



MAY, 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
May 20 & 30

BEN'S BOUNTY GIFT KIOSK IS STILL OPEN!!

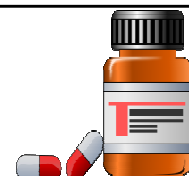
Mon thru Fri;
10 am - 2 pm



Lots of great
bargains!

HAPPY OLDER AMERICANS MONTH!

HOW YOU CAN HELP STEM THE OPIOID CRISIS & DRUG TAKE BACK DAY



Join us on Wednesday, May 18, at 11:00 a.m. when **Wellness Nurse, Linda Hastings**, and **Officer Mark Mucciarone** will explain how we can help to stem the tide of the opioid crisis by responsibly disposing of our old prescription and over-the-counter drugs. Massachusetts saw more than 1,000 opioid related deaths in 2014, three times the amount seen in 2000. You can help Franklin address the damaging effects of addiction. A **Drug Take Back Day** has been scheduled for Tuesday, May 24, from 9:00 a.m. to noon. Take this opportunity to dispose of your medicines safely and contribute to making our community a safer place.



VETERANS BREAKFAST

Franklin Veterans Services will host the Annual Memorial Day Breakfast on Friday, May 27, 9:00 a.m. at the Franklin Elks, 1077 Pond Street, Franklin. Our guest speaker will be the **Massachusetts Department of Veteran Services Director of Compliance and Training, Evan Makrinikolas**. Evan has an extensive background in veteran services. The breakfast is sponsored by the Franklin Elks, Lodge 2136. Please call the Franklin Senior Center to register.



THE ART OF FRANCE

Join us for this fascinating look at the art of France presented by **Art Historian, Jill Sanford** on Wednesday, June 1, at 11:00 a.m. Enjoy this interactive, educational and entertaining program about the most prominent artists and art trends from Baroque, Romantic and the Impressionist era, along with several others. Come away with a renewed sense of the impact and importance of France's contributions to the art world. The program is free; please call to sign up.

Yes! We are still taking donations for our Gift Shop! Feel free to donate your gently used or new items. Proceeds from our Gift Shop help to support our Café and Fitness Programs, so thank you 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 Girl You Left Behind"* by Jojo Moyes on May 2.
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 May 17 - 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.; 5/11 & 5/25
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 May 20



Follow us on Twitter
 @FranklinSrCntr

Check us out at www.facebook.com/franklinseniorcenter

Upcoming Events...

Tues., May 3: BOCCE CLUB MEETS AT THE KING STREET COURT on Tuesdays at 9:30 a.m.; since we can't play at the Center's court due to construction, our team will play at the King Street courts. Join us!



Fri., May 13: COFFEE HOUR WITH FRANKLIN SCHOOL COMMITTEE MEMBERS at 9:00 a.m., to hear about what's going on in the schools and share your feedback with them. Please call to sign up.

Wed., May 18: HOW YOU CAN HELP WITH THE OPIOID CRISIS at 11:00. See page 1.

Thurs., May 19: 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., May 20: PATRIOTIC PARTY on Fri., May 20, with entertainer **Tommy Rull**. Lunch will be BBQ Chicken and Apple Pie a la Mode for dessert. Don't forget to dress in your patriotic best for our costume contest! Tickets are \$6 and are available until May. 13.

Tues., May 24: DRUG TAKEBACK DAY from 9:00 a.m. to noon; see page 1.

Wed., May 25: THREE TED TALKS at 11:15 a.m. These talks are informative, inspiring and amusing! This month we will watch: *A New Super Weapon in the Fight Against Cancer* by Paula Hammond, *Your Body Language Shapes Who You Are* by Amy Cuddy, and *Your Elusive Creative Genius* by Elizabeth Gilbert.

Wed., May 25: SENIOR PHOTO ID'S will be issued by the **Norfolk County Sheriff's Office** at 1:30p.m. This qualifies as a second form of identification. To obtain a free photo ID, you will need to provide one of the following: a MA driver's license, a U.S. passport, or a valid MA Registry of Motor Vehicle Photo ID. Call to sign up.

