

VOLUME 24
ISSUE 6

JULY- AUGUST
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: Christine McCaffrey
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

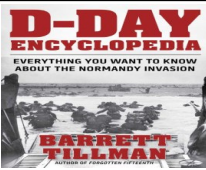
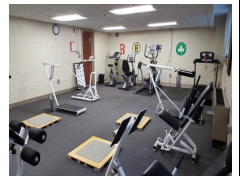
Chair- Erin Underhill etunderhill@millisma.gov Vice Chair-Craig Schultze:
cschultze@millisma.gov Clerk- Ellen Rosenfeld : erosenfeld@millisma.gov

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.

Coyles Antique Roadshow Our annual Antique Roadshow with Coyles Auction Gallery from Medway will be held on **Wednesday, July 20th at 1pm** in room 18. Please bring in your valuables to be appraised. Some things to consider bringing in for appraisal would be toys, dolls, Hummel's, paintings, fine pottery, stoneware, coins, military items, or whatever else you may have lying around the house that you think may be of value. There is a \$4.00 charge per item for appraisal. All proceeds go to the Friends of Millis Council on Aging and are used to fund activities at the Center. Everyone is welcome!



6 Week Circuit Training for Fitness Room Members Starts July 12th every **Tuesday from 1:00-1:45** and **Thursday from 9:30-10:15** we have an instructor available to lead you through a variety of hydraulic resistance gym machines which is ideal for women of any fitness level to achieve results. Meredith owned a circuit training gym and is offering to motivate you through your workout with upbeat music and encouragement. Come give the class a try. The space is air conditioned!
For Non-Members \$3 per class. A signed release form will be required for participation.



Normandy Revisited with the McCoys The Normandy invasion was one of great turning points of 20th-century history. We will be traveling back in time to look at the facts and significance of this historical war. Please join us on Tuesdays starting **July 12th, 19th and 26th at 1:00** to revisit this historical time. Refreshments' will be served so please call ahead for a reservation so we will have enough for all. Hope to see you here!

Movies We will be offering popcorn and movies for the months of **July and August every Wednesday at 10 AM**. See the calendar in the middle of this newsletter for the movie of the day. Refreshments will be served.

Boxing with Amy Gagne You're never too old to try something new! Try this 30-minute boxing workout designed for seniors who want to keep their bodies & minds strong after age 60. High-intensity workouts can be difficult as we age, and we each have our own physical limitations. Boxing workouts are especially beneficial for fitness lovers over the age of 60 because they can be adapted into low-impact routines. Benefits include: 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 Wednesday from 1-1:30** in room 18. Cost is \$3 per class for Millis residents \$5 for out of towners.



*Thank you to our Friends group for supporting this class.

Main Street Podiatry will be here **Wednesday, August 17th 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.

Origami is the art of paper-folding. We have a talented resident that will show you how to make hats, animals and flowers. Join her at the Center on **first and third Thursday of the month from 11-1pm.**

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

Legal Consultations with Beth Murphy Do you have a legal concern and don't know where to turn? Beth will be here on **Thursday, July 14th and August 11th from 11-12** to steer you in the right direction. If she cant help you directly she can refer you to a lawyer that can. Appointments are required and Millis residents have priority.

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 1-3.** Needle pointers, knitters, crocheters, quilters and embroiderers are all welcome. Carol Goldstein will assist with explaining knitting patterns. Come and share your talents.

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 9.** Classes are \$3.00 per class.

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 Tuesday morning. *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. The class meets **every Friday at 9:30 AM.** 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!

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!

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!



Select Board Member Erin Underhill has office hours in room 206 of the Town Hall: Tuesday, July 19, 10:30am-11:30am Wednesday August 10, 10:30am-11:30am Please stop in to discuss any issues or concerns that you may have.

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.

