



Meet Our New Executive Director, Mr. Ryan Perreault!

Interview by Sr. Nancy Stiles, susc



Exec. Director, Ryan Perreault

Born in Brockton, Ryan grew up and was educated in Bridgewater. After high school, he attended Stonehill College and studied criminology and psychology, graduating in 2011.

Ryan’s career began at Sara Brayton Nursing Care Center in Fall River where he was a concierge serving as a liaison between residents, families, and the various departments at the Center. He went on from Sara Brayton to start a leadership development and nursing home administration program, and become a fully licensed nursing home administrator for the State of Massachusetts.

Other work experiences include the Guardian Center in Brockton, Wareham Healthcare in Wareham, New England Sinai Hospital in Stoughton, Southpointe in Fall River, and now here at Christopher Heights in Attleboro.

Ryan’s hope (and ours) is to plant roots here, really get to know the Christopher Heights community, and create a feeling of comradery within the community. Short term goals include being sure that the facility is doing everything as it should (in compliance) and everyone is comfortable living and working here.

When I asked about ongoing plans, Ryan hopes to “walk the floors” and interact with residents and staff – seeking out and gathering information and opinions. He said that the effort to provide vans for all the Christopher Heights communities is still moving forward. He hopes that our kitchen will be a true “scratch kitchen!” But, challenges around supply and production are still huge!

Ryan said that he is open to suggestions and will be supportive of new ideas. He wants to do the “little things right.” Most important is maintaining communication and transparency with staff, residents, and families!

Welcome, Ryan!



Ryan chats with residents: Sr. Patricia Deasy, susc, Elaine BATTERY, and Nancy Perrino during a bingo game.

A Well-Earned Retirement

By Loretta Lapierre

Valerie Dennehy, Executive Director of Christopher Heights, Attleboro, has exchanged her “white collar” duties for “denim collar” retirement fun! Having directed this Assisted Living branch for 15 years, she has more than earned her place in the sun!

Val set very high standards here at Christopher Heights and they are the very same standards that resulted in this facility earning the “Best Assisted Living Facility in Attleboro” for many years.

2021 is this facility’s 21st Anniversary. The photo below shows the dignitaries who helped celebrate the 10th Anniversary. Unfortunately, we were not able to celebrate our 20th because of the COVID restrictions.

Christopher Heights, Attleboro, 10th Anniversary



August 11th, 2010

President and CEO Granther Group, Walter Ohanian, Then State Representative Betty Poirier, and C.H. Attleboro Executor Director Valerie Dennehy. (August 11th, 2010)

One of Val’s requests was that she didn’t want any fanfare on her retirement. And as much as we wanted her tribute on the cover page, we are bowing to her wishes. But, we can’t let 15 incredible years go by without saying a big THANK YOU!

The Deck Garden

By Jean Salisbury

There is a memorial garden in place on our back deck for a former resident, Joe Fauteux. He worked diligently for years to grow, “especially” tomatoes, but also string beans and peppers. It was a good hobby, a great working pastime, and we loved the veggies!

Our Activities Director, Lisa deMedeiros and her Associate, Claudette Morris, started a garden this year to honor him.

What great summer squash they grew! In fact, we sampled that squash as a pub-time hors d’oeuvre! The tomatoes are on the way. We will be eating them by the time this paper goes to print. I understand that Jeff (maintenance) was the good guy who picked up the plants for the women.

Good job, Lisa and Claudette! I am sure Joe is smiling, but would love to be directing the new “farmers” on the deck!



Just a sample of the beautiful squash!

Lisa and Claudette made delicious hors d’oeuvres with the veggies topped with olive oil, spices, and sprinkle cheese on crackers. Everyone loved them!

We would have loved photos of the tomatoes, but every ripe one keeps disappearing overnight! Hmmm!??? Do we have a tomato thief?



A Library Story

By Loretta Lapierre

I have always been an avid reader. As a child, I had all the series books: Honey Bunch, Nancy Drew and others. I lived in the country and just had one little girl to play with and, of course, invisible to my six older brothers, so Nancy Leach and books were my best friends.

