



JUNE, 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 June 17*

BEN'S BOUNTY GIFT KIOSK IS STILL OPEN!!

Mon thru Fri;
10 am - 2 pm



**Lots of great
bargains!**



AGING & SELF ACCEPTANCE PRESENTED BY WELLNESS NURSE, LINDA HASTINGS

Authentic self acceptance is about accepting the core you and then building and enhancing your life so you are shining all the time. Getting older should not change this. Wanting to be younger sends the message to your self that you are not good enough. This has a ripple effect on your level of self love and self acceptance, which can send a destructive wave across all areas of your life. Join us for this lively and interactive discussion on Wednesday, June 22, at 11:00 a.m. Please call to sign up.



TAKING CONTROL OF YOUR FUTURE: A LEGAL CHECKUP

Join us on Wed., June 29, at 11:00 a.m. when **Attorney John G. Dugan** will make an informative presentation about a wide range of legal issues affecting the lives of seniors, including Aid and Attendance Veterans benefits, how to protect your home and assets, power of attorney and health care proxies, reverse mortgages, Medicare/Medicaid changes, and alternatives to nursing home care. A 2016 guide to ***Taking Control of Your Future*** will be distributed to attendees. Many thanks to the **MA Bar Association** for providing this free presentation and the guides. Please call to sign up.

LINCOLN'S LETTERS WITH PROF. JEFF SKILLINGS



Professor Jeff Skillings of Dean College will present Lincoln's Letters on Wed., June 15 at 1:30 p.m. During the Civil War, Lincoln's writings and speeches inspired and challenged Americans to a deeper, more profound understanding of who they were and what they could become. Lincoln lived in a world of words and ideas. In the midst of the most devastating war our nation has endured, these words and ideas gave Americans a distinct realization of the reasons and the purpose of the Civil War as well as a vision of its aftermath in our history. Please call to sign up.

Feel free to donate your gently used or new items! Gift Shop proceeds help to support our Café and Fitness Programs; thanks for your generosity!

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 *"The Snow Child"* by Eowyn Ivey on June 6.
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
9:30am Bocce @ King Street Courts
10am Manicures with Rona; \$8, by appt.
10am Quilting for Beginners
10:45am Cardio, Tone & Sculpt/\$3;free for Y members
12:30pm June 21 - 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.; 6/8 & 6/22
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 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

The Senior Center Café will be
 closed on June 17



Follow us on Twitter
 @FranklinSrCntr

Check us out at www.facebook.com/franklinseniorcenter

Upcoming Events...

Fri., June 10: POETRY DAY READING WITH HORACE MANN 6TH GRADERS at 10:00 a.m.

The class has been studying the great poets and will be reciting them for us along with some of their own. Our own **Senior Scribblers** will be on hand to share their work as well. Don't miss out on the fun! Call to sign up.



Wed., June 15: JEFF SKILLINGS lectures on President Lincoln's letters at 1:30 p.m. See page 1.

Thurs., June 16: MEMORY CAFÉ at 3:00 p.m. for people with Alzheimer's, or related dementias, and their care partners. Join us for a pleasant afternoon of conversation and refreshment! Please call to sign up.

Fri., June 17: NONAGENARIAN/CENTENARIAN PARTY at 10:30 a.m. Join us for this celebration to honor these remarkable folks. The luncheon will feature delicious **Pork Loin with Roasted Vegetables**, and entertainment will be provided by the wonderful pianist and vocalist, **Patrick Durkin**. Our honorees and their guests are free of charge, but others can purchase tickets for \$6 each at the Center until Monday, June 13.

Wed., June 22: AGING & SELF ACCEPTANCE with Wellness Nurse, **Linda Hastings**, at 11:00 a.m. See page 1.

Wed., June 22: THREE TED TALKS ABOUT SLEEP at 1:30 p.m. Join us to watch some fascinating talks about the power of sleep! We will see *How to Succeed? Get More Sleep* by Arianna Huffington; *Our Natural Sleep Cycle* by Jessica Gamble; and *One More Reason to Get a Good Night's Sleep* by Jeff Illif. We will also watch *Charming Talks for a Boost on a Bad Day* just for fun!

Fri., June 24: THE ELEPHANT SANCTUARY with **Lisa Budge-Johnson** at 9:30 a.m. Learn more about the plight of these majestic creatures as Lisa guides us through a tour of the nation's largest natural habitat refuge in Tennessee, which was developed specifically for endangered African and Indian elephants. Please call to sign up for this informative program.



