



The Millis Council on Aging **COA**lition



MARCH 2023 HAPPENINGS!

ST. PATRICK'S DAY FEAST & ENTERTAINMENT

On **Wednesday, March 22nd at 12 Noon**, singer and storyteller Davis Bates will provide a **Celtic Celebration** with tales and songs from Ireland, Scotland and Wales. There will be stories of seal folk and wee folk, and sing-alongs.

At **1 PM**, we will be feasting on homecooked corned beef and cabbage with all the traditional fixings and Patty's famous ice cream pie.

Please make a reservation with payment of \$7 before Monday, March 13th to join us for lunch. Entertainment is free.

**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.*



DAYLIGHT SAVINGS
TIME STARTS ON
SUNDAY MARCH
12TH! REMEMBER TO
MOVE YOUR
CLOCKS FORWARD
1 HOUR.



SELECT BOARD MEMBER OFFICE HOURS

Erin Underhill has office hours in Room 206 at Town Hall: **Wednesday, March 8th at 11AM** and **Thursday, March 16th at 5:30PM.**



COMMUNITY RESOURCE GUIDE

Outreach Worker Debbie Sand and Director Patty Kayo have created a Community Resource Guide. Please view at:

www.millisma.gov/council-aging
(Top left column, under
Community Resource Guide.)

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.



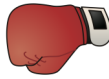
900 Main Street Millis, MA 02054 Phone: 508-376-7051



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. **Thank you to our Friends group for supporting this 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.



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.



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

BASKET WEAVING BEGINNER CLASS An introductory class to basket weaving and structure, designed for the individual who wants to try without feeling overwhelmed. You will learn basic basket structure and tips on handling weaving materials. Each student will complete a small, round basket with glass beads. All supplies provided but bring an old hand towel to work with wet materials. The class is on **Tuesday, March 14th, 1-4PM**. Cost is \$10 for Millis residents and \$25 for non-residents. The class is limited to 10 participants so sign-up today! *Thank you to our Friends group for supporting this event.*

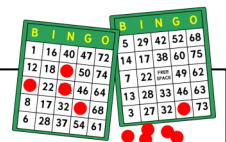


NEEDLE WORKERS GROUP

Come meet some new and old friends as you help each other with needleworking projects on the **first and 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!!! Will be held **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, March 27th, 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 the Taj Mahal, the Great Barrier Reef, the Canadian Rockies, Angkor Wat and Virunga National Park. Sessions will be held on **Wednesdays from 11AM-12:15PM** and will explore 2 sites per week. Weekly classes from **March 1st through May 17th**. No class on March 22nd. Hosted by Susan Steele.

ELDER DENTAL Please join a Dental Hygienist from Hope Health Community VNA on **Monday, March 6th at 10AM**. She is coming to talk about how to best care for your teeth or dentures. She will provide a presentation on oral health, an overview of adaptive aids to care for your teeth, a new toothbrush and/or denture brush, and listen to your particular concerns.



LEGAL CONSULTATIONS WITH ATTORNEY BETH MURPHY

Thursday, March 9th from 11-12 Noon for 15 minute consultations. If Beth cannot help you she will refer you to someone who can.



SENIOR CIRCUIT BREAKER SEMINAR WITH REPRESENTATIVE JAMES ARENA-DEROSA

On **Monday, March 6th at 11AM**. 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 2022 must have an annual income of: \$64,000 or less (single filer), \$80,000 or less (Head of Household filer), or \$96,000 or less (joint filers)

To apply, you must file a 2022 MA state income tax return by April 19, 2023. The 2022 credit is capped at \$1,200. If you are eligible, complete Schedule CB with your MA state income tax return.

OPTIMIZING YOUR TAX STRATEGY & GAIN CONTROL OF YOUR TAXES IN RETIREMENT

Keep More of Your Hard-Earned Money in Retirement. Do you have a plan to ensure you won't pay more than your fair share to the IRS? With NEW legislation that may increase tax rates, a growing national debt, market volatility and uncertainty around future Social Security benefits, there are a lot of unknowns and risks in retirement to consider. Is your existing strategy strong enough to survive? Join us on **Monday, March 13th at 1PM**, for an informative workshop to learn about the latest strategies to help preserve your assets, maximize your retirement income, reduce market risk, and potentially lower your taxes. Reservations are appreciated.

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, March 27th 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 MEMBERS FOR THE COUNCIL ON AGING BOARD.
Come check out a meeting if you are interested or want to learn what we do.

