



The Millis Council on Aging **COALITION**



MAY 2023 HAPPENINGS!

Spring Luncheon We will be celebrating spring and hopefully beautiful weather. Come join us on **Wednesday, May 17th, at 12 Noon**, for catered lunch of lasagna, meatballs, salad, garlic bread, and dessert. Everyone is welcome. Please make reservations with payment of \$7 before Tuesday, May 9th.

Millis resident Jane Simpson will be entertaining us with songs on her ukelele.

*Come enjoy the food and music.
Hope to see you!*



The Annual Spring Town Meeting will be held on **Wednesday, May 3rd**, at the Middle/High School Auditorium beginning at 7:30PM.

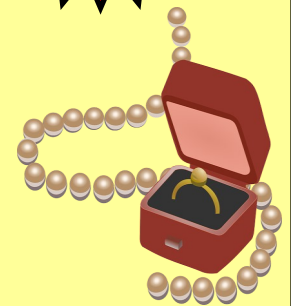
The Annual Town Election will be held on **Monday, May 8th**, at 900 Main Street, Gymnasium, between the hours of: 7AM - 8PM.

Please call the Center if you need transportation.

SELECT BOARD MEMBER OFFICE HOURS Erin Underhill has office hours in Room 206 at Town Hall: **Thursday, May 11th at 1PM.**

HUGE JEWELRY SALE AT CANDY'S CORNER

Come find a treasure at the Millis Council on Aging on **Wednesday, May 24th, 9:30AM-1PM**. There are earrings, necklaces, rings, bracelets, and much more. The jewelry was donated and is second hand. Everything is priced at \$1. Come take a look.



Great prices Great jewelry

*If you want to donate jewelry, please drop off before Friday, May 19th.

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.



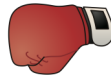
900 Main Street Millis, MA 02054 Phone: 508-376-7051




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

EXERCISE


Boxing cancelled until further notice
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, 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

Please let us know if you would be interested in doing a Paint and Sip class in June. Amy Adams is willing to come back and teach a few classes. If there is enough interest we can do multiple classes. Please let us know so we may plan accordingly.

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



MIDDLE SCHOOL KINDNESS CLUB SOCIAL On **Monday, May 15th at 2:30PM**, please come play board games and make art 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, May 22nd, 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 Inca Estate of Machu Picchu, Iceland's Great Assembly at Thingvellir, Afghanistan's Lost Bamiyan Buddhas, the Acropolis of Athens, and the Redwood Forests of California. Final sessions will be held on **Wednesdays, May 3rd, May 10th, May 24th, and May 31st from 11AM-12:15PM** and will explore 2 sites per week. No class on May 17th. Hosted by Susan Steele.

EMERGENCY PREPAREDNESS TRAINING DA Michael Morrissey is proud to sponsor with the Commonwealth to bring you Emergency Preparedness to help seniors be prepared for natural hazards and emergencies. Learn safety and coping skills and how to be personally prepared to survive. Each participant will receive a free backpack with survival supplies and learn the purpose and multi-purposes of the items. Each bag is valued over \$75. One bag per household. Supplies limited. Contact the Millis Council on Aging to register for this important event on **Tuesday, May 2nd at 10AM.**



MARY KAY EVENT Time to get ready for Summer! We are hosting Summer Skin Preparation on **Wednesday, May 10th, at 1PM.** This skincare class will focus on making sure you have everything you need to protect your skin from Sun and Help your skin recover from summer fun.



PIZZA AND PREVENTION WITH MILLIS FIRE DEPARTMENT Otis will be here with pizza and to talk about the Millis Fire Department Senior Safe Program on **Monday, May 22nd at 11AM.** Reservations are appreciated.



MEDICARE SAVINGS PROGRAM EXPANSION 2023

Did you know that the Medicare Savings Plans can help you pay for Medicare premiums and make you eligible for savings on your prescriptions? In January 2023, Massachusetts expanded the income and asset limits for the Medicare Savings Program, so more people are now eligible for this program.

