



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
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Robert Caruso, Treasurer

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

PHONE: 781 848-1963

FAX: 781 848-2835

WEB: www.townofbraintreegov.org

Braintree Senior Center - March Spring Trip
Tony Kenny's Irish Cabaret Show & Luncheon
Venus DeMilo
Wednesday, March 11, 2015
\$70.00/ticket

Join us for the first trip of the 2015 season with a wonderful St. Patrick's Day celebration program held at the **Venus DeMilo, Swansea, MA.** on March 11, 2015 from 10 am - 5:30 p.m. **Tony Kenny**, one of Ireland's most beloved artists and an award winning cast direct from Dublin Ireland will entertain. Richie Hayes a talented singer and brilliant comedian, Bernadette Ruddy the girl with the golden voice from West Ireland and the Dublin City Dancers who have danced with River Dance and Lord of the Dance are all part of the show. Enjoy an amazing cast direct from Dublin Ireland with a Irish celebration of song, comedy and dance. **A show not to be missed!**

Meal choice: Corned Beef & Cabbage or Baked Schrod
Tickets on sale: February 2nd - February 13th (10 a.m. to 1 p.m.) \$70.00/each—see policy below!

Please note new 2015 trip policy:

- **Drawing for tickets will no longer be held.**
- **Trip tickets will be sold starting on the first day of each month at Senior Center (just like all activities).**
- **Tickets will be sold 10 a.m. to 1 p.m. each day until cut-off date noted in newsletter article.**
- **Tickets will be sold on a "first-come-first served" basis.**
- **Tickets must be paid for on day of pick up (by check or cash only).**
- **Tickets will not be held under any circumstances.**
- **Tickets are non-refundable unless the trip is cancelled.**

*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.

Please turn to page 4 for upcoming Senior Asian Program

請轉至第四頁，參閱即將舉辦的亞裔老人活動資訊

BLOOD PRESSURE CLINICS (free)



February 10, (Tues.) at Senior Center 10-11 a.m.
February 11, (Wed.) at Independence 10-11 a.m.
February 27, (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. 3 & 5, Roche Bros/Quincy Ave.

Feb. 10 & 12 Shaw's/Pearl Street

Feb. 17 & 19 Stop & Shop/Grove Street

Feb. 24 & 26 Roche Bros/Quincy Ave.

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

**** Van Trip 2/13/15 Walmart Plaza in Weymouth at 10 a.m.**

BRAINTREE MEETINGS



- Feb. 3, Vision Group Meeting at 10 a.m.**
Meeting at Senior Center & open to all with low vision problems. For more information call 781-848-1963
- Feb. 13, Senator John F. Keenan Office Hours 11:30 am**
Meeting Senior Center to review any concerns you may have—no appointment necessary.
- Feb. 17, AARP Chapter #4042 Meeting at 1:30 p.m.**
Braintree DAV Hall - 788 Liberty St./Braintree
Guest speaker: Jodi Hinkler of Royal Health Group
Regarding 2015 changes to the Health Care System
Welcoming new members & guests to all meetings.
- Feb. 19, Wisdom Works Support Meeting 3:30 p.m.**
Meeting at Senior Center for members.
- Feb. 20, Braintree Elder Affairs Board Meeting 2 p.m.**
Meeting at Senior Center—open to public.
- Feb. 24, Braintree Alzheimer's Support Meeting 5 p.m.**
Meeting at Senior Center. See newsletter article for speaker info and call to sign up please.
- Feb. 26, COA Associates Meeting at 2 p.m.**
Meeting at Senior Center—open to public.

Braintree Dept. of Elder Affairs Services

(Hours: 8:30 am – 4:30 pm - Mon/Friday)

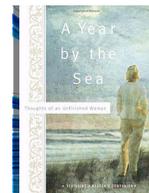
- **Outreach:**
Information & Referral
Advocacy
Friendly Visitor/Library Express
- **Transportation:**
Medical Van Rides & Senior Center Rides
Shopping Shuttles
- **Recreation:**
Monthly Lunches
Social Activities
Special Events & Educational Seminars
Trips
- **Support Groups:**
Low Vision Meetings
Alzheimer's Support Meeting
- **TRIAD (Senior Safety)**
- **SHINE (Health 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, February 19, 2015** **10:30 a.m.**

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

Book:
"A Year by the Sea"
by: Joan Anderson



During the years Joan Anderson was a loving wife and supportive mother, she had slowly and unconsciously replaced her own dreams with the needs of her family. With her sons grown, however, she realized that the family no longer centered on the home she provided, and her relationship with her husband had become stagnant. She decides to retreat to a family cottage on Cape Cod to find herself.