Ellie Gilroy for the fabric and needlepoint supplies



Seeking volunteers to assist 2 hours per month folding and attaching labels to our newsletter. You get to work with a great bunch of people and get invited to our very special volunteer luncheon! Please consider coming down and lending us a hand. The time commitment is only 2 hours per month. What are you waiting for? Come on down and meet this great group of people.



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

Honoring Choices Massachusetts is a non-profit organization focused on helping plan health care decisions. You can download free, Massachusetts-based health care planning information and tools to make your own health care plan. The website has the following forms:

- **Health Care Proxy**: Choose who will make health care decisions on your behalf if you are unable to make decisions yourself.
- **Personal Directive (also known as a Living Will)**: Give information about the care you want and do not want. A Personal Directive is not legally binding in Massachusetts, but is "your voice" for the care you want when are unable to speak for yourself.
- **Comfort Care/Do Not Resuscitate**: A medical document that verifies you have a Do Not Resuscitate medical order in effect. The medical order states you do not want any medical personnel to restart your heartbeat and breathing if stopped, but to be given measures for a comfortable death. The website directs you to the mass.gov website.
- **Medical Orders for Life-Sustaining Treatment**: A medical order for people with a serious illness or frailty of care goals and priorities and recommended treatment options. The form is signed by both the clinician and the patient. It is used in an emergency, if you cannot speak for yourself, to tell clinicians the kind of care you want and do not want.
- **Durable Power of Attorney**: A legal document to appoint a person you trust to manage your money, property and financial matters if you become disabled or incapacitated and are unable to effectively manage your financial matters. A Durable Power of Attorney is usually completed with the help of an attorney. The website provides information, but not a form.

Honoring Choices Massachusetts' website is www.honoringchoicesmass.com. I have also printed the forms so you can get a copy in my office at the Council on Aging.

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 Thursday
Medical appointments available 8-2p.m.
Friday 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
\$10.00 Newton/Dedham
\$25.00 Boston


Transportation to Medical Appointments We are available Monday through Thursday 8-2 Friday 8-1:00 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.

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 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.

