

LITTLE COMPTON SENIOR DIGEST

April 2026 - 6th Edition



April Showers Bring May Flowers

Thank you for your readership thus far! We're so glad that the Little Compton Senior Digest has been well received, which is why it saddens us to let you know this is the last issue due to the cost of color ink cartridges.....they are simply no longer in the budget. April Fools!!!! Couldn't resist a joke!

All kidding aside, we are grateful for the comments and feedback many of you have shared - it truly helps us deliver a newsletter that is informative and shares the information you are looking for each month. In the month of April, we celebrate National Volunteerism Month. It is notable that without the volunteers that we see around town every single day, life here would be markedly different. Drivers for meal delivery at LCCC, setup crew for the annual road race and fair hosted by UCC, the helpful and friendly crew at the LC Food Bank, the members of various boards and committees who meet to bring vibrant events and programs to our town are all equally important in maintaining a quality of life here that makes LC such a special place.

Volunteerism is most certainly NOT a "one size fits all" event. It comes in many shapes and sizes and doesn't have to mean hours of your week are blocked out. Whether you have time for weekly, monthly, quarterly or even annual volunteerism, it all makes an impact and brings value to our community. Want to volunteer for something in town and not sure where to start? Reach out right here to learn about where you can fill a need. There is a quarterly information session at the Community Center



Our March Senior Event was an organized trip to the Fish Fry for the Lenten season. A great time was had by all and we look forward to more trips each month!

where you can learn all about the opportunities to serve. The next session will be Thursday April 9th 6:00-7:00pm. You can also call 401-450-4658 and email info@lccenter.org OR DirectorSS@littlecompton.gov for more information.

There is also an exciting volunteer initiative under development with Wilbur and McMahon Schools for the upcoming school year. The hope is that we bridge our middle school students with local seniors. Do you have a skill you would like to share and are interested in being a Senior Mentor? Let us know!

As noted last month, volunteerism is good for your health. Community connections can be strengthened and a sense of fulfillment and purpose can help us feel better on an intrinsic level. Amazingly, 28.3% of the US population engages in volunteerism through formal organizations. Every act of service counts - and we look forward to helping you find your fit!

VOLUNTEER Spotlight - Rose Strokes-Marinosci

~ SUPER VOLUNTEER WHO MUST BE FORCED TO SIT DOWN ~

If you have ever stopped by the Little Compton Community Center, there's a high likelihood that you've met Super Star Volunteer Rose Strokes-Marinosci. She might have a ladle in her hand helping serve Senior Lunch, or she could have a snow shovel in her hands clearing sidewalks, but the fact remains, she is determined and can NOT be stopped! Crediting her family with her spirit of endless volunteerism, Rose shared she was raised to give back to all, love God and be caring to others. She fully admits she does not know how to say NO.

Rose is a native mid-westerner hailing from Albany, Minnesota in the Land of 10,000 Lakes. She spent summers in Maryland and moved there when she was 18. During the 70's while living in the mid-Atlantic region, Rose worked in retail management and an office accountant for a company who did work for the Department of Commerce making maps. Rose met her first husband, Bill, at Georgetown Dental School. Bill was from Pawtucket and they married in '81 settling in the Forest Hills neighborhood of Cranston. He was the person responsible for introducing her to Little Compton - she loved the beaches and shared that "the water is my peace....and my shrink!!" She and Bill raised 3 children together (Meredith, William and Elizabeth) until his untimely passing 13 years later. Rose had worked with Bill running his dental practice behind the scenes and continued to volunteer for her children's schools as PTA President, taught CCD for church and did fundraising for the RI Hospital Guild. No matter the circumstances, Rose has always kept busy giving back to others.

While living her life raising children as a widow, Rose met a gentleman in Providence who was here visiting his sons from his jobs on the West coast.....enter Sal Marinosci. 30 years later, Rose credits him with making her laugh and feel alive again after some very challenging years. Rose shared they are very much alike (maybe he will agree to be our next Spotlight feature!)



Rose doesn't know how to stop - this shot was completely candid while most of us were snuggled up at home, I found Rose with a shovel in her hands getting ready for Senior Lunch.



