



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



**Braintree Department of Elder Affairs
Special Musical Event**
"Music Through the Decades"
Monday, May 16, 2016 ~ 1 p.m.

We are once again delighted to have Mr. David Polanski's special musical event *"Music Through the Decades"* here at the Senior Center on May 16, 2016 at 1 p.m. David Polansky is an accomplished singer and trumpet player. Over the years he has worked with Arthur Fiedler, Sandler & Young, Phyllis Diller, Henry Young and many others. His music will truly make you happy – don't miss this special event!

This special event is made possible by a grant from The Braintree Cultural Council, which is supported by the Massachusetts Cultural Council.

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

*Braintree Department of Elder Affairs
Summer Senior Trip
Charles Riverboat Cruise & Luncheon
Thursday, June 23, 2016
\$58.00/ticket*



Come enjoy a wonderful cruise around the Charles River Basin as the Captain points out the most historic sights of Boston and Cambridge. View Beacon Hill, Esplanade Park, Back Bay, Boston University, M.I.T. and Harvard as you cruise past countless sailboats & rowers. After your delightful morning on the water, you will enjoy a delicious luncheon at Venezia's Restaurant with their waterfront location and breathtaking views of the Boston Skyline. Luncheon choices will be: Baked Haddock or Steak Tips. *Don't miss this trip!*

**Tickets on sale: May 1 - 13th at Senior Center (on a first-come-first-served basis).
Braintree residents - we will take 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 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)



May 10, (Tues.) at Senior Center 10-11 a.m.
May 11, (Wed.) at Independence 10-11 a.m.
May 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.

Shopping Shuttle run on Tuesdays and Thursdays, Please see calendar in this newsletter for Supermarket locations as they change each week.

****Van Trip 4/8/16 at 10 a.m. to: Walmart/Weymouth**

BRAINTREE MEETINGS



- May 3, Vision Group Meeting - 10 a.m.**
Meeting at Senior Center to all with low vision.
- May 9, Bereavement Support Group Meeting 2 p.m.**
& 23 These meetings will run every other week until June. Please call for information and to sign up.
- May 17 AARP Chapter #4042 Meeting - 1:30 p.m.**
Sons of Italy Hall, King Hill Road, Braintree, MA.
Speaker: Mr. Jonathan Young to speak on the history of Curtain Call Playhouse in Braintree, MA
- May 20, COA Associates Annual Meeting at noon**
Meeting & Lunch for members only/invitation.
- May 20, Braintree Elder Affairs Board Meeting 2 p.m.**
Meeting at Senior Center & open to public.
- May 31, Braintree Alzheimer's Support Meeting 5 p.m.**
Speakers & light supper provided. Please call to sign up.

Braintree Dept. of Elder Affairs Services

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

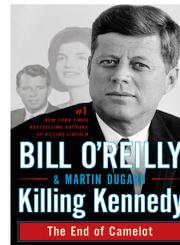
- **Outreach:**
Information & Referral
Advocacy
Friendly Visitor/Library Express
- **Transportation:**
Medical Van Rides & Senior Center Rides
Shopping Shuttles
- **Recreation:**
Monthly Lunches
Social Activities
Special Events & Educational Seminars
Trips
- **Support Groups:**
Low Vision Meetings
Alzheimer's 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**

Braintree Dept. of Elder Affairs Book Club Group Thursday, May 19, 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:

"Killing Kennedy
By Bill O'Reilly



Killing Kennedy: The End of Camelot is a non-fiction book by Bill O'Reilly and Martin Dugard about the 1963 assassination of U.S. President John Fitzgerald Kennedy.

Braintree

Department of Elder Affairs "Special Activities"

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

See our newsletter calendar for listing of all activities!

