



From the desk of Molly S. Welch

March 15, 2024

Happy St. Patrick's Day

Fuller Village's Community Fair - This year's Community Fair will be on Saturday, October 26, 2024. We now have a new Community Fair icon on Fuller's Touchtown app where residents can find communications and volunteer opportunities from the Fair's Resident Chair, Jane McClellan. This section of Touchtown will continue to be updated as the year progresses toward the Fair's date. You can also contact Jane McClellan directly with any questions or idea sharing. Please be sure to review what is posted already under the Community Fair icon in Touchtown to see how you can get involved and support Fuller Village's Community Fair!

CDC's Updated Respiratory Virus Guidance – Per the Centers for Disease Control and Prevention (CDC), as the 2023-2024 fall and winter virus season ends, it's clear that the situation surrounding COVID-19 has changed. It is still an important health threat, but it is no longer the emergency that it once was, and its health impacts increasingly resemble those of other respiratory viral illnesses, including flu and RSV. In response to the decreasing risk that COVID-19 poses, the CDC released "Updated Respiratory Virus Guidance" on March 1, 2024. This updated guidance includes strategies to protect people at highest risk of getting seriously ill and provides actionable recommendations for people with common viral respiratory illnesses, including COVID-19, flu, and RSV. The CDC is no longer recommending the public adhere to specific COVID-19 isolation and exposure guidance. ***Included in this week's packet is the helpful "Updated Respiratory Guidance" snapshot created by the CDC for your review and reference.*** If you would like to read the CDC new guidance in more detail, please visit www.cdc.gov/respiratory-viruses. We want to strongly encourage all residents and staff to adhere to the additional prevention strategies the CDC is recommending for the 5 days following improvement of your respiratory virus symptoms and fever resolution, such as masking, social distancing, and testing. With this announcement by the CDC and guidance change, Fuller Village will no longer be tracking and reporting to residents our COVID-19 positive resident or staff cases. We still encourage residents to notify Fuller if you are COVID-19 positive. If you have any specific questions or concerns regarding COVID-19, please contact me directly.

CDC Recommends Another COVID Shot for Older Adults - On February 28, the CDC's Advisory Committee on Immunization Practices (ACIP) recommended that people 65 and older receive an additional dose of the COVID-19 vaccine's current formulation. The spring booster will be the same shot that was approved last fall which is also effective against the current subvariant causing more than 96% of all new COVID infections. The recommendation applies to individuals who have already received the 2023-2024 COVID vaccine and stipulates that providers should administer the vaccine at least four months after the previous dose. We want to encourage residents to consider obtaining an additional COVID-19 vaccine, and as always consult with your physician for individual guidance. Fuller will plan to have a flu and COVID-19 vaccine clinic in the fall.

Bank of Canton Meet & Greets – All Fuller Village residents and staff are welcome to stop by Bank of Canton's Meet and Greets on Wednesday, March 20th from 9:00 am to 10:30 am in the Blue Hill Activity Room and from 11:00 am to 12:30 pm in the Brush Hill Card Room. Come and learn about the Bank of Canton's weekly on-site banking program at Fuller Village!

Deepest condolences to the family and friends of Muriel Wood, a resident of Brush Hill.

