

VOLUME 20

ISSUE 10

DECEMBER 2018

NOW OPEN UNTIL 4:30

ON TUESDAYS



COAlition

MILLIS COUNCIL ON AGING

900 MAIN STREET MILLIS, MA. 02054

508-376-7051

M-W-TH 8:30-2:00 TUES 8:30-4:30 FRI 8:30-12:30

Friends of Millis' Council on Aging

President: Bryan Riley
Vice President: Steve Howie
Secretary: Everard Huggan
Treasurer: Brooks Corl
Member: Carole Greco
Member: Pam Gallo

State Representative::

David P. Linsky 617-722-2575
Shawn Dooley 617-722-2810
Senator Richard Ross (617) 722-1555

Council on Aging (508) 376-7051

Director: Patty Kayo
Chairperson: Maria Neville
Vice Chair: Open
Secretary: Helen Daly
HESSCO Representative: Maria Neville
Member: William Brown
Member: Christine McCaffrey
Member: Lisette Walter
Member: Herbert Lannon Jr.

Board of Selectmen

Chairman- Catherine MacInnis: cmacinnis@millisma.net

Vice Chairman- Loring Barnes Edmonds: lbarnes@millisma.net Clerk- James McCaffrey: jmccaffrey@millisma.net

The Millis Council on Aging is committed to maintaining the highest level of independence with older individuals by developing and coordinating community care, reducing isolation and educating and improving the overall understanding of various community-based services. The Council also provides transportation for the elderly and disabled, a Supportive Day Program for those who are isolated or experiencing mild confusion/dementia, and a outreach program for those who are in need of information or referrals. We also house the Meals on Wheels Program. The Center is an intake site for the States Fuel Assistance Program and The Millis Fund and acts as a liaison to many state and federal programs.

Christmas Day Feast with the Millis Police and EMTs The Millis Police and EMT's will be providing and serving our Christmas day luncheon at The Primavera Restaurant on **Friday, December 21st at 11:30**. Please call 376-7051 to make your reservations before December 14th. You must make a reservation to participate. Millis residents who are paid up to date on their dues to the Friends of Millis COA eat free, non- members \$6. We do expect to be at full capacity so please call as soon as possible. Transportation will be available. Happy Holidays to you!



Podiatrist, Dr. Cooper As we age it gets tougher and tougher to trim those pesky toenails. Diseases such as arthritis can make joints and bones stiff and can make an awkward position difficult, such as bringing your feet up for proper foot care. Poor vision also makes proper foot care hard. Dr. Cooper will be here on **Wednesday, December 5th from 9-11** to trim your toenails for you. \$30. at the Center and \$50. for a home visit. Appointments are on a first come-first served basis.

Open Enrollment ends December 7, 2018. We will have a SHINE worker here at the Center on Monday, December 3rd from 9-1. Please call the Center for an appointment.

Tasty Tuesday ~ We will be serving pizza and salad every Tuesday for month of December. Due to popular demand we will be offering a hot dog bar with all the fixings on December 18th. Please call the Center to make reservations the Monday before the luncheon with payment of \$3.00. Hope to see you here.

If you require dietary restrictions please let us know so we may accommodate your needs.

* Funded by The Friends of Millis COA



Inclement Weather Policy In the event that Millis schools are cancelled due to inclement weather, Council on Aging transportation will also be cancelled. Transportation may also be cancelled if the driver judges the conditions to be too hazardous. Please be aware of this policy as we will be unable to transport individuals to and from medical appointments on snow days. We apologize in advance for any inconvenience.

Button Cell Battery Collection We have partnered with WTI Mercury Recovery Program to collect button-cell batteries. In exchange we can raise up to \$1,000 annually for our Friends group. Please bring your used button-cell batteries to the Center for proper recycling. We also seek anyone who would like to oversee this project. The time commitment is minimal but the benefit to the COA is great. Please see Patty if you are interested in helping out.

Fuel Assistance Homeowners and renters including households whose cost of heat is included in the rent can apply for fuel assistance through the Council on Aging. Eligibility is based on household size and the gross annual income of every household member, 18 years of age or older. Household income cannot exceed 60% of estimated State Median Income. Income guidelines for FY19 Program are as follows:

1 member household: \$35,510

2 member household : \$46,437

3member household: \$57,365.

