



From the Desk of Deborah M. Felton

February 10, 2023

Happy Valentine's Day

Enjoy Super Bowl Sunday - Televisions will be on in our café at Brush Hill and our Coffee Room at Blue Hill.

We wish **Julia MacMahon** all the best as she takes family leave and look forward to her return to Fuller. Welcome and thank you to **Jayne Ogata** who will be our Interim Program Director during Julia's leave. Jayne has worked with Fuller residents during a Courageous Conversations program and has also taught yoga at Fuller and helped out at the Blue Hill concierge desk. Jayne looks forward to working with all the residents in our community. I have personally known Jayne for over 20 years. We are excited to have her join our staff.

Covid Report - We have about 15 cases throughout the Fuller community. Our message to you: continue to wear a mask, get up to date on all your boosters and wash your hands frequently. ***Please wear a mask at all community events including fitness classes.*** We will continue our regular programming; if you do not feel well, stay home.

The Hamilton Hall Lecture Series continues this week, Saturday at 11:00 a.m. at Blue Hill and Sunday at 5:00 p.m. at Brush Hill. We have worked out any technical kinks. The lecture this week is "Climate Change-What are our Sustainable Choices" by Benjamin Sovacool of the Boston University Institute for Global Sustainability.

Milton Recycling Systems with Meera Patel – The Town of Milton Environmental Coordinator will visit Fuller Village on Monday, February 13th at 1:00 p.m. in the Function Room. Learn what the Town is doing to further our recycling goals.

James Baldwin Documentary & Discussion – We will be screening the documentary based on James Baldwin's life and writing, *I Am Not Your Negro*, on Friday, February 17th at 2:30 pm. Stay afterwards for a short, facilitated discussion.

SUN	MON	TUE	WED	THUR	FRI	SAT
2:30 Blue Hill 12 Bridge (BL) 5:00 Hamilton Hall Lecture Series (BR)	8:30 Pickleball 13 10:00 Seated Zumba Gold (BL) 10:30 Water Aerobics (BR) 10:30 Blue Hill Coffee Hour (BL) 11:00 Floor Yoga w/Carol (BR) 12:00 Chair Yoga w/Carol (BR) 1:00 Bridge (BR) 1:00 Milton Recycling Systems (BR) 2:00 Handcrafters (BL) 3:30 Cookie Decorating (BL) 7:00 Singo (BR)	Happy Valentine's Day 14 10:30 Functional Fitness (BR) 11:00 Women's Lunch to La Cucina 12:00 Back to Basics (BL) 12:30 Tai Chi (BR) 1:00 Group Meditation (BR) 2:00 Dementia Friends Information Session (BR) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Men's Poker Club (BR)	10:00 Mobility & Stability (BR) 15 10:00 Seated Zumba Gold (BL) 10:30 Water Aerobics (BR) 11:00 Cornhole (BL) 11:00 Floor Yoga w/Carol (BR) 12:00 Chair Yoga w/Carol (BR) 12:45 Chorus (BL) 2:00 Catholic Mass (BL) 2:45 Treats & Tea (BL) 3:00 Caring Committee (BR) 3:00 Rosary (BL) 7:00 Knitters and Sewers (BR)	8:30 Pickleball 16 10:00 Towel Cardio (BR) 10:30 Bible Study (BR) 10:30 News, Coffee and Conversation (BL) 11:00 Core on the Floor (BR) 12:00 Mobility & Stability (BL) 12:30 Line Dancing w/Jean (BR) 2:00 Rich Travers (BR) 6:30 Pub Night w/Craig Carter & The Hurricane (BR)	10:30 Chair Yoga with Carol (BL) 17 2:25 James Baldwin Documentary & Discussion (BR) 6:30 Cribbage (BR)	8:30 Pickleball 18 11:00 Hamilton Hall Lecture Series (BL) 7:00 Movie Night (BR/BL)

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 2/22 at 1 pm. Please call 781-986-3668 to schedule an appointment.

