



From the Desk of Deborah M. Felton
January 21, 2022

Important Information on resuming programs and activities!

Thank you to the entire community for coming together to keep everyone safe and healthy. Masking is key to preventing the spread of Covid. A tremendous appreciation and applause to the managers for keeping informed of all the pandemic information through the CDC and Department of Public Health.

We are resuming programs and activities that are attended by 10 or fewer residents. Attached is a calendar that outlines what we are resuming for the week of Monday, January 24th. Our goal is to keep our community safe. We believe that resuming the programs listed in the calendar will be a positive step.

The last reported positivity rate in Milton was 19.8% (source: townofmilton.org). Until the positivity rate comes down to a reasonable level, we are not ready to resume dining-in operations or programs with many residents in attendance. It is critical that we adhere to strict mask wearing. Proper ventilation and air filtration is installed in the rooms that are in use.

We will continue to hold lectures and yoga via Zoom throughout the week. Check the calendar and weekly highlights for specifics.

Bank of Canton has not decided when they will resume in person banking. Paula Burke is available for your banking needs; she can be reached at: 781-830-6570.

Miscellaneous Updates:

- For the safety of our residents, we have paused the Verizon installations until late February.
- Please be aware of email scams. Do not believe everything that comes via email. If you do not know the sender, delete it.
- Work is starting on the Foster and Depoyan roofs next week. All work will take place outside. The crews for the roofing company are fully vaccinated.

Dining Update: We are working to enhance our gluten free (GF) offerings. We have recently added french fries (cooked in its own oil), white and wheat wraps and several dessert offerings.

SUN MON TUE WED THUR FRI SAT

23	10:00 Casual Conversation (BL)	24	10:00 Wovowitzude Virtual Trip (Zoom)	25	9:45 Cornhole (BL)	26	10:00 Bible Study (BR Function Room)	27	1:30 Crafts with Cindy (BL)	28	11:00 Technology Help by Appointment (BR)	29	
	11:00 Floor Yoga w/ Carol (Zoom)		2:00 Rich Travers (Zoom)		11:00 Floor Yoga w/ Carol (Zoom)		12:00 Chair Yoga w/ Carol (Zoom)		3:30 Barry Bock from Healthcare for the Homeless (Zoom)		2:00 Board Games (BR)		
	12:00 Chair Yoga w/ Carol (Zoom)		7:00 History with Paolo (Zoom)		6:30 Wakefield Arboretum Stone Soup (Zoom)		4:00 Restorative Yoga (Zoom)		6:45 Cribbage (BR)		3:00 Interactive Film Presentation: Lucille Ball (Zoom)		
	1:00 Bridge (BR Function Room)		7:00 Men's Poker Club (BR Function Room)										

Social Hour
Mon-Fri at 9 am
BR Function Room

Pool Hours
Mon-Fri 8 am -12 pm
Mon & Wed 2 - 7 pm
Tue & Thu 4 - 7 pm
Sat & Sun 8 am - 4 pm

The Silver Linings Hair Salon at the Gordon House is open Wed-Fri starting at 9 am. Please call 617-361-8746 to make an appointment

Massage Therapist, Jen Borges, is available on Tuesday and Thursdays at Blue Hill from 9:30 am to 1 pm. She can be reached at 508-535-5675

The Wellness Clinic is open every Wed 9:30 am - 12 pm. Please call 617-361-7900 to schedule an appointment

Blood Pressure Clinics are Wed 12 - 1 pm at Blue Hill and 1 - 2 pm at Brush Hill

Personal Training and Physical Therapy will resume in the Fitness Center, by appointment.

The Bank of Canton and Podiatrist are not open this week.

Dining:
To order lunch take-out from the Cafe, call 617-361-3987. To order dinner take-out or a Grab-and-Go Package from the Dining Room, call 617-361-6958.

Transportation
If you need transportation between campuses or to an approved local stop (Stop & Shop, CoA, library, Milton Hospital), please call 617-361-7778.

