



THE FRANKLIN Connection

Franklin Senior Center's Monthly Newsletter

**JANUARY,
2020**

The Franklin Senior Center

10 DANIEL MCCAILL ST.
FRANKLIN, MA 02038
PHONE: 508-520-4945
FAX: 508-520-4917

**OPEN MON-FRI
8:30am - 4:00pm**

[http://www.franklinma.gov/
fsc](http://www.franklinma.gov/fsc)

BEN'S BOUNTY GIFT SHOP 10AM-2PM

**GREAT
BARGAINS!**



**Common
Grounds**

Café

**Breakfast 8:30-10AM
Lunch 11:30-1:00PM**



**OPEN DAILY
FOR BREAKFAST
& LUNCH**



HEALTH & WELLNESS OFFERINGS

Resolve to get healthy by attending one of Nurse Trish's classes. Call to sign up!

BALANCE & STABILITY CLASS starts on Wed., Jan. 22 at 11:30 a.m. and goes for 5 weeks, thru 2/19. Learn how to improve your balance and prevent falls, while reviewing tips for Winter Safety.

SLEEP HYGIENE is presented on Thurs., Jan. 23 at 12:30 p.m. Trish will review the best ways to help you achieve a natural, restorative sleep that will nourish your mind and body.

And don't forget... **MONTHLY FITNESS TRAINING** to use the fitness equipment in our gym are held on the first Thursday of the month, at 11:30 a.m.



50+ JOB SEEKERS NETWORKING GROUP

Join us for three upcoming Friday sessions, including:

Jan. 10: Self-Assessment/Transferrable Skills-Reinvention is Possible

"It's A New Year – Time for a New You"

Jan. 24: Developing a Resume-What Are Recruiters Looking For? "I Only Have Eyes for You!"

Feb. 14: Creating an Elevator Speech Using Your STARS "You are a Star! So Tell Me A Little Bit About Yourself!"

Sessions run from 8:30 to 11:30 a.m. To register, call Erin Rogers at (508) 520-4945, or email to: erogers@franklinma.gov

AARP TAX PREPARATION



AARP provides free income tax preparation at the Senior Center for those with low to moderate income. Slots are limited so call asap to make an appointment. Returns must be uncomplicated and NOT involve self-employed individuals, foreclosure, rental income, alternative minimum tax, capital gains or losses. If you hold stocks, bonds, or mutual funds, please schedule your appointment for after February 15. If you are eligible for the Massachusetts Senior **Circuit Breaker**, remember to bring your 2019 real estate and town water/sewer bills and receipts with you. **PLEASE NOTE:** *Each year the preparers put in long hours trying to get as many returns done as possible but there is more demand than there are slots for this service so please be sure to come fully prepared with all the required paperwork so preparers can get your returns done efficiently. Many thanks for your cooperation!*

The Senior Center is closed on 1/1/20 for New Years & 1/20/20 for MLK Day.

Daily Activities...

MONDAY

9:00 AM
HAIRDRESSER/
BARBER
\$8men/\$10Women

9:30 AM
MEXICAN TRAIN
DOMINOES

9:30 AM
ITALIAN
CONVERSATION
GROUP

10:00 AM
ASIAN MAH JONG

10:30 AM
UKULELE CLASS

11:00 AM
BOOK DISCUSSION
GP; 1st Monday

1:00 PM
AMERICAN MAH
JONG

1:00 PM
CHAIR
VOLLEYBALL

1:15 PM
MOVIE MATINEE
(See page 5)

6:00 PM
CRIBBAGE

TUESDAY

9:00 AM
CRIBBAGE

9:30 AM
CHAIR EXERCISE
\$2 CLASS
BUSY BEES

10:00 AM
SPANISH
CONVERSATION
HAND & FOOT
(CARDS)

MANICURES \$8
- every other week
CALL FOR APPT.

11:00 AM
CARDIO, STRETCH,
STRENGTH, &
BALANCE
\$3

12:30 PM
LEGAL SERVICES
(3RD TUES)

1:00 PM
BINGO!!!

QUILTING

1:00 PM
CRIBBAGE
INSTRUCTION

1:00 PM
CHESS 1ST & 3RD
TUESDAY

WEDNESDAY

8:30 - 11:00 AM
BLOOD PRESSURE
& SUGAR TESTING

9:00 AM
TRAILBLAZERS
WALKING CLUB

9:30 AM
S.H.I.N.E.; HEALTH
INSURANCE
COUNSELLING
(BY APPT.)