The Wellness Clinic will be on **Tuesday** from 8:30 - 11 am this week. Please call 617-361-7900 for an appointment. The hours may change over the coming month, so please check your packets and Touchtown for updates each week.

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 & Fridays at 2 pm. **Wegman's** trips are on Wednesdays 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

February 2023

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

Fuller Village
in Milton
— LIVE A FULLER LIFE —



Weekend Highlights: Friday 2/10 - Saturday 2/12

See what's happening this weekend!

Friday, February 10th

Cancelled: Valentine's Day Sing-Along with Judy Cobble at 2:30 pm

This is postponed until further notice.

Matt Browne at 7 pm (Blue Hill Activity Room)

Matt is a guitar and piano instructor who performs in the Greater Boston area and teaches on the South Shore. His earliest influences began with The Beatles and Irish folk music, and he started playing guitar at age 11. He's been playing nearly every day since!

Saturday, February 11th

iPhone/iPad 101 Class at 10:30 am (Blue Hill Coffee Room)

Liz Flaig, Pres. of Oma Communications, specializes in helping older adults communicate with today's technology. Join her for an introduction to using your Apple products - iPhone and/or iPad! Class is limited to 5 people. Sign up at 617-361-7778.

Hamilton Hall Lecture Series at 11 am (Blue Hill Activity Room)

Each weekend in February, we will screen replays of this lecture series on world affairs at both Blue Hill and Brush Hill. This weekend's speaker is Dr. Benjamin K. Sovacool, Director of the Boston University Institute for Global Sustainability (IGS) and Professor in the Department of Earth & Environment. He will be speaking on "Climate Change – What are Our Sustainable Choices?".

Oma Communications 1-on-1 Tech Help from 11:30-1:30 pm (Blue Hill Coffee Room)

This is full with a waitlist.

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

BRUSH HILL showing: *Darling Companion*

Cast: Diane Keaton, Kevin Kline, Diane Weist

Dealing with an empty nest and a self-absorbed husband, Beth picks up a dog at an animal shelter. When her husband loses the dog, she joins a search team which leads to unavoidable twists.

BLUE HILL showing: *Dark Waters*

Cast: Mark Ruffalo, Ann Hathaway, Tim Robertson

Inspired about a true story, a tenacious attorney discovers a dark secret about many deaths attributed to a large corporation. In the process to get to the truth, he risks everything.

Sunday, February 12th - Happy Super Bowl Sunday!!

Hamilton Hall Lecture Series at 5 pm (Brush Hill Library)

See Saturday (above) for this week's lecturer and topic.

Weekly Highlights: Monday 2/13 – Sunday 2/12

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

Monday, February 13th

Milton Recycling Systems with Meera Patel at 1 pm (Brush Hill Function Room)

Meera Patel, Environmental Coordinator for the Town of Milton, will give a presentation on the state of recycling in Milton and what we can do to live more sustainably.

Sweet Treats: Cookie Decorating at 3:30 pm (Blue Hill Activity Room)

Come have fun decorating cookies for Valentine's Day. Supplies are limited, so be sure to come by early.

Singo at 7 pm (Brush Hill Function Room)

Play **SINGO** (just like Bingo but with music titles instead of numbers). It's easy and fun! Hear music from the 40's to the 70's, and learn some info about famous singers, or just hum along! The DJ plays a few lines of the song and then gives you the title! If you have it listed on your Singo card then put an "X" on your card. We'll play three straight-in-a-row Singo games, then play one "X" Singo game and then a Coverall (just like Bingo!). You play 5 games on the one card. **WIN \$\$\$ Money and Prizes! One card is \$5. Buy more than 1!**

Tuesday, February 14th

Happy Valentine's Day!

Women's Lunch to La Cocina at 11 am

This trip is full with a waitlist.

Dementia Friends Information Session at 2 pm (Blue Hill Activity Room)

Become a Dementia Friend! Join us for this information session, where you'll learn what dementia is, what it's like to live with it, and some tips for communicating with people who have dementia. By becoming a Dementia Friend, you will support the movement to change the way people think, act, and talk about dementia.