Braintree

Department of Elder Affairs

"Special Activities"

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

See our newsletter calendar for listing of all activities

- Feb. 3, 10, 17 & 24, SHINE Insurance help at 10 a.m.**
Appointments every Tuesday for help on all medical insurance issues. Call for appointment!
- Feb. 3, "Low" Vision Group Meeting at 10 a.m.**
Support for seniors with low vision problems.
- Feb. 3, & 17, Supper Club at: Bugaboo Creek/Braintree
Supper Club at: Hearth & Kettle/Wey.**
Please call Senior Center for van reservations to enjoy this early social supper from 3 - 6 p.m.
- Feb. 4, & 18, Bingo at Senior Center at 1 p.m.**
\$4.00 covers all games. Refreshments served!
Open to everyone.
- Feb. 9, Belles & Beaux Musical Entertainment**
At Senior Center 1 p.m. Cake/ice cream served.
- Feb. 16, Presidents Day Holiday - Center Closed**
Senior Center closed today due to holiday.
- Feb. 23, Winter Entertainment Party 1 p.m.**
See newsletter article for information.
Please call to sign up (Braintree seniors only)
- Feb. 25, Movie Day at Senior Center - 12 noon**
Movie: The Fault in Our Stars"

Braintree

Department of Elder Affairs

Senior Luncheons

\$7.00/ticket (pre-purchase please)

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

We will not have a luncheon in February due to possible inclement weather, but will resume in March.

At that time, due to the higher cost of food & supplies, we will have to increase the price of the ticket to \$7.00 which includes salad/rolls, a complete entree, dessert, coffee/punch. It's still a great meal at a good price - come enjoy!



**BRAINTREE SENIOR CENTER
MOVIE DAY (.50 donation)
Wednesday, February 25, 2015
Movie starts promptly
at 12 noon!**

Come early and bring a bag lunch, enjoy coffee/pastry and hot popcorn.

Movie:

"The Fault in Our Stars"



A teenage girl stricken with cancer falls for a boy in her support group and the two form a bond as they deal with their illnesses.

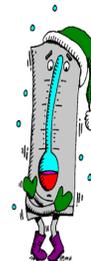
Note: This was the movie for December that was not shown due to Senior Center closing!

From the Director.....

As I write this article, it is the month of January and the forecast indicates for temperatures in the single digits with dangerous wind chills. I hope you remain safe and warm in your homes and by the time this newsletter reaches you, I anticipate all of us will be thinking of warmer days ahead.

During this time of the year, I would urge all of you to take every precaution to keep yourself protected from the bitter cold days. If it ever gets difficult for you to be safe in your own home, please call us. Our Outreach Department can always provide you with information and services you may need.

If you need a break, inkling to get out of the house and want to socialize, you are always welcome to come here at the Center. We have many things that are guaranteed to drive your winter blues away.



Wishing you a safe, peaceful and a toasty winter..... Sharmila

**Braintree Senior Center
“Winter Entertainment Party”
Monday, February 23, 2015
1 p.m.
\$2.00/charge**



Does the cold, snowy winter have you down? Come to the Braintree Senior Center for some wonderful “Winter Entertainment” to help lift your spirits.

Back to entertain you - “Tony Funches” the former lead vocalist for the 50’s group “The Platters” now performing as a solo artist. Tony will be singing all the golden hits from Motown and much more. Come listen to some of his old songs: Only You, Smoke Gets in Your Eyes, Twilight Time and The Great Pretender-just to name a few.

Tony Funches has been performing on stage for over 25 years and has traveled throughout the United States and overseas. He is a first class entertainer who knows how to please his audience so don’t miss this wonderful musical performance.

Cake & ice cream served following the show.

