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The CENTER at Medfield  
Council on Aging  
One Ice House Road  
Medfield, MA 02052

PRSR STD U.S.  
Postage Paid  
Medfield  
Permit No. 1

THE CENTER AT MEDFIELD  
ONE ICE HOUSE ROAD  
MEDFIELD, MA 02052  
MON.-THURS. 9:00 A.M.- 4:00 P.M. WED. 9:00 A.M.-\*7:00 P.M.  
FRIDAY 9:00-1:00 P.M. \*WEDNESDAY SCHEDULE VARIES  
508-359-3665

JUNE 2021

On April 24, 2006 the Town of Medfield voted to authorize transfer of care, custody, management and control of a parcel of Town-owned land to the Council on Aging to construct and operate an Adult Community Center. The Center opened January 6, 2008 and continues to support the Council on Aging mission to foster an atmosphere of wellness by addressing the emotional, social, physical and often, spiritual needs of older individuals and their families during the aging process. The Council on Aging’s goal is to enhance the quality of life and promote independence by providing programs, social events, services and referrals to support community members through their life journey.



Picture by Mike Lannon  
Garden by Jill Vonmuth 2009

- “Successful Aging  
Through Senior  
Wellness”
- SERVICES**  
Information  
Outreach  
Nutrition  
Transportation  
Advocacy  
Health Clinics  
**Monthly Newsletter**  
Daily Activities  
Computers  
Exercise Classes  
Yoga  
Tai Chi  
Card Games  
Craft classes  
Tax Work-Off Program  
Equipment Loans  
Supper Club  
Book Clubs  
Lending Library  
Supportive Day  
Trips  
Social Events  
Book Groups

COUNCIL ON AGING BOARD

Bob Heald—Chairman, Perry Constas, Richard Ryder  
Katie Robinson and Heidi Groff

If your label is highlighted, please consider making your  
\$5 yearly newsletter donation to the Center.

FOSI MEETING  
ON THURS., JUNE 3  
AT 12 NOON



A Special Thank You to the Following People  
for Their Donations to FOSI

Pauline Medeiros and Edie O’Toole in memory of Lou Fellini  
Robert Heald and Pat Zimmer in memory of Basil McCulloch  
Denise and Neil Conroy in memory of Basil McCulloch (brick)  
Caroline Ryder in memory of Brenda Levy  
Seymour Levy in memory of Brenda Levy  
Shirley Booth in memory of Estelle Flinkman  
Ruth Beswick in memory of Family Members  
Beverly Bennotti in memory of Peter Bennotti  
Kathy Simon in honor of Susan Bernstein  
John, Lauren and Peter Harrington in appreciation of the COA staff  
Suzanne and Gewrard O’Shea,  
Gary and Nancy MacDonald and Alice Goodsell

FOSI continues to offer  
the  
BUY-A-BRICK  
PROGRAM.  
It is a great way to  
remember a loved one or  
to honor someone special  
in your life.  
Order forms are  
available at the Center.

FRIENDS OF SENIORS, Inc. (FOSI) 2021 Yearly suggested donation is \$15.00/person

DATE : \_\_\_\_\_  
NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ EMAIL: \_\_\_\_\_  
ENCLOSED IS MY YEARLY SUGGESTED DONATION OF \$ \_\_\_\_\_  
Additional Donations: \_\_\_\_\_  
IN MEMORY OF: NAME \_\_\_\_\_  
IN HONOR OF: NAME \_\_\_\_\_  
Mail form to: FOSI The Center at Medfield One Ice House Road Medfield MA 02052 OR drop off at the Center.  
This is not for the COA newsletter.  
A separate yearly \$5 donation to the COA covers the newsletter mailing.

Meet Medfield’s New Veterans Service Officer on June 10 at 10 a.m.

Veterans, this is your opportunity to meet Mark Bryson. Mark has been with the Town of Medfield for ~3 months as your VSO and is eager to meet you and support veterans in Medfield. Mark’s service was with the U.S. Navy Seabees, N.M.C.B. Four, based in Port Hueneme, California. His deployments were to Subic Bay, Philippines, Okinawa, Japan, Vieques, Puerto Rico, and Adak, Alaska. He served as a Heavy Duty Equipment Mechanic and achieved the rank of Third Class Petty Officer. Upon discharge, Mark attended Cambridge College, and earned a Bachelors degree in Business Management. Mark’s experience includes Department of Career Services as a Veterans Employment Representative for over nine years. Mark’s goal is to continue the great work of his predecessor and initiate workshops for the Veterans Community that may be of interest.

