

VOLUME 23
ISSUE 4

APRIL
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: Becky Poynot bpoynot@millisma.gov
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

Calling All Amateur Photographers!

The Council on Aging is holding its first ever Photo Contest and we want YOU to participate. We are accepting your best submissions in 3 categories, landscapes, people and animals. We want to see those precious pets, cute grandkids and breathtaking sunsets! Send your digital photo (sorry, no hard copies accepted) to Becky at bpoynot@millisma.gov by Friday April 30th. Include your name, contact info and category of submission in the email. Submissions will be reviewed by a surprise "celebrity" judge and winners announced on Monday May 10th. Gift cards will be awarded to 1st, 2nd and 3rd place winners in each category. This contest is open to all, so tell your friends and get "shooting!" Face masks and social distancing are required.



BOOK EXCHANGE

Have you read all the books in your house and are looking for something different? We will be hosting a Book Exchange on Thursday April 8 from 11-12. Bring in a maximum of 3 books (we do not want and cannot handle more) that are in good shape and ready to pass on to the next reader, and then you can take home up to 3 books from our shelves. This is a great way for you to share some of your favorite reads with others AND pick up a free book AND help rejuvenate the COAs personal library. It's a Win-Win-Win! Social distancing rules apply.



HOLLY'S OUTDOOR CHAIR YOGA Every Friday starting Friday, April 2nd 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.

Podiatrist, Dr. Cooper Dr. Cooper will be here on Wednesday, April 7th from 9-10 to trim your toenails for you. \$35. at the Center and \$60. for a home visit. Please call in advance for an appointment. When you arrive for your appointment call 376-7051 and we will meet you out in the parking lot and escort you in. We are taking all necessary precautions to keep everyone safe. Hope to see you!



The New COA Walking Club and we want YOU to participate. Dust off those sneakers and join us at 9am on Friday April 16, 23 and 30th for a walk starting in the Senior Center parking lot. Elizabeth Derwin has volunteered to lead this group with hopes it will become a regular weekly exercise group. This is a FREE activity, but we do ask that you call the Center to register so we have an accurate count of participants. Please call if you have any questions and let's get walking!

Fuel Assistance Applications have been extended until May 28, 2021. Please contact Becky at 376-7051 if interested.

HESSCO Elder Services offer services that help older adults remain in their homes, if that is their preference, aided by services such as home-delivered meals, homemaker assistance, and whatever else it may take to make independent living a viable option. Homemaking service provides a trained worker who assists in an elder's home with needs such as housework, laundry, and shopping. Personal care services provides trained workers to assist elders at home with tasks such as dressing and bathing. Please call HESSCO at (781) 784-4944 and ask for information and referral to access their services.

Bill Payer Program HESSCO Elder Services provides valuable one-on-one money management services to low-income consumers who need assistance with their financial affairs. These services include organizing bills, writing checks for payment, balancing checkbooks, reviewing bank statements, and developing a budget. The consumer signs all checks and has full control over how his or her money is spent. call HESSCO at (781) 784-4944

Metrowest Legal Services provides certain free services including advocacy to elders and lower income non-elders. Elder law issues include housing, durable power of attorney, guardianship, conservatorship benefits, nursing home issues, domestic relations, bankruptcies and more. Call (800) 696-1501 and leave a message. If you have an urgent situation, leave a message and the need for an urgent response in your voice-mail message.

SHINE - Serving the Health Insurance Needs of Everyone

Counselors provide helpful information and resources tailored to fit your specific circumstances at no charge to you. You can talk with a counselor by phone, Zoom meeting, or communicate via email.

In order to respect social distancing guidelines, all counseling will occur remotely. Contact the Center at 376-7051 to schedule a telephone consultation with our certified SHINE Counselor.

Home Loan Modification Program This program provides loans to make modifications to primary, permanent residences of elders, adults with disabilities and families with children with disabilities. Various loans are available based on income. For more information, contact the South Middlesex Opportunity Council at (508) 202-5919, or www.mass.gov and search Home Modification Loan Program.

Blue Cross Blue Shield Medicare Wellness Webinar

Food For Thought: Superfoods to Boost Memory, Mood and Mental Functioning

Can't remember where you left the keys? Feeling tired and down? Learn the tools of nutritional success for enhancing your brain power, increasing your energy, and improving your mood. Join Tricia Silverman from Blue Cross Blue Shield for a zoom webinar on Thursday, April 15th at 10:00. Call the Center prior to the presentation to pre-register with your email address and we will send you the link.

BLOOD PRESSURE CHECKS Thursday, April 1st and 15th 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.



FITNESS ROOM:

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

- Will follow Town Hall entry guidelines
- 4 person capacity in the room at one time
- Call ahead for reservation to ensure room is not over capacity
- Masks required for entry to Senior Center
- At the time of your scheduled appointment- park in rear of the building (ramp entry). Call 376-7051 and a staff member will come to your car and do a verbal wellness screening and a temperature check.
- Please keep 14 feet distance between others at all times when using the Fitness Room
- Wipe every machine down after use with provided wipes

DRIVE THROUGH BREAD AND PASTRY 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.

