



# The Millis Council on Aging COAlition



## November 2023 HAPPENINGS!

### MILLIS COUNCIL ON AGING

PHONE:  
(508) 376-7051

#### HOURS

Monday-Tuesday-Wednesday

8:30 AM—4:00 PM

Thursday

8:30 AM—2:00 PM

Friday 8:30 AM—12:30 PM

Veterans Memorial Building  
Lower Level  
900 Main Street  
Millis, MA 02054

The Millis Council on Aging (COA) is committed to maintaining the highest level of independence for older adults by providing opportunities for socialization, and educating on and improving the overall understanding of various community-based services. The COA also provides transportation for seniors and persons with disabilities, hosts the local HESSCO Meals on Wheels program, offers referrals and information, and provides application assistance for the Fuel Assistance Program, SNAP, the Millis Fund and various other federal, state and local assistance programs.

### *With Gratitude*

November begins the season of thanks and giving, and I wish to express my sincere appreciation to all who work so hard and who give of their time and talents to help make the programs and services run so well at the Senior Center. I am grateful to our fantastic exercise instructors: Chrissie, Tony, Holly, and Pearl, and our volunteer nurses and other health specialists who visit with care and important information. We wouldn't have our sweet treats and bakery items without our community partners and our volunteers who pick up the goodies and make the coffee for our visitors. My thanks to those who keep Candy's Corner organized, to those who share their talents through special presentations, or the leading of crafting, gardening, bingo, SHINE counseling, and other projects. My thanks to our drivers: Bert, Bob, Jack, and Rich who make it possible for many residents to get to medical appointments, grocery stores and other destinations. My thanks to the office staff, Rochelle and Andrew, and to Kathy of the HESSCO kitchen for their daily commitment to helping our seniors; to our Council on Aging Board members for their guidance; to the Friends of the Millis COA for their unwavering support of our programs; to members of the facilities team, my fellow colleagues, and public safety officers in Town for their assistance and support. Finally, I would be remiss if I did not express my thanks to you, our seniors, for bringing meaning to our work.

On behalf of all of us at the Senior Center, thank you for visiting and participating in our programs. Please review the calendar and stop in or call us to say hello. The Senior Center will be closed on Friday, November 10 in honor of Veterans Day. Thank you to all who have served so bravely in our nation's Armed Forces. Details about the Town's Veterans Day ceremony can be found on page 3.

Happy Thanksgiving to you and yours,

*Anne-Marie*

Anne-Marie Gagnon, Director

Email: [agagnon@millisma.gov](mailto:agagnon@millisma.gov)

## UPCOMING EVENTS

### COFFEE WITH THE DIRECTOR



Join the new Millis Council on Aging Director, Anne-Marie Gagnon, for coffee and conversation. She looks forward to meeting you!

**Tuesday, November 7**

**Time: 9:00 AM**

### NEEDLEWORKERS GROUP

Working on a needlework project but would like to do so with others who share your interest with some casual conversation? Bring your project. All are welcome.

**Thursdays: November 2, 9, 16, 30**

**Time: 10:00 AM**

### MAKE A HOLIDAY TABLE RUNNER with Joyce Boiardi

Never used a sewing machine or need to dust off your skills? Join us as we use the sewing machines here at the Senior Center to make your own seasonal table runner. No experience necessary. All materials and guidance provided.

**Monday, November 13**

**Time: 1:00 PM-3:00 PM**

**Cost: \$8, limited to 8 Millis residents**

**Pre-register by calling the Senior Center by November 8**

*Please make checks payable to Friends of the Millis COA*

### PIE and CIDER SOCIAL

Join us for seasonal treats and some sweet conversation.

**Tuesday, November 14**

**Time: 12:30 PM, suggested donation \$2.00**

**Pre-register by calling the Senior Center by November 7**

### CRAFTY LADIES

Calling all crafty seniors who are interested in weekly creative craft projects and lively conversation.

