



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
Ann Moore, Secretary
Robert Caruso, Treasurer

Sharmila Biswas, Director
Mary Howland, Outreach
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 Summer Trip
Spirit of Boston Luncheon Cruise
Castle Island Visit
Wednesday, July 29, 2015
\$63.00/ticket

Our summer trip is sure to please everyone with a wonderful luncheon cruise aboard the **Spirit of Boston**. Spirit's two-hour luncheon cruise includes a narrated tour highlighting notable landmarks along our route. See historic Old Ironsides, Zakim Bunker Hill Bridge, Logan International Airport and many other sites. Enjoy the climate controlled dining decks or open-air rooftop lounge for stunning panoramic views. You will enjoy a creative buffet-style lunch menu and be entertained by their onboard DJ playing popular hits & classic oldies. The Spirit of Boston has undergone a multi-million interior transformation which will make for a fun, unique and memorable experience for everyone. After the cruise we will also stop at historic Castle Island for a short walk, and if you have room some ice cream to end this perfect summer day!

Tickets on Sale: June 1st to June 15th on a first-come-first served basis. (Braintree residents only, but we will take an out of town wait list for 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—call 781-848-1963.

Braintree Senior Center Presents...
Father's Day "Civil War Show" (by Big Smile Entertainment)
Monday, June 22, 2015
1 p.m.



Clad in Confederate Gray and Union Blue, our two soldiers sing songs of the **Civil War**, while telling interesting facts about this most important of American battles. This interactive show also features a reading of the "Gettysburg Address", Patriotic songs and other surprises along the way. **This program is made possible from a grant from the Braintree Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council.** Men... *please come* and women please join us for this special presentation.

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

BLOOD PRESSURE CLINICS (free)



June 9, (Tues.) at Senior Center 10-11 a.m.

June 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.**

June 2, & 4, Stop & Shop/Grove Street

June 9, & 11, Roche Bros/Quincy Ave.

June 16, & 18, Shaw's/Pearl Street

June 23, & 25, Stop & Shop/Grove Street

June 30 Roche Bros/Quincy Ave.

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

**** Van Trip 6/12/15 - Kmart Plaza/Braintree**

BRAINTREE MEETINGS



June 2, Vision Group attending Luncheon this month

No meeting this month going to Lantana's Luncheon
Will resume next month on 7/7/15 at 10 a.m.

June 10, Braintree Elder Affairs TRIAD Meeting

Meeting at Senior Center at 10:30 a.m.—open to public.
Speaker: U.S. Postal Inspector Bernadette Lundbohm
Presentation on the latest frauds & scams targeting
Seniors through the U.S. Mail.

June 16, AARP Chapter #4042 Meeting at 1:00 p.m.
Braintree DAV Hall - 788 Liberty St./Braintree

Luncheon \$25.00—call Jean Bocchino 781-848-4293
Entertainer Kathy Clancy "Kathy on the Keys" and
Kathy Porter, vocalist, for your enjoyment.

June 19, Braintree Elder Affairs Board Meeting 2 p.m.

Meeting at Senior Center—open to public.

June 25, COA Associates Meeting at 2 p. m.

Meeting at Senior Center—open to public.

June 30, Braintree Alzheimer's Support Meeting 5 p.m.

See newsletter article for info & call to sign up please.
Open to public, call for reservations:781-848-1963

Braintree **Dept. of Elder Affairs** **Services**

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

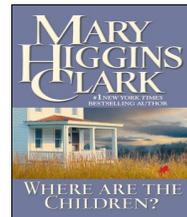
- **Outreach:**
Information & Referral
Advocacy
Friendly Visitor/Library Express
- **Transportation:**
Medical Van Rides & Senior Center Rides
Shopping Shuttles
- **Recreation:**
Monthly Lunches
Social Activities
Special Events & Educational Seminars
Trips
- **Support Groups:**
Low Vision Meetings
Alzheimer's 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, June 18, 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:
"Where are the Children"
by: Mary Higgins Clark



Nancy Harmon long ago fled the heartbreak of her first marriage, the macabre deaths of her two little children, and the shocking charges against her. She changed her name, dyed her hair, and left California for the windswept peace of Cape Cod. Now remarried, she has two more beloved children, and the terrible pain has begun to heal, until the morning when she looks in the backyard for her little boy and girl and finds only one red mitten.

