



CHRISTOPHER HEIGHTS

AN ASSISTED LIVING FACILITY

Happenings

Quarterly Newsletter –Fall/Winter - 2021 – Vol. 9

Christopher Heights of Attleboro – 45 South Main Street – Attleboro, MA 02703 – Phone: (508) 222-2868 – www.christopherheights.com

Attleboro, MA – The Jewelry Capital of the World - - -

Or so it was penned in the late 1800's. If you lived in the Attleboro area growing up, chances are you, or family members worked in the jewelry industry. In the Attleboros and neighboring Plainville, there were many prominent manufacturers: L.G. Balfour, Whiting & Davis, Wells, Evans Case, Robbins, Swank, and D.E. Makepeace Co. to name just a few. (Providence, RI also claimed the above title in the same era). You probably still own one or more of these treasures. (One likely exception – the Super Bowl ring!)

L.G. Balfour - 1913

Balfour manufactured class and organizational (fraternity, sorority trophies, etc.) rings, keys, and memorabilia, as well as graduation invitations. The original plant was located at 25 Country Street in Attleboro, MA, from 1923 until the company changed its name and moved its operations to Texas and Mexico in 1997.

D. E. Makepeace - 1885

The D.E. Makepeace Company was founded by David E. Makepeace in 1885 and was one of the leading employers in the city during its heyday. It specialized in plating precious metals as a preliminary step for other firms, which used their products to produce finished works for retail sale.

Whiting & Davis

1876 – 2000s

Whiting & Davis was founded in 1876 in a neighboring town, Plainville, MA. Whiting first came up with the design for metal mesh purses and four years later formed a partnership with Edward Davis.

These bags today routinely sell for several hundred dollars each, while rare examples sometimes bring **several thousand dollars**.

Whiting & Davis



Whiting & Davis
Metal mesh and
Leather bags

Wells, Inc. 1922 - 1979

Raymond L. Wells, jewelry manufacturer, produced primarily bracelet charms in sterling, gold and some with enamel. Wells acquired the firm of R. Blackinton Co. in 1967 and in 1977 they combined with Benrus Co. until they closed in 1979.

Wells, Inc.



L. G. Balfour
Super Bowl Rings
and much more

place in history as a manufacturer of military badges, Olympic medals and NASA medallions to name a few.

Leach and Garner - 1899

This home-grown icon of the Attleboro jewelry industry started in 1899. This company is a global precious metal supplier known today as LeachGarner.

Swank, Inc. 1897 - 2002

Started in 1897 by Samuel Stone and Maurice Baer, Swank was a major producer of women's and men's jewelry, especially cufflinks and tie-related jewelry.

Robbins Co. 1892

Charles Robbins, a prominent jeweler in Attleboro, MA, established The Robbins Company in 1892. The company grew to become a dynamic force in the jewelry manufacturing business. They earned a unique

One person with passion is better than 40 who are merely interested.

Our Incredible Workers

Our hard-working staff make our daily lives as comfortable as they can, even through a pandemic!

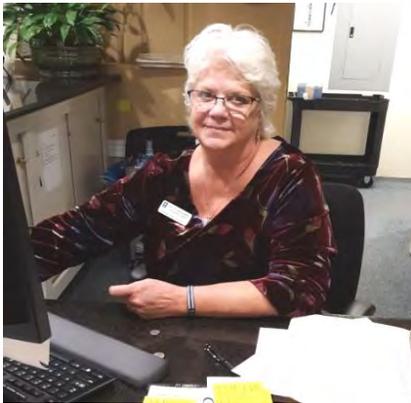
Director



Valerie Dennehy

It has been 14 ½ years since Val took the reins at C. H. I'm sure she didn't know at the time that she would have to manage through a Pandemic! But she has done it beautifully. Other than a few isolated cases, we are well cared for. Val and her husband of 51 years, have a daughter, Jennifer, and one grandson, Ryan. As to hobbies, she is planning to try a few things after she retires.

