



# Town of Braintree

## Department of Elder Affairs

71 Cleveland Avenue, Braintree, MA 02184

*"We are your link between needs and services"*

**Mayor Joseph C. Sullivan**

Mary Cirignano, Chairperson  
Jean York, Vice Chairperson  
E. Marie Anderson, Secretary  
Robert Caruso, Treasurer

Sharmila Biswas, Director  
Ann Marie Quinlan, Outreach Coordinator  
Sandra Young, Coordinator/Volunteers  
Therese Jarrett, Reception/Coordinator  
William Murphy, Custodian  
Stephen Donovan, Van Driver

**PHONE: 781 848-1963 FAX: 781 848-2835**

*From the Director.....*It is still December and there is a nor'easter raging outside as I sit here and write an article for February's newsletter. By the time this newsletter reaches you we will all have had a taste of the first month of 2013 and I anticipate we all will be looking forward to warmer months.

I hope the winter will not be too harsh, and if it is, I would urge all of you to take every precaution to be safe and warm during the bitter cold days. If you think it is getting difficult for you to be safe in your own home please call our office, our Outreach Department can always help you with the information and services you may need. If you need to get out of your house and need to socialize you are always welcome to come here at the Center. Maybe it was just what you needed to drive away those winter blues.

Have a safe winter!  
Sharmila



**St. Patrick's Day Senior Trip**  
**Wednesday, March 13, 2013**  
(10 a.m. returning by 4:00 p.m.)  
\$48.00/ticket



Our first Senior trip of the year will be a fun St. Patrick's Day celebration held at **The Sherborn Inn**. Located 20 miles southwest of Boston, the Sherborn Inn is the restored residence of Colonel Samuel Bullard (1733-1807). Amidst a tranquil country setting in Sherborn, MA, this authentic Colonial Inn offers the perfect blend of historical charm and modern amenities. Their contemporary cuisine and sincere hospitality will ensure the quintessential New England experience.

To get you into the Irish spirit "**Bill & Bo Winiker**" celebrate **St. Patrick's Day** with their authentic Irish repertoire of songs & dance. The Inn will be colorfully decorated and the kitchen promises a hearty, Irish meal.

Please sign up any time before the trip drawing to be held on **February 11th**. You will have **3 days** only to pick up & pay for tickets. (this year we will **not** hold tickets longer than 3 days) Braintree residents have priority over seniors from other towns, but everyone is invited to sign up for drawing.

*\*U.S. Disabilities Act of 1990 - Town of Braintree - A handicapped-accessible coach bus may be made available upon receipt of notice provided to the COA at least one month (30) days prior to the date set for the trip. Please contact the Braintree Center at 781-848-1963 for info.*

## BLOOD PRESSURE CLINICS (free)



**Feb. 12, (Tuesday) at Senior Center 10-11 a.m.**  
**Feb. 13, (Wed.) at Heritage Housing 10-11 a.m.**  
**Feb. 22, (Friday) at Senior Center 10:30 a.m.**

## SHOPPING SHUTTLE SCHEDULE



Reservations must be made at least **48** hours in advance by calling: **781-848-1963**:

Pick-up time is from: **9:30 to 10:00 a.m.**

Return time is from: **11:30 to 12:00 p.m.**

**Feb. 5 & 7, Shaws/Pearl Street**

**Feb. 12 & 14, Stop & Shop/Grove Street**

**Feb. 19 & 21, Shaws/Pearl Street**

**Feb. 26 & 28, Stop & Shop/Grove Street**

**\*\* Feb. 8, Special Van Trip to Bldg. #19 & Hilltop Plaza/Wey.**

**\*\*Every Friday Library van ride. Pick up 11 am return 12:30 pm**

## BRAINTREE MEETINGS



- Feb. 5, LOW Vision Group Meeting at 10 a.m.**  
Meeting open to all with low vision problems.
- Feb. 19 AARP Chapter #4042 Meeting at 1:30 p.m.**  
**Braintree DAV Hall - 788 Liberty St./Braintree**  
Speaker: Norfolk District Attorney Michael Morrissey  
Welcoming new members & guests at all meetings.
- \*\*\*AARP Volunteers will prepare & serve a noon lunch at Father Bill's Place on February 15th.**
- Feb. 21, Senior Service Network of Boston Meeting**  
Breakfast meeting from 8:30 a.m.-10:30 a.m. at the Braintree Senior Center for Senior Service Network members only.
- Feb. 21, Wisdom Works Support Group Meeting**  
Meeting at 3:30 p.m. for group members.
- Feb. 26, Braintree Alzheimer's Support Meeting- 5 pm**  
Meeting, light supper & speakers. Call to sign up!
- Feb. 28, COA Associates Monthly Meeting at 2 p.m.**  
Meeting at Senior Center for members.
- Feb. No Braintree Elder Affairs Board Meeting**  
No meeting Jan/Feb. will resume in March

## Braintree

**Department of Elder Affairs**

**Senior Luncheon #1**

**Pizza Party**

**Friday, February 15, 2013**

**Noon - \$6.00**

Come join us for a special luncheon treat....a **Pizza Party!** You will enjoy salad, pizza and dessert. After lunch sit back and enjoy some very special entertainment!

Tickets will be on sale February 1st. & you must come in to pick one up!



## Alzheimer's - Support Meeting

**Tuesday, February 26, 2013**

**5 p.m.**

Join us for our monthly **Alzheimer's Support Meeting** which is held on the last Tuesday of each month at 5 p.m. here at the Braintree Senior Center.

This month we have a speaker from "**Visiting Angels**" - Mr. Nate Murray, LICSW who is the Managing Partner of Visiting Angels of the South Shore, a private home care practice serving the South Shore. Nate is a Licensed Independent Clinical Social Worker.

His presentation will be "**Men as Caregivers**" which deals with the special issues that men face as a primary caregiver, including how to avoid compassion fatigue, duty as love, and some different approaches to getting support.

Please call to sign up:

**781-848-1963**

Light supper provided!



## Braintree Department of Elder Affairs

### *"Special" Activities"*

(Please call 781-848-1963 for more information)

- Feb. 5,**      **Low Vision Group Support Meeting**  
Meeting at 10 a.m. at Senior Center.  
Open to all with low vision problems.
- Feb. 5,**      **SHINE Insurance Help, at 10 a.m.**  
Appointments every Tuesday for help on all  
medical insurance problems and information.
- Feb. 5,**      **Supper Club at: Jackson Tavern/Wey**  
**& 19,**      **Supper Club at: Maria's/Braintree**  
Please call Senior Center for van reservations  
to enjoy this early social supper from 3 - 6 p.m.
- Feb. 8,**      **Yellow Dot Program 10 - 12 noon.**  
Norfolk County Sheriff's Office & Braintree TRIAD  
Program – see newsletter article & come sign up!
- Feb. 11,**      **Trip Drawing for St. Patrick's Trip 3/13/13**  
See front page for info & sign up by today!
- Feb. 11,**      **Belles & Beaux Valentine's Show - 1 pm**  
Cake & ice cream social after music!
- Feb. 12,**      **Valentine's Entertainment at 1 p.m.**  
See newsletter article & call to sign up. \$2./pp
- Feb. 15,**      **Pizza Party @ Noon & Entertainment**  
See newsletter article for information -  
\$6.00/ticket must be picked up at Senior Center.
- Feb. 18,**      **President's Day Holiday - Center Closed!**  
Closed today for all activities & van rides.
- Feb. 22,**      **Brown Bag Auction at 1 p.m. (fun)**  
See newsletter article & call to sign up.
- Feb. 28,**      **Senior Monthly Luncheon @ noon \$6.00**  
See newsletter article & come pick up a ticket.