Trunk Quilt Show with  
Barbara Graceffa



Barbara Graceffa will join our quilters on Monday, June 14 at 10 a.m. Be inspired by Barbara's passion for quilting and design as she shares her expertise and showcases her highly innovative and artistic quilts. Practicing the art of quilting for more than 40 years, she is an award-winning quilter and craftswoman and held her first one-woman show in 2018. Barbara's talent and creativity is amazing. Come see for yourself. This event is by

FLAG DAY IS JUNE 14



The Center is happy to have Dr. Gary Hylander with us on this year’s Flag Day. Flag Day is celebrated in America on June 14, commemorating the day the first flag resolution was passed.

On June 14, 1777, the Second Continental Congress passed a flag resolution stating: *Resolved, That the flag of the United States be thirteen stripes, alternate red and white; that the union be thirteen stars, white in a blue field, representing a new Constellation.* Join Dr. Hylander on Monday, June 14 at 2:30 p.m. as he provides the details and origin of Flag Day. Pre-registration is required and limited to 30 people.

Thomas Upham House



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Quality Care in a Home-Like Setting



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26 Spring Street  
Medfield MA 02052  
508-359-4409  
Inspections, Auto repairs,  
Complimentary shuttle  
service.



Call Mondays to order your HESSCO Grab-N-Go Wednesday Lunch!

June 2 – Chicken Salad  
June 9 – Turkey and Cheese  
June 16 – Seafood Salad  
June 23 – Ham and Cheese  
June 30 – Tuna Salad

Call 508-359-3665 on Mondays before 9:30 am to order.

**COFFEE AND CONVERSATION**

Come together to discuss current and local events or whatever is on your mind. Provide ideas for new activities at the Center. Every Tuesday at 10:30 a.m. after chair yoga.

**Bagel and Bread Bonanza**

Every Wednesday between 12-1 p.m. visit the Center and pick up your favorite bread products from Blue Moon, Donut Express and Brother’s Market.

**AVAILABLE RESOURCES**

**Nursing Services** - Roberta is available for blood pressure checks. Call for an appointment!

**Health Insurance Counseling - S.H.I.N.E.** phone appointments are available by calling the Center.

**Elder Resource Center** - Attorney Mary Roque is available for phone and outside consultations. Arrangements are made by calling the COA.

**Selectman Office Hours** - Enjoy an outside meeting with Selectman Peterson on **Fri. June 4 between 9-10 am.**

**Social Security/Financial Consultation** - Call the Center to schedule an individual and confidential phone call with Jon Bicknell, CFP.

**RMV Near Me** - The COA is offering RMV on-line services by phone. Information on requirements for the Real I.D. can be mailed out, if requested.

**Veteran Service – Office Hours** - We welcome our new Veteran’s Service Officer, Mark Bryson. Call the Center if you need assistance from Mark.

**Fuel Assistance –** If you need assistance or have questions regarding Fuel Assistance, please call the Center at 508-359-3665 and ask for Lisa Donovan.

**About Our Exercise Classes**

Our classes are a “pay as you go” option. This way if you miss a class, you are not paying for a class. Sometimes an unexpected situation occurs that will prevent you from attending. “Pay as you go” is a great feature when this happens! We offer a 6-class punch-card if anyone is interested!

**EXERCISE PROGRAMS AT THE CENTER**

**Core Balance Class**

Join the Jeanne Donnelly’s Core Balance Class on Monday at 1:30 and Friday at 11:00 a.m. Balance training repairs damaged pathways to the brain, strengthens and stabilizes weak muscles (core/abdominal muscles) and teaches the body new strategies for keeping itself upright. Class is \$5.

**Chair Yoga**

Tracy Buckley’s Chair Yoga class is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include: improved flexibility, better concentration and increased strength. Join us on Tuesday at 9:30 a.m. Class is \$5.

