

The Newsletter



Senior Center at Lower Village
A meetingplace for seniors

VOL. 22, NO 5

Dedicated to Hank Spaulding

JANUARY 2012

The “heart” of the Center weighs heavy these days, as we mourn the loss of Hank Spaulding, the co-founder of the Senior Center at Lower Village. Hank passed away on Thanksgiving morning, surrounded by his loving family.

As his son, Rob, shared with those at his memorial service, his dad, “truly lived a life of possibility. On his worst days the glass was half full, and most of the time it was damn near full to the brim. His core convictions were simple and ran deep: Never forget those who’ve helped you along the way, always be willing to pitch in, don’t complain, be grateful, and always having something you’re shooting for, something to look forward to.”

Hank was one of Boston’s most successful real estate developers, succeeding in a business style that is unheard of in today’s business climate. As his son Andy said, “He always wanted people on both sides of a deal to win at the end of the day. He felt that if both sides win, there are more deals in the future.”

A former business associate, Gerald Blakely, expressed that “He had that winning smile, and he always listened to people. A lot of developers are egomaniacs and do all the talking. Hank was wonderful about listening.”

Lawrence Bacow, a president emeritus of Tufts University, and former Chancellor at Hank’s alma mater, MIT, said, “In many ways, Hank’s eyes were his most remarkable feature. Hank had the capacity to see the world not as it was, but as it should be. He could look at a gravel pit on Route 128 and see New England Executive Park. He could look up the hill at a piece of raw land and imagine a gleaming hospital, the Lahey Clinic.”

Hank was generous with his time and money – at MIT and in Kennebunk. As Bacow stated, “Hank gave MIT millions and didn’t want his name put on anything. That was not his style. He was unbelievably modest, and if you met him, in a million years you wouldn’t know this was someone of immense accomplishment or wealth, for that matter. “

Hank’s legacy to our Senior Center is immeasurable. He and Annie had the vision to create a warm and inviting meeting place for seniors in honor of their respective parents over 20 years ago. The Center is what it is today thanks to their overwhelming generosity.

Hank will live on forever in our hearts. If you ever had the good fortune of knowing Hank, you are truly blessed.

VIVA V♥LUNTEERS

Our **Elder Elves** have been very busy shopping, wrapping, and stuffing gift bags to be delivered to the seniors in our community that will be alone at the holidays. Thank you to this special group of volunteers: **Shawn O'Neill, Judy Lachiatto, Kathy King, Norene Dyer, Diane Thayer, Judy Finnegan, Vi Black, Mae Findlay, Jayne DeBenedictis, Bridget O'Connor, Maureen McKenzie, Nancy Dahn, Troy Hendrickson and the staff at The Bank of Maine.**

A special thank you to **Doris Kellar**, for sharing her time and talent of boxwood tree making and centerpiece arranging with our new volunteers. We had a devoted group of ladies that helped create and decorate our lovely boxwood trees and centerpieces. A sincere thank you to: **Betty Craver, Florence Damon, Fran Robinson, Judy Finnegan, Mae Findlay, Dale Irving, Rita Manchester, Nancy McNelis, Sue Jones, Helen Thompson, Marilyn Snow, Joyce Otis, Jeanette Toothaker, Mary Lou Kiley, Gail Clarke, Liz Jones, Sally Cory, Lorraine Bartlett, Maureen McKenzie, Bridget O'Connor, Lois Milliron, Gwen Shibles, Jan Wallis and June Barrier.**

We "Decked the Halls" of the Senior Center for our 20th Annual Christmas Fair on Saturday, December 3rd. The center was filled with beautiful boxwood trees, festive centerpieces and fresh balsam wreaths. A special thank you to **Dolly Choquette**, for her countless hours of work on the hand-tied bows; they are the gorgeous finishing touch for all of the wreaths. We had many visitors from near and far stop by to shop at the fair, take a chance on the money wreath and buy cash calendars. We had a hard working group of volunteers that helped at the fair this year. A heartfelt thank you to: **Maureen McKenzie, Minerva Shields, Norene Dyer, Joyce Otis, Sue Stringer, Jennifer Gleason, Lois Milliron, Kathy King and Sue Jones.**

Bridget Dempsey
Volunteer and Marketing Coordinator

NEWS from Susan ...

Simply said, Hank Spaulding was the most wonderful person I've ever met. His kindness and generosity had no boundaries. His positive attitude was contagious. He always made me feel like there wasn't anything I couldn't do. After *every* meeting of the Board of Trustees, he would follow me back to my office, give me a pat on the back, and say, "Great meeting, Susan".

