



# 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**

(Hours: 8:30 a.m.– 4:30 p.m.)

Al Varraso, Chairperson  
Wayne Gilbert, Vice Chairperson  
Ann Moore, Secretary  
Robert Caruso, Treasurer

Sharmila Biswas, Director  
Mary Howland, 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](http://www.townofbraintreegov.org)



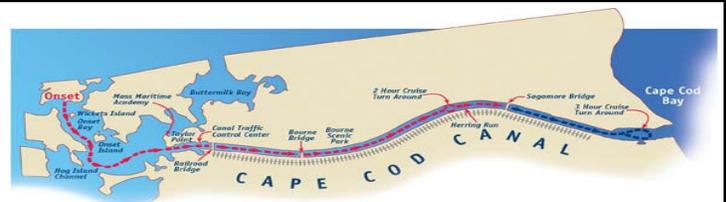
*Braintree*  
*Department of Elder Affairs*  
*"Thank You Volunteers"*

The Braintree Senior Center has approximately 100 Volunteers who give their time and talents to our Senior Center & Community. You help us succeed, so please accept our *"Thank You"* and praise for your commitment each day to our many programs.

If you see one of our *busy* Volunteers: Hostesses, Van Drivers, Escorts, Receptionists, Tax Preparers, Shine Representatives, Newsletter Distributors and Activity Facilitators, please *"thank"* them for their hard work. We are proud that the Braintree Senior Center is one of the best in the area! We hope to continue to offer fun activities & new innovative programming.

*Thank You! Volunteers.....Sandy Young, Coordinator*

*Braintree Senior Center Summer Trip*  
*Cape Cod Canal Cruise & Luncheon*  
*Tuesday, July 26, 2016*  
*\$58.00/ticket 8 a.m. to 5 p.m.*



Come cruise from Onset all the way through the Cape Cod Canal to the Sandwich Boat Basin and back, enjoying live commentary about the fascinating history and sights. After your 3 hour morning cruise you will enjoy a delicious lunch at Lindsey's Family Restaurant in Wareham. Don't miss the beautiful summer Cape Cod trip.

**Luncheon Choices:** Fish & Chips ~ Baked Stuffed Chicken ~ Beef Tenderloin  
**Ticket on Sale:** June 1—June 17th (Braintree residents—Out of Town wait list)

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

## BLOOD PRESSURE CLINICS (free)



**June 14, (Tues.) at Senior Center 10-11 a.m.**  
**June 24, (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.**

**Our Shopping Shuttles run on Tuesdays & Thursdays. Please see calendar in this newsletter for list of Supermarket locations (as they change each week).**

**\*\*Van Trip 6/10/16 at 10 a.m. to: Christmas Tree Shop**

## BRAINTREE MEETINGS



- June, Vision Group Meeting - No meeting in June**  
Will resume on July 5 at 10 a.m.
- June 17, Braintree Elder Affairs Board Meeting 2 p.m.**  
Meeting at Senior Center & open to public.
- June 21, AARP Chapter #4042 Meeting - 1:30 p.m.**  
Sons of Italy Hall, King Hill Road, Braintree, MA.
- June 23, COA Associates Annual Meeting at 2 p.m.**  
Meeting at Senior Center & open to public.

### **June 28, Braintree Alzheimer's Support Meeting 5 p.m.**

**Speaker: The Visiting Angels:**

**"Healthy and Fun Strategies for maintaining your Memory"**

Nate Murray, LICSW, President and Kim Griffin, LSW, Director, will present 6 tips that can help to maintain and improve your memory. This engaging presentation includes surprising facts such as how dancing can keep you mentally and physically fit at any age, specific foods that may improve your memory and guidance on ways to organize.

**Please call to sign up for this program: 781-848-1963**

## *Acrylic Painting Workshop*

*4 week Program 10 am-12 noon*



*June 10-17-24 & July 1st*  
*\$20.00/fee*

Create a beautiful spring scene in this acrylic painting workshop! A "model painting" will be demonstrated, but you may also work independently on your own painting. Various techniques and art concepts will be part of the instruction.

### *You will need:*

- A set of acrylic paints with 8 or more basic colors.
- At least 2 different size brushes.
- A canvas board - any size.

9"x12" and 11"x14" canvas boards will be available to purchase for a small fee.

Supplemental supplies including brushes and paints will be provided.

