

GRAFTON SENIOR GAZETTE

Grafton Council on Aging / Senior Center



30 Providence Road • Grafton, MA 01519
Phone: 508-839-9242 FAX: 508-839-7306



“Linking Needs with Resources”

May 2021
Vol. 19 Issue 5

2021 GRAFTON ELECTION UPDATES



ANNUAL TOWN ELECTION—POSTPONED TO MAY 22nd, 2021

Last day to register to vote in this election is May 12th, 2021 from 2-4 pm & 7-8 pm (in person registration). (Updated due to Town Meeting & Election postponement.)

Polls open 8 am—5 pm

Precincts 1, 2, and 3 vote at the Grafton Middle School
Precincts 4 & 5 vote at the Millbury Street School

Deadline to apply for a Mail In Ballot is 5 pm on Tuesday, May 18th by mail.

Early Voting hours N/A. Vote by mail only.

ANNUAL TOWN MEETING—POSTPONED TO JUNE 5th, 2021

Special Town Meeting begins at 11 am; Annual Town Meeting begins at 11:30 am—Grafton High School Football Field and Gymnasium.

Last day to register to vote for this Town Meeting is May 14th, 2021 at 8 pm (in person registration). (Updated due to Town Meeting postponement.)



SHOP LOCAL

Warmer days are on the horizon and with them comes outdoor seating at Grafton's many fine restaurants! After a cold and dreary winter, the Economic Development Commission wants to help give you a change to enjoy and support these local eateries. In partnership with businesses around town, the EDC has developed a program to help local businesses support local businesses! Locations around town, including banks, hardware stores, gift shops, and convenience stores, will be handing out gift cards around town when you shop local! Each store will have its own unique spending requirement to earn a gift card, so make sure to continue to Shop Local to increase your chances and support our fine local restaurants! To find a complete list of participating stores, visit www.graffton-ma.gov!

Thank you to all our volunteers!!

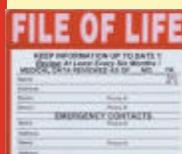
One of my favorite quotes is “To the world you may be one person, but to one person you may be the world.” Volunteers make a difference every day!

Even though the Senior Center has not been open to the public since March 2020, many of you have been continuing to volunteer as Meals on Wheels Drivers or Kitchen Helpers. I am in awe of your generosity of spirit and your compassion for your fellow man. All of you so generously give of your time, your warmth, your humor, and your friendship. It's all of you, doing what you do, which helps us do what we do and makes the Grafton Senior Center the best Center around.

I want you to know how much appreciated you are and how sincerely grateful we are for having such amazing volunteers here in Grafton.

Thank you for volunteering!

Barb



FILE OF LIFE CARDS

Medical emergencies can happen anytime. When they do, there is confusion, panic and urgency. Paramedics arrive on the scene with no information about the person in need. Seconds count—they can make the difference between life and death. Does the patient have prior medical conditions? Allergies? What medications are they taking? Who do they want called? What about contact information for family? File of Life puts these answers at their fingertips. It allows first responders to immediately begin the best possible treatment, notify loved ones, and pass this vital data on to awaiting physicians at the emergency room. File of Life has already saved thousands of lives. It is an absolute asset to emergency preparedness, and peace of mind, for every household and community across the nation.

Call the Senior Center at 508-839-9242 for yours!

MEALS

Home Delivered or Dine at the Center

Meals are served Monday-Friday excluding holidays at the Grafton Senior Center at 11:45 am—noontime. Lunchtime is until 12:30 pm. If you would like to sign up, call 508.839.9242. **Reserve by 10:30 am two days before.** If you are in need of home delivered meals, call 508.852.3205. If you do not drive, consider taking the bus to the Center for lunch! Suggested donation is \$2.50 for those over 60 and \$5.50 for those under 60. Menu includes milk, coffee, margarine, bread and dessert. Worcester Elder Services is our agent for the Elder Nutrition Program. Bring a friend or make some at lunch. PLEASE KNOW YOUR DONATION OF \$2.50 PER MEAL HELPS KEEP THE PROGRAM RUNNING!



