

LOOKING AHEAD

Melrose Council on Aging

Erica Brown

Executive Director

781-665-4304

235 W. Foster St. Melrose, MA



Milano Center

James Conforti

Milano Center Manager

781-662-6886

201 W. Foster St. Melrose, MA

January 2024

Looking Ahead is available online at www.cityofmelrose.org/council-aging/looking-ahead-newsletter

AARP Speakers Bureau

January 18th 11am



ESSENTIALS OF CAREGIVING

There are many challenges to caregiving and care receiving. This session provides a practical guide focused on how to pull together a team and establish a care plan.

You will gain insight on how to navigate the challenges as you and your loved ones begin the journey of caregiving or care receiving. It also provides tips and resources available such as the AARP caregiving Resource Center and Family caregiving Guide.

Town Hall Meeting Monday, January 8, 2024 12pm in Tierney Hall

All Milano Center participants are welcome to join this Town Hall Meeting. This is an opportunity to gather feedback from you and hear what you think the Milano Center is doing well, what we can improve, and your suggestions for future programs. Our regularly scheduled lunch program will still be offered. Come for lunch and let's chat! Please call 781-662-6886 to reserve your lunch or bring your own!

Thomas Maffei and the Deer Island Wastewater Treatment Plant Tuesday, January 16th 1:30pm

The Deer Island Wastewater Treatment plant is the second largest treatment plant in the United States and its Outfall tunnel is the longest one-entry underwater tunnel in the world. The Outfall tunnel is an engineering marvel and the entire plant was a huge undertaking with a \$3.8 billion budget and thousands of workers. Among these thousands, two died at the end of the construction under tragic circumstances. Thomas Maffei worked as one of the lawyers who represented the MWRA in litigation with the general contractors who built the tunnel. He is one of a small number of non-construction workers who have been in the tunnel and traveled to its end. Join us as Mr. Maffei shares his experience, photos, and answers questions about this major project and the trials involved.



COOKING DEMO WITH ERICA Burrata Gnocchi Tuesday, January 23rd 1:30pm

Join Erica for this **FREE** cooking demo and learn how to make delicious hand-made pasta! Gnocchi are traditionally made with potato but this recipe creates a lighter, tastier pasta by using burrata, an Italian cheese similar to mozzarella. Participants will be provided gnocchi dough and will be able to hand roll their own pasta to bring home and cook for dinner. Sauce will also be provided. Recipes and instructions will be provided. Because participants get to take home their pasta, samples will not be offered at the demo.

Sign-Ups: Sign-ups for all published events, activities and trips begin on the **last Tuesday** of each month unless otherwise specified. Reservations for paid events can be made in person with cash/check or over the phone using our virtual "wallet".

Milano Center Hours
Monday - Thursday
8:30am - 4pm
Friday
8:30am - 12:30pm

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From the Director, Erica Brown



Aaah January... A month for new beginnings, fresh starts, and hopes for a new year.

Is there anything in your life that you wish you could start from the beginning? For me, it's the little moments I wish I could start over! When someone asks me how I'm doing and my brain can't decide between "I'm good!" or "I'm fine!" and I accidentally tell someone "I'm food!" Those are the silly moments that I wish I had a do-over button for.

I was recently at a get-together with friends and someone asked me for a cup of hot cocoa. I happily made her a cup. When I went to hand her the mug, I said "I want to be very careful not to spill on you, it's hot! Let me put the mug here so we don't drop it in the exchange." I proceeded to place it on the table and then knock it into her lap by mistake! Sometimes the best intentions don't go the way you thought. Luckily, my friend was fine and just had to change into a new pair of pants, but again, if I only had a do-over button...

The moral of this rambling letter? We all make mistakes even when we have the best intentions! Most people focus on making an ambitious goal for the new year: losing 20 pounds, being more productive, quitting smoking, or reading more. I will probably still make a New Year's Resolution, but this year I am also setting a goal to be kinder to myself. To forgive the little mistakes that happen all the time. No one besides me is going to remember that I couldn't find the right words or that I forgot to stop at the store before I drove right by it. This year I'm hitting my do-over button and starting fresh! I'm not dwelling on the little things - just moving forward with kindness for others and myself! I hope you'll do the same!

