

VOLUME 23

ISSUE 2

FEBRUARY

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](mailto:pkayo@millisma.gov)  
Outreach: Becky Poynot [bpoynot@millisma.gov](mailto:bpoynot@millisma.gov)  
Transportation:  
Linda Stetson [lstetson@millisma.gov](mailto: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](mailto:jmccaffrey@millisma.gov) Vice Chair-Peter Jurmain: [pjurmain@millisma.gov](mailto:pjurmain@millisma.gov) Clerk- Erin Underhill : [etunderhill@millisma.gov](mailto:etunderhill@millisma.gov)

## COVID Vaccine Information

We are getting a lot of calls from residents asking when they can get the vaccine. Please know that we must follow the Massachusetts timeline (not the CDC's, other states, etc.) and the vaccine will only be offered to those who are eligible based on the current phase. At the time of this newsletter printing, we are still in Phase 1 and each bullet point within the phases are listed by priority. We are currently on bullet point 4 (congregate care settings). Are you eligible for the vaccine and don't know where to get it? Visit:

<https://www.mass.gov/where-can-i-get-the-covid-19-vaccine> and <https://www.mass.gov/.../covid-19-vaccine-locations-for-indiv...>

Please know that our Board of Health and our Local Emergency Planning Commission are working diligently to get the latest vaccine information out to us. We will not have any new information until the beginning of the month. Please check the Towns website at <https://www.millisma.gov/> for the most up to date information. Stay well! We miss all of you and are eager for the day we can all be together!

**Virtual Paint Class** Join us for a ZOOM painting class on **Wednesday, February 24th at 11:00**. Thanks to our very generous Friends group, Canvas n Cup will be providing a step by step painting lesson to paint "Winter Wonderland". No prior painting experience is necessary. We have 20 available slots. **Reservations must be called in to the Center prior to Thursday, February 11th.** Each participant will be provided with everything they need for the class (acrylic paint, a stretched canvas, and brushes). Anyone interested must come by and pick up the supplies between Wednesday, February 17 and Friday, February 19th. *There is a \$15 fee for this event* which can be paid when you come to the Center and pick up your supplies. We will also need your email address so we can forward you the ZOOM link. Happy painting! Millis residents will be given first priority. Non residents will be charged \$35. for materials and participation.



**Podiatrist, Dr. Cooper** As we age it gets tougher and tougher to trim those pesky toenails. Diseases such as arthritis can make joints and bones stiff and can make an awkward position difficult, such as bringing your feet up for proper foot care. Poor vision also makes proper foot care hard. Dr. Cooper will be here on **Wednesday, February 3rd from 9-10** to trim your toenails for you. \$35. at the Center and \$60. for a home visit. Please call for 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.



**Fuel Assistance Applications** are now available. Fuel Assistance provides eligible households with help in paying a portion of winter heating bills. Eligibility is based on household size and the gross annual income of every household member, 18 years of age or older. Household income cannot exceed 60% of estimated State Median Income. Income guidelines are as follows: 1 person household \$39,105~ 2 family household \$51,137. Please call the Center with your name and address or email address and we will mail the information which outlines the necessary documents required. Once you get all the documents together call for a mandatory telephone appointment with Becky.

**ZOOM With Us** If you own a desktop Computer, Laptop, iPad or other Tablet, or Smart phone, you will be able to access ZOOM and participate in our virtual programs. Call us here at the center and we will help you get it set up on your device. Once you get started you will be surprised at how easy and fun it can be!



To access ZOOM via these devices call the Center and give us your email address and we will send you a link.

If you don't own one of the above devices, or simply prefer to use your home landline or cellphone to access our virtual programs the process is as simple as making a phone call! No computer/tablet/smartphone required!

Once you connect, you will be prompted to enter the Meeting ID, which you may get from calling the Center. Once the meeting begins, you will be able to speak and listen to all of the other participants. Don't be left out on all the fun. Let the fun begin!

**Coffee & Chat with Becky** Grab your favorite cozy beverage and join the Coffee Chat Zoom meeting to discuss any and all things related to outreach! We can talk about accessing local resources, applying for Fuel Assistance or even brainstorm ways we can help out our community. Bring your questions and ideas on **Tuesday, February 2nd and February 16th @ 10am** for a lively discussion. You must preregister for this event. Call the COA and provide your email address to get the Zoom link.

**Game Time with Becky** Join me for a virtual game of Trivia on **Thursday Feb 25th @ 1:00**. I will be the host and ask 5 rounds of questions on different subjects and we will see who knows the most useless information! Call ahead to register and I'll send you the zoom link.

### 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.

**BLOOD PRESSURE CHECKS** **Thursday, February 4th and 18th 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



**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**

Did you know that the week of February 17 is Random Acts of Kindness week? I didn't either. I'm not sure many people make this a regular observance, but I think we should change that this year! Our friends, neighbors and complete strangers have had a tough 11 months and I think we should take this opportunity to spread some kindness in our community. Here are a few ideas of ways to brighten another person's day AND make you feel good in the process!