**Tuesdays, November 7, 14, 21, 28**

**Time: 9:30 AM**

### EXPLORE THE POLAR REGIONS with Susan Steele

The polar regions are some of the most isolated places on earth. Join Susan Steele as she helps us delve into the history, culture, science and wildlife of the ice-bound worlds of the Arctic and Antarctic. This series is an exciting combination of travelogue, science class and history lesson.

**Wednesdays: November 1, 8, 15, 29 (No class 11/22)**

**Time: 11:00 AM-12:15 PM**

### AFTERNOON MOVIE

Join us for a viewing of Hitchcock's classic "Rear Window." Pizza served (suggested donation \$2) or bring your lunch.

**Tuesday, November 7 at 1:00 PM**

### SERVICES and SUPPORTS of THE PERKINS LIBRARY

Join us as we welcome Mr. Erin Fragola, Library Outreach Manager at Perkins School for the Blind in Watertown. He will discuss vision changes and share the accessible supports and services for those with print challenges.

**Tuesday, November 21**

**Time: 11:00 AM**

**Pre-register by calling the Senior Center by Nov. 14**

### PIZZA and PREVENTION

**Hosted by the Millis Fire Department**

Join us as the Millis Fire Department discusses all things fire prevention to keep you and your loved ones safe at home. Pizza will be served. Free.

**Monday, November 27**

**Time: 11:00 AM**

**Pre-register by calling the Senior Center by Nov. 20**

### TIPS on USING THE LIBRARY'S ONLINE TOOLS



Bring your smartphone, tablet, or e-reader and join us as we learn and review with our Book Group leader, Patsy Divver, how to use the library's online tools to access your next read.

**Tuesday, November 28**

**Time: 12:00 PM**

**Pre-register by calling the Senior Center by Nov. 21**

### MAKE YOUR OWN BOXWOOD TREE

It's beginning to look like the holidays! Join us to create your own fresh boxwood tree. All materials provided, but please bring floral clippers if you have them.

**Wednesday, November 29 at 1:00 PM**

**Cost: \$20, priority to Millis residents**

**Pre-register by calling the Senior Center by Nov. 20**

*Please make checks payable to Friends of the Millis COA*

## GAMES

### RUMMIKUB

**Every Monday, 1:00 PM-3:00 PM**

**GAMES GROUP** Let's play some Board Games!

**3rd Monday of Each Month, 1:00 PM-3:00 PM**

### CRIBBAGE



Let's play cribbage! Come join our Cribbage group **every Monday or Friday from 9:30AM-12PM.** Instructors are available either day.

### SUPER BINGO EVERY THURSDAY!



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

## HEALTH AND WELLNESS

### New Class!

#### SEATED STRENGTH and BALANCE with Pearl Pressman

This seated class accommodates individuals of various fitness levels and abilities and can be adapted to meet individual needs. The class begins with a warm-up for both the joints and muscles, followed by strength training for all the major muscle groups of the body using hand weights and body weight, as well as a few minutes of standing balance exercises for those who are able. The class concludes with gentle stretching exercises to increase flexibility and reduce muscle tension. Seated Strength and Balance - Instructor, Pearl Pressman AFAA Certified

**Wednesdays, November 1, 8, 15, 22, 29**

**Time: 2:00 PM**

**Cost: \$3 per class.**

**Pre-register by calling the Senior Center**

#### TAI CHI with Tony Berg



Focusing primarily on the therapeutic aspects of Tai Chi, and the martial art/self-defense and performance aspects secondary, this class will be practicing Yang style Tai Chi, which is the most popular of the five traditional schools of Tai Chi.

**Tuesdays at 9:00 AM in the Gym**

**Cost: \$3 per class.**

#### STRETCH & FLOW YOGA with Holly Davenport



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.

**Fridays at 9:30 AM in Room 18**

**Cost: \$3 per class.**

#### YMCA ENHANCE FITNESS

It's Back! YMCA ENHANCE FITNESS is a physical activity program comprised of three one-hour sessions per week. The classes are designed to safely increase participants' fitness levels through aerobic and strength training exercises.

**This class started September 11 for 16 weeks:**

**Every Monday, Wednesday & Friday at 9AM in the gym**

*Note: This course is \$125, payable to the Friends of the Millis COA and reimbursable by most insurance companies.*

**SENIOR WATER AEROBICS** Cost is \$5 per visit. COA members will have to present their Millis COA key tag at entry. Call (508) 359-7800 for more information.

