

VOLUME 23

ISSUE 9

OCTOBER

2021



COALITION

MILLIS COUNCIL ON AGING

900 MAIN STREET MILLIS, MA. 02054

508-376-7051

MONDAY-TUESDAY - WEDNESDAYS 9-4:00 THURSDAY 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: Debbie Sand dsand@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-Peter Jurmain: pjurmain@millisma.gov Vice Chair-Erin Underhill : etund-erhill@millisma.gov Clerk- Craig Schultze: cschultze@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 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.

WITCHY WANDA Spooktacular Variety Show With exceptional make-up and costumes along with fun props and gags, this interactive, audience-participation, variety show is a great way to celebrate Halloween. Music and song, jokes, and ghoulish fun presented by Witchy Wanda and her strange, fun-loving friends. Join us in celebrating Halloween with Wanda on **Wednesday, October 20th at 1:00**. Reservations necessary. COSTUMES WELCOME & ENCOURAGED! Thank you to our Friends group for sponsoring this event!

TAI CHI with Tony Berg This class will focus primarily on the therapeutic aspects of Tai Chi, while the martial/ self-defense and performance aspects will be secondary, discussed only as an aid to learning the various forms. We will be practicing Yang style Tai Chi, which is the most popular of the five traditional schools of Tai Chi. The slow, controlled movements of Tai Chi improve concentration, strength, endurance, flexibility, balance, coordination, and poise. We learn to release unnecessary tension from the body and increase relaxed awareness. The movements and postures are easily modified to fit individual needs. Tony will be here every **Tuesday at 9**. Classes are \$3.00 per class.

GRAB AND GO LUNCH from HESSCO Every Thursday from 11:15-12 HESSCO is offering a packed lunch which consists of a sandwich, chips, side salad, dessert and lemonade for a suggested donation of \$3. Every week the sandwich is different. Week 1: Chicken Salad, Week 2: Turkey & Cheese, Week 3: Seafood Salad, Week 4: Ham & Cheese, Week 5: Tuna Salad Please call the Center at 376-7051 by noon the Friday before to order.

GUT MICROBIOME How can probiotics, prebiotics, gut microbiome and nutrition make you feel better overall? Swing by and hear a talk from the HESSCO Dietitian, Kelsey. During this talk she will explain how prebiotics and probiotics help to add good bacteria to your gut; which are key and vital to your overall health! Discussion will be had of overall nutrition, a healthy diet and how routine can prevent your microbiome from changing and maintain overall optimal health! Join us on **October 26th at 2** and learn about gut health from a professional. Sign ups are **GREATLY** appreciated.

DOWNSIZING? "Is your current home no longer serving you? Do you feel it's time to "rightsize" but aren't sure where to begin? Or have you created your plan but don't know what to tackle first? Join the discussion with Erin DiCarlo, Certified Senior Advisor, Seniors Real Estate Specialist and Sellers Representative Specialist as she shares tips and tricks to help you move forward with ease. Erin has supported thousands of older adults and their families as they gain clarity, create their master plan and execute it seamlessly. From helping you find your forever home, to managing the packing, moving, unpacking and settling you into your new space; while simultaneously managing the downsizing process back at your home (estate sales, antique/art appraisals, and sales, donation coordination, clean out services), Dovetail Companies provides one point of contact for any and all services that may be needed to seamlessly transition you during this process. Join us on **Tuesday, October 12th at 1:00**

JUST SIMPLIFY Decluttering and Organizing Presentation: At one time or another, just about everyone thinks, "I want to get organized". Maybe you're feeling overwhelmed, maybe you don't know where to start, or maybe you can't figure out if something should stay or go. The bottom line...if you don't love it or use it, it's CLUTTER and it needs to go. Join Norma Conley of Just Simplify for tips on decluttering and organizing your life and home on **Tuesday, October 19th at 2**.

Podiatry Main Street Podiatry will be here **Wednesday, October 6th from 9-11** to trim your toe nails and provide an initial evaluation of your feet. They accept most insurances with the exception of BMC. ***There may be charges from your insurance such as co-pays, deductibles, etc. Please check to with your insurance in advance to see if a referral is required. Pre registration for appointments will be required.*** 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.

MEDICARE OPEN ENROLLMENT Runs each year from October 15 to December 7 and allows you to change from your current Medicare coverage to another plan. Plans change every year so it's important to review your coverage to make sure you have the coverage you need at a cost you can afford. SHINE ("Serving Health Insurance Needs of Everyone") counseling is a FREE service. Our SHINE counselor's Brian or Jane are available for in person consultations at the Center. They can help you compare the costs and benefits of Medicare and other health insurance options and help you enroll in a health insurance program that best fits your needs. Please bring to your appointment all your medical cards (Medicare, Supplemental Insurance, and Prescription Cards) and medication bottles (or a list of your current medications, dosages, and frequencies). ***Appointments required.***

GEOLOGICAL WONDERS Presenter, Susan Steele will be taking you on an amazing journey to the following locations to discover the world's greatest geological wonders. **Wednesdays from 11:00- 12:00** This month is as follows: October 6th ~ Antarctica, October 20th~ Fiordland National Park, October 27th ~ Bay of Fundy and Hawaii.