10:00 AM
QUILTING
KNITTING
SCRABBLE
CHAIR YOGA/\$3

1PM
POUND FITNESS
\$3

1:00 PM
HAIRDRESSER/
BARBER
\$8men/\$10Women

1:00 PM
LINE DANCING \$2
CHAIR VOLLEYBALL

SENIOR
SCRIBBLERS

4:00 PM
CAREGIVERS
SUPPORT GROUP
2ND & 4TH WED

THURSDAY

8:30 AM - 12:00 PM
BLOOD PRESSURE
& SUGAR TESTING

9:00 AM
CRIBBAGE
WALKING CLUB

9:30 AM
BUSY BEES
CHAIR EXERCISE
\$2/CLASS

10:00 AM
DISCUSSION
GROUP

11:00 AM
CARDIO,
STRETCH,
STRENGTH,
& BALANCE
\$3

1:00 PM
OPEN ART STUDIO
BINGO!!!

BRIDGE

1:15 PM
TAI CHI
\$3/CLASS

1:00 PM
FIBROMYALGIA
SUPPORT GROUP
1/30

FRIDAY

9:30
HAND & FOOT

10:00 AM
WOODCARVING

11:00 AM
MEDITATION

11:30 am
T.O.P.S.
TAKING OFF POUNDS
SENSIBLY,
\$32/YEAR DUES

1:00 PM
POKENO

1:00 PM
PODIATRY CLINIC
3RD FRIDAY

2:00 PM
SILVERTONES
CHORAL GROUP

**TOURS OF
THE SENIOR
CENTER
ON
TUESDAYS &
THURSDAYS:
9am to Noon**


THE ENCLAVE
— OF FRANKLIN —

**Assisted Living
Memory Care**

Call 508.520.1150 to
schedule your tour today.

656 King Street
enclaveoffranklin.com



CHARLES F. OTERI & SON

Franklin Funeral Home

33 Cottage St. • Franklin, MA 02038

(508) 528-0011

Charles F. Oteri - Type 3
Sean A. Oteri - Type 3
Licensed Directors

www.oterifuneralhome.com
oterifuneralhome@verizon.net



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

*I want a bank
that cares about
us and our
community!*

**PROBLEM
SOLVED.**



DEAN BANK

...It's my bank.™

www.deanbank.com • (508) 528-0088

FRANKLIN BELLINGHAM BLACKSTONE MENDON



Member FDIC
Member SIF

January Events...

MON., JAN. 6: PAGE TURNERS BOOK CLUB discusses *Isaac's Storm* by Eric Larson at 11:00 a.m. Call for more info.

WED., JAN. 8: ATTENTION VETERANS! Enjoy coffee & visit with fellow veterans at 10 a.m. Call 508 613-1315 to sign up.

WED., JAN. 8: A LIFE IN MUSIC, LOST & FOUND; My Journey as a Musician with Hearing Loss, will be presented by **Betty Hauck** at 1:00 p.m. Betty led a rich and rewarding career as a professional violinist - until she lost her hearing. In this "Talk & Play" presentation, she will tell the story of how various twists and turns led her back to sharing the joy of music while educating and advocating for those with hearing loss. Please call to sign up; see page 4 for more info.

FRI., JAN. 10 & 24: 50+ JOB SEEKERS NETWORKING GROUP; see page 1.

FRI., JAN. 10 & 24: HELP WITH SMART PHONES & TABLETS at 2:00 p.m. with savvy students from the **Horace Mann Middle School**; please call to sign up.

TUES., JAN. 14: LOW VISION SUPPORT GROUP at 1:00 p.m., will review watching and understanding an Audio Described performance. Please call to sign up.

THURS., JAN. 16: DEMENTIA FRIENDLY TRAINING: If you are a friend or caregiver of someone living with dementia, or just a compassionate resident, join us at 11:00 a.m. to better understand how we think, act and talk about dementia and help our community understand what dementia is and how it affects people. This session is an hour long and is offered by **Dementia Champion, Maggie Gundersen**. Please call to sign up.

THURS., JAN. 16: GARY HYLANDER lectures on "*Impeachments of the 20th Century; Nixon & Clinton*" at 10:00 a.m. Please call to sign up.

WED., JAN. 22: BALANCE & STABILITY CLASS starts at 11:30 a.m. See page 1.

THURS., JAN. 23: SLEEP HYGIENE at 12:30 p.m. See page 1.