CLOSURES

Monday, January 1st,
January 15th, Martin
Luther King Day

COA Board Members

John Capuano, Chair
 David Kourtz, Vice Chair
 Kristin Thorp, Clerk
 Margaret Ivins, Ellen Cobau

Your Guide to Arts & Culture in Melrose



Scan the code or visit our website for an up to date calendar of arts and culture events in Melrose



www.MelroseCreativeAlliance.org

Friends of Milano Center

Joan Cassidy, President	Maia Moran, Treasurer
Carol Mahoney, Clerk	Diane DeVivo, Member
David Kelly, Member	Betty Ricci, Member
Marie Ryan, Member	Martin Stanton, Member
Jean Pandolfo, Member	

January Day Trips

Sign-ups for day trips begin on the last Tuesday of prior month
Pre-paid reservations required on all trips on a first come-first serve availability basis
If you need to cancel, we will refund your money if we are able to fill your seat. Travelers are responsible for their own meals and tips. Masks are encouraged, but not required.

- | | | |
|----------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| Thursday, January 11th
Depart Milano at 9:30am | Museum of Fine Arts, Boston
Explore & lunch @ café in museum 10:15am - 1:15pm
Return to Milano approximately 2pm
This trip involves extended periods of standing/walking.
Cost includes transportation, parking, and entrance fee
Featured exhibit: Fashioned by Sargent | \$45 |
| Thursday January 18th
11am depart Milano | Horseracing at The Residence at Station Landing
11am-noon Horse Racing (bring quarters) lunch from noon—1pm
Group tour from 1pm to 1:30 pm Return to Milano 1:45 pm | FREE |
| Thursday January 25th
Depart Milano at 9:30am | Encore Casino, Everett
Depart Encore 2pm
All participants will receive \$10 free slot play bonus! | \$10
Return to Milano at 2:30pm |

Melrose COA Shopping Trips - NEW LOCATIONS & SCHEDULES!

Market Basket Woburn: 1st & 3rd Wednesday of each month. Minimum of 2 riders required to proceed; 5 riders maximum per trip. Pick up begins at 9am ;return at 11:15am or 12:15. Shops in this plaza include Homegoods, TJMaxx, and Homesense

Shopping Shuttle: bi-weekly each month; 5 riders per trip; Minimum of 2 required. 9am Pick-ups begin Drop-offs: 9:45am Fellsway Plaza & Target, 10am Square One Mall, 10:15am Walmart, 10:30am Trader Joe's Pick-ups: 11:30am Fellsway Plaza & Target, 11:45am Square One Mall, 12pm Walmart, 12:15pm Trader Joe's 1pm Square One Mall

Call 781-665-4304, Mon. - Fri. from 8:30am-4pm All are \$6 Round Trip. All shopping trip times are subject to change. Minimum riders required to book driver. Please book by Thursday before the shopping trip.

Melrose Council on Aging Transportation

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

Minibus Schedule

Monday - Thursday; 9am– 3:30pm; Friday; 9am—12:30pm

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 & Woburn.

Call Melrose Council on Aging at 781-665-4304
Between 8:30am - 4pm, Monday - Friday for more information or to book a ride if already registered

Current Fee Schedule

Melrose to and From Milano Center is FREE

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

Out of Melrose:
 \$3.00 per ride/
 \$6.00 round trip

Brother Rice

Intermediate Watercolor Painting Class
New Session of 5 classes for \$50

Intermediate level painters will enjoy a guided painting lesson each week. If this is your first time painting with us, please ask staff for a supply list you should secure before the first class. If you have questions about whether this class is the right fit for you, please speak with a staff member before signing up. Payment due at sign up.

Monday Class: Begins January 8th, 9:30am

Friday Class: Begins January 5th, 9:30 am

No Classes Monday, January 15th

MOVIE

Indiana Jones and the Dial of Destiny

Monday, January 22nd
1:30pm, TH 2h 34m Rated: PG-13

Popcorn & refreshments served

Daredevil archaeologist Indiana Jones races against time to retrieve a legendary dial that can change the course of history. Accompanied by his goddaughter, he soon finds himself squaring off against Jurgen Voller, a former Nazi who works for NASA.