The senior van provided rides from Millis Housing to the Millis Food Pantry on the **first and third Wednesday every month at 10:30**. 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	July			<p>1.</p> <p>9-12:30 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga</p>
<p>4.</p> 	<p>5.</p> <p>9-11 Nanak's Kitchen Food Relief Program 9-10 Tai Chi with Tony 9-4 Fitness Room</p> <p>9:30-1 <i>Crafty Ladies</i></p>	<p>6.</p> <p>9-2 Fitness Room 9:00 <i>Movin Groovin Fitness</i> 10 Movie ~ <i>Darkest Hour</i> 1-1:30 <i>Boxing</i></p>	<p>7.</p> <p>9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 11-1 Origami 12:15 Super Bingo 1-3 Knitting</p>	<p>8.</p> <p>9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch & Flow Yoga</p>
<p>11.</p> <p>9:00 <i>Movin Groovin Fitness</i> 9-4 Fitness Room 9:30 Cribbage 10-12 Device Training</p>	<p>12.</p> <p>9-11 Nanak's Kitchen Food Relief Program 9-10 Tai Chi with Tony 9-4 Fitness Room 9:30-1 <i>Crafty Ladies</i> 1-1:45 <i>Circuit Training</i></p> <p>1:00 <i>NORMANDY</i></p>	<p>13.</p> <p>9:00 <i>Movin Groovin Fitness</i> 9-2 Fitness Room 10 Movie~ 9 to 5 1-1:30 <i>Boxing</i></p>	<p>14.</p> <p>8 <i>Market Basket</i> 9 COA Board Meeting 9-4 Fitness Room 9:30-10:15 <i>Circuit Training</i> 10:15-11:15 Line Dancing 11-12 <i>Consultations with Beth</i> 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo</p>	<p>15.</p> <p>9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch & Flow Yoga</p>
<p>18.</p> <p>9:00 <i>Movin Groovin Fitness</i> 9-4 Fitness Room 9:30 Cribbage 10-12 Device Training</p> <p>1-3 <i>Board Games with Debbie</i></p>	<p>19.</p> <p>9-11 Nanak's Kitchen Food Relief Program NO Tai Chi with Tony 9-4 Fitness Room 9:30-1 <i>Crafty Ladies</i></p> <p>1-1:45 <i>Circuit Training</i></p> <p>1:00 <i>NORMANDY</i></p>	<p>20.</p> <p>9:00 <i>Movin Groovin Fitness</i> 9-2 Fitness Room NO Movie today 10 Friends Meeting NO <i>Boxing Today</i></p> <p>1-2 <i>Antique Roadshow</i></p>	<p>21.</p> <p>9-4 Fitness Room 9:30-10:15 <i>Circuit Training</i> 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 11-1 Origami 12:15 Super Bingo 1-3 Knitting</p>	<p>22.</p> <p>9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch & Flow Yoga</p>
<p>25.</p> <p>9:00 <i>Movin Groovin Fitness</i> 9-4 Fitness Room 9:30 Cribbage 10-12 Device Training</p>	<p>26.</p> <p>9-11 Nanak's Kitchen Food Relief Program NO Tai Chi with Tony 9-4 Fitness Room 9:30-1 <i>Crafty Ladies</i> 1-1:45 <i>Circuit Training</i></p> <p>1:00 <i>NORMANDY</i></p>	<p>27.</p> <p>8:30-9:30 <i>Movin Groovin Fitness</i> 9-2 Fitness Room 10-12:30 Movie~ <i>Young Frankenstein</i> 1-1:30 <i>Boxing</i></p>	<p>28.</p> <p>8 <i>Market Basket</i> 9-4 Fitness Room 9:30-10:15 <i>Circuit Training</i> 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 12:15 Super Bingo</p>	<p>29.</p> <p>9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch & Flow Yoga</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1.</p> <p>9-4 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 10-12 Device Training</p>	<p>2.</p> <p>9-11 Nanak's Kitchen Food Relief Program 9-10 Tai Chi with Tony 9-4 Fitness Room <i>9:30-1 Crafty Ladies</i> <i>1-1:45 Circuit Training</i></p>	<p>3.</p> <p>9-2 Fitness Room <i>10 Movie~ Seven Years in Tibet</i> <i>1-1:30 Boxing</i></p>	<p>4.</p> <p>9-4 Fitness Room <i>9:30-10:15 Circuit Training</i> 10-1 SHINE 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 12:15 Super Bingo 11-1 Origami 1-3 Knitting</p>	<p>5.</p> <p>9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch & Flow Yoga</p>
<p>8.</p> <p>9-4 Fitness Room 9:30 Cribbage 10-12 Device Training</p>	<p>9.</p> <p>9-11 Nanak's Kitchen Food Relief Program 9-10 Tai Chi with Tony 9-4 Fitness Room <i>9:30-1 Crafty Ladies</i> <i>1-1:45 Circuit Training</i></p>	<p>10.</p> <p>9-2 Fitness Room <i>10 Movie~ London Has Fallen</i> <i>1-1:30 Boxing</i></p>	<p>11.</p> <p><i>8 Market Basket</i> 9 COA Board Meeting 9-4 Fitness Room <i>9:30-10:15 Circuit Training</i> 10:15-11:15 Line Dancing <i>11-12 Consultations with Beth</i> 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo</p>	<p>12.</p> <p>9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch & Flow Yoga</p>
<p>15.</p> <p>9-4 Fitness Room 9:30 Cribbage 10-12 Device Training <i>1-3 Board Games with Debbie</i></p>	<p>16.</p> <p>9-11 Nanak's Kitchen Food Relief Program 9-10 Tai Chi with Tony 9-4 Fitness Room <i>9:30-1 Crafty Ladies</i> <i>1-1:45 Circuit Training</i></p>	<p>17.</p> <p><i>9-11 Podiatry</i> 9-2 Fitness Room 10 Friends Meeting <i>1-1:30 Boxing</i></p>	<p>18.</p> <p>9-4 Fitness Room <i>9:30-10:15 Circuit Training</i> 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo 11-1 Origami 1-3 Knitting</p>	<p>19.</p> <p>9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch & Flow Yoga</p>
<p>22.</p> <p>9-4 Fitness Room 9:30 Cribbage 10-12 Device Training</p>	<p>23.</p> <p>9-11 Nanak's Kitchen Food Relief Program 9-10 Tai Chi with Tony 9-4 Fitness Room <i>9:30-1 Crafty Ladies</i></p>	<p>24.</p> <p>9-2 Fitness Room <i>10 Movie~ The Benny Goodman Story</i> <i>1-1:30 Boxing</i></p>	<p>25.</p> <p><i>8 Market Basket</i> 9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 12:15 Super Bingo</p>	<p>26.</p> <p>9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch & Flow Yoga</p>
<p>29.</p> <p>9-4 Fitness Room 9:30 Cribbage 10-12 Device Training</p>	<p>30.</p> <p>9-11 Nanak's Kitchen Food Relief Program 9-10 Tai Chi with Tony 9-4 Fitness Room <i>9:30-1 Crafty Ladies</i></p>	<p>31.</p> <p>9-2 Fitness Room <i>10 Movie~ You Got Mail</i> <i>1-1:30 Boxing</i></p>		



