

# LITTLE COMPTON SENIOR DIGEST

June 2026 - 8th Edition



## Little Compton is Lucky to be BLUE

It is never lost on me how amazing it is that Little Compton is home to the “most senior” population in the state of Rhode Island. By the numbers, we have 34-37% of residents over the age of 65 and about 10% of residents over the age of 85. Talk about impressive! So what is it (aside from genetics maybe) that keeps our seniors thriving well into their 9<sup>th</sup> decade? As it turns out, we have lots in common with scientifically labelled “Blue Zones”. What’s a Blue Zone? Here are some interesting facts:

In the early 2000s, researchers first identified what are known as Blue Zones, locations where residents have particularly healthy and long lives. (They were called Blue Zones because the researchers delineated them on a map with a blue marker.)

According to research, Blue Zones have among the world's highest proportions of centenarians (people who live to age 100 and older). Most residents live seven to 10 years longer than the average American. On average, they also have lower rates of chronic diseases like cancer, cardiovascular disease, diabetes, and dementia.

Blue Zones have received considerable media hype and have even been promoted as modern-day fountains of youth. But the reality is that much of how Blue Zone residents live has long been supported by science. According to research, people in Blue Zones are simply better at practicing behaviors that are associated with a healthier, longer life. When researchers examined these areas more closely, they discovered that the people residing in these places shared nine common practices that could contribute to their longer, healthier lives. These are what are referred to as the "Power 9":

- Eating a primarily plant-based diet.
- Monitoring calorie intake, including doing intermittent fasting.
- Avoiding alcohol entirely or drinking in moderation, primarily red wine.
- Embracing a sense of purpose in their lives.
- Following a daily lifestyle that encourages natural, vigorous movement.
- Adopting some form of daily stress relief.
- Incorporating religion or spirituality in their lives.
- Establishing stable and extended family structures, such as young and old relatives living together.
- Developing supportive social networks and lifelong friendships.

Of course, not all people in the Blue Zones follow the Power 9 equally. Some parts are more prominent in their lives than others. For example, the highest concentration of centenarian men in the world is in Sardinia, where sheep farming is the most common occupation and involves at least five miles of daily walking up and down mountains.



Residents of Okinawa engage in moai: social support groups, often consisting of neighbors or friends, that form in childhood and stay together throughout their lives.

Okinawans also practice a form of mindful eating called hara hachi bu. In Costa Rica, the Nicoya peninsula community traditionally revolves around faith and having a strong sense of purpose. Loma Linda has a high concentration of Seventh-day Adventists, who are vegetarians and lead a faith-centered lifestyle.

It's also been theorized that genetics play a significant role in Blue Zone residents' longevity. However, it appears there may not be strong enough evidence to support this.

Another reason these communities stand out is because many have been frozen in time. Their lifestyle has been similar to how people from many cultures, including ours, lived during past centuries. Sound familiar to anyone in Little Compton? It's not uncommon to hear from "outsiders" that our little town is more reminiscent of a Norman Rockwell snippet in time!

For the most part, the Blue Zones have remained protected from modern conveniences that have made life easier, though sometimes at a costly price to people's health. Think about how "modern conveniences" have transformed our lives over the past 5 or 6 decades.....we used to walk more, grow our own food (many of us still do) and were generally more physical.

**Generally, Blue Zone communities have been slower to be overwhelmed by advances in technology, and maintained more aspects of their traditional way of life.**

What lessons can we learn from the Blue Zones? We can implement most or all of the Power 9 into our lives. Eating more fresh plant-based foods, staying active, engaging our minds, talking to our neighbors and having a purpose are - all of things we can do now, and we know they can help us live better and longer!

*Adapted from [www.NIH.gov](http://www.NIH.gov)*



# Live Music is Back in Little Compton

The Little Compton Community Center has announced their summer concert lineup! Starting the first weekend in May until the last weekend in August, there are plenty of opportunities to hear live music at LCCC! Excluding "Retro Country Experience," entry is free for all summer concerts! Dinner, beer, and wine are available for purchase at each event!