"Just Write"

Wednesdays 10am - 12pm in Class Room

This participant led group meets weekly to facilitate different writing topics.

Those who participate rotate leadership of weekly sessions.

The group shares ongoing writing projects and connects on a personal level.

Anyone is welcome to join this free program! Simply bring pen and paper to write with!

Photography Club

Next meeting: **Friday, January 26th 10am**
Conference Room

Theme: Winter

Bring a flash drive with your three best shots, best first.

The group will review and kindly critique!



Mahjongg Lessons with Maurine

Looking to learn how to play American Mahjongg?

The next 4-week session will run

Monday, January 8th through Monday, February 5th
at 1pm in the Classroom

Please call **781-662-6886** to reserve your seat.

Mahjongg cards necessary to play are available for purchase at the front desk for \$15.

If you have already taken Maurine's lessons, but don't feel ready to join the regular Tuesday group, Maurine will also supervise **"Beginner's Guided Gameplay" beginning at 12pm each Monday**. She will be available to answer any questions you have while playing!

Mexican Train Dominoes

Thursdays 1pm - 3pm
FREE

Learn how to play this easy and fun domino game! Make new friends and learn how to play a game great for all ages!

No supplies needed to play!



American Red Cross presents:

Be Red Cross Ready!

A preparedness program for our community

Tuesday, January 30th 1pm

This 45-minute presentation will include lifesaving preparedness tips for home fires and other natural disasters. Giving you tips and tools for you and your household to Be Red Cross Ready in the event of an emergency.



American Red Cross
Massachusetts

Hamilton Hall Lecture Series on World Affairs

Hamilton Hall in Salem hosts an annual 8-week lecture series on global affairs conducted by professors and professionals from universities and think tanks around the country. This popular lecture series is in its 78th year. The Melrose COA will host a trial program showing these lectures via Zoom in our community. Beginning in February, the Milano Center will offer a different lecture each Saturday followed by a facilitated discussion.



Saturdays, February 10th – March 30th 11am - 12:30pm
 \$5 each Must be a registered member of the Milano Center
 Limited seating available Each lecture is weather permitting

Saturday, February 10th – “Will the 2024 Election Affect U.S. Foreign Policy?”

Stephen M. Walt, Robert and Renée Belfer Prof. of International Affairs, Kennedy School, Harvard University

Saturday, February 17th - “Combating Climate Change: If We Are Winning Too Slowly, Are We Losing?”

Rachel Kyte, Dean Emerita, The Fletcher School, Tufts University

Saturday, February 24th - “China Global: Impacts in Latin America and Africa”

Kevin P. Gallagher, Prof. of Global Development Policy; Director, Global Policy Development Center, the Frederick Pardee School of Global Studies, Boston University

March dates and topics will be announced in next month’s newsletter!



LGBTQIA+ Movie Showing

Thursday, January 25th 1:30pm
 The Birdcage 1996 Rated R
 1h58m

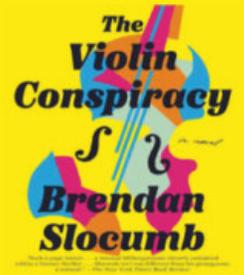
Engaged couple Val Goldman and Barbara Keeley shakily introduce their future in-laws. Val's father, Armand (Robin Williams), a gay Miami drag club owner, pretends to be straight and attempts to hide his relationship with Albert (Nathan Lane), his life partner and the club's flamboyant star attraction, so as to please Barbara's father, Republican Sen. Kevin Keeley.

Milano Center Book Club

Tuesday, January 9th
 10am-11am,
 Conference Room

This month's book:

The Violin Conspiracy



Milano Center Fitness Classes

The Milano Center offers fitness classes Monday–Friday. All classes welcome walk-ins, simply pay \$5 at the front desk. All instructors are certified and offer modifications for varied abilities.