Fitness Center Hours
Mon-Fri 8 am - 5 pm
Sat & Sun 10 am - 2 pm

January 2022

If you need transportation between campuses please call 617-361-7778





— LIVE A FULLER LIFE —

Virtual Programming (Fri 1/21-Fri 1/28)

Thank you to everyone for your partnership as we begin to implement a hybrid approach to programming. While we will have some smaller group activities in person, we are continuing to hold multiple programs via Zoom. If you are not already on our Zoom email list and would like to be added, please contact Julia MacMahon at jmacmahon@fullervillage.org. Links are sent out every morning for any activities being held that day.

Friday, January 21st

Zoom Jeopardy at 2 pm

Join Julia for a fun game of Jeopardy – Fuller Village style! We will have questions from several categories, some familiar and some new. Audience members welcome.

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.

Monday, January 24th

Mat Yoga at 11 am

Chair Yoga at 12 pm

Tuesday, January 25th

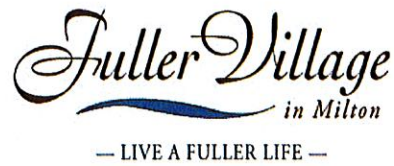
Wowzitude Virtual Trip: Washington, DC at 10 am

Feeling a little wanderlust? You don't have to leave your home to go on this personalized virtual walking tour of the iconic capital of the United States. 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.

Rich Travers at 2 pm

Topic: Music from the Civil War

You might not think of a battlefield as a great place to hear music—it has probably never been anyone's first choice of a concert venue. Even so, wars have historically inspired and even required music, and the Civil War (1861–65) was no different. Exploring the conflict's varied soundtrack, from patriotic marches to haunting ballads, offers a window to the spirit, story, and emotion of a traumatic time in American history.



Virtual Programming (Fri 1/21-Fri 1/28) (Cont.)

Tuesday, January 25th

History with Paolo at 7 pm

Topic: The Renaissance: Art and the Transformation of Europe

The 15th and 16th centuries saw an intellectual and artistic flowering in Europe. This talk will examine the origins of the Renaissance and explore some of the major artistic works of the period. Also, we will discuss the continuing cultural influence of the Renaissance.

Wednesday, January 26th

Mat Yoga at 11 am

Chair Yoga at 12 pm

Wakefield Arboretum Stone Soup at 6:30 pm

This Winter, the Wakefield Arboretum's 2022 Stone Soup speakers series will once again be via zoom but like their virtual series in 2021, it promises to be fascinating. This year's series taps into the strong response there has been to recent issues of the Arboretum's quarterly, Dogwood Lane. It will build on some of the highlights of recent issues, sharing a "live" and more in-depth telling of the back story of some of the more intriguing features. The 2022 series will launch with an enlightening discussion about the 2021 historical restoration in the Isaac Davenport Mansion and what was revealed during the process. To register, please visit their website at www.wakefieldtrust.org or look for an email from Julia with the registration link.

Thursday, January 27th

Talk with Barry Bock of 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 the associated stigma. This will be a lively and informative conversation!

Restorative Yoga at 4 pm

Friday, January 28th

Debi Block Presents an Interactive Film Presentation on Lucille Ball at 3 pm

Lucille Ball was an American comedian, actress, model, studio executive and producer who continuously broke barriers for women in the entertainment business. She starred in and produced the sitcom "I Love Lucy", which became one of the most beloved programs in television history. We look at Lucy's life on and off the big screen, before and after Desi, and share some of Lucy's funniest TV sitcom moments. Come to laugh and reminisce together.



— LIVE A FULLER LIFE —

In-person Programs Requiring Sign-up

There will be a few in-person programs that require sign-up this week. Please see below for further information.

Wednesday, January 26th

Cornhole at 9:45 am in the Blue Hill Activity Room

In order to ensure we do not exceed the 10-person limit, Fred Hopkinson is managing sign-ups for cornhole. If you are unable to play this week, he will put you on the list for the following week.

Thursday, January 27th

Crafts with Cindy at 1:30 pm in the Blue Hill Activity Room

Participants will enjoy making a fun and fanciful Valentine's heart. With fabric, felt, and tulle you'll tie together a friendship heart to keep or share the gift of love. Capacity for this activity is 8 people maximum. Please call Muriel at 617-361-7778 to sign up.