Braintree

Department of Elder Affairs

"Special Activities"

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

See our newsletter calendar for listing of all activities

June 1-15, Tickets on sale for July Boston Cruise

See newsletter article for info. on trip

June 1, My Life, My Health 6-Week Program

& 8, See newsletter article for info. Last 2 weeks!

June 2, "Low" Vision Group Meeting

No meeting this month going to Lantana's Luncheon. Resumes next month.

June 2, 9, SHINE Insurance help at 10 a.m.

16, 23, 30, Appointments every Tuesday for help on all medical insurance issues. Call for appointment!

June 2, Supper Club at: Lobster Hut/Plymouth

& 16, Supper Club at: Old Hitching Post/Hanson

Please call Senior Center for van reservations to enjoy this early social supper from 3 - 6 p.m.

June 3, Bingo at Senior Center at 1 p.m.

& 17, \$4.00 covers all games. Refreshments served!

June 8, Belles & Beaux Musical Entertainment

At Senior Center 1 p.m. Cake/ice cream served.

June 16, Life Qi & Holistic Medicine at 10 a.m.

See article and please call to sign up!

June 16, Walking Group Meeting at 1 p.m.

Special get together for "Grant Walking Group"

June 22, Father's Day Civil War Show at 1 p.m.

Brought to you by a Braintree Cultural Grant
See article in newsletter and call to sign up!

June 30, Alzheimer's Meeting at 5 p.m.

Speakers, support, dinner - please call to sign up.

Braintree

Department of Elder Affairs

Senior Luncheon & Music

Thursday, June 25, 2015

@ 12 noon

\$7.00/ticket (pre-purchase please)

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



Lunch Menu: Salad/Rolls

Chicken Kabobs with veg & rice

Dessert & Coffee/Punch

BRAINTREE SENIOR CENTER

MOVIE DAY (.50 donation)

Wednesday, June 24, 2015

Movie starts promptly

at 12 noon!

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



Movie

"Still Alice"

Happily married with three grown children, Alice Howland is a renowned linguistics professor at Columbia University who starts to forget words. When she receives the devastating diagnosis of early onset Alzheimer's, Alice and her family find their bonds tested.

From the Director.....

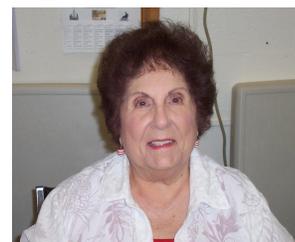
I am sure everyone is enjoying the sights and sounds of spring. We already had some hot days, so I hope Mother Nature is not in a hurry to jump into summer.

Please allow me to take this opportunity to thank two very special people. With the end of their term, Advisory Board Chairperson, Mary Cirignano and Vice Chairperson Jean York will be stepping down as they pass their responsibilities on to two other Board Members, Al Varraso and Wayne Gilbert.

Apart from their capacity as Board Chairs, Mary and Jean have served Elder Affairs, once known as the Council on Aging, for many years as volunteers. The countless stories of the successes and predicaments of their past experiences served as history lessons for me and others. In her capacity as the Board Chairperson, I cherished Mary's support, her encouragement, advice and especially her sense of humor. Mary's Newsletter columns were a perfect example of her fun loving spirit. Many indicated how much they enjoyed reading it. With Mary and Jean, on our side Braintree Elder Affairs has managed to reach new heights and we, the staff here, at the Senior Center greatly appreciate that.

Thank you **Mary and Jean**, for your reinforcement and your commitment to seniors of Braintree.

Sharmila



**Braintree Senior Center
TRIAD MEETING
Wednesday, June 10, 2015
10:30 a.m.**

Please attend our quarterly TRIAD Meeting at the Braintree Senior Center on June 10th at 10:30 a.m.

These meetings are a joint effort between the Braintree Police, the Norfolk County Sheriff and the Braintree Senior Center to help improve senior safety in our Community.

U.S. Postal Inspector Bernadette Lundbohm from the Postal Inspection Service will do a presentation about the latest frauds and scams targeting seniors through the U.S. Mail. Inspector Lundbohm will also provide Braintree Seniors with the tools and steps necessary to avoid becoming victim of these scams.

Coffee and refreshments will be served.

Please call: 781-848-1963 for more information.

