

GRAFTON SENIOR GAZETTE

Grafton Council on Aging / Senior Center



30 Providence Road • Grafton, MA 01519
Phone: 508-839-9242 FAX: 508-839-4125



January 2022
Vol. 20 Issue 1

“Linking Needs with Resources”

Holiday Gift Card Drive Thank You!

Once again, COVID didn't dampen our Holiday Spirit!!! This year, instead of the Grafton Senior Center Holiday Giving Tree, the Senior Center requested gift cards as gifts for our seniors. The response from the community was overwhelming. Many gift cards were received and distributed to seniors in the Grafton community who could use some Holiday cheer.

By participating in this drive, not only did you help Grafton seniors—your friends and neighbors, but you helped local businesses too!

The Grafton Senior Center thanks Unibank, Friends of Grafton Elders, St. James Outreach, and everyone who helped make the Holiday Gift Card Drive a huge success and gave donations to the Senior Center. The generosity of many made the Holidays brighter for so many Grafton seniors. Also, a huge “Thank You” to Nina Whiting and the Senior Center crafters who worked hard selling crafts at Grafton Celebrates the Holidays to help support activities at the Senior Center. Your charitableness is overwhelming. Grafton is truly a wonderful community in which to live and be part of. Thank you!



TONE & STRETCH CLASS Mondays at 9:30 am



Our very own Activities Coordinator, Michele Malkasian is teaching the new Tone & Stretch class at the Senior Center on Mondays at 9:30 am. It's never too late or too early to strengthen, tone, and elongate your body! Bring your yoga mat, a water bottle and be ready to have FUN and increase your physical fitness. There will be stretching, the use of light weights, and cardio for life.

BINGO & SPELLING BEE

Many have inquired about when the Senior Center will start to have BINGO and if we will have our February Spelling Bee. To err on the side of caution, we will assess the COVID and all the variants situation in January, and make a decision if we should host these activities in February...Stay tuned!

AARP TAX PREPARATION FOR SENIORS 60 AND OVER BY APPOINTMENTS—FRIDAYS STARTING FEBRUARY 2nd

This year, AARP Foundation is again providing free tax preparation and e-filing for taxpayers with low to moderate income through the AARP Foundation Tax-Aid program. AARP Tax-Aid is the nation's largest free tax assistance and preparation service. You do not need to be a member of AARP or a retiree to use this free service. Taxpayers are encouraged to have the following documents when they arrive at the Senior Center to get their returns completed:

- **Photo ID**
- **Social Security Cards for all dependents on tax return**
- **Birth Dates for anyone on tax return**
- **Voided Check from Bank if Direct Deposit**
- **Support for Child Care Expenses**
- **Real Estate Tax Bills**
- **Water & Sewer Bills**
- **Health Insurance Coverage Information for Taxpayer, Spouse, and all Dependents**
- **Seniors with Full-Year Enrollment in Medicare Need Only to bring their SSA-1099 with them**
- **All other income related documents**
- **Last Year's Tax Return**

Please call the Senior Center at 508-839-9242 to schedule an appointment and to receive an intake form.

FLOWER ARRANGING Wednesday, February 9th @ 9:00 am

Denise Worden, owner of Sweetbriar Florist will be at the Senior Center to help create a beautiful Valentine's Day arrangement.

The cost is \$10.00/pp. The Senior Center will be paying the additional \$5.00/pp. Space will be limited, so be sure to sign-up early at 508-839-9242.

SENIOR CENTER GUIDELINES

While at the Senior Center face masks **must be worn** at all times when inside the building whether vaccinated or not.

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, January 3rd..... Braised Beef
- Tuesday, January 4th..... Hot Dog
- Wednesday, January 5th.... Stuffed Pepper Casserole
- Thursday, January 6th Ranch Chicken
- Friday, January 7th Ham Salad
- Monday, January 10th Chicken Pesto
- Tuesday, January 11th... Burger w/Chili & Cheese
- Wednesday, January 12th Roast Pork Loin w/Gravy
- Thursday, January 13th American Chop Suey
- Friday, January 14th Breaded Fish Patty
- Monday, January 17th Center Closed
- Tuesday, January 18th Greek Chicken
- Wednesday, January 19th..... Meatloaf w/Gravy
- Thursday, January 20th Turkey w/Supreme Sauce
- Friday, January 21st Shepherd's Pie
- Monday, January 24th Teriyaki Beef
- Tuesday, January 25th Vegetable Cheese Bake
- Wednesday, January 26th..... Chicken Milano
- Thursday, January 27th .. Salisbury Steak w/Gravy
- Friday, January 28th Potato Crunch Fish
- Monday, January 31st..... Chicken Picatta

CENTER PROGRAMS

BLOOD PRESSURE CLINIC—Thursdays at 11:00 and the last Thursday of the month 10:00 am

BREATHING & HEALING CHAIR YOGA—Tuesdays at 9:00 am and Fridays at 10:00 am—Free for Grafton Seniors thanks to FOGE.