## Saturday May 2<sup>nd</sup> 6PM

Retro Country Experience: Country Music of the Finest Kind

## Friday May 29<sup>th</sup> 6PM

Summer Kickoff Concert: Tangent

## Wednesday July 15<sup>th</sup> 6PM

Summer Concert Series: RedFish

## Wednesday July 29<sup>th</sup> 6PM

Summer Concert Series: 3-Legged Dog

## Wednesday August 5<sup>th</sup> 6PM

Summer Concert Series: Berger Boys

## Wednesday August 12<sup>th</sup> 6PM

Summer Concert Series: Spindle Rock River Rats

## Wednesday August 19<sup>th</sup> 6PM

Summer Concert Series: Tangent

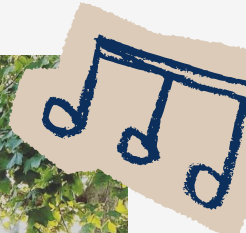
## Wednesday August 26<sup>th</sup> 6PM

Summer Concert Series: Gary Farias

The Community Center is currently looking for sponsors to make this summer's series really shine! Are you an individual or business hoping to support local access to the arts? Connect with [juliatripp@lccenter.org](mailto:juliatripp@lccenter.org) today!



*A busy night on the patio at last year's Summer Concert Series!*



*Local musician Gary Farias is an annual staple of our Concert Series!*

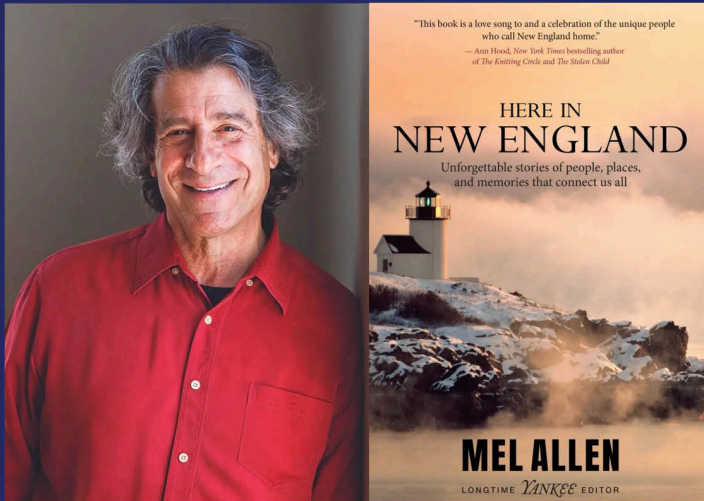
Join the Little Compton Wellness Center for a speaker event  
featuring former Yankee Magazine editor

# Mel Allen

and author of

## Here in New England: Unforgettable Stories of People, Places, and Memories That Connect Us All

Mel Allen published his first stories in Yankee Magazine in 1979, to the day he  
retired in 2025 as only Yankee's fifth editor in its storied 90 year history



*“Mel Allen brought New England to life in a way that made us all proud to call it home. His stories connected us to each other — and to the spirit of this place we love. Our Duxbury audience of 80+ people responded with a standing ovation.”*

Brooke McDonough, Media Manager, Duxbury  
(MA) Senior Center

## Sunday, June 14

4–6 p.m. | at St. Andrews by-the-Sea

182 Willow Ave | Little Compton

Presentation followed by  
book signing, wine & cheese

**Tickets: \$40**



← Scan here to purchase tickets!

You can also go to: <https://bit.ly/MelAllen>  
or call 401-592-0400 to reserve your spot!



Little Compton  
Wellness Center

Live well ~ Do more

Books available for purchase at event.

# ~ AROUND TOWN HALL ~

Meet Theresa, our newest Office Clerk in Town Hall!

Theresa's background and expertise is wide & varied. She began her career in advertising for close to 20 years as Advertising Manager at the Cape Cod Times where she led 4 departments and a staff of 16+/- receiving numerous industry awards & recognition for her creativity in classified design, layout, special pages and specialty sections.

She went into Workforce Training & Development as Director of Business Services leading a team of 4 providing recruitment services to employers. She earned her CPRW (Certified Professional Resume Writer) and conducted workshops for job seekers on how to overcome obstacles and prepare for their next role.

She dabbled in Human Resources serving in a volunteer role as Secretary on the Cape Cod Human Resource Association and then as HRIS Administrator for Cape Air executing employee metric reports for salaries, demographics, and PTO for audits of over 900 employees in the US, Caribbean and Micronesia, and conducting pre-employment CHRC Fingerprinting for pilot hires.

