



# 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  
E. Marie Anderson, Secretary  
Robert Caruso, Treasurer

Sharmila Biswas, Director  
Ann Marie Quinlan, Outreach Coordinator  
Sandra Young, Coordinator/Volunteers  
Therese Jarrett, Reception/Coordinator  
William Murphy, Custodian  
Stephen Donovan, Van Driver

**PHONE: 781 848-1963 FAX: 781 848-2835**

*From the Director.....*

This month, allow me to take the opportunity to **thank** a very special group of people who have always been very supportive to the Braintree Department of Elder Affairs. These are our Legislators, Senator Brian Joyce, Senator John Keenan and Representative Mark Cusack. Every year Braintree Elder Affairs applies and receives local aid from the State in form of a grant called the Formula Grant. This money helps us employ part-time personnel, (not paid by the town) whose services are critically beneficial to our Department. It also assists us to bring you educational seminars, some essential equipment and accessories (not included in the town budget) which can be used and enjoyed by our seniors who come to our Center. For the past few years the world has been facing an economic crunch and our State is following the same predicament. So, for the past few years we have spent many anxious moments as our legislature's started to discuss the budget and get it ready for the Governor to sign it. Every year, we fear that the Elder Affairs budget will face drastic reductions and for a couple of years the cuts were a reality. But, through all adversities, our two Senators and our State Representative have been vigilant and diligent to our causes. Their quick responses to my calls or requests have not only been astounding but heart warming. It is wonderful to have Legislators who care about the senior citizens in our community. Right now, the good news is that the Formula Grant for the year 2013 has been restored to what it was two years ago. A sigh of relief for that. I will be remiss if I do not thank their courteous staff, so thank you Diane Higgins (Joyce) Ruthie Dollarhide and Rich Bielecki (Keenan) & Steve Byrne (Cusack); without your support and understanding things would be much harder to attain. So, on behalf of the staff and Board members of Braintree Elder Affairs and our Senior Community, **I thank you for your continued support.**

*Sharmila*



*Please hold these important up-coming dates:.....*

October 1st - BELD (free) Breakfast at Senior Center - Two seatings - 8:00 or 9:30 am  
Call this month to sign up - space is limited!

October 10th - Braintree/Weymouth 5th Annual Pond Meadow Walk  
See October newsletter for information & sign up requirements!



## BLOOD PRESSURE CLINICS (free)



**Sept. 11, (Tuesday) at Senior Center 10-11 a.m.**

**Sept. 28, (Friday) at Senior Center at 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.

<b>Sept. 4 &amp; 6</b>	<b>Shaws/Pearl Street</b>
<b>Sept. 11 &amp; 13</b>	<b>Stop &amp; Shop/Grove Street</b>
<b>Sept. 18 &amp; 20</b>	<b>Shaws/Pearl Street</b>
<b>Sept. 25 &amp; 27</b>	<b>Stop &amp; Shop/Grove Street</b>

**Special Van Trip: Sept. 7th at 10 a.m. to noon:  
Bldg. #19 & Hilltop Plaza/Weymouth (call for spot)**

**Van Trip every Friday (call for reservations) for our  
Library Bound Program! Pick up: 11 a.m. return 12:30 p.m.**

## BRAINTREE MEETINGS



- Sept. 4, LOW Vision Group Meeting at 10 a.m.  
Meeting open to all with low vision problems.**
- Sept. 18, AARP Chapter #4042 Meeting at 1:30 p.m.  
**Braintree DAV Hall - 788 Liberty St./Braintree**  
Entertainment by: Russ McQueen on keyboard!  
Welcoming new members & guests at all meetings.  
\*\*\*Volunteers will prepare and serve lunch  
at Father Bill's Place on the 3rd Friday of  
each month at noon—this month on 9/21/12**
- Sept. 25, Braintree Alzheimer's Support at 5 p.m.  
Meeting at Senior Center. Speakers & light supper.  
Please call for reservations.**
- Sept. 27, COA Associates Annual Meeting 2 p.m.  
Meeting at Senior Center for all members.**
- Sept. 28, Braintree Elder Affairs Board Meeting 2 p.m.  
Meeting at Senior Center - Open to public**

