



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

SUMMER COOKOUT & ENTERTAINMENT PARTY

Monday, July 22, 2013 - 12:30 p.m.
\$3.00/pp (at door)

It's summer time, so come visit us for this fun filled day at the Senior Center. We will enjoy our famous cookout of hamburgers/hot dogs, beans and potato salad. After the cookout sit back and enjoy some wonderful entertainment that is sure to please. Joey B-Bop performs hits of the 50's and 60's with dynamic vocals and Vegas styled enthusiasm that will have you dancing and singing along to tune by Dion, Conway Twitty, Neil Sedaka, Roy Orbison, Ray Price, Willie Nelson and Elvis. Then you will be thrilled by his 4 year old son Cameron, the worlds youngest Doo-wop sensation. As seen on WBZ-TV and in The Boston Herald, Cameron will performs hits from Elvis, Sinatra, Dean Martin, Johnny Cash & many more. This is sure to be a fun afternoon, so don't miss out—call on/or after July 1st for reservations:

781-848-1963 (due to limited space this is for Braintree Residents only!)



Cape Cod Senior Trip

Cape Cod Central Railroad Luncheon Trip

Wednesday, September 11, 2013
\$65.00 ticket



Take a break from the ordinary trip and climb aboard the Cape Cod Gourmet Luncheon Train for a one-of-a-kind dining experience! Feel the thrill as the whistle blows and you sway to the rhythm of the rails. A delicious three-course meal of seafood chowder, rolls, chicken francais, dessert and coffee is served on white linens with fresh flowers while you take in views of Cape Cod's most hidden scenery, accessible only by the rails. This luncheon excursion is sure to delight all. After the luncheon and train ride you will stop at the Christmas Tree Shop for some fun shopping on your way home. September is a lovely month to visit the Cape, don't miss out!

Please sign up before July 23rd trip ticket drawing date at 10 a.m. You will be called & have a few days to pick up and pay for tickets. (Braintree residents only on all trips)

**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. Please contact the Braintree Center at 781-848-1963 for info.*

BLOOD PRESSURE CLINICS (free)



July 9, (Tues.) at Senior Center 10-11 a.m.
July 10, (Wed.) at Heritage Housing 10-11 a.m.
July 26, (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.

July 2 & Stop & Shop/Grove Street

July 9 & 11, Shaws/Pearl Street

July 16 & 18, Stop & Shop/Grove Street

July 23 & 25, Shaws/Pearl Street

July 30 & Aug. 1 Stop & Shop/Grove Street

** July 14 Special Van Trip to Bld. #19 & Hilltop Market/Wey.

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

BRAINTREE MEETINGS



July 2, **LOW Vision Group Meeting at 10 a.m.**
Meeting open to all with low vision problems.

July 18, **Wisdom Works Support Group Meeting**
Meeting at 3:30 p.m. for members at Senior Center.

July 30, **Braintree Alzheimer's Support Meeting – 4 pm**
Meeting, Speakers & light supper. Call to sign up!

July, **AARP Chapter #4042 Meeting**
Braintree DAV Hall - 788 Liberty St./Braintree
No Meeting in July & August. Resumes 9/17/13

July, **Braintree Elder Affairs Board Meeting**
No Meeting in July & August. Resumes 9/20/13

July, **COA Associates Meeting at 2 p.m.**
No Meeting in July & August. Resumes 9/26/13

Summer Heat Alert.....

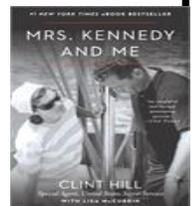


- Stay Cool....stay indoors in an air conditioned place!
- The Senior Center is always cool, come for an activity or just bring a book and relax. Call the Senior Center if you need a ride in to get cool: 781-848-1963
- Library, Supermarkets & Stores are cool - so visit them also.
- Wear lightweight clothing & hat.
- Prevent dehydration & drink water
- Avoid alcohol & caffeine
- Exercise early or late in the day.
- Use grills or toaster ovens to cook; do not heat oven & kitchen.
- Keep blinds and curtains closed during the morning/afternoon.
- Seek medical help if feeling dizzy or lightheaded during heat spell.

