



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 the Director.....

We are very fortunate and proud to notify you that Braintree Elder Affairs has been selected to be a pilot site for the **Aging Mastery Program (AMP)**. This national program is through the collaboration of the National Councils on Aging (COA) and the Massachusetts Councils on Aging, funding is provided by the Executive Office of Elder Affairs. This free program for older adults 55 and over is designed to educate, encourage and provide incentives to take small steps in improving their health and lifestyle.

The eight core dimensions of this 12 week program will touch on Physical Activity, Healthy Eating, Sleeping Well, Medication Management, Planning for the Future, Communication with Physicians, Medicare's Prevention Benefits and Fall Prevention. A healthy snack will be provided before or after every session. Well known health providers in the area such as South Shore Hospital Home Care Division and others are keen on providing support to this very unique program. Please do not miss this one of a kind opportunity to learn how to enhance your daily life. Your participation in AMP will be paving the road for its initiation nationwide.

Sessions will begin, Monday, September 22, 2014 at 1:30 p.m. To register please call 781-848-1963, any questions, ask for Sharmila Biswas.



**Braintree Senior Trip
Lantana's in Randolph
Luncheon & Comedy Singer, Joey Vincent
Wednesday, October 22, 2014
\$69.00/ticket (11 a.m. - 4 p.m.)**

Our fall trip is sure to please everyone. We are off to Lantana's in Randolph for a delicious roast turkey dinner with all the fixings. Then sit back & relax to the "**Joey Vincent Show**". Joey Vincent has been entertaining audiences throughout the U.S. for over 30 years including Carnegie Hall, the Philadelphia Academy of Music as well as America's Got Talent. A fast-paced blend of musical impressions of James Brown, Jersey Boys, Stevie Wonder, Willie Nelson and Pavarotti, his stand-up comedy, singing and dancing is one show that you shouldn't miss!

Trip Ticket Drawing: September 8th (please sign up before this date at the Senior Center)

If your name is chosen you will have 4 days to pay/pick up tickets! (Braintree residents have priority, but we take an out-of-town wait list)

**U.S. Disabilities Act of 1990 - Town of Braintree - A handicapped-accessible coach bus may be made available upon receipt of notice provided to the Senior Center at least one month (30) days prior to the date set for the trip—call 781-848-1963*

BLOOD PRESSURE CLINICS (free)



September 9, (Tues.) at Senior Center 10-11 a.m.
September 26, (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.**

Sept. 2 & 4	Stop & Shop/Grove Street
Sept. 9 & 11	Roche Bros/Quincy Ave.
Sept. 16 & 18	Shaw's/Pearl Street
Sept. 23 & 25	Stop & Shop/Grove Street
Sept. 30	Roche Bros/Quincy Ave.

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

**** Van Trip 9/11/14 - Dollar Store/Weymouth**

BRAINTREE MEETINGS



- Sept. 2, 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
- Sept. 10, TRIAD Meeting at 10:30 a.m.**
Meeting at Senior Center—see article in newsletter.
- Sept. 12, Senator John F. Keenan Office Hours 11:30 am**
At Senior Center to review any concerns you may have.
- Sept. 16, AARP Chapter #4042 Meeting at 1:30 .p.m.**
Braintree DAV Hall - 788 Liberty St./Braintree
Entertainment: "Elvis Experience" with Vic Solo.
Welcoming new members & guests at all meetings.
- Sept. 18, Wisdom Works Support Meeting at 3:30 p.m.**
Meeting for members at Senior Center.
- Sept. 19, Braintree Elder Affairs Board Meeting - 2 p.m.**
Meeting at Senior Center and open to public.
- Sept. 25, COA Associates Meeting - 2 p.m.**
Meeting at Senior Center and open to public.
- Sept. 30, Braintree Alzheimer's Support Meeting—5 p.m.**
Meeting at Senior Center with light supper and guest Speaker—see newsletter article and call to sign up!

