



From the Desk of Deborah M. Felton
February 11, 2022

Holleran Survey – Thank you to all the residents who completed the resident engagement survey conducted by Holleran Consulting in November. The national average for responses for an independent living community are 75%. Although Fuller did not reach that target, we are pleased with the response rate of 69%. The Holleran staff recently shared the results of our survey. Together with my staff I am processing the results and determining next steps. A few items came across clearly during the initial review.

- Overall satisfaction with Fuller Village is in the 86th percentile which lands us among the best group of independent living communities.
- Residents expressed the desire to meet with the Board of Directors.
- Residents would like to have improvements in our current dining program.

As we continue to review the findings, we will begin implementing the following initiatives in response to the feedback we received:

- Chris Heavey, president of the Board and Wendy Lee O’Malley, clerk of the Board will be hosting a zoom meeting in March to share information and answer questions about MFHC.
- We have set-up a new dining committee which will meeting regularly with our Dining Services Director and Joey DiGiano.
- We are working on a directory of staff names with their positions/responsibilities.
- We hope to establish different support groups such as bereavement, aging challenges and dealing with dementia. After we review all the findings, we will implement other programs which residents indicated were important to them.

I look forward to sharing more of our findings. Michele Holleran, of Holleran Consulting will be coming here in the spring to present the findings of the survey. If you have any questions, feel free to contact me either by phone or email.

Grocery Deliveries - If you are expecting a grocery delivery it would be helpful to let the concierge desk know when they are coming. Many times, groceries come in with no name on them.

Lost and Found at Brush Hill - If you are missing any items, please check the Lost and Found at the Concierge Desk. Items have been collecting over the past several months, so please come check to make sure none of your long-lost items are there.



Condolences to the family of Kathy Dunphy, Kathy and her husband Dr. Jim Dunphy lived at Brush Hill.

SUN

Super Bowl Sunday

13

2:30 Blue Hill Bridge (BL)

MON

Valentine's Day

14

10:00 Coffee and Conversation (BL)
 10:30 Water Aerobics (BR)
 11:00 Floor Yoga w/ Carol (BR)
 12:00 Chair Yoga w/ Carol (BR)
 1:00 Bridge (BR)
 2:00 Handcrafters (BL)
 3:00 Friendship Day Photo Scavenger Hunt (BR)

TUE

10:00 Cardio Dance (BR)

15

10:00 Seated Zumba Gold (BL)
 10:00 Trader Joe's Patriot Place (BR)
 11:00 Senior Ballet (BR)
 12:00 Back to Basics (BL)
 1:00 Group Meditation (BR)
 2:00 Wowzitude Virtual Trip (BL)
 7:00 Bingo! (BL)
 7:00 Men's Poker Club (BR)

WED

9:45 Cornhole (BL)

16

10:00 Father Bill's Volunteer Group (BR)
 10:00 Mobility & Stability (BR)
 10:30 Water Aerobics (BR)
 11:00 Floor Yoga w/ Carol (BR)
 12:00 Chair Yoga w/ Carol (BR)
 1:15 Chorus: Altos (BR)
 1:45 Catholic Mass (BL)
 2:30 Treats & Tea (BL)
 3:00 Caring Committee (BR)
 3:00 Rosary (BL)
 7:00 Knitters and Sewers (BR)

THUR

10:00 Towel Cardio (BR)

17

11:00 Core on the Floor (BR)
 12:00 Chair Yin Yoga (BL)
 1:00 Zumba Gold (BR)
 2:00 Wakefield Comes to Fuller (BR)
 3:30 400 Souls Book Group (Zoom)
 4:00 Restorative Yoga (Zoom)
 7:00 Brush Hill Bingo (BR)

FRI

10:30 Chair Yoga with Carol (BL)

18

12:30 Line Dancing with Cris (BR)
 1:00 Oma Communications
 Tech Help (BL)
 2:00 Game On! (BR)
 3:30 400 Souls Book Group (Zoom)
 4:30 Friday Night Services with Rabbi Benjamin (BR)
 6:45 Cribbage (BR)
 7:00 Adam Feldman (Piano/ Vocals) (BL)

SAT

7:00 Movie Night (BR/BL)

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February 2022

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



Weekend Highlights: Friday 2/11 - Sunday 2/13

See what's happening this weekend!

Friday, February 11th

Game On! from 2 pm (Brush Hill Function Room)

Friday is Game Day! We will be transforming the Function Room into a game room with ping pong, cornhole, board games, giant Jenga and Connect 4, Wii Bowling, and more. There will be something for everyone so please come by – if we don't have what you're looking for, let us know and we will look into adding it!

