

LOOKING AHEAD

Melrose Council on Aging

Stacey Minchello, Executive Director

781-665-4304

235 W. Foster St. Melrose, MA 02176



Milano Center

781-662-6886

201 W. Foster St. Melrose, MA 02176

Looking Ahead is available online
<http://tinyurl.com/COALookingAhead>.

October 2021



Fall Drive Thru Event at Milano Center
Wednesday, Oct. 27th, 11:00 a.m. - Noon

Join in on the fun! Wear a costume!

Sponsored by Element Care and Trader Joe's, Saugus
Reservations are required; Call 781-662-6886

Please bring your keycard for scanning.

Pull up around rotary, remain in your car
and put your car in park.



Temporary Outdoor Schedule Milano Center

Monday

9:00 Yoga

10:00 Chair Yoga

11:00 Cribbage

Tuesday

10:00 Line Dancing

10:00 Knit & Stitch

11:00 Horse Racing

Thursday

9:00 Yoga

10:00 Chair Yoga

11:00 Today's News

Join in on the fun!

Wear a costume at the fall drive
through event and be eligible for
a prize!



In this Issue Table of Contents

Interface Referral Service - Pg. 2
 Alzheimer's Caregiver Support - Pg. 2
 From the Director - Pg. 2
 Resource Fair - Pg. 3
 DPW Recycle Schedule - Pg. 4
 Today's News - Pg. 4
 Medicare Open Enrollment - Pg. 4
 Free Concert - Pg. 4
 Day Trips - Pg. 5
 Voting - Pg. 6
 Cast Your Ballot - Pg. 6
 Veteran's Services - Pg. 6
 Everbridge - Pg. 6
 Transportation - Pg. 7
 Captured Moments - Pg. 8
 Thank You - Pg. 8
 Snow Angels - Pg. 9
 Care Dimensions - Pg. 9
 Friends of Milano Donation - Pg. 9
 Food Assistance - Pg. 12
 Book Club - Pg. 12
 Senator Lewis - Pg. 12



From the Director, Stacey Minchello

October! Where did the summer go? I think you may agree with me, we pretty much got ripped off this summer. Always stay positive though, enjoy this beautiful weather.

Check out our October happenings. We hope to see you at the drive thru on Weds, Oct 27th. This is an event that you won't want to miss. Please, reserve your goodie bag so we have enough. Here's your hint on what will be in the bag: "Oh little pumpkin- bright, orange, and small, don't squish the apple cider donuts or candy treats. It's sure going to be an awesome fall!"

Speaking of fall, the Harvest Tour is scheduled for October 13th. Seats are limited- sign up early. This tour is supposed to be a "foliage tour". However, if the weather changes the leaf changing patterns or the Farmer's Almanac was wrong, we could not possibly consider our foliage tour successful if we drive you by naked trees! So, it's a harvest tour where we hope for great foliage!

Be sure to visit the Mayor's Senior Resource Fair on Oct 19th at Memorial Hall, 10 am – 1pm. It will be larger than previous years, many offerings! Get your flu shot, MBTA pass, and check out any benefits you might be eligible for. Stop at the COA table and tell us if you're a pumpkin kind of person or an apple person. November's newsletter will report the results. Psst... I'm definitely apple!

Lastly, the HVAC project funding has passed appropriations and we're in the next phase. We realize how much you miss your center. We are doing our very best to get this project done. Stay tuned for upcoming programming options!

~ Stacey

Would you or someone you know benefit from seeing a mental health professional?

The City of Melrose proudly sponsors the

INTERFACE REFERRAL SERVICE

For all Melrose residents and students

INTERFACE HELPLINE
 617-332-3666, X1411 or
 1-888-244-6843, x1411
 9:00 - 5:00 P.M., Mon - Fri

Alzheimer's Caregiver Support Group

This confidential meeting is designed for those caring for a loved one with a diagnosis of dementia. Learn more about Alzheimer's and related dementias and meet others facing similar challenges. **Currently and until the end of this year, this group will meet the 1st and 3rd Fri of the month at the Melrose Public Library from 10 am - Noon**

**Please call 781-910-8958
 prior to your first meeting or email
alz.caregivers.sue@gmail.com
 24/7 Helpline: 1-800-272-3900
www.alz.org/MANH**

Mayor Brodeur's Senior Resource Fair

When: Tues., October 19th, 10:00 a.m. - 1:00 p.m.

