

VOLUME 24  
ISSUE 1  
JANUARY-  
FEBRUARY  
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

### Friends of Millis' Council on Aging

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

### Council on Aging Board Members

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

### Staff (508) 376-7051

Director: Patty Kayo pkayo@millisma.gov  
Outreach: Debbie Sand dsand@millisma.gov  
Transportation: Open  
Drivers:  
Robert Daly  
Herbert Lannon Jr.

### State Representative:

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

### Select Board

Chair-Peter Jurmain: pjurmain@millisma.gov Vice Chair-Erin Underhill : etund-erhill@millisma.gov Clerk- Craig Schultze: cschultze@millisma.gov

**The Elder Dental Program** is a free non-profit, community based program. The Elder Dental Program's mission is to connect low-income seniors (age 60+) with local dentists who volunteer to participate by providing discounted dental care in their offices to elders. They refer those seniors who have been pre screened meeting financial eligibility requirements. Dentist agree to abide by the Program's reduced fee schedule which is a fraction of their usual fees, so patients pay an amount that is more affordable to them. The participating dentists are essentially donating their time and services in order to benefit seniors who are at the lowest income levels (under 250% of Federal Poverty Guidelines) and truly in need. The Dental hygienist from HopeHealth Community VNA will be providing an oral health presentation and information on the program on **Monday, January 10th at 2pm**. Please call the Center to reserve your spot.



**How Proactive Planning Is Essential to Successfully Aging In Place** We are in an aging society and most of us will need help with at least one activity of daily living at some point our lives. The best way to successfully age-in-place is to understand what options you have to help you stay safe, independent and comfortable as your needs change. You stay in control by having a plan for what you want. Join us as we explore how to plan to age-in-place! Michelle Woodbrey from 2Sisters Senior Living Advisors will presenting at the Center on **Tuesday, January 25th at 2pm**. Reservations appreciated.

**Pizza & Prevention** Millis Firefighters will be here discussing Winter Emergencies on **Tuesday, January 18th at 11am** and Senior Health and Wellness/Blood Pressure Clinic on **Tuesday, February 15th at 11am**. Pizza will be served so please make a reservation prior to the event so we can ensure we have enough pizza to go around.

**Enhance®Fitness** an evidence-based group exercise program for older adults that uses simple, easy-to-learn movements that motivate individuals (particularly those with arthritis) to stay active throughout their life. Each class session includes cardiovascular, strength training, balance and flexibility exercises. We will be starting our 16 week program on **Monday January 31st** with a free trial week starting January 24th. The fee for this program is \$125.00 which most insurance companies will reimburse. No class week of 2/21 spring vacation.

**Legal Consultations with Attorney Beth Murphy** Beth is a graduate of UMASS Amherst and Suffolk University Law School. She is the mother of two young adults, two dogs and two cats, and about a dozen fish! Beth has been practicing law since 2002 when she first opened her practice. In Beth's free time, she volunteers in many roles in the community including as a special education surrogate parent (acting as a parent in regards to education for children in the custody of DCF) and mental health advocate. Beth will be volunteering to meet with seniors once every other month starting **February 11th from 11-12** for 15 minute appointments to listen to potential legal issues and refer to the proper attorney or resource. Appointments are required. Please call the Center to reserve your time with Beth.

**Commcan, Inc.** which is the Millis community's first medical marijuana dispensary, will participate in an educational panel answering questions from seniors regarding the medical use of marijuana program in Massachusetts. Commcan will be joined by Cannawise, which is a Worcester County based certifying practitioner's office to counsel seniors about how to obtain a Medical Marijuana Certification. Please join us for a community presentation on **Monday, February 28th at 1pm** at the Millis Council on Aging.

**Valentines Day Luncheon** Join us **Monday, February 14th at 1:00** for our Valentines Day Luncheon. We will be serving assorted quiches with a variety of desserts. Please make your reservation with payment of \$3.00 before Thursday, February 10th.

**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.



**Valentines Day Cookie Decorating with Debbie** The Holiday cookie decorating class went so well Debbie is going to do it again for Valentines Day! Debbie will have all the supplies necessary to create decorative and delicious treats on **Monday, February 7th at 1:00**. Please sign up before February 1st as we will have to special order all the supplies. Hope to see you there!