Braintree Dept. of Elder Affairs Book Club Group Thursday, July 18, 2013 11 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 some very interesting books & have fun.

The book for July will be:
Mrs. Kennedy and Me
By Clint Hill



For four years, from the election of John Fitzgerald Kennedy in November 1960 until after the election of Lyndon Johnson in 1964, Clint Hill was the Secret Service agent assigned to guard the glamorous and intensely private Jacqueline Bouvier Kennedy. During those four years, he went from being a reluctant guardian to a fiercely loyal watchdog and, in many ways, her closest friend.

Copies of book will be available from the library. We will call when ready!

Braintree
Department of Elder Affairs
"Special" Activities

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

- July 2, "Low" Vision Group Support Meeting**
Meeting at 10 a.m. at Senior Center.
- July 2, SHINE Insurance Help, at 10 a.m.**
Appointments every Tuesday for help on all medical insurance problems and information.
- July 3, Bingo & Refreshments at 1 p.m.**
& 17, \$4.00 to play all games & refreshments.
- July 4, Holiday - Senior Center Closed Today!**
9:00 a.m. Town Hall Fourth of July Events.
- July 9, Supper Club at: Charlie Horse/Kingston**
& 23, Supper Club at: Coops/Quincy
Please call Senior Center for van reservations to enjoy this early social supper from 3 - 6 p.m.
- July 8, Belles & Beaux Musical Show at 1 p.m.**
Cake & ice cream social following show.
- July 12, Ice Cream Summer Social at 1 p.m.**
Make your own sundae & entertainment \$1.00/pp
- July 22, Summer Cookout Party at 12:30 p.m.**
Cookout, entertainment & fun—\$3.00/at door.
See newsletter article & call to sign up!
- July 24, Bayada Seminar at 11:30 a.m.**
"Working as a Partner with your Health Care Provider - How to talk to your Doctor"
See newsletter article and call to sign up.
- July 25, Senior Luncheon at noon—\$6.00/ticket**
Must purchase ticket at Senior Center.

Braintree

Department of Elder Affairs
Senior Lunch & Entertainment
Thursday, July 25, 2013
@ 12 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.

Tickets are on sale July 1st, and they sell out quickly so come early!



Summer July menu:

Tossed salad, clam chowder, seafood salad or tuna sandwiches and ice cream for dessert.

BRAINTREE SENIOR CENTER
"COOL" MOVIE DAYS
(2 for the hot summer months)
Wednesday, July 10, 2013
Wednesday, July 31, 2013
12 noon - \$.50/donation

Come early and bring a bag lunch, enjoy coffee/pastry & free popcorn! Movie starts at noon on our new BIG TV!

July 10th Movie:

"Safe Haven"

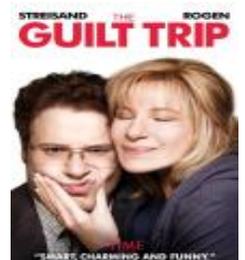
When a mysterious young woman arrives in a small North Carolina town, her reluctance to join the tight-knit community raises questions about her past.



July 31st Movie:

"The Guilt Trip"

Andy Brewster is about to go on the road trip of a lifetime...accompanied by his overbearing mother Joyce in this comedy about life.



From the Director.....

Just had our Volunteer recognition last week and together we celebrated a great day. This is the time when we get an opportunity to formally thank all the extraordinary men and women who spend many hours of their time at the Braintree Department of Elder Affairs.

We, the staff at Elder Affairs, sincerely strive to offer the senior citizens living in our town with information, services and programs which enriches their lives and help them remain happy, healthy and independent. But nothing could be achieved without you, our Volunteers. From serving coffee in our kitchen to providing help with taxes, you make a difference. It has been my pleasure to work with you and I salute each and every one of you. You complete us, and yes you make us look good. Everyone's time is valuable and we thank you for sharing it with us. I wish to thank our Mayor Joseph Sullivan, Senator Keenan, Dianne from Senator Joyce's office and Representative Mark Cusack for joining us and celebrating with us.

