

COUNCIL ON AGING STAFF

“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

Director:

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HESSCO Meal site: X211
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HESSCO Meal site Manager
 Kim Lavange
 781-784-4944

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

APRIL / MAY 2020



Picture by Mike Lennon September 2009
 Garden by Jill Vollmann

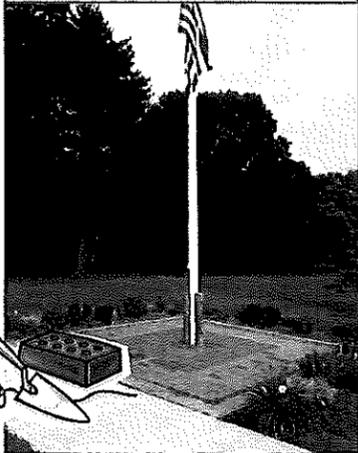
On April 24, 2006 the Town of Medfield voted to authorize transfer of care, custody, management and control of a parcel of Town-owned land to the Council on Aging to construct and operate an Adult Community Center. The Center opened January 6, 2008 and continues to support the Council on Aging mission 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.

COUNCIL ON AGING BOARD

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

If your label has a highlighted date on it- PLEASE RENEW

Join FOSI..
 The next meeting will be posted soon.



Director's Note: This is an abbreviated newsletter. I apologize for that. This has been and continues to be an extraordinarily difficult time for everyone. It will be a day of celebration when we can safely open these doors and get back to “normal”. If you have any questions, concerns about anything, please do not hesitate to call the Center. We will find out the answers for you. The COA staff, Susan, Kathy, Trish, Lisa, and Peter along with our dedicated Saturday staff Christina, Elaine and Vicky, are here for you, to help in any way we can. Just call the Center! Stay safe, Stay home, Stay well, Roberta Lynch

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

Kathy Simon, Ben and Carolyn Clendenin, James Hain,
 Frederick Schultz and Rita Carley
 Lorrie Guindon in memory of Dorothy Russo
 Irene O'Toole in memory of Phil Burr
 Robert Heald in memory of Ralph Parmigiane
 Frank and Pauline Medeiros in memory of Ralph Parmigiane

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) 2020 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

Director's Note: March 20th we were fully closed because of the Covid-19 pandemic and we will remain closed until May 4. May 4 is the date of the Town Election that was to be held on March 30. At this point in time, no one really knows if we will open on May 4th, but that is something to hope, wish and pray for. We are all excited to open, to have our schedule back in place, to be able to socialize, exercise, learn, have coffee together, play Bingo on Saturdays and enjoy this beautiful building. I snapped a picture of



Nancy Brais on April 1st, working with members of the garden group, making the gardens look beautiful for when we do open. Here is Nancy, at the sign entering the parking lot; she asked if she looked ok, I told her she looked GREAT!

Even though the building is closed the garden group is out there, keeping their distance and working hard. I can't wait for those knock out roses to blossom again around our patio, it was magnificent last year.

We still have many trips planned for later in the summer and I am optimistic that they will happen.

Tuesday, July 28 - There is nothing better than a ferry ride to **Block Island** on a beautiful July day which includes a delicious lunch at the National Hotel, followed by a tour of the island.

Thursday, August 13 - Enjoy a 2 hour narrated cruise on **Casco Bay** in Maine with a destination of Cook's Lobster House for a delicious lunch.

Thursday, September 17 - Enjoy a day trip to **Vermont**, where the first stop is lunch at the New England House Restaurant in Brattleboro. Following lunch we travel to Townshend to the Friesian Horse Farm for a presentation, view the European stables and meet these beautiful animals.

PLEASE LIKE THE CENTER AT MEDFIELD ON FACEBOOK!

