

VOLUME 24
ISSUE 10

DECEMBER
2022



COAlition

MILLIS COUNCIL ON AGING
900 MAIN STREET MILLIS, MA. 02054
508-376-7051

MONDAY-TUESDAY-WEDNESDAYS 9-4:00 THURSDAY 9-2 FRIDAYS 9-12:30

Staff (508) 376-7051

Director: Patty Kayo pkayo@millisma.gov
Outreach: Debbie Sand dsand@millisma.gov
Transportation: Rochelle Bunt
Department Assistant: Sandy Moore
Drivers: Robert Daly Herbert Lannon Jr.
Richard Posklensky Jack McBrien

Council on Aging Board Members

Chairperson: Herbert Lannon Jr.
Vice Chair: Open
Secretary: Helen Daly
HESSCO Representative: Open
Member: William Brown
Member: Lisette Walter
Member: Elizabeth Derwin

Friends of Millis' Council on Aging

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

State Representative:

David P. Linsky 617- 722-2575
Shawn Dooley: 617-722-2810
Senator, Rebecca Rausch: 617- 722-1555

Select Board

Chair- Erin Underhill etunderhill@millisma.gov Vice Chair-Craig Schultze:
cschultze@millisma.gov Clerk- Ellen Rosenfeld : erosenfeld@millisma.gov

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 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, federal and local programs.

Christmas with Millis Police & Fire This year on **Monday, December 12th at noon** the Millis Police and Fire will be sponsoring a Christmas Feast at the Millis Council on Aging. Bossy's Catering will be serving lasagna, sausage and peppers, anti-pasto salad and dessert. **This event is only open to Millis residents.** Reservations are limited to 64 and are required by **Tuesday, December 6th**. Please do not delay in calling ahead as this event will likely fill up fast. Come share in the Holiday fun with your neighbors and friends. Transportation is available.

Extreme Weather Last episode will be **December 7th from 11-12:15**. That day you will explore Storm Surge and Hurricane Intensification as well as El Nino and Cycles of Extreme Weather. On **December 14th from 11-12:15** Susan Steele will present **Wild Weather**- a documentary that features a series of ambitious, surprising and revealing experiments that will change the way you think about weather. Reservations are appreciated.

Anthology of Millis Jessica from Anthology of Millis will be discussing the first of two new communities in Massachusetts operated by Anthology Senior Living, which will offer Independent Living, Assisted Living and Memory Care options to Millis and surrounding areas. She will also discuss amenities, pricing and share photo renderings of the building that is set to open after the first of the year in 2023. They are currently taking deposits and renovations so anyone interested should join us on **Monday, December 5th at 1:00**. There will be an open Q&A session at the end of her presentation.

HOME SAFETY TIPS for Fall Prevention More older adults are choosing to remain at home. Per the CDC, "Every second of every day, an older adult (65+) suffers a fall in the US," in fact, "One out of 4 older adults will fall each year." Come join Deb Froehlich, OTR/L, Clinical Liaison with Complete VNA, on **Tuesday, December 13th at 11:00** as she shares some simple things one can do to help make their home setting safer, reducing the risk for falls. Deb has completed many home safety checks with her evaluations through the years, and is delighted to share some tips to help improve our safety. Deb will address common issues in various main rooms of the home, and review simple solutions, including review of durable medical equipment.

Boxwood Trees with Eileen Boxwood Table Top Tree Eileen Muller will be here **Friday, December 9th at 10:00** to walk you through making these beautiful Boxwood Table Trees. Boxwood trees last for months, it's not like a flower arrangement that will wilt. Reservations with \$10 payment must be made before **December 1st**. Non Residents \$20. * Thank you to our Friends group for sponsoring this program.

Pizza and Prevention with MFD Monday, December 19th at 11 Otis will be here with pizza and talking about the Millis Fire Department Senior Safe Program. Reservations are appreciated.

Holiday Cookie Decorating The holidays are here. Whether you celebrate Christmas, Chanukah, Kwanza, or New Year, it is a great time to decorate cookies. Outreach Coordinator Debbie Sand will provide supplies and tips for decorating cookies on **Tuesday, December 6th at 1PM**. Please RSVP for limited seating.

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.



A big heart felt *Thank You* to Chris McCaffrey for her many years serving as the Vice Chair on the Millis Council on Aging Board. Chris has always been a driving force among us and we will miss her energy and passion. If you happen to see Chris please thank her for all she has done for Millis seniors.



SELECT BOARD MEMBER ERIN UNDERHILL has office hours in room 206 of the Town Hall: **Thursday, December 15th and Tuesday, December 27th at 11am.** Please stop in to discuss any issues or concerns that you may have.

