

VOLUME 23
ISSUE 6

JUNE
2021



COALITION

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

MONDAY-TUESDAY-THURSDAYS 9-4:00 WEDNESDAY 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: Open
Transportation:
Linda Stetson lstetson@millisma.gov
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- James McCaffrey: jmccaffrey@millisma.gov Vice Chair-Peter Jurmain: pjurmain@millisma.gov Clerk- Erin Underhill : etunderhill@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, a Supportive Day Program for those who are isolated or experiencing mild confusion/dementia, 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.

Rockin' Rolling 50's



Mass
Cultural
Council

We will be having a get together on **Wednesday, June 30th from 1-2** in the rear parking lot with live entertainment from Big Smile Entertainment courtesy of the Millis Cultural Council and our Friends of Millis group. We will also have tickets available for those who would like to grab lunch off the hot dog cart (hot dog, chips, beverage and a ice cream sandwich). Bring a lawn chair to enjoy the festivities.

We are limited to the number of people that can participate. Social distancing and masks will be required. Pre registration is required. Millis residents will be signed up first. Rain date Thursday, July 1st.

"This program has applied for support from the Millis Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency."

Thank you to our Friends of Millis Council on Aging for also supporting this event.

New Podiatrist

Either Dr. Curley or Dr. Engelthaler from Main Street Podiatry will be here **Wednesday, June 2 from 9-11** to trim your toe nails and provide an initial evaluation of your feet. At **NO** cost to you. They accept most insurances with the exception of BMC. **Pre registration for appointments will be required.** We will mail 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.



Planning for Medicare- Countdown to 65:

on **Monday, June 14th at 1-2pm** we will be hosting the zoom presentation "Planning for Medicare". It is a presentation and discussion led by a Blue Cross Blue Shield of Massachusetts representative. It's geared towards individuals approaching Medicare Eligibility. Topics covered include health insurance information outside of employer sponsored coverage, such as an explanation of Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans and programs available to early retirees, and COBRA. This is a great presentation for seniors who may still be working and looking to transition. Please contact the Center with your email address by Thursday, June 10th for the zoom link to participate.



Council on Aging Closed for Drop-In, Open for Programs with Pre-Registration

The Millis Council on Aging remains closed for Drop-In at this time, but we are open for programs with pre-registration. Program requirements at this time have been determined in collaboration with the Millis Board of Health and Town Administration. The following guidelines for indoor events will be implemented and strictly adhered to and include face coverings, self screening questions related to travel, contact with positive cases or those currently undergoing monitoring and presence of any symptoms.

Masks must be worn at ALL times, before, during, and after each class/program. Please bring a bottle of water as we are not able to use our bubbler at this time. No food is allowed to be eaten on the premises. The building will be open to participants a few minutes before each class/program starts, and all participants are required to leave as soon as the class/program is over.

In order to participate in ANY Class or Program You MUST call to register in advance.

****THERE WILL BE NO EXCEPTIONS**** We can offer programs to Millis Residents only at this time. Thank you for your understanding and patience as we continue to re-open the Senior Center.

Computer Room Seniors are limited to 1 hour appointment per day. To be admitted to the building, please arrive in the rear parking lot up not more than five minutes before, or ten minutes after the start of your appointment and call 376-7051 for admittance. Masks must be worn properly (covering nose and mouth) the entire time you are inside, including when you are sitting at your computer station.

Please practice safe social distancing and remain at least 6 feet away from staff. Please remain at your assigned station except to use the restroom.

Admittance to any other program that is running concurrently is prohibited.

Stretch & Strength Training DVD Starting June 8th we will have The Stronger Senior work out DVD available in room 18 every **Tuesday and Thursday from 9-10**. Pre-registration is required. This Stronger Seniors Program is a safe and easy to follow 50 minute chair workout that increases stamina and improves balance. It targets both the upper and lower body. If desired, please bring your own hand weights. This class is limited to 8 participants. Masks and social distancing rules will apply. There is no fee for this class. Millis residents will have preference.

HOLLY'S OUTDOOR CHAIR YOGA Every **Friday at 10:00**. Pre-registration is required. The class will take place outside behind the ramp entry. Cost is \$3.00 per class. Limited 10 participants with social distancing. Millis residents will be signed-up first.

