



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

PHONE: 781 848-1963

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WEB: www.townofbraintreegov.org

From Director.....

It is still January, but since I will be out for the month of February, I wanted to write before I left. I will be in India to visit my mother, family and friends.

I hope all of you have been safe and warm during the grueling winter months. Hope the month of March will leave like a sweet lamb. We have many activities and programs planned for the coming months. Please come and bring your friends with you. As I keep saying; *"come see us, our doors are always open for you"*.

Sharmila

p.s. Thank you for your patience during the unprecedented snow that occurred in February - your safety was our priority during this difficult time. Thank you to the Staff for their dedication to all storm related problems & endless phone emergencies, to Bill for keeping our walkways/exits clear and to Frank, Lou & our Volunteer Van Drivers for driving seniors to their medical and shopping trips during these storms. Hope you all remained safe...Think Spring!



Braintree Senior Center Spring Trip
Peabody Essex Museum & Luncheon in Salem, MA.
Wednesday, April 22, 2015
\$65.00/ticket (8:30 a.m. to 5:30 p.m.)



Join us for our spring trip to Salem, MA. On April 22, 2015. We will first stop for a visit to the exciting Peabody Essex Museum. PEM is a place for enjoyment, enrichment and creative stimulation (walking required). Learn about other cultures through special exhibitions of American Art, Maritime Art, Asian Export and a new Art & Nature Center. You will have 2 hours to explore the Museum.

After visiting this very interesting museum it will be off to the Victoria Station Restaurant with views of historic Pickering Wharf in Salem, MA for a delicious luncheon.

Meal choice: New England Baked Haddock, Marinated Steak Tips or Chicken Mediterranean
Tickets on sale: March 2nd - March 13th (10 a.m. to 1 p.m. at Senior Center) \$65.00/ticket

**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.*

BLOOD PRESSURE CLINICS (free)



March 10, (Tues.) at Senior Center 10-11 a.m.
March 27, (Friday) at Senior Center 10:30 a.m.

SHOPPING SHUTTLE SCHEDULE



Reservations must be made at least **48** hours in advance by calling: **781-848-1963**:

Pick-up time is from: **9:30 to 10:00 a.m.**

Return time is from: **11:30 to 12:00 p.m.**

March 3 & 5, Shaw's/Pearl Street
March 10 & 12, Stop & Shop/Grove Street
March 17 & 19, Roche Bros/Quincy Ave.
March 24 & 26, Shaw's/Pearl Street
March 31 & 4/2 Stop & Shop/Grove Street

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

**** Van Trip 3/13/15 - Christmas Tree Shop/Pembroke**

BRAINTREE MEETINGS



- March 3, Vision Group Meeting at 10 a.m.**
Meeting at Senior Center & open to all with low vision problems. For more information call 781-848-1963
- March 9, Senator Brian A. Joyce Office Hours 10 a.m.**
Meeting at Senior Center—see newsletter for info.
- March 17, AARP Chapter #4042 Meeting at 1:30 p.m.**
Braintree DAV Hall - 788 Liberty St./Braintree
Conductor, David Buckley, and the Braintree High School Jazz Band returns by popular demand.
- March 18, Senator John F. Keenan Office Hours 12 noon**
Meeting at Senior Center—see newsletter for info.
- March 19, Wisdom Works Support Meeting 3:30 p.m.**
Meeting at Senior Center for members.
- March 20, Braintree Elder Affairs Board Meeting 2 p.m.**
Meeting at Senior Center—open to public.
- March 26, COA Associates Meeting at 2 p.m.**
Meeting at Senior Center—open to public.
- March 31, Braintree Alzheimer's Support Meeting 5 p.m.**
See Newsletter article for event information.
Open to public, call for reservations:781-848-1963

Practicing Good Consumer Health Representatives of the Office of Attorney General, Maura Healey Tuesday, March 10, 2015 at 11 a.m.