BOXING WITH AMY GAGNE This 45-minute boxing workout designed for seniors who want to keep their bodies & minds strong. Boxing workouts are especially beneficial for improving hand-eye coordination, increase in cognitive abilities and alertness, and mind body connection. Gloves will be provided but if you prefer you can purchase your own at Walmart or Amazon. Classes will be held **every Thursday from 11-11:30** in room 18. Cost is \$3 per class for Millis residents and \$5 for out of towners. **Thank you to our Friends group for supporting this class.*



STRETCH & FLOW YOGA In yoga class at the Senior Center 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 if you prefer to be seated on the floor. Several levels of modification are given, you will go at your own pace. In this class you will be encouraged to move with ease, never forcing or pushing yourself to a place where you feel uncomfortable. The class concludes with a breathing exercise and a few minutes in deep relaxation. The class meets **every Friday at 9:30.** The cost is 3.00.

TAI CHI WITH TONY BERG This class will focus primarily on the therapeutic aspects of Tai Chi, while the martial/ self-defense and performance aspects will be secondary. We will be practicing Yang style Tai Chi, which is the most popular of the five traditional schools of Tai Chi. The slow, controlled movements of Tai Chi improve concentration, strength, endurance, flexibility, balance, coordination, and poise. We learn to release unnecessary tension from the body and increase relaxed awareness. The movements and postures are easily modified to fit individual needs. Tony will be here **every Tuesday at 9AM.** Classes are \$3.00 per class.

NEEDLE WORKERS GROUP Come meet some new and old friends as you help each other with needleworking projects on the **first and third Thursday of every month from 1PM-3PM.** Needle pointers, knitters, crocheters, quilters and embroiderers are all welcome. Carol Goldstein will assist with explaining knitting patterns. Come and share your talents.

BOARD GAMES WITH DEBBIE This has been a great success. Debbie will be hosting on **third Monday of the month from 1PM-3PM.** Come on down and enjoy some friendly competition with your neighbors.

NANEK'S KITCHEN FOOD BAGS The Sikh Dharma food relief program is providing bags of nonperishable organic, vegan foods to anyone in need at the Council on Aging **every Tuesday morning.** *All are welcome.*

BLOOD PRESSURE CHECKS We have a registered volunteer nurse that will provide a blood pressure check for you **every Thursday from 11AM-11:30AM** in room 21.

CRIBBAGE Have you ever thought that you may like to learn how to play cribbage? Come join our Cribbage group **every Monday or Friday from 9:30AM-12PM.** Instructors are available either day. Everyone is welcome! It's a great group of people.

SUPER BINGO EVERY THURSDAY!!! Will be held **Thursday at 12:15** in room 21. SUPER Bingo (the last pot is worth \$25) every Thursday. Thank you to our Friends Group for supporting this!

FITNESS ROOM: Thanks to our Friends group the annual fee for Millis residents is now \$50!! Why pay expensive gym fees when you can come to your Senior Center and work out with friends? We have 2 treadmills, recumbent bike, upright bike, Elliptical machine and a 7 piece hydraulic circuit training station. All that is needed is a completed application, medical release from your doctor and view an instructional video, all which can be found on the COA website at millisma.gov. An annual fee of \$100 for non Millis participants. This covers our maintenance costs and other related expenses. Please contact us at 508-376-7051 if interested. Hope to see you soon!



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. We appreciate jewelry, knick-knacks, purses, small kitchen gadgets, and holiday decorations



Patricia Thompson for the Candy's Corner items~ Pauline Taylor for the walker~ Claire Marie Hemmerlang for the adaptive equipment ~Michelle Murphy for the fabric~ Claire Gorman for the dishes~ Barry Gallagher for the Candy's Corner items~ George Dukis for the Candy's Corner items



Podiatry Main Street Podiatry will be here **Wednesday, December 21st from 9-11** to trim your toe nails and provide an initial evaluation of your feet. They accept most insurances with the exception of BMC. ***There may be charges from your insurance such as co-pays, deductibles, etc. Please check to with your insurance in advance to see if a referral is required.*** **Pre registration for appointments will be required.** We will mail or email you a form that can be filled out prior to your visit. Please bring your insurance cards and completed form to the first visit. Please note that home visits can be arranged by calling the Senior Center or Main Street Podiatry (508) 533-3500.

LOOKING FOR: Meals on Wheels Drivers for Tuesdays and Thursdays. Please call Kathy O'Neil
COA Kitchen 508-376-7056
LOOKING FOR MEMBERS FOR OUR FRIENDS BOARD. MINIMAL TIME COMMITMENT.