## Braintree Department of Elder Affairs & Braintree Yacht Club

**Senior Citizens'  
Annual Boat Cruise  
Saturday, September 15, 2012**

**10:30 a.m.  
Free to Braintree Seniors!**

(Coffee - Cake - Chowder served)

**Call Braintree Senior Center  
for information & to sign up:  
781-848-1963**

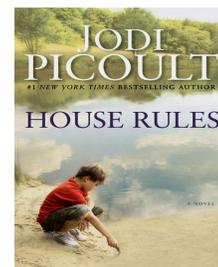


## *For your information.....*

Our Book Club will meet this month on Thursday, Sept. 27, 2012 Come join us!!

This is a great group for those who enjoy reading a variety of interesting subjects. We order the books from our library so there is no charge each month.

Our book for the month of Sept. is:  
House Rules—by Jodi Picoult



HOUSE RULES is about Jacob Hunt, a teenage boy with Asperger's Syndrome. He's always showing up at crime scenes, thanks to the police scanner he keeps in his room, and telling the cops what they need to do... and he's usually right. But then one day his tutor is found dead, and the police come to question him.

## Braintree Department of Elder Affairs

### *"Special" Activities*

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

- Sept. 4,** **Low Vision Support Group at 10 a.m.**  
Open to everyone with vision problems.
- Sept. 4,** **SHINE Insurance Help, at 10 a.m.**  
Appointments every Tuesday for help on medical insurance for Seniors.
- Sept. 5,** **Bingo at Senior Center 1 p.m.**  
& 19,  
Bingo & Refreshments all for only \$4.00 to play
- Sept. 10,** **Belles & Beaux Musical Entertainment**  
Music at 1 p.m. open to everyone.  
Cake & Ice cream social after music.
- Sept. 11,** **Supper Club at: Jamie's/Whitman**  
& 25,  
**Supper Club at: TGI Fridays**  
Please call Senior Center for van reservations to enjoy this early social supper from 3 - 6 p.m.
- Sept. 12,** **TRIAD Meeting at 10:30 a.m.**  
Come join this important group at Senior Center
- Sept. 13,** **Seminar by "Ayah Caregivers" 10:30 am**  
"Age is No Impediment to the Fullness of Life"  
See newsletter article & call to sign up.
- Sept. 14,** **Braintree Moose Lodge Senior Lunch**  
See newsletter article & call to sign up! (free)
- Sept. 15,** **Braintree Citizens Senior Cruise (free)**  
Braintree Yacht Club Sat. 10:30 a.m. Senior Boat Cruise. Call: 781-848-1963 to sign up & info.
- Sept. 20,** **Senior Monthly Luncheon - \$6/ticket**  
See newsletter article & come pick up a ticket.
- Sept. 21,** **Live "Shakespeare Play" @ 1 p.m.**  
See newsletter article & call to sign up.
- Sept. 27,** **Twin River Casino & Local RI Luncheon**  
Ticket holders only. Bus leaves at 8:30 a.m.
- Oct. 1,** **BELD Breakfast at Senior Center**  
Two seatings at 8:00 a.m. or 9:30 a.m.  
See newsletter article & call to sign up in Sept.

## Braintree Department of Elder Affairs

### Senior Luncheon

Thursday, September 20, 2012

Lunch at noon

**\$6.00/ticket**

Have you tried our monthly senior lunches? They have been *delicious* and a fun way to spend an afternoon. We have to increase the price of these meals to **\$6.00** due to operating costs & supply charges.



Menu: Caesar salad with rolls/butter  
Ravioli with meatballs  
Cookies for dessert

Pick up tickets (after the first of Sept.) they go quickly & space is limited.

