

The Millis Council on Aging **COALITION**

APRIL 2023 HAPPENINGS!



Myths & Miracles of Victorian Medicine

On **Monday, April 10th, from 1-2PM**, be prepared to gasp, cringe, and chuckle, as you discover the horrifying practices and life-saving discoveries that characterize turn-of-the-century medicine! A doctor would take an x-ray then operate with a scalpel he had just picked up off the floor! Victorian health champion Miss Myrtle Mills (fictional character) will reveal practices that defy today's medical sense as well as discoveries that helped form the foundation of 21st-century medicine. Come learn about homemade cures and "cures"; discovery of the x-ray; the story behind aspirin, and more. Janet Parnes, of Historical Portrayals by Lady J. Millis will be portraying Myrtle Mills.



NATIONAL MEDICATION TAKE BACK DAY

Drive-in and Drop off your old medications at the Millis Fire Department.

Located at: 885 Main Street, Millis

Date: **Saturday, April 22nd**

Time: **8-11AM**



SHREDDING EVENT SPONSORED BY DISTRICT ATTORNEY MICHAEL W. MORRISSEY

Monday, April 24th, from 10AM-1PM, in the Parking Lot of Millis Town Hall. DA Morrissey invites you to bring your sensitive documents to safely shred in an effort to heighten awareness about identity theft. Bring your boxes, bags and bundles of sensitive documents, including credit cards, identification cards and computer hard drives, to the Millis Senior Center and pull your car up to the shredding truck. There is a screen on the truck to watch your papers shred. Staples and paper clips are fine to leave on. Please remove thick metal, like 3 ring binders and binder clips. For those bringing computer hard drives to destroy, if you are unable to remove the hard drive, bring the laptop and/or computer tower. Free event.



SELECT BOARD MEMBER OFFICE HOURS

Erin Underhill has office hours in Room 206 at Town Hall:
Thursday, April 6th at 12PM and Monday, April 24th at 5:30PM.

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 an 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.



900 Main Street Millis, MA 02054

Phone: 508-376-7051

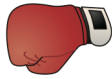


Monday-Tuesday-Wednesday 8:30-4 Thursday 8:30-2 Friday 8:30-12:30

EXERCISE

BOXING WITH AMY GAGNE

Designed for seniors who want to keep their bodies & minds strong. Gloves will be provided, but you can bring own. Classes will be held **every Thursday from 11-11:30AM**. Cost is \$3 per class for Millis residents and \$5 for out of towners.



STRETCH & FLOW YOGA

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. The class meets **every Friday at 9:30AM**. The cost is \$3.



TAI CHI WITH TONY BERG Focusing primarily on the therapeutic aspects of Tai Chi; the martial/self-defense & performance aspects are secondary. We practice Yang style Tai Chi, which is the most popular of the five traditional schools of Tai Chi. Tony will be here **every Tuesday at 9AM**. Cost is \$3 per class.



MEDFIELD'S KINGSBURY CLUB SENIOR SWIM PROGRAM

is open to Millis COA members, when just seniors use the pool, **Tuesdays and Fridays from 10-11AM**. The fee is \$5 per visit. COA members will have to present their Millis COA key tag when entering.



FITNESS ROOM *Thanks to our Friends group, the annual fee for Millis residents is now only \$50!!!!* An annual fee of \$100 for non-Millis participants. 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. This covers our maintenance costs and other related expenses. Please contact us at 508-376-7051.

ART

SPRING BASKETS Eileen Muller is back! She prepared boxwood trees with us in December and will be here **Tuesday, April 4th at 1PM**, to walk you through making beautiful spring flower arrangements with an oasis and basket. She will purchase long-lasting flowers so the arrangements will brighten your homes for many days. Please bring your own sharp scissors. Reservations with \$10 payment must be made before Friday, March 31st. Non-Residents \$25. **Thank you to our Friends group for sponsoring this program.*



NEEDLE WORKERS GROUP

Come meet some new and old friends as you help each other with needleworking projects on the **first & third Thursday of the month from 1-3PM**. Needle pointers, knitters, crocheters, quilters and embroiderers are all welcome. Carol Goldstein will assist with explaining knitting patterns.

GAMES



MIDDLE SCHOOL KINDNESS CLUB BINGO On Monday, April 3rd at 2:30PM. Play bingo with Millis middle school students in room 21.



SUPER BINGO EVERY THURSDAY!!! Held on **Thursdays at 12:15PM** in room 21. The last pot is worth \$25. *Come and try your luck!* Thank you to our Friends Group for supporting this!

CRIBBAGE Have you ever thought that you may like to learn how to play cribbage? Come join our Cribbage group **every Monday or Friday from 9:30AM-12PM**. Instructors are available either day. Everyone is welcome! It's a great group of people.