Thurs., May 26: REP. JEFF ROY OFFICE HOURS at 8:30 a.m.

Fri., May 27: MEMORIAL DAY BREAKFAST at the **Franklin Elks Lodge**; see page 1.

Wed., June 1: THE ART OF FRANCE at 11:00 a.m. See page 1.

- ♦ **DAY TRIPS ARE BACK!** Many thanks to the Town of Medway for lending us their 18-passenger bus for our day trips on Wednesdays! Our able driver, **Phyllis Molloy**, will be taking you to some great destinations so check the trip schedule on page 6.
- ♦ **ADULT BEREAVEMENT GROUP**, facilitated by Nan Rafter of St. Mary's Church, starts on June 7 at 2:00 p.m. for 7 weeks. For more info, call (508) 528-0020.
- ♦ **CPR CLASS** will be offered in June; date to be announced. Call to sign up.

ATTENTION VETERANS:



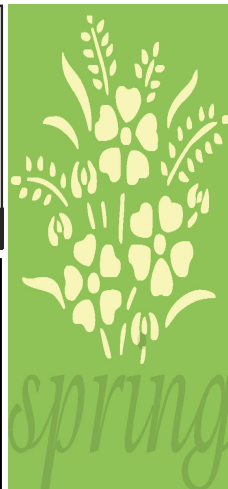
Jefferson Elementary School is inviting you to be part of their Memorial Day observance on Fri., May 27, at 1:00 p.m. Feel free to wear your uniform or bring memorabilia to share with students aged 6 to 12. Please call the Center to sign up.



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Information & Referral...



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PRESCRIPTION ADVANTAGE is a state-run program which helps many seniors pay for their prescription drugs. Eligibility is based on **income only - no asset limit!** If you are a **Massachusetts resident, eligible for Medicare**, and are: 65 years or older with an annual income at or less than \$59,400 for a single person or \$80,100 for a married couple OR under 65 years and disabled, with an annual income at or less than \$22,335 for a single person or \$30,118 for a married couple. You may also join... if you are 65 years or older and **not eligible for Medicare**. There is **no income limit**. There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$35,640 for a single person and \$48,060 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to www.prescriptionadvantagemma.org.

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.

FISH is looking for volunteer drivers to provide transportation to medical appointments for Franklin residents. FISH is a non-profit organization, founded in 1973. FISH is seeking caring men and women to volunteer their time for as little as one day a month to drive clients to appointments. Training is provided. For more information call 508-528-2121 and leave your name and phone number. A FISH representative will contact you.

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



WELCOME HOME

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and to reserve your choice suite
while selection is best.

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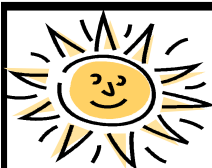
The Rockland Trust Charitable Foundation is dedicated to giving back to the communities we serve. That's why we're happy to support the **Friends of Franklin Elders**. To learn more about the Rockland Trust Charitable Foundation visit any branch or RocklandTrust.com.

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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.

May 2: THE INTERN (PG-13) A 70-year-old widower discovers that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site; with Robert DeNiro & Anne Hathaway.

May 9: BROOKLYN (PG-13) A young Irish immigrant in 1950s Brooklyn finds new romance. But soon, her new life is disrupted by her past, and she must choose between two countries and the lives that exist within.

May 16: THE BIG SHORT (R) When four outsiders see what the big banks, media and government refuse to see, the global collapse of the economy, they have an idea; The Big Short. Their investment leads them into the dark underbelly of modern banking; with Christian Bale & Steve Carell.

May 23: CREED (PG-13) The son of world heavyweight champion Apollo Creed heads to Philadelphia to ask his father's rival and good friend, Rocky Balboa to be his trainer; with Sylvester Stallone & Michael B. Jordan.

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, May 19, for a fun social event for those with dementia & their caregivers; see page 3.



