

Around the Village – March 2024

Daylight Savings Time Begins on Sunday, March 10th - Remember to set your clocks forward!

Happy Saint Patrick's Day!

First Day of Spring - March 19th

Happy Easter!

Welcome to our newest Fuller Village resident: Joan Ryan, Depoyan 110

Thankful for the Fuller Team – Friday, March 1st is National Employee Appreciation Day. I want to give thanks and recognition to Fuller's wonderful team of managers and staff! Everyday our team shows how dedicated, hardworking, and caring they are in their roles for our community. Well done team!

March Speaker Talks – Please mark your calendars! We will have reminders about these scheduled talks at Fuller in our weekly Highlights.

On Friday, March 8th at 2:00 pm in the Blue Hill Activity Room, Professor Lacee Satcher from Boston College Department of Sociology will give a talk on Environmental Racism and Environmental Justice in Greater Boston. The Blue Hills Observatory will return to Fuller on Tuesday, March 12th at 3:00 pm in the Brush Hill Function Room for a presentation on the Observatory's Winter Climate Records. On Wednesday, March 13th at 3:00 pm in the Brush Hill Function Room, Fuller Village's Fitness Director, Jen DeLeonardis, will give a presentation on Forest Therapy. Join her to learn more about how forest therapy works and all of its benefits. On Monday, March 18th at 2:00 pm in the Brush Hill Function Room, we will host author Kevin P. Martin, Jr. who will discuss his memoir, All is Well, written about his father's passing from ALS, recalling life lessons learned, and regaining faith in the process. Books will be available for purchase at this event, with all profits going to ALS research, care charities, and support organizations. Boston College University Historian & Clough Millennium Professor Emeritus of History, James O'Toole, will be at Fuller on Tuesday, March 19th at 2:00 pm in the Brush Hill Function Room for a talk on Ever to Excel: A History of Boston College. On Monday, March 25th at 3:00 pm in the Blue Hill Activity Room, Maria Judge will continue her Storytelling Series with "A Chandelier in Every Bedroom", regaling us with their adventures as a Peace Corps family in Chile. On Wednesday, March 27th at 3:00 pm in the Brush Hill Function Room, Andy Balon, a certified arborist with the Bartlett Tree Experts, will present "The Future of the Urban Landscape." Mr. Balon will review the trees throughout our Fuller Village campuses and explain how our community values the importance of trees and their role in the landscape, the challenges of having an urban landscape, and plans for the future.

Dining Services Update - We will be hosting a St. Patrick's Day Dinner Buffet on Sunday, March 17th at 6:00 pm in the Gordon House Dining Room. Please see flyer in this week's packet and located under the Week at Fuller icon in Touchtown for menu and reservation details. We will also be hosting a Easter Sunday Buffet on Sunday, March 31st at 1:00 pm. Flyer with details coming soon. *Due to Fuller's Annual Board of Directors Dinner on Wednesday, March 6th, we will not be taking any dinner reservations or take-out orders that evening and our Lounge will also be closed. Thank you for your understanding.*

COVID Status – Fuller has been notified of one new individual that tested positive for COVID in the last week. They are following guidance with self-isolation and notified any exposed residents and staff. Should you test COVID positive, please notify Joey DiGiano at 617-361-3231 along with any close contact fellow residents.

Deepest condolences to the family and friends of Patricia Burke, a resident of our Depoyan Building.

MARCH 2024

Trip Information

Sign-ups – Sign-up for all trips will begin at 9 am on <u>Monday, March 4th except</u> where otherwise noted. Please call 617-361-7778 to sign up!

Curry College Nursing Lunch & Simulation Lab Training – Tuesday, March 5th at 11:30 am Our partnership with the Curry College School of Nursing is getting started again for the spring semester! Residents volunteer as health care actors to support the students' learning in state-of-the-art simulation labs. All training is provided and no experience is necessary. You may sign up for one or several opportunities throughout the semester, but must attend this lunch and training in order to participate. *Sign-ups are open so call soon!*

Boston Symphony Orchestra & Brunch – Friday, March 8th at 9:00 am

This trip is full, with a waitlist. There will be another trip in April, which is also full but for which we are still accepting names for the wait list.