Monday	8:45 - Yoga Trudy MacDonald	10:00 - Chair Yoga Trudy MacDonald
Monday	2:00 PWR Over Parkinson's	Allison Leonard
Tuesday	9:00 - Tai Chi Vincent Chun	10:00 - Line Dance Christine Loiacano
Wednesday	10:15 - Zumba Gold	Susan Leach
Thursday	8:45 - Yoga Michelle Heron	10:00 - Chair Yoga Michelle Heron
Friday	10:15 - Shimmy Belly Dance	Susan Leach

POWER Over Parkinson's

PWR! Moves-Certified Therapist Healthy Aging Physical Therapy
 POWER over Parkinson's is a weekly fitness class designed to promote improved mobility, strength, and balance for people living with Parkinson's Disease and other Movement disorders.

We're happy to announce that we are now offering this class every Monday!



\$5 per class
 Walk-ins
 WELCOME

Monday	Tuesday	Wednesday	Thursday	Friday										
<p>1 HOLIDAY - CLOSED</p>	<p>2 9:00 Tai Chi, TH \$5 10:00 Line Dance, TH \$5 10:00 Knit & Stitch, CR 11:30 Shepard's pie or chicken salad 1:00 Mahjongg, CH 1:00 Cribbage, CR 2:00 Bread of Life</p>	<p>3 9:00 Market Basket 10:00 Just Write, CR 10:00 National Grid Office hours 10:15 Zumba, TH \$5 11:30 Chicken Anna Maria or Egg salad 1:15 BINGO, TH 1:30</p>	<p>4 8:45 Yoga, TH \$5 9:00 Chair Caning, CR 10:00 Chair Yoga, TH \$5 11:00 Today's News, CON 11:30 White fish or chicken quinoa salad 1:00 Mexican Train Dominoes</p>	<p>5 9:30 Watercolor Class 10:00 Alzheimer Care Giver Support Group 10:15 Shimmy, TH \$5 11:30 Turkey Chili or roast beef & cheese</p>	<p>8 8:45 Yoga, TH \$5 9:00 Shopping Shuttle 9:30 Watercolor Class, CR 10:00 Chair Yoga, TH \$5 10:00 Poker Lessons, CON 11:30 broccoli cheddar stuffed chicken or turkey 12:00 Mahjongg Guided Gameplay, CR 12:00 Town Hall Meeting 12:30 Horseracing, TH 1:00 Mahjongg Lessons 2:00 Power over Parkinson's</p>	<p>9 9:00 Tai Chi, TH \$5 9:30 BP Check, WR 10:00 Line Dance, TH \$5 10:00 Knit & Stitch, CR 10:00 Milano Book Club 11:30 Beef stew or buffalo chicken & cheese 1:00 Mahjongg, CH 1:00 Cribbage, CR 2:00 Bread of Life</p>	<p>10 10:00 Just Write, CR 10:15 Zumba, TH \$5 11:00 Hearing Clinic 11:30 High Sodium - Sausage Abruzzi or tuna pasta salad 1:15 BINGO</p>	<p>11 8:45 Yoga, TH \$5 9:00 Chair Caning, CR 10:00 Chair Yoga, TH \$5 11:00 Today's News, CON 11:30 Crispy chicken or Caprese pasta salad 1:00 Museum of Fine Arts 1:00 Mexican Train Dominoes</p>	<p>12 9:30 Watercolor Class 10:00 Photography Club 10:15 Shimmy, TH \$5 11:30 Honey garlic shrimp or chicken salad</p>	<p>15 HOLIDAY - CLOSED</p>	<p>16 9:00 Tai Chi, TH \$5 10:00 Line Dance, TH \$5 10:00 Knit & Stitch, CR 11:30 Turkey Bolognese or roast beef & cheese 1:00 Mahjongg, CH 1:00 Cribbage, CR 1:30 Lecture Thomas Maffei 2:00 Bread of Life</p>	<p>17 9:00 Market Basket 10:00 Just Write, CR 10:15 Zumba, TH \$5 11:30 Chicken picatta or chicken salad 1:15 BINGO, TH</p>	<p>18 8:45 Yoga, TH \$5 9:00 Chair Caning, CR 10:00 Chair Yoga, TH \$5 11:00 Today's News, CON 11:00 Essentials of Care Giving 11:00 Residence Horse Racing 11:30 Beef stroganoff or egg salad 1:00 Mexican Train</p>	<p>19 9:30 Watercolor Class 10:00 Alzheimer Care Giver Support Group 10:00 Photography Club 10:15 Shimmy, TH \$5 11:30 Terikayi Salmon or chef salad</p>
