



The Millis Council on Aging **COAlition**

APRIL 2024 HAPPENINGS!

MILLIS COUNCIL ON AGING

PHONE
(508) 376-7051

www.millisma.gov/council-aging

HOURS

Monday-Thursday

8:30 AM—4:00 PM

Friday 8:30 AM—12:30 PM

Veterans Memorial Building
Lower Level
900 Main Street
Millis, MA 02054

COUNCIL ON AGING STAFF

Director: Anne-Marie Gagnon, MSW
Outreach Coordinator: Lisa Kirby
Reception/Dispatch: Rochelle Bunt
Department Assistant: Andrew Lizardi
Drivers: Robert Daly, Herbert Lannon, Jr.,
Jack McBrien, Richard Posklensky

Council on Aging Board Members

Chairperson: Meredith St. Sauveur
Vice Chair: Herbert Lannon, Jr.
Secretary/Treasurer: Elizabeth Derwin
HESSCO Representative: Elizabeth Derwin
Members: Joyce Boiardi, William Brown,
Helen Daly, Carol Maloof

The Millis Council on Aging (COA) is a welcoming community committed to maintaining the highest level of independence for older adults by providing opportunities for socialization and education of various community-based supportive services. The COA provides a monthly calendar of social activities, transportation for seniors and persons with disabilities, hosts the local HESSCO Home Delivered Meals program, offers referrals and information, and provides application assistance for the Fuel Assistance Program, SNAP, Housing, the Millis Fund, and various other federal, state and local assistance programs.

Thank You Volunteers!

April is here and it's National Volunteer Appreciation Month! Thank you to all of the volunteers who help to make things run so smoothly here at the Senior Center! From driving folks to medical appointments and shopping, to picking up breads and pastries from our community partners and making sure coffee is available every day, to leading programs and coordinating events and bingo, to preparing newsletters for distribution, to keeping us healthy with blood pressure checks, to serving on boards and committees and working at the reception desk, we are so very grateful for your time and efforts! Thank you!



Anne-Marie & Staff

Anne-Marie Gagnon, Director

Email: agagnon@millisma.gov

Reminder! Nominations due April 5 for the 2nd Annual "Lansing Millis Award."

This award, in homage to our town's incorporator, Lansing Millis, and his entrepreneurship and community advocacy, acknowledges the contributions and selfless acts of kindness of a senior volunteer in our community to fellow seniors, and is our town's highest recognition of a Millis senior resident for exemplary community service. Nomination forms can be found on the Town website at www.millisma.gov/council-aging; at the Council on Aging, Town Clerk's Office and the Library. Nominations are due April 5 to the Council on Aging. The award will be presented at a Select Board meeting in May. Thank you!



NEW! LUNCH AND LEARN: **FLOODING MITIGATION**

Charles River Watershed Association and Communities Responding to Extreme Weather will discuss flooding impacts in Millis and across the watershed. Tree planting, wetland restoration, rain gardens, and emergency preparedness will also be discussed. Sandwiches and light refreshments. Free.

Tuesday, April 9 at 11:00 AM

NEW! FRANCES PERKINS: MEET **the UNSUNG HEROINE BEHIND** **the NEW DEAL**

Join us as Janet Parnes portrays Frances Perkins, our country's first female cabinet secretary. She will reveal the trials, trip-ups, and triumphs that characterized Frances' 12-year term as FDR's Secretary of Labor. Cake will be served in honor of Frances Perkins' birthday that day! Free. Supported by a grant from the Millis Cultural Council.

Wednesday, April 10 at 11:00 AM

UPCOMING EVENTS

TECH TIME

Drop in with your device and bring your questions! Esther Davis of the Millis Public Library will be here to help with any problems or questions about your smartphone, computer, laptop, tablet, e-reader, Facebook account, or other tech issue.

