



1st Anniversary

Edition

FRANKLIN LIFE

February 2024

A Community Publication

Vol 1 1st Edition



FEBRUARY IS HEART MONTH

A New Military Veterans Group Forming in Franklin

Steve Novosad a long-time resident of Franklin is a retired US Navy submariner, MM1/IT1/SS. He has taken notice that it has been years since Franklin has had a group for military vets. As a result, he has decided to start a NEW group. This group will be a social group. A place where fellow vets can find comradery, share stories, hang out, play games, and just connect in a casual way. The group will be utilizing the senior center for its meeting space. "It has everything we need to create a veteran group community space. The center has a pool table, card table, corn hole, grill, TVs for video games and movies," said Novosad. This group will be open to any veteran of any age, branch. including active duty, reservist, and retired that are from Franklin and surrounding towns. If you are interested in being part of this group or would like more information, Please email vetsgroupfranklinct@gmail.com, or call the Senior center at 860-642-3936



Steve Novosad and family at retirement ceremony in 2004

THE TOWN FOOD BANK HAS A NEW HOME.

The food bank is now conveniently located at the Sr. Center. This service is available to ANY Franklin resident in need, Stop by on any Tuesday 9-4. or by appointment on other days. Please call 860-642-3936 with any questions. If you would like to donate non perishable items please call the center for a list of needed items.



1st Selectman's Report



Mother nature continues to remind us that it is winter in New England and keeping the The public works department busy with washouts, plugged drains and icy roads. Some erosion problems will need to wait for better weather to be adequately repaired.

Update on 5 Tyler Drive– Town Complex, JCC Library, FFD, Sr Center,

Quotes to bring water from the new well are being evaluated.

Quotes for sofit repairs are currently being accepted

Around Town

Town Residents can get up to 2 (two) 5 Gallon pails worth of sand at the town garage Mon-Friday 7:00am– 3:00pm

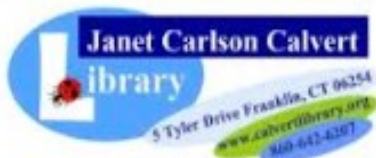
Please remember there is a WINTER PARKING BAND on town roads during inclement weather

You may reach out to me at (860)886-3114 or firstselectman@franklinct.com.

If you see something say something. Travel Safely, Alden.

America 250 | FRANKLIN Commission

This new commission be holding its 1st meeting on Saturday Feb 17, at 1:00 pm at the JCC Library. This meeting we will be building framework on what /how our community will be participating in this important anniversary. Anyone who is interested in being part of Franklin's commission please plan on attending the meeting and/or call Matt at 860-917-1618



FEBRUARY 2024 HAPPENINGS

LIBRARY HOURS
Tuesdays & Wednesdays 9AM - 5PM
Thursdays 9AM - 7 PM
Saturdays 9AM - 1PM

DROP IN WEEKLY KIDS PROGRAMS - ALL PROGRAMS START @ 10:00AM
 Wednesdays - Music in Motion for Toddlers (Ages 2-5), Move & Sing with us!
Thursdays - Story Time & Craft (Ages 2-6). A bit of story, craft, and play!

★ **Feb 2024 Reading Challenge Key Words: Please, Might, Return, Shy, Vanish, Book, Ash, Come** ★



**PSYCHIC MEDIUM TRACY ANN
THURSDAY, FEB 1ST @ 6:00PM**

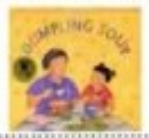
Tracy Ann will share messages from your loved ones, all guided by love.
This event is being offered at limited attendance. You must call the library to see if there is still space available if you have not already registered.

**NATIONAL TAKE YOUR CHILD TO THE LIBRARY DAY
SATURDAY, FEBRUARY 3RD: 9:00AM - 1:00PM**

Treat your kids to a visit to the library! Explore your favorite topic or find a new one! Share memories of books you love to read. Do a craft with us! **Try our NEW interactive kids computer!**

**LET'S READ TOGETHER! SPECIAL STORY TIME
THURSDAY, FEBRUARY 8TH @ 10:00AM**

Let's read together! We will have multiple copies of "Dumpling Soup" that each child can hold to immerse themselves even more into the story with us. Stay for a themed craft after the story!



**PAGE TURNERS FICTION BOOK CLUB
THURSDAY, FEBRUARY 8TH @ 6:00PM**

This month, we are discussing "The Reading List" by Sara Nisha Adams. Stop by to pick up your copy or borrow for free on Hoopla! Stick around for a Friends of the Library meeting at 7:00PM!