**Fridays at 9:30 AM at the Kingsbury Club, Medfield**

#### PODIATRY VISITS

Pre-registration for appointments will be required. New clients: we will mail or email you a form that can be filled out prior to your visit. Please bring your insurance cards and completed form to the first visit. Please note that home visits can be arranged by calling the Senior Center or Main Street Podiatry (508) 533-3500. Co-pays may apply.

**Wednesday, November 1**

**Wednesday, January 3**

**Time: 9:00 AM-11:00 AM**

**Pre-register by calling the Senior Center**

#### BLOOD PRESSURE CHECKS



Visit the Senior Center to have your blood pressure checked by our volunteer nurse. Free.

**Thursdays from 11-11:30 AM**

#### MILLIS COA FITNESS ROOM

**Bring a friend and check out our fitness room at the Senior Center!** Thanks to the Friends of the Millis COA, the annual fee for Millis residents is now only \$50, and \$100 for non-Millis participants.

The room has 2 treadmills, recumbent bike, upright bike, elliptical machine and a 7-piece hydraulic circuit training station. Bring your completed application, medical release from your doctor, and then review the instructional video, all of which can be found on the COA pages at [millisma.gov](http://millisma.gov). The fee covers maintenance costs and related expenses. For more information call the Senior Center.

### **Veterans Day 2023**

***Thank You for your Service***

On Saturday, November 11, 2023, Millis celebrates Veterans Day. Veterans Day is a nationally observed holiday in the United States that honors and pays tribute to all military veterans who have served in the U.S. Armed Forces. The American Legion Post 208, located at 136 Curve Street in Millis, hosts this year's Veterans Day Ceremony. Any veteran can come for a breakfast "warrior meal" from 8:30 to 10:30 a.m. at the Legion, followed by the ceremony across the street at the World War I memorial on the 11<sup>th</sup> hour on the 11<sup>th</sup> day of the 11<sup>th</sup> month. For additional details go to [www.millisamericanlegion.com](http://www.millisamericanlegion.com).

John Moore, Major (Ret) USMC

Veterans Services Officer, Town of Millis

Email: [jmoore@millisma.gov](mailto:jmoore@millisma.gov) Phone: (508) 376-7059

## FOOD RESOURCES



### Questions?

Call Kathy O'Neil, HESSCO Kitchen, at (508) 376-7056

### NEW! THURSDAY BREAKFAST PROGRAM by HESSCO

At the Millis Senior Center, start your Thursday right with a delicious and nutritious breakfast.

Menu includes:

Yogurt, Fruit Crunch Bar, Snack-n-Loaf Fruity Muffin,  
Chilled Fruit, Orange Juice and Milk.

*Suggested donation of \$3 appreciated but not required.*

### THURSDAY GRAB-N-GO LUNCH at the Senior Center

Each Thursday from 11:15 AM–Noon, HESSCO offers a small packed cold Lunch at the Millis Senior Center. Items include: a sandwich, side, salad, dessert and water.

Week 1: Chicken Salad

Week 2: Turkey and Cheese

Week 3: Seafood Salad

Week 4: Ham and Cheese

Week 5: Tuna Salad.

Call the Kathy (508) 376-7056 by Noon the Friday before and then stop by on Thursday to pick it up.

*Suggested donation of \$3 appreciated but not required.*

### MEALS ON WHEELS



Managed by HESSCO Elder Services, hot noon-time meals are delivered to homebound seniors Monday–Friday. Kathy O'Neil of the HESSCO Kitchen manages the program. Call HESSCO at (781) 784-4944 or see Kathy at the Senior Center.

### **SEEKING MEALS ON WHEELS DRIVERS!**

for Tuesdays and Thursdays

Contact Kathy at the Senior Center for more information.

### LOVIN' SPOONFULS at the SENIOR CENTER



The largest food rescue program in New England delivers healthy fresh, and frozen food to the Senior Center and it is distributed every **Tuesday at approximately 10:00 AM**. Any leftover food is distributed on **Thursdays at 11:30 AM**. Items are free.