BLOOD PRESSURE CHECKS Thursday, June 3rd and 17th from 11:00-11:30 Appointment only. Please call the Center when you arrive for your appointment. To ensure everyone's safety, we will meet you in the parking lot and do a temperature check and verbal wellness screening before you enter the Center.



The COA Walking Club Every Friday join us at 9am at the rear entrance in the Senior Center parking lot. This is a FREE activity, but we do ask that you call the Center to register because the group has been venturing off to other locations for their walks. Masks and social distancing required. Please call if you have any questions and let's get walking!

DRIVE THROUGH BREAD AND PASTRY PLEASE NO EARLY BIRDS. Every **Thursday from 10-10:30**. **No sign-up required**. No contact. We will have tables set up in the rear of the building. Come in via Park Rd (please do not drive through parking lot) and tables will be on Park St. Stay in your vehicle. We will ask you what you would like and a staff member will bring you the baked goods. Leftover goodies will be delivered to Housing around 11:00.

FITNESS ROOM: Monday-Tuesday-Thursday 9-4 Wednesday 9-2 Friday 9-12:30

- **Pre-registration is required**
- Please follow Town Hall entry guidelines
- 4 person capacity in the room at one time—must follow safe distancing guidelines
- Masks required for entry to Senior Center
- Do not come in earlier than your scheduled appointment, you may be asked to wait in your vehicle
- Please keep 14 feet distance between others at all times when using the Fitness Room
- Wipe every machine down after use with provided wipes

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.

Congratulations to the winners of the 2021 COA Photo Contest! Thank you to everyone who participated by submitting pictures. We had 41 entries and we loved seeing all of your creativity and enthusiasm for a new program. All first-place winners got a \$30 gift card to Primavera; second place a \$20 gift card to Kravings; third place a \$10 gift card to Honey Dew! And the winners are...

Landscape

1st Place: Chelle Pitts with the photo "Castle"
2nd Place: Elizabeth Derwin with the photo " Alhambra Palace, Spain"
3rd Place: Janice McCoy with the photo "Sunflower"

People

1st Place: Chelle Pitts with the photo "In Memory of Scott Long, Haiti"
2nd Place: Janet McCarron with the photo "3 yr old watching a scary movie, Peter Pan"
3rd Place: Anita Gold with the photo " Covid 2020"

Animals

1st Place: Evelyn Boyd with the photo "The Geese Family"
2nd Place: Janet McCarron with the photo "Poolside Turtle"
3rd Place: Barbara Hiscock with the photo "Sonic"

Becky has taken the Outreach Position in Norfolk. Although we will miss her dearly, we wish her nothing but the best. Good luck Becky thank you for helping our senior residents for the past two years.

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

Transportation to Medical Appointments We are available Monday through Friday from 8-1 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!

FOR ENTRY TO THE COA

- All requests for appointments will given instructions regarding current policies at the time of booking.
- Pre-registration for all programs is required for entry.
- Please do not arrive early: you may be asked to wait in your vehicle.
- Mandatory use of sanitizing station before entry.
- 6 feet distancing at all times
- Go directly to and from your program.
- Please!!! No wandering around the building.

MONDAY	TUESDAY	WEDNESDAY
	1. 9-4 Fitness Room	2. 9-2 Fitness Room 9-11 Podiatry
7. 9-4 Fitness Room	8. 9-4 Fitness Room 9-10 Strength Training DVD	9. 9-2 Fitness Room
14. 9-4 Fitness Room 1-2 Planning for Medicare virtual	15. 9-4 Fitness Room 9-10 Strength Training DVD 2-3 Canvas n Cup Painting	16. 9-2 Fitness Room
21. 9-4 Fitness Room	22. 9-4 Fitness Room 9-10 Strength Training DVD	23. 9-2 Fitness Room
28. 9-4 Fitness Room	29. 9-4 Fitness Room 9-10 Strength Training DVD	30. 9-2 Fitness Room 1-2 Rockin' Rollin Concert

FACE COVERINGS : Required For Entry

- Must cover the nose and mouth are required for all employees and persons entering town buildings.
- If in a common area, i.e., the hallway, lunchroom, computer room, rest room, you must wear a face covering at all times.
- For Staff: In an isolated office, you do not need to wear a face covering in your office. You must wear a face covering once you leave the office.