**LUNAR NEW YEAR CRAFT
SATURDAY, FEBRUARY 10TH FROM 10:00AM-12:00PM**

Celebrate the Lunar New Year making a Lucky Braided Bracelet!

BABY RHYME TIME

TUESDAY, FEBRUARY 13TH @ 10:00AM

Easy songs, stories, games, and playtime for little ones aged 0-2

ALL THINGS CULINARY CLUB

THURSDAY, FEBRUARY 15TH @ 6:00PM



Chinese food: You love the take-out, learn how to make it yourself! Our culinary club will be sharing our favorite recipes from "Easy Chinese Cookbook: Restaurant Favorites Made Simple" by Chris Toy. Grab a copy and make your favorite to share!

**BREAKFAST BOOK CLUB
WEDNESDAY, FEBRUARY 28TH @ 9:30AM**

Our non-fiction book club! We are discussing "The 15:17 to Paris: The True Story of a Terrorist, a Train, and Three American Heroes" by Anthony Sadler. Stop by to pick up your copy!



**NO SHELF CONTROL BOOK CLUB
THURSDAY, FEBRUARY 29TH @ 5:00PM**

Are you a 20/30 year old that likes to read? Do you like snacks and good conversation? We have the book club for you! Check out our website and Facebook page for the book choice and updates.

Inclement weather: We mirror Franklin Elementary School's decisions for delays and closings

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

NOTICE: THE FOLLOWING TOWN BOARDS

HAVE OPENINGS

If you are interested in joining one or more of these boards please contact the numbers listed below

Commission on Aging—Quarterly Meetings Contact 860-642-3936

Ashbel Woodward Museum—Quarterly Meetings- 860-642-1988

Memorial Day— 860-642-7352 1st Selectman

MUSEUM VO:LUNTEERS NEEDED

THE ASHBEL WOODWARD MUSEUM IS LOOKING FOR SOME HISTORY LOVING VOLUNTEERS TO ASSIST AT AN UPCOMING EVENT ON 4/06 AND 4/13.



A MANDATORY TRAINING SESSION WILL TAKE PLACE ON 02/11/2024 AT 2:00 PM. NO EXPERIENCE NECESSARY! THIS IS A GREAT WAY TO GET TO KNOW THE MUSEUM. FOR MORE INFORMATION PLEASE CONTACT US VIA MESSENGER, TEXT, EMAIL OR PHONE ASHBELWOODWARDMUSEUM@GMAIL.COM, 860-917-0520

TOWN MEETING SCHEDULE

Sun	Mon	Tue	Wed	1	2	3
28	29	30	31			
4	5	6	7	8	9	10
		Inland Wetlands & Watercourses - CANCELLED!! 7:30pm to 10:00pm	Recreation Commission 7:30pm to 10:00pm			
11	12	13	14	15	16	17
		Board of Finance 7:00pm to 10:00pm	Commission on Aging - Senior Center 2:00pm to 4:00pm WPCA 6:15pm to 10:00pm Board of Selectmen 6:30pm to 10:00pm Board of Education 7:00pm to 10:00pm	Agriculture & Conservation 7:30pm to 10:00pm		
18	19	20	21	22	23	24
		Planning & Zoning 7:30pm to 10:00pm		Janet Carlson Calvert Library 7:00pm to 10:00pm		
25	26	27	28			
		Zoning Board of Appeals. ONLY AS NEEDED. Call 860.642.7352 Ext-8 to confirm 7:30pm to 10:00pm	Board of Selectmen 6:30pm to 10:00pm Board of Education 7:00pm to 10:00pm			

Town Clerk will be out of the office from **1/30/2024 to 2/6/2024**. Vault will be **CLOSED**. Town Clerk's office **IS OPEN** for searching from Public Computer. Please see First Selectman's Admin across the hall if you need assistance and to pay for copies. If you need a Birth Certificate (from Yr-2004 through current) OR Death Certificate (from Yr-2021 through current) You can go to the Town of Sprague (70W Main St., Baltic, CT) and see Jen the Town Clerk. She can print out such documents. Please feel free to call Jen @ 860.822.3000 Ext 220. Sorry for any inconvenience, Lynda Feder Craney, Franklin Town Clerk.

Need help with your home heating bills?



TVCCA ENERGY ASSISTANCE PROGRAM MAY BE ABLE TO HELP YOU!



