



# 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  
Robert Caruso, Treasurer

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

**PHONE: 781 848-1963**

**FAX: 781 848-2835**

### *From the Director.....*

I wanted to dedicate this month's column in the memory of one of our own, Elder Affairs Van Driver, Stephen Donovan. Steve joined Elder Affairs in July of 2009, and since then, he has driven numerous people to their appointments and won the hearts of many more. Seniors loved his smile, his irresistible charm, his sense of humor and his commitment.

A couple of months before his passing, he came into my office and told me how much he was looking forward to driving the new van we had just acquired through a grant from the Department of Transportation. We laughed and chatted about many things and he told me that he was coming back to drive the new van even if it was part time. Steve loved the Town of Braintree and was very active with the youth in the Community. He adored his family, was a proud and devoted father and a loving husband. All the stories of his daughters and his son he shared with me simply echoed his love for them.

We will miss Steve amongst us. It is still very hard for us to believe that he will not be coming in every morning looking for the keys of A5, his favorite van and the one he drove. We will miss his humorous approach towards life. His emotional strength was incredible. All we can do is hope and pray that his family has the strength to move forward. One can only imagine how heart breaking it must be for them. We wish them peace and a future filled with new hopes.

I would also like to take this opportunity to thank all our drivers, who during Steve's prolonged absence, just steered through making sure that all our seniors could keep their daily appointments. So thank you Nick, Dick, Bob, Lou, Hugh and Dennis for being so kind during the time we needed you the most.

*Sharmila*

## BLOOD PRESSURE CLINICS (free)



**April 8, (Tues.) at Senior Center 10-11 a.m.**  
**April 9, (Wed.) at Heritage Housing 10-11 a.m.**  
**April 25, (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.**

**April 1 & 3 Shaws/Pearl Street**  
**April 8 & 10 Stop & Shop/Grove Street**  
**April 15 & 17 Roche Bros./Quincy Ave.**  
**April 22 & 24 Shaws/Pearl Street**  
**April 29 & May 1 Stop & Shop/Grove Street**

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

**\*\* Van Trip: 4/11/14—Walmart/Quincy 10 a.m. - call for ride!**

## BRAINTREE MEETINGS



- April 1, LOW - Vision Group Meeting at 10 a.m.**  
Meeting open to all with low vision problems.  
For information/ride call: 781-848-1963
- April 11, Senator John F. Keenan Office Hours (monthly)**  
At Senior Center at 11:30 a.m. Come address any problems or concerns on second Friday of month.
- April 15, AARP Chapter #4042 Meeting at 1:30 p.m.**  
**Braintree DAV Hall - 788 Liberty St./Braintree**  
**Speaker: John Dennehy, author of "History of Braintree". Welcome new members/guests.**
- April 17, Wisdom Works Support Meeting - 3:30 p.m.**  
Support meeting for members.
- April 18, Braintree Elder Affairs Board Meeting - 2 p.m.**  
Meeting at Senior Center and open to public.
- April 24, COA Associates Meeting - 2 p.m.**  
Meeting at Senior Center and open to public.
- April 29, Special "What if What Now?" program 5 p.m.**  
See information on back page of newsletter.  
Informative "panel" discussion here at Senior Center at **5 p.m.** Space limited please call to sign up. Takes the place of this month's Alzheimer's Support Meeting.

## Braintree Dept. of Elder Affairs Services

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

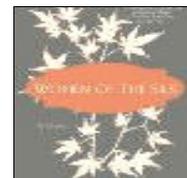
- **Outreach:**  
Information & Referral  
Advocacy  
Friendly Visitor
- **Transportation:**  
Medical Van Rides & Senior Center Rides  
Shopping Shuttles
- **Recreation:**  
Monthly Lunches  
Social Activities  
Special Events & Educational Seminars  
Trips
- **Support Groups:**  
Low Vision Meetings  
Alzheimer's Support Meeting
- **TRIAD (Senior Safety)**
- **SHINE (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, April 17, 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: "Women of Silk"**  
**By Gail Tsukiyama**



In *Women of the Silk* Gail Tsukiyama takes her readers back to rural China in 1926, where a group of women forge a sisterhood amidst the reeling machines that reverberate and clamor in a vast silk factory from dawn to dusk.

