



From the Desk of Deborah M. Felton

July 21, 2022

An Important Message from Jen - Summer is here! Staying hydrated is important year-round as it helps you maintain normal blood volume, proper digestion and transportation of nutrients throughout your body, in addition to healthy kidney functions. Increasing (or decreasing) your water intake should always be a conversation with your doctor at a regular check-up, but typically, most older adults do not take in enough water, especially in warmer temperatures. With this week's heat wave, please be on the lookout for signs of dehydration: unquenchable thirst, dry mouth, dark-colored urine, feeling faint or dizzy, unexplained fatigue, and confusion. Here are some helpful tips to help you stay hydrated and healthy.

- Start your day off with a glass of water
- Choose foods with a high-water content (cucumbers & watermelon are great choices)
- Jazz up plain water with slices of lemon or berries
- Build hydration into your daily routine (first thing in the morning, with each meal, after exercise or activity)
- Please see the attached flyer for more information.

Mask Update - Effective July 1, 2022: The Department of Public Health advises that individuals should wear a mask or face covering when indoors (and not in your own home) if you have a weakened immune system, or if you are at increased risk for severe disease because of your age or an underlying medical condition, or if someone in your household has a weakened immune system, is at increased risk for severe disease. **The CDC recommends that if you have been exposed to or had close contact to someone with COVID-19, you should wear a well-fitting mask around others for 10 days from the date of your last close contact (the date of last close contact is considered day 0).**

Recycling and Trash Reminder: If you have recycling to be put in the recycle bins, please breakdown boxes and other items so that there is more room in the bins. All trash needs to be bagged and tied before going into the trash cans. No loose items of any kind should be put in the trash cans.

Next Week's Programs: There is still room available in Tuesday's 12:30 pm **Watercolor Class** and Thursday's trip to **Crescent Ridge Dairy** at 2 pm. To sign up for either of these opportunities, please call 617-361-7778. **Anthony Sammarco's** planned talk for Wednesday the 27th has been postponed – keep an eye on the August calendar for the new date!

SUN	MON	TUE	WED	THUR	FRI	SAT
2:00 Sunday Afternoon Matinee (BL) 24	10:00 Coffee and Conversation (BL) 25	10:00 Cardio Dance (BR) 26	9:45 Cornhole (BL) 27	10:00 Towel Cardio (BR) 28	10:30 Chair Yoga with Carol (BL) 29	7:00 Movie Night (BR/BL) 30
2:30 Blue Hill Bridge (BL)	10:30 Water Aerobics (BR)	10:00 Seated Zumba Gold (BL)	10:00 Mobility & Stability (BR)	11:00 Core on the Floor (BR)	3:00 Bocce (BR)	
7:00 Carol O'Shaughnessy Trio (BR)	11:00 Bocce (BR)	11:00 Senior Ballet (BR)	10:30 Water Aerobics (BR)	11:00 Women's Lunch at Bay Pointe Quincy	6:30 Cribbage (BR)	
	11:00 Floor Yoga w/ Carol (BR)	12:00 Back to Basics (BL)	11:00 Floor Yoga w/ Carol (BR)	12:00 Mobility & Stability (BL)	7:00 Ron Cote (BL)	
	12:00 Chair Yoga w/ Carol (BR)	12:30 Tai Chi (BR)	12:00 Chair Yoga w/ Carol (BR)	1:00 Zumba Gold (BR)		
	1:00 Bridge (BR)	2:00 Crescent Ridge Dairy	3:00 Rosary (BL)	2:30 Needlepoint Group (BR)		
	1:30 Elders Climate Action Talk (Zoom)	2:00 Wowzitude Virtual Tour: Ravenna, IT	7:00 Knitters and Sewers (BR)	6:00 Brush Hill Grill Dinner (Patio at Brush Hill)		
	2:00 Handcrafters (BL)	4:00 Restorative Yoga (Zoom)				
	7:00 History with Paolo (BR)	7:00 Bingo! (BL)				
		7:00 Men's Poker Club (BR)				

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 8/10 & 8/24 at 1 pm. 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

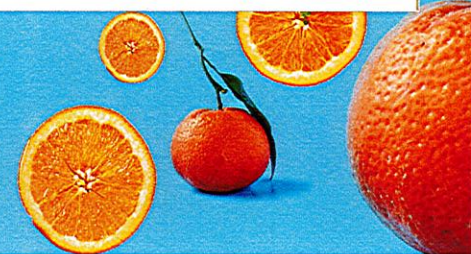
Bank of Canton
Tuesdays
Brush Hill 9 - 10 am
Blue Hill 11 am - 12 pm

Sign Ups
To sign up for rides between campus, grocery trips or any trips, please call 617-361-7778

July 2022

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

Fuller Village
in Milton
— LIVE A FULLER LIFE —



Weekend Highlights: Friday 7/22 - Sunday 7/24

See what's happening this weekend!