One evening, when I was about 10, my mother saw the light coming from under my bedroom door, long after I should have been asleep. She came in and was horrified! I had taken the shade off the one lamp that I had in the bedroom and thrown a yellow wool scarf over the bare bulb to camouflage it! Brown scorched wool was already starting to burn! I could have burned the house down! Needless to say, I didn't do that again.

My mother introduced me to the public library back then, and I have been a card member ever since. Here, in the city of Attleboro, we have a gracious old library which has just been totally renovated

A BRIEF HISTORY OF THE BUILDING

The library opened at its present site on 74 North Main Street in November of 1907. Although from its beginnings in 1885, the collections of the "Attleboro Free Public Library Association" had been housed in buildings near the center of the city. There had not been a dedicated library building until J.L. Sweet donated land for one. His only stipulations were that the building be complete within a three year period of time and that it cost at least \$25,000. The architectural firm of MacLean and Wright won a design competition for the building, and a local contractor, Grant Brothers, was hired to build it.

Construction costs were approximately \$85,000, far surpassing Mr. Sweet's request.



Attleboro, MA Public Library

The following description of the building is a reprint from The Sun Chronicle.

"The original building was beautiful and ornate in execution but very simple in organization. One entered from front center stairs into a central foyer, which faced a small horseshoe-shaped main desk. The reading room to the left was dedicated to children's series, the one to the right was for adults. A metal self-supporting book stack that was behind the desk and in the basement beneath it as well, held the main collection. The stone stairs that led from the entrance went to a grand gallery and meeting room on the second floor.

Modifications and additions were made to the building over the years. Most important was a series of additions (constructed 1962 to 1974) that were put on the back of the building to gain office and stack space. The next construction and renovation project (1992 to 1994) maintained the beauty and dignity of the original building but expanded the usable space and allowed for an increase of approximately 50,000 volumes in the collection. "

The latest renovations include steam-cleaning the granite façade, a new roof and windows, expanded WI-FI necessities, a handicapped-accessible entrance and needs, and updated air conditioning.

It is really a gem! But, getting back to my story;

(Continued on page 4)

A Library Story (Continued from page 3)



The Attleboro Library is just a short walk from Christopher Heights. This is such a benefit and one which many enjoy. However, if you are unable to get there, for one reason or another, it becomes just a wish.

Recently, I had COVID, and was sequestered in my apartment, which became a *very long* two plus weeks. Naturally, I turned to my best friends in a pinch – BOOKS. Since I didn't want to handle any of the books in our library here, I turned to my tablet. And, I discovered a lending plan that I felt I had to pass on to you. The only vehicle you need is either a Kindle, a tablet, or a laptop. Of course, a laptop isn't too user-friendly if you're going to read in bed.

Now, I know that reading electronically isn't new – I've had two Kindles that are loaded with books from Amazon. But they cost money! The library books are **free**, as you know.

The **benefits** of downloading books on your tablets are:

1. You have *all* the electronic "Ebooks" at your disposal.
2. You can borrow them for 7, 14, or 21 days.
3. The program keeps track of the page you're on. If you're finished reading, just turn the tablet off. When you want to resume reading, just turn it back on and select the "LIBBY" icon on your tablet. It will open to the page where you left off. No more bookmarks are necessary.
4. The program tracks the number of days selected and informs you when it is close to expiring. If you haven't finished, a "message" will ask: "do you want to renew?" Touch the "RENEW?" button and

it renews the book and returns to the last page you were on.

5. There are many categories you can select from, e.g., your favorite genre (fiction, historical fiction, mystery, and more.)

Another benefit of downloading electronic "E-books" is you can enlarge the type face to suit your needs.

However, you do need to remember to plug in your tablet once a day (with the tablet's cable).

The following instructions are pretty clear, but if you need help, ask a family member or someone at the library to help you.

Let's Start!

