

VOLUME 23
ISSUE 3

MARCH
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

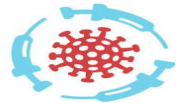
Director: Patty Kayo pkayo@millisma.gov
Outreach: Becky Poynot bpoynot@millisma.gov
Transportation:
Linda Stetson lstetson@millisma.gov
Drivers:
Robert Daly
Herbert Lannon Jr.

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



COVID-19 vaccine

Everyone in Phase 1, individuals age 75 and older, individuals age 65-74, individuals with 2+ certain medical conditions, & residents and staff of low income and affordable senior housing can get the COVID-19 vaccine now.

If you are able to access a web based platform here are a number of different sites that are prepared to offer the COVID-19 vaccine. Please see the following locations below:

Mass vaccination site- Gillette Stadium <https://www.maimmunizations.org/>

Milford Regional Hospital <https://www.milfordregional.org/coronavirus-covid-19-update>

Big Y <https://www.bigy.com/Pharmacy/covid19-vaccine-faq>

Wegmans <https://www.wegmans.com/covid-vaccine-registration/>

CVS <https://www.cvs.com/immunizations/covid-19-vaccine>

At mass vaccination locations only: Individuals accompanying a 75+ resident to their vaccination appointment can make an appointment to also be vaccinated at the same location on the same day.

Individuals 75 and older without access to the internet or who are unable to schedule their appointment online can call toll free [2-1-1](tel:2-1-1) or [\(877\) 211-6277](tel:877-211-6277) for assistance.

If you have questions or need assistance scheduling an appointment, you may also contact the Center at (508) 376-7051.

Fuel Assistance Applications are only available until April 30, 2021. Please contact Becky at 376-7051 if interested.

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, March 2nd and March 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.



Coffee & Chat

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, March 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
- 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

Even though our offices are closed to the public, I am still here to assist with your outreach needs. Just because there is a pandemic going on, doesn't mean people stop applying for affordable housing or trying to find the right in-home caregivers. Some people may need to apply for SNAP (food stamps) and start going to the food pantry or Nana-k's Kitchen. I am here to assist you with these and other issues and work together to find answers to your questions. Give me a call!

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
8. 9-4 Fitness Room	9. 9-4 Fitness Room	10. 9-2 Fitness Room
15. 9-4 Fitness Room	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
29. 9-4 Fitness Room	30. 9-4 Fitness Room	31. 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.

508-376-

Kathy O'Neil
COA Kitchen

7056



Please call Kathy if you are interested in delivering MOWs

WEDNESDAY	THURSDAY	FRIDAY
m	4. 9-4 Fitness Room 10-10:30 Drive up Bread & Pastry 11-11:30 Blood Pressure	5. 9-12:30 Fitness Room
m	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
m	18. 9-4 Fitness Room 10-10:30 Drive up Bread & Pastry 11-11:30 Blood Pressure	19. 9-12:30 Fitness Room
m	25. 8:00 Market Basket 9-4 Fitness Room 10-10:30 Drive up Bread & Pastry	26. 9-12:30 Fitness Room
m	March	

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)

Who else is very excited for Spring?????

How excited was the gardener about spring? So excited he wet his plants.

Does February like March? No, but April May

When do monkeys fall from the sky? During APE-ril showers

What season is it best to go on a trampoline? Spring time

What do you call a rabbit with flees? Bugs Bunny

What goes up when the rain goes down? Umbrellas

What month of the year is the shortest? May (only 3 letters)

Name a bow that can't be tied. A rainbow

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

You're the best!!!

Dues were received from: Kathryn Krause ~ Barbara Mariotti ~ Chip and Aimee Fagan ~ Charlie and Josephine Seminerio ~ Irene Long and Thom King ~ Claire Gorman ~ Frances Martin ~

Dues with extra donations were received from: James and Patricia Gilmartin ~ Ron and Virginia Peiler ~ Daniel and Agnes Lee ~ Marie Murphy ~ Paul and Deborah Merritt ~ Phyllis Main ~ Jane Hardin ~ Siri Tapa and Sat Guru Khalsa ~ Wayne and Sheila Lawes ~ Hendrika Tersteege ~ Enid Stepner ~ Laraine Stepner ~ Robert and Carol Yeager ~ Barbara Veilleux ~ Joe Hoey ~ Geoffrey and Deborah McCarthy ~ Gene and Ann Hayward ~ John and Susan McAvoy ~ Nancy and Thomas Snow ~ Judith O'Neil

Donation in memory of June Coffey was received from: Nancy Tate

Donation in memory of Beverly Temple was received from: Jane Hardin

Donation in memory of Vi Johnson was received from: Hendrika Tersteege

Donation in memory of Sadie Stepner was received from: Enid and Laraine Stepner

Donation in memory of Cathy Hoey was received from: Joe Hoey



In Memory of: Violetta May "Vi" Johnson~ Joseph Travers



*HAPPY
Saint Patrick's Day*



May the roof above you never fall in and those gathered beneath it never fall out.

A little fire that warms is better than a big fire that burns.

May misfortune follow you the rest of your life, and never catch up.

The older the fiddle the sweeter the tune.

Where the tongue slips, it speaks the truth.

May the hinges of our friendship never grow rusty!

A good laugh and a long sleep are the two best cures.

May you have the hindsight to know where you've been, the foresight to know where you are going, and the insight to know when you have gone too far.



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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This newsletter is brought to you by a grant from Executive Office of Elder Affairs and The Friends of Millis