

OCTOBER 2016



THE FRANKLIN Connection

M O N T H L Y N E W S L E T T E R

The Franklin Senior Center
10 DANIEL MCCAHILL ST.
FRANKLIN, MA 02038

PHONE: 508-520-4945
FAX: 508-520-4917

OPEN MON-FRI
8:30AM-4:00PM

The Common Grounds

Café

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

Ben's Bounty



GIFT SHOP

Mon-Fri 10:am-2:00pm



TWITTER:

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FACEBOOK:

franklinseniorcenter

TOWN WEBSITE:

http://town.franklin.ma.us/Pages/FranklinMA_Senior/index

VETERANS' DAY CELEBRATION

Honoring Vietnam Vets



A Veterans' Day luncheon will be held on Fri., Nov. 11 at the Franklin

Elks, 1077 Pond Street, at 11:00 a.m. The Franklin Veterans' Council in partnership with the Department of Defense Vietnam War Commemoration will honor and recognize all veterans of the Vietnam War era. The purpose of the Commemoration is:

"The Commemoration honors all United States veterans who served on active duty in the U.S. Armed Forces at any time between November 1, 1955 to and May 15, 1975, regardless of location. The Department of Veterans Affairs estimates that today there are 7 million living Vietnam veterans and 9 million families of those who served in this time frame. We make no distinction between veterans who served in-country, in-theater, or who were stationed elsewhere during the Vietnam War period. All were called to serve and the overwhelming majority of these veterans served honorably and admirably."

Call the Center at 508 520-4945 to register for the luncheon. Please indicate if you served in the military during the time period above. We look forward to celebrating together!

Smiles For a Lifetime Dental Care Presentation & Oral Cancer Screening

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. Join us on Thurs., Oct. 27 at 9:00 a.m. to learn more about your oral health and how you may be able to access affordable dental care in your community. A free Oral Cancer Screening will also be offered. Please call to sign up for this event.



FLU VACCINE CLINIC

A free flu vaccine clinic will be offered on Thurs., Oct. 20, from 1:00 to 3:00 p.m. The clinic is for all Franklin residents, aged 6 months and over. Please bring your insurance cards and wear a short-sleeved shirt. The clinic is sponsored by the Franklin Board



of Health and administered by Salmon Visiting Nurses Association. Call to sign up.

UPCOMING EVENTS....

FRIDAY, OCT 7: HELP WITH SMARTPHONES & TABLETS offered by Horace Mann students at 2:00 p.m.

WEDNESDAY, OCT 12: NEW! DIABETES SUPPORT GROUP at 11:00 a.m. **Health & Wellness Nurse, Linda Hastings**, will facilitate this group. If you are pre-diabetic, newly diagnosed, having problems managing, or just interested in learning more about living with Diabetes, call to sign up.

THURSDAY, OCT 13: REP. JEFF ROY OFFICE HOURS at 8:30 a.m.

MONDAY, OCT 17: SEN. RICHARD ROSS OFFICE HOURS at 10:00 a.m.

WEDNESDAY, OCT 19: POOL INSTRUCTION WITH IVAN at 9:00 a.m. Learn to shoot pool with a pro! Beginners are welcome; please call to sign up.

THURSDAY, OCT. 20: FREE FLU VACCINE CLINIC from 1:00 to 3:00 p.m. See page 1.

THURSDAY, OCT. 20: MEDICARE UPDATE MEETING at 1:00 p.m.

THURSDAY, OCT. 20: MEMORY CAFÉ at 3:00 p.m. The Memory Café is a place where people with memory issues can go with their caregivers to socialize and have fun with others in a similar situation. Join us for a Nostalgia Party; please call to sign up.

FRIDAY, OCT. 21: HELP WITH SMARTPHONES & TABLETS offered by Horace Mann students at 2:00 p.m.

FRIDAY, OCT. 21: HONOR FLIGHT NEW ENGLAND takes WWII and Korean veterans on a one-day trip to Washington, DC to visit and reflect at the memorials that were built in their honor. The Honor Flight trip is filled with emotions and unforgettable memories and helps veterans to realize that America has not forgotten them. Join us a 11:00 a.m. to hear a speaker about this terrific opportunity. Please call to sign up.

WEDNESDAY, OCT. 26: FIVE WISHES is an advanced directive that lets you control how you will be treated if you become seriously ill by addressing your personal, emotional and spiritual needs. It is valid under Massachusetts law. Wellness Nurse, Linda Hastings will distribute and review this document at 11:00 a.m. Please call to sign up.