SUN	MON	TUE	WED	THUR	FRI	SAT
St. Patrick's Day 17 2:00 Resident and Guest Swim 2:30 Blue Hill Bridge (BL) 6:00 St. Patrick's Day Dinner Buffet (BL) 7:00 Shelley Otis and Karen Burciaga (BR)	9:00 1-on-1 Tech Help (BR) 18 10:00 Market Basket - Brockton 10:00 Pickleball 10:15 Chair Yoga with Carol (BL) 10:30 Blue Hill Coffee Hour (BL) 11:00 Floor Yoga w/ Carol (BR) 11:15 Aqua Fit with Jean (BR) 12:00 Chair Yoga w/ Carol (BR) 1:00 Bridge (BR) 2:00 Author Talk with Kevin Martin (BR) 2:00 Handcrafters (BL) 3:00 Library Book Club (BL) 3:00 Water Volleyball	10:30 Functional Fitness (BR) 19 11:00 Hamilton Hall Lecture Series (BL/BR) 11:00 Women's Lunch to Stockholders 12:00 Back to Basics (BL) 1:00 Meditation (BL) 1:00 Tai Chi (BR) 2:00 Forest Therapy Walk with Jen 2:00 History of Boston College (BR) 4:00 Restorative Yoga (BR) 7:00 Bingo! (BL) 7:00 Make Your Own Ice Cream Sundae (BR Cafe) 7:00 Men's Poker Club (BR)	9:00 Bank of Canton Drop-In Info Session (BL) 20 10:00 Stop & Shop Mobility & Stability with Carol (BR) 10:45 Cornhole (BL) 11:00 Floor Yoga w/ Carol (BR) 11:00 Bank of Canton Drop-In Info Session (BR) 12:00 Chair Yoga w/ Carol (BR) 12:45 Chorus (BR) 2:00 Catholic Mass (BL) 2:30 Aqua Fit with Crystal (BR) 2:45 Treats & Tea (BL) 3:00 Caring Committee (BR) 3:00 Rosary (BL) 3:00 Resident and Guest Swim (BR) 7:00 Handcrafters (BR)	9:30 Sketching Class with Bob Farrell (BL) 21 10:00 Towel Cardio (BR) 10:30 Adult Swim Lessons with Izzy 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 with Jean (BR) 2:00 NeedlePoint (BR) 6:30 Pub Night with Castle Tones (BR)	9:00 Walking Club with Joey 22 10:30 Chair Yoga with Carol (BL) 2:00 Stop & Shop in Hyde Park 3:00 Women's History Month Documentary: "What Happened, Miss Simone?" (BL) 6:30 Cribbage (BR)	10:00 Pickleball 23 2:00 Family Swim 7:00 Movie Night (BR/BL)

March 2024

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

Fuller Village
in Milton
— LIVE A FULLER LIFE —



Weekend Highlights: Friday 3/15 - Sunday 3/17

See what's happening this weekend!

Friday, March 15th

2PM Irish Sing-a-Long with Judy Cobble (Brush Hill Function Room)

Come to sing or come to just listen! Either way, Irish Eyes will be Smiling!

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

7PM Jeffrey Folmer performs in the (Blue Hill Activity Room)

Come hear your favorites and some great original pieces for guitar.

Saturday, March 16th

Pizza Lunch! 12PM (FULL) (Blue Hills Activity Room)

\$5 for 2 large slices of Papa Gino's Cheese Pizza, Tossed Salad, Soda and a Sweet Treat!
Reservations required- Please call Muriel at Reception #617-361-7778 to arrange for the van from Brush Hill to Blue Hill.

Movie Night at 7PM (BL & BR) – “*The Irish Wish*” starring Lindsay Lohan, Ed Speleers, and Jane Seymour

Sunday, March 17th

6PM St Parick's Day Dinner Buffet (Blue Hill) Reservations Only

7PM Celebrate St Patrick's Day with Shelley Otis and Karen Burciaga (Brush Hill)

As a performer and arranger for the harp, Shelley Otis plays lots of traditional Celtic tunes, and is also a member of several ensembles including the Celtic band Ulster Landing. Karen Burciaga is a versatile string player who performs throughout New England. She holds multiple music degrees and enjoys playing Celtic music- especially in March!

Weekly Highlights: Monday 3/18 – Sunday 3/24

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

Monday, March 18th

Trip to Market Basket Brockton at 10AM

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

Author Talk with Kevin Martin 2PM (Brush Hill Function Room)

Library Book Club 3PM with MPL Director Will Adamczyk (Blue Hill Activity Room) We will be discussing “Rough Sleepers” by Tracy Kidder

Tuesday, March 19th

Women’s Lunch Trip to Stockholders departs at 11AM

History of Boston College lecture with Professor James O’Toole 2PM (Brush Hill Function Room)

Celebrate The First Day of Spring by Making your Own Ice Cream Sundae! 7PM (Brush Hill Café) \$4 for Vanilla ice cream and all the toppings! Sign up on Monday 3/18 at 9AM with Muriel. Limited to 30 FV Residents only, no guests please.

