

FRANKLIN SENIOR CENTER



Independence, Engagement & Connection

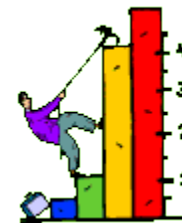
MISSION STATEMENT



To enhance the quality of life for Franklin's older adults by:

- Identifying their needs 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.

DEMOGRAPHICS

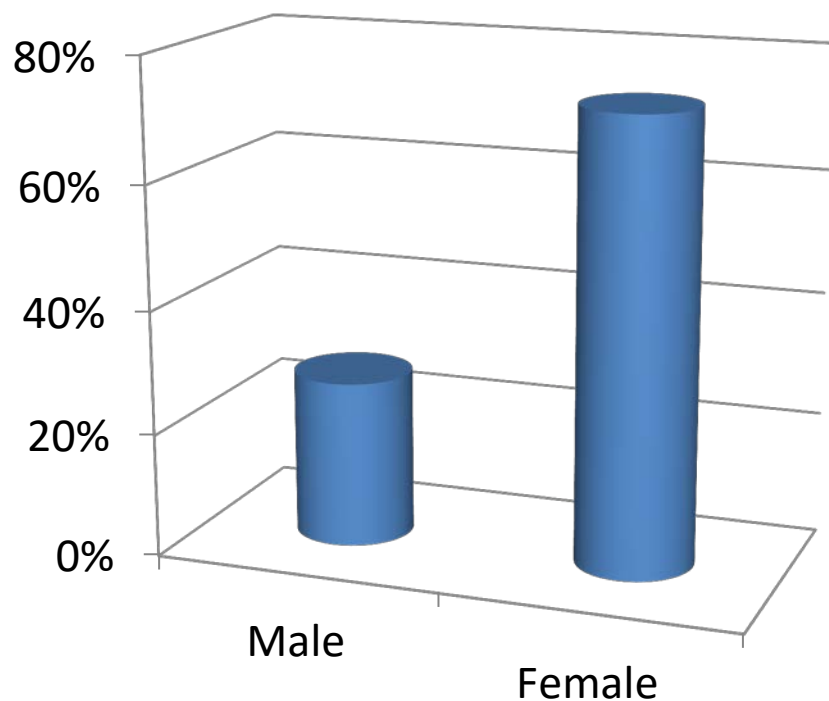


- There are 6,452 residents 60 years of age & over in Franklin per the 2017 census. (19%)
- The average number of visitors to the Senior Center is 167 per day.
- There are approximately 1,400 active participants at the Center.
- The UMass Gerontology Institute projects an increase to 9,281 residents 60 years & over in Franklin by 2030. (27%)



