



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

FAX: 781 848-2835

WEB: www.townofbraintreegov.org

**Braintree Department of Elder Affairs
Veteran's "Thank You" Luncheon
November 7, 2014
12 noon (free)**



November 11th is Veteran's Day. It is important that we remember the service these special men and women have given our country. Please take the time to **"thank"** a Veteran and remember the sacrifices they have made.

In honor of your service, we are inviting all Veterans (and your spouse or a guest) to have a free hot catered luncheon here at the Senior Center on **Friday, November 7th at 12 noon!**

Sharmila Biswas (Director) and Richard Walsh (Veteran's Agent) will be hosting this event and Mayor Sullivan will join us in a celebration of your dedication to America.

Please call for reservations: 781-848-1963 (space limited, so please call early to reserve a spot)



Lyn & Jan

**Braintree Department of Elder Affairs
Special Musical Entertainment
"Lyn & Jan DeBenedictis Twin Vocal Duo"
November 12, 2014 - 1 p.m.
\$3.00/donation**

Lyn & Jan are a very popular twin vocal duo who have received rave reviews in the New England area for the past fifteen years. They offer something for everyone from show tunes, musical comedy, contemporary, country, gospel, rock and opera. Past experiences include "The Good Day Show", Channel 5 T.V., Hatch Shell/Boston, local restaurants such as Polcari's, Bull Run & Christine's - just to name a few. **This will be a first class special entertainment show not to be missed.**

**Please call: 781-848-1963 to reserve a spot (space is limited - Braintree Residents only please).
Call on/after November 1st for reservations. Refreshments will be served after the show.**

BLOOD PRESSURE CLINICS (free)



November 4, (Tues.) at Senior Center 10-11 a.m.
November 5, (Wed.) at Independence 10-11 a.m.
November 28, (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.**

Nov. 4 & 6, Stop & Shop/Grove Street
Nov. 10 & 13, Roche Bros/Quincy Ave.
Nov. 18 & 20, Shaw's/Pearl Street
Nov. 24 & 25, Stop & Shop/Grove Street

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

**** Van Trip 11/14/14 - Christmas Shop/Pembroke**

BRAINTREE MEETINGS



- Nov. 4, 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
- Nov. 14, Senator John F. Keenan Office Hours 11:30 am**
At Senior Center to review any concerns you may have.
- Nov. 18, AARP Chapter #4042 Meeting at 1:30 p.m.**
Braintree DAV Hall - 788 Liberty St./Braintree
Guest Speakers: Patricia Bloom-McDonald, Attorney and Carol DeRienzo, R.N. will address issues of elder Law and home modifications.
Welcome members & guests at all meetings.
- Nov. 20, Wisdom Works Support Meeting at 3:30 p.m.**
Meeting for members at Senior Center.
- Nov. 21, Braintree Elder Affairs Board Meeting - 2 p.m.**
Meeting at Senior Center and open to public.
- Nov. 25, Braintree Alzheimer's Support Meeting-5 p.m.**
Meeting at Senior Center with light supper and guest speakers - see newsletter article and call to sign up!
- Nov. COA Associates Meeting**
No Meeting this November/December resumes in Jan.

Braintree Dept. of Elder Affairs Services

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

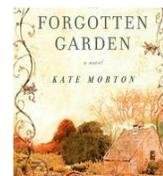
- **Outreach:**
Information & Referral
Advocacy
Friendly Visitor
- **Transportation:**
Medical Van Rides & Senior Center Rides
Shopping Shuttles
- **Recreation:**
Monthly Lunches
Social Activities
Special Events & Educational Seminars
Trips
- **Support Groups:**
Low Vision Meetings
Alzheimer's Support 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, November 20, 2014** **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 talks.