**Please call for reservations: 781-848-1963
(Braintree residents only) Space is limited!**

**Braintree Department of Elder Affairs
Presents..... “New Asian Outreach Program”**

Braintree Elder Affairs will be launching an exciting Asian Outreach Program in March, 2015. This free program is funded by the MA Executive Office of Elder Affairs. The Program will include Activity & Social hours, Cultural Celebrations, Conversational English learning, Chinese brush painting & calligraphy workshops, Field Trips, Health & Wellness Information sessions, etc. For additional information and early registration, please contact Braintree Elder Affairs at: 781-348-1054, or look for upcoming mailing.

從三月開始，碧樹市老人局將為亞裔長者推出各種免費的活動和服務。

計劃包括：資訊，活用英語，中國書畫，春節聯歡會，旅行，保健座談等等.....

詳情請注意郵件，或致電老人局781-348-1054查詢。

本計劃勁費來自麻省老人局。

From the desk of Mary Cirignano, Chairperson

VALENTINE'S DAY: (poem by Kenneth J. Miller)

You're sucrose, you're glucose, you're fructose and more,
From your head to your feet...which are stuck to the floor.
You're Hershey's, you're Snickers, you're sweet English Toffee.
If you drink from my cup, you'll just sweeten my coffee.
I love you so much that I'm getting frenetic,
But I can't even kiss you, 'cause I'm diabetic.

PRESIDENT'S DAY FEBRUARY 16 - TRIVIA:

George Washington - His wooden dentures? They weren't made of wood. Instead, they were made of hippopotamus teeth that had been filed down to fit. ---Happy Birthday George Washington.

Abraham Lincoln could throw men down in the wrestling ring. As a young man, he was only defeated once out of approximately 300 matches. He made it to the Wrestling Hall of Fame with the honor of "Outstanding American." Happy Birthday Abraham Lincoln.



GRANNY TELLS IT LIKE IT IS:

Lawyers should never ask a Georgia grandma a question if they aren't prepared for the answer!!

In a trial, a Southern small-town prosecuting attorney called his first witness, a grandmotherly, elderly woman to the stand. He approached her and asked, "Mrs. Jones, do you know me?"

She responded, "Why, yes, I do know you, Mr. Williams. I've known you since you were a boy, and frankly, you've been a big disappointment to me. You lie, you cheat on your wife, and you manipulate people and talk about them behind their backs. You think you're a big shot when you haven't the brains to realize you'll never amount to anything more than a two-bit paper pusher. Yes, I know you."

The lawyer was stunned. Not knowing what else to do, he pointed across the room and asked, "Mrs. Jones, do you know the defense attorney?"

She again replied, "Why yes, I do. I've known Mr. Bradley since he was a youngster, too. He's lazy, bigoted, and he has a drinking problem. He can't build a normal relationship with anyone, and his law practice is one of the worst in the entire state. Not to mention he cheated on his wife with three different women. One of them was your wife. Yes, I know him." The defense attorney nearly died.

The judge asked both counselors to approach the bench and, in a very quiet voice, said, "If either of you idiots asks her if she knows me, I'll send you both to the electric chair!"

Important reminder.....

"Volunteers" **please** remember to record all your volunteer hours in our new computer system each and every time you volunteer for us at the Senior Center.

Just like you swipe in for an activity – please post **ALL** your volunteer hours.

Using your I.D., swipe card to access the Volunteer Program (upper right hand corner green button) that says: **"Volunteers 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. I will be happy to assist you.

It is important that all volunteer hours be recorded. We want to invite you to our yearly volunteer luncheon and recognize your hard work and dedication to the many programs at the Senior Center.

*Note: If you are a **"Work-for-Tax"** Senior (this is a totally different program) you do not put these hours in our computer under "Volunteers". You must fill out monthly time sheets and submit to me.

"Thank you Volunteers" for all your hard work, dedication and commitment!
Sandy Young/Coordinator



Computer at Senior Center!

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

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

Do not call before the first of the month to sign up for any special activities/trips.

*Please note there are \$\$ charges for our exercise programs and some special activities - call for information regarding these charges.

*All other activities are \$.50/donation for Senior Center expenses & coffee.

