



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
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



**Braintree Dept. of Elder Affairs
Senior Trip
Monday, March 17, 2014
Cape Cod Irish Village & Christmas Shop
"The best of Ireland on Cape Cod"
\$48.00**



Our first trip of the season will be a fun-filled Irish day on beautiful Cape Cod. Early lunch will be at the famous "Cape Cod Irish Village" for a delicious Irish meal complete with great Irish entertainment. After lunch, you will stop at the Christmas Tree Mall in Hyannis for some fun shopping before heading home. This has been one of our favorite trips in the past, so don't miss out - space is limited.

Luncheon Choices: Corned Beef/Cabbage, Fish or Chicken (time: 10:30 a.m. to 4 p.m.)

Trip Ticket Drawing: February 10th. (please sign up before this date)

If called, you will have 3 days to pay/pick up tickets for this wonderful trip. Braintree residents have priority on all trips, but we take an out-of-town wait list - so everyone sign up!

*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 Senior Center at least one month (30) days prior to the date set for the trip—call 781-848-1963.



**Braintree Senior Center
Valentine's Day Party
Friday, February 14, 2014
1 p.m. (\$2.00)**

Come join us for a special Valentine's Day Party on February 14th at 1 p.m. You will be entertained by Kathy Clancy on the keys and Kathy Porter singing all those old romantic songs. No need to be a dancer or a "couple" - come along to sing or do some line dancing. We will also be serving delicious pastry and coffee during this event. Don't miss out on this fun afternoon - come get rid of those winter blues!

Please call: 781-848-1963 to sign up (space is limited - Braintree residents only please)

BLOOD PRESSURE CLINICS (free)



February 11, (Tues.) at Senior Center 10-11 a.m.
February 12, (Wed.) at Independence 10-11 a.m.
February 28, (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. 4 & 6 Shaws/Pearl Street

Feb. 11 & 13 Stop & Shop/Grove Street

Feb. 18 & 20 Shaws/Pearl Street

Feb. 25 & 27 Stop & Shop/Grove Street

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

BRAINTREE MEETINGS



- Feb. 4, LOW - Vision Group Meeting at 10 a.m.**
Meeting open to all with low vision problems.
For information/ride call: 781-848-1963
- Feb. 14, Senator John F. Keenan Office Hours (monthly)**
At Senior Center at 11:30 a.m. Come address any
problems or concerns on second Friday of month.
- Feb. 18, AARP Chapter #4042 Meeting at 1:30 p.m.**
Braintree DAV Hall - 788 Liberty St./Braintree
Presenting: "Beautiful Noise - A Tribute
To Neil Diamond" performed by Vic Solo.
Welcoming new members & guests at all meetings.
- Feb. 20, Wisdom Works Support Meeting - 3:30 p.m.**
Support meeting and speaker, Rich Dominique,
Job Specialist, at the Quincy Career Center.
See newsletter article—this meeting open to public.
- Feb. 21, Braintree Elder Affairs Board Meeting - 2 p.m.**
Meeting at Senior Center and open to public.
- Feb. 25, Braintree Alzheimer's Support Meeting @ 4 pm**
Support meeting open to public with light supper
and guest speaker. See newsletter & call for spot.
- Feb. 27, COA Associates Meeting - 2 p.m.**
Meeting at Senior Center and open to public.

Braintree Dept. of Elder Affairs Services

- **Outreach:**
Information & Referral
Advocacy
Friendly Visitor
- **Transportation:**
Medical Van Rides
Shopping Shuttles
- **Recreation:**
Monthly Lunches
Social Activities
Special Events
Trips
- **Support Groups:**
Low Vision Meetings
Alzheimer's Support Meeting
- **TRIAD (Senior Safety)**
- **SHINE (Insurance Counseling)**
- **ASK THE LAWYER (Free Consults)**
- **Medical Equipment Loans**
- **Health & Fitness Programs**
- **Educational Programs/Seminars**
- **Volunteer Opportunities**

Please call for information: 781-848-1963

Braintree Dept. of Elder Affairs Book Club Group Thursday, Feb. 20, 2014 10:30 a.m.

If you enjoy reading, this is the group
for you. They read one book a month
which is supplied by the Library, so
there is no monthly cost. Come enjoy
very interesting books & lively talks.



