

VOLUME 23
ISSUE 8

SEPTEMBER
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, 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.

YMCA ENHANCE FITNESS is a physical activity program comprised of three one-hour sessions per week. The classes are designed to safely increase participants' fitness levels through aerobic and strength training exercises while building a sense of community and social connectedness among class members. Enhance Fitness has been proven to increase participants' strength, balance, flexibility, mood, general activity level, and independence when they attend on a regular basis. The program is beneficial for older adults in general but has been deemed particularly safe and effective for older adults living with arthritis. The group will meet every Monday, Friday at 9:00 and Wednesdays at 10:00 in the gym starting **Monday September 20th from 9-10**. The 16 week course is \$125. payable to the Friends of Millis COA. We will be doing a **FREE trail week** starting on Monday, September 13. Come give it a try. It has been one of our most successful exercise programs to date.

Tai Chi with Tony Berg Taijiquan is a martial art, performing art, healing art and moving meditation. 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. Tai Chi practice is most beneficial if you find it enjoyable and fun. We will be offering 2 **FREE classes** to determine interest on **Tuesday, September 14th & 21st at 9:00**. Come try it to see if you like it.

*Tony Berg has been practicing Tai Chi since 1986 and teaching it since 2007. He is a certified yoga teacher and licensed massage therapist.

Travel The World Without Leaving Millis The World's Greatest Geological Wonders Are you ready to visit some of the world's greatest geological wonders? Come to a Great Course where we will explore the majesty, the beauty and sometimes the strangest of these amazing places. While COVID may have interrupted our travels, I know it hasn't dampened your enthusiasm to continue our adventures. Come with us to the Cave of Swords where crystals are meters long, walk through the hoodoos of Bryce Canyon, visit the inselberg of Uluru, learn about the world's largest desert in Antarctica and more!

We will be meeting on the following Wednesdays from 10:30-11:30 **September 8, 15 & 22. October 6, 20 & 27. November 3, 10 & 17. December 1, 8 & 15.** Looking forward to seeing everyone- Susan Steele, Presenter.

*Reservations greatly appreciated.

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 starting September 13th.

All are welcome.

Fresh Home Cooked Breakfast Sandwiches to all volunteers who help our COA newsletter. On September 23rd from 8:30- 10:30. Call the Center to get your name on the list.

MOW'S Driver Needed Kathy O'Neil is looking for someone to drive Meals on Wheels on Thursdays. Please give her a call at 508 376-7056 for more information.



Cruise to the Land of the Vikings - Norway We will be joining Bob & Janice McCoy on **Tuesday, September 21st at 1:00** as they share slides of their 9 day cruise in which they visited 6 ports which included Haugesund, Geiranger, Hellesylt, Flam, Alesund and Bergen, Norway. Slides include the famous ruins of Skara Brae, the Norwegian coastline, amazing hair-pin turn roads through the mountains, blue fjords with waterfalls cascading into them along their banks and much more. Danish and coffee will be served. Reservations are appreciated.

FREE BREAD AND PASTRY is available on a daily basis every day in room 21 courtesy of Roche Brothers, Shaws, Country Kitchen and Blue Moon Bakery. We ask that you limit your take to what your immediate household needs so we will have enough for all that drop into the Center.

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 mind-set. 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 **Tuesday and 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!

Millis Board of Health is pleased to welcome Sarah Ward, BSN, RN as the new Public Health Nurse. She will be working 10 hours per week and can be contacted at 508-376-7042.

Looking to restock our library. Popular books are mysteries, romance, autobiography's, self help, etc. Please come down and share. There is a box in room 21 for donated books.

Candy's Table is now accepting items. Home décor, jewelry, knic knacks, vases and other small household gadgets are popular items at Candy's Table. All proceeds go to our Friends group for activities and programming.

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

Hi! My name is Debbie Sand and I am the new Outreach Coordinator for the Millis Council on Aging. I previously worked at HESSCO Elder Services. I can provide information and referrals and connect you with community and state resources. I can also help access services such as fuel assistance, food stamps, home care assistance, caregiver support, financial assistance programs, adult day health, and much more. If you have any questions or need assistance, please let me know.

As we move into cooler fall weather, it is time to start thinking about heating the inside of our houses. Residents that received fuel assistance last year should have received or should be receiving shortly a renewal application from SMOC. New applications are also available. Please remember that you need to submit new documentation with the application. I can provide you with a list of documents to submit. In addition, if you would like help filling out the form, please call to set up an appointment.

September 22, 2021 is Fall Prevention Awareness Day! Falls are the leading cause of injury-related emergency department visits and the day is used to address this public health issue. Here are a few tips to help you avoid falls and broken bones:

- Stay physically active. Regular exercise improves muscles and makes you stronger. It also helps keep your joints, tendons, and ligaments flexible.
- Find out side effects of any medicine you take. If a drug makes you sleepy or dizzy, tell your doctor or pharmacist.
- Stand up slowly. Getting up too quickly can cause your blood pressure to drop and make you feel wobbly.
- Use an assistive device, such as canes or walkers, if you need help feeling steady when you walk.
- Be very careful when walking on wet or icy surfaces. They can be very slippery!
- Wear non-skid, rubber-soled, low-heeled shoes, or lace-up shoes with non-skid soles that fully support your feet.
- Remove items in your home that you might trip over and keep home well lit.

I look forward to getting to know you. Happy (almost) Fall!

Debbie

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

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

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
 10:15-11:15 *Line Dancing*

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*
 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

September

6.



7.

