

# Obituaries

## HENRY MELBURN BOYD

BANGOR — Henry Melburn Boyd, 83, died in a Bangor nursing home, Jan. 1, 1982. He was born in Kingman, Sept. 13, 1898, the son of William and Belle (Cole) Boyd. Surviving are three sons, Forrest Boyd of Providence, R.I., Vernon Boyd of Atlanta, Ga., and Richard Boyd of Millinocket; a stepson, Byron Thibau Sr., of Bangor; five daughters, Bertha Wakefield and Rosely Gordon, both of Middletown, Conn., Edith Miles of Old Town, Bernice Modrey of Waltham, Marie Paradis of Lincoln; one brother, Boyd Marks of Orland; a sister, Vivian Shurburne of Hartland; 29 grandchildren, four stepgrandchildren, several great-grandchildren, nieces, nephews and cousins.

Friends who wish may donate to the charity of their choice.

## RICHARD C. LYNCH

OLD TOWN — Richard C. Lynch, 42, of 70 S. Brunswick Street, died unexpectedly, Dec. 29, 1981. He was born Feb. 2, 1939, at Old Town, son of Arthur and Mildred (Daigle) Lynch. Besides his parents of Old Town, he is survived by one son, James; three daughters, Laurie and Kristine Lynch and Mrs. Theresa Dow, all of Old Town; one brother, Donald of Milford; two sisters, Rita Nixon of Florida, Marie Blackmore of Orono; two granddaughters; several nieces and nephews.

## DOUGLAS J. BOUCHARD

MILFORD — Douglas J. Bouchard, 70, of the Call Rd., Milford, died Jan. 2, 1982. He was born in Kingman, May 21, 1911, the son of Benjamin and Phoebe (Duplessis) Bouchard. He is survived by his wife, Geneine (Dalrymple) Bouchard of Milford; six sons, Ralph Bouchard, Robert Gero, Donnie Bouchard, Tommy Bouchard and Ronald Bouchard, all of Milford and Douglas Bouchard of Bangor; six daughters, Diane Gilman of Old Town, Arlene Petrash of Arizona, Donna Bouchard of Dedham, Bonny Holman of Waldo, Katherine Shepard of Old Town and Tammy Bouchard of Milford; one sister, Mamie Bertrand of Old Town; 15 grandchildren, three great-grandchildren, several nieces and nephews.

## JAMES J. BISHOP

OLD TOWN — James J. Bishop, 82, of Stillwater Ave., Old Town, died Dec. 31, 1981. He was born May 10, 1899, at Old Town, the son of Peter and Sarah Bishop. He is survived by his wife, Irene (Messier) Bishop; three stepsons, Norman St. Louis, Joseph St. Louis, and Ronald St. Louis; three step-daughters, Cecile Pietroski, Yvonne Spink and Priscilla St. Peter, all of Old Town; three sisters, Elizabeth Blanchard of Alton, Theresa Lagasse of Old Town and Rose Francis of Cames, Wash.; two nephews, Joseph St. Thomas and James St. Thomas; one niece, Patricia St. Thomas, all of Old Town; also several other nieces and nephews.

## SHERMAN P. JONES

OLD TOWN and LUBEC — Sherman P. Jones, 72, died unexpectedly, Jan. 1, 1982, at his residence in Old Town. He was born in Trescott, Dec. 30, 1909, the son of Fred and Mary (Crosby) Jones. He is survived by his wife, Vivian (Greenlaw) Jones of Old Town; one son, James of Bangor; one daughter, Mrs. Bonnie Lewis of North Reding, Mass.; two brothers, Francis and Douglas, both of Lubec; two sisters, Mrs. Virginia Foss of Fredricksberg, Va., and Mrs. Barbara Murray of Old Town; five grandchildren, several nieces and nephews.

## MAYNARD B. ROLLINS

BROWNVILLE JUNCTION — Maynard B. Rollins, 60, died at his residence in Brownville Junction, Dec. 31, 1981. He is survived by his wife, Anita (Richard) Rollins of Brownville Junction; one son, James of Bangor; two daughters, Nancy Harris of Milford and Karen Agresti of Portland; one sister, Vivine Ladd of Barnard; three grandchildren, several nieces and nephews.

## IRIS-DAWN AVERY

OLD TOWN — Iris-Dawn Avery, 45, of Bosworth St., died Jan. 1, 1982. She was born in Houlton, Dec. 22, 1936, the daughter of Charles and Helen (Watts) Paul. She is survived by her parents, her husband, Wayne of Old Town; three sons, Anthony Spotten, Tibby Murphy and William Johnson, all of Old Town; two daughters, Vinita Brown of Old Town and Crystal Tuthill of New York; one sister, Laurie Babbins of Connecticut; four grandchildren, Daniel and Jessica Tuthill, Jessie Murphy and Justin Robbins; several nieces and nephews.