If your household falls within the guidelines please call the Center for an application. After completing the application you *will be required to schedule a sit down meeting* with our Outreach Worker, Carol LaFreniere so she may complete the process. **Please no walk-ins.**

The Millis Fund As you prioritize your year-end giving plans, please consider seriously a donation to the Millis Fund, a uniquely Millis independent non-profit charitable organization. Your gift will be fully deductible on both Federal and State income tax returns.

Founded in 1994 by a coalition of the (then) three Millis churches and a synagogue, the Millis Fund to date has helped well over 350 Millis families to meet temporary financial emergencies. Aid from the Millis Fund comes through direct payments to utilities, medical providers, or other creditors.

The Millis Fund is managed by a 9 member operating board of Millis citizen volunteers and has virtually no administrative expenses, so more than 99% of your gift will support the Fund's work in helping Millis families in financial distress. For more information or for Millis families in need of assistance, the Millis Fund can be contacted through either Church of Christ at 508-376-5034 or the Millis Senior Center at 508-376-7051

Gazebo Committee Our Friends group is interested in financing a gazebo area in the rear of the building. We need a committee to make the gazebo a reality. If your interested in planning, coordinating, and seeing this project through, please contact COA Director, Patty Kayo.

Line Dancing - Evening Edition: This class is for Beginners to the Line Dance experience, but all are welcome. The class combines music from all venues, i.e. movies, country dances, ballroom, etc. The basic line steps are easy to grasp, and fun to put into different combinations. Attire: Comfortable dress: i.e. jeans, slacks, comfortable tops. No flip flops or sneakers. A hard heel soled ballet type shoe will do. You have to be able to move freely, turn and stomp your feet. When you are on the dance floor at any occasion you must be able to move freely. If you have access to a Cuban-type heel (1 3/4) shoe (available @ Capezio's in Milford) that would be fine. The Class will meet every **Monday from 6:15-7:15pm**. Any questions, contact Jeanne at the COA Thursdays after her morning class (11:00) or email her at jat0535@comcast.net.



HELP!!!! Come volunteer once a month with some fabulous people. The last Friday of the month we have a group who folds, tapes and labels our newsletter for our monthly mailing. It only takes two hours of your time and we could sure use your help! Please call Maureen at 376-7051 if you would like to help out. *All volunteers are invited to a volunteer lunch at a local restaurant once a year. Come join us!*

Karaoke with Bill and Lyn Every Monday at 10:30 Bill and Lyn will be doing a Karaoke Christmas Carol Marathon every Monday this month. Come get into the spirit!!!



Computer Tutoring ~ Bob Bryant is here every Thursday from 10-12 for your one on one computer tutoring. Appointments are required. Please call Maureen and make an appointment with him.

Thank you to those of you who support us with contributions and donations.

If you have anything to donate to "Candy's Corner" please drop your items off. If you are looking for unique items, stop in.

Sara Underhill for the walker~ Irene Long for the Christmas crafts~ John Chase for the Candy's Corner Items ~ Joan Allen for the books~ Ilene Hamm for the pictures~ Joan Shea for the hats~ Lisa Martiotti for the Bingo balls

The Town of Millis offers help to individuals and families, both elders and non-elders, who need information and referrals for community, local, state or federal benefits. You may contact us yourself or call us, in confidence, with concerns or questions for a friend, neighbor, or family member.

Outreach Worker, Carol LaFreniere is available by appointment to assist with information, referrals, benefits counseling, support groups, age related issues and help in finding resources including, health benefits counseling, free legal counseling (advocacy) for housing/financial or other concerns. Please call us about our services for senior citizens, adults, and families.

***From Outreach Worker, Carol LaFreniere
Tuesday and Wednesday 8:30-2 ~ Fridays 8:30-12:30
(508) 376-7051***

SCAMS

Financial scams targeting seniors have become so prevalent that they're now considered "the crime of the 21st century." Why? Because seniors are thought to have a significant amount of money sitting in their accounts. However even if you are not above the average income you may be a target.

Scammers are very clever. They can pose as your bank, an investment company, the IRS, etc. They can say you have won money, or your grandchild needs help, or you need to update or verify you information. Just remember that any institution or organization including the government or banks already have your information.

The best advice is that if you get something in the mail, email, or a phone call please be skeptical of it. Call back, look up the address or number yourself, ask a family member or close friend if you think there is a possibility that you are being targeted. Google it. Never feel embarrassed to ask or to report if you have been scammed. Be leery!

