



JANUARY, 2016



**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  
Jan. 1, Jan. 18 &  
Jan. 29.

**BEN'S BOUNTY  
GIFT SHOP**

Mon thru Fri;  
10 am - 2 pm

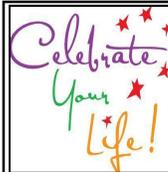


Super holiday  
shopping! Lots of  
great bargains!

**DEAN COLLEGE OFFERS COURSE TO  
FRANKLIN SENIORS**



Dean College is offering seniors the opportunity to take a special class entitled, "Prose Poem Writing Workshop." The class will be taught by **Marsha Nourse, Associate Professor of English**. Students will write prose poem "memoirs" of events in their lives, with the intent of writing a dozen poems each, and offering writing advice to one another. At the end of the course, each participant will produce a digital booklet and a printed booklet of their work. The course will culminate with the **Dean College, Stella Jeon Lecture** in April and the **Potterton Campus Lecture**, both presented by **Professor Nourse**. The Potterton Campus Lecture is intended to enhance our appreciation of the humanities. For more information or to sign up for the course, please call the Senior Center.



**LIVING YOUR  
BEST LIFE SERIES:  
FEBRUARY, 2016**

Start the new year by making your best effort to renew your commitment to yourself! Linda Hastings, R.N. will present the following programs:  
**"Don't Worry, Be Happy"**: Happiness is life's most cherished goal. Lost time is never found again, the time to be happy is today! Come and learn tips for cultivating contentment and happiness; Wed, 1/13 at 11 a.m.

**"Living on a Shoestring"**: Most people are surprised to learn how much money can be saved by making your own products and knowing where to find bargains; Wed., 1/27 at 11 a.m.



**LEGISLATORS WANT YOUR  
FEEDBACK ON ISSUES**

Join us on Fri., Jan. 15, at 10:30 a.m., when **Rep. Jeff Roy** invites all seniors, their loved ones and caregivers to a **Community Conversation** with the **Chair of the Joint Committee on Elder Affairs** of the MA Legislature, **Rep. Denise Garlick**. They are looking forward to listening to the issues, needs and concerns of our senior community in order to plan for the future. The Representatives will also share information on the resources that the Commonwealth currently uses to support seniors. Light refreshments will be served. Please call to sign up for this event.

Like us on Facebook! Check us out at [www.facebook.com/franklinsenior](http://www.facebook.com/franklinsenior)

# 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 Boys in the Boat* by Daniel James Brown 1/4
- 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; every other Tuesday, \$8, by appt.
- 10am** Quilting for Beginners
- 10:45am** Cardio, Tone & Sculpt/\$3;free for Y members
- 12:30pm** Jan. 19 - 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; **Schedule change**  
2nd & 4th Wed.; 1/13 & 1/27
- 9am** Trailblazer Walking Club
- 9am** SHINE Counselor (by appt.)
- 10am** Quilting/Knitting Instruction
- 10am** Scrabble
- 10am** Chair Yoga with Susan /\$3
- 11:00 am** Low Vision Group, 2nd Wednesday
- 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

- 9:30am** Poker
- 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  
Friday, January 1  
& Monday, January 18.



Follow us on Twitter  
@FranklinSrCntr

# Upcoming Events...

**Fri., Jan. 8: INTRO TO GENEALOGY WITH TONI** at 10:00 a.m. For beginners or those who are working on their family tree. Bring your laptop or use our computers. Call to sign up.

**Tues., Jan.12: SENATOR ROSS OFFICE HOURS** at 10:00 a.m.

**Wed., Jan 13: "DON'T WORRY, BE HAPPY"** is presented by **Wellness Nurse, Linda Hastings** at 11:00 a.m. Happiness is life's most cherished goal. Lost time is never found again, the time to be happy is today! Learn tips for cultivating contentment and happiness. Please call to sign up.

**Fri., Jan 15: COMMUNITY CONVERSATIONS WITH LEGISLATORS** at 10:30 a.m.; see page 1.

**Fri., Jan. 15 & 29: TABLET & SMARTPHONE HELP WITH HORCE MANN STUDENTS** at 2:00 p.m. Get help with questions and problems you have with smartphones and tablets! Call to sign up.

**Thurs., Jan. 21: 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.

**Wed., Jan. 27: "LIVING ON A SHOESTRING"** presented by **Wellness Nurse, Linda Hastings** at 11:00 a.m. Most people are surprised to learn how much money can be saved by making your own products and knowing where to find bargains. Please call to sign up.