Wednesday, February 15th

Catholic Mass at 2 pm (Blue Hill Activity Room)

Father Bennett will be on site to celebrate Mass.

Treats & Tea at 2:45 pm (Blue Hill Activity Room)

Come enjoy some tea, coffee, and sweets with your neighbors.

Caring Committee at 3 pm (Brush Hill Function Room)

Caring Committee gathers monthly to discuss topics important to your physical, social, and emotional health throughout the aging process. It is led by Betsy Buchbinder.

Weekly Highlights: Monday 2/13 – Sunday 2/12

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

Thursday, February 16th

Rich Travers at 2 pm (Brush Hill Function Room)

Topic: Etta James

In her lifetime, James pioneered the development of music as she bridged the gaps between genres as diverse as jazz, R&B, soul, rock 'n roll, gospel, and blues, as made clear by her more than thirty awards from organizations like the Rock and Roll Hall of Fame, the Rhythm and Blues Foundation and the Rockabilly Hall of Fame.

Pub Night at 6:30 pm (Brush Hill Function Room)

Join us for Pub Night with entertainment from Craig Carter and the Hurricane, who will play a mix of 50s, 60s, and 70s favorites. As always, free appetizers will be provided starting at 6:30 and the music will start at 7 pm. Drinks will be charged to your account. Please note that the Lounge at the Gordon House will be closed this evening.

Friday, February 17th

James Baldwin Documentary & Discussion at 2:30 pm (Brush Hill Function Room)

Join us for a screening of the 2016 documentary on James Baldwin, *I Am Not Your Negro*. The film explores the history of racism in the United States through Baldwin's recollections of civil rights leaders Medgar Evers, Malcolm X, and Martin Luther King, Jr., as well as his personal observations. The film is 90 minutes long and we will facilitate a short conversation afterward.

Saturday, February 18th

Hamilton Hall Lecture Series at 11 am (Blue Hill Coffee Room)

Each weekend in February, we will screen replays of this lecture series on world affairs at both Blue Hill and Brush Hill. This weekend's speaker is Yuhua Wang, Professor of Government, Harvard University. He will be speaking on "Has US Engagement with China Failed?".

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

Sunday, February 19th

Hamilton Hall Lecture Series at 5 pm (Brush Hill Library)

See Saturday (above) for this week's lecturer and topic.

NEW BILLING SYSTEM FOR CAFÉ AND DINING ROOM

We know that you have been asking for a better system to follow your dining charges and how monthly credits are used if you are a \$60 monthly credit account.

The Fuller office has been working extremely hard for months to get a new system in place. We will be working on implementing the system next week starting 2/14/23 and we hope to get it up and running by the end of the week.

Please realize that while we are hoping for the transition to run smoothly, we are aware that things will need to be tweaked and fixed. We are asking for your patience.

Things we are going to ask the residents to do:

1. Please give all waitstaff your last name clearly. They should verify your unit number with you. If you have a common last name, please be sure you look at the dining slips you are given to make sure the correct resident is being billed. Your dining slips will now show any remaining dining credits you have. You will no longer need to try to remember what your balance is...it will always show on your latest dining slip.
2. ALWAYS sign your dining slip before you leave the café or dining room...giving it back to your server and please take the copy for your records. You would not leave a restaurant without looking at your bill...so please do so here.

Since we are making the transition mid-month, if you are a resident that receives the \$60.00 dining credit, on the morning of the transition, we will enter your dining credit balance as of that day. If you have already used your dining credits by Feb 16th, your dining slip will not show any credits available until the 1st of March.

If you have any questions or concerns or feel your dining slip is incorrect, please call Elaine 617-361-8945

As we get this new system up and running, we are excited at the prospect of adding additional services!!!!

PLEASE TURN THIS PAGE OVER TO SEE WHAT A **SAMPLE** DINING SLIP WILL LOOK LIKE...