**\*\*\*\*Important please note....**Tax appointments for  
the Federal, State & Circuit Breaker have been delayed.

Please call The Department of Elder Affairs 781-848-1963  
**after** February 1, 2013 for appointments which will be  
starting on Feb. 13, 2013!

## Braintree

### Department of Elder Affairs

#### Senior Luncheon #2

Thursday, February 28, 2013

Lunch at noon

\$6.00/ticket

Our monthly luncheons have been going well. If you haven't tried one, please come by and pick up a ticket. They are on sale February 1st, and they sell out quickly so come early! We are having 2 luncheons this month so come & sign up for this lunch and the pizza party luncheon.



Menu: Salad/Rolls, Meatloaf, Potato  
Vegetable & Dessert

## BRAINTREE SENIOR CENTER MOVIE DAYS

12 noon - \$.50/donation

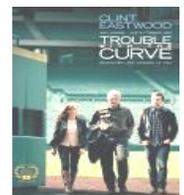
Come early and bring a bag lunch,  
enjoy coffee/pastry with free popcorn  
during the movie (starts at noon)!

**Wed., February 13th:**

**Men's Movie Day**

**Movie:**

**"Trouble with the Curve"**



Gus Lobel (Clint Eastwood) has been one  
of the best scouts in baseball for decades,  
but despite his efforts to hide it, age is  
starting to catch up with him.

**Wed., February 27th:**

**"Regular" Movie Day**

**Movie: "Hope Springs"**



Kay and Arnold (Meryl Streep & Tommy Lee  
Jones) are a devoted couple, but decades  
of marriage have left Kay wanting to spice  
things up and reconnect with her husband.



**(Students from Amy's Dance Dynamics Studio)**

**On December 27, 2012, during our monthly senior luncheon, we were delighted to have the students from Amy's Dance Dynamics Studio perform several dance routines for us.**

***Thank you* to all the "dancers" for sharing their talent with our seniors especially on their school vacation week. It was enjoyed by everyone & what a great job the dancers did!**

**Amy's Dance Dynamics Studio is located at: 962 Washington Street, Braintree, MA.**



**Yellow Dot Program  
Friday, February 8, 2013  
Information & Sign Up  
10 a.m. - 12 noon**



The Norfolk County Sheriff's Office and the Braintree TRIAD will be bringing the ***Yellow Dot Program*** to the Town of Braintree on **Friday, February 8, 2013**.

This is a national program, which currently operates in 8 states. The program participants receive a Yellow Dot Decal which is placed on the window of their car to alert the responders to the critical information packet (they have filled out) located in their glove compartment.

This vital information is beneficial in the unfortunate case of a serious, life threatening accident where the victim is unable to speak to the emergency personnel. But, it can also be a vital tool in less serious accidents when people are in shock after an accident and they find it difficult to remember specific information.

Residents can get information & sign up for this program on **Friday, February 8, 2013** at Braintree's Department of Elder Affairs (Senior Center) located at 71 Cleveland Ave. Braintree, between the hours of **10 a.m. and 12 noon**.

**From the desk of Mary Cirignano, Chairperson.....**

**Please Note:** There is an epidemic of the **FLU** across our state and country. When we meet here at the Center and the need arises to cough or sneeze, please cover your mouth to avoid spreading or catching the **FLU** & wash your hands often!! Your health and wellbeing is very important to us here at the Center.

**This month we thank the Presidents who served our nation and remember them on February 18th.**

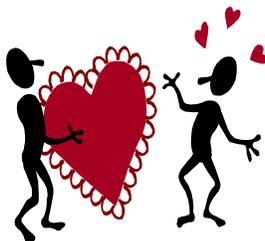
**Valentine Day is here again on the 14th. I can smell the delicious chocolates already. YUM! No calories?**