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 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 about our services for senior citizens, adults, and families.

Outreach Worker ~ Debbie Sand
Monday ~ Tuesday~ Wednesday 9AM-4PM & Thursdays 9AM-2PM

The Millis Fund

As you prioritize your year-end giving plans, please consider a donation to the Millis Fund, a Millis not-for-profit community organization. Your gift is deductible on your Federal income tax returns.

The Millis Fund provides financial assistance to Millis residents in emergency situations, such as for medical expenses, utilities, rent, and other needs. Applications can be filled out with me at the Millis Council on Aging. Aid from the Millis Fund is provided by direct payments to the vendors/creditors.

The Millis Fund is managed by a board of Millis citizen volunteers and has virtually no administrative expenses, so more than 99% of your gift will support the Millis 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.

If you'd like to make a donation to the Millis Fund (please send check or money order) to: The Millis Fund, 142 Exchange Street, Millis, MA 02054

A no-cost-to-you alternative way to donate is through Amazon Smile. Make Amazon purchases by logging in through [Smile.Amazon.com](https://www.amazon.com/smile) and designate **MILLIS FUND INC** as your charity, and The Millis Fund will receive .05% of your purchase as a donation!

Senior Van Schedule

Monday thru Thursday
Medical appointments available 8AM-2PM
Friday 8AM-1PM

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

Fees are waived for Veterans

Transportation to Medical Appointments We have 2 hand-capped equipped vans and one standard vehicle that provide transportation for our Millis seniors and disabled. Our drivers are friendly and accommodating and will ensure your trip goes smoothly. Please call as soon as you get your appointment and we will do everything possible to assist you.

Please be aware that we can not provide repetitive trips. We have to be available for all Millis residents.

**FOR TRANSPORTATION PLEASE CALL:
508-376-7051**

Shopping Did you know that we offer transportation to Market Basket and Walmart every second and fourth Thursday of the month at 8AM (\$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.

The senior van provided rides from Millis Housing to the Millis Food Pantry on the **first and third Wednesday every month at 10:30AM**. You must call the Senior Center in advance for a ride. Please let us know if you require assistance with bringing your bags into your apartment, we can have someone to there help you.

REGULAR ACTIVITIES

Bread and pastry available every day. Courtesy of Blue Moon Bakery, Roche Bros, Shaws and Country Kitchen

MONDAY

9- 4 ~ *Fitness Room*
9:00 ~*Enhance Fitness*
9:30 ~*Cribbage*

TUESDAY

10~ Nanak's Kitchen Food Relief Program
(Day may vary please call)
9-10 ~*Tai Chi with Tony*
9-4 ~*Fitness Room*
9:30 -1 ~*Crafty Ladies*

WEDNESDAY

9-4 ~*Fitness Room*
10:00 ~*Enhance Fitness*

THURSDAY

8:00~ 2nd & 4th Grocery Shopping
9-4 *Fitness Room*
10-1 ~ 1st & 3rd Thursday~ Shine
(Days may vary) Please call
11:00~ 11:30~ Blood Pressure Clinic
11-12~ 2nd Thursday only~ Legal Consultations
11:15-12 Grab and Go Lunch
12:15~ Super Bingo
1-1:30 Boxing
1-3 ~ 1st & 3rd Thursday~ Knitting

FRIDAY

9-12:30 ~*Fitness Room*
9:00~ *Enhance Fitness*
9:30~ Stretch & Flow Yoga
9:30 ~*Cribbage*

MEDFIELD'S KINGSBURY CLUB SENIOR SWIM PROGRAM is open to Millis COA members. The Kingsbury Club is offering two times a week when just seniors use the pool, **Tuesdays 10AM-11AM and Fridays 10AM-11AM**. The fee is \$5 per visit. COA members will have to present their COA key tag that indicates they are a member of the COA when entering the club.

Kathy O'Neil
COA Kitchen
508-376-7056

Please call Kathy if you are interested in driving or helping in the kitchen.

MONDAY

TUESDAY

WEDNESDAY

December

5.

9-4 Fitness Room
9-10 YMCA Enhanced Fitness
9:30 Cribbage
1:00 Anthology

6.

9-10 Tai Chi with Tony
9-4 Fitness Room
9:30-1 *Crafty Ladies*
10 Nanak's Kitchen Food Relief Program
1:00 Cookie Decorating with Debbie

7.

9-4 Fitness Room
10-11 YMCA Enhanced Fitness
11-12:15 EXTENDED

12.

