



What Fun!

Over the winter months we were treated to a lot of lot of happy distractions!



Thank you to all the staff for your participation!

Seasonal Musings

By Jean Salisbury

New Year Resolutions

Do you realize resolutions go back to ancient times? The Babylonians celebrated the New Year (in 2000 BC) during a 12 day festival called Akitu. This was the start of the farming season, crowning of their king, and the time to pay their debts. One resolution was to return borrowed farm equipment.

January was named for the two-faced Roman god, Janus. He looked forward to new beginnings as well as backward for reflection and resolution. The Romans would make sacrifices to Janus and make promises of good behavior for the year ahead.

We only make sacrifices of abstaining and complying with the terms of our resolutions. We do not have a festival, just our own conscience to guide us in attempting to keep our resolutions! Good luck!

President's Day

Calling the holiday "Presidents' Day" helps us to not just think of the first president, but also the start of our nation, its values, and what Washington called in his Farewell Address the "beloved Constitution and union, as received from the founders."

The birthday of another president, Abraham Lincoln, is on the 12th of February. So by naming the holiday "Presidents' Day," we add another great president to the celebration. And perhaps we also think of all our presidents who have served our great county.

The holiday is observed on the third Monday in February. Mondays were designated because of the "Monday Holiday Law." This law aimed to provide uniform annual observances of certain legal public holidays. This created the 3 day weekend, which was a benefit for all.

March and Spring

(from the Old Farmers' Almanac)

When does Spring actually begin? The first day of Spring is marked by the spring equinox, which falls on March 19, 20, or 21 every year. The equinox happens the same time worldwide. And, on this date spring not only begins in the northern hemisphere, but starts fall's arrival in the southern hemisphere. Example: We may be having winter, but Australia, and all in the southern hemisphere, are having their summer.

Due to time zone differences, there will not be a March 21 equinox in the United States until 2101.

Weather scientists divide the year into quarters to make it easier to compare seasonal and monthly statistics from one year to the next. The seasons are based on annual temperature cycles rather than on the position of Earth in relation to the sun, and more closely follows the Gregorian calendar.

One of the benefits of Spring is maple syrup. Maple trees are tapped when the temperatures alternate between freezing and thawing. Nighttime temperatures must drop between freezing (in the 20's) and daytime temperatures must reach between 40 and 50 degrees Fahrenheit.

Before winter, the maple trees store starch in their trunks and roots, which gets converted into sugar. As Spring nears, the sap thaws and the sugar in the sap rises up the tree.

You need cold nights to make "sugarers" happy, so unseasonably warm winters aren't good for the harvest. What happens when it's not the right temperature? Well, some seasons are good, some aren't. Agriculture is not for wimps! We weather the ups and downs!

Native Americans taught the colonists the age-old process of sugaring.

The Woman Who Keeps Us Well Groomed

By Marion Brousseau

Who is Angela (Angie) Halliday? She is our innovative hairstylist at Christopher Heights Attleboro! She has been offering salon services here for 23 years! The salon, which is located on the first floor behind the Pub, is open two days a week. She offers colors, cuts, perms and barber services.

Angie was born in Providence, RI., grew up in Rumford, RI, and attended schools in East Providence, RI. She attended Costin's Academy of Beauty Culture in Warwick, RI where she excelled in hairstyling.

Her first position was at Ramiro's Hair Salon in Providence. Her next was the Hair Shed in Pawtucket, RI. From there, she went to Head Kuts by Ken, where she has been for 38 years, part-time. She has been here at Christopher Heights two days a week for 23 years and enjoys it very much. For us, it is wonderful to walk in having "bad hair" that needs much attention, and walk out looking gorgeous.

I met Angie some years ago when she was doing my Mother's hair, as my Mother was a C. H. resident. I wished then that Angie could do my hair as well!

She has other interests and another job as well. She works as a clerk in Medical Records at Women & Infants Hospital in Providence. Her hobbies are hiking and gardening.

