

# ~Voice~



January – February – March 2018

Winter Edition

*We're No Ordinary Healthcare Facility*

Quabbin Valley Healthcare

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



**Director of Nursing  
Cathy Riddell**

By Bob Keating

Cathy Riddell, is the Director of Nursing here at QVHC. As we welcome the New Year (2018) may we pay an honor and special tribute to the Quabbin Valley Health Care -Director of Nursing, Catherine Riddell. This fine young lady was born to parents Inez and Joseph Petrousky. Cathy is happily married to Chris Riddell from Orange MA and they are the proud parents of one son named Joseph, whom was named after his grandfather (Cathy's father).

Cathy graduated from Athol High School in 1974 and furthered her education at Leominster Hospital School of Nursing – having graduated in 1977.

Our Nursing Director, Cathy, for whom we are so proud – has spent a total of 27 years here at Quabbin Valley up to present day. She, Cathy, says watching the health facility grow was and has been a beautiful site. As Cathy says “she has seen the growth

through time and changes made over the years,” “quite interesting indeed.”

Cathy started here at QVHC in 1982 as a staff nurse. Our nurse Cathy became a Nursing Director in 1984. She, Cathy, left QVHC in 2002 and took a position in Worcester, MA before returning to QVHC in 2011.

Cathy says the Goal here at QVHC is to make sure the care given to our residents is of the “Highest Quality Standard.” I, Bob Keating, enjoyed talking with this gracious lady. I thank Cathy Riddell for her time spent with me.

**SOUP KITCHEN**  
**Paws to Love an Animal**

QVHC Residents – Fund Raiser  
To Benefit:  
**N. Quabbin Regional Animal Control Shelter**  
Watch for Weekly Soups Starting January 19<sup>th</sup>  
\$3.50 Soup & Biscuit

If you would like to Donate Items to the care of the Shelter Animals, please see Evie Boudreau  
Items needed:  
Dog & Cat Food, Litter, Chew Toys, Bedding, Treats, etc.

With Every Donation & Purchase **\$120,000**  
Put your name in to WIN  
\$50 in Scratch Tickets  
DRAWING  
MARCH 30<sup>th</sup> AT 1PM

**2017 Winners:**  
Winner of Scratch Tickets: Jen Collins  
Winner of Kitty Kleenex Cozy: Joel Bota  
Thank You For Your Support

**Important Dates!**

- ❖ January 1<sup>st</sup> – New Years Day
- ❖ January 15<sup>th</sup> -- Martin Luther King, JR Day
- ❖ **January 19<sup>th</sup> – Soup Kitchen Starts**
- ❖ February 14<sup>th</sup> – Valentine’s Day
- ❖ March 11<sup>th</sup> – Daylight Savings Begins
- ❖ March 17<sup>th</sup> – St. Patrick’s Day
- ❖ March 20<sup>th</sup> – First Day of Spring

## Valentine's Day

### Sweetheart Luncheon

For Couples Only

February 16<sup>th</sup> 12:00

(See Activity Staff for details)



Picture: Paula & Tom Dabuliewicz

**~ Support Groups ~**

Quabbin Valley Healthcare offers a support group for family members who have loved ones suffering from Alzheimer’s disease or related dementias. This group provides a unique opportunity to share experiences with others who have a common understanding and unique perspective from their experiences. Participants in this group will learn more about the disease and offer suggestions for coping or dealing with difficulties related to the disease. Nothing takes away the burden or the grief entirely but there are ways of helping to make it bearable. Join us in the Athol Adult Day Health Center on the 2<sup>nd</sup> & 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