Your Tax Deductible Donation For The New COA VAN

Your Name: _____

Address: _____

Donation Amount: \$ _____

Please make checks out to the Friends of Millis COA, 900 Main Street Millis, MA. 02054

Shopping Did you know that we offer transportation to local shopping destinations on a regular basis. Market Basket and Walmart every second and fourth Thursday of the month at 8:00 (\$3.00) This is a curb to curb service. All passengers must be able to manage their own grocery bags in and out of the van. Please call the Center two days prior for a reservation. Happy shopping!

Senior Van Schedule Monday thru Friday- Medical appointments
2nd and 4th Thursdays— Bellingham Market Basket/ Walmart
Medical Appointments take priority over all trips
\$2.00 in town \$3.00 Medway/ Bellingham \$ 5.00 Framingham/Norwood
\$10.00 Newton/Dedham \$25.00 Boston

10:30 Karaoke

REGULAR ACTIVITIES

MONDAY

9:00~ Scrabble
9:30 Cribbage
9-12~ 2nd & 4th Monday~ Shine (Days may vary) Please call
6:15~ P.M. Line Dancing

TUESDAY

9-9:50 ~Strength Training
10:00~ Supportive Day Group
9:30 -1~ Crafts with Carol
10-11~ Swimming (508) 384-6735 Peter
1:00 Scrabble
2-4~ Poker

WEDNESDAY

10:00~ 3rd Wednesday only~ Friends Meeting (Dates may vary) Please call
11:00~ Blood Pressure Clinic
11:00~ 2nd Wednesday only~ Health Topics with Public Health Nurse
1:45~ Sing- Along
2-3~ Swimming (508) 384-6735 Peter

THURSDAY

8:00~ 2nd & 4th Grocery Shopping
9-9:50 Strength Training
10:00 ~ Supportive Day Program
10:00~ Line Dancing
10-12 ~ Computer Tutoring w Bob
12:15~ Bingo

FRIDAY

9:00~2nd Friday only~ COA Meeting
9:30~ Yoga
9:30 Cribbage
10-11~ Swimming~(508) 384-6735 Peter

Kathy O'Neil
COA Kitchen
508-376-7056

Two day advanced notice is greatly appreciated for meal reservations.
Suggested donation of \$3.00 per meal.

Please call Kathy if you are interested in delivering MOWs or helping out in the kitchen.

MONDAY

3.
9-1 SHINE
9:00 Enhance Fitness
9:30 Cribbage
10:30 Karaoke
Lunch~ Chicken Cacciatore
6:15 Line Dancing

10.
9-1 SHINE
9:00 Enhance Fitness
9:30 Scrabble
9:30 Cribbage
10:30 Karaoke
Lunch~ Am Chop Suey
6:15 Line Dancing

17.
9:00 Enhance Fitness
9:30 Scrabble
9:30 Cribbage
10:30 Karaoke
Lunch~ Greek Meatballs
6:15 Line Dancing

24.



31.
9-1 SHINE
9:00 Enhance Fitness
9:30 Cribbage
10:30 Karaoke
Lunch~ Beef Picadillo
6:15 Line Dancing

TUESDAY

4.
9:00 Strength Training
10:00 Swimming
10:00 Supportive Day Program
9:30 -1 Crafts with Carol
12~Tasty Tuesday
Lunch~ Egg Salad
1:00 Scrabble
2-4~ Poker

11.
9:00 Strength Training
10:00 Swimming
10:00 Supportive Day Program
9:30 -1 Crafts with Carol
12~Tasty Tuesday
Lunch~ Chicken
1:00 Scrabble
2-4~ Poker

18.
9:00 Strength Training
10:00 Swimming
10:00 Supportive Day Program
9:30 -1 Crafts with Carol
12~Tasty Tuesday
Lunch~ Honey Chicken
1:00 Scrabble
2-4~ Poker

WEDNESDAY

5.
9-11 Dr Cooper
9:00 Enhance Fitness
11:00 Blood Pressure Clinic
Lunch~ Beef Stew
1:45~ Sing-Along w Evera
2:00 Swimming

12.
8:00 Grocery Shopping
9:00 Enhance Fitness
11:00 Blood Pressure Clinic
Lunch~ Vegetarian Chili
1:45~ Sing-Along w Evera
2:00 Swimming

19.
9:00 Enhance Fitness
10:00 Friends Mtg.
11:00 Blood Pressure Clinic
Lunch~ Vegetable Lasagna
1:45~ Sing-Along w Evera
2:00 Swimming

26.
11:00 Blood Pressure Clinic
Lunch~ BBQ Pork Patty
1:45~ Sing-Along w Evera
2:00 Swimming