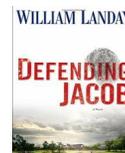
There has been great concern over the alarmingly fast-growing trend in elder fraud and the increasing number of financially-victimized elders. One of the missions of the AGO is to help educate Massachusetts consumers about their rights and about ways to protect themselves and their identities. As a savvy consumer, you have a duty to be on alert for potential misleading deals and scams, so please join the MA Attorney General's Office on **Tuesday, March 10, 2015** to learn more about these important topics! We will provide information to help you make informed decisions and to offer some tips to help you to avoid deception and fraud. Come hear representatives from the AGO speak about what you may need to know about scams, identity theft, and other deceptive practices. This event will be held at the **Braintree Senior Center, 71 Cleveland Ave., Braintree at 11 a.m.**

Please call to sign up: 781-848-1963

Braintree Dept. of Elder Affairs Book Club Group Thursday, March 26, 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:
"Defending Jacob"
by: William Landay



Andy Barber, Assistant District Attorney, in Massachusetts is respected in community, courtroom and happy at home until his fourteen-year-old son is charged with murder of a fellow student in this spellbinding tale of guilt & betrayal.

Braintree

Department of Elder Affairs

“Special Activities”

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

See our newsletter calendar for listing of all activities

- March 2, to 3/13/15** **Tickets on sale for April 22nd trip**
See newsletter article for info. on trip.
- March 3, 10, 17, 24 & 31,** **SHINE Insurance help at 10 a.m.**
Appointments every Tuesday for help on all medical insurance issues. Call for appointment!
- March 3,** **“Low” Vision Group Meeting at 10 a.m.**
Support for seniors with low vision problems.
- March 3, & 17,** **Supper Club at: Venetian/Weymouth**
Supper Club at: Jamies/Whitman
Please call Senior Center for van reservations to enjoy this early social supper from 3 - 6 p.m.
- March 4, & 18,** **Bingo at Senior Center at 1 p.m.**
\$4.00 covers all games. Refreshments served!
- March 9,** **Belles & Beaux Musical Entertainment**
At Senior Center 1 p.m. Cake/ice cream served.
- March 10,** **Attorney General Office visits at 11 a.m.**
At Senior Center - see article & sign up!
- March 11,** **St. Patrick’s Day Trip to Venus DeMilo**
Ticket holders only-please note pick up time & all information is on your ticket.
- March 13,** **Special Musical Program at 1 p.m.**
Special Program by Thayer Library at Senior Center: “Music Through the Ages” See article in newsletter and please call to sign up.
- March 25,** **Movie Day at Senior Center - 12 noon**
Movie: The Family Man. Movie starts at noon!
Come earlier and bring lunch & enjoy coffee, pastry and hot popcorn.
- March 31,** **Alzheimer’s Meeting at 5 p.m.**
Resources to Remember “What if, What Now?”
See newsletter article for info & call to sign up.

Braintree

Department of Elder Affairs

Senior Luncheon & Music

Thursday, March 19, 2015

@ 12 noon

\$6.00/ticket (pre-purchase please)

Come to our monthly luncheon and enjoy a delicious home cooked meal & some social time with new friends. After lunch, sit back and enjoy some Irish music.



**Lunch Menu: Salad & Rolls,
Corned Beef and Cabbage Dinner
Dessert with coffee/tea/cold drink**

BRAINTREE SENIOR CENTER

MOVIE DAY (.50 donation)

Wednesday, March 25, 2015

**Movie starts promptly
at 12 noon!**

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

Movie:

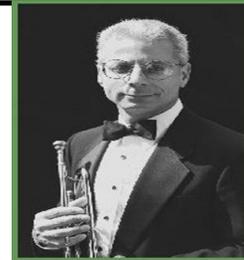
“The Family Man”



Jack Campbell is a single wealthy Wall Street Trader living the high life in New York, until one morning he wakes up in a suburban New Jersey bedroom with a wife and two kids in this wonderful comedy about second chances

Town of Braintree
Thayer Public Library & Senior Center
Special Musical Event

Friday, March 13, 2015 @ 1 p.m.



Thayer Public Library is kicking off Braintree's fifth annual community read. Mayor Joseph Sullivan and Thayer Public Library Board of Trustees cordially invite you to participate in **One Braintree, One Book** during the months of March and April. We're asking the community to read with us the fiction novel ***Still Alice*** by author Lisa Genova.

The idea behind One Book One Community is to encourage everyone in Braintree to read the same book and then have book discussions and events that tie into the book.