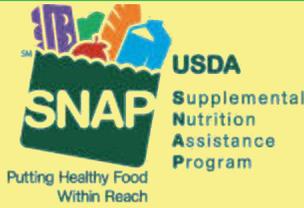
This Month's Fare:

- Monday, May 3rdLasagna with Meatballs
- Tuesday, May 4thBeef w/Peppers & Onions
- Wednesday, May 5thChicken Fajitas
- Thursday, May 6thRoast Turkey w/Gravy
- Friday, May 7thBreaded Fish Strips
- Monday, May 10th Beef Stew
- Tuesday, May 11th Chicken Breast w/Buttermilk Sauce
- Wednesday, May 12th. Baked Potato w/Chili & Cheese
- Thursday, May 13th Hot Dog
- Friday, May 14thShepherd's Pie
- Monday, May 17thChicken Mornay
- Tuesday, May 18th Meatloaf w/Gravy
- Wednesday, May 19thMacaroni & Cheese
- Thursday, May 20th Chicken Cranberry Salad
- Friday, May 21st.. Pollock w/Parmesan Cream Sauce
- Monday, May 24thPork Rib-i-cue
- Tuesday, May 25th Swedish Meatballs
- Wednesday, May 26thSloppy Joes
- Thursday, May 27thChicken Cordon Bleu
- Friday, May 28thHam Salad
- Monday, May 31stCenter Closed

CENTER PROGRAMS

- **BLOOD PRESSURE CLINIC**—Every Thurs. 11:00 am
- **CERAMICS**—Tuesdays 2:00 pm
- **CHAIR YOGA**—Mondays at 1:00 pm: Fridays 9:00 am – Free of charge for Grafton seniors thanks to FOGE.
- **CONGRESSPERSON OFFICE HOURS**—Vary
- **COUNCIL ON AGING**—Meets 2nd Thursday of every month at 1:30 pm except July and December unless otherwise posted
- **CRAFTS**—Wednesdays at 9:00 am
- **DAY TRIPS/EXTENDED TRIPS** Vary - See Newsletter for info- Brochure rack in Senior Center
- **DUPLICATE BRIDGE**—Thurs. 9:00 am
- **FALL PREVENTION EXERCISE**—Mondays 10:30 am, Wednesdays 9:30 am—Free for Grafton seniors
- **FUEL ASSISTANCE**—See Lisa Kelley for appt.
- **HOOLED ON BOOKS CLUB**—First Wed. of the Month - 10:30 am – noon
- **JOG YOUR NOGGIN**—Fun Trivia EVERY Wed. 10:45 am- Unless otherwise noted on calendar.
- **LINE DANCING**—Every Friday at 2:00 pm
- **LUNCH**—Mon- Fri 11:45 am \$2.50 suggested donation – Call two business days prior by 10:30 am
- **MAT YOGA**—Mondays at 9:00 am & Wednesdays at 10:30 am. Free of Charge for Grafton Seniors thanks to FOGE.
- **Medical Equipment Loan Closet**—crutches, wheelchairs, canes, etc.—just ask!
- **ORGAN SOCIAL**—Tuesday mornings at 10:00 am
- **OUTREACH**—Assessing needs and linking resources – Call for appt. with Lisa.
- **OUT TO LUNCH**—Monthly outing to area restaurant
- **PAINTING INDEPENDENTLY**—Fridays 10:00 am
- **PITCH**—Mon & Tues 1:00 pm
- **RUMMIKUB**—Wednesdays 1:00 pm
- **SCRABBLE**—Tuesdays at 9:30 am
- **SENIOR EXERCISE CLASS**—10:30 am Tuesdays and Thursdays. Free for Grafton Seniors thanks to FOGE.
- **SINGING GROUP**—Fridays 10:00 am (off for the Summer)
- **SOCIAL KNITTING**—Mondays 10:00 am
- **STRENGTH & STRETCH CLASS**—Thursdays – 12:30 pm
- **TAI CHI**—FREE FOR GRAFTON SENIORS THANKS TO FOGE– Fri. 10:00 am
- **Tax Work Off Program**—Call Barb Connelly for more info.
- **TRANSPORTATION**—Call the office for all the info!
- **WATERCOLORING CLASS**—Fridays at 2:00 pm
- **Wii-TV GAME EXERCISE**—Available in the TV room - almost any time!
- **WRITER'S GROUP**—Meets 2nd and 4th Friday at 1:00 pm
- **YAHTZEE**—Tuesdays at 12:30 pm
- **ZUMBA GOLD**—Wednesdays 11:30 am





Need help paying for food? Here's what makes SNAP so special and unlike any other food assistance program in the country:

- Getting SNAP doesn't take anything away from anyone else.
- SNAP gives you the freedom to shop for your own food.
- You can use SNAP to buy food at most places groceries are sold.