Nanak's Kitchen The Sikh Dharma food relief program is providing bags of nonperishable organic, vegan foods to anyone in need at the Council on Aging every Monday from 9-11 ***All are welcome.***

Home Cooked Breakfast Sandwiches to all volunteers who help fold our COA newsletter. On Friday, October 22nd from 8:30- 10:30. Call the Center to get your name on the list.

Stretch & Flow Yoga In yoga class at the Senior Center 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 if you prefer to be seated on the floor. Several levels of modification are given, you will go at your own pace. In this class you will be encouraged to move with ease, never forcing or pushing yourself to a place where you feel uncomfortable. The class concludes with a breathing exercise and a few minutes in deep relaxation. My hope is that you will leave the class feeling refreshed, rejuvenated and ready to take on your day with grace and an optimistic mindset. I have practiced yoga for most of my life and have been teaching yoga at local Senior Centers for over 20 years. The class meets **every Friday at 9:30**. The cost is \$3.00.

Technological Training for Multi- Devices Having trouble with your laptop, smart phone or tablet? Bob Bryant is available to assist you with any device that is giving you problems. Bob is very knowledgeable with technology and will be available by appointment every **Monday from 10-12**. This is by appointment only. Please call the Center to schedule a session with Bob in advance.

BLOOD PRESSURE CHECKS We have a registered volunteer nurse that will provide a blood pressure check for you every **Thursday from 11:00-11:30** in room 21.

Cribbage Come join the Cribbage group any Monday or Friday from 9:30-12. Everyone is welcome! It's a great group of people. Come on down!

BINGO Will be held every Thursday at 12:15 in room 21. SUPER Bingo (the last pot is worth \$25) is every 2nd and last Thursday of the month. Come on down!

Line Dancing with Jeanne If you have interest in joining the "Silver Streaks" every **Thursday morning @ 10:15 am in Room 18**, and have the basic rudiments of footwork used in Line Dancing, i.e., the grapevine, the jazz block, stomps, scuffs, taps, shuffle steps and pivots, come join us! The class is \$4.00 per class payable at the time of class. Please call (508)376-7051 to reserve your spot. For further information you can contact Jeanne Thompson @jat0535@comcast.net.

FITNESS ROOM: Monday, Tuesday, Wednesday 9-4 Thursday 9-2 Friday 9-12:30

Why pay expensive gym fees when you can come to your Senior Center and work out with friends? We have 2 treadmills, recumbent bike, upright bike, Elliptical machine and a 7 piece hydraulic circuit training station. All that is needed is a completed application, medical release from your doctor and view an instructional video, all which can be found on the COA website at millisma.gov. An annual fee of \$100 covers our maintenance costs and other related expenses. Please contact us at 376-7051 if interested. Hope to see you soon!

Thank you to those of you who support us with contributions and donations. If you have anything to donate to "Candy's Corner" please drop your items off. We appreciate jewelry, knick-knacks, purses, small kitchen gadgets, and holiday decorations.

Marcia Carini for the tea pot and mugs~ Barry Gallagher for the Candy's Corner items~ Claire Gorman for the Candy's Corner items~ Patricia Diatelevi for the books~ Meredith St Sauveur for the adaptive equipment~ Sumner Fishman for the books

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 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 about our services for senior citizens, adults, and families.

**Outreach Worker ~ Debbie Sand
Monday ~ Tuesday~ Wednesday 9-4**

FUEL ASSISTANCE APPLICATIONS ARE AVAILABLE. PLEASE CALL FOR INFORMATION.

Need assistance paying for heat this winter? The Fuel Assistance Program helps thousands of local families with home heating bills. A family of 1 can qualify for assistance if they make less than \$40,951/ year and a family of 2 less than \$53,551/year. Call me at the COA for income requirements for larger families and to schedule an appointment to prepare an application. I would also be happy to answer any questions you have regarding the program.

Medfield's Kingsbury Club Senior Swim Program is now open to Millis COA members. The Kingsbury Club is offering two times a week when just seniors use the pool, ***Tuesdays 10:30-11:30 and Fridays 10am - 11am.*** The fee is \$5 per visit. In the summer the schedule changes a bit and it is one time per week. COA members will have to present their COA key tag that indicates they are a member of the COA when entering the club.