Thayer Public Library has partnered with the Department of Elder Affairs to offer ***Music through the Decades*** by David S. Polansky on Friday, March 13 at 1p.m. at the Senior Center. Music Through The Decades, "a fun filled hour in which the audience learns how the last hundred-plus years of American and world history have influenced the great American Popular Song Book. Using keyboard, trumpet, and vocals David brings alive the music of George M. Cohan, Irving Berlin, Fats Waller, George Gershwin, Hoagy Carmichael, and a host of others".

Event held at Braintree Senior Center, 71 Cleveland Avenue, Braintree, MA
Please call the Braintree Senior Center to sign up for this event: 781-848-1963

Braintree Department of Elder Affairs
Presents..... "Asian Outreach Program"

Braintree Elder Affairs will be launching an exciting Asian Outreach Program in March, 2015. This free program is funded by the MA Executive Office of Elder Affairs. The Program will include Activity & Social hours, Cultural Celebrations, Conversational English learning, Chinese brush painting & calligraphy workshops, Field Trips, Health & Wellness Information sessions, etc.

For additional information and early registration, please contact Braintree Elder Affairs at: 781-348-1054, or look for upcoming mailing.

從三月開始，碧樹市老人局將為亞裔長者推出各種免費的活動和服務。計劃包括：資訊，活用英語，中國書畫，春節聯歡會，旅行，保健座談等等.....詳情請注意郵件，或致電老人局781-348-1054查詢。本計劃勁費來自麻省老人局。

From the desk of Mary Cirignano, Chairperson

**HAPPY ST. PATRICK'S DAY MARCH 17th...
for that day we are all Irish.**

Never Felt Better - Irish Story

In a court in Killarney, deep in Munster, Ireland, this conversation is reported to have taken place:

Lawyer: At the scene of the accident, "Mr. O'Shea, did you tell the Garda officer (Police from the Irish Republic) that you had never felt better in your life?"

O'Shea the farmer: "That's right, sir."

Lawyer: "Well then, Mr. O'Shea, how is it that you are now claiming you were seriously injured when my client's car hit your cart?"

O'Shea the farmer: "When the Garda arrived, he went over to my horse, who had a broken leg, and shot him. Then he went over to Darcy, my dog, who was badly hurt, and shot him".

Then the policeman came across the road, gun still in hand, looked at me, and said, "How are you feeling?" I just thought under the circumstances, it was a wise choice of words to say: "I've never felt better in my life."

Examples of Murphy's Law

Your lost needle will be found by your husband when he is walking around barefoot.

In order to get a bank loan, you must first prove that you don't need the money.

Pint of Guinness

Siobhan followed her husband to the Public House, "How can you come here," she said, taking a sip of his pint of Guinness. "and drink that awful stuff?" "Now!" he cried, "You always thought I was out enjoying meself."

An Irish Blessing

Wishing you always... Walls for the wind,
A roof for the rain, And tea beside the fire.
Laughter to cheer you, Those you love near you,
And all that your heart may desire.

**MARCH 20 Is the first day of Spring
with a new beginning and a happy
goodbye to snow, snow, and more
snow!**



**Weight Watchers.....
coming to Senior Center!**



We are trying to start a Weight Watchers Group this spring (starting in April or May) at the Braintree Senior Center.

Weight Watchers offer flexible and convenient weight loss solutions. Weight loss is really hard and it's even harder to do it alone. We can all help each other achieve our goals and look great for the summer.

We need 15 dedicated people who would like to loose weight and improve their over-all health.

The group will meet once a week for a 12 week series. The price is **\$156.00 person** (for full 12 weeks) which includes weekly meetings by a motivational leader, recipes, support and much more. This fee may be covered (in part) by your medical insurance.

Please call us if you will be committed to start this group in April. Payment in full will be expected prior to the starting date.

**Please call for information or to sign up:
781-848-1963**

Just a few reminders.....

Senator Brian A. Joyce will hold office hours on March 9, 2015 at 10 a.m. at Senior Center to discuss any issues. No appointment necessary.

Senator John F. Keenan will hold office hour on March 18, 2015 at 12 p.m. at Senior Center to discuss any issues. No appointment necessary.