PARTICIPANTS

GENDER

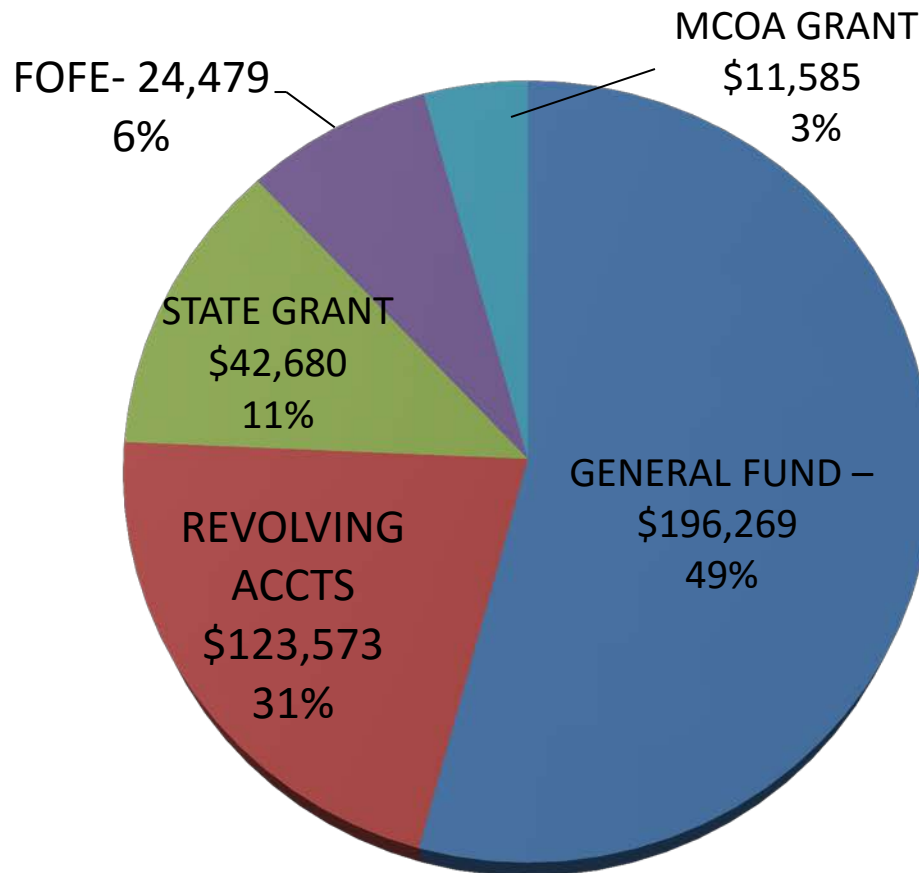


AGE DISTRIBUTION

50's	3%
60's	9%
70's	44%
80's	42%
90+	2%

FY'17 FUNDING

Total Funding - \$398,586



WE OFFER...

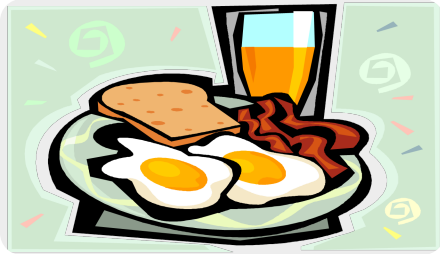
- Nutrition Program
- Health & Wellness
- Caregiver Support
- Social Service Coordination
- Socialization & Recreation
- Education & Instruction
- Volunteer & Intergenerational opportunities
- Tax Work Off Program
- Amenities