The Grafton Senior Center is a SNAP intake site. You are able to apply or recertify for SNAP benefits at the Senior Center. It's all confidential.

Please contact the Senior Center at 508-839-9242 with any questions or to schedule an appointment .



GRAB 'N GO LUNCH

THROUGH ELDER NUTRITION

PAID FOR BY THE FRIENDS OF GRAFTON ELDERLY FOR THE MONTH OF MAY

LUNCH IS SERVED! If there is a particular lunch that Elder Nutrition offers daily, you can order that meal and pick up at the kitchen door of the Grafton Senior Center between 11:00 am to 11:15 am on the day it is being served. You must make your reservation by noon at least 2 days in advance (weekend days not included) by calling 508-839-9242. Staff will be on hand to make sure your meal will be available when you arrive at the Senior Center for pickup.

The monthly menu is listed in each newsletter. Don't miss out on your favorite lunch meal! Call and make a reservation.

VIRTUAL GENTLE EXERCISE CLASS Tuesdays from 9:30 am—10:15 am



Jessica Melo is now offering a live/rotating exercise class through Zoom. The class will last for 45 minutes. Seniors need to have access to the internet and an email account so login information can be provided. If you are interested in taking the virtual class, please contact the Senior Center at 508-839-9242 and give your email address. Jessica will then send you the link to the class. Classes on cable will still be airing.

FREE MEDICAL VAN RIDES FOR THE MONTH OF MAY 2021

Courtesy of Tufts University

Through a generous grant received from Tufts University, the Senior Center is able to offer free medical van rides for the month of May 2021 for Grafton residents age sixty and older, as well as those disabled of any age.

Thank you Tufts!

NEWS FROM SHINE

What is a Transition Fill at the Pharmacy?

A Transition Refill, also known as a transition fill, is a onetime 30-day supply of a drug that you have been taking and is not covered by your prescription drug plan. Transition fills let you get temporary coverage for drugs that are not on your plan's formulary or that have certain coverage restrictions (such as prior authorization or step therapy).

Transition Fills are not for new prescriptions. You can only get transition fills for drugs you were already taking before switching plans or before your existing plan changed its coverage. All stand-alone Prescription Part D plans and Medicare Advantage Plans that offer drug coverage must provide transition fills in certain circumstances. When you use your transition fill, your plan must send you a written notice within three business days. The notice will tell you that the supply was temporary and that you should either change to a covered drug or file an exemption request with the plan.

Don't Forget You May Qualify for Benefits under the Medicare Savings Program!!!

If you have any questions, please call either the Central Mass SHINE Program office at 508-422-9931; or 1-800-243-4636, then press or say 4; or the Senior Center office at 508-839-9242 to get in touch with a SHINE counselor. You may also email SHINE at info@shinema.org

WE'RE HERE FOR YOU

Remember, the Senior Center office is fully staffed from 8:30 am to 4:30 pm every day, Monday thru Friday. The Municipal Building is open to the public, but offices remain closed. If you have a need (such as food, acquiring a face mask, have a question, or want someone to talk to), we are here for you. Please either call 508-839-9242 or email coa@grafton-ma.gov and someone will get back to you *as soon* as possible.

SLOW THE SPREAD OF COVID-19

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



Wear a cloth face covering in public spaces



Stay at least 6 feet from other people



Frequently wash your hands

BOOK CLUB



Good News!! The Book Club is still reading. They email and have phone conversations discussing the books they have read. The library is once again helping people get the books they need to read for the Book Club. You can request a book by calling 508-839-4649.

The Book Club will be reading the following books in the months ahead:

May—*Highest Duty* by Chelsey Sullenberger

June—*The Book of Lost & Found* by Lucy Foley

If you have any questions about the Book Club, please call June Hanam at 508-839-1220. The Book Club meets on the first Wednesday of the month at 10:30 am. If you need help getting on Zoom, email John Cameron at highkey@hotmail.com.

WANTED

MEALS ON WHEELS DRIVERS

Are you free once a month to volunteer from 10:30 am-12:00 pm? Drivers are needed to drop off meals to homebound elders. It's quite a rewarding experience. You can deliver once a week or once a month. Routes and meals are picked up at the Grafton Senior Center. Mileage reimbursement is available. Please contact Karen Kosiba, Meal Site Manager, for a volunteer application and a CORI form. If you have questions, please call Karen at the Senior Center 508-839-9242.