I loved to talk with Hank because he was intent on listening. He would stare at you with those sparkling blue eyes and really listen – as if you were saying the most important thing he'd ever heard and you were the most important person he'd ever met. And, his attention was genuine. There was nothing phony about Hank. He treated everyone the same. He loved people and was always curious about their thoughts and feelings. Please honor Hank's memory by being like him – treating every one with respect and dignity.

The Center was very important to Hank as he and Annie's vision has brought so much enjoyment and support to so many people. He would walk through and say "Wow! This is a terrific place. Look at all these people enjoying the Center." Whenever you come to the Center I hope you will think of Hank with fondness and appreciation.

Hank loved *The Newsletter*. He would read it from cover to cover and then read it again! He would marvel at the various activities going on at the Center and participated in many of them, including our annual road race. Hank especially loved *The Newsletter* when our dear friend Ann Franco was the Editor. He would marvel at her clever and witty way to say things. *The Newsletter* will be forever dedicated to Hank Spaulding.

Thank you, Hank, for being my friend and mentor. You'll always be right here egging me on – encouraging me to do the best job I can. Thank you for your many gifts.

Susan Pettit
Executive Director

CALENDAR OF EVENTS

Tuesdays – Open Bridge – Please Note: There will be no open bridge on the Tuesday morning that we have newsletter folding. Please check the calendar in the newsletter for the exact date for newsletter folding so you are not disappointed when you arrive at the Center and are unable to play.

Wednesdays – Scrabble & Chess. Open to everyone, the more the merrier. **1:00 – 3:00 p.m.**

Wednesday, January 4 – Grand Circle Travel presentation on Paris/Normandy River Cruise. **10:00 a.m.**

Monday, January 9 - Keep it Legal! Attorney Milda Castner, of the law firm *Bergen & Parkinson*, will be at the Center from 9 – 11:00 a.m. to consult on legal matters. If you'd like an appointment to see her, please let us know by Thursday, January 5. **9:00 – 11:00 a.m.**

Tuesday, January 10 - Edward Jones Financial Advisor Hosts Annuities and Your Retirement Seminar. Joshua Patterson, Financial Advisor from the Kennebunk branch of Edward Jones will discuss the following topics:

- The different types of annuities and their features
- Retirement uncertainties that could impact a long-term strategy
- How an annuity can supplement retirement income

Please sign up for this seminar. **10:00 a.m.**



Friday, January 13 – Reverse Mortgage - A positive tool for retirement planning. This FHA Guaranteed loan product allows you to retain ownership of your home while using your equity to enhance your quality of life without a payment. Funds can be used to create an income stream for retirement or to pay off mortgage or other debts. Get the facts, bring your questions, and learn the details. **Sharron Eastman**, owner of Big Horizon Mortgage will be at the Center discuss reverse mortgages and answer any questions. Please sign up for this program. **10:00 a.m.**

Monday, January 16 – Martin Luther King, Jr. Day – Center Closed

Tuesday, January 17 – Monthly Luncheon. **Federal Jack's** is our host this month. Featured on the menu: Sautéed Chicken Scaloppini: Chicken sautéed with spinach, mushrooms, & grape tomatoes served over a Parmesan risotto cake and garnished with a Parmesan tuile and pine nuts. A salad, dessert, coffee or tea is also included. The last date to sign up is January 6th. This is a lottery luncheon, if your name is picked **the cost is \$8.00.** The snow day will be Wednesday, January 18th. Please note: the time of this luncheon is **11:15 a.m.**



Wednesday, January 18 – Good Alert Program. **Christine Bougie**, a representative from Goodall Hospital, will be at the Center to explain the GoodAlert Program, an emergency response system available to area seniors. This system allows seniors the ability to live more independently than otherwise might not be possible, while also offering their family members peace of mind. The cost of this program is \$40 per month with no long term commitments and programs are available to seniors to assist in the cost. Your hospital affiliation does not need to be Goodall, this service is available regardless of your choice of hospital. The program will last approximately 30 minutes with time for questions and answers. Please sign up for this presentation. **10:00 a.m.**

Thursday, January 19 – Book Club. The book selection for the month of January is *“To Kill a Mockingbird”* by Harper Lee. **10:00 a.m.**



Friday, January 20 - Advanced Bridge Lessons. **Bob Blackmore** will be at the Center to teach an eight week course in Advanced Bridge. These lessons will focus on defensive play. The cost is \$40 if you are a member of The Senior Center and \$60 for non-members. Please pay for these lessons when you sign up. Maximum of 16 players. **9:30 a.m.–12:00 p.m.**

COMING EVENTS

Knitting Classes – Tuesdays, beginning January 31, six-week class. These classes are for beginners or experienced knitters. Bring your own pattern or one will be provided for you. The classes will be held at 10:00 a.m. and there is no charge. Please call Carol Lougee at 967-6318 for more information.