Kathy O'Neil
COA Kitchen
508-376-7056



Please call Kathy if you are interested in delivering MOWs

SDAY	THURSDAY	FRIDAY
	3. 9-4 Fitness Room 10-10:30 Drive up Bread & Pastry 11-11:30 Blood Pressure	4. 9-12:30 Fitness Room 9:00 Walking Club 10:00 Yoga
	10. 8:00 Market Basket 9-4 Fitness Room 9:00 COA Board Mtg 9-10 Strength Training DVD 10-10:30 Drive up Bread & Pastry	11. 9-12:30 Fitness Room 9:00 Walking Club 10:00 Yoga
	17. 9-4 Fitness Room 9-10 Strength Training DVD 10-10:30 Drive up Bread & Pastry 11-11:30 Blood Pressure	18. 9-12:30 Fitness Room 9:00 Walking Club 10:00 Yoga
	24. 8:00 Market Basket 9-4 Fitness Room 9-10 Strength Training DVD 10-10:30 Drive up Bread & Pastry	25. 9-12:30 Fitness Room 9:00 Walking Club 10:00 Yoga
ing 50's Outdoor		

Transportation Coordinator:
Linda Stetson
376-7051
9-am -1pm

Medical and Shopping only

- Limited hours 8-1. Monday - Friday
- Verbal wellness screening upon transportation booking
- Please take your temperature at home prior to trip. Any temperature 100.4 F or greater is considered a fever, please re-schedule.
- Verbal wellness screening of all passengers upon pick-up
- Limited to 4 passengers on van 3.2 passenger limit on van 1. 1 passenger limit in vehicle.
- Riders are to sit separately
- Masks required for all passengers and driver.
- We will clean and disinfect commonly touched surfaces in the vehicle at the end of each shift and between transporting passengers.

Limited programming requires pre-registration for participation. If you are not pre-registered we will not be able to allow you access to the program. As much as we love our neighbors, Millis residents be given first priority for programming. We are not able to provide coffee and snacks but if you would like to bring your own you are more than welcome!

Please follow us on our Facebook page @ <https://www.facebook.com/milliscouncilonaging/>

This page is current and has reminders of what is happening at the Center every week. We also have links to interesting sites for fun activities and educational adventures.



FRIENDS of the Millis Council on Aging

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. Only seniors are eligible for benefits. *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)

HAPPY FATHERS DAY!!!

"Dad, are bugs good to eat?" asked the boy. "Let's not talk about such things at the dinner table, son," his father replied. After dinner the father inquired, "Now, son, what did you want to ask me?" "Oh, nothing," the boy said. "There was a bug in your soup, but now it's gone."

Why do fathers take an extra pair of socks when they go golfing? In case they get a hole in one!
What do a tick and the Eiffel Tower have in common? They're both Paris sites.
What did the janitor say when he jumped out of the closet? Supplies!
What did one hat say to the other? Stay here! I'm going on ahead.
Why couldn't the bicycle stand up by itself? It was two tired.
What do you call a fish wearing a bowtie? Sofishticated.

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

You're the best!!!

Dues were received from: Janet and Kevin McCarron ~ Allen and Eileen Lundberg ~ Anna De Martinis ~ William Brown ~ G. Lee & Susan McCalla ~ Ann & Tom Demlein ~ Brenda & Bernard Donofrio ~ Deborah Schortmann

Dues with extra donations were received from: Michele Talabach ~ Alan and Betty Works ~ Maureen DiMilla ~ Kevin and Jodie Knehk ~ Marie Power ~ Dennis Goodwin ~ Lorraine Lipsett ~ Betty Proe ~ Paul and Susan Simpson ~ Hari Kirin Khalsa ~ Pat Thompson ~ Roger Dicenzo ~ Lisa Duhamel and Ronald Paulo ~ Nancy Sitta and Rick Neves ~ Marianne Hilliard ~ Carol Goldstein ~ Siobhan Flaherty ~ Larry Burstyn ~ Susan Johanson & Marshall Hunter

Donation for the Van was received from:

Donation in memory of deceased Millis Lions received from: Lisa Duhamel and Ronald Paulo

Donation in memory of Cathy and Joe Travers was received from: Michele Talabach

Donation in memory of June Coffey was received from: Maureen DiMilla

Donation for the Exercise Program in memory of Beverly Temple received from: Nancy Sitta and Rick Neves