**Mat Yoga**

Mat Yoga emphasizes flexibility and relaxation with poses both on the floor and standing. Join Tracy Buckley’s class on Thursday mornings at 9:30 a.m. Class is \$5.

**ZUMBA Gold**

Lourdes Fournier keeps you moving every Thursday at 10:30 a.m. with the Latin dance exercise you know as Zumba! This workout will use every muscle and you will have fun doing it. Our instructor will keep your hips moving as you exercise to the upbeat, energizing music. Class is \$5.

**Tai Chi**

Join our Tai Chi class Friday mornings at 10:00 a.m. Instructor, Jeanne Donnelly will take you through the slow, gentle healing exercise that is ideal for seniors in reducing stress and stiffness, increase balance, joint mobility, strength, flexibility and bone density. Class is \$5.

**OUTSIDE GAMES**

The Center is very fortunate to have a beautiful back yard that can be enjoyed by everyone. On Wednesday afternoons we encourage people to call a friend and play what we have to offer. Backyard games such as Horse Shoes, Bocce, Corn Hole and Ping Pong have plenty of practical benefits.

You may not think about the benefits that these activities can offer. First and foremost, socialization. Social engagement and activity is shown to increase quality of life and even prolong lifespan.

These activities can improve coordination as you focus on the angle of your movements and see your reflexes sharpen and your decision-making improve.

Low-impact activities can help maintain mobility as we age. The required movements of these games, bending down, swinging your arm, etc. all assist in improving flexibility. Join us on Wednesdays for backyard fun!

**SUMMER MOVIES**

Join us every other Wednesday at 2:00 p.m. on the back patio, with good weather, or in the large hall if weather does not cooperate! The dates are June 2, 16 and 30. Each month we will focus on a particular actor. This month we will enjoy movies starring Jack Nicholson, who is now 84 years old and no longer making films. Please call to sign up so we know how to set up the room!

June 2- One Flew Over the Cuckoo’s Nest (Academy Award Best Actor 1976)  
June 16- Terms of Endearment (Academy Award Best Supporting Actor 1984)  
Jun 30- As Good As it Gets (Academy Award Best Actor 1998)

**WEDNESDAY SUMMER SUPPERS 4:30-7 PM**

June 23 – Jeff Jarvis  
July 14 – Entertainment TBD  
August 18 – Patrick Durkin  
September 15– Tune Timers Band

Enjoy a wonderful evening during the summer with good music, a supper you do not have to cook, great conversation and a lot of fun. Pre-registration is required and cost of the evening is \$6/person.


**TUNE TIMERS SWING BAND CONCERT**

The 1920’s jazz bands became the swing bands of the 1930s and 1940s. Swing became a subtle form of syncopation that rose to fame during the Depression. As we all know, the Great Depression followed on the heels of the 1929 stock-market crash, which resulted in life becoming more restrained as thousands of Americans suffered economic hardship, which is why most swing music listeners sought music to uplift their spirits. How swing music began is pretty hard to pinpoint. In fact, the word ‘swing’ appears in the title of a famous Duke Ellington number from 1932, and it’s entitled ‘It Don’t Mean a Thing, If It Ain’t Got That Swing,’ and on that same year, another song called ‘Moten Swing’ by Bennie Moten came out. Several experts believe that the song called ‘Star Dust’ by Hoagy Carmichael, which topped the charts in 1932, is the first true swing music. Swing music has a past like no other and the Center is thrilled to have the Tune Timers Swing Band in concert on Thursday, June 17 from 1:30 -3pm. Pre-registration is required for this event by calling the Center at 508-359-3665. Medfield residents have priority. Swing information from Mentalitch.com/history-of-swing-music/

**WALKING GROUP TO START**

The better weather is here, and we will be walking! Join us at the Center on Monday, June 7 at 10:00 a.m. and we will walk and talk and plan our adventures! Walking is free and does not require any special equipment or training. One half-hour every day can increase cardiovascular fitness, strengthen bones, reduce body fat, improve mental health and so many other health benefits. Our first walk on June 7 will take place close to the Center and together each week we will plan out our next Monday walk.