- Send a good morning or good night text to a friend
- Write and send a handwritten letter
- Give someone a compliment
- Leave a generous tip
- Donate used towels to an animal shelter
- Give away your parking spot
- Share your favorite recipe on social media
- Leave a surprise note or treat in your mailbox for your mail carrier

If you choose to participate in Random Acts of Kindness week, let me know!

### ***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
1. 9-4 Fitness Room	2. 9-4 Fitness Room 10:00 Coffee & Chat with Becky	3. 9-2 Fitness Room 9-10 Dr Cooney Podiatry
8. 9-4 Fitness Room	9. 9-4 Fitness Room	10. 9-2 Fitness Room
15. 	16. 9-4 Fitness Room 10:00 Coffee & Chat with Becky	17. 9-2 Fitness Room
22. 9-4 Fitness Room	23. 9-4 Fitness Room	24. 9-2 Fitness Room 11:00 Virtual Canvas & C...
		<b>February</b>

### 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
Room per	4. 9-4 Fitness Room 10-10:30 Drive up Bread & Pastry 11-11:30 Blood Pressure	5. 9-12:30 Fitness Room
Room	11. 8:00 Market Basket 9-4 Fitness Room 10-10:30 Drive up Bread & Pastry	12. 9-12:30 Fitness Room 9:00 COA Board Mtg Virtual
Room	18. 9-4 Fitness Room 10-10:30 Drive up Bread & Pastry 11-11:30 Blood Pressure	19. 9-12:30 Fitness Room
Room Paint Class up	25. 8:00 Market Basket 9-4 Fitness Room 10-10:30 Drive up Bread & Pastry 1:00 Trivia with Becky	26. 9-12:30 Fitness Room
ry		

**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)*

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

*You're the best!!!*

**Dues were received from:** Cynthia Brown ~ Donna Collins ~ Stewart Simon ~ Warren and Linda Champagne ~ Bob and Louise Hebler ~ John Ottenstein and Tibel Rubin ~ James and Catherine Gale ~ David and Arlene Doe ~ Bruce and Denise Schroepfer ~ Bernard, June and Daniel Coffey ~ Julie Chisholm ~ Mary Ferber

**Dues with extra donations were received from:** Prabhu Swaminathan ~ Mary P. Gallo ~ Ann Ohara and Bill Iseman ~ Rosalia Keller ~ Herman Downing ~ Erin Underhill ~ Jane Lebak ~ Robert and Ronda Matson ~ Art and Jen Payne ~ Daniel and Elizabeth Lynn ~ Charles and Nancy Cunningham ~ Terry and Doc Foster ~ Patricia and Colin Grennon ~ Jay Cronin ~ Helen Humphrey ~ Carol Kerwin-Mushnick ~ Ed Shropshire ~ Katina Mouyos ~ Art and Zoe Peros ~ Kathy Reebe ~ Hal Holborow ~ Joan Ashe ~ Shirley Rowley ~ Bob and Connie Harvey ~ Pam Wilkey ~ Deb Bondy and Connie Ramondelli ~ Dorothy Hobson ~ Helen Kubacki ~ Susan Granata ~ Andrea and Charles Bilics ~ Anne Williams ~ Larry and Denise Farley ~ Carole & John Greco

**Donation in memory of Thomas Espie was received from:** Erin Underhill

**Donation in memory of Joan R. Holborow was received from:** Hal Holborow

**Donation in memory of Ron Spearing was received from:** Robert and Ronda Matson

**Donation in memory of Durwood B. Rowley was received from:** Carol Kerwin-Mushnick, Shirley Rowley

**Donation in memory of Theresa M. Shotwell was received from:** Dorothy Hobson

**Donation in memory of Doris Payne was received from:** Art and Jen Payne

**Donation in memory of Constantine Mouyos and Fred Mouyos was received from:** Katina Mouyos, and Art & Zoe Peros

**Donation in memory of Jennie Palange was received from:** Carole & John Greco

**Kathy Reebe made a donation in memory of the following people:** Hank and Theresa Perciaccante, Jo Anne Brodeur, Cathy Travers and in honor of Al Holmes

*In Memory of:*

*Catherine Travers~ Robert Sheehy~ June Coffey~ Gerard Richard*



## Happy Valentines Day!!

Knock knock." "Who's there?" "Olive." "Olive who?" "Olive you!"

"Knock, knock." "Who's there?" "Peas." "Peas who?" "Peas be mine!"

"Knock, knock." "Who's there?" "Butch, Jimmy and Joe." "Butch, Jimmy, and Joe who?"  
"Butch your arms around me, Jimmy a kiss, and let's Joe."

"Knock, knock." "Who's there?" "Disguise." "Disguise who?" "Disguise is your boy friend!"

"Knock, knock." "Who's there?" "Howard." "Howard who?" "Howard you like a big kiss?"

"Knock, knock." "Who's there?" "Bea." "Bea who?" "Bea my Valentine!"

What do single people call Valentine's Day? Happy Independence Day

Happy Valentines day, hope you all get some.....  
Chocolates that is



# COALITION

MILLIS  
COUNCIL ON  
AGING

Millis Council on Aging  
Veterans Memorial Building  
900 Main Street  
Millis, MA 02054  
Phone: 508 376-7051  
Kitchen: 376-7056  
Fax: 508 376-7054

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