<p>Thomas Upham House</p> <p>519 Main Street, Medfield, MA 508-359-6050 Medfield, Westwood and Dover's Top Choices for Skilled Nursing & Rehabilitative Services Quality Care in a Home-Like Setting</p>	<p>Roberta Mitchell Caruso</p> <p>FUNERAL HOME 508-359-2000 www.robertsmitchellcaruso.com</p>	<p>Home Instead</p> <p>SENIOR CARE® to us, it's personal™ 386 W. Main St. Suite 14 Northborough MA 01532 508-393-8338 209 w. Central St., Suite 210 Natick MA 01760 508-647-3773</p>	<p>RANDY'S</p> <p>Automotive Service, Inc.</p> <p>26 Spring Street Medfield MA 02052 508-359-4409 Inspections, Auto repairs, Complimentary shuttle service.</p>
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ANN MIKE LOU ROBERT WINNIE CARI
November 29, 2006



2008

Award Winning Telephonic Minds in Motion Class Center Members Showing Remarkable Optimism During This Crisis

By Jerry Cianciolo

Lucille Ball, of I Love Lucy fame, once said, "I learned the hard way that it doesn't pay to get discouraged. Keeping busy and making optimism a way of life can restore your faith in yourself." During this time of crisis, many members of the Center are heeding the late comedienne's advice.

"What we're seeing is the adaptability of the human spirit," says Ginny Lucey, a nurse by training. "Many are tapping creativity we didn't know we had." For Ginny, that translates into making afghans and learning stitches by trial and error "even if means tearing up a square six times!" Ginny also finds she's going beyond her normal routine, like gathering outdoors with neighbors. "The only problem," says Ginny with a smile, "is that we're so far apart from one another, with our poor hearing we're constantly repeating, 'What'd she say?'"

As for neighbors, Phyllis Macdonald speaks gratefully of two of her closest. "One works for Roche Brothers and picks up a lot of items for me," she says. "Another works in medical supplies and has brought me a box of gloves." Phyllis, showing an entrepreneurial side, adds that "so many people have brought me sanitizer wipes, that once this is over, I may open a little store".

On a serious note, Nina Ryder speaks of this being a time for slowing down and focusing on what's important. "I've found it's a time for reflection," she says, especially for those who are less fortunate. "Many of us are lucky," says Nina, "we have heat, we have food, we have electricity. Think of those who don't." Nina has also found newfound strength in her own body. "I've lived here for 17 years and have never walked like I walk now," she says. "I didn't think I could because of a hip problem. But I've found I can!"

Sharon Bond, like Nina, finds this a time for quieter activities and introspection. "I've discovered I have more patience than I thought, and more resolve." Sharon is surprised she's not more nervous. "I haven't panicked, and am somewhat amazed I'm not terribly anxious." She's accepted what is and is at peace with it. "I guess once you've lived a while and experienced the loss of loved ones and faced serious illnesses, you find you can get through."

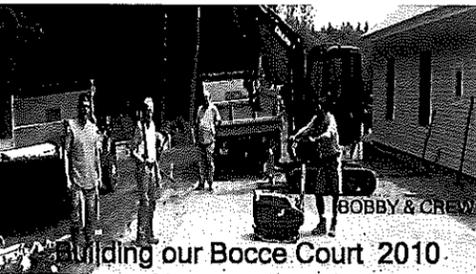
Helping Margie Levin get through is her family and technology. "I had a Zoom session last night with twelve family members," she says. "It was wonderful and we're going to make this a regular thing." Unable to shop as usual, Margie "is finding things in my freezer I had totally forgotten about." A skilled baker, Margie's mind is whirring with possible confections.

Speaking of culinary skills, Pat Zimmer, ever the optimist, says that because she can't donate much money to causes, "I'm cooking for a lot of people." On the stove the day we spoke was chicken parmigiana and double-stuffed potatoes for the neighbors. "I try to look at the positives," Pat says, "this whole thing has brought many, many people together."