What we all love about her, too, is her warm personality and incredible patience! Angie is the BEST and I hope she is here another 23 years and more. Visit Angie for a new look – you won't be disappointed! Appointments can be made at the front desk or in the salon. Prices are posted in the salon and can be prepaid. Gift certificates are available and make great gifts.

Angie – keep making us beautiful and handsome!



Angie creating her magic with Lula Holland's hair.

Welcome New Residents!

Larry Habershaw	#318
Janet Young	#403
Carol Lipsett	#406
Carol Glenn	#408
Bruce Doyle	#409
Richard Meunier	#414

C. H. Bulletin Board

This spot will be saved for questions/announcements you may have.

Larry Habershaw, #318, wants to know if anyone wants to play Pinochle

My Servicemen – WW II through Vietnam & Afghanistan

By Jean Salisbury

After December 7, 1941, the men and boys in our neighborhood slowly disappeared. They were either taken up by the draft or volunteering for the service.

My father, Gabriel Strahan, was a Company I, National Guard member. The National Guard was quartered in the Armory on Pine Street. He wanted to serve, but being a father of six and being older kept him out of the Army. So he enlisted in the SeaBees. He served in the Pacific and was one of those that did return.

My brother, James, had my mother sign for him to join the Navy. Jim was 17. He was on a ship which protected the west coast sailing from San Diego to Alaska and back. Thankfully Jim came home also.



I had two uncles who left home for our country. Herbert Bernard enlisted in the Army Air Force. Herb served through three wars: World War II, the Korean War, and was in a plane flying over Vietnam when he said to himself, "What in the h__l am I doing here?" He retired as a Colonel and also came home.



Uncle William Bernard joined the Navy. (He previously had been in the Army for a while when he was younger.) Bill was serving in the Pacific, and on an R&R break, when he met my father in Hawaii. A surprise for both of them!

My husband, Chester Salisbury, was in the Army, serving in England, France, and Germany. He was one of eight men in his family who served – 7 Army men and 1 Navy. These men, thankfully, all came home.

My son-in-law, Steven Mendes, was a medic and served in Vietnam. This was a deployment that took years for him to talk about. Steve did come home also.

Grandson Jeffrey Sullivan was ROTC at New Hampshire University. He rose from Lieutenant to Major. He was deployed twice to Kabul, Afghanistan. Welcome home, Jeff!

All these family members are much older, gone, or are grandparents. We appreciate the time they were away, missed them, but felt glad when they all came home.

Let us also think of recent terrible happenings – the earthquakes, the continued shootings, Ukraine's devastation, and our military, both here and abroad. Pray for World-wide Peace!

Sweet and Savory

By Shirley Nolin

Another of
Sous Chef Shirley's talents is her love of
beautiful antiques.

The three decorative cards on the right – two
Valentines and one Easter card, are circa 1900s.

They are a feast for the eyes!

The following "no bake" recipes are a
feast for the palate!



Sugar and Spice and Everything Nice!

Fudgy Banana Rocky Roll Clusters

- 1 pkg. (12 ounces) semi-sweet chocolate chips
- 1/3 cup peanut butter
- 3 cups miniature marshmallows
- 1 cup unsalted peanuts
- 1 cup banana chips

Line baking sheets with buttered wax paper; set aside.
Place chocolate chips and peanut butter in large microwaveable bowl. Microwave at HIGH 2 minutes until chips are melted and mixture is smooth, stirring twice. Fold in marshmallows, peanuts and banana chips.

Drop rounded tablespoonsful of candy mixture onto prepared baking sheets, refrigerate until firm. Store in airtight containers in refrigerator.
Makes 2 dozen clusters.

Raisin Clusters

- 1 cup milk chocolate chips
- 1/3 cup sweetened condensed milk
- 1 teaspoon vanilla
- 2 cups raisins

Use baking sheet with buttered waxed paper, set aside. Melt chocolate with condensed milk and vanilla in a small bowl. Microwave slowly, stirring occasionally. Remove and stir in raisins. Drop by teaspoonsful onto prepared baking sheet. Refrigerate until firm.

