

VOLUME 24
ISSUE 2

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

St Patrick's Day Feast Its that time of the year again. On **Thursday, March 17th at 11:30** we will be feasting on home-cooked corned beef and cabbage with all the traditional fixings and Patty's famous ice cream pie. Lunch will be served at 11:30 sharp with entertainers from Big Smile Entertainment coming to present "It's a Good Day to be Irish" at 12:45. Celebrate St. Patty's Day with this fun interactive Show. Great Irish music from the classic Irish Ballads to the fun Drinking Songs will be highlighted. Dance a jig, clap your hands and lift your glass. Singing, Dancing and of course we get the audience involved too. There is no charge for the entertainment, please feel free to join us after lunch at 12:45. **Please make a reservation with payment of \$7 before Wednesday, March 9th** to join us for lunch
**This program is supported in part by a grant from the Millis Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency and by our Millis COA Friends group.*



Ken Burns - The National Parks - America's Best Idea It's not too late to join us for the continuation of Ken Burns - The National Parks - America's Best Idea. March will find us continuing our historic journey through the 1920's - the year the National Parks reached 1 million visitors. (In 2019 the National Parks had 327.5 million visitors). In the 1920's many Americans owned cars, radios and telephone for the very first time, and in 1920 women gained the right to vote. The program is held on Wednesdays from 11 AM - noon at the Senior Center. Dates are **March 2, 9, 16, 23, 30 and April 6**.
**Sign-up is recommended and email would be appreciated - so you can be notified if there is change in the schedule.*

The TRIAD Program is a partnership between the Sheriff's Office, local Police / Fire Departments, and Council on Aging. Our goal is to increase safety for seniors through education and crime prevention. We are looking for members in the community that have leadership qualities and a familiarity of older age issues to adopt present programs, recommend appropriate initiatives, or start new programs. Interested parties should contact Patty @ 376-7051.

Afternoon of Board Games Meet some new and old friends as well as Outreach Coordinator Debbie Sand while playing board games on **Tuesday, March 29th at 1PM**. We will have Rummikub, Scrabble, Mexican Train Dominoes, cards and more. Please RSVP for seating and game preference.

Millis Firefighters will be here on **Monday, March 21st at 11:00** to do CPR and AED training. There is no cost for Millis residents for this program but you must sign-up in advance to participate.



Legal Consultations with Attorney Beth Murphy 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 and now Beth is volunteering to meet with seniors at the Senior Center. Beth will be here on **Friday, March 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. Millis residents have priority.

The senior van will be providing rides from Millis Housing to the Millis Food Pantry on the **first and third Wednesday every month**. 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.

Help us keep costs down. If you do not want to receive this newsletter every month please call the Center at (508) 376-7051 or email Patty at pkayo@millisma.gov. You can resubscribe at any time.

What is a File of Life Files of Life consist of an information card listing all medications a person uses and any special health conditions they may have. The card is kept inside a bright red vinyl sleeve marked "FILE OF LIFE," which is posted on their refrigerator or in some other highly visible place. In the event of a medical emergency, a File of Life allows paramedics and EMTs to quickly administer the proper treatment. Files of Life are available free of charge at local senior centers or by calling the Norfolk County Sheriff's Office at (781) 751-3516

Crafty Ladies are looking for craft supplies. If you have unwanted craft items please call the Center and we will let you know if its something they can use.

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.



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 week. *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!

SUPER BINGO EVERY THURSDAY!!! Will be held every **Thursday at 12:15** in room 21. SUPER Bingo (the last pot is worth \$25) is 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!

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.

Maryann Sheridan for the Candy's Corner items~ Marie Travers for the flowers~ Joanne Dolphin for the Candy's Corner items~ Kathy Tocci for the shirts~ Marsha Carini for the Candy's Corner items~ Gail Bekebrede for the Candy's Corner items~ Kathy Turano for the Candy's Corner items~

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 9-4

I wanted to remind you that as the Outreach Coordinator I can provide information and referrals and connect you with community and state resources. I can help access services such as:

- Fuel assistance, offered through April 30, 2022
- SNAP (food stamps)
- State aided senior housing applications
- MassHealth application
- Millis Fund applications
- Legal services information, such as health care proxies and power of attorney
- Life alert and Are you OK? Program information
- HESCO's services information, including meals on wheels
- Private pay caregiver information
- Home care assistance and caregiver support information

If you have any questions or need assistance, please let me know.

AARP Tax Preparation volunteers are back this year at Medway COA (508-533-3210), Norfolk COA (508-528-4430), and Medfield COA (508-359-3665). This service is offered to those with limited means and those with simple returns only. Appointments are required.