**If You Love a Vegetarian - Unusual Valentine Day Poem:**

Cabbage always has a heart;  
Green beans string along.  
You're such a Tomato,  
Will you Peas to me belong?  
You've been the Apple of my eye,  
You know how much I care;  
So Lettuce get together,  
We'd make a perfect Pear.  
Now, something's sure to Turnip,  
To prove you can't be Beet;  
So, if you Carrot all for me,  
Let's let our Tulips meet.  
Don't Squash my hopes and dreams now,  
Bee my Honey, dear;  
Or tears will fill Potato's eyes,  
While Sweet Corn lends an ear.  
I'll Cauliflower shop and say,  
Your dreams are Parsley mine.  
I'll work and share my Celery,  
So be my Valentine. ( Author Unknown)

**You've Touched My Heart:**

You've given me a reason for smiling once again,  
You've filled my life with peaceful dreams  
You've become my closest friend.  
You've shared your heartfelt secrets  
And your trust you've given me,  
You showed me how to feel again  
To laugh, and love, and see.  
If life should end tomorrow  
And from this world we should part,  
I shall be forever young  
For you have touched my heart.



**From Staff:** *If you are sick with a cold or flu - **please** stay home until you are **completely** over your illness so you don't spread your germs to other seniors or our staff during this wide spread flu epidemic!! Please do not bring sick grandchildren to an activity while you are watching them!*

**Valentine's Party  
&  
Entertainment  
Tuesday, February 12, 2013  
1 p.m.  
\$2.00/pp**

**Join us for an "early" Valentine's Day Party with entertainment and delicious refreshments on February 12th at 1 p.m.**

**You will be entertained by the great song and dance man Ted Powers!**

**Please call to sign up:  
781-848-1963**



**Brown Bag Auction  
Friday, February 22, 2013  
1 p.m.**



**"Brown Bag Auction"** is just what it is....you bring an item in a brown bag to donate to this hilarious game. (no candles for prizes please!)

Did you get a gift for Christmas that you just can't use, or do you have a **newer** item around the house that you no longer want? This is your opportunity to re-gift something nice (no old items please!)

We will auction off the items by giving you a few "hints" as to what is in the bag. Bring some change \$\$ and bid for a surprise item. This is really a fun time - so come to bid for and item or just to watch the action!

All \$\$ collected at the auction goes towards the refreshments which will be a hot fudge ice cream sundae served after the auction.

**Call to sign up please: 781-848-1963**

**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

\*Please note special activities will have a write up in this newsletter about sign up requirements and any charges.

\*Please call to sign up for our special monthly parties & luncheon after the first of each month!

\*Please note there are \$\$ charges for our exercise programs and some special activities.

\*All other activities are \$.50/each to cover coffee/pastry etc.

**FEBRUARY  
2013**

**4**

10:00 Scrabble  
11:00 QiGong/Tai Chi  
12:00 Pool Players  
12:00 Poker  
12:30 Line Dancing  
1:00 Trivia & Coffee

**5**

Shopping Shuttle/Shaws  
9:00 S&S Bus (housing)  
9:00 Chess  
9:30 Computer 101A  
**10:00 Low Vision Group**  
10:00 Walking Group  
10:00 **SHINE** Ins. help  
10:45 Computer 101B  
1:00 Bridge & Cribbage  
**3:00 Supper Club:**  
**Jackson Sq. Tavern/Wey.**

**6**

9:15 Exercise Class  
10:00 Crafts  
10:00 Quilting Group #1  
12:00 Pool Players  
12:00 Poker  
**1:00 BINGO**

**7**

Shopping Shuttle/Shaws  
9:00 Chess  
9:30 Chair Yoga  
11:30 Quilting Group #2  
12:00 Pool Players  
1:00 Art Group  
1:00 Knit/Crochet

**8**

9:15 Exercise  
10:00 Weight Loss Support  
10:00 Van Trip to Bld. #19  
& Hilltop Plaza - all for spot.  
10:00 **Yellow Dot Program**  
See newsletter for info!  
11:00 Tai Chi Class  
11:00 Library van ride  
12:00 Pool Players  
1:00 Women's Poker