Tuesday, April 2 and all first Tuesdays
Time: 12:00 PM

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Tuesday, April 9 at 11:00 AM
Pre-register by calling the Senior Center

NEW! FRANCES PERKINS: MEET the UNSUNG HEROINE BEHIND the NEW DEAL



Join Janet Parnes in this living history presentation as she portrays Frances Perkins, our country's first female cabinet secretary. She will reveal the trials, trip-ups, and triumphs that characterized Frances' 12-year term as FDR's Secretary of Labor. Supported by a grant from the Millis Cultural Council. Cake will be served in honor of Frances Perkins' birthday that day! Free.

Wednesday, April 10 at 11:00 AM

EXPLORE ARCHAEOLOGY with Susan Steele

Archaeologists study the physical remains of the past as a path to understanding human culture. Join Susan Steele as she helps us delve into what archaeologists do, and learn about significant sites such as Pompeii, King Tut's Tomb and the Terra Cotta Army. This 12-week series runs until May.

Wednesdays: April 3,17,24 and May 1,8,15,22,29
Time: 11:00 AM-12:15 PM (no class April 10)

POETRY PARTY with Patsy Divver

Bring your favorite poems to this event where we will be joined by Millis Middle School students who will share their work in a celebration of poetry readings. Light refreshments.

Tuesday, April 23 at 1:00 PM

PIZZA and PREVENTION

Hosted by the Millis Fire Department

Join us on how to keep you and your loved ones safe from fire and accidents at home. Pizza will be served. Free.

Monday, April 22 at 11:00 AM
Pre-register by calling the Senior Center by April 18

MILLIS MEMORY CAFE

The Millis Public Library hosts our local Memory Café, a welcoming place for individuals and families living with memory changes. Each café features a guest musician or artist, conversation, and refreshments. Call the library at (508) 376-8282 for more information.

Dates: Monday, April 22 at the Library
Monday, May 20 at the Senior Center
Time: 10:30 AM—Noon

MAHJONG IN MAY!

We have a group starting in May. Join us to play. Lessons and guidance available. Call the Senior Center (508) 376-7051 for details and dates!

CALLING CRIBBAGE PLAYERS! WE NEED YOU!

Monday and Friday mornings at 9:30 AM. Come for the game, stay for the laughs. Nice people (we promise!).

NEW! CARING FOR YOUR PET with ERIN MALLETTE

Join Millis' Animal Control Officer for tips on how to keep your pet healthy, and learn more about what she does for all types of animals in town. Bring your questions!

Wednesday, April 17 at 10:00 AM

SEW and STITCH GROUP—All Welcome

New and seasoned sewers and crocheters-materials and guidance provided for special bears project for charity.

Mondays: April 1, 8, 22, 29 from 1:00 PM-3:30 PM



GAMES

RUMMIKUB

Every Monday, 1:00 PM-3:00 PM

GAMES GROUP Let's play some Board Games!
3rd Monday of Each Month, 1:00 PM-3:00 PM

CRIBBAGE



Let's play cribbage! Come join our Cribbage group **every Monday or Friday from 9:30AM-12PM**. Instructors are available either day.

SUPER BINGO EVERY THURSDAY!



Held on **Thursdays at 12:15 PM** in room 21. The last pot is worth \$25. **Come and try your luck!**
Thank you Friends Group for supporting this!

WAYS TO KEEP FIT—5 Days a Week!

TAI CHI with Tony Berg



Focusing primarily on the therapeutic aspects of Tai Chi, and the martial art/self-defense and performance aspects secondary, this class will be practicing Yang style Tai Chi, which is the most popular of the five traditional schools of Tai Chi.

Tuesdays at 9:00 AM in the Gym

Cost: \$3 per class.

SEATED STRENGTH and BALANCE with Pearl Pressman



This seated class accommodates individuals of various fitness levels and abilities and can be adapted to meet individual needs. The class begins with a warm-up for both the joints and muscles, followed by strength training for all the major muscle groups of the body using hand weights and body weight, and a few minutes of standing balance exercises for those able.

Wednesdays at 2:00 PM in Room 18

Cost: \$3 per class.

