



From the Desk of Deborah M. Felton  
March 4, 2022

**Thank you** to the staff for their diligence and commitment to Fuller Village during the pandemic. Every staff member had the safety of the residents and their fellow staff members as their number one priority!

**A Department of Public Health Advisory** from March 1 states that all home health care workers who are providing services to residents must have a mask on when providing that service.

**Dining Services** - Welcome to Jackie Bullio, Dining Services Director for Fuller Village. Jackie has had many executive chef positions and comes to Fuller with lots of experience.

**The Café will be open on Saturdays**, beginning March 19<sup>th</sup>. We hope to welcome guests in the dining room and café on April 1<sup>st</sup>.

**The Board President, Chris Heavey and Clerk, Wendy Lee O'Malley** will be hosting the first of many opportunities for residents to meet and ask questions. We have limited the number of folks on the Zoom meeting so that everyone can ask questions and address their concerns. The Zoom was scheduled before we knew we restarted in-person programs. We will schedule future meetings, coffees, or dinners with Board Members so all interested residents will have an opportunity to engage.

**Charging Stations** - To use a charging station, you must have the app on your phone so that you can pay for the charge through your credit card.

**Have a suggestion, comment, or question?** Our Touchtown app has multiple ways for you to communicate with our staff team, such as:

- *If you have feedback or ideas about programs* at Fuller Village, go to the "Activities" section of the Touchtown app and enter your feedback.
- *To put in a work order*, go to the "Work Orders" section of the app.
- *If you have a question and don't know who to ask*, go to the "Ask Fuller" section of the app and we will make sure it gets to the right person. You can also always bring your questions straight to me or any of the Fuller Managers – just call or email us!

**Dryer vent cleaning** at Blue Hill and Brush Hill will be scheduled soon.

**Brush Hill Garages** - The MassSave program will be in the garages at Brush Hill this week changing the light fixtures to full LED energy saving bulbs.

**Phone Scammers** – Please remember to never give out personal information over the phone. If you get a call asking for personal information (social security number, bank or credit card information, etc), it is a scam and you should hang up. Unfortunately, these scammers target seniors so be please be vigilant.



SUN	MON	TUE	WED	THUR	FRI	SAT
2:30 Blue Hill Bridge (BL) 7:00 Will McMillan & Joe Reid present Easy to Love: The Songs of Cole Porter (BR)	6 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) 6:30 Q&A with Board Members (Zoom)	7 10:00 Cardio Dance (BR) 10:00 Seated Zumba Gold (BL) 11:00 Curry College Nursing Talk - Nutrition (BR) 11:00 Senior Ballet (BR) 11:30 Men's Lunch at Tavern at Granite Links 12:00 Back to Basics (BL) 1:00 Group Meditation (BR) 2:00 Wowzitude Virtual Trip - Seville, Spain (BL) 2:30 Newcomers Club (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	8 9:45 Cornhole (BL) 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 (BR) 2:00 Residents' Association Board Meeting (BL) 3:00 Rosary (BL) 3:30 Courageous Conversations (Zoom) 7:00 History with Paolo (BL) 7:00 Knitters and Sewers (BR)	9 10:00 Curry College Nursing Talk - Preventative Screening (BL) 10:00 Towel Cardio (BR) 11:00 Bible Study (BR) 11:00 Core on the Floor (BR) 12:00 Mobility & Stability (BL) 1:00 Zumba Gold (BR) 2:00 Barry Peil Culture & Photography: Iran (BL) 4:00 Restorative Yoga (Zoom) 7:00 Lifelong Learning (BR)	10 10:30 Chair Yoga (BL) with Carol 12:30 Line Dancing with Chr's (BR) 2:00 Game On! (BR) 4:30 Friday Night Services with Rabbi Benjamin (BR) 6:45 Cribbage (BR) 7:00 Pianist Larry Matthews (BL)	11 Remember to set your clocks ahead before bed! 2:00 Memoirs of a Black Girl, Film Screening and Director Talk (BR) 7:00 Movie Night (BR/BL)

**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 Tuesdays & Thursdays at Blue Hill from 9-30 am to 1 pm. She can be reached at 508-535-5675

**The Podiatrist** will be here on Wed 3/9 & 3/23 at 1 pm. Please call 617-986-3668 to schedule an appointment.

**The Wellness Clinic** will be closed this Wed, 3/9 but will be in by appointment on the morning of Saturday, 3/12. 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