SENIOR CENTER TRANSPORTATION



The Grafton Senior Center is now offering transportation. Medical appointments will take top priority and only one or two passengers at time will be allowed on the vans. Reservations for transportation **must** be made at least 48 hours in advance (weekend hours are not included). All passengers are required to wear masks at all times and sit in the appropriately marked seats. Drinking and eating on the van is prohibited. If a rider does not adhere to the guidelines, services will be cancelled immediately. As a precautionary measure, the vans will be sanitized after each trip. To avoid handling cash or passes at this time, all in-town van rides will be free of charge thanks to Dr. Tina Theroux and the Friends of Grafton Elders.

SENIORS: CHANGE DIRECTIONS & SHIFT GEARS

Leader: Lydia Bogar



Hello Friends and Neighbors!

We have been so good for so long, following the directions of medical experts and denying ourselves the hugs and humor of grandchildren. As spring bursts forth—purple and yellow blossoms—allergies—outdoor furniture—uncovering the grill—we want to burst forth as well. Savor each step forward. This is a spring like we have never seen before.

The ice cream shops are open so we can reward ourselves for every afternoon of yard clean up. When the temperature gets above 60, we can take out the sandals and reward ourselves with a pedicure. And with or without a haircut, we can proudly wear our Red Sox hats.

Best of all, the free and easy gift of turning off the heat and sleeping with the windows open. Listening to the crickets and the peepers...just a slice of heaven.

We've had too much time to think, and TOO MUCH to think about. With the birds chirping outside your back door, we need to listen to the earth as it wakes up and invites us to a new day. If you need a little help with the birdsongs, go to www.massaudubon.org.

If you have a garden to work in, remember to allow for spring allergies. Some medical people will tell you that all of this mask wearing has softened the blow (ha! ha! ha!) of allergy season. The jury is still out on that.

If you can smell the cocoa mulch in your neighbor's yard, then your nose is working fine.

Those of you without gardens, can slake your thirst for color and fragrance at the Houlden Family Farm. Gaze on those yellow and red peppers. Bag some pickling cukes to add to the brine in the jar in your fridge. Several types of tomatoes will taste nifty in your turkey sandwich tomorrow. Their own salad fixings will be ready in a month or so, and I intend to all but bathe in Peter Rabbit's favorite entrées.

If you have a canoe or kayak, this may be the time to venture into Grafton's waterways. Not sure I am ready to travel the full length of Blackstone into Rhode Island.

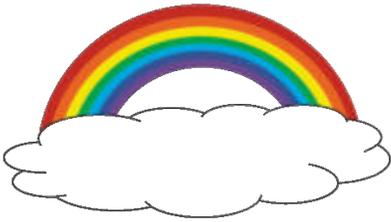
If you are a photographer, it's time to drop in some fresh batteries, wipe off the lens and tour your own neighborhood. Listen to the birds, breathe in some fresh air and say hello to a neighbor or two. But, when you are closer than six feet, please stay masked, we're not out of the woods yet.



**Center Closed
Monday, May 31st
Memorial Day**



The Friends of Grafton Elders and the Senior Center thank Dr. Tina Theroux for her kindness, support and generosity she has been providing the Senior Center. It is so very much appreciated.



Spring



N G V S L C T J E D F P Z O R L B
 E T O I P H R A S B I J E D M V G
 L Z R M T A O C N I A R G T Y Q N
 I P E J S N Y K F W H S L A I F I
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|---------|----------|----------|
| APRIL | BASEBALL | BREAK |
| BREEZE | CLEANING | CLOUDS |
| JACKET | KITE | MARCH |
| MAY | PICNIC | PUDDLES |
| RAINBOW | RAINCOAT | SEASON |
| SHOWERS | SPRING | SUNSHINE |
| THAW | UMBRELLA | WINDY |



Did You Know This About the Month of May?

- The month May was named for Maia, the Greek goddess of fertility.
- The Empire State Building opened on May 1, 1931.
- Rhode Island became the 13th state on May 29, 1790.
- May is National Stroke Awareness Month.
- Cinco de Mayo is celebrated every May 5th.
- Mother's Day is celebrated the second Sunday of the month.

The Friends of Grafton Elders are the fund-raising arm of the Grafton Senior Center. This organization helps support our seniors. Membership is \$10.00 per year and open to all ages including young and old alike. Please support this organization and forward any type of donation to: Friends of Grafton Elders, PO Box 186, Grafton, MA 01519 or the Grafton Senior Center, 30 Providence Road, Grafton, MA 01519. Please make checks payable to the Friends of Grafton Elders. Thank you!



