



From the Desk of Deborah M. Felton  
October 7, 2022  
Happy Indigenous Peoples' Day/Columbus Day

Welcome **Pam Craig** to Depoyan 211 and **Stephen Carr** to Depoyan 204.  
Welcome **Mary Garrett** and **Douglas Roeder** to Foster 201.

**Columbus Day Holiday** - The café, pool and office are closed. There is no US Mail. The Concierge desks will be staffed from 10:00 a.m. to 10:30 p.m. through the holiday.

**Residents Association Annual Meeting** will be held on Wednesday, October 12<sup>th</sup> at 2:00 p.m. at Brush Hill. Congratulations to Peg Riley, Jeanne Bronk and all the building representatives who are stepping down from their positions. Congratulations to the new incoming officers and building representatives: John Gallagher, President, Pat Kelleher, returning Vice-president, Barbara Smith, Secretary, and Irene Brannelly, returning Treasurer. Thank you for your work. I will be out of town and will not be at the meeting. If you have any questions or concerns, please contact me directly.

**Alterations to your home:** Please make sure you file an alteration form if performing any work in your home or garage. You may obtain a form at the concierge desk, there is one attached to this packet.

**Electronic Charging Stations Instructions** – Family members and guests are welcome to utilize the electronic charging stations. Please see the attached instructions.

**Thanksgiving Reservations** - Stay tuned for reservations regarding our Thanksgiving Buffet Dinner. A flyer with more information will follow the week of October 17<sup>th</sup>.

**Fall Festival** - We hope to see you at our Fall Festival on Thursday, October 13<sup>th</sup>. Please call Muriel at 617-361-7778 to RSVP for the evening.

**New photography exhibit at Blue Hill** - Local photographer Deborah Milbauer has generously hung her photographic exhibit, the Milton Family Portrait Project, in the foyer of Blue Hill. She will be in the Blue Hill Activity Room at 7 pm on *Wednesday, October 19<sup>th</sup>* to discuss the exhibit.

\*\*\*\*\*  
Condolences to the friends and family of Jack Donegan. Jack lived at Brush Hill and died this past week.

SUN	MON	TUE	WED	THUR	FRI	SAT	
2:30 Blue Hill Bridge (BL) 7:00 Broadway: The American Musical (Documentary Film) (BR)	<b>9</b> <b>Indigenous Peoples' Day</b> <b>Columbus Day</b> <b>Office, Cafe, and Pool Closed</b> <b>Fitness Center Open 10 am - 4 pm</b> 8:30 Pickleball 11:00 Bocce (BR) 11:00 Floor Yoga w/Carol (BR) 12:00 Chair Yoga w/Carol (BR) 1:00 Bridge (BR) 2:00 Handcrafters (BL)	<b>10</b> 10:00 Seated Zumba Gold (BL) 10:30 Functional Fitness (BR) 12:00 Back to Basics (BL) 12:30 Tai Chi (BR) 2:30 Newcomers Club (BR) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	<b>11</b> 9:45 Cornhole (BL) 10:00 Birthday Breakfast (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) 2:00 Residents' Association Annual Meeting (BR) 3:00 Rosary (BL) 7:00 Knitters and Sewers (BR)	<b>12</b> 8:30 Pickleball 10:00 News, Coffee and Conversation (BL) 10:00 Towel Cardio (BR) 10:30 Bible Study (BR) 11:00 Core on the Floor (BR) 12:00 Mobility & Stability (BL) 2:30 Needlepoint Group (BR) 6:00 Fall Party featuring John Baptista Quartet (BR)	<b>13</b> 10:30 Chair Yoga with Carol (BL) 10:30 Zumba Gold (BR) 12:30 Line Dancing with Cris (BR) 2:00 Game On! (BR) 3:00 Bocce (BR) 6:30 Cribbage (BR) 7:00 Steve King (BL)	<b>14</b> 8:30 Pickleball 7:00 Movie Night (BR/BL)	<b>15</b>

**The Silver Linings Hair Salon** at the Gordon House is open Thu & 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 next be here on Wed 10/19 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 other scheduled trips, please call 617-361-7778

