

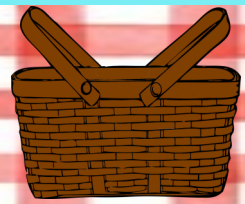
# The Millis Council on Aging COALITION

**JUNE 2023 HAPPENINGS!**

**SUMMER PICNIC LUNCHEON AND GAMES** We will be celebrating the start of summer with a picnic style luncheon on tables in the gym at the Council on Aging. Come join us on **Tuesday, June 20th, at 12 Noon** for a catered lunch of sandwiches, salad, fruit, chips, and dessert. We will also be playing lawn games in the gym and outside. Everyone is welcome. Please make reservations with payment of \$7 before Tuesday, June 13th.



*Come enjoy the food  
And games.  
Hope to see you!*



Want to get out of the heat? The Millis Council on Aging has great air conditioning. Come read a book, do a puzzle, play board games, drink coffee, and talk.



**HOUSE NUMBERS** Is your house number clearly visible from the street? Seconds count in an emergency. DA Morrisey's office stated during their May presentation that they are giving out free house numbers. Call the Center at 508-376-7051 if you want a number.



Please sign up for the Millis Council on Aging Facebook page. We will be posting last minute reminders of events and important information on our page.

**SELECT BOARD MEMBER OFFICE HOURS** Erin Underhill has office hours in Room 206 at Town Hall: **Thursday, June 8th at 1 PM.**

You can scan this code or log on to <https://www.facebook.com/milliscouncilonaging> and follow the Council on Aging.

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.



**900 Main Street Millis, MA 02054 Phone: 508-376-7051**



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

## EXERCISE

**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.

**TAI CHI WITH TONY BERG** Focusing 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. Tony will be here **every Tuesday at 9AM**. Cost is \$3 per class.



**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.



**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.



LOOK FOR NEW ZUMBA GOLD CLASS STARTING THIS SUMMER!

## ART



**Millis Summer Paint Program** Artist Amy Adams will guide 2 stress free, unique and fun paint sessions for participants of all levels. Art has been known to heal and bring joy! Bring along your smiles and friends for a giggle and an artistic experience. All supplies will be provided for you and you'll get to take home your creations.

**Dates: Mondays June 5th and 12th**  
**Time: 1-3PM.**

\$10 Millis residents; \$25 non-residents.  
Refreshments, cheese and crackers will be served.



*\*\*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.*



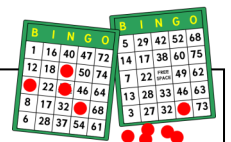
**NEEDLE WORKERS**

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

## GAMES



**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, June 26th, 1-3PM**. Come on down and enjoy some friendly competition with your neighbors.

# EVENTS

**AMERICA'S GREAT TRAILS- 3 CLASSES ONLY!!! DON'T MISS!** Do you feel the call of the wild? Learn more about America's spectacular beauty and discover your connection to the natural world in this DVD presentation. Join us as we explore six of America's great trails and meet some unique people along the way. Guiding you on the trail is expert Mick Davie—journalist, Emmy award-winning documentary film maker and avid outdoorsman. We will be meeting on **Wednesdays from 11AM-12:15PM.**



Hosted by Susan Steel.

**June 7th-** Pacific Coast and Hayduke Trails

**June 14th-** Pacific Northwest and Continental Divide

**June 21st-** Great Allegheny Passage and Appalachian Trail

## MARY KAY JUNE GALA GLAM EVENT

You can enjoy a free facial and get to play with a beautiful summertime glamorous look on **Wednesday, June 14th, at 1PM.**



**MEET & GREET WITH THE NEW COUNCIL ON AGING BOARD** Meet the new Council on Aging Board on **Thursday, June 8, 2023, from 10:30-11:30AM.** Tell them what you like at the Council on Aging and what new things you would like to happen here. The Board represents you and wants to know your opinions.



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## TICKBORNE ILLNESSES AND PREVENTION

Do you know how to protect yourself from tickborne illnesses? Did you know that there are other diseases besides Lyme disease that you can contract from a tick bite? Come learn how to prevent tick bites, removal of ticks from skin, and signs and symptoms of tickborne diseases. Hosted by the Millis Board of Health on **Tuesday, June 6th at 10AM.**

**FLAG DAY CELEBRATION** American Legion Commander Robert Yeager will be discussing the history of the flag, decorum of presenting the flag, and misconceptions on **Tuesday, June 13th, at 10AM.**