Friday, January 28th

Oma Communications 1-on-1 Technology Help from 1-4 pm in the Brush Hill Function Room

Liz Flaig of Oma Communications will join us again this month, offering 20-minute individual appointments. Liz provides individualized help with your technology needs, whether for your iPhone, Android, tablet, or laptop. To sign up for an appointment, please call Julia MacMahon at 617-361-2116 or jmacmahon@fullervillage.org.

Note: Our Writers Group has room for one more participant! The group meets every other Thursday from 3:30-5:00 pm via Zoom, with their next meeting on February 3rd and will run for four more sessions. The group is titled "Writing Our Way Home" and is led by Betsy Abrams, a social worker and writer who believes that "A writer is someone who writes and that everyone has a unique voice". If you are interested in joining, please contact Julia MacMahon at 617-361-2116 or jmacmahon@fullervillage.org.

One Call Now

Fuller Village has changed the company that we use for mass messaging. We were originally using a company called VoiceFriend but have switched to a similar service called One Call Now. The service functions in the same way but the emails will look a little different than perhaps you are used too. The emails will be from mail@notify.onecallnow.org but the sender is Deborah Felton. This is not spam this is important information being sent to you from Fuller Village. Here is a sample of what the message will look like:



Deborah Felton <mail@notify.onecallnow.com>

Thu 1/6/2022 4:06 PM

To: Daniel McGarr



Notification from: **Milton Fuller House Corporation**

Please read the attached Weekly Packet

Attachments available for 30 days until Saturday, February 5, 2022:

[Week at Fuller 1-10 to 1-16-2022.pdf](#)

To ensure that you continue to receive these emails, please add mail@notify.onecallnow.com to your Email Address Book.

To unsubscribe to notifications from **Milton Fuller House Corporation**, please [click here](#).

Message delivered to you by One Call Now. If you have any questions or are interested in the notification services provided by One Call Now for schools, employers, property managers, religious groups, sports teams, and businesses, please visit our web site www.onecallnow.com.

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Residents' Association Corner

January 2022 began with a “pause” on in-person activities to prevent the spread of Omicron in our community. This is yet another challenge we face together. Please be aware of any neighbor who might be struggling with the isolation at this time and let our management know if you observe a problem.

With enthusiasm the RA is supporting the initiation of a “remote” volunteer opportunity to provide bag lunches for some of the area homeless population through Father Bill’s/MainSpring in Quincy. More information at: <https://helpfbms.org/support/volunteer/> Julia MacMahon and Pat Kelleher have done the contact work to begin supplying lunches (35 lunches to begin) once monthly to be delivered to the Quincy location. **Gail Zaslow and Bob Lash** will lead this project and more information will follow.

The startup funding of \$600. is from the RA collaboration with **Hal Pratt** in selling the beautiful bird prints from original paintings by Hal’s college friend Bob. Hal provided the displays, the framed prints, and half of the proceeds were donated to the RA while the other half went to the artist.

Currently there is another “giving” opportunity in progress which is headed by **Jeanne Bronk**. Clients at the Milton Food Pantry are often in need of personal care products which are not covered by SNAP funds. There are collection boxes near mailboxes in the lobbies and a box on Jeanne’s porch at 40 Caroline Dr. (See flyer for suggested products in Jan. 6th Week at Fuller)

An updated edition of the *Handy Person References*, supported by the Caring Committee, will be out soon. The Association thanks **Mike Ryan** for his hours of work to produce this helpful document.

Kudos to our own **Kaye Richardson** who is listed in the Milton Times as a “contributor”! Kaye has a history of enjoying photography, joined the FV Camera Club, honed her skills using an iPhone, took scores of photos around FV, has contributed to The Voices of Fuller and began sending photos to the Times. Kaye’s been featured on their front page and now she is listed as a contributor.

Please remember to wear your mask indoors covering **both** your nose and mouth.

Peg Riley, Jan. 17, 2022

Special Announcements

Chorus

Please note that Chorus will not resume until February 9, 2022. At that time, we will begin rehearsals in smaller groups. More information will be shared with Chorus members prior to the first rehearsal.