Administrative Assistant



Bette McKearney

Bette is our primary receptionist but wears many hats as well. Growing up in North Attleboro, she served 6 years in the Army and earned the rank of E6. She and her husband, Robert (Bob) have been married for 37 years. Their family consists of three children, 1 daughter two sons and three grandchildren; Noah, Mason and Owen. A first granddaughter is going to join the family in April. Bette has worked at C. H. for 6 years.

Resident Social Mgr



Jodi Sears, R.N.

Jodi has been with us for 2 years now. She is married and the mother of two boys, 21 and 26. Her duties are many at CH. She assesses residents as needed; manages service plans; manages all Companions and CNAs; manages medication needs and more.

To relax, she loves to take long walks either in the mountains or along the ocean. She also loves spending time with her family and friends, taking walks with her dogs and watching good movies.

Social Services Director



Linda Saleeba

Linda addresses all our health insurance needs and resource available to us in our community. And she does it all with such patience! Married with three children and nine grandchildren, she has worked at Christopher heights for 13½ years. She enjoys family gatherings and loves the beach in the summer and the snow in the winter. (The more snow the better!) She loves snow skiing, bicycling and swimming.

CNA/HHA



Kerri Dole

Kerri is a newbie at C.H. She has three daughters. Her duties are assisting residents, giving meds, serving meals, and putting smiles on residents' faces with a positive attitude. She enjoys fishing, time with the children, family and friends. Also, football, music, writing, exercise, movies, church and more!

CNA



Elsy Landazuri

Elsy is a single Mom who has one son. As a CNA, she helps residents with the activities of everyday living. She answers call lights and takes great care to be sure that residents are safe. Elsy loves to travel and learn about different cultures. She also loves to dance, and enjoys being in the company of others.

Welcome to new employees!

Kelly Gaudreau	Activities and Reception
Sabrina Hamilton	CNA

Leaving us after dedicated service:

Carol Punch	Housekeeping
Patricia (Trish) McNamee	CNA

Veterans Day Luncheon – 11/11/21



Outstanding Military Service Awards Explained



Medal of Honor – the only combat specific award that is worn around the neck.

Service Cross – recognizes bravery in combat. They are specific to each branch of the military.



Silver Star – originally called the Citation Star. This award, established in 1918, bears the inscription "For gallantry in action."

Distinguished Flying Cross – Civilians as well as military are eligible for this award for heroism and distinction in flight.



Bronze Star – This award can be awarded to both foreign military troops and American service members.

Purple Heart – given to those wounded or killed in action. Gen. George Washington established the early form of the badge.



Excerpts from:

A Walk Through Attleboro's Past

By Nancy Hannans, , 1905

“Attleboro’s roots date back to 1661 when a company of eighty settlers purchased a tract of land from Wamsutta, sachem of the Pokanoket tribe of the Wampanoag Indians. The settlers chose Captain Thomas Willett to act as their chief negotiator because the Indians considered him to be a true friend. After many meetings, Wamsutta put his mark on the Indian deed..

The land was called The North Purchase and was under the control of the town of Rehoboth for thirty years. In 1694, it was incorporated as the town of Attleborough, named after a highly respected city and market town in Norfolk County, England.

William Blackstone, the founder of Boston, was Attleborough’s first settler. Blackstone was a well-educated man who built his home in what is now Cumberland, Rhode Island. He owned the first library and planted the first apple orchard. Often he could be seen riding a white bull, which he had trained, through the countryside.

John Woodcock and his sons built the town’s first settlement, a garrison house on the Olde Bay Road (now Route 1) near the Ten Mile River. It was one of a string of forts stretching from Boston to Rhode Island. Part of the house and burial ground still remain today in what is now North Attleboro.

Another famous historical landmark is the Old Powder House, located in the Oldtown section of North Attleboro. It was built in 1768 and was a storehouse for ammunition. Soldiers came here to refill their powder horns during the Revolutionary War and the War of 1812..