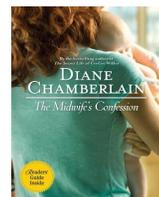
**You must come in to register at Senior Center & pre-pay for the 4 week class (\$20.00) by June 7th.**

## **Braintree Dept. of Elder Affairs Book Club Group Thursday, June 16, 2016 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 some very interesting books & lively conversations.

### **BOOK:**

***"The Midwife's Confession"***  
**By: Diane Chamberlain**



*Dear Anna,*

*What I have to tell you is difficult to write, but I know it will be far more difficult for you to hear, and I'm so sorry—The unfinished letter is the only clue Tara and Emerson have to the reason behind their close friend Noelle's suicide. Everything they knew about Noelle, her calling as a midwife, her passion for causes, her love for her friends and family, described a woman who embraced life. But there was so much they didn't know.*

# 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, ASIAN Program at 10 a.m. 長者服務**  
Programs held at Senior Center every Wed.  
Please call for information.
- June 1, Bingo at Senior Center at 1 p.m.**  
& 15, \$4.00 covers all games. Refreshments served.
- June 6, (New) Geronimo Card Game at 1 p.m.**  
Fun new game—call for information.
- June 7, NO "LOW" Vision Group Meeting**  
No meetings June & July - returns in August.
- June 7, SHINE Insurance help at 10 a.m.**  
Appointments every Tuesday for help on all  
medical insurance issues. Call for appointment.
- June 10, Art Class (4 weeks) 10 a.m.– 12 noon**  
\$20.00 for 4 weeks, must pre-register & pay.
- June 13, "Live Your Life Well" (all day)**  
Please see article pg. 2 & call to sign up please.
- June 16, Special Musical Entertainment at 1 p.m.**  
Dan Clark "Singing Trooper". Call to sign up
- June 20, Braintree Volunteer Appreciation Lunch**  
By invitation only please.
- June 22, Special Musical Entertainment at 1 p.m.**  
Herbie Ray & Steve Heck. Call to sign up
- June 23, Braintree Senior Trip: Charles Riverboat**  
For ticket holder only please. See ticket for info.
- June 27, New Activity: Current Events at 10 a.m.**  
See newsletter article & come try this out!
- June 27, Bereavement Support Group 2 p.m.**  
Please call for info.
- June 28, Alzheimer's Support Meeting 5 p.m.**  
See newsletter article regarding speaker

# Braintree

## Department of Elder Affairs

### "Senior Luncheon"

Thursday, June 30, 2016

@ 12 noon

\$7.00 ticket (pre-purchase please)

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

**Come join the fun!**



**Lunch menu:**

*Salad/Rolls*

*Meatloaf, Potato, Veg.*

*Dessert & Coffee*

## BRAINTREE SENIOR CENTER MOVIE DAY

Wednesday, June 29, 2016

12 noon

**Day changed this month only!**

**Movie starts promptly at 12 noon**

Come earlier and bring a bag lunch.  
Enjoy coffee/pastry and popcorn during  
the movie.

**MOVIE:**

*In the Heart of the Sea*



*Pg-13*

**Plot.....**In the winter of 1820, the New England whaling ship Essex was assaulted by something no one could believe: a whale of mammoth size and will, and an almost human sense of vengeance. Braving storms, starvation, panic and despair, the men will call into question their deepest beliefs.

*From the Director.....I begin this article with a heavy heart.* Last month we had to say goodbye to one of our wonderful volunteers Dick Alley. Dick has been driving our Elder Affairs van for many years. He drove our seniors to their doctor's appointments, took them grocery shopping and one activity he enjoyed the most, accompanied by his wife Barbara, every other Tuesday he drove a group of seniors to restaurants in the South Shore area. Not only did he drive them, he had dinner with them and made sure that everyone dined with leisure and comfort. Dick's passing was quite sudden and we were all stunned to silence when we heard the news.

Our heart goes out to his family, cannot even fathom what they went through. Dick was a man of deep faith, he was a very active member of his church and now his soul is resting in peace. We wish Dick's wife Barbara, his sons and daughters and his extended family peace and solace. We miss Dick, we miss his smile, we will miss seeing him every Tuesday morning standing with Hugh, our van driver, having coffee and joking with each other before they took a group of seniors grocery shopping. As I glance back, I think of the times when Dick stood by us whenever we were faced with an acute shortage of drivers. We could always count on him. Thank you Dick for your kindness.

