



APRIL, 2016

THE FRANKLIN CONNECTION

THE FRANKLIN SENIOR CENTER'S MONTHLY NEWSLETTER

FRANKLIN SENIOR CENTER

10 Daniel McCahill Street,
Franklin, MA 02038
Phone: 508-520-4945
Fax: 508 520-4917

Open Monday thru Friday,
8:30 am - 4:00 pm



FREE WIFI

COMMON GROUNDS CAFÉ



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

The Café is closed on
April 18 & 29

BEN'S BOUNTY GIFT KIOSK IS STILL OPEN!!

Mon thru Fri;
10 am - 2 pm



Lots of great
bargains!

A DAY AT THE MUSEUM



Join us as we get a special tour of the Franklin Historical Museum and all its treasures on Wed., April 20, at 11:00 a.m. Did you know that Franklin was almost called Exeter? In 1778, the new town was to be incorporated and named Exeter. When the men of the town arrived at the Dedham courthouse with the papers of incorporation, news of Benjamin Franklin's successful negotiation with France for their support against the British arrived, so the name Exeter was scratched out, and Franklin was entered. It is the first town to be named in honor of Benjamin Franklin. Learn more great history and view fascinating artifacts! Followed by an optional lunch at the Rome Restaurant. **Kiessling Transit** will provide transportation to the Museum from the Senior Center at 10:30 a.m. or you can drive on your own. Space is limited so sign up today!



WHO GETS GRAMMA'S YELLOW PIE PLATE?

Personal belongings often have special meaning for individuals and family members. Planning to pass on such items can be challenging and may lead to family conflict. While many of us are familiar with the need to have a legal will, few have planned ahead to include heirlooms and personal property in the decision making process. This class will provide you with practical information and resources to help you communicate, make decisions and lessen conflict around "who gets what". The class is offered by Wellness Nurse, Linda Hastings, on Wed., April 27, at 11:00 a.m.

Please call to sign up!

**DEAN
COLLEGE**
STELLA JEON
LECTURE SERIES



To leave a legacy to children, grandchildren and future generations, seniors are writing their stories, publishing their vignettes and biographies on CD's or carefully written notebooks. Whatever the format, it's the stories we tell that keep memories alive and document important milestones in life, offering the future generations stories to grow on. Elder wisdom needs to be shared. Join us on Wed., May 4, at 1:30 p.m. when **Marsha Nourse, Associate Professor of English**, will offer ideas for approaching memoir writing, including the form of the American Prose Poem. Seniors in a memoir-writing course at Dean College will share excerpts from their pieces. Call to sign up.

Daily Activities...



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 Asian Mah Jong; instruction offered
10:30am The Page Turners read *Left to Tell* by Ilibagza Immaculic with Steve Erwin on April 4.
1pm Chair Volleyball
1pm American Mah Jong
1pm Women's Pool
1:15pm Monday Movies: see page 5.
6pm Cribbage Club



TUESDAY

9am Cribbage
9:30am Chair Exercise w/Shirley Areano/\$2
9:30am Busy Bee Crafts
10am Manicures with Rona; \$8, by appt.
10am Quilting for Beginners
10:45am Cardio, Tone & Sculpt/\$3;free for Y members
12:30pm April 19 - Legal Clinic; by appt.
 Legal Assistance provided by
Samuel, Sayward & Bayler, LLC.
1pm Bingo!
1pm Cribbage Instruction
1-4pm Chess Club; 1st & 3rd Tuesdays, Instruction provided!



WEDNESDAY

8:45-10am Blood Sugar Tests;
 2nd & 4th Wed.; 4/13 & 4/27
9am Trailblazer Walking Club
9am SHINE Counselor (by appt.)
10am Quilting/Knitting Instruction
10am Scrabble
10am Chair Yoga with Susan /\$3
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 (Writing Group)
1:00 pm Women's Pool
4pm Caregivers Support Group; see pg. 5

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
1pm Bingo!
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 Thursday of month)
11am Zumba Aerobics/\$3; free for Y mbrs
1-3:45pm Podiatry Clinic (by appointment)
1pm Pokeno
2pm The Silvertones, Senior Chorus



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Check us out at www.facebook.com/franklinseniorcenter

The Senior Center Café will be
 closed on April 18 & 29

Upcoming Events...

Tues., April 5: SENATOR RICHARD ROSS OFFICE HOURS at 10:00 a.m. at the Senior Center.