Location: Memorial Hall, 560 Main St., Melrose



The City of Melrose offers a variety of discounts and tax exemptions for senior and low income residents. Mayor Paul Brodeur invites you to an informal open house on Oct. 19, 2021 at Memorial Hall , 590 Main St. from 10:00 a.m. - 1:00 p.m.

- Health Department: On-site Flu shots
- Assessor's Office: 65+ Property Tax Exemption
- Public Works: 65+ Water and Sewer discount, solid waste discount
- Veteran's Services: Veteran's benefits
- Election's Office: Voting information
- Planning Department: Energy Resources
- Library: Sign up for a library card and learn how to reserve books online
- ABCD: Fuel Assistance
- Mystic Valley Elder Services: 60+ Home Care Services, Meals on Wheels, Healthy Aging Programs, Options Counseling
Long Term Support Services
Medicare Counseling (SHINE)
65+ Senior Care Options
18+ Mass Health-Integrated Care Options
My Life, My Health Program
- Council on Aging: Register for a participant scan card and newsletter
Property Tax Work Off Program
Transportation Options Upcoming Events
Lifeline Options Volunteer Opportunities
MBTA Senior Charlie Card MBTA Ride Information
LGBT and Grandparent's raising grandchildren support
Social Services Assistance
- Project Bread: SNAP Assistance (Food Stamps)
Farmers Market
Food Pantry Resources
- Melrose Wakefield Hospital: Falls Prevention, Grief and Loss Webinars

PLEASE.....Remember to bring a photo ID, recent tax bill, 2020 tax return, social security statement, electric bill and DD214, if applicable

Recycle



Melrose DPW Saturday Recycling Events 2021 8am-12 pm; 72 Tremont Street

October 16th - Rigid Plastics and Styrofoam
October 23rd - Hazardous Waste Day in Melrose
November 6th - Pumpkin Composting
January 9th - Post Holiday Clean Up

The items collected at ALL events (excluding HHW days) include:
Screens (TV's, Monitors and Laptops \$20); Metal Goods (\$25), Tires (\$2 - \$8); CFL bulbs, books, clothes, mercury items and dried latex paint.

Today's News



Join us for lively and respectful discussions on current events.

Registration in advance required as space is limited

Every Thursday
from 11 AM - 12PM
Call Milano Center
781-662-6886
to register

Please bring your keycard

It is almost here...Medicare's Annual Open Enrollment

It's that time of the year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should have received information from your plan by the end of September. It is important to **read** and **save** this information because it explains the changes in your plan for 2022.

During Medicare's Annual Open Enrollment (Oct 15 – Dec 7), you will have a chance to change your plan for next year. If you never had a drug plan, this is your opportunity to join one. SHINE (Serving the Health Insurance Needs of Everyone...on Medicare) counselors can help you understand your plan changes, as well as explain other options you may have. **Appointments are limited so make your appointment soon.** Please bring your Medicare card and list of prescription medications with you to your appointment.

Trained SHINE counselors offer free, confidential counseling on all aspects of Medicare and related health insurance programs. To make an appointment with the SHINE counselor please call the Regional SHINE office at Mystic Valley Elder Services in Malden at 781-388-4845, leave a message and a counselor will return your call as soon as possible.



The Beethoven Society of Melrose

You are invited to a FREE concert on the 3rd Sunday of every month from September through June (excluding January). Concerts take place at Melrose Highlands Congregational Church, 355 Franklin Street. HP accessible.

For more information, please call 781-665-8651
Masks are required and seating is spaced out

Partially funded by grants from the Melrose Cultural Council and
Melrose Messina Fund for the Arts

Call Milano Center 781-662-6886

October Day Trips

Pre-paid reservations required on all trips on a first come-first serve availability basis. No holds without payment allowed. No reimbursements for no shows or cancellations, unless we fill your seat. Travelers are responsible for their own meals and tips. Masks must be worn on the bus.

Mon, October 4th **Topsfield Fair, Topsfield, MA** **\$8**
 Departs from Milano at 10:30 am Departs from Gate A at 2:30 pm
 Entrance ticket \$10 and lunch is on your own Passenger Limit 20

Wed, October 6th **Wrentham Outlets, Wrentham, MA** **\$8**
 Departs from Milano at 10:00 am Passenger Limit 20
 Departs from parking lot access between Burberry and Nautica Outlets at 2:00 pm
 (expected return to Melrose 3:00 pm)
 Lunch on own at outlet restaurants including Uno's Pizza, Tavern in the Square, Ruby Tuesday, Cracker Barrel, and more