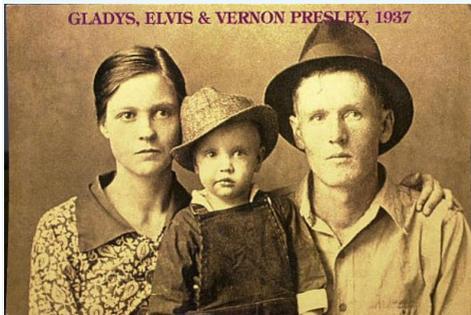


**Elvis Presley**

*By Bob Keating*

He, Elvis Aaron Presley, was an American singer and actor. Regarded as one of the most significant cultural icons of the 20<sup>th</sup> century, he is often referred to as "the king of rock and roll" or simply "the king." Born January 8<sup>th</sup> 1935 in Tupelo, Mississippi to Gladys Smith and Vernon Elvis Presley in the two room shotgun house built by Vernon's father in preparation for what was to be the birth of Elvis.

The twin brother of Elvis (identical twin), Jesse Garon Presley was delivered stillborn 35 minutes before the birth of Elvis. In his early formative years Elvis formed a strong bond with both parents Gladys and Vernon. The "little guy, Elvis"



GLADYS, ELVIS & VERNON PRESLEY, 1937

*Pictured: Gladys, Elvis & Vernon Presley 1937*

grew fast and entered the first grade at East Tupelo Consolidated Elementary School. He was encouraged to enter a singing contest after impressing his school teacher with his rendition of a country song entitled "Old Shep." For his musical presentation of "Old Shep" overall Elvis finished 5<sup>th</sup>.

"The King" as he was already being called by some received his first guitar on his 10<sup>th</sup> birthday. He let it be known that he would have preferred a bicycle or rifle. Elvis received informal guitar lessons from two of his uncle's and then took some lessons from the new pastor at the family church. He watched other people play the guitar and learned a little bit here and there. He said he was too young and shy to sing at this point.

In September of 1946 Elvis entered a new school, Milam, for 6<sup>th</sup> grade where he would play music during lunch hour.

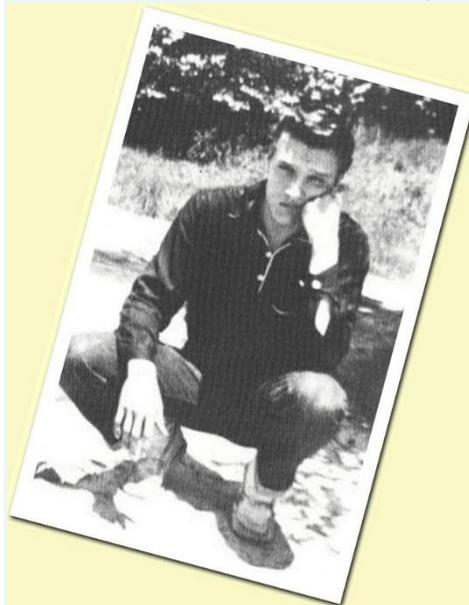
Also he would sing a few bars of music and did pretty good. Elvis became a devotee of Slim from the Mississippi Slim's show on a local radio station. He had stage fright the first week but bounced back to be successful from the first weeks debacle and was well received thereafter.

In 1948 the family moved to Memphis and lived mainly in rooming houses and public housing. Elvis was enrolled at L.C. Humes Highschool, where the best mark he could get in music was a "C". His music teacher said Elvis did not have an attitude for music, especially singing. The following day Elvis brought his guitar to school played and sang a recent hit "Keep Them Cold Icy Fingers Off Me" in an effort to prove the teacher wrong. He did!!



*Pictured: Elvis Presley 1953 Humes High Graduate*

During his H.S. Junior year he began to stand out among his classmates because of his appearance. He styled his hair with rose oil and Vaseline. In his free time in Memphis Elvis would go down to Beale Street and window shop



*Pictured: Elvis Presley*

among the clothing stores. By his senior year he was wearing these types of clothes. In April 1953 Elvis competes in Humes Annual Minstrel show. When he, Elvis, walked out onto the stage people were wondering who this person was. Elvis played his guitar and sang a song that became very popular "Till I Waltz

Again With You." The song was a big hit for the very popular Theresa Brewer.

