

VOLUME 23  
ISSUE 1

JANUARY  
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

### 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 : [eunderhill@millisma.gov](mailto:eunderhill@millisma.gov)

# Happy New Year

**Senior Circuit Breaker Tax Credit** As a senior citizen, you may be eligible to claim a refundable credit on your personal state income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes paid on the Massachusetts residential property you own or rent and occupy as your principal residence. The maximum credit amount for tax year 2020 is \$1,150. Eligibility requirements:

- You must be a Massachusetts resident or part-year resident.
- You must be 65 or older by January 1, 2021.
- You must file a Massachusetts personal income tax return.
- You must own or rent residential property in Massachusetts and occupy it as your primary residence.
- For tax year 2020, your total Massachusetts income doesn't exceed:
  - \$61,000 for a single individual who is not the head of a household.
  - \$76,000 for a head of household.
  - \$92,000 for married couples filing a joint return.
- If you are a homeowner, your Massachusetts property tax payments, together with half of your water and sewer expense, must exceed 10% of your total Massachusetts income for the tax year.
- If you are a renter, 25% of your annual Massachusetts rent must exceed 10% of your total Massachusetts income for the tax year.

If you are eligible for the Circuit Breaker Credit, complete Schedule CB with your Massachusetts state income tax return.

**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.

# HEAT

**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, January 5th and January 19th @ 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** Let's play virtual Scattergories on **Friday, January 15th at 11:00**. I'll pick a letter and you come up with an Animal, Place, Name and Thing that begins with that letter. Fastest unique responses wins a bookmark! Preregister by calling the Center with your email address.

**Pen Pal Program** The COA is partnering with the Recreation Department to bring back the Sunshine Club! So often our snail mail is only bills and advertisements. Wouldn't it be nice to receive a card or note from a local family who would like to spread some cheer in the community? Sign-up to join this program at the COA. The Recreation Department will match a senior with one of their volunteer families. Your privacy will be protected, with all mail coming through the COA first and then distributed to participants.

This program will begin February 1st and continue through the end of March. Any questions? Call Becky

**BLOOD PRESSURE CHECKS** **Thursday, January 7th and 21st 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.

**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.

**TRADER JOES FREE FLOWER and PUZZLE GIVEAWAY** **Tuesday, January 12th and 26th from 2:00-2:30**. **No sign-up required** Outside in rear parking lot on Park Street. Masks and 5 ft social distancing required. **WEATHER PERMITTING**

**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

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**

*Please note new hours*

This has been a very difficult 9 months for everyone. Even on the best days, I think we all feel a low, lingering anxiety every day. It wears you out and makes you wonder when the good feelings will return. But I am here to tell you that there is still a lot of good in this world, specifically in this town! I have witnessed firsthand the generosity of strangers to make sure residents at a local rest home that has been in lockdown receive spectacular holiday gifts. I have answered random phone calls of people asking "How can I help" during a pandemic. Agencies have reached out to me because they have generous donors who want to help children have a magical Christmas, when their parents are struggling to make ends meet. Not to mention the meal trains, the car rides, the freshly baked cookies, the beautifully crafted cards that happen every day without any fanfare. It's just neighbors being kind! The love and generosity is overwhelming and makes me so happy to be a part of this Millis community!

### **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 Thursday 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
	<b>January</b>	
4. 9-4 Fitness Room Lunch~ Mac & Cheese	5. 9-4 Fitness Room Lunch~ Mexican Chicken	6. 9-2 Fitness Ro Lunch~ Sloppy
11. 9-4 Fitness Room Lunch~ Am Chop Suey	12. 9-4 Fitness Room 2:00 Trader Joe Flowers 2:00 Puzzle Giveaways Lunch~ Omelet	13. 9-2 Fitness Ro Lunch~ Chick
18. 	19. 9-4 Fitness Room	20. 9-2 Fitness Ro Lunch~ Roast
25. 9-4 Fitness Room Lunch~ Broccoli & Cheese Chicken	26. 9-4 Fitness Room 2:00 Trader Joe Flowers 2:00 Puzzle Giveaways Lunch~ Shepard's Pie	27. 9-2 Fitness Ro Lunch~ Chick