**October 2022**

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

*Fuller Village*  
 in Milton  
 LIVE A FULLER LIFE

## Weekend Highlights: Friday 10/7 - Sunday 10/9

### See what's happening this weekend!

#### Friday, October 7<sup>th</sup>

**Rich Travers at 1 pm** (Blue Hill Activity Room) *Topic: Music from the Cold War (1947-1991)*

This presentation looks at the facts, films and musicians of a dark period of American/Soviet relations. This lecture will consider the effects of the Atomic Bomb and the Cold War on popular culture and music. Other topics will include McCarthyism, Communism and the Bomb Shelter. Classical music, folk music, country and western music and rock n roll music from the 1940's thru the 1980's will be discussed.

**The Return of *Game On!* at 2 pm** (Brush Hill Function Room)

Back by popular demand: Friday is Game Day! We will be transforming the Function Room into a game room with ping pong, cornhole, board games, 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'll try to add it!

**Rivers Between Duo at 7 pm** (Blue Hill Activity Room)

Rivers Between is a Boston-based folk duo comprised of singer-songwriter Greg Kane and vocalist Kat Brooks. Greg's soulful compositions, engaging folk style guitar, and unique voice coupled with Kat's beautifully inventive harmonies, make them a local favorite. We are excited to welcome them back to Fuller!

#### Saturday, October 8<sup>th</sup>

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

**BRUSH HILL showing: *Resistance***

*Cast: Jessie Eisenberg, Clemence Posey, Felix Moaty*

Before he was a famous mime, Marcel Marceau was Marcel Mangel a Jewish actor who joined the resistance in France during World War II and saved many orphaned children.

**BLUE HILL showing: *Mrs. Harris Goes to Paris (2022)***

*Cast: Leslie Manville, Isabelle Huppert, Lambert Wilson*

Ada Harris, a cleaning lady, is tired of her work. She decides to go to Paris for a Christian Dior dress. It isn't easy meeting elite people but her charm just might save the house of Dior.

#### Sunday, October 9<sup>th</sup>

**Broadway DVD at 7 pm** (Brush Hill Function Room)

**CORRECTION:** Join us for the next segment of PBS's **Broadway: The American Musical. Episode Four: *Oh, What a Beautiful Mornin'* (1943-1960)**. Beginning with *Oklahoma!* in 1943, the partnership of **Richard Rodgers** and **Oscar Hammerstein II** set a new standard for storytelling on Broadway. With *On the Town*, **Leonard Bernstein**, **Betty Comden**, **Adolph Green**, and **Jerome Robbins** musicalized wartime New York, and **Irving Berlin** and **Ethel Merman** triumphed with *Annie Get Your Gun*. Shows like *Kiss Me, Kate*, *Guys and Dolls*, and *My Fair Lady* offered sophisticated literary adaptations, and *The Ed Sullivan Show* brought a television spotlight to Broadway. With the death of *Oscar Hammerstien II* in 1960 after **The Sound of Music**, the curtain lowered on a golden age.

## **Weekly Highlights: Monday 10/10 – Sunday 10/16**

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

### **Monday, October 10<sup>th</sup>**

#### **Indigenous Peoples' Day/Columbus Day**

Office, Café, and Pool Closed

Fitness Center Open from 10 am – 4 pm

### **Tuesday, October 11<sup>th</sup>**

**Wowzitude Virtual Tour: Ashkelon, Israel Sukkot Harvest at 10 am** (Channel 222 or BL Coffee Room)

Ashkelon is a coastal city in the Southern District of Israel on the Mediterranean coast. Keep an eye out for flyers this week with more information.

**Wowzitude Virtual Tour of Fall in Central Park at 2 pm** (Channel 222 or BL Activity Room)

Central Park's 843 acres are NYC's backyard and playground – but that's not all. This lush oasis in the valley of its skyscraper surroundings is also one of its crown jewels. We'll learn its history and discover its many secrets on this livestreamed walking tour.

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

All newcomers to Fuller Village will receive an invitation to join for this quarterly gathering. Please contact Marty Allen at 617-312-8058 with any questions.

### **Wednesday, October 12<sup>th</sup>**

**Birthday Breakfast at 10 am** (Blue Hill Activity Room)

Join us for coffee, fresh fruit, and pastries as we celebrate our October birthdays! All are welcome for a lowkey and fun celebration. This event is co-sponsored by Bank of Canton.