Mark West at 7 pm (Blue Hill Activity Room)

Come hear Mark play a lively mix of classical, ragtime, and jazz piano. He plays it all, from Bach to Duke, and is sure to put on a fun show!

Saturday, February 5th

Movie Night at 7 pm (Brush Hill Function Room and Blue Hill Activity Room)

BRUSH HILL showing: *Respect*

Cast: Jennifer Hudson, Forest Whitaker, Audra McDonald

The true story of Aretha Franklin's journey to become the Queen of Soul music.

BLUE HILL showing: *Chicago*

Cast: Renee Zellweger, Catherine Zeta-Jones, Richard Gere

Two death-row murderesses develop a fierce rivalry while competing for publicity, celebrity, and a sleazy lawyer's attention.

Sunday, February 13th

Super Bowl Sunday

We know many will be home enjoying the game, halftime show, and/or commercials – we hope you have fun and enjoy some good food! Live music will return to Brush Hill next Sunday.

Weekly Highlights: Monday 2/14 - Sunday 2/20

Look out for these special events and offerings next week! *(Page 1)*

Monday, February 14th

Happy Valentine's Day

Friendship Day Photo Scavenger Hunt at 3 pm (Meet in Brush Hill Function Room) Grab a partner (can be your Valentine, Galentine, or Palentine!), a cell phone or digital camera, and a sense of adventure! Pairs will have 90 minutes to go around the Fuller Village property taking photos of activities & objects that are given on a list. Each clue is worth a predetermined number of points. The pair that accumulates the most points wins!! Prizes to be announced.

Tuesday, February 15th

Trip to Trader Joe's Patriots Place at 10 am

Call 617-361-7778 to sign up. Van leaves from Brush Hill at 10; Blue Hill at 10:10.

Wowzitude Virtual Tour to London's West End at 2 pm (Blue Hill Function Room)

Take a virtual tour through the historic and storied streets of London with an experienced tour guide! These trips are livestreamed for full interaction and a feeling like you're really there. Join us as we see sights like the Waterloo Bridge, Leicester Square, Piccadilly Circus, and more.

Blue Hill Bingo! at 7 pm (Blue Hill Activity Room)

Come join the fun every Tuesday night! All genders are welcome. \$5 gets you two cards – and you'll be back home by 8:15 to go about your evening routine. What's not to love?!

Wednesday, February 16th

Chorus (Altos) at 1:15 pm (Brush Hill Function Room)

This month, Chorus will meet in smaller groups, with the Altos meeting this week. Please be sure to wear an N95 or KN95 (they are available from the concierge if you need one) and to bring your spring music folder. **New members are welcome to join** – just show up at rehearsal!

Catholic Mass at 1:45 (Blue Hill Activity Room)

*Pending confirmation. Please check Touchtown and look for updated flyers to confirm.

Treats & Tea at 2:30 (Blue Hill Coffee Room)

Gather with your neighbors and enjoy light refreshments. Swing by for a bit or stay awhile!

Caring Committee at 3:00 pm (Brush Hill Function Room)

All are welcome to join the conversation! See the enclosed Caring Committee Corner for more information on this month's topic.

Thursday, February 17th

Wakefield Comes to Fuller at 2:00 pm (Brush Hill Function Room)

Join Erica Max, Landscape Supervisor and Educational Coordinator at Wakefield Arboretum, as she introduces some of their resident animals (a big friendly bunny and a small chicken are rumored to be her guests) and engages in a Q&A with residents. While it's a bit too chilly to visit Wakefield as often as we'd like this winter, we are excited to have Wakefield come to us!

Weekly Highlights: Monday 2/14 - Sunday 2/20

Look out for these special events and offerings next week! (Page 2)

Thursday, February 17th (Continued)

Four Hundred Souls Book Discussion Group at 3:30 pm (Zoom)

We will be discussing Part Two of the book, *Four Hundred Souls: A Community History of African America, 1619-2019*, edited by Ibram X Kendi and Keisha N. Blain, with particular attention on the following essays: *The Virginia Law on Baptism* by Jemar Tisby, *The Virginia Law that Forbade Bearing Arms; or the Virginia Law that Forbade Armed Defense* by Kellie Carter Jackson, *The Germantown Petition Against Slavery* by Christopher J. Lebron. If you'd like to borrow a copy of the book, please contact Mary Owens.

Brush Hill Bingo! at 7 pm (Brush Hill Function Room)

Once a month, Brush Hill hosts a fun game of Bingo! All are welcome for a fun time!