Wed, October 13th **Fall Harvest Tour, Stow, MA** **\$8**
 Departs from Milano at 10:00 am Honey Pot Hill Orchards from 11:00-12:30
 Depart Honey Pot Hill at 12:30 Passenger Limit 20
 Lunch on own at Not Your Average Joe's (Burlington) from 1:15-2:30
 Depart NYAJ at 2:30 for estimated 3:00 return to Milano

Thurs, October 21st **Seaport Grille, Gloucester, MA** **\$8**
 Departs from Milano at 10:30 am Departs from restaurant at 1:15 pm
 Ocean view deck dining Full menu offered
 Passenger Limit 20
Thursday special: Lobster Roll with French Fries or Coleslaw-\$22

Thurs, October 28th **Encore Casino, Everett, MA** **\$10**
 Departs from Milano at 9:30 am Departs from casino at 2:00 pm
 \$10 Free slot play Lunch on your own
 Photo Id required Passenger Limit 20



Have Bus, Will Travel

Call Milano Center 781-662-6886



Make a Plan to Vote!

Election Day is November 2nd

The Melrose Elections Office reminds residents that the municipal election will be held on Tuesday, November 2, 2021 and voters can cast their ballots one of three ways: 1. Vote by Mail; 2. In-Person Early Voting, 3. In Person on Election Day

To **vote by mail**, voters must submit a ballot application to the Melrose Elections Office. Vote-by-Mail applications are available on the City of Melrose website as well as via the Secretary of the Commonwealth [here](#). Ballot applications may be submitted in person, by mail, [email](#), fax, or dropped into the secure ballot drop box behind City Hall. The deadline to submit a vote-by-mail application for the upcoming election is **October 27, 2021 at 5:00 PM**. This option is available to all Massachusetts voters for elections held on or before December 15, 2021.

In-person early voting will take place on the first floor of City Hall (562 Main St.) in the City Council Chamber. Keep an eye on the news for information about dates and times for early voting.

To vote **in person on election day**, all residents will vote at the temporary consolidated polling location, Melrose Veterans Memorial Middle School, 350 Lynn Fells Parkway, on November 2, 2021. Polls will be open from 7 AM – 8 PM on election day.

Make sure you are registered to vote! The first step in any voting plan is making sure you are registered. Check your registration status and register to vote at <https://www.sec.state.ma.us/ovr/> or www.RegisterToVoteMA.com. The voter registration deadline is October 13, 2021 at 8:00 PM for the November 2, 2021 election.

To register to vote in Melrose, you must be:

- A U.S. citizen
- A Melrose resident, and
- At least 18 years old on or before the next election

Important Deadlines:

October 13 8:00 PM, deadline to register to vote in municipal election.

October 27 5:00 PM, deadline to request absentee or vote-by-mail ballot.

November 2 Election Day. Polls open **7:00 AM – 8:00 PM**.

For more information about the upcoming municipal election, visit <https://www.cityofmelrose.org/elections> or contact the elections administrator at elections@CityofMelrose.org or (781) 979-4125.

Cast Your Ballot!

All 20,000 plus of the city's voters will be able to cast ballots once again in the middle school gym- at least for one more election - after the City Council endorsed a return to the popular polling place.

CAST YOUR VOTE

Veterans' Services

Serving Melrose, Saugus and Wakefield

781-979-4186

The Veterans Services Department's mission is to assist, refer and advocate for veterans and their families. We provide direct financial aid through Massachusetts General Law Chapter 115 in addition to assisting with applications for applicable and available federal and state benefits.

City of Melrose Emergency Notification System



The City of Melrose uses the Everbridge **Emergency Notification System** to alert residents about a variety of events, ranging from severe weather, fires, floods and other emergencies, to more routine announcements, such as road closures, street sweeping, and hydrant flushing. Messages will be sent to residents by their preferred contact method—cell phone, text, home phone, email, and more - to ensure real-time access to important information. Residents listed in the City 911 database will be automatically subscribed to alerts by phone, but Everbridge allows citizens to self-register, provide additional contact information (such as a cell phone), or opt out. Go to: <https://tinyurl.com/melrosealertsingup>

Melrose Council on Aging Transportation

Offers **"Curb to Curb"** transportation for qualified Melrose seniors

Minibus Schedule

Monday - Thursday; 9:00 a.m.– 3:00 p.m.

Our transportation program will bring you anywhere in Melrose. In addition, for medical transport we go to Malden, Medford, Reading, Saugus, Stoneham, Wakefield and select facilities in Winchester.