Senior Van Schedule

Monday thru Friday
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
\$10.00 Newton/Dedham \$25.00
Boston

Transportation to Medical Appointments We are available Monday through Thursday 8-2 Friday 8-12:30 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!

REGULAR ACTIVITIES

Bread and pastry available every day. Courtesy of Blue Moon Bakery, Roche Bro's, Shaws and Country Kitchen

MONDAY

9- 7 ~ *Fitness Room*
 9:00 ~*Enhance Fitness*
 9-11 Nanak's Kitchen Food Relief Program
 9:30 ~Cribbage
 10-12 ~Device Training

TUESDAY

9-4 ~*Fitness Room*
 9-10 ~*Tai Chi with Tony*
 9:30 -1 ~*Crafty Ladies*
 10-11~ *Swimming Wrentham Pool*
 (508) 384-6735 Peter

WEDNESDAY

9-4 ~*Fitness Room*
 10:00 ~*Enhance Fitness*
 10:00~ *Friends Meeting~*
 Wednesday after COA meeting
 2-3~ *Swimming Wrentham Pool*
 (508) 384-6735 Peter

THURSDAY

8:00~ *2nd & 4th Grocery Shopping*
 9-4 *Fitness Room*
 9:30-12:30~ *1st & 3rd Thursday~ Shine*
 (Days may vary) Please call
 10:15-11:15~ *Line Dancing*
 11:00- 11:30~ *Blood Pressure Clinic*
 11:15-12 *Grab and Go Lunch*
 12:15~ *Bingo*

FRIDAY

9-12 *Fitness Room*
 9:00 *Enhance Fitness*
 9:00~*2nd Friday only~ COA Meeting*
 9:30~ *Stretch & Flow Yoga*
 9:30 *Cribbage*
 10-11~ *Swimming Wrentham Pool*
 (508) 384-6735 Peter

Kathy O'Neil
 COA Kitchen
 508-376-7056

Please call Kathy if you are interested in driving or helping in the kitchen.

MONDAY

TUESDAY

WEDNESDAY

October

4.
 9-11 Nanak's Kitchen Food Relief Program
 9-4 Fitness Room
 9-10 Enhance Fitness
 9:30 Cribbage
 10-12 Device Training

5.
 9-10 Tai Chi with Tony
 9-4 Fitness Room
 9:30-1 *Crafty Ladies*

6.
 9-11 *Main Street Poa*
 9-2 Fitness Room
 10-11 Enhance Fitr
 11 Geological Wonde

11.


12.
 9-10 Tai Chi with Tony
 9-4 Fitness Room
 9:30-1 *Crafty Ladies*
 1:00 Downsizing Presenta-
 tion

13.
 9-2 Fitness Room
 10-11 Enhance Fitr

18.
 9-11 Nanak's Kitchen Food Relief Program
 9-4 Fitness Room
 9-10 Enhance Fitness
 9:30 Cribbage
 10-12 Device Training

19.
 9-10 Tai Chi with Tony
 9-4 Fitness Room
 9:30-1 *Crafty Ladies*
 2:00 Decluttering, and Or-
 ganizing Presentation

20.
 9-2 Fitness Room
 10-11 Enhance Fitr
 10 Friends Meeting
 11 Geological Wonde
 1:00 Witchy Wanda
 Show

25.
 9-11 Nanak's Kitchen Food Relief Program
 9-4 Fitness Room
 9-10 Enhance Fitness
 9:30 Cribbage
 10-12 Device Training

26.
 9-10 Tai Chi with Tony
 9-4 Fitness Room
 9:30-1 *Crafty Ladies*
 2:00 GUT MICROBIOME
 PRESENTATION

27.
 9-2 Fitness Room
 10-11 Enhance Fitr
 11 Geological Wonde

Stretch & Flow Yoga Friday at 9:30

Several levels of modification are given. Class is \$3.00.

Tai Chi with Tony Berg Tuesday's at 9:00

The slow, controlled movements of Tai Chi improve concentration, strength, endurance, flexibility, balance, coordination, and poise. Learn to release unnecessary tension from the body and increase relaxed awareness. The movements and postures are easily modified to fit individual needs. Class is \$3.00

DAY	THURSDAY	FRIDAY
		1. 9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch & Flow Yoga
Podiatry Business Elders	7. 9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Bingo	8. 9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch & Flow Yoga
Business	14. 8 Market Basket 9 COA Board Meeting 9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Super Bingo	15. 9-12:30 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
Business Elders Variety	21. 9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 Bingo	22. 8:30-10:30 Newsletter Mail- ing ~ egg sandwich 9-12:30 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
Business Elders	28. 8 Market Basket 9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 11:15-12 Grab and Go Lunch 12:15 SUPER Bingo	29. 9-12:30 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga

Transportation Coordinator:

Linda Stetson

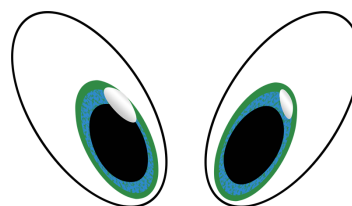
376-7051

9-am -1pm

Transportation Available

- Monday - Thursday's 8-2 and Friday's 8-12:30
- Masks are 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.

