



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... HAPPY NEW YEAR!!!



On behalf of staff and the members of our Board, I would like to wish all of you a very Happy New Year. Hope 2013 will bring you good health, peace and happiness.



2012 ended with quite a positive note here at Elder Affairs. There are some activities and programs which are enjoyed by our seniors and have been ongoing for many years. To add some variety, we are always striving to introduce new programs.



In the beginning of 2012, through the generosity of the Associates (FRIENDS) a newly renovated kitchen was added to our building and now once a month seniors are enjoying a delicious luncheon.



Periodically we try new support groups, educational presentations, different forms of entertainment and the list goes on. In our last newsletter we put in a survey designed for men only. The purpose for this survey is to see what programs can be offered which will be particularly interesting to our male population. The men who come to our Center thoroughly enjoy our programs and we are very keen on having others experience it too. Our data base indicates that every year we have a steady growth of people who are participating in our various activities and we hope you are one of them.



We appreciate to have the support of Mayor Sullivan and our Councilors, and with your good will and best wishes, we hope to have a wonderful, productive and a bustling 2013!



Sharmila



BLOOD PRESSURE CLINICS (free)



Jan. 8, (Tuesday) at Senior Center 10-11 a.m.
Jan. 9, (Wednesday) at Heritage Housing 10-11 a.m.
Jan. 25, (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.

Jan. 3, Stop & Shop/Grove Street
Jan. 8 & 10, Shaws/Pearl Street
Jan. 15 & 17, Stop & Shop/Grove Street
Jan. 22 & 24, Shaws/Pearl Street
Jan. 29 & 31, Stop & Shop/Grove Street

**Every Friday Library van ride. Pick up 11 am return 12:30 pm
Jan. 11th Special Trip to Walmart/Roche/Quincy at 10 am

BRAINTREE MEETINGS



Jan. 15, AARP Chapter #4042 Meeting at 1:30 p.m.
Braintree DAV Hall - 788 Liberty St./Braintree
Speaker will be State Senator Brian Joyce
Welcoming new members & guests at all meetings.

****AARP Volunteers will prepare & serve a noon
lunch at Father Bill's Place on January 18th.

Jan. 17, Wisdom Works Support Group Meeting
Meeting at 3:30 p.m. for group members.

Jan. 24, COA Associates Monthly Meeting at 2 p.m.
Meeting at Senior Center for members.

Jan. 29, Braintree Alzheimer's Support Meeting- 4 pm
Meeting, light supper & speakers. Call to sign up!
***Please note change of time to 4 p.m.

Jan. No LOW Vision Group Meeting in January
Will meet on February 5th at 10 a.m.

Jan. No Braintree Elder Affairs Board Meeting
No meeting Jan/Feb. will resume in March

For your information.....

Ways to prevent cold & flu:

- Get a flu shot!
- Wash hands often.
- Avoid nose, mouth & eye contact.
- Avoid contact with sick people.
- Stay home & rest if sick.
- Avoid crowds if run down.
- Take over counter medication properly when treating a cold.
- Disinfect common surfaces.
- Do elbow coughs.
- Drink enough water to hydrate.
- Get enough rest & eat properly.
- Provide separate cups, & towels for someone sick in your family.
- Keep toothbrushes separate & replace after cold or flu.
- Consult your physician early!

Stay health so we can see you all at
the activities at the Senior Center!!!!

Note.....

Our monthly "Book Club" is over for the
winter. We will resume in early spring.
Please watch newsletter for time & date.

Here are some reading suggestions that
our Book Club read over the year and
really enjoyed:

- The Language of Threads
By: Gail Tsukeyama
- The Wives of Henry Oades
By: Johanna Moran
- Kane & Abel
By: Jeffrey Archer
- Tears of the Giraffe
By: Alexander McCall/Smith
- The Glass Castle
By: Jeannette Walls



Read some good books over the winter,
and please join us in the spring.

