



From the Desk of Deborah M. Felton  
June 10, 2022

**Welcome Bob and Helen Karas** to Foster 102 and Suzanne Ross has moved to Brush Hill, G 104.

**Mask Wearing** - As of Monday, June 13<sup>th</sup>, mask wearing will be optional. We have had no reported Covid cases in the past two weeks. Wearing a mask inside while in groups, whether large or small, is strongly recommended. If Fuller Village experiences an outbreak of Covid at any time in the future, we will reinstitute mask wearing. You will continue to see many residents and staff wear a mask. Thank you and stay well!

**Flag Day** on June 14<sup>th</sup> commemorates the adoption of the American flag of the United States in 1777.

**An important message for Verizon Subscribers:** If you are a Senior TV subscriber, you do not need to sign up for Verizon internet service when Verizon comes in to switch your phones from the copper lines – the switchover is only necessary for the telephone line. Senior TV covers your internet service needs. If you have any questions, call either Daniel at 617-361-8947 or Elaine at 617-361-8945.

**Café Prices** - Please note that due to rising food costs, prices in the café have been adjusted accordingly.

**Golf Cart Drivers** - Each Spring we ask for volunteers for golf cart drivers to go back and forth from Blue Hill and Brush Hill. The hours are 10:30 am to 2:30 pm Monday through Friday. We are looking for someone weekly or if you can drive occasionally that would be helpful also. Please call Muriel at 617-361-7778 and she will give you more information. If you do a weekly shift, we call you when someone needs a ride! No need to sit in the lobby! Thank you!

**The Access Road** is open to residents from 3:00 pm to 8:00 pm daily. Please do not use the access road at other times. There are many people who use the road for exercise, and we want them to be able to walk safely.

**Milton Pride Parade** - Come cheer us on this Saturday, the 11<sup>th</sup> between 4:00 pm and 5:00 pm. We will be driving our electric car in the Pride parade in support of the Milton community. The route starts at Pierce Middle School and then comes down Canton Ave to Blue Hills Parkway (best spot to watch) and returns to Pierce.

**Hold the Date** - Tempo International will be playing at the Gazebo on the Town Common on Wednesday, July 6<sup>th</sup> at 6:00 p.m. The concert featuring our own, Lytton Edwards is sponsored by Fuller Village. Please carpool, if possible, we will also provide van transportation.

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Condolences to the family and friends of Marge Panarese who died this past week. Marge and her husband the Honorable Eugene Panarese (deceased) moved to Fuller Village/Brush Hill in 2005.