THURSDAY, OCT. 27: ORAL HEALTH PRESENTATION & SCREENING at 9:30a.m.; see page 1.

FRIDAY, OCT. 28: CIRCLE OF FRIENDS at 10:00 a.m. This is a new group that will plan events and activities in the Senior Center as well as off-site to encourage socializing and developing new relationships. If you are interested in participating or helping to plan and organize this group, join us for a meeting at 10:00 a.m. and we will discuss the possibilities. Refreshments are served and all are welcome!

YOU SHOULD KNOW:

- **GENEALOGY INSTRUCTION** is back! Classes with **Toni Picariello** start on Monday, Nov. 7 at 10:00 a.m. and are scheduled for the first Monday of every month; call to sign up.
- **ELDER MENTAL HEALTH COUNSELING** is available for elders who are struggling with anxiety and depression. The program is free of charge and not related to insurance or financial need. Call for more info.
- **SENIOR DISC GOLF** is now available for the course at Dacey Field! Call the Center to arrange to pick up the discs and take a tour of the course.
- **DO YOU TAKE YOUR BLOOD PRESSURE AT HOME?** Come in during our Blood Pressure Clinics on Thursdays between 9:00 a.m. and 1:00 p.m. and our Wellness Nurse will compare her reading to your machine's so you will know how accurate your readings are. Just bring your machine with you!
- **ABESENTEE BALLOT APPLICATIONS** are available at the Senior Center; the ballots will be mailed to you and must be received by election day so be sure to send your application in to the Town Clerk ASAP!

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 Book Club reads
Oct 3 *Go Set A Watchman* by Harper Lee
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 Sept 20 - Legal Clinic; by appt. Legal Assistance provided by **Samuel, Sayward & Bayler, LLC.**
1pm Bingo!
1pm Cribbage Instruction with Pat
1-4pm Chess Club; 1st & 3rd Tuesdays, Instruction provided!

FOR TRANSPORTATION CALL

KIESSLING TRANSIT 1-800-698-7676

FOR HOME DELIVERED MEALS

TRI VALLEY ELDER SERV. 1-800-286-6640

WEDNESDAY

- 8:45-10am** Blood Sugar Tests; 2nd & 4th Wed; 10/12 & 10/26
9am Trailblazer Walking Club
9am SHINE Counselor (by appt.)
10am Quilting/Knitting Instruction
10am Scrabble
10am Chair Yoga with Susan /\$3
11am Coloring Crew
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
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

Important Notice

THE SENIOR CENTER WILL BE CLOSED ON MONDAY, OCTOBER 10 FOR COLUMBUS DAY.

Supportive Day Program



THE SUNSHINE CLUB 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. 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.

Oct. 3: MAGGIE'S PLAN (R) A young woman longing to start a family becomes involved in a complicated love triangle with a professor and his wife who is also a brainy academic; with Greta Gerwig & Ethan Hawke.

Oct. 17: THE MEDDLER (PG-13) Marnie relocates to be near her daughter Lori. But when unsolicited advice forces Lori to draw strict personal boundaries, Marnie finds other ways to channel her talents to change the lives of others and her own; with Susan Sarandon & Rose Byrne.

Oct. 24: MY BIG FAT GREEK WEDDING 2 (PG-13) The whole Portokalos clan is brought together again when the elder Portokalos discovers that the priest never signed their wedding certificate so they must plan an even bigger Greek wedding; with Nia Vardolas & John Corbett.

Oct. 31: MOTHER'S DAY (PG-13) The lives of a group of strong, loving and wildly imperfect women are followed during the week before Mother's Day; with Julia Roberts & Jennifer Anniston.



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. The Companion Caregiver Program can help, and the first visit is free! Please call Camille at 508 520-4945. Also, consider the **Memory Café** on October 20 for a fun social event for those with memory loss & their caregivers; call to sign up.

Trips...

Date	Destination	Details	Cost
Wed., Oct. 5	Essex River Cruise	Enjoy this scenic river excursion on the North Shore and lunch at the Village Restaurant.	\$28 per person; includes cruise and transportation.
Wed., Oct. 26	Tour of Salem	Tour the Witch City and enjoy a picturesque lunch at Capt's Waterfront Grille.	\$5 per person; transportation only.
Wed., Nov. 2	Twin River, Lincoln, R.I.	Enjoy slots & simulcast races.	\$5 per person; transportation only.
Wed., Nov. 16	Silver Sizzle Review At Luciano's Lake Pearl	Enjoy this terrific mix of song, dance and hysterical comedy by a cast of 8 who are all over 50!	\$68 per person; all inclusive. (Roast Turkey Lunch)

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.