**Red, White & Blue
BINGO
Wednesday, June 17, 2015
1 p.m.
\$4.00 (covers all cards needed)**

Bingo is held the first and third Wednesday of each month. The cost is \$4.00 which gives you all the basic cards you need. You can purchase more if you want! We play 10 games, take a break, have some great refreshments, then play 3 final games. Cover-all game can be up to \$60.00+ depending on the crowd.

Every so often, we have a special holiday BINGO game and June 17th is one! Wear red, white and blue in honor of Flag Day and we will award special prizes. We also will have raffle tickets for some drawings between games. This is always a fun event, so don't miss out.

Please make sure you call us 48 hours in advance if you need a van ride to Bingo: 781-848-1963



From the desk of Mary Cirignano, Chairman

June 21 we celebrate Father's Day. To all the Dad's, Granddads, Great Granddads thank you for the love you give us.

This will be my last article as my term of Chairmanship has ended. Alfred Varraso will be your new Chairperson. Wayne Gilbert your new Vice Chair. I will continue to serve on the Board. I want to thank Board Members Jean York, Vice Chair; Ann Moore, Secretary; Robert Caruso, Treasurer; and members Lucille Barton, Wayne Gilbert, Henry Joyce, June Newman, Dave Shephard, Jerry Twohig, Al Varraso who hold special duties serving on the Board and who helped me in making a better life for Seniors. Most of all want to thank Sharmila Biswas, Director, who with her staff; Sandy Young, Elsa Buccini, Ann Marie Quinlan, Therese Jarrett, Janet Crowley, William Murphy, Frank DeFrancesco, Mary Howland along with all the part time help for making my time a most memorable one. Must thank the Volunteers who give of their time, talent, and dedication in serving the seniors. Sharmila along with her hard working staff, I truly mean that, have taken this senior center into a new dimension. I knew we were all blessed when Sharmila applied for the Director's job. I am proud to say 71 Cleveland Avenue is the most ACTIVE and VIBRANT center due to her and her staff. Most of all the biggest **THANK YOU** to Mayor Joseph Sullivan who listens to our needs and gives support for the seniors.

Dad stuff:

When your dad is mad and asks you, "Do I look stupid?" don't answer him.

A family took a trip to Disney World. After three exhausting days, they headed home. As they drove away, the son waved and said, "Goodbye, Mickey." The daughter waved and said, "Goodbye, Minnie." The father waved, rather weakly, and said, "Goodbye, Money."

Any man can be a father, but it takes something very special to be a Dad!

Braintree Senior Center Presents....

"Feel Your Best"

by: Stacey Shipman

Friday, June 12, 2015

1 p.m.

Author of "***Relieve Stress from Your Desk and Turn Stress into Success***" Stacey believes health and wellness is the foundation to a meaningful life.

As a speaker, Stacey's work focuses on bringing out the best in people so they can improve their wellbeing, strengthen relationships and make a difference in the community.

We invite everyone to come to this presentation on **Friday, June 12, 2015 at 1 p.m.**

Since we honor our Volunteers in June, we urge that all men and women who **Volunteer for Braintree Elder Affairs** come and listen to this motivational speaker. This event is also open to everyone that needs to relieve some stress, lower blood pressure, increase focus & motivation, reduce muscle pain and tension.

After the presentation we will enjoy strawberry shortcake (*that always reduces my stress!!!*)

Please call to sign up: 781-848-1963

**Braintree Senior Center
Alzheimer's Support Group
Monthly Meeting**

Tuesday, June 30, 2015 @ 5 p.m.

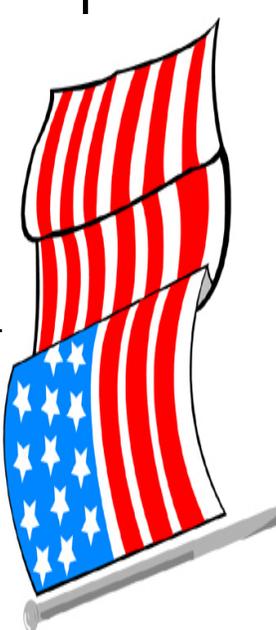
**Joan Wright, Norwell VNA
presents
Caregiving, a Team Approach**

Joan is a certified Dementia Practitioner and a mentor of the Alzheimer's Specialty team. There will be a question and answer session and Joan will address any concerns you may have while caring for your loved one.

Open to the public and please feel free to bring a guest or family member.