Book:
"The Forgotten Garden"
by: Kate Morton



A four-year-old girl abandoned aboard a ship touches off a century-long inquiry into her ancestry. In 1913, Hugh, Portmaster of Maryborough, Australia, discovers the child alone on a vessel newly arrived from England. The little girl cannot recall her name and has no identification, only a white suitcase containing some clothes and a book of fairy tales by Eliza Makepeace.

Braintree

Department of Elder Affairs

“Special Activities”

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

- Nov. SHINE Insurance help at 10 a.m.**
Appointments every Tuesday for help on all medical insurance issues. Call for appointment!
- Nov. 3, Aging Mastery 12 Week Program**
10, 17, Held at Senior Center 1:30 p.m. Must be
& 24 registered. This is classes #6-9
- Nov. 4, “Low” Vision Group Support Meeting**
Meeting at 10 a.m. Open to everyone!
- Nov. 4, Supper Club at: Olive Garden/Stoughton**
& 18 **Supper Club at: Bertucci’s/Hingham**
Please call Senior Center for van reservations to enjoy this early social supper from 3 - 6 p.m.
- Nov. 5, Basic ESL Classes for Chinese Elders**
& 19, See newsletter article and call to sign up.
- Nov. 5 Bingo at Senior Center at 1 p.m.**
& 19 \$4.00 covers all games. Refreshments served!
Open to everyone
- Nov. 7, Art Painting Work Shop 4 week program**
10 a.m.—\$4.00 class—Call for more information
And to sign up for this interesting program.
- Nov. 7, Veteran Luncheon at noon**
See newsletter article and call to sign up.
- Nov. 12, Special Musical Entertainment at 1 p.m.**
See newsletter article and call to sign up.
- Nov. 20, Senior Monthly Luncheon at noon**
Come and pre-purchase \$6.00/ticket for lunch.
Stay after lunch for some great music!

Braintree

Department of Elder Affairs

Senior Luncheon

November 20, 2014

@ 12 noon

\$6.00/ticket (pre-purchase please)

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



Lunch Menu: Salad/Rolls
Meatloaf, Mashed Potato & Vegetable

BRAINTREE SENIOR CENTER

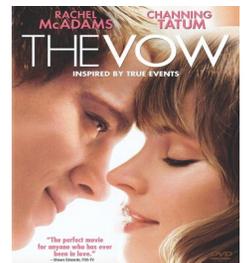
MOVIE DAY (.50 donation)

Friday, November 28, 2014

Movie starts promptly at 12 noon!

(Please note change of day this month due to holiday)

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



Movie: “The Vow”

Paige and Leo are a happy newlywed couple whose lives are changed by a car accident that puts Paige in a coma. Waking up with severe memory loss, Paige has no memory of Leo, a confusing relationship with her parents, and an ex-fiancé she may still have feelings for. Despite these complications, Leo endeavors to win her heart again and rebuild their marriage.

From the Director.....

We had a couple of warm humid days in the midst of October, but the gorgeous colors of the foliage remind us that fall is in the air. Hope you enjoyed your summer. Now it is time for you to sit, relax and watch the stunning colors which is such an integral part of the New England scenery.

As Thanksgiving approaches, the staff here at Braintree Elder Affairs gets ready to bring you activities and programs to indulge your Holiday spirits. Please note the dates in our newsletter. Along with the joyfulness of the season, the Holidays also brings some anxious moments, on those moments please remember you are not alone and we are only a phone call away.

As many of you know Braintree was selected as a pilot site by the National Councils on Aging (NCOA) for their Aging Mastery Program. The 13 week long program is well on its way and I do believe that the information gathered and the actions dictated from this program will have a great impact on the life style of our elders. This week I was fortunate to meet with two Program Managers from the NCOA. They are delighted with the pilot sites and already have new ideas to enhance this program and carry it forward.