Let me also take this opportunity to thank our wonderful crew of Van Drivers, Frank, Dennis, Hugh, Tony and Brian. Transportation is one of the most important services we provide and they do it every day with a stride. Without this service many of our elders could not be living a healthy and an independent life. Thank you everyone and *thank you Dick, you will always be in our hearts.*

*Sharmila*



*Braintree Dept of Elder Affairs  
Presents.....*

*"Dan Clark ~the Singing Trooper"*

*Musical Event*

*Thursday, June 16, 2016*

*1 p.m. \$3.00/pp*



*Come experience the dynamic power & passion of our special entertainer Dan Clark, "The Singing Trooper", here at the Senior Center. Dan will sing all our favorite patriot songs to enjoy & inspire.*

*This will be a wonderful afternoon of musical entertainment that should not to be missed. Refreshments will be served following his show.*

**Please call to sign up: 781-848-1963**

*(Due to limited space Braintree Seniors only and you can only sign up for this entertainment or 6/22/16 Show. This allows everyone to come to some type of entertainment during the month.*

*Braintree Dept of Elder Affairs  
Presents.....*

*"Herbie Ray & Steve Heck"*

*Musical Event*

*Thursday, June 22, 2016*

*1 p.m. \$2.00/pp*

*Come join us for a delightful afternoon of music and singing.*

*Both Herbie Ray and Steve Heck are accomplished musicians and will entertain you with songs from the past along with sing-alongs and ethnic arrangements. Don't miss this great show and fun afternoon. Refreshments served.*

**Please call to sign up: 781-848-1963**

*(Due to limited space Braintree Seniors only and you can only sign up for this entertainment or 6/16/16 Show. This allows everyone to come to some type of entertainment during the month.*



***From the desk of Al Varraso, Chairman...***

## ***The Magic Bank Account Part 2***

In the last newsletter I gave you part 1, and now I will explain how this **GAME is REAL.**

Each of us is already a winner of the **“PRIZE”**. We just can't seem to see it.

**The PRIZE is....\*TIME\***. Each morning we awaken to receive 86,400 seconds as a gift of life and when we go to sleep that night, any remaining time is NOT credited to us. What we haven't used up that day is forever lost. Yesterday is forever gone. Each morning the account is refilled, but the bank can close your account at any time, **WITHOUT WARNING!**

So, what will you do with your 86,400 seconds? Those seconds are worth so much more than the same amount in dollars. Think about it and remember to **enjoy every second of your life**, because time races by so much quicker than you think. So take care of yourself, be happy, love deeply, and enjoy life!

Here's wishing you a wonderful and beautiful day. Start spending and have fun!

**DON'T COMPLAIN ABOUT GROWING OLD. SOME PEOPLE DON'T GET THE PRIVILEGE!**



## **Braintree Police Common Scams.....Beware! STOP!**

**Are you sending money?  
You may be falling for a common scam!**

- **IRS Imposters:**  
**Internal Revenue Service demanded payment for back taxes.**
- **Utility/National Grid Payment:**  
**Threatened to cut off power immediately unless paid by sending money or buying prepaid card.**
- **Arrested/Kidnapped Relative:**  
**You have been told a relative has been arrested and to send money for bail.**
- **Sweepstakes/Lottery:**  
**You have been notified that you won a contest or sweepstake and must send money to collect your winnings.**
- **Tech Support/Computer Repair:**  
**You have been contacted that your computer is broken or a virus has been detected and to send money so it can be repaired.**