Wednesday, March 20th

Bank of Canton Drop-In Info. Session 9AM (Blue Hill Coffee Room)

Cornhole at 10:45 AM (Blue Hill Activity Room)

Join us for this fun and relaxing game- easy to learn and a hoot to play!

Catholic Mass 2PM (Blue Hill Activity Room)

Treats and Tea 2:45PM (Blue Hill Activity Room)

Thursday, March 21st

10:30AM News, Coffee and Conversation (Blue Hill Coffee Room)

Pub Night with the Castle Tones! 6:30PM (Brush Hill Function Room)

Weekly Highlights: Monday 3/18 – Sunday 3/24

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

Friday, March 22nd

3:00 PM Women's History Month Documentary: What Happened, Miss Simone?"
(Blue Hill Activity Room)

Saturday, March 23rd

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

Sunday, March 24th

7PM The Continentals Drum and Guitar Duo (Brush Hill Function Room)

Newcomers: If you need a **printed copy** of our monthly 14-page Fuller Village newsletter titled ***The Voices of Fuller*** because (1) you can't read it on-line due to vision issues; or (2) you do not have a computer or iPad for viewing it; or (3) you do not use email,...then please let your daytime receptionist know that you'd like to be added to a list to receive a printed copy. Otherwise, please watch for Molly Welch's monthly email with the newsletter attached. We professionally print only a very limited number of copies for those who can't access the newsletter. You may call Marty Allen of ***The Voices of Fuller*** at 617-312-8058 if you have any questions. Thank you. Marty Allen, BR G105

Speaking of the Voices of Fuller...

The Voices of Fuller newsletter is back!

Are you an artist (painter, sketch artist, etc.) who uses oil, water colors, pencils, or acrylics?

The Voices of Fuller Village newsletter staff would like to feature one of your favorite pieces and list the medium you prefer to work with. This will be a great way to meet other artists here at Fuller Village, and we are planning a special get-together for all of you to meet!

Please call or email Marty Allen 617-312-8058 martyallentours@gmail.com

Deadline March 17th to be included in the April issue.

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

Note: 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.

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

Notification from: **Milton Fuller House Corporation**

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

Attachments available for 30 days

[Voices of Fuller April 2024.pdf](#)

Notes from the Program Director

You can feel it in the air- Spring has (almost) sprung! It's time to put the top down and go exploring! Use the longer days to get in more steps, pull on your gardening gloves (Stay tuned for a date and time for a Gardeners meeting) or go forest bathing with Jen! Even if the weather is still a *little* chilly in late March and into April, we'll enjoy some of the best things in life- fun new music, dancing, flowers, chocolate, and baseball! - Thanks for all the warm welcomes and great suggestions- keep them coming!

Susie

The FVRA Activities Committee is Sponsoring:



1st Day of Spring: Make Your Own Ice Cream Sundae Night:

Tuesday, March 19th

Café 7:00 pm

**Vanilla Ice Cream
Fudge Topping
Whipped Cream
and**

Choices of toppings; try them all!

Walnuts, **Sprinkles, M&Ms, **Cherries**, Reeses Pieces
(Available at every table for topping off your sundae!)**

\$4.00

BRING \$1 Bills—or--a \$5 Bill only

Tuesday March 19th at 7:00 pm. – Café

**** Pre-Register on Mon . 3/18 at 9 a.m. with Muriel, Receptionist ****

Limited to 30 Fuller Residents Only--no guests.