## SENIOR CENTER MOVIE DAY - Sept. 26th 12 noon

Come earlier if you want to bring a bag lunch... movie starts promptly at noon!  
Coffee/pastry/popcorn served for \$5.00 donation.

**Wed., September 26th Movie:**  
**"The Best Exotic Marigold Hotel" (pg13)**

A group of British retirees decide to "outsource" their retirement to less expensive and seemingly exotic India.



## Braintree

### Department of Elder Affairs

Proudly presents a solo performance of.....Shakespeare's Greatest Hits

**"The Lunatic, the Lover and the Poet"**

( Provided by a Massachusetts Cultural Grant for Braintree)

Friday, September 21, 2012

1 p.m. (free)



Once again we are delighted to have Mr. Richard Clark present his solo performance of Shakespeare's Greatest Hits **"The Lunatic, the Lover and the Poet"** brought to you by a generous grant provided by Massachusetts/Braintree Arts Lottery Council here at the Senior Center on Friday, Sept. 21st at 1 p.m. Come and share some of the most memorable moments in Shakespeare's history. Twelve different characters, twenty five monologues and soliloquies from his most famous plays. Laugh with the fools, cry with the afflicted, and dream with the Poets.

Mr. Clark has spent over 30 years working professionally in New England regional theater, New York Theater and on television & film. His film credits include "The Kennedys of Massachusetts," "As the World Turns" and "Saturday Night Live". Mr. Clark has also appeared in many regional theaters including major rolls in "Inherit the Wind", "One Flew Over the Cuckoo's Nest," "The Foreigner," and "Who's Afraid of Virginia Wolf?" He is a graduate of Clark University and has studied at the American Academy of Dramatic Art. This will be Mr. Clark's third performance at the Senior Center which is always a sell-out and crowd pleaser - so call early so you don't miss out!

**Don't miss this wonderful afternoon of Cultural Entertainment  
Provided by a Massachusetts/Braintree Arts Lottery Cultural Grant  
This is a quality performance!**

**Please call for reservations: 781-848-1963 (Braintree residents only due to space)  
Refreshments will be served *after* the performance.**

## Braintree Dept. of Elder Affairs

**Presents Educational Seminar by:**

**Ayah Caregivers**

**"Age is No Impediment to the Fullness of Life"**

**September 13, 2012**

**10:30 a.m.**

This seminar is presented by Mr. Ed Naughton, a professor, counselor, facilitator of conferences and CEO of Ayah Caregivers for Homecare. LLC in Hingham, MA.

**"Age is No Impediment to the Fullness of Life" - through the exercise of remembering, looking at, and listening to my life I begin to see who I am in my life journey - what it means to be older, to become an "elder" in my eyes and the eyes of others. We are surprised by the realization that we are, perhaps, older than we ever thought we possibly could be. But, we also recognize life is not just about living but opening up the relationship of myself to myself and to others in being all that we can be.**

**One of the rewards we owe ourselves is to take time and be "at home!" At home with ourselves and rediscover that "Age is No Impediment to the Fullness of Life"**

**Please call to sign up for this seminar: 781-848-1963  
Refreshments will be served!**

***From the desk of Mary Cirignano, Chairperson.....***

**September 9th we celebrate Grandparents Day!**

**Grandchildren and their thoughts:**

After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair. As she heard the children getting more and more rambunctious, her patience grew thin. Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings. As she left the room, she heard the three-year-old say with a trembling voice, "Who was THAT?"

I didn't know if my granddaughter had learned her colors yet, so I decided to test her. I would point out something and ask what color it was. She would tell me and was always correct. It was fun for me, so I continued. At last, she headed for the door, saying, "Grandma, I think you should try to figure out some of these, yourself!"

When my grandson Billy and I entered our vacation cabin, we kept the lights off until we were inside to keep from attracting pesky insects. Still, a few fireflies followed us in. Noticing them before I did, Billy whispered, "It's no use Grandpa. Now the mosquitoes are coming after us with flashlights."

