

VOLUME 23
ISSUE 5

MAY
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

The Millis Council on Aging is committed to maintaining the highest level of independence with older individuals by developing and coordinating community care, reducing isolation and educating and improving the overall understanding of various community-based services. The Council also provides transportation for the elderly and disabled, a Supportive Day Program for those who are isolated or experiencing mild confusion/dementia, and a outreach program for those who are in need of information or referrals. We also house the Meals on Wheels Program. The Center is an intake site for the States Fuel Assistance Program and The Millis Fund and acts as a liaison to many state, federal and local programs.

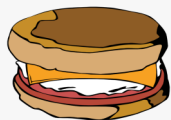
PLEASE BE ADVISED

The Select Board voted to change the start time of the Annual Town Meeting scheduled for Saturday, May 1st from a 12:00pm to a start time of 2:00pm. with a rain date (or continuation) date of Sunday, May 2 at noon. If both days are a wash out then the meeting will be held on Saturday, May 8th with a rain date (or continuation) on Sunday, May 9th. The meeting will be held outside at the MS/HS parking lot.

The Town Election will be held as previously scheduled on Monday, May 10th at the Veterans Memorial Building Gym from 7am-8pm.

Transportation is available. Please call the Center in advance at 376-7051 for a reservation.

BREAKFAST SANDWICH DRIVE THROUGH



on Monday, May 10th from 10:30 to 11 to pick up a delightful homemade ham & egg muffin. In honor of Mothers Day all mothers will get a little present. 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. Please let us know if you plan on driving through so we may plan accordingly.

The Town of Millis is seeking candidates for a COA Driver position, 12 to 18 hours per week. The role of Van Driver is to provide safe transportation to the elderly and disabled citizens of Millis. This is a non-union/benefited position. Candidates should possess a valid Massachusetts driver's license in good standing, high school diploma, and excellent communication and interpersonal skills. Wheelchair securement training, CPR and First Aid Training provided. Rate \$13.50/hour Applications are available upon request at the Town Administrator's Office, Veterans Memorial Building, 900 Main Street, Millis, MA 02054 , or at www.millisma.gov. Completed applications should be returned to the Town Administrator's office via post or emailed to mcanesi@millisma.gov



The Massachusetts Bar Association sponsors a monthly Dial-A-Lawyer program and encourages members of the public to call our hotline for free legal advice. Dial-A-Lawyer attorney volunteers are in good standing and have a wide variety of legal experience. On the first Wednesday of every month, from 5:30 - 7:30 p.m., attorneys are available at (617) 338-0610 or (877) 686-0711 to answer questions on a variety of topics, including family law, bankruptcy, employment, estate planning, real estate, consumer rights and more.

Fuel Assistance Applications have been extended until May 28, 2021. Please contact Becky at 376-7051 if interested.

HOLLY'S OUTDOOR CHAIR YOGA Every Friday at 10:00. Pre-registration is required. The class will take place outside behind the ramp entry. Cost is \$3.00 per class. Limited 10 participants with social distancing. Millis residents will be signed-up first.



The COA Walking Club Every Friday join us at 9am at the rear entrance in the Senior Center parking lot. This is a FREE activity, but we do ask that you call the Center to register so we have an accurate count of participants. Masks and social distancing required. Please call if you have any questions and let's get walking!

Blue Cross Blue Shield Medicare Wellness Webinars

Immunity Boosters and Busters Wednesday, May 5 at 02:00

Looking to boost your immunity? Learn which foods and lifestyle practices enhance immunity and which ones decrease your body's ability to fight infection and illness. Join registered dietitian, wellness coach, and fitness instructor Tricia Silverman as she shares practical tips and eye-catching nutrition demonstrations to help inspire you to eat for better health and immunity. Please call the Center two days before the webinar with your email and we will send you the link.

Meditation for Busy Minds Thursday, May 27 at 02:00

Have you wondered about meditation and if it's for you? Join us to learn what meditation is and how it works to quiet the mind. Practice simple meditation techniques during the webinar and discover free apps for creating an at-home practice. New and experienced meditators welcome. Please call the Center two days before the webinar with your email and we will send you the link.

BLOOD PRESSURE CHECKS Thursday, May 6th 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

- Now that Spring is here and Summer is on the way, it is more important than ever to be mindful of your body's needs during hot weather. Here are a few safety tips.

- **Stay away** from direct sun exposure as much as possible. If possible, plan your outdoor activities either early in the morning or when the sun starts to set.