Rose and Sal

VOLUNTEER FEATURE - Rose Strokes Marinosci

~ LIVES TO SERVE AND DOESN'T KNOW HOW TO SAY NO ~



The Dynamic Duo - Rose and Sal

Rose shared "My kids go to Sal for advice before they come to me!" and her pointed response is "That's not happening!" For three years, Rose and Sal were long distance with Sal commuting back to the East coast from Coronado/San Diego on weekends. A life partnership with Sal has brought Rose two stepsons and 10 grandchildren with her daughter Meredith adding another to the family soon! Once they were a full-time East coast couple, Barrington became home-base. Rose always knew Little Compton was her destiny as she already had family nearby. Remember our feature last month.....Kevin Murphy is Roses cousin through her first marriage.

Rose loved Briggs Beach and had spent lots of time there when her children were growing up because of family history with Bill. While living in the East Bay with Sal, Rose knew LC was supposed to play a role in her life again. When opportunity presented itself and Rose and Sal saw a house on Oliver Lane. The following day after seeing it with the realtor, she called Sal and announced "I wrote a check". That was 1999. The rest is history as they say, and they have been full time residents for 20 years. As the saying goes.....the couple that volunteers together STAYS together because you've likely seen Sal around town too. Stronger together, LC is lucky to have Rose and the life partner that keeps her smiling!



Rose and Sal are adventure seekers at heart! When they travel, it's always in style with their RV fully loaded with accessories so they never miss an opportunity to see the sights.



THE WHOLE BLENDED CREW

Who should we spotlight next? Let us know by sending a nomination to DirectorSS@littlecompton.gov or JuliaTripp@lccenter.org

LITTLE COMPTON UPDATES

APRIL MEETINGS
IN TOWN HALL

- Beach Commission :: April 14th at 7pm
- Budget Committee :: April 7, 14 and 30th 7pm
- Charter Review Committee :: April 20th 1:15p - 2:45p
- Conservation Commission :: April 29th at 7pm
- Harbor Commission :: April 16th at 6pm
- Historic Preservation Advisory :: April 6th at 5pm
- Housing Trust :: April 13th at 6pm
- LC Ag Trust :: April 1st at 7pm
- Pension Committee :: April 2nd at 9am
- Planning Board :: April 7th at 7pm
- Recreation Committee :: April 27th at 6:30pm
- Town Council :: April 9th and 23rd at 7pm
- Zoning Board of Review :: April 15th at 7pm

LC FOOD BANK

April 4 marks eight years that Little Compton Grange #32 has donated a monthly Birthday Box to the Little Compton Food Bank.

Grange members Walter (pictured) and Norma Elwell came across the Birthday Box idea in an issue of the national Grange's publication. Grange #32 members jumped at the opportunity to fund the gift. Ever since, Walter and Norma have packed and delivered a box the first Saturday of each month.

Food Bank patrons have been grateful. One thank-you note Grange #32 received came from a woman who hadn't celebrated a birthday in five years. "Your box caught me up in one go!," Walter recalls the note saying. What's in the Birthday Box? You'll have to visit the Food Bank April 4 to find out!

Located at 115 East Main Road, serving Tiverton and Little Compton residents, open Fridays 1:00-2:30, Saturdays 9:00-10:30.



Grange #32 member Walter Elwell along with his wife Norma, is the driving force behind the Birthday Box donation idea.

April Town Hall Hours:
Mon-Fri 8am-4pm, Closed on Sat-Sun

LITTLE COMPTON UPDATES

SENIOR BAKE OFF WINNER

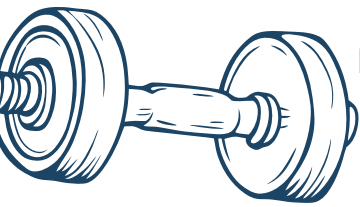


A huge congrats to **Deanna Fijak**, the winner of our second *Great Senior Bake-Off* held at the LCCC during Senior Lunch on Friday, March 27th. We had 3 entries and they were all absolutely delicious! The winning entry was an Apple Slab Pie. The April Bake-Off will be held on Friday, April 24th. Please let Chris know if you are going to be a contestant!