Claire Shaw marvels at the bravery of doctors and nurses going to work every day. "I have a grandchild who's a registered nurse and that scares the life out of me," she says. "The same goes for people working at supermarkets. They're risking their lives as they weigh the choice between getting infected and supporting their families." Claire wonders how she and others would react under the same circumstances. "The courage you see around you is enormous."

And, finally, there's Sylvia Bready, who doesn't have family nearby. "I'm so grateful I live in this little town and am connected to the Center," she says. "I feel blessed that they've all reached out to me." Sylvia mentions Peter Burke, the Center's transportation coordinator, who that very morning delivered a bagful of groceries. At 85 years of age, Sylvia also recognizes you're never too old to learn. "Now I have to go online and shop for food, which I've never done. I guess we all adapt, don't we?"

Minds in Motion was named America's premier Program of Excellence in the Community Development, Leadership, and Intergenerational category by the National Council on Aging Association for 2019. Look for Jerry's upcoming class when life gets back to the "new" normal!



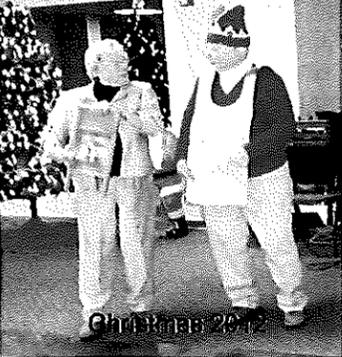
BOBBY & CREW
Building our Bocce Court 2010



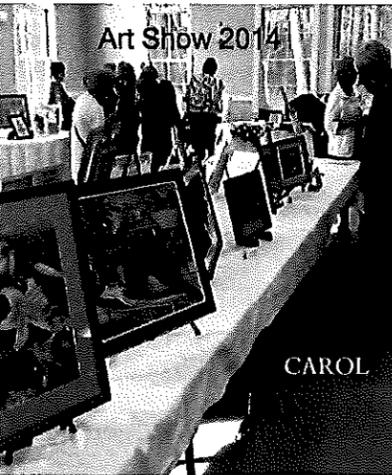
TONY BILL
SOCK HOP 2011



NANCY BARBARA



JUDY TOM
Christmas 2012

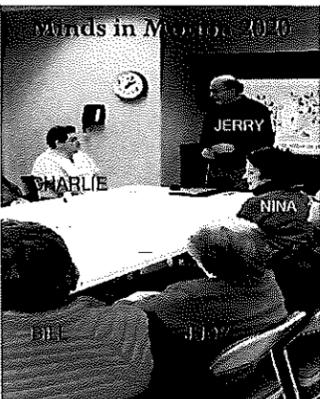


Art Show 2014

CAROL



Summer 2015



Winds in Motion 2016

JERRY CHARLIE NINA

YARD SALE NEWS

Well, there really isn't any news about the yard sale, only that it has been postponed. However, now that everyone has had time to clean their homes and empty out closets.....we know that when this sale is scheduled we will have the BEST sale ever. Having so much time these days to go through all our gently-used, unwanted items, we are just waiting for the word that the Center is now collecting for the Yard Sale! We will definitely keep everyone posted!!

SUMMER COOKOUTS

The dates for our summer cookouts have been on the calendar since December. The dates (and of course everything is pending) are:

Wednesday, June 24 with entertainment by the Tune Timers Swing Band.

Wednesday, July 15 with a presentation on Dean Martin by Bruce Hambro.

Wednesday, August 19 with entertainment by the Spur Trio.

Let's keep our fingers crossed for another great summer!

VOLUNTEERS

April 22 was going to be our volunteer appreciation celebration. The invitations were ordered and arrived the day before the building closed! We love and appreciate our volunteers and all the community volunteers that have been helping during this very difficult time. Volunteers everywhere have stepped up and provided so many wonderful programs, support, friendships, calls, shopping trips, masks. The Medfield COA is so appreciative for all of your help in keeping the older community residents safe. It's definitely not over, but as they say "together we will get through this".