

COA CURRENT AND POTENTIAL PROGRAMS

What programs are currently offered? On what schedule?

Programs we currently offer:

Daily:

Transportation

Fitness Room

HESSCO's Congregate Lunch/ Meals on Wheels

Strength Training DVD

YMCA's Enhance Fitness (M-W-F)

Drop-In room for daily donated baked goods, coffee, conversation, coupon clipping, knitting, crafts, ongoing puzzles, reading.

Weekly:

Volunteer's Crafty Ladies

Volunteer Computer Tutoring

Volunteer's cards (Cribbage, Poker)

Volunteer Bingo

Volunteer Line Dancing

Paid Instructor Yoga

Volunteer Blood Pressure Clinics

Sing a long group

Tasty Tuesday luncheon

Bi-Weekly:

SHINE

Monthly:

HESSCO's Health Aging Consultations

Podiatry (bi-monthly)

Coalition of newsletter

Public Health Nurse- Consultations

Quarterly:

Norfolk County Sheriff's Office "Are You Okay, Senior Photo ID, File Of Life, Triad, Yellow Dot, Scam Prevention" Programs

Semiannual:

AARP's "Planning for Medicare" "Social Security: Understanding Your Benefits"

The Mass Bar Association presentation "Turning 65- What You Need To Know"

HESSCO's Healthy Aging Presentations: "Diabetes Prevention"

Annually:

Flu Clinics

Holiday Fair

Coye's Auction – Antique Roadshow

Valentine's Day Brunch

St Patrick's Day Feast

Mother's Day Tea

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Father's Day

Cook outs

Thanksgiving Day Feast

Christmas with Millis PD & EMT's

Space that would allow us to increase programming:

Programs we do not offer:

Multi- Functioning Health Room:

- Hair Salon
- Additional Podiatry- manicures/pedicures/ waxing
- Additional Health Clinics/ Blood Pressure-Blood Sugars
- Hearing Testing/Hearing Aid Cleaning/ Repairs
- Chair Massage/Reflexology
- Weight loss support group- Weight Watchers Club /T.O.P.S. TAKING OFF POUNDS SENSIBLY
- Mental Health support groups
- Meditation
- Pet Therapy

Functioning Kitchen: Currently HESSCO has complete control of kitchen. Stoves only provide heat & serve function. We lack freezer and refrigeration space. Need dedicated space for paper goods, pots & pans, etc.

Will enable COA to:

- Dinner shows with
Murder Mysteries, music, bands, Comedians, Ed the Wizard's Magic Show, Mad Hatter Tea Party, Classical Music Duo's", Local Chris Carter Solo Guitar Acoustic
- Fundraisers
Pasta dinners, Mexican Fiestas, Bingo- Singo
- Pancake breakfasts
- Culinary demos or hands-on classes
"Meals For One", "Creative Leftovers", "Cookie Exchange", "Ethnic Cuisine", "Specialty Cuisine"

Craft Room: Large room with sink and storage for art, craft and painting activities. It's important to have space where people can leave out projects to continue to work on them over time, ie space to leave easels out for paint to dry; wood projects in vices for glue to dry

- Mr. Fix-it Workshop
- Wood working – crafts
- Wood carving
- Rug Braiding
- Pottery
- Basket Weaving
- Wreath Making
- Cornucopia Ornament Making
- Victorian Valentine Making

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- Seashell Wreath Making
- Sewing Class- Quilting
- Paint and Sip Classes
- Watercolor, Oils, Charcoal
- Open Art Studio
- Digital Photography
- High School Seniors Teaching Seniors Cellphone and Tablet Use

Multipurpose Rooms would allow Presentations from:

Informational

- Mass Commission for the Blind
“What benefits & tools are available to the blind” “Low Vision Support Groups”
- AARP
“Planning for Social Security”, “Medicare Planning”, “Fraud Fighters”
- VNA
Balance Matters, Wellness Clinics, Caregiver Support Groups - Memory Workshops
- Attorney General Office
“Senior Scams”, “Medicare Fraud”
- HESSCO Evidence Based Programs- 6-, 12- or 16-week Programs
“Falls Prevention”, “My Life, My Health”, “Matter of Balance”, “Diabetes Self-Management”- “Chronic Pain Management”, “Savvy Caregiver”, and “Healthy Eating for Successful Living”
- Legal Clinics – Mass Bar Assoc.- Local Elder Law Attorney Consultations
Power of Attorney, Health Care Proxies, Living Wills, Long term Care Planning, Disability Benefits, One on one legal Consultations
- Educational workshops from ComCan
“CBD & Me”, “Arthritis and CBD”, Parkinsons and CBD”
- MA and National Councils on Aging
Aging Mastery Program
- Financial Planning
“Investment Clubs”, “Where to Invest”