DANCE FUSION



With Dance Fusion you're getting exercise and you hardly even know it because you're having so much fun dancing to great Pop & Funk music.

Thursdays at 9:00 AM in the Gym

Cost: \$3 per class.

STRETCH & FLOW YOGA with Holly Davenport



We practice gentle stretches, flowing movement and breathing exercises. The class is adaptable and really is for everyone! You can use a chair or bring your own mat.

Fridays at 9:30 AM in Room 103

Cost: \$3 per class.

YMCA ENHANCE FITNESS



It's Back! YMCA ENHANCE FITNESS is a physical activity program comprised of three one-hour sessions per week designed to safely increase participants' fitness levels through aerobic and strength training exercises. **This program started January 8 for 16 weeks: every Monday, Wednesday & Friday at 9AM in the gym, and there is still time to join, pro-rated. Call the Senior Center for details. (508) 376-7051**

SENIOR WATER AEROBICS at Kingsbury Club

\$5 per visit. COA members to present their Millis COA key tag at entry. Call the Kingsbury Club, Medfield, (508) 359-7800 for more information, days and times.

PODIATRY VISITS

At this time, the podiatrist is not able to come to us, but please call them at Main Street Podiatry for a home visit or to schedule an office visit. (P) 508-533-3500

BLOOD PRESSURE CHECKS

Visit the Senior Center to have your blood pressure checked by our volunteer nurse.

Thursdays from 11-11:30 AM, Free

MILLIS COA FITNESS ROOM

Bring a friend and check out our fitness room with



treadmills, bikes, elliptical, and 7 piece hydraulic circuit training station at the Senior Center. Thanks to the Friends of the Millis COA, the annual fee for Millis residents is now only \$50, and \$100 for non-Millis participants. Info: (508) 376-7051.

WEEKLY MEET-UPS

CRAFTY LADIES

Tuesdays, April 2, 9, 16, 23, 30

Time: 9:30 AM

NEEDLEWORKERS GROUP

Working on a needlework project but would like to do so with others? Bring your project. All are welcome.

Thursdays: April 4, 11, 18, 25

TRANSPORTATION

SENIOR VAN SCHEDULE FOR MILLIS RESIDENTS

Monday-Thursday 8AM-3PM & Friday 8AM-1PM

PLEASE CALL ROCHELLE: (508) 376-7051

Medical Appointments: We have 2 accessible vans and one standard sedan vehicle that provide transportation for our Millis seniors and those with disabilities.

Grocery Shopping: To Bellingham Market Basket and Walmart at 8AM. APRIL 11 and 25

All passengers must manage their own shopping bags from the vehicles to their home doors. Drivers provide LIMITED assistance. Please be aware that we cannot provide repetitive trips. Medical appointments take priority over all other trips. Suggested donations apply.

COMMUNITY FOOD RESOURCES



Questions about Your Meal Delivery?

Call: (508) 376-7056

THURSDAY GRAB-N-GO LUNCH at the Senior Center

Each Thursday from 11:15 AM–Noon, HESSCO offers a small packed cold Lunch at the Millis Senior Center. Items include: a sandwich, side, salad, dessert and water.

Week 1: Chicken Salad; Week 2: Turkey and Cheese

Week 3: Seafood Salad; Week 4: Ham and Cheese

Week 5: Tuna Salad. Call (508) 376-7056 by Noon the Friday before and then stop by on Thursday to pick it up.

Suggested donation of \$3 appreciated but not required.

MEALS ON WHEELS (781) 784-4944

Managed by HESSCO Elder Services, hot noon-time meals are delivered to homebound seniors Monday–Friday. Call HESSCO at (781) 784-4944 for details or to become a driver!

LOVIN' SPOONFULS at the SENIOR CENTER

The largest food rescue program in New England delivers healthy fresh, and frozen food to the Senior Center and it is distributed every **Tuesday at approximately 10:00 AM**. Items are free.