Friday, July 22nd

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

Join Rabbi Benjamin for monthly services in the Function Room.

Jose Quezada Marquez at 7 pm (Blue Hill Activity Room)

Cellist Jose Quezada Marquez is back! Berklee-trained Jose Quezada Marquez plays classical as well as a little world music fusion combining the cello with traditional Peruvian rhythms, jazz, and rock. He is excited to perform a new repertoire for us this weekend!

Saturday, July 23rd

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

BRUSH HILL showing: *Far from the Madding Crowd*

Cast: June Temple, Michael Sheen, Cary Mulligan

Bathsheba wins the hearts of three men. Sheep herder Gabriel, dashing soldier Frank, and William a moneyed older man.

BLUE HILL showing: *Beaches*

Cast: Bette Midler, Barbara Hershey, John Heard

A privileged rich debutante and a cynical struggling entertainer share a turbulent, but strong childhood friendship over the years.

Sunday, July 24th

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

Showing: *The Best of Victor Borge: Acts One & Two*

Synopsis: Revisit the classic routines of comedian-pianist Victor Borge in highlights from his years of comical television. Includes "Introducing Mozart," "My Favorite Barber," "Introducing Marylyn Mulvey," "Aria From 'Rigor Mortis' by Joe Green," and "The Timid Page Turner."

The Carol O'Shaughnessy Trio at 7 pm (Brush Hill Function Room)

Dubbed "Boston's First Lady of Cabaret", Carol O'Shaughnessy has earned the city's Cabaret Entertainer of the Year award for appearances at New York City's Town Hall, Jordan Hall, The Regattabar, and Scullers. She will be joined by her musical director and pianist, Tom LeMark, and her bass player for a delightful hour of classics from the Great American Songbook packed with personality. This is a very special performance that should not be missed!

Weekly Highlights: Monday 7/25 – Sunday 7/31

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 Weekly Highlights are meant to show special offerings and are not a complete list of programs.*

Monday, July 25th

Elders Climate Action Talk at 1:30 pm (Zoom or Brush Hill Library)

Join our conversation facilitated by Seth Evans from ECA's Massachusetts Chapter! This month, the topic is: "I live in the Eastern US. Does Climate Change Matter to Me?". We will watch a short clip and have a discussion. We will be screening this in the Brush Hill Library for those who cannot access Zoom on their own.

History with Paolo at 7 pm (Brush Hill Function Room)

Topic: The Second Rome: A Brief History of the Byzantine Empire, 500-1450

For nearly 1000 years, the Byzantine Empire played an important, sometimes dominant, role in the Mediterranean. Through war, peace, and political turmoil, the emperors in Constantinople, their generals and functionaries, controlled an empire that bridged East and West, and continued the imperial legacy of Ancient Rome.

Tuesday, July 26th

Watercolor Class at 12:30 pm (Blue Hill Activity Room)

Join experienced teacher Sheila Cohen for a one hour class open to all levels of experience! The theme for this class is Sunset Silhouettes – Sheila will give plenty of instruction and tips while also leaving plenty of room for your own interpretation. You will walk away with a completed piece of art and a lot of learning and fun memories! *Call 617-361-7778 to sign up by the end of the day on Friday, July 22nd.*

Wowzitude Virtual Tour of Ravenna, Italy at 2 pm (Blue Hill Activity Room)

Enjoy a stroll through the ancient city of Ravenna, considered an eastern gem. Ravenna is known as the Capital of Mosaics, and boasts 8 perfectly preserved UNESCO World Heritage buildings as evidence of a glorious past.

Crescent Ridge Dairy Trip at 2 pm

Since 1968, Crescent Ridge Dairy Bar has been serving their famous ice cream to people of all ages. It's somewhere between an ice cream stand and ice cream heaven! Call 617-361-7778 to sign up before the trip is filled.