Book:

"The Light Between the Oceans"

After four harrowing years on the Western Front,
Tom Sherbourne returns to Australia and takes a
job as the lighthouse keeper with his wife on Janus
Rock with devastating consequences.

Braintree

Department of Elder Affairs

"Special" Activities"

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

- Feb. 4,** **"Low" Vision Group Support Meeting**
Meeting at 10 a.m. at Senior Center.
- Feb. 4,** **SHINE Insurance Help, at 10 a.m.**
Appointments every Tuesday for help on all medical insurance issues.
- Feb. 4,** **6 Week "Coping with Grief" Seminar**
Presented by Beacon Hospice - week #4
Must be pre-registered with Beacon Hospice.
- Feb. 4,** **Supper Club at: Jackson Sq. Tavern/Wey**
& 18, **Supper Club at: Jamie's/Whitman**
Please call Senior Center for van reservations to enjoy this early social supper from 3 - 6 p.m.
- Feb. 10,** **Belles & Beaux Musical Show at 1 p.m.**
Cake & ice cream social following show.
- Feb. 12,** **Movie Day 12:00 Noon - on big TV**
& 26 Bring bag lunch & movie starts at noon!
- Feb. 14,** **Senator Keenan Office Hours 11:30 a.m.**
Here at Braintree Senior Center—stop by!
- Feb. 14,** **Valentine's Day Party at 1 p.m. \$2.00/pp**
See newsletter article & call to sign up.
- Feb. 27,** **Senior Luncheon at noon—\$6.00/ticket**
Must pre-purchase \$6.00 ticket at Senior Center.
- Feb. 27,** **South Shore Hospital Program 1 p.m.**
"My Life My Health"
Must pre-register by calling: 781-848-1963
See article for this 6 week health program.

Braintree

Department of Elder Affairs

Senior Luncheon

February 27, 2014

@ 12 noon

\$6.00/ticket (pre-purchase please)

Come to our monthly luncheon and enjoy a delicious home cooked meal & social time.



Lunch Menu: Salad/Rolls, Chicken, Broccoli & Ziti and Dessert

BRAINTREE SENIOR CENTER MOVIE DAY

Wednesday, February 12, 2014

Wednesday, February 26, 2014

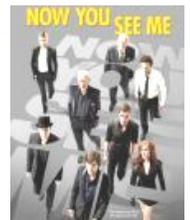
(2 movie days for cold winter)

Movie starts promptly at NOON!

Come early and bring a bag lunch, enjoy coffee/pastry & free popcorn!

February 12th Movie:

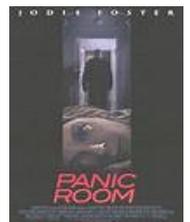
Now You See Me



The world's greatest illusionists - "The Four Horsemen" pull off a series of daring heists against corrupt business leaders during their performances.

February 26th Movie:

The Panic Room



The film stars Jodie Foster and Kristen Stewart as a mother and daughter whose new home is invaded by burglars.

From the Director.....

As I write this letter, I can feel the chill coming through the glass pane of the window in my office. It is very cold outside, in the teens. 2014 started with a blast, a cold blast I would say. We keep hearing of the Polar Vortex, super cold air which normally lives in the Arctic and decides to move southward to visit. Good news is, it misses home and quickly goes back, but as it departs it also leaves behind frozen and burst pipes, black ice and many injured wrists and ankles.

By the time this February newsletter reaches you, hopefully we will not be experiencing this bitter cold weather but in the meantime I do wish that all of you remained safe in your homes. Winter is beautiful with the Holidays and its beauty, but it is also a time when you need to be very cautious about your surroundings. Please read our newsletters, we often publish advisories and our Outreach Department has nice articles on steps and precautions you need to take during these months. During a meeting, Fire Chief O'Brien was discussing how people who live in Florida during the winter should remember not to shut off their heat totally. On occasions when we experience such severe weather, the pipes will burst and then home owners have to come back to extensive damages to their homes and expensive repair costs.

I hope all of you are doing well, take care. The Department of Elder Affairs hopes that 2014 has been good for you so far.