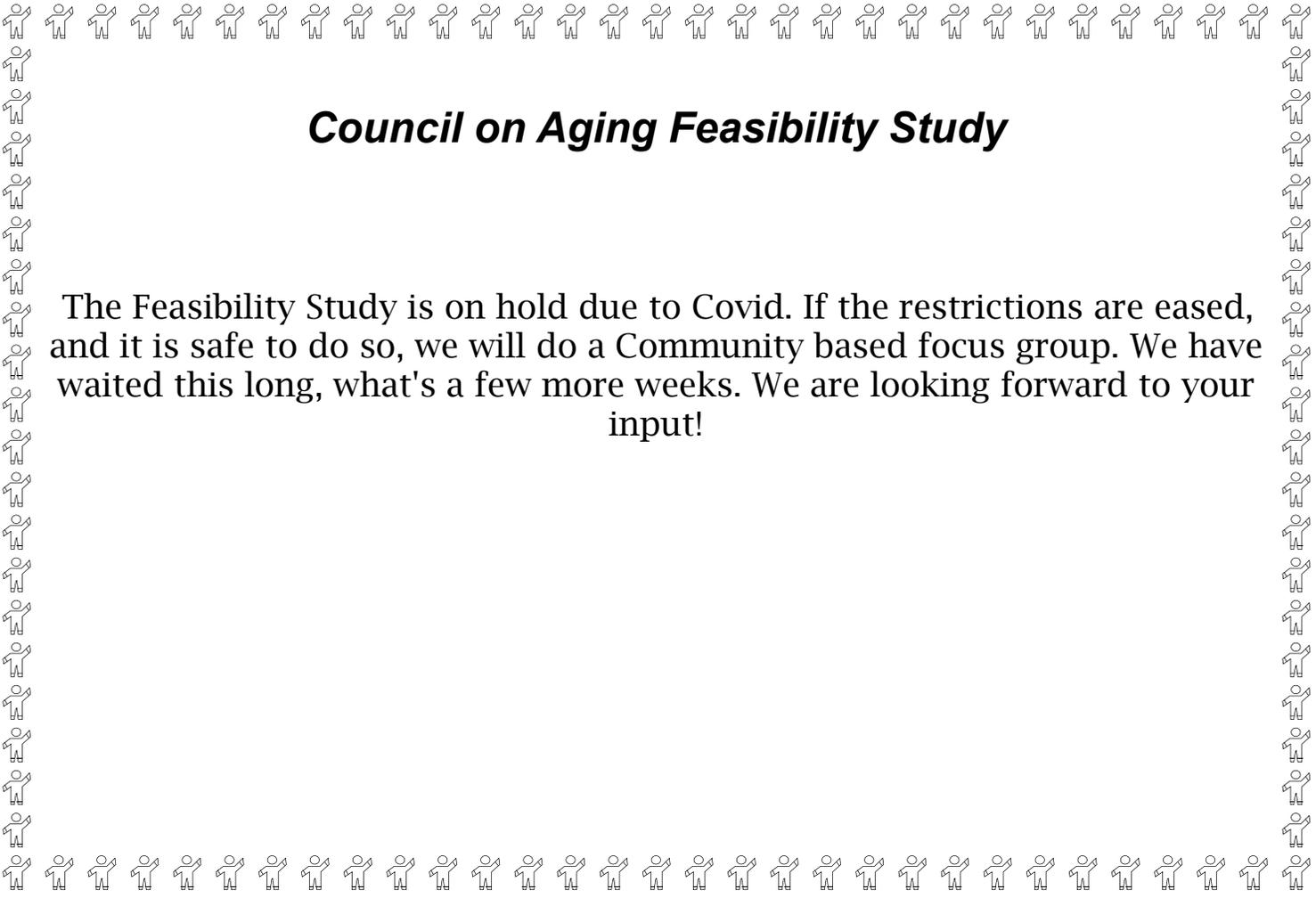
Donation in memory of Justin Power was received from: Marie Power

Donation in honor of Mary Jane & Wayne Simpson received from: Susan Johanson & Marshall Hunter



***In Memory of:
Paul Crehan ~ Marjorie Hacunda ~ Debbie Varga***





Council on Aging Feasibility Study

The Feasibility Study is on hold due to Covid. If the restrictions are eased, and it is safe to do so, we will do a Community based focus group. We have waited this long, what's a few more weeks. We are looking forward to your input!

COALITION

MILLIS
COUNCIL ON
AGING

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