



The Millis Council on Aging

COAlition



September 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 individuals by providing opportunities for socialization, and educating 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 for community services, and provides application assistance for the Fuel Assistance Program, SNAP, the Millis Fund and various other federal, state and local programs.

Greetings!

Thank you all for the warm welcome to Millis! I am honored to serve as your new Council on Aging Director. My sincere thanks to Patty Kayo for all of her work and unwavering commitment during her tenure as Director and to Debbie Sand for her work as Interim Director and Outreach Worker. I appreciate all that the staff, the Council on Aging Board, the Friends, the Select Board members, the town leadership, and our seniors have been sharing with me about the Council on Aging and its important role in the community. We have a lot of good work ahead of us!

I come to Millis with experience leading another local Council on Aging for many years, and working with older adults in the fields of lifelong learning education, healthy aging, and volunteer services. I have worked with various elder services organizations with program planning and fund development for over 20 years, and I am passionate about purposeful aging. With all that said, it takes the commitment and skills of a team to bring the senior center to life and for that I am grateful for the staff, our drivers and the volunteers. Together, I am confident that we will continue to bring a high level of service and social programming to you.

To learn a bit more about each other and how we can work together, I invite you to visit the senior center on Wednesday, September 6 at 9:00 AM and join me for my first Community Coffee Hour. I look forward to meeting you!

Cheers to new beginnings,

Anne-Marie Gagnon, Director

Email: agagnon@millisma.gov

HEALTH AND WELLNESS

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 while building a sense of community and social connectedness among class members. Enhance Fitness has been proven to increase participants' strength, balance, flexibility, mood, general activity level, and independence when they attend on a regular basis. The program is beneficial for older adults in general but has been deemed particularly safe and effective for older adults living with arthritis.

Every Monday & Friday at 9AM and Wednesday at 10:00AM in the gym.

FREE Demo Days:

Wednesday, September 6th at 10AM and Friday September 8th at 9AM in the gym.

FIRST Official Class:

Monday September 11 at 9:00 AM.

The 16 week course is \$125, payable to the Friends of Millis COA and reimbursable by most insurance companies. Come give it a try. It has been one of our most successful exercise programs to date.

MILLIS COA FITNESS ROOM

Bring a friend and check out our fitness room! 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. The fee covers maintenance costs and related expenses. For more information call 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

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.

Fridays at 9:30 AM

Cost is \$3 per class.

MEDFIELD'S KINGSBURY CLUB SENIOR SWIM PROGRAM

Tuesdays and Fridays from 10—11AM



Cost is \$5 per visit. COA members will have to present their Millis COA key tag when entering.

PODIATRY VISITS

9:00 AM-11:00 AM the following Wednesdays.

Call the Senior Center to register!

Wednesday, August 30

Wednesday, November 1

Wednesday, January 3

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.

BLOOD PRESSURE CHECKS

Thursdays from 11-11:30 AM

NOTE! No Blood Pressure checks on September 7.

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!

Wednesday, September 6

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? Needlepointers, knitters, crocheters, quilters, and embroiderers are all welcome. Share project tips and some fun together.

Thursdays: September 7, 14, 21, 28

Time: 10:00 AM

BYOB-BRING YOUR OWN BOOK GROUP



What did you read this summer? Come and share your reviews and comments at this 'interest meeting' as we discuss favorite titles to add to your 'book bag'! Hosted by Patsy Divver. All are welcome!

Tuesday, September 19

Time: 10:00 AM

ESTATE PLANNING SEMINAR



Rescheduled from August! Attorney Joanne M. DiPietro will discuss estate planning and establishing a plan for asset protection. Call the Senior Center to pre-register for this important discussion!

Wednesday, September 20

Time: 1:00 PM

LIFE FROM ABOVE SERIES & DISCUSSION



Join COA member Kristi Christman as she presents the PBS "Life from Above" series for discussion.

"Cameras in space tell stories about life on our planet from a new perspective, revealing movement, colors, patterns and changes." Join us as we explore together!

Wednesdays: September 6, 13, 20, 27

Time: 11:00 AM

SEPTEMBER BIRTHDAYS CELEBRATION



Let's Celebrate! If your birthday is in September, stop in for a slice of something sweet and some conversation!

Wednesday, September 13

Time: 1:00 PM

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. Call the library at (508) 376-8282 for more information.

Monday, September 25

Time: 10:30 AM—Noon

BACKYARD BBQ!

Hosted by the Millis Fire Department



Join the Millis Fire Department at the Senior Center for a BBQ party with hamburgers and hotdogs. Free! Call the Senior Center to register for this event!

Wednesday, September 27

Time: 12:00 Noon

GAMES

RUMMIKUB

2nd and 4th Mondays of the month at 1:00 PM

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 to our Friends Group for supporting this!