Last but not least, I would like to take a moment to thank Sandra Young, our Coordinator of Volunteers and activities. Sandy goes above and beyond her responsibilities to do an impeccable job. Sandy, you deserve a special thanks, could not have done it without you.

Sharmila



**“Summer Sizzler”
Ice Cream Social
& Entertainment
Friday, July 12, 2013
1 p.m. (\$1.00)**

With the hot-hot July weather coming we invite you to come to the cool Senior Center for a fun summer afternoon.

We will enjoy “Make your own Ice Cream Sundaes” and then sit back for some great entertainment by Rick Walsh.

Rick's music is comprised of songs from the 40's through the 70's. Between songs Rick gives trivia questions with scratch tickets for prizes. You could even win some \$\$.

**Please call to reserve a spot:
781-848-1963**

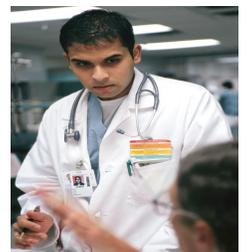


**Bayada Home Health Care Presents
“Working as a Partner with your
Healthcare Provider”
How to talk to your Doctor
Wednesday, July 24, 2013
11:30 a.m.**

Bayada Home Health Care will present a program to assist you in managing your healthcare and have a successful relationship with your doctor. They will review the important steps to manage your health and review 3 questions to better understand your health. All participants will receive a Personal Health Record.

The program will be held at the Braintree Senior Center on Wed., July 24th at 11:30 am

**A light lunch will be served!
Please call to sign up:
781-848-1963**



From the desk of Mary Cirignano, Chairperson...

**HAPPY 4TH OF JULY TO ALL WHO BELIEVE
IN FREEDOM. TO THE MEN AND WOMEN
WHO FOUGHT AND GAVE US THIS RIGHT.
WE STAND PROUD FOR ALL WHO FOUGHT
SINCE 1776.**

Now that Summer has started we turn to the men who cook on the grill for us. When a man volunteers to do the BBQ the following chain of events are put into motion:

1. The woman buys the food.
2. The woman makes the salad, prepares the vegetables, & makes dessert.
3. The woman prepares the meat for cooking, places it on a tray along with the necessary cooking utensils and sauces, and takes it to the man who is lounging beside the grill-beer in hand.
4. The woman remains outside the compulsory three meter exclusion zone where the exuberance of the man waits to begin.
5. **THE MAN PLACES THE MEAT ON THE GRILL.**
6. The woman goes inside to organize the plates and cutlery.
7. The woman comes out to tell the man that the meat is looking great. He thanks her and asks if she will bring another beer while he flips the meat.
8. **THE MAN TAKES THE MEAT OFF THE GRILL AND HANDS IT TO THE WOMAN.**
9. The woman prepares the plates, salad, bread, utensils, napkins, sauces, and brings them to the table.
10. After eating, the woman clears the table and does the dishes.
11. Everyone **PRAISES the MAN** and **THANKS HIM** for his cooking efforts.
12. The man asks the woman how she enjoyed 'her night off'. And, upon seeing her annoyed reaction, concludes that there's just no pleasing some women.



Man at restaurant: Excuse me waiter, could you come here?

Waiter: Is everything okay?

Man: Everything is fine, but would you please try my soup?

Waiter: I'm sorry sir, we really can't do that.

Man: No I won't say anything, please try my soup.

Waiter: Well, is there something wrong with the soup?

Man: No but will you please try the soup?

Waiter, Okay, okay... Where's the spoon?

Volunteer Appreciation Luncheon

June 7, 2013



Over 100 Volunteers were honored at our annual luncheon held at Sons of Italy Hall. It was a wonderful event for everyone!