Store in refrigerator in an air-tight container between layers of waxed paper
Makes 30 clusters.

Holiday Crunch

- 12-oz. pkg. white choc. chips
- 1 cup small pretzels
- 1 cup apple/cinnamon cereal
- 1 cup graham cracker cereal
- 1 cup pecans

Melt white chocolate chips, set aside. Combine pretzels and remaining 3 ingredients in a large bowl and pour melted chocolate chips over, stirring to cover. Spread mixture on lined baking sheet and refrigerate. When completely cool, break into pieces and store in an air-tight container.

Makes 4 cups.

Courage - Resiliency - Determination

Following up on Attleboro's BIG READ (September 2022 - April 2023)

The Fall issue of *Happenings* featured an article about the Attleboro Public Library's BIG READ, 2022. A memoir-in-essays by Rebekah Tausig describes a woman, paralyzed from the waist down, who is facing her life's challenges and how she continues to deal with them. Her book was chosen to highlight people with disabilities and to impress the public with a continuing need for positive improvements. Kathy Rogers, one of the representatives of the Attleboro Library's writing group, approached the Christopher Heights writing group to partner with their effort to highlight this important subject and hopefully join the City's efforts to affect needed change. Several of our in-house Monday Matinée movies (examples: *The King's Speech* and *The Theory of Everything*) told the stories of someone with a severe disability and how he coped. At the January Town Hall meeting, CH Residents were invited to share their thoughts with a story or a simple statement about his or her own experiences. What follows on this page and the next are some of the responses.

One Man's Journey – By Bill Healey

Fall 1954 brought Hurricane Carol to the Merrimac River Valley. I had started High School and joined the football team (the #1 Team at the school). I was the smallest member of the squad at 5'2" and 105 lbs.

It was late in the afternoon and I was walking home from practice. The sidewalks and roads were littered with storm debris. My friend, John, called to me from the other side of the road. I looked for oncoming traffic. Seeing none, I started to cross. Suddenly, out from behind a telephone repair truck popped a Ford sedan moving fast. I spun around toward the sidewalk I had just left.

Too late – Brakes squealed! I felt the bumper hit my lower back like the kick of a mule, tossing me up in the air, landing on the road on elbow, chin and knee.

When they got me home and the doctor examined me, he found a broken vertebrae in my lower spine. I was fitted with a nylon girdle with steel stays sewn into the fabric. It was both painful and hot. I walked around like a West Point cadet! Next I was forced to give up football, the game I loved. Another hit and I wouldn't be able to walk I was told. I did not take the news well.

What I Can Do – By Jean Salisbury

As I aged, neuropathy moved in. This caused my balance to become very unsteady. I started with a cane, then went to a walker. I still use the walker in my apartment or for short distances. I received a motorized wheelchair as a gift from my daughters and their families.

With this I can now travel to the Larsen Senior Center, to Morin's to meet friends for lunch, or just go for a fair weather jaunt. I use it outside my room at Christopher Heights to take part in exercise, Wii bowling, bingo and mind games, and to enjoy the entertainment!



Ed. Note: To date, Jean hasn't "taken anyone out!"
Just kidding, she's a good driver!

(One Man's Journey – Cont. from page 6)

I got into the habit of always sitting with my back against walls and became very aware of any motion behind me. It also became very dangerous to approach me from behind.

One of the most depressing things that became evident was that the coaching staff wanted no part of me. None of them wanted me injured on their watch. I also had to walk away from many a fight. Every time I tried anything with any chance of danger, I was chastised for being stupid. The result was that most of my time in high school, I was frustrated and angry. As a result, I became a loner to the extent that I was voted "most independent" in my class year book.