CONGRESSPERSON OFFICE HOURS—Vary

COUNCIL ON AGING—Meets 2nd Thursday of every month at 1:00 pm except Aug. and Dec. unless otherwise posted

CRAFTS—Wednesdays at 9:00 am when something is scheduled

DAY TRIPS/EXTENDED TRIPS Vary - See Newsletter for info- Brochure rack in Senior Center

DUPLICATE BRIDGE—Thursdays 9:00 am

FALL PREVENTION EXERCISE—Mondays and Wednesdays 10:30 am—Free for Grafton seniors

FUEL ASSISTANCE—See Lisa Kelley for appt.

GENTLE CHAIR BARRE EXERCISE—Every Thursday at 12:00 pm

HOOKED ON BOOKS CLUB—First Wed. of the Month - 10:30 am – noon

JOG YOUR NOGGIN—Spirited conversation with Lisa every Wednesday at 10:45 am- Unless otherwise noted on calendar.

LUNCH—Mon- Fri 11:45 am \$2.50 suggested donation – Call two business days prior by 10:30 am

MAHJONG (Chinese Form)—Mondays at 9:30 am

Medical Equipment Loan Closet—walkers, wheelchairs, canes, etc.—just ask!

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.

SOCIAL KNITTING—Mondays 10:00 am

SNAP (Supplemental Food Assistance Program)—See Lisa Kelley for appointment.

Tax Work Off Program—Call Barb Connelly for more info.

tone & STRETCH EXERCISE—Mondays at 9:30 am

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—Thursdays at 1:00 pm

ZUMBA—Wednesdays at 8:45 am—FOGE sponsored

SENATOR MOORE'S OFFICE HOURS

Senator Michael Moore, or his representative, will hold office hours at the Grafton Senior Center on Wednesday, January 19th from 11:00 am—12:00 pm. Please feel free to stop by with your questions, compliments, or concerns.

PINOCHLE & EUCHRE CARD GAMES



Wednesdays at 2:00 pm in the Senior Center Bolack Room.

How to request a copy of your COVID19 vaccination record:

The MA Dept. of Public Health's website has instructions on how to request a copy of your COVID 19 vaccination record. Specific telephone numbers are included in the following link and is dependent upon where you were vaccinated. Please visit:

<https://www.mass.gov/info-details/requesting-a-copy-of-your-covid-19vaccination-record>

If the above option doesn't work for you, you can complete an **Immunization Record Request Form** (available at the Senior Center office) that goes directly to the state Department of Public Health. You will receive a complete history of all vaccines you have received, not just the COVID-19 vaccine. This process may take up to 2 weeks. Please note that you will receive a paper record. You will not receive a COVID-19 vaccine card.



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 much appreciated. The Senior Center also thanks Dr. Theroux for donating 20 Thanksgiving food bags with goodies for some Grafton Seniors to have a wonderful Holiday meal.

Remember it is very important to scan in at the MySeniorCenter kiosk when you arrive at the Senior Center!



CONGREGATE LUNCH MEALS THRU ELDER NUTRITION

The Congregate meals will be served to you at your table at 11:45 am. Congregate meals must be eaten at your table inside the Senior Center and are not to be taken outside.

You must make your reservation by noon at least 2 days in advance (weekend days not included) by calling 508-839-9242.

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



CENTER CLOSED MONDAY, JAN. 17th FOR MARTIN LUTHER KING, JR. DAY



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.

NEWS FROM SHINE January/February 2022

What if I missed the Medicare Open Enrollment Period? Can I still make a change to my 2022 coverage?

People who are currently enrolled in a Medicare Advantage (MA) plan have until March 31st to switch to another MA plan or to Original Medicare with or without a stand-alone prescription drug plan (Part D) during the Medicare Advantage Open Enrollment Period (MA OEP).

The MA OEP occurs each year from January 1 through March 31, and it is only available to people who are enrolled in a Medicare Advantage plan. One change can be made during this period, which will take effect the first of the month following the month you enroll. For example, if you switch to a new Medicare Advantage Plan in February, your new coverage begins March 1st.