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
\$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
<p>Bread and pastry available every day. Courtesy of Blue Moon Bakery, Roche Bros, Shaws and Country Kitchen</p> <p>MONDAY 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</p> <p>TUESDAY 9-4 ~<i>Fitness Room</i> 9-10 ~<i>Tai Chi with Tony</i> 9:30 -1 ~Crafty Ladies 10-11~ Swimming Wrentham Pool (508) 384-6735 Peter</p> <p>WEDNESDAY 9-4 ~<i>Fitness Room</i> 10:00 ~<i>Enhance Fitness</i> 10:00~ Friends Meeting~ Wednesday after COA meeting 2-3~ Swimming Wrentham Pool (508) 384-6735 Peter</p> <p>THURSDAY 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 Dancing 11:00- 11:30~ Blood Pressure Clinic 11:15-12 Grab and Go Lunch 12:15~ Bingo</p> <p>FRIDAY 9-12 <i>Fitness Room</i> 9:00 <i>Enhance Fitness</i> 9:00~2nd Friday only~ COA Meeting 9:30~ Stretch & Flow Yoga 9:30 Cribbage 10-11~ Swimming Wrentham Pool (508) 384-6735 Peter</p>		<p>MONDAY</p> <p>1.</p> <p>9-10 Tai Chi with Tony 9-4 Fitness Room 9:30-1 <i>Crafty Ladies</i></p> <p>7.</p> <p>9-11 Nanak's Kitchen Food Relief Program 9-4 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 10-12 Device Training</p> <p>14.</p> <p>9-11 Nanak's Kitchen Food Relief Program 9-4 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 10-12 Device Training</p> <p>21.</p> <p>9-11 Nanak's Kitchen Food Relief Program 9-4 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 10-12 Device Training</p> <p>11:00 Millis EMT's CPR and AED Training</p> <p>28.</p> <p>9-11 Nanak's Kitchen Food Relief Program 9-4 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 10-12 Device Training</p>	<p>1.</p> <p>9-10 Tai Chi with Tony 9-4 Fitness Room 9:30-1 <i>Crafty Ladies</i></p> <p>8.</p> <p>9-10 Tai Chi with Tony 9-4 Fitness Room 9:30-1 <i>Crafty Ladies</i></p> <p>15.</p> <p>9-10 Tai Chi with Tony 9-4 Fitness Room 9:30-1 <i>Crafty Ladies</i></p> <p>22.</p> <p>9-10 Tai Chi with Tony 9-4 Fitness Room 9:30-1 <i>Crafty Ladies</i></p> <p>29.</p> <p>9-10 Tai Chi with Tony 9-4 Fitness Room 9:30-1 <i>Crafty Ladies</i></p> <p>1 Afternoon of Board Games</p>	<p>2.</p> <p>9-2 Fitness Room 11-12 <i>The National P</i> 10-11 Enhance Fitne</p> <p>9.</p> <p>9-2 Fitness Room 10-11 Enhance Fitne 11-12 <i>The National P</i></p> <p>16.</p> <p>9-2 Fitness Room 10-11 Enhance Fitne 11-12 <i>The National P</i> 10 Friends Meeting</p> <p>23.</p> <p>9-2 Fitness Room 10-11 Enhance Fitne 11-12 <i>The National P</i></p> <p>30.</p> <p>9-2 Fitness Room 10-11 Enhance Fitne 11-12 <i>The National P</i></p>
<p><i>Kathy O'Neil</i> COA Kitchen 508-376-7056</p> <p><i>Please call Kathy if you are interested in driving or helping in the kitchen.</i></p>		<p><u>Stretch & Flow Yoga</u> Friday at 9:30</p> <p>Several levels of modification are given. Class is \$3.00.</p> <p><u>Tai Chi with Tony Berg</u> Tuesday's at 9:00</p> <p>The slow, controlled movements of Tai Chi improve concentration, strength, endurance, flexibility, balance, coordination, and poise. Learn to 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</p>		

DAY	THURSDAY	FRIDAY
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ss arks	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 11:30 St Pats Day Feast 12:45 Great Day To Be Irish 12:15 Bingo	18. 9-12:30 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
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ss arks	31. 9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Bingo	

Transportation

376-7051

9-am -1pm

Transportation Available

- Monday - Thursday 8-2 and Friday 8-12:30
- Masks are required for all passengers and driver.

Face masks are required for entry to the Center

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 @ 376-7051

Main Street Podiatry at the Center from 9-11

February 2nd

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. Copays may apply. Please check with your insurance company.

SUPER Bingo Madness

Every Thursday from 12:15- 2:30.

Super Bingo is now every week!

The last pot is worth \$25

Come and try your luck!



TRIPS



New York's 9/11 Memorial & Museum ~ Sunday, March 20th \$99. PP

6:30 AM Depart this morning from the Millis Town Hall, 900 Main Street, Mills, on your luxury Silver Fox Motor Coach for New York City. A coffee/breakfast stop will be made as you travel south to New York City. You'll first visit Rockefeller Center and Midtown Manhattan to view the sights. Then you'll travel Downtown to Ground Zero, where your group will visit the 9/11 Memorial at Ground Zero. This very powerful Memorial memorializes all those who died in the 9/11 terrorist attacks by listing their names on fountains placed where the original Towers stood. You'll next visit the National 9/11 Museum, which serves as the country's principal institution concerned with exploring the implications of the events of 9/11, documenting the impact of those events and exploring 9/11's continuing significance. You'll arrive home at 10:30 PM after a memorable day in New York.