MON., JAN. 27: ON-LINE BANKING EXPLAINED with **Christopher Peterson, Financial Advisor**. If you are thinking about banking on-line, but concerned about the implications and applications, join us at 10:00 a.m., to get a better understanding of this option. Please call to sign up.

MON., JAN. 27: MEMORY CAFÉ at 3:00 p.m. A time when people living with dementia and their care partners enjoy social interaction and fun! Join us for lots of fun with **Tap Dancing Ted!** Please call to sign up.

FRI., JAN. 31: HEALTHY SLOW COOKING DEMONSTRATION and basket raffle hosted by **ENCLAVE**, who will provide a chef demonstration of a healthy recipe using a crock pot - along with the menu and ingredients to enjoy. We will share a recipe to create an easy, healthy delicious meal that is also budget friendly! Call to sign up.

UPCOMING & ONGOING:

◆ **VALENTINES JAZZ BRUNCH** on Feb. 14, with **PATRICK DURKIN**, jazz pianist; tickets (\$6) available now!

◆ **WEATHER CANCELLATION ROBOCALL** please call if you want to be notified of weather-related closings.

◆ **UKULELE LESSONS** are offered (free) on Mondays at 10:30 a.m.

◆ **MAH JONG IS PLAYED** on Mondays at 9:00 a.m. (Asian) & 1:00 p.m. (American); come check it out!

◆ **COMPUTER CLASSES:** We offer 1-hour classes for 6 weeks for \$15 with one-on-one instruction. Learn how to use email, surf the internet and use social media! Call or come by to register.

◆ **SENIOR PLAYERS SIGN-UP:** January is sign-up month for the Senior Players - we perform plays here at the Center. To become a Player, sign up this month until January 31st. Spring session will begin in February.

◆ **POOL PLAYERS WELCOME:** Call today to sign up for a Men's and Women's Pool League!



Caregivers Corner...



THE SUNSHINE CLUB offers frail elders individual attention and socialization. Fun activities, lively discussions and gentle exercise make for a stimulating day. If you care for a loved one who is frail, socially isolated, or living with dementia, call Ariel Doggett or Donna Haynes at 508 520-4945.

COMPANION CAREGIVERS IN-HOME RESPITE PROGRAM offers a screened, trained Companion to stay with your loved one, providing socialization and stimulation for your loved one and respite for you. The first visit is free and scholarship funding may be available. For more information, call Ariel at 508 520-4945.

CAREGIVER'S SUPPORT GROUP is scheduled on Jan. 8 & Jan. 22, at 4:00 p.m., and supports caregivers regardless of attendance at the Sunshine Club. Please call to schedule on-site Respite care if needed.

MEMORY CAFÉ is offered on Monday, Jan. 27, at 3:00 p.m. The Café offers those living with dementia and their care partners a time for informal conversation, refreshments and enjoyable activities. Join us this month for lots of fun with **Tap Dancing Ted!** Don't miss it! Please call to sign up.

VISION or HEARING IMPAIRED?

The Stella Jeon Low Vision Assistance Center offers free training on equipment & technology to help those with low vision with daily tasks. We offer one-on-one classes and state-of-the art equipment.

Low Vision Support Group at 1:00 p.m.

Tues., Jan. 14, we will review watching and understanding an Audio Described performance. Please call to sign up. Please call to sign up.

Hearing Loss Support Program at 1:00 p.m.

A LIFE IN MUSIC, LOST & FOUND; My Journey as a Musician with Hearing Loss, will be presented by **Betty Hauck**, who led a rich and rewarding career as a professional violinist—until the day she realized that she had to retire due to progressive hearing loss. For 3 years, she turned her back on music. In this "Talk & Play" presentation, she will tell how various twists and turns led her back to sharing the joy of music while educating and advocating for those with hearing loss. Her career including performances at the Kennedy White House, playing in a string quartet with Yo-Yo Ma, and touring the Middle East annually, performing and teaching young Palestinian and Jewish students. Her talk will be punctuated by short musical selections on both violin and viola. The program includes Q&A at the end. Join us on Jan. 8 at 1:00 p.m. Please call to sign up.

In Appreciation...