When people heard Elvis sing his career just took off. He said "It's amazing how popular I became." Presley never received formal music training or learned to read music. He studied and played by ear. He knew all of Hank Snow's songs and he loved records by other country singers such as; Roy Acuff, Ernest Tubb, Jimmy Rodgers, Jimmie Davis, and Bob Willis. Gospel singer Jake Hess was also a favorite and Jake was a big influence on the young kid from Memphis. Many of the African American musicians during the 50's and 60's had a big influence on the career of Presley. Elvis was a willing learner and accepted good advice from his peers.

Fast forward to March of 1956 when Elvis bought a one story ranch house in



*Pictured: 1956 Elvis Presley's first home.*

Memphis, the home became a focal point for fans, media, and others including celebs to visit. Back in the 50's Sun Records receptionist Marion Keisker asked Presley what kind of music he liked and Elvis replied "I like all kinds. I don't sound like anybody." Continuing on Marion Keisker drew her own conclusion that this guy was a good ballad singer. Sun records boss Sam Phillips became impressed with Elvis and his style.

A recording session in July of 1954 proves unsuccessful until late at night when all of a sudden Presley picked up his guitar and started playing, singing, and jumping around and acting the fool! People were calling the recording line and wondering who this singer was. It quickly became known that this person was Elvis.

Later on in the summer Elvis appeared at the Overton Park Shell with the popular Slim Whitman. A combination of strong appearance to rhythm and a combination of strong responses to rhythm and playing before large crowds and nervousness led Presley to shake his legs and the ladies in the audience to scream. The crowd went wild with

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enthusiasm as Elvis and his friend Bill Black would go nuts.

You wouldn't think so but our guy Elvis only made one appearance on Nashville Grand Ole Opry and wasn't deemed a success. A couple of weeks later he was booked on the rival program Louisiana Hayride. This successful show was booked on 198



Pictured: Elvis Louisiana Hayride 1955

radio stations in 28 states. Well known Scotty Moore and Bill Black joined forces with Elvis, also joining the group was drummer D.J. Fontane sharing the spotlight with of course "the king"

himself. Elvis and group played a few shows in support of now famous Bill Haley and the Comets (Rock Around the Clock) was a huge success.

Elvis was very instrumental in reshaping the rhythm and blues music of the 50's. He not only injected the songs with his own vocal delivery – big changes but changed the lead instrument from piano to guitar, from an entertainer who couldn't read music or sing Elvis had come a long way baby! How about the live shows he did you ask? Big crowds, terrific shows, "The king" his usual – sensational – all world entertainer!

On March 24<sup>th</sup> 1958 Elvis Presley was



drafted into the U.S. Army as a private at Fort Chaffee Arkansas. He said he did

not want to be treated any different than anyone else. During a two week leave in early August his mother was diagnosed with hepatitis and her condition worsened. Elvis arrived in Memphis on August 12<sup>th</sup>. He also recorded five songs in Nashville on this trip home.

After training Presley was sent to Germany on maneuvers where he was introduced to amphetamines by an army Sergeant. Elvis became almost evangelical about the use of this drug (amphetamines). Many in his military outfit joined him in indulging these drugs. "The King" was a generous man, he



Pictured: The King – Elvis Presley

gave a lot to his favorite charities. He purchased T.V. sets for his home base and bought extra fatigues for everyone in his outfit. While stationed in Friedberg, Germany Elvis met a beautiful girl named Priscilla Beaulieu. This fine couple eventually married after a 7 ½



Pictured: Elvis & Priscilla Presley

year courtship. For Elvis, between his military induction and discharge Presley had 10 top 40 hits including; "Wear my ring around your neck" "Hard headed woman" "One night" "Now and Then" "A big hunk of love" and in 1958 "There's a fool such as I".

Elvis went on to become a supreme figure in American Life. His music went on to rival that of others that came before him as well as those that came after him.

U.S. President Jimmy Carter credited Elvis Presley with having permanently changing the face of American pop culture.