SEEKING BRIDGE TEACHER

Can you help us? Call the Center at (508) 376-7051

CRIBBAGE



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



FOOD SERVICES



SEEKING MEALS ON WHEELS DRIVERS

for Tuesdays and Thursdays

Please call Kathy O'Neil of the HESSCO Kitchen at (508) 376-7056

THURSDAY GRAB-N-GO LUNCH Each week from 11:15 AM -Noon, HESSCO offers a small packed lunch which consists of a sandwich, side, salad, dessert and water for a suggested donation of \$3.00. The sandwich changes each week: Wk. 1 Chicken Salad, Wk. 2 Turkey and Cheese, Wk. 3 Seafood Salad, Wk. 4 Ham and Cheese, Wk. 5 Tuna Salad. Call the Senior Center by Noon the Friday before and then stop by on Thursday to pick it up.

MEALS ON WHEELS through HESSCO Elder Services, delivers meals 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.

\$50 FARMERS' MARKET COUPONS through HESSCO Elder Services. Receive \$50 towards farmers' market purchases. Income eligibility requirements apply. Call (508) 376-7056.

DAILY BREADS and BAGELS...DONUTS TOO!

Stop by the Senior Center in the morning to see what we have received from our generous partners: Country Kitchen, Shaw's and Blue Moon. Items are free and each day is different and always delicious!

LOVIN' SPOONFULS The largest food rescue program in New England delivers healthy, fresh, and frozen food to the Senior Center and it is distributed on **Tuesdays from 10-10:30AM**. Any leftover food will be distributed on **Thursdays at 11:30AM**. Items are free.

TRANSPORTATION



SENIOR VAN SCHEDULE FOR MILLIS RESIDENTS

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

FOR TRANSPORTATION, PLEASE CALL ROCHELLE: (508) 376-7051

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

Grocery 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 in town \$3 Medway/ Bellingham \$5 Framingham/Norwood
\$10 Newton/Dedham \$25 Boston Fees are waived for Veterans

Please be aware that we cannot provide repetitive trips.

Medical appointments take priority over all trips.

Food Pantry Visits: The senior van provides rides from Millis Housing to the Millis Food Pantry on the **1st and 3rd Wednesday every month at 10:30 AM**. You must call the Senior Center in advance for a ride. Please note that drivers provide limited assistance with bags.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
|  | | | | |
| <p>September 2023</p> | <p>MILLIS COUNCIL ON AGING 900 MAIN STREET Lower Level MILLIS, MA 02054 (508) 376-7051</p> | <p>FREE BAKED GOODS AVAILABLE* EVERY DAY 8:30 AM—12:00 PM</p> <p>FREE FRESH FOOD ITEMS AVAILABLE* TUESDAYS & THURSDAYS 9:30 AM—11:00 AM *While supplies last.</p> | <p>MEALS ON WHEELS QUESTIONS? HESSCO Kitchen (508) 376-7056</p> | <p>9-12:30 Fitness Room ¹ 9:30 Cribbage 9:30 Stretch & Flow Yoga</p> |
| <p>SENIOR CENTER CLOSED ⁴</p>  | <p>9-4 Fitness Room ⁵ 9-10 Tai Chi with Tony 9:30-12 Crafty Ladies</p> | <p>9-4 Fitness Room ⁶ 9:00 Coffee with the Director 10:00 Enhance Fitness Demo 11:00 "Moving Planet"</p> | <p>9-2 Fitness Room ⁷ 10-1 SHINE Appts. 10-12 NEEDLEWORKERS No Blood Pressures Today 11:15-12 Grab and Go Lunch 12:15 Super Bingo</p> | <p>9-12:30 Fitness Room ⁸ 9:00 Enhance Fitness Demo 9:30 Cribbage 9:30 Stretch & Flow Yoga</p> |
| <p>9-4 Fitness Room ¹¹ 9:00 Enhance Fitness 9:30 Cribbage 1:00 RUMMIKUB</p> | <p>9-4 Fitness Room ¹² 9-10 Tai Chi with Tony 9:30-12 Crafty Ladies</p> | <p>9-4 Fitness Room ¹³ 10:00 Enhance Fitness 11:00 "Colorful Planet" 1:00 Birthday Celebration!</p> | <p>8:00 Market Basket ¹⁴ 9-2 Fitness Room 9:00 COA Board Meeting 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo</p> | <p>9-12:30 Fitness Room ¹⁵ 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga</p> |
| <p>9-4 Fitness Room ¹⁸ 9:00 Enhance Fitness 9:30 Cribbage</p> | <p>9-4 Fitness Room ¹⁹ 9-10 Tai Chi with Tony 9:30-12 Crafty Ladies 11:00-12:00 SHINE "What to Know about Your Drug Plan" 12:00-1:30 BOOK CLUB</p> | <p>9-4 Fitness Room ²⁰ 10:00 Enhance Fitness 10:00 FRIENDS MEETING 11:00 "Patterns Planet" 1:00 Estate Planning Talk</p> | <p>9-2 Fitness Room ²¹ 10-1 SHINE Appts. 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo</p> | <p>9-12:30 Fitness Room ²² 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga</p> |
| <p>9-4 Fitness Room ²⁵ 9:00 Enhance Fitness 9:30 Cribbage 1:00 RUMMIKUB</p> | <p>9-4 Fitness Room ²⁶ 9-10 Tai Chi with Tony 9:30-12 Crafty Ladies</p> | <p>9-4 Fitness Room ²⁷ 9:00 Enhance Fitness 11:00 "Changing Planet" 12:00 BBQ WITH MILLIS FD</p> | <p>8:00 Market Basket ²⁸ 9-2 Fitness Room 10-12 NEEDLEWORKERS 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo</p> | <p>9-12:30 Fitness Room ²⁹ 9:00 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga</p> |



Medicare Open Enrollment is Coming in October!