Wednesday, July 27th

Please note that the Anthony Sammarco talk on SS Pierce is postponed and will be rescheduled for August.

Weekly Highlights: Monday 7/25 – Sunday 7/31

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

Thursday, July 28th

Women's Lunch at Bay Pointe Quincy at 11 am

This trip is full with a long wait list. Those on the wait list will get first priority for the August Women's Lunch.

Needlepoint Group at 2:30 pm (Brush Hill Café)

Have you always wanted to learn how to do needlepoint? Well, this is your chance! Fellow resident, Carol Riman, will be teaching a weekly class where you will receive all the materials and instruction you need. \$10/week covers everything and the money goes straight to the Residents Association. Call Carol at 617-759-3197 to sign up.

Brush Hill Grill Dinner at 6 pm (Brush Hill Café)

Sign ups for this dinner are full with a wait list.

Friday, July 29th

Ron Cote at 7 pm (Blue Hill Activity Room)

You enjoyed his talents when he played with his band, The Castle Tones, at our first (indoor) Gazebo Night. Now come kick back and enjoy his solo act playing a variety of oldies and feel-good tunes!

Saturday, July 30th

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

Sunday, July 31st

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

Dwayne Haggins Duo at 7 pm (Brush Hill Function Room)

Dwayne is back again with his friend on bass. His silky voice, bluesy sound, and unusual repertoire of country, funk, blues, and soul make him a stand-out on the local live music scene. Not to be missed!

Residents' Association Corner

I hope you are all taking care of yourselves as this heat continues. I have been thinking about the many **good things** I've heard recently.

Last Sunday's **Pancake Breakfast** at Blue Hill which was provided by Bob Lash with generous donations from the Canton Lions Club. Bob assembled a cordial and able group of volunteers to cook and serve over 60 residents. Profits are donated to the Father Bill's initiative lunch account.

The **celebration of two wonderful residents** who turned 100 recently. Helen Wolk in Foster celebrated with her family and Edith Yoffa was honored by her *Friday Lunch Group* at a Brush Hill get together.

The **continuing work of volunteers** led by Anne Segal to deliver lunches monthly to Father Bill's/*Mainspring* in Quincy. Word is out that the Fuller Village monthly delivery provides top quality lunches.

The recent **Garden Tour** organized by Kaye Richardson with the support of Julia MacMahon to have about 24 residents wander through the Brush Hill Garden and many villa gardens. The community gardens are truly flourishing this year and there is a plan for produce to be delivered to the Milton Food Pantry this Saturday morning.

The **increased participation** in Fuller Activities including Bridge, Poker, Mahjong, Bocce, Pickleball and Cornhole.

The publication of Pat Kachinsky's "**What's Your Story?**" on the Milton COA website as a sample of the work done in their memoir writing class.

The incredible work in progress, led by Nancy Kearns and Marty Allen, to prepare for the **Annual Fair on September 17th**. The number of residents volunteering on this community building event is inspiring.

AND the fact that **we can celebrate the First Anniversary of Julia MacMahon joining the Fuller Village Team!**

Peg Riley, July 20, 2022

CRAFT FAIR

-Collection Date -

Wed. 7/27

Brush Hill Café - box nearby in area

Depoyan box near Activity Room/mailslots

Foster box near mailboxes

Villas - Drop off at Peg Riley's 36 Caroline



Kitchen Goods



Holiday Items

We Need Your Help! Thank you!

Looking for Volunteers to Make This Wreath For Our Fuller Village Craft Fair!

Simply tie on the strips of material to the round wreath form!
Easy Peasy. Here is an opportunity to **pitch in** and help with the fair.

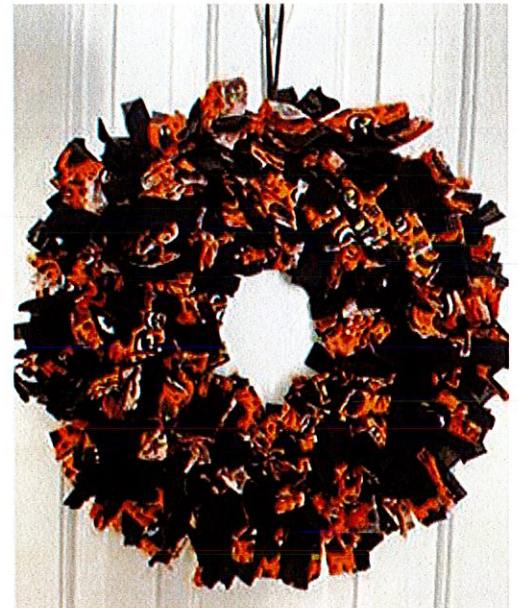
Come on by and see for yourself.