May the Elvis Presley Legend live on forever!

QVHC Christmas Celebration 2017





## The Golden Gate Bridge

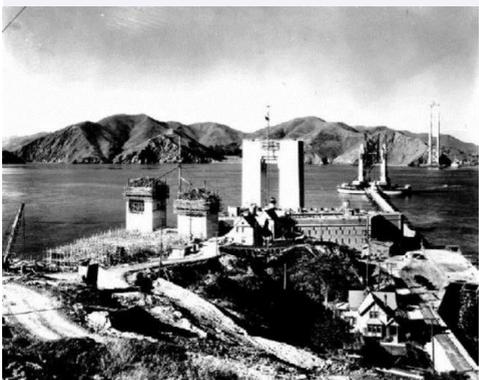
By Bob Keating

One of the Wonders of the World – this bridge in California spans not just the San Francisco Bay area and connects people with San Francisco and Oakland but it also deals with the winds and tides of the Bay. There wasn't a bridge there until the Golden Gate became a reality in the late 30's. When this bridge was erected it became one of the Wonders of the World.

Charles Kuralt, a well seasoned journalist has worked for many years and covered many stories for CBS Television Network News, Political shows, debates etc. Kuralt has been there and done that. He has covered many stories around the world for CBS. It is obvious that he enjoys his work. This bridge was a well planned endeavor that required experienced workers. One of the first hired hands was a man named Al Zampa, a career iron worker. He was willing to come aboard and help put the bridge together, from whence it became a reality.



*Pictured: 1933 Golden Gate Bridge Construction*



This job was taking place, (The Bridge) during the time period of the great depression in the United States. Al Zampa knew money was tight but he accepted a job on the Bridge Crew for \$11 Dollars per day. It was Long Hours, Short Money, and obviously Hard Work.

Let's hear about Frenchy Gales who was not an experienced Iron Worker. Frenchy was out of work because of the Great Depression. He was a laid off Bus Driver looking for work. He had never been higher than his garage roof –yet- he was willing to take a job on the (Bridge) to make some money to help support his family.

Frenchy goes on to tell the journalist Charles Kuralt, that he (Frenchy), and some fellow workers were on a plank about 500 or 600 ft. up in the air going from cage to cage. The plank Frenchy tells us was 2" thick and 12" wide with no rails. "Hello". Frenchy goes to tell Kuralt it was pretty hairy up there. He says his toenails grew a little longer each day. Easy to see why!!!

Let's hear from Ed Souza who up to this point was a WPA Project Worker. Ed was working for small wages and stated that he wanted to earn more to support his family. Ed knew the Bridge job was a challenge. Early on in his career working on the Bridge he, Ed, got hit by a flying object. Charles Kuralt wanted to know what it was that struck Ed in the mouth. Ed replied that it was either a rivet or a bolt that hit him in the mouth and broke all his teeth and cut his mouth pretty bad. Ed spent two weeks in the hospital with this injury. He, Ed, goes on to tell Kuralt that the worst things that can happen is to lose your footing up there. It is as they say a ticket to hell.

Let's hear from Al Zamper again who is telling Charlie Kuralt that he was on a cross beam one day and took a step down and slipped and flipped 3 times. Then he hit the net just before it hit the ground- guess what, it wasn't ground it was a pile of rocks. Al goes on to tell Kuralt "I spent 12 wks in the hospital that time with 4 cracked vertebraes".

Al goes on to say after his hospital stay of 12 wks he didn't go right home instead he went right to the job site at Golden Gate and walked all around different parts of the Bridge site. Al said after his walk thru he was okay with it. The very next day he was back working again. Yes - on the Bridge.

Frenchy tells our reporter Kuralt "We all get scared about as often as we get paid on this job." How about when all the towers were in place but weren't bolted down and an earthquake struck. And the very next day guess what?? Another earth quake struck. Fortunately nobody was killed.