Getting electronic "E-books" from the Library

You need a library card. If it's a reasonably new card, it will have a number and a password. In the SAILS library system, the password is usually the last four digits of your phone number (where you took the card out). If you are unsure, call the library for assistance. The SAILS library group are about 70 in number, so, if you live in the Southern New England Areas, SAILS is probably your library network.

On your tablet, Kindle, or laptop, go to the "App store", search for Libby and select it.

Select GET and Libby will download and appear on your tablet. Open Libby. It will ask you if you have a library card – select YES. Choose "search for library" then type 02703 (Attleboro's zip code). Select Attleboro Public Library (SAILS network).

It will then ask you to type in your Library card number and pin (the last 4 digits of your phone number.) *Remember*, it's the phone number you had when you took out the library card in the SAILS network: Rehoboth, No. Attleboro, Attleboro, Plainville, Wrentham, Norton, and more.

Once you do these steps, you won't have to do them again. To start, touch the **Libby** Icon on the bottom of the page. (*Icons explained on page 5*)

Welcome, Katie Rego!

Interview by Sr. Nancy Stiles, susc

Katie Rego, our new Director of Admissions and Marketing, was born and raised in Chelmsford, MA. After graduating from high school, Katie moved to Falmouth on Cape Cod where she managed a bed & breakfast for 8 years. Katie says her favorite part of the job was hosting weddings.

While working on the Cape, Kate became a certified professional in the art of wine tasting! She is also certified in tax credit properties and business management.

Katie and her husband, Scott, now live in Somerset with their boys – Brayden (9), Owen (5), and Grayson (2). One of Katie’s passions is arts and crafts. She makes her own gifts, and designs gift baskets for fundraising! Somerset holds an annual soap box derby; and Katie creates the cars in which her boys compete. Fishing, hunting, and camping are outdoorsy things Katie loves to do!






When asked about her hopes for Christopher Heights, Katie responded that she hopes to fill the facility, to help grow the Christopher Heights company, and to move up possibly becoming an executive director!

Katie’s aim is to be an integral part of a great team!



A Library Story (Continued from page 4)

Explaining the LIBBY Icons

- The search icon  will allow you to search for an item by title, author, or subject. You will also see some filters under the search box, allowing you to search only audiobooks, or only titles that are available now.
- The home icon  will return you to the main Libby page, which offers access to guides and other seasonally curated collections.
- The Libby icon  will bring you to a page where you can add another library network, access the help files and change your settings. Once you are done with this feature, choose “hide” in the upper right corner to return to the main screen.
- The shelf icon  is where you can see the titles that you have currently borrowed, and the titles that you have on hold. Each individual title that you have currently borrowed will have an option to “Manage Loan” – this is where you will go to specify what App you want to read a title with. You can also return titles early, or renew them, under this option.
- The timeline icon  is where you can see your history with Libby, including titles that may have expired before you got a chance to borrow them. If you choose the “actions” button in the upper right corner, you can export this activity, or delete your history.

Sweet and Savory

“Kitchen Secrets”

By Shirley Nolin

- To preserve the flavor of coffee after it has been opened, store in the refrigerator.
- When a recipe calls for sour milk, and have none, add vinegar to sweet milk. One Tblsp. to one cup.
- If your cake browns too quickly before it is baked, place a pan of warm water on the rack above it in the oven.
- To prevent an egg from cracking while it is boiling, pierce either end with a needle before placing the egg in water.
- Juice left from canned fruit can be used instead of water, making better-tasting Jello.
- A piece of fresh bread in a container of brown sugar will prevent the sugar from hardening.
- Add 1½ Tsp. of lemon juice to a cup of rice while cooking to keep the kernels separated.

Make Someone Smile!

- Put some flower seeds in an envelope
- Write on the outside: **“Something Cheerful”**
- On the card inside:



Kindness grows

Love blooms

Friendships flower

Remember Mom saying this? . . .

“No dessert until you clean your plate.”



. . . “Well, that’s not happening!”