2

11:00 QiGong/Tai Chi
12:00 Pool Players
12:00 Poker
12:15 Men's Tai Chi
12:30 Trivia & Coffee

Groundhog Day
Please no more winter!!!!

****Trip Tickets on sale today till Feb. 13th from 10- 1 pm for March 11 Trip.**

3

Shopping Shuttle/Roche
9:00 S&S Bus (housing)
9:30 Computer 101A
10:00 Vision Group meets
10:00 Walking Group
10:00 SHINE Insurance
10:45 Computer 101B
1:00 Bridge & Cribbage
1:30 Zumba Exercise

3:00 Supper Club:
Bugaboo Creek/Braintree

9

11:00 QiGong/Tai Chi
12:00 Pool Players
12:00 Poker
12:15 Men's Tai Chi

1:00 Belles & Beaux Musical Show

Valentine's Day Show
****Special Refreshments for Valentine's Day**

FEBRUARY**2015****4**

9:15 Exercise Class
12:00 Pool Players
12:00 Poker
1:00 BINGO

5

Shopping Shuttle/Roche
9:30 Chair Yoga
11:30 Quilting Group
12:00 Pool Players
1:00 Art Group
1:00 Knit/Crochet

6

9:15 Exercise Class
10:00 Weight Loss Group
11:00 Library van ride
12:00 Pool Players
1:00 Women's Poker
1:30 Zumba Exercise

10

Shopping Shuttle/Shaws
9:00 S&S Bus (housing)
9:30 Computer 101A
10:00 Blood Pressure (free) Senior Center
10:00 Walking Group
10:00 Wii Bowling Group
10:00 SHINE Insurance
10:45 Computer 101B
1:00 Bridge & Cribbage
1:30 Zumba Exercise

11

9:15 Exercise Class
9:30 Ask the Lawyer (free) by appointment
10:00 Blood Pressure (free) at Independence
12:00 Pool Players
12:00 Poker

12

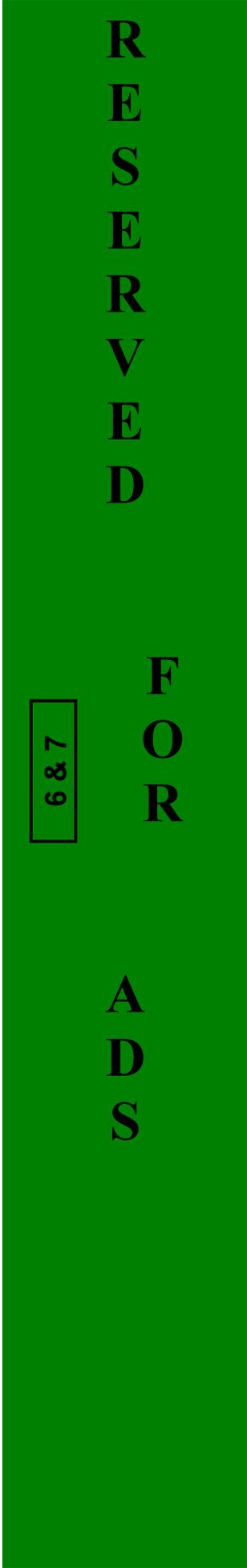
Shopping Shuttle/Shaws
9:30 Chair Yoga
10:00 Photography
11:30 Quilting Group
12:00 Pool Players
1:00 Art Group
1:00 Knit/Crochet

13

9:15 Exercise Class
10:00 Special Van Trip: Walmart/Weymouth
10:00 Weight Loss Group
11:00 Library van ride
11:30 Senator John Keenan Office Hours
12:00 Pool Players
1:00 Women's Poker
1:30 Zumba Exercise