**Call the Melrose Council on Aging at 781-665-4304
Between the hours of 8 am - noon, Mon. - Thu.**
for more information or to book a ride if already registered

Current Fee Schedule

Inside Melrose: \$2.00 per ride/\$4.00 round trip

Out of Melrose: \$4.00 per ride/\$8.00 round trip

Shopping Trips

Group shopping trips are available for registered riders. You may book 1 week in advance of date. See new fee schedule above.

Market Basket Reading: 1st and 3rd Wednesday of each month. Minimum of 2 riders required to proceed; 4 riders maximum per trip. 1st trip at 9:00 a.m. (return at 11:15 a.m.), 2nd trip at 10:30 a.m. (return at 12:45 p.m.) 1st trip must be filled before booking in the 2nd trip.

Fellsway Plaza, Saugus: 1st and 3rd Monday of each month; Pick ups begin 10:00 a.m.; return at 1:00 p.m. 5 riders per trip; Minimum of 2 required. Drop off and pick up location is Dollar Tree store.

Redstone Plaza, Stoneham: 2nd and 4th Monday of each month; Pick ups begin at 10:00 a.m.; return at 1:00 p.m. 5 riders per trip; Minimum of 2 required. Drop off and pick up location is The Paperstore.

Call 781-665-4304, Mon. - Thu. from 8:00 - Noon to book a ride

You must be a registered rider and have a MySeniorCenter keycard for scanning purposes. Call 781-665-4304 to become a registered rider and receive a keycard. Mon. - Thu.; 8 am to noon.

SUPPORT OUR ADVERTISERS!

IPi

Captured Moments



Knit & Stitch at Milano



The Red Hats



Holding Hands



Music Bingo




Becky & Denise Doucette



Denise Doucette Entertains

Gratitude Proclamations ~~~~~ Thank you to:

- Thank you to Element Care and Trader Joe's for providing the gift bag items for our Fall Drive Thru Event
- Thank you to Carl P. for the fantastic Horse Racing Game he made that our seniors are thoroughly enjoying (staff too!) 
- Thank you to Carl P. and Tom B. for all the assistance they provide
- Thank you to MedMinder, a top rated pill dispenser for seniors, for the ice cream they provided during Memory Laner performance



Snow Angel Program

If you are a Melrose senior in need of help with snow shoveling, please call the Melrose Council on Aging to register. We will do our very best to match you with a High School Student.

Please call 781-665-4304
Or 781-662-6886, to register
Mon.—Thu. 9:00 am - Noon.

Reference the Snow Angel Program

Pre-Registration
is required



EducationRequests@CareDimensions.org

781-373-6616

Thursday, November 4, 2021
12:00 - 1:00 pm

Coping With the Holidays After a Loss

Discusses the impact the holidays have on grief, practical suggestions for coping and ways the holidays can heal.

These Webinars are FREE. For registration links, go to CareDimensions.org/CommunityWebinars
To reach Care Dimensions directly, call 888-283-1722

FRIENDS OF MILANO CENTER

Please consider a tribute gift to Friends of Milano Center as a special way to honor a loved one, thank a special caregiver or even to celebrate a milestone. Gifts of certain denominations entitle donor to an engraved leaf on the Giving Tree which is on display at the Milano Center.

A special thank you to Elizabeth Keegan for your donation to our transportation program and to Patricia Sears for your donation to Friends of Milano Center.

Your generosity and continued support of the Friends of Milano, the Council on Aging and the Milano Center are greatly appreciated.



Yes, I want to support the Friends of Milano Center.



\$ _____

Your Name _____

Your address _____

Please make checks payable to *Friends of Milano Center*
235 W. Foster Street, Melrose, MA 02176

If your gift is in memory or in honor of someone, please note here: _____

If you would like someone to receive acknowledgement of your gift, please provide name and address below:

Name: _____

Address: _____

ROBINSON FUNERAL HOME

Honor · Remember · Celebrate

Helping Families Heal.

Providing comfort to Melrose residents,
one family at a time.

Preplanning Available
809 Main Street, Melrose

781.665.1900

RobinsonFuneralHome.com



GOOD COMPANY

Just because you need a little assistance doesn't mean you can't live it up. At The Arbors, our experienced staff is here to enhance your quality of life through comfort and care customized to your specific needs. Relax with your friends. We'll take care of the rest.

At The Arbors, we take pride in being run by family and treating you like family. Open house, stop in for a tour today.