- May 3,** **"LOW" Vision Group Meeting at 10 a.m.**
Support for seniors with low vision problems.
- May 3,** **SHINE Insurance help at 10 a.m.**
Appointments every Tuesday for help on all medical insurance issues. Call for appointment.
- May 3,** **Supper Club: 99 Restaurant/Weymouth**
& 17 **Supper Club: Applebee's/Quincy**
Early supper 3-6 p.m. Please call to sign up.
- May 4,** **ASIAN Program at 10 a.m. 長者服務**
Programs held at Senior Center every Wed.
Please call for information.
- May 4,** **Bingo at Senior Center at 1 p.m.**
& 18 \$4.00 covers all games. Refreshments served.
- May 9,** **Belles & Beaux Music Group 1 p.m.**
Special Mother's Day Party & Music.
- May 9,** **Bereavement Support Group 2 p.m.**
& 23, Please call for information & to sign up.
- May 16** **New Activity: Current Events at 10 a.m.**
See newsletter article & come try this out!
- May 16,** **Special Musical Entertainment at 1 p.m.**
See newsletter article & call to sign up.
- May 19** **Braintree Senior Center Cape Cod Trip**
For ticket holder only please. See ticket for info.
- May 20,** **COA Assoc. Annual Meeting at 12 noon**
COA members only—by invitation
- May 23,** **New Activity: Geronimo Cards at 1 pm**
See Newsletter article for more information
- May 31,** **Alzheimer's Support Meeting 5 p.m.**
See newsletter article regarding speaker

Braintree

Department of Elder Affairs

"Senior Luncheon"

Thursday, May 26, 2016

@ 12 noon

\$7.00 ticket (pre-purchase please)

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

Come join this fun afternoon!



Lunch menu: Turkey Dinner & special ice cream party!

After our luncheon, please stay & enjoy an Ice Cream Social to be held in celebration of "Older American Month" sponsored by Ms. Jennifer Moran (owner) Home Instead Senior Care of Norwell & some great piano music by Ms. Dolly Gibbson.

BRAINTREE

SENIOR CENTER MOVIE DAY

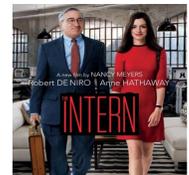
Wednesday, May 25, 2016

Movie starts promptly at 12 noon

Come earlier and bring your lunch. Enjoy coffee/pastry & popcorn during movie.

MOVIE:

"The Intern"
(PG-13)



Plot: (Robert DeNiro & Ann Hathaway)

Ben Whittaker is a 70-year-old widower who has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin.

From the Director.....

It is April and it is snowing outside. I am also hearing about a flash freeze tonight, it is going to be very, very cold. March left like a lamb, but I guess April just wanted to flex her muscles a bit. Oh well, as we say, this is New England and yes, we are hardy. I also think if it snows in April, it melts faster. By this time, the ground is a bit warmer and as Meteorologists say, the sun shines at a higher angle, hence, the snow melts at a faster rate. So here's looking at something at a brighter angle.

As many of you know, I was away for a few weeks to be with my mother in India. She is in her late eighties and she lives alone. When I am there I try to do the things which are too challenging for her to handle. She is a strong woman. I admire her courage and determination even though there have been times I have wished that she was not that determined. I guess her toughness is what keeps her going!

I am back now, thank you for your welcome back smiles and hugs. The journey was grueling and it took me some time to recover. Your warm welcome made me feel much better. At this time I would also like to take the opportunity to thank all our staff. Braintree Elder Affairs is extremely lucky to have a group of compassionate and dedicated individuals who always go above and beyond the tasks assigned to them. While I am away they take extra responsibilities to fill in my absence and leave no stone unturned. Thank you everyone, Elder Affairs would not be the same without you.

Sharmila

Memory Loss, Dementia and Alzheimer's Disease

What you need to know....

Alzheimer's disease is not a normal part of aging!

Jennifer Hoadley, CDP

Regional Manager Southeastern MA

Alzheimer's Association, Massachusetts and New Hampshire Chapter

Tuesday, May 31, 2016 ~ 5 p.m.

It is time to learn the facts.

This program will provide information about the disease and related dementias, the benefits of early detection, causes and risk factors, treatment and support resources.