Theresa ventured into the food brokerage industry as Operations Manager for 12 years helping U.S. and Internal businesses launch products in Costco Wholesale.

Theresa moved to Little Compton from Cape Cod and is newly engaged to fellow LC resident Craig Kauffmann.

She is eager to learn everything about the Town Hall Clerk's Office and she is looking forward to meeting everyone in town.



# LITTLE COMPTON MEETING CALENDAR

- Beach Commission :: June 9<sup>th</sup> and June 23<sup>rd</sup> at 7pm
- Charter Review Committee :: June 1<sup>st</sup> 1:15p - 2:45p
- Conservation Commission :: June 24<sup>th</sup> at 7pm
- Harbor Commission :: June 11<sup>th</sup> at 6pm
- Historic Preservation Advisory :: June 1<sup>st</sup> at 5pm
- HOMS Ad Hoc Advisory Committee :: June 17<sup>th</sup> at 6pm
- Housing Trust :: June 8<sup>th</sup> at 6pm
- Little Compton Agricultural Trust :: June 3<sup>rd</sup> at 7pm
- Pension Committee :: June 4<sup>th</sup> at 9am
- Planning Board :: June 2<sup>nd</sup> at 7pm
- Recreation Committee :: June 22<sup>nd</sup> at 6:30pm
- Town Council :: June 4<sup>th</sup> and June 18<sup>th</sup> at 7pm
- Zoning Board of Review :: July 15<sup>th</sup> at 7pm

# THE GREAT SENIOR BAKE OFF

Congrats to Jeanne Wordell, the winner of our FOURTH Great Senior Bake-Off!

We had 3 entries and they were all absolutely delicious! The winning entry was a delicious lemon blueberry cake with cream cheese frosting. The runner up was an incredible tiramisu cheesecake made by Diana Fijak. The June Bake-Off will be held on Friday 6/26. We are looking for two NEW contestants to continue and to give our star bakers a rest! Please let Chris know if you are going to be a contestant. Bragging rights and a gift card are up for grabs monthly!

Baking? Let us know at [office@lccenter.org](mailto:office@lccenter.org) or 401-635-2400



**Understanding your Electric Bill & Community Resources available / Wednesday, June 3 @ 12 PM** The session will focus on how to read electricity bills, understand specific fees, and identify available resources.

**More than Medicare Help Sessions – Registration Required / Monday, June 8** with morning appointments. 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-libraryri.org](mailto:info@brownell-libraryri.org)

**Narcan Training – Tiverton & Little Compton Prevention Coalition / Tuesday, June 9 @ 6 PM and Friday, June 12 @ 1 PM - REGISTRATION REQUIRED:** All ages welcome for Narcan training offered by Polly Allen of the Newport County Prevention Coalition. Learn how to administer Narcan safely and save a life. Register at [allen@riprevention.org](mailto:allen@riprevention.org)

**Presentation by Marjory O'Toole of the Little Compton Historical Society / Tuesday, June 23 @ 5:30 PM**

**Senior Services Office Hours: Monday from 1 PM to 3PM - Little Compton's Senior Services** will be at the library on Mondays to meet with any senior in town to help connect seniors to the services they need. Stop by for help with a problem or just to introduce yourself and chat.

**Tech Help: Wednesdays from 1PM - 4PM** - Stop by with your device, passwords, and questions to this first come, first served drop-in program. Let us help you get your technological life in order.

**PressReader** - access a wide selection of digital magazines and newspapers at [pressreader.com](http://pressreader.com) or the PressReader app using your Little Compton library card number and PIN number.

**Museum Passes** - Stop by and see what is in the library so you can get out and explore. NEW - Coggeshall Farm Museum and Old Sturbridge Village. We also have passes to Boston's Museum of Fine Arts (Winslow Homer Exhibit), Fall River Children's Museum, Little Compton Historical Society, the New Bedford Whaling Museum , Battleship Cove and Buttonwood Zoo.

**Library of Things:** has a food dehydrator, portable DVD players, a portable Induction Cooktop and a portable Bluetooth Soundbar - as well as NEW BOARD GAMES AND CARD GAMES, T-mobile hot spots, tools, a Film & Slide Scanner and lots of fun and educational kits for kids

# LITTLE COMPTON TRANSPORTATION

## Bus Transportation Information

Call **401-777-9700** to reserve a seat on the bus.