**Caregiver Support Group - June 24<sup>th</sup> @ 2:00 P.M.**



Do you sometimes feel stressed or overwhelmed as you try to manage your loved one’s care? Do you find yourself balancing the role of caregiver with work and other family obligations? The Center will be offering a Caregiver Support Group on the last Thursday of every month at 2:00 p.m. Please call the Center at 508-359-3665 to join us as we work together to navigate the caregiver journey. The Center offers a safe and relaxed space for people to share mutual support and learn tools to help with the care of their loved one. Lisa Marie Donovan, Outreach Coordinator, is available for any questions or concerns you might have. Contact Lisa at 508-359-3665.

Check the calendar for shopping trips to Shaw’s, Market Basket, Roche Bros, Stop N Shop, Dollar Store, Walgreen's and Christmas Tree Shops. Call the Center to sign up. Call the Center for transportation to the Center for programs and events.

Information and Referral

The COA provides accurate information on elder services to Medfield families. We have information on local, state and national services that may benefit you. Our staff will answer your questions and find appropriate resources. Call for information.

Outreach Services

Consultation and assistance with government and legal paperwork, information on insurance benefits, food stamps, tax refunds, **fuel assistance**, caregiver and low-vision support groups are available through our Outreach Department with Lisa Donovan. Phone - call appointments are encouraged.

Health and Wellness

In cooperation with the Medfield Board of Health, we will continue to follow guidelines to maintain a safe environment. Good hand-washing is always a must!

Meals on Wheels

A hot mid-day meal is delivered to seniors who are homebound. Call HESSCO at 1-781-784-4944 to begin service. A \$3.00 donation per meal is suggested.

Grab N Go Wednesday Lunch

Order your lunch on Friday and pick up between 11:30-12 noon the following Wednesday. It is a delicious sandwich lunch, with all the fixings! All for \$3.

Services Available at The Center

S.H.I.N.E.

Our SHINE volunteer is available for telephone appointments by calling the Center for assistance with figuring out the health-insurance maze. Telephone appointments can be made on the 1st and 3rd Thursday of the month by calling the Center.

RMV NEAR ME

Call the Center to see if we can help you with license or registration renewals. Available on Monday afternoons.

Medical Equipment

The COA has a shed (thanks to FOSI) filled with medical equipment available to loan as needed. We carry an inventory of wheelchairs, walkers, shower benches, canes, and baskets. The items are available on a first-come, first-serve basis for Medfield residents. Please return when no longer needed.

Low -Vision Information

As we age, things change including our vision. Resources are available. Call Lisa Donovan for information.

Caregiver Support

If you have questions about care giving, call the Center and we can help you navigate those challenges that you may be facing.

Volunteering

If you have interest in volunteering for the COA, we have a place for you. Call the Center to discuss the volunteer options with Sarah Hanifan.

Large-Print Newsletter

Pick up a large-print copy of the newsletter at the Center by, request.

Kingsbury Club

Senior Swim suspended until further notice.

Medfield Food Cupboard

The Medfield Food Cupboard is open twice per month on Thursday evenings for curbside pick-up and by appointment for urgent needs. They offer shelf-stable items including pasta, peanut butter, **beans, rice** and canned soup. They also offer **fresh foods** including meat, eggs, and produce. Individuals can pre-select their preferences. Any Medfield resident who finds themself in need of food may contact the Food Cupboard at 508-359-4958 or email: [info@MedfieldFoodCupboard.com](mailto:info@MedfieldFoodCupboard.com) Please note all inquiries are confidential.

Bread Distribution

Every Wednesday from 12 -1 p.m. we offer bread products from Brothers, Blue Moon and Donut Express. All welcome



Welcome Our New Volunteer Coordinator, Sarah Hanifan!

Sarah is joining the COA with experience in working with both seniors and volunteers—the best of both worlds! Sarah has experience in the assisted living and memory care environment, along with organizing and recruiting volunteers for the American Cancer Society’s Making Strides Against Breast Cancer campaign. Her cheery personality and energy will be an asset to the Center. Please welcome Sarah into the COA family on **Wednesday, June 9 at 10:00 a.m.** for a meet and greet on our patio! She is very excited to start in her new position.