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 Worker, Becky Poynot 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 her about our services for senior citizens, adults, and families.

From Outreach Worker ~ Becky Poynot

Monday & Tuesday 9-3 Thursday 9-2 Friday 9-12

Hi Everyone,

I wanted to give you an update on the Fuel Assistance Program this year. The state has extended the date to apply to May 28, 2021. That's good news! I know many of you don't just use oil/electricity to heat your home when it's frigid outside, but also to heat your water year round! If you have been waiting to apply, now is the time to call me for an application. The agency (SMOC) who processes the requests is currently working on applications submitted in late December, so they are a bit behind schedule. So, if you haven't received a confirmation letter yet, don't fret. They are still just working on it. I hope this helps and please call if you have any questions about this program or need any other resources at this time.

Senior Van Schedule

Monday thru Thursday- 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 policies and a verbal health screening at the time of booking.
- Appointment only basis. Please take your temperature prior to coming into the Center. Any temperature 100.4 F or greater is considered a fever, please reschedule.
- Please park in the rear of the building (ramp area) at your scheduled time and call (508) 376-7051. A staff member will meet you at your vehicle and escort you into the building. Masks required.
- Temperature checks and verbal wellness screening will be administrated to all visitors upon arrival.
- Mandatory use of sanitizing station before entry
- Go directly to and from your program. Please!!! No wandering around the building.

MONDAY	TUESDAY	WEDNESDAY
<h1>April</h1>		
5. 9-4 Fitness Room	6. 9-4 Fitness Room 10:00 Coffee & Chat with Becky	7. 9-2 Fitness Room 9-10 Dr Cooper Podiatry
12. 9-4 Fitness Room	13. 9-4 Fitness Room	14. 9-2 Fitness Room
19. 9-4 Fitness Room	20. 9-4 Fitness Room 10:00 Coffee & Chat with Becky	21. 9-2 Fitness Room
26. 9-4 Fitness Room	27. 9-4 Fitness Room	28. 9-2 Fitness Room

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

WEDNESDAY	THURSDAY	FRIDAY
	1. 9-4 Fitness Room 10-10:30 Drive up Bread & Pastry 11-11:30 Blood Pressure	2. 9-12:30 Fitness Room 10:00 Yoga
m	8. 8:00 Market Basket 9-4 Fitness Room 10-10:30 Drive up Bread & Pastry 11-12 Book Exchange	9. 9-12:30 Fitness Room 9:00 COA Board Mtg Virtual 10:00 Yoga
m	15. 9-4 Fitness Room 10-10:30 Drive up Bread & Pastry 11-11:30 Blood Pressure	16. 9-12:30 Fitness Room 9:00 Walking Club 10:00 Yoga
m	22. 8:00 Market Basket 9-4 Fitness Room 10-10:30 Drive up Bread & Pastry	23. 9-12:30 Fitness Room 9:00 Walking Club 10:00 Yoga
m	29. 9-4 Fitness Room 10-10:30 Drive up Bread & Pastry	30. 9-12:30 Fitness Room 9:00 Walking Club 10:00 Yoga

Transportation Coordinator:

Linda Stetson

376-7051

9-am -1pm

Medical and Shopping only

- Limited hours 8-1. Monday - Thursday only. 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.
- Temperature checks and verbal wellness screening of all passengers upon pick-up
- Limited to 3 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)

Dad, are we pyromaniacs? Yes, we arson.

What do you call a pig with laryngitis? Disgruntled.

Writing my name in cursive is my signature move.

Why do bees stay in their hives during winter? Swarm.

If you're bad at haggling, you'll end up paying the price.

Just so everyone's clear, I'm going to put my glasses on.



Thank you Linda Stetson

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

You're the best!!!

Dues were received from: Joann Dolphin ~ Robert and Marianne Lejsek ~ Carol and Michael Emerson

Dues with extra donations were received from: Mary Russo ~ Judith Fiatarone ~ Mary Cassidy ~ Anita Gold ~ Dan Dion ~ Beverly and Edgar Fagerheim ~ Lakshmi Padmanabhan ~ Diane and Peter Jurmain ~ Diane Fleming ~ Kenneth and Marion Helgeson ~ Joan Kelly ~ Deborah Whitney ~ Jean and Kathy Burns ~ Janice and David Simms ~ Alison and James Dwelley ~ Pat Grennon ~ Barbara Larrivee ~ Robert and Karen Mroczka ~ Jim Phair ~ Elizabeth Tolley ~ Mary Alexander ~ Guruatma Kaur Khalsa ~ Diane McBride ~ Alex Monroe ~ Phoebe and Fred Odoardi ~ Pasquale and Ernestine Vaccaro ~ Mary L. Russo ~ Chip and Aimee Fagan ~ Eldon and Margaret Gay ~ Catherine Clancy ~ Jim and Judy Murphy ~ Carol and Rick Leach