A light supper will be served. Please call for reservations: 781-848-1963

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:00 Trivia & Coffee</p> <p>1:00 “My Life, My Health” 6 Week Presentation- #5</p> <p>**Trip tickets on sale today till 7/15 for Spirit of Boston Cruise.</p>	<p>2</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:00 Bocci Group 9:30 Computer 101A 10:00 Vision Group Lunch at Lantana’s in Randolph 10:00 Walking Group 10:00 SHINE Ins. help 10:45 Computer 101B 1:00 Bridge & Cribbage 1:30 Zumba Exercise 3:00 Supper Club: Lobster Hut/Plymouth</p>	<p>3</p> <p>9:15 Exercise Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 12:00 Poker 1:00 BINGO</p>	<p>4</p> <p>Shopping Shuttle/S&S 9:30 Chair Yoga 11:30 Quilting Group 12:00 Aging Mastery Reunion Luncheon by Invitation only please! 1:00 Art Group 1:00 Knit/Crochet</p>	<p>5</p> <p>9:15 Exercise Class 10:00 Weight Loss Group 10:15 Walking Group 12:00 Pool Players 1:00 Women’s Poker 1:30 Zumba Exercise</p>
<p>8</p> <p>11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker</p> <p>1:00 “My Life, My Health” 6 Week Presentation #6</p> <p>1:00 Belles & Beaux Musical Show Cake provided by Royal Nursing Home/Braintree Last Show till September!</p>	<p>9</p> <p>Shopping Shuttle/Roche 9:00 S&S Bus (housing) 9:00 Bocci Group 9:30 Computer 101A 10:00 Walking Group 10:00 SHINE Ins. Help 10:00 Blood Pressure (free) at Senior Center 10:45 Computer 101B 1:00 Bridge & Cribbage 1:30 Zumba Exercise</p>	<p>10</p> <p>9:15 Exercise Class 9:30 Ask the Lawyer (free) by appointment 10:00 Asian Outreach Program 長者服務 10:30 TRIAD Meeting U.S. Postal Speaker on fraud (see article & please come) 12:00 Pool Players 12:00 Poker</p>	<p>11</p> <p>Shopping Shuttle/Roche 9:30 Chair Yoga 10:00 Photography 11:30 Quilting Group 1:00 Art Group 1:00 Knit/Crochet</p>	<p>12</p> <p>9:15 Exercise Class 10:00 Special Van Trip: Kmart Plaza/Braintree 10:00 Weight Loss Group 10:15 Walking Group 12:00 Pool Players 1:00 Women’s Poker 1:00 Motivational Speaker & Refreshments see article and call to sign up 1:30 Zumba Exercise</p>
<p>15</p> <p>11:00 QiGong/Tai Chi 12:00 Poker</p> <p>No afternoon activities</p> <p>12 noon VOLUNTEER APPRECIATION COOKOUT LUNCHEON (by invitation ONLY please)</p>	<p>(AARP Meeting today) 16</p> <p>Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 9:00 Bocci Group 9:30 Computer 101A 10:00 Blood Pressure (free) at Senior Center 10:00 Walking Group meets 10:00 Wii Bowling Group 10:00 SHINE Ins. Help 10:00 ASIAN Holistic & Aromatherapy Speaker</p>	<p>17</p> <p>9:15 Exercise Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 12:00 Poker 1:00 Hearing Exams (free by appointment) 1:00 BINGO SPECIAL “RED, WHITE & BLUE”</p>	<p>18</p> <p>Shopping Shuttle/Shaws 9:30 Chair Yoga 10:30 Book Club Meeting 11:30 Quilting Group 12:00 Elder Abuse Awareness poster display & speaker (see article) 1:00 Art Group 1:00 Knit/Crochet</p>	<p>19</p> <p>9:15 Exercise Class 10:00 Weight Loss Group 10:15 Walking Group 12:00 Pool Players 12:30 Ask the Lawyer (free) by appointment 1:00 Women’s Poker 1:30 Zumba Exercise 2:00 Board Meeting Open to Public</p>