Dates: Tuesdays: April 2, 9, 23, 30 and on Patriots Day Holiday Week: Thursday, April 18

MILLIS ECUMENICAL FOOD PANTRY 508-376-5034



The Food Pantry is open to all Millis residents and is housed in the Church of Christ, 142 Exchange Street. The Food Pantry is open every Saturday from 10 AM–Noon and the first and third Wednesdays of each month from 10 AM–Noon.

DAILY BREADS and BAGELS...DONUTS TOO!

Every Morning: Stop by the Senior Center in the morning, enjoy a cup of coffee and see what we have received from our generous partners: Country Kitchen, Shaw's, and Blue Moon. Items are just a day past, and are free. Each day is different and always delicious!



Jack Ryan's Senior Project

TOWN WIDE YARD SALE

Where? Millis MA 📍

When? Sunday April 28th

Participation Fee: \$25

Or call Jack at (508) 397-5719

Scan the QR code for more information!



TRIPS!

Via Bloom Tours

Travel with us! Payment required upon sign-up. For additional details, call the Senior Center at (508) 376-7051. Sign-ups begin April 1 for Millis residents for all trips; May 1 for out-of-town residents.

Summer Fun on the Water:

June 20: Cape Cod Canal Cruise with lunch at Dan'l Webster Inn



Join us on Cape Cod Canal's only historic sightseeing cruise! Featuring live narration about the fascinating history and points of interest along the Canal, including Massachusetts Maritime Academy, Sagamore Bridge, Bourne Bridge, Vertical Lift Railroad Bridge, Gray Gable, Herring Run, Aptuxet Trading Post, Scusset Beach Fish Pier, Sandwich Boat Basin and Cape Cod Bay. After our excursion we will head for lunch at The Dan'l Webster Inn in Sandwich, MA. *Includes: Roundtrip Transportation, Cruise & Lunch. \$132.00*

Fall Leaf Peeping:

October 24: Parker' Maple Barn in Mason, NH & Averill Winery



Join us for a delicious day to Parker's Maple Barn in Mason, NH. We will feast on a fantastic brunch that will include fresh maple syrup, maple ham, pancakes, eggs and more. After brunch, we will take a tour of the facility where we will learn about the sugaring process & how maple syrup is made. You will have time to shop in their store to bring home a taste of NH. After brunch, we will take you to Averill Winery for a wine tasting. *Includes: Roundtrip Transportation, Brunch & Wine Tasting. \$122.00*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>April 2024</i>				
1 9-4 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 1-3 RUMMIKUB 1:00 Sew & Stitch	2 9-4 Fitness Room 9:00 Tai Chi 10:00 Lovin' Spoonfuls 9:30-12 Crafty Ladies 12:00 Tech Time	3 9-4 Fitness Room 9:00 Enhance Fitness 1:00 Pond Ladies 2:00 Seated Strength	4 9-2 Fitness Room 9:00 Dance Fusion 10-1 SHINE Appts 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo	5 9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga (Room 130)
8 9-4 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 1-3 RUMMIKUB 1:00 Sew & Stitch	9 9-4 Fitness Room 9:00 Tai Chi 10:00 Lovin' Spoonfuls 10:00 FRIENDS MEETING 11:00 LUNCH & LEARN: FLOODING MITIGATION 9:30-12 Crafty Ladies	10 9-4 Fitness Room 9:00 Enhance Fitness 11:00 FRANCES PERKINS 1:00 Pond Ladies 2:00 Seated Strength	11 8:00 Market Basket Trip 9-2 Fitness Room 9:00 COA BOARD MEETING 9:00 Dance Fusion 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo	12 9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga (Room 130)
15 PATRIOTS DAY SENIOR CENTER CLOSED	16 9-4 Fitness Room 9-10 Tai Chi with Tony NO Lovin' Spoonfuls 9:30-12 Crafty Ladies	17 9-4 Fitness Room 9:00 Enhance Fitness 10:00 Caring for your Pet 11:00 Explore with Susan 1:00 Pond Ladies 2:00 Seated Strength	18 9-2 Fitness Room 9:00 Dance Fusion 10-1 SHINE Appts 10:00 LOVIN' SPOONFULS 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo	19 9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga (Room 130)
22 9-4 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 10:30 Memory Café 11:00 Pizza & Prevention 1-3 RUMMIKUB 1:00 Sew & Stitch	23 9-4 Fitness Room 9-10 Tai Chi with Tony 10:00 Lovin' Spoonfuls 9:30-12 Crafty Ladies 1:00 POETRY PARTY	24 9-4 Fitness Room 9:00 Enhance Fitness 1:00 Pond Ladies 11:00 Explore with Susan 2:00 Seated Strength	25 8:00 Market Basket Trip 9-2 Fitness Room 9:00 Dance Fusion 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo	26 9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga (Room 130) TOWNWIDE YARD SALE SUNDAY, APRIL 28
29 9-4 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 1-3 RUMMIKUB 1:00 Sew & Stitch	30 9-4 Fitness Room 9-10 Tai Chi with Tony 10:00 Lovin' Spoonfuls 9:30-12 Crafty Ladies	MILLIS COUNCIL ON AGING 900 MAIN STREET Lower Level MILLIS, MA 02054 (508) 376-7051	SENIOR CENTER & FITNESS ROOM HOURS M/T/W/TH 8:30 AM-4 PM F 8:30 AM-12:30	To our Volunteers today and every day: 