The Shops at Chestnut Hill – Tuesday, March 12th at 1:00 pm

Enjoy an afternoon of shopping at this upscale enclosed 2-story shopping center in the Chestnut Hill neighborhood of Newton. Stores include Ann Taylor, Apple, Chico's, Crate & Barrel, Talbots, and more! You can also enjoy one of the several on-site restaurants or stop into Relaxation Therapy for a foot reflexology and chair massage.

Men's Lunch to Newcomb Farms – Thursday, March 14th at 12:00 pm

Calling all men! Enjoy a delicious brunch at one of Milton's favorite family restaurant. Enjoy their skillet breakfast, freshly roasted turkey, or whatever you have a hankering for! Please bring cash and plan for beverages, dessert, tax, and tip.

Women's Lunch to Stockholders Steakhouse in Weymouth – Tuesday, March 19th at 11:00 am Stockholders is a big city style steakhouse dropped into the heart of the South Shore. Their menu boasts both traditional and inventive steak options and a variety of cuts utilizing only the highest quality USDA choice beef products prepared on an oak-burning grill, a sizeable selection of farm-raised and wild seafood from both local waters and abroad, and an array of fresh pasta dishes.

Downtown Dedham: Lunch & A Movie – Tuesday, March 26th at 11:00 am *Time subject to change*
We're going to the movies! The Dedham Community Theatre is an independent cinema founded in 1927 that specializes in independent films and has a selection of movie candy, beer, wine, and of course buttered popcorn for sale. We will be seeing One Life starring Anthony Hopkins as Nicky Winston, a a young London broker who visits Prague in December 1938 and convinces the British Committee for Refugees in Czechoslovakia to rescue as many children as possible before Nazi occupation closes the borders. Fifty years later, the BBC show 'That's Life!' reintroduces him to some of those he helped rescue and he finally begins to come to terms with the guilt and grief he carried – all the while skyrocketing from anonymity to a national hero. Keep an eye out for more information on timing and restaurant location on Touchtown and in the March 15th packet.

Auschwitz. Not Long Ago. Not Far Away. Exhibit – Thursday, March 28th at 9:00 am

On temporary display at the Castle at Park Plaza, *Auschwitz. Not long ago. Not far away*. brings together more than 700 original objects of great historic and human value. No book, podcast, or history lesson can prepare you for the impact and power this extraordinary collection of artifacts holds. Most of these objects have never been shown to an audience in New England before, and this is the only time this exhibition will be on the East Coast during this tour. Tickets are \$30.45, which will be billed to your account.



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



Weekend Highlights: Friday 3/1 - Sunday 3/3 See what's happening this weekend!

Friday, March 1st

Rich Travers at 1 pm (Blue Hill Activity Room)

Topic: Messiah - George Frederic Handel

George Frideric Handel's "Messiah" is such an iconic piece of music — and is so ingrained as a Christmas tradition — that it's easy to take its exuberance and its greatness for granted. Drawing from the Old and New Testaments, Handel designed it in three sweeping sections: Prophecy and Fulfillment, Suffering, and Redemption. Although religious, its message remains universal, and Handel intended it for the concert hall. Its theatricality is another reason for its popularity for nearly 300 years.

Long Lost String Band at 7 pm (Blue Hill Activity Room)

Looking for something different? Come check out this innovative Appalachian roots music fiddle/banjo duo as they explore old time songs & fiddle tunes. They always give a good show!

Saturday, March 2nd

Movie Night at 7 pm (BL & BR)

Showing at both campuses: The Catcher Was A Spy

Cast: Moe Berg, Paul Rudd, Paul Giamatti, Jeff Daniels

Moe Berg, a catcher for the Boston Red Sox of German Jewish descent, was asked by the US government to participate in espionage during World War II.