- ◆ **Friends of Franklin Elders** for donating funds for coffee at our Café and the entertainment at our Holiday Party.
- ◆ **Franklin Patrolman's Association** for hosting a delicious holiday luncheon at the Center.
- ◆ **Doherty, Dugan, Cannon, Raymond & Weil, Attorneys at Law** for providing pro bono legal help to seniors at the Senior Center.
- ◆ **Blaire House** for donating Christmas gifts.
- ◆ **Valerie Stybe & the Busy Bees Craft Club** for donating Christmas gifts.
- ◆ **Jo Ann Wright & June Diehl** for donating Christmas gifts to our party.
- ◆ **Mrs. Claus (Mary O'Neil)** for visiting our Holiday party.
- ◆ **The Busy Bees Craft Club** for a generous donation in memory of **Saville Bennett**.
- ◆ **Carol Goldman** for a generous donation to the Senior Center.
- ◆ **Marie Dalo** for a generous donation in memory of **Jeanette Burke**.
- ◆ **Nicoletta DiNunzio** for a generous donation in memory of **Maria & Sebastiano DiNunzi & Concetta & Giovanni Caporelli**.
- ◆ **Kirk & Pam Smith** for a generous donation in memory of **William "Bill" Morrissey**.



Information & Referral...

GET HELP PAYING FOR MEDICARE: *Starting on January 1, 2020 the income limits for the Massachusetts Medicare Savings Program are increasing significantly.* This change will make thousands of Massachusetts Medicare Beneficiaries eligible for this very valuable benefit. The income for a single person will go up to \$1,738 per month and for a married couple to \$2,346 per month, an increase of more than \$300 a month in both cases. Asset limits are going to more than double as well, going up to \$15,460 single and \$23,200 married couple. *This program would pay your monthly Part B Premium, \$144.60 for 2020;* you may be eligible for significant assistance in paying your Medicare costs. You will also be eligible for Extra Help from Social Security to help pay your prescription drug costs. Contact the Senior Center for more information on these valuable programs.

BEWARE OF CENSUS SCAMS: The Federal Trade Commission partnered with the US Census Bureau to help you guard against census scams.

Signs of a Scam: Scammers may pose as census takers to get personal information and use it to commit identity theft and other frauds. There are ways to identify official census takers.

- Census takers must show a photo ID with the U.S. Department of Commerce seal and an expiration date. If you ask, the census taker will give you a supervisor's contact information and/or the census regional office phone number for verification.
- The Census Bureau will never ask for your full Social Security number, bank account or credit card numbers, money or donations, or anything on behalf of a political party. Census takers will not ask citizenship status.
- The Census Bureau may call you as part of their follow-up and quality control efforts. They might call if you're not home when a census taker stops by or when a personal visit is not convenient. Calls will come from one of the Census Bureau's contact centers or from a field representative. We all know you can't trust caller ID. You can call back the Census Bureau if you question the authenticity of the call.

Make sure you have the latest and most accurate information about the 2020 Census. Visit <https://2020census.gov/en/news-events/rumors.html> to ask questions. If you suspect fraud, call 800-923-8282 to speak with a local Census Bureau representative. You also can file a report with the FTC at [FTC.gov/Complaint](https://www.ftc.gov/Complaint)

FUEL ASSISTANCE CAN HELP MAKE ENDS MEET! Income eligibility is as follows: 1-person household, up to \$37,360 gross annual income; 2-person household, up to \$48,855 gross annual income; 3-person household, up to 60,351 gross annual income. Call the Senior Center to apply.

Terrific Trips...

JAN. 29, 2020	TOUR OF THE NORFOLK COUNTY JAIL in Dedham, MA with the Norfolk County Sheriff's Office.	Free; call to sign up.
MAR. 12, 2020	EMMET CAHILL'S IRELAND , at Venus DeMilo, Swansea. Ireland's most exciting new tenor and star of PBS, Celtic Thunder, sings your favorites, along with the Dublin City Dancers & the Emerald String Quartet.	\$92 pp; all inclusive. Corned Beef & Cabbage or Baked Haddock.

HOME DELIVERED MEALS, CALL:

TRI-VALLEY, INC., 1-800-286-6640

GATRA TRANSPORTATION, CALL:

KIESSLING TRANSIT, 1-800-698-7676

Monday Matinee



Free Movies & Popcorn at 1:15 pm

JAN. 6: WHERE'D YOU GO BERNADETTE (PG-13) A teenager goes through her mother's past before she mysteriously disappears before a family trip; with Cate Blanchett & Billy Crudup.

JAN. 13: DOWNTON ABBEY (PG) The Crawley family prepares for an official royal visit to their estate; with Maggie Smith & Michelle Dockery.