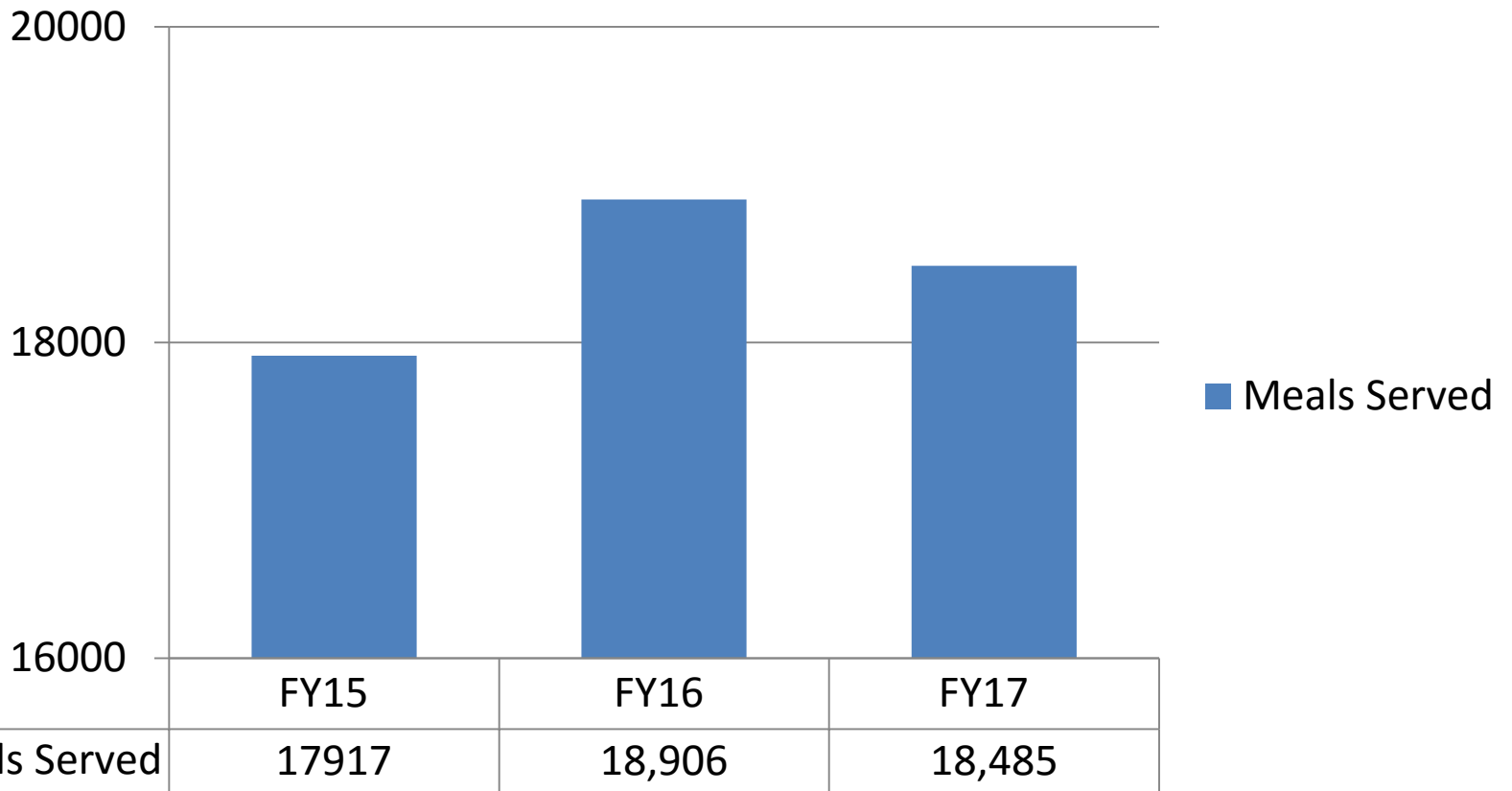
NUTRITION

- Affordable, healthy breakfast & lunch served daily
- Enhanced social interaction
- Monthly social events
- Volunteer Opportunities