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FRIENDS OF THE GRAFTON ELDERS

Welcome spring and the chance to look forward to some outdoor activities with friends and family. Those who are fully vaccinated should still take precautions and wear facemasks in public.

This has been a very long year, but the weather is looking good and daffodils are everywhere.

At the April FOG E board meeting we rediscussed the annual meeting, and we have decided to forgo that this year. We will continue on as before.

If you or anyone you know would like to volunteer or serve on the FOG E board, please contact us at foge518@gmail.com. The board meets once a month except in the summer and December. Meetings usually last one hour.

FOGE will continue to provide free Grab ‘N Go lunches for seniors who can make their reservation as usual. FOG E will also be providing extra food as we capitalize on sales and gift certificates from the various grocery stores. We especially thank Stop & Shop, Goretis and Market 32

FOGE also wants to thank all of you who have sent in donations over the past several months. We did not send out dues notices this year, but many of you sent money anyway which was so greatly appreciated. If you would like to make a donation to the Friends of Grafton Elders, you can either drop it off at the Grafton Senior Center or mail it to The Friends of Grafton Elders at PO Box 186, Grafton, MA 01519.

The Grafton Food Bank is planning an event in June to honor Nancy Hazen. Nancy was a tireless worker/volunteer for the Town of Grafton. We will keep you posted as to where and when the event will be taking place.

Stay active, wear your mask, and we will get together soon!

Marsha Platt
Friends of Grafton Elders President



SENIOR EXERCISE CLASSES

Due to the Senior Center being closed to the public, senior exercise classes are now airing on cable channels 191 Charter and 34 Verizon. The classes will air every day and new versions will be periodically added.

The schedule is as follows:

- ◆ 10:30 am—Balance & Fall Prevention class with Jessica
- ◆ 11:30 am—ZUMBA with Martha
- ◆ 12:30 pm—Stretch & Strength class with Jessica
- ◆ 2:00 pm—Line Dancing with Mary

Tune in and give it a try!

ELDERCARE 2021

**A VIRTUAL BROADCAST EVENT
PREMIERING MAY 3, 2021**

Presented by: Central Massachusetts Agency on Aging, Inc. & Sheriff Lew Evangelidis, Worcester County Sheriff’s Office

Airing on Tuesdays at 3:30 pm & 7:30 pm
Public Channels Charter 191 & Verizon 34

Also airing on the CMAA Youtube Page (type “CMAA SeniorConnection” in the search & click on the CMAA logo) 

Watch different presentations including:

10 Truths & Myths About COVID-19 for Seniors, Safe Guarding Seniors, Elder Law, The State of Older Adults in Central Massachusetts, The Pros and Cons of CBD Use for Seniors, and Mental Health for Seniors

**FUEL ASSISTANCE 2020-2021
Extended to May 28th**



This program helps to defray the cost of winter heating bills between Nov. 1, 2020 and April 30, 2021, and has been extended to May 28th. The program may also allow for discounts on electrical and telephone bills. The Grafton Senior Center is the intake site for Grafton senior (60+) and disabled residents under the administration of SMOC (South Middlesex Opportunity Council). Call Lisa Kelley at the Grafton Senior Center 508-839-9242 to request an instruction checklist and to make a free confidential appointment. Income limits are:

<u>Household Size</u>	<u>Income Limit</u>
1	\$39,105
2	\$51,137
3	\$63,169
4	\$75,201

There is still time to receive help. Please don’t wait until you are out of oil. Call 508-839-9242 now.



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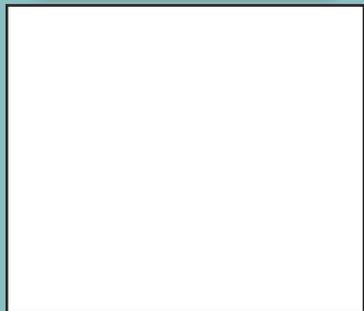



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 Annette McCarthy, Peter Shay
 Nina Whiting, Ann Allia

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Barbara Connelly, Director
 Nancy Malone, Office Manager
 Lisa Kelley, Outreach Worker
 Bryan Dudley, Transportation Coordinator
 Maureen Turcotte, PT Van Driver
 Michael DiVitto, PT Van Driver
 Michele Malkasian, PT Activities Coordinator
 Lori Brady, PT Cook
 Karen Kosiba, Meal Site Manager

**TOWN OF GRAFTON
 GRAFTON SENIOR CENTER
 30 PROVIDENCE ROAD**