Please make the reservation by **4 pm** on the **Friday** preceding the week.

First Monday of the month - Ride to Dartmouth Mall

Monday, Wednesday and Friday - Senior Lunch at Community Center

Tuesday - Ride to Lees Market

Thursday - Ride to Market Basket and Walmart

### **DID SOMEONE SAY, ICE CREAM?!**

**Monday, June 15th**, Treat yourself to a fun and delicious outing and join friends and neighbors for a relaxing trip for ice cream **the third Monday of each month!**

A perfect way to enjoy good company and a treat!

The van will leave from in front of the Little Compton Community Center at 12:45pm

**Reserve your seat by calling 401.777.9700 by June 8th.**

A representative will return your call to confirm your seat.

**Be sure to call ahead and save your spot!**

We look forward to seeing you there for a delightful and sweet Community outing!

# NEWS AROUND TOWN BUSINESS SPOTLIGHT

A **new** chapter has begun for  
The Commons Lunch!

## ~ Introducing Elsie's on the Commons ~

If you're on Facebook, you may know this already.....sharing from the new owners and checkout the Little Compton Happenings FB page for the survey link or scan the QR Code:

The Commons Restaurant has long been a part of this community, and we know it holds many memories for so many people.

We're excited to share that it is entering a new chapter as Elsie's on The Commons—now under new ownership with ties to the community.

Our goal is to honor what people have loved most about The Commons Restaurant while thoughtfully refreshing the space, menu, and overall experience with care and intention.

As we begin this transition, we would truly value your input. Your feedback will help shape what stays, what evolves, and what's new.

While we may not be able to implement every suggestion, please know that every response will be read and considered closely.

**Thank you for being part of this next chapter**



Because what's better than ONE  
new business in town.....TWO!

A new invigorating space is taking shape on Meetinghouse Lane.

Brought to us by Ellie Field, **The Hot Spot** is a retreat that will be filled with hot yoga, pilates, sauna, massage, hypnotherapy and more.

There is a class schedule that has something for everyone and a website introducing a slate of amazing instructors that Ellie has carefully and lovingly curated.

In true Ellie fashion, she has poured her whole heart into this new endeavor and it her intention that this becomes a place where you feel welcome the moment you walk through the door whether it's your first time on the mat or your thousandth.

Introducing....



## THE HOT SPOT

HOT YOGA & MORE

HOT YOGA • PILATES • SAUNA • MASSAGE • HYPNOTHERAPY

### Offering:

- Hot Yoga 5 days a week
- Non heated all levels yoga classes
- Mat Pilates
- Sauna
- Massage
- Hypnotherapy



BOOK YOUR CLASS OR  
MASSAGE NOW!  
[HOTSPOTYOGALC.COM](http://HOTSPOTYOGALC.COM)

Located at 33 Meetinghouse Lane in Little Compton, RI



# 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

<b>JUNE 2ND</b> 8A-10A	<b>COFFEE &amp; PASTRY</b> LITTLE COMPTON COMMUNITY CENTER	<b>34 COMMONS</b> LITTLE COMPTON (401) 635-2400 lccenter.org	
<b>JUNE 5TH</b> 9-10AM	<b>MEDITATION FRIDAYS</b> <b>JUNE &amp; JULY</b> LITTLE COMPTON WELLNESS CENTER	<b>115 EAST MAIN RD.</b> LITTLE COMPTON (401) 592-0400 lcwellness.org	
<b>JUNE 10TH</b> 1-4PM	<b>COMPUTER &amp; SMARTPHONE HELP</b> BROWNELL LIBRARY	<b>44 COMMONS</b> LITTLE COMPTON (401) 635-8562 brownell-libraryri.org	
<b>JUNE 13TH</b> 10A-1:30P	<b>TIVERTON FARMER'S MARKET</b> OUTSIDE MARKET	<b>TOWN FARM RECREATION AREA</b> 3588 MAIN ROAD TIVERTON tivertonfarmersmarket.com	
<b>JUNE 23RD</b> 5:30PM	<b>MARJORIE O'TOOLE PRESENTATION</b> BROWNELL LIBRARY	<b>44 COMMONS</b> LITTLE COMPTON (401) 635-8562 brownell-libraryri.org	
<b>JUNE 26TH</b> 6:30PM	<b>THE DIGG IT BAND TIVERTON SUMMER CONCERT SERIES</b> TIVERTON RECREATION	<b>BULGARMARSH RECREATION AREA</b> 34 ROOSEVELT RD TIVERTON	
<b>OPEN EVERY DAY</b>	<b>AWASHONKS GARDEN</b> LITTLE COMPTON HISTORICAL SOCIETY	<b>548 WEST MAIN RD.</b> LITTLE COMPTON <b>SUNRISE TO SUNSET</b> littlecompton.org	