## TRANSPORTATION

### SENIOR VAN SCHEDULE FOR MILLIS RESIDENTS

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

**PLEASE CALL ROCHELLE: (508) 376-7051**

**Medical Appointments:** We have 2 accessible vans and one standard sedan vehicle that provide transportation for our Millis seniors and those with disabilities.

**Grocery Shopping:** To Bellingham Market Basket and Walmart at 8AM. **See calendar for details.  
November 9 and November 22**

All passengers must manage their own grocery bags in and out of the van.

\$2 within Millis/Medfield

\$3 Medway/Bellingham/Milford/Franklin

\$5 Framingham/Norwood/Natick

\$10 Newton/Dedham/Wellesley

\$25 Boston

Suggested donations are waived for Veterans.

Please call about rates to other towns.

*Please be aware that we cannot provide repetitive trips.*

*Medical appointments take priority over all trips.*

### MILLIS ECUMENICAL FOOD PANTRY

The Food Pantry is open to all Millis residents and is housed in the Church of Christ, 142 Exchange Street. The Food Pantry is open every Saturday from 10 AM-Noon and the first and third Wednesdays of each month from 10 AM-Noon.

The Senior Center van can provide a ride to the Food Pantry on the first and third Wednesdays. You must call the Senior Center in advance for a ride. Please note that drivers provide limited assistance with bags. (508) 376-7051



### DAILY BREADS and BAGELS...DONUTS TOO!

**Every Morning:** Stop by the Senior Center in the morning, enjoy a cup of coffee and see what we have received from our generous partners: Country Kitchen, Shaw's, and Blue Moon. Items are just a day past, and are free. Each day is different and always delicious!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY					
<i>November 2023</i>													
<b>MILLIS COUNCIL ON AGING</b> 900 MAIN STREET Lower Level MILLIS, MA 02054 (508) 376-7051		<b>MEALS ON WHEELS QUESTIONS?</b> <b>HESSCO Kitchen</b> (508) 376-7056		1 9-4 Fitness Room 9:00 PODIATRY Appts. 9:00 Enhance Fitness 11:00 Explore with Susan 1:00 Pond Ladies 2:00 Seated Strength		2 9-2 Fitness Room 10-1 SHINE Appts. 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo		3 9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga					
				6 9-4 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 1-3 RUMMIKUB		7 9-4 Fitness Room 9:00 Coffee with the Director 9-10 Tai Chi with Tony 10:00 Lovin' Spoonfuls 9:30-12 Crafty Ladies 1:00 Afternoon Movie		8 9-4 Fitness Room 9:00 Enhance Fitness 11:00 Explore with Susan 1:00 Pond Ladies 2:00 Seated Strength		9 8:00 Market Basket Trip 9-2 Fitness Room 9:00 COA BOARD MEETING 10-1 SHINE Appts. 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo		10 <b>SENIOR CENTER CLOSED</b>  <b>In Honor of Veterans Day</b>	
				13 9-4 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 1-3 RUMMIKUB 1:00 Games Group 1:00-3:00 Holiday Runner		14 9-4 Fitness Room 9-10 Tai Chi with Tony 10:00 Lovin' Spoonfuls 9:30-12 Crafty Ladies 12:30 Pie & Cider Social		15 9-4 Fitness Room 9:00 Enhance Fitness 10:00 FRIENDS MEETING 11:00 Explore with Susan 1:00 Pond Ladies 2:00 Seated Strength		16 9-2 Fitness Room 10-1 SHINE Appts. 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo		17 9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga	
				20 9-4 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 1-3 RUMMIKUB		21 9-4 Fitness Room 9-10 Tai Chi with Tony 10:00 Lovin' Spoonfuls 9:30-12 Crafty Ladies 11:00 PERKINS LIBRARY		22 8:00 Market Basket Trip 9-4 Fitness Room 9:00 Enhance Fitness 1:00 Pond Ladies 2:00 Seated Strength		23 <b>SENIOR CENTER CLOSED</b>  <b>Thanksgiving</b>		24 <b>SENIOR CENTER CLOSED</b>  <b>Thanksgiving</b>	
				27 9-4 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 11:00 Pizza & Prevention 1-3 RUMMIKUB		28 9-4 Fitness Room 9-10 Tai Chi with Tony 10:00 Lovin' Spoonfuls 9:30-12 Crafty Ladies 12:00 Library Tools		29 9-4 Fitness Room 9:00 Enhance Fitness 11:00 Explore with Susan 1:00 Pond Ladies 1:00 Boxwood Trees 2:00 Seated Strength		30 9-2 Fitness Room 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab & Go Lunch 12:15 Super Bingo		December 1 9-12:30 Fitness Room 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga	