9-4 Fitness Room
9-10 YMCA Enhanced Fitness
9:30 Cribbage
12:00 Millis Police & Fire X-mas Party

13.

10 Nanak's Kitchen Food Relief Program
9-10 Tai Chi with Tony
9-4 Fitness Room
9:30-1 *Crafty Ladies*
11:00 Falls Prevention

14.

9-4 Fitness Room
10 Friends Meeting
10-11: YMCA Enhanced Fitness
11-12:15 WILLIAMSBURY

19.

9-4 Fitness Room
9-10 YMCA Enhanced Fitness
9:30 Cribbage
11 MFD- Senior Safety Program
1-3 BOARD GAMES WITH DEBBIE

20.

10 Nanak's Kitchen Food Relief Program
9-4 Fitness Room
9:30-1 *Crafty Ladies*
9-10 Tai Chi with Tony

21.

9-4 Fitness Room
9-11 Main St Police
10-11 YMCA Enhanced Fitness

26.



27.

9-10 Tai Chi with Tony
9-4 Fitness Room
9:30-1 *Crafty Ladies*
10 Nanak's Kitchen Food Relief Program

28.

9-4 Fitness Room
10-11: YMCA Enhanced Fitness

Stretch & Flow Yoga

Fridays at 9:30AM

Several levels of modification are given. Class is \$3.00.

Tai Chi with Tony Berg

Tuesdays at 9:00 AM

The slow, controlled movements of Tai Chi improve concentration, strength, endurance, flexibility, balance, coordination, and poise. Learners release unnecessary tension from the body and increase relaxed awareness. The movements and postures are easily modified to fit individual needs. Class is \$3.00

WEDNESDAY	THURSDAY	FRIDAY
	1. 9-4 Fitness Room 10-1 <i>SHINE</i> 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 11-11:30 <i>Boxing</i> 12:15 Super Bingo 1-3 Knitting	2. 9-12:30 Fitness Room 9-10: YMCA Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
m Enhanced Fitness REME WEATH-	8. 8 <i>Market Basket</i> 9 <i>COA Board Meeting</i> 9-4 Fitness Room 11 <i>Real Estate Trusts</i> 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 11-11:30 <i>Boxing</i> 12:15 Super Bingo	9. 9-12:30 Fitness Room 9-10: YMCA Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga 10:00 Boxwood Tree w Eileen
m Meeting Enhanced Fitness D WEATHER	15. 9-4 Fitness Room 10-1 <i>SHINE</i> 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 11-11:30 <i>Boxing</i> 12:15 Super Bingo 1-3 Knitting	16. 9-12:30 Fitness Room 9-10: YMCA Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
m Podiatry Enhanced Fitness	22. 8 <i>Market Basket</i> 9-4 Fitness Room 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 11-11:30 <i>Boxing</i> 12:15 Super Bingo	23. 9-12:30 Fitness Room 9-10: YMCA Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
m Enhanced Fitness	29. 9-4 Fitness Room 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 11-11:30 <i>Boxing</i> 12:15 Super Bingo	30. 9-12:30 Fitness Room 9-10: YMCA Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga

	<p align="center">Main Street Podiatry at the Center from 9AM-11AM</p> <p align="center">December 21st</p> <p align="center">Pre registration for appointments will be required. We will mail or email you a form that can be filled out prior to your visit. Please bring your insurance cards and completed form to the first visit. Please note that Home visits can be arranged by calling the Senior Center or Main Street Podiatry (508) 533-3500. Co- pays may apply. Please check with your insurance company.</p>
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Transportation
508-376-7051
9AM -1PM
Rochelle Bunt
Transportation Available

Monday-Thursday 8AM-2PM and Friday 8AM-12:30PM

Please call at least 2 days in advance for local trips. Boston bound trips require 3-4 days in advance.

Medical trips take precedent over all other trips.



BECOME A LIAISON FOR YOUR COMMUNITY

From HESSCO Elder Services

We are looking for a Community Director from Millis for the HESSCO Board of Directors.

The role of a Community Director is to act as a liaison to his/her community, to report on the activities of the HESSCO Board, to report the needs and concerns of area elders to the HESSCO Board, and to formulate policy for the Corporation.

The Community Director does not need to be a member of the Council on Aging, but does need to be a resident of the town.

The board meets on the second Wednesday of the month at 9:30 at the HESSCO office but they are currently meeting through a Zoom meeting.

If interested please call Patty @ 508-376-7051



SUPER Bingo Madness

Every Thursday from 12:15PM- 2:30PM.

Super Bingo is now every week!

The last pot is worth \$25

Come and try your luck!