Mayor Joseph Sullivan presented our "LINK AWARD" to Mr. David Shepherd. Senator John Keenan & Representative Mark Cusack also gave special recognition from the State.



Entertainment by Tony Funches, the lead singer of the 50's group "The Platters", helped make the day fun for everyone.



THANK YOU VOLUNTEERS.....Sandy Young

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 1:00 Trivia & Coffee "Special Guest Instructor" Everyone invited to join this fun group!</p>	<p>2</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:00 Chess 9:00 Outdoor Bocce 9:30 Computer 101A 10:00 Low Vision Group 10:00 Walking Group 10:00 SHINE Insurance help 10:45 Computer 101B 1:00 Bridge & Cribbage 1:30 Zumba Gold Exercise</p>	<p>3</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>4</p> <p>HOLIDAY INDEPENDENCE DAY</p> <p>SENIOR CENTER CLOSED TODAY</p> <p>9:00 a.m. Town Hall Fourth of July Events</p>	<p>5</p> <p>9:15 Exercise 10:00 Weight Loss Group 11:00 Tai Chi Class 11:00 Library van ride 12:00 Pool Players 1:00 Women's Poker</p>
<p>8</p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker</p> <p>1:00 Belles & Beaux Musical Show</p> <p>** Thank you...Royal Rehab Nursing Home/Braintree for providing the monthly cake for above musical show!</p>	<p>9</p> <p>Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 9:00 Chess 9:00 Outdoor Bocce 9:30 Computer 101A 10:00 Blood Pressure (free) at Senior Center 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: Charlie Horse/Kingston</p>	<p>10</p> <p>9:15 Exercise Class 9:30 Ask the Lawyer (free) by appointment 10:00 Blood Pressure (free) at Heritage Apts. 10:00 Crafts 10:00 Quilting Group #1 12:00 Poker 12:00 Movie at noon: "Safe Haven"</p>	<p>11</p> <p>Shopping Shuttle/Shaws 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</p>	<p>12</p> <p>9:15 Exercise 10:00 Van Trip to: Bldg #19/Hilltop in Wey. 10:00 Weight Loss Group 11:00 Tai Chi Class 11:00 Library van ride 12:00 Pool Players 1:00 Ice Cream Social with Entertainment (call for a spot) 1:00 Women's Poker</p>
<p>15</p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 1:00 Trivia & Coffee "Special Guest Instructor" Everyone invited to join this fun group!</p>	<p>16</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:00 Chess 9:00 Outdoor Bocce 9:30 Computer 101A 10:00 Walking Group 10:00 SHINE Insurance help 10:45 Computer 101B 1:00 Bridge & Cribbage 1:30 Zumba Gold Exercise</p>	<p>17</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 appointment 1:00 BINGO</p>	<p>18</p> <p>Shopping Shuttle/S&S 9:00 Chess 9:30 Chair Yoga 11:00 Book Club Group 11:30 Quilting Group #2 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet</p> <p>3:30 Wisdom Works Meeting</p>	<p>19</p> <p>9:15 Exercise 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 appointment 1:00 Women's Poker 2:00 No Board meeting Libby/Alexander</p>