Children's Logic: "Give me a sentence about a public servant," said a teacher. The small boy wrote: "The fireman came down the ladder pregnant." The teacher took the lad aside to correct him. "Don't you know what pregnant means?" she asked. "Sure," said the young boy confidently. "It means carrying a child."

A 6-year-old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and when we want her, we just go get her. Then, when we're done having her visit, we take her back to the airport."

My Grandparents are funny, when they bend over; you hear gas leaks, and they blame their dog.



***Braintree***

***Moose Lodge 413***

***Senior Luncheon***

***Friday, September 14, 2012***

***12 Noon (free)***

**Our "friends" at the Braintree Moose Lodge #413 have invited seniors to join them for a delicious luncheon on Friday, Sept. 14, 2012 at noon.**

**This luncheon will be held at the Braintree Moose Lodge located at 175 Howard Street (off of Hayward or Quincy Avenue).**

**Menu will be a delicious "turkey dinner with all the fixings".**

**This wonderful luncheon will be cooked and served by the members of the Moose Lodge. What a great way to give back to their Community.**

**They will have a D.J. for some special entertainment, and they look forward to a fun afternoon with our seniors.**

**Please call the Senior Center to sign up before Sept. 10th: 781-848-1963**

**\*\*\*Limited van rides will be available for those who can not get a ride or do not drive.**



**MONDAY****TUESDAY****WEDNESDAY****THURSDAY****FRIDAY**

<p><b>3</b></p> <p><b>Holiday</b> <b>Labor Day</b> <b>Senior Center</b> <b>Closed!</b></p>	<p><b>4</b></p> <p>Shopping Shuttle/Shaws 9:00 S&amp;S Bus (housing) 9:00 Chess 9:30 Computer 101A 9:30 Bocce (outdoors) 10:00 Walking Group <b>10:00 Low Vision Group</b> 10:00 SHINE ins. help 10:45 Computer 101B 1:00 Bridge &amp; Cribbage</p>	<p><b>5</b></p> <p>9:15 Exercise 10:00 Crafts 10:00 Quilting Group 12:00 Pool Players 12:00 Poker <b>1:00 BINGO</b></p>	<p><b>6</b></p> <p>Shopping Shuttle/Shaws 9:00 Chess 9:30 Chair Yoga 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist</p>	<p><b>7</b></p> <p>9:15 Exercise 10:00 Weight Loss Support 11:00 Tai Chi Class 11:00 Library Bound (please call for van ride) 12:00 Pool Players 1:00 Women's Poker</p>
<p><b>10</b></p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players <b>12:30 Line Dancing</b> (back today) <b>Come join this fun exercise group</b> 12:00 Poker 1:00 Trivia &amp; Coffee <b>1:00 Belles &amp; Beaux</b> Musical Entertainment (Cake provided by Royal Rehab Nursing Home)</p>	<p><b>11</b></p> <p>Shopping Shuttle/S&amp;S 9:00 S&amp;S Bus (housing) 9:00 Chess 9:30 Computer 101A 9:30 Bocce (outdoors) 10:00 Walking Group <b>10:00 Blood Pressure</b> <b>(free) at Senior Center</b> 10:00 SHINE ins. help 10:00 Wii Bowling 10:45 Computer 101B 1:00 Bridge &amp; Cribbage <b>3:00 Supper Club to:</b> <b>Jamie's/Whitman</b></p>	<p><b>12</b></p> <p>9:15 Exercise 9:30 Ask the Lawyer (free) by appointments 10:00 Crafts 10:00 Quilting Group <b>10:30 TRIAD Meeting</b> <b>at Senior Center-Open to all</b> 12:00 Pool Players 12:00 Poker</p>	<p><b>13</b></p> <p>Shopping Shuttle/S&amp;S 9:00 Chess 9:30 Chair Yoga 10:00 Photography Group <b>10:30 Ayah Caregivers</b> <b>Seminar - call for spot!</b> 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist 1:00 Eye Screenings (free) by appointment</p>	<p><b>14</b></p> <p>9:15 Exercise 10:00 Weight Loss Support 11:00 Tai Chi Class 11:00 Library Bound (please call for van ride) 12:00 Pool Players 1:00 Women's Poker <b>12:00 Braintree Moose</b> <b>Lodge Senior Luncheon</b> <b>See newsletter for info.</b> <b>&amp; call to sign up!! (free)</b></p>
<p><b>17</b></p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players 12:30 Line Dancing 12:00 Poker</p>	<p><b>18</b></p> <p>Shopping Shuttle/Shaws 9:00 S&amp;S Bus (housing) 9:00 Chess 9:30 Computer 101A 9:30 Bocce (outdoors) 10:00 Walking Group 10:00 <b>Blood Pressure</b> (free) at Senior Center 10:00 SHINE ins. help 10:00 Wii Bowling 10:45 Computer 101B 1:00 Bridge &amp; Cribbage</p>	<p><b>19</b></p> <p>9:15 Exercise 10:00 Crafts 10:00 Quilting Group 12:00 Pool Players 12:00 Poker <b>1:00 BINGO</b> 1:00 Hearing exams (by appointment only)</p>	<p><b>20</b></p> <p>Shopping Shuttle/Shaws 9:00 Chess 9:30 Chair Yoga <b>12:00 Senior Luncheon</b> <b>\$6 Ticket must be purchased</b> 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet 1:00 Bid Whist <b>3:30 Wisdom Works</b> <b>Support Group Meeting</b></p>	<p><b>21</b></p> <p>9:15 Exercise 10:00 Weight Loss Support 11:00 Tai Chi Class 11:00 Library Bound (please call for van ride) (All p.m. activities cancelled due to play &amp; parking issues) <b>1:00 Shakespeare's</b> <b>Live Play at Center</b> (See newsletter for info &amp; call to sign up)</p>

