



NOVEMBER 2016

THE FRANKLIN Connection

M O N T H L Y N E W S L E T T E R

**The Franklin
Senior Center**
10 DANIEL MCCAILL ST.
FRANKLIN, MA 02038

PHONE: 508-520-4945
FAX: 508-520-4917

OPEN MON-FRI
8:30am-4:00pm

The Common Grounds

Café

Breakfast 8:30-10:00am
Lunch 11:30-1:00pm

Ben's Bounty

 **GIFT
SHOP**

Mon-Fri 10:am-2:00pm



TWITTER:

@FranklinSrCntr

FACEBOOK:

franklinseniorcenter

TOWN WEBSITE:

http://town.franklin.ma.us/Pages/FranklinMA_Senior/index



CENTER RECEIVES GRANT FOR LOW VISION ELDERS

**The Stella Jeon
Assistive Technology Center**

In our new space, we will be christening a new room dedicated to the latest technology for those with vision impairment. The **Stella Jeon Assistive Technology Center** will offer portable video magnifiers, adaptive software to help you use a computer, audio book players, GPS devices, and iPads equipped with low vision capabilities. We have received a grant from the **Massachusetts Association of Councils on Aging** to hire a Coordinator to offer training and support to those with vision challenges. The Coordinator can work with you to address your specific situation and eye condition, and help guide you to find the appropriate technology that will work for your specific needs. The Coordinator will also facilitate our Low Vision Support Group and offer classes on relevant topics. If you would be interested in learning more about this exciting program, or attending the Low Vision Support Group, please call **Maggie Gundersen** at 508 520-4945.

VETERANS' DAY CELEBRATION

*Honoring Vietnam
Era Veterans*

A Veterans' Day luncheon will be held on Fri., Nov. 11, at the Franklin Elks, at 11:00 a.m. The Franklin Veterans' Council and the Department of Defense Vietnam War Commemoration will honor and recognize all veterans of the Vietnam War era. Call the Center to register and please indicate if you served during the Vietnam Era.



PREDIABETES PRESENTATION & DIABETES SUPPORT GROUP

Are you one of the estimated 54 million people in this country who have pre-diabetes? If so, you are at high risk of developing type 2 diabetes and heart disease. Learn how to significantly decrease your risk through lifestyle changes and dietary modifications on Wed., Nov. 9 at 10 a.m. with **Wellness Nurse, Linda Hastings**. For those who have been diagnosed with diabetes, join our Diabetes Support Group on that same date at 11 a.m. Please call to sign up.

UPCOMING EVENTS....

FRIDAY, NOV. 4 & 18: HELP W/ SMARTPHONES & TABLETS with Horace Mann students at 2:00 p.m.

Monday, NOV. 7: CORNHOLE DEMONSTRATION with **Ralph DeLucia** at 9:00 a.m. Ralph will show us how to play this popular game and we will sign up folks who want to play weekly at the Center. We are playing indoors, so this will be a great opportunity to stay active this winter! Many thanks to Ralph for supplying the Cornhole boards! Please call to sign up.

MONDAY, NOV 7: GENEALOGY WORKSHOP with Toni P. at 10:00 a.m. Learn how to access your family history, for beginners and those with experience. Bring your laptop if you have one or use our computer lab. There's lots to uncover in your family's history, so sign up today!

WEDNESDAY, NOV. 9: PREDIABETES PRESENTATION & DIABETES SUPPORT GROUP; see pg.1.

WEDNESDAY, NOV 9 & 23: STRESS MANAGEMENT SUPPORT GROUP meets at 2:00 p.m. This biweekly support group will be led by Gail Bourassa at 2:00 p.m. The Group will focus on strategies for coping with the emotional responses we experience when we are under stress.

THURSDAY, NOV 10: REPRESENTATIVE JEFF ROY has office hours at the Senior Center at 8:30 a.m.

THURSDAY, NOV 17: MEMORY CAFÉ at 3:00 p.m. The Memory Café is a welcoming place for people with forgetfulness or other cognitive challenges and their family and friends. Here, you can feel comfortable, forget about limitations and focus on strengths. This month, we will enjoy Madeline Faenza's piano performance, a sing-along, refreshments and a holiday raffle! Please call to sign up.

