

## Make a New Year's Resolution: Follow Frank and Mary

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Frank and Mary are the fictional couple to whom I refer in my elder law seminars. They have the same questions and concerns you and your loved ones have. They also have the same interest you have in making your community one in which you can live happily for the rest of your life.

I have developed a monthly cable television program called "Frank and Mary in Your Community" that addresses common issues seniors face, and introduces you to initiatives, programs, and key community leaders and professionals in your area and surrounding communities. You may watch my shows on local cable or on the Elder Law with Frank and Mary YouTube channel, [www.YouTube.com/ElderLawFrankandMary](http://www.YouTube.com/ElderLawFrankandMary). While the YouTube channel offers videos of these shows, you will also find tapings of my many elder law seminars on various topics I think you will find relevant and informative.

Some of the Frank and Mary shows highlight programs including:

- An innovative program in Natick that provides a volunteer "conciierge" to assist seniors needing help dealing with home energy improvement contractors, and that provides additional subsidy to seniors with low incomes.
- A Hopkinton initiative that provides a dynamic memory café program.
- The Dull Men's Club in Northborough devoted to providing senior men with a great venue for just socializing and having fun.

### Related People

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- The Durable Medical Equipment loan program and the host of other outreach efforts underway at the Callahan Center in Framingham.
- Ashland's ongoing efforts to make itself a Dementia Friendly Community.
- The initiatives in Marlborough to develop an alternative transportation system so that seniors will be able to get around the community comfortably without a car.
- The Martha's Vineyard Center for Living, a private non-profit with public support that provides day programs and a memory café for seniors with memory problems and their caregivers.
- The Southborough Trail Blazers, a group of 10-40 seniors that go on regular hiking trips around the state and New England.
- The Nantucket Wheelers, volunteers who give bicycle rides around the island to the residents of Our Island Home, the town-owned nursing home.
- The great outreach staff at the Hudson senior center talking about finding the Medicare plan that's right for you.

My local co-hosts and I will be taping over 100 different shows throughout 2020. If you want keep up on the latest major senior developments in your community, you should tune in. Also, if there are any particular local topics you would like us to cover, contact me at (508) 860-1470 or [abergeon@mirickoconnell.com](mailto:abergeon@mirickoconnell.com). Frank and Mary invite you to subscribe to their YouTube channel, [www.YouTube.com/ElderLawFrankandMary](http://www.YouTube.com/ElderLawFrankandMary). Frank and Mary are constantly learning about new people and programs that will make their lives in their community richer. You should too.