TRIPS



Foster's Authentic Maine Lobsterbake- Wednesday, August 24th \$99 PP

9:30 AM Depart from the Millis Town Hall, 900 Main Street on your luxury, Silver Fox Coach. You'll initially visit scenic Nubbles Light and York Village, where you will have time to browse through the many boutiques or stroll along Ocean Drive, a spectacular coastal walkway. Then be ready to feast on plenty of delicious food at Fosters. The feast is steamed over a roaring wood fire- The Downeast way! Menu choice includes: Maine Lobster *OR* Chicken, New England Clam Chowder, Cultivated Mussels, Corn on the Cob, Roasted Red Potatoes and Onions and Blueberry Crumb Cake. Foster's also provides live musical entertainment during your stay.

Cruising the Charles—Wednesday, September 7th \$99 PP

9:00 AM Depart from the Millis Town Hall, 900 Main Street, this morning on your luxury Silver Fox Coach for Boston. You and your friends are in for a great day in "Beantown" today. After sightseeing on Boston Common this morning, a delicious luncheon follows at the terrific Cheesecake Factory restaurant. You can choose your entrée off the menu and then enjoy a scrumptious Cheesecake Dessert and beverage, You'll have time to explore the stores at the Cambridge Side Galleria Mall before you enjoy the day's special treat, a delightful cruise along the Charles River as the Captain provides a narration of the most historic sights of Boston and Cambridge. Your narrated cruise will provide you a most different perspective of Boston. You'll arrive home at 5:30 PM after a great day with your friends in scenic Boston and Cambridge.

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 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.

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)

Summer Jokes to Enjoy

What is brown, hairy, and wears sunglasses? A coconut on vacation.

What do you call a labrador at the beach in August? A hot dog!

What does the sun drink out of? Sunglasses.

What did the reporter say to the ice cream? What's the scoop?

What did the beach say to the tide when it came in? Long time, no sea.

Why did the shark befriend the dolphin? Because it wanted more porpoise in its life.

Why did the sea horse cross the beach? To get to the other tide!

Why didn't the sun go to college? Because it has a million degrees.

Why do fish swim in saltwater? Because pepper makes them sneeze.

How do you prevent a summer cold? Catch it in winter!

What do snowmen do in summer? Chillout.

HAPPY SUMMER!

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

You're the best!!!