JAN. 27: JUDY (PG-13) Set in 1968, the movie portrays Judy Garland in London for a series of performances. She battles her manager and prepares to fight in court for custody of their children; with Renee Zellweger & Rufus Sewall.



Milford
AUDIOLOGY CENTER
Hearing Aids, Evaluation & Audiological Services

Maria Vivas MS CCC-A
Certified & Licensed Audiologist

(508) 478-0723
milfordaudio@gmail.com

215 West St, Milford MA
at Milford Medical Center

Comcast 8 or Verizon 26

Franklin.TV

& wfpr.fm

102.9

Watch, Listen & Learn
Get our on-line program guide at Franklin.TV

Call today for more information about our gracious retirement lifestyle.

508-520-3471

Magnolia Heights
Gracious Retirement Living

485 East Central Street Franklin, MA 02038


Helping to build strong community relationships

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**. We know that by supporting our neighbors, we're strengthening the same communities in which we live and work, and building relationships that last a lifetime.

To learn more about Rockland Trust, visit www.RocklandTrust.com

ROCKLAND TRUST
Charitable Foundation

Member FDIC




FREDERICK R. L. WISE

WISE WAY
Commercial & Residential Self Storage
"As good as the best & better than the rest"


880 W. CENTRAL ST.
FRANKLIN, MA 02038

PHONE 508-528-8468
CELL 508-561-7879
FAX 508-520-7643



What can real estate and lifestyle planning do for you?


Whether it's health and wellness, retirement finances, your career or other crucial life events, plans provide clarity and utility. Gain clarity with the *Real Estate and Lifestyle Planning Guide!* Find the lifestyle that fits you just right, contact Warren today to get your free *Guide*... no cost, no obligation!



Warren Reynolds, Esq.
Realtor and Attorney
Warren@02038.com
508-561-6259


Over 20 years of success selling Franklin homes!

Berkshire Hathaway HomeServices Commonwealth • 9 Main St, Franklin




SALMON VNA & HOSPICE

Respected Service Leaders Joining Forces for Superior Home Care Since 2012



VNA and Hospice
OF GREATER MILFORD

Home Care from the Heart



(508) 473-0862

www.SalmonVNAandHospice.com




Eileen Mason
REALTY

Today's Dream ~ Tomorrow's reality...

(508) 330-4234

- Senior Residential Specialist
- Notary

emason4234@gmail.com
308 West Central Street
Franklin, MA 02038
www.eileenmasonrealty.com






TO ADVERTISE IN THE FRANKLIN CONNECTION, call 508 528-4988

FRANKLIN COUNCIL ON AGING

Officers:

Chairman.....*Bob Crowley*
Vice-Chairman (Interim)..... *Janet Milici*
Secretary.....*Lyn O'Brien*

Members:

*Faith Flaherty, Mary Hick, Ron Higginbottom,
Ken Norman, Lester Quan & Suzanne Wade*

Staff:

Certified Director*Karen Alves*
Program Coordinator.....*Sue Barbour*
Vet's Agent.....*Dale Kurtz*
Social Svc. Coordinators.....*Maggie Gundersen
& Erin Rogers*
Supportive Day Coordinator.....*Donna Haynes*
Respite Coordinator..... *Ariel Doggett*
Supportive Day Prg. Asst.....*Karen Calabrese*
Health & Wellness Nurse.....*Trish Collatos*
Receptionists.....*Claire Lewis
& Gloria Gelineau*
Grill Cook.....*Paul Ledwith*
Companions.....*Susan LaRosa, Susan Iodice &
Jeanette Thornhill*

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...

RESOLVED



- ◆ On New Year's Eve, Bill was in no shape to drive having had a few too many, so he sensibly left his car in the parking lot and walked home. As he was wobbling along, he was stopped by a cop. "What are you doing out here at four o'clock in the morning?" asked the officer. "I'm on my way to a lecture," answered Bill. "And who in their right mind is going to give a lecture at this time on New Year's Eve?" asked the cop sarcastically. "My wife," slurred Bill grimly.
- ◆ My New Year's resolution is to be more optimistic by keeping my cup half-full... With either rum, vodka, or whiskey.
- ◆ My New Year's resolution is to help all my friends gain ten pounds so I look skinnier.
- ◆ My resolution was to read more so I put the subtitles on my tv.
- ◆ I was going to quit all my bad habits for the new year, but then I remembered that nobody likes a quitter.
- ◆ New Year's Day: Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them...
- ◆ I return to work tomorrow with a child-like belief that 2020 is the year people will think at least twice before hitting Reply All.