**11**

**10:00 Trip Drawing for St. Patrick's Day Trip on 3/13/12**  
10:00 Scrabble  
11:00 QiGong/Tai Chi  
12:00 Pool Players  
12:00 Poker  
12:30 Line Dancing

**1:00 Belles & Beaux Valentine's Musical Show**  
(Cake provided by Royal Rehab Nursing Home)

**12**

Shopping Shuttle/S&S  
9:00 S&S Bus (housing)  
9:00 Chess  
9:30 Computer 101A  
10:00 Blood Pressure  
(free) at Senior Center  
10:00 Walking Group  
10:00 **SHINE** Ins. help  
10:45 Computer 101B  
1:00 Bridge & Cribbage  
**1:00 Valentine's Party**  
**(\$2.-Please call to sign up!)**

**13**

9:15 Exercise  
9:30 Ask the Lawyer (free) by appointments  
10:00 Blood Pressure (free) at Heritage Housing  
10:00 Crafts  
10:00 Quilting Group #1  
12:00 Pool Players  
12:00 Poker  
**12:00 Men's Movie Day:**  
**"Trouble with the Curve"**

**14**

Shopping Shuttle/S&S  
9:00 Chess  
9:30 Chair Yoga  
10:00 Photography  
11:30 Quilting Group #2  
12:00 Pool Players  
1:00 Art Group  
1:00 Knit/Crochet

**15**

9:15 Exercise  
10:00 Weight Loss Support  
11:00 Tai Chi Class  
11:00 Library van ride  
**12:00 Pizza Party Lunch**  
**\$6.00 tickets on sale at Senior Center!**  
12:00 Pool Players  
12:30 Ask the Lawyer (free) by appointments  
1:00 Women's Poker  
**No Braintree Dept. of Elder Affairs Board Meeting till March!**

**18**

**HOLIDAY  
President's Day**



**SENIOR CENTER  
CLOSED**

**19**

Shopping Shuttle/Shaws  
9:00 S&S Bus (housing)  
9:00 Chess  
9:30 Computer 101A  
10:00 Walking Group  
10:00 **SHINE** Ins. help  
10:45 Computer 101B  
1:00 Bridge & Cribbage  
**3:00 Supper Club:**  
**Maria's/Braintree**

**\*\*AARP Meeting at DAV Hall**

**20**

9:15 Exercise  
10:00 Crafts  
10:00 Quilting Group #1  
12:00 Pool Players  
12:00 Poker  
1:00 Hearing Exams  
(free) by appointments  
**1:00 BINGO**

**21**

Shopping Shuttle/Shaws  
8:30 **Senior network  
Meeting** - members only!  
9:00 Chess  
9:30 Chair Yoga  
11:30 Quilting Group #2  
12:00 Pool Players  
1:00 Art Group  
1:00 Knit/Crochet  
**3:30 Wisdom Works  
Meeting**

**22**

9:15 Exercise  
10:00 Weight Loss Support  
**10:30 Blood Pressure  
(free) by Home Instead**  
11:00 Tai Chi Class  
11:00 Library van ride  
12:00 Pool Players  
1:00 Women's Poker  
**1:00 Brown Bag Auction**  
See newsletter article  
& call to sign up please!

**25**

10:00 Scrabble  
11:00 QiGong/Tai Chi  
12:00 Pool Players  
12:00 Poker  
12:30 Line Dancing  
1:00 Trivia & Coffee

**26**

Shopping Shuttle/S&S  
9:00 S&S Bus (housing)  
9:00 Chess  
9:30 Computer 101A  
10:00 Walking Group  
10:00 **SHINE** Ins. help  
10:45 Computer 101B  
11:00 Red Hat Meeting  
1:00 Bridge & Cribbage  
1:00 Ask the Lawyer  
(free) by appointments  
**5:00 Alzheimer's Meeting**  
Please call to sign up!  
Speaker: Visiting Angels

**27**

9:15 Exercise  
10:00 Crafts  
10:00 Quilting Group #1  
12:00 Pool Players  
12:00 Poker  
**12:00 Regular Movie Day:**  
**"Hope Springs"**