9-4 *Fitness Room*
 9:30-1 *Crafty Ladies*
 10:15- 11:15 *Line Dancing*

8.

9-2 *Fitness Room*
 10:30 *Geological W*

13.

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

14.

9-4 *Fitness Room*
 9-10 *Tai Chi with Tony*
 9:30-1 *Crafty Ladies*
 10:15 -11:15 *Line Dancing*

15.

9-2 *Fitness Room*
 10—11 *Enhance Fi*
 10 *Friends Meetin*
 10:30 *Geological W*

20.

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

21.

9-4 *Fitness Room*
 9-10 *Tai Chi with Tony*
 10:15 -11:15 *Line Dancing*
 9:30-1 *Crafty Ladies*
 1:00 *Land of the Vikings with the McCoy's*

22.

9-2 *Fitness Room*
 10-11 *Enhance Fitr*
 10:30 *Geological W*

27.

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

28.

9-4 *Fitness Room*
 9:30-1 *Crafty Ladies*
 10:15- 11:15 *Line Dancing*

29.

9-2 *Fitness Room*
 10-11 *Enhance Fitr*

Stretch & Flow Yoga

Several levels of modification are given. Meets every Friday at 9:30. Class is \$3.00.

Tai Chi with Tony Berg

Tuesday, September 14th & 21st at 9:00
 Come try! If there is enough interest we will offer this on a weekly basis.

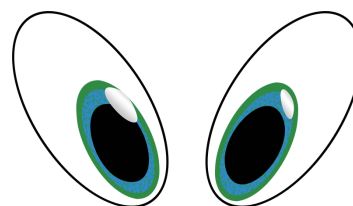
DAY	THURSDAY	FRIDAY
	2. 9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 12:15 Bingo	3. 9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch & Flow Yoga
onders	9. 8 Market Basket 9-4 Fitness Room 9 COA Board Meeting 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 12:15 SUPER Bingo	10. 9-12:30 Fitness Room 9:30 Cribbage 9:30 Stretch & Flow Yoga
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ness onders	23. 8 Market Basket 9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 12:15 Bingo	24. 9-12:30 Fitness Room 9-10 Enhance Fitness 9:30 Cribbage 9:30 Stretch & Flow Yoga
ness	30. 9-4 Fitness Room 10:15-11:15 Line Dancing 11-11:30 Blood Pressure 12:15 SUPER Bingo	

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.

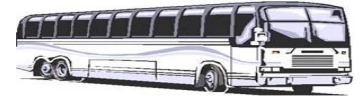
Bingo Madness

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 13th \$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:*





How does an attorney sleep?
 First he lies on one side, then he lies on the other side

I have a few jokes about unemployed people,
 but none of them work

How do you make holy water?
 You boil the hell out of it

Will glass coffins be a success?
 Remains to be seen

What's the difference between a hippo and a zippo?
 One is really heavy and the other is a little lighter

Hear about the new restaurant called Karma?
 There's no menu - you get what you deserve

The guy who invented the door knocker got a no-bell prize

Need an ark? I Noah guy

I used to think I was indecisive; now I'm not so sure

I went to buy some camouflage trousers yesterday
 but couldn't find any

What do you call a bee that can't make up its mind?
 A maybe

I tried to sue the airline for losing my luggage.
 I lost my case

When everything is coming your way,
 you're in the wrong lane

A cross-eyed teacher couldn't control his pupils

Is it ignorance or apathy that's destroying the world today?
 I don't know and don't really care

I wasn't originally going to get a brain transplant,
 but then I changed my mind

Which country's capital has the fastest-growing population?
 Ireland. Every day it's Dublin.

My ex-wife still misses me.
 But her aim is starting to improve

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

You're the best!!!

Dues were received from: Geri & John Sprague, Lu Haner, Julie Chisholm, Lawrence Calderone, William & Michelle Martel, Everard Huggan, Darlene & Roland Chicoine, Jane Goreham, Janet & Don Proctor, Mary Russo

Dues with extra donations were received from: Charlene & Vincent Howley, Robert & Janice McCoy, Barbara Graham, Nancy Croeber, Jacqueline & Robert Graci, Mary Kilduff, Bruce Luther, Kathy & Wayne Pueschal, Marilyn Kennedy, Estelle Marshall, Ida Struck & Kate Opanasets, Mary Kosh, Charles Vecchi, David Condon, Patsy & Phil Divver, Anne Baima, Mary Jane & Wayne Simpson, Martha Kessler

Donation for the Van was received from: Mary Russo

Donation was received from: Lawrence Calderone, Barbara Caisse, Ellen Deering, Bill Martel, Al & Carol Holmes

Donation in memory of Jim Shannon received from: Denise & Linda Farley

Donation in memory of Bev Temple received from: Geri & John Sprague

Donation in memory of Debbie Varga received from: Bonnie Hilton

Donation in memory of Louis Ludin received from: Bonnie Brown



In Memory of: Helen Hickey~ Seth Holden~ Matthew Kane~ Leslie Ross~ Manny Doliner~ Barbara Healy~ Charlie McChesney





Millis Senior Center Feasibility Study UPDATE

A new working group composed of the Permanent Building Committee, representatives from the Select Board, the Millis Public Library, Recreation Department and the COA has been formed. We will be looking at whether the facility should be for Seniors only (or as Community Center) and where it should be located (VMB or Cassidy Farm).

We will be working on introducing Focus Groups for Community input.

Please stay tuned!

COALITION

MILLIS
COUNCIL ON
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Millis Council on Aging
Veterans Memorial Building
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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