“I LOVE LUCY” – Doesn't everyone?? Beginning in February for 4 consecutive Friday afternoons we will be showing episodes of the popular 1950's show, “I Love Lucy”. We will show a different DVD each Friday which contains several episodes and you are welcome to watch all or just one or two. So beginning on Friday, February 3rd and running through Friday, February 24th, plan to stop by the Center to watch the iconic Lucy & Desi and remember a delightful and simpler time in television. **Show starts at 1:00 p.m. and will run approximately 2 hours.** What a great way to spend a winter afternoon! Thank you to Rachel Hubbell for sharing her DVD's.

Wednesday, February 8 – Eating for Energy
What would your life be like with an abundance of energy and vitality? What foods are best to eat to increase your energy? What foods decrease your energy? Please join **Maria Clark, Holistic Health Coach** for a presentation on learning how to increase your energy and vitality. Maria will discuss food that is super healthy and strategies to incorporate more super healthy food into your diet. She will also offer information on where to buy and how to cook it. The presentation will last approximately one hour with time for questions. **10:00 a.m.**



Tuesday, February 14 – Valentine's Day Ice Cream Social. Who doesn't love ice cream sundaes? Bring your favorite Valentine to the Center to make your own sweet creation. There'll be different flavors of ice cream and toppings to choose from. Bring a guest and he/she does not have to be a member of the Center. **BUT** you must sign up by Tuesday, February 7th. \$2.00 per person, but if you bring a non-member as your guest, **your sundae is FREE!** Limited to 28 people. **2:00 p.m.**



Wednesday, February 22– Monthly Luncheon at the Center. Give the Center a call to sign up for February's luncheon lottery by **Wednesday, February 15th.** Alisson's Restaurant will prepare a delicious, hot clam chowder and deliver it *to the Center* for us to enjoy here. Susan will provide her delicious homemade oatmeal rolls and a homemade dessert. Cost is \$7.00 per person but if you bring a non-member as a guest, **your lunch is free!** Limited to 50 people. **12:00 p.m.**

Friday, February 24 – Center for Breast Care at SMMC. Catherine Share, MD, of SMMC PrimeCare Surgery, will discuss the new Center for Breast Care at Southern Main Medical Center. **12:00 p.m.**

ANNUAL GIVING APPEAL DRIVE

We wish to express our heartfelt thanks to the additional following supporters of the Senior Center at Lower Village who have so generously contributed to our Annual Giving Appeal since the December newsletter:

Robert Bauman
Elder Planning Advisors
Mike & Joan Hogan
Richard & Jacqueline Moraes
Frederick Wilk

A very special thank you to those members who made a donation to the Senior Center at Lower Village in memory of Hank Spaulding





CENTER TREE ADORNED WITH “SPECIAL” ORNAMENTS

Many people made donations to the Center this holiday season to honor or memorialize loved ones. Handmade ornaments were hung on the Center tree.

IN MEMORY OF:

Ann Fairhurst
Arline Nowell
Beach Thurlow
Bernice Menard
Betty Eaton
Bill Webb
Booth
Catherine & William Gleason

Charles Bennett
Charles “Hank” Spaulding
Charles Bennett
David
Dick Eaton
Edna & Fred Lovell
Elizabeth Hatch
Emily Drake
Emma & Wells Cushman
Gail Harvey
Gladys Etherington
Glendon Rowell
Jane Staley
John Fram
Joy Burnham
Ken Campbell
Laurence Stringer

Lois Erskine
Madeline Fenneral
Marta & Joe
Mary Carmichael Feagans
Michael Kinsella
Ned Farrier
Odette Hunter
Patricia Robbins
Paul H. Dahn
Payson Hunter
Peter Hersey
Peter Hersey
Ralph Short
Ramsey Lee
Robert Manson
Salvatore Guglielmino
Sherry Otis Brown
Stirling
Sue Jones
Suzanne & Thomas Hackett

FROM:

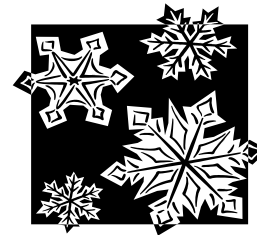
Christine Kruppenbacher
John Haggerty
Wilda Thurlow
Troy Hendrickson
Hank & Annie
Peg Webb
Pat Chick
Jennifer Gleason & Sue Stringer
Marie Bennett
Cynthia & Leo Daley
Marie Bennett
Granma
Hank & Annie
Iris & George Cushman
Judy Hersey
Arlene Dickinson
Iris & George Cushman
Norman Harvey
Hank & Annie
Sue Jones
Cornelia Stockman
Christine Kuzmitski
Hank & Annie
Beverly Campbell
Sue Stringer & Jennifer Gleason
Hank & Annie
Carol Walsh
Joe & Jen
Cynthia Daley
Hank & Annie
His Family
Hank & Annie
Troy Hendrickson
Nancy Dahn
Hank & Annie
Hank & Annie
Judy Hersey
June Short
Hank & Annie
Iris & George Cushman
Ida Guglielmino
Joyce & Bill Otis
Anna Pippin
Hank & Annie
Gail Hackett Clarke