NO MATTER WHAT YOUR PRIMARY HEATING SOURCE IS -- TVCCA MAY BE ABLE TO HELP!

(Oil, Kerosene, Propane, Wood, Wood Pellets, Coal Electric, or Natural Gas)

ALL HOUSEHOLD MEMBERS MUST PROVIDE:

- Social Security Number and date of birth (birth certificates are not necessary)
- Proof of ALL gross income for the 4 weeks prior to your appointment time
 - Paystubs
 - Unemployment history printout
 - Child Support, Alimony
 - Pension, Social Security
- Most recent rent receipt or mortgage statement
- Most recent complete utility bill
- If you heat with a deliverable fuel, please provide the name of your fuel vendor

If your heat is included in your rent, you may qualify for Energy Assistance!

2023-2024 ENERGY ASSISTANCE INCOME GUIDELINES:

Household of 1: \$41,553 | Household of 2: \$54,338
Household of 3: \$67,124 | Household of 4: \$79,910



TVCCA Energy Intake Sites:

LOCAL OBITUARIES

MARGARET S. AYER JUNE 7, 1926–JANUARY 29, 2024

Margaret S. “Peggy” Ayer died January 29, 2024, at age 97. Born in Portland, Maine, June 7, 1926, she was raised in Belmont, Massachusetts. Having graduated from Mount Holyoke College, in South Hadley, Massachusetts, in 1947, she met John B. “Jack” Ayer of Franklin when she was working for the Red Cross in New Haven, Connecticut, and he was a graduate student at Yale University. They married in September 1950 and settled on the Ayer family dairy farm (est. 1665) in Franklin. They subsequently had six children, from 1951 to 1962: John, Timothy, Margaret B. (known as Meg), Robert, Sarah, and Alison. They shared the farm with Jack’s brother, Eugene, his wife, Anne, and their children David and Judith.

Peg spent her life helping people. She was a loving older sister to Alice C. Grady, of Massachusetts, and Joy S. Foster, of New Hampshire, and cooperated with them to ensure that her children and their cousins enjoyed time together, including at their beloved Isle of Springs, in Maine. In her work life she was a teacher to schoolchildren, first as a substitute teacher in local elementary schools, then for many years as a kindergarten teacher in Salem. Later she worked for Project LEARN and Operation Child Find and as the Southeastern Connecticut Child Protection Coordinator, in cooperation with Lawrence & Memorial Hospital.

She was even more generous with her time and energy helping others as a volunteer. She was very active in the Franklin Congregational Church, serving as a deacon, singing in the choir, organizing chicken barbecues, and much more. She was a prime mover in the Franklin PTA. She served for years on the Eastern Regional Mental Health Board and spent many hours working as a counselor for CONTACT, the crisis hotline. She was a member of the Franklin Grange, the DAR, and the Franklin Historical Society.

Peg loved music, and her lovely alto voice made her a joyful participant and a vocal mainstay wherever there was singing. She sang in the Lebanon Community Chorus, the St. Patrick’s Cathedral Diocesan Choir in Norwich, and the Eastern Connecticut Symphony Chorus. She even dug out her viola and played in Norwich’s Rose Arts Festival Orchestra one year.

Peg was predeceased by her husband, Jack, her son Timothy, and her daughter Meg. She is survived by her sons John (Silvia) and Rob (Beth) and her daughters Sarah and Alison (Mike Potts), seven grandchildren, five great-grandchildren, nieces and nephews, and numerous cousins of multiple generations.

One measure of a life may be the happy memories of simply spending time with you that others cherish when you’re gone. Another may be the respect in which you’re held for the worthy things you attempted and accomplished in service to your community. Yet another may be the legacy of a love of learning, serving, and caring that you leave in the form of your children, and their children, and beyond. In all these ways, Peg’s was a life eminently well lived.

A celebration of Peg’s life will be held at the Franklin Congregational Church, 31 Meetinghouse Hill Road, Franklin, at 11:00 a.m. on March 16, 2024. All are welcome. In lieu of flowers, the family suggests donations to the Isle of Springs (Maine) Memorial and Recognition Fund or to Mount Holyoke College, designated for the Margaret B. Ayer Scholarship Fund.