September 30, 2014 - 5 p.m. The Braintree Alzheimer's Support Group Presents....

Ralph Poland from "Safety Net by Lojack" will be discussing this reliable search and rescue program for people suffering from Alzheimer's disease and related conditions such as Autism and Down Syndrome.

Joe Canavan, Director, TRIAD Program, Norfolk County Sheriff's Office will be presenting the TRIAD program which is available free of charge to all Norfolk County residents.

TRIAD offers valuable programs such as, Are you OK, File of Life, Yellow Dot program and the Speakers Bureau.

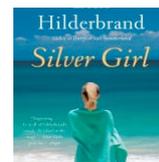
A light supper will be provided courtesy of Grove Manor Estates.

Please join us on **September 30, 2014 at 5 p.m.** by calling: **781-848-1963** to sign up for this informative meeting.

Braintree Dept. of Elder Affairs Book Club Group Thursday, September 18, 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: "Silver Girl"
By: Elin Hilderbrand



Meredith Martin Delinn just lost everything: her friends, her homes, her social standing - because her husband Freddy cheated rich investors out of billions of dollars. Desperate and facing homelessness, Meredith receives a call from her old best friend, Constance Flute. Connie's had recent worries of her own, and the two depart for a summer on Nantucket in an attempt to heal. But, the island can't offer complete escape, and they're plagued by new and old trouble.

Braintree

Department of Elder Affairs

“Special” Activities”

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

- Sept. 2,** **SHINE Insurance help, at 10 a.m.**
Appointments every Tuesday for help on all medical insurance issues. Call for appointment!
- Sept. 2,** **“Low” Vision Group Support Meeting**
Meeting at 10 a.m. Open to everyone!
- Sept. 3,** **Bingo at Senior Center at 1 p.m.**
& 17 \$4.00 covers all games. Refreshments served!
Open to everyone.
- Sept 9,** **Supper Club at: Old Hitching Post/Hanson**
& 23, **Supper Club at: TGI Friday/Braintree**
Please call Senior Center for van reservations to enjoy this early social supper from 3 - 6 p.m.
- Sept. 10,** **Senior Trip to Newport Playhouse**
Ticket holders only—all info on ticket.
- Sept. 10,** **TRIAD Meeting at 10:30 a.m.**
See Newsletter article for information.
- Sept. 11,** **Essential Skills for Family Caregivers**
18 & 25 4 Week Presentation by the Alzheimer’s
& 10/2 Association at Senior Center - 10 a.m. to 12 p.m.
Please see newsletter article and call to sign up!
- Sept. 12,** **Special Monthly Van Trip at 10 a.m.**
Dollar Store/Hilltop Market in Weymouth Plaza
- Sept. 15,** **Musical Entertainment Party at 1 p.m.**
Rick Walsh, Music, Trivia and fun. Refreshments \$2.00/pp. See newsletter & call to sign up!
- Sept. 19,** **Braintree Moose Lodge Senior Lunch**
See newsletter article and please call to sign up!
- Sept. 22,** **Musical Entertainment Party at 1 p.m.**
One Man Band - Dick Mandell to entertain. Refreshments \$2.00/pp. See newsletter article for information & please call to sign up!
- Sept. 25,** **Senior Monthly Luncheon at noon**
Come and pre-purchase \$6.00/ticket for lunch.

Braintree

Department of Elder Affairs

Senior Luncheon

September 25, 2014

@ 12 noon

\$6.00/ticket (pre-purchase please)

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



Lunch Menu: Salad & Rolls
Roast beef, potato and vegetable.
Dessert/Coffee

BRAINTREE SENIOR CENTER

MOVIE DAY (.50 donation)

Wednesday, September 24, 2014

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

Movie will start promptly at NOON!!!