Light Supper will be served, courtesy of Grove Manor Estates.

Please call to sign up: 781-848-1963



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

This was found in the billfold of coach Paul Bear Bryant, Alabama after he died in 1982.

***THE MAGIC BANK ACCOUNT
AUTHER UNKNOWN***

Imagine that you had won the following prize in a contest: Each morning your bank would deposit \$86,400 in your private account for your use. However, "this prize has rules"

THE SET OF RULES:

Everything that you didn't spend during each day would be taken away from you. You may not simply transfer money into some other account, you may only spend it. Each morning upon awakening the bank opens your account with another \$86,400 for that day. The bank can end the game without warning, at any time it can say, Game Over. It can close the account and you will receive a new one, what would you personally do? You would buy anything and everything you wanted right? Not only for yourself, but for all the people you love and care for because you couldn't possibly spend it all on yourself, right? **Actually, this game is real. Shocked?? Yes!**

**Next month issue I will explain
how to play it!**



New activity game...."Geronimo"

***Monday, May 23, 2016
1 p.m. (\$2.00)***



Come play a fun new game here at the Senior Center called "Geronimo".

It plays like bingo, but we use a deck of cards to call the numbers. You have a group of five cards clipped together and we play different games.

You will receive a deck of 5 cards - you can play more than 1 pack if wanted. Prizes will be awarded for each game.

If you enjoy the game of "Geronimo" and we get enough interest, we will put this game on the schedule once a month.

Please call for info: 781-848-1963

New activity....Current Events!

We will be trying a new activity here at the Senior Center "Current Events & Coffee Hour" on Monday, April 16th at 10 a.m.

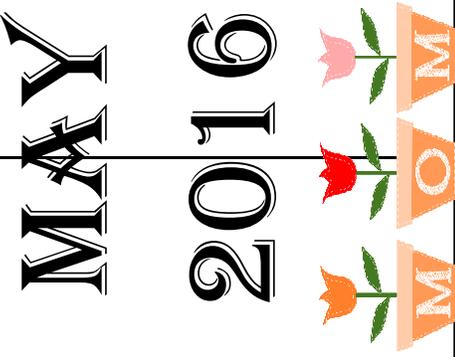
Please write down 1 current event that you wish to discuss & bring in any articles, pictures or information pertaining to this event for display.

If this activity gets enough interest we will schedule it for once a month.

**Please call for info:
781-848-1963**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker</p>	<p>3</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:30 Computer 101A 10:00 Vision Group 10:00 Walking Group 10:00 SHINE Insurance help 10:45 Computer 101B 12:30 Bridge 1:00 Cribbage 1:30 Zumba Exercise 3:00 Supper Club: 99 Restaurant/Weymouth</p>	<p>4</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>5</p> <p>Shopping Shuttle/S&S 9:30 Chair Yoga 11:30 Quilting Group 1:00 Art Group 1:00 Knit/Crochet 1:00 Mahjong Game</p>	<p>6</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>9</p> <p>11:00 NO QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:00 Trivia & Coffee</p> <p>1:00 Belles & Beaux Special Mother's Day Party & Music Thank you Royal Rehab for providing the cake!</p> <p>2:00 Bereavement Support Group Meeting (please call for info)</p>	<p>10</p> <p>Shopping Shuttle/Roche 9:00 S&S Bus (housing) 9:30 Computer 101A 10:00 Blood Pressure (free) at Senior Center 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</p>	<p>11</p> <p>9:15 Exercise Class 9:30 Ask the Lawyer (free) by appointment 10:00 Asian Outreach Program 長者服務 10:00 Blood Pressure (free) at Independence 12:00 Pool Players 12:00 Poker 1:00 Hearing Exam (see article for info)</p>	<p>12</p> <p>Shopping Shuttle/Shaws 9:30 Chair Yoga and Group Brunch after! 10:00 Photography 11:30 Quilting Group 1:00 Art Group 1:00 Knit/Crochet 1:00 Mahjong Game</p>	<p>13</p> <p>9:15 Exercise Class 10:00 Walking Group 10:00 Special Van Trip: Walmart/Weymouth 10:00 Weight Loss Group 12:00 Pool Players 1:00 Women's Poker 1:30 Zumba Exercise</p>
<p>16</p> <p>10:00 Current Events & Coffee Hour (new activity—see article) 11:00 NO QiGong/Tai Chi 12:00 Pool Players 12:00 Poker</p> <p>1:00 Special Music Show Presented by Braintree Art Lottery Grant: "Music through</p>	<p>**AARP Meeting 17</p> <p>Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 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 3:00 Supper Club:</p>	<p>18</p> <p>9:15 Exercise Class 9:30 Ask the Lawyer (free) by appointment 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 12:00 Poker 12:00 Special Focus (see article for info) 1:00 BINGO</p>	<p>19</p> <p>**Hyannis JFK Trip (for ticket holders only) Shopping Shuttle/S&S 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>20</p> <p>9:15 Exercise Class 10:00 Walking Group 10:00 Weight Loss Group 12:00 Pool Players 1:00 Women's Poker No Zumba Today</p> <p>12:00 COA Associates Annual Meeting/Luncheon (see article for info)</p>