**Not sure? Before sending money, call the Braintree Police Dept. at 781-843-1212**



**Come to our quarterly TRIAD Meetings to learn how to stay safe against these scams and other safety issues for seniors. Our next TRIAD Meeting is on June 8th at 10:30 a.m. at the Senior Center!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Happy Father's Day</p> <h1>JUNE 2016</h1> 	<p>11:00 QiGong/Tai Chi 12:00 Pool Players 11:30 Poker 12:00 Trivia &amp; Coffee</p> <p><b>1:00 GERONIMO GAME</b> (new fun game - come join)</p>	<p>9:15 Exercise Class <b>10:00 Asian Outreach Program 長者服務</b> 12:00 Pool Players 12:00 Poker <b>1:00 BINGO</b></p>	<p>Shopping Shuttle/Shaws 9:30 Chair Yoga 11:30 Quilting Group 1:00 Art Group 1:00 Knit/Crochet 1:00 Mahjong Game</p>	<p>9:15 Exercise Class 10:00 Walking Group 10:00 Weight Loss Group 12:00 Pool Players 1:00 Women's Poker 1:30 Zumba Exercise</p>
<p>6</p> <p>11:00 QiGong/Tai Chi 12:00 Pool Players 11:30 Poker 12:00 Trivia &amp; Coffee</p> <p><b>1:00 GERONIMO GAME</b> (new fun game - come join)</p>	<p>7</p> <p>Shopping Shuttle/Shaws 9:00 S&amp;S Bus (housing) 9:30 Bocci (outside/back) 9:30 Computer 101A 10:00 <b>No Vision Group</b> 10:00 Walking Group 10:00 SHINE Insurance help 10:45 Computer 101B 12:30 Bridge 1:00 Cribbage 1:30 Zumba Exercise <b>3:00 No Supper Club</b> (this month)</p>	<p>8</p> <p>9:15 Exercise Class <b>9:30 Ask the Lawyer (free) by appointment</b> <b>10:00 Asian Outreach Program 長者服務</b> <b>10:30 TRIAD MEETING</b> (come attend this meeting) 12:00 Pool Players 11:30 Poker</p>	<p>9</p> <p>Shopping Shuttle/S&amp;S 9:30 Chair Yoga 10:00 Photography 11:30 Quilting Group 1:00 Art Group 1:00 Knit/Crochet 1:00 Mahjong Game</p>	<p>10</p> <p>9:15 Exercise Class <b>10:00 Art Class #1 (must be pre-registered)</b> 10:00 Walking Group <b>10:00 Special Van Trip: Christmas Tree shop</b> 10:00 Weight Loss Group 12:00 Pool Players 1:00 Women's Poker 1:30 Zumba Exercise</p>
<p>13</p> <p>11:00 QiGong/Tai Chi 12:30 Poker</p> <p><b>10 a.m.- 4 P.M. LIVING YOUR LIFE WELL!</b> (all day presentation)</p> <p><b>See article for info!</b> (Please call to sign up)</p>	<p>14</p>  <p>Shopping Shuttle/S&amp;S 9:00 S&amp;S Bus (housing) 9:30 Bocci (outside/back) 9:30 Computer 101A 10:00 Walking Group 10:00 SHINE Insurance help <b>10:00 Blood Pressure (free) at Senior Center</b> 10:30 Wii Bowling Group 10:45 Computer 101B 12:30 Bridge 1:00 Cribbage 1:30 Zumba Exercise</p>	<p>15</p> <p>9:15 Exercise Class <b>10:00 Asian Outreach Program 長者服務</b> 12:00 Pool Players 12:00 Poker <b>1:00 Hearing Exam (free) by appointment</b> <b>1:00 BINGO</b></p>	<p>16</p> <p>Shopping Shuttle/Shaws 9:30 Chair Yoga 10:30 Book Club Meeting 11:30 Quilting Group 1:00 Art Group 1:00 Knit/Crochet 1:00 Mahjong Game</p> <p><b>1:00 Special Musical Presentation with "Dan Clark"</b> (see article &amp; sign up)</p> 	<p>17</p> <p>9:15 Exercise Class <b>10:00 Art Class #2 (must be pre-registered)</b> 10:00 Walking Group 10:00 Weight Loss Group 12:00 Pool Players 1:00 Women's Poker <b>12:30 Ask the Lawyer (free) by appointment</b></p> <p><b>2:00 Board Meeting</b> (open to public)</p>