July/August	meeting			
<p>22</p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker</p> <p>12:30 Summer Cookout with entertainment & fun! see newsletter article and please call to sign up- \$3.00! (Braintree residents only!)</p>	<p>23</p> <p>Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 9:00 Chess 9:00 Outdoor Bocce 9:30 Computer 101A 10:00 Trip Drawing for 9/11 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 appointments 1:00 Bridge & Cribbage 1:30 Zumba Gold Exercise 3:00 Supper Club: Coops Rest/Quincy</p>	<p>24</p> <p>9:15 Exercise 10:00 Crafts 10:00 Quilting Group #1 11:30 Bayada Seminar on "How to talk to your Doctor" (Please call to sign up) 12:00 Pool Players 12:00 Poker</p>	<p>25</p> <p>Shopping Shuttle/Shaws 9:00 Chess 9:30 Chair Yoga 10:00 Photography 11:30 Quilting Group #2 12:00 Senior Luncheon (Please come pick up ticket) 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet</p> <p>2:00 No Associates meeting July/August</p>	<p>26</p> <p>9:15 Exercise 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</p>
<p>JULY 2013</p> 				
<p>29</p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker</p>	<p>30</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:00 Chess 9:00 Outdoor Bocce 9:30 Computer 101A 10:00 Walking Group 10:00 SHINE Ins. help 10:45 Computer 101B 1:00 Bridge & Cribbage 1:30 Zumba Gold Exercise 4:00 Alzheimer's Support Meeting (call for reservations)</p>	<p>31</p> <p>9:15 Exercise 10:00 Crafts 10:00 Quilting Group #1 12:00 Pool Players 12:00 Poker 12:00 Movie at noon: "The Guilt Trip"</p>	<p>25</p> <p>9:15 Exercise 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</p>	<p>26</p> <p>9:15 Exercise 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</p>

*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/each which help cover expenses.

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

From the Outreach Department.....

In last month's article we discussed estate planning with regard to your financial and business affairs. This month we will discuss estate planning for your health and medical affairs. Your careful medical estate planning now will help ensure that your decisions carried out later.

An **Advance Directive** lets you tell your medical team what kind of care you would like to have if you become unable to make medical decisions. A good directive describes the kind of treatment you would like depending upon how sick you are.

There is a booklet entitled **Five Wishes** that lets your wishes be known regarding the person you want to make care decisions you when you cannot, the kind of medical treatment you do or do not want, how comfortable you want to be during your illness, how you want people to treat you, and what you want your loved ones to know. It is comprehensive in covering the topics that people do not want to discuss regarding illness and death.

There is also another advance directive form called the **Personal Wishes Statement**. This form offers guidance to the person you have chosen to make health care decisions for you, based on your medical care preferences, when you are unable to do so yourself.

A **Living Will** is a written, legal document that describes the type of medical treatment options you would want if you were faced with a serious accident or illness. A living will speaks for you when you cannot speak for yourself. A living will may not cover every situation, so it is best to speak with your loved ones to find out who would be best to look out for your interests and needs when you cannot.

When it comes to someone making informed medical decisions for you, you should choose someone who is responsible; someone that you trust will follow your wishes. It is important that you discuss any of your wishes concerning medical decisions, especially life-sustaining treatment, with your **Health Care Proxy**. Be sure that this conversation concerning your medical wishes takes place as soon as possible. This person will be legally able to make decisions for your medical care based on your discussions with them, based on your advance directive guidance, and based on the information the medical team provides them. The health care proxy takes effect only when activated upon your incapacitation. When you become able to make your own decisions again, the health care proxy will be deactivated. Copies of the health care proxy form should be given to your medical team.

Massachusetts has a legal form entitled the **Comfort Care/Do Not Resuscitate (CC/DNR)**. This document should be given to any medical staff you interact with, including ambulance personnel. If this document is not presented to your medical attendees, efforts to resuscitate you will be made.

Palliative Care is a multidisciplinary medical specialty that aims to improve the quality of life for people who have serious or life-threatening illnesses. This type of care takes into account your emotional, physical and spiritual needs and goals. This type of care is provided in conjunction with other medical treatment when you have a serious or life-threatening illness. A palliative care treatment plan aims to ease symptoms, manage pain, help maintain dignity and comfort, help you understand your condition, and address spiritual and psychological concerns. This type of care can be given on an outpatient basis, in a hospital, or in a nursing home.

When a person and their family are facing a life threatening illness, **Hospice** offers a comprehensive program of care for them. Hospice emphasizes quality of life rather than quantity of life. Hospice care affirms life and regards dying as a normal process, while providing sensitive and responsive care to the individual needs of each person and family. You can discuss hospice care as part of your estate planning with your loved ones.

