



January 6, 2022

Dear Residents, Family and Friends,

On behalf of the staff, we want to wish you a Happy New Year. We are hopeful 2022 will bring us joy and health in the months to come.

As you have likely seen, Massachusetts is currently amid a COVID-19 surge. Milton has gone from a 4.45% positivity rate to a 7.17% positivity rate this past week. There is every expectation the positivity rate will continue to climb in the coming weeks. Medical professionals we work with anticipate a surge in cases across our all residents in Milton. We will continue notifying residents if we have any COVID cases amongst our residents.

In making decisions, our goal is to keep residents and staff healthy and COVID-free. If Fuller staff members become ill, we have protocols and guidance in place we follow for returning to work. Our home health aide agency, Best of Care, also has specific protocols for any aide who reports that they are ill and/or have tested positive with COVID.

Visitors are welcome in residents' apartment homes or villas. We require all visitors be fully vaccinated (including a booster shot) and be masked.

We have paused all in-person group activities and programs until January 23<sup>rd</sup>. We have arranged to offer programs where available via zoom. Our intention is to return to our regularly scheduled programs and activities the week of January 24<sup>th</sup>.

Please stay well. Feel free to contact me with any questions.

Sincerely,

*Deborah Felton*

Executive Director



January 6, 2022

**COVID Notice**

Dear Residents,

As of yesterday, January 5, 2022, there is a Blue Hill resident who has tested positive for COVID. The resident is isolating in their home, and we wish them a full recovery.

Please wear your mask properly, over your nose, **at all times.**

It is imperative that you notify me if you test positive for COVID, so that our staff and first responders can take the necessary precautions if they must enter your home.

Please note privacy laws prohibits Fuller Village from publishing the name of any residents' medical condition.

Thank you,

*Deborah Felton*



— LIVE A FULLER LIFE —

## January 4, 2022 - COVID-19 Update

**Due to the rapidly spreading Omicron Variant, the following will be on pause until Monday, January 24<sup>th</sup>**

- **PROGRAMS & ACTIVITIES:** All gatherings where people gather in common spaces are on pause. This includes all programs, activities, and card games in common spaces. A few speakers and activities will be moved to Zoom – please check Touchtown for specific activities.
- **SILVER LININGS SALON, MASSAGES WITH JEN AND PODIATRIST:** All amenities are on pause.
- **FITNESS CENTER & POOL:** The fitness center is open for **MASKED** residents. The pool is limited to two swimmers at a time; while on the pool deck you must be **MASKED**.
- **DINING:** In-person dining will be on pause for all residents in the Gordon House dining room and the Brush Hill Café. **Dinner** will continue to be delivered; please call 617-361-6958 to place your order. Please note that deliveries are limited. **Gordon House Lounge** is on pause until further notice. **Lunch from the Café** is open for take-out only. Either come to the café to place your order, or you may call 617-361-3987.
- **BANK OF CANTON:** -The Bank of Canton has paused their visits to Fuller Village until further notice.
- **COFFEE HOURS:** Coffee hours are paused during this time.
- **FULLER VILLAGE VAN:** -The van will continue to do supermarket and hospital runs, as well as transportation between Brush Hill and Blue Hill. Please call Muriel at 617-361-7778 to make an appointment.
- **MAINTENANCE ISSUES:** The maintenance department will continue to address those items that may have a detrimental effect on the health and safety of the resident or the apartment where the resident lives. This list attempts to anticipate as many of those items as possible: • No heat or air-conditioning • Plumbing problems (including, but not limited to toilet overflows, plugged sinks, garbage disposal issues) • Major water leaks where damage to the property can occur • Refrigerator breakdown where loss of food can occur • Gas leaks • Roof leaks • Fire • Break ins and security breaches • Broken windows/doors/glass • Light fixtures and/or electrical issues and report all outages.



Winter 2021/2022

**Information for Winter Storm**

Dear Fuller Village Resident,

Happy Winter. I am writing to review our procedures during a snow emergency. In the event we lose power, Fuller Village is a shelter in place facility which means we have emergency generators that provide heat and electricity in our common areas at Blue Hill and Brush Hill. In the Blue Hill campus, the elevator in the Depoyan building is also on our generator. All other elevators will automatically come to the lobby floor.

In case of an extended power outage, we will contact residents in the Villas to make sure those residents are comfortable and safe. If there is a loss of power, heat and lights will be on in both the lobby of Blue Hill and Brush Hill. If you are unable to remain in your home until the power comes back on, please call 617-361-7900 and a staff member will pick you up. However, if the outage is extended for a long period of time and you can no longer stay warm in your home, you may come to the first-floor lobbies at either the Blue Hill or Brush Hill Buildings until power is restored. We will be in communication with our live answering service and respond to your calls. If you have a cell phone, please be sure it is charged and leave it in the on position.