Sunday, March 3rd

Area 9 Ensemble at 7 pm (Brush Hill Function Room)

Join us for some exciting entertainment! Area 9 Ensemble is a Boston-based trio dedicated to exploring the rich, diverse and ever growing chamber music repertoire for saxophone. Recent performances have included works by Bach, Debussy, Glazunov and Vaughan Williams, as well as compositions by Sidney Bechet, Paul McCartney, Freddie Mercury and Herbie Hancock. Area 9 is also proud to have commissioned and debuted new works by contemporary composers, including Jun Feng's "Somehow, Tango", performed at the Longy School of Music in Cambridge, MA in 2015, and Michael Kosch's "Castle in the Air", which Area 9 premiered at the Metropolitan Playhouse in NYC in December of 2016. Please come out to see what this amazing group has to offer!

Weekly Highlights: Monday 3/4 – Sunday 3/10 Look out for these special events and offerings next week! (Page 1)

Monday, March 4th

Trip to Wegman's at 10 am

We take a trip to a different grocery store every Monday – call 617-361-7778 to sign up!

Trivia Night in Remembrance of Joel Krensky at 7 pm (Brush Hill Café)

Joel's Trivia Night Returns! Former resident Joel Krensky, who recently passed away at the age of 101, used to run a weekly informal Trivia Night with a group song before and after each game as we sat around the card tables. Please join us as the Fuller Village Residents' Association Activity Committee honors Joel with a fun and easy (often *multiple-choice!*) Trivia Night in the Café. Bring a friend or come alone and join any table. And YES, we will sing a song before and after the game. Refreshments will be served and you'll meet new folks.

Tuesday, March 5th

Hamilton Hall Lecture Series at 11 am (Brush Hill Library & BL Multipurpose Room) We are excited to participate again in the Hamilton Hall Lecture Series in World Affairs, which allows us to screen replays of lectures from their weekly series of expert talks. We will screen these each Tuesday at 11 am in the Brush Hill Library as well as the Blue Hill Multipurpose Room, located upstairs down the hall from the wellness center. This week's talk will be *Cybersecurity: Artificial Intelligence and its Impact on International Security*, given by Professor Kevin R. Powers, J.D., Founder and Director of the MS in Cybersecurity Policy & Governance Programs at Boston College.

Trip to Curry College Nursing for Lunch & Simulation Lab Training at 11:30 am Our partnership with the Curry College School of Nursing is getting started again for the spring semester! Residents volunteer as health care actors to support the students' learning in state-of-the-art simulation labs. All training is provided and no experience is necessary. You may sign up for one or several opportunities throughout the semester, but must attend this lunch and training in order to participate. Call 617-361-7778 to sign up.

Weekly Highlights: Monday 3/4 – Sunday 3/10 Look out for these special events and offerings next week! (Page 2)

Wednesday, March 6th

Catholic Mass at 2 pm (Brush Hill Function Room)

Father Bennett will be on site to celebrate Mass.

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

Topic: The Floating City: Art, Architecture and Music in Venice

Venice, Italy, is a city unlike any other, a place of beauty, mystery, and romance. Much of that aura is due to the city's location in the midst of the lagoon. But a substantial part of the splendor was created by the people of Venice, the merchants, builders, and artists. This lecture will explore some of the remarkable creators of the Venetian mystique.

Thursday, March 7th

The Zen of Sketching with Bob Farrell from 9:30-11:30 am (BL Activity Room)

The Zen of Sketching is a course designed for seniors to learn the fundamentals of sketching as a hobby in a fun, friendly, and non-judgmental environment. We will use deep breathing and other zen techniques to learn to be present and relaxed enough to flex our innate creativity. Using simple, inexpensive materials the art students will be shown how to enjoy sketching two- and three-dimensional forms from imagination and observation. In a series of three-week sessions, the students will learn to use the elements and principles of design to sketch their personal response to a variety of subjects such as people, still-life, flowers, landscape, buildings, etc. \$30 per person covers all instruction and materials for this 3-week class, running Thursday 3/7, 3/14, and 3/21. Call 617-361-7778 to secure your spot!

