



FEBRUARY, 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 M, T, W, Th & F,

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
Feb. 15 &
Feb. 26.

BEN'S BOUNTY GIFT KIOSK

Mon thru Fri;
10 am - 2 pm



Super holiday
shopping! Lots of
great bargains!



AARP PROVIDES INCOME TAX PREPARATION ASSISTANCE

AARP TAX PREPARATION for low and moderate income individuals will again be offered, **only this year the program will be held at the Franklin TV Studio** at 23 Hutchinson Street in Franklin. **Please call to sign up for the program as soon as possible as space is limited.** Tax payers need to bring the following: a photo ID, copies of social security cards for all dependents, copy of last years tax return, W-2's, unemployment compensation statements, 1099's, year end statements, proof of health insurance, rent or mortgage payments and a blank check for direct deposit account data. Please note; the program cannot prepare returns for rental property, small businesses, farm income, or original or amended returns farther back than 3 years.



LIVING YOUR BEST LIFE SERIES: FEBRUARY, 2016

Linda Hastings, R.N. will present the following programs at 11:00 a.m.

Feb. 10: "How to Be Organized" - If disorganization is congesting your life and you're feeling scattered and frustrated, then this is the class for you! Learn tips, tricks and a chance to win a great organizing tool. Call to sign up.

February 24: "Aging Gracefully" - This program offers many tips on how to make ourselves wiser, healthier, more fulfilled and better than ever as we age. This discussion is lively and thought provoking. Call to sign up.



NEIGHBOR BRIGADE HOSTS SOUP SOCIAL

Join us for a **"Soup Social"** with your neighbors from the **Neighbor Brigade!** Share a cup of delicious soup for the soul on Tuesday, February 23 at 1:30 p.m. and get to know your neighbors. Franklin volunteers from the Neighbor Brigade are helping families in times of immediate, short-term crisis. Help is next door through a network that supports families after an accident, injury or illness. Stop by for a cup of soup and learn more. Please call to sign up for this event.

Like us on Facebook! Check us out at www.facebook.com/franklinseniorcenter

Daily Activities...



MONDAY

- 9am-2pm** Barber \$8 / Hairdresser \$10,
BY APPOINTMENT
- 9am&1pm** Painting with A. Zandbergs
- 9:30am** Italian Conversation Group 
- 10am** Mexican Train Dominoes
- 10am** Asian Mah Jong; instruction offered
- 11am** The Page Turners read *The Boston Girl* by Anita Diamont on 2/1
- 12pm** Zumba Aerobics/\$3, free for Y mbrs
- 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** Feb. 16 - Legal Clinic; by appt.
- 1pm** Bingo!
- 1pm** Cribbage Instruction
- 1-4pm** Chess Club; 1st & 3rd Tuesdays, Instruction provided!

WEDNESDAY

- 8:45-10am** Blood Sugar Tests;
2nd & 4th Wed.; 2/10 & 2/24
- 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
- 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
- 10am** Current Events Discussion Group
(2nd & 4th Thursday of month)
- 10:45am** Cardio, Tone & Sculpt/\$3;free for Y
- 12pm** Tai Chi /\$5, free for 'Y' members
- 1pm** Bingo!
- 1pm** Open Art Studio with Diana V.
- 3pm** Memory Café - 3rd Thursday

FRIDAY

- 10am** Woodcarving
- 11am** Zumba Aerobics/\$3; free for Y mbrs
- 1pm** TOPS Weight Loss Support Group
- 1-3:45pm** Podiatry Clinic (by appointment)
- 1pm** Pokeno
- 2pm** The Silvertones, Senior Chorus

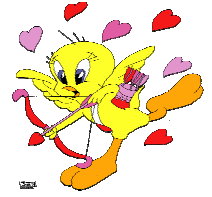
The Senior Center is closed on
Monday, February 15.



Follow us on Twitter
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Upcoming Events...

Wed., Feb. 10: CIRCUIT BREAKER SEMINAR is offered at 10:00 a.m. with **Rep. Richard Ross**. And Brian Lynch From the Department of Revenue. You may be eligible for this credit of up to \$1,070 if your property tax payments, including water and sewer use charges, exceeds 10% of the your total income. Renters are also eligible for a credit equal to the amount by which 25% of their rent exceeds 10% of the taxpayer's total income. Assistance in applying for this tax credit can be provided. Please call to sign up.



Wed., Feb. 10: "HOW TO BE ORGANIZED" presented by **Wellness Nurse, Linda Hastings**, see page 1.