In the event of a snowstorm, the Fuller van will be on limited service. Please wait inside the building or your Villa to be picked up. Do not wait outside.

Our emergency call system will work with police, fire and ambulance. Emergency calls will be dispatched immediately. If any Villa resident needs to get to the common area, the fire department or the Fuller Van can assist. If you are on oxygen, please make sure you have a portable tank available.

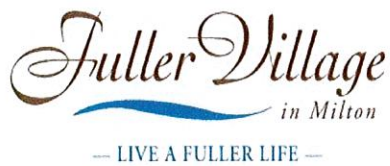
If you have any concerns or questions during a snowstorm, or in the event of a power outage, please call our main number, 617-361-7900 and a staff member will receive the message and return your call. We work closely with the Milton Police Department to make sure everyone is safe and warm. If there are high winds, Senior TV may be out of service.

Lastly, we will be using our emergency alert system that allows us to send emergency announcements to you. Please listen to the message in its entirety and "press 1" to hear the message again.

I would encourage you to share this information with family members.

Sincerely,

Deborah M. Felton  
Executive Director



## **Virtual Programming this January**

Thank you to everyone for your understanding and cooperation as we have paused in-person programming through at least January 23<sup>rd</sup>. We are lucky to be able to continue offering some programs via Zoom during this time and beyond. We are working to add a few more programs to this list, which will be shared as soon as they are finalized. Please click on the blue hyperlink in each event to access the Zoom link or follow instructions to register to receive it.

This month, we will be offering the following programs via Zoom:

### **Thursday, January 6<sup>th</sup>**

#### **History with Paolo at 7 pm**

*Topic: Vietnam: Enduring Struggle, 1945-1975-* The story of Vietnam in the mid-20th century is a tale of constant conflict and warfare. In this corner of Southeast Asia, global rivalries were contested, and powerful nations were ensnared. This lecture will examine the origins of the American involvement in Vietnam, our political and military efforts on the ground, and the aftermath and legacy of the Vietnam War.

### **Monday, January 10<sup>th</sup>**

#### **Zoom Refresher (with Games!) at 3 pm**

Feeling a little rusty on Zoom? Join Julia for a refresher with a few quick games mixed in to practice your skills.

### **Thursday, January 13<sup>th</sup>**

#### **Camera Club Slideshow & Meeting at 1 pm**

All are welcome to join for the Camera Club's slideshow of photos taken throughout 2021. The slide show will take place over the first 15 minutes, then Camera Club members (old, new, and curious!) will be welcome to stay on for a meeting about plans for 2022. The Zoom room will be open at 12:45 for residents to join and chat before the slide show.

#### **Zoom with Deborah at 2:30 pm**

Join a zoom call with Deborah Felton on January 13<sup>th</sup> at 2:30 p.m. This is a general Q and A about what's happening at Fuller. Please email Joey at [jdigiano@fullervillage.org](mailto:jdigiano@fullervillage.org) to sign up. Space is limited so we have time for everyone to ask questions.

### **Friday, January 14<sup>th</sup>**

#### **Zoom Jeopardy at 2 pm**

Join Julia for a fun game of Jeopardy – Fuller Village style! We will break into teams and enjoy questions from several categories, some familiar and some new.

#### **Friday Night Services at 4:30 pm**

Rabbi Benjamin from Congregation Beth Shalom of the Blue Hills will conduct Friday Night Services from the synagogue sanctuary, which can be accessed via [livestream](#) or Zoom. Links can be found on their website and will be shared through the Congregation's weekly email newsletter.



## Virtual Programming this January

### Monday, January 17<sup>th</sup>

#### **Milton Interfaith Clergy Association Martin Luther King, Jr. Day Celebration at 6:30 pm**

Join Milton Interfaith Clergy Association to explore the theme taken from a line from his “I Have A Dream” Speech - “The whirlwinds of revolt will continue to shake the foundations of our nation until the bright day of justice emerges.” Register through this [link](#) to receive the Zoom link in your email.

### Tuesday, January 18<sup>th</sup>

#### **Wowzitude Trip to Old City Philadelphia at 2 pm**

Feeling a little wanderlust? You don’t have to leave your home to go on this personalized virtual walking tour of Old City Philadelphia. This interactive, remote live-streamed walking tour features an expert host who will engage and entertain by facilitating discussions and questions. Along the way you’ll also meet trained local guides eager to Zoom in and introduce you to their favorite spots. Before the tour, you will receive a virtual tripkit with facts about the city, our tour guide, and relevant recipes and playlists.