The Magic of Lyn at 7 pm (Brush Hill Function Room)

We are excited to announce an exciting evening of magic with illusionist Lyn Dillies! From the grand stages of New York's Lincoln Center to the glitter of Hollywood's Magic Castle, Lyn Dillies wows her audiences with her powers of prestidigitation. She is the highest-awarded female illusionist in the country. Lyn's show is filled with eye-defying illusions, audience participation, and most magical of all, the enchanting personality of Lyn Dillies. Her show is guaranteed to fill your heart with magic!

Weekly Highlights: Monday 3/4 – Sunday 3/10 Look out for these special events and offerings next week! (Page 3)

Friday, March 8th

Trip to Boston Symphony Orchestra and Brunch at 9 am

This trip is full. If you are interested in joining the wait list for the April 5th trip, please call Muriel at 617-361-7778.

Environmental Racism & Environmental Justice in Greater Boston at 2 pm (BL Activity Rm)

Lacee Satcher is an Assistant Professor of Sociology and Environmental Studies. Her primary research interests include race/ethnicity, health & place, and environmental justice. Other interests include place & inequality, social psychology of health, and urban sociology. In this talk, she will illuminate the environmental inequality and disproportionate impacts of climate change on communities of color in Greater Boston. Please join us for this timely and informative lecture from a leading researcher and lecturer in the field.

Ethan Stone at 7 pm (Blue Hill Activity Room)

Ethan Stone is a world touring pianist and a graduate of Berkeley College of Music. He performs a variety of jazz, boogie and popular songs from multiple generations: 1930's, 40's, 50's and more! Ethan always brings a fresh upbeat program that keeps the audience moving.

Saturday, March 9th

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

Sunday, March 10th

Daylight Savings Time begins – remember to set your clocks forward!

Oscars Screening at 7 pm (Brush Hill Café & Blue Hill Activity Room)

Drop in anytime to enjoy the drama and excitement of the Oscars with your neighbors. Feel free to bring a beverage or a snack and root for your favorite films and actors!

Notes from the Program Director

Racial Justice Learning Circle returns in March!

The Racial Justice Learning Circle will resume in March with a 4-part learning and discussion group, facilitated by Julia MacMahon. Building on last year's reading & discussion groups on *Four Hundred Souls: A Community History of African America, 1619-1919*, edited by Ibram X. Kendi, we will now take a different kind of look at race and ethnicity in America by addressing the elephant in the room: white people, and whiteness. Utilizing the Scene on Radio podcast's fourteen-part documentary series, *Seeing White*, we will explore how the idea of whiteness was created, what it means, and how it works. The premise of this series is that the American conversation about race, and the stories we tell ourselves about race and ethnicity, are deeply incomplete and often misleading. We need new stories and new understandings, about our history and our current racial and ethnic reality. In addition to the podcast, group members will be supplied with several short articles and reflection questions before and after meetings to aid their learning.

Participation is limited and we ask that you commit to attend at least 3 out of 4 sessions. In addition to attending the sessions, the pre- and post-work for each session (including listening to or reading the transcripts of each podcast episodes) will be between 5-8 hours per month. Participants can choose to listen to the podcast on their own, read the transcripts, and/or listen to the podcast together in the Brush Hill Library or Blue Hill Multipurpose Room. The group will meet every 4th Thursday from March – June from 3:15-4:30 pm in the Brush Hill Function Room (**First Meeting: March 28th).** Please call 617-361-7778 to sign up and let Muriel know if you will need assistance accessing the podcast or transcripts.

The Voices of Fuller newsletter is back!

The **March issue** will be **emailed to you, by Molly's special email notifications:** Her email will appear (see below) on Monday, March 1st. Just click to open newsletter on the underlined section: <u>Voices of Fuller March 2024.pdf</u>

<u>Note:</u> Those of you on the list for hard copies who have no access to email or who have eyesight issues will get their delivery sometime that week.