Wed., Feb. 17: TWO TED TALKS at 1:00 p.m. First up is **"A Hilarious Celebration of a Lifelong Female Friendship"** with **Lily Tomlin** and **Jane Fonda** who discuss their lifelong friendship in a raw, tender and wide-ranging conversation. They discuss longevity, feminism, the differences between male and female friendship, what it means to live well and women's role in future of our planet. "I don't even know what I would do without my women friends," Our second featured Ted Talk will be, **"The Shared Experience of Absurdity"** with **Charlie Todd**, who causes bizarre, hilarious, and unexpected public scenes: Seventy synchronized dancers in store-front windows, "ghostbusters" running through the New York Public Library, and the annual no-pants subway ride. Ted Talks are devoted to spreading ideas in the form of short, powerful talks. Please call to sign up.

Thurs., Feb. 18: REPRESENTATIVE JEFF ROY OFFICE HOURS from 8:30 to 9:30 p.m.

Thurs., Feb. 18: MEMORY CAFÉ at 3:00 p.m. for people with Alzheimer's, or related dementias, and their care partners to enjoy a social time. Please call to sign up.

Tues., Feb. 23: SOUP SOCIAL WITH THE NEIGHBOR BRIGADE; see page 1.

Wed., Feb. 24: "AGING GRACEFULLY" presented by **Wellness Nurse, Linda Hastings** at 11:00 a.m. See page 1.

Fri., Feb. 26: HAWAIIAN LUAU PARTY at 11:00 a.m. featuring singer, **Tommy Rull** who will put us in a tropical mood with some great music. We are serving Chicken Teriyaki. Come in your Hawaiian attire for a fun costume contest! Tickets (\$6) are on sale through Feb. 19.

THIS & THAT...

- **VALENTINES GUESSING GAME:** Stop by the Center to take a guess on how many candies are in our Valentines jar and you may win the whole thing!
- **SAVE THE DATE: ST. PATRICKS DAY PARTY** on Friday, March 18 with **Roger Tinkell**; tix are \$6 per person.
- **EMERGENCY KITS AVAILABLE** to help elders prepare for a natural disaster; see page 4.
- **SENIOR CENTER CLOSING NOTIFICATIONS:** If you would like to get notification calls when we are closed due to weather, call the Center to get on the list. Calls are made between 7:45 & 8:00 a.m.

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Information & Referral...



TRANSPORTATION 101: Elders and disabled individuals in Franklin can receive handicapped-accessible transportation through **GATRA**, the **Greater Attleboro Taunton Regional Transit Authority**. Dial-A-Ride service can be arranged by calling **Kiessling Transit**, at (800) 698-7676 and reservations are taken Monday-Friday from 8:30 a.m. until 4:30 p.m. If you are over 60 years old or disabled, call to enroll for this service.

EMERGENCY KITS AVAILABLE to help elders prepare for a natural disaster. Kits include batteries, bottled water, a flashlight and some non-perishable food. Kits are provided by the **Franklin Food Pantry**, the **Neighbor Brigade** and **Franklin Council on Aging** with financial support from the **Franklin Rotary Club**. Call to learn more.

CAN I STILL CHANGE MY MEDICARE PLAN? The Medicare Open Enrollment period has ended, but you may be allowed to change plan. For 2016, the Tufts Medicare Preferred Plan was designated as a 5-star Plan by Medicare. This means that Medicare Beneficiaries may enroll in, or change to, one of the Tufts Medicare Preferred Plans at any time up until Nov. 30, 2016. This is a great opportunity if you missed the Open Enrollment deadline. For those with a **Medicare Advantage Plan**: you can leave your plan and switch to Original Medicare up until Feb. 14 but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time.

FUNDING FOR HOME REPAIRS & FUEL ASSISTANCE: Franklin has funding to help low and moderate income property owners make repairs to their properties and provide fuel assistance. See below:

Help with Home Repairs for eligible owners of residential properties who can receive up to \$35,000 per unit to make needed repairs. Assistance will be provided in the form of zero-interest deferred payment loans. No repayment is required unless the property is sold or refinanced. At the end of 15 years the loan is forgiven and becomes a grant.

Additional Fuel Assistance Funding provides additional assistance once the household has used up its LI-HEAP benefits. Franklin residents who are over-income for the LIHEAP fuel assistance program may qualify for assistance under the Community Development Program's higher income limits.

Applications for both programs are available at the Senior Center.

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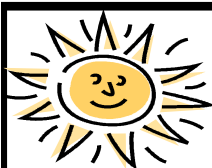
The Rockland Trust Charitable
Foundation is dedicated to giving
back to the communities we serve.
That's why we're happy to support
the **Friends of Franklin Elders**.
To learn more about the Rockland
Trust Charitable Foundation visit
any branch or RocklandTrust.com.

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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

Monday Matinee...



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

Feb. 1: HE NAMED ME MALALA (PG-13) A portrait of Nobel Peace Prize Laureate, Malala Yousafzai, who was severely wounded by the Taliban at the age of 15 for advocating for girls' education.