Decem

Toe Nail Clinic with Dr. Cooper :

9-11A.M. at the Center
\$30 at the center

\$50 for a home visit

December 5

FREE Strength Training Tot

These exercises may be done

Gentle but effective Yoga with
Swimming At t

Please call Peter @ (508) 384-6735
There is paperwork that nee

DAY	THURSDAY	FRIDAY
	6. <i>9:00 Strength Training</i> 10-12 Computer Tutoring <i>10:00 Line Dancing</i> 10:00 Supportive Day Program Lunch~ Meatloaf 12:15 Bingo	7. 9:00 Enhance Fitness 9:30 Yoga 9:30 Cribbage 10:00 Swimming Lunch~ Turkey Tetrazzini
	13. <i>9:00 Strength Training</i> 10-12 Computer Tutoring <i>10:00 Line Dancing</i> 10:00 Supportive Day Program Lunch~ Ham 12:15 Bingo	14. <i>9:00 COA Meeting</i> 9:00 Enhance Fitness 9:30 Yoga 9:30 Cribbage 10:00 Swimming Lunch~ Fish
	20. 8:00 Grocery Shopping <i>9:00 Strength Training</i> 10-12 Computer Tutoring <i>10:00 Line Dancing</i> 10:00 Supportive Day Program Lunch~ Turkey 12:15 Bingo	21. 9:00 Enhance Fitness 9:30 Cribbage 9:30 Yoga 10:00 Swimming Lunch~ Hot Dog
	27. <i>9:00 Strength Training</i> 10-12 Computer Tutoring <i>10:00 Line Dancing</i> 10:00 Supportive Day Program Lunch~ Chicken 12:15 Super Bingo	28. 9:00 Enhance Fitness 9:30 Yoga 9:30 Cribbage 10:00 Swimming Lunch~ Fish Fish
mber		

Chair Workout DVD Tuesday & Thursdays 9:00
 be in a chair or standing. Total body workout!
Yoga with Holly
 Holly. Meets every Friday at 9:30. Class is \$3.00.
 the Wrentham State School. No cost.
 Tuesday 10-11
 Wednesday 2-3
 Friday 10-11
 (888) 384-3114 ext.2592 (leave a message)
 needs to be completed prior to your initial visit.

SUPPORTIVE DAY PROGRAM

This program is for individuals who are either experiencing mild to moderate cognitive difficulties or are in need of stimulating activities to fill up their day. We meet Tuesday and Thursdays from 10-2. Cost is \$35.00 per day. Transportation and meals are available.

Town Nurse Presentations

The Public Health Nurse is here the second Wednesday of the month from 11 for blood pressure testing. She is also available for one on one consultations.

CRAFTS WITH CAROL

Multiple crafters meet and share their ongoing craft project. Knitting, crocheting, scrapbooking, painting, doodling or any other type of handiwork. Come by for a cup of coffee or tea. Being crafty not required. The group meets every Tuesday in Room 17 from 10-2. No cost for this class.

BLOOD PRESSURE CLINIC

Volunteer Nurses provide blood pressure checks every Wednesday from 11-12. No cost for this service.

SHINE

Health Insurance Counseling is available the 2nd and 4th Monday of every month from 11-1. Appointments are necessary. Days may vary.

BINGO

Bingo is every Thursday from 12:15—2:30 All are welcomed. Last Thursday of the month is Super Bingo! Last pot \$ 25

SCRABBLE

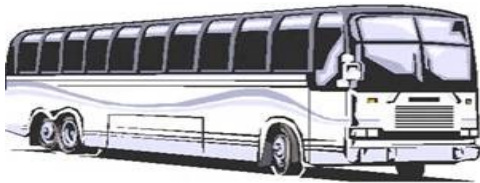
Scrabble is every Monday at 9:00 and every Tuesday at 1:00. All are welcomed.

FREE STRENGTH TRAINING EXERCISE VIDEO

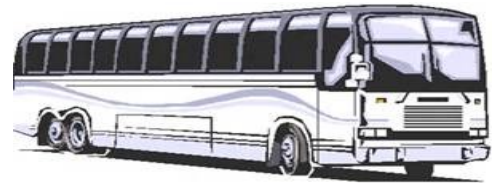
Every Tuesday and Thursday at 9:00.