The Temptations ~ Saturday, April 16th \$99.PP

10:00 AM Depart this morning from the Millis Town Hall, 900 Main Street, Millis, on your luxury Silver Fox Motor Coach for Rhode Island's Providence Performing Arts Center. You will visit Providence Place Mall where you will enjoy lunch (on your own) from a variety of dining options. 2:00 Matinee show where you'll have rear Orchestra seating to enjoy the fabulous Broadway Hit "Aint Too Proud" the show that brings the Temptations' outstanding music> My Girl", " Papa Was a Rolling Stone", "Ain't Too Proud To Beg", & many more. "Ain't Too Proud" is easily one of the best musicals to grace The Big White Way! (Broadway Review) You will arrive home at 5:30 after a great show.

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 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:

A Little Irish Wisdom & Humor

Hindsight is the best insight to foresight – Learn from your past mistakes to avoid making new ones.

When the apple is ripe, it will fall – what will be will be.

Complain that you have no shoes until you meet a man who has no feet – be thankful for what you have

What do you call an Irish spider? Paddy long legs

What do ghosts drink on St. Patrick's Day? BOOs

Why did the leprechaun go outside? To sit on his paddy-o

What do you get when two leprechauns have a conversation? A lot of small talk

How did the Irish Jig get started? Too much water to drink and not enough restrooms

What do you call an Irishman bouncing off the walls? Rick O'Shay

Where would you find a leprechaun baseball team? In a little league

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

You're the best!!!

Dues were received from: Uldis Dilevskis, Bruce & Denise Schroepfer, Donna Collins, Kevin Rousseau & Theresa Ruda, Carol Kerwin-Muchnick, Richard Albano & Roxane LaRouche, Barbara Bader, John Kaminski, Mary Ferber, Robert Wright, James & Catherine Gale, Joe Hoey, Nancy Beaton, Anne Kelly, Judy Fiatarone, John Hughes, Doris Romsey

Dues with extra donations were received from: **Donations to the Center were received from:** Anita Gold, Barbara Massey, John & Judith Kosinski, Robert Maraggio & Holly Bennett, Prabhu Swaminathan, Roberto & Jodie Garzon, Anna Demurjian, Elizabeth Rectanus, Marie Murphy, Peter & Marianne Shea, Colin & Patricia Grennon, Alan & Fran Burch, John & Patricia Diatelevi, Hans & Nancy Warmick Jr, Elizabeth Derwin, Ron Peiler, Frank & Ilene Hamm, Anne Williams, Steve & Cathy MacInnes, Robert & Terry Foster, Judith Carlson, James & Patricia Gil-martin, Bob & Connie Harvey, Mary Russo, Linda Champagne, Lorraine Fermano, Anita Gold

Donations for the Van were received from:

Donation in memory of Linda Beyer was received from: Joel Lamoureux

Donations in memory of Manning Doliner received from: Ruth Doliner

Donations in memory of Biruta & Stan Dulevskis received from: Uldis Dilevskis

Donations in memory of Frank "Bud" & Irene Hamm received from: Frank & Ilene Hamm

Donations in memory of Darwood B.Rowley received from: Carol Kerwin-Mushnick

Donations in memory of Hank & Therese Perciaccante received from: Mike & Sue Perciaccante

Donations in memory of Charles & Elizabeth DeAngelis received from: Anne Kelly

Donations in memory of James Fiatarone received from: Judy Fiatarone

Donations in memory of Dora Collins received from: Steve & Cathy MacInnes

In Memory of:

Vincent Calabro ~ Warren Champagne ~ Mark Slayton ~ Judy Doliner ~ Herman
"Buzz" Downing ~ MaryJane Pintsopolous



Senior Circuit Breaker Seminar

with Representative Dooley and a Representative from Department of Revenue

Thursday, March 10th at 11:30

You may be eligible for this tax credit *even if you owe no income taxes!* Come to the seminar for more information.

The Senior Circuit Breaker is a tax credit that is triggered when property tax payments exceed 10% of a senior citizen's annual income. If you are a homeowner, your Massachusetts property tax payments, together with half of your water and sewer expense, must exceed 10% of your total Massachusetts income for the tax year. Seniors who rent their homes can also qualify for this dollar-for-dollar tax credit if 25% of their annual rent exceeds 10% of their annual income.

The eligibility for this credit:

- ◆ MA resident, age 65 by the end of the tax year you are filing.
- ◆ Must own or rent property in MA as your primary residence
- ◆ For 2021 must have an annual income of:

- \$62,000 or less (single filer)

- \$78,000 or less (Head of Household filer)

- \$93,000 or less (joint filers)

To apply, you must file a 2021 MA state income tax return by April 19, 2022. You may be eligible for a refundable credit for 2018, 2019 and 2020 even if you did not file state forms. The 2021 credit is capped at \$1,170.00. Those who are not eligible are married persons who do not file jointly, any one listed as a dependent for another tax filer, residents who receive federal or state rent subsidy, residents who live in tax-exempt facilities and for tax year 2021, if the assessed value of the principal residence exceeds \$884,000. If you're eligible, complete Schedule CB with your MA state income tax return.



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