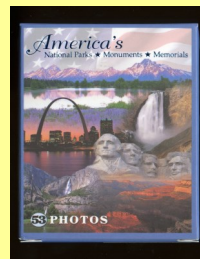
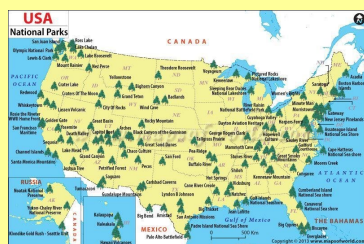
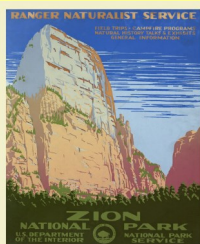


## PIZZA AND PREVENTION WITH MILLIS FIRE DEPARTMENT

Otis will be here with pizza and talking about the Millis Fire Department Senior Safe Program on **Monday, June 26th, at 11AM.** Reservations are appreciated.



**AMERICA THE BEAUTIFUL PHOTOS** Please email 1-4 photos of your favorite place(s) to visit in America to Debbie at dsand@millisma.gov. You can be in the photos. Please state where each photo was taken. The Millis Council on Aging will then make a slideshow with everyone's photos that will be shown at the Council on Aging in July to celebrate America.





## VOLUNTEER OPPORTUNITIES



### LEADERS/INSTRUCTORS

Looking for people to lead/instruct in bridge, mah jongg, checkers, Scrabble, chess, and other games.

*Please call Debbie at 508-376-7051*

### LOOKING FOR MEALS ON WHEELS DRIVERS



for Tuesdays and Thursdays  
Please call Kathy O'Neil  
COA Kitchen at 508-376-7056



### LOOKING FOR MUSICIANS & ARTISTS



### LOOKING FOR TEACHERS & LECTURERS

Have a skill you would like to teach others? Have a topic you want to discuss?

*Please call Debbie at 508-376-7051*

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:**

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 non-perishable 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. Any leftover food will be distributed on Thursdays at 11:30AM.

## 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, June 26th, 10:30AM-12 Noon.



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

**Thank  
You!**

**Dues were received from:** Barbara Trudeau~ Lois Diggins~ Helen Humphrey~ Barendra & Smita Mallick~ Jane Gorham~ Edward & Barbara Koman

**Dues with extra donations were received from:** Lorraine, Michelle & Patricia Lipsett~ Kenneth & Gail Bekebrede~ Dennis Goodwin~ Carole Cody~ Stephen & Catherine MacInnes~ Douglas & Rosemarie Cerrone~ Gloria Kelly~ Carole Greco~ John & Barbara Butler~ Bichvan Nguyen~ Judith Fiatarone~ Charles & Nancy Cunningham~ Manuel & Anna Goes~ Barbara, Robert & Kathryn Bryant~ Donna Scotland~ Joan Hertzfield

**A Donation was received from:** Bichvan Nguyen

**A Donation in memory of Marilyn Kennedy was received from:** Stephen & Catherine MacInnes

**A Donation in memory of James Fiatarone was received from:** Judith Fiatarone

**A Donation in memory of Mary & Richard Fortier was received from:** Carol Greco



*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

Thank you to Sandy Miller, Barbara Butler, Helen Humphrey, Mary Ann Sheridan, & Lynn Goldberg for the Candy's Corner items

Thank You  
  
for your Kindness



*In Memory of:  
Marilyn Kennedy~ James J. Walsh Jr.*



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
5 9-4 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage <b>1-3 PAINTING CLASS</b>	6 9-4 Fitness Room 9-10 Tai Chi with Tony 9:30-12 Crafty Ladies <b>10 TICKBORNE ILLNESSES AND PREVENTION</b>	7 9-4 Fitness Room 10-11 YMCA Enhanced Fitness <b>11-12:15 AMERICA'S GREAT TRAILS</b>	8 Market Basket 9-2 Fitness Room 9 COA Board Meeting 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo <b>1-3 KNITTING</b>	9 9-12:30 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
12 9-4 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage <b>1-3 PAINTING CLASS</b>	13 9-4 Fitness Room 9-10 Tai Chi with Tony 9:30-12 Crafty Ladies <b>10 FLAG DAY CELEBRATION</b>	14 9-4 Fitness Room 10-11 YMCA Enhanced Fitness 10 Friends Meeting <b>11-12:15 AMERICA'S GREAT TRAILS</b> <b>1 MARY KAY GLAM EVENT</b>	15 9-2 Fitness Room <b>9:30-1 SHINE</b> 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo <b>1-3 KNITTING</b>	16 9-12:30 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
SENIOR CENTER CLOSED 	20 9-4 Fitness Room 9-10 Tai Chi with Tony 9:30-12 Crafty Ladies <b>12 SUMMER PICNIC LUNCH</b>	21 9-4 Fitness Room 10-11 YMCA Enhanced Fitness <b>11-12:15 AMERICA'S GREAT TRAILS</b>	22 Market Basket 9-2 Fitness Room 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo	23 9-12:30 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
26 9-4 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage <b>11 PIZZA AND PREVENTION</b> <b>1-3 BOARD GAMES WITH DEBBIE</b>	27 9-4 Fitness Room 9-10 Tai Chi with Tony 9:30-12 Crafty Ladies	28 9-4 Fitness Room 9-11 Podiatry 10-11 YMCA Enhanced Fitness	29 9-2 Fitness Room 9 COA Board Meeting 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo	30 9-12:30 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga

## **OUTREACH WORKER ~ Debbie Sand**

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

Are you receiving SNAP benefits (food stamps)? If yes, you can earn more SNAP Dollars with the Healthy Incentives Program! Spend your SNAP dollars on farm-fresh fruits and vegetables at participating Healthy Incentives Program (HIP) retailers and have the amount of your purchase instantly added back to your EBT card!

- Make sure you have SNAP benefits left on your EBT card. If your SNAP balance is zero, you will not be able to use HIP until you have SNAP benefits available again.
- HIP will put the SNAP dollars you spend on HIP produce back onto your EBT card instantly. Once the money has been put back on your EBT card, you can spend it at any SNAP retailer like always.
- Only certain vendors process HIP.
- Each type of vendor may process HIP a little differently.

Some local farms that participate in HIP are:

Tangerini's Spring Street Farm, 139 Spring Street ,Millis , (508) 376-5024

Medway Community Farm, Pond Street, Medway, (508) 321-1286

Lovell's Florist & Nursery, 160 Main Street, Medfield, (617) 899-7250



Visit [www.mass.gov/hip](http://www.mass.gov/hip) for a directory, call Project Bread's FoodSource Hotline at 1-800-645-8333 or look for the HIP logo.

### **SKIN CARE TIPS: As the weather gets warmer and sunnier, remember to protect your skin.**

1. Use sunscreen every day, even if it's cloudy. Also use a lip balm or lipstick that contains sunscreen with a sun protection factor of at least 30.
2. Choose a broad spectrum sunscreen that protects against both UVA and UVB radiation. Make sure it is water resistant and has a SPF of 30 or higher. Other sunscreens may help keep you from getting sunburned, but they won't protect against skin cancer.
3. Be extra careful around water and sand. These surfaces reflect the damaging rays of the sun, which can increase your chance of getting a sunburn.
4. Limit the amount of time you are in the sun between 10AM and 4PM. This is when the sun's rays are the most intense.
5. If possible, wear a long-sleeved shirt and long pants. Dark clothing with tightly woven fabric blocks more sun than white or loosely woven fabrics. For additional protection, look for clothes made with special sun-protective materials.
6. Accessorize with a hat that shades your face, neck, and ears and a pair of sunglasses. Sunglasses with lenses that have 99% to 100% UV absorption provide optimal protection for the eyes and the surrounding skin.
7. Be even more cautious if you are taking medications that may make you more sensitive to the sun. These include specific types of antibiotics, anti-inflammatories, antifungals, blood pressure medications, and chemotherapies.

**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

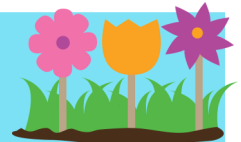
Names of contributors will be listed in the newsletter each month. Any interested adult can be a member of The Friends. \*All donations are tax deductible.

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**

Interim Director & Outreach: Debbie Sand  
dsand@millisma.gov  
Transportation: Rochelle Bunt  
Department Assistant: Andrew Lizardi  
Drivers: Robert Daly Herbert Lannon Jr.  
Richard Posklensky Jack McBrien

**Council on Aging Board Members**

Chairperson: Loring Barnes  
Vice Chair: Meredith St. Sauveur  
Secretary: Elizabeth Derwin  
HESSCO Representative: Elizabeth Derwin  
Member: William Brown  
Member: Helen Daly  
Member: Herbert Lannon Jr.



**Friends of Millis' Council on Aging**

President: Steve Howie  
Vice President: Open  
Secretary: Kristi Christman  
Treasurer: Brooks Corl  
Members: Lenny Forman, Ruth Doliner & Wayne Carlson

**Millis Council on Aging**  
900 Main Street  
Millis, MA. 02054

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