Braintree Department of Elder Affairs

"Special" Activities

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

- Jan. 8,** **SHINE Insurance Help, at 10 a.m.**
Appointments every Tuesday for help on all Medical insurance problems and information.
- Jan. 8** **Supper Club at: Alfredo's/Quincy**
& 22, **Supper Club at: Ninety-Nine/Weymouth**
Please call Senior Center for van reservations to enjoy this early social supper from 3 - 6 p.m.
- Jan. 9,** **New "Men's Movie Day" at noon**
See newsletter article for movie info. All movies on this day will be geared toward men, but every one is invited to attend.
- Jan. 14,** **Belles & Beaux Entertainment at 1 p.m.**
Cake & Ice Cream social after music!
- Jan. 22,** **Winter Party & Entertainment at 1 p.m.**
See newsletter article & call to sign up.
- Jan. 30,** **Regular "Movie Day" at noon**
See newsletter article for movie information.
- Jan. 31,** **Senior Monthly Luncheon @ noon \$6.00**
See newsletter article & come pick up a ticket.

Braintree

Department of Elder Affairs

Senior Luncheon

January 31, 2013

Lunch at noon

\$6.00/ticket

Our monthly luncheons have been going well and they have been *delicious*. If you haven't tried one, please come by and pick up a ticket. They are on sale starting January 2nd, and they sell out quickly so come early!



Menu: Chicken, Broccoli & Ziti, salad with rolls & fruit cup for dessert

BRAINTREE SENIOR CENTER

MOVIE DAYS

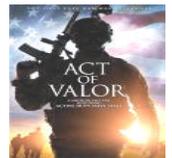
12 noon - \$.50/donation

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

January 9th:

"Men's" Movie Day

Movie: Act of Valor



When a mission to rescue a kidnapped CIA operative unexpectedly uncovers a chilling plot with potentially unimaginable consequences, a team of the most elite, highly-trained warriors in the modern world is dispatched on a top-secret operation.

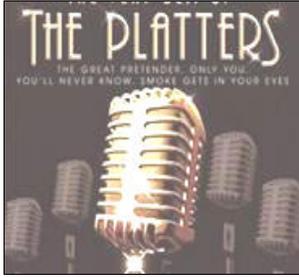
January 30th:

"Regular" Movie Day

Movie: Five-Year Engagement



When Tom and Violet become engaged to be married, their trip to the altar is delayed by an unexpected job opportunity for Violet that requires the couple to temporarily relocate to Michigan.



BRAINTREE SENIOR CENTER
“WINTER PARTY”
JANUARY 22, 2013
1 P.M.
\$2.00/pp



Has the cold winter weather got you “*down*” and are you looking for something “*fun*”? Well look no further....come and join us for our annual **Winter Party** being held on Tuesday, January 22, 2013 at 1 p.m. It is always a great way to spend a winter’s day!

The Braintree Senior Center is once again pleased to present (by popular request) the famous Tony Funches, the former lead vocalist for the 50’s group “The Platters”!!!

Remember the Platters greatest hits; *Only You—Smoke Gets Your Eyes—Twylite Time & The Great Pretender?* Tony has been performing on stage for over 25 years traveling throughout the U.S. & abroad. He is a first class entertainer who always pleases his audience. Don’t miss this wonderful show.

Please call for a spot: 781-848-1963 (space limited - Braintree Residents only!)

Braintree Department of Elder Affairs
AARP/IRS Senior Tax Service

Now is the time to put all your forms which relate to your income & taxes together. The Department of Elder Affairs will once again provide AARP/IRS trained volunteers which will be available, by appointment only, beginning in February 2013.

Appointments will be scheduled on a first-come-first-serve basis. Please call after **January 15th** for an appointment. We will not make any appointments prior to that date!

Uncomplicated tax returns will only be considered. If you have complicated tax returns, please consider going to a tax expert!

Please save the following documents:

- Massachusetts booklet for 2013 taxes
- All 1040 and 1040A forms
- Bank information & interest forms
- W-2 & 1099’s
- Social Security statements
- Statements of all income
- Information on deductions/credits
- A copy of last year’s tax return
- Real estate, water/sewer bills, heating bills, installation of energy efficient items
- Medical payments & insurance payments



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

Marta Goggins of Fasano's Caterers and I thank the people who attended the "Senior New Year Gala" at the Town Hall. We had a very good time. Wonderful way to end a year and start a new one.