Don't Leave your Medicare Part D Drug Plan on Autopilot!

Insurance plans can change each year; new plans can be added, existing plans eliminated. Premiums, copays, formularies, deductibles, and preferred pharmacies contribute to overall cost of drug coverage and can change yearly. Join us and our SHINE counselor Brian Murphy who will discuss how all these elements contribute to the cost of a Medicare Part D Plan.

In the session we will log into Medicare.gov, add and remove drugs from a plan, select pharmacies and run the plan finder. We will look at the output and interpret a report. The intended audience for this one-hour session is anyone on a Medicare Drug plan or looking to sign up for Medicare soon. If you have a computer, seeing how the finder is run will allow you to setup your account, run the finder and enroll in the best drug plan for your medical needs.

Date: September 19, Tuesday

Time: 11:00 AM

Call: (508) 376-7051 to reserve your seat!

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.



The Tribute Garden

Have you noticed the garden at the entrance to the Senior Center? It's now full of beautiful new plants and decorative stepping stones! Thank you to everyone who helped to plan the special project and who donated to the effort. Special thanks to Barbara Chotkowski and Jodie Knehr for all of their time working on the garden and to the Crafty Ladies for making the stones. It has made the entrance so welcoming. Thank you!

Millis Senior Property Tax Work Off Program

Homeowners: Consider volunteering in a town department and reduce your tax bill by up to \$1,500. Call the Senior Center at (508) 376-7051 for more information, eligibility requirements and an application. The new season begins October 1.

If you are currently in the program, you will need to reapply to continue in October. On behalf of all the town departments where you are serving, thank you!

Millis Fire SENIOR SAFE BACKYARD BBQ

Hosted by
Millis Senior Center

**WEDNESDAY
SEPT. 27 AT 12PM
At Senior Center**

Spots are Limited. Book Now: **(508) 376 7051**

Millis Fire invites everyone to join the the backyard BBQ party!!!



The HESSCO AGE WELL CONFERENCE

A conference to give older adults and caregivers information on healthy aging.

October 4, 2023

9:00 AM—2:30 PM

Lake Pearl Luciano's

299 Creek Street, Wrentham, MA

Admission is \$15 and includes continental breakfast and lunch, relaxation activities,

exhibitor fair, and speakers about mindfulness, gratitude, health and wellness issues and more! RSVP by calling HESSCO

at (781) 784-4944

Thank you to everyone who attended the "Meet and Greet" for new COA Director Anne-Marie Gagnon on July 27, 2023 and to Joyce Boiardi for taking pictures of the event.



Many thanks to those who support our activities through dues to the Friends of the Millis Council on Aging, additional donations, and contributions to Candy's Corner. Your support makes the difference. Thank you!



Dues were received from: ~ Betsy Micucci~ Luana Haner~ Marcia Bennett~ John Kaminski~ Barbara Hiscock~ Margaret Ormberg~ Linda Glennon~ Edith Wieder~ Thomas King~ Irene Long~ Mary Anne Malloy

Dues with extra donations were received from: ~ Katheryn & George Reebe~ Les Simpson~ Mary Kosh~ Carole Cody~ Susan Conte~ Bruce Luther~ Madonna Leone~ Carol Cushman~ Martha Kessler~ Anne Baima~ James Maxant~ Jodieanne & Kevin Knehr~ Wayne & Michelle Pitts

A Donation in memory of Sylvia Riley was received from: Mary Russo

Donations to Candy's Corner: Christine Kingsbury, Doreen Hayes, Sandy Miller, Barbara Butler, Helen Humphrey, Mary Ann Sheridan, Lynn Goldberg, and Janice Pannini.



In Memory of:

Donna A. Collins~ Christine LaRose~ Sylvia Riley~ Adam Frye~ Margaret M. Jones~ Wayne Hansen~ Ralph Whelihan Jr.~ Balvir Kaur~ Bob Doucette~ Joel Lamoureux

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.

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 need, 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. Thank you!

DUES \$6/INDIVIDUAL PER YEAR

Please make your check payable to the Friends of 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 Senior Center 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

Staff (508) 376-7051

Director: Anne-Marie Gagnon, MSW
 Transportation: Rochelle Bunt
 Department Assistant: Andrew Lizardi
 Outreach Worker:
 Drivers: Robert Daly Herbert Lannon Jr.
 Richard Posklensky Jack McBrien
 HESSCO Kitchen: Kathy O'Neil

Millis Council on Aging
900 Main Street
Millis, MA 02054

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

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 Lenny Forman
 Ruth Doliner
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