**GRAB AND GO LUNCH** from HESSCO Every Thursday from 11:15-12 HESSCO is offering a packed lunch which consists of a sandwich, chips, side salad, dessert and lemonade for a suggested donation of \$3. Every week the sandwich is different. Week 1: Chicken Salad, Week 2: Turkey & Cheese, Week 3: Seafood Salad, Week 4: Ham & Cheese, Week 5: Tuna Salad Please call the Center at 376-7051 by noon the Friday before to order.

**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, discussed only as an aid to learning the various forms. 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 9**. Classes are \$3.00 per class. No class week of 2/21.



**Nanak's Kitchen** The Sikh Dharma food relief program is providing bags of nonperishable organic, vegan foods to anyone in need at the Council on Aging every Monday from 9-11 **All are welcome.**

**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. My hope is that you will leave the class feeling refreshed, rejuvenated and ready to take on your day with grace and an optimistic mindset. The class meets **every Friday at 9:30**. The cost is \$3.00.



**Technological Training for Multi- Devices** Having trouble with your laptop, smart phone or tablet? Bob Bryant is available to assist you with any device that is giving you problems. Bob is very knowledgeable with technology and will be available by appointment every **Monday from 10-12**. This is by appointment only. Please call the Center to schedule a session with Bob in advance.

**BLOOD PRESSURE CHECKS** We have a registered volunteer nurse that will provide a blood pressure check for you every **Thursday from 11:00-11:30** in room 21.



**Cribbage** Come join the Cribbage group any Monday or Friday from 9:30-12. Everyone is welcome! It's a great group of people. Come on down!

**BINGO** Will be held every Thursday at 12:15 in room 21. SUPER Bingo (the last pot is worth \$25) is every 2nd and last Thursday of the month.

**Line Dancing with Jeanne** If you have interest in joining the "Silver Streaks" every **Thursday morning @ 10:15 am in Room 18**, and have the basic rudiments of footwork used in Line Dancing, i.e., the grapevine, the jazz block, stomps, scuffs, taps, shuffle steps and pivots, come join us! The class is \$4.00 per class payable at the time of class. Please call (508)376-7051 to reserve your spot. For further information you can contact Jeanne Thompson @jat0535@comcast.net.

**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 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.**



Denise Maas for the Candy's Corner items~ Donna Cabibbo for the crafting supplies~ Charlie Vechhi for the batteries~ Maryanne Sheridan for the Candy's Corner items~ Janet Deramo for the greeting cards



**Podiatry** Main Street Podiatry will be here **Wednesday, February 2nd from 9-11am** 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 Main Street Podiatry (508) 533-3500.



**Outreach Worker ~ Debbie Sand  
Monday ~ Tuesday~ Wednesday 9-4**

The "***Are You Ok?***" program is a daily telephone reassurance program offered by the Sheriff's Office in partnership with Fallon Ambulance. Each morning, enrolled seniors receive a call to check on their well-being. If an individual fails to respond or requires assistance, staff notifies their family, and if necessary, local police and/or emergency services. This program is offered free of charge to Norfolk County residents and has saved the lives of a number of seniors.

The program is provided 365 days a year for seniors and or people with disabilities. Calls are placed from 6am-10am daily with the time of the call being chosen by the individual. The automated call takes approximately 24 seconds and is monitored by a Norfolk Sheriff Deputy Sheriff or Fallon Ambulance Staff. Individuals may determine how many days a week the call is placed and may suspend calls when they know they will be away from home. The monitoring of these calls is a great tool in determining the needs of an individual while at the same time allowing elderly residents living alone to have a sense of security knowing that a public safety professional is checking on their well-being.

Seniors interested in signing up for this no cost, potentially lifesaving, program are encouraged to contact 1-866-900-7865.

**Medfield's Kingsbury Club Senior Swim Program** is now open to Millis COA members. The Kingsbury Club is offering two times a week when just seniors use the pool, ***Tuesdays 10:30-11:30 and Fridays 10am - 11am.*** The fee is \$5 per visit. In the summer the schedule changes a bit and it is one time per week. COA members will have to present their COA key tag that indicates they are a member of the COA when entering the club.

**Senior Van Schedule**

Monday thru Friday  
Medical appointments available 8-1p.m.

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  
\$20.00 Boston  
\$10.00 Newton/Dedham \$25.00 Boston


**Transportation to Medical Appointments** We are available Monday through Thursday 8-2 Friday 8-12:30 to provide transportation to your local and Boston bound medical appointments. We have 2 handicapped equipped vans and one standard vehicle that provide transportation for our Millis seniors. 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.