Happy 2013 to all Seniors!

January 21st we remember Martin Luther King, Jr's Day.

Truths about growing older;

Growing older is mandatory; growing up is optional.

Forget the health food. I need all the preservatives I can get.

It's frustrating when you know all the answers but nobody bothers to ask you the questions.

Truths that little children have learned;

No matter how hard you try, you can't baptize cats.

When your Mum is mad at your Dad, don't let her brush your hair.

If your sister hits you, don't hit her back. They always catch the second person.

You can't trust dogs to watch your food.

Never hold a Dust-Buster and a cat at the same time.

You can't hide a piece of broccoli in a glass of milk.

The best place to be when you're sad is Grandpa's lap.

I was at an Elk's Roast Beef Dinner Dec. 4 when the topic of Pillsbury Doughboy was mentioned at our table so hence the next article.

The Pillsbury Doughboy was 71 years old when he died of a yeast infection and complications from repeated pokes in the belly. Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies and Captain Crunch. The grave site was piled high with flours. Long-time friend Aunt Jemima, delivered the eulogy, describing Doughboy as a man who never knew how much he was kneaded. Doughboy rose quickly in show business, but his later life was filled with turnovers. He was never considered a very smart cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times, even still he was a crusty old man and was considered a role model for millions. Toward the end, it was thought he would rise again, but alas, he had reached his expiration date. Doughboy is survived by his wife, Play Dough; two children, John Dough and Jane Dough. He is also survived by his elderly father, Pop Tart.

***A very special.....
"Thank You"***



We would like to send a special "Thank You" to the Royal Rehab and Nursing Center located in Braintree Landing for our monthly birthday cake (decorated beautifully)!

Royal Nursing Home donates this delicious birthday cake each month to serve during our monthly entertainment show by the Belles & Beaux Musical Group.

"Thank You" Royal Nursing home we really appreciate your kindness & generosity to the seniors in your Community

**Royal Rehab and Nursing Center is located at
95 Commercial Street/Braintree: 781-848-3678**

Attention.....

**Seniors enrolled in:
Mass Health Standard
Medicare and Mass Health Standard
Individuals with LONG-TERM-
Chronic Illness**

There are four Special Needs Programs available which provide many additional services such as Vision and Dental Care. There is no monthly premium.

Call these programs to find out if one can help you with your specific needs:

**Commonwealth Care Alliance -
Senior Care Options: 1-866-610-2273**

**Fallon Community Health Plan -
Navi Care: 1-888-377-1980**

Senior Whole Health: 1-888-566-3526

**United health Care Community Plan -
Senior Care Options: 1-855-463-3914**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>HOLIDAY</p>  <p>SENIOR CENTER CLOSED</p>	<p>2</p> <p>9:15 Exercise Class 10:00 Crafts 10:00 Quilting Group #1 12:00 Pool Players 12:00 Poker 1:00 BINGO</p>	<p>3</p> <p>Shopping Shuttle/S&S 9:00 Chess 9:30 Chair Yoga 11:30 Quilting Group #2 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist</p>	<p>4</p> <p>9:15 Exercise 10:00 Weight Loss Support 11:00 Tai Chi Class 11:00 Library van ride 12:00 Pool Players 1:00 Women's Poker</p>
<p>7</p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:30 Line Dancing 1:00 Trivia & Coffee</p>	<p>8</p> <p>Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 No Vision Group! 10:00 Blood Pressure (free) at Senior Center 10:00 SHINE Ins. help 10:00 Walking Group 3:00 Supper Club: Alfredo's in Quincy</p>	<p>9</p> <p>9:15 Exercise Class 9:30 Ask the Lawyer (free) by appointments 10:00 Crafts 10:00 Quilting Group #1 10:00 Blood Pressure (free) at Heritage Housing 12:00 Pool Players 12:00 Poker 12:00 Men's Movie Day Movie: "Act of Valor"</p>	<p>10</p> <p>Shopping Shuttle/Shaws 9:00 Chess 9:30 Chair Yoga 10:00 Photography Group 11:30 Quilting Group #2 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist</p>	<p>11</p> <p>9:15 Exercise 10:00 Special Van Trip to Walmart/Roche Bros/Qui. 10:00 Weight Loss Support 11:00 Tai Chi Class 11:00 Library van ride 12:00 Pool Players 1:00 Women's Poker</p>
<p>14</p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:30 Line Dancing 1:00 Belles & Beaux Musical Entertainment (Cake provided by Royal Rehab Nursing Home)</p>	<p>15</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 10:00 Wii Bowling 10:00 SHINE Ins. help 10:45 Computer 101B 1:00 Bridge & Cribbage **AARP Meeting at DAV Hall</p>	<p>16</p> <p>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 1:00 Hearing Exam (free) by appointments</p>	<p>17</p> <p>Shopping Shuttle/S&S 9:00 Chess 9:30 Chair Yoga 11:30 Quilting Group #2 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist 3:30 Wisdom Works Meeting</p>	<p>18</p> <p>9:15 Exercise 10:00 Weight Loss Support 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 No Braintree Dept. of Elder Affairs Board Meeting until</p>