<p><b>20</b></p> <p>11:00 QiGong/Tai Chi  12:00 Pool Players  12:00 Poker  12:00 Trivia &amp; Coffee</p> <p>12:00 Volunteer Luncheon  (by invitation please!)</p>	<p><b>** AARP Meeting 21</b></p> <p>Shopping Shuttle/Roche  9:00 S&amp;S Bus (housing)  9:30 Bocci (outside/back)  9:30 Computer 101A  10:00 Walking Group  10:00 SHINE Insurance help  10:30 Wii Bowling Group  10:45 Computer 101B  12:30 Bridge  1:00 Cribbage  1:30 Zumba Exercise  <b>3:00 No Supper Club  (this month)</b></p>	<p><b>22</b></p> <p>9:15 Exercise Class  <b>10:00 Asian Outreach  Program 長者服務</b>  12:00 Pool Players  12:00 Poker</p> <p><b>1:00 Summer Music by  Herbie Ray &amp; Steve Heck  (see article &amp; sign up)</b></p> 	<p><b>*Boston Riverboat 23</b></p> <p><b>Trip (for ticket holders)</b>  Shopping Shuttle/S&amp;S  9:30 Chair Yoga  10:00 Photography  11:30 Quilting Group  1:00 Art Group  1:00 Knit/Crochet  1:00 Mahjong Game</p> <p><b>2:00 COA Associates  Meeting (open to public)</b></p>	<p><b>24</b></p> <p>9:15 Exercise Class  <b>10:00 Art Class #3  (must be pre-registered)</b>  10:00 Walking Group  10:00 Weight Loss Group  <b>10:30 Blood Pressure  (free) at Senior Center</b>  12:00 Pool Players  1:00 Women's Poker  1:30 Zumba Exercise</p>
<p><b>27</b></p> <p><b>10:00 Current Events  &amp; Coffee Hour</b>  11:00 QiGong/Tai Chi  12:00 Pool Players  12:00 Poker</p> <p><b>2:00 Bereavement  Group Support Meeting</b></p>	<p><b>28</b></p> <p>Shopping Shuttle/Shaws  9:00 S&amp;S Bus (housing)  9:30 Bocci (outside/back)  9:30 Computer 101A  10:00 Walking Group  10:00 SHINE Insurance help  10:30 Wii Bowling Group  10:45 Computer 101B  12:30 Bridge  <b>1:00 Ask the Lawyer  (free) by appointment</b>  1:00 Cribbage  1:30 Zumba Exercise</p> <p><b>5:00 Alzheimer's Meeting  Speaker &amp; Light Supper  (Please call to confirm)</b></p>	<p><b>29</b></p> <p>9:15 Exercise Class  <b>10:00 Asian Outreach  Program 長者服務</b>  12:00 Pool Players  12:00 Poker</p> <p><b>12:00 Movie Day:  "In the Heart of the Sea"</b></p> 	<p><b>30</b></p> <p>Shopping Shuttle/Shaws  9:30 Chair Yoga  11:30 Quilting Group  1:00 Art Group  1:00 Knit/Crochet  1:00 Mahjong Game</p> <p><b>12:00 Senior Luncheon  (Please pick up ticket \$7)</b></p>	<p>Please note...special activities will have a write up in this newsletter about the event. Do not call before the first of the month to sign up for any special activities.</p> <p>*Please note there are \$\$ charges for all our exercise programs, call for information regarding these charges.</p> <p>*All other activities are \$.50/donation to help with Senior Center expenses.</p>

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

*From the Outreach Dept.....*



**Attention – Handyman wanted!!!!**

We are currently looking for a handyman to refer our seniors to when you need some minor jobs done around the house. If you know of any handyman who may be interested, please have them call the Braintree Department of Elder Affairs at 781-848-1963. A CORI (criminal background) check will be done, and then they will be placed on our Reference List. Thank you!

**Friendly Visitor:**

Our Friendly Visitor program is designed for residents of Braintree who are age 60 and older who live alone, and who are lonely, homebound or isolated. You will receive home visits and follow up telephone calls from our Friendly Visitor. The Friendly Visitor program is funded by a Title IIIB grant administered through South Shore Elder Services, Inc.

**Food Stamps:**

The Food Stamp (SNAP) program offers some financial help to defray the cost of food. We can assist with filling out the application.

**If you would like more information on any of the above, please call the Outreach Office at 781-848-1963.**

**Braintree Dept. of Elder Affairs Presents.....**

**“Live Your Life Well”~ Day Program**

**June 13, 2016**

**10 a.m. - 4 p.m.**

Facing adversity is a part of life, yet the anguish of that challenge may often leave us numb with grief. Resilience is the process of adapting well in the face of agony. Resiliency by practice, can effectively balance negative emotions with positive ones. “It means bouncing back” and learning to “live your life live well.”