FRIENDS OF ASHBEL WOODWARD MUSEUM

\$10.00
SUPPLY
FEE P/P

SEWING WORKSHOP

BEGINNERS ARE WELCOME

Sewing a 18th Century Pocket



FEB 11
3:00PM

During the Revolutionary era, pockets weren't sewn into women's clothing as they are now. Instead, pockets were tied around the waist beneath a woman's gown to conceal important items like keys or money. Learn how to make your own hand-sewn pockets with us.



Please call 860-917-0520 or scan to register

Main Level of the Ashbel Woodward Museum
387 Rt 32 Franklin, CT



2nd Annual
Franklin Fire Department

Antique & Collectible Toy Show Sunday, March 10, 2024

10 a.m. - 3 p.m.
Free Admission!
Early bird admission \$10 at 9 a.m.

Franklin Fire Department 5 Tyler Drive
North Franklin, CT 06254

For more info contact Franklin VFD Events
eventsfvfd@gmail.com



Dealer Space Available \$20 Per Space Proceeds Benefit
Franklin VFD



#OurHearts

track our health stats together

#OurHearts
are healthier together

Heart disease is largely preventable, yet many Americans remain at risk of getting it.

- Make a plan with a friend to get heart healthy and track your progress.
- Remind each other to keep a log of your blood pressure numbers, weight goals, and physical activity, and if you have diabetes, your blood sugars. The log will help you stay on a heart-healthy track.



Are you "loving" Franklin Life?

Since our launch in Feb 2023 we have had an overwhelming positive response! Our readership is expanding with every new edition. We are now offering an email subscription. If you would like Franklin Life delivered right into your email inbox please send a request to

Submissions to FRANKLIN LIFE

must be submitted by the 15th of each month prior to publication. Submissions must be in PDF form and can be emailed to Franklin-lifeCt@gmail.com

CENTER HAPPENINGS

Meatloaf Mashed potatoes, Veggies

Lunch at the center

Tuesday
February
27, 2024
11:30am

Make your reservation today by
Calling 860-303-6121
or scanning



Make your own Sundae or Root Beer Float

February Highlights

HEART HEALTH MONTH

Feb 6 – Sit and be fit chair yoga

Wii Bowling

Feb 13– Valentine Pot Luck,
B.I.N.G.O.

Feb 20 Birthday celebrations, Uncas
health nurses, Stamp Camp

Feb 27 Special Luncheon
Massage Therapy appointments
Talking Trash Presentation

Do You Have doctor's appointments that you need to get to but do not want to bother a busy relative or friend? The Sr. Center can help! We offer Dial a ride services and milage reimbursements for family and friends who do drive you to your appointments. Both programs require an application to be filled out and processed. Caregiver Mileage Reimbursement and Dial - A -Ride Medical Transportation For Individuals in Franklin, who are 60 years of age and older and/or with disabilities. Visit the center website or call 860-642-3936

Stamp Camp

Greeting Card Class
with Lori

February 20, 2024

12:30 -2:00 at the Sr Center

Come and Stamp Stamp Some Smiles! Greeting Card and Gift making have never been THIS fun

All supplies provided

Free Class

Limited to 10

Pre registration is required

Call the center to register

860-642-3936



EYEWITNESS
NEWS 3 CLOSINGS & DELAYS

CENTER CLOSINGS WILL BE LISTED ON WFSB
CHANNEL 3 ONLINE

The center can always use gift cards from Home Depot/Lowes/Ace , JoAnne's, Michaels, Stop and Shop, Big Y. Call the center For more info 860-642-3936

Talking Trash and Recycling FEB 27 1:00 pm

Mark Morgan of Casella Waste Management will be at the Franklin senior center talking about trash and recycling. Casella is the current waste removal contract for Franklin. Anyone is welcome to attend. Drop ins are welcome




ESTABLISHED 1975

CENTER HAPPENINGS

Senior Center
VALENTINE'S DAY
Pat Luck
February 13, 2024
11:30 am

RSVP
By calling or scanning qr code

860-642-3936



B.I.N.G.O.
12:30-1:30
Prizes & Fun!

Bring your favorite dish to share, appetizers, main, side or deserts

Did you know we have a licensed massage therapist at the center every month?

Massage therapy is good for your wellbeing.

Why not give yourself the best gift of self care!

BOOK YOUR APPOINTMENT TODAY

**\$15.00 for 15 min/
\$25.00 for 30 min**

**OPEN to anyone
55+ (no need to be a regular member)**

Call the center and schedule TODAY!



February is Heart Month-Make Heart Health Part of Your Self-Care Routine

Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Simple self-care, such as taking a moment to de-stress, giving yourself time to move more, preparing healthier meals, and not cheating on sleep can all benefit your heart.