Wed., April 6: INFO SESSION ON SENIOR PLAYERS GROUP at 1:30 p.m. We are working with the **Center for Adult Education & Community Learning** to establish a Players Group, where members read and act while holding the script. A 6-week session starts April 26 at 6:00 - 7:30 p.m. at the Franklin High School. The cost is \$50.



Wed., April 13: ORAL HEALTH & AFFORDABLE DENTAL CARE at 1:30 p.m. Good oral health is not just about a pretty smile. Poor oral health has been shown to contribute to chronic disease, and nearly 2 of every 3 seniors ages 65 and older have 4 or more chronic conditions. Learn more about oral health and how you may be able to access affordable dental care in your community. Please let us know if you'd like to sign up for a personal consultation afterwards about your specific dental needs. Please call to sign up.

Fri., April 15: THREE TED TALKS at 10:00 a.m. These talks are informative, inspiring and amusing! We will watch; *Ten Ways to Have a Better Conversation* with Celeste Headlee, *The Surprising Science of Happiness* with Dan Gilbert, and *Brain Magic* with Keith Barry. Please call to sign up.

Wed., April 20: TRIP TO THE FRANKLIN HISTORICAL MUSEUM at 11:00 a.m.; see page 1.

Wed., April 20: ART FOR THE MIND at 1:30p.m. with **Jill Sanford**, presenting *The Art of France* showcasing some of France's most prominent artists and art trends from the past several centuries - Baroque, Romanticism, and Impressionism to name a few. New research points to the strong links between arts education and cognitive development. Feed your brain with this exciting program; call to sign up.

Thurs., April 21: MEMORY CAFÉ at 3:00 p.m. for people with Alzheimer's, or related dementias, and their care partners. Join us for a fun trivia game with prizes!. Please call to sign up.

Wed., April 27: "WHO GETS GRAMMA'S YELLOW PIE PLATE?" at 11:00 a.m.; see page 1.

Wed., April 27: FREE FLOWER ARRANGING CLASS with **Diana Vandekerkhoff** at 1:00 a.m. We have all the materials for you to create a beautiful spring flower arrangement; call to sign up.

Fri., April 29: VOLUNTEER RECOGNITION PARTY at 11:00 a.m. with entertainer, **Jimmy Mazz**; by invitation.

UPCOMING...

Wed., May 4: DEAN COLLEGE STELLA JEON MEMORIAL LECTURE at 1:30 p.m.; see page 1.

Fri., May 20: PATRIOTIC PARTY on Fri., May 20, with entertainer **Tommy Rull**.

Fri., May 27: VETERANS BREAKFAST at the Franklin Elks Lodge; call the Center to sign up.



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Information & Referral...



FAMILY CAREGIVER SUPPORT SPECIALISTS at Tri-Valley provide support to family caregivers caring for older adults, or adults of any age living with Alzheimer's, and grandparents (55+) caring for grandchildren. The Family Caregiver Support Specialist focuses on caregiver needs through one-on-one counseling, in-home assessments and referrals to in-home and other respite services. The Caregiver Program at Tri-Valley also has a scholarship fund which provides relief and assistance to caregivers. Services include helping to arrange for and fund short-term respite in the home or in an assisted living or nursing home facility, adaptive equipment and other resources. This service is available to caregivers of elders age 60 and over. For more information, call the Caregiver Program at 800-286-6640.

RMV NEAR ME PROGRAM OFFERED AT THE FRANKLIN SENIOR CENTER: We are now able to 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. Examples of several RMV transactions that can be processed at Senior Center include: 1) renewing Massachusetts driver's licenses online (if the resident 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.

LAST MONTH TO APPLY FOR FUEL ASSISTANCE: Income guidelines for Fuel Assistance are up to \$33, 126 gross annual income for a one-person household; up to \$43, 319 for a two-person household; and up to \$53,511 for a three-person household. For more information or to apply for the program this year, please call Erin Rogers.

FOOD PANTRY OFFERS FREE GROCERIES: You may be eligible for the **Commodity Supplemental Food Program (CSFP)**, a monthly food distribution for individuals 60 years of age or older. You may be eligible to receive two free bags of food once a month. Proof of identity and age are all that is required to apply. For more information, call the Franklin Food Pantry at 508 528-3115.

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



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and to reserve your choice suite
while selection is best.