Help is available for Caregivers

The Adult Respite Care Program, often referred to as The Club has opened. If you need a supervised and structured day program for your loved one, consider our Club program . We offer adult socialization through a variety of activities with supervision and support. If you are caring for a loved one and looking for some time to yourself, consider our program. The program meets at The Center on Tuesday and Thursday from 11:30am to 3pm. The cost of the program is \$40 for Medfield residents, \$55 for those living outside of Medfield. We follow CDC guidelines regarding indoor programming. Space is limited, and in order to participate in the program, participants must be vaccinated. For more information, contact Kathy Powers at [kpowers@medfield.net](mailto:kpowers@medfield.net) or call The Center at 508-359-3665.

Metrowest Legal Services

Metrowest Legal Services provides certain free services including advocacy to elders and lower income non-elders. Elder Law issues include housing, durable power of attorney, guardianship, conservator-ship benefits, nursing home issues, domestic relations, bankruptcies and more. Call 800-696-1501 and leave a message. If you have an urgent situation, leave a message and the need for an urgent response in your voice-mail message.

Money Management Program

Offered through Bay Path, this free program assists low-income people 60 and over as well as people with disabilities who have difficulty paying bills on time or managing money and who have no family or friends to help them. Certain income and asset guidelines may apply. If you think you would benefit from this program, or have questions, call BayPath at 508-573-7241

SHINE (Serving Health Insurance Needs of Everyone)

Our SHINE counselor is trained and certified to provide information, counseling and assistance regarding health insurance and benefits to seniors. To schedule a phone appointment with our SHINE counselor, call the Center at 508-359-3665. We will confirm a telephone appointment for you.

Home Loan Modification Program

This program provides loans to make modifications to primary, permanent residences of elders, adults with disabilities and families with children with disabilities. Various loans are available based on income. For more information, contact the South Middlesex Opportunity Council at 508-202-5919, or [www.mass.gov](http://www.mass.gov) and search Home Modification Loan Program.

Circuit Breaker Information

Massachusetts homeowners and renters age 65 and older may qualify for up to \$4,380.00 in a cash refund or credit from the State department of Revenue for the past three years if your property taxes or 25% of your rent) exceeds 10% of your annual income and you meet other qualifying criteria. Call the Center for a detailed information sheet on the guidelines, call the Department of Revenue at 617-887-6367 or visit [www.mass.gov/dor/seniors](http://www.mass.gov/dor/seniors)

National Suicide Prevention Lifeline

The National Suicide Prevention Lifeline provides 24/7, free and confidential support via phone. Resources can be found by calling 1-800-273-TALK (8255) or through the website <http://suicidepreventionlifeline.org>

FOX TOURS PRESENTS

New Hampshire Turkey Train Tuesday, October 12

Enjoy a delightful day-tour traveling through scenic New Hampshire during the peak of the foliage season. Enjoy a Hart’s Turkey Farm Roast Turkey lunch with all the fixings on the scenic railroad car. The bus leaves at 9:00 a.m. and will return approximately 5:30 p.m. Cost is \$99pp. Sign up TODAY!

GOOD NUTRITION IS KEY!

Remember the old adage, *you are what you eat?* Make it your motto. When you choose a variety of colorful fruits and veggies, whole grains, and lean proteins you’ll feel simply marvelous inside and out. Good nutrition keeps muscles, bones, organs, and other body parts strong for the long haul. Eating vitamin-rich food boosts immunity and fights illness-causing toxins. A proper diet reduces the risk of heart disease, stroke, high blood pressure, type-2 diabetes, bone loss, cancer, and anemia. Also, eating sensibly means consuming fewer calories and more nutrient dense foods, keeping weight in check. Scientists know that key nutrients are essential for the brain to do its job. Research shows that people who eat a selection of brightly-colored fruit, leafy veggies, certain fish and nuts packed with omega-3 fatty acids can improve focus and decrease the risk for Alzheimer’s disease. Eating well is a feast for your five senses! Wholesome meals give you more energy and help you look better, resulting in a self-esteem boost. It’s all connected—when your body feels good, you feel happier inside and out.

Lisa Donovan, Outreach Coordinator will be available for individual appointments at Tilden Village on Tuesday, June 15 at 2 p.m.