## **Braintree**

### **Department of Elder Affairs**

#### **“Special” Activities”**

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

- April**      **SHINE Insurance help, at 10 a.m.**  
Appointments every Tuesday for help on all medical insurance issues. Call for appointment!
- April 1,**      **“Low” Vision Group Support Meeting**  
Meeting at 10 a.m. at Senior Center.
- April 8,**      **Supper Club at: Maria's/Braintree**  
**& 22,**      **Supper Club at: Hearth & Kettle/Wey.**  
Please call Senior Center for van reservations to enjoy this early social supper from 3 - 6 p.m.
- April 11,**      **Senator Keenan Office Hours 11:30 a.m.**  
Here at Braintree Senior Center—stop by!
- April 14,**      **Trip Drawing for our 5/21/14 Trip \$70.00**  
Luciano's Lake Pearl Trip - See article in newsletter and call to put your name in for tickets.
- April 14,**      **Belles & Beaux Musical Show at 1 p.m.**  
Cake & ice cream social following show.
- April 23,**      **Braintree Senior Center Spring Trip**  
Twin River and Luncheon (Ticket holders only)
- April 24,**      **Senior Luncheon at noon—\$6.00/ticket**  
Must pre-purchase \$6.00 ticket at Senior Center
- April 28,**      **Special “Spring Party” at 1 p.m. \$2.00**  
See newsletter article and call to sign up please.
- April 29,**      **“What if What Now?” Program - 5 pm**  
See newsletter articles—open to public and space is limited, please call to sign up.
- April 30,**      **Movie Day 12:00 Noon - on big TV!**  
Bring bag lunch & movie starts at noon!

## ***Braintree***

### **Department of Elder Affairs**

#### **Senior Luncheon**

**April 24, 2014**

**@ 12 noon**

**\$6.00/ticket (pre-purchase please)**

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



***Lunch Menu:* Salad & Rolls, Meatloaf, Potatoes, Vegetable & Dessert**

### **BRAINTREE SENIOR CENTER**

**MOVIE DAY (.50 donation)**

**Wednesday, April 30, 2014**

**Movie starts promptly at NOON!**

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

**Movie: “Gravity”**



A medical engineer and an astronaut work together to survive after an accident leaves them adrift in space .

**Braintree Senior Center Senior Trip  
North Shore A Cappella Group & Luncheon  
at Luciano's Lake Pearl  
May 21, 2014 - \$70.00/ticket**



Our spring trip is sure to please, as we are off to Luciano's Lake Pearl Restaurant in Wrentham, MA. where you will enjoy a delicious luncheon. Then sit back and enjoy the North Shore A Cappella Group, who for 30 years has excited audiences throughout the country with their blend of harmony, rhythm, and tempo to songs from the 1940's through today. They have won many awards, appeared on NBC and were the opening act for some big stars like the Temptations, The Platters, Gene Pitney, Ben E. King, Frankie Vallie etc. Don't miss out on this wonderful musical event and luncheon. Tickets are limited!

**Luncheon Choices: Roast Pork Loin or Baked Haddock (time: 10:30 a.m. to 5:30 p.m.)**

**Trip Ticket Drawing: April 14, 2014 (please sign up before this date at Senior Center)**

**If your name is chosen you will have 3 days to pay/pick up tickets for this great trip.  
(Braintree residents have priority on all trips, 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.*

**Braintree Senior Center  
Computer Classes (free)**

Are you interested in taking our Basic Beginner Computer Class or a class on Internet surfing and or emailing? These classes are held on Tuesdays:

**Beginner Computer Class 101A  
Tuesdays at 9:30 a.m. (4 week program)**

**Internet Surfing or Email Class 101B  
Tuesdays at 10:45 a.m. (4 week program)**

The classes are free and are held at the Braintree Senior Center on our brand new computers!

The classes are limited to 4 people which allows for special attention by our wonderful instructor, Fran Danico, who is very knowledgeable on the computer and also very patient.

Come learn something new...you might enjoy communicating with the grandchildren & family.



**Please call to sign up!  
781-848-1963**

***Braintree Senior Center  
Coffee/Pastry Service***

We are happy to provide you with fresh hot coffee & pastry **all day** here at the Senior Center and I'm sure you enjoyed this service when coming to all our wonderful activities.