Attleborough began as a small farming community and later became a thriving industrial center with many busy factories. This was because of its natural water sources, its closeness to major ports, and the network of trains and trolleys that crisscrossed its hillsides. ”

Chief Whirling Thunder



Paul Bullock

By Loretta Lapierre

I had the pleasure of interviewing an Attleboro woman, Harriet Bullock, about her late husband, Paul (Whirling Thunder) Bullock. Raised in the Wampanoag Indian traditions, Paul quickly became noted across New England, and beyond.

Members of the Indian League of the Americas ,in which 574 tribes are listed today. Paul, Harriet and their six children traveled to many powwows across the country and Canada. In the sixties, Squaw Sachem Princess Nashaweena suggested that Whirling Thunder be elevated to Chief, a position he won and held for seven years.

Powwows are their way of expressing family values, friendships, and camaraderie’s. For years, Paul sponsored powwows at LaSalette Shrine here in Attleboro and Bristol, RI.

In 1981, from a little “store” in their cellar, where they sold various Indian clothing and trinkets, Paul and Harriet opened “*The Wandering Bull*” gift shop here in Attleboro. Harriet, although not of Indian heritage, has been credited with a great deal of the success of the business.

An accomplished seamstress, she made wedding dresses, researched and made MicMac coats, Indian capotes, dance shawls and beautiful ribbon shirts. *The Wandering Bull* was last managed by their son, Chris, in Washington, NH.

Apples

By Jean Salisbury

How many kinds of apples are there? There are 750 different ones; but there are baking and cooking favorites. Most all brands are good for pie making, from Baldwins on. And for applesauce you need Cortlands, Macoun, etc. The one I find best for snacking are the McIntosh, Delicious, Pink Lady and the New Zealand varieties.



These little round treasures have been used since at least 6500 BC to enhance dessert menus. They are good for you also. What do they say? *“An apple a day keeps the doctor away?”* Apples have no fat, sodium, or cholesterol.

Apple picking in the Fall is a great family, or individual, pastime. There are many orchards in the New England vicinity that allow “picking” times.

Just think of the pies, doughnuts, and cider from all these red or yellow treasures! *Enjoy!*



Leaves

By Jean Salisbury

What causes leaves to change color? Well, not all leaves turn bright colors in the fall. Really only a few of the many deciduous trees – such as maple, aspen, oak, and gum are the most colorful performers for our autumn spectacular!

Several things change the colors – temperature, rainfall, soil moisture), but the main one is light, or actually not enough of it. The length of daylight relates to the autumn equinox.

Days grow shorter, with less light, triggering changes in the plants. All the above reasons cause the drop in chlorophyll, the “green” in leaves. Other pigments, carotene (yellow) and anthocyanin (red) are hidden in the leaves all summer.

Sugar trapped in autumn leaves is largely the reason for the bright colors. So enjoy all those different colors, and say a “thank you” to Mother Nature.



Special Activities!

November

Veterans' Day Luncheon
Local Author Visits
Thanksgiving Tea Party

December

Christmas Eve Party w/Pianist Mark Davis
New Year's Eve Party – Karaoke!

January

Winter Blast Party
Friday Night Movies

Our Dear Friend, Joseph L. Fauteux

July 21, 1927 – August 31, 2021

By Jean Salisbury



What can I say about Joe? He was a grouchy, stubborn old coot with a heart and smile as big as all the Attleboros. He was everyone's friend. He enjoyed people and that smile was for everyone.

He enlisted in the Navy at age 17. He was stationed on the aircraft carrier, USS Bennington. Whenever the ship left port, Joe went with her. His duty was on the flight deck getting the aircraft off and helping them return. He crossed the Equator twice and had Navy documents attesting to it.

Joe was our resident farmer, or how it seemed. His tomato plants on the patio were special. They were well-watered, fertilized and tended to. It was his pleasure to give them all away – but he never ate one of his own tomatoes.