NUTRITION

Meals Served

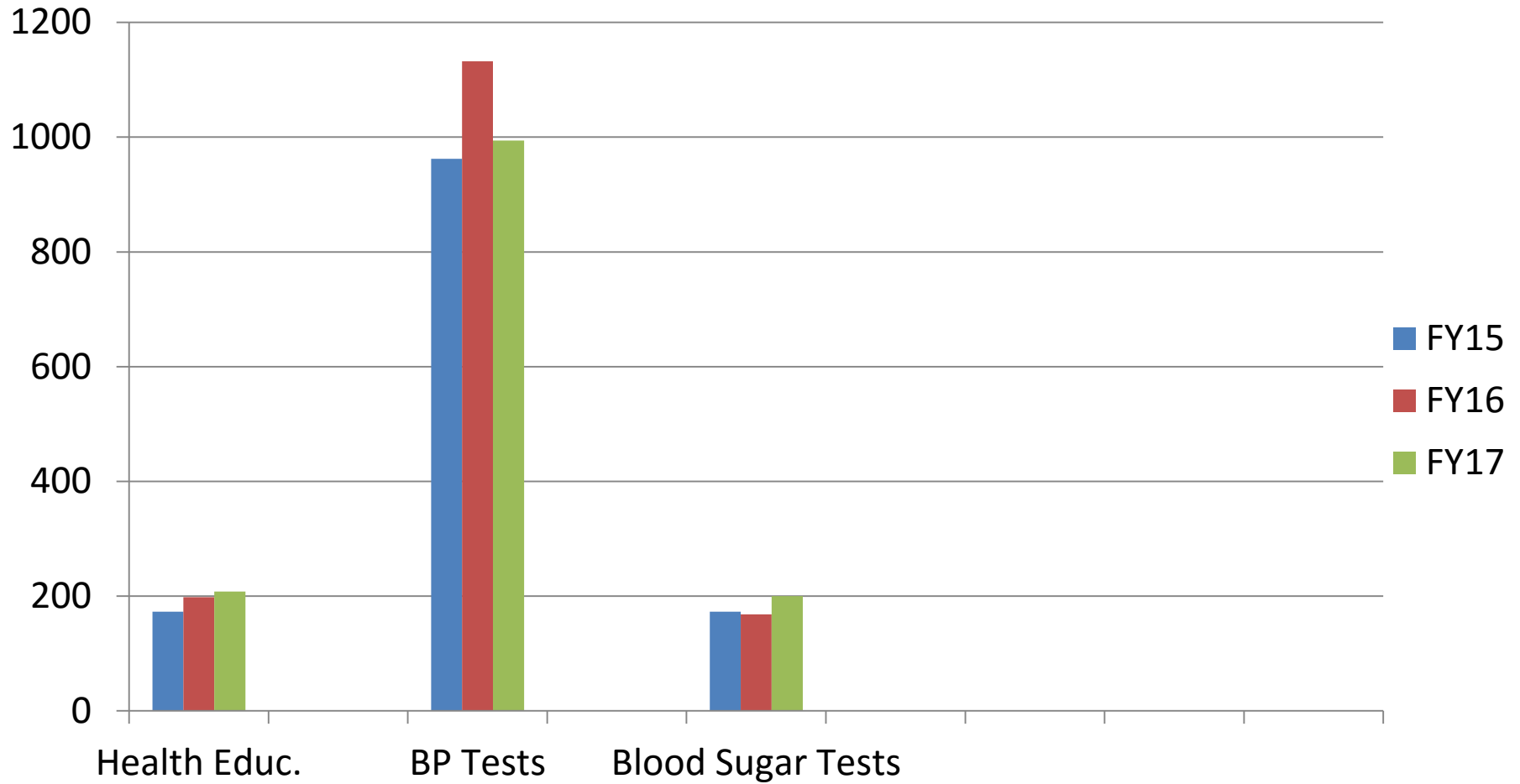


HEALTH & WELLNESS



- **Health Clinics:** Blood Pressure, Blood Sugar, Podiatry, Flu Vaccinations, and Vision & Hearing screenings.
- **Fitness:** Cardio, Zumba, Yoga, Tai Chi, Chair Exercise, Walking Club, Bocce, Line Dancing, Chair Volleyball, Reiki & Meditation.
- **Educational:** Advanced Directives, Balance Classes, & other assorted health topics.
- **Fall Prevention:** Gait Assessments, Fall Risk Assessments, Medication Management, Home Safety Evaluations & Installation of Grab Bars.
- **Support:** Low Vision, Weight Loss, Caregivers Support Groups, Individual Consultations & Senior Expo.