Last but not least we have a new Outreach Worker. Her name is Mary Howland, she brings with her, her compassion and her passion to work with our senior citizens. **Welcome Mary.**



*Happy Thanksgiving
Sharmila*

Braintree Department of Elder Affairs
Inclement Weather Policy

If the Braintree Public Schools are cancelled **ALL** Braintree Department of Elder Affairs Programs, Van Transportation & Activities **will be cancelled at the Senior Center!**

Please listen to local radio stations and T.V. stations for local school cancellations for the Town of Braintree.

This policy ensures your safety due to bad weather, unplowed parking lots, icy walkways and poor road conditions. We will make no exceptions, if the schools are closed so are our programs.

Please call the Senior Center if you are not sure the Braintree Schools are closed.

The Braintree Department of Elder Affairs will remain open for emergency calls and information unless Town Hall offices have been closed by Mayor Sullivan.

For further information or a storm related emergency please call: 781-849-1963

Don't Wait till It's Too Late
Medicare's Open Enrollment Period
October 15 to December 7

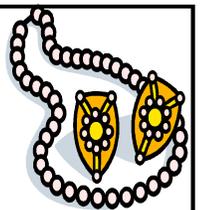
The open enrollment period provides beneficiaries the opportunity to review and choose coverage for the upcoming year that meets their medical needs.

Call us for a SHINE appointment:
781-848-1963

Braintree Senior Center
Resale Shop

We currently need the following items for our Resale Shop:

- | | |
|-----------|---------------------------|
| Jewelry | Pocketbooks |
| Scarfs | Glassware of all types |
| Magazines | Paperback Books |
| Sm. Vases | Holiday Items/Decorations |
| Wallets | Watches |



Please drop off at Senior Center - Mon-Friday
from 9 a.m. - 4 p.m.

From the desk of Mary Cirignano, Chairperson...

November 4 - Don't forget to Vote

November 11 - Veterans' Day

November 27 - Thanksgiving Day

***Freedom is not Free* by Ashley Persyn**

There is a price we pay for freedom, for it is not truly free
but rather paid for by the contributions of Veterans
to buy our liberty

As their blood drains from their body and runs
like a river through the grass

Over the years it's forgotten, war is placed in our past
I don't think we all realize the importance Veterans play
as they voluntarily serve America each and every day

We should honor the Veterans for they act like a shield
Protecting us from danger, keeping America healed
So if you would take a second to commemorate
You will instantly see, we owe Veterans our gratitude
For they are the reason we are free!

Black November:

When I was a young turkey new to the coop, my big brother Tom took me out on the stoop. He then sat me down and spoke real slow, he told me there was something that I had to know. His look and his tone I will always remember when he told me of the horrors of... Black November. "Come about August, now listen to me, each day you'll get six meals instead of just three". "Soon you'll be thick where once you were thin, and you'll grow a big rubbery thing under your chin". "Then one morning when you're warm in your bed, in will burst the farmer's wife and hack off your head". "Then she'll pluck out all your feathers so you're bald 'n pink, and scoop out all your insides and leave ya lying in the sink". "Then comes the worst part," he said not bluffing, "She'll spread your cheeks and pack your rear with stuffing". Well, the rest of his words were too grim to repeat as I sat on the stoop like a winged piece of meat. And decided on the spot that to avoid being cooked, I'd have to lay low and remain overlooked. I began a new diet of nuts and granola, high-roughage salads, juice and diet cola. And as they ate pastries, chocolates and crepes, I stayed in my room doing Richard Simmons tapes. I maintained my weight of two pounds and a half and tried not to notice when the bigger birds laughed. But 'twas I who was laughing under my breath as they chomped and they chewed, ever closer to death. And sure enough when Black November rolled around, I was the last turkey left in the entire compound. So now I'm a pet in the farmer's wife's lap; I haven't a worry, so I eat and I nap. She held me today while sewing and humming, smiled at me and said.....
"Christmas is coming!"

With great pleasure we inform you.....

Mary Cirignano, of Braintree, received from President Obama "**The President's Call to Service Award**" on August 21st at Lantana's in Randolph.