Sharmila



**Braintree
Department of Elder Affairs
Presented through collaboration
between**

**South Shore Hospital and the Home Care
Division of South Shore Hospital
"MY LIFE MY HEALTH"
Is Living with a Persistent Health
Condition Preventing
You from Really Living?**

A six week workshop offered to adults living with the challenges of one or more persistent health conditions, chronic pain, limited mobility, decreased energy & frustration with limitations on daily activities.

This workshop offered by South Shore Hospital will be held at the Braintree Senior Center located at 71 Cleveland Ave. Braintree. Class begins on Thursday, February 27, 2014 at 1 p.m. and will meet once a week (Thursdays) for six weeks.

No cost to participants, refreshments will be served.
Registration is required by calling:
781-848-1963(space is limited)

**Braintree Dept. of Elder Affairs
Alzheimer's Support Meeting
February 25, 2014
4 p.m.**

The Braintree Senior Center in conjunction with Grove Manor Estates & South Shore Elder Services, Inc. offer an Alzheimer's Support Group once a month at the Senior Center on the last Tuesday evening of the month at 4 p.m. These meetings are always open to the public.

This month we are pleased to present a wonderful speaker, Ms. Celeste Chase, ADC, AP-BC, Assistant Program Director at CareWell Adult Day Wellness Center. Celeste is certified in the care of people with Alzheimer's Disease and developing therapeutic cognitive programs for Alzheimer's special care units.

Please join us for this informative speaker & support meeting. Grove Manor will provide a light supper.

Please call to sign up: 781-848-1963

From the desk of Mary Cirignano, Chairperson...

What can we say about the month of January 2014. Have you warmed out yet? Let us hope the month of February will be kinder to us all.

WISHING YOU ALL A VERY HAPPY VALENTINE'S DAY!

Roses are red, Violets are blue
On that day I feel special, Hope you do too.

This being the month of Presidents, thought you might like some trivia about them:

- Not only was **Chester A. Arthur** a very sharp dresser (he owned over 80 pairs of pants) but he often took late night strolls around D.C. with friends, not returning home until 3 or 4 in the morning.
- While in the Navy, **Richard Nixon** noticed that his friends were winning money in poker games. Always the opportunist, Nixon had the best poker player in his unit teach him how to play the game. Within only a few months, Nixon had won around \$6,000 in poker games, which he used to fund his first congressional campaign.
- What? No reference to **Andrew Jackson's** pet parrot that swore so lewdly at his funeral he had to be removed from the parlor?
- **Martin Van Buren**, the eighth President of the U.S. and the first president to be born after the Declaration of Independence was signed. He accidentally termed the word okay. Van Buren grew up in Kinderhook, New York and he became known as 'Old Kinderhook', which got abbreviated to O.K. and from this, the word okay was born.
- **George W Bush** is the only President to earn an MBA. George W Bush kept five coloring books at the White House. The two that he did not color are being put on display at the Bush Museum and Goat Petting Park. "Was surprised he is a good artist."
- **William Taft** started the tradition of the Presidential "first pitch" of baseball season. The event took place on April 4, 1910, during an opening day game between the Washington Senators and the Philadelphia Athletics. Since Taft's first pitch, every President but one has opened at least one baseball season during their tenure. The exception: Jimmy Carter (1977-1981).
- When **John Quincy Adams** was president (son of John Adams and sixth president of the U.S.) he would swim nude in the Potomac River daily at 5:00 a.m. Adams refused to give an interview to the first female journalist named Anne Royall. In order to get him to talk to her, Anne went to the river, and got an interview after she took his clothes from the river bank and refused to give them back until he had a conversation with the journalist. She went down in history as the first female to interview a president.



AARP/IRS TaxAide Program Is available for 2013 returns



Appointments begin **February 10th**
Do not call for an appointment
before February 3rd

Once you've made an appointment, you will receive a packet in the mail with further instructions.

You will need to bring a **photo ID** to prevent identity theft.

Also, you will need:

- * Verification of all income, taxable and non-taxable;
 - * All 2013 1099 Forms;
 - * Complete documentation for charitable deductions
 - * Town 2013 real estate and water/sewer bills.
- (Required documentation will be explained in the instructions mailed with your appointment confirmation.)

We will only prepare Schedule D, Capital Gains and Losses, for up to **3 security transactions**.