HEALTH & WELLNESS STATS



CAREGIVER SUPPORT

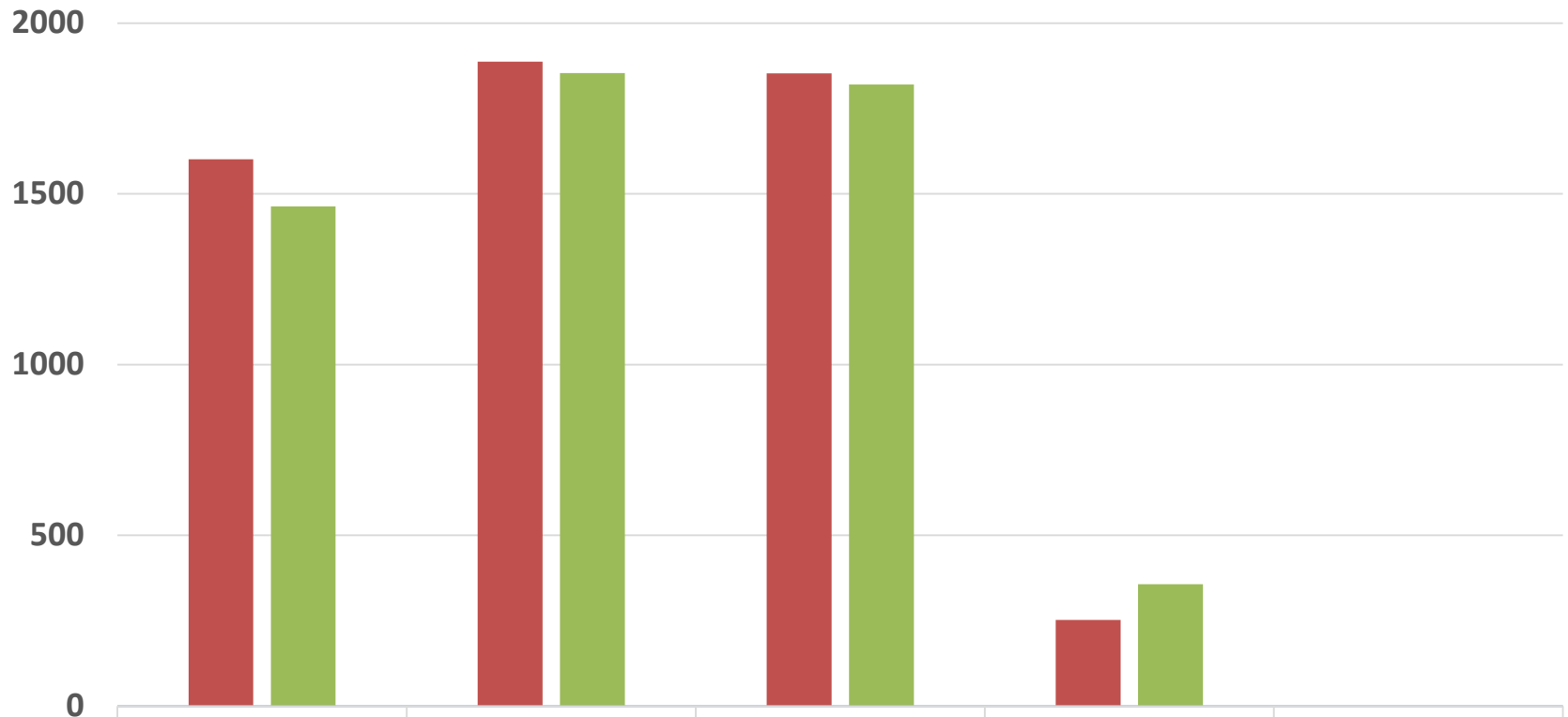


- **Supportive Day Program, “The Sunshine Club”** offers a structured, stimulating environment for frail elders and respite for their caregiver.
- **Companion Caregivers**, in-home respite care provides a trained, screened companion at a subsidized rate.
- **Caregivers Support Group** meets biweekly to offer support and education for stressed caregivers.