<p>8 8:45 Yoga, TH \$5 9:00 Shopping Shuttle 9:30 Watercolor Class, CR 10:00 Chair Yoga, TH \$5 10:00 Poker Lessons, CON 11:30 broccoli cheddar stuffed chicken or turkey 12:00 Mahjongg Guided Gameplay, CR 12:00 Town Hall Meeting 12:30 Horseracing, TH 1:00 Mahjongg Lessons 2:00 Power over Parkinson's</p>	<p>9 9:00 Tai Chi, TH \$5 9:30 BP Check, WR 10:00 Line Dance, TH \$5 10:00 Knit & Stitch, CR 10:00 Milano Book Club 11:30 Beef stew or buffalo chicken & cheese 1:00 Mahjongg, CH 1:00 Cribbage, CR 2:00 Bread of Life</p>	<p>10 10:00 Just Write, CR 10:15 Zumba, TH \$5 11:00 Hearing Clinic 11:30 High Sodium - Sausage Abruzzi or tuna pasta salad 1:15 BINGO</p>	<p>11 8:45 Yoga, TH \$5 9:00 Chair Caning, CR 10:00 Chair Yoga, TH \$5 11:00 Today's News, CON 11:30 Crispy chicken or Caprese pasta salad 1:00 Museum of Fine Arts 1:00 Mexican Train Dominoes</p>	<p>12 9:30 Watercolor Class 10:00 Photography Club 10:15 Shimmy, TH \$5 11:30 Honey garlic shrimp or chicken salad</p>	<p>15 HOLIDAY - CLOSED</p>	<p>16 9:00 Tai Chi, TH \$5 10:00 Line Dance, TH \$5 10:00 Knit & Stitch, CR 11:30 Turkey Bolognese or roast beef & cheese 1:00 Mahjongg, CH 1:00 Cribbage, CR 1:30 Lecture Thomas Maffei 2:00 Bread of Life</p>	<p>17 9:00 Market Basket 10:00 Just Write, CR 10:15 Zumba, TH \$5 11:30 Chicken picatta or chicken salad 1:15 BINGO, TH</p>	<p>18 8:45 Yoga, TH \$5 9:00 Chair Caning, CR 10:00 Chair Yoga, TH \$5 11:00 Today's News, CON 11:00 Essentials of Care Giving 11:00 Residence Horse Racing 11:30 Beef stroganoff or egg salad 1:00 Mexican Train</p>	<p>19 9:30 Watercolor Class 10:00 Alzheimer Care Giver Support Group 10:00 Photography Club 10:15 Shimmy, TH \$5 11:30 Terikayi Salmon or chef salad</p>					
<p>15 HOLIDAY - CLOSED</p>	<p>16 9:00 Tai Chi, TH \$5 10:00 Line Dance, TH \$5 10:00 Knit & Stitch, CR 11:30 Turkey Bolognese or roast beef & cheese 1:00 Mahjongg, CH 1:00 Cribbage, CR 1:30 Lecture Thomas Maffei 2:00 Bread of Life</p>	<p>17 9:00 Market Basket 10:00 Just Write, CR 10:15 Zumba, TH \$5 11:30 Chicken picatta or chicken salad 1:15 BINGO, TH</p>	<p>18 8:45 Yoga, TH \$5 9:00 Chair Caning, CR 10:00 Chair Yoga, TH \$5 11:00 Today's News, CON 11:00 Essentials of Care Giving 11:00 Residence Horse Racing 11:30 Beef stroganoff or egg salad 1:00 Mexican Train</p>	<p>19 9:30 Watercolor Class 10:00 Alzheimer Care Giver Support Group 10:00 Photography Club 10:15 Shimmy, TH \$5 11:30 Terikayi Salmon or chef salad</p>										