Order: 6120
Check: 1
Date: 02/08/23 09:08
Customers: 1

Sample

*** 60 Per Month - ~~Single~~ ***
Buffalo Wings 7.00
Hot Pizza 10.00
Ult Burg 7.00
- Carrots
- Chips 2.00
- Fries
Monster 3.00
Fries 10.00
Baked Potato 1.50
Rice Pilaf 1.50
Spin Art Dip 8.00
~~1.00~~
Total: 44.50

~~GRATUITY~~

New Total:

*** Charge Account ***

Ing Island 5.00
Total: 5.00

GRATUITY:

New Total:

PERIOD SUMMARY

Plan: 60 Per Month - Single
Allowance: \$60.00
Usage: \$44.50
Remaining: \$15.50

Charge Account: Test Charge Account
Total: 5.00

Assigned To: Nick Livingston

— will show \$60.00 usage
— will show amount remaining

Gordon House

Dining Room Dinner Menu

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

Monday, February 13th

Hearty Beef and Vegetable Soup (GF)
Or Salad du Jour
Rotisserie Chicken (GF)
Baked Cod with Olives & Artichokes (GF)
Rice Pilaf, Broccoli
Chocolate Chip Cookies or
Spring Fruit Crisp

Friday, February 17th

Cream of Mushroom Soup (GF) (V)
or Salad du Jour
Chicken al Limone (GF)
Grilled Swordfish (GF)
Couscous, Sautéed Spinach
Carnival Cookies or
Mango Cobbler

Tuesday, February 14th



Saturday, February 18th

Chicken Noodle Soup
or Salad du Jour
Pastrami Reuben Sandwich
Honey Garlic Glazed Salmon (GF)
French Fries and Coleslaw
Oatmeal Raisin Cookies
or Pecan Pie

Wednesday, February 15th

Leek and Potato (GF) (V)
or Salad du Jour
Grilled Marinated Pork Tenderloin (GF)
w/ Red Bliss Mash, Asparagus
Or: Squash Raviolis w/ Sage Brown Butter
M & M Cookies
or Apple Pie

Sunday, February 19th

Cream of Tomato Soup (GF)
or Salad du Jour
Veal Schnitzel (GF)
w/ New Potatoes, Baby Carrots
Or:
Trout Almondine
Double Chocolate Cookies or
Lemon Meringue Pie

Thursday, February 16th

Clam Chowder (GF)
or Salad du Jour
Beef Stew (GF)
Or: Creamy Garlic Shrimp
With Egg Noodles, and Green Beans
Mint Choc Chip Cookies or
Devils Food Cake (GF)

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 Unidine

All sauces may be requested on the side.

All entrees are \$21.95 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 in Milton **Unidine**
— LIVE A FULLER LIFE —

Always Available Menu

Call 617-361-6958 between 11am & 1pm for take out orders

APPETIZERS ... 5.00

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...21.95 (GF)
Baked with Buttered GF Crumbs

Sandwich of the Month
Cuban Panini 14.00
Pressed Sub Roll with Pork, Ham,
Swiss and Pickles.
Served with Choice of Side

Salad of the Month...12.00
Buffalo Chicken Salad
Romaine, Celery, Carrots and Blue
Cheese Dressing.

Fuller Village
Hamburger/Cheeseburger...13.00
On a Toasted Brioche Bun with
Lettuce, Tomato, and Onion.
Choice of Side

Lighter Fare...10.00
Large Garden Salad
served with Roll and Butter
add Grilled Chicken...**5.00**
add Tuna or Chicken Salad...**5.00**

DESSERTS

a la carte...4.00
Cookie of the Day...3.00
Fresh Fruit Cup...3.00
Sugar-Free Jell-O...3.00
Ice Cream...3.00

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...14.00

monday, February 13

Blueberry Pancakes
Home fries and Fresh Fruit

tuesday february, 14

French Dip
Roast Beef and Horseradish Cream

wednesday, february 15

Chicken Bacon & Ranch Wrap
Lettuce, Tomato and Onion

thursday, february 16

Mushroom Swiss Burger
Brioche Bun, Lettuce, Tomato, Onion

friday, february 17

Fish and Chips
House Coleslaw