<p>the Decades” (Please see article and call to sign up - Braintree only)</p>	<p>Applebee's/Quincy</p>			<p>12:30 Ask the Lawyer (free) by appointment 2:00 Board Meeting (open to public)</p>
<p>23 11:00 NO QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:00 Trivia & Coffee 1:00 GERONIMO GAME (new fun game - come join) See newsletter article! 2:00 Bereavement Support Group Meeting (please call for info)</p>	<p>24 Shopping Shuttle/S&S 9:00 S&S Bus (housing) 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 Ask the Lawyer (free) by appointment 1:00 Cribbage 1:30 Zumba Exercise</p>	<p>25 9:15 Exercise Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 12:00 Poker 12:00 Movie Day: Movie: “The Intern”</p>	<p>26 Shopping Shuttle/Shaws 9:30 Chair Yoga 10:00 Photography 11:30 Quilting Group 1:00 Art Group 1:00 Knit/Crochet 1:00 Mahjong Game 12:00 Senior Luncheon with Piano Sing-a-Long & Ice Cream Social by Home Instead Senior Care (Please pick up ticket \$7)</p>	<p>27 9:15 Exercise Class 10:00 Walking Group 10:00 Weight Loss Group 10:30 Blood Pressure (free) at Senior Center 12:00 Pool Players 1:00 Women's Poker 1:30 Zumba Exercise</p>
<div style="text-align: center;">  <p>MAY 2016</p> </div> <p>30 MEMORIAL DAY  SENIOR CENTER CLOSED TODAY!</p> <p>31 Shopping Shuttle/Roche 9:00 S&S Bus (housing) 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 5:00 Alzheimer's Meeting Speaker & Light Supper (see article & call to sign up)</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. *Please note there are \$\$ charges for all our exercise programs, call for information regarding these charges. *All other activities are \$.50/donation to help with Senior Center expenses.</p>				

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

From the Outreach Dept.....

May is Older Americans month. A meeting in 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month”, the prelude to “Older Americans Month”. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

This year, 2016, the 51st anniversary of the Older Americans Act (OAA), the theme is **Blaze a Trail** which emphasizes the ways older adults are reinventing themselves through new work and new passions, engaging their communities, and blazing a trail of positive impact on the lives of people of all ages.

Please take time to think about how you can **Blaze a Trail** for yourself this year and in doing so have a positive effect on your community.

The Outreach Department’s goal in providing the necessary advocacy, referrals and resources for our seniors is to enable you to maintain your health and independence.

If we can be of assistance, please call us at 781-848-1963.



Please hold the date.....

**Live your Life Well
Resiliency Training
June 13, 2016, 10 a.m.**

Resilience is the process of adapting well in the face of adversity. Resilience involves behaviors, thoughts and actions that can be learned and developed. It is not a trait that people either have or do not have. People, who demonstrate resilience by practice, can effectively balance negative emotions with positive ones. It means “bouncing back” from difficult experiences.