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Trips...



Date	Destination	Details	Cost
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 Schrod. (Dial-a-Ride transportation; call after May 1.)	\$65 per person includes lunch & show. Drive on your own.
June 1	Twin River Casino, Lincoln, R.I.	Enjoy simulcast races and slots!	\$5 per person; transportation only.
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.
June 22	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.
July 18	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.
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.

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 Volunteer Luncheon and entertainment!
- **The Franklin Council on Aging** for providing gifts for our volunteers.
- **The Franklin Elks Lodge #2136** for sponsoring our **Memorial Day Breakfast**.
- **Bob & Dottie Giordano** in memory of **Lawrence Dayian**.
- **Barbara Shea** for a generous donation in memory of in memory of **Frank Harrigan**.
- **Katherine & Tim Wright** for a generous donation in memory of **Betty Noble**.
- **Congratulations** to the **Neighbor Brigade** for being awarded the **Franklin Council on Aging's Community Service Award!**
- **Congratulations to the Busy Bees** for recently completing their 100th afghan/lap robe donated to local organizations such as Milford Hospital, Norfolk County Veterans and the Brain Institute. **Thanks to the Busy Bees** for donating an afghan as a prize for our Volunteer Luncheon.
- **Carol Ellsworth, Sue Gurry, Roberta Demers, Charlie Donovan, Mary Ann Bertone, Beverly Campbell, Anita Mastromatteo, Paula Lombardi, Richard Longobardi, Joann Wright, Nancy Murdoch, Susan Cappucci, Lucy Semerjian, Debbie Von Rueden, Jean Tolland, Marie Keville, Kathleen Haddan, Marie Murhpy, Judy Harrigan, and Carole Schonberg** for donating items to our Gift Shop.



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CONSTRUCTION/NOISE UPDATE

The worst is past! The extremely loud and incredibly close noise that we experienced last month is over. Noise levels should be minimal from now on!

Friends of Franklin Elders...



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. The next meeting of the Friends of Franklin Elders is scheduled for Fri., May 20 at 9:30 a.m. The public is welcome to attend!



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YOU MUST REPLY to this email to activate your subscription!

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.

I would like to receive **The Franklin Connection** in the mail. Please send it to me at the following address:

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ADDRESS: _____

FRANKLIN, MA 02038

MEMORIAL DONATIONS

*Robert & Lucille Landry in memory of
Louis Landry*

GENEROUS DONATIONS

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Muriel Goyer

Karen & Lois Walsh

Richard Hynes

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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*

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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
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...

1966 VS 2016

- 
- ⇒ 1966: Long hair
 - 2016: Longing for hair
 - ⇒ 1966: KEG
 - 2016: EKG
 - ⇒ 1966: Acid rock
 - 2016: Acid reflux
 - 1966: Moving to California because it's cool
 - 2016: Moving to Arizona because it's warm
 - ⇒ 1966: Trying to look like Marlon Brando or Liz Taylor
 - 2016: Trying NOT to look like Marlon Brando or Liz Taylor
 - ⇒ 1966: Seeds and stems
 - 2016: Roughage
 - ⇒ 1966: Hoping for a BMW
 - 2016: Hoping for a BM
 - ⇒ 1966: Going to a new, hip joint
 - 2016: Receiving a new hip joint
 - ⇒ 1966: Rolling Stones
 - 2016: Kidney Stones
 - ⇒ 1966: Screw the system
 - 2016: Upgrade the system



SILLY STUFF

- How to prepare tofu; 1. Throw it in the trash. 2. Grill some meat.
- A recent study found that women who carry a little weight live longer than men who mention it.
- Kids today don't know how easy they have it. When I was young, I had to walk 9 feet through shag carpet to change the TV channel.
- A thief broke into my house last night. He started searching for money, so I got up and searched with him.
- Ate salad for dinner! Mostly croutons & tomatoes, Really just one big, round crouton covered with tomato sauce and cheese, FINE, it was pizza. I ate pizza.