## MRS. VERA M. DANFORTH

BANGOR — Vera Miller Danforth, 78, wife of the late Joseph H. Danforth, of 251 Stillwater Ave., died Dec. 31, 1981. She was born in Old Town, Aug. 9, 1903, the daughter of Hugh and Agnes (Anderson) Miller. Surviving besides two sisters, Miss Estella Miller of Bangor and Mrs. Frances Matheson of Old Town; a brother, Victor Miller of Littleton, N.H.; a niece, Betty Jewell of Bangor; grandnieces and nephews and two stepsons.



## Your Health

This column is contributed by St. Joseph Hospital.

Provide night-lights or bedside remote-controlled light switches.

Install sturdy handrails on both sides of stairways.

Tack down carpeting and use non-skid tread.

Arrange furniture so it is not an obstacle.

Use grab bars on bathroom walls and non-skid mats or strips in the bathtub.

Keep outdoor steps and walkways in good repair.

When rising from a sitting or lying position, move slowly to prevent faintness or a dizzy feeling.

Prevent burns.

Never smoke in bed or when drowsy.

When cooking, don't wear loosely fitting flammable clothing such as bathrobes, nightgowns or pajamas.

Set water heater thermostats so that water is not hot enough to scald the skin.

Plan what emergency exits to use in case of fire. Avoid multiple door locks which are hard to open in an emergency.

Avoid falling asleep on an electric heating pad set on high.

Use common sense in operating a motor vehicle. Your ability to drive may be limited by age-related changes including sensitivity to glare, poor adaptation to dark, diminished coordination and slower reaction time. Compensate by driving less often and more slowly. Avoid driving at night, during rush hours and in bad weather.

Get regular checkups.

Many of the health problems common to older people are chronic conditions that can be prevented or controlled by early diagnosis and treatment. Left untreated, these conditions may seriously impair mobility, health, and life itself.

This is the second of a three part series discussing health topics relevant to older Americans. Part one discussed "keeping healthy." In the third part "staying active" will be discussed. Today we will focus on prevention.

### PART TWO — THINK PREVENTION

Stop smoking.

Eat Balanced Meals. Experts recommend for the elderly, each day: four or more servings of bread and cereals; two or more servings of meat, poultry, fish, or eggs; four or more servings of fruit and/or vegetables; and two or more cups of milk or its equivalent in dairy products.

Avoid prolonged exposure to heat or cold. Aging bodies are not as resistant to temperature extremes. New findings show that older persons are especially susceptible to accidental hypothermia, a drop in deep body temperature which can be fatal. Those taking any of a group of drugs called phenothiazines are even more vulnerable. To reduce the threat of accidental hypothermia, older persons should keep rooms at 70° F. or higher and should wear adequate clothing for warmth, even if they don't feel particularly cold.

Protect yourself against falls. The most common cause of fatal injury in the elderly is falling. Be sure to:

Illuminate stairways and provide light switches at both top and bottom.

## NOTICE OF ANNUAL MEETING

To the Members of the First Federal Saving and Loan Association of Old Town:

The members of the First Federal Savings & Loan Association of Old Town are hereby notified that the annual meeting of the said Association will be held at its offices, No. 6 North Main Street, Old Town, Maine on Wednesday, January 20, 1982 at 4:00 P.M., for the purpose of hearing reports, electing directors for the ensuing year, and transacting any other business that may properly come before the meeting.

/s/ Ronald E. Henderson  
Secretary

dated  
December 9, 1981



## Baillargeon Funeral Home

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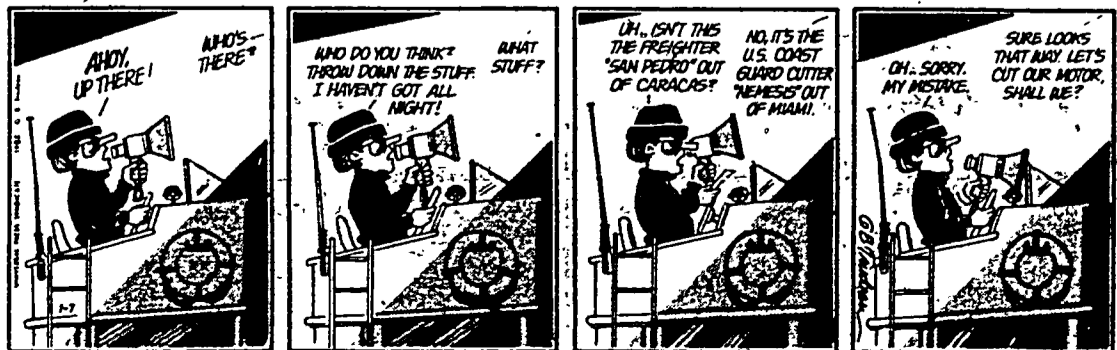
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