March				
<p>21</p> <p>HOLIDAY</p> <p>Martin Luther King</p>  <p>SENIOR CENTER</p> <p>CLOSED</p>	<p>22</p> <p>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 11:00 Red Hat Meeting 1:00 Bridge & Cribbage 1:00 Winter Party (Please call to sign up!)</p> <p>3:00 Supper Club: Ninety-Nine/Weymouth</p>	<p>23</p> <p>9:15 Exercise 10:00 Crafts 10:00 Quilting Group #1 12:00 Pool Players 12:00 Poker</p>	<p>24</p> <p>Shopping Shuttle/Shaws 9:00 Chess 9:30 Chair Yoga 10:00 Photography Group 11:30 Quilting Group #2 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist</p> <p>2:00 Assoc. Meeting</p>	<p>25</p> <p>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</p>
<p>28</p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:30 Line Dancing 1:00 Trivia & Coffee</p>	<p>29</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 10:00 Wii Bowling 10:00 SHINE Ins. help 10:45 Computer 101B 1:00 Bridge & Cribbage 1:00 Ask the Lawyer (free) by appointments 4:00 Alzheimer's Meeting Please call to sign up! **Please note earlier time!</p>	<p>30</p> <p>9:15 Exercise 10:00 Crafts 10:00 Quilting Group #1 12:00 Pool Players 12:00 Poker 12:00 Movie Day Movie: "Five Year Engagement"</p>	<p>31</p> <p>Shopping Shuttle/S&S 9:00 Chess 9:30 Chair Yoga 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 1:00 Bid Whist</p>	<p>*Please note special activities will have a write up in this newsletter about sign up requirements and any charges.</p> <p>*Please call to sign up for our special monthly parties & luncheon after the first of each month!</p> <p>*Please note there are \$\$ charges for our exercise programs and some special activities.</p> <p>*All other activities are \$.50/each to cover coffee/pastry etc.</p>

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

From the Outreach Department.....

Even though we really have not had much snow this year, it will be coming soon. This is New England, after all. Winter driving is especially tricky. We have to be aware of icy and snowy roads, obstructed views from piles of snow by the road side, and limited visibility at times. Even if we have driven on winter roads all our lives there are many important things to consider, especially the topic of impaired driving.

Do you have the sharp reflexes needed to stop in time? Do you have the physical flexibility to turn your head to see behind and beside you? How is your vision in the day as well as the night? Can you judge where you are on the road when the surface is all white with snow? Do you go out driving when you do not need to? Will you be able to decide when it is time to stop driving for safety's sake?

It is important to replace your windshield wiper blades when they become worn so you have good visibility, and to check your tire treads throughout the season to maintain good contact with the road surface. Make sure you have wiper fluid ready for those days of slush on the highway when you might use up a lot clearing the salt film off of the windshield. Clean the inside and outside of all the car windows so that sun and headlight glare won't obstruct your view. You might want to keep a blanket, a shovel, and some salt or sand in your trunk for emergencies.