LOOKING FOR MUSICIANS & ARTISTS
Interested in playing Music at the Senior Center or teaching an Art class?
Please call Patty 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 every Wednesday morning. 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, March 27th, 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: Mike Murphy ~ Jim Phair ~ MaryAnn Nowak ~ Nancy & John Hinkley ~ Joanne Dolphn ~ Deb Collins ~ Bob & Helen Daly ~ Bill Brown ~ Suzanne Pogodzinski ~ Uldis Dulevskis ~ Tibel Rubin & John Ottenstein ~ Paul & Charlene Winslow ~ Nancy Croeber ~ James & Catherine Gale ~ Linda Champagne ~ Bruce & Denise Schroepfer ~ Marianne Carberry ~ Ron Greco ~ Pam Wilkey ~ Maureen George ~ Joann Bruce

Dues with extra donations were received from: Deanna Chiampa & Sumner Fishman ~ Jay Cronin ~ Paul & Susan Simpson ~ Walter & Joan Shea ~ Elves Orciani ~ Charles & Andrea Bilics ~ James & Beverly Maraggio ~ M.F. Gunrud-Turk ~ Marshall & Mary Thurlow ~ Doris Romsey ~ Deborah bondy & Connie Ramondelli ~ Carole Lee ~ Albert & Carol Holmes ~ John & Judith Kosinski ~ Thomas & Meredith St Sauveur ~ Stanley & Elaine Yablonski ~ Paul & Maryellen Loiacono ~ Elizabeth Rectanus ~ Bruce Berry ~ Roberto & Jodie Garzon ~ Loring Barnes & Michael Edmonds ~ Mary Smachetti ~ Marcia Carini ~ Anna Demurjian ~ Stanly & AnnaMarie Roskey ~ Wayne Pitts ~ Peter & Marianne Shea ~ Carol Johnson ~ Barbara Mariotti ~ Edgar & Beverly Fagerheim ~ Ruth Doliner ~ Mary Ferber ~ Joseph Hoey ~ Robert Maraggio & Holly Bennett ~ Robert Wright ~ Rosalia Keller ~ Mary Russo ~ Robert & Constance Harvey ~ Mary Gallo ~ James & Patricia Gilmartin

Donations for the Center were received from: Anita Gold, Prabhu Swaminathan ~ Loring Barnes & Michael Edwards

Donations for the Fire Dept were received from: Jim Phair

Donations for the SHINE Services were received from: Linda MacFarlane

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

Donation in memory of Nancy Sawyer was received from: Elena Costa

Donation in memory of Hank & Therese Perciaccante was received from: Michael & Susan Perciaccante

Donation in memory of Biruta & Stan Dulevskis was received from: Uldis Dulevskis

Donation in memory of Jake Keller was received from: Robert & Janet Harkey

Donation in memory of Warren Champagne was received from: Linda & Jackie Champagne

Donation in memory of Warren Champagne was received from: Linda & Jackie Champagne

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

Donation in memory of Cathy Hoey was received from: Joseph Hoey

Donation in memory of Carl & Winnie Bennett was received from: Robert Maraggio & Holly Bennett

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 Patricia Thompson, Ilene Hamm, Claire Gorman, Mary Butler, Maria Tagliaferro, Patsy Divver, Kathy Belhumeur, Janet Harkey, Karen Bouret DeMarzo, and Romi Whitman for the Candy's Corner items.