**Thurs., Jan 28: "SHIFTING GEARS"** will be presented by **Michelle Ellicks** of the **MA Registry of Motor Vehicles**. This refresher course reviews the rules of the road, defensive driving and safe driving tips; call to sign up.

**Fri., Jan. 29: MARDI GRAS PARTY** at 11:00 a.m. featuring Paul Gookin's Banjo Band. We are serving delicious Creole Pork Chops at 12:30 p.m. after the performance. Come dressed in your Mardi Gras best for the costume contest. Tickets (\$6) are on sale through Jan. 21.

**Wed., Feb. 10: CIRCUIT BREAKER SEMINAR** with **Sen. Richard Ross** and **Brian Lynch** of the Department of Revenue at 10:00 a.m. Learn how you may be eligible for a generous tax credit on your state income taxes if you rent or own your home. Please call to sign up.

- **COUNTRY LINE DANCING CLASS** starts on Thurs., Jan. 14 for 8 weeks from 7:45pm to 8:45pm at Kennedy Elementary School with the Center for Adult Education & Community Learning. The class fee is \$50 for the 8 weeks. Call 508-613-1480 or go to [www.FranklinLifelongLearning.com](http://www.FranklinLifelongLearning.com).
- **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.
- **COA VACANCY:** There is currently a vacancy on the Council on Aging for a new member. The COA develops priorities, advocates and offers opportunities for access programs, services and activities that directly benefit elders and caregivers. For more information, please call the Senior Center.



Home, Hospice, Private Care, Adult Day Health Care

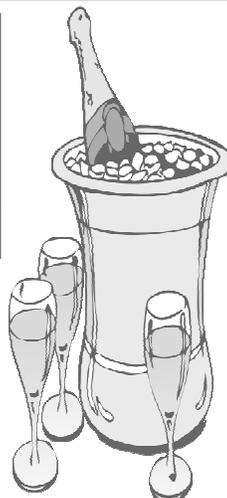


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# Information & Referral...



**2016 MEDICARE PART B PREMIUM:** You may have heard your Medicare Part B premium is going up. This is **not** true for everyone! Those whose Part B premium was deducted from their Social Security check last year will continue to pay \$104.90 per month.\* Those newly enrolled in Part B this year will likely pay \$121.80 per month. People with limited income and assets may qualify for a program that will pay their premium. Those with incomes greater than \$85,000 per year (\$170,000 for a couple) have higher premiums and will pay between \$170.50 and \$389.80 per month for Part B. Trained SHINE (Serving Health Insurance Needs of Everyone) volunteers can help you through free, confidential counseling on all aspects of health insurance. To schedule a SHINE appointment, call the Center. (\*There was **no** cost of living increase in Social Security benefits for 2016 and the law prevents benefit checks from being reduced.)

**EMERGENCY KITS AVAILABLE** for elders to help 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 for more information.

**FUNDING FOR HOME REPAIRS & FUEL ASSISTANCE:** Franklin has funding from the MA Community Development Block Grant Program to help low and moderate income property owners make repairs to their properties and provide fuel assistance. See below:

**Help with Home Repairs:** Eligible owners of 1 to 7-unit residential properties 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 fifteen years the loan is forgiven and becomes a grant.

**Supplemental Fuel Assistance:** Additional fuel assistance funding is available through the same grant. For current LIHEAP fuel assistance clients, the program can provide additional assistance once the household has used up its 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.

**Apply Now:** Applications for both programs are available at the Senior Center. Applications and program information, including income limits, can also be downloaded from the Town's websites at: [www.town.franklin.ma.us](http://www.town.franklin.ma.us)

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



## WELCOME HOME

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

**508-520-3471**

### Magnolia Heights

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[www.SalmonVNAandHospice.com](http://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](http://RocklandTrust.com).

### ROCKLAND TRUST

Charitable Foundation

Member FDIC

## Supportive Day Program...

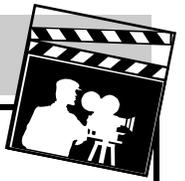


The Sunshine Club at the Franklin Senior Center offers frail elders individual attention and the company of others. Fun activities, lively discussions and gentle exercise make for a stimulating day. If you care for a loved one who is frail, socially isolated, has low vision or dementia, come visit! To learn more, call Carol Adiletto or Donna Haynes at (508) 520-4945.

### **The Sunshine Club**

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.