From: Molly Welch < mail@notify.onecallnow.com >

Notification from: Milton Fuller House Corporation

Please see the attached March issue of The Voices of Fuller Newsletter.

Attachments available for 30 days

Voices of Fuller March 2024.pdf

Thank You and a Fond Farewell

Dear Fuller Village Community,

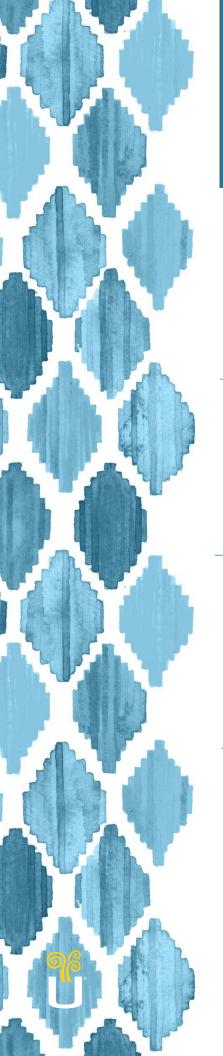
I want to thank you all from the bottom of my heart for giving me such a welcoming, engaging, and FUN place to call "work" over the past nearly 3 years.

There are so many moments that I will cherish – dancing the night away at Pub Nights, eating hot dogs at Summer Concerts, shopping at the Fairs and Bake Sales, getting my fitness in with the Bike Group, gabbing with Mah Jong players and Handcrafters in every corner of campus, reflecting deeply with the Racial Justice Learning Circle, taking action with the Social Justice Action Group and the Green Team, holding vigil with the AIDS Memorial Quilt, line dancing and belly dancing in the Yoga Studio, hosting scheduled planning meetings in my office and joining impromptu ones in the hallway, winning at Jenga during Game On Fridays, *almost* winning the Resident vs. Staff Cornhole Tournament, café lunches, bulletin board chats, and all of the rest - holiday parties, fascinating speakers, Chorus Concerts, Veterans Day programs, Wakefield tours, Gardener meetings, Music Lovers Clubs, Newcomers Clubs, Birthday Breakfasts, Treats & Tea, and of course Coffee Hours!

I could truly go on and on but at the heart of it all is the opportunity I had here to build relationships and to be a part of the joy and learning in many lives. Thank you for being so generous with your ideas, input, humor, and care. While I'll miss so much about my time here, I know I am leaving the role in good hands with Susan and the rest of the Management Team, as well as many of you who engage so deeply in making our programs great!

With gratitude,

Julia MacMahon (Outgoing) Program Director



Gordon House

Dining Room Dinner Menu

call at 617-361-6958 1:00PM- 3:00PM Mon-Fri

Monday, March 4th

Apple Butternut Bisque (GF) or Salad du Jour

Roasted Leg of Lamb (GF)

Parmesan Baked Cod (GF)

Parslied Potatoes (GF)

Parmesan Broccolini (GF)

Chocolate Chip Cookies or

Chocolate Mousse

Tuesday, March 5th

Sweet Potato Bisque (GF) or Salad du Jour

Chicken and Dumplings (GF)

Brown Butter Trout (GF)

Parmesan Roasted Potatoes (GF)

Spinach and Leeks (GF)

Carnival Cookies or **Berry Tartlet**

Wednesday, March 6th

Bacon and Corn Chowder (GF)

or Salad du Jour

Braised Short Ribs (GF)

Mediterranean Grilled Swordfish (GF)

Mashed Potatoes

Asparagus (GF)

White Chocolate Macadamia Cookies

or Chocolate Torte (GF)

Friday, March 8th

New England Clam Chowder (GF)

or Salad du Jour

Braised Beef Brisket (GF)

Baked Stuffed Haddock (GF)

Barley Mushroom Pilaf

Creamy Coleslaw (GF)

Oatmeal Cookies or

Autumn Corn Pudding

Saturday, March 9th

Ham and Bean Soup or Salad du Jour

Parmesan Chicken Cutlet (GF)