**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 8:00am (\$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!**

REGULAR ACTIVITIES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bread and pastry available every day. Courtesy of Blue Moon Bakery, Roche Bro's, Shaws and Country Kitchen	3. 9-11 Nanak's Kitchen Food Relief Program 9-4 Fitness Room 9-10 Enhance Fitness 9-30 Cribbage 10-12 Device Training	4. 9-10 Tai Chi with Tony 9-4 Fitness Room 9:30-1 Crafty Ladies	5. 9-2 Fitness Room 10-11 Enhance Fitness 1 Richardson's Pond Ladies	6. 9-4 Fitness Room 10-1 SHINE 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Bingo	7. 9-12:30 Fitness Room 9-10 Enhance Fitness 9-30 Cribbage 9:30 Stretch & Flow Yoga
<b>MONDAY</b> 9-7 ~ <i>Fitness Room</i> 9:00 ~ <i>Enhance Fitness</i> 9-11 Nanak's Kitchen Food Relief Program 9-30 ~ Cribbage 10-12 ~ Device Training	10 9-11 Nanak's Kitchen Food Relief Program 9-4 Fitness Room 9-10 Enhance Fitness 9-30 Cribbage 10-12 Device Training 2:00 Elder Dental Program	11. 9-10 Tai Chi with Tony 9-4 Fitness Room 9:30-1 Crafty Ladies	12. 9-2 Fitness Room 9-10 Enhance Fitness 1 Richardson's Pond Ladies	13. 8 Market Basket 9 COA Board Meeting 9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo	14. 9-12:30 Fitness Room 9-10 Enhance Fitness 9-30 Cribbage 9:30 Stretch & Flow Yoga
<b>TUESDAY</b> 9-4 ~ <i>Fitness Room</i> 9-10 ~ <i>Tai Chi with Tony</i> 9-30 -1 ~ <i>Crafty Ladies</i> 10-11 ~ <i>Swimming Wrentham Pool</i> (508) 384-6735 Peter	17.  Martin Luther King Jr. Day	18. 9-10 Tai Chi with Tony 9-4 Fitness Room 9:30-1 Crafty Ladies 11 Millis Fire and Pizza Winter Emergencies	19. 9-2 Fitness Room 9-10 Enhance Fitness 10 Friends Meeting 1 Richardson's Pond Ladies	20. 9-4 Fitness Room 10-1 SHINE 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Bingo	21. 9-12:30 Fitness Room 9-10 Enhance Fitness 9-30 Cribbage 9:30 Stretch & Flow Yoga
<b>WEDNESDAY</b> 9-4 ~ <i>Fitness Room</i> 10:00 ~ <i>Enhance Fitness</i> 10:00 ~ <i>Friends Meeting</i> ing~ Wednesday after COA meeting 2-3 ~ <i>Swimming Wrentham Pool</i> (508) 384-6735 Peter	24. 9-11 Nanak's Kitchen Food Relief Program 9-4 Fitness Room 9-10 Enhance Fitness TRIAL 9-30 Cribbage 10-12 Device Training	25. 9-10 Tai Chi with Tony 9-4 Fitness Room 9:30-1 Crafty Ladies 2 Aging in Place 2 Sisters	26. 9-2 Fitness Room 9-10 Enhance Fitness TRIAL 1 Richardson's Pond Ladies	27. 8 Market Basket 9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 12:15 Super Bingo	28. 9-12:30 Fitness Room 9-10 Enhance Fitness TRIAL 9-30 Cribbage 9:30 Stretch & Flow Yoga
<b>THURSDAY</b> 8:00~ 2nd & 4th Grocery Shopping 9-4 <i>Fitness Room</i> 10-1 ~ 1st & 3rd Thursday~ Shine (Days may vary) Please call 10:15-11:15~ Line Danc-	31. 9-11 Nanak's Kitchen Food Relief Program 9-4 Fitness Room 9-10 New Program Enhance Fitness 9-30 Cribbage 10-12 Device Training				<b>January</b>