SUN	MON	TUE	WED	THUR	FRI	SAT
<p>2:00 Sunday Afternoon Matinee (BL) <b>12</b></p> <p>2:30 Blue Hill Bridge (BL)</p> <p>7:00 The Splinters (BR)</p>	<p>10:00 Coffee and Conversation (BL) <b>13</b></p> <p>10:30 Water Aerobics (BR)</p> <p>11:00 Floor Yoga w/ Carol (BR)</p> <p>12:00 Chair Yoga w/ Carol (BR)</p> <p>1:00 Bridge (BR)</p> <p>2:00 Handcrafters (BL)</p> <p>2:00 Wakefield Dogwood Days Tour</p> <p>3:00 Bocce (BR)</p>	<p>10:00 Cardio Dance (BR) <b>14</b></p> <p>10:00 Seated Zumba Gold (BL)</p> <p>11:00 Senior Ballet (BR)</p> <p>12:00 Back to Basics (BL)</p> <p>12:30 Tai Chi (BR)</p> <p>1:00 Group Meditation (BL)</p> <p>2:00 Wowzitude Virtual Trip (BL)</p> <p>2:30 Newcomers Club (BR)</p> <p>4:00 Restorative Yoga (Zoom)</p> <p>7:00 Bingo! (BL)</p> <p>7:00 Men's Poker Club (BR)</p>	<p>9:45 Cornhole (BL) <b>15</b></p> <p>10:00 Mobility &amp; Stability (BR)</p> <p>10:30 Water Aerobics (BR)</p> <p>11:00 Floor Yoga w/ Carol (BR)</p> <p>12:00 Chair Yoga w/ Carol (BR)</p> <p>1:45 Catholic Mass (BL)</p> <p>3:00 Caring Committee (BR)</p> <p>3:00 Pickleball w/Lori (BR)</p> <p>3:00 Rosary (BL)</p> <p>7:00 History with Paolo (BL)</p> <p>7:00 Knitters and Sewers (BR)</p>	<p>10:00 Towel Cardio (BR) <b>16</b></p> <p>11:00 Core on the Floor (BR)</p> <p>12:00 Men's Lunch At Bay Pointe in Quincy</p> <p>12:00 Mobility &amp; Stability (BL)</p> <p>1:00 Zumba Gold (BR)</p> <p>1:30 Crafts with Cindy (BL)</p> <p>3:30 400 Souls Book Group (BR)</p> <p>7:00 David Won &amp; Tim Steele (BR)</p>	<p>10:30 Chair Yoga with Carol (BL) <b>17</b></p> <p>12:30 Line Dancing with Cris (BR)</p> <p>2:00 Game On! (BR)</p> <p>3:00 Bocce (BR)</p> <p>6:30 Cribbage (BR)</p> <p>7:00 Pianist Sean Hurley (BL)</p>	<p>7:00 Movie Night (BR/BL) <b>18</b></p>

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 Podiatrist will be here on 6/22 at 1 pm. Please call 781-986-3668 to schedule an appointment.

The Wellness Clinic is every Wed 8:30 - 11 am. Please call 617-361-7900 for an appointment.

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

Stop & Shop Trips are on Mondays at 10 am, Wednesdays at 2 pm, and Fridays at 10 am. Please call 617-361-7778 to sign up.

**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 campus, grocery trips or any trips, please call 617-361-7778

**June 2022**

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

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



## Weekend Highlights: Thursday 6/9 - Sunday 6/12

### See what's happening this weekend!

#### Thursday, June 9<sup>th</sup>

**Summer Concert with the Castle Tones Show Band** (Brush Hill Function Room)

*Food at 5:30 pm; Music at 6 pm*

Due to weather, we will be moving the Gazebo Concert indoors! Hot dogs, chips, and a beverage will still be sold for \$5 per person. We will have tables out and room up front to dance – come have a good time!

#### Friday, June 10<sup>th</sup>

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

*Topic: Music and Commercials*

Ever since the early days of advertising, music and TV ads have gone hand in hand. So, why exactly does music work so well, and how can advertisers make the most of it?

#### Saturday, June 11<sup>th</sup>

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

**BRUSH HILL showing: *Ghostbusters: Afterlife***

*Cast: Dan Ackroyd, Carrie Coon, Annie Potts, Bill Murray, Sigourney Weaver, Paul Rudd*

When single mother and her children move to a small town in Oklahoma, they discover a connection to the original ghostbusters.

**BLUE HILL showing: *The Last Waltz (Documentary 1978)***

*Cast: Bob Dylan, Joni Mitchell, Neil Diamond, Eric Clapton, Emmy Lou Harris, Neil Young, Ringo Starr, Muddy Waters*

Martin Scorsese directs the last concert of The Band. A film account and presentation of the final concert of The Band.

#### Sunday, June 12<sup>th</sup>

**Sunday Afternoon Matinee at 2 pm** (Blue Hill Activity Room)

**Showing: *The Mouse that Roared (1959)***

*Synopsis:* This British satirical comedy film on a Ban the Bomb theme, based on Leonard Wibberley's 1955 novel. It stars Peter Sellers in three roles: Duchess Gloriana XII; Count Rupert Mountjoy, the Prime Minister; and Tully Bascomb, the military leader.