	<p>22 8:45 Yoga, TH \$5 9:00 Shopping Shuttle 9:30 Watercolor Class, CR 10:00 Chair Yoga, TH \$5 10:00 Poker Lessons, CON 11:30 High Sodium cold Cheese ravioli or chicken & cheese 12:00 Mahjongg Guided Gameplay, CR 12:30 Horseracing, TH 1:00 Mahjongg Lessons 1:30 Movie-Indiana Jones 2:00 Power over Parkinson's</p>	<p>23 9:00 Tai Chi, TH \$5 9:30 BP Check, WR 10:00 Line Dance, TH \$5 10:00 Knit & Stitch, CR 11:30 Pot roast or Greek pasta salad 1:00 Mahjongg, CH 1:00 Cribbage, CR 1:30 Cooking Demo with Erica 2:00 Bread of Life</p>	<p>24 10:00 Just Write, CR 10:15 Zumba, TH \$5 11:30 White fish or country ham & swiss 1:15 BINGO, TH</p>	<p>25 8:45 Yoga, TH \$5 9:00 Chair Caning, CR 9:30 Encore Casino \$10 10:00 Chair Yoga, TH \$5 11:00 Today's News, CON 11:30 Chicken Alfredo or Turkey & cheese 1:00 Mexican Train Dominoes 1:30 LGBTQIA+</p>	<p>26 9:30 Watercolor Class 10:00 Photography Club 10:15 Shimmy, TH \$5 11:30 Braised beef or tuna salad</p>	<p>Lunch at the Milano Center MVES Congregate Lunch Site If you would like to join us for lunch, please call 781-662-6886 at least one day in ad- vance to reserve your meal. Detailed menus are available at the front desk. Monday—Friday 11:30am –12:30pm Suggested donation: \$2</p>
Dominoes						
	<p>29 8:45 Yoga, TH \$5 9:30 Watercolor Class, CR 10:00 Chair Yoga, TH \$5 10:00 Poker Lessons, CON 11:30 Cheese lasagna or roast beef & cheese 12:00 Mahjongg Guided Gameplay, CR 12:30 Horseracing, TH 1:00 Mahjongg Lessons 2:00 Power over Parkinson's</p>	<p>30 9:00 Tai Chi, TH \$5 10:00 Line Dance, TH \$5 10:00 Knit & Stitch, CR 11:30 BBQ chicken or egg salad 1:00 Be Red Cross Ready 1:00 Mahjongg, CH 1:00 Cribbage, CR 2:00 Bread of Life</p>	<p>31 10:00 Just Write, CR 10:15 Zumba, TH \$5 11:30 Beef chili or chicken salad 1:15 BINGO, TH</p>			

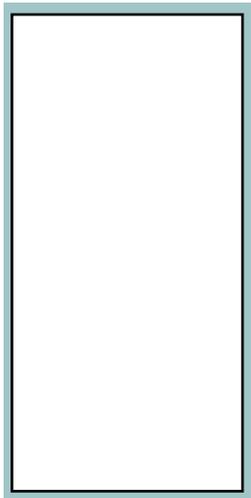


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Food Assistance

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 Street Friday; 9:30am - 11am
Please bring your own bags.
Email: faithchurch@faithchurchac.org or call 781-662-8226

Pantry of Hope

First Baptist Church 561 Main Street
Tuesdays 3pm- 5pm
Go to: melrosefbc.org or call 781-665-4470

SNAP

To apply for food benefits go to Department of Transitional Assistance (DTA) at <https://dtaconnect.eohhs.mass.gov/apply> or call 877-382-2363
You may also call our Social Worker, Rachael for help.
781-665-4304 Monday - Wednesday

Food Resources for Veterans

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

Free Freezer Meals

The First United Methodist Church is partnering with the Food Drive of Melrose. Free meals are available from the community freezer each Sunday from 11:30am - 12pm. Enter the chapel to collect your meals. Accessible ramp is available.

Most Blessed Sacrament Community Meal

1155 Main Street, Wakefield
2nd Wednesday of each month
5pm - 6pm

Snow Removal Resources

We are sorry to announce that due to a continued shortage of volunteers, we are unable to offer the Snow Angels program this year. This service is meant for individuals who truly have no means of snow removal. In order to keep the program available for those with a serious need, please post in the Melrose Community Facebook page asking for services as there are some available for a small fee. You may also be able to reach out to a neighbor, friend, or family member. If you have an urgent need that cannot be met, please call the **Melrose High School at 781-979-2200** and ask for Nancy Arrington. Please note that these services are for emergency access only.