**Gordon House Dining:**  
To schedule a dinner reservation or to-go order please call 617-361-6958

**Bank of Canton**  
Tuesdays  
Brush Hill 9 - 10 am  
Blue Hill 11 am - 12 pm

**Sign Ups**  
To sign up for rides between campuses or for grocery trips, the Men's Lunch, or other local trips (i.e. CoA, library, Milton Hospital) please call 617-361-7778

**March 2022**

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

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



## **Weekend Highlights: Thursday 3/3 - Sunday 3/6**

### **See what's happening this weekend!**

#### **Thursday, March 3<sup>rd</sup>**

**Adam Bergeron at 7 pm** (Brush Hill Function Room)

Pianist Adam Bergeron is a Fuller Favorite! Join him for a special performance of classical and contemporary pieces.

#### **Friday, March 4<sup>th</sup>**

**Rich Travers at 1 pm** (Blue Hill Activity Room)

**Topic: *Sláinte! Music from Ireland***

This presentation takes a close look at the culture and history of music in Ireland. The 'American Wake' will be discussed as well as the spirit and determination of maintaining Irish heritage through difficult times of political repression. A look at music and social impact of the Irish Showbands of the 50-60's and the growth of the Irish music of the present times. Selections will include the Chieftains, the Clancy Brothers and Tommy Makem, 'Riverdance' and many other artists.

**Game On! at 2 pm** (Brush Hill Function Room & Blue Hill Activity Room)

Game On! will now take place at both Brush Hill & Blue Hill with a variety of games at each. Come on by for some good music, ping pong, cornhole board games, and more! Brush Hill also has Giant Jenga and Connect 4, as well as Wii Bowling and new games will be coming soon to both locations.

**Michael Goodwin at 7 pm** (Blue Hill Activity Room)

Michael Goodwin presents *The Songs and Stories of Ireland and the Irish*. Michael expertly combines performance, lecture, video clips, and audience participation – come kiss the Blarney and sing along to some Irish favorites!

#### **Saturday, March 5<sup>th</sup>**

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

**BRUSH HILL showing: *King Richard***

*Cast: Will Smith, Aunjanue Ellis, Jon Bernthal*

A look at how tennis superstars Venus and Serena Williams became who they are after the coaching from their father Richard Williams.

**BLUE HILL showing: *The Courageous Heart of Irena Sendler***

*Cast: Anna Paquin, Marcia Gay Harden*

The story of Irena Sendler, a social worker who was part of the Polish underground during World War II and was arrested by the Nazis for saving the lives of nearly 2500 Jewish children by smuggling them out of the Warsaw ghetto. Received Nobel prize for bravery.

#### **Sunday, March 6<sup>th</sup>**

**Will McMillan and Joe Reid at 7 pm** (Brush Hill Function Room)

Join Will (vocals) & Joe (piano) for a special performance of *Easy to Love: The Songs of Cole Porter*. They will bring Porter's beloved standards to life – including "Night and Day", "I've Got You Under My Skin", "Ev'ry Time We Say Goodbye", "I Get a Kick Out of You", and of course, "Easy to Love". These accomplished musicians bring skill and charm and are sure to put on a fun and engaging show!



## **Weekly Highlights: Monday 3/7 - Sunday 3/13**

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

### **Monday, March 7<sup>th</sup>**

#### **Q&A with Board Members (Zoom)**

The sign-up for this month's Q&A with Board Members is full, but feel free to reach out to Julia if you would like to be added to the waitlist. We will have another meeting with them in the coming months and anyone who is still on this meeting's waitlist will get the first opportunity to join that meeting. This way everyone who joins has the chance to do so in a smaller group setting.

### **Tuesday, March 8<sup>th</sup>**

#### **Curry College Nursing Talk on Nutrition at 11 am (Brush Hill Function Room)**

Nursing students from Curry College will present on nutrition and aging, accompanied by a knowledgeable professor. They will take questions following their presentation. This is a great opportunity to learn something useful and to contribute to the learning of our local nursing students!