## Monday Matinee...



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

**Jan. 4: A WALK IN THE WOODS (R)** Celebrated travel writer Bill Bryson, instead of retiring to enjoy his loving wife and happy family, challenges himself to hike the Appalachian Trail - 2,200 miles of America's most unspoiled, spectacular and rugged countryside from Georgia to Maine; with Robert Redford & Nick Nolte.

**Jan. 11: INFINITELY POLAR BEAR (R)** When a breakdown puts a stay-at-home dad in a mental hospital, his wife and daughter's lives are upended; with Mark Ruffalo & Zoe Saldana.

**Jan. 25: PAWN SACRIFICE (PG-13)** Chess prodigy Bobby Fischer's meteoric rise is punctuated by unpredictable behavior and escalating demands that raise hackles in the conservative chess establishment; with Tobey Maguire & Liev Shreiber.

### **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 on 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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**FRANKLIN**



**SENIOR CENTER**

## Construction Update...



Get ready for some changes! Next month, several activities will be re-assigned to another location as our construction schedule begins. You will be informed about the new room scheduling this month. You will notice a kiosk in the lobby which will stand in for our Gift Shop while construction is underway. We do not anticipate any disruption to the Café for the time being, other than the closing of the Café once a month for our monthly social event. Stay tuned for more updates!

## 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. More information will be forthcoming in the next month or two. Thank you for your patience! 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 entertainment for our Holiday party.
- **The Franklin and Bellingham Lions** for hosting a terrific Holiday party.
- **Miriam Bissanti and Valerie Stybe** for donating gifts to our Holiday Party.
- **Diana Vandekerkhoff & Sue Lacy** for decorating the Center for the holidays.
- **Polly Chow** for donating a Mah Jong set to the Center.
- **Ron Higginbottom** for helping to prepare for construction.
- **Sam & Paul Pasquantonio** for making a generous donation in memory of **Eleanor J. Messere**.
- **Ray & Mary Ellen Mullaney** for making a generous donation in memory of **Lawrence Dayian**.
- **Bill & Karen Brannon** for making a generous donation in memory of **Lawrence Dayian**.
- **Dave & Debby Samuelian** for making a generous donation in memory of **Lawrence Dayian**.
- **Beverly Theriault** for making a generous donation in memory of **Eddie Theriault**.
- **Carol Cowen, Susan Capucci, Stephanie Saunders, Mary Higginbottom, Lorraine Kerr, Cheryl Dolan, Valerie Blaine, Mary Coughlin, Nicoletta DiNunzio, Joan Scaringella, Pat Carey, Paulette Mabardy, Ruth Emmons, Jan Jewett, Natalie Caldwell, Brenda Hutchinson, Jane Earls, Carolyn Marr, Fran Allison, Rita Smith, Charles Donovan, Judy Vroman, Jeanette Hart, Kathleen Hadden, Helen Hastry, Connie Lievano, Ed Bargeon, Veronica Santodomingo, Joan Cussen, the Busy Bees, Judy Wheaton, Debbie Pellegrini, Vilma Pascucci, Richard Longobardi, Lynda Strissel, Mary Ellen Benson, Joanne Odabachi, Gert Carter, Josephine Henault, Lucy Semerjian, Janet Whitten, Mary Rebello, Peg Rovendro, Peg Rozak, Betty Connolly, Dolores Brunelli, Judy Murphy, Arlene Merline, Dona Mackintosh, Ralph Masi, Clare Flynn, Pat Hogan, Joyce Shreenan, Betty Cushner, Kathleen Kerrigan, Sue Gurrie, Beverly Devereaux, Shirley Reardon, Patricia Collings and the St. John's Ladies Group** for donating items to our Gift Shop.

# Thanks



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### Friends of Franklin Elders, Inc.

*Ron Higginbottom, Chairman*  
*Marge Capezza, Secretary*  
*Julie Garilli, Treasurer*  
*Mary Ginivan*

<i>Jackie Higgins</i>	<i>Helen Power</i>
<i>Paula Lombardi</i>	<i>Nan Rafter</i>
<i>Judy Pfeffer</i>	<i>Portia Tang</i>

# 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., Jan. 29, at 9:30 a.m.

## MEMORIAL DONATIONS

- James Misner in memory of Beth Misner
- Donna Pare in memory of Edward & Dorothy Pare
- Margaret O'Neill-Perkins in memory of Bill Perkins
- Carol Adiletto in memory of Danny Adiletto
- Robert & Violet Apalakian in memory of Sara Apalakian
- Holly Bender in memory of Lloyd Graves
- Dolores Brunelli in memory of Benvinda & Joseph Belmonte
- Mary Brunelli in memory of Albert Brunelli
- Mary & John Crehan in memory of Alma DeBaggis
- Donna Cupelo in memory of Bill Cupelo
- Barbara Deely in memory of "Al" Deely
- Miki DiTullio in memory of Rosemarie DiTullio
- Bertha Gromelski in memory of Thomas Gromelski
- Angela Groncki in memory of Walter Groncki