****Last day to purchase March 11th Trip Tickets!**

<p>16</p> <p>HOLIDAY PRESIDENTS DAY</p>  <p>SENIOR CENTER CLOSED</p>	<p>17</p> <p>(1:30 AARP Meeting)</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:30 Computer 101A 10:00 Walking Group 10:00 Wii Bowling Group 10:00 SHINE Insurance 10:45 Computer 101B 1:00 Bridge & Cribbage 1:30 Zumba Exercise</p> <p>3:00 Supper Club: Hearth & Kettle/Weymouth</p>	<p>18</p> <p>9:15 Exercise Class 10:00 Pool Players 10:00 Poker 1:00 Hearing Exams (free) by appointments 1:00 BINGO</p>	<p>19</p> <p>Shopping Shuttle/S&S 9:30 Chair Yoga 10:30 Book Club Group 11:30 Quilting Group 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet</p> <p>3:30 Wisdom Works Members Meeting</p>	<p>20</p> <p>9:15 Exercise Class 10:00 Weight Loss Group 11:00 Library van ride 12:00 Pool Players 1:00 Women's Poker 12:30 Ask the Lawyer (free) by appointments 1:30 Zumba Exercise</p> <p>2:00 Board Meeting Open to Public</p>
<p>23</p> <p>Shopping Shuttle/Shaws 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:15 Men's Tai Chi 12:30 Trivia & Coffee</p> <p>1:00 Winter Party with Special Entertainment by Tony Funches (call to sign up please!)</p>	<p>24</p> <p>Shopping Shuttle/Roche 9:00 S&S Bus (housing) 9:30 Computer 101A 10:00 Walking Group 10:00 Wii Bowling Group 10:00 SHINE Insurance 10:45 Computer 101B 11:00 Red Hat Meeting 1:00 Bridge & Cribbage 1:00 Ask the Lawyer (free) by appointments 1:30 Zumba Exercise</p> <p>5:00 Alzheimer's Meeting So. Shore VNA Speaker Call to sign up please!</p>	<p>25</p> <p>9:15 Exercise Class 10:00 Pool Players 10:00 Poker</p> <p>12:00 Movie Day: "The Fault in our Stars"</p>	<p>26</p> <p>Shopping Shuttle/Roche 9:30 Chair Yoga 10:00 Photography 11:30 Quilting Group 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet</p> <p>**No luncheon this month resumes in March!</p> <p>2:00 COA Associates Meeting - open to public</p>	<p>27</p> <p>9:15 Exercise Class 10:00 Weight Loss Group 10:30 Blood Pressure (free) at Senior Center 11:00 Library van ride 12:00 Pool Players 1:00 Women's Poker 1:30 Zumba Exercise</p>



From the Outreach Department.....

We hope you all had an enjoyable holiday season. Now that we are in the midst of the winter, you should take safety precautions while going out. Have someone clear your outside stairs, walkways and driveways of ice and snow. Avoid going out in the bad weather if you don't have to. We have ice tips for canes if you need one.

One of our resources at the Senior Center you may want to look at the next time you're 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
- South Shore Elder Services, Inc.



Information/Resource bookshelf at Senior Center

We also have a Friendly Visitor Program and a Library Express Program. **The Outreach Office is open if you have any questions or concerns (781-848-1963).**

**Braintree Senior Center
Alzheimer's Support Meeting
Tuesday, February 24, 2015
5 p.m.**

Please join us at the Braintree Senior Center for our Alzheimer's Support Meeting held on the last Tuesday of each month at 5 p.m.

This month, Ms. Patty Smith, Director of South Shore Hospital Home Health Resources will be introducing an exciting grant funded program "Habilitation Therapy" for Braintree residents and other surrounding towns. Patients and Caregivers affected by Alzheimer's Disease will benefit from this program through education, support and referrals. Home visits will be made by a certified nurse to make recommendations for care and to offer education and support.

Ms. Kim Bennett, LSW Director, Visiting Angels, speaker from last month, will also be present at the meeting to share and discuss with you, the ongoing trials and tribulations of your daily life of caregiving. This support group is open to everyone and a light supper is served.

Please call to confirm a spot: 781-848-1963

Braintree Senior Center Knitting Group



Thank you to our very special little elf "knitters" from the Braintree Senior Center, who throughout the year knit for various charities. Thanks to Florence O'Brien, their instructor, for her dedication to the group.

A few weeks before Christmas, boxes and boxes of knitted shawls, sweaters, hats, gloves, baby blankets & lap blankets were sent to the Marge Crispen Center/ Food Pantry/Braintree, Veterans Hospital in Brockton, John Scott Nursing Home/Braintree, Home for Unborn Children/Quincy and South Shore Hospital Neonatal Unit/Weymouth - all knitted by this wonderful group.