Tues., June 28: SEN. RICHARD ROSS OFFICE HOURS at 10:00 a.m. Come on by!

Wed., June 29: ELDER LAW PRESENTATION WITH ATTORNEY JOHN G. DUGAN at 11:00 a.m.; see page 1.

UPCOMING:

- ♦ **Mon., July 18: SOUTHEASTERN MA COMMUNITY CONCERT BAND CONCERT & ICE CREAM SOCIAL** at 6:00 p.m. This free concert is sponsored by the Franklin Cultural Council. Call to sign up.
- ♦ **CPR CLASS** will be offered in July; date to be announced. Call to sign up.
- ♦ **SENIOR CENTER TOURS** are available on Thursday mornings; come on by!
- ♦ **BOCCE CLUB MEETS AT THE KING STREET COURT** on Tuesdays at 9:30 a.m.; new players are welcome!
- ♦ **THE SENIOR SCRIBBLERS** are looking for new members who would like to write either for themselves or to be published in the local newspaper. Call the Center for more information.


Home, Hospice, Private Care
& Adult Day Health Care



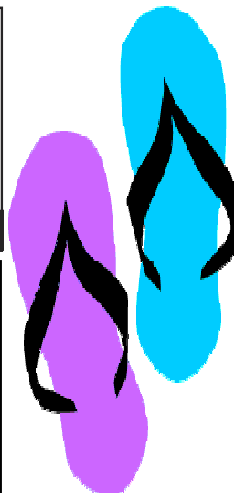
Community VNA.
www.communityvna.com



Serving Franklin, call us for care! 800-220-0110



ADVERTISE HERE!
Call: (508) 553-9557



Visiting Practitioners, LLC.
Lyn O'Brien, PhD RN/NP
Comprehensive Medical Care at Home
(508) 530-3140
Website: visitingpractitioners.com

KEEFE INSURANCE AGENCY, INC.
"Personal and Professional Service since 1913"
Auto • Home • Business • Life • Financial Planning
Bob Keras/Peter Brunelli
51 West Central Street, Franklin, MA 02038
508 528-3310/www.keefeinsurance.com

Information & Referral...



- **THE SUBSTANCE ABUSE INTERVENTION DROP-IN CENTER** is now operating in Franklin with the support of the **S.A.F.E. Coalition**, a coalition of community partners who have come together to provide support, education, treatment options, and coping mechanisms for those affected by substance abuse disorder. The Drop-In Center offers a licensed counselor who can assist participants with medical and psychological needs including referrals to outpatient counseling, medical detoxification, in/outpatient rehabilitation programs and other treatment modalities that may be indicated. Assistance to families and loved ones is also available. The Drop-In Center is located at St. John's Episcopal Church at 237 Pleasant Street, and is open on the second and fourth Thursday evenings from 5:00 to 9:00 p.m. A Substance Abuse Drop-In Center is also available at Community Impact, 211 Main Street in Milford, from 5:00 to 9:00 p.m. on the first and third Thursday of each month. For more information, visit <http://safecoalitionma.com/>
- **THE FRANKLIN FIRE DEPARTMENT HOME VISIT PROGRAM** can provide home visits, by appointment to address your safety concerns including: 1) smoke and carbon dioxide detector installation, testing and battery maintenance, 2) Fall Prevention, by identifying and assisting with trip and fall hazards in and around your home, and 3) wellness visits including blood pressure monitoring, blood sugar checks and File of Life medical information cards.
- **LEARN TO COPE SUPPORT GROUP** meets to help families and loved ones of those struggling with substance abuse. The **Learn to Cope Support Group** meets on Monday nights from 7:00 to 8:30 p.m. at the Unitarian Church on 262 Chestnut Street, Franklin, MA.
- **FISH** is a non-profit organization, founded in 1973 that provides medical transportation. They are looking for caring men and women to volunteer their time to provide transportation to medical appointments for Franklin residents. Training is provided and an umbrella insurance policy will cover liability. Drivers can volunteer their time for as little as one day a month. For more information, please call 508 528-2121 and leave your name and phone number and a FISH representative will get back to you.
- **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. Call to learn more.