The Hershey Chocolate Company was founded in 1894. It sold its very first candy bar in 1900.

Potato Chips *Submitted by Jean Salisbury* from the Smithsonian Magazine



Loved by all!
But who invented them?

A cook named George Crum from the 19th century was asked by Cornelius Vanderbilt

to not make his potatoes so thick. Mr. Crum was furious at such a fussy eater, so he sliced the potatoes as thin as he could and fried them. Cornelius was overjoyed with them.

Soon other patrons of Mr. Crum’s Moon Lake House restaurant in Saratoga Springs, NY started asking for the Saratoga Chips. An earlier version, however, was served back in 1817, as “potatoes fried in slices or shavings.”

In 1926, Laura Scudder of California started bagging chips in wax-paper bags, and boasted “the noisiest chips in the world.”

The next year Leonard Japp of Chicago began mass producing chips to serve one special client – Al Capone!

Locally, a favorite brand was “Made Rite.” It was bought out by a national company and “Lay’s” became the first national brand of chips in 1961.



The slogan: **“betcha can’t eat just one”** was introduced. About 1.85 billion pounds of chips are consumed each year.

Today, there are all kinds of flavors, and definitely a kind to satisfy any craving.

A New England Proverb:
Use it up, wear it out,
Make it do, or do without!

Poetry

I Wandered Lonely as a Cloud

William Wordsworth – 1770-1850

I wandered lonely as a Cloud
That floats on high o'er Vales and Hills,
When all at once I saw a crowd,
A host of golden Daffodils;



Beside the Lake, beneath the trees,
Fluttering and dancing in the breeze.

Continuous as the stars that shine
And twinkle on the Milky Way,
They stretched in a never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.

The waves beside them danced, but they
Out-did the sparkling waves in glee—
A Poet could not but be gay
In such a jocund company.
I gazed—and gazed—but little thought
What wealth the show to me had brought:

For oft when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude,
And then my heart with pleasure fills,
And dances with the Daffodils.

What is Wordsworth's message in this poem?

Daffodils celebrate the beauty of nature and its purity, along with the bliss of solitude. He deems his solitude as an asset and inspires him to live a meaningful life.

Wordsworth makes use of imagery figuratively to display his feelings and emotions after encountering the daffodils.

Seasons

By Dianne Ferreira

Within the circle of a flower bed,
Reclining in my chair
Scents of Summer tickle my nose
Warmth caresses my face.

Soon the blossoms will go to sleep
Lulled by swirling winds,
Replaced by reds and browns and golds—
Autumn begins.

Lovingly taken from:

Gift from the Sea

By Anne Morrow Lindburgh

“Don't wish me happiness—
I don't expect to be happy all the time . . .

It's gotten beyond that somehow.

Wish me courage and strength

And a sense of humor

I will need them all.”

Father's Day

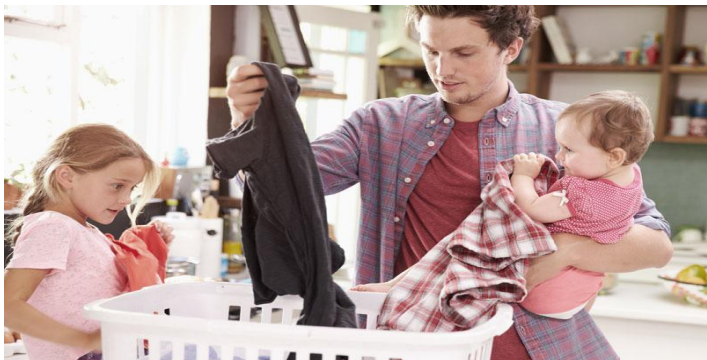
By Jean Salisbury

Why was "Fathers' Day" not a National holiday until 1972? You would think, because men have been the dominate ones since forever! But because Mothers' Day was first, men thought a holiday for them was too "feminine."