## GENEROUS DONATIONS

- |                              |                            |
|------------------------------|----------------------------|
| - John & Marie Daddario      | - Kevin & Suzanne Sayward  |
| - Jim Ginley                 | - Roland & Portia Tang     |
| - Wolfgang Bauer             | - Vilma Pascucci           |
| - Shirma Huizenga            | - Priscilla Chesmore       |
| - Andrew M. Johnson          | - Faith & Richard Flaherty |
| - Alan Kober                 | - Hans Bloemink            |
| - Jim & Joan Molloy          | - Ron Bucchanio            |
| - Jim & Anne Morash          | - Susan & John King        |
| - Conrad & Barbara Caligaris | - Tony Mucciarone          |
| - Jane Plant                 | - Geraldine (Gerry) Karlik |

## MEMORIAL DONATIONS

- Elizabeth Accorsi in memory of Santina Crawford
- Virginia Bonger in memory of Bonger & Ziedels Family
- Peter Bucchanio in memory of Sandra Bucchanio
- Mary Brady in memory of Francis Brady
- Paul & Dolores Carbone in memory of Aiken & Carbone Family
- Robert Catalano in memory of all deceased supporters and contributors
- Peter & Jane Coppola in memory of Andrew Coppola
- Pierre & Roberta Demers in memory of Jean Drewniak
- Nicoletta DiNunzio in memory of Sebastian & Maria DiNunzio and Giovanni & Concetta Caporelli
- George W. Perron in memory of Carmine Ianuzzi
- Ovide Rajotte in memory of Jane Rajotte
- Claire Roy in memory of Eugene Roy
- Marie L. Pettitt in memory of Everett James Pettitt, Jr.
- Joe Pulsone in memory of Nick, Mary & Joan
- Louise C. Vozzella in memory of Joseph P. Vozzella
- Robert Druan in memory of Lorraine E. Druan
- Carol Ellsworth in memory of Lee Ellsworth
- Michael Ellsworth in memory of Lee Ellsworth
- Nancy Emery in memory of Owen (Mickey) Emery Jr.
- Dean & Linda Fish in memory of Margaret Morley
- Tina Gillespie in memory of Margaret & Kim
- Anita Gold in memory of Steven Gold
- Jacqueline Higgins in memory of Susan Higgins
- Raymond & Joan Ivers in memory of Julia F. Lojewski
- Bill Laquidara in memory of Betty Laquidara & Bob Kaufman
- Robert Luccini in memory of Josephine, Nello Sr., & Gary Luccini
- David & Marie MacSwain in memory of Lee Ellsworth & Paula Krill
- Suzanne Marak in memory of Andy Marak
- Frank & Pam DeGrazia in memory of Paul Vito DeGrazia
- Ralph DeLucia in memory of Suzanne H. DeLucia
- Diana Foster in memory of Florence Foster
- Grace Galant in memory of Robert A. Galant

**FRANKLIN COUNCIL ON AGING**

**Officers:**

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

**Members:**

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

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 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...

**Senior Exam - you only need 4 correct out of 10 questions to pass...**



- 1) How long did the Hundred Years' War last?
- 2) Which country makes Panama hats?
- 3) From which animal do we get cat gut?
- 4) In which month do Russians celebrate the October Revolution?
- 5) What is a camel's hair brush made of?
- 6) The Canary Islands in the Pacific are named after what animal?
- 7) What was King George VI's first name?
- 8) What color is a purple finch?
- 9) Where are Chinese gooseberries from?
- 10) What is the color of the black box in a commercial airplane?

Remember, you need only 4 correct answers to pass. Check your answers below ...

- 1) How long did the Hundred Years War last? 116 years
- 2) Which country makes Panama hats? Ecuador
- 3) From which animal do we get cat gut? Sheep and Horses
- 4) In which month do Russians celebrate the October Revolution? November
- 5) What is a camel's hair brush made of? Squirrel fur
- 6) The Canary Islands in the Pacific are named after what animal? Dogs
- 7) What was King George VI's first name? Albert
- 8) What color is a purple finch? Crimson
- 9) Where are Chinese gooseberries from? New Zealand
- 10) What is the color of the black box in a commercial airplane? Orange (of course)