**Residents Association Annual Meeting at 2 pm** (Brush Hill Function Room)

All residents are invited to attend this meeting, which will include updates on Resident Association activities and committees, as well as remarks from both the outgoing President (Peg Riley) and incoming President (John Gallagher). In addition, a silent auction will open at 1 pm and close at 3:30 pm – please see insert for more information.

**Sweater Fundraiser at 3 pm** (Brush Hill Café)

One-of-a-kind handknit sweaters will be displayed in the café after the Residents Association Meeting. All sweaters will be \$40, with proceeds going to the Residents Association.

## **Weekly Highlights: Monday 10/10 – Sunday 10/16**

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

### **Thursday, October 13<sup>th</sup>**

**Fall Festival from 6-8 pm** (Brush Hill Function Room, Café, & Patio)

Join us for the Fall Festival, featuring entertainment from the John Baptista Quartet and *complementary* food from two amazing local food trucks! Beer and wine will be served from the bar, which will be billed to resident accounts. Our patios will be open with space heaters and the Function Room will be fully set up with tables where you can enjoy the evening. This event is for residents, staff, and Board Members only – please no outside guests. See attached notice for further information, including the food truck menus. To help us get an accurate count for the evening, please call Muriel at 617-361-7778 to let her know if you plan to attend.

### **Friday, October 14<sup>th</sup>**

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

Back by popular demand: Friday is Game Day! We will be transforming the Function Room into a game room with ping pong, cornhole, board games, 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!

**Steve King at 7 pm** (Blue Hill Activity Room)

Join Steve, a Fuller Village favorite, for an hour of great music, singing, and laughing!

### **Saturday, October 15<sup>th</sup>**

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

### **Sunday, October 16<sup>th</sup>**

**Santiago Lopez Duo at 7 pm** (Brush Hill Function Room)

Born in Quito, Ecuador, Santiago Lopez is a versatile, expressive guitarist with many years of study and performance experience, skilled in a range of styles including rock, jazz, blues, pop and funk. Santiago performs regularly with his main band Orchid Reed and as a session and side musician for other artists and projects.

# Electric Charging Stations Instructions

Family members and friends are welcome to make use of our charging stations! To use the Charging Stations, they will need to download the ChargePoint app from the Apple app store or the Google Play Store. This is what the app looks like:



Once you download the app, follow these steps to locate our machines:

- 1) Go to your Settings (The three white lines in the top left corner)
- 2) Go to Account
- 3) Press Connections
- 4) Press Browse Connections
- 5) Enter 13991372
- 6) It will bring up "Residents (Community Charging) – Fuller Village – select it
- 7) Check that you agree to the terms and conditions.
- 8) Press Submit Requests
- 9) You will receive an email saying that you are now able to charge at our machine

### ***Food Truck Information***

***Complementary*** food will be provided by two wonderful local food trucks. There will be plenty of food for everyone but we ask that you be patient with lines to get food and if you require help bringing food back to your table.

### ***Grub Guru***

- Chicken Tenders
- Hummus with Pita
- Vegetarian Spring Roll
- Dan Dan Noodle with Chicken
- Beef & Eggplant Gyro
- Butter Chicken Poutine

### ***Farm to Sandwich***

3 burger options, all served with chips & a soda

- FTS Burger w/red onion marmalade and smoked mozzarella
- All American Burger w/pickles, lettuce, burger sauce, and cheese
- Vegetarian Burger – smoked vegetables with lettuce and sun-dried tomato pesto

**THERE WILL BE AMPLE SEATING  
IN THE FUNCTION ROOM, AS  
WELL AS THE CAFÉ, AND FRONT  
& BACK PATIOS!**

**We are excited to see many of you at the Fall Festival to celebrate the season together! Join your neighbors, Fuller Village staff, and members of the MFHC Board of Directors for a fun evening filled with music, food, and community. Please call 617-361-7778 to RSVP.**

# **Fall Festival**

**Thursday, October  
13<sup>th</sup> 6 – 8 pm**

**Brush Hill Campus**

**ENTERTAINMENT PROVIDED BY**

## **The John Baptista Quartet**

**Blending classic combo jazz with contemporary and smooth overtones.**



**Beer & Wine will be served in the café and billed to resident accounts.**





— LIVE A FULLER LIFE —

October 3, 2022

Dear Fuller Village Resident,

It is our belief that the “Cordmate” system that works with in-unit Pull Cord technology does not always function properly. Given the aging nature of the Cordmate technology, we have decided to discontinue the program as of November 1st.