A woman from West Virginia, after more than hundreds of men died in a mine accident, organized a Fathers' Day service in 1908. But it didn't continue as an annual event. However, in 1909, Miss Dodd of Spokane, Washington, was inspired by a Mothers' Day church service. A few months later, she convinced the Spokane Minstral Association and the YMCA to set aside a Sunday in June to honor fathers.

So, the first Fathers' Day, the third Sunday in June, began. Roses were in the men's lapels, red for the living fathers, and white for those who had passed away. Of course, commercialism arose as stores were struggling because people were pinching pennies during the early 1900's. Fathers' Day was a good excuse for people to buy Dad something. Later, in WWII, our military were in harm's way, and definitely deserved to be honored.

Over the years, fatherhood has changed. Men are not alone in the workforce as wives work outside the home too. Fathers and mothers share equal time with their children, both in the home and outside activities. Making Father's Day a holiday elevates the importance of celebrating the role of fathers in the family circle and celebrates all they do for their families.



Pastor David Meunier

From the Plainville, MA Baptist Church

Every Friday morning at 10:00, Pastor Dave joins us for prayer and song. It has become so enjoyable and popular that we may have to use a



larger room! Pastor Dave's wife, Lora and one or two of their children, (when they are out of school), come as well. All play a musical instrument and sing! It is a beautiful way to start a morning.

Pastor Dave grew up in northern RI. He was born April 10th, 1966 (two weeks early) and he has been early ever since!

He graduated from North Smithfield High School in 1984 and was accepted at Jacksonville University that fall. In 1988, achieving a degree in Physics, he immediately proposed to Lora and they were married in Dec., 1988. Commissioned as a U. S. Naval Officer upon graduation, he was accepted in the Navy's Nuclear Power program.

He was well contented to remain in the Navy, but God had other plans. A friend shared how he could receive eternal life as a gift from God through the gospel of Jesus Christ. And, just after 3 years in the military, he entered the pastoral ministry.

Receiving a Master of Divinity Degree in 1996, he became an assistant pastor at a church in Minnesota. In 2000, the Plainville Baptist Church asked him to become their Pastor.

Pastor Dave and Lora have been in Plainville for 22 years, and are the parents of six children: Paul, Richard, Timothy, Josiah, Seth, and Theresa.

Two Wolves

Submitted by Carol Hurley



One evening, an old Cherokee told his grandson about a battle that goes on inside people. "My son, the battle is between two wolves inside us all.

One is evil - It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good – It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson thought about it for a minute and then asked his grandfather "which wolf wins?"

The old Cherokee simply smiled and said:
"The one you feed." *A Cherokee Story*

ACCEPT *what is*
LET GO *of what was*
AND HAVE FAITH
In what will be.

For All Those Born Before 1930

Submitted by Jean Salisbury

We were born before:

- Television, penicillin, polio shots, freezer foods, Xerox, plastic, contact lenses, Frisbees and the PILL.

- Radar, credit cards, split atoms, laser beams, ballpoint pens, panty hose, dishwashers, clothes dryers, electric blankets, air conditioners, drip-dry clothes, men walking on the moon.

- Marriage before living together – how quaint can you be? Closets were for clothes (not coming out of), bunnies were rabbits and rabbits were not Volkswagens, designer jeans were "scheming girls named Jean, and having a "meaningful relationship" meant getting along with your cousins.

- Fast food was what you ate during Lent and outer space was the back of the Roxy Theater.

- We were before house-husbands, gay rights, computer dating, dual careers and computer marriages, day-care centers, group therapy, nursing homes.

- We never heard of FM radio, tape decks, Electric typewriters, artificial hearts, word processing, yogurt, guys wearing earrings. For us, time-sharing meant togetherness, not computers and condominiums.

- A "chip" was a piece of wood "Hardware" was a store and software wasn't a word.

- In 1940, "made in Japan" was an inferior trinket, "making out" was how you did on your exam. Pizza, MacDonald's and Instant Coffee were unheard of.

- There were \$.05 and \$.10 cent stores where you bought things for 5 and 10 cents. Ice cream cones were a nickel or a dime. For a nickel you could ride a street car, make a phone call, buy a Pepsi.