After high school I enrolled in Prep School for a year. During my time there I ditched the gir-dle and joined a semi-Pro Indoor Volley Ball Team. Matches were played on hardwood courts. As a result of injuries due to jumping and spiking, I used a lot of stretching and heat which worked out pretty well. And I handled it well. This did wonders for my anger issues.

After Prep School came college where I played soccer. We won the New England Championship – heat and stretching twice a week got me thru and the Championship was uplifting.

In the years following I have learned to live with the pain pretty well and played on baseball and softball teams, golfed and owned Antique shops which required lots of heavy lifting, but made me happy. There have not been many pain free days in 72+ days. I am now 82 and still applying heat and stretching when I hurt. I now have a back brace and have adopted the motto "Moderation in all things," and have proved to myself that Churchill was right – "If you find yourself in hell – keep marching."

Bent and broken –
but still above the
roots!



The following are the residents' answers to our 4 statements: *Obstacles you face; Finish the statement: Once I could,. .Now I can't; I still can. . . skills, talent, crafts? An obstacle I faced in life . and how I overcame it.*

Obstacle I face – poor eye-sight!

How I cope – got reading glasses, get large print, take the balance class.

I still can ...

Design a layout and
Appraise antiques.
Bill H.

Obstacle: I find I am able to get around OK; but sometimes there are places that need repair!

Anonymous

Obstacle I face – Seeing. But, **I still can** take a shower!

Mary P.

Obstacle: Walking, PT, Pain. I can't do much! But **I still can** play games, crafts A single parent, I worked to raise two kids.

Anonymous

Poetry

The Children's Hour

By Henry Wadsworth Longfellow

Between the dark and the daylight,
When the night is beginning to lower,
Comes a pause in the day's occupations,
That is known as the Children's Hour.

I hear the chatter above me,
The patter of little feet,
The sound of a door that is opened,
And voices soft and sweet.

Descending the broad hall stair,
From my study I see in the lamplight,
Grave Alice, and laughing Allegra,
And Edith with golden hair.

A whisper, and then a silence:
Yet I know by their merry eyes
They are plotting and planning together
To take me by surprise.

A sudden rush from the stairway,
A sudden raid from the hall!
By three doors left unguarded
They enter my castle wall!

They climb up into my turret
O'er the arms and back of my chair;
If I try to escape, they surround me;
They seem to be everywhere.

They almost devour me with kisses,
Their arms about me entwine,
Till I think of the Bishop of Bingen
In his Mouse-Tower on the Rhine!

Do you think, O blue-eyed banditti,
Because you have scaled the wall,
Such an old mustache as I am
Is not a match for you all?

I have you fast in my fortress,
And will not let you depart,
But put you down into the dungeon
In the round-tower of my heart.

And there will I keep you forever,
Yes, forever and a day,
Till the walls shall crumble to ruin,
And mould in dust away!



Henry Wadsworth Longfellow

1807–1882

Henry Wadsworth Longfellow was born in Portland, Maine—then still part of Massachusetts—on February 27, 1807, the second son in a family of eight children. His mother, Zillah Wadsworth, was the daughter of a Revolutionary War hero. His father, Stephen Longfellow, was a prominent Portland lawyer and later a member of Congress.

After graduating from Bowdoin College, Longfellow studied modern languages in Europe for three years, then returned to Bowdoin to teach. In 1831, he married Mary Storer Potter of Portland, a former classmate, and soon published his first book, a description of his travels called *Outré Mer* (“Overseas”).

But, in November 1835, during a second trip to Europe, Longfellow’s life was shaken when his wife died during a miscarriage. The young teacher spent a grief-stricken year in Germany and Switzerland.

(Cont. on page 9)

Poetry - (Cont. from page 8)

He proposed marriage to Frances Appleton, a young woman from Boston, ushering in the happiest 18 years of Longfellow's life. The couple had six children, five of whom lived to adulthood, and the family gave him new confidence

Longfellow took a position at Harvard in 1836. Three years later, at the age of thirty-two, he published his first collection of poems which highlighted people triumphing over adversity. These were inspiring to a young and struggling nation.