Feb. 8: A BRILLIANT MIND (PG-13) A teen math prodigy who struggles with relationships befriends an unconventional and anarchic teacher and the pair forge a strong friendship; with Asa Butterfield & Sally Hawkins.

Feb. 22: BRIDGE OF SPIES (PG-13) An insurance lawyer agrees to defend a Soviet spy, determined that he receive a fair trial no matter his politics. When an American spy plane is shot down over Soviet airspace, he is recruited by the CIA to negotiate a prisoner swap; with Tom Hanks.

Feb. 29: TRUTH (R) A journalist and his producer discover that a U.S. President may have been AWOL from the National Guard during the Vietnam War. The scandal ruins his career, nearly changes the election and almost took down CBS News; with Robert Redford & Cate Blanchett.

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.



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Construction Update...



It's happening! Construction is under-way this month but we are committed to being able to maintain all our programs and activities, though they may not all be held here. In the lobby you'll find our special kiosks where gift items will be sold. We ask for your patience to bear with us through this challenging process. If you have any questions about the process, please let us know!

Trips...



Day trips with our bus have been temporarily suspended as our bus is out of commission. We are currently seeking an effective way to provide safe, comfortable and affordable transportation for our social and recreational trips. In the meantime, check out this fun overnight trip:

NEW YORK CITY, May 7-9, 2016. Two nites at the Courtyard Marriott on W. 40th & Broadway. Sept. 11 Museum & Memorial, Ellis Island & Statue of Liberty. \$519 ppdo/ \$799ppso. Final payment due Mar. 25.

With Sincere Appreciation...



- **The Friends of Franklin Elders** for funding the entertainment at our party.
- **Ames Financial Services** for a generous donation.
- **Elaine Provenzano** for a generous donation in memory of **Dominick Forti**.
- **Paul & Jane Farrell** for a generous donation in memory of **Larry Dayian**.
- **Harry Melkonian** for a generous donation in memory of **Lawrence Dayian**.
- **Sheila Hooper** for a generous donation in memory of **Betty Noble**.
- **Marlene Fregeau** for a generous donation in memory of **Betty Noble**.
- **Claire Lewis** for a generous donation in memory of **Betty Noble**.
- **David Day** for a generous donation in memory of **Betty Noble**.
- **Ronald & Patricia LaLancette** for a generous donation in memory of **Betty Noble**.
- **Anne & David Lyons** for a generous donation in memory of **Betty Noble**.
- **Jack & Marie Daddario** for a generous donation in memory of **Betty Noble**.
- **Nancy McCarthy** for a generous donation in memory of **Betty Noble**.
- **Doris Breault** for a generous donation in memory of **Betty Noble**.
- **Marylou Degnim** for a generous donation in memory of **Betty Noble**.
- **Andre & Jill Remillard** for a generous donation in memory of **Betty Noble**.
- **Irene Mahr** for a generous donation in memory of **Betty Noble**.
- **The Busy Bees** for a generous donation in memory of **Betty Noble**.
- **The Franklin Cribbage Club** for a generous donation in memory of **Betty Noble**.
- **The Friday Pip Girls** for a generous donation in memory of **Betty Noble**.
- **Pasqualina Pagliocca, Jean Tolland, Stephanie Saunders, Mr.&Mrs. Denommee, Lucille Albert, Barbara Goguen, Patricia Stevens, Gert Carter, Mona Paine, Jean Cussen, Kathleen Hadden, Gwenn Murphy, Marie Dalo, Karen Russo, Frances Harrigan & Jane Christy** for donating items to our Gift Shop.



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Ron Higginbottom, Chairman

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Nan Rafter

Judy Pfeffer

Portia Tang

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., March 25 at 9:30 a.m. The public is welcome!

MEMORIAL DONATIONS

- Joseph Henault in memory of Philip Henault
- John & Paula Lombardi in memory of Dorothy Lombardi
- Barbara Lyons in memory of Daniel Lyons
- Jean E. Saster in memory of Jean Saster
- Diane & Carl Scheinman in memory of Edward Quinn
- Lucy Semerjian in memory of Garabed Semerjian
- Errold & Elaine Tolman in memory of Louis & Ernestine Marguerite
- Floyd & Sylvia Bent in memory of Ralph, Dorothy, & Rosina Bent
- Anne M. Boulanger in memory of Paul E. Boulanger
- Yolanda Boyle in memory of Fred Boyle
- Ernest Collamati in memory of Germaine Collamati
- Patricia Vallee in memory of Margaret & James Tulis
- Mr. & Mrs. Dominic D'Ascenzo in memory of Paul D'Ascenzo, Domenic Zappitelli, Mr & Mrs. Luigi D'Ascenzo, Mr. & Mrs. Ottavio Zapitelli, & Mr. & Mrs. Domenic Caruso
- Karen Russo in memory of Lawrence Dayian
- Mr. & Mrs. Ron D'Aniello in memory of Lawrence Dayian
- Mr. & Mrs. Albert D'Aniello in memory of Lawrence Dayian

