yellow and orange ribbons. I've already spotted a butterfly and many bees hovering nearby. They smell wonderful, too.

Another sign our pollinators are visiting? I've found two cocoons tucked away amongst the perennials. Hopefully, we'll see who emerges soon. Throughout the summer, I'll be adding informative signs amongst our plants, letting visitors learn more about the techniques we're using to make our garden welcoming to butterflies, bees, and other interesting pollinator compatriots. In return, they'll help us make the garden a dynamic spot to visit. You can't see a butterfly smile, but with our new butterfly garden, we'll be making them very happy, indeed. With this in mind, our art groups have been making butterflies to decorate the indoors with, as well. We are learning about identifying butterflies and expressing ourselves by creating our own fanciful species. Check out our bulletin boards in the



activity room for our creative works inspired by butterflies, and learn more about butterfly gardening, too. The art group is also painting garden rocks in every color imaginable to add to the plantings. Not only will they give us an added splash of color (and, with a lot of glitter, they'll sparkle, too!) but they will also keep weeds at bay and help as a soil cover and to conserve water. Our monthly Men's Workshop group (which is open to all) has been building and painting a wooden fairy house for the enchantment of young visitors. We are also painting lots of identification tags to label our plants.



There's always a lot going on in the gardening group, "Growing Interest," which meets Tuesday mornings at 10; Men's workshop pre-empts on the last Tuesday of the month (also at 10.) "Sunshine Club" is what we call our impish delight at 1:30 on Tuesdays when we arrange a fresh cut bouquet and pull a random name out of a hat; did you know you might be in the running to be the winner of "bouquet of the week"? From there on Tuesday afternoons, the creative art group meets for a fun and colorful crafts and projects. No prior artistic experience necessary! Come on by any of the groups and join in the fun. 'Til next time, Let's Keep on Growing!



Moody Beach  
1930's

### Fond Memories at Moody Beach

By Helen Douglas

When I think about one of the happiest times I had as a child, Moody Beach Maine immediately comes to mind. Moody Beach is close to Ogunquit Maine. In the early 1930's My family would go there each year for a one week vacation.

We would stay in a cottage right on the ocean. There was a row of cottages. I had one sister Shirley, we were quite close, she is 15 months older than me. Her and my mother had a beautiful singing voice. My father and I couldn't carry a tune.

As a child I wasn't much of a swimmer, so I would ride the waves. After being in the ocean a while we always laid on a towel on the sand to dry off and get warm from the sun. Just thinking about it, I can feel the sun on my body.

Each summer would bring a new batch of kids to play with. I remember this one boy I met one summer, each day he would ask me to go with him and his parents to pick up the mail, we would sit in the back seat and hold hands.

Often, when the tide would go out, one of the families in the neighboring cottage would set up a crochet game. We would play until the tide rolled in. What fun that was. In the evenings, my father would light a bond fire and we would all sit around it.

My family vacations at Moody Beach is a memory that I will always cherish.

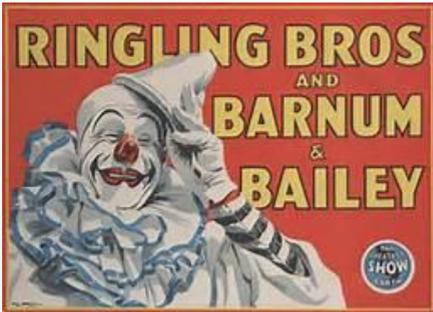


### Guess Who!

Can you guess who this pretty lady is ?



Virginia Lussier was featured  
As "Guess Who" in the  
Spring Edition



### The Greatest Show on Earth

By Bob Keating

Known to many as The Greatest Show on Earth, or Ringling Bros, or Barnum and Baileys or just "The Circus" as we knew it. This entertainment extravaganza rolls into Worcester Ma. this April 2017 making one of its final stops of a 146 year CAREER!!!!!!

Just think for a moment Folks- 146 years of entertaining people on a daily basis- WOW!

I was just sitting here at QVHC thinking about writing something of interest today; it struck me, tell people about the day dad took you to see the Ringling Bros. Circus come into town.

Okay- I was about 7 or 8 and dad suggested I go with him the following early A. M. to the Fitchburg Rail Road Depot and see the Big Circus

come into town. "An offer I could not refuse."

Dad and I were early arrivals at the Rail Road Depot the next morning around 5 A.M. with an early morning sunrise looming on the horizon I saw a train beginning to make its way down the tracks and get close to the docks. This beautiful Silver Lined Passenger train was carrying a lot of the Circus Entertainers. They had done their Circus Shows the previous day in Holyoke MA. Along came more beautiful silver passenger trains and Circus Workers- Wow What a Show!

One of the Circus Bands was playing circus music. Imagine 5:00 or 5:30 A.M. Noise in Downtown Fitchburg, Good and Loud "Wow".

Here come the caged animals! The Monkeys, Tigers, Lions, Camels Oh and how about the Bears! How about everything!!!!!!

Also, Aerial Artists doing part of their routine right there in the Rail Road yard and out onto the Main Drag and down Summer Street towards South Fitchburg and the big open field where workers were just starting to put the Big Top into place. Experienced workers no doubt, the way they worked was amazing. Later in the day I needed a nap of

course. That night Dad took me to the Big Circus Show. It was a great Show. I will never forget it!! Tragedy struck the Barnum and Bailey Circus about two weeks later when a tragic fire struck the Big Top during a Circus Performance near Hartford Ct. The Circus survived and the Greatest Show on Earth survived for 146 years until retirement.

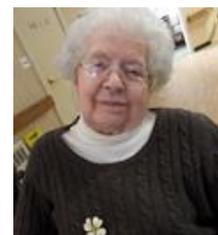
### X-TRA - X-TRA READ ALL ABOUT IT!

#### 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.

#### Graphic Design/Layout

Evie Boudreau - Director of Activities

#### Clerical/Word Processing

Renee Cleveland - Receptionist

Ally Young - Receptionist





***In the News***  
***QVHC Veterans Group***

The Quabbin Valley Veterans Club had their final meeting for the year on June 14<sup>th</sup>. Commander Neil Hachey lead the meeting. Several veterans from QVHC attended along with Veterans from the community. These meetings take place each month on the first Wednesday after the second Tuesday. Our Veterans group meets from September till June. On the final meeting a celebration takes place to honor all Veterans. This year the celebration fell on Flag Day. Thank you to all our Veterans.



★ WE SALUTE YOU ★

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Mail To:

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

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**Quabbin Valley Healthcare**