#### **Men's Lunch Trip to the Tavern at Granite Links at 11:30 am**

Calling all men of Fuller Village! Get off campus and spend some quality time together over good food and great views. The van leaves Brush Hill at 11:30 and Blue Hill at 11:40. Spots are still available so call 617-361-7778 to sign up before they're gone! Please remember to bring cash as they will not do separate checks.

#### **Group Meditation at 1 pm (Yoga Studio at Brush Hill)**

Andy Kelley, "The Boston Buddha" will be here to run the first of 3 meditation sessions this month. Apologies for not including this on the monthly calendar. The other dates for March will be the 15<sup>th</sup> and 22<sup>nd</sup>. All are welcome, no matter your level of meditation experience!

#### **Wowzitude Virtual Tour of Seville, Spain at 2 pm (Blue Hill Activity Room)**

Join us for a virtual tour led by local guide Jose Luis. We will explore the narrow streets of Seville and learn some of the city's secrets. From the magnificent architecture to the beautiful orange blossoms, this is a tour you will not want to miss.

#### **Newcomers Club at 2:30 pm (Brush Hill Function Room)**

Calling all Newcomers! This is a great chance to get to know each other through fun games and with some delicious refreshments. Contact Marty Allen with any questions.

### **Wednesday, March 9<sup>th</sup>**

#### **Courageous Conversations: Building Courageous Space Together at 3:30 (Zoom)**

If you were unable to join the first meeting but would like to join session 2, please contact Julia to be a part of a small group "make up session". Those who participated in the first session will automatically be emailed the link for session 2.

## **Weekly Highlights: Monday 3/7 - Sunday 3/13**

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

### **Wednesday, March 9<sup>th</sup> (Continued)**

**History with Paolo at 7 pm** (Blue Hill Activity Room)

**Topic: *A Ferocious Tenacity: The Saga of Ireland***

Ireland has a long, dramatic history. A story of warriors and priests, poets and politicians, Irish history is a colorful, tumultuous tapestry that has left a lasting legacy. This lecture delves into the trials and triumphs of Irish history, and the ferocious tenacity of the Irish people.

### **Thursday, March 10<sup>th</sup>**

**Curry College Nursing Talk on Preventative Screening at 10 am** (Blue Hill Activity Room)

Curry Nursing students will visit us again, this time to share about the benefits of preventative screening. Come with your questions and learn something new!

### **Thursday, March 10<sup>th</sup> (Continued)**

**Barry Pell Culture & Photography Presentation at 2 pm** (Blue Hill Activity Room)

**Topic: *Iran: Persian Glory and Islamic Revolution***

With a history dating 2,500 years, the Persian Empire was the largest of ancient times, extending from Central Asia to North Africa. The legacy of this power and wealth is manifest in the stunning tiled architecture of mosques & secular mansions, the distinctively spiced cuisine, the arts & crafts including arguably the world's most beautiful rugs, and the diverse people who comprised the Empire as invaders or subjects. Barry Pell traveled the country's magnificent landscape, visiting historic cities & monuments, and meeting with Iranian people. This program will feature Mr. Pell's photography.

**Lifelong Learning at 7 pm** (Brush Hill Function Room)

**Showing: *The Statue of Liberty***

For more than 100 years, the Statue of Liberty has been a symbol of hope and refuge for generations of immigrants. In this lyrical, compelling and provocative portrait of the statue, Ken Burns explores both the history of America's premier symbol and the meaning of liberty itself. Featuring rare archival photographs, letters and newspapers of the day, the fascinating story of this universally admired monument is told.

### **Friday, March 11<sup>th</sup>**

**Game On! at 2 pm** (Brush Hill Function Room/Blue Hill Activity Room)

Games Games Games – come to play or just to enjoy the good tunes and company! *As a special treat, resident Joan Matulis will be at Brush Hill ready to teach cribbage to anyone who wants to learn.*

**Cribbage at 6:45 pm** (Brush Hill Card Room)

Our cribbage players are always looking for more to join! Come by Game On! at Brush Hill earlier in the day or just show up in the Card Room at 6:45 if you want to learn. All are welcome!