"Thank You-Thank You" for their act of kindness that helped so many people during the holidays & winter.

Educational Town Information

*From the Health Department.....*February is heart health month. Heart health is critical for all ages, but since heart disease is a leading cause of death for people over 50, we need to pay particular attention to ways to maintain cardiovascular fitness. The following tips for exercise and healthy diet habits can prevent premature death and improve the quality of life.

- ***Avoid smoke.** Cigarettes as well as second hand smoke diminish the amount of oxygen in your system, creating a greater risk of heart disease.
- ***Exercise at least 30 min per day.** Choose yoga, bicycling, dancing, walking or swimming to get the heart pumping and improve heart health.
- ***Maintain a healthy weight.** Abdominal weight in particular causes elevated blood pressure, insulin resistance and inflammation of the arteries. One of the most effective ways to maintain a healthy weight is to control the size of your portions. Eat no more than 2 to 3 oz. of meat per meal and 1/2 cup of pasta or other starch.
- ***Increase dietary fiber.** Fiber will not only make you feel full but aid in the prevention of artery inflammation. Some of the healthiest sources of fiber are whole grain breads, fruits, vegetables and nuts.
- ***Eat healthy fats.** Healthy fats are those that contain omega-3 fatty acids. The healthy fats can be found in fish, olive oil and soybeans. Avoid trans fat foods. Check food labels for trans fats as they increase low density lipoprotein (LDL) which may lead to an increase in arterial plaque build up.
- ***Lower sodium intake.** Daily intake should be less than 2300 mg. (approximately 1 tsp).
- ***Relax.** Take the time each day to participate in an enjoyable activity.
- ***Drink alcohol in moderation.** Small amounts of alcohol can be beneficial for the heart by increasing high-density lipoproteins or good cholesterol. One drink per day for women and up to two per day for men is sufficient. More than that may have the reverse effect and increase the risk of heart disease.
- ***Be aware of the symptom of a heart attack.** Awareness will allow you to act quickly. Some of the symptoms include chest pain, shortness of breath, jaw pain, neck pain and sudden weakness or lightheadedness. If you feel these symptoms, call for an ambulance.

We all recognize the heart as a symbol of love. We need to remember to translate that symbol to a reminder to treat your heart with love!

From the Recycling Department.....



NO STYROFOAM OR PLASTIC BAGS



Thank you for your recycling efforts! However, there is a large amount of Styrofoam & plastic bags in recycling carts; and those items cannot be recycled at the recycling processing facility. Please place plastic bags and Styrofoam in the regular trash or bring the bags to any supermarket for proper recycling in the containers by the entry. The bags cause problems at the plant as they jam the machinery, causing the plant to have to shut down 3-4 times a day to unwrap the bags from the gears. Your help will go a long way in resolving this issue and will be very much appreciated.

Braintree Department of Elder Affairs.....Newsletters are available at the Senior Center, Town Hall, Library, Banks, Supermarkets, Pharmacies, Churches, Stores, some Medical Facilities and on line at the Town of Braintree web-page: www.townofbraintreegov.org

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 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. Our Veteran Agent, Richard Walsh,

Dear “Friends”.....

WE LOVE YOU! Has it been a while since someone has told you that they love you? That’s one of the most difficult issues of growing older - losing our spouses and other loved ones, (e.g., relatives, friends, neighbors, acquaintances from our organizations, and, in some cases [heaven forbid], even our children)- and hearing them tell you how much you mean to them.

WE LOVE YOU! Since the month of February hosts Valentine’s Day, it is the perfect time to say “I love you” to those around you while you still have them. If you’re “on the outs” with a family member or someone else, who was once close, pick up the phone or send them a card or e-mail, and just tell them, “I love you.” That doesn’t mean that you’ve forgotten whatever issue came between you. It just means that you know how important each day is and that you don’t want to let another day go by without letting them know that you love them.

WE LOVE YOU! Those of you, who are members of the Council on Aging Associates, d/b/a Braintree Friends, know that we appreciate your membership and encourage you to attend our meetings (4th Thursday of the month at 2:00 p.m.) If you are not a member, please consider joining. We would “love” to have you participate in our meetings.

HAPPY VALENTINE’S DAY!
The Friends