Face masks are strongly suggested for entry to the Center if you have not been fully vaccinated



From HESSCO Elder Services

We are looking for a Community Director from Millis for the HESSCO Board of Directors.

The role of a Community Director is to act as a liaison to his/her community, to report on the activities of the HESSCO Board, to report the needs and concerns of area elders to the HESSCO Board, and to formulate policy for the Corporation.

The Community Director does not need to be a member of the Council on Aging, but does need to be a resident of the town.

The board meets on the second Wednesday of the month at 9:30 at the HESSCO office but we are currently meeting through a Zoom meeting.

If interested please call Patty @ 376-7051

Main Street Podiatry at the Center from 9-11

**October 6th
December 1st**

Pre registration for appointments will be required. 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. Please check with your insurance co.

Bingo Madness

Every Thursday from 12:15- 2:30.

Super Bingo is the 2nd and last Thursday of the month! Last pot is worth \$25



TRIPS



Yuletide Newport December 6th \$99.00 PP

8:30 AM Depart onboard your luxury Silver Fox CD/DVD/WiFi Motor Coach and join your friends on a delightful holiday tour combining the beautifully decorated mansions of Newport, Rhode Island and the magnificent lighting display at LaSalette Shrine. You'll first visit Newport's grand Marble House Mansion, decorated in holiday ornaments and displays. A delicious luncheon is included at The Quonset Point Officer's Club and featuring entrée choices of Fresh Baked Scrod or Baked Chicken.

Early this evening a spectacle awaits you at LaSalette, where New England's largest and most colorful Christmas light display is held. You'll return home at approximately 7:00 PM with enlivened holiday spirits after a day visiting Newport and LaSalette.

**Please note that a copy of your vaccination card is required to board the bus. May be a hard copy or available on your phone.*

MILLIS COUNCIL ON AGING TRIP POLICIES

Please call the COA office at 508-376-7051 to make trip reservations. Chose entrée at time of reservation.

2. Payment must be made in check form. Checks Payable to Fox Tours, mail to: COA, Town Hall, 900 Main Street, Millis, MA 02054. Make a separate check for each trip.

3. Payment is due as specified in each description. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you may find someone to go in your place. Payment will not be refunded if your cancellation results in any expense to the COA.

4. ***Please always bring a copy of your FILE OF LIFE card with you on trips. They will be checked.***

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

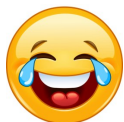
Your Name: _____

Address: _____

Donation Amount: \$ _____

Select One: *In Memory Of:* _____ *In Honor Of:* _____ *In Celebration Of:* _____ *Donation For:* _____





Know why skeletons are so calm?
Because nothing gets under their skin.



Why did the ghost go into the bar?
For the Boos.

How do you mend a jack-o'-lantern?
With a pumpkin patch.

Why did the policeman ticket the ghost on Halloween?
It didn't have a haunting license.

What kind of pants do ghosts wear?
Boo jeans!

What do you call a cleaning skeleton?
The "grim sweeper."

What do you call two witches sharing an apartment?
Broommates!

What's a vampire's favorite fruit?
A necktarine!



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

You're the best!!!

Dues were received from: James Lonergan, Sarah & Jeffrey Finn, Theresa McKenney, James & Beverly Maraggio, Mary Lahnston, Carin Zuchero, Leslie & Charlie Hodgman

Dues with extra donations were received from: John Donahue, Marvin & Deborah Strong, Theresa McKenney, Leslie & Charlie Hodgman, Nancy Zonfrelli, Malcolm & Deborah Gibson, Warren & Nancy Jo Brown, Hogan & Amy Larkin, Diane Hubbard, Arthur & Sankey Blondin, Debbie Roman,

Donations for the Van were received from: Carin Zuchero

Donations to the Center were received from: Joyce Karafotis, Mary Alexander, James & Beverly Maraggio

Donation in memory of Marchelle Corbett received from: Mary Lahnston

Donation in memory of Al Tolley received from: Elana Costa



In Memory of:
Karen Hourigan~ Barbara Healy





The Permanent Building Committee has been actively meeting with Abacus Architects, representatives from the Select Board, the Millis Public Library, Recreation Department and the COA to determine the direction of a Senior Center or a Community Center. We are still working on a way to reach out to the community for input.

Please stay tuned!!

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