A few months after the war began in 1861, Frances Longfellow was sealing an envelope with wax when her dress caught fire. Despite her husband's desperate attempts to save her, she died the next day. Profoundly saddened, Longfellow published nothing for the next two years. He found comfort in his family and in reading Dante's *Divine Comedy*. (Later, he produced its first American translation.) *Tales of a Wayside Inn*, largely written before his wife's death, was published in 1863.

When the Civil War ended in 1865, the poet was fifty-eight. His most important work was finished, but his fame kept growing. In London alone, twenty-four different companies were publishing his work. His poems were popular throughout the English-speaking world, and they were widely translated, making him the most famous American of his day.

From 1866 to 1880, Longfellow published seven more books of poetry, and his seventy-fifth birthday in 1882 was celebrated across the country. But his health was failing, and he died the following month, on March 24. When Walt Whitman heard of the poet's death, he wrote: "I should have to think long if I were ask'd to name the man who has done more and in more valuable directions, for America."

The Village Blacksmith (1841)

Poems of Slavery (1842)

The Song of Hiawatha (1855)

Paul Revere's Ride (1860)

The Saga of King Olaf (1863)

Christmas Bells (1863)

The Wreck of the Hesperus (1842)

Evangeline (1847)

The Courtship of Miles Standish (1858) T

The Children's Hour (1860)

Tales of a Wayside Inn (1863)

The Sermon of Saint Francis (1875)

Like a Bird Singing in the Rain

(Submitted By Carol Hurley)



Let grateful memories survive in times of sorrow.

Robert Louis Stevenson

An Irish Blessing

May flowers always line your path
And sunshine light your day
May songbirds serenade you every
Step along the way
May a rainbow run beside you
In a sky that's always blue.
And may happiness fill your heart
Each day your whole life through.



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80 FOR Brady

By Loretta Lapierre

As proud residents of Christopher Heights Assisted Living Facility in Attleboro, MA, we were excited to learn that a movie: “**80 FOR BRADY**” was being produced. It is about a group of senior women who idolized N.E. Patriots legendary quarterback, Tom, the GOAT, Brady and are ardent Patriots fans.!

Clare Boardman, (left) a former resident here at C.H. was one of the five members of this “Brady bunch” as were Betty Pensavalle, Eileen St. Martin, Anita Riccio and Pat Sullivan all from the Attleboros. Sadly, Clare never got to celebrate the movie excitement, as she passed away September 3rd, 2022 at age 95. Anita and Pat are now living in an Assisted Living Facility. Eileen and Betty are 94 and 95, respectively.



CREDIT: CBS SUNDAY MORNING

For Brady’s entire seasons with the Patriots, these women would gather on game day, and cheer the team on with much shouting, raucous laughter and just having great fun! Of course, no party was complete without the usual delicacies – wine, Clare’s hard-boiled eggs, chocolate covered pretzels, chips, dips and so much more!.

Wearing their #12 “team” shirts, they settled in to cheer on their heroes - the whole team! At C. H. on game day, Clare would hang a Brady shirt outside her door like a banner for

all to see! The shirts had “**80 FOR BRADY**” emblazoned on the front.

When Clare turned 90, she changed the 8 to a 9! What fun it was! I just wish Clare could have experienced what she and her friends started. She’d be so proud!.

I have seen the movie and it is hilarious! If you watch Netflix on TV, you probably have seen “Grace and Frankie.” It’s about two actors, Jane Fonda and Lily Tomlin, who get into outrageous situations that make you laugh out loud! And it’s the same in the movie. They are also joined with so many A-list actors, Sally Field, Rita Moreno, and 6 more, including Guy Fieri! Tom Brady, Rob Gronkowski and Amendola make cameo visits. The story-line follows.