BOARD GAMES WITH DEBBIE This has been a great success! Debbie will be hosting on **Monday, April 24th, 1-3PM**. Come on down and enjoy some friendly competition with your neighbors.

LECTURES



WORLD HERITAGE SITES- ARMCHAIR TRAVEL

Come with us on a travel adventure as we explore 24 outstanding UNESCO World Heritage Sites through a Great Course. These sights highlight masterpieces of creative human genius, archeological sites, religious architecture, monumental sculpture and painting, classic urban landscapes and masterpieces of architecture and engineering. We will also explore some of our planet's most significant natural features, physical and biological formations and areas of noteworthy beauty and scientific value. Some of the sites to be included are Ancient Egyptian Thebes, the Forbidden City of Beijing, Timbuktu, and Virunga National Park. Sessions will be held on **Wednesdays from 11AM-12:15PM** and will explore 2 sites per week. Weekly classes **April through May 17th**. Hosted by Susan Steele.

MARY KAY EVENT April Shower your skin with supplements! We are hosting a **Skincare Event** on **Wednesday, April 12th at 1PM**.

Come and experience Mary Kay skincare treatments. Learn tips to keep your skin healthy and strong.



LEGAL CONSULTATIONS WITH ATTORNEY BETH MURPHY

Thursday, April 13th, from 11AM-12PM for 15 minute consultations. If Beth cannot help you she will refer you to someone who can.



MassDOT REGISTRY OF MOTOR VEHICLES TO PRESENT SHIFT GEARS SAFE DRIVING & DISABILITY PLACARD PROGRAM FOR OLDER ADULTS



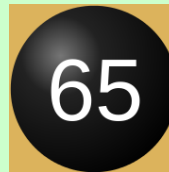
In today's world, driving a car may seem to be a necessary part of life, however, owning a vehicle and holding a driver's license are privileges that come with a great deal of responsibility. Join Michele Ellicks, Community Outreach Coordinator for the Registry of Motor Vehicles (RMV), on **Tuesday, April 11th at 1PM** at the Millis Council on Aging, for an hour-long program entitled, "Shifting Gears." Ms. Ellicks will discuss issues facing older drivers, rules of the road, recent changes that have taken place at the RMV including Real ID requirements, as well as the warning signs of unsafe driving. She will also share the requirements to apply for a Disability Parking Placard, as well as a Massachusetts identification card; the most recent research concerning older drivers and will discuss alternative forms of transportation. Learn what's available in your community.

Portions of the program have been featured on WCVB-TV's "Chronicle" as well as in the Boston Globe, Patriot Ledger, and Springfield Union News. The program received the Outstanding Public Service Safety Award by the American Association of Motor Vehicle Administrators.

PLANNING FOR MEDICARE-COUNTDOWN TO 65

Join a Blue Cross Blue Shield representative on **Tuesday, April 25th at 1PM**. This is a great presentation if you are wondering what your insurance options may be when you leave employment or if you are going on or already on Medicare. Topics covered will include health insurance outside of employer sponsored coverage such as:

- Explanation of Medicare
- Medigap and Medicare Advantage Plans



PIZZA AND PREVENTION WITH MILLIS FIRE DEPARTMENT

Otis will be here with pizza and talking about the Millis Fire Department Senior Safe Program on **Monday, April 24th at 11AM**.

Reservations are appreciated.





VOLUNTEER OPPORTUNITIES



LOOKING FOR MEMBERS FOR OUR FRIENDS BOARD. MINIMAL TIME COMMITMENT.



LOOKING FOR MEALS ON WHEELS DRIVERS for Tuesdays and Thursdays
Please call Kathy O'Neil
COA Kitchen at 508-376-7056



LOOKING FOR TEACHERS & LECTURERS
Have a skill you would like to teach others? Want to teach bridge or other games? Have a topic you want to discuss?
Please call Debbie at 508-376-7051



LOOKING FOR MUSICIANS & ARTISTS
Interested in playing Music at the Senior Center or teaching an Art class?
Please call Debbie at 508-376-7051



HEALTH



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

UPCOMING PODIATRY DATES:
4/26 - 6/28 - 8/30 - 11/1

FOOD SERVICES

MEALS ON WHEELS, through Hessco Elder Services, delivers meals to homebound seniors Monday- Friday. Kathy O'Neil of COA Kitchen runs the program. Call Hessco at 781-784-4944.



NANEK'S KITCHEN FOOD BAGS The Sikh Dharma food relief program is providing bags of nonperishable organic, vegan foods to anyone in need at the Council on Aging periodically. All are welcome.