TRIPS



Unfortunately, we have had to cancel every trip we planned this year. Donna is working on a new schedule for the upcoming year. Please let staff know if there are trips you are interested in and she will do her best to make sure that it happens.

For now, please stop in and check the board near the kitchen to see what other towns are offering.

MILLIS COUNCIL ON AGING TRIP POLICIES

Please call the COA office at 508-376-7051 to make trip reservations. Chose entrée at time of reservation.

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. They will be***

Why should I donate to the Friends of the COA?

- ◆ 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.
- ◆ 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! This money goes a long way in supporting our Senior Community.

DUES \$6 INDIVIDUAL PER YEAR

Please make payable to the Friends of Millis COA, 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. *All donations are tax deductible.

Name: _____

Address: _____

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)

SOME HOLIDAY CHEER

What's red and white and falls down chimneys? Santa Klutz!

How can Santa deliver presents during a thunderstorm? His sleigh is flown by raindeer.

What's Santa Claus's favorite type of potato chip? Crisp Pringles!

What is Santa's primary language? North Polish.

Why does Santa go down the chimney? Because it soots him!

What is Santa's favorite kind of candy? Jolly ranchers.

How do the elves clean Santa's sleigh on the day after Christmas? They use Santa-tizer.

How do you know when Santa's around? You can always sense his *presents*.

What was Santa's favorite subject in school? Chemis-tree!

How much did Santa pay for his sleigh? Nothing, it was on the house!

What do you call a broke Santa Claus? Saint-nickel-less.

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

You're the best!!!

Dues were received from: Arthur & Sankey Blondin ~ Deborah Lundergan ~ Deborah Bruce ~ Cecelia Abucewicz ~ Bob & Janet Harkey ~ Claire Gorman ~ Madonna Leone ~ Woody Lappen & Anita Sadek-Lappen ~ Mark & Barbara Chotkowski ~ Avtar & Jagan Nath Khalsa ~ Marvin & Deborah Strong

Dues with extra donations were received from: M. Paula Norton ~ Wayne & Nancy Vinton ~ Bob & Janet Harkins ~ Richard & Norma Graham ~ Bob & Jacqueline Graci ~ Maren Tracy ~ Cynthia Brown ~ Bichvan Nguyen ~ Meredith Poulten ~ Jim & Chris McCafferty ~ Marvin & Deborah Strong

Donations for the Center were received from: Margaret Davies ~ Brian Murphy ~ Daniel Colella ~ Henry & Eleanor Sablone ~ Bruce & Jani Barrett ~ George & Katheryn Reebe ~ Carin Zuchero ~ Barbara Flanagan

Donation in memory of Justin Power was received from: Marie Power

Donation in memory of Judy Colella was received from: Daniel Colella

Donation in memory of Sarah Clark was received from: Madonna Leone

Donation in memory of Anita & Woody Lappen was received from: Anita Sadek-Lappen

Donation in memory of Pat & Larry Jeffrey was received from: Avtar & Jagan Nath Khalsa

Donation in honor of Carol Goldstein becoming a Bat Mitzvah was received from: Carol Emerson

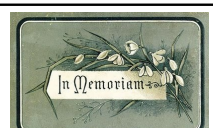
Donation in honor of Richard & Briana Carbero in marriage was received from: John & Barbara Butler

Donation in honor of Joan Shopshine, Hank & Theresa Perciaccante & Jo-Anne Brodeur was received from: George & Katheryn Reebe

A special thank you to the Iorio Charitable Foundation for their generous donation to the Millis Council on Aging



In Memory of:
Paul Merritt ~ Francis Spellman ~ Michael Dwyer ~ Ida Struck



DO YOU WANT TO CONTINUE RECEIVING THE COA NEWSLETTER?

In an effort to go green, please let us know how you would like to receive the COA Newsletter.

Beginning in January 2023 only those who have registered their preference will continue to receive the COA Newsletter. We know the COA Newsletter is important and we want to make sure you receive it in the best manner possible for you.

You can let us know your preference by dropping this page off with your circled choice along with your name, address or email address. You can also call the Center to register your preference at (508) 376-7051 or e-mail COA Department Assistant Sandy Moore at smoore@millisma.gov.

1. Continue to receive a paper copy in the mail.
2. Through e-mail
3. From Town website- www.millisma.gov/council-aging
4. Pick up a copy at the Senior Center, Town Hall or Library

NAME _____

ADDRESS _____

EMAIL ADDRESS _____



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

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Please visit our Face Book page at :

<https://www.facebook.com/milliscouncilonaging>

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