Changes that can be made during this period include switching to:
A different MA plan with drug coverage; A different MA plan without drug coverage; Original Medicare and a Part D plan; or Original Medicare without a Part D plan.

This is an opportunity to make a change if you find your coverage is not working for you; for example, one of your doctors no longer accepts your plan.

Other news:

- For those with Prescription Advantage or "Extra Help"; these programs help with paying for your prescription drugs. They also offer a Special Enrollment Period allowing you to change your prescription drug plan if needed, outside of Open Enrollment.
 - Those with Prescription Advantage can do this only once a year.
 - Those with "Extra Help" can change once each quarter.
- The Massachusetts Medicare Saving Program pays your monthly Part B premium that is deducted from your Social Security income. The 2022 monthly Part B premium will be \$170.10. You will also be eligible for Extra Help from Social Security mentioned above to help pay your prescription drug costs.

For information and assistance with enrolling in a Medicare Advantage, Medigap, or a Prescription Drug plan, contact SHINE (Serving Health Information Needs of Everyone) at 1-800-243-4636, or the Senior Center office at 508-839-9242 to get in touch with a SHINE counselor.

REMINDER—VAN POLICIES

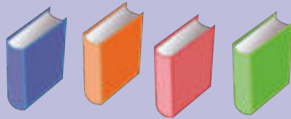
When there is no school in Grafton, there is **NO** van service provided by the Senior Center.

If school is delayed, van service is delayed the same amount of time. For example: If there is a 2 hour school delay, van service will be delayed 2 hours from 8:30 am, the start time of the Senior Center. If in doubt about service availability, please call the Senior Center office.

Also, please remember that our van drivers are on a strict schedule. Therefore, please adhere to the schedule. If your transportation plans change, please call the office as soon as possible in order to prevent unnecessary trips or delays.

Thank you.

BOOK CLUB



Good News!! The Book Club is still reading. They meet in person, 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:

January—*The Guest List* by Lucy Foley

February—*Half of a Yellow Sun* by Chimamanda Aldchie

March—*The Vanishing Heart* by Brit Bennett

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.

BREATHING & HEALING CHAIR YOGA CLASSES

Tuesdays at 9:00 am & Fridays at 10:00 am
Every Tuesday & Friday morning, Lindsey Centrella will guide you into mindful postures and breathing exercises that will promote strength of body and mind, as well as provide relaxation that will sustain you throughout the rest of your day. Chairs will be available, but feel free to bring your own mat if you wish.



FUEL ASSISTANCE 2021-2022 UPCOMING RE-CERTIFICATIONS

If you were approved for Fuel Assistance last year, you should have received a pre-printed application form in August directly from SMOC (South Middlesex Opportunity Council) for the upcoming heating season. To avoid delays in receiving your benefit, forms should be completed and returned as soon as possible. If you have any questions about your Re-Certification, or if you didn't receive one, please call SMOC directly at 508-872-4853. If you are a Grafton senior (over the age of 60) and would like to apply for Fuel Assistance (SMOC), please call Lisa Kelley at 508-839-9242.



SENIORS: CHANGE DIRECTIONS & SHIFT GEARS

Leader: Lydia Bogar

Don't turn that page on your calendar quite yet. Take a few minutes to reflect on the people and events that populated those weeks/months. WOW!! Yes, it was quite a year.

Birthdays and anniversaries. Medical appointments and social gatherings. Exercise and housekeeping. Sometime, birthdays and anniversaries of friends and family that we lost.

Medical appointments, long postponed that weren't pleasant, and sore arms for which we patiently waited.

Meeting old friends and neighbors in the cereal aisle or at the recycling center. Remember how much town business was accomplished at the dump on Saturdays?

Exercising your responsibility to vote and maybe watching a televised public meeting. Walking through your neighborhood, absorbing some sunshine, and keeping those legs/knees/his moving.

Purging the closets that you purged in March of 2020. Yup. We still have too much stuff.

We've had a remarkable year, and that's without commenting on any historical or cultural events.

Cancer stole my best friend; because of COVID restrictions, I was unable to grieve with her family. However, nothing prohibits me from putting black licorice on her stone on Halloween, or sea shells amidst bulbs planted in anticipation of another spring.

Resilience comes in greeting cards, and old postcards mailed to old friends. Yarmouth, MA 1963 to a childhood friend in California; we tell stories about our cranky grandparents. And laugh because we are grandparents now.

Blessings to all!