\*\*AARP Meeting at 1:30 p.m.

<p>DAV Hall/Braintree</p>	<p><b>24</b></p> <p>10:00 Scrabble  11:00 QiGong/Tai Chi  12:00 Pool Players  12:30 Line Dancing  12:00 Poker  1:00 Trivia &amp; Coffee</p>	<p><b>****PLEASE NOTE...  BELD BREAKFAST WILL  BE HELD ON OCT. 1ST  PLEASE CALL TO SIGN UP  THIS MONTH!</b></p>
<p>DAV Hall/Braintree</p>	<p><b>25</b></p> <p>Shopping Shuttle/S&amp;S  9:00 S&amp;S Bus (housing)  9:00 Chess  9:30 Computer 101A  9:30 Bocce (outdoors))  10:00 Walking Group  10:00 SHINE ins. help  10:00 Wii Bowling  10:45 Computer 101B  11:00 Red Hat Group  1:00 Bridge &amp; Cribbage  1:00 Ask the Lawyer  (by appointment only)  <b>3:00 Supper Club to:  TGI Fridays</b></p> <p><b>5:00 Alzheimer's Meeting</b>  with speakers &amp; light supper  Please call to reserve spot.</p>	<p><b>SEPTEMBER  2012</b></p> 
	<p><b>26</b></p> <p>9:15 Exercise  10:00 Crafts  10:00 Quilting Group  12:00 Pool Players  12:00 Poker</p> <p><b>12:00 Movie Day- Movie:  The Best Exotic Marigold Hotel</b></p>	
	<p><b>27</b></p> <p>Shopping Shuttle/S&amp;S  9:00 Chess  9:30 Chair Yoga  10:00 Photography Group  11:00 Book Club Group  12:00 Pool Players  1:00 Art Group  1:00 Knit/Crochet  1:00 Bid Whist</p> <p><b>2:00 COA Associates  Board Meeting</b></p> <p><b>**Twin River Senior Trip  Ticket holders only!</b></p>	
	<p><b>28</b></p> <p>9:15 Exercise  10:00 Weight Loss Support  <b>10:30 Blood Pressure  by Home Instead (free)  at Senior Center</b>  11:00 Tai Chi Class  11:00 Library Bound  (please call for van ride)  12:00 Pool Players  1:00 Women's Poker</p> <p><b>2:00 Braintree Dept.  of Elder Affairs  Board Meeting  Open to Public</b></p>	<p>*Please note special activities will have a write up in this newsletter about sign up requirements and any cost.  *Please call to sign up for our special monthly parties/luncheon after the first of each month!  *Please note there are \$\$ charges for our exercise programs and some special activities.  *All other activities are \$.50/each.</p>