Do **not** bring any 1040, 1040A Tax Forms from the Library or other sources.

ATTENTION SENIORS.....even those who do not file income taxes--you may be eligible for The Circuit Breaker! The Circuit Breaker is a Massachusetts program for seniors who own their own homes OR live in unsubsidized rental property. It provides a refundable credit benefit, up to \$1,000 (the 2012 figure), if you meet certain requirements and if you file a Massachusetts Tax Return.

You must report income from all sources both taxable and non-taxable shown on your 2013 1099 Forms. Some total income may be too large to qualify for the Circuit Breaker. You will need to bring in your **real estate tax bills** paid in 2013. You will also need to bring in your **water/sewer bills** paid in 2013.

Your property value cannot be over \$705,000 (the 2012 figure). Unfortunately, we are only able to provide the credit amount and property value limit for 2012 as the 2013 figures have not been published yet.

Please make an appointment with an AARP/IRS tax preparer to file your income taxes and to find out if you qualify for the Circuit Breaker tax credit.

Please call after **February 3rd** for a tax appointment:
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 - call for information regarding charges.

*All other activities are \$.50/donation.

February**2014****3**

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

4

Shopping Shuttle/Shaws
9:00 S&S Bus (housing)
9:00 Chess
9:30 Computer 101A
10:00 Vision Group Meeting
10:00 Coping with Grief #4
10:00 Walking Group
10:00 SHINE Insurance help
10:45 Computer 101B
1:00 Bridge & Cribbage
1:30 Zumba Gold Exercise
3:00 Supper Club:
Jackson Tavern/Weymouth

5

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

6

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

7

9:15 Exercise Class
10:00 Weight Loss Group
11:00 Tai Chi Class
11:00 Library van ride
12:00 Pool Players
1:00 Women's Poker

10

10:00 Trip Drawing for March 17th Senior Trip
10:00 Scrabble
11:00 QiGong/Tai Chi
12:00 Pool Players
12:00 Poker

1:00 Belles & Beaux musical show with cake and ice cream served.

**** Thank you...Royal Rehab Nursing Home Braitree for providing the cake for this event**

11

Shopping Shuttle/S&S
9:00 S&S Bus (housing)
9:00 Chess
9:30 Computer 101A
10:00 Blood Pressure (free) by Nurse at Senior Center
10:00 Wii Bowling Group
10:00 Coping with Grief #5
10:00 Walking Group
10:00 SHINE Insurance help
10:45 Computer 101B
1:00 Bridge & Cribbage
1:30 Zumba Gold Exercise

12

9:15 Exercise Class
9:30 Ask the Lawyer (free) by appointment
10:00 Blood Pressure at Independence (free)
10:00 Crafts
10:00 Quilting Group #1
12:00 Pool Players
12:00 Poker
12:00 Movie Day
Movie: Now You See Me

13

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
1:00 Special Event "Clutter Control"
(Please call to sign up)

14

9:15 Exercise Class
10:00 Weight Loss Group
11:00 Tai Chi Class
11:00 Library van ride
11:30 Senator Keenan Office hours at Center
12:00 Pool Players
1:00 Women's Poker
1:00 Valentine's Day Party with Music -\$2.00
(Please call to sign up)

17
Holiday Presidents' Day



Center Closed

18
***AARP Meeting Today!
Shopping Shuttle/Shaws
9:00 S&S Bus (housing)
9:00 Chess
9:30 Computer 101A
10:00 Wii Bowling Group
10:00 Coping with Grief #6
10:00 Walking Group
10:00 SHINE Insurance help
10:45 Computer 101B
1:00 Bridge & Cribbage
1:30 Zumba Gold Exercise
3:00 Supper Club:
Jamie's/Whitman

19
9:15 Exercise Class
10:00 Crafts
10:00 Quilting Group #1
12:00 Pool Players
12:00 Poker
1:00 Hearing Exams
(free) by appointment
1:00 BINGO

20
Shopping Shuttle/Shaws
9:00 Chess
9:30 Chair Yoga
10:30 Book Club Meeting
11:30 Quilting Group #2
12:00 Pool Players
1:00 Art Group
1:00 Knit/Crochet
3:30 Wisdom Works Meeting with special Speaker. See newsletter article –open to public.