Thank You




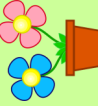


for your Kindness



**In Memory of: Roger B Trenouth
Kenneth Charles Auger ~ Diana Bratsos ~ Barbara Hansen ~
Daniel Lynn Jr. ~ Margaret Zack Fitzgerald ~ Mary T. Fortier**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>9-4 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage 10 ELDER DENTAL 11 CIRCUIT BREAKER TAX CREDIT</p>	<p>6 9-4 Fitness Room 9:30-12 Crafty Ladies 9-10 Tai Chi with Tony</p>	<p>1 9-4 Fitness Room 10-11 YMCA Enhanced Fitness 11-12:15 WORLD HERITAGE</p>	<p>2 9-4 Fitness Room 10-1 SHINE 11-11:30 Blood Pressure 11-15-12 Grab and Go Lunch 11-11:30 Boxing 12:15 Super Bingo 1-3 Knitting</p>	<p>3 9-12:30 Fitness Room 9-10: YMCA Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga</p>
<p>7 9-4 Fitness Room 9:30-12 Crafty Ladies 9-10 Tai Chi with Tony</p>	<p>8 9-4 Fitness Room 10-11 YMCA Enhanced Fitness 11-12:15 WORLD HERITAGE</p>	<p>9 8 Market Basket 9 COA Board Meeting 9-4 Fitness Room 11-11:30 Blood Pressure 11-12 LEGAL CONSULT with Beth 11:15-12 Grab and Go Lunch 11-11:30 Boxing 12:15 Super Bingo</p>	<p>10 9-12:30 Fitness Room 9-10 YMCA Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga</p>	<p>11 9-4 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage 10 ELDER DENTAL 11 CIRCUIT BREAKER TAX CREDIT</p>
<p>12 9-4 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage 1-2 TAXES IN RETIREMENT</p>	<p>13 9-4 Fitness Room 9:30-12 Crafty Ladies 9-10 Tai Chi with Tony 1-4 BASKET WEAVING HAPPY PI DAY</p> 	<p>14 9-4 Fitness Room 9-11 Podiatry 10 Friends Meeting 10-11 YMCA Enhanced Fitness 11-12:15 WORLD HERITAGE</p>	<p>15 9-4 Fitness Room 10-1 SHINE 11-1 STATE REP Office Hours 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 11-11:30 Boxing 12:15 Super Bingo 1-3 Knitting</p>	<p>16 9-4 Fitness Room 9-10 YMCA Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga HAPPY ST. PATRICK'S DAY</p> 
<p>17 9-4 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage 1st DAY OF SPRING</p> 	<p>18 9-4 Fitness Room 9:30-12 Crafty Ladies 9-10 Tai Chi with Tony</p>	<p>19 9-4 Fitness Room 10-11 YMCA Enhanced Fitness 12 ST PATTY'S DAY FEAST</p>	<p>20 8 Market Basket 9-4 Fitness Room 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 11-11:30 Boxing 12:15 Super Bingo</p>	<p>21 9-4 Fitness Room 9-10 YMCA Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga</p>
<p>22 9-4 Fitness Room 9-10 YMCA Enhanced Fitness 9:30 Cribbage 11 PIZZA AND PREVENTION 1-3 BOARD GAMES with Debbie</p>	<p>23 9-4 Fitness Room 9:30-12 Crafty Ladies 9-10 Tai Chi with Tony</p>	<p>24 9-4 Fitness Room 10-11 YMCA Enhanced Fitness 11-12:15 WORLD HERITAGE</p>	<p>25 8 Market Basket 9-4 Fitness Room 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 11-11:30 Boxing 12:15 Super Bingo</p>	<p>26 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

I wanted to provide some cybersecurity tips since there are countless online scams that target seniors. The following are four top cybersecurity tips from the National Council on Aging:

1. Do not click on links in emails, texts, or social media posts from people you do not know. Be wary of strange or unexpected messages, even from people you know. If a message looks suspicious but appears to be from a business or person you know and trust, check with them before clicking or go directly to their website and contact them that way.
2. Do not open any attachments unless you know the sender and were expecting them to send it. Attachments can contain malware designed to launch an attack on your device.
3. Ignore unsolicited calls and "robocalls." Treat any unsolicited phone calls with skepticism. Government entities, such as the IRS, will never call you asking for sensitive information. Similarly, technology companies will not call you out of the blue to offer you technical support or assistance. Avoid giving money over the phone, especially wire transfers, gift cards, and fines or bail.
4. Do not respond to or click on pop-up windows on your phone or computer. A common scam technique uses pop-up security alerts and other tricks to frighten you into downloading or paying for fake software disguised as real cybersecurity protection. If you think you have been the victim of an online scam or cyberattack, you are not alone. Contact the Millis Police Department and your financial institution if money has been taken from your account.

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.

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

TAX HELP Millis does not have a AARP representative to do individual taxes. We have been asked by AARP to visit surrounding towns.

Norfolk COA (508) 528-4430

Medfield COA (508) 359-3665

OR <https://www.irs.gov/filing> As long as you qualify for the Free File federal return offer, you must not be charged for preparation and e-filing of a federal tax return.

However, state tax preparation fees may apply. Any state preparation or non-qualifying fees must be disclosed on the company's Free File landing page.

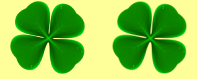
Why should I donate to the Friends of the COA?

- ◆ 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: _____

Amount: \$ _____

Donation

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*

Friends of Millis' Council on Aging

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



Millis Council on Aging

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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