Movie: “*Heaven is for Real*”

“Heaven is for Real” recounts the true story of a small-town father who must find the courage and conviction to share his son's extraordinary, life-changing experience with the world. The real-life father whose son Colton claims to have visited Heaven during a near death experience. Colton shares the details of his amazing journey with childlike innocence and speaks matter-of-factly about things that happened before his birth ... things he couldn't possibly know.

Braintree Elder Affairs....is pleased to host a series of very important presentations by the Alzheimer's Association:

Essential Skills for Family Caregivers

The presentation provides valuable education and practical tools to those caring for someone with dementia. Improved day to day living and overall quality of the life of the person with dementia and the caregiver is the goal.

It starts with communication: Thursday, September 11, 10AM to 12 PM

Understanding Behavior: Thursday, September 18, 10 AM to 12 PM

Safety at home: Thursday, September 25, 10 AM to 12 PM

Legal and financial, Issues and Answers: Thursday, October 2, 10 AM to 12 PM

Attendance to all workshops are strongly encouraged and pre-registration is required, so please call **781-848-1963** to sign up or if you have any questions.



**Braintree Senior Center
Social Entertainment Party
Monday, September 15, 2014
1 p.m. (\$2.00 donation)**

Now that the summer has ended & everyone is back from their "vacations", it's time to once again start coming to your Senior Center for great activities, educational seminars and fun entertainment parties.

To start the fall season of entertainment, please come enjoy music by **Rick Walsh** (pianist, vocalist, entertainer). Rick will sing some of the best and most recognizable songs of the past seven decades. Rick will also play "Name that Tune" for special prizes!

We will serve hot apple pie & ice cream after the show - great fall dessert to enjoy!

Please call for reservations: 781-848-1963

**Braintree Senior Center
Musical Entertainment Party
Monday, September 22, 2014
1 p.m. (\$2.00 donation)**

Today you are in for a real treat with our Musical Entertainment Party. **Dick Mandel, "One-Man-Band"**, will perform for you. Dick plays many different instruments and will entertain you with all your favorite songs from Broadway to Show-tunes.

We will serve cheese/crackers/fruit and punch during the show. You can sing, dance and just enjoy the music and refreshments

After the show we will serve pastry & coffee.

Please call for reservations:
781-848-1963



From the desk of Mary Cirignano, Chairperson...

HAPPY GRANDPARENTS DAY SEPTEMBER 7th

GRANDPARENTS' ANSWERING MACHINE MESSAGE:

Good morning. . . At present we are not at home, but please leave your message after you hear the beep.....
If you are one of our 5 children, dial 1 and then select the option from 1 to 5 in the order of your "birth date" so we know who it is.
If you need us to stay with the children, press 2
If you want to borrow the car, press 3
If you want us to wash your clothes and do the ironing, press 4
If you want the grandchildren to sleep here tonight, press 5
If you want us to pick up the kids at school, press 6
If you want us to prepare a meal for Sunday or to have it delivered to your home, press 7,
If you want to come to eat here, press 8
If you need money, press 9
If you are going to invite us to dinner or take us to the theatre, start talking. . .we are listening!!!!
(thank you for this article - Carol Finnell)

My 3-year-old granddaughter once asked me, "Grandma, how old are you?" "How old do you think I am?" I asked. "Ten. You are 10." "Nope," I said. "I'm soon going to be 60 years old." "Sixty?" she replied. "I don't know THAT number!"

"Hey Grandma, why don't you and Grandpa have names like the rest of us?"

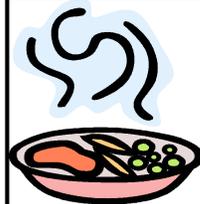
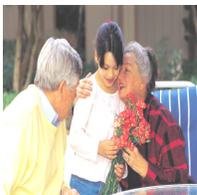
When my granddaughter was 4, I told her she was growing up too fast and needed to slow down. "But it isn't my fault, Grammy," she replied. "It's my mom's fault. She keeps giving me all those birthday parties."