LOVIN' SPOONFULS The largest food rescue program in New England. It delivers healthy, fresh and frozen food to the Council on Aging, distributed on Tuesdays from 10-10:30AM and Thursdays from 11:30-12 Noon.

TRANSPORTATION

SENIOR VAN SCHEDULE

Monday-Thursday 8AM-2PM & Friday 8AM-1PM

Medical Transport: We have 2 handicapped equipped vans and one standard vehicle that provide transportation for our Millis seniors and disabled.



Shopping: 2nd and 4th Thursdays to Bellingham Market Basket/ Walmart at 8AM. All passengers must manage their own grocery bags in and out of the van.

\$2.00 in town \$3.00 Medway/ Bellingham \$5.00 Framingham/Norwood
\$10.00 Newton/Dedham \$25.00 Boston Fees are waived for Veterans

Please be aware that we can not provide repetitive trips, and medical appointments take priority over all trips. We have to be available for all Millis residents.

FOR TRANSPORTATION, PLEASE CALL ROCHELLE: 508-376-7051

The senior van provided rides from Millis Housing to the Millis Food Pantry on the **1st and 3rd Wednesday every month at 10:30AM**. 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.

MILLIS MEMORY CAFE The Millis Public Library hosts a Memory Café, a welcoming place for individuals and families living with memory changes. Each Café event will feature a guest artist or performer, time for conversation, coffee, and refreshments. On **Monday, April 24th, 10:30AM-12 Noon.**

AARP TAX PREPARATION Volunteers are assisting 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.


From Patty
I will be retiring at the end of this month. Thank you for the memories, you have all been wonderful and I will miss my days at the COA. It is now time for me to practice what I have preached to you all over the years. I am looking forward to doing what I want, when I want and with whom I want. You will all be missed!
Fondly,
Patty

Thank You!

Many thanks to those who support our activities through dues and donations. You're the best!!!

Dues were received from: Kathryn Krause~ Gayle Empey~ Lenny Foreman~ Terry Mahek~ Barbara Bader~ Pat Kittay~ Robert & Loise Hebler~ Daniel & Agnes Lee~ Ramon Garcia Jr.

Dues with extra donations were received from: Virginia Morfopoulos & Emmauel Morfys ~Brooks Carl ~ Judith O'Neil ~ Marie Power~ Catherine Clancy ~ Denise Farley~ Elizabeth Tolley~ Charles & Michele Mosher~ Deborah Merritt ~ Elizabeth Derwin~ Joan Whitman~ Susan Granata

Donation in memory of Our Parents was received from: Deanna Chiampa & Sumner Fishman

Donation in memory of Barbara Johnson was received from: Virginia Morfopoulos & Emmanuel Morfys

Donation in memory of Jacqui Anderson was received from: Her "Fun" Friends

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

Thank You

for your Kindness

Patty D'Innocenzo for the Candy's Corner items~ Christine Gavin for the yarn and fabric~ Bonnie Leejan for the muffins~ Amy Gagne for the Candy's Corner items~ Marianne Sheridan for the homemade desserts~

Thank you for sewing the 3 beautiful table clothes in our dining room: Joan Whitman

Thank You

for your Kindness



In Memory of: Maria Sai ~ Richard Fortier ~Joseph "Joey" Incardone~ Jacqueline Ann Anderson~ Richard G Douglas



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>3 9-4 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage 2:30 MIDDLE SCHOOL BINGO</p>	<p>4 9-4 Fitness Room 9-10 Tai Chi with Tony 9:30-12 Crafty Ladies 1 SPRING BASKETS</p>	<p>5 9-4 Fitness Room 10-11 YMCA Enhanced Fitness 11-12:15 WORLD HERITAGE</p>	<p>6 9-2 Fitness Room 10-1 SHINE 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo</p>	<p>7 9-12:30 Fitness Room 9-10 YMCA Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga</p>
<p>10 9-4 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage 1 HISTORICAL PORTRAYALS</p>	<p>11 9-4 Fitness Room 9-10 Tai Chi with Tony 9:30-12 Crafty Ladies 1 SHIFTING GEARS</p>	<p>12 9-4 Fitness Room 10-11 YMCA Enhanced Fitness 11-12:15 WORLD HERITAGE 1 MARY KAY SKINCARE</p>	<p>13 8 Market Basket 9-2 Fitness Room 19 COA Board Meeting 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 11-12 LEGAL CONSULT with Beth 12:15 Super Bingo 1-3 Knitting</p>	<p>14 9-12:30 Fitness Room 9-10 YMCA Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga</p>
 <p>17 SENIOR CENTER CLOSED</p>	<p>18 9-4 Fitness Room 9-10 Tai Chi with Tony 9:30-12 Crafty Ladies</p>	<p>19 9-4 Fitness Room 10-11 YMCA Enhanced Fitness 10 Friends Meeting 11-12:15 WORLD HERITAGE</p>	<p>20 9-2 Fitness Room 10-1 SHINE 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo</p>	<p>21 9-12:30 Fitness Room 9-10 YMCA Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga</p>
<p>24 9-4 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage 10-1 SHREDDING EVENT 11 PIZZA AND PREVENTION 1-3 BOARD GAMES WITH DEBBIE</p>	<p>25 9-4 Fitness Room 9-10 Tai Chi with Tony 9:30-12 Crafty Ladies 1 BLUE CROSS PLANNING FOR MEDICARE</p>	<p>26 9-4 Fitness Room 9-11 Podiatry 10-11 YMCA Enhanced Fitness 11-12:15 WORLD HERITAGE</p>	<p>27 8 Market Basket 9-2 Fitness Room 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo</p>	<p>28 9-12:30 Fitness Room 9-10 YMCA Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga</p>