The award was in recognition for **24 years** and over 4,000 hours of volunteer service for RSVP. Also, a recipient of "Certificate of Special Congressional Recognition" from Congressman Stephen Lynch.

Mary Cirignano (Chairman of our Board of Directors) has also been active here at the Braintree Senior Center for over 25 years. Mary joined the Senior Center in 1989 as a Volunteer Scheduler, Outreach Worker and Board of Directors (for over 16 years) . She is currently the Chairman of our Board of Directors.

It is with heartfelt gratitude that we "**thank**" Mary for her dedicated service to the seniors of Braintree, and congratulate her on "**The President's Call to Service Award**"!



Please hold the date.....



Braintree

Gardeners' Guild

Holiday House Tour 2014

"Christmas by the River"

Sunday, Dec. 7, 2014

Two Lovely Homes on Vine Street

Boutique at Town Hall

Tickets on Sale in November

(Watch for signs about ticket locations)

**Don't miss out on this wonderful
Holiday tradition!**

MONDAY

*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 listed 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.

TUESDAY**3**

11:00 QiGong/Tai Chi
12:00 Pool Players
12:00 Poker
12:15 Men's Tai Chi
12:30 Trivia & Coffee

1:30 Aging Mastery #6 Program (must be signed up for this event)

WEDNESDAY**NOVEMBER****2014****THURSDAY****4**

Shopping Shuttle/S&S
9:00 S&S Bus (housing)
9:00 Chess
9:30 Computer 101A
10:00 Walking Group
10:00 Vision Group Meets
10:00 Blood Pressure at Senior Center by Nurse
10:00 SHINE Insurance
10:45 Computer 101B
1:00 Bridge & Cribbage
1:30 Zumba Gold Exercise
3:00 Supper Club:
Olive Garden/Stoughton

FRIDAY**5**

9:15 Exercise Class
10:00 Basic ESL Classes for Chinese Speaking Elders -call for info & spot
10:00 Blood Pressure at Independence by Nurse
12:00 Pool Players
12:00 Poker
1:00 BINGO

6

Shopping Shuttle/S&S
9:00 Chess
9:30 Chair Yoga
11:30 Quilting Group
12:00 Pool Players
1:00 Art Group
1:00 Knit/Crochet

7

9:15 Exercise Class
10:00 Scrabble
10:00 Weight Loss Group
10:00 Special Art Class must pre-register- 4 weeks
Call for information!
11:00 Library van ride
12:00 Pool Players
1:00 Women's Poker
1:30 Zumba Gold Exercise
12:00 Lunch for Veterans (see newsletter article for info & call to sign up)

10

Shopping Shuttle/Roche
11:00 QiGong/Tai Chi
12:00 Pool Players
12:00 Poker
12:15 Men's Tai Chi

****No Belles & Beaux** this Month; will resume Dec. 8th

1:30 Aging Mastery #7 Program (must be signed up for this event)

11

Holiday Veterans Day



Senior Center Closed Today

12

9:15 Exercise Class
9:30 Ask the Lawyer (free) by appointment
12:00 Pool Players
12:00 Poker

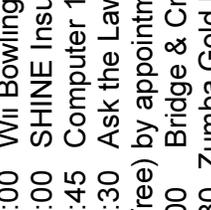
1:00 Special Musical Entertainment & Refreshments (see newsletter & call to sign up!)