### Where Can I Find a Newsletter?

Newsletters can be mailed to your home upon request, or picked up at the Senior Center, Library, and Town Hall. If you would like to receive it via email each month, please go to the Town website and E-subscribe for Senior Center newsletters. [www.millisma.gov/subscribe](http://www.millisma.gov/subscribe)

### Durable Medical Equipment

If you need Durable Medical Equipment, please call the Senior Center to inquire about our most current inventory.

LOANS: Free loans of walkers, commodes, crutches, shower benches, canes, rollators, and wheelchairs (as available).

DONATIONS: We accept donations of medical equipment in good, clean condition. Please call prior to bringing your donations to the Senior Center to see if we have storage space.

**THANK YOU! (508) 376-7051**

## ASSISTANCE

### We Can Help!

**Call the Senior Center at (508) 376-7051**

Fuel Assistance (LIHEAP)

SNAP (Food Stamps)

MassHealth

SHINE Counseling about Medicare

Durable Medical Equipment  
(Walkers, Shower Chairs, Canes, Commodes)

Housing and Legal Resources

Referrals to HESSCO Elder Services

Applications to The Millis Fund

Information about other Local Senior Services

### THANK YOU! YOUR SUPPORT MAKES A DIFFERENCE

**Many thanks to those who support our activities through voluntary dues and donations to the Friends of the Millis Council on Aging, and contributions to Candy's Corner.**

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Julie Chisholm ~ Maria Grusinov ~ Helen Kubacki ~ Fred & Denise Maas ~ Wayne & Mary Jane Simpson ~ Joanne & Alex Monroe ~ Nancy Tate ~ Anita Gold ~ Denise & Larry Farley ~ Anne McManus ~ Robert & Caroline Gentile ~ Burt & Jan Fahy ~ Edward Chisholm ~ Fred Saltzberg ~ Michele Palmer ~ Janet Deramo

A Donation in memory of Donald Clark was received from: Margaret Clark

A Donation in memory of Betty Smith DeAngelis was received from: Nancy Tate

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

A Donation in memory of Daniel Lynn was received from: Elizabeth Lynn

A Donation in memory of Virginia Sherrick was received from: David & Kathy Andrews

A Donation in memory of Jane Frasca was received from: Thomas Frasca



Follow us on Facebook  
[www.facebook.com/milliscouncilonaging](http://www.facebook.com/milliscouncilonaging)



Find us on the Town website:  
[www.millisma.gov/council-aging](http://www.millisma.gov/council-aging)

### In Memory

Deborah Ann Lundergan ~ Donald S. Armstrong ~  
Diane C. Jones ~ Donna J. Fitzgerald ~ Paul McGann ~  
Liz Carlson ~ Pat Vaccaro ~  
Jacqueline Dorato



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



## Medicare Open Enrollment is Here! October 15 to December 7

Have you checked the mail you received from your supplemental insurance and Part D plan, or Medicare Advantage Plan? The open enrollment period is your chance to change plans for 2024. Special note: there are three fewer Part D plans in Norfolk County in 2024. Some of you may have been notified that you are being mapped to a more expensive drug plan; pay attention to that mail.

SHINE (Serving Health Insurance Needs of Everyone – on Medicare) offers free counseling sessions on Medicare options at the Millis Senior Center by appointment. Call the Millis Senior Center at (508) 376-7051 for more information.