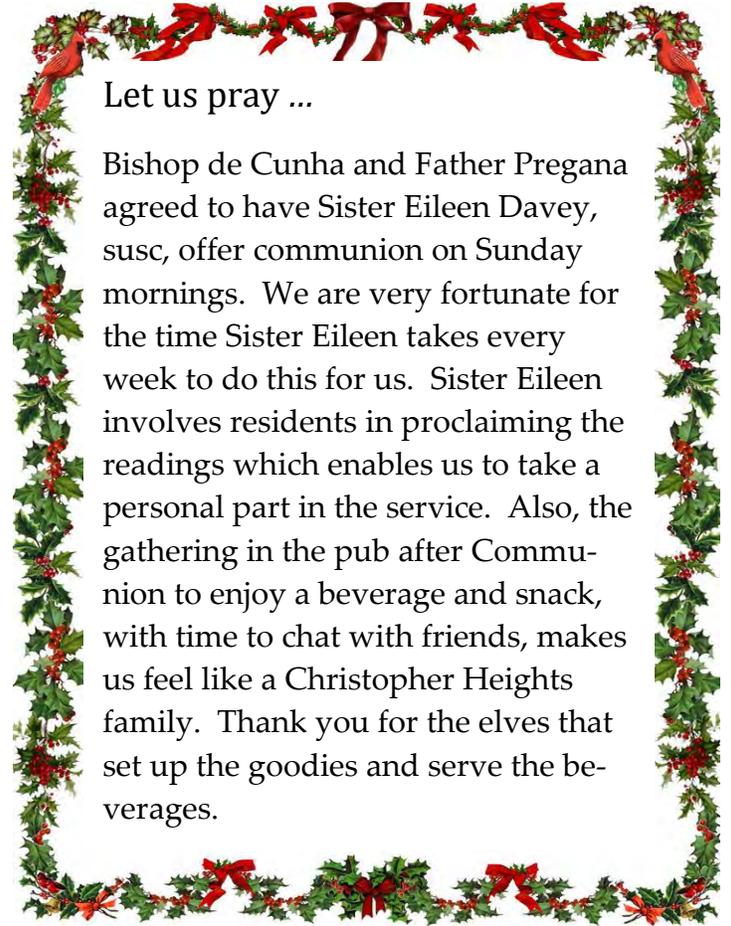
His walks around the block were his to enjoy. He would start at 3:30 AM, rain or snow, and stop at Cumberland Farms for a coffee and a chat with his friends. Of course, that was before Covid came to town and people could no longer stop to chat in stores. He still took his walks though.

We could always see Joe sitting out front of the building or on the back patio, enjoying the sun or maybe taking a nap.

He wanted to help people, so he took on chores, such as making sure outside cushions were put away, securing the umbrellas, and anything else he could do. He couldn't understand why "they" wouldn't let him do the vacuuming downstairs!

Joe had two sons and several grandchildren. He left us on August 31, 2021. He joined his wife, Mary Jane, at the National Cemetery in Bourne on Cape Cod.

God be with you friend.



Let us pray ...

Bishop de Cunha and Father Pregana agreed to have Sister Eileen Davey, susc, offer communion on Sunday mornings. We are very fortunate for the time Sister Eileen takes every week to do this for us. Sister Eileen involves residents in proclaiming the readings which enables us to take a personal part in the service. Also, the gathering in the pub after Communion to enjoy a beverage and snack, with time to chat with friends, makes us feel like a Christopher Heights family. Thank you for the elves that set up the goodies and serve the beverages.

Friends whom we have lost since our last newsletter went to print:

Lois Gingras	5-22-1935 – 9-26-2021
Gerald Petrin	3-15-1927 – 10-15-2021
Edwin Hurley	9-14-1933 - 11-26-2021

And the editor's beloved husband:
Armand Lapierre 2-13-1932 – 11-2-2021

"I shall pass this way but once. Any good therefore, that I can do or any kindness that I can share to any human being, let me do it now. Let me not defer nor neglect, for I shall not pass this way again." *Anonymous*

Origin of the Crèche

By Sr. Nancy Stiles, susc

It started very simply in Italy in Greccio, Italy. St. Francis of Assisi had a deep devotion to the feast of Christmas. And in 1223, three years before he died, Francis did something altogether different: he re-created the birth of Jesus. He asked John of Velita, a nobleman, to help him prepare a live nativity inside a cave on the side of a mountain.