Handyperson

Each resident will be receiving a copy of the Handy Person Reference booklet. The last one was completed six years ago. Betsy Buchbinder asked Patricia Kelleher to update the information. Mike Ryan checked all of the references and formatted the information. We hope you will keep this for future use. Daniel will have it on Touchtown for a quick reference.

Father Bill's

On January 12, the Residents Association voted to fund \$600 for a six-month endeavor of providing lunches for the homeless once a month. Father Bill's place in Quincy will be the recipient. This great work was started in 1982 and they are now called Father Bill's & Mainspring. Bob Lash has volunteered to buy needed paper & food supplies at BJ's and other stores. Gail Zaslow will coordinate the 5 or 6 volunteers needed once a month. Please call Gail at 301-520-2462 to volunteer or email her at gzasl506@gmail.com. Robert Bent has volunteered to deliver the lunches to Quincy. We will be delivering 35 lunches each month. Deborah has said that we can use the café for this wonderful work. Please consider volunteering in this community service project. If you'd like to donate for this, you can make checks out to FVRA Fuller Village Residents Association, and on the memo line fill in Homeless Endeavor. Also, gift cards to local grocery stores can be given to Bob Lash. Please drop off at his home D206. We will start on Wednesday, February 16, and will continue on the third Wednesday of each month. We have estimated cost of this to be approximately \$110 a month. Father Bill's & Mainspring not only help people to survive, but give them the skills to thrive.

We are grateful to Hal Pratt for donating over \$600 from his selling of the magnificent bird prints. Hal is thrilled that these funds will be used to start this work for Father Bill's place. Sixty-five prints were sold here at Fuller for a total of \$1,297.65. Hal donated \$10 from each print sold to the Residents Association. The remainder \$9.95 went to Bob's Birds. The artist of these magnificent prints is Robert H. Seaman. Bob and Hal attended Williams College. The beautiful prints are in storage and will be displayed at our Fair in the fall. We are grateful for the generosity once again exhibited by our Fuller Residents. We are truly a Community of Caring!

- *Submitted by Pat Kelleher*

Caring Committee Corner

TIPS FOR CULTIVATING CONTENTMENT

Happiness is something you can cultivate; just as thoughts and behaviors can be changed, so can feelings of happiness. People who are happy seem to intuitively know that their happiness is the sum of their life choices, and that their lives are built on the following pillars:

- Devoting time to family and friends
- Appreciating what they already have
- Maintaining an optimistic outlook
- Feeling a sense of purpose
- Living in the moment

How to get started to cultivate contentment:

- Invest in relationships
- Express gratitude for what you have
- Cultivate optimism and positivity
- Have a meaningful goal

Research studies suggest that personal relationships provide the strongest meaning and purpose in your life.

Do not postpone joy by waiting for the day when your life is less busy with appointments and less stressful. That day is not assured! Look for the opportunities to savor the small pleasures of everyday life. Start today toward your goal of being a happier person.

Develop the habit of seeing the positive side of things. You needn't become overly optimistic, after all bad things do happen and it would be foolish to pretend otherwise. If you are not an optimistic person by nature, start by recognizing negative thoughts as you have them, then step back and ask yourself:

- Is the situation as really as bad as I think?
- Is there another way to look at the situation?
- What can I learn from this experience?

Start right now to find joy, contentment and purpose.

Stay safe and stay well,

Betsy Buchbinder, Committee Chair

Always Available Menu

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

APPETIZERS ... 2.95

Soup du Jour
Fresh Garden Salad
Fresh Fruit Salad

* ask about our selection of house made dressings *

SIGNATURES

a non-alcoholic beverage is included with signature selections

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

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

Pastrami Rueben Sandwich ...9.95
Sliced Pastrami, melted Swiss cheese,
Russian dressing, sauerkraut, on toasted
marble rye bread

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.