## Alpaca Asana 2026

Yoga with Alpacas @ Hope Alpaca Farm  
Tuesdays & Saturdays 25\$ PP  
Led by Christine Reed & Amy Snow




**JUNE**

Saturday	June 13th	8:00-9:30 AM
Tuesday	June 16th	5:00-6:30 PM
Saturday	June 27th	8:00-9:30 AM

**JULY**

Tuesday	July 14th	5:00-6:30 PM
Saturday	July 18th	8:00-9:30 AM
Saturday	July 25th	8:00-9:30 AM

**AUGUST**

Tuesday	August 4th	5:00-6:30 PM
Saturday	August 15th	8:00-9:30 AM
Saturday	August 29th	8:00-9:30 AM

**SEPTEMBER**

Tuesday	September 1st	5:00-6:30 PM
Saturday	September 5th	8:00-9:30 AM

First ½ hour will be the meet & greet opportunity with the alpacas.  
Yoga will start at 5:30 PM on Tuesdays and 8:30 AM on Saturdays.  
Remember your mat/towel & camera!  
Bottled Water Available.

Visit our website to reserve your spot!  
[www.hopealpaca.com](http://www.hopealpaca.com)



## TIVERTON SUMMER CONCERT SERIES

<p><b>6/19</b> <b>The Ravers</b> ★ <i>Reggae</i></p> <p><b>6/26</b> <b>The Digg It Band</b> <i>Rock</i></p> <p><b>7/10</b> <b>Whiskey Rhode</b> <i>Classic rock and pop</i></p> <p><b>7/17</b> <b>Princess June Band</b> <i>Folk</i></p> <p><b>7/24</b> <b>Earl Knightwood Band</b> <i>Rock, blues, funk, New Orleans</i></p> <p><b>7/31</b> <b>Neal Vitullo</b> <i>Rock, rhythm and blues</i></p> <p><b>8/7</b> <b>The New Providence Big Band</b> <i>Big Band Swing</i></p> <p><b>8/14</b> <b>Gary Faria</b> <i>Jimmy Buffet and Island music</i></p>	<p>ALL SHOWS ARE ★ ★ ★ ★ <b>FREE FAMILY FRIENDLY</b></p> <p>FOOD TRUCKS ON SITE!</p> 
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★ ALL SHOWS AT ★  
**BULGARMARSH RECREATION AREA**  
★ START AT 6:30 PM ★