St. Francis got permission from Pope Honorius III to set up a manger with hay and two live animals—an ox and an ass. Francis wanted everyone to understand that Jesus came into the world in poverty and simplicity.

In the church of Francis' time, the "feast of feasts" had always been Easter. Masses were difficult to understand for most people as they were in Latin and the preaching was very theological. Francis' desire was to highlight and relive the historical, human dimension of the birth of Jesus.

"I wish to enact the memory of that baby who was born in Bethlehem: to see ... the discomfort of his infant needs, how he lay in a manger, and how, with an ox and a donkey standing by, he rested on hay." (St. Francis)

St. Francis invited the villagers to come and gaze upon the scene while he chanted the Gospel and excitedly preached about the birth of Jesus in Bethlehem.

St. Bonaventure (*a Franciscan*) tells us that, when Francis finished preaching, he turned to the manger and saw a live baby lying there. Bonaventure also writes that the hay used by Francis miraculously acquired the power to cure local cattle of diseases and pestilences.

Today, Nativity scenes are a staple of our celebration of the birth of Jesus. When we look upon a depiction of the first Christmas night, may we be reminded of the humble birth of Jesus, and raise our thoughts to Him, who is God-with-us and Savior of all!

The Legend of the Candy Cane

By Sr. Nancy Stiles, susc

According to legend, there once was a candy maker who wanted to create a candy that was a witness to Christ.



He used a hard candy because Christ is the rock of ages. It was shaped so that it would resemble a "J" for Jesus – or – turned upside down (the way we usually hold a candy cane), a shepherd's staff.

The cane was made white to represent the sinlessness of Jesus. A red stripe was added to represent the lashes Jesus received when the Roman soldiers whipped Him.

The traditional flavor of the cane is peppermint, which is similar to hyssop. Hyssop is in the mint family and was used in the Old Testament for purification and sacrifice. Jesus gave His life as a sacrifice for the sins of the world.

So, when you see a candy cane, remember the original message – Jesus is the Christ, our Savior!

Welcome New Residents!

Frances Renehan #307 9/11/2021

Pauline Macomber #213 10/16/2021

Joan Kenton #113 11/3/2021

Natalie Daley #422 11/17/2021

Edwin* and Carol Hurley #112 10/21/2021

*Sadly, Edwin passed away 11/26/2021

The Pandemic before Christmas *(A twist on "The Night before Christmas")*

T'was the pandemic before
Christmas.

And all through
the towns,
People wore
masks



That covered their frowns.

The frowns had begun
Way back in the Spring,
When a global pandemic
Changed everything.

They called it corona.
But unlike the beer,
It didn't bring good times.
It didn't bring cheer.

Airplanes were grounded.
Travel was banned.
Borders were closed
Across air, sea, and land.

The world entered lockdown
To flatten the curve.
The economy halted, And folks
lost their nerve.

From March to July
We rode the first wave.
People stayed home;
They tried to behave.

When summer emerged
The lockdown was lifted.
But away from caution,
Many folks drifted.



Now it's 2021
And cases are spiking.
Wave three has arrived,
Much to our disliking

It's true that these years
Have had sadness a plenty
We'll never forget
The year 2020.

And now is upon us
Another holiday season.
But why be merry?
Is there even one reason -

To decorate the house
And put up the tree.
Who will see it?
Just a few besides me!

But outside my window
The snow gently falls.
And I think to myself,



"Let's deck the halls!"

So, I gather the ribbon,
The garland and bows.
As I play those old carols,
My happiness grows.