The movie is inspired by the *true story* of 4 (of the five) best friends, who take a life-changing trip to Super Bowl LI.

“A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady and see their hero play. Chaos ensues as they navigate the wilds of the biggest sporting event in the country.

As the New England Patriots reach the Super Bowl LI in Houston, four female fans become determined to attend the game and meet quarterback Tom Brady, which proves a more memorable experience than they expected. Especially after the Patriots fall behind by four touchdowns.”



Ed.’s Note:

It was announced February 1st, 2023 that Brady is retiring from football. Maybe we’ll see him again on the silver screen.

Dear Marion

By Marion Brousseau

Dear Marion,

I have a problem with my husband. We both just retired. I am very busy now with walking, exercising, women's groups, volunteering at the local hospital and my church group.

My husband, on the other hand, bought a police and fire scanner and sits in his recliner all day long listening to this scanner. He also gets up late and goes to bed early. The strange thing is that before retirement he belonged to the V.F.W., the American Legion, Knights of Columbus, and Men's Bible Study. All this has ended abruptly upon retiring.

How can I get him out of the house and back to his activities? He is driving me crazy!

Retired in RI

Dear Retired,

Your husband's behavior is strange to you – but not uncommon after retirement. You say he was always so active – well, maybe he feels “burned out.” Since he was always so active, suggest a walk with you a few times a week. Ask him if he'd like to volunteer with you even if only twice a month. Perhaps if one of his friends called him from the V.F.W., he may respond to him.

He should also have a physical. Maybe he's a little depressed. Some people struggle with the lack of routine they have known for years. Perhaps he feels like a “fish out of water.” I'm sure, in time, he will establish a routine.

Good luck and God bless

Mar

MY FORGETTER

My forgetter's getting better
But my rememberer is broke.
To you that may seem funny
But, to me, that is no joke

For when I'm “here,” I'm wondering
If I really should be “there.”
And, when I try to think it through,
I haven't got a prayer!

Oft time I walk into a room,
Say, “What am I here for?”
I wrack my brain, but all in vain
A zero is my score.

At times I put something away
Where it is safe. But, GEE!
The person it is safest from
Is generally, ME!

When shopping I may see someone,
Say, “Hi!” and have a chat.
Then, when the person walks away
I ask myself, “Who in the world was that?”

Yes, my forgetter's getting better
While my rememberer is broke.
And it's driving me plum crazy
And that isn't any joke.

I don't remember who I sent it to!

In Loving Memory:

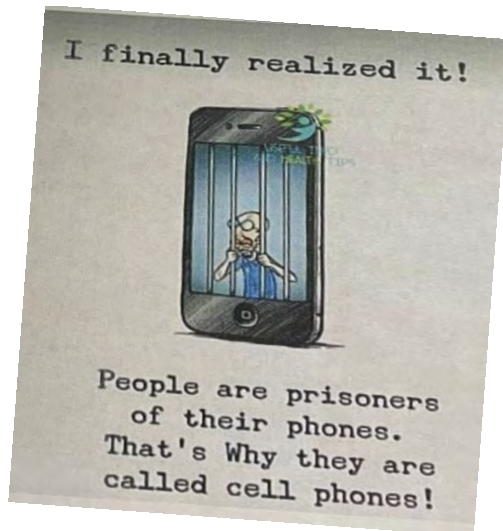
Carolyn Delgado #113
5/27/1934 – 2/9/2023

Natalie Daley #422
7/14/1930 – 2/27/2023

Fun Page

By Bill Healey

It's either someone
smoking Pot, or it's a
skunk!



Being a little older, I am
very fortunate to have
someone call and
check on me everyday.
He is from India and is
very concerned about
my car warranty.

This is Punxsutawney Phil's
ex-wife, Phyllis, who now
lives in Florida and said that
Phil is a compulsive liar.

"I will speak ill of no man, and
speak all the good I know of
everybody."

Ben Franklin