Medicare Savings Plans	Gross Monthly Income Limit	Asset Limit	Benefits
MassHealth , Senior Buy-in (QMB)	\$2,309 (individual) \$3,123 (couple)	\$18,180 (individual) \$27,260 (couple)	Medicare A, B premiums, deductibles and copays, automatic full extra help with prescription costs
MassHealth Buy-In (SLMB, QI-1)	\$2,734 (individual) \$3,698 (couple)	\$18,180 (individual) \$27,260 (couple)	Pays Medicare B premium and automatic full extra help with prescription costs

If you have any questions about these programs, contact the Center for an appointment with our SHINE worker or call MassOptions at (1-800-243-4636). You can apply any time by completing a Medicare Savings Program Application at:

mass.gov/doc/medicare-savings-programs-application/download



VOLUNTEER OPPORTUNITIES



LEADERS/INSTRUCTORS

Looking for people to lead/instruct in bridge, mah jongg, checkers, Scrabble, chess, dominos, 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

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



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

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 nonperishable organic, vegan foods to anyone in need at the Council on Aging periodically. All are welcome.



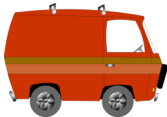
LOVIN' SPOONFULS The largest food rescue program in New England. It delivers healthy, fresh and frozen food to the Council on Aging, distributed on **Tuesdays from 10-10:30AM**. Any leftover food will be distributed on Thursdays at 11:30AM.

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, May 22nd, 10:30AM-12 Noon.**

MassHealth Members Need to Renew their Health Coverage.

All current MassHealth members will need to renew their health coverage to ensure they still qualify for their current benefit. These renewals will take place over the next 12 months.

What You Need To Do Now

1. **Make sure MassHealth has your most up to date address, phone number, and email so you do not miss important information and notices from MassHealth.** If MassHealth is not able to contact you, your coverage may change or you may lose your coverage during your renewal.
2. **Report any household changes. These include a new job, address, changes to your income, disability status, or pregnancy.** Update your information and report changes using your MA Login Account at www.mahix.org/individual.

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

Dues were received from: Ellen Fresh~ Ronald Peiler~ Kevin & Janet McCarron~ Joanne & Mark Basham~ Kathleen Keough

Dues with extra donations were received from: Sharon & Ron Carn~ Eva Lynn~ Karen Henneberry~ Deborah Whitney~ Thomas Frasca~ Barbara Larrivee~ James & Kathleen Murphy~ Anita Gold~ Kenneth & Marion Helgeson~ William & Marguerite Casey~ Bob & Evelyn Mello~ Kathy Stevens~ Bill Iseman & Ann Ohara~ Charles & Catherine Carter

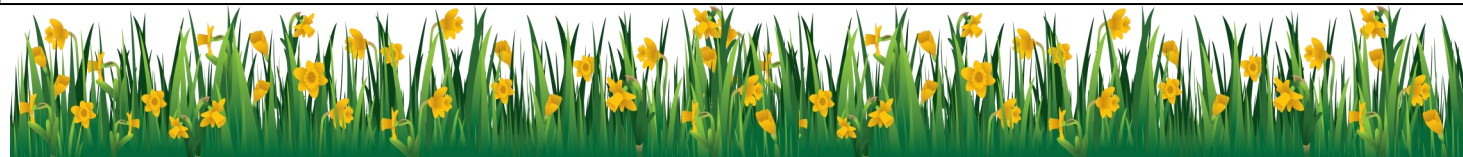
A Donation in memory of Carol & Richard Fortier was received from: Carol Greco

A Donation in memory of Leo Larrivee was received from: Barbara Larrivee

A Donation in memory of Ernest & Joanne Brodeur was received from: Charles & Michelle Mosher

A Donation in memory of Marta was received from: Patrick McKenny

A Donation in memory of Steven Gold was received from: Anita Gold



Thank You



for your Kindness

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

Gail Bekebrede for the Candy's Corner items

Thank You

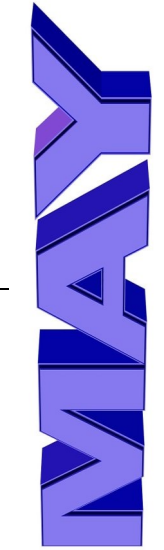
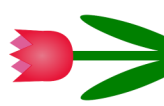


for your Kindness



In Memory of: Katina Mouyos~ Theodore Iorio ~ Ester Morales~ Theresa McKenney~ Virginia Sherrick~ Meg McCleary