Air conditioning is your friend in summer. Spend as much time as possible in air-conditioned spaces. (Note: The federal [Low-Income Home Energy Assistance Program](#) (LIHEAP) helps adults 65 and older who have limited incomes cover the cost of air conditioners and utility bills. To reach your state's LIHEAP program, call 1-866-674-6327.)

- **Stay hydrated.** Drink plenty of cool water, clear juices, and other liquids that don't contain alcohol or caffeine. Alcohol and caffeine cause you to lose water in your body by making you urinate more.

- **Dress appropriately.** Whenever you can, try wearing loose, light-colored clothes. Avoid dark-colored clothes as they may absorb heat. Top it off with a lightweight, broad-brimmed hat and you are dressing like a pro! These simple changes will help you both stay cool and avoid sunburn.

- **Did someone say sunburn?** Buy a broad spectrum sunscreen lotion or spray with sun protection factor (SPF) of 15 or higher. Apply the sunscreen liberally to all exposed skin. Also, bugs are abundant in summer, so spray insect repellent when going outdoors.

Cool down! Take tepid (not too cold or too hot) showers, baths, or sponge baths when you're feeling warm. Don't have the time? Then wet washcloths or towels with cool water and put them on your wrists, ankles, armpits, and neck.

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
<h1>May</h1>		
3. 9-4 Fitness Room	4. 9-4 Fitness Room	5. 9-2 Fitness Room
10. 9-4 Fitness Room 	11. 9-4 Fitness Room	12. 9-2 Fitness Room
17. 9-4 Fitness Room	18. 9-4 Fitness Room	19. 9-2 Fitness Room
24. 9-4 Fitness Room	25. 9-4 Fitness Room	26. 9-2 Fitness Room
31. 9-4 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.

Kathy O'Neil
COA Kitchen
508-376-7056



Please call Kathy if you are interested in delivering MOWs

WEDNESDAY	THURSDAY	FRIDAY
		<p>***** ***** ***** Town Hall Meeting Saturday, May 1st at 2:00 MS/HS Parking lot ***** ***** *****</p>
m6	6. 9-4 Fitness Room 10-10:30 Drive up Bread & Pastry 11-11:30 Blood Pressure	7. 9-12:30 Fitness Room 10:00 Yoga
m	13. 8:00 Market Basket 9-4 Fitness Room 10-10:30 Drive up Bread & Pastry	14. 9-12:30 Fitness Room 9:00 COA Board Mtg Virtual 10:00 Yoga
m	20. 9-4 Fitness Room 10-10:30 Drive up Bread & Pastry	21. 9-12:30 Fitness Room 9:00 Walking Club 10:00 Yoga
m	27. 8:00 Market Basket 9-4 Fitness Room 10-10:30 Drive up Bread & Pastry	28. 9-12:30 Fitness Room 9:00 Walking Club 10:00 Yoga

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)

A commander walks into a bar and orders everyone around

I lost my job as a stage designer. I left without making a scene.

Never buy flowers from a monk. Only you can prevent florist friars.

How much did the pirate pay to get his ears pierced? A buccaneer.

My friends and I have named our band 'Duvet'. It's a cover band.



Thank you Linda Stetson



The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation.. "He's a funeral director," she answered. "Interesting," the newsman thought... He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

(Wait for it...)

She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."



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

You're the best!!!

Dues were received from: Ann and Paul Prohodski

Dues with extra donations were received from: Rusty Cushman ~ Brooks Corl ~ Kathy Stevens ~ Charles and Catherine Carter ~ Ruth Howard ~ Bernie and Alexis Price ~ Wayne and Michelle Pitts ~ Marguerite and Bill Casey

Donation for the Van was received from:

Donation in memory of June Coffey was received from: Kathy Stevens

In Memory of:

Ronald Devens~ Roy George Young ~ Libby Wolpert





Council on Aging Feasibility Study

The Permanent Building Committee and The Council on Aging Board took a break from our work with ABACUS Architects in December. We had gone as far as we could go and now we need **YOUR** input.

We need to get an understanding of what YOU want in a new facility. Covid has made this process extremely difficult but not impossible. Currently, PBC and the COA Board are working on a series of questions that we will be using via survey monkey or focus groups to determine the needs and wants of our over 55 population. It should be available soon, we will keep you informed.

Please stay tuned and if you have any questions or concerns please feel free reach out to Director, Patty Kayo at 376-7051 or pkayo@millisma.gov.

COALITION

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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