We receive some donated pastry and others we have to purchase to make them last the whole month. Unfortunately, we have been receiving less donations of pastries and have to purchase more.

So...we are asking you if you could occasionally bring in a coffee cake, muffins, cookies etc. for your activity it would be greatly appreciated.

These items must be store purchase only (not home made due to health regulations).

Please help us out so that we may continue to provide hot coffee/pastry service daily.

**Thank you for support  
of your Senior Center!**



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

***We survived the Winter, Hallelujah! Happy Spring!***

***Zip It!***

My mother taught for 11 years at a day-care center. One winter afternoon she was trying to show a young boy how to zip up his coat. "The secret," Mom said, "is to get this piece of the zipper to fit in the other side before you try to zip it up." After struggling with the zipper for several minutes, the boy sighed and said, "Why does it have to be a secret?"

Contributed by Elizabeth C. Boulter

***Odds and Whatever!***

- Do not regret growing older- It's a privilege denied to many.
- Looking at NATURE is cheaper than therapy.
- I don't do drugs "cause I get the same effect standing up really fast".
- Money can't buy happiness but it sure makes misery easier to live with.
- I love being married. It's so great to find that one special person you want to annoy for the rest of your life.
- No one ever says, "It's only a game!" when their team is winning.
- How long a minute is, depends on what side of the bathroom door you're on.
- A lady getting on the city bus, trying to save fifty cents, hurried her young daughter aboard without paying the child's fare. "How old are you, little girl?" the bus driver asked. "Four-and-a-half," she answered. "And when will you be five? the driver persisted. "Just as soon as I get off the bus."
- After buying her kids a puppy, after they PROMISED they would take care of it, Mom, as usual, ended up with the responsibility. One evening, exasperated, she asked them, "How many times do you think that puppy would have died if I hadn't looked after it?" After a moment, her youngest son replied quizzically, "Once?"
- My young grandson called the other day to wish me Happy Birthday. He asked me how old I was, and I told him, "62." He was quiet for a moment, and then he asked, "Did you start at 1?"
- Interviewer to Millionaire:  
To whom do you owe your success as a millionaire?  
Millionaire: "I owe everything to my wife."  
Interviewer: "Wow, she must be some woman.  
What were you before you married her?"  
Millionaire: " A Billionaire"



**Braintree Senior Center  
Spring Party  
Monday, April 28, 2014  
1 p.m.  
\$2.00/donation**



Are you tired of all the cold, gloomy weather? Spring has sprung at the Braintree Senior Center and we will celebrate by hosting a "Spring Party" on Monday, April 28th at 1 p.m.

We are happy to have Dave Becker who presents a lively show including music for sing-a-long, dancing and audience participation. He plays the saxophone, guitar, piano and he has a great voice!

Wear your special "Easter/Spring Hat" for some fun prizes! We will serve punch & refreshments after show.

Please call to sign up 4/1/14 or after:  
**781-848-1963 (Braintree residents only)**

***Braintree Senior Center  
Equipment Loan Closet***

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

- Wheelchairs
- Walkers
- Commodes
- Canes - regular & 3 prong
- Crutches
- Shower Chairs



Please call us at **781-848-1963** to see if the item is in stock and we will bring it up from our basement and hold it for pick up.

We are open M-F - 8:30 a.m. to 4:30 p.m. You may keep the item (at no charge) for however long you need it.

**MONDAY****2014****TUESDAY****1**

Shopping Shuttle/Shaws  
 9:00 S&S Bus (housing)  
 9:00 Chess  
 9:30 Computer 101A  
**10:00 Vision Group Meeting**  
 10:00 Walking Group  
 10:00 SHINE Insurance help  
 10:45 Computer 101B  
 1:00 Bridge & Cribbage  
 1:30 Zumba Gold Exercise

**8**

Shopping Shuttle/S&S  
 9:00 S&S Bus (housing)  
 9:00 Chess  
 9:30 Computer 101A  
 10:00 Wii Bowling Group  
 10:00 Walking Group  
 10:00 SHINE Insurance help  
 10:45 Computer 101B  
 1