	<p>(see article & sign up) 10:45 Computer 101B 1:00 Bridge & Cribbage 1:30 Zumba Exercise 3:00 Supper Club: Old Hitching Post/Hanson</p>			
<p>22 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:00 Trivia & Coffee 1:00 Civil War Show (see article & call to sign up) Brought to you by a Cultural Grant from Braintree Cultural Council.</p>	<p>23 Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:00 Bocci Group 9:30 Computer 101A 10:00 Walking Group 10:00 Wii Bowling Group 10:00 SHINE Ins. help 10:45 Computer 101B 11:00 Red Hat Meeting 1:00 Bridge & Cribbage 1:00 Ask the Lawyer (free) by appointment 1:30 Zumba Exercise</p>	<p>24 9:15 Exercise Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 12:00 Poker 12:00 Movie Day: "Still Alice"</p>	<p>25 Shopping Shuttle/S&S 9:30 Chair Yoga 10:00 Photography 11:30 Quilting Group 12:00 Senior Luncheon (please pick up ticket) 1:00 Art Group 1:00 Knit/Crochet 2:00 COA Associates Meeting (open to public)</p>	<p>26 9:15 Exercise Class 10:00 Weight Loss Group 10:15 Walking Group 10:30 Blood Pressure (free) at Senior Center 12:00 Pool Players 1:00 Women's Poker 1:30 Zumba Exercise</p>
<p>29 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker</p>	<p>30 *Plymouth Trip Shopping Shuttle/Roche 9:00 S&S Bus (housing) 9:00 Bocci Group 9:30 Computer 101A 10:00 Walking Group 10:00 Wii Bowling Group 10:00 SHINE Ins. help 10:45 Computer 101B 1:00 Bridge & Cribbage 1:30 Zumba Exercise 5:00 Alzheimer's Meeting Call to sign up please!</p>	<div style="border: 2px solid black; padding: 10px; text-align: center;"> <h1 style="margin: 0;">JUNE 2015</h1>  </div>		<p>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. *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.</p>

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

From the Outreach Dept.....



Friendly Visitor

Our Friendly Visitor program is funded by a Title IIIB grant through South Shore Elder Services, Inc. The purpose of this program is to alleviate isolation and loneliness with visits. Our Friendly Visitor spends time with her clients on a purely social basis. There is no fee for this service, but donations are gladly accepted. The donations are used to further the program. Braintree residents who are 60 years and older, who live alone, and who are lonely, homebound, or isolated are eligible to participate in this program. Once a senior accepts the service, they will receive home visits and follow up telephone calls. Referrals to the program are promptly responded to.

Five Wishes

Have you thought about what would happen if you became seriously ill and could not make decisions about your own care? Who would you want making decisions for you? How would you want to be treated? Five Wishes is an advanced directive created by the non-profit organization Aging with Dignity. It is a living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. It lets you choose the person you want to make health care decisions for you if you are not able to make them for yourself. It lets you say exactly how you want to be treated if you become seriously ill. We have Five Wishes booklets available in the Outreach Office. We also have a Five Wishes DVD which is available to borrow.

Please call the Outreach Office at (781) 848-1963 for more information about the Friendly Visitor Program and/or Five Wishes.

BRAINTREE SENIOR CENTER
Life Qi and Holistic Medicine
Dr. Michael Dell’Orfano
Classical Chinese Medicine &
Aromatherapy
June 16, 2015 @ 10 a.m.

Dr. Michael Dell’Orfano, is a certified Master Aroma therapist and has a Master of Science degree in Oriental Medicine. He will discuss about his practice of Classical Chinese Medicine and Aromatherapy which he seeks to integrate by providing effective, high quality health care for patients and to preserve the ancient wisdom and practice of Chinese medicine. We invite you to come and learn about Acupuncture, Aromatherapy, Chinese Herbal Formulas, Chinese Medical Astrology and topics that could impact your health.

Question & Answer period will follow!

Please call to sign up:
781-848-1963



BRAINTREE
SENIOR CENTER
ELDER ABUSE AWARENESS
JUNE 17th & 18th

Although not a very comfortable subject for discussion, **Elder Abuse** is a sad reality. In fact, Elder Abuse and Neglect reports have not only increased but experts believe that for every case reported, there are as many as 23.5 cases going unreported.

In an effort to raise awareness, South Shore Elder Services is joining communities around the world to recognize June 15, 2015, as Elder Abuse Awareness Day.

We here at Braintree Elder Affairs will be joining them on this important cause. We will have a poster display from June 17th, to June 18th and a Protective Service Worker will be available on **June 18th from 12 noon to 1 p.m.** to answer any questions you may have. Please make some time to stop by, to view and learn more about how we can all work together to stop and prevent abuse of some of the very vulnerable citizens of our community.