**28**

Shopping Shuttle/S&S  
9:00 Chess  
9:30 Chair Yoga  
10:00 Photography  
11:30 Quilting Group #2  
12:00 Pool Players  
**12:00 Senior Luncheon**  
**\$6.00 tickets on sale**  
**at Senior Center**  
1:00 Art Group  
1:00 Knit/Crochet  
**2:00 COA Associates  
Meeting**

**S U D A R O F D E V R E S E R**

## ***From the Outreach Department.....***

Frequently we receive phone calls from concerned neighbors or relatives who alert us to a senior in need. These calls are very helpful to us. They allow us to reach out to seniors who may be isolated in their homes and don't want to burden anyone by asking for help. These are the folks we need to reach out to.

We follow up this information with a call to the senior with the intent of visiting him or her in their home. This visit gives us a better sense of what issues and needs might be most relevant to address. Sometimes the visit can be a time to socialize and listen to their concerns. Other times it may be more obvious that the senior needs assistance with meals, house cleaning, or safety in the home.

We are an Information and Referral office and can connect seniors and their family members with other agencies like South Shore Elder Services, Inc or the many in-home service agencies available. We also have a Reference list of private contractors who may help fill the needs of a senior.

Whether we go on a home visit or not, we will send out our information packet to the senior or a family member. In it is our newsletter, a list of resources with phone numbers, and several pamphlets from the Department of Elder Affairs describing our services. These include transportation, outreach, SHINE, volunteering, and Library Express.

So if you have a neighbor, friend, or relative who you think might benefit from our services, please call and talk to one of us in the Outreach office.



***Thank you!***

## ***Important reminder.....***

All **Volunteers** please remember to record **all** your volunteer hours in our new computer system each and every time you volunteer for us. Just like you swipe in for an activity— you post your hours.

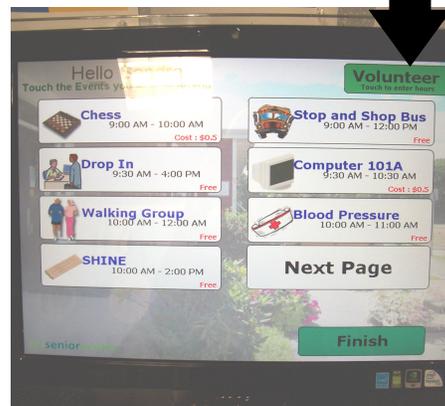
Using your I.D. swipe card you can access the *Volunteer Hour Program* (upper right hand corner green button that says “Volunteer- touch to enter hours” If you are not sure how to record your hours, please see me the next time you are in the building volunteering.

It is important that **all** volunteer hours be recorded as this is how we qualify for some grants, invite you to our yearly volunteer luncheon and recognize you with special awards!

If you are a “**Work-for Tax**” Senior you **do not** put those hours in our computer under “Volunteers”. You must fill out a monthly time sheet and submit it to me—this is a different program!

***Thank You!***

**Sandy Young, Coordinator**



## Educational Town Information

### TAI CHI "Health Benefits"

"A growing body of carefully conducted research is building a compelling case for **Tai Chi** as an adjunct to standard medical treatment for the prevention and rehabilitation of many conditions commonly associated with age" says Peter M Wayne, assistant professor of medicine at Harvard Medical School and director of the Tai Chi and Mind-Body Research Program at Harvard Medical School's Osher Research Center.

This gentle form of exercise can prevent or ease many ills of aging and could be the perfect activity for the rest of your life. We have copies of the Harvard Medical Health Publication on Tai Chi on our information table for you to read.