One day, I was playing with my 4-year-old grandson and his race-car set. Later on, he was doing something that wasn't allowed. After three warnings, I yelled at him to stop. He came over to me with a long face, head down and lower lip quivering, and climbed on my lap. He said, "I still like you, Nana, but if you talk to me like that again, you may not be able to play with my race-car set anymore."

When my son was four, his very NON-DRINKING, CHURCH-GOING grandparents took him to the grocery store, where he pointed to the beer and insisted they not forget "Daddy's favorite drink."

Grandparents Day ...How Did It Start?

We have President Jimmy Carter to thank for creating Grandparents Day on the first Sunday after Labor Day.



Moose Lodge #403
Senior Luncheon
Friday, September 19, 2014
12 - 4 p.m.

Our friends at the **Braintree #403 Moose Lodge** will once again be hosting their **"Braintree Annual Senior Luncheon"** on Friday, September 19, 2014 at 12 noon at the Moose Lodge, 175 Howard Street, Braintree.

Please attend and enjoy a delicious home made luncheon, they **stay** for some fun entertainment and raffles.

This event is free and held by the Loyal Order of the Moose and the Women of the Moose.

Space is limited and you must sign up at the Braintree Senior Center or by calling: 781-848-1963. Space limited!

Men's Tai Chi Classes
Monday at 12:15 p.m.
\$5.00/class



Our Tai Chi Instructor, Peggy Leung, is now offering Tai Chi Classes for **"men only"** held on Mondays at 12:15 p.m.

Peggy also has regular Tai Chi Classes every Monday at 11 a.m. Join one of her classes.

It is with a heavy heart that we have to say **"goodbye"** to Tony McAlear our Tai Chi Instructor who passed away in August. He taught classes here for **many, many** years! Tony's students will surely miss his great classes, as we all will miss his smiling face and calming personality.

Peace be with you Tony.....

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****1****HOLIDAY****LABOR DAY****SENIOR CENTER
CLOSED TODAY**Shopping Shuttle/S&S
9:00 S&S Bus (housing)

9:00 Chess

9:30 Outdoor Bocce

9:30 Computer 101A

10:00 Walking Group

10:00 Vision Group Meeting

10:00 SHINE Insurance help

10:45 Computer 101B

1:00 Bridge & Cribbage

1:30 Zumba Gold Exercise

8**10:00 Trip sign up for:****Oct. 22nd trip - Lantana's**

11:00 QiGong/Tai Chi

12:00 Pool Players

12:00 Poker

12:15 Men's Tai Chi

1:00 Trivia & Coffee

1:00 Belles & Beaux**Musical Show with cake****and ice cream served!****(Thank you to Royal****Rehab. for providing****monthly cake)**

Shopping Shuttle/Roche

9:00 S&S Bus (housing)

9:00 Chess

9:30 Outdoor Bocce

9:30 Computer 101A

10:00 Walking Group

10:00 Blood Pressure**(free) by Mary/Nurse**

10:00 Wii Bowling Group

10:00 SHINE Insurance help

10:45 Computer 101B

1:00 Bridge & Cribbage

1:30 Zumba Gold Exercise

3:00 Supper Club:**Old Hitching Post/Hanson****15****10:00 Demonstration of****Game "Pickleball" at the****Doherty Gym/Braintree**

11:00 QiGong/Tai Chi

12:00 Pool Players

12:00 Poker

12:15 Men's Tai Chi

1:00 Special Musical**Entertainment with****Rick Walsh - \$2.00/pp****Refreshments****(Call to sign up please)****2**

Shopping Shuttle/S&S

9:00 S&S Bus (housing)