Tuesday, August 2nd at 3:00 p.m. in the Café



Here is the wire form with two of the strips tied onto this wire form.

Here is the Halloween or Fall wreath.



Lovely pink and gray wreath.



We provide all of the pre-cut strips of material.

All you have to do is tie them onto the wire form.

Thank you for your help with this project.

Any questions, call Irene Brannelly 617-759-1761



Elder Services

Beat the Heat

Heat and humidity can be especially hard on older people, so respect the risk that hot days can bring. Use these tips to keep yourself cool during excessive heat.

Watch for signs of heat-related illness:

- **Heat stroke:** a medical emergency as this can become fatal - call 911 immediately. Older people living in homes or apartments without air conditioning or fans are at most risk. People who become dehydrated or those with chronic diseases or alcoholism are also at most risk. The signs of heat stroke can include: fainting, feeling confused or agitated, staggering or acting strangely; a serious rise in body temperature; hot dry skin or profuse sweating, and seizures.
- **Heat exhaustion:** Your body can no longer keep itself cool. The elderly and people with a history of high blood pressure are prone to heat exhaustion. You feel thirsty, dizzy, weak, uncoordinated, have a headache, heavy sweating and nauseated. Look for a cool place, stop to rest, and try to cool yourself with cool compresses. Remove unnecessary clothing and slowly drink water. If you can't get to your doctor or clinic right away, call 911. Someone should stay with you until help arrives. Heat exhaustion can lead to heat stroke.
- **Heat syncope (fainting):** Factors that can cause heat syncope may be dehydration, prolonged standing or sudden rising from a sitting or lying position. Fainting is usually for short periods. If you feel dizzy, find a cool place to sit or lie down, a place with air conditioning is best. Slowly drink water throughout the day. If you feel dizzy or faint, call 911.
- **Heat cramps:** Painful tightening of muscles. Cramps can result from hard work or exercise due to your body becoming dehydrated. Cramps can also be a sign of heat exhaustion. Get medical help if the cramps don't subside, particularly if you're on heart medication or a low sodium diet. Slowly drink fluids, but avoid alcohol and caffeine.
- **Heat edema:** Swelling in your ankles and feet when you get hot. Put your legs up to reduce swelling. Check with your doctor.

This factsheet does not include all potential concerns pertaining to excessive heat. Please seek medical attention or call 911 for immediate assistance.

Beat the Heat

There are other health problems that put you at greater risk for heat-related illness:

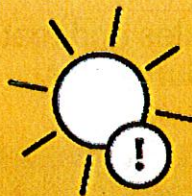
- Heart or blood vessel problems;
- Poorly working sweat glands or changes in your skin;
- Being very overweight or underweight;
- Heart, lung or kidney disease;
- Drinking alcohol;
- Certain conditions treated by drugs, such as diuretics, sedatives, tranquilizers, and some heart and high blood pressure medicines, which may make it harder for your body to cool itself.

If you live in a home or apartment without fans or air conditioning:

- Try to keep your house as cool as possible.
- Limit your use of the oven.
- Keep your shades, blinds, or curtains closed during the hottest part of the day.
- Open your windows only at night.
- Listen to weather reports before going outside.
- Sponge bathe to cool yourself; shower or bathe only if you're able to do so safely.
- Lie down and rest in a cool place.



Stay cool. Spend time in air conditioned spaces.



Know the signs of heat exhaustion: heavy sweating, cool and clammy skin, dizziness, nausea, muscle aches.



Stay hydrated, avoid strenuous activity, and use sunscreen.