**“Live Your Life Well”**

Come and meet interesting people, share your personal insights, learn new strategies and enjoy a **delicious lunch.**

**Some components to build Resiliency**

Maintain good relationships, Avoid seeing crises as unbearable, Accept circumstances that cannot be changed, Develop realistic goals and move towards them, Take decisive decisions in face of adversity, look for opportunities to self-discover, develop self-confidence, keep a long term perspective and consider stressful events on a broader context, maintain a hopeful outlook and take care of mind & body.

**Funding for this event is provided by the Massachusetts Councils on Aging  
through a grant provided  
by the MA Executive Office of Elder Affairs.**

**Please do not miss this program, space is limited, please call to sign up 781-848-1963**

## Educational Town Information

### *From the Braintree Health Dept.....*

The Braintree Health Department would like to remind Braintree residents of the potential for the transmission of Lyme Disease during the summer months of outdoor activity.

Lyme disease is caused by bacteria that are spread by tiny infected ticks, (in Massachusetts by deer ticks). Deer ticks cling to plants near the ground in brushy, wooded, shaded or grassy places. They attach as a host walks by and travel vertically on the host to constriction points (ie. Belt line, armpit, ). The disease is most likely spread between late May and early autumn when ticks are most active.

Not all ticks carry Lyme disease and being bitten by a deer tick does not mean you will get the disease. The tick must be attached for at least twenty four hours to pass on the bacteria, so removing the tick promptly will greatly decrease your chances of being infected. Both people and animals can be infected with Lyme Disease.

An early symptom of Lyme Disease is usually, but not always a rash where the tick was attached. It may appear from three days to a month after the bite. Vague flu like symptoms such as fever, headache, stiff neck, sore and aching muscles and joints, fatigue and swollen glands are also common in the early stages of the disease. Early diagnosis (blood test) and (antibiotic) treatment are essential to avoid more serious symptoms and complications of this disease.

The CDC recommends the following measures to avoid or reduce your risk of contracting Lyme Disease:

- Avoid tick habitats
- If you do go into tick habitats use personal protection wearing light colored long sleeve shirts and pants tucked into boots.
- Perform a tick check when showering and remove attached ticks using a fine tipped tweezers. Cleanse the area with antiseptic after removal.
- Reduce tick abundance through habitat modification by removing leaf litter, brush and wood piles around houses and at the edge of yards. Ticks do not survive in sunny hot areas and require shaded landscape to survive.

**HAVE A SAFE SUMMER!**

### *From the Braintree Recycling Dept.....*

Did you know that Recycling has a “**10 Most Unwanted Items**” list? Well, here it is:

**Do not put these items in Recycling Bins....  
Public Enemy #1 – Plastic Bags of any kind, Clothes, Pots & Pans, Dishes, Wood, Trash, Food Waste, Styrofoam, Hazardous Waste, Yard Waste.**

These “contaminates” raise the cost of processing our recyclables. Each one of us can make a difference.

Some of these items can be recycled at the Ivory Street Center, Hazardous Waste Day & plastic bags at all supermarkets. **BE WISE!**

### *Braintree Senior Center Medical Equipment ~ Loan Program*

Do you need to loan any of the following pieces of medical equipment for yourself or a family member?

- Wheelchairs
- Walkers
- Commodes
- Canes—regular & 3 prong
- Crutches
- Shower Chairs & Shower Benches
- Ice picks for canes



Please call 781-848-1963 **before** coming down to allow us to check & see if we have the item you need in stock.

**Pick up times: M-F – 9 a.m. to 4 p.m.**

**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](http://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](http://www.townofbraintreegov.org)

**For information call (781) 848-1963, or visit our web site: [www.braintreema.gov](http://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 20th. We gathered for our annual luncheon, comprised of finger sandwiches, salad, potato salad, and dessert. 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:

<b>FOR PRESIDENT:</b>	<b>John J. "Jack" Ryan</b>
<b>FOR VICE PRESIDENT:</b>	<b>Virginia M. "Ginny" Polio</b>
<b>FOR TREASURER:</b>	<b>Barbara Medici</b>
<b>FOR SECRETARY:</b>	<b>Dolly Mallowney</b>

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.

Entertainment was provided by Paul Agnew, accompanied by John Capavella. They led us in a rousing sing-along adventure.

Our last meeting before summer break will be held on June 23rd. All members and prospective members are always welcome to attend the monthly meetings.

*Have a wonderful summer!*  
*The Friends*