- You could buy a brand new Chevy Coupe for \$600, but who could afford one? A pity, too, because gas was 11 cents a gallon!

A Civics Refresher

Submitted by Bill Healey

This is the United States Government's ultimate fail-safe order of succession after the President:

1. The Vice President
2. Speaker of the House
3. President Pro Tempore of the Senate
4. Secretary of State
5. Secretary of the Treasury
6. Secretary of Defense
7. Attorney General
8. Secretary of the Interior
9. Secretary of Agriculture
10. Secretary of Commerce
11. Secretary of Labor
12. Secretary of Health and Human Services
13. Secretary of Housing and Urban Development
14. Secretary of Transportation
15. Secretary of Energy
16. Secretary of Education
17. Secretary of Veterans Affairs
18. Secretary of Homeland Security

Dear Marion

By Marion Brousseau

Dear Marion,

A woman I know brings empty containers when she goes to a friend's get-together/ outing. After everyone is supposedly finished, she fills up her containers. It embarrasses me to watch her and I think it is "nervy!"

Is this a new trend, or am I being "old-fashioned?"

Repulsed Party-Goer in Attleboro

Dear Repulsed Party-Goer,

I, too, have seen people do this, and I think it is very "nervy." However, if it is an informal event, and the hostess has suggested that guests may take home leftovers, then it is acceptable.

In that case, the hostess provides the disposable "doggie bags." It is never appropriate to bring your own containers to an invited event.

Marion

Welcome, New Residents!

Mary Ann Amara (405)

Vivian Aruda (202)

Carolyn Delagado (111)

Helen LeBlanc (409)



Lydia LeMaistre (206)

Raymond Tracy (203)

James McShea (304)*

* James is Mary Ann's brother

Christopher Heights of Attleboro – Resident Writing Group

Dot Debuc, Writer
Sister Eileen Davey, susc, Writer
Bill Healey, Civics, Fun Stuff
Judy McKnight, Fun Stuff
Carol Hurley, Inspirational

Jean Salisbury, Writer/Treasurer
Loretta Lapierre, Editor & Composition
Sister Nancy Stiles, susc, Asst. Editor & Composition
Marion Brousseau, Writer
Staff Contributors: Shirley Nolin and Dianne Ferreira

My Dad

Joseph M. MacDougald

By Loretta MacDougald Lapierre

I was 12 when my wonderful daddy died. So my memories of him are blurred by what I remember and what I have learned about him. He was a plumber/steamfitter by trade. During WWII and until his death he worked at the Newport Naval Base. He would leave early in the morning and return at suppertime. We didn't have a car, so he carpooled with other workers.

The youngest of 13, he lost his mother when he was seven. She had a fatal heart attack, leaving the family motherless. His dad worked in the jewelry business in Attleboro. Over the years, when his older siblings left home, he too had the "wanderlust." At age 15, and a freshman at La-Salle Academy in Providence, he asked his Dad for his signature to enlist in the U.S. Navy.

In the Navy, he served on many "sailing ships", full-masted schooners, and Teddy Roosevelt's private yacht, "Mayflower." He was also part of the crew who brought up the sunken warship, *Maine*, off Cuba. For years I kept a large rivet from the *Maine*. He detailed his years of service in a detailed log of his experiences that I never got a chance to read. They were lost over the years.

When he left the service, he met my mother and her girlfriend who were picnicking in Roger Williams Park in Providence. He was canoeing and asked them if they wanted a ride! Loretta (my mother's name too!) and Joe were both smitten and subsequently married in 1917!

My memories:-When I was little, he loved to tell stories at night after supper. He would take me up on his lap in the old rocking chair and recite wonderful poems from heart or read to me with such animation from one of our many books. *James Whitcomb Riley's* poems and *Grimm's Fairy Tales* were favorites. My older brothers also enjoyed dad's stories. They would sit on the floor around him while he "emoted." They would sometimes offer recitations, too. It was fun!