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. This group meets the 1st and 3rd Friday of the month from 10am - 12pm at the **Milano Center in the Carriage House Lounge**

Please call 781-910-8958 prior to your first meeting or email Sue at alz.caregivers.sue@gmail.com24/7
Helpline: 1-800-272-3900
www.alz.org/MANH

Milano Center

Blood Pressure Check

Melissa Lowry, MS, BSN, RN will be onsite in our Carriage House Lounge at 9:30am the 2nd & 4th Tuesday of each month to check your blood pressure.



No appointment necessary!

Senator Jason Lewis

Senator Lewis hosts office hours 1st Monday every other month at 12pm at the Milano Center.

Next Visit: Monday, February 5th



Suicide & Crisis Lifeline

Call, Text or Chat online

988

24/7 help is available

Inclement Weather Policy

The Milano Center will follow the inclement weather policy of the Melrose Public Schools. If school is cancelled or delayed, the Milano Center will hold the same hours. In the event that staff feel we need to close or delay separately from the MPS, we will notify those attending programs for the day via phone call or email.



Do you need a Senior CharlieCard?
Senior CharlieCards reduce your fare on trains, busses, commuter rail and ferry by 50%!

You may apply online by visiting:
<https://www.mbta.com/fares/charliecard>
If you require assistance, you may make an appointment with James Conforti, Milano Center Manager by calling 781-662-6886

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

Massachusetts Behavioral Health Help Line

Massachusetts' new Behavioral Health Help Line (BHHL) offers direct connection to mental health and substance use care for anyone in the Commonwealth – no insurance needed. Available 24/7, in more than 200 languages, the BHHL is a phone, text, and online chat line whose clinically trained staffed will work with you to determine the care that best fits your needs and directly connect you to various treatment, including outpatient, urgent care, and immediate crisis care.

If you're interested in getting mental health or substance use help, but not sure where to start:

Call or text the Massachusetts Behavioral Health Help Line at **833-773-2445** or chat online at **masshelpline.com**

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the "donut hole".

If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you. **Prescription Advantage** can help. Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

For more information about Prescription Advantage, call MassOptions at 1-800-243-4636, Monday - Friday, 9:00 AM to 5:00 PM, or visit prescriptionadvantagemma.org.

National Grid Office Hours Every other month

Wednesday, January 3rd; 10am – 2pm, WR

National Grid will be at the Milano Center to assist with discount applications and explain how to read your current bill. Participants should bring a current National Grid bill. If you wish to fill out a discount application, bring proof of a qualifying program (LIHEAP, SNAP, MassHealth, Public Housing, SSI, WIC, EAEDC, Veterans Chapter 115, or other low-income programs.)

Call **781-662-6886** to reserve your **30 minute appointment**



Project Bread's FoodSource Hotline 800-645-8333

Mon-Fri ; 8am - 7pm Sat 10am - 2pm

Always free & confidential for all Massachusetts residents, our expert counselors are ready to assist callers in 180 languages. Our FoodSource Hotline provides free, expert assistance in understanding what programs are out there to help you go beyond just making ends meet, stretch your food budget, and reliably feed yourself or your family. They can help you access local food resources and federal nutrition programs. They can tell you if you qualify for SNAP - a.k.a. money for groceries - and help you apply, here you can find free meals for your kids, and many other local food programs.

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with Exceptional Alzheimer's Care.

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and Memory Care

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Just off I-93 at Exit 38



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* Thank you to: **J. Randall Huber**

Bread of Life - New Schedule!

Join the Milano Center volunteer group **EVERY** Tuesday, 2pm – 4pm when we assist at Bread of Life. Sign up by calling us at 781-662-6886 or email jconforti@cityofmelrose.org



Free transportation is made possible through funding from the Foundation Trust and a grant from Mystic Valley Elder Services. The bus leaves the Milano Center at 1:40 pm promptly or you may meet us there at 109 Madison Street, Malden.

Thank you for helping. 1 in 6 families in our community faces food insecurity.

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