Any deposit paid for the bracelet or necklace will be deposited back into your account by November 1. The Cordmates will be removed from units starting on November 1<sup>st</sup>. A Fuller Village staff person will be picking up the equipment. While Fuller Village does not endorse a particular company, here are a few companies you may want to consider:

**Bay Alarm Medical** – <https://www.bayalarmmedical.com/> or contact: Fevn Cintron at 925-677-1402

- Our clients are fully protected with industry-leading medical alert technology and backed by one of the country's most reliable, USA-based, 24-hour medical alarm emergency call centers.

**Life Alert** – <https://lifealerthelp.com> or contact: Skylar Payne – 323-309-5418

- Life Alert ® is a medical alert system specifically designed to protect seniors and all family members in a home health emergency.

**Mobile Help** – <https://www.mobilehelp.com/> or contact: 1-800-919-2495

- Mobile Help has built a reputation for quality and affordable solutions for personal protection and peace of mind in or away from your home.

These companies offer coverage in your unit as well as outside of your villa or apartment home and will work during a power outage. Another option to consider is an Apple Watch. The watch uses a feature called “fall-prevention” or “Emergency SOS” that will detect if you have fallen. When you make a call with Emergency SOS, your Apple Watch automatically calls local emergency services and shares your location with them.

Please review this information and if necessary, go over it with a friend or family member to decide which system is right for you. Enrollment with any of these services will be direct with the company and not through Fuller Village.

Sincerely,

Deborah M. Felton



## Residents' Association Corner

In October of 2021 we met together in the tent to convene the Annual Meeting of the Association. At that time Fuller Village activities were again "reopening" carefully and we were hopeful that the pandemic restrictions were behind us. We have learned since that we have a new normal and we can handle it.

The Association's commitment to building a positive community spirit has not changed. *I urge residents to think of all of Fuller Village as their home.* Feel comfortable in both libraries, use both the Activity Room and the Function Room to enjoy speakers and performances, enjoy the art exhibit at Blue Hill as well as the photography exhibit at Brush Hill and enjoy the outdoor spaces on the porch of the Gordon House in addition to the two patios at Brush Hill.

**Our 2022 Annual meeting is in the Brush Hill Function Room on October 12<sup>th</sup> at 2:00.** Due to the extreme generosity of many people and companies, we are offering a Silent Auction, opening at 1:00 (described on another page), to sell some valuable gift cards that were donated to the Fair. The proceeds will further cushion the FVRA account. Please take a look and see if you could use one of the offerings as a gift to yourself or someone else!

It has been a privilege and a challenge to be president of this Association for the past four years and I thank you all for your support and encouragement.

Peg Riley October 4, 2022

**Annual Meeting – October 12, 2022 at 2:00**

**Residents' Association Silent Auction**

Come at 1:00 to start the bidding. This is a perfect opportunity to buy gift cards (perhaps at a reduced price) to local businesses. If you cannot attend, **ask a friend to submit bids for you.** We can only accept cash or check to FVRA, but if you forget your money, and are the high bidder on an item, we will collect from you the next day.

These are all generous Fair donations which we held aside for this  
**Silent Auction.**

<b>\$100 Fruit Center Market Place</b>	Bill and Philip Driscoll
<b>\$100 Bay Pointe, Quincy</b>	Carol Jameson
<b>\$100 Common Market, Quincy</b>	Craig Dolan
<b>\$125 Amazon Gift Cards</b>	Kathy Sullivan, Pat Lane Cindy Desmond, Ellen Pendoley, Jean Sullivan
<b>\$100 Restaurant: Abby Park/Novara</b>	Curley Painting
<b>\$100 Ikea</b>	Anonymous
<b>\$50 Roche Bros.</b>	Roche Bros
<b>\$50 Target</b>	Target
<b>Free one night stay (value \$160+)</b>	Hilton Garden Canton
<b>\$100 Flip Hair Salon (Milton)</b>	Flip Hair Salon

Plan ahead to make holiday gift purchases for

family and friends.