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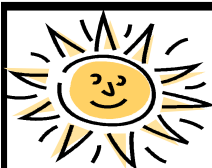
The Rockland Trust Charitable Foundation is dedicated to giving back to the communities we serve. That's why we're happy to support the **Friends of Franklin Elders**. To learn more about the Rockland Trust Charitable Foundation visit any branch or RocklandTrust.com.

**ROCKLAND
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Supportive Day Program...



The Sunshine Club

The Sunshine Club at the Franklin Senior Center 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, has low vision or dementia, come visit! To learn more, call Carol Adiletto or Donna Haynes at (508) 520-4945.



A **CAREGIVER SUPPORT GROUP** is offered on the **2nd & 4th Wednesday of the month at 4:00 p.m.** Participation in the Supportive Day Program is not required for the Support Group and respite care is available during the meeting. Please call to sign up for the Support Group and to make a reservation for respite care.

FOR TRANSPORTATION

call Kiessling Transit at
1-800-698-7676, Option 1

FOR HOME DELIVERED MEALS

call Tri-Valley Elder Services
at 1-800-286-6640

CAREGIVERS CORNER...

ATTENTION CAREGIVERS!

The Franklin Senior Center offers 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. Our Companion Caregiver Program can help, and the first visit is free! Please call Elaine at 508 520-4945. Also, consider the **Memory Café** on Thursday, April 21, for a fun social visit with others; see page 3.





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Monday Matinee...



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

Apr. 4: BLACK MASS (R) The story of the unholy alliance between FBI Agent John Connolly who persuaded Irish mobster James "Whitey" Bulger to work with the FBI to eliminate the Italian mob; with Johnny Depp & Benedict Cumberbatch.

Apr. 11: SPOTLIGHT (R) The true story of the Pulitzer Prize-winning Boston Globe investigation which uncovers a decades-long cover-up at the highest levels of Boston's religious, legal, and government establishment; with Michael Keaton, Rachael McAdams, & Mark Ruffalo.

Apr. 25: TRUMBO (R) In 1947, Dalton Trumbo was Hollywood's top screenwriter until he was jailed and blacklisted for his political beliefs. Trumbo used words and wit to win two Academy Awards and expose the injustice of the blacklist, which entangled many celebrities from Hedda Hopper to John Wayne, Kirk Douglas and Otto Preminger; with Brian Cranston & Helen Mirren.

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Trips...



Date	Destination	Details	Cost
Apr. 19	"The Moulin Rouge Meets Massachusetts", Lantana's in Randolph	L'Opera Burlesque - where the glamour of Old Hollywood meets the excitement of Ziegfeld. Lunch is Chicken Parmesan.	\$89 per person includes transp., lunch & show.
Apr. 20	Franklin Historical Museum & Rome Restaurant	Learn all about Franklin's fascinating history on this guided tour of the museum, then on to lunch at the Rome Restaurant.	Museum & transp. Is free; lunch not included.
May 18	Elton John & Billy Joel Tribute Show at Luciano's Lake Pearl	A fabulous tribute to two superb performers. Lunch is Breast of Chicken or Baked Scrod. (Dial-a-Ride transportation; call after May 1.)	\$65 per person includes lunch & show. Drive on your own.
June 22	Superstars and the Queens of Country at Venus deMilo, Swansea	A great tribute to the biggest names in Country—Reba McEntire, Willie Nelson, Waylon Jennings, Johnny Cash, & Dolly Parton. Lunch is Baked Chicken or Scrod.	\$89 per person includes transp, lunch & show.
July 18	The Heyday of the Big Bands & Pop Goes the Fourth	The Roy Scott Band covers over 60 years of great music from the Swing Era to the Swing Revival. Lunch is Baked Chicken or Scrod.	\$59 per person includes lunch & show. Drive on your own.
Aug.11	Michael Minor at Fosters Clambake Restaurant	A super talented comedian, ventriloquist, impressionist & singer! And the great Lobsterbake Foster's is famous for. Or BBQ Chicken.	\$89.95 per person includes transp, lunch & show.
Sept. 21	Forever Motown, Venus DeMilo in Swansea, MA	Featuring the best of the iconic sounds of Motown; Four Tops, Smokey Robinson, Marvin Gaye, the Supremes, The Temptations & more! Lunch is Chicken Parmesan or Baked Scrod.	\$89 per person includes transp., lunch & show.

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.

With Sincere Appreciation...