Al Zampa speaks out to Kuralt about why he, Al, became an iron worker. He said he just wanted to do things other people couldn't do. His dad said "Al – Your crazy. That's for desperate men." "I just like to do it" replies Al.

Kuralt to Frenchy Gales "these guys you worked with were pretty tough guys right?"

Oh hell yes, "they couldn't get insurance because of the work they did." The life span was too short. "These guys were unreal, tough guys". Zampa tells Kuralt. Used to shoot dice and raise hell because we were making good money. We were like rich men. The men who were left at days end would climb right back up on the Bridge the next morning ready to work all day on the Bridge. Remember these were Depression years in the U. S. Folks.

Al Zampa speaks up again and talks to all within an ear shot of him that there are 150 men at least waiting down at the work site for someone to quit or get killed instantly or mamed for lead poisoning . Trouble lurks in the heart of these men.

The workers who completed a day's work were right back at it the next morning ready to go.

Our host Charles Kuralt pipes up and says "Do you believe all this took place more than 50 + years ago?"

Oh these were rough times to be doing a massive project like The Golden Gate Bridge during a Major Depression in the U.S.A. Zampa says, "Yeah!! I got my fingerprints all over that iron."

Souza concludes by saying "When I'm driving across The Golden Gate Bridge and look up and see how high those towers are I say to myself, "I worked on this Bridge, I remember being there." In his final statement Souza says "It's a Proud Feeling" to have been there and done that as part of a great crew."





## ~ Let's Grow~!

By Melinda McCreven

Greetings from your friendly horticultural arts therapist and Happy New Year! I don't know about you, but all of the cold white stuff outside has me anticipating Spring more than ever! Winter is a great time to turn our attention to seed catalogs and thinking about what we'd like to see growing in our garden spaces this summer. Many folks gave us great feedback on our gorgeous main patio area, full of cheery flowers and delicious vegetables. Our towering sunflowers were the talk of Quabbin Valley Healthcare. And wasn't our patio an excellent spot to visit with each other this past summer? I know the butterflies and bees thought so! In addition, we added to our enclosed garden on the Dana unit, as well, creating a private but lush sanctuary to calm and delight us on warm days. Let's have more of the same successes in 2018!

We enjoyed the benefit of an unusually long growing season this year, but prior to the big freeze, I got the chance to plant a number of new perennials donated to us by the incredibly kind folks at the New England Wildflower Society. Their Nasami Farm Native Plant Nursery in Whately is a plant lover's delight. Because of their generosity, I was able to plant dozens of new perennials, from small plants to shrubs and small trees, that they so kindly gave us. I can't wait to see them break dormancy and begin flowering! Thank you Nasami Farm! You can learn more about the New England Wildflower Society and their important work promoting native plants at [www.newenglandwild.org](http://www.newenglandwild.org).

In addition to getting our new plants snuggled into the soil for their winter nap, I was able to create a small enclosure along the raised beds to serve as a mini greenhouse, or "hoop house" as they are sometimes called.

Under plastic hoops reinforced with metal bars and the plastic sheeting that covers them, small "rainbow" swiss chard and lettuce plants are waiting patiently for the sun's returning rays. In the next few months, even before Spring officially begins, we'll be able to peek under the plastic sheeting and see these delicious greens truly take off! The rainbow chard is especially beautiful, with "ribs" of yellow, pink, and red giving us a dazzling display of an almost ornamental quality. Mom always said, "Eat your greens," didn't she? Well, mom will be proud...we are growing them, too!