WELCOME HOME

Call today for more information
and to reserve your choice suite
while selection is best.

508-520-3471

Magnolia Heights

Gracious Retirement Living
485 East Central Street, Franklin, MA



**SALMON
VNA & HOSPICE**

Respected Service Leaders Joining Forces
for Superior Home Care Since 2012



(508) 473-0862

www.SalmonVNAandHospice.com

Helping the community is always a smart investment.

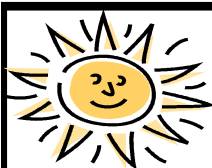
The Rockland Trust Charitable Foundation is dedicated to giving back to the communities we serve. That's why we're happy to support the **Friends of Franklin Elders**. To learn more about the Rockland Trust Charitable Foundation visit any branch or RocklandTrust.com.

**ROCKLAND
TRUST**

Charitable Foundation

Member FDIC

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...

COMPANION CAREGIVERS RESPITE PROGRAM

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 Camille at 508 520-4945. Also, consider the **Memory Café** on Thursday, June 16, for a fun social event for those with dementia & their caregivers; see page 3.



**WALPOLE AREA
VISITING NURSE
ASSOCIATION**
Established 1909
A Legacy of Excellence
A Community Partner in Your
Health Care

Medicare Certified Home Health Agency

508-668-1066

Ask for us by Name
www.wavna.org



to our
advertisers for
their support! !

DISCOVER THE CARING TRADITION
WITH OUR ASSISTED LIVING COMMUNITY

BENCHMARK SENIOR LIVING
at **FORGE HILL**

508.528.9200

4 Forge Hill Road • Franklin, MA 02038



BENCHMARKATFORGEHILL.COM



Monday Matinee...

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

June 6: The Lady in the Van (PG-13) Miss Shepherd, a woman of uncertain origins, "temporarily" parks her van in a man's London driveway. Fifteen years later, what began as a begrudged favor turns into a relationship that will change both their lives; with Maggie Smith & Jim Broadbent.

June 13: Joy (PG-13) Joy grows from innocent young girl to family matriarch and head of a business dynasty. Her road to success is paved with betrayal and treachery as allies become adversaries, inside and outside the family; with Jennifer Lawrence & Bradley Cooper.

June 20: A Royal Night Out (PG-13) While England celebrates its victory in WWII, Princess Elizabeth and her 15-year-old sister Margaret would give anything to join the party. The King and Queen give them permission to go out, accompanied by two Royal Guardsmen; with Sarah Gayden & Jack Reynor.

June 27: Sisters (R) A pair of 30-something sisters who learn that their parents' house has been put on the market decide to spend one last rowdy weekend in the home where they grew up; with Tina Fey & Amy Poehler.

Trips...



Date	Destination	Details	Cost
June 1	Twin River Casino, Lincoln, R.I.	Enjoy simulcast races and slots!	\$5 per person; transportation only.
Wed., June 8	Blithewold Mansion, Gardens & Arboretum, Bristol, R.I.	Visit this stunning estate and gardens with breathtaking views of the ocean. Luncheon at the Agave Restaurant overlooking the bay.	\$13 per person; admission and transportation only.
Thurs., June 23	Superstars & the Queens of Country at Venus deMilo, Swansea	Tribute to the big 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.
Wed., June 29	New Bedford Whaling Museum	Discover paintings, photographs and artifacts of the Whaling era. Lunch at Freestones City Grill.	\$19 includes transportation & admission
Wed., July 6	Twin River Casino	Enjoy simulcast races and slots!	\$5 per person; transportation only.
Wed., July 27	Cape Cod Canal Cruise & Lunch at Lindsey's	Cruise the canal and then enjoy a delicious luncheon where seafood is the specialty.	\$17.50 per person includes transp & cruise
Tues, July 19	The Heyday of 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.
Wed., Aug. 3	Heritage Museums, Sandwich, MA	This gorgeous museum offers gardens and fabulous exhibits including a display of 43 costumes featured in famous films. Lunch TBA.	\$20 per person includes transportation and admission.
Thurs., 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 transportation, 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...