BREATHE TO REDUCE STRESS



Deep breathing, which uses the diaphragm rather than chest muscles, pulls in needed oxygen. To practice it, sit straight in a comfortable chair with feet flat on the floor or lie down flat...close your eyes, and place one hand on your stomach...breathe deeply through your nose, into the back of your throat and down to your belly, letting your chest expand...let your abdomen slowly deflate as you breathe out...repeat several times, increasing the amount of time for inhalation and relaxation...direct your breath into your upper back, letting your ribs spread and relax with each breath in and out...don't force it—let your breath flow naturally.

HealthLetter.MayoClinic.com

GIGGLES

Three friends from a local congregation were asked, "When you are in your casket, and friends and congregation members are mourning over you, what would you like them to say?"

Artie said, "I would like them to say I was a wonderful husband, fine spiritual leader, and a great family man."

Eugene commented, "I would like them to say I was a wonderful teacher and servant of God who made a huge difference in people's lives."

Al said, "I'd like them to say. "Look, he's moving!"



January

2022



Monday	Tuesday	Wednesday	Thursday	Friday
3 9:30 Mahjong 9:30 Tone & Stretch Class 10:00 Social Knitting 10:30 Fall Prevention 11:45 Lunch 1:00 Pitch	4 9:00 Chair Yoga 9:30 Scrabble 10:30 Senior Exercise 11:45 Lunch 1:00 Pitch 1:00 Ceramics	5 8:45 ZUMBA 10:30 Fall Prevention 10:30 Book Club 10:45 Jog Your Noggin 11:45 Lunch 1:00 Rummikub	6 10:30 Senior Exercise 11:00 Blood Pressure 11:45 Lunch 12:00 Gentle Chair Barre 1:00 Yahtzee	7 10:00 Breathing & Healing Chair Yoga 10:00 Independ. Painting 11:30 Lunch 1:00 Writer's Group 2:00 Watercoloring
10 9:30 Mahjong 9:30 Tone & Stretch Class 10:00 Social Knitting 10:30 Fall Prevention 11:45 Lunch 1:00 Pitch	11 9:00 Chair Yoga 9:30 Scrabble 10:30 Senior Exercise 11:45 Lunch 1:00 Pitch 1:00 Ceramics	12 8:45 ZUMBA 10:30 Fall Prevention 10:45 Jog Your Noggin 11:45 Lunch 1:00 Rummikub	13 10:30 Senior Exercise 11:00 Blood Pressure 11:45 Lunch 12:00 Gentle Chair Barre 1:00 Yahtzee 1:00 COA Meeting	14 10:00 Breathing & Healing Chair Yoga 10:00 Independ. Painting 11:30 Lunch 2:00 Watercoloring
17 <i>Center Closed</i> 	18 SHOPPING—Walmart 9:00 Chair Yoga 9:30 Scrabble 10:00 Social Knitting 10:30 Senior Exercise 11:45 Lunch 1:00 Pitch 1:00 Ceramics	19 8:45 ZUMBA 10:30 Fall Prevention 10:45 Jog Your Noggin 11:00 Senator Moore Office Hours 11:45 Lunch 1:00 Rummikub	20 10:30 Senior Exercise 11:00 Blood Pressure 11:45 Lunch 12:00 Gentle Chair Barre 1:00 Yahtzee	21 10:00 Breathing & Healing Chair Yoga 10:00 Independ. Painting 11:45 Lunch 1:00 Writer's Group 2:00 Watercoloring
24 9:30 Mahjong 9:30 Tone & Stretch Class 10:00 Legal Clinic 10:00 Social Knitting 10:30 Fall Prevention 11:45 Lunch 1:00 Pitch	25 9:00 Chair Yoga 9:30 Scrabble 10:30 Senior Exercise 11:45 Lunch 1:00 Pitch 1:00 Ceramics	26 8:45 ZUMBA 10:30 Fall Prevention 10:45 Jog Your Noggin 11:45 Lunch 1:00 Rummikub	27 10:30 Senior Exercise 11:00 Blood Pressure 11:45 Lunch 12:00 Gentle Chair Barre 1:00 Yahtzee	28 10:00 Breathing & Healing Chair Yoga 10:00 Independ. Painting 11:45 Lunch 2:00 Watercoloring

JANUARY "JUST FOR FUN" DAYS

- ◆ January 1: Z Day (On this day, those whose last name begins with "Z" get to go first instead of last.)
- ◆ January 3: National Chocolate-Covered Cherry Day
- ◆ January 6: National Bean Day
- ◆ January 8: Elvis Presley's Birthday
- ◆ January 10: National Houseplant Appreciation Day
- ◆ January 14: National Dress Up Your Pet Day
- ◆ January 20: National Penguin Day
- ◆ January 22: National Blonde Brownie Day
- ◆ January 29: National Puzzle Day



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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The RMV designated Wednesdays at 27 RMV Service Centers (including Milford and Worcester) to serve customers age 65 and older. These service centers are dedicated to processing all Registry transactions for older customers. A reservation is required. Providing older adults with a designated RMV service center every Wednesday results in a safe space for customers to visit.