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

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

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

BEVERAGES

Coke

Diet Coke

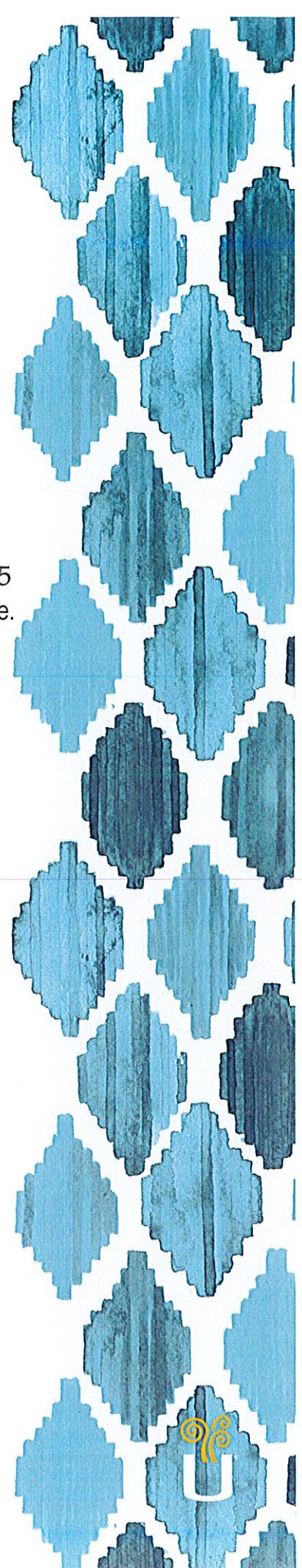
Ginger Ale

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.



Gordon House

Dining Room Dinner Menu

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

Monday, January 24

Butternut Squash Soup
or Salad du Jour
Pot Roast
Fried Shrimp
Rice Pilaf, Asparagus
Lemon Ricotta Cookie or Blueberry Pie

Friday, January 28

New England Clam Chowder
or Salad du Jour
Herb Marinated Pork Tenderloin
Veal Saltimbocca
Baked Sweet Potato, Sauteed Zucchini
White Chocolate Cranberry Cookie or
Blueberry Buckle

Tuesday, January 25

Chicken Noodle Soup
or Salad du Jour
Teriyaki Salmon
Italian style Chicken Cutlets
Mashed Potato's
Sauteed Broccoli
Carnival Cookie or NY Style Cheesecake

Saturday, January 29

Tomato and Rice Soup
or Salad du Jour
Roasted Turkey
Fried Chicken
Homemade Stuffing, Mashed Potato's
M&M Cookie or Lemon Bar

Wednesday, January 26

French Onion Soup
or Salad du Jour
Shepherds Pie with peas
Shrimp Stir-Fry with Vegetable Fried Rice
Oatmeal Raisin or
Peach Cobbler

Sunday, January 30

Italian Wedding Soup
or Salad du Jour
Prime Rib with au Jus
Sauteed Shrimp
Baked Potato, Roasted Brussel Sprouts
Double Chocolate Cookie or
Banana Bread

Thursday, January 27

Beef Chili
or Salad du Jour
Turkey Meatloaf
Chicken Cordon Blue
Roasted Red Potato's, Green Beans
Chocolate Chip Cookie or Strawberry
Rhubarb Pie

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 Unidine

Please ask us about our gluten free options. 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  **Unidine**
in Milton
— LIVE A FULLER LIFE —





Brush Hill Café Specials

– daily specials –

all served with one side...8.99

monday, Jan 24

Philly Cheese Steak

Shaved Steak with peppers and onions with melted Cheese

tuesday, Jan 25

Monte Cristo

Grilled Ham, Turkey, and swiss dipped in and egg batter and fried to golden brown

wednesday, Jan 26

Pizza Day

Personal pizzas topped with cheese and your choice of Veggies or pepperoni

thursday, Jan 27

Meatloaf Sandwich

Homemade meatloaf with Tangy ketchup glaze and caramelized onions

friday, Jan 28

BBQ Bacon Cheddar Chicken Wrap

Grilled Chicken Breast, BBQ sauce, Romaine Lettuce, Tomato, cheddar cheese, and Bacon in a wrap

Please ask us about our gluten free options.

Fuller Village | **unidine**
in Milton
— LIVE A FULLER LIFE —

Grab & Go Packages

For Advance Order

Sandwich Platter

Mix & Match

Grilled Chicken Sandwich

Tuna Salad Sandwich

Vegetable Panini

Served with . . .

Condiments - Chips - Cookies

\$45.00 - serves 6 people

Please place your order 1 day in advance

Call 617.361.6958