- **Friends of Franklin Elders** for funding the entertainment for our party this month.
- **MA BAR Association** and **Attorney John G. Dugan** for providing the Elder Law presentation this month.
- **The Busy Bees** for donating raffle gifts to our Patriotic Party.
- **Claire Lewis** for a generous donation in memory of **Bob Llewellyn**.
- **Jacqueline & Robert Drukman** for a generous donation in memory of **Bob Llewellyn**.
- **Barbara Goguen, Janet Whitten, Judy Harrigan, Marie Murphy, Jo-ann Rosetti, Charles Donovan, Marie Keville, St. John's Episcopal Church, Diana Foster, Carol Ellsworth, Mary DiLeonardo, Dona Mackintosh, Andre Bouvin, Arlene Merlene, Richard Longobardi, and Cathy Gagnon** for donating items to our Gift Shop.



This space is available!
Get your message out by
ADVERTISING HERE!
Call: (508) 553-9557

Serenity comes when
you trade expectations
for acceptance.

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 newsletter.

The Friends would like to thank those who became members during our past membership driven as well as those who made extra donations. The next meeting of the Friends of Franklin Elders is scheduled for September 23 at 9:30 a.m. The public is welcome to attend!



The Friends of Franklin Elders are seeking Board Members who are able to donate their time to help us in our mission to raise funds to support the Senior Center. For more information, please call the Senior Center at 508 520-4945.

Friends of Franklin Elders, Inc.

Ron Higginbottom, Chairman

Marge Capezza, Secretary

Julie Garilli, Treasurer

Natalie Caldwell

Mary Ginivan

Jackie Higgins

Paula Lombardi

Judy Pfeffer

Helen Power

Nan Rafter

Portia Tang

MEMORIAL DONATIONS

Phyllis Biggs in memory of Paula Krill & Elsie Baker

Anne Bissanti in memory of Anthony Bissanti

Joanne Boblak in memory of Frank J. Boblak

*Marjorie Hanavan in memory of
William (Bill) Hanavan*

*Elizabeth Curran in memory of
Norman Swicker & John Curran*

Anita Gold in memory of Steven Gold

Antoinetta Carlucci in memory of Gino Carlucci

Phyllis Schmidt in memory of Bob Llewellyn

Sue Barbour in memory of Bob Llewellyn

Mary Ellen Tenore in memory of Bob Llewellyn

Frank Falvey in memory of Bob Llewellyn

Clare Flynn in memory of Bob Llewellyn

Suzanne Clark in memory of Bob Llewellyn

Henry Bergeron in memory of Bob Llewellyn

Lowell Whitlock in memory of Bob Llewellyn

Glen Wiloski in memory of Bob Llewellyn

Cribbage Class in memory of Bob Llewellyn

*Mr. & Mrs. Wayne Simarrian in memory of
Bob Llewellyn*

Mary Lou Degnim in memory of Paul Degnim

*Barbara Deely in memory of
Barbara Cunningham, "Al" Deely,
Frank Harrigan, & Betty Snyder*

GENEROUS DONATIONS

Helen & Bill Power

FRANKLIN COUNCIL ON AGING

Officers:

Chairman..... Ken Norman
Vice-Chairman.....Bob Crowley
Secretary.....Barbara Deely

Members:

*Dave Cargill, Gail Chirdon, 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..... Camille Rubino
Respite Companions..... Karen Calabrese,
Mary Claire Flaherty & Susan LaRosa
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

Pre-Sorted
Standard
Franklin, MA
Permit No. 13



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...

SOME SILLY STUFF

- ◆ Knowledge is knowing a tomato is a fruit; wisdom is not putting it in a fruit salad.
 - ◆ If God is watching us, the least we can do is be entertaining.
 - ◆ A computer once beat me at chess, but it was no match for me at kick boxing.
 - ◆ Women will never be equal to men until they can walk down the street with a bald head and a beer gut, and still think they are sexy.
 - ◆ You are such a good friend that if we were on a sinking ship together and there was only one life jacket... I'd miss you heaps and think of you often.
 - ◆ Evening news is where they begin with 'Good evening', and then proceed to tell you why it isn't.
 - ◆ I was called into my supervisor's office today because of my dress code. She said, "You can't wear pajamas into work." I said, "Why not? Everyone else does." She said, "That's because they're patients."
 - ◆ My boss told me to have a good day so I went home.
 - ◆ A love letter written by a lawyer: "My feelings for you include, but are not limited to..."
 - ◆ Laughter is the best medicine; unless you have diarrhea.
 - ◆ There's a book that tells you where you should go on vacation; it's called your checkbook.
- 