Select "Senior Hours—All Transactions" option on the "Make/Cancel a Reservation" at www.Mass.Gov/RMV to view availability at one of the 27 locations or call 857-368-8005.

FRIENDS OF THE GRAFTON ELDERS

Hello all and Happy New Year!

As we enter this new phase of the pandemic, I urge all of you to follow the CDC guidelines. Don't forget to wash your hands also.

The FOGE board will be meeting Wednesday, January 12th at 6:30 pm in the Grafton Public Library Community Room. All are welcome to attend. (Vaccination and mask required.)

The Board will be discussing plans for 2022. We will be mailing out dues notices and a general solicitation for Grafton businesses. How much public activities can be scheduled still remains uncertain.

I do call your attention to our social media exposure. FOGE does have a Facebook page, Friends of Grafton Elders, and we do have a website, foge518.wixsite.com/foge. Unfortunately, this site is in need of a "mother/father". It does have the possibility of a calendar and photos being posted, just needs a nurturer!

Please remember that many exercise classes are ongoing; Yoga, Zumba, Fall Prevention, and others are scheduled as described in the Gazette. Our instructors are doing a wonderful job keeping us all "in shape" and active.

Stay safe, healthy, and warm!

Marsha Platt, Friends of Grafton Elders President



JANUARY

SHOPPING TRIPS

Here is a wonderful opportunity to get out and about to do your shopping. This month we will be traveling by our van to the following location:

Tues., January 18th—Walmart



Please call the Senior Center to sign up as there is limited seating on the bus. Sorry, Grafton residents only.

FREE MEDICAL VAN RIDES FOR THE MONTH OF JANUARY 2022 *Courtesy of the Grafton Community Nursing Assoc.*

Through the generosity of the Grafton Nursing Association, the Senior Center is able to offer free medical van rides for the month of January 2022 for Grafton residents age sixty and older, as well as those disabled of any age.

Thank you Grafton Nursing Association!

Gentle Cardio Chair Barre Thursdays at 12:00 pm



Cystal Lee is teaching gentle fun Cardio Barre. Cardio Barre is created based on ballet movements, cardio fitness, and core focused. It's full body strengthening and toning, core focused and conditioning, plus some awesome music. All are welcome to attend. No prior experience is needed.

PODIATRY



DR. MICHAEL J. BIANCAMANO, D.P.M.

Dr. B. will be offering podiatry services on:
Wednesday, February 2nd—1:00 pm

Please call the Senior Center at 508-839-9242 to book your appointment. You will need to bring all of your insurance cards and a list of medications you currently take.

PROPERTY TAX RELIEF

Property tax relief is available to some seniors (65+), blind persons, disabled veterans, and active duty service members. Please contact the Assessor's office to find out if you qualify.

PROPERTY TAX WORK-OFF APPLICATIONS ARE AVAILABLE AT THE SENIOR CENTER FOR FY23—This program allows qualified applicants to work-off up to 125 hours in property taxes a year. The new program starts November 1st, 2021 and runs through October 2022.

BLOOD PRESSURE CLINIC

Blood pressure clinics are being offered at the Senior Center. The clinics will be held on Thursdays from 11:00 am–12:00 pm, with the exception of the last Thursday of the month where the clinic will run from 10:00 am–11:30 am.



If you have a couple hours to spare or know of someone who would like to volunteer once or twice a month from 11:00 am to 12:00 pm to take blood pressures, please call the Senior Center Office at 508-839-9242.

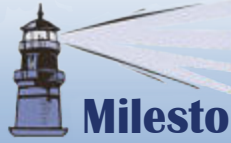
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Maureen Turcotte, PT Van Driver
Michael DiVitto, PT Van Driver
Michele Malkasian, PT Activities Coordinator
Lori Brady, PT Cook
Karen Kosiba, Meal Site Manager

TOWN OF GRAFTON
GRAFTON SENIOR CENTER
30 PROVIDENCE ROAD