IN HONOR OF:

Annie Spaulding
Lucy
Serena
The Joys of Christmas, Family
And Friends

FROM:

Cynthia & Leo Daley
Bob & Dolly Choquette
Pat Chick
Cynthia Daley



Winter Snow Policy

With winter in full blast, we want to remind you of the Center’s snow policy. **It is our policy to close if the schools are closed.** If the roads aren’t safe for school children, they aren’t safe for you. So if the schools for **RSU # 21(Kennebunk/Kennebunkport)** are closed, the Center is closed as well. *Local news channels WCSH 6, WGME 13and, WMTV 8 post the closings on TV. In addition, the Senior Center will have its’ own listing which will be especially helpful during school vacations.*



2012 Membership Renewal Reminder

Just a reminder...if you haven’t already done so, please send in your renewal form and 2012 dues. We want to be sure that you continue to enjoy your favorite activities at the Senior Center. We have lots of programs, trips and events coming up this year and you won’t want to miss them.

FYI

We would like to tell you about an exciting new arts program developed by **River Tree Arts**, in collaboration with the Senior Center. The four-week courses will be held at the Senior Center and **members will pay just \$10 per course**. The courses offered will be:

- Drawing on Your Imagination
- Introduction to Pastels
- A Printing Exploratory
- Introduction to Watercolor
- Digital Photography Basics
- Poetry for All

Days and times of classes will be announced shortly after the New Year. We will be sending out a short survey prepared by River Tree Arts to gather information that will insure that what is offered will reflect your interests. We hope you will take this opportunity to try something new with your friends and fellow members.



The winners in the Men’s Bridge Group for November were **Dick Moraes**, 1st place; **Bill Talmage**, 2nd place; and **Perry Craver**, 3rd place.



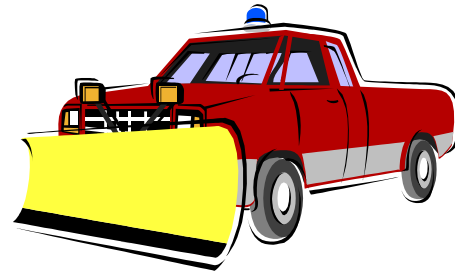
Thank you to **The Seafood Center of Maine** in Arundel for providing the delicious seafood luncheon to our members on December 2nd.



Thank you to **Atria Kennebunk** for the lovely Christmas Cocktail Party they held for our members on December 12.



The **3rd Annual Senior Center Bridge Marathon** will take place from May through September 2012. The cost is \$22 per person to benefit the Senior Center. More players are needed. Please contact: **Fran Robinson (985-8700)**, **Cathy Haley (985-8159)**, or **Nancy Wheeler (985-3223)**.



WHEN IT SNOWS WE NEED YOUR HELP.....

As many of you know, when Mother Nature shares a bounty of snow with us we have a phenomenon called “the incredible shrinking parking lot”. It does not take a whole lot of snow for this to occur. It happens when our snow banks spill over into the parking lot when there is no place left to put the stuff! It can start out slow, with a few inches in a storm. Then another storm happens with a few more inches, and it builds and builds, and before we know it, the lot remaining is a bit bigger than a postage stamp. We try our best to keep the lot clean and sanded. We also have times when we need the plowing contractor during the day; and other times when he needs to come with a backhoe to take some of the snow away at a considerable additional expense!

Having said all of this, we are asking you for your help to take some of the sting out the incredible shrinking parking lot. This winter season we ask that members use our parking lot **ONLY** while attending Center events. (As a reminder, we do share our lot with 2 other businesses so all the spaces are not for exclusive use by the Center). We ask that you especially not leave your car here unattended for extended periods of time. If you are at a Center activity and we need vehicles moved for the snowplow that’s a manageable task. But if you’ve gone off for the day and they are here to plow, it only compounds the problem. How unpleasant it would be if you were to return from an outing to find your vehicle plowed in or **TOWED!** It also results in fewer spaces available for those attending Center events. This time of year the municipal parking lot behind Alisson’s does not charge for parking so that would be an alternative solution for your parking needs. We surely appreciate your cooperation this winter.