13

Shopping Shuttle/Roche
9:00 Chess
9:30 Chair Yoga
10:00 Photography
11:30 Quilting Group
12:00 Pool Players
1:00 Art Group
1:00 Knit/Crochet

14

9:15 Exercise Class
10:00 Special Van Trip: Christmas Shop/Pembroke
10:00 Special Art Class
10:00 Scrabble
10:00 Weight Loss Group
11:00 Library van ride
11:30 Senator John Keenan Office Hours (come by for a chat!)
12:00 Pool Players
1:00 Women's Poker
1:30 Zumba Gold Exercise

<p>17</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>1:30 Aging Mastery #8 Program (must be signed up for this event)</p>	<p>18</p> <p>Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 9:00 Chess 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 Gold Exercise 3:00 Supper Club: Bertucci's/Hingham (1:30 AARP Meeting)</p>	<p>19</p> <p>9:15 Exercise Class 10:00 Basic ESL Classes for Chinese Speaking Elders -call for info & spot 12:00 Pool Players 12:00 Poker 1:00 BINGO 1:00 Hearing Exams (free) by appointment</p>	<p>20</p> <p>Shopping Shuttle/Shaws 9:00 Chess 9:30 Chair Yoga 10:30 Book Club Group 11:30 Quilting Group 12:00 Pool Players 12:00 Senior Luncheon & music. (Please pick up ticket \$6) 1:00 Art Group 1:00 Knit/Crochet</p> <p>3:30 Wisdom Works Meeting</p>	<p>21</p> <p>9:15 Exercise Class 10:00 Scrabble 10:00 Weight Loss Group 10:00 Special Art Class 11:00 Library van ride 12:00 Pool Players 12:30 Ask the Lawyer (free) by appointments 1:00 Women's Poker 1:30 Zumba Gold Exercise</p> <p>2:00 Board Meeting Open to Public</p>
<p>24</p> <p>Shopping Shuttle/S&S 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:15 Men's Tai Chi</p> <p>1:30 Aging Mastery #9 Program (must be signed up for this event)</p>	<p>25</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 10:00 Wii Bowling Group 10:00 SHINE Insurance 10:45 Computer 101B 12:30 Ask the Lawyer (free) by appointments 1:00 Bridge & Cribbage 1:30 Zumba Gold Exercise 5:00 Alzheimer's Meeting Call to sign up please!</p>	<p>26</p> <p>No shopping today</p> <p>9:15 Exercise Class 10:00 Pool Players 10:00 Poker Players</p> <hr/> <p>NO AFTERNOON ACTIVITIES DUE TO HOLIDAY</p>	<p>27</p> <p>Holiday Happy Thanksgiving</p>  <p>Senior Center Closed Today</p>	<p>28</p> <p>9:15 Exercise Class 10:00 Scrabble 10:00 Weight Loss Group 10:00 Special Art Class 10:00 Blood Pressure (free) at Senior Center by Home Instead 11:00 Library van ride 12:00 Movie Day: Movie: The Vow 12:00 Pool Players 1:00 Women's Poker 1:30 Zumba Gold Exercise</p>

6 & 7

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

From the Outreach Department.....

Library Express - Delivery of library materials to homebound residents.

Ask the Lawyer - Free consultation with elder law attorneys at the Senior Center.

Fuel Assistance - Financial help for eligible seniors through QCAP.

Food Stamps (SNAP) - Financial assistance for food purchases.

Friendly Visitor - Social visits for homebound seniors.

Ice tips for canes - Sharp pronged tips that offers better traction in snow/ice.

ESL class - English Classes for Chinese speaking elders.



We are pleased to announce that we have a new Outreach Worker. Her name is Mary Howland. We welcome her and hope that she is happy working here.

We introduced our new **ESL class** for Chinese speaking elders in October. The class ends in December. We hope to continue offering the service so that seniors who need to communicate can benefit from learning the English language. Let us know if you or anyone you know are interested in future classes.

We are also pleased to announce that we have received funding for our **Friendly Visitor** program for this fiscal year from Title IIIB funds administered by South Shore Elder Services, Inc. Our Friendly Visitor provides a social contact for homebound seniors who have little to no contact with anyone each day.

As the weather gets colder it is wise to have your heating system tuned up for the heating season. Try to set up leaf and snow removal help now, before the flakes fly.