**We currently have 2 Tai Chi Classes:**

**Monday @ 11 a.m.: QiGong Tai Chi**  
**Instructor: Peggy Leung, R.N.**

**Friday @ 11 a.m.: Tai Chi**  
**Instructor: Tony McAlear**

**Come join a class for your good health!**



### ***From the Recycling Dept.....***

**Proper Handling of Mercury:** Many of the items we utilize on a day to day basis contain mercury and need to be handled and disposed of properly. The MA Mercury Management Act prohibits the disposal of products containing mercury to go into the trash. The Town of Braintree has two Household Hazardous Waste Collections each year so that residents may safely and conveniently dispose of mercury items. For 2013, the Household Hazardous Waste Drop-off Events will be April 27 & September 28...at the Recycling Center on Ivory Street...from 9:00 a.m. to noon.

#### **Some examples of products that may contain mercury and that are classified as hazardous are:**

- \*Switches to bilge pumps and sump pumps
- \*Button Batteries
- \*Electrical switches
- \*Blood Pressure Cuffs
- \*Thermometers & Thermostats
- \*Tilt switches & mercury thermocouples removed from appliances
- \*Neon lamps and some fluorescent lamps
- \*Elemental mercury
- \*Glass ampoules of mercury removed from devices



#### **Non-hazardous items are:**

- \*Electronic devices with screens that are backlit using a fluorescent lamp, such as:
  - \*Flat Panel computer monitors
  - \*Flat panel TVs
  - \*Handheld gaming devices
  - \*Portable DVD players
- \*Some appliances such as gas ovens with mercury thermocouple
- \*Chest freezers with tilt switches in lid
- \*Toys containing button cell batteries that are not designed to be removed by the user

**Braintree Department of Elder Affairs.....**Newsletters are available at the Senior Center, Town Hall, Library, Banks, Supermarkets, Pharmacies, Churches, Stores and some Medical Facilities. Call the Senior Center at (781) 848-1963 for a location near you and any information you may need. The Braintree Dept. of Elder Affairs *gratefully* accepts donations & thanks all who have donated to our great programs!

**Thank you to Dalton Water/Braintree for their very generous donation of spring water each month at the Senior Center!**

**Braintree Department of Elder Affairs**  
**71 Cleveland Avenue**  
**Braintree, MA 02184**  
**781-848-1963**

Place  
Stamp  
Here

**Braintree Department of Elder Affairs:** Information & referral, Outreach assistance, transportation both local & Title IIIB SSES grant funded MAP rides to Boston, shopping, SHINE insurance help, TRIAD services, healthcare clinics, support groups, informational seminars, recreation/activities, trips, tax counseling, medical equipment loans, resale & craft shops and many volunteer opportunities.

**For more information call (781) 848-1963, or visit our web site: [www.braintreema.gov](http://www.braintreema.gov)**

***Dear Friends,***

## **5 Medication Mistakes Even Careful Family Caregivers Make**

By Paula Spencer Scott, Senior Editor - Caring.com

### **Here is #5 of the five common errors - and how to avoid them!**

#### **Not Keeping a Medications Master List:**

A medication master list is a complete record of all the prescription drugs, over-the-counter drugs, and supplements your loved one takes, whether regularly or occasionally. It should include the actual drug name, the dose, directions for how to take it and how often, and why it is used.

People often get confused and say they need more of Mom's pink pill, when actually it's beige. It's important to know the details of each medication to avoid confusion. Mix-ups, caused by similar drug names, account for 25% of all errors reported to the Medication Error Reporting program, operated by U.S. Pharmacopeia and the Institute for Safe Medication Practices.

#### **A better way:**

As your loved one's advocate, you can be a valuable safety net, looking out for mistakes by physicians and pharmacies, as well as by family members. Keep a medication master list in your wallet, so you're not forgetting it at home in the event of an emergency. According to a 2010 study, some 3 million emergency-room patients over age 65 receive inappropriate medications every year. It's important to ask emergency-department doctors what to expect from newly prescribed medications and how long they should be taken. Then, make sure that the patient's primary care physician has been notified. At discharge, get a copy of all medications prescribed in the hospital, so you can bring this information to the regular doctor.

**Be a Sweetheart and Have a Happy Valentine's Day,  
The Friends**