Educational Town Information

From the Health Department.....

June is National Safety Month

Prescription drug safety is as relevant to those individuals prescribed the drugs as for those who have not. Prescription drug abuse in older adults is a growing problem. Having multiple health problems and taking multiple drugs can put seniors at risk of misusing drugs or becoming addicted, especially when they combine drugs with alcohol.

If you use prescription painkillers you should have a conversation with your health care provider about the risks of taking these powerful medications. Make a plan with your health care provider on when and how to stop and be sure to use them only as prescribed. There are ways to manage pain safely and effectively as well as treatment that does not involve prescription painkillers. Options include:

- Acetaminophen (Tylenol) or non-steroidal anti-inflammatory medications like ibuprofen (Advil)
- Certain antidepressants and anticonvulsants for neuro pathic pain
- Physical therapy and exercise
- Cognitive behavioral therapy

The medicine cabinet storing adult prescription medication is the repository for 56 percent of the prescription meds teens say they are abusing, with nearly half of adults acknowledging that there are no barriers. Individuals (seniors, adults and teens) abuse prescription drugs for a number of reasons. Some of these include:

- To feel good or get high
- To relax or relieve tension
- To reduce appetite or increase alertness
- To experiment with the mental effects of the substance
- To be accepted by peers (peer pressure) or to be social
- To try to improve concentration and academic or work performances

Discard all unused or expired meds at your local "community take back day" (Braintree Transfer station, June 20th from 9 am – 12 noon) or medication disposal kiosk located at the Braintree Police Department headquarters.

From the Recycling Dept.....



REMINDER TO BRAINTREE RESIDENTS:

The spring Household Hazardous Waste Drop-off event was postponed due to that area being used as a snow farm during our historical winter snow fall. To date there is still a good deal of snow at the site! **The rescheduled date is Saturday/June 20...9AM-Noon.**

For additional information you may call the Trash/Recycling Office at 781-794-8088 or go to www.braintree.gov/recycling

Mayor Joseph C. Sullivan has announced the Recycling Essay winners for the month of **April** are from the following areas: Abbott Street, Harrison Avenue, Gray Terrace, Hobart Street and Granite Street. Winning entries received an additional recycling cart.



**Braintree
Senior Trip
April 22, 2015
Peabody Essex Museum
Victoria Station Restaurant
Salem, MA**

Wonderful Trip - Enjoyed by all!

(Thank you John Thompson for great photos)

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, now at this location (781-794-8217). www.townofbraintreegov.org

For information call (781) 848-1963, or visit our web site: www.braintreema.gov

Dear “Friends”.....

Although this is written before the Annual Meeting of the Council on Aging Associates, there are some things that can be reported because they are anticipated to have taken place on May 29th. We gathered for our annual luncheon, ably catered by Mastrangelo Family Catering and comprised of summer cook-out fare.

The minutes of the previous meeting were approved as submitted, as was the treasurer’s report. The Nominating Committee, chaired by Jerry Twohig, reported the following slate of officers:

FOR PRESIDENT:	John J. “Jack” Ryan
FOR VICE PRESIDENT:	Virginia M. “Ginny” Polio
FOR TREASURER:	Barbara Medici
FOR SECRETARY:	Dolly Mallowney



Unless there were nominations from the floor, the slate was voted as proposed.

President Jack reported that our current membership includes: 181 individuals, 62 couples/families, and 4 businesses for a total of 247 memberships.

President Jack also announced that we shall be having a fund-raiser this fall: **An Italian Feast**, scheduled for **Tuesday, October 6th, from 5:00-7:00 p.m.** The cost will be **\$20/pp**, and the menu will include individual antipasto, pasta w/sauce, Chicken Marsala, vegetables, and dessert—all prepared by members of the Italian American Cultural Organization in honor of October’s being Italian Heritage Month. Entertainment will be provided by Mike Higgins, a versatile and wonderful singer, guitarist, and songwriter. This fund-raiser is open to the general public, so sign up early for tickets by sending your check to: COA Associates, c/o 71 Cleveland Avenue, Braintree, MA 02184.

Our last meeting before summer break will be held on **June 25th**. All members and prospective members are always welcome to attend the monthly meetings

Have a wonderful summer! The Friends