Friday, February 18th

Technology Help with Oma Communications from 1-4 pm (Blue Hill Activity 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. Depending on interest, we may also offer a 1-hour iPhone 101 class for a group of 5. To sign up for an appointment, please call Julia MacMahon at 617-361-2116.

Game On! at 2 pm (Brush Hill Function Room)

Board games, video games, lawn games (on the carpet) – come to play or just to enjoy the good tunes and company!

Four Hundred Souls Book Discussion Group at 3:30 pm (Zoom)

In order to include as many participants as possible, we will hold this talk twice each month. Please join either Thursday's conversation or Friday's, both at 3:30 and on Zoom. To have your name added to the Zoom email list, please contact Julia at jmacmahon@fullervillage.org.

Friday Night Services with Rabbi Benjamin at 4:30 pm (Brush Hill Function Room)

Adam Feldman (Piano & Vocals) at 7 pm (Blue Hill Activity Room)

Adam is a professional pianist, arranger, and composer in the Boston area who has also performed worldwide. His music creates an elegant ambiance combining a wide range of styles to delight every listener. He has appeared at the Four Season Hotel, the Ritz Carlton, the Copley Plaza, and many other highly respected establishments. We are delighted to welcome him to Fuller Village!

Saturday, February 19th

Movie Night at 7 pm (BL & BR) – Titles to be announced

Sunday, February 20th

The Peter Smith Trio at 7 pm (Brush Hill Function Room)

The Peter Smith Trio, featuring Jeff Williams on piano, John Hagerty on acoustic bass and Peter Smith on vocals, performs the songs of the *Great American Songbook*. The trio's program includes many of the best-known songs from the Golden Age of music.

THE CARING COMMITTEE CORNER

“AN INVISIBLE HANDICAP”

A hearing loss is an invisible handicap. Others may see only the results of that handicap.

A hearing loss can significantly affect the quality of life for the person who cannot totally hear what is being said.

A hearing loss can make participating in a conversation with others more challenging. It can contribute to reduced social interaction.

By definition a hearing loss can be the total or partial inability to hear sound in one or both ears. Hearing problems usually come on gradually as we age and rarely end in complete deafness.

Hearing loss can affect more than just an inability to hear certain sounds. Audiologists suggest that the brain encounters sound every microsecond. We have always been surrounded by “sound” and the inability to understand what is being said is stress inducing.

A number of side effects of hearing loss can have a strong impact on daily living: There may be a felt need to isolate intentionally from others as it is difficult to participate in a conversation.

This may create a feeling of loneliness.

A study by Frank Lin, M.D. Ph.D of Johns Hopkins shows distinct links between hearing loss and health

TIPS ON SPEAKING TO A PERSON WITH HEARING LOSS:

- 1) GET THE PERSON’S ATTENTION
- 2) FACE THE PESON DIRECTLY
- 3) DO NOT YELL: SIMPLY RAISE YOUR VOICE
- 4) SPEAK MORE SLOWLY THAN USUAL

YOUR RESPONSIBILITIES IF YOU ARE HARD OF HEARING:

- 1) ADMIT THE ISSUE
- 2) ASK PEOPLE TO FACE YOU WHEN THEY SPEAK TO YOU
- 3) ASK PEOPLE TO SPEAK CLEARLY
- 4) ASK QUESTIONS ABOUT WHAT YOU MAY HAVE MISSED

Hearing loss has been designated as a “chronic condition” but there is good news in the fact that it can often be managed with the use of hearing aids.

We are social beings and want to be connected to others.

I am hard of hearing and am assuming the responsibility of telling you.

Betsy Buchbinder

Chair

Residents' Association Corner

This week it appears that Fuller activities are **BACK**.

Coffees opened up on Monday to predictable enthusiastic gatherings of folks who have missed morning coffee with their neighbors. **Fitness and Movement** options are plentiful and it is a pleasure to have these healthful “anchors” back in our schedules. There were interesting music and history presentations to attend.