Christmas is not cancelled
And neither is hope.
If we lean on each other,
I know we can cope.

Anonymous



Christmas at Home

By Dianne Ferreira

Sitting by the glow of a crack-
ling fire, while sipping hot cups
of cocoa, topped by floating
clouds of whipped cream—

Memories old and new dance
together to the sound of carols
playing softly in the back-
ground—

Flakes of snow sprinkle down
from the wintry sky as hearts
warm with the arrival of family
and friends.—

Merry Christmas and Happy Holidays to All!!

Sweet and Savory

By Shirley Nolin

Christmas Memories

The weather has changed, and with that comes cool, crisp air. It is a good reason to turn on the oven, to warm the kitchen, and of course pop something wonderful in there to experience the aroma of the changing seasons. And prepare for the hustle and bustle of the holidays. There will be family gatherings, and special recipes to be the topic of conversations.

As I'm writing this, I'm reflecting back to a cooking club we had here at Christopher Heights. Resident's recipes that I added to my collection:

There were **Jo Varone's famous Italian cookies**; **Clare Boardman's tasty Shortbread cookies**, and of course **Dottie Parson's Pouring Chocolate**. These are memories that I will hold dearly forever.

All of us at Christopher Heights work here because we feel the need to make a difference. We can't save the world, but we can make our environment special.

My recipe for this is:

- compliments
- acts of kindness
- cups of smiles
- zero negativity
- a large bowl of appreciation

for everyone around us

Put all of this in one place, until it is well done.

Xmas Sweets Packaging Pizzazz

Cut a square or the front of a and glue cello-wrap on the the opening.



a shape from small paper bag phane or plastic inside to cover Then fill the bag

with the goodies. Poke 2 holes in the folded flap. Push a pretty ribbon through and tie a bow.

Granny

Granny used to make her homemade biscuits for our family breakfast each Christmas morning. One year, we decided to save her the work and bought biscuits at the fast food restaurant the day before.



However, not everyone in our family was in on the little secret. As we ate breakfast, my cousin said, "Granny, these are the best biscuits you've ever made." My, how we all laughed, even Granny. For the record, although she didn't use a recipe, Granny did make the best biscuits in the world.

A Wonderful Holiday Gift To make for you or a Friend!

Millionaires

- 1 4 Oz. pkg. caramels, unwrapped
- 2 Tbsp. Milk
- 2 cups chopped pecans
- 2 cups semi-sweet chocolate chips

Combine caramels and milk in a microwave safe bowl. Melt in microwave on high, stirring often. Stir in pecans and drop by teaspoonfuls onto a buttered baking sheet. Let stand until firm.

Melt chocolate in a one-quart microwave safe bowl on high, powering for ½ minute or until melted, stirring often.

Dip candies into melted chocolate, allowing excess to drip. Place on buttered baking sheets. Let stand until firm. Makes 34 candies.

Dear Marion

by Marion Brousseau

Dear Marion,

Christmas is coming and my budget is going down. I have one child and he is already making out his "Christmas list." It is a big wish and it makes me sad to see it. I tell him that Santa decides what he will bring. I don't see how I can afford any of it.

Then someone told me about a great organization called "Christmas is for Kids." I called them and told the wonderful lady on the phone about my situation. She told me to pick one of my son's wishes.

Christmas was almost here. And some great Santa's helpers appeared a few days before Christmas. My son was not home, thank goodness.

Christmas morning came and my son opened up his wish – a bicycle. It was red and shiny. My son started crying as he couldn't believe Santa had answered his wish. It was wonderful to see his happy face.

- *Happy Mother in MA*

Dear Happy Mother in MA,

I am so glad that some angel told you about "Christmas is for Kids." It is a wonderful organization and grows every year. If you can, please give to it. Make a wish come true. You will be rewarded.

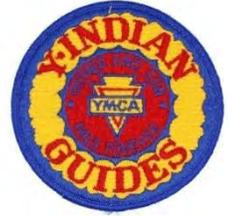
Marion

If civilization is to survive, we must cultivate the science of human relationships - the ability of all people, of all kinds, to live together in the same world at peace.