News from SHINE:

Do you qualify to get help paying Medicare Costs?

The Medicare Savings Program (MSP) will pay for some or all of Medicare premiums, deductibles, copayments, and co-insurance. Depending on your income, MSP will pay for your Medicare Part A&B premiums and cost sharing, or Medicare Part B premium, as well as lower your prescription costs. This is not an insurance plan.

Who Qualifies?

Medicare beneficiaries who meet the following income limits:

YOU ARE:	YOUR INCOME IS AT OR BELOW:
SINGLE:	\$2,834/month
MARRIED:	\$3,833/month

SHINE (Serving Health Insurance Needs of Everyone – on Medicare) offers free counseling sessions on Medicare options at the Millis Senior Center by appointment. Call the Millis Senior Center at (508) 376-7051 for more information and to make an appointment.



Where Can I Find a Newsletter?

Newsletters can be mailed to your home upon request, or picked up at the Senior Center, Library, and Town Hall. If you would like to receive it **via email** each month, please go to the Town website and E-subscribe for Senior Center newsletters. www.millisma.gov/subscribe

For More Information



Follow us on
Facebook
www.facebook.com/milliscouncilonaging



Find more about
the Council on
Aging on the
Millis Town website:
www.millisma.gov/council-aging

This newsletter is brought to you by a grant from the Massachusetts Executive Office of Elder Affairs and the Friends of the Millis Council on Aging.
Thank you.

OUTREACH CORNER

Contact Lisa Kirby
(508) 376-7051
LKirby@millisma.gov



Need Help Buying Groceries?

SNAP (Supplemental Nutritional Assistance Program, formerly Food Stamps) can help. Call Outreach Coordinator, Lisa Kirby, for income and eligibility criteria.

Fuel Assistance with SMOC

If you participated in the program last year and **have not** received your blue re-enrollment form, please call our Outreach Coordinator, Lisa Kirby for help. If you would like to learn more about the program, contact Lisa for eligibility criteria and application assistance.

Housing Application Assistance (CHAMP)

Moving to public housing can be a long process, so plan accordingly and early. If you are considering applying, feel free to call our Outreach Coordinator, Lisa Kirby, for information and assistance.

Legal Services

The Millis Council on Aging can connect you with attorneys who can help with estate planning, wills, housing and other issues. Call Outreach Coordinator, Lisa Kirby, for referrals.