FRIDAY, NOV 18: PAINT A MASTERPIECE IN A DAY with **Darrell Crow**; 10:00 a.m. to 2:30 p.m. for \$25 includes all supplies. Half hour break for lunch. See sample of painting on display at the Center.

FRIDAY, NOV. 18: CIRCLE OF FRIENDS meet at 10:00 a.m. to plan events and activities in the Senior Center and off-site to encourage socializing and new relationships. Refreshments are served; call to sign up.

FRIDAY, NOV. 18: BROWN BAG LUNCH SEMINAR; COMBATting COLD & FLU THIS WINTER presented by **Wellness Nurse, Linda Hastings** at 12:00 p.m. Please call to sign up.

SATURDAY, NOV. 19: LECTURE & PLAY AT DEAN COLLEGE; Dean College invites Franklin seniors to a special lecture at 12:30 p.m., followed by a performance of the musical *Into the Woods*. **Daniel Kozar, Director of Theatre**, will lecture on **Stephen Sondheim**, composer and lyricist of the play, at 12:30 p.m. in Room 205 at the Campus Center. The show begins at 2:00 p.m. in the Main Stage. Tickets are \$10.00, and the lecture is free. Seats are limited; *call Tracy Lane at 508-541-1606 to reserve a seat by Wed., Nov. 9.*

TUESDAY, NOV 22: HEALTH PLAN OPTIONS FOR PEOPLE WITH MEDICARE will be presented at 9:00 a.m. by **Susan Flanagan** of **Blue Cross Blue Shield of MA**. She will explain Medicare Parts A, B, and C, the enrollment timeline, Medigap plans, Advantage plans, and Medicare Part D drug plans. Call to sign up.

SATURDAY, DEC. 3: FRANKLIN & BELLINGHAM LIONS CLUB SENIOR LUNCHEON is scheduled for an 11:00 a.m. and 1:00 p.m. seating. The lunch is at the Bellingham Senior Center, 40 Blackstone Street. Please call to sign up at the Bellingham or Franklin Senior Center to reserve a space.

YOU SHOULD KNOW:



- **ELDER MENTAL HEALTH COUNSELING** is available for elders who are struggling with anxiety and depression. The program is free of charge and not related to insurance or financial need. Call for more info.
- **POLICE BINGO** is coming back on December 6! Join us for lots of great prizes and fun food.
- **CONVERSATIONS ABOUT DEMENTIA** will be presented by **Julie McMurray** of the **Alzheimer's Association** on Thursday, December 15, from 1:00 to 2:30 p.m. Please call to sign up.

MONDAY

9am-2pm Barber \$8 / Hairdresser \$10, by appt

9am & 1pm Painting with A. Zandbergs

9:30am Italian Conversation Group

10am Mexican Train Dominoes

10am Genealogy Instruction with Toni at 10 a.m. (First Monday of the month.)

10am Asian Mah Jong; instruction offered

10:30am The Page Turners Book Club reads, *A Man Called Ove by Frederick Backman*

1pm Chair Volleyball

1pm American Mah Jong

1:15pm Monday Movies; see page 4.

6:00pm Cribbage Club



TUESDAY

9am Cribbage

9:30am Chair Exercise w/Shirley Areano/\$2

9:30am Busy Bees Craft Club

10am Manicures with Rona; \$8, by appt.

10am Quilting for Beginners

10:45am Cardio, Tone & Sculpt/\$3;free for Y members

12:30pm Nov. 15 - Legal Clinic; by appt. Legal Assistance provided by

Samuel, Sayward & Bayler, LLC.

1pm Bingo!

1pm Cribbage Instruction with Pat

1-4pm Chess Club; 1st & 3rd Tuesdays, Instruction provided!

FOR TRANSPORTATION CALL

KIESSLING TRANSIT 1-800-698-7676

FOR HOME DELIVERED MEALS

TRI VALLEY ELDER SVCS. 1-800-286-6640

WEDNESDAY

8:45-10am Blood Sugar Tests; 2nd & 4th Wed; 11/9 & 11/23

9am Trailblazer Walking Club

9am Pool Instruction with Ivan

9am SHINE Counselor (by appt.)