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A S S O C I A T E S**

### ***From the Outreach Department.....***

We frequently get calls or office visits from concerned adult children about their aging parents. They may realize that their parents' needs for care have changed. Often it is a visiting child that notices a change in their parents' abilities to live independently and safely since the last time they saw them. We also may hear from a spouse or other concerned relative about someone who is no longer able to care for their loved one and needs help.

When they call or come in they want to know what services the Department of Elder Affairs can provide. Many services can be found in this newsletter, in the calendar, or in our information packet. The Outreach office is able to provide information on resources and refer family members to the appropriate agency for their aging relative. We also do home visits to introduce the BDEA to them, and to assess the senior's situation and need for services.

We have a bookshelf in the hall at the Senior Center in which updated information on several in-home service agencies is kept. If the senior can manage to stay at home, these agencies can assist them with the least amount of disruption to their lives. Other brochures can be found on personal response systems, ramps, and medication management. All these services are aimed at keeping the senior in his or her home as long as she or he can live independently and safely.

If more care is needed, we have information on many assisted living organizations, nursing homes, and adult day programs in the area. This can be a place to begin when making the difficult decision to consider a change in living situation for your loved one. There are several levels of care available depending on what the senior's needs are. Often this change in living situation comes after a hospital stay or is sudden following a crisis. The hospital social worker should be of help with this change as well, but we are willing to discuss your options and listen to your concerns.

The Outreach office is full of ideas. Call or stop by to talk to Ann Marie or Jean.



### **Braintree Department of Elder Affair Alzheimer's Support Group September 25, 2012 at 5 p.m. Special Presentation: "I'm Not Ready!!"**

We are delighted to once again start our monthly Alzheimer's Support Group on the last Tuesday of each month at 5 p.m. Light supper provided.

Our meeting this month will include a speaker from Visiting Angels of the South Shore whose topic will be: **"I'm Not Ready!!"** a presentation focused on managing the frustrations of care giving related to hospitalizations and rehab stays. Issues of loss of control, feelings of anger, guilt, and sadness can be present at various times. In this presentation practical strategies to common issues in managing difficult transitions and care situations with special emphasis on reducing family caregiver stress.

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

### **BELD BREAKFAST at Braintree Senior Center Monday, October 1, 2012 (free)**

**Come join our friends from BELD when they host their annual breakfast here at the Braintree Senior Center.**

**There will be two seating times to eat.....  
8:00 a.m. or 9:30 a.m. and you must call:  
718-848-1963 to sign up.**

**Don't miss out on this delicious home  
cooked, free breakfast from  
BELD!**



## Educational Information

### Braintree Department of Elder Affairs **“FEEL GOOD BINGO”**

Are you feeling good or maybe just ok? Could you be feeling better? Perhaps you've got a case of the blahs and are not quite sure what to do about it. At the Dept. of Elder Affairs we are looking to launch a fun new program to help you achieve a healthier YOU! This program is designed in the format of a BINGO game where we will have an opportunity to learn more about our own mental health.

How? Familiar faces here at the Senior Center will hold a hour long session for a group of approximately 25. While playing **FEEL GOOD BINGO** one may recognize feelings that would suggest need for more social involvement. If feelings persist, it may be time to seek professional advice. The overall goal is to help you enjoy life to its fullest.