9:00 Chess

9:30 Outdoor Bocce

9:30 Computer 101A

10:00 Walking Group

10:00 Vision Group Meeting

10:00 SHINE Insurance help

10:45 Computer 101B

1:00 Bridge & Cribbage

1:30 Zumba Gold Exercise

3

9:15 Exercise Class

10:00 Crafts

12:00 Pool Players

12:00 Poker

1:00 BINGO**4**

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

5

9:15 Exercise Class

10:00 Scrabble

10:00 Weight Loss Group

11:00 Library van ride

12:00 Pool Players

1:00 Women's Poker

1:30 Zumba Gold Exercise

10

9:15 Exercise Class

10:00 Crafts

10:30 TRIAD Meeting**Open to public - please****See article in newsletter**

12:00 Pool Players

12:00 Poker

****Senior Trip to Newport****Playhouse (for ticket****holders!)****11**

Shopping Shuttle/Roche

9:00 Chess

9:30 Chair Yoga

10:00 Photography

10:00 Alzheimer's**4 week Presentation****(please call to sign up)**

11:30 Quilting Group

12:00 Pool Players

1:00 Art Group

1:00 Knit/Crochet

12

9:15 Exercise Class

10:00 Special Van Trip:**Dollar Store/Weymouth**

10:00 Scrabble

10:00 Weight Loss Group

11:00 Library van ride

11:30 Senator John Keenan

Office Hours at Senior Center

12:00 Pool Players

1:00 Women's Poker

1:30 Zumba Gold Exercise

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9:15 Exercise Class

9:30 Ask the Lawyer

(free) by appointment

10:00 Crafts

12:00 Pool Players

12:00 Poker

1:00 BINGO**18**

Shopping Shuttle/Shaws

9:00 Chess

9:30 Chair Yoga

10:00 Alzheimer's**4 week Presentation****(please call to sign up)**

10:30 Book Club Meeting

11:30 Quilting Group

12:00 Pool Players

1:00 Art Group

1:00 Knit/Crochet

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9:15 Exercise Class

10:00 Scrabble

10:00 Weight Loss Group

11:00 Library van ride

12:00 Pool Players

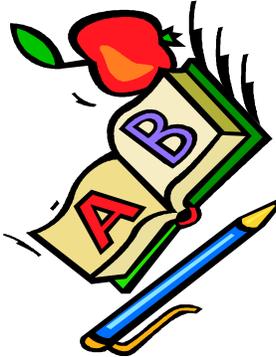
12:30 Ask the Lawyer

(free) by appointments

1:00 Women's Poker

1:30 Zumba Gold Exercise

12:00 Moose Lodge Lunch**(Please call to sign up)****3:30 Wisdom Works****2:00 Board Meeting**