10am Quilting/Knitting Instruction

10am Scrabble

10am Chair Yoga with Susan /\$3

11am Coloring Crew

11:15am Meditation with Susan Winters/\$2

12 - 2pm Barber \$8 / Hairdresser \$10

12:30pm Zumba/\$3, free for "Y" members

1 - 3 pm Senior Scribblers

2:00 pm Stress Management Support Group, meets on 11/9 & 11/23

4pm Caregivers Support Group; see pg. 4



THURSDAY

9am-1pm Free Blood Pressure Testing

9am Cribbage & Bridge

9:30am Busy Bee Crafts

9:30 am Chair Exercise w/Shirley Areano/\$2

10:45am Cardio, Tone & Sculpt/\$3;free for Y Bingo!

1pm

1pm Open Art Studio with Diana V.

3pm Memory Café - 3rd Thursday

3:15pm Tai Chi/\$5; free for "Y" members



FRIDAY

10am Woodcarving

10am Current Events Discussion Group (2nd & 4th Friday of month)

11am Zumba Aerobics/\$3; free for Y mbrs

1-3:45pm Podiatry Clinic (by appointment)

1pm Pokeno

2pm The Silvertones, Senior Chorus



Important Notice

THE SENIOR CENTER WILL BE CLOSED ON NOVEMBER 11, 24 & 25.

Supportive Day Program

THE SUNSHINE CLUB offers frail elders individual attention and the company of others. Fun activities, lively discussions and gentle exercise make for a stimulating day. If you care for a loved one who is frail, socially isolated, or has dementia, come visit! Call Carol Adiletto or Donna Haynes at (508) 520-4945 for more info.



CAREGIVER'S SUPPORT GROUP - note date changes this month - on November 9 & 30 at 4:00 p.m. Participation in the Supportive Day Program is not required for this group and respite care is available during the meeting. Call to sign up and to make a reservation for respite care.

MEMORY CAFÉ is offered on the third Thursday of the month at 3:00 p.m. This is a welcoming place where those with memory loss and their care partners can socialize and enjoy a pleasant time without stress or anxiety; call to sign up.

Monday Matinee



Movies shown on Mondays at 1:15 p.m.

Nov. 7: TAKING CHANCE (PG) The remarkable true story of a soldier's death in battle, another soldier's journey of discovery and a nation's reverence and gratitude; with Kevin Bacon & Blanche Baker.

Nov. 14: LOVE & FRIENDSHIP (PG) In the 1790s, a young widow visits her in-laws, to wait out rumors about her circulating through polite society. While there, she decides to secure a husband for herself and for her daughter; with Kate Beckinsale & Chloe Sevigny.

Nov. 21: GHOSTBUSTERS; ANSWER THE CALL (PG-13) A Columbia University academic, and her friends join forces to bust ghosts and save New York; with Kristin Wiig & Melissa McCarthy.

Nov. 28: ME BEFORE YOU (PG-13) A quirky 26-year-old becomes a caregiver and companion to a wealthy young banker who is wheelchair bound. No longer the adventurous soul he once was, now cynical, he has all but given up until she decides to show him that life is worth living. Based on the Jojo Moyes novel; with Emilia Clark & Sam Claflin.

COMPANION CAREGIVERS RESPITE PROGRAM

We offer a trained Companion to stay with your loved one so you can have some time off. Our rates are affordable at \$10 or \$12 per hour and the service provides socialization and stimulation for your loved one and respite for you. Please call Camille at 508 520-4945.

CONSTRUCTION UPDATE



Unfortunately, completion of our construction project has been delayed until January, 2017. However, our multi-purpose room should be available as of Dec. 1, which means that Bingo will be back! And our Gift Shop has been relocated to the Pool Room for the next 2 months, so the shopping is good!