The Department of Veterans Services in Braintree is located here at the Senior Center. Richard Walsh, Director of Veteran Services, is available to answer any questions regarding Veteran benefits. Please call Mr. Walsh directly to set up an appointment by calling: 781-794-8217

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY										
<p>2</p> <p>11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:15 Men's Tai Chi 12:30 Trivia & Coffee</p> <p>**Trip tickets on sale today till March 13th—10-1 pm for April Trip—see article!</p>	<p>3</p> <p>Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 9:30 Computer 101A 10:00 Vision Group meets 10:00 Walking Group 10:00 SHINE Insurance 10:45 Computer 101B 1:00 Bridge & Cribbage 1:30 Zumba Exercise 3:00 Supper Club: Venetian/Weymouth</p>	<p>4</p> <p>9:15 Exercise Class 10:00 Asian Outreach Program - See article! 12:00 Pool Players 12:00 Poker 1:00 BINGO</p>	<p>5</p> <p>Shopping Shuttle/Shaws 9:30 Chair Yoga 11:30 Quilting Group 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet</p>	<p>6</p> <p>9:15 Exercise Class 10:00 Weight Loss Group 11:00 Library van ride 12:00 Pool Players 1:00 Women's Poker 1:30 Zumba Exercise</p>	<p>9</p> <p>10:00 Senator Joyce Visits Senior Center See article for information! 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:15 Men's Tai Chi</p> <p>1:00 Belles & Beaux Irish Musical Show</p> <p>**Special Refreshments Provided by Royal Rehab. Nursing Home</p>	<p>10</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:30 Computer 101A 10:00 Blood Pressure (free) Senior Center 10:00 Walking Group 10:00 Wii Bowling Group 10:00 SHINE Insurance 10:45 Computer 101B 11:00 Attorney General's Office visits Center. See Article & everyone welcome 1:00 Bridge & Cribbage 1:30 Zumba Exercise</p>	<p>11</p> <p>9:15 Exercise Class 9:30 Ask the Lawyer (free) by appointment 10:00 Asian Outreach Program - see article! 10:30 TRIAD Meeting (See newsletter article) 12:00 Pool Players 12:00 Poker</p> <p>**Senior Trip today to Venus DeMilo (ticket holders only)</p>	<p>12</p> <p>Shopping Shuttle/S&S 9:30 Chair Yoga 10:00 Photography 11:30 Quilting Group 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet</p>	<p>13</p> <p>9:15 Exercise Class 10:00 Special Van Trip: Christmas Tree Shop 10:00 Weight Loss Group 11:00 Library van ride 12:00 Pool Players 1:00 Women's Poker 1:00 Entertainment Musical Party—see article 1:30 Zumba Exercise</p> <p>**Last day to purchase tickets for April trip.</p>	<p>16</p> <p>11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:15 Men's Tai Chi 12:30 Trivia & Coffee</p>	<p>(AARP Meeting today) 17</p> <p>Shopping Shuttle/Roche 9:00 S&S Bus (housing) 9:30 Computer 101A 10:00 Walking Group 10:00 Wii Bowling Group 10:00 SHINE Insurance 10:45 Computer 101B 1:00 Bridge & Cribbage 1:30 Zumba Exercise</p>	<p>18</p> <p>9:15 Exercise Class 10:00 Asian Outreach Program - See article! 12:00 Pool Players 12:00 Poker 12:00 Senator John Keenan Visits Center for questions & answers 1:00 BINGO</p>	<p>19</p> <p>Shopping Shuttle/Roche 9:30 Chair Yoga 11:30 Quilting Group 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet 12:00 Senior Luncheon (Please pick up ticket)</p>	<p>20</p> <p>9:15 Exercise Class 10:00 Weight Loss Group 11:00 Library van ride 12:00 Pool Players 12:30 Ask the Lawyer (free) by appointment 1:00 Women's Poker 1:30 Zumba Exercise</p>
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	3:00 Supper Club: Jamie's/Whitman	1:00 Hearing Exams (free) by appointments	3:30 Wisdom Works Members Meeting	2:00 Board Meeting Open to Public					
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6 & 7

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

From the Outreach Department.....

What a winter!!!! Snow, snow and more snow! With the month of February behind us, we can all look forward to spring arriving in a few short weeks! Looking forward to getting out of the house? Why not **spring** into action and come by the Senior Center and check out our activities? How about an exercise class...or bingo? We have many more activities also listed on the calendar in our monthly newsletter to choose from. Hope to see you soon!