Cultural Events

- Art Shows
Senior Art Shows, High School Art Show, Craft Exhibits,
- Virtual Travel

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“Susan Steele Adventures”, “McCoy Family Adventures”, “Millis Fawn and Flora with George” “Pleasant Meadows with George”, “Mass Audubon's Stony Brook Wildlife Sanctuary”

- Historical Performers and Master Story Tellers
- Linda Myer “Amelia Earhart”, “Sophie Tucker”, Todd Goodwin “Growing Up Grubby - Tales of Growing Up in the 50's & 60's”,
- Music Performances
World Percussion Drumming/Steel

Educational

Learn a New Language

- Spanish, Chinese

How to Write your Memoirs

- Book Writing

Music Classes

- Guitar, Harmonica, Drumming, Ukulele

Planning

- Real Estate Downsizing
- Retirement Planning “Retirement isn't an age—it's a financial number”
- Create a Retirement Budget
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Healthy Aging

- Health Fairs
- Health Clinics
- Memory Testing
- Fan the flame. Sexual intimacy and aging

Community Support Room:

- Memory Café
- Supportive Day Program

Additional Fitness room:

- Additional Yoga classes
- Tai Chi
- Pilates
- Low impact workout
- Self Defense classes
- Line Dancing
- Tap Dance
- Latest Dance Moves
- Dancing with the Stars

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Cozy game room:

- 2 pool tables for competitions/ tournaments
- Comfortable sitting room with fireplace and library
- Board games
- Bridge Group
- Card Groups, Poker, Cribbage
- Gentleman's Club
- Chess
- Book Clubs

New greeting area with counter style reception desk and visible support staff.

What outdoor uses and activities should be included in the CoA program?

- Sitting and dining - Covered outdoor area with outdoor games, picnic area with seating. Available to the community for outdoor weddings or events. Sell personalized bricks to construct bricked outdoor area.
- Community garden for all residents regardless of age to work cooperatively and collectively. Involve Garden Club and Millis High school and Middle school students.
- Outdoor games and activities - Walking/jogging path for all Millis residents and Recreation Department to use and enjoy.
- Classroom/performance space - Outdoor performance area for summer concerts that can be utilized by all Millis residents and the Recreation Department
- Exercise stations/course

What food programs and service currently offered?

Daily lunch program - Provided by HESSCO current Meals on Wheels Program is acceptable. Congregate meal site is not. Lunches are reheated, very low quality, low attendance/ lack of interest in service/ not attracting seniors. A more attractive dining space and a working kitchen serving healthier foods would attract visitors.

- All day coffee and snack service Coffee, Tea available all day/ every day donated donuts, bread and bakery goods available daily. Current service is acceptable.
- Periodic dinners and events Valentine's Day Brunch, St Patrick's Day Feast, Mother's Day Tea, Father's Day Cook Out, 2 Random Cook Outs July & August, Thanksgiving Day Buffet all take place on site. A large flexible space that could accommodate 170 seniors at a sit-down meal would be required.
- Our Volunteer Luncheon, Police Christmas Luncheon and Lions Christmas Party are held off site due to space issues and aesthetics.
- Commercial kitchen (versus re-heat kitchen) Commercial kitchen is needed. Need to offer more appealing, healthier meal choices. In house events could be offered with home cooked meals

Specific storage needs for the COA

File Retention (needs security)

Space is needed for cooking supplies (pots, pans, and paper goods, etc.)

Medical equipment loan closet

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Seasonal centerpieces/ decorations and outdoor patio furniture storage.
We have a very active craft group that requires 5 large locking metal cabinets.
The “thrift store” also requires locked space as they store seasonal items.

Current limitations of the current CoA building? Both entrances unwelcoming.

Ramp is long and winding
Uncovered entrances- seniors subjected to elements upon arrival
Offices randomly located
Computer room in employee’s office
Non-existing views of outdoors
Non-functioning kitchen
One conference/meeting room
Insufficient space for Holiday meals/events (currently use two adjacent rooms)
Difficulty offering programs/workshops due to lack of appropriate space
Storage is shared with entire town