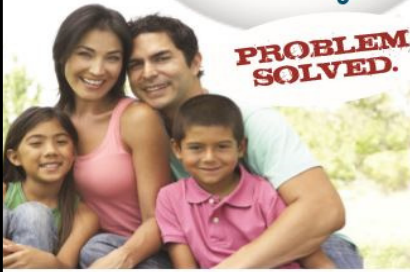
Trips...

Date	Destination	Details	Cost
Thurs., Dec. 8	Christmas at the Newport Mansions	Visit two of Newport's most elegant mansions decorated for Xmas—the Breakers & The Marble House, with a visit to Bowen's Wharf for lunch. <i>-Cost of lunch is not included-</i>	\$69 per person includes Motorcoach transportation, Mansion Tours and Tour Director.
Dec. 4 & 5	Christmas, New York Style Visit the Hudson River Valley & New York City	Visit the Hudson River Valley & NYC! Tour Lyndhurst Castle, the Union Church & a Xmas show at Westchester Broadway Dinner Theatre before your visit to Radio City Music Hall Xmas show!	\$399 ppdo, \$499 single, \$379 ppto; includes motorcoach, 1 night lodging, 2 meals, tours & shows.
Sat., Dec. 31	New Year's Eve Day Trip Sheraton 4 Points, Norwood	Enjoy singer Valerie Sneade, whose voice has been compared to Liza Minelli, along with the Tom LaMark Orchestra. <u>-DRIVE ON YOUR OWN-</u>	\$75 per person, includes luncheon, show, party favors & champagne.

TRIP POLICY: Recreational trips are available for seniors, 50 years of age and over, and disabled residents. Payment for trips is due upon sign up at the Senior Center. Three business days are required to receive a full refund for day trips. Conditions vary for overnight trips.

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Information & Referral...

- **MEDICARE OPEN ENROLLMENT ENDS ON DECEMBER 7TH:** It's important to review your options to make sure you have the plan that works best for you for next year. **To learn more options for Medicare Health & Drug plans, join us on Tuesday, Nov.22, at 9:00 a.m., or call the Center to make an appointment with our SHINE counselor.**
- **FUEL ASSISTANCE IS NOW AVAILABLE:** Call the Senior Center if you are interested in applying for Fuel Assistance. Current income guidelines are as follows: One-person household, up to \$23,760 gross annual income; two-person household, up to \$32,040 gross annual income; and three-person household, up to \$54,925 gross annual income. You may qualify if you rent in non-subsidized housing. There is also supplemental Fuel Assistance funding available from a state grant, which you may be able to access when you complete the application; see information below.
- **MORE FUEL ASSISTANCE:** If your income exceeds Fuel Assistance limits, you may qualify for a supplemental program. The Bellingham, Hopedale, Franklin Supplemental Fuel Assistance Program offers assistance to residents of those towns with the following income guidelines: One-person household, up to \$51,150 gross per year, two-person household, up to \$58,450 gross per year, and for a three-person household, up to \$65,750 gross income per year. Eligibility for Fuel Assistance with Self Help may be accepted as verification of household income. Applications are available at the Senior Center.
- **GRAB BARS** and other adaptive assistance is available through our **SAFE & SECURE AT HOME PROGRAM.** Our Health & Wellness Nurse provides a thorough assessment of your home environment to help identify risks for life-threatening falls. Free grab bars or other adaptive assistance can be installed.
- **RMV NEAR ME PROGRAM:** We can help elders with Registry of Motor Vehicles (RMV) transactions at the Senior Center. Our staff has been trained by the RMV, and is now able to assist elderly residents with conducting online transactions, as well as helping to locate important RMV forms, documents, and resources online. This includes: 1) Renewing Massachusetts driver's licenses online (if the driver is younger than 75), 2) Renewing a motor vehicle registration, 3) Change of address, 4) Duplicate license or registration, and 5) How to report a lost or stolen disability placard and how to request a replacement.

- FOR MORE INFORMATION ABOUT THE ABOVE, CALL (508) 520-4945 -

With Sincere Appreciation...