**Don't Delay—Make Your Appointment Today!**

**Medicare Open Enrollment**

**October 15—December 7**

**(508) 376-7051**

### CANDY'S CORNER UPDATE

*Thank You* Thank you to everyone who donates small decorative items, greeting cards, costume jewelry and other trinkets to our Candy's Corner shop. Funds received from purchases are directed to the Friends of the Millis Council on Aging who then help to make possible many of the programs and exercise classes at the Senior Center. Thank you also to our volunteers who maintain the space!

We are currently accepting only small items in nearly-new condition. You may drop them at the front desk with the receptionist. Thank you!



### **The Millis Council on Aging Tribute Garden**

Have you noticed the garden at the entrance to the Senior Center? A new sign has been installed thanks to the Department of Public Works. This garden will honor those for whom contributions have been made in their honor or memory to support the programs and services of the Council on Aging. Thank you to everyone who helped to plan the special project and who donated to the effort.

### MILLIS MEMORY CAFE



The Millis Public Library hosts our local Memory Café, a welcoming place for individuals and families living with memory changes. Each café features a guest musician or artist, conversation, and refreshments. Call the library at (508) 376-8282 for more information.

**Dates: Mondays: November 20 and December 18**

**Time: 10:30 AM—Noon at the Library**

### MILLIS PROPERTY TAX WORK OFF PROGRAM

Senior and Veteran Homeowners: Consider volunteering in a Millis town department and reduce your tax bill by up to \$1,500. Call the Senior Center at (508) 376-7051 or the Veterans Services Officer for more information, eligibility requirements and an application. Applications are now open. The program runs December 1 to September 30. If you are currently in the program, you will need to reapply to continue. On behalf of all the town departments, thank you!

### SEEKING YARN DONATIONS



Have yarn in good shape that you'd like to pass along? Kindly drop it at the Senior Center and our needleworkers will put it to good use. Thank you!

**Why should I donate to the Friends of the COA?**

- ◆ The purpose of The Friends of the Millis COA, Inc. is to help raise funds for the Senior Center by purchasing and donating items or providing for program expenses above and beyond what the town or the Commonwealth provides.
- ◆ All money raised is used for senior programs and activities for 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! Your donation goes a long way in supporting our Senior Community. Thank you!

SUGGESTED DUES \$6/INDIVIDUAL PER YEAR

Please make your check payable to the Friends of the Millis COA, 900 Main Street, Millis, MA 02054

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: \_\_\_\_\_

***In addition, your Tax Deductible Gift to the Friends of the Millis COA Fits All Occasions***

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_

Donation Amount: \$ \_\_\_\_\_

**Select One:** In Memory Of: In Honor Of: In Celebration Of:

**Millis Council on Aging**  
[www.millisma.gov/council-aging](http://www.millisma.gov/council-aging)  
**(508) 376-7051**

Millis Council on Aging  
900 Main Street  
Millis, MA 02054

RETURN SERVICE REQUESTED

US POSTAGE  
PAID  
NON-PROFIT  
Millis, MA  
PERMIT NO. 17

**COUNCIL ON AGING STAFF**

Director: Anne-Marie Gagnon, MSW  
Senior Services/Outreach Coordinator:  
Reception/Dispatch: Rochelle Bunt  
Department Assistant: Andrew Lizardi  
Drivers: Robert Daly Herbert Lannon, Jr.  
Richard Posklensky Jack McBrien  
HESSCO Kitchen: Kathy O'Neil (508) 376-7056

**Council on Aging Board Members**

Chairperson: Meredith St. Sauveur  
Vice Chair: Herbert Lannon, Jr.  
Secretary/Treasurer: Elizabeth Derwin  
HESSCO Representative: Elizabeth Derwin  
Member: Joyce Boiardi  
Member: William Brown  
Member: Helen Daly  
Member:

**Friends of the Millis Council on Aging**

President: Steve Howie  
Vice President: Wayne Carlson  
Secretary: Kristi Christman  
Treasurer: Brooks Corl  
Members: Ruth Doliner, Lenny Forman  
Carole Greco, Helen Humphrey, Ed Koman