**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. 
om y Joe	7. 9-4 Fitness Room 10-10:30 Drive up Bread & Pastry 11-11:30 Blood Pressure Lunch~ Roast Turkey	8. 9-12:30 Fitness Room  Lunch~ Pork Lo Mein
om en Marsala	14. 8:00 Market Basket 9-4 Fitness Room 10-10:30 Drive up Bread & Pastry Lunch~ Hot Dog	15. 9-12:30 Fitness Room  11:00 Scattergories  Lunch~ Salmon
om Pork	21. 9-4 Fitness Room 10-10:30 Drive up Bread & Pastry 11-11:30 Blood Pressure Lunch~ Greek Meatballs	22. 9-12:30 Fitness Room  Lunch~ Beef & Lentil Chili
om en Picatta	28. 8:00 Market Basket 9-4 Fitness Room 10-10:30 Drive up Bread & Pastry Lunch~ Meatloaf	29. 9-12:30 Fitness Room Lunch~ Fish Sandwich

**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 reschedule.
- 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 was highlighted in **YELLOW** with a (-) or an old date it's time to re-new 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)*

Not to brag but I already have a date for New Year's Eve.

December 31st

Right before the clock strikes midnight on New Year's Eve, make sure to lift up your left leg.

You'll want to start the New Year on the right foot.

May all your troubles last as long as your New Year resolutions.

My New Year's resolution is to stop hanging out with people who ask me about my New Year's resolutions.

This New Year's I resolve to be less awesome since that is really the only thing I do in excess.

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

*You're the best!!!*

**Dues were received from:** Linda and Richard Jones ~ Ann Ohara and William Iseman ~ Deborah Lundergan ~ Nancy Keysor ~ Andrew and Sandra Bell ~ Evelyn Boyd ~ Gail and Richard Douglas ~ Marilyn and Douglas Furbush ~ John Kaminski

**Dues with extra donations were received from:** Solange Lubenec ~ Virginia Sherrick ~ Louise and Dennis Hall ~ Eva Lyn ~ Wendy Joseph ~ Stanley and Annamarie Roskey ~ Margaret and Bill Clark ~ John Donahue ~ Linda MacFarlane ~ Stan and Elaine Yablonski ~ James and Kathleen Murphy ~ Valerie Somers ~ Ken and Gail Bekebrede ~ Manuel and Anna Goes ~ Judy and John Kosinski ~ Joanne and Rick Crispin ~ Uldis Dulevskis ~ Stephen Baker ~ Carol Cushman

**Donations for the van were received from:** Stephen Baker

**Donation in memory of Minh Tran was received from:** Louise and Dennis Hall

**Donation in memory of Stephen C. Joseph was received from:** Wendy Joseph

**Donation in memory of Betty DeAnjellis was received from:** Margaret and Bill Clark

**Donation in memory of Dick MacFarlane was received from:** Linda MacFarlane

**Donation in memory of Biruta Dulevskis was received from:** Uldis Dulevskis

**Donation in memory of Phillips Baker Jr. was received from:** Stephen Baker

**Donation in memory of Vi & Bob McCurley was received from:** Carol Cushman

**Donation in memory of Hank & Therese Perciaccante was received from:** Mike & Susan Perciaccante

*In Memory of:*

Jennie Palange~ Charles Matarazo



## MENTAL HEALTH RESOURCES

**The Disaster Distress Helpline**, 1-(800) 985-5990, is a 24/7, 365 day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call 1-(800) 985-5990 to connect with a trained crisis counselor.

**National Suicide Prevention Lifeline** The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. Call 1(800)273-8255.

**DOVE Inc.** Domestic Violence Ended [dovema.org](http://dovema.org) 24-hour Hotline: (617) 471-1234 or (888) 314-3683  
Community Advocacy & Prevention Services: (617) 770-4065

## SNAP BENEFIT UPDATE

SNAP provides nutrition benefits to supplement the food budget of needy families so they can purchase healthy food and move towards self-sufficiency (877)382-2363 Online Grocery Shopping Now Available for SNAP Recipients in Massachusetts. Massachusetts residents who receive Supplemental Nutrition Assistance Program (SNAP) benefits can purchase groceries online with electronic benefit transfer (EBT) cards through Amazon and Walmart. Like using SNAP benefits to purchase food in a store, benefits can be used to buy SNAP eligible foods online, including fresh produce, frozen foods, dairy and eggs, plant seeds and more. Then purchases can be delivered through Amazon OR curbside pick-up at the Walpole location. Visit <https://www.mass.gov/snap-online-purchasing-program> for more information about this new purchasing option, including frequently asked questions and flyers. SNAP benefits cannot be used to pay for fees, like delivery fees.

# COALITION

MILLIS  
COUNCIL ON  
AGING

Millis Council on Aging  
Veterans Memorial Building  
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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