21
9:15 Exercise Class
10:00 Weight Loss Group
11:00 Tai Chi Class
11:00 Library van ride
12:00 Pool Players
12:30 Ask the Lawyer (free) by appointments
1:00 Women's Poker
2:00 Dept. of Elder Affairs Board Meeting

24
10:00 Scrabble
11:00 QiGong/Tai Chi
12:00 Pool Players
12:00 Poker
1:00 Trivia & Coffee
1:00 Tea at Savoy Special Tea Party
See Newsletter article! (please call to sign up)

25
Shopping Shuttle/S&S
9:00 S&S Bus (housing)
9:00 Chess
9:30 Computer 101A
10:00 Wii Bowling Group
10:00 Walking Group
10:00 SHINE Insurance help
10:45 Computer 101B
11:00 Red Hat Meeting
1:00 Ask the Lawyer (free) by appointment
1:00 Bridge & Cribbage
1:30 Zumba Gold Exercise
4:00 Alzheimer's Meeting
Speaker & Light Supper!

26
9:15 Exercise Class
10:00 Crafts
10:00 Quilting Group #1
12:00 Pool Players
12:00 Poker
12:00 Movie Day
Movie: Panic Room

27
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
Please pick up ticket \$6.
1:00 Art Group
1:00 Knit/Crochet
1:00 "My-Life-My Health" 6 week Program– wk#1
See article & sign up!
2:00 COA Associates Meeting

28
9:15 Exercise Class
10:00 Weight Loss Group
10:30 Blood Pressure at Senior Center (free) by Home Instead
11:00 Tai Chi Class
11:00 Library van ride
12:00 Pool Players
1:00 Women's Poker

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

From the Outreach Department.....

We hope you all had an enjoyable holiday season. If the Braintree schools are closed due to bad weather, we cancel our activities for safety reasons. Make sure you have a snow removal plan in place for the winter. Find a neighbor or relative who can clear your walkway for the mailman or shovel your driveway. Avoid going out on a bad weather day if you don't have to.

One resource of the Senior Center that you might want to look over next time you are in is the Information Center. It is the long bookshelf in the hallway outside the dining room that is full of information pamphlets from various organizations relevant to seniors. Often these brochures can answer initial questions or problems you might have or provide options to help in planning for future changes. Some of the topics covered are:

- Senior housing options
- Driving issues
- Emergency response systems
- Hospice programs
- Prescription medication issues
- Caregiver support
- Home care programs
- Food stamps, or SNAP
- Fuel assistance brochures
- South Shore Elder Services, Inc.

We are continuing to use our telephone system with BELD. We have the same telephone number for you to call. If you are placed on hold and hear an informational blurb about BELD while waiting, or see BELD on your caller ID, don't hang up. It is still us.

The Outreach Office is open for anyone to drop by or call with questions or concerns. Come into the office and you will find Ann Marie, our Outreach Coordinator; Jean, our Outreach Worker; and Debbie, our Friendly Visitor.



Braintree Senior Center **“Tea at Savoy”** **Monday, February 24, 2014 @ 1 p.m.**

We are very happy to present our special “Tea at Savoy” once again here at the Senior Center on Monday, February 24th. at 1 p.m. We will try this every few months if we get a good group to come! If you have never attended this “affair” it is a great social event. We serve hot tea and delicious tea sandwiches & pastry served in our beautiful bone china tea pots, cups and dishes. We also have soft piano music in the background just like the real “Tea at Savoy” in London.

Dress up, make it a special social event and enjoy the afternoon. Please call for reservations: **781-848-1963**

Braintree Department of Elders Affairs Presents **“Clutter Control”** **February 13, 2014** **1 p.m. (free)**



Braintree is excited to present Dave Downs, who will entertain you with his most popular program “**Clutter Control**” on Thursday, February 13th at 1 p.m. at the Senior Center. This program is full of practical tips and amusing anecdotes from Dave's own life. Discover how thoughts, feelings, and behaviors can affect our performance when it relates to discarding our possessions. With his appealing wit and persuasive wisdom, David Downs gives us several tools we need for thinking differently about our STUFF.