Franklin Delano Roosevelt.

Indian Guide Adventures

By Marion Brousseau



There is a wonderful group from the Hockomock YMCA in North Attleboro. Different tribes make up the group. My husband, Jerry, and my son, Chris, were in the Father-Son Tribe. There were Mother-Daughter, Father-Son, Father-Daughter, and Mother-Son groups. They all had Indian names. My husband was Big Bear and Chris was Little Bear.

They joined the group when Chris was in Kindergarten. The tribes met in members' homes once a month. They told stories, played games, made decorations, and had goodies to eat. Four times a year they went to YMCA camps for a weekend. They stayed in cabins with heat where they played games and had campfires.

During the Halloween campout, the adults carved pumpkins, put candles in them, and placed them around the campfire. My son has wonderful memories of that and still talks of it today.

They took field trips to the Battleship Massachusetts where they slept on the ship. They also went to Hanscom Air Force Base and slept in the barracks. They toured the cargo planes and the entire air base.

The Indian Guides wore vests and headbands they made. They received badges which Mom sewed on their vests. They looked great. Big Bear was buried with his vest.

If you are a parent or grandparent, please look into your YMCA to see if there is an Indian Guides program, and suggest it to your children / grandchildren.

Your family will enjoy it and make wonderful memories.

Assisted Living Week @ Christopher Heights

A celebration of caring, wellness, and hospitality!



1



2



7



4



6



Pictured clockwise from upper left:

- 1 Terri Despots, Lisa de Medeiros, Marion Brousseau, Marie Calligan
- 2 Lois Gingras, Lisa de Medeiros
- 3 Sr. Eileen Davey, susc
- 4 Dot Wildgoose
- 5 Marion Brousseau
- 6 Sue Deschenes
- 7 Larry Brunell, Jean Salisbury

Want to Sing?

Sung by Judy Garland, this lovely holiday song is as appropriate today as it was in the 1940's. It was wartime then – it is COVID today.

Have yourself a merry little Christmas
Let your heart be light
Next year all our troubles will be out of sight.

Have yourself a merry little Christmas
Make the yuletide gay
Next year all our troubles will be miles away.

Once again, as in olden days
Happy golden days of yore
Faithful friends who are dear to us
Gather near to us once more.

Someday soon we all will be together
If the fates allow
Until then we'll have to muddle through somehow.
So have yourself a merry little Christmas, now.



Odds and Ends

(A child looking at her reflection)
Submitted by Judy McKnight

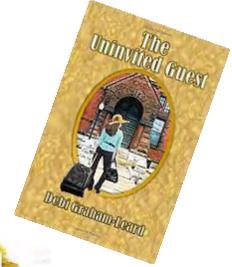
Grandma says I have Daddy's nose
Before I came, he had two I suppose.
She always adds and what's more
I have Mother's eyes.
Did she have four?
They say I got my mouth and chin
From Grandma's husband, Benjamin.
I understand about my hair, 'cause
Daddy' hair is kinda bare.
But what I'd really like to know
What puzzles me and tries me so –
Am I just some odds and ends,
Parts of my relatives and friends?
Or do you think that if I try,
I might find something that's really "I?"

Fun Stuff

Make & Take



Painting
Painting



Bingo!



Birthday Celebrations
Birthday Celebrations



Christopher Heights of Attleboro Resident Writing Group

Jean Salisbury (219) Dot Dubuc (301)
Marion Brousseau (312) Bill Healey (212)
Loretta Lapierre (417) Comp and Editing
Sister Eileen Davey, susc (416) Photos
Sister Nancy Stiles, susc (413) Comp and Editing
Judy McKnight (401) Proofreading

Staff Contributors:

Sous Chef: Shirley Nolin *Sweet and Savor*
Housekeeping: Diane Ferreira *Poetry*