**The Splinters at 7 pm** (Brush Hill Function Room)

This bluegrass and old-time string band delivers a relentless groove to accompany their tight 3-part harmonies. A Splinters set veers from straight ahead bluegrass to traditional fiddle tunes and back, with the occasional detour into a modern song. Many of you enjoyed their duo, Long Lost String Band, at Blue Hill this fall – now come see the full group (fiddle, guitar, banjo, mandolin, and bass fiddle)!

## Weekly Highlights: Monday 6/13 – Sunday 6/19

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

***Note:** Please look at the one-page weekly calendar for a full and updated list of events. These highlight pages are meant to show special offerings and are not a complete list of programs.*

### Monday, June 13<sup>th</sup>

#### **Dogwood Days Private Tour at Wakefield Estate & Arboretum at 2 pm**

Join a special private tour of the Wakefield Arboretum's signature event, Dogwood Days. Polly Wakefield's collection of over 300 dogwood trees is in full bloom and events will be occurring over the span of the week – this is a wonderful opportunity to get a closer, more personal look at this beautiful estate and arboretum! Suggested donation of \$5. Call 617-361-7778 to sign up.

#### **Bocce at 3 pm** (Bocce Court by the Tennis Courts)

Bocce is back and we will be playing on Mondays and Fridays at 3 pm. New players are encouraged to give it a try! Contact Jeanne Bronk at 617-910-9936 for more information or just swing by the bocce court to learn more!

### Tuesday, June 14<sup>th</sup>

#### **Happy Flag Day!**

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

Join us for a live virtual walking tour to Canada's majestic Rocky Mountains! We're visiting Banff, in Alberta, Canada – a town embedded into Banff National Park, and surrounded by spectacular mountains, glacier-fed lakes, and rivers. Banff National Park gets 4 million visitors a year, and the town of Banff is a picturesque tourist attraction.



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

If you're a Newcomer, don't forget to attend this month's gathering! Contact Marty Allen at 617-312-8058 with questions.

### Wednesday, June 15<sup>th</sup>

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

Join Father Bennett for Mass. Beginning in July, Mass will be held every 1<sup>st</sup> Wednesday in the Blue Hill Activity Room & 3<sup>rd</sup> Wednesday in the Brush Hill Function Room.

#### **Caring Committee at 3 pm** (Brush Hill Function Room)

Join Caring Committee Chair, Betsy Buchbinder, for a discussion about aging well in regards to your physical, social, and emotional health.

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

*Topic: Reconstruction: Politics, Race, and Society in the Aftermath of the Civil War*

The Civil War was the costliest war in American History. In the aftermath of that struggle, national leaders had to figure out how to put the nation back together. The period of Reconstruction was full of political turmoil, racial tension, and social upheaval. Yet the failures of Reconstruction would shape the following 150 years of American history.



## Weekly Highlights: Monday 6/13 – Sunday 6/19

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

### Thursday, June 16<sup>th</sup>

#### **Men's Lunch at Bay Pointe Waterfront Restaurant in Quincy at 12 pm**

Join the other gentlemen at Bay Pointe Waterfront Restaurant, known for its picturesque water views and fresh fish straight in from the marina where it sits. Their modern comfortable deck is an experience itself, as is the Bay Pointe Fish Market Menu which lists the daily catches for seafood lovers. Call 617-361-7778 to sign up.

#### **Four Hundred Souls Book Discussion Group at 3:30 pm (Brush Hill Function Room)**

Join us for a discussion of Part 6 of *Four Hundred Souls: A Community History of African America, 1619-2019*. We will specifically discuss the following essays: *Denmark Vesey* by Robert Jones, Jr., *Racial Passing* by Allyson Hobbs, and *Dred Scott* by John A. Powell. We will also spend some time discussing the poem at the end of the section (*Compromise* by Donika Kelly). New members are always welcome and you can reach out to any of our resident librarians to borrow a copy of the book.

#### **David Won & Tim Steele at 7 pm (Brush Hill Function Room)**

Join Fuller Village's favorite tenor, David Won, as he is accompanied by Tim Steele on piano. David's voice is beautiful and Tim provides both excellent accompaniment and informative bits about the songs they are performing.