### Wednesday, January 19<sup>th</sup>

#### **John Clark’s Great American Music Experience at 3 pm**

*Topic: From Abolition to Civil Rights (Part 1 of 2)*

This travelogue along the road to freedom begins in the days of the Underground Railroad with the subversive spirituals of the enslaved and the abolitionist protest songs of the Hutchinson Family Singers. After the Civil War two other important players in this story are featured: the Fisk Jubilee Singers (1870s) and Bert Williams (early 1900s), whose performances represented an affirmation of the proud heritage and full humanity of African-Americans. Then in the early 20<sup>th</sup> century, in the midst of Jim Crow legislation, the first freedom anthems emerged: **Oh, Freedom** and **Lift Every Voice and Sing**. The program then highlights the contributions of the Harlem Renaissance, including important musical events (*Shuffle Along, Blackbirds of 1928*), musicians (Noble Sissle, Eubie Blake, Louis Armstrong and Fats Waller) and singers (Bessie Smith, Ma Rainey, Ethel Waters). Part One closes with the inspiring **Ballad for Americans**, a patriotic cantata that celebrates our country’s religious and ethnic diversity.

### Thursday, January 20<sup>th</sup>

#### **Four Hundred Souls Discussion Group at 3:30 pm**

*Four Hundred Souls: A Community History of African America, 1619-2019*, edited by Ibram X Kendi and Keisha N. Blain, invites us to consider many aspects of the lives and contributions of African Americans from multiple perspectives. It is a collection of essays and poetry by extraordinary writers and scholars about the 400 years since slavery began in this country. It is divided chronologically into ten parts. We’ll read one part each month for ten months. Books are available through our libraries at Fuller Village – please contact Barbara Cocci at Brush Hill or Toby Felton at Blue Hill. It’s also not too late to purchase your own through regular outlets, including Kindle.



— LIVE A FULLER LIFE —

**Friday, January 21<sup>st</sup>**

**Zoom Jeopardy at 2 pm**

Join Julia for a fun game of Jeopardy – Fuller Village style! We will break into teams and enjoy questions from several categories, some familiar and some new.

**Four Hundred Souls Discussion Group at 3:30 pm**

In order to accommodate interest, we will be holding this conversation on two days. Please feel free to join on either Thursday or Friday.

**Thursday, January 27<sup>th</sup>**

**Talk with Barry Bock from Healthcare for the Homeless at 3:30 pm**

Join Barry Bock, CEO of the Boston Healthcare for the Homeless Program, to learn more about the crisis taking place in Boston's "Mass and Cass" area and the great work that Healthcare for the Homeless is doing to address addiction, housing, and stigma. This will be a lively and informative conversation!

**Weekly Yoga Offerings**

**Mondays at 11 am**

**Mat Yoga**

**Mondays at 12 pm**

**Chair Yoga**

**Wednesdays at 11 am**

**Mat Yoga**

**Wednesdays at 12 pm**

**Chair Yoga**

**Thursdays at 4 pm**

**Restorative Yoga**

# Channel 222 Fitness Programming

~please save this flyer~

## Chair Yoga

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Monday, Wednesday, Friday at 10am and  
2pm. Saturday at 9am

## Towel Cardio

~

Thursday at 11am

## Chair Aerobics

~

Tuesday & Thursday at 10am and 2pm

## Senior Ballet

~

Saturday at 11am

## Standing Stretching & Strength

~

Tuesday at 9am

## Seated Strength

~

Sunday at 11am

## Dance Party

~

Tuesday at 4pm

## Stretching for Stress Relief

~

Sunday at 4pm

## Total Body Blast

~

Wednesday and Friday at 11am



Donations Needed of **Personal Hygiene** Products  
For Milton Community Food Pantry  
*A Project of the Fuller Village Residents Association*

Fuller Residents can help this month by donating **new** (unopened) **personal hygiene products** for this great local organization. Please remember to pick up a couple of items the next time you're shopping at a drugstore or stop by the personal care aisle at the local grocery store.

*If you have any questions, please contact Jeanne Bronk at 617-910-9936*

Items needed will be collected **Mon. Jan.10<sup>th</sup> thru Mon. Jan. 31st:**

**Drop off Boxes:** Mailroom of **Brush Hill, Foster, & Depoyan**

**For Villas:** Drop off on the porch in box at **40 Caroline Drive** (Jeanne Bronk)

- Hand soap
- Body Wash
- Nail Clippers
- Brush & Comb
- Laundry Soap
- Shaving Cream
- Deodorant
- Shampoo
- Toothbrushes
- Toothpaste
- Razors
- Diapers





# Brush Hill Café Specials

– daily specials –

all served with one side...8.99

monday, january 10

Prime Rib of Beef “French Dip”