If you find that you or your family member has concerns about your driving, there are programs available to evaluate your driving skills. American Automobile Association, AAA, offers such programs. More can be found out about the program by going to their website at www.AAA.com and looking under "Public Affairs" then "Senior Mobility". By phone, AAA can be reached at their Quincy office at 650 Adams Street, by calling 617 472-4907. Braintree Rehabilitation Hospital offers a Driver Evaluation Program in their Outpatient clinic. They can be reached at 781 348-4017. The Registry of Motor Vehicles has a program for "Mature Drivers". They can be reached at 617 973-8995 and ask for Michele Ellicks or call the Braintree office of the RMV, 10 Plain Street, by calling 857 368-8000.

On another note, we want to thank Home Instead Senior Care of Norwell for offering free blood pressure clinics here on the last Friday of every month at 10:00am. Mark Miller is the company liaison, and Jean Pacheco is the nurse. Their telephone number is 781 878-2994. They are happy to answer any questions you have. The kind folks at Home Instead Senior Care are thinking up some special programs for us. Look for the upcoming workshop they are planning for February 8th on Heart Health.

We would like to thank all of the people who donated their time, efforts and money this year to provide holiday gifts and cheer to our seniors. We would like to especially thank Home Instead Senior Care of Norwell, the Braintree Police Department, the Braintree Kmart store, and all of the kind and generous individuals who helped make this holiday special.



Educational Town Information

From the Health Department.....

SENIORS BLOOD PRESSURE CLINIC 2013

**(All clinics are open to the public)
10:00 am – 11:00 am**

January 8	Senior Center
January 9	Heritage Housing
February 12	Senior center
February 13	Independence manor
March 12	Senior center
April 9	Senior center
April 10	Heritage Housing
May 14	Senior Center
May 15	Independence Manor
June 11	Senior Center
July 9	Senior Center
July 10	Heritage
August 13	Senior Center
August 14	Independence Manor
September 10	Senior Center
October 8	Senior Center
October 9	Heritage Housing
November 5	Senior Center
November 6	Independence Manor
December 10	Senior Center

All Blood Pressure Clinics are free & taken by our Town Nurse, Mary Mulready.



****The last Friday of each month we also have a Blood Pressure Clinic by Home Instead at 10:30**

From the Recycling Dept.....

Triple A (AAA) is working in partnership with their approved repair shops to recycle car batteries.

Residents can drop off a battery during regular business hours, year round. Participants in the program do not have to be members of AAA.

In Braintree, the approved repair shops and their locations are:

- **Sullivan Tire & Service
at 387 Common Street**
- **Firestone Complete AutoCare
at 535 Granite Street**
- **Sullivan Tire & Auto Service
at 120 Ivory Street**

For more information on this battery recycling program, go to AAA.com/battery or call 1.800.AAA.HELP.



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

Dear Friends,

5 Medication Mistakes Even Careful Family Caregivers Make

By Paula Spencer Scott, Caring.com senior editor

Here is #4 of the 5 common errors--and how to avoid them:

Filling prescriptions at more than one pharmacy:

Another thing caregivers do in the name of convenience and to make life more comfortable for loved ones: fill prescriptions at the pharmacy nearest to the office of the specialist just seen, or to home, or to a relative's home when traveling, or near a hospital after a discharge. Finding the closest drugstore can mean less waiting time; you just stop by on your route. The trouble lies in the potential for "polypharmacy": multiple prescribing doctors who don't know the full drug story, and then pharmacists filling the prescriptions who also don't know of the existence of other drugs. Some drugs interact dangerously with others.

A better way: Ideally, fill all prescriptions at one location, where there will be a complete record of all drugs taken. When someone sees several specialists, even the doctors may not have a complete record. (It's a myth that doctors talk to one another about each patient and that their notes are shared by all.) An alternative that's useful if your loved one travels, such as from one relative's home to another's, is to choose one pharmacy chain system (such as CVS, Walgreens, Rite Aid, or Target). Large chain pharmacies tend to consolidate records, so if you know the person's name and date of birth, you can usually access a complete medical record at any location.

**Happy New Year,
The Friends**