Meanwhile, I know, we are also safely snuggled up inside our warm building here at QVHC. Even avid gardeners need to have a little rest. But we need not abandon horticultural pursuits altogether...we have our gorgeous and active indoor garden display, located in the main activity



room. Our houseplants are thriving in the warmth and sunshine of the spacious windows, along with our tender loving care. This is the perfect opportunity to repot the plants that have gotten "too big for their britches"...I mean, planters! Just like people, sometimes plants need to transfer to a new space, where their roots can relax and they can grow stronger and sturdier. Our gardening group, "Growing Interest" has been undertaking the task of repotting many of our recent donations, too. Did you know that Pointsettias can live on as houseplants even after their gorgeous Christmas displays fade away? And, speaking of Pointsettias, did you know that the bright red we see are not technically "flowers" as commonly thought? Yep, it's true! Those red displays are part of their leaves, considered the "bracts" of the plant. The part of them that is truly the flower is simply the small yellow part found within the red leaves. There's a lot of fascinating history and interesting facts about our favorite Christmas flower, but in consideration of space, I'll simply

invite you to come to our garden group on Tuesday morning to learn more!

Of course, if you have thoughts or ideas about our garden in 2018, let me know; I'm all ears! Speaking of ears, did you know our Chief Resident Gardener, Wilbert, is an expert in growing corn? This year, I predict his knowledge and experience will inspire us to try growing that all-American vegetable, What do you hope we will grow? It is your garden after all! I know for sure we will be starting seeds soon in our indoor seed starting cart, and you can expect that the seeds we saved last year will mean that our garden will have the beloved sunflowers, zinnias, marigolds, bachelor's buttons, and cosmos that everyone seemed to love. But we are always looking for new, interesting flower suggestions...or the traditional old favorites you know and love. Stop by our indoor garden area and breathe in the fresh air. Feel free to talk to our plants, as well. That old advice is actually scientifically based- talking to your plants helps both the plants and you! They love to get a little boost of carbon dioxide, and we in turn, enjoy the fresh oxygen they offer us. I swear it's true! NASA has even researched the health effects of common houseplants, and found that certain species offer a kind of air freshening effect, Nature's way of keeping us happy and healthy!

In closing, I shall encourage you to THINK SPRING! And as always, here at Quabbin Valley Healthcare, we can Keep On Growing!



Quabbin Valley Healthcare 2017 A year in Review

Spring & Summer Outings

National Nursing Home Week

Valentines Day Sweetheart Lunch

Volunteer Appreciation

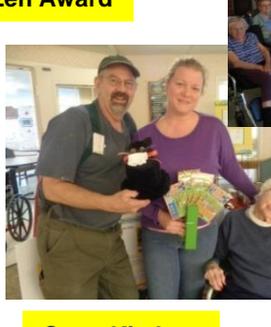
Citizen Award

Franklin County Fair  
QVHC 2<sup>nd</sup> Place

Growing Interest Garden Club

Soup Kitchen

BBQ's

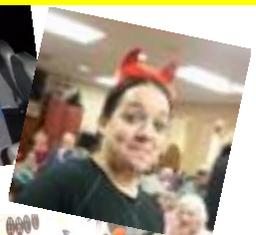


Quabbin Valley Healthcare 2017 A year in Review



Residents Annual Craft Fair

Holiday Lights Outing



Veterans Club Breakfast



Pumpkin Decorating



Halloween



Fall Baking with Michael





### "Gronk" Rob Gronkowski

The New England Patriots outstanding Tight End, Rob Gronkowski is showing concern for his Football Future. Now at age 28 and given his extensive list of surgeries and injuries he may well have been thinking the window of opportunity is getting a bit smaller.

"Gronk" as he likes to be called marvels at the way team mate and Pat's QB Tom Brady perseveres. Brady turned 40 years old on August 3<sup>rd</sup> 2017. 12 weeks ago Gronk took some advice from the All World QB and agreed to working out with Tom's Body Coach Alex Guerrero who runs a Sports Therapy Center at Patriot's Place in

Foxboro Ma. Gronk quickly learned on one of his first trips to the Therapy Center just how flexible and pliable Brady is and is ready at all times. Gronk says he is quickly learning this is the route for him.

Gronk says he is learning about hydration and nutrition among other things with his NFL career clock ticking away. Gronk doesn't want his career playing days to be spent on the "injured list".