Dues were received from: Lawrence & Denise Farley~ Margaret Ormberg~ Rusty & Cheryl Cushman~ Julie Chisholm~ Paul & Ann Prohodski

Dues with extra donations were received from: Diane & Edward McBride~ Nancy & Michael O'Shaughnessy~ Ron Paulo & Lisa Duhamel~ Ralph & Maureen Whelihan~ Brooks Corl~ Alan & Betty Works~ Edward & Jeanne Cronin~ Julie Mock~ Elaine Jule~ Carol Goldstein

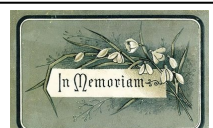
Donations for the Van were received from: Lawrence & Denise Farley~ Paul & Ann Prohodski

Donation in memory of *Stephen Joseph* received from Wendy Joseph

Special Thank You to Candy Carlson and the Crafty Ladies for their financial donation from working the Candy's table at the church fair



In Memory of:
Marjorie McCarter ~ George Sgourakes



PAST AND FUTURE

On December 31, 1980, Reverend Crawford F. Coombes Jr., from St Paul's Episcopal Church and several Millis residents presented their first Council on Aging budget to the Town of Millis. This budget for fiscal year 1981, was in the amount of \$600.00, and the hours of operation were to be from 9:00AM to 12:00PM. It took 6 more years to hire Ladislaus J. Dubovski as Director of the Council on Aging, who was followed by Ellinor Harkins in October, 1986. The position was for 12 hours per week. At that time, the Senior Center was housed at St Paul's Episcopal church and served 750 seniors.

When the Veterans Memorial Building was dedicated in 1999, the Senior Center moved to the lower level. At that time, the senior population (defined as 60 years of age or older) was 1,070 residents. Since 1999, the senior population has grown 145% to 2,620 people. The Massachusetts Office of Elder Affairs estimates a further 47% increase in the senior population by 2030, which would increase this population to 3,851. Combined with the continued steady descent in U.S. birth rates, the senior population in Millis may reach one half of Millis' total population in less than 8 years.

Currently the Senior Center averages 64 visits a day. A Town-wide social worker is housed in the Senior Center. This social worker is available to all residents, regardless of age, to aide residents with housing issues, financial assistance, food stamps, fuel assistance and many other sources of social assistance. Transportation to our senior and disabled population is also provided.

We are facing a "Silver Tsunami" in Millis. As our senior population increases, so does the level of care necessary for their well-being. Socialization, health and wellness discussions, low vision support, mental health, hearing loss support, and respite care support is much needed. Insurance coverage is not always available or reliable. Support is provided by children and caregivers, the latter of which is in short supply. HESSCO, A Norfolk County Agency that collaborates with physicians, hospitals, Councils on Aging, Visiting Nurse Associations, home health providers, and other service agencies to optimize available services and benefits, reports that there are currently 219 consumers on their waiting list due to severe staffing shortages. These are our parents, our neighbors and our friends who deserve to be recognized and cared for.

Adult day care could offer respite care for the caregiver as well as the Senior. Supportive Day programs would offer mind enriching programs, games and activities, encouraging independence and socialization while building self-esteem. There would be social events, music, (so very important in the lives of so many) gentle exercise geared to the elder and the opportunity to partake in friendship meetings. Inviting our high school students who are exploring futures in medical, teaching and/or social services to volunteer would benefit both them and seniors. Grants are available for many of these programs under the education platform. Many towns cannot offer these programs due to lack of dedicated private space available in their facilities. Outdoor patio space and walking trails provides a change of scenery and exercise, for a sound body and mind.

An affordable fee structure for some curricula would not only cover the staffing requirements but could provide extra revenue for other ventures. Similarly, opening our Senior Center to others in neighboring towns (just as Millis' seniors visit neighboring senior centers) would provide revenue in the form of dues.

The Seniors of Millis have supported every initiative that Millis has put forth including the High School and Fire Station renovations, and the Clyde Brown, Library, and Police Station new constructions. It is time to support *their* needs.



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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