Refreshments will be served following the program. Don't miss this fun afternoon! Please call to sign up: **781-848-1963**

Educational Town Information

FROM THE HEALTH DEPT.....

February is National Heart Health month. Most people have an idea of what they should eat and tend to maintain their heart healthy diets at home. However, eating has become a very social event and it becomes difficult to maintain the heart healthy diet when dining out with friends. The following tips can help you choose wisely when eating away from home:

1. Limit yourself to two courses.
2. Avoid nuts or chips before your meal; opt for raw vegetables with a low fat dip.
3. If you're unsure of the ingredients, ask your waiter/waitress
4. Ask if the chef will make a healthier version of a meal. (less salt, fat, etc...).
5. Avoid deep fried or breaded appetizers and choose melon, salad, fish or a vegetable based soup.
6. Avoid a deep fried, breaded, battered main course or those that come with a rich creamy sauce.
7. Choose meats that have been grilled, baked, poached, roasted, boiled, steamed, broiled or lightly stir-fried.
8. Always include plenty of vegetables (unbuttered) or salad with your main course.
9. Ask for sauces, gravy, butter or salad dressings on the side.
10. For dessert, choose a fruit based pudding or sorbet rather than cheesecake, or pastries.
11. Try to eat a similar portion size to what you would at home.
12. Don't give yourself a license to overeat just because you're at a restaurant - eat slowly and selectively.

Simply by choosing wisely and asking for what you need, you can maintain your heart healthy diet. Eating out can then continue to be something you really enjoy.

FROM THE RECYCLING DEPT.....

We would like to thank residents for acclimating to the new trash program.

An issue that has come to our attention is that residents seem to be confused about putting out bulk items at the curb. Bulk items refer to furniture, box spring and mattress, cut up carpeting and wood. There has been no change in the Town's policy regarding the collection of those items. The items may be placed curbside without calling Sunrise Scavenger. 1-2 pieces of furniture is allowed per week. A mattress and box spring is considered one piece. Carpet and or wood must be cut into 3-4 ft. lengths, bundled and tied. There is a limit of 3 bundles per week for carpeting and wood.

This information has been in all the information that was mailed during the summer and in the brochure that came with the carts and is on the label that is embedded into the lid of your recycling cart.

"Wisdom Works" Meeting at Braintree Senior Center on February 20, 2014 @ 3:30 p.m.

Wisdom Works is a job search skills training program for mature workers. This program was developed by Keystone Associates for the Massachusetts Department of Elder Affairs and is designed to provide mature workers with an overview of current job search techniques as they seek successful reemployment. In addition to a 4 week Wisdom Works Workshop, we have a follow-up support group meeting once a month where we discuss job search efforts, share information, network and present speakers.

At our next meeting on **February 20, 2014, at 3:30 p.m.**, we will have a speaker, **Rich Dominique, a Job Specialist at the Quincy Career Center**, who will discuss what to expect in the present job market and how to make use of the services that are available at the Career Centers and related agencies. Rich helps coordinate technology training, teaches a website workshop for job seekers, assists members with applying for services (Mass. Health, fuel assistance), and runs a network of support for those out of work. Anyone interested in the Wisdom Works Program or who are in the process of looking for a job, are welcome to attend the Feb. 20th meeting.

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 and 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 to the Senior Center!

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

Place
Stamp
Here



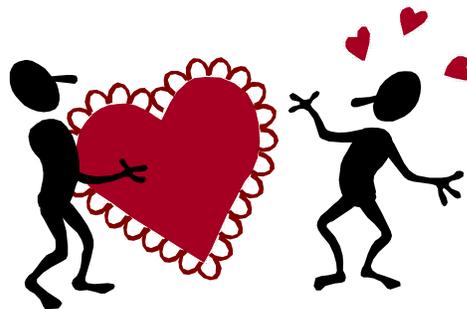
Please recycle!

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. **Veteran Agent now at this location!**

Dear “Friends”.....

As we all know, today’s youths have their own language of texting. So here are some texting codes for seniors:

- ATD** **At the doctor’s**
- BYOT** **Bring your own teeth**
- CBM** **Covered by Medicare**
- WAITT** **Who am I talking to**



Of course the important one is the last one: CUATSC - See you at the senior center!

Happy Valentine’s Day!
The Friends