The “Are You OK?” Program

This program is a daily telephone reassurance program offered by the Norfolk County Sheriff's Office in partnership with Fallon Ambulance. Each morning, enrollees receive a call to check on their well-being. If an individual fails to respond or needs assistance, they will notify family or police and/or emergency services. This is a free service. To learn more, call 866-900-7865.

Need a Walker, Shower Chair or Other Equipment?

The Senior Center has pre-owned items for loan. Call the Senior Center at (508) 376-7051 for more information and to see what's available.

You Can Help Prevent Elder Abuse and Neglect

Report it! Elder abuse includes not only physical, sexual, and emotional abuse, but financial exploitation, caretaker neglect, and self-neglect as well. If you or someone you know is experiencing such distress, call (800) 922-2275 in confidence, or report it online at www.mass.gov/reporting-elder-abuse-neglect. All reports are investigated by MA Dept. of Elder Protective Services to insure the well-being of our community members. Thank you.

THANK YOU FROM THE FRIENDS! YOUR SUPPORT MAKES A DIFFERENCE

Friends of the Millis Council on Aging

President: Kristi Christman
Vice President: Wayne Carlson
Secretary: Susan Steele
Treasurer: Brooks Corl
Assistant Treasurer: Ed Koman
Members: Ruth Doliner
Lenny Forman
Helen Humphrey

CANDY'S CORNER UPDATE

Thank you to everyone who donates small decorative items, greeting cards, costume jewelry and other trinkets to our Candy's Corner shop. Funds received from purchases are directed to the Friends of the Millis Council on Aging who then help to make possible many of the programs and exercise classes at the Senior Center.

THE FRIENDS ARE SEEKING BOARD MEMBERS

Have an interest in raising funds and awareness about the Council on Aging? Please contact Kristi Christman at (508) 577-8856. Thank you!

Many thanks to those who support Millis Council on Aging activities through voluntary dues and donations to the Friends of the Millis Council on Aging, and contributions to Candy's Corner.

Anonymous ~ Bill Brown ~ Joan Whitman ~ James Lonergan ~ James & Kathleen Murphy ~ Marie Power ~ Malcolm & Deborah Gibson ~ Thomas King & Irene Long ~ Madelyn Good ~ Judith O'Neil ~ Mark & Barbara Chotkowski ~ In memory of James A. Fiatarone by Judith Fiatarone ~



In Memoriam

John "Steve" Howie, President, Friends of the Millis COA ~
~ Carol Salvoni ~ Charlene Winslow ~
Joseph Greiff ~ Frances Sheehan ~



Why should I donate to the Friends of the COA?

- ♦ The purpose of The Friends of the Millis COA, Inc. is to help raise funds for the Senior Center by purchasing and donating items or providing for program expenses above and beyond what the town or the Commonwealth provides.
- ♦ All money raised is used for senior programs and activities for the well-being of our senior citizens and to help enrich their community interest.
- ♦ Some familiar programs that are supported by the Friends are exercise classes, vehicles and other transportation needs, holiday meals, the annual volunteer luncheon, and many more!
- ♦ It's only \$6.00/year! Your donation goes a long way in supporting our Senior Community. Thank you!

SUGGESTED DUES \$6/INDIVIDUAL PER YEAR

Please make your check payable to the Friends of the Millis COA, 900 Main Street, Millis, MA 02054

Names of contributors will be listed in the newsletter each month. Any interested adult can be a member of The Friends. *All donations are tax deductible.

Name: _____

Address: _____

In addition, your Tax Deductible Gift to the Friends of the Millis COA Fits All Occasions

Your Name: _____

Address: _____

Donation Amount: \$ _____

Select One: In Memory Of: In Honor Of: In Celebration Of:

Friends of the Millis Council on Aging
900 Main Street
Millis, MA 02054

US POSTAGE
PAID
NON-PROFIT
Millis, MA
PERMIT NO. 17

April 2024

Happy
Spring!

Look inside for
presentations
about Flooding
Mitigation;
Frances
Perkins, the
unsung heroine
of the New
Deal; how to
keep your pet
healthy; coach
bus trips and
more!

See you soon!