Respiratory Virus Guidance Snapshot

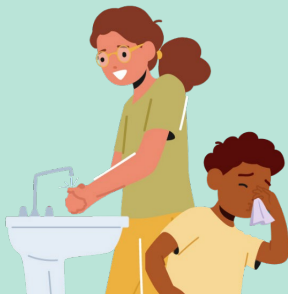
Core prevention strategies

CORE STRATEGIES

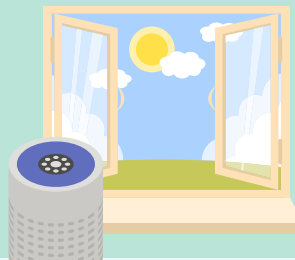
Immunizations



Hygiene



Steps for Cleaner Air



Treatment



Stay Home and Prevent Spread*



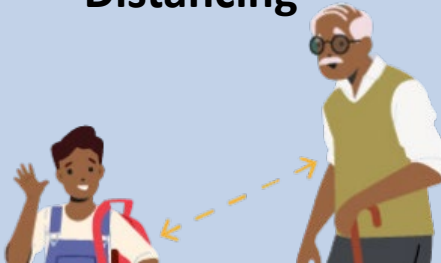
ADDITIONAL STRATEGIES

Additional prevention strategies

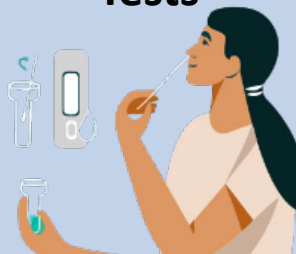
Masks



Distancing



Tests



Layering prevention strategies can be especially helpful when:

- ✓ Respiratory viruses are causing a lot of illness in your community
- ✓ You or those around you have risk factors for severe illness
- ✓ You or those around you were recently exposed, are sick, or are recovering

***Stay home and away from others until, for 24 hours BOTH:**



Your symptoms are getting better



You are fever-free (without meds)



Then take added precaution for the next 5 days

Gordon House

Dining Room Dinner Menu

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

Monday, March 18th

Garden Vegetable Soup (GF)
or Salad du Jour
Beef Tips With Mushroom Sauce (GF)
Shrimp Creole With Rice
Roasted Red Potatoes (GF)
Succotash (GF)
Chocolate Chip Cookies or
Apple Pie

Tuesday, March 19th

Navy Bean Soup (GF)
or Salad du Jour
Fried Chicken Breast (GF)
Seafood Casserole (GF)
Baked Sweet Potato Crisps (GF)
Au Gratin Cauliflower (GF)
Carnival Cookies or
Chocolate Cake

Wednesday, March 20th

Beef and Vegetable (GF)
or Salad du Jour
Beef Meatloaf (GF)
Herb Crusted Sole (GF)
Saffron Rice
Green Beans (GF)
White Chocolate Macadamia Cookies
or Rice Pudding

Thursday, March 21st

Butternut and Apple Bisque (GF)
or Salad du Jour
Roasted Pork Loin (GF)
Baked Salmon (GF)
Israel Cous Cous
Lemon Broccoli (GF)
Peanut Butter Cookies or
Coconut Cream Pie

Friday, March 22nd

New England Clam Chowder (GF)
or Salad du Jour
Roast Turkey Breast (GF)
Grilled Swordfish (GF)
Mashed Potatoes (GF)
Chef's Medley (GF)
Oatmeal Cookies or
Frosted Brownie

Saturday, March 23rd

Chicken Noodle Soup (GF)
or Salad du Jour
Spaghetti and Meatballs (GF)
Crab Cakes (GF)
Bacon Herb Polenta
Roasted Zucchini and Tomatoes (GF)
Chocolate Chip Cookies
or Apple Crisp

Sunday, March 24th

Lentil Soup (GF)
or Salad du Jour
Chicken Marsala (GF)
Sole Oscar (GF)
Roasted Potato Wedges (GF)
Butternut Squash (GF)
Assorted Cookies or
Crème Brulee

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

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

Stuffed Mushrooms

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

Seafood Salad on Croissant

Served with Your Choice of Side

Salad Special...12.00 (V)

Greek Falafel Salad

Lettuce, Tomatoes, Cucumbers, Red Onions, Olives, Feta Cheese and Housemade Falafels with Greek Dressing

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

Pea and Gnocchi With Lemon Sauce

Served with a Side Salad and Dinner Roll

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)

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

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, March 18th
Chicken Ranch Club Wrap
Served with Your Choice of Side

Tuesday, March 19th
Sausage and Peppers Sub
Served with Your Choice of Side

Wednesday, March 20th
Steak Caesar Salad
With Romaine, Sliced Sirloin, Parmesan Cheese,
Croutons and Housemade Caesar Dressing

Thursday, March 21st
Pesto Chicken Flatbread
Pesto Sauce, Shredded Chicken and Parmesan
Cheese

Friday, March 22nd
Salmon Burger
Served with French Fries and Garlic Aioli Sauce