A special gift of giving is for you to become an **Organ Donor**. You can sign up to become one at any time. Your organs could benefit someone who needs an organ transplant to continue to live.



Educational Town Information

**Braintree's
Bi-Centennial Time Capsule Society
Fourth of July Celebration
July 4, 2013 - Town Hall
9:00 a.m.**

Independence Day, July 4th is the most patriotic day on the calendar. Come celebrate with Braintree's Bi-Centennial Time Capsule Society as we present our annual family friendly event honoring our nation's past on **Thursday at 9:00am in front of Town Hall** weather permitting, if not in the Town Hall Auditorium.

This hour long program will feature a historical presentation including costumed re-enactors bringing the audience back in time. Reflections of the meaning of the day will also be offered.



Please join us!

IT'S MUSIC TO MY EARS.....

The Braintree Rotary Club, once again this summer, is sponsoring free transportation to and from the SUNSET LAKE CONCERTS.

If you need a lift, grab a friend, your beach chairs and be at the following locations on Tuesday evenings - June 18th thru Aug. 6th.

**5:00 p.m. - The Clubhouse/Flagpole at
Heritage Lane Housing**

**5:15 p.m. - 53 Independence Ave (at street)
Independence Housing**

**5:30 p.m. - Community Building at
Roosevelt Housing**

If weather prevents, it will be called off on that day at 3:00 p.m. and the rain date is always Wednesdays. If you need to check, call 781-794-8902.



Come and enjoy!

SUMMER 2013 PHOTO EXHIBIT AT THAYER LIBRARY

The Braintree Department of Elder Affairs (BDEA) Photography Group announces its **Summer 2013 Sixth Annual Photography Exhibit** at the Thayer Library at 798 Washington Street in Braintree. The Exhibit runs from June to the end of August. The Exhibit consists of 20 framed photographs taken by the many members of the Photography Group. The photographs include many landscapes, seascapes, lighthouses, flower, animal, insect, dolls and photojournalism type photos mostly taken in the New England area. This year's exhibit is dedicated to the 2013 Boston Marathon victims and a large collage entitled "Boston - Spring 2013" is in the exhibit with Spring 2013 scenic photographs from the Copley Square Memorial and Boston Public Garden and Boston Common in a "Boston Strong" theme. Instructor Paul Corkum is a photographer and worked many years in a local camera store. He is a long time member of the South Shore Camera Club in Quincy and has many published photos in magazines, newspapers and books and as postcards and posters. The other BDEA Photography Group photographers include Braintree residents Audrey Barrett, Bill Bayer, Pat Daly, Veronica Eranio, Clare Glynn, Dorothy Harding, Claire Orrock, Doris Rosa, and John Thompson. The BDEA Photography Group meets on the 2nd and 4th Thursdays of each month throughout the year at 10 to 11AM at the BDEA building at 71 Cleveland Avenue in Braintree. For more information contact the BDEA at (781) 848-1963 or instructor **Paul Corkum** at (781) 982-4323.

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



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.

Dear Friends.....

Well, we had a relative new member step up to serve as our Secretary: Dolly Mullowney, and she was elected at our Annual Meeting on May 31st. We thoroughly appreciate the many dedicated years that Veronica “Ronnie” Eranio contributed to our organization, taking the minutes of our meetings every month. THANK YOU, RONNIE!

Also at the Annual Meeting, we agreed to spend up to \$1,500 for BELD to install WiFi at the Senior Center. This will help the students in our computer classes. It will also assist our “Wisdom Works” participants. Those, who have laptops, will be able to bring them with them and will learn techniques on their own equipment.

With the help of crafter Nancy McLain and her husband, we were able to transport four new tables and a dozen new chairs from BJs to the Senior Center, which The Friends also purchased as part of our ongoing efforts to augment the budget of the Department of Elder Affairs.

We shall not be meeting during the summer but will resume our schedule of meeting the fourth Thursday of each month at 2:00 p.m. in September. Please consider attending our meetings. We need your input.

**Happy Independence Day!
The Friends**