<p>(Call to sign up please)</p>	<p>22</p> <p>11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:15 Men's Tai Chi 1:30 Aging Mastery Program - see newsletter and call to sign up!</p> <p>1:00 Special Musical Entertainment with Dick Mandell - \$2.00/pp Refreshments (Call to sign up please)</p>	<p>23</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:00 Chess 9:30 Outdoor Bocce 9:30 Computer 101A 10:00 Walking Group 10:00 Wii Bowling Group 10:00 SHINE Insurance help 10:45 Computer 101B 11:00 Red Hat Meeting 1:00 Bridge & Cribbage 1:30 Zumba Gold Exercise 3:00 Supper Club: TGI Fridays/Braintree</p>	<p>24</p> <p>9:15 Exercise Class 10:00 Crafts 12:00 Pool Players 12:00 Poker 1:00 Hearing Exams (free) by appointment 12:00 Movie Day: "Heaven is for Real"</p>	<p>25</p> <p>Shopping Shuttle/S&S 9:00 Chess 9:30 Chair Yoga 10:00 Photography 10:00 Alzheimer's 4 week Presentation (please call to sign up) 11:30 Quilting Group 12:00 Pool Players 12:00 Senior Luncheon Please pick up ticket \$6. 1:00 Art Group 1:00 Knit/Crochet 2:00 COA Associates Meeting - open to public</p>	<p>26</p> <p>9:15 Exercise Class 10:00 Scrabble 10:00 Weight Loss Group 10:00 Blood Pressure (free) at Senior Center by Home Instead 11:00 Library van ride 12:00 Pool Players 1:00 Women's Poker 1:30 Zumba Gold Exercise</p>
<p>(1:30 AARP Meeting)</p>	<p>30</p> <p>Shopping Shuttle/Roche 9:00 S&S Bus (housing) 9:00 Chess 9:00 Walking Group 9:30 Outdoor Bocce 9:30 Computer 101A 10:00 Wii Bowling Group 10:00 SHINE Insurance help 10:45 Computer 101B 1:00 Bridge & Cribbage 1:00 Ask the Lawyer 1:30 Zumba Gold Exercise 5:00 Alzheimer's Meeting Call to sign up please!</p>	<p>SEPTEMBER</p>  <p>2014</p>	<p>29</p> <p>11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:15 Men's Tai Chi 1:00 Trivia & Coffee 1:30 Aging Mastery Program - see newsletter and call to sign up!</p>	<p>29</p> <p>Shopping Shuttle/Roche 9:00 S&S Bus (housing) 9:00 Chess 9:00 Walking Group 9:30 Outdoor Bocce 9:30 Computer 101A 10:00 Wii Bowling Group 10:00 SHINE Insurance help 10:45 Computer 101B 1:00 Bridge & Cribbage 1:00 Ask the Lawyer 1:30 Zumba Gold Exercise 5:00 Alzheimer's Meeting Call to sign up please!</p>	<p>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 activities</p> <p>*Please note there are \$\$ charges for our exercise programs and some special activities - call for information regarding charges.</p> <p>*All other activities are \$.50/donation for operating expenses.</p>

From the Outreach Department.....

As summer slowly turns into autumn, start thinking about any home maintenance projects that haven't been done yet. There is still plenty of good weather to complete the outside tasks. If the outside work is too much for you to handle, contract with someone now, especially for the fall/leaves and the winter/snow removals. Treat your home right and it will shelter you through any storm.

The Fuel Assistance program is open for applications. The program is administered by Quincy Community Action Programs, Inc. Their telephone number is 617 471-8181. The Outreach office has a small number of applications for those seniors who are unable to travel to the QCAP Quincy location. The application is simple, but supportive documentation is necessary to be submitted with the application.

Our Friendly Visitor program is still available for any homebound senior who would like to be visited and called on a regular basis for socialization. Please call the Outreach office if you are interested.

We have a few Farmer's Market coupons left to distribute to eligible Braintree seniors. The income guidelines are as follows:

Household Size:	Monthly income	Annual Income
1	\$1,800	\$21,590
2	\$2,426	\$29,101
3	\$3,051	\$36,612



Coupons will be available from the Outreach office between 9-10 am until they run out.

**Braintree Dept. of Elder Affairs
TRIAD Meeting
Wednesday, September 10, 2014
10:30 a.m.**

Please attend our **TRIAD** Meeting at the Braintree Senior Center on **Sept. 10th at 10:30 a.m.** Open to the general public and encouraged to attend this important meeting.

Speaker, **John J. O'Connor, Jr.**, practicing attorney and retired U.S. Secret Service agent who served his 22-year career for the Service not only providing protective services, but also supervising and investigating a host of financial crimes including counterfeiting, securities fraud, bank fraud and commercial/real estate fraud will offer his expert advice on various aspects of current identity theft scams.

Do not miss this very informative talk!

Please hold the date.....Our 7th Year!!!!

Braintree/Weymouth Annual Senior Pond Meadow Walk on Wednesday October 15th 10 a.m. - Noon (rain date 10/20/14) .

More information to follow in our October newsletter, but hold the date for this fun event!

Braintree Senior Center & Park Department are trying to promote a new senior activity in town called "Pickleball".