Everyone may feel “blue” or “down in the dumps” occasionally, but if one feels this way for any length of time, one should have the issue addressed. This game may help you to understand more about yourself, your spouse or friend and to identify a concern. We welcome you to take this opportunity to learn more and hopefully maximize feeling your best! The program is held in one session, it is free and pastry and coffee will be served. You may even win a prize!

If you have any questions, ask Terry & please watch for date, time and information in our **October** newsletter.



### **FTC Consumer Alert.....**

It's enough to make you sick. No sooner had the U.S. Supreme Court ruled on the Affordable Care Act than scam artists began working the phones. Claiming to be from the government, they're saying that under the Affordable Care Act, they need to verify some information. For example, they might have the routing number of the person's bank, and then use that information to get the person to reveal the entire account number. Other times, they have asked for credit card numbers, Social Security numbers, Medicare ID, or other personal information. The Federal Trade Commission, the nation's consumer protection agency, cautions you not to give out personal or financial information in response to **unsolicited** phone calls, emails, or knocks on your door. Scam artists want your information to commit identity theft, charge your existing credit cards, debit your checking account, open new credit card, checking, or savings accounts, write fraudulent checks, or take out loans in your name.

If you get a call from someone who claims to be from the government and who asks for your personal information, hang up. It's a scam. The government and legitimate organizations with which you do business have the information they need and will not ask you for it. Then, file a complaint at [ftc.gov](http://ftc.gov) or call toll-free, 1-877-FTC-HELP. If you think your identity's been stolen, visit [ftc.gov/idtheft](http://ftc.gov/idtheft) or call 1-877-ID-THEFT. You also can file a complaint with your state Attorney General. For more information about the federal health care law, visit **HealthCare.gov**. The FTC works to prevent fraudulent, deceptive and unfair business practices in the marketplace and to provide information to help consumers spot, stop and avoid them. To file a complaint or get free information on consumer issues, visit [ftc.gov](http://ftc.gov) or call toll-free, 1-877-FTC-HELP (1-877-382-4357); TTY: 1-866-653-4261.

Watch a new video, How to File a Complaint, at [ftc.gov/](http://ftc.gov/) video to learn more. The FTC enters consumer complaints into the Consumer Sentinel Network, a secure online database and investigative tool used by hundreds of civil and criminal law enforcement agencies in the U.S. and abroad.

**Braintree Department of Elder Affairs.....**Newsletters are available at the Senior Center, Town Hall, Library, Banks, Supermarkets, Pharmacies, Churches, Stores and some Medical Facilities. 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 & 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 at the Senior Center!**

**Braintree Department of Elder Affairs**  
**71 Cleveland Avenue**  
**Braintree, MA 02184**  
**781-848-1963**

Place  
Stamp  
Here

**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.

**For more information call (781) 848-1963, or visit our web site: [www.braintreema.gov](http://www.braintreema.gov)**

***Dear Friends,***

**5 Medication Mistakes Even Careful Family Caregivers Make**  
**By Paula Spencer Scott, Caring.com senior editor**

Managing medications is a key responsibility for family caregivers. But this good deed can also be a complicated business -- and mistakes happen when you least expect them. Medication errors are among the most common medical errors, causing harm to more than 1.5 million people a year. Why so many? The sheer number of drugs taken is one reason. More than 76% of adults over age 60 take at least two prescription drugs, and 37% use five or more, according to the National Center for Health Statistics. Add the fact that more older adults live at home, and that medications are getting more complex in terms of their delivery systems, and you have a lot of inadvertent mistakes happening, says Kristen Binaso, a pharmacist specializing in geriatric care in Clifton, New Jersey, and a senior director of the American Pharmacy Association.

If you're worried about your or your loved one's taking too many medications, ask your/his/her doctor to conduct a medication review, assess which drugs are really needed, and determine which might have outlived their usefulness and thus could be eliminated. Another safeguard: When filling a loved one's prescriptions, identify yourself as the person's caregiver and ask the pharmacy to put a note in the person's profile to call you if there are questions.

Over the next five months, this column will reprint excerpts from this article.

***Best wishes for good health!***  
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