Donation for the Van was received from: Mary Lou Russo

Donation in memory of Jim Fiatarone was received from: Judith Fiatarone

Donation in memory of June Coffey was received from: Theodore and Luella Burbank

Donation in memory of Pamela Dion was received from: Dan Dion

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

Donation in memory of Ven Padmanabhan was received from: Lakshmi Padmanabhan

Donation in memory of Beverly Temple was received from: Diane Fleming

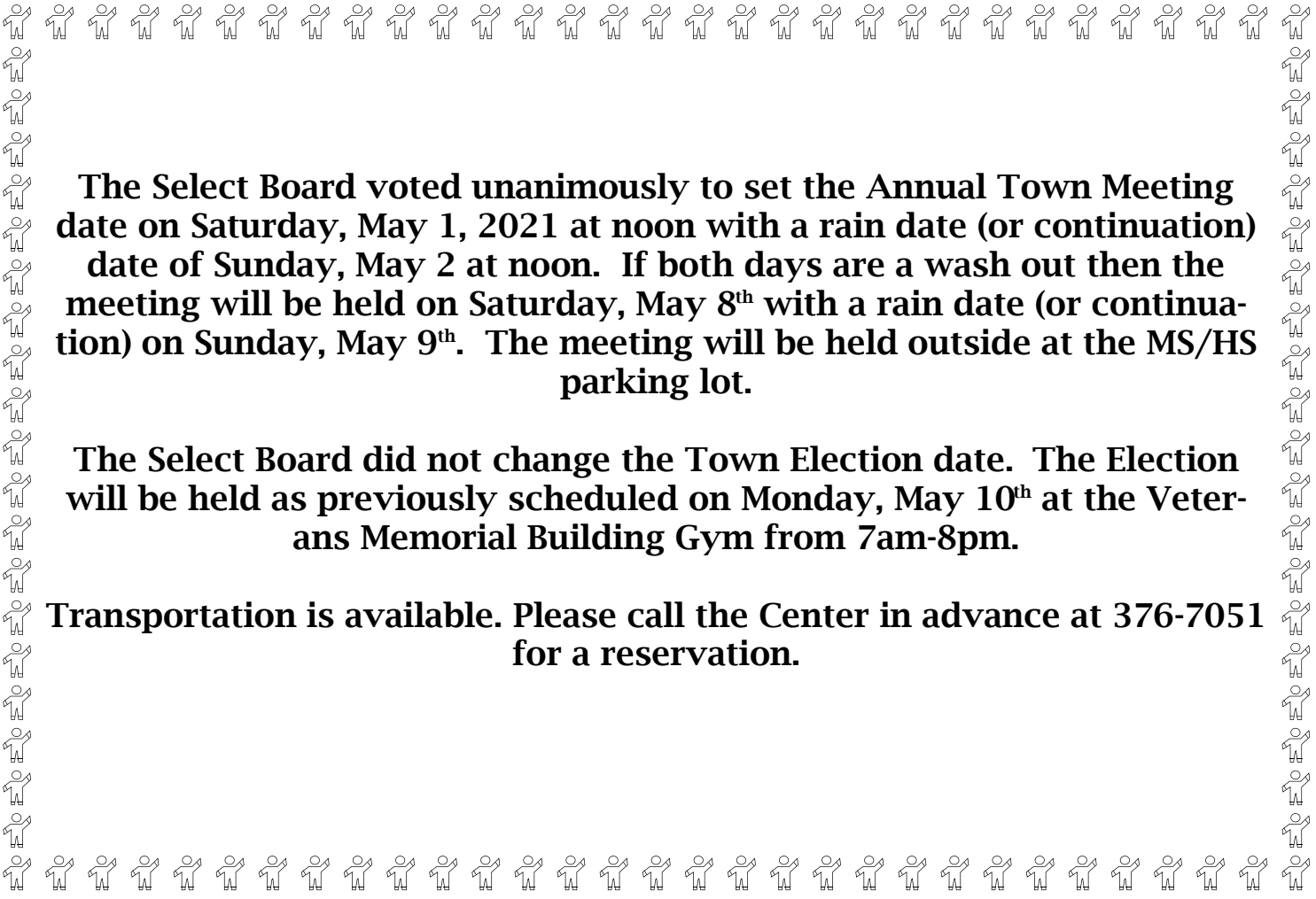
Donation in memory of Cathy and Joe Travers was received from: Eldon and Margaret Gay

Donation in Celebration of Receiving the Covid Vaccine was received from: Carol and Rick Leach

In Memory of:

Roger Whooten~ John Squier~ Joseph LeBlanc





The Select Board voted unanimously to set the Annual Town Meeting date on Saturday, May 1, 2021 at noon with a rain date (or continuation) date of Sunday, May 2 at noon. If both days are a wash out then the meeting will be held on Saturday, May 8th with a rain date (or continuation) on Sunday, May 9th. The meeting will be held outside at the MS/HS parking lot.

The Select Board did not change the Town Election date. The Election will be held as previously scheduled on Monday, May 10th at the Veterans Memorial Building Gym from 7am-8pm.

Transportation is available. Please call the Center in advance at 376-7051 for a reservation.

COALITION
MILLIS
COUNCIL ON
AGING

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Millis, MA
PERMIT NO. 17

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Kitchen: 376-7056
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This newsletter is brought to you by a grant from Executive Office of Elder Affairs and The Friends of Millis