Pickleball is a fun racquet type sport which combines elements of badminton, tennis and ping pong. Two to four players use solid paddles made of wood or plastic to hit a pickleball over a low net like tennis/badminton.

This game has been a hit in Senior Communities down the Cape and Florida!

A demonstration of Pickleball will be held on Sept. 15th at the Daugherty Gym, Washington St. Braintree at 10 am. Come learn how to have fun and get great exercise.

Educational Town Information

From the Health Department.....

The first orders of the 2014 – 2015 influenza vaccine have been shipped. This year, as last, the Braintree Health department will be offering the quadrivalent flu vaccine. As the name implies the vaccine protects against four types of influenza viruses, two A strains and two B strains. Influenza is a serious respiratory illness that is easily spread and can lead to severe complications, even death. Each year in the United States, up to 20 percent of the population gets the flu and, on average, more than 200,000 people are hospitalized from influenza-related complications. Influenza seasons are unpredictable and can be severe. Depending on virus severity during the influenza season, annual deaths can range from a low of 3,000 to a high of about 49,000 people. Combined with pneumonia, influenza is the nation's seventh leading cause of death. Vaccination is safe and effective and the best way to help prevent influenza and its complications. Influenza vaccination is beneficial throughout the season, and even into the spring, as long as influenza viruses are still in circulation. The Braintree Health Department provides the flu immunization to residents at town hall clinics, schools, elderly housing as well as offering home visits for homebound residents. In addition to influenza immunization, the CDC recommends the following simple steps to reduce your risk of flu:

- Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
- If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
- Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
- Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill.

As always, to maintain good health, get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

From the Recycling Department.....

Recycling Center Drop-off New Schedule:

Open 7:00 AM – 3:00 PM – Monday/Tuesday/Thursday/Friday/Saturday. Closed Wednesday/Sunday/Holidays. An attendant is on duty. For additional information, you may contact the Recycling Office at 781-794-8088.

The occasional extra trash can now be brought to the Recycling Center, at no extra cost, within a limit of up to 3 bags or barrels, up to 2 pieces of furniture and up to 3 bundles of wood or carpet (in 3 ft. lengths). A trash sticker is required.

For dropping off excessive amounts of trash at the Recycling Center...due to a garage, attic, basement or moving cleanout...a 1 load permit may be obtained at a cost of \$25, at the Treasurer's Office/Town Hall. Hours are Mon/Wed/Fri – 8:30-4:30 plus Tues. & Thurs. - 8:00 AM-6:00 PM. The 1 load permit covers up to a maximum of 500 lbs. Proof of Braintree residency required.

For larger quantities of trash, residents can go to the Covanta facility (where the trash trucks go) and pay a minimum fee of \$50.00 for up to 500 lbs. For over 500 lbs. loads, the cost is 10 cents a pound. Payments to Covanta must be made by credit card. For additional information from Covanta, call: 781-843-6209.



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”.....

Have some fun while maintaining a healthy level of sanity in retirement:

1. At lunchtime, sit in your parked car with sunglasses on and point a hair dryer at passing cars...watch 'em slow down!
2. On all your check stubs, write “for marijuana”!
3. Skip down the street rather than walk and see how many looks you get.
4. Order a diet water whenever you go out to eat, with a serious face.
5. Sing along at the opera.
6. When the money comes out of the ATM, scream “I won! I won!”
7. When leaving the zoo, start running toward your car in the parking lot, yelling “Run for your lives! They'r loose!”
8. Tell your children over dinner: “Due to the economy, we are going to have to let one of you go...”
9. Go to a large department store’s fitting room, drop your drawers to your ankles, and yell out: “There’s no paper in here!” *(author unknown)*



Remember to drive carefully, as the children are heading back to school.

***Best regards,
The Friends***

P.S. “Thank you” to the COA Associates (The Friends) for funding the great performance of “The Singing Trooper– Dan Clark”, who performed at the Senior Center on August 14th for over 90+ Seniors!