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>9-4 Fitness Room</p> <p>9-10 YMCA Enhanced Fitness</p> <p>9:30 Cribbage</p>	<p>2</p> <p>9-4 Fitness Room</p> <p>9-10 Tai Chi with Tony</p> <p>9:30-12 Crafty Ladies</p> <p>10 EMERGENCY PREP</p>	<p>3</p> <p>9-4 Fitness Room</p> <p>10-11 YMCA Enhanced Fitness</p> <p>11-12:15 WORLD HERITAGE</p>	<p>4</p> <p>9-2 Fitness Room</p> <p>10-1 SHINE</p> <p>11-11:30 Blood Pressure</p> <p>11:15-12 Grab and Go Lunch</p> <p>12:15 Super Bingo</p> <p>1-3 Knitting</p>	<p>5</p> <p>9-12:30 Fitness Room</p> <p>9-10 YMCA Enhance Fitness</p> <p>9:30 Cribbage</p> <p>9:30 Stretch & Flow Yoga</p>
<p>8</p> <p>9-4 Fitness Room</p> <p>9-10 YMCA Enhanced Fitness CANCELLED</p> <p>9:30 Cribbage</p>	<p>9</p> <p>9-4 Fitness Room</p> <p>9-10 Tai Chi with Tony</p> <p>9:30-12 Crafty Ladies</p>	<p>10</p> <p>9-4 Fitness Room</p> <p>10-11 YMCA Enhanced Fitness</p> <p>11-12:15 WORLD HERITAGE</p> <p>1 MARY KAY SKINCARE</p>	<p>11</p> <p>8 Market Basket</p> <p>9-2 Fitness Room</p> <p>9 COA Board Meeting</p> <p>11-11:30 Blood Pressure</p> <p>11:15-12 Grab and Go Lunch</p> <p>12:15 Super Bingo</p>	<p>12</p> <p>9-12:30 Fitness Room</p> <p>9-10 YMCA Enhance Fitness</p> <p>9:30 Cribbage</p> <p>9:30 Stretch & Flow Yoga</p>
<p>15</p> <p>9-4 Fitness Room</p> <p>9-10 YMCA Enhanced Fitness</p> <p>9:30 Cribbage</p> <p>2:30 MIDDLE SCHOOL CLUB</p>	<p>16</p> <p>9-4 Fitness Room</p> <p>9-10 Tai Chi with Tony</p> <p>9:30-12 Crafty Ladies</p>	<p>17</p> <p>9-4 Fitness Room</p> <p>10-11 YMCA Enhanced Fitness</p> <p>10 Friends Meeting</p> <p>12 SPRING LUNCHEON</p>	<p>18</p> <p>9-2 Fitness Room</p> <p>10-1 SHINE</p> <p>11-11:30 Blood Pressure</p> <p>11:15-12 Grab and Go Lunch</p> <p>12:15 Super Bingo</p> <p>1-3 Knitting</p>	<p>19</p> <p>9-12:30 Fitness Room</p> <p>9-10 YMCA Enhance Fitness</p> <p>9:30 Cribbage</p> <p>9:30 Stretch & Flow Yoga</p>
<p>22</p> <p>9-4 Fitness Room</p> <p>9-10 YMCA Enhanced Fitness</p> <p>9:30 Cribbage</p> <p>11 PIZZA AND PREVENTION</p> <p>1-3 BOARD GAMES WITH DEBBIE</p>	<p>23</p> <p>9-4 Fitness Room</p> <p>9-10 Tai Chi with Tony</p> <p>9:30-12 Crafty Ladies</p>	<p>24</p> <p>9-4 Fitness Room</p> <p>9:30-1 JEWELRY SALE</p> <p>10-11 YMCA Enhanced Fitness</p> <p>11-12:15 WORLD HERITAGE</p>	<p>25</p> <p>8 Market Basket</p> <p>9-2 Fitness Room</p> <p>11-11:30 Blood Pressure</p> <p>11:15-12 Grab and Go Lunch</p> <p>12:15 Super Bingo</p>	<p>68</p> <p>9-12:30 Fitness Room</p> <p>9-10 YMCA Enhance Fitness</p> <p>9:30 Cribbage</p> <p>9:30 Stretch & Flow Yoga</p>
<p>29</p> <p>Memorial DAY</p> <p>SENIOR CENTER CLOSED</p>	<p>30</p> <p>9-4 Fitness Room</p> <p>9-10 Tai Chi with Tony</p> <p>9:30-12 Crafty Ladies</p>	<p>31</p> <p>9-4 Fitness Room</p> <p>10-11 YMCA Enhanced Fitness</p> <p>11-12:15 WORLD HERITAGE</p>	<p>8 Market Basket</p> <p>9-2 Fitness Room</p> <p>11-11:30 Blood Pressure</p> <p>11:15-12 Grab and Go Lunch</p> <p>12:15 Super Bingo</p>	 