### Friday, June 17<sup>th</sup>

#### **Sean Hurley at 7 pm (Blue Hill Activity Room)**

Milton native Sean Hurley has been playing piano for audiences since he was 14. An energetic and engaging performer, his repertoire includes classical, Broadway, standards and pop music all with a distinctive style. He is also happy to take requests!

### Saturday, June 18<sup>th</sup>

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

### Sunday, June 19<sup>th</sup>

**Happy Father's Day and Happy Juneteenth!**

**Sunday Afternoon Matinee at 2 pm (Blue Hill Activity Room) - Title to be announced!**



# Caring Committee Corner

## *Self-Talk*

Self-talk is the way you are actually talking to yourself, or as it is often called, your “inner voice”. It refers to the inner monologue throughout your day.

“Thoughts are powerful things and both the positive and the negative ones lead to our moods and our behaviors“, says clinical psychologist Monica Vermani.

We are the ones in control of our thoughts, she adds. If so, then it would seem that we should be able to choose and to reinforce healthy rather than harmful thoughts as we engage in self-talk.

But media bombards us constantly with negative, catastrophic events over which we have no control. Negativity seems to dominate the news cycles in the various media, tv news and the daily press.

“Usually negative self-talk is so automatic that it happens outside of conscious awareness,” say LaToya Gaines, PsyD at the Mayo Clinic.

If even a moderately negative event occurs within our circle of friends and family, do we tend to blame ourselves as we self-talk?

Dr. Gaines recommends we challenge ourselves, take a reality check on the issue and ask, “Is there any real evidence that it was our fault? Is it our own faulty interpretation? Is there an alternative explanation to counteract that negative thought?”.

Do we magnify the negative aspects of a situation and filter out all of the positive ones as we engaged in self-talk?

Combating negative self-talk takes practice.

Dr Gaines says, “Start the day off with some positive affirmations and when negative thoughts arise challenge yourself to put a positive spin on them”.

Practicing positivity isn’t about disregarding the reality of a situation, but it makes for more productive self-talk. Be aware of what you are saying to yourself:

- Limit your negative thinking.
- Practice gratitude.
- Keep an open mind.
- Embrace the good thoughts and events in life.

Stay safe and stay well.

Betsy Buchbinder

Chairperson



# Gordon House

## Dining Room Dinner Menu Revised

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

### Monday, June 13th

Roasted Vegetable Bisque  
Or Salad du Jour  
Beef Bourguignon  
Beer Battered Haddock  
Yukon Mashed Potato, Peas  
M&M Cookie (GF) or Brownie

### Friday, June 17th

New England Clam Chowder  
or Salad du Jour  
Beef Tenderloin with Au Poivre Sauce  
Fried Clam Strips  
French Fries, Asparagus  
Carnival Cookie (GF) or Lemon Poundcake  
with Strawberries & Whipped Cream

### Tuesday, June 14th

Tomato Vegetable Soup  
or Salad du Jour  
Shrimp and Grits  
Spaghetti and Meatballs  
Wilted Spinach  
Double Chocolate Chip Cookie (GF) or  
Cherry Pie

### Saturday, June 18th

Minestrone Soup  
or Salad du Jour  
Sausage Cacciatore  
Roast Chicken and Gravy  
Au Gratin Potatoes, Zucchini  
Reese's Chunk Cookie (GF) or Blueberry  
Pie

### Wednesday, June 15th

Chicken and Wild Rice Soup  
or Salad du Jour  
BBQ Pork Chop  
Baked Cod with Ritz  
Cornbread, Honey Butter Carrots  
Lemon Almond Cookie (GF) or Molten  
Chocolate Cake

### Sunday, June 19th

Corn Chowder  
or Salad du Jour  
Prime Rib  
Salmon with Herb Butter  
Roasted Acorn Squash, Broccoli  
Citrus Sugar Cookie (GF) or Salted  
Caramel Vanilla Crunch Cake

### Thursday, June 16th

Broccoli Cheddar Soup  
or Salad du Jour  
Meatloaf  
Grilled Swordfish  
Rice Pilaf, Corn  
Pistachio Cookie (GF) or Key Lime 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 & the

All sauces may be requested on the side. All entrees are 17.95 plus tax, which includes an appetizer, beverage & dessert. Before ordering, please make your server aware of any food allergies. Vegetarian (V) Vegan (VG) Gluten Free (GF)

Fuller Village  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.