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1. 9-10 Tai Chi with Tony 9-4 Fitness Room 9:30-1 <i>Crafty Ladies</i>		2. 9-2 Fitness Room 9-11 <i>Main St Podiatry</i> 10-11 Enhance Fitness 1 <i>Richardson's Pond Ladies</i>		3. 9-4 Fitness Room 10-1 SHINE 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Bingo		4. 9-12:30 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga			
7. 9-11 Nanak's Kitchen Food Relief Program 9-4 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 10-12 Device Training 1:00 <i>Valentines Day Cookies</i>		8. 9-10 Tai Chi with Tony 9-4 Fitness Room 9:30-1 <i>Crafty Ladies</i>		9. 9-2 Fitness Room 9-10 Enhance Fitness 1 <i>Richardson's Pond Ladies</i>		10. 8 <i>Market Basket</i> 9 COA Board Meeting 9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo		11. 9-12:30 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga 11-12 <i>Consultations with Beth</i>	
14. 9-11 Nanak's Kitchen Food Relief Program 9-4 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 10-12 Device Training 1:00 <i>Valentines Day Luncheon</i>		15. 9-10 Tai Chi with Tony 9-4 Fitness Room 9:30-1 <i>Crafty Ladies</i> 11 <i>Millis Fire and Pizza</i> <i>Blood Pressure Clinic</i>		16. 9-2 Fitness Room 9-10 Enhance Fitness 10 Friends Meeting 1 <i>Richardson's Pond Ladies</i>		17. 9-4 Fitness Room 10-1 SHINE 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Bingo		18. 9-12:30 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga	
21. 		22. 9-4 Fitness Room 9:30-1 <i>Crafty Ladies</i>		23. 9-2 Fitness Room 1 <i>Richardson's Pond Ladies</i>		24. 8 <i>Market Basket</i> 9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 12:15 Super Bingo		25. 9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch & Flow Yoga	
28. 9-11 Nanak's Kitchen Food Relief Program 9-4 Fitness Room 9-10 New Program Enhance Fitness 9:30 Cribbage 10-12 Device Training 1:00 Commcan <i>Medical Cannabis Presentation</i>									
<div><div>Main Street Podiatry at the Center from 9-11 February 2nd</div><div>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 co.</div></div>									

February



## TRIPS



*\*Please note that a copy of your vaccination card is required to board the bus. May be a hard copy or available on your phone.*

*Our last trip was quite a success. Donna is planning more trips. Stay tuned!!*

### **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. Re-funds 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 checked.***

### **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.
- ◆ If your mailing label has a \$ after your name it's time to renew your membership.

*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. \*All donations are tax deductible.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

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### ***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:

\_\_\_\_\_

## Happy New Year from your friends at the Center

My New Years resolution is to try to remember why I've walked into a room.

Youth is when you're allowed to stay up late on New Year's Eve. Old age is when you're forced to.

My new year's resolution is to get better at pretending to know the words to Auld Lang Syne.

I was going to quit drinking for the new year, but then I remembered no one likes a quitter.

I'm going to stay up late this New Year's Eve—not to ring in the New Year, but to make sure this one leaves.

Not to brag, but I already have a date for New Year's Eve—it's December 31.

Knock, knock! Who's there? Howie. Howie who? Howie going to stay up until midnight, you look tired already.

Knock, knock! Who's there? Razor. Razor who? Razor glass to toast the new year.

I'M BACK!!! HAPPY NEW YEAR, AMERICANS!!!

Sincerely, Your Health Insurance Deductible

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

*You're the best!!!*

**Dues were received from:** Tom & Meredith St Sauveur, Kathleen Peterson, Debbie Lundergan, Virginia Flynn & William Maguire, Mary Shea, Jacqueline Dorato, Alex & Audra Ehrlich, Ray & Kathy Tocci

**Dues with extra donations were received from:** Rosalia Keller, Bob & Helen Daly, Solange Lubenec, John & Kathy Ashe, Frank & Terry Rezzuti, Avtar K & Jagan N Khalsa, Deanna Chiampa & Sumner Fishman, Ray & Mary Bell, Ken Jones, Judy Daniele, Frank Jr & Ilene Hamm, Barbara Cassie, Cindy & Jerry Carbeau, Stan & AnnaMarie Roskey, Stan & Eleaine Yablonski, Bruce Berry, Walter & Joan Shea

**Donations to the Center were received from:** Anita Gold

**Donations for the Van were received from:** Virginia Flynn & William Maguire

**Donations in memory of Linda Beyer received from:** Ed & Marie Burton, Robert Heald

**Donations in memory of William Tocci received from:** Ray & Kathy Tocci

### ***In Memory of:***

Eugene Hunt~ Joanne Draper~ John Donahue~ James Collins~ Allison Dwelly





**COALITION**

MILLIS  
COUNCIL ON  
AGING

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