Patriots management must like what they see. They recently restructured his contract and if he, Rob, lives up to the terms of this contract he, Gronk, could become one of the Highest Paid Tight Ends in the NFL. Gronk would like this and the Patriots would have another plus in their already strong arsenal. Best wishes to Gronk and the New England Patriots in 2017 and beyond.



May your blessings outnumber  
The shamrocks that grow,  
And may trouble avoid you  
Wherever you go.



### History of St. Patrick's Day

St Patrick's Day is celebrated annually on March 17th, the traditional religious feast day of St. Patrick and the day he is believed to have died in 460 A.D. The Irish have observed this religious holiday for hundreds of years. But, how did we come to celebrate St. Patrick's Day in the United States?

### Who Was St. Patrick?

St. Patrick is the beloved patron saint of Ireland. The Irish are famous for spinning exaggerated tales, so despite the infamous stories traditionally attributed to St. Patrick, quite little is actually known about his life. We do know that St. Patrick was born in Britain and that at the age of 16 was captured by Irish raiders who attacked his family's estate. He was then transported to Ireland where he was held captive for six years, living a solitary, lonely life as a shepherd. It was then that he became a devout Christian, embracing his religion for solace. From his writing, we know that a voice, which he believed to be that of God, spoke to him in a dream, urging him to leave Ireland. He did. Walking nearly 200 miles, Patrick escaped to Britain and undertook seriously religious training. After 15 years of study, Patrick was ordained as a priest and sent to Ireland. His mission was to minister to Christians and to convert the Irish, then predominantly pagans, to Christianity. Because Patrick was familiar with the Irish language and culture from his years of captivity, he chose to incorporate Irish ritual and symbols into his teachings rather than to eradicate Irish beliefs. Thus, was born the Celtic cross. Patrick superimposed the sun, a powerful Irish symbol, onto the traditional Christian cross so that the result would seem more natural to the Irish.



Pictured: Sheila Noel

## Trivia with The Golden Girls



Pictured: Beth Mackenzie

1. What two singing Entertainers made their first appearance on the Ed Sullivan Show?

- A. Elvis Presley & The Beach Boys
- B. The Beach Boys & The Beatles
- C. Elvis Presley & The Beatles

2. Who wrote the song "Ring of Fire"?

- A. Joan Jett
- B. June Carter Cash
- C. Dinah Shore

3. Who sang the song "Tie A Yellow Ribbon Around the Old Oak Tree"?

- A. Tony Orlando and Betsy
- B. Tony Bandera and Don
- C. Tony Orlando and Dawn

4. What is the value of "zero"?

- A. It's the freezing point of Coca Cola
- B. It's the freezing point of Salt Water
- C. It's the freezing point of Chlorophobic Iodine

Answers:  
1.C.2.B.3.C.4.B

## Matching Game

By Bob Keating



Lets Have some Fun! We all know the State Capitals, lets see how many can get these Towns matched to the correct State.

Match these Cities and Towns with their State

### Cities and Towns

### State

- |                       |       |                |
|-----------------------|-------|----------------|
| A. Friendsville       | _____ | Kansas         |
| B. Why Not            | _____ | Iowa           |
| C. Lumberlost Landing | _____ | Texas          |
| D. Brownsville        | _____ | Indiana        |
| E. Mad-Rid            | _____ | North Carolina |
| F. Wichita            | _____ | Tennessee      |



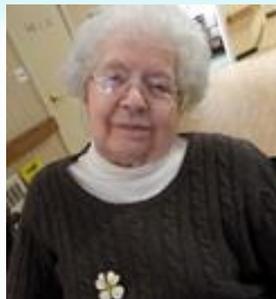
Answers: A. N. Carolina B. Indiana C. Texas D. Iowa E. Knasas F. Tennessee