Peg Riley, Sept. 2022



**ALTERATIONS TO YOUR HOME**

**Please complete this information and return to Operations/Marketing Office.**

UNIT #: \_\_\_\_\_

DATE: \_\_\_\_\_

DESCRIPTION OF WORK: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Contractor Information:**

Name: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

License #: \_\_\_\_\_

Date work is scheduled to begin: \_\_\_\_\_

**If Fuller Village needs to repair any of the alterations done by you/your contractor to the home, you will be held responsible for payment of those repairs.**

Resident Signature & Date: \_\_\_\_\_

Approved by Fuller Village staff:

\_\_\_\_\_  
Andrea J. Doherty/Date



# Brush Hill Café Specials

– daily specials –

all served with one side...14.00

Monday, October 10<sup>th</sup>

**Happy Columbus Day**

Café is closed

Tuesday, October 11<sup>th</sup>

Ham and Swiss Panini with Honey Dijon

Wednesday, October 12<sup>th</sup>

Open Face Turkey Sandwich

turkey, gravy, cranberry sauce

Thursday, October 13<sup>th</sup>

Corned Beef Rachel

served on marble rye with coleslaw

Friday, October 14<sup>th</sup>

Shrimp Po'Boy with Cajun Remoulade

# Gordon House

## Dining Room Dinner Menu

call at 617-361-6958 11:00 A.M.- 1:00P.M. Mon-Fri

### Monday, October 10<sup>th</sup>

Roast Vegetable Soup  
Or Salad du Jour  
Grilled Prime Ribeye Steak  
Stuffed Sole  
Mashed Red Bliss, Asparagus  
Chocolate Chip Cookie or  
Fall Apple Tart

### Friday, October 14<sup>th</sup>

Rhode Island Chowder  
or Salad du Jour  
Red Wine Braised Shortribs  
Grilled Swordfish  
Baked Mac & Cheese, Baby Carrots  
Carnival Cookie or  
Grape Nut Custard

### Tuesday, October 11<sup>th</sup>

Tomato Basil Soup  
or Salad du Jour  
Liver Onions and Bacon  
Salmon Cakes  
Rice Pilaf, Broccoli  
Sugar Cookie or  
Chocolate Mousse

### Saturday, October 15<sup>th</sup>

Bacon & Lentil Soup  
or Salad du Jour  
Italian Sausage, Peppers and Onions  
Linguine in Clam Sauce  
Linguine, Roasted Zucchini  
Peanut Butter Cookie or  
Pumpkin Pie

### Wednesday, October 12<sup>th</sup>

Mushroom Barley  
or Salad du Jour  
Southern Fried Chicken  
Lemon Garlic Shrimp  
Biscuits & Gravy, Braised Greens  
M & M Cookie or  
Lemon Cake

### Sunday, October 16<sup>th</sup>

Chicken Wild Rice Soup  
or Salad du Jour  
Chicken Pot Pie  
Ricotta Stuffed Manicotti  
Baked Potato, Green Beans  
Double Chocolate Cookie or  
Bread Pudding

### Thursday, October 13<sup>th</sup>

French Onion Soup  
or Salad du Jour  
Roast Pork Loin  
Mushroom Ravioli  
Baked Sweet Potato, Spinach  
Oatmeal Raisin Cookie or  
Mixed Berry Crisp

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 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**  
in Millis  
— 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

### Baked Haddock... 17.95

Baked with buttered Ritz crumbs

### Fuller Village Burger... 13.00

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

### Sandwich of the Month

#### Quesadilla with Peppers and Onions... 10.00

Served with Fresh Salsa, Sour Cream and Avocado

add grilled chicken... 5.00

Add Grilled Flank Steak... 8.00

### Salad of the Month... 10.00

#### Grilled Chicken Waldorf Salad

Chicken, Local Apples, Walnuts, Grapes and Creamy Dressing over Mixed Greens with Tomato

### 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

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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.