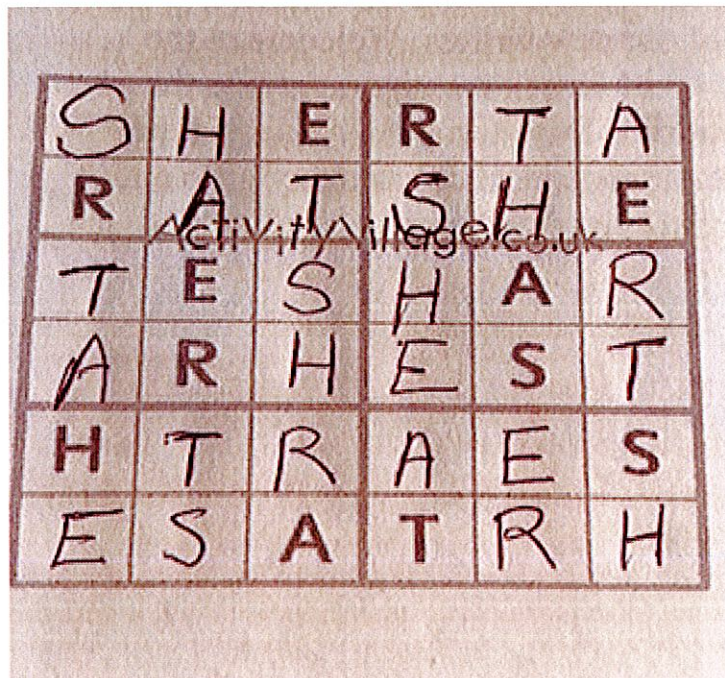
Game On returns each Friday to the Function Room at Brush Hill at 2:00. Julia has organized tables of board game playing and more active “on the move” games. Giant Jenga, Wii Bowling on the big screen, ping pong and other activities are available. Also, keep in mind that at Blue Hills there is weekly **Cornhole** available each Wednesday morning at 9:45. Don't forget online **Jeopardy**, as a player or part of the audience (check the calendar for dates).

Please give the weekly calendar a careful look and let's get back into the **Fuller Life**.

Peg Riley – Feb 9, 2022

For our Puzzlers

Below is the H-E-A-R-T-S puzzle answer. The Valentine's Day Sudoku puzzle was in the February issue of *The Voices of Fuller*.



Gordon House

Dining Room Dinner Menu

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

Monday, February 14

Happy Valentine's Day
Special dinner price \$22.95
No Reservation available

Friday, February 18

New England Clam Chowder
or Salad du Jour
Stuffed Sole
Roasted Turkey
Rice Pilaf, Peas with pearl onions
White Chocolate Cranberry Cookie or
Blueberry Buckle

Tuesday, February 15

Potato and Bacon Chowder
or Salad du Jour
American Chop Suey
Pan Seared Salmon with chimi churi
Mashed potatoes
Grilled Asparagus
Carnival Cookie or Oreo Cream pie

Saturday, February 19

Sweet Potato and Caramelized onion
or Salad du Jour
Baked Ham
Vegetable Lasagna
Green Bean Casserole,
M&M Cookie or Coconut Cream Pie

Wednesday, February 16

Cauliflower Cheese soup
or Salad du Jour
Beef Meatloaf
Baked Chicken Thigh
Scalloped Potatoes, Green Beans
Oatmeal Raisin or
Chocolate Cake

Sunday, February 20

Tuscan White Bean Soup
or Salad du Jour
Prime Rib with au Jus
Chicken Francese
Twice Baked Potato, Roasted Eggplant
Double Chocolate Cookie or
Warm Apples with Vanilla Ice Cream

Thursday, February 17

Chicken Noodle Soup
or Salad du Jour
Chicken Piccata
Shrimp Casino
Angel Hair Pasta, Acorn Squash
Chocolate Chip Cookie or Coconut Cream
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 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  UNIDINE
in Milton
— 617.361.6958 —

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.

Cubano Sandwich ...9.95

Sliced ham, roasted pork, melted Swiss cheese, Dijon Mustard, on toasted ciabatta bread

Special Salad of the Week...9.95

add grilled chicken ...3.00
add grilled salmon ...4.00

Mixed greens with almonds, poached pears, raisin, topped with blue cheese crumbles, tossed with homemade blueberry basil balsamic vinaigrette

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 raisins & toasted almonds, tuna salad, marinated grilled chicken breast, grilled salmon.
Served with roll and butter.

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.

Brush Hill Café Specials

– daily specials –

all served with one side...8.99

monday, Feb 14

Happy Valentine's Day

Daily Special...10.99

Pasta Fiorentina

fettuccini pasta with roasted cherry tomatoes and spinach in a parmesan cream sauce

tuesday, Feb 15

Baked Macaroni and Cheese

italian style baked macaroni and cheese

wednesday, Feb 16

French Toast

texas toast served with a choice of grilled ham or bacon with a blueberry syrup

thursday, Feb 17

Open Faced Roast Beef Sandwich

Sliced roast beef served on toasted bread with mashed potatoes and gravy

friday, Feb 18

Egg Salad Sandwich

Creamy Egg salad on your choice of bread with bacon and tomato