*perfectly sliced prime rib in a fresh made au jus sauce*

tuesday, january 11

Open-Faced Hot Turkey Sandwich

*In house cooked turkey with gravy*

wednesday, january 12

Pizza Day

homemade pizza – choice of cheese,  
pepperoni, or veggie

thursday, january 13

Spinach and Artichoke quiche

*baked custard, spinach, parmesean & swiss cheese*

friday, january 14

Tuna Melt

*served with French fries*

# Gordon House

## Dining Room Dinner Menu

Please call us at 617-361-6958 11:00 am- 1:00pm

### Monday, January 10

Cream of Asparagus Soup  
or Salad du Jour  
Hand Breaded Italian Chicken Cutlets  
Garlic Butter Baked Salmon  
Fettuccini with Light Alfredo Sauce  
Steamed Green Beans  
Chocolate Chunk Cookie or Turtle  
Cheesecake

### Tuesday, January 11

Home-Style Chicken Noodle Soup  
or Salad du Jour  
Slow Cooked Barbeque Brisket  
Grilled Tuna Steak with Balsamic Vinaigrette  
Buttered Corn and Oven Roasted Sweet  
Potatoes  
Sugar Cookie or Chocolate Cream Pie

### Wednesday, January 12

Tuscan White Bean Soup  
or Salad du Jour  
Beef Meatloaf  
Grilled Sweet Italian Sausage  
Creamy Macaroni, Sweet Pea & Onion  
Casserole  
Oatmeal Raisin Cookie or Red Velvet Cake

### Thursday, January 13

Hearty Beef & Barley Soup  
or Salad du Jour  
Beer Battered Cod  
Garlic & Rosemary Marinated Turkey Tips  
Creamy Mashed Potatoes and Glazed  
Carrots  
Rice Crispy Treat or Blueberry Pie

### Friday, January 14

New England Clam Chowder  
or Salad du Jour  
Herbed Roasted Tenderloin of Pork  
Chicken Piccata  
Baked Potato, Creamed Spinach  
Oatmeal Raisin Cookie or Lemon Cream  
Cake

### Saturday, January 15

Cuban Black Bean Soup  
or Salad du Jour  
Hot Dogs and Beans  
Pan Flashed Honey Garlic Shrimp  
Fresh Herbed Buttered Pasta  
Roasted Butternut Squash  
White Macadamia Nut Cookie or Fudge  
Brownie

### Sunday, January 16

Lentil Soup  
or Salad du Jour  
Prime Rib with au Jus  
Oven Roasted Turkey Breast  
Scalloped Potatoes and  
Fresh Steamed Broccoli  
Chocolate Chunk Cookie or Coconut Layer  
Cake

we create  
**authentic food**  
FROM SCRATCH

we use fresh, responsibly sourced, seasonal ingredients & culinary creativity. We are guided by environmentally held practices, avoid additives, chemicals and preservatives.

**experience the difference**  
with us here

All entrees are 17.95 plus tax, which includes an appetizer, beverage & dessert. Before ordering, please make your server aware of any food allergies.

Fuller Village   
— LIVE A FULLER LIFE —

# Always Available Menu

Call 617-361-6958 between 11am & 1pm for take out orders

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## APPETIZERS ... 2.95

Soup du Jour  
Fresh Garden Salad  
Fresh Fruit Salad

\* ask about our selection of house made dressings \*

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## SIGNATURES

a non-alcoholic beverage is included with signature selections

Fresh Baked Haddock...17.95  
seasoned baked haddock with a hint of lemon  
& panko bread crumbs. Served with the  
evening side dishes.

Pastrami Rueben...9.95  
grilled pastrami sauerkraut, house made  
Russian dressing, and melted swiss, on  
marble rye bread

Special Salad of the Week...9.95  
add grilled chicken ...3.00  
add grilled salmon ...4.00

Cobb salad with eggs, bacon, tomatoes,  
avocados, cucumber and blue cheese  
crumbles

Fuller Village Burger...9.95  
chargrilled with or without cheese.  
Served with lettuce, tomato,  
french fries & pickle.

Lighter Fare...9.95  
add tuna or chicken salad ...2.00  
add grilled chicken breast ...3.00  
add grilled salmon ...4.00  
large garden salad with choice  
of adding: chicken salad with  
craisins & toasted almonds,  
tuna salad, marinated grilled  
chicken breast, grilled salmon.  
Served with roll and butter.

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## DESSERTS

a la carte...2.95

Chef's Featured  
Cookie of the Day

Fresh Fruit Cup...2.95

Sugar Free Jell-O...2.95

No Sugar Added Ice Cream...2.95

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## BEVERAGES

Coke

Diet Coke

Ginger Ale

Diet Ginger Ale

V-8

2% Milk

Consuming raw or undercooked meats, poultry, seafood,  
shellfish or eggs may increase your risk of food-borne  
illness, especially if you have certain medical conditions.

\*These items may be served raw or undercooked. \*Made  
without gluten ingredient options available upon request.