Shrimp Scampi (GF)

Garlic Angel Hair Pasta

Green Beans (GF)

Chocolate Chip Cookies

or Bread Pudding Cheesecake

Sunday, March 10th

Chicken Minestrone

or Salad du Jour

BBQ Turkey Tips (GF)

Mediterranean Pollock (GF)

Roasted Red Potatoes (GF)

Broccoli (GF)

Assorted Cookies or

Chocolate Torte (GF)

Thursday, March 7th

Garden Vegetable Soup (GF)

or Salad du Jour

Roast Prime Rib (GF)

Ponzu Glazed Seabass (GF)

Baked Potato (GF)

Braised Red Cabbage (GF)

Peanut Butter Cookies or Apple Turnover



Vegetarian Options Available Upon Request

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) NSA (No Sugar Added)

Always Available Menu

Call 617-361-6958 between 1pm and 3pm for take out orders Please Request Vegetarian Options When Placing Orders / Reservations

APPETIZERS ... 5.00

Soup du Jour / Fresh Garden Salad / Fresh Fruit Salad * ask about our selection of house made dressings *

Weekly Special ... 7.00

Artichoke Dip

Served with House Made Pita Chips

SIGNATURES

a non-alcoholic beverage and your choice of side is included with Entrée, Sandwich Special and Fuller Burger / Impossible Burger Sides: Sweet Potato Fries, French Fries, Baked Potato, Coleslaw

Baked Haddock...21.95 (GF)

Baked with Buttered GF Crumbs Served with Entrée Sides

Sandwich of the Special...14.00 French Dip Hot

Sliced Roast Beef on French Bread with Au Ius

Salad Special...12.00 (V)

Cobb Salad

Romaine, Bacon, Tomato, Chicken, Hard Boiled Eggs, Cheddar Cheese, Avocado

Veggie Special of the Week... 15.00 (V)

Vegetarian Meatloaf with Tomato Sauce Served with a Side Salad

Fuller Village's

Hamburger/Cheeseburger...13.00

On a Toasted Brioche Bun with Lettuce, Tomato, and Onion

Impossible Burger...15.00 (V)

On a Toasted Brioche Bun with Lettuce, Tomato and Onion

Lighter Fare...10.00 (V)

BEVERAGES

Coke / Diet Coke

V-8

2% Milk

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...5.00 Sugar-Free Jell-O...3.00

Ice Cream...3.00

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

Consuming raw or undercooked meats, poultry, seafood, without gluten ingredient options available upon request.







Brush Hill Café Specials

Daily Specials –
all served with one side...14.00

Monday, March 4th

Mushroom Swiss Burger

With Caramelized Onions and Lettuce on a Brioche Roll

Tuesday, March 5th **Sundried Tomato Chicken Panini**

With Fresh Mozzarella, Pesto and Sundried Tomato Spread on a Toasted Ciabatta

Wednesday, March 6th

Avocado and Tuna Salad

With Romaine, Cucumber, Feta Cheese, Almonds, Olives and Lemon Vinaigrette

Thursday, March 7th **Cheese or Pepperoni Pizza**Served with a Side Salad

Friday, March 8th
Shrimp Po'boy

Fried Shrimp, Shredded Lettuce, Tomato and Homemade Remoulade Sauce on a Sub Roll







Sunday, March 17th, 2024 – 6:00 PM Dinner Buffet

Homemade Trish Soda Bread Trish Flag Salad

(Spinach, pears, mandarin oranges, Feta and Pistachios with an Orange Honey Vinaigrette)

Traditional Corned Beef (GF)

Beer Battered Shrimp & Cod

Parmesan Roasted Carrots & Parsnips (GF)

Loaded Mashed Potatoes (GF)

St. Patrick's Day Cheesecake Bars \$29.95

Reservations begin Monday, March 4^{th} and will end when we reach the dining seating capacity. Cancellations after March 13^{th} will be charged to your account.

Call Joey at 617-361-3231.