Gordon House

Dining Room Dinner Menu Revised

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

Monday, July 25th

Roast Vegetable Bisque
Or Salad du Jour
Baked Stuffed Shrimp
Tuscan Chicken
Lemon Orzo, Peas
Chocolate Chip Cookie or Blueberry Pie

Friday, July 29th

New England Clam Chowder
or Salad du Jour
Beef Tenderloin with Horseradish Cream
Seafood Casserole
Country Mashed potatoes, Green Beans
Carnival Cookie or Raspberry Peach
Cobbler (GF)

Tuesday, July 26th

Portuguese Kale Soup
or Salad du Jour
Spaghetti and Meatballs
Fried Calamari with French Fries
Broccoli
Sugar Cookie or Apple Pie

Saturday, July 30th

Italian Wedding Soup
or Salad du Jour
Mac and Cheese
BBQ Baby Back Ribs
Cornbread, Honey Carrots
White Chocolate Cherry Cookie or Grape
Nut Custard

Wednesday, July 27th

Lentil Soup
or Salad du Jour
Chicken and Broccoli Tortellini
Salmon with Pineapple Chutney
Sweet Potato, Kale
M & M Cookie or Cheesecake with
Berries

Sunday, July 31st

Tomato Soup
or Salad du Jour
Prime Rib
Haddock with Parmesan Herb Crumbs
Baked Potato, Yellow String Beans
Pistachio Cookie or Strawberry Rhubarb
Pie

Thursday, July 28th

Black Bean Soup
or Salad du Jour
Pork Vegetable Stir-fry over Rice
Beef Stroganoff over Rice
Corn
Oatmeal Craisin Cookie or Yellow Cake with
Buttercream

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 Jindhe

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

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

Baked Haddock...17.95

Baked with buttered Ritz crumbs

Shaved Steak and Cheese ...10.00

Mushrooms, onions, provolone cheese, and horseradish cream on a sub roll

Salad of the Month... 10.00

Heirloom tomatoes Caprese with Basil Vinaigrette and Balsamic

add grilled chicken...5.00

add Seafood salad...6.00

add Tuna or Chicken salad...5.00

Fuller Village Burger...13.00

With or without cheese, lettuce, tomato, pickles and choice of side

Lighter Fare...10.00

Large Garden salad served with roll and butter

add grilled chicken...5.00

add Seafood salad...6.00

add Tuna or Chicken salad...5.00

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

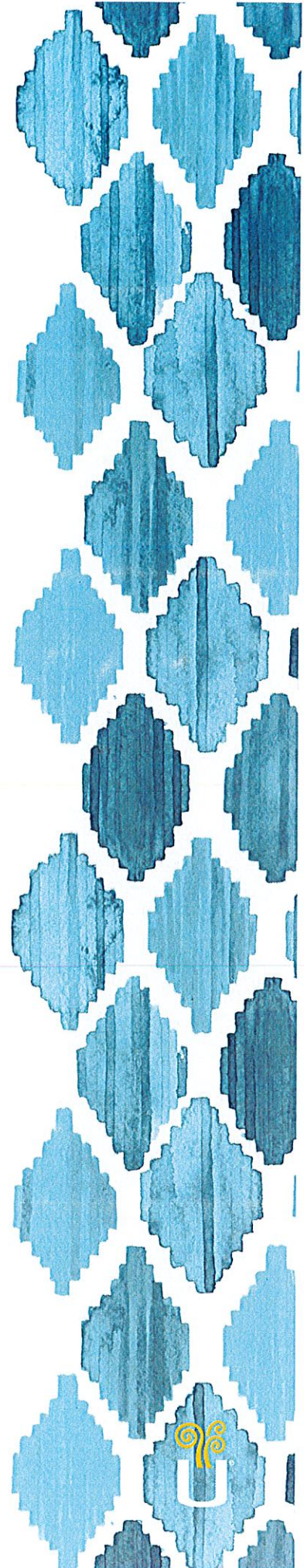
Diet Ginger Ale

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 Features

Daily Features come with choice of side... 14

Monday 25th

Chicken Caprese Melt with Basil Vinaigrette

Tuesday 26th

Roast Beef Sandwich topped with Thousand
Island Dressing

Wednesday 27th

Orange BBQ Boneless Pork Chop
Cubano Burger- Topped with Ham, Pickles,
Swiss cheese and Mustard

Potato Salad, Fruit Cup, Coleslaw, Cornbread

Always Available

Grilled Hot Dogs and Fuller Burger

Thursday 28th

*Egg Salad Sandwich with Heirloom Tomato
and Bacon*

Friday 29th

Tuna Melt with Tomato and Swiss Cheese