If you or a family member or friend is homebound, we also have two programs that you can take advantage of:

- 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.
- Our **Library Express** program is a service designed for residents of Braintree who are unable to leave their homes due to a health or social service issue that lasts (12) weeks or more. There is a biweekly delivery with a limit of five (5) items per visit.

You can reach us with any questions at **(781) 848-1963**.

**BRAINTREE
DEPT. OF ELDER AFFAIRS
TRIAD Meeting
Wednesday, March 11, 2015
@ 10:30 a.m.**

Please attend our quarterly **TRIAD** meeting at the Braintree Senior Center on **March 11, 2015 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. The meetings have interesting speakers on relevant subjects and is open to everyone.

Coffee and pastry served.

Call for information: 781-848-1963

**Braintree Dept. of Elder Affairs
Alzheimer's Support Meeting
Tuesday, March 31, 2015 @ 5 p.m.
Special Event.... "Resources to Remember"**

The Resources to Remember (R2R) networking group will be conducting a panel discussion: **"WHAT IF? WHAT NOW?"** Answers for Elders' Families/Caregivers, for the families and caregivers of local seniors on Tuesday, March 31st, at 5:00 p.m., at the Senior Center. **Call 781-848-1963** to RSVP by 3/25/15. A light supper will be served at the conclusion.

This not-to-be-missed event will showcase local resources, as attendees learn how to plan beyond this week and make more time for themselves. The panel will help navigate through common problems encountered.

Panelists include: an adult day program, assisted and independent living, elder law, financial planning, geriatric case management, home renovations, life planning guide-book, personal accounting, pharmacy w/durable medical equipment, physical therapy at home, private home care, real estate, reverse mortgage, senior living referral service, senior move specialist, skilled care, tax accounting, and transportation.

Register early so you don't miss out on this wonderful opportunity to learn all about some of the best local resources your senior may need. For more information, visit the R2R web-site at: www.resourcestoremember.com.

Educational Town Information

Braintree Senior Center Equipment Loan Closet

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

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



Please call us at **781-848-1963** to see if the item is in stock (we do not have all the items listed all the time) and we will bring it up from our basement and hold it for pick up. You may keep the item (at no charge) for however long you need it.

Please note, if you have any of the above listed equipment that you no longer need, consider donating it to our "Equipment Loan Closet". Please call us for information on what is needed before donating.

We are open M-F- 8:30 a.m. to 4:30 p.m. for pick up and information.

From the Recycling Department.....

"RECYCLING MATTERS" CONTEST

Starting March 1st and into May, the Town will be implementing a recycling campaign/contest. The Recycling Office and School Dept. are working together so that students (Grades 1-5) are encouraged to submit 25-50 word essays on why recycling is important.

There will be prizes and special recycling presentations at each elementary school and recognition to the top essay from each school. The adult/residential community is also encouraged to submit 25-50 word essays via email to rnolan@braintreema.gov with the theme of... Why recycling matters and how my recycling will be increased with an additional recycling cart. Prizes such as 25 recycling carts and \$100 gift certificates to the Farmer's Market will be awarded.



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”.....

Top 5 Places Where People Live the Longest by: [Dana Larsen](#)

We can learn a lot about improving quality of life in our golden years – and maybe even increase longevity – by studying the habits of the world’s longest-lived people.

Where in the world do people live the longest? Though we in the U.S. tend to think we own good health and longevity, the truth might surprise you – the small, remote island of Okinawa, Japan is where you’ll find the world’s largest population of healthy older adults. In fact, of the five locales scientists are studying for their longevity secrets, three are islands, one is a peninsula and one is simply a spiritual oasis.

Researcher Dan Buettner, who studies these populations for the National Geographic Society, calls these long-lived pockets Blue Zones. The top five Blue Zones may be relatively isolated and scattered around the globe, but here’s what they have in common, according to the *New York Times*:

- A cultural environment that reinforces healthy lifestyle habits like diet and exercise
- Healthy social relationships and psychological well-being
- People who tend to gardens
- People who have a cooperative spirit
- Public health that is easily accessible
- Seniors are valued as members of their family and the community



Over the next couple of months, read this column to find out more about what these places are doing right.

Live long and prosper! (as Spock would say)
The Friends