OUTREACH WORKER ~ Debbie Sand

Monday ~ Tuesday ~ Wednesday 9AM-4PM & Thursdays 9AM-2PM

Real ID Have you heard about the Real ID? It is a change to the Massachusetts Driver's Licenses and Mass ID. The Real ID is a Federal Security Standard for IDs that was created in 2005 as a result of the 9/11/01 terrorist attacks. The Real ID was supposed to go into effect on October 1, 2021 but was delayed due to the COVID 19 pandemic. The Real ID will now go into effect on May 7, 2025. So, why are we talking about something that is more than two years away? Because it has been difficult to get an appointment with the RMV or a AAA branch to renew your license in person or to obtain a Real ID. Effective May 7, 2025, anyone over the age of 18 will need one of the following forms of identification for domestic air travel and to enter certain federal facilities: Real ID driver's license, Real ID identification card, or a TSA acceptable form of identification (an unexpired US passport or a certified copy of your U.S. birth certificate).

Standard ID While on the subject of IDs, please make sure to look at the expiration date on your license or state ID. As you are aware, the RMV has stopped sending out renewal notices. If you are eligible, it is much easier to renew your license or ID online or by phone rather than trying to make an appointment to do this in person. The RMV no longer allows you to renew your license or ID by mail. The following circumstances require that you renew your driver's license in person: (1) If you are over 75 years of age., (2) If your license has been expired for more than 2 years, and (3) If you have not renewed your license in person for 15 years. To obtain a Standard Mass Driver's license or ID, you will need: An original or certified version of your U.S. birth certificate or U.S. Passport plus one of the following: Current license, bill, pension statement or insurance policy. There are other acceptable documents, those are just the most popular.

Have questions? You can ask Michele Ellicks, Community Outreach Coordinator for the RMV on **Tuesday, April 11th at 1PM.**

LAST CHANCE!!!! Heating and/or electric cost concerns? It is not too late to apply for fuel assistance. Even if your heat is included in your rent, you can still apply for electric assistance. The Fuel Assistance Program helps thousands of local families with home heating bills. A family of 1 can qualify for assistance if they make less than \$42,411/year and a family of 2 less than \$55,462/year. Income requirements for larger families are available. I am available to help you fill out fuel assistance applications. Call to get information on documents need and to schedule an appointment. **MUST APPLY BY SUNDAY APRIL 30TH!**

JOKES

What do you call a rabbit with fleas? Bugs Bunny.

What do you get when you pour hot water into a rabbit hole? Hot cross bunnies.

What did the Easter Bunny say to the carrot? Nice gnawing you.

What is Easter Bunny's favorite kind of music? Hip-hop!

What do you get if you give an Easter Bunny a pair of socks? A sock hop!

How does an Easter Bunny keep his fur looking so good? Hare spray.

What's the Easter Bunny's favorite restaurant? IHOP.

Why was the Easter Bunny so sad? He was having a bad hare day.

How does the Easter Bunny stay in shape? He eggs-ercises.



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.

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:

Please visit our Face Book page at <https://www.facebook.com/milliscouncilonaging>

The Millis Council on Aging

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 & Secretary: *Open*
 HESSCO Representative: *Elizabeth Derwin*
 Member: *William Brown*
 Member: *Helen Daly*
 Member: *Lisette Walter*
 Member: *Elizabeth Derwin*
 Member: *Meredith St. Sauveur*

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President: *Steve Howie*
 Vice President: *Open*
 Secretary: *Kristi Christman*
 Treasurer: *Brooks Corl*
 Member: *Carole Greco*



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

Millis Council on Aging

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 Millis, MA. 02054**

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