SUPPORTIVE DAY STATS



Supportive Day Program: 2015/2017



Days	1601	1887	1853	252	10%
Meals	1463	1854	1820	357	24%



SOCIAL SERVICES

- **Social Service Coordinator** – Assistance with housing, employment, home care services, tax abatements, transportation, food insecurity, Fuel Assistance, Mass Health, SSI, MA RMV, Senior Scams, Adaptive Assistance, Elder Abuse, etc.
- **Legal Clinic** with Elder Law Attorney (62 clients)
- **Tax assistance** – AARP & Circuit Breaker (315 clients served)
- **SHINE** – Serving the Health Information Needs of the Elderly (153 clients)

SOCIAL SERVICES: FY16/17



	FY16		FY17	
	Duplicated	Unduplicated	Duplicated	Unduplicated
>60	519	143	658	158
<60	430	74	354	65
TOTALS	658	217	1,012	223
% Change:				
Dup'd	+35%			
Undup'd	+3%			

MENTAL HEALTH CLINICIAN



- Three year grant with 5 towns for a Licensed Clinical Social Worker to provide Mental Health services to older adults.
- Short-term interventions, assessments, crisis interventions and referrals for older adults facing mental health challenges.
- In FY17, served 22 Franklin residents providing 1,231 units of service (15 minutes).

LOW VISION TRAINING



- Grant from the MA Association of Councils on Aging to offer training; \$10K for 2 years along with state-of-the-art equipment.
- Working with Operation Able to fund volunteers who provide training on equipment.



SOCIALIZATION

- Opportunities for socialization including our Café, social events, recreation, fitness, and educational offerings.
- Research has shown a correlation between socialization and living longer, better physical health, a stronger immune system and boosting brain health to lower the risk of dementia.

RECREATION

- Day Trips
- Cards & board games
- Arts & Crafts
- Social Events
- Movies
- Chorale Group, The Silvertones



EDUCATION



- Computer, Tablet & Phone Instruction
- Italian/Spanish Conversation Group
- Current Events Discussion Group
- Lecture Series with Dean College & others
- Arts & Crafts Instruction
- Writers Group – Senior Scribblers
- Book Discussion Group
- Ted Talks & Genealogy

VOLUNTEERS



- Volunteers are a critical component of running our Café, Gift Shop & much of our social and recreational programming.
- Last year, 127 dedicated volunteers contributed 6,748 hours of service to the Senior Center.
- Volunteering reduces social isolation.

INTERGENERATIONAL



- Charter School helps our Friends group send gift cards to homebound elders.
- Vocational School's Health Services freshmen come to the Center for 2 months training.
- Horace Mann students offer technology help to elders
- Poetry Day with Horace Mann 6th graders.
- FHS National Honor Society Spring Fling.
- Xavarian students intern each year.
- ECDC students visit the Sunshine Club biweekly.
- Last year, 64 students volunteered 1,216 hours at the Senior Center.

TAX WORK OFF PROGRAM



- Homeowners 60 and older receive a credit up to \$1,000 off their annual real estate taxes by working 100 hours in various town departments.
- Participants are selected on a first-come, first-served basis as there are a limited number of slots for the program (95).

	2015	2016	2017
Workers	91	90	89
Hours completed	8,025	8,188	7,699
Total Credit	\$72,225	\$79,978	\$76,900

AMENITIES

- Hairdresser/Barber/Manicurist
- Ben's Bounty Gift Shop
- Computer Lab
- Free Medical Equipment Loans
- Franklin Connection Newsletter
- Free Use of Fitness Equipment
- Low Vision Video Magnifiers & Adaptive Assistance
- Free Movies & Popcorn
- Pool Table
- Library



ADVOCACY



The Council on Aging notes the following significant unmet needs:

- Affordable, Accessible Housing
- Transportation (evenings & weekends)
- Tax Relief

OUTCOMES



Research by the National Council on Aging found that, “Older adults who participate in senior center programs can learn to manage and delay the onset of chronic disease and experience measurable improvements in their physical, social, spiritual, emotional, mental, and economic well-being.”



Sources

Slide # 7:

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Slide # 17:

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Slide # 20:

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Slide #25:

<https://www.ncoa.org/news/resources-for-reporters/get-the-facts/senior-center-facts/>