## Happy Valentines Day



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GLASBERGEN



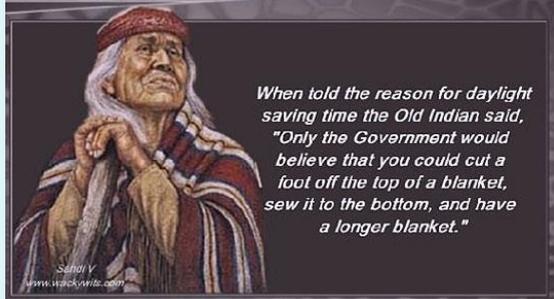
**Quabbin Valley Healthcare  
Resident Council  
Happy New Year**  
By Helen Douglas



I, Helen Douglas, your Resident Council President wish to say "Thank You" for your participation in our group meetings during the just passed calendar (2017) year. Your thoughts and ideas are always welcome and we look forward to your continued individual and group support throughout the new year of 2018.

Wishing you all a Happy and Healthy New Year.

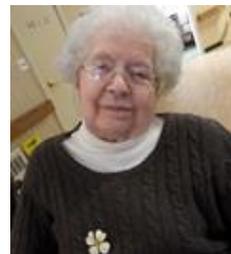
Thank You,  
Helen Douglas  
Resident Council President



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



**Bob Keating**  
– Editor & Chief Reporter  
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.

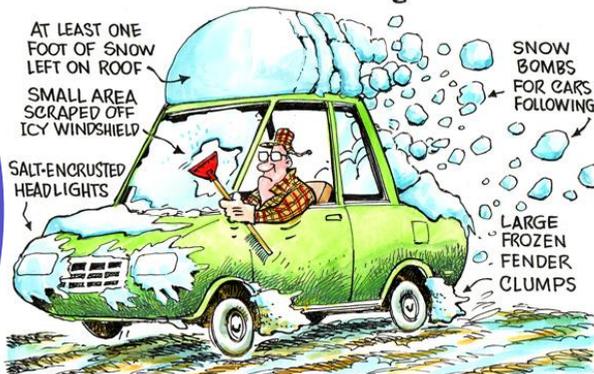


**Helen Douglas**  
– Columnist  
I am Helen Douglas, I am the Resident Council Spokesperson. I also am a Columnist and Reporter. If you would like to *Voice* your story or have a topic you would like to share, please let us know.

**Graphic Design/Layout**  
Evie Boudreau – Director of Activities  
**Clerical/Word Processing**  
Renee Cleveland  
Erica Underwood



## Winter drivers of New England...



DAVE GRANLUND © www.davegranlund.com

**Quabbin  
Valley  
Healthcare**

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

# Soup Kitchen Returns

## Soup Kitchen

Soup Kitchen! Is back by popular demand. No better way then to warm up a cold winter day then with a bowl of hot soup and a biscuit.

The Soup Kitchen has been a proud fundraising tradition of Quabbin Valley for over 15 years.



*Pictured: Helen Douglas*

Last year the Residents of QVHC voted to donate the funds to N. Quabbin Regional Animal Control Shelter.



*Is it  
Soup yet?*



# Paws to Love an Animal

This event was quite successful. The Residents raised \$1,450 and received several donations in the form of pet



*Pictured: Mary Yankus*

food, bedding, chew toys, litter, and even a dog house. As a way to say thank you with each donation or a purchase of soup, the residents raffled of \$50 dollars worth, of scratch tickets and a Kitty Kleenex Kozy. Jen Collins won the scratch tickets and Joe Botti won the Kitty Kozy.

The Residents have voted once again to donate all funds to the N. Quabbin Regional Animal Shelter. Stating "The Animals need us".

The Soup Kitchen is open to the public each Friday starting January 19th, through the end of March from 11 a.m. to 1 p.m. (or while soup lasts) A donation of \$3.50 is requested for a bowl of hot soup and buttermilk biscuit.

With every purchase, or a donated item, you may enter your name to win \$50 worth of scratch tickets. Thank you for your support.



*Pictured: Helen Douglas, Bob Keating and Rescue Cat Bowser.*



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Mail To:

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

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