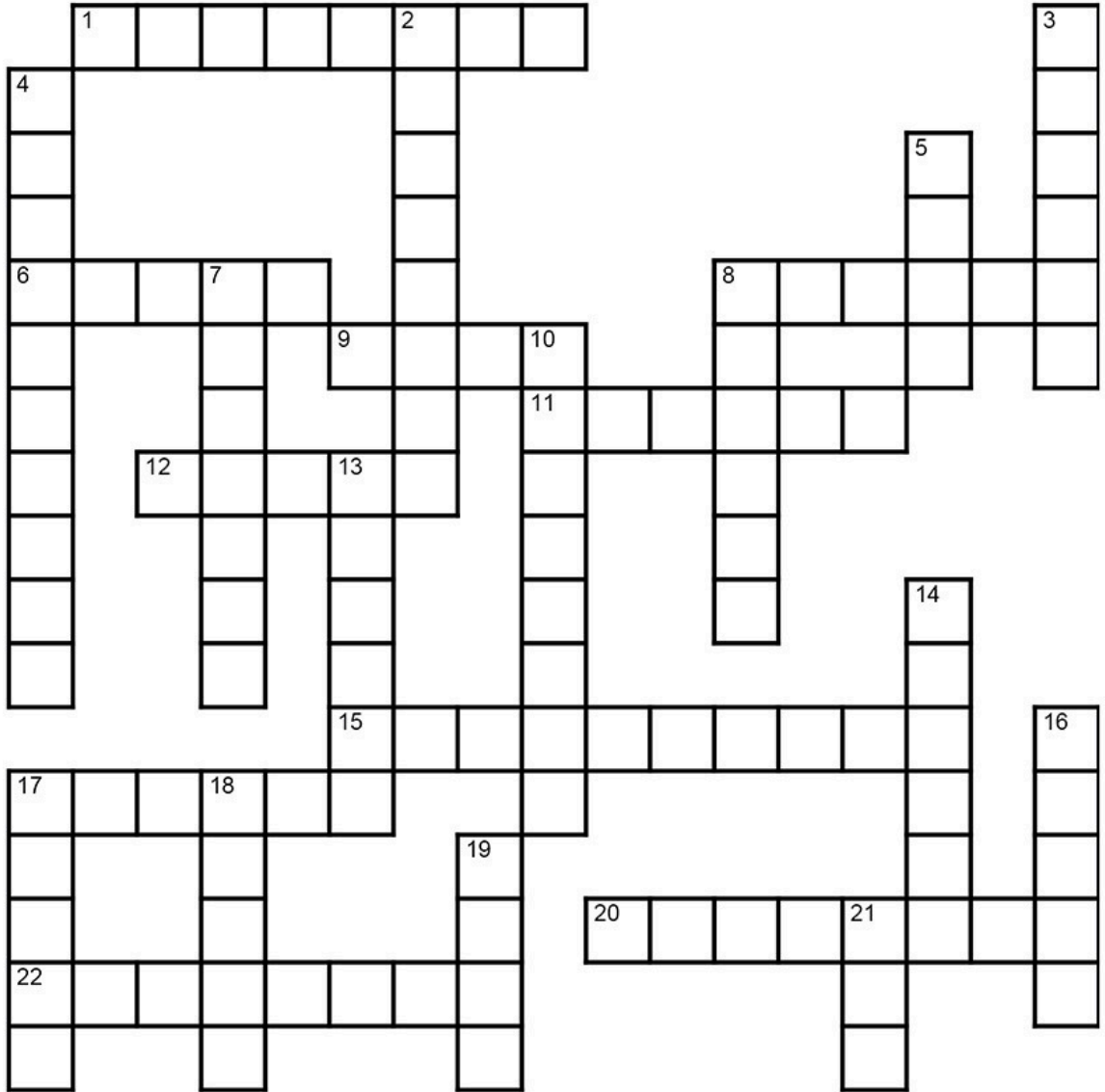
# Flag Day: JUNE 14TH

## ACROSS

1. Flag-folding ritual for young patriots
6. Action to hoist Old Glory up the pole
8. Respectful gesture toward the Stars and Stripes
9. Last name of the famous flag maker
11. Marching celebration on Flag Day
12. Number of stars on today's flag
15. Loyalty oath to the flag and nation
17. President who first proclaimed June 14th as Flag Day
20. Group that officially established Flag Day
22. Original colony count represented by stripes

## DOWN

2. Patriotic nickname for the American flag
3. Another word for our national emblem
4. Day in June when we honor the flag
5. One of the three colors in the flag
7. Horizontal bands on the flag
8. What the stars on the flag represent
10. Word from our national anthem describing the flag
13. President who signed US Flag Day into law
14. Promise of loyalty often recited in schools
16. First name of famous flag maker
17. Second color in the flag's palette
18. Celestial symbols on the flag



19. Month when we celebrate Flag Day
21. First color in the flag's design

Allegiance	Fifty	Raise	States	Truman
Banner	Fourteenth	Red	Stripes	White
Betsy	June	Ross	Thirteen	Wilson
Blue	Old Glory	Salute		
Ceremony	Parade	Spangled		
Congress	Pledge	Stars		

Congratulations to Kenneth Kelly for submitting the May 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 to her at (401) 450-4658 to be entered into the monthly drawing!



The Memorial Day Parade may have been a washout but we still had great fun celebrating at the LCCC cookout and birthday!