- **The Friends of Franklin Elders** for funding the entertainment at our party, the gift shop kiosks and grab bars for our *Safe & Secure at Home* program.
- **Kiessling Transit** for providing a bus for our trip to the Franklin Historical Museum.
- **The Franklin Fire Department** for letting us use their space for our classes.
- **Franklin TV** for letting us use their space for our programs.
- **Bob & Lucille Landry** for a generous donation in memory of **Louis Landry**.
- **David & Marie MacSwain** for a generous donation in memory of **Betty Noble**.
- **The National Honor Society at Franklin High School** for hosting the terrific Spring Fling party for Franklin's senior residents.
- **Ann Barb, Barbara Creamer, Susan Capucci, Dona Mackintosh, Ruth Anderson, Phyllis Moretti, Sue Gurry, Deb King, and Marie Campbell** for donating items to our Gift Shop.

Thanks



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*"When I was young I thought that money was the most important thing in life;
now that I am old I know that it is."*

- Oscar Wilde

Friends of Franklin Elders...



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. The next meeting of the Friends of Franklin Elders is scheduled for Fri., April 22 at 9:30 a.m. The public is welcome!

MEMORIAL DONATIONS

- Pam Spicer in memory of Richard H. Spicer
- Josephine Henault in memory of Philip Henault
- Elynor Crothers in memory of Edward W. Crothers
- Donna Swift in memory of Dominick Forti
- Stan & Deborah Zatkowski in memory of Clara Lodi
- Donato Caravaggio & Theresa Carrano in memory of beloved spouses
- William L. Powers in memory of Barbara J. Powers
- Marie Pettitt in memory of Everett Pettitt, Jr.
- Roger & Roberta Trahan in memory of Vincent & Alma DeBaggis
- Gina Dascenzo in memory of Paul Dascenzo
- Bernard Piccini in memory of Beverly R. Piccini
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- Kathy Gookin in memory of Julius Martin
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- Lorraine & Regis Schratz in memory of Richard M. Marasco
- The Semerjian Family in memory of Lawrence (Larry) Dayian
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- Wanda Ippoliti in memory of Alfred Ippoliti, Mr. & Mrs. Arthur Remillard & Mr. & Mrs. Leo Palladino
- Robert & Emilia Dean & Marcia McAuley in memory of Robert (Papa) Dean
- Janet & Larry Bederian in memory of Nathaniel Dean Bederian, Barbara Meyer & Joan Bederian
- Antoinette J. Chambers in memory of Florence DeBaggis and "Gus" Daddario
- Marie Campbell in memory of Robert L. Campbell
- In memory of Lee Ellsworth from his family, Carol, Michael, Jeff & Lee Jr. Ellsworth

GENEROUS DONATIONS

Pam Spicer
Karen & Lois Walsh
Susan & Joseph Leary
Maureen Ward
Richard Snow
Janet & Richard Whitten
Alex & Mary Dobachesky
Frank & Palma DeGrazia in honor of Jack Daddario

Friends of Franklin Elders, Inc.

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Julie Garilli, Treasurer*

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*Respite Companions..... Karen Calabrese
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Grill Cook..... Paul Ledwith

The Franklin Connection is distributed with funds provided by the Executive Office of Elder Affairs, and the Friends of Franklin Elders, Inc.

Friends of Franklin Elders, Inc.
c/o Franklin Council on Aging
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 9:00 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...

INANE OBSERVATIONS

- ◆ Some people just need a sympathetic pat... on the head.... with a hammer.
- ◆ You're not fat, you're just easy to see.
- ◆ I used to be a Banker but I lost interest.
- ◆ What do you call a dinosaur with an extensive vocabulary? A thesaurus.
- ◆ All the toilets in New York's police stations have been stolen. The police have nothing to go on.
- ◆ "The thing about quotes on the internet is you cannot confirm their validity." - Abraham Lincoln
- ◆ Worrying works! 90% of the things I worry about never happen!
- ◆ I'm going to use what little energy I have today to breathe and maybe blink. That's about it.
- ◆ I like your approach, now let's see your departure.
- ◆ Going vegetarian is a missed steak.
- ◆ Wisdom has two parts: 1) Having a lot to say. 2) Not saying it.
- ◆ Artificial intelligence is no match for natural stupidity.
- ◆ I dropped out of communism class because of lousy Marx.
- ◆ This woman said she recognized me from the vegetarian restaurant but I'd never met herbivore.