office@lccenter.org or 401-635-2400

\$ Coffee, Conversation, & Cardio Weekly Walking Group at LongPlex Thursdays at 9AM . Call Longplex for more information 401-816-6650



Little Compton Wellness Center offers:

Mon: Curls & Crunches 7:45AM, Tai Chi 2PM, Power! Moves 3:30PM

Tues: Boomer Beats 7:30AM, Ex.Tension 9AM, Zumba 10:30AM

Wed: Gentle Yoga 8:45AM, Meditation 9AM, Balance 10:30AM

Thurs: Boomer Beats 7:30AM, Ex.Tension 9AM

Fri: Curls & Crunches 7:45AM, Balance 10:30AM

HEALTH

"More than Medicare" Help Sessions – Registration Required - Monday, April 13th with appointments from 1 to 3:15 PM

It's more than just Medicare. Do you think you might be eligible for heating assistance or some other type of state or federal assistance program? It's complicated. Find out what you are eligible for. Make an appointment with Maria, a representative from the United Way organization The Point for a free, confidential session to get help. Contact the library to make an appointment. Call, email, or stop by the library to sign up for an appointment: (401) 635-8562 or info@brownell-library.org

Guiding Eyes for the Blind - Tuesday, April 14th @ 5:30 pm

Perky Nellissen will talk about her work with service dogs for Guiding Eyes for the Blind. All are welcome to this free program.

Intro to Needle Felting - Registration Required - Saturday, April 13th @ 10:30 AM

Join Karen Katin from The Stitchery, to learn how to needle felt wool onto fabric. Instruction, design planning, and execution will be included. All materials provided, along with a set bumblebee project, or if you are feeling a little creative, come up with your own. All supplies and instruction will be provided. Registration is required as space is limited – contact the library to register at 401 635 8562.

PROGRAMS AT BROWNELL LIBRARY

SENIOR LUNCH SHOW & TELL



Russell Wordell shared a great find from the Transfer Station - a leather trimmed cross stitch wallet



Above, Nan shared a hand crocheted hankie that she made in the 5th grade!



Jim Ryan, pictured left, shared his prized possession JF Wilbur School yearbook from the Class of '64 filled with news clippings and fantastic photos and nostalgia.



Bob Booth, pictured above, shared a 300 Year half dollar commemorative coin for the state of Rhode Island



Left, Teresa Ryan shared a vibrant wool scarf from Portugal that she received from her grandmother. The scarf has travelled from Brazil to New Jersey to Little Compton!

On Wednesday March 11th, Senior Lunch was the hot spot in town as we hosted our very FIRST Show & Tell. Think waaaaay back to grade school when you were super excited to bring your most valued possession in to school and tell all of your friends about it!

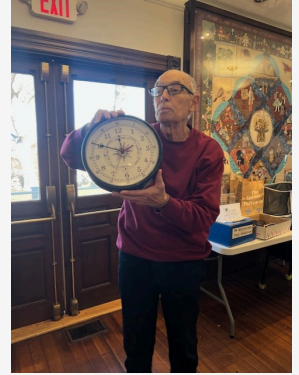
I knew we were going to be treated to some cool finds, but my expectations were simply outdone by the fantastic items that you all brought in to share! From yard sale treasures to Town Transfer Station rescues, it was really exciting and fun to hear about how you acquired these items and the very cool history behind them.

Our next Senior Show & Tell will be held on Wednesday April 8th.

Right, Bob also shared a gimlet boring tool that was used to start screws for woodwork.



Above, Dick Menoche brought in antique wooden flaring tools that were used to fit lead water pipes.



Russell had a great yard sale find too - a clock that included a tide clock specific to Little Compton



Below, Angela Denham brought a surprise box of chocolates to share with a map included so everyone could choose their favorite!










Nan Oliveira shared a leather bound produce invoice book from the Arruda Farm on Colebrook Rd. Phone number 351-W!!!