... Farewell, Auf Wiedersehen ...

Jodi Spears

By Sister Nancy Stiles, susc

We are not the von Trappe Family, but we would like to say a sad and fond goodbye to Jodi Spears, our Resident Services Manager for the past several years. Jodi came to Christopher Heights in October, 2018.

And then, only about 15 months into the job, the pandemic broke out and presented a very great challenge! Jodi's well-trained team of caregivers navigated those years well, maintaining a high standard of care and compassion.

We thank Jodi for her dedication and a job well done! Our wishes for success and happiness go with Jodi as her new adventure at Clifton Nursing and Rahab Center in Somerset begins! Go with our love and prayers!

My Dad (Continued)

Dad was a quiet man. Although I had six older brothers, I don't ever remember any fighting or disturbance in our house. The rule was for heated disagreements: "take it outside."

He died in 1945 at age 59 from an unsuccessful surgery. Hospital rules back then didn't allow children under 14 to visit patients, so my mother snuck me up the back stairs to see him one last time. I got a chance to kiss him and tell him I loved him. He died the next day. I treasure his memory and so appreciate his example.

R.I.P.

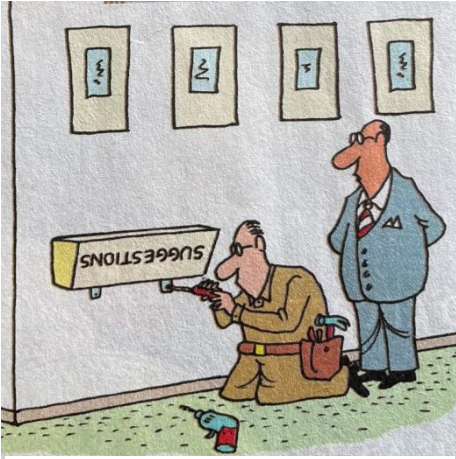
In loving memory of:

Rita M. Johnson (412) 1931-2022

Jerry Sandberg (312) 1934 - 2022

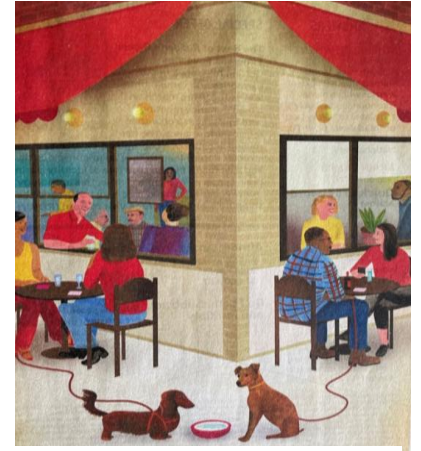
Fun Page

Submitted by Bill Healey



May I make a suggestion?

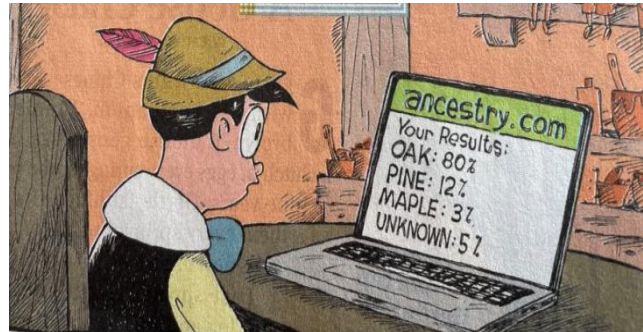
"I will speak ill of no man, and speak all the good I know of everybody."
Benjamin Franklin



Do you share?



Forgot his keys again!



"As a U.S. Army officer, I even contributed one or two items to "Humor in Uniform," but my stories did not make the tough cut."
Colin Powell in the 75th anniversary edition of Reader's Digest, 1997.



Oops!

"Some people regard private enterprise as a predatory tiger to be shot.
Others look at it as a cow they can milk.
Not enough see it as a healthy horse pulling a sturdy wagon."
Sir Winston Churchill