## Weekly Highlights: Monday 3/7 - Sunday 3/13

**Look out for these special events and offerings next week! (Page 3)**

### Friday, March 11<sup>th</sup> (Continued)

#### **Pianist Larry Matthews at 7 pm** (Blue Hill Activity Room)

Larry Matthews is a longtime friend of Fuller and a favorite Milton entertainer! Join him for toe-tapping songs and amazing piano skills. *Please note that Crooning with Crosby, which was originally scheduled for tonight, has been rescheduled.*

### Saturday, March 12<sup>th</sup> **Don't forget to set your clocks back before bed!**

#### **Special Screening & Director Talk: *Memoirs of a Black Girl* at 2 pm** (Brush Hill Function Room)

Join Milton-based award-winning screenwriter and filmmaker, Thato Mwosa, for a special screening of her new film, *Memoirs of a Black Girl*, followed by a Question & Answer session. *Memoirs of a Black Girl* is Thato's first feature film and premiered at the 2021 Boston Globe's Black History Month Film Festival. It won Best Feature Film award at the 2021 Hamilton Black Film Festival and the 2021 Roxbury International Film Festival (RIFF). Thato has been featured by National Public Radio (NPR) and Boston Globe.

*Film synopsis:* Aisha Johnson, a bright and astute student, is one of the finalists for a coveted city-wide scholarship. But one decision Aisha makes turns her life upside down, jeopardizing her chance at the scholarship. Aisha must navigate and survive life in the unforgiving hallways of Dudley High and the streets of Roxbury while keeping her eyes on the prize.

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

### Sunday, March 13<sup>th</sup>

#### **Black Velvet Band at 7 pm** (Brush Hill Function Room)

Join Tim Quinn and the Black Velvet Band for an evening of upbeat Irish music! They have entertained audiences for over 30 years and are ready to bring their brand of toe-tapping, hands-clapping fun to Fuller Village. Get in the Irish spirit!



# Brush Hill Café Specials

– daily specials –

all served with one side...8.99

monday, march 7

Pastrami on Rye

*sliced pastrami, lettuce, tomato served on marble rye bread*

tuesday, march 8

Mushroom Onion Swiss Burger

*handmade beef burger with sauteed mushrooms, melted swiss cheese on a toasted brioche bun*

wednesday, march 9

Egg Salad on a Roll with Bacon

*Homemade egg salad with bacon, lettuce, and tomato on a roll*

thursday, march 10

Beef Gyros

*Sliced gyro meat inside a fluffy pita with lettuce, tomato and onion with tzatziki sauce*

friday, march 11

Chicken Bacon Ranch Wrap

*Grilled chicken breast, ranch dressing, romaine lettuce, tomato, bacon in a wrap*



# Gordon House

## Dining Room Dinner Menu

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

### Monday, March 7

Tomato Bisque  
Or Salad du Jour  
Tuna Casserole with Egg Noodles  
Lemon Dill Salmon  
Mashed Potato, Green Beans  
Oatmeal Raisin Cookie or Blueberry Pie

### Friday, March 11

New England Clam Chowder  
or Salad du Jour  
Baked Scallops  
Filet of Beef  
Rice Pilaf, Cream of Spinach  
White Chocolate Cranberry Cookie or  
Apple Pie

### Tuesday, March 8

Lemon Dill Chicken soup  
or Salad du Jour  
Beef Stew  
Baked Stuffed Shrimp  
Herb Couscous  
Roasted Brussel Sprouts  
Carnival Cookie or Brownie

### Saturday, March 12

Wild Mushroom Soup  
or Salad du Jour  
Lasagna with Ground Beef  
Glazed Ham  
Roasted Butternut, Broccoli  
Chocolate Chunk Cookie or Carrot Cake

### Wednesday, March 9

Leek and Potato Bisque  
or Salad du Jour  
Salisbury Steak with Mushroom Gravy  
Baked Haddock with Ritz Crumbs  
Baked Potato, Buttered Peas and Onions  
M & M Cookie or  
Pecan Pie

### Sunday, March 13

Butternut Bisque  
or Salad du Jour  
Prime Rib with au Jus  
Baked Chicken and Broccoli Alfredo  
Baked Sweet potato, Roasted Cauliflower  
Double Chocolate Cookie or Bread  
Pudding

### Thursday, March 10

Lentil Soup  
or Salad du Jour  
Swedish Meatballs  
Baked Tortellini with Vodka Sauce  
Garlic Mashed Potato, Roasted Carrots  
Double Chocolate Cookie or Grapenut  
Custard

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 J & D

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

*J & D* **unidine**  
— 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 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, craisin, 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 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.