And that's a good thing, because heart disease is largely preventable and focusing on improving your heart health has never been more important. Heart disease is a leading cause of death for women and men in the United States, and many Americans remain at risk of getting it, according to the National Heart, Lung, and Blood Institute (NHLBI). People with poor cardiovascular health are also at increased risk of severe illness from COVID-19.

“Studies show self-care routines, such as taking a daily walk and keeping doctor’s appointments, help us keep our blood pressure in the healthy range and reduce our risk of heart disease and stroke,” said David Goff, M.D., NHLBI’s director of cardiovascular sciences.

It may be easier than you think to “put your heart” into your daily routine. Each Sunday, look at your week’s schedule and carve out 30 minutes daily for heart-healthy practices. Take an online yoga class, prepare a heart-healthy recipe, schedule your bedtime to get at least seven hours of sleep, or make a medication checklist. Then seek out support from others, even if it’s online or via a phone call, to help you stick to your goals.



Franklin Senior Center February Events

Interactive calendar is available on our website /just scan code



Franklin Sr Center
Hours– Tues 10-2
860-642-3936

Key: Red= Center Activities
Green= Outside Location or trip

TVCCA LUNCHEON requires reservations on a weekly basis. Luncheon Reservations are DUE the Thursday prior by 6:00 pm Call 860-303-6121 to reserve your lunch and/or a ride

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	31			
		<ul style="list-style-type: none"> 10am Center OPEN 11:30am TVCCA LUNCHEON 12pm Ice Cream Social Day 	<ul style="list-style-type: none"> 1pm Knitting and Crochet Club 			
		6	7			
		<ul style="list-style-type: none"> 10am Center OPEN 10:30am Sit and Fit Chair Yoga 11:30am TVCCA LUNCHEON 12:30pm Valentine Card Making 	<ul style="list-style-type: none"> 1pm Knitting and Crochet Club 			
		13	14			
		<ul style="list-style-type: none"> 10am Center OPEN 11:30am VALENTINE POT LUCK 12:30pm Valentine B.I.N.G.O. 	<ul style="list-style-type: none"> 1pm Knitting and Crochet Club 			
18	19	20	21	22		
		<ul style="list-style-type: none"> 10am Center OPEN 10am Birthday Celebration Day 11am Uncas Health Nurses 11:30am TVCCA LUNCHEON 12:30pm Paper Craft with Lori 	<ul style="list-style-type: none"> 1pm Knitting and Crochet Club 			
25	26	27	28	29		
		<ul style="list-style-type: none"> 10am Center OPEN 11:30am TVCCA LUNCHEON 12pm Massage Therapy Appoint 12pm Ice Cream Social 1pm Talking Trash and Recycling 	<ul style="list-style-type: none"> 1pm Knitting and Crochet Club 			

You have the power to take action to protect yourself against heart disease. Small heart-healthy actions like adding more movement to our day or choosing healthy foods, can have a big impact on protecting #OurHearts.



February Center Luncheon Menu

Tuesday Feb 6 · 11:30am – 12:30pm

TVCCA, Country Style Chicken, Garlic Mashed Potatoes, Mixed Vegetables Medley, Sweet treat

Tuesday Feb 13 · 11:30am – 12:30pm

Bring your favorite dish to share with your Valentine and friends
Click the link below to RSVP with what you will bring

https://docs.google.com/forms/sign_d/e/1FAIpQLScqQ4fQCxJ5cEIWS1H6262ORQ6gUA0XLL090e8AD6_BLdSLJw/viewform?usp=sharing



Tuesday Feb 20 11:30am – 12:30p,

TVCCA, Chicken Cacciatori w/pasta, veggies and sweet treat

Tuesday Feb 27 11:30am – 12:30pm

***SPECIAL MEAL-** Meatloaf w/gravy, Mashed Potatoes, Veggies, Sweet treat

TVCCA Luncheon is open to 60+ for a \$3.00 suggested donation *Special meal is \$6.00

*Other guests lunch cost is currently \$14.50 *Any guest is welcome to bring their own lunch

TVCCA LUNCHEON requires reservations on a weekly basis. Regular Luncheon Reservations are DUE the Thursday prior by 6:00 pm Call 860-303-6121 to reserve your lunch and/or a ride. Special Holiday Meals reservations are due the WED prior to event. Menu is subject to change due to availability

Menu choices are subject to availability as a result may change