COMMUNITY EVENTS CALENDAR

What's going on this month in **Little Compton & surrounding areas?**

-  **ENTRY FEE**
CALL FOR PRICING AND TICKETS
-  **FREE TO ATTEND**
PAID OPPORTUNITIES MAY BE AVAILABLE ON-SITE

| | | | |
|---------------------------------|---|--|---|
| APR 4TH 11A-3P | GARDEN EXPO TIVERTON PUBLIC LIBRARY | 34 ROOSEVELT AVE TIVERTON (401) 625-6796 tivertonlibrary.org |  |
| APR 7 & 21 5:30PM | LITTLE COMPTON WRITING CIRCLE BROWNELL LIBRARY | 44 COMMONS LITTLE COMPTON (401) 635-8562 brownell-library.ri.org |  |
| APR 7TH 7PM | 2026 VIRTUAL SPEAKER SERIES LITTLE COMPTON HISTORICAL SOCIETY | Alan Hoffman: <i>Lafayette in the American Revolution</i> Reserve your space at: littlecompton.org |  |
| APR 12TH 10A-1:30P | FARMER'S MARKET TIVERTON MIDDLE SCHOOL | 10 QUINTAL DRIVE TIVERTON tivertonfarmersmarket.com |  |
| APR 14TH 10A-12P | COFFEE WITH COPS LITTLE COMPTON COMMUNITY CENTER | 34 COMMONS LITTLE COMPTON (401) 635-2400 lccenter.org |  |
| APR 20TH 1:15PM | COMPUTER & SMARTPHONE HELP LITTLE COMPTON WELLNESS CENTER | 115 EAST MAIN RD. LITTLE COMPTON (401) 592-0400 lcwellness.org |  |
| APR 24TH 1PM | CASEY FARMS PROJECT CHICK! BROWNELL LIBRARY | 44 COMMONS LITTLE COMPTON (401) 635-8562 brownell-library.ri.org |  |



LITTLE COMPTON EASTER SERVICES

SAINT CATHERINE'S OF SIENNA

HOLY THURSDAY – MASS OF THE LORD'S SUPPER: 7:00 PM
 GOOD FRIDAY – STATIONS OF THE CROSS: 3:00PM
 GOOD FRIDAY PASSION OF THE LORD: 7:00PM
 HOLY SATURDAY – THE GREAT EASTER VIGIL: 7:00PM
 EASTER SUNDAY – 8:00AM AND 10:00AM

UNITED CONGREGATIONAL CHURCH

EASTER SUNDAY – SUNRISE SERVICE 6AM, TOWN LANDING 10AM WORSHIP SERVICE

SAINT ANDREWS BY THE SEA

EASTER SUNDAY - SUNRISE SERVICE 6AM, TOWN LANDING 10AM EASTER SERVICE WITH EGG HUNT FOLLOWING

WARM THEIR SOULS!

Support The Homeless!




We are calling on our community to come together and donate clothing and hygiene items that bring comfort and dignity to those living without homes.



DROP OFF YOUR DONATION ITEMS AT WILBUR-MCMAHON SCHOOL BETWEEN NOW AND MAY 7, 2026

Sponsored by Liam Garvey, 8th-Grade Student, as part of the Community Service Project

NAME:

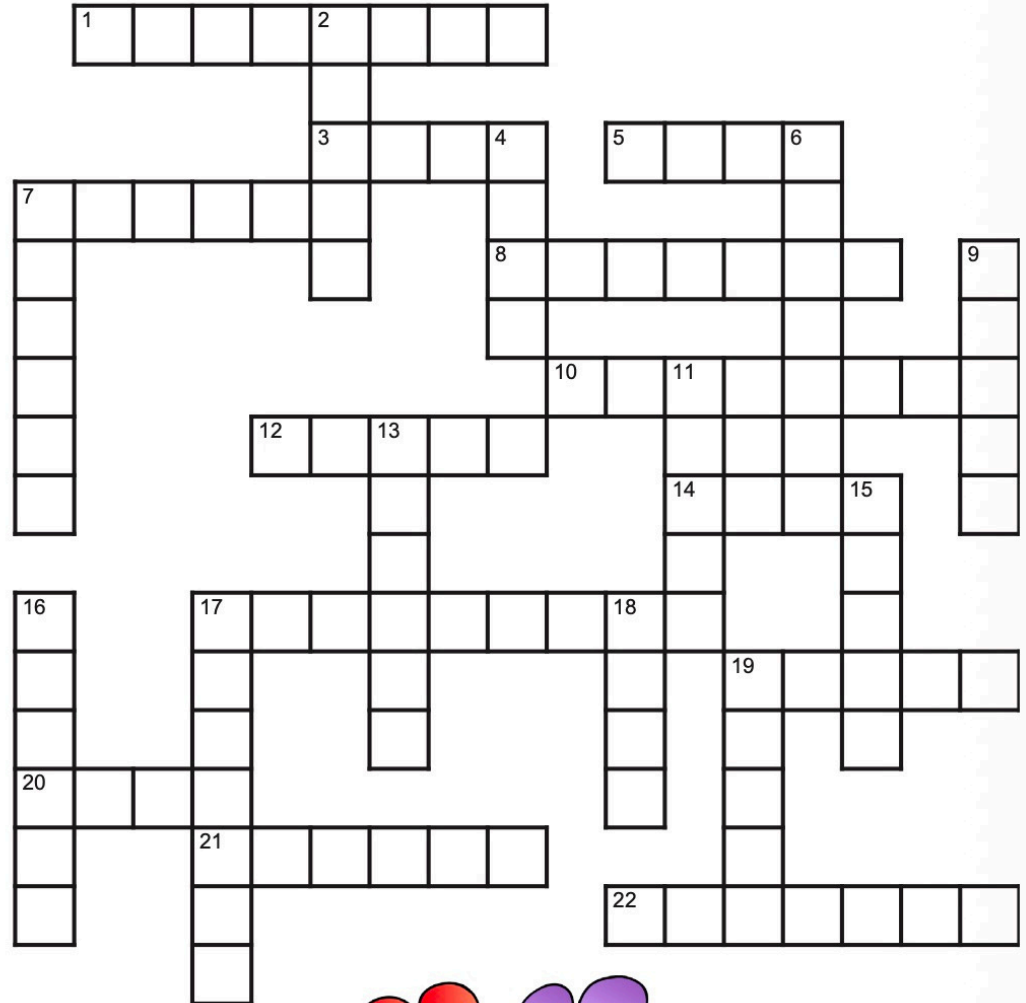
Spring is Here!

Across

- 1. It warms and brightens everything.
- 3. Warm up from a freeze.
- 5. They make honey.
- 7. Meal in the park.
- 8. Colorful arc in the sky.
- 10. It keeps the rain off you.
- 12. The color of spring grass.
- 14. Where a bird lives.
- 17. An adult caterpillar.
- 19. A baby chicken.
- 20. What chicks hatch from.
- 21. It comes after winter.
- 22. Red insect with black spots.

Down

- 2. Come out of an egg.
- 4. Wiggly creature that lives in the ground.
- 6. Short rainfalls.
- 7. Small pool of rain.
- 9. What the lawn is made of.
- 11. Another name for a rabbit.
- 13. A spring holiday.
- 15. Holland is famous for this flower.
- 16. Just a little wind.
- 17. Flower on a tree.
- 18. It is green and on a plant.
- 19. It might hide the sun.



Word Bank: Bees, Blossom, Breeze, Bunny, Butterfly, Chick, Cloud, Easter, Eggs, Grass, Green, Hatch, Ladybug, Leaf, Nest, Picnic, Puddle, Rainbow, Showers, Spring, Sunshine, Thaw, Tulip, Umbrella, Worm

Congratulations to Teresa Ryan for completing and submitting the March crossword, and for winning a Market Basket Gift Card!



Have you completed this puzzle? Turn completed puzzles in to Pamela at her office at Town Hall, or text a picture ⁸ to her at (401) 450-4658 to be entered into the monthly drawing!



THE BEER FIELD

SUMMER 2026

MAY 23-24
MEMORIAL WEEKEND

JUNE 12-13
FLAG DAY WEEKEND

JULY 3-4
INDEPENDENCE WEEKEND

AUG 7-8
LC SUMMER WEEKEND

SEPT 5-6
LABOR DAY WEEKEND

OCT 9-10
COLUMBUS DAY WEEKEND

**WANT TO SEE YOUR PICTURES
HERE? TEXT 401-450-4658**

MY NAUGHTY CAT COULDN'T RESIST A FRESH BAKED WILBUR STORE COOKIE!!