**Tuna Melt...9.95**  
house tuna salad, tomato, melted swiss on marble rye

**Salad of the Month...9.95**  
add grilled chicken ...3.00  
add grilled salmon ...4.00  
local watermelon, feta cheese, greek olives, baby arugula

**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,  
tuna salad, marinated grilled chicken breast, grilled salmon.  
Served with roll and butter.

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## DESSERTS

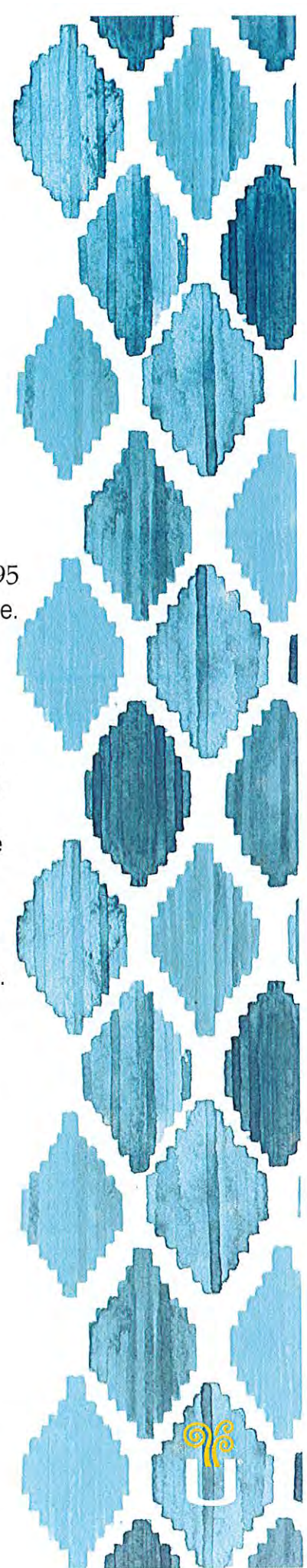
a la carte...2.95  
Chef's Featured  
Cookie of the Day  
Fresh Fruit Cup...2.95  
Sugar Free Jell-O...2.95  
No Sugar Added Ice Cream...2.95

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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.





# Brush Hill Café Features

Daily Features come with choice of side..\$14

Monday June 13th  
Egg Salad Sandwich

Tuesday June 14<sup>th</sup>  
Falafel Wrap

Wednesday June 15th  
Grill Day

Grilled Portobello Mushroom Sandwich  
Italian Sausage and Pepper Sub  
Marinated Grilled Shrimp and Veggies  
*Potato Salad, Fruit Cup, Coleslaw, Cornbread*  
*Always Available*  
*Grilled Hot Dogs and Fuller Burger*