GENEROUS DONATIONS

- | | |
|-------------------------------|-------------------|
| - Carl & Karen Svendsen | - Elaine Costello |
| - Tony & Barb Kucich | - Diana Hebert |
| - Anthony & Massimina Vignone | - Judith Murphy |
| - Thomas & Robert Rocheleau | - Paul Hunchard |
| - Nancy & Bob Rappa | - Gladys A. Curry |
| - Nancy & Ron Standing | - Carol J. Bidner |
| - Robert & Joyce Collemer | - Martha M. Denya |

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- Pierre & Roberta Demers in memory of Jean Drewniak
- Ovide Rajotte in memory of Jane Rajotte
- Arnold Holtman in memory of Beverly Holtman
- Sheila A. Hooper in memory of Joe Hooper
- Mary C. Ledwith in memory of Paul Ledwith, Sr.
- Richard F. Lyons in memory of Carol A. Lyons
- Ralph Masi in memory of Phyllis Masi & Elizabeth Masi
- Anita Mastromatteo in memory of Ray & Lisa Mastromatteo
- Nora Minnichelli in memory of Helen Boghosian
- Dick Neal in memory of Kristen Graci
- Lucy Negrone in memory of Eugene M. Negrone
- Carole S. Reid in memory of Robert Ekstrom
- John Triolo in memory of Suzanne Triolo
- Dorothy & Robert Wilson in memory of Louise Lamoretti
- Sheila Bielski in memory of Robert J. Bielski
- Robert & Dorothy Fahey in memory of Mary Fahey & Mildred Murphy
- Carol Gillespie in memory of Peter Gillespie
- Ron & Mary Higginbottom in memory of Lou Blaine, Bob Gagnon & Phyllis Rotkowski
- Mary Holmes in memory of Gene Holmes
- Robert Fahey in memory of David K. Fahey
- Bob & Carol Keras in memory of Albert (Pete) Brunelli
- Nancy Langevin in memory of Arthur Langevin
- Ruth Markarian in memory of Mary Bogasian
- Paul O'Leary in memory of Kathleen M. O'Leary
- Ann Taschereau in memory of Mr. & Mrs. Joseph & Rofina Barole
- Marian Arcaro in memory of Mario F. Arcaro
- Yvette Buffone in memory of Robert Buffone, Sr.
- Matthew & Mariam Bissanti in memory of Stella Jeon
- Marie Church in memory of Cynthia
- Stella Forti in memory of Dominick Forti
- Gen Gagnon in memory of Bob Gagnon
- Carlo & Rita Geromini in memory of Paul Joseph Geromini
- Lucy & Luigi Cerundolo in memory of Cerundolo & Annantunio Families

FRANKLIN COUNCIL ON AGING

Officers:

Chairman..... Ken Norman
Vice-Chairman.....vacancy
Secretary.....Barbara Deely

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*Dave Cargill, Bob Crowley, Mary Hick,
Lyn O'Brien, Suzanne Wade & Lester Quan*

Staff:

Director.....Karen Alves

Program Coordinator.....Sue Barbour

Vet's Agent.....Dale Kurtz

Outreach Worker.....Erin Rogers

*Supportive Day Coordinators.....Carol Adiletto
 & Donna Haynes*

Supportive Day Program Aide.....Donna Brunelli

Health & Wellness Nurse.....Linda Hastings

*Receptionists.....Claire Lewis
 Gloria Gelineau*

Respite Supervisor.....Elaine Owens

*Respite Companions.....Karen Calabrese
 & Mary Claire Flaherty*

Driver.....Phyllis Molloy

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...

FUN STUFF



- Getting a new set of teeth would be much more useful at 66 than age 6.
- Children must always wear seatbelts... except if you put 50 of them in a school bus!
- Parallel lines have so much in common; it's a shame they'll never meet!
- My wife accused me of being immature; I told her to get out of my fort???
- What do you call a dog with no legs? It doesn't matter; its not going to come.
- What's green, fuzzy, and if it fell out of a tree it would kill you? A pool table.
- Want to hear a word I just made up? Plagiarism.
- What did the pirate say when he turned eighty? Aye Matey.
- Someone stole my mood ring; I don't know how I feel about that...
- How do you think the unthinkable? With an itheberg.
- And the Lord said unto John, "Come forth and you will receive eternal life." But John came fifth and won a toaster.
- Energizer Bunny Arrested! Charged with battery.
- What do you call an alligator in a vest? An investigator.
- Why should you neve use a dull pencil? Because it's pointless.
- Patient: "The problem is that obesity runs in my family." Doctor: "No, the problem is that no one runs in your family."
- Exercise? I thought you said Extra Fries!