The **Fuel Assistance** program offers some financial help to defray the increasing cost of heat fuels. The **Food Stamp** program offers some financial help to defray the cost of food. We have information on both programs. Please call if you are interested.

Basic ESL Classes for Chinese Speaking Elders

We are pleased to offer continuing education in basic English classes for those who speak little to no English language. Kate Picard will be the instructor. Frank Poon from South Shore Elder Services, Inc. will assist her. He will offer some instruction on choosing and using a tablet for educational and communication purposes.

Students can bring their own tablets to learn on or purchase one for the class.

The class will be held from 10 am to 12 pm on the following dates: **11/5/14 & 11/19/14, and 12/3/14 & 12/10/14**. The class will be held at the Senior Center.

We hope you will join us and learn something new!

**英語班將於老人中心開始。 10月8日連續6週, 時間是早上10點到中午12點。
老師是Kate Picard 女士, 南岸老人服務處潘先生將幫助她。
潘先生將提供幫助選擇和使用平板電腦。
任何問題請聯繫老人中心。**



Educational Town Information

From the Health Department.....

Self-Care for the Holidays

Keep yourself and your loved ones safe and healthy and ready to enjoy the holidays.

1. Wash hands often to help prevent the possibility of spreading germs and getting sick. Wash your hands with soap and clean running water for at least 20 seconds.
2. Wear appropriate outdoor clothing: light, warm layers, gloves, hats, scarves, and waterproof boots.
3. Manage stress. Give yourself a break if you feel stressed out. Find support, connect socially, and get plenty of sleep and make time for exercise.
4. Don't drink and drive or let others drink and drive.
5. Be smoke-free. Avoid smoking and secondhand smoke.
6. Fasten seat belts while driving or riding in a motor vehicle. Use seat belts on every trip, no matter how short the trip.
7. Get your flu shot. Everyone 6 months and older should get a flu vaccine each year as well as people who are at high risk for complications from flu, and those who live with or care for someone who is at high risk.
8. Practice fire safety. Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, stoves, or candles unattended. Have an emergency plan and practice it regularly.
9. Prepare food safely. Remember these simple steps: Wash hands and surfaces often, avoid cross-contamination, and cook foods to proper temperatures and refrigerate them promptly.
10. Eat healthy, stay active. Eat fruits and vegetables, which pack plenty of nutrients and help lower the risk for certain diseases. Limit your portion sizes and foods high in fat, salt, and sugar. Also, be active for at least 2½ hours a week.

From the Recycling Department.....



2014 CURBSIDE YARDWASTE COLLECTION

Yardwaste will be collected on your regular trash day during the weeks of **November 3, 10, 17, 24 & December 1.**

Yardwaste consists of leaves grass and twigs. Materials should be in brown paper leaf bags or, barrels without the lids (no larger than 32 gal. capacity). Plastic bags will not be collected as the plastic jams the composting processing equipment.

Please have yardwaste curbside before 7:00 AM as collection schedules can vary...so don't count on the fact that your normal pickup time is later in the day! Collection trucks have GPS to track what time collection was done on specific streets and will not return to collect materials that were put out late.

Branches, shrubs & yardwaste can be dropped off at 225 Plain Street (Compost Site) **7:15 AM-2:45 PM, April to January, Wednesday through Sunday. Trash Sticker Required!**

**Compost Site Info:
781-794-8950**



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 each month 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

Dear “Friends”.....

**Good friends are like quilts
They age with you,
Yet they never lose their warmth!**

If you aren't already a member, consider joining the Council on Aging Associates, d/b/a “Braintree Friends”. We meet once a month on the fourth Thursday of each month at 2:00 p.m. at the Senior Center, except during July, August, November and December.

Also, your membership gets your newsletter mailed to you, and you can attend the Annual Meeting/ Luncheon in May for free, as it is included with your dues. Dues are \$15 for an individual, \$25 for a couple, and \$50 for a business.

***Happy Thanksgiving!
The Friends***