Thursday June 16<sup>th</sup>  
*Cuban Sandwich*

Friday June 17th  
Fish and Chips





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# Brush Hill Café Menu

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## - Soups -

**Soup of the Day**  
Cup...5  
Bowl...7

**Soup & Half**  
Sandwich...13

## - House Salads -

**Caesar Salad** 8  
Romaine, parmesan, crouton

**Garden Salad** 8  
Local greens, onion, olive, cucumber, tomato

**Add Grilled Chicken...5**  
**Add Seafood Salad....6**

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## - Features -

**Hot Entrée Feature** 15  
Chef's daily creation!

**Fuller Village Burger** 13  
American cheese, lettuce, tomato, brioche

**Grilled Chicken Sandwich** 12  
Ranch, lettuce, tomato, brioche

**Chicken or Tuna Salad Sandwich** 10  
Lettuce, tomato

**Grilled Cheese** 9  
Bacon and tomato

**All Beef Hot Dog** 9

## - Signature Sandwiches -

**Roasted Turkey BLT** 13  
Roast turkey, bacon, lettuce, tomato, lemon pesto aioli

**Seafood Salad Roll** 14  
Lettuce, lemon, mayo, brioche

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## - Sides -

**All Sides...3**

House Chips

French Fries

Sweet Potato Fries

Onion Rings

Cole Slaw

Fruit Cup

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## - Dessert -

**Cookie of the Day** 3

**Dessert of the Day** 4

**Ice Cream Cup or Sorbet Cup** 2





The Fuller Village Residents' Association  
1399 Blue Hill Avenue – 1372 Brush Hill Road  
Milton, MA 02186

**Notice of FVRA Officer and Representative Vacancies**

DATE: June 9, 2022

TO: All Fuller Village Residents

The terms of the following Officer and Representative positions will expire on September 30, 2022.

**Officers(4): President, Vice President, Treasurer, Secretary**

**Representatives (6):** The affected constituencies are shown below.

**BLUE HILL**

1. Depoyan
2. Foster
3. Villas

**BRUSH HILL**

1. C/D
2. E/F
3. G/H

Any resident who wishes to serve as an Officer or who resides within one of the above named constituencies and wishes to serve as a Representative on the Association Board must complete and submit the self-nomination form shown on the reverse of this notice to the Concierge either at Blue Hill or Brush Hill on or before **Monday, June 20, 2022 at 4 pm.**

**NOTE:** Candidates for any Officer position must have been a resident of Fuller Village for at least twelve months on September 30, 2022.

The Nominating Committee is required to prepare a slate of nominees for the named Officer and Representative positions, one for each position. Anyone who responds to this notice by the above date will be considered for inclusion in the slate. Those self-nominees who are not selected for the slate will be notified of that fact, as well as their right to compete for the position in an election pursuant to Article IV D. of the Association Bylaws.

Should you have any questions about a position, please contact the Residents' Association Board member who currently is in that position. Please direct any general questions you might have to any of the Committee members listed below.

Nominating Committee: Cheryl Manoli, Chair, Janet Arthur, Helen Benson, Ginny Hamel, Mike Ryan, Celina Schreiber, and Roz Spigel

**OVER ->**



Fuller Village Residents' Association  
1399 Blue Hill Avenue – 1372 Brush Hill Road  
Milton, MA 02186

**Request & Endorsement for Nominating Committee Slate** (rev. 5/23/2022)

In accordance with Article IV D. of the Association Bylaws, I hereby request that I be considered for inclusion in the slate as the Nominating Committee's choice for the position identified below.

Resident's Name: \_\_\_\_\_

Resident's Address: \_\_\_\_\_

I am a candidate for the position of Officer (state position) \_\_\_\_\_

or Representative for \_\_\_\_\_

Nominee's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Responsibilities of an Officer or Representative on the Residents' Association Board can be found in the Association Bylaws on pages 3-5, Article IV. A 5, B.

The following two Residents have endorsed my candidacy pursuant to Article IV D. of the Residents' Association Bylaws.

**NOTES:** Incumbents seeking reelection to the position they presently hold do not need to provide any endorsers. Also, incumbents for Representative may not reapply to serve in the same position if they have served three consecutive terms or two consecutive terms as an Officer as of September 30, 2022.

Any endorser below must live in the same building or one of the villas as the self-nominee. Officer endorsers may live in any area of Fuller Village.

**ENDORSERS:**

#1 NAME: (Please print) \_\_\_\_\_

ADDRESS: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ Date: \_\_\_\_\_

#2 NAME (Please print): \_\_\_\_\_

ADDRESS: \_\_\_\_\_

SIGNATURE \_\_\_\_\_ Date: \_\_\_\_\_