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Helping the community is
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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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Halloween!**

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Information & Referral...



WELCOME BACK to Erin Rogers, and WELCOME ABOARD to Maggie Gundersen!

Erin & Maggie will be sharing the job of **Social Service Coordinator** with Maggie scheduled for Monday through Wednesday and Erin working Thursday & Friday. We are grateful for their extensive skills and experience!

- **MEDICARE OPEN ENROLLMENT BEGINS ON OCTOBER 15TH AND ENDS ON DECEMBER 7TH:** Don't Wait Until It's Too Late! Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make. **REMEMBER!! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLANS NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL. To learn more about changes to Medicare Health & Drug plans, join us on Thursday, Oct. 20, at 1:00 p.m., or call the Center to make an appointment with our SHINE counselor.**
- **FUEL ASSISTANCE SEASON IS HERE:** If you received fuel assistance last year, you will be receiving recertification documents for the coming year. If you haven't received Fuel Assistance, but are interested in applying, please call the Senior Center and we will put you on a list to be contacted when we receive the applications in November. There is also additional Fuel Assistance funding available from a state grant, which you may be able to access when you complete the application. Please call for more information.
- **CAREGIVER SCHOLARSHIPS:** The Caregiver Program at Tri-Valley has a scholarship fund which provides relief and assistance for caregivers. The services include but are not limited to helping caregivers to arrange for and fund short-term respite in the home or in an assisted living or nursing home facility, adaptive equipment, and other caregiver resources. This service is available to any caregivers of elders age 60 and over. Please contact the Caregiver Programs at 1-800-286-6640.

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

With Sincere Appreciation...

Franklin TV for allowing us to use their studio for programs.

Ryan Jette for instructing our new Disc Golf group and donating discs for the game.

Beverly Theriault for a generous donation in memory of **Eddie Theriault's** birthday.

Valerie Blaine for a generous donation in memory of **Louie Blaine**.

Paul & David Derenzo for generous donations in memory of **Shirley Cannata**.

Judith Ashmore for a generous donation in memory of **Pauline Robinson**.

Terry Reardon, Dotty Perekard, Lisa Oliva, Beverly Campbell, Debbie Von Rueden, Janet Whitten, Mary Coughlin, Terry Tomaino, Valerie Stybe, Ed Anguish, Mimi Arnaudo and Joyce Anguish for making generous donations to our **Gift Shop**.



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 newsletter.

The Friends would like to thank those who became members during our past membership drive as well as those who made extra donations. The next meeting of the Friends of Franklin Elders is scheduled for November 18 at 9:30 a.m. The public is welcome to attend!

MEMORIAL DONATIONS

*Jim & Bernice Adams in memory of
Kevin Murphy*

Betty Picard in memory of Edward Picard

Kim Mu-Chow in memory of David Cargill

*Marie Dalo in memory of Steve Dalo &
the Mucciarone Family*

*John & Paula Lombardi in memory of
Pauline M. Robinson*

The Silvertones in memory of David Cargill

Friends of Franklin Elders, Inc. MEMORIAL DONATION FORM

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In Memory of: _____

Acknowledgement to: _____

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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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FRANKLIN, MA 02038

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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, Support & 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...

QUOTABLES



- Behind every great man is a woman rolling her eyes. - Jim Carrey
- Tact is the ability to describe others as they see themselves. - Abraham Lincoln
- If at first you don't succeed, so much for skydiving. - Henny Youngman
- If you lose one sense, another sense is enhanced. That's why people with no sense of humor have an exaggerated sense of self-importance. - Anonymous
- I believe that when life gives you lemons you should make lemonade. Then find someone whose life gave them vodka and have a party! - Ron White
- When you are courting a nice girl, an hour seems like a second. When you sit on a red-hot cinder a second seems like an hour. That's relativity. - Albert Einstein
- The only time I ever enjoyed ironing was the day I got gin in the steam iron. - Phyllis Diller
- Only the mediocre are always at their best. - Jean Girardoux
- I am a marvelous housekeeper; every time I leave a man, I keep his house. - Zsa Zsa Gabor
- You can always tell when a man is well-informed; his views are pretty much like your own. -H Jackson Brown, Jr.