The Arbors at Stoneham
140 Franklin Street
Stoneham, MA
(781)-435-1958

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at

www.mycommunityonline.com



PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM



\$29.95/MO

BILLED QUARTERLY

- No Long-Term Contract
- Price Guarantee
- Made and monitored in the USA

PLUS SPECIAL OFFER

CALL NOW! 1.877.801.5055
WWW.24-7MED.COM



**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

LPI is Hiring Ad Sales Executives

Full-Time with Benefits | Paid Training
Expense Reimbursement | Travel Required



Contact us at: careers@4lpi.com
www.4lpi.com/careers





GATELY FUNERAL HOME

Established 1889

Cremation Services & Irrevocable Funeral Trusts Available

79 W. Foster St., Melrose

(781) 665-1949 • www.gatelyfh.com



– SULLIVAN & CLARK –

~ Attorneys at Law ~

Judith A. Clark

781-665-1446

106 West Foster St., Melrose

• Wills • Trusts • Probate • Real Estate

America's Choice in Homecare.



LIVING ASSISTANCE SERVICES

Senior Care for Peace of Mind

Bathing Assistance
Dressing Assistance
Grooming
Assistance with Walking
Medication Reminders
Errands/Shopping

Light Housekeeping
Meal Preparation
Friendly Companionship
Flexible Hourly Care
Respite Care for Families
Live-In Care

781.395.0023

www.VisitingAngels.com/medfordma
Each Visiting Angels agency is independently owned & operated.



THE FITCH

Senior Living on Ell Pond

"The minute I walked in the door, I had that warm feeling of home."



CALL TO SCHEDULE A TOUR:

781.665.0521

fitchhome.org

75 LAKE AVE, MELROSE MA 02176

Congregational Retirement Homes



NOW ACCEPTING APPLICATIONS

Attractive Apartment Homes for Seniors
62+ (or disabled)



781-665-6334

200 W Foster St, Melrose

The best value in senior living.



Call Kate Oosterman at 781-665-3188
or visit oostermanresthomes.com

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized Provider

SafeStreets

1-855-225-4251



Caregiver Support Group

If you are caring for a loved one with Dementia or Alzheimer's please join us at our Caregiver Support Group. Connect and share stories with people who understand the challenges you face, in a safe, supportive and engaging environment. Participants can choose topics for education and discussion. *Light refreshments will be served.*

Contact us to sign up: 791-620-8990
reception@residencemelrosestation.com



Meets the 4th Thursday of Every Month
6:00 - 7:00pm

158 Essex Street, Melrose

www.residencemelrosestation.com



AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Duane Budelier** to place an ad today!
dbudelier@lpicommunities.com or **(800) 950-9952 x2525**



Food Assistance

Bread of Life

Bread of Life will deliver food from its food bank to Melrose residents. Call 781-397-0404 or email info@breadoflifemalden.org

A Servant's Heart Food Pantry

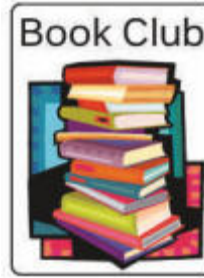
200 Franklin St. Melrose
Pre-bagged groceries may be picked up every Friday from 10:00 - 11:30 a.m.
Email: faithchurch@faithchurchac.org or call 781-662-8226

SNAP (food stamps)

To apply for food stamps call the Department of Transitional Assistance (DTA) at 877-382-2363
To apply on line go to www.mass.gov/how-to/apply-for-snap-benefits-food-stamps

Food Resources for Veterans

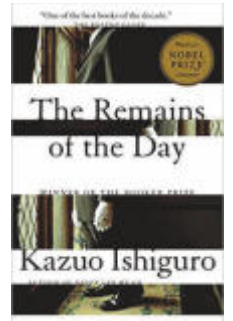
Melrose Veterans Services Office partners with the Greater Boston Food Bank to provide food to Veterans and their surviving spouses the third Wed. of the month. Currently they offer a drive-thru food pantry. If you are unable to pick up, they will deliver to you. Call 781-979-4186 to register.



Join us on
Oct. 12th for Book Club
Beebe Estate Garden
10:00 - 11:00 a.m.

"Remains of the Day"
By Ishiguro Kazuo

Available at Melrose
Public Library



Senator Jason Lewis

Senator Lewis hosts office hours 1st of every other month at Noon in the **Council Chamber, City Hall.**

Next Meeting: October 4th
Followed by: December 6th

MELROSE COUNCIL ON AGING
235 WEST FOSTER STREET
MELROSE, MA 02176