- ⇒ The **Massachusetts Association of Councils on Aging** for a generous grant to fund a Low Vision Coordinator to offer training and support for those with vision challenges. **Thank You!**
- ⇒ **David Derenzo, Paul Derenzo, Kim Fraser, Barbara & John Donovan, Jr., David & Debra Blanchard, Dorothy Cotter, Mr. & Mrs. William Cotter, Jr., and Nicoletta Dinunzio** for generous donations in memory of **Shirley A. Cannata**.
- ⇒ **Lauren Saunders, Carol O'Brien & Kelly Mawdsley** for generous donations in memory of **Mary A. O'Brien**.
- ⇒ **Judy Ashmore & Edward Craig, Paul Lymneos, and Michele, Jon, Eli & Simon Brooks** for generous donations in memory of **Pauline Robinson**.
- ⇒ **Josephine Henault, Pat Patton, Karen O'Neil, Fran Masarinie, Shirley Mills, Jean Tolland, Diane Foster, Kathleen Hadden, Brenda Hutchinson, Barbara Goguen, Jeannie Blanchard, Christine Carini, Stephanie Saunders, Lorraine Silvia, Miriam Bissanti, Ed Anguish, Jo Ann Wright, Aivars Zandbergs, Evelyn Pelletier, Mitch Fontan, Bob Long, Susan Tutkus, Dotty Perchard, Carol Swanbeck, Beverly Devereaux, Susan Cappucci, and Eileen Trainer** for making generous donations to our Gift Shop.

Friends of Franklin Elders...

Happy Thanksgiving

FOFE NEWS

The Friends of Franklin Elders is a private, non-profit organization whose purpose is to supplement local and state government funding of the Franklin Senior Center by providing funds for programs, services and equipment. The Friends also publish The Franklin Connection newsletter.

The next meeting of the Friends of Franklin Elders is scheduled for November 18 at 9:30 a.m. The public is welcome to attend!

MEMORIAL DONATIONS

*Portia Tang in memory of
Pauline Robinson*

*Val Blaine in memory of
Louie Blaine*

*Pam & Frank DeGrazia in memory of
The McGuire Family*

Friends of Franklin Elders, Inc. MEMORIAL DONATION FORM

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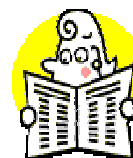
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Jackie Higgins

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Mail Subscription: To receive each monthly issue of **The Franklin Connection** through the mail (if you reside in Franklin), please complete the information below and send it or drop it by the Senior Center at: 10 Daniel McCahill Street, Franklin, MA 02038.

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FRANKLIN, MA 02038

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Franklin Elders, Inc.*

Friends of Franklin Elders, Inc.
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10 Daniel McCahill Street
Franklin, MA 02038

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Franklin Senior Center

"Independence, Engagement & Connection!"

*The Franklin Council on Aging meets on the second Tuesday of the month at
10 :00 a.m. This is an open meeting; the public is invited to attend.*

*The mission of the Franklin Council on Aging is to enhance the independence and
quality of life for Franklin older adults by:*

- ◆ *Identifying the needs of this population and creating programs that meet those
needs.*
- ◆ *Offering the knowledge, tools and opportunities to promote mental, social and
physical well-being.*
- ◆ *Advocating for relevant programs and services in our community.*
- ◆ *Serving as a community focal point for aging issues and as liaison to local, state
and Federal resources for older adults and their families.*

And On The Lighter Side...



Seenager (Senior Teenager)

I am a Seenager - I have everything I wanted as a teenager - only 60 years later!

- I don't have to go to school or work
- I get my allowance every month
- I have my own place
- I don't have a curfew
- I have a driver's license and my own car
- My friends are not afraid of getting pregnant
- I don't have acne!!

-
- Am I a good person? No, but do I try to be a better person every day? Also no.
 - I before E, except when your feisty neighbor makes a weird heist in a beige foreign car.
 - I'm in a good place right now, not emotionally - I'm at the liquor store.
 - Why does toilet paper need a commercial; who is not buying this?
 - I saw a guy at Starbucks today; no Iphone, no tablet, no laptop. He just sat there drinking coffee. Like a psychopath.
 - What doesn't kill you gives you a lot of unhealthy coping mechanisms, and a really dark sense of humor...