OUTREACH WORKER ~ Debbie Sand

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

Do you have food insecurity issues? You are not alone. Millions of older Americans are at risk for hunger. The following is some help:

Food stamps, now called the Supplemental Nutrition Assistance Program (SNAP), helps people buy and eat nutritious food by putting monthly funds onto an EBT card. To be eligible, you must be a resident of Massachusetts and meet monthly income and asset requirements. As the outreach coordinator, I can assist you with the online application.

The Millis Ecumenical Food Pantry, located on the bottom floor of the Church of Christ, 142 Exchange Street, provides food to the community. The actual amount of food received is based on family size. To use the Food Pantry, you need something to show proof of Millis residency. There is no income requirement. You can shop at the Food Pantry every two weeks. The Food Pantry is open every Saturday from 10 AM - Noon, and the first and third Wednesdays from 10 AM - Noon. Email: mefpantry@gmail.com; website: www.millisfoodpantry.com. The senior van will be giving rides from Millis Housing to the Food Pantry on the Wednesdays at 10:30AM.

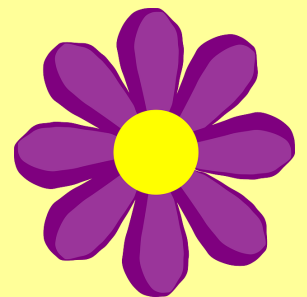
Meals on Wheels, run by HESSCO and delivered by Millis volunteers, deliver hot meals to home-bound Millis residents, 60 years old and older, who are having difficulty preparing meals for themselves. Meals can be delivered up to 5 days/week Monday-Friday. The meal arrives between 11AM and 1PM. Suggested meal donation is \$3.00.

The Council on Aging also has food. There are donuts delivered daily and baked goods on Monday, Tuesday, Thursday and Friday. Lovin' Spoonfuls food is distributed on Tuesdays from 10-10:30AM and Thursdays from 11:30-12 Noon. Nanek food bags are available periodically.

AN EMERGENCY CHECKLIST: DO YOU HAVE A TO-GO KIT?

It should have essential items and information necessary to prepare you for an emergency.

3 Days of Nonperishable Food	Water (1 Gallon per Day)
Flashlight & Batteries	Radio
First Aid Kit	Blanket/Sleeping Bag
Sanitation Items	ID Cards
Clothing	Phone Charger
Medications	Pet Supplies



DON'T FORGET TO...

- Practice your plan and share it with friends, family, and loved ones.
- Keep important documents in a waterproof bag (birth certificates, licenses, ID, etc.)
- Have 2-3 days of back up medicine.
- Plan for your pets, too.

I want to thank Patty Kayo for her years of service as Director of the Millis Council on Aging. She did a wonderful job and will be missed.

We are in a period of transition at the Senior Center, but hope to continue bringing you wonderful programs. If you have suggestions for programming, please let us know.

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: Open
 Outreach: Debbie Sand dsand@millisma.gov
 Transportation: Rochelle Bunt
 Department Assistant: Open
 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
 Member: 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