If cost is prohibiting anyone from participating in an activity, please let Patty or Carol know. This will be confidential

Bingo Madness
Every Thursday from 12:15- 2:30.
All are welcomed.
Super Bingo is the last Thursday of the month! Last pot is worth \$25



Trips



Boston Pops~ Christmas Show~ \$139 PP

Checks payable to Fox Tours

Please call Maureen at 376-7051 for more details

MILLIS COUNCIL ON AGING TRIP POLICIES

Please call the COA office at 508-376-7051 to make trip reservations.

2. Payment must be made in check form. Checks Payable to Fox Tours, mail to: COA, Town Hall, 900 Main Street, Millis, MA 02054. Make a separate check for each trip.

3. Payment is due as specified in each description. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you may find someone to go in your place. Payment will not be refunded if your cancellation results in any expense to the COA.

4. ***Please always bring a copy of your FILE OF LIFE card with you on trips.***

Your Tax Deductible Donation to the Senior Center Fits All Occasions

Your Name: _____

Address: _____

Donation Amount: \$ _____

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

(Please make checks out to the Friends of Millis, 900 Main Street Millis, MA. 02054)

Millis Council on Aging Friends Group Needs YOU



The Millis COA Friends group raises funds to support programs not funded by the town or state. The group meets one time per month on the Wednesday following the COA board meeting (usually the third) for approximately an hour. Join this team to make a difference for your friends here in Millis. The only requirement is that you be a Millis resident. No age requirement. Please feel free to join them at 10:00 to see if you would like to be a part of their team.

FRIENDS of the Millis Council on Aging

All are welcome to attend our monthly meetings on the Wednesday following the COA board meeting (usually the third) at 10:00

The objective of The Friends of Millis' COA, Inc. is to help raise funds for the Senior Center by purchasing and donating to the Millis COA any items above and beyond what the town or the Commonwealth provides. All money raised is used for senior programs and activities to perpetuate the well-being of our senior citizens and to help enrich their community interest. For the months of November your dues helped fund:

- ◆ Yoga
- ◆ Daily coffee for the center
- ◆ Super Bingo
- ◆ Tasty Tuesday

Thank you very much!

DUES \$6 INDIVIDUAL PER YEAR

Please mail checks to 900 Main Street, Millis

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

Name_____

Address:_____

Many thanks to those who support our activities through dues and donations.

Dues were received from: Irene Long & Tom King~ Kathleen & Herbert Lannon~ Dorothy Small~ James & Catherine Gale~ Shirley McGroarty~ Elaine Jule~ Linda & Charles Matarazzo

Dues with extra donations were received from: Kathleen Opanasets~ Yolanda Ferzoco~ Gary & Donna Scotland~ David & Arlene Doe~ Phyllis McGuinness~ Robert & Karen Swenson~ Leonard Kaster~ Domenic Deramo~ Robert & Evelyn Mello~ Mary Beth & Raymond Bell~ Anna Demurjian~ Mary Gallo~ Anita Gold~ Marie & Justin Power~ Jakob & Rosalia Keller~ Susan Steele~ Eva V Lyn~ Joan & Walter Shea~ William & Joan Allen~ Judith & John Kosinski~ Geneive Broderick

Donations for Senior Center were received from: Theodore & Dorothy Iorio

Donations in memory of Rita Angelo were received from: Kelly, Jim, & Mark Angelo and Theresa Kelly

Donations in memory of R.John Tomassini were received from: Helen Humphrey

Donations in memory of Rhoda Burstyn were received from: Philip & Nadine Silver

Please take time to look at your COA newsletter mailing label. The date beside the addressee is the Friends of Millis membership expiration date. If there is not a date beside the addressee please remit your dues (\$6.00 per person). Thank you for your support.



Sadie Stepner~ Putman Clark~ Flora Leontie~ Joan Clancy~ Florence Eaton~ Edward McBride



Happy Holidays



Q: What do you call a bankrupt Santa?

A: Saint Nickel-less.

Why did Frosty ask for a divorce?
His wife was a total flake

What do you call an elf wearing ear muffs?
Anything you want. He can't hear you!

Why does Santa always enter through the chimney?
Because it soots him

Why should you never mess with Santa?
Because he's got a black belt.

How do we know Santa is a man?
No woman with an ounce of dignity would wear the same outfit for so many years running.

What is a correct name for an old snowman? Puddle.



COALITION

MILLIS
COUNCIL ON
AGING

Millis Council on Aging
Veterans Memorial Building
900 Main Street
Millis, MA 02054
Phone: 508 376-7047/7051
Kitchen: 376-7056
Fax: 508 376-7054

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This newsletter is brought to you by a grant from Executive Office of Elder Affairs and The Friends of Millis