Department of Elder Affairs has received a grant through Mass Association of Councils on Aging and Executive Office of Elder Affairs for an all-day training and discussion on Resilience building. Please plan to join us for this important day of “Live Your Life Well” discussions and workshops.

Save the date ~ more information in June!

South Shore Elder Services Presents....

“Focus Group”

Wednesday, May 18, 2016

12 noon

South Shore Elder Services will conduct a discussion group to focus on the critical needs and challenges that seniors may have in order to remain in their homes and still be able to maintain a healthy, active, high quality life. The information gathered from you at this meeting will be extremely helpful for the program and service development plans for this organization. This meeting is for **you**, so please, do not miss this chance on voicing your ideas and thoughts for this important endeavor.

If you have any questions please feel free to call Donna Schecrallah, Area Agency Planner, at **781-848-3910 ext. 439.**

If you are interested in coming please call to sign up at Elder Affairs: **781-848-1963**

Educational Town Information

Older Americans are “Blazing a Trail” Celebrate Older American’s Month in May

In 1963, we began to acknowledge the contributions of older people by using the month of May to celebrate Older American Month (OAM). This is an opportunity to celebrate our nations older citizens.

This year’s theme, “*Blaze a Trail*”, emphasizes the ways older adults are rejuvenating themselves through new work and new passions. From 69 year old Charles Bolder Jr. to 84 year old actress, Rita Moreno to 83 year old Ruth Bader Ginsberg, who took her seat as a Supreme Court Justice at age 60, older adults are blazing trails in all aspects of American life. Interesting to know that when President John Kennedy first established OAM, 17 million Americans were 65 or older. As of 2014, 44.7 million are age 65+ and account for 14.5 % of the US population. It is estimated that by 2033 the number of Americans over 65 will outnumber people aged 18 or younger. According to Alice Bonner, PhD, RN, Secretary of Massachusetts Executive Office of Elder Affairs, “We share a vision where all older adults and individuals with disabilities will have access to the resources they need to live well and thrive in every community in the Commonwealth.” The Secretary encourages everyone to engage in their communities and participate in dialogues and blaze their own trails.

From the Recycling Dept.....

TEXTILES.....Don’t throw it out, donate it! Did you know that the average person throws away 70 pounds of textiles every year and that 95% of textiles can be reused? Save room in your trash cart, donate textiles by dropping them (in plastic bags) at the special **textile container at the Recycling Center on Ivory Street.** (Mon/Tue/Thur/Fri/Sat - 7am-3pm)

Textiles include.....All clothing, flip flops, slippers, shoes, boots, belts, ties, backpacks, all bedding items, curtains, table linens, pillows, purses, hats, & stuffed animals. Items are accepted in any condition as long as they are not wet, oily, have mildew or smell. Items are acceptable with broken zippers, missing buttons, tears, rips and holes, stains. Unacceptable items are carpet and mattresses.

New products such as wiping rags for auto repair shops, paper, car insulation and seat stuffing, fibers for upholstery, insulation and building materials can be made from your donations.

Activity Highlight....Boston Red Sox Game 4/11/16

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Red Sox “Opening Day Game” at Senior Center Monday, April 11, 2016. Fun day for 50 seniors, grilled hot dogs/chips, cake & cookies all while watching Red Sox game on our big T.V!

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".....

It's that time of year again: time for our Annual Meeting, which is scheduled for **Friday, May 20th, at 12:00 noon.**

Those whose dues are currently due have recently received, or will be receiving their bills shortly. If you are a member and do not receive a bill, it means that your dues are already paid.

All paid up members of the Council on Aging Associates, d/b/a Braintree Friends, will be invited to attend the Annual Meeting at no charge because that is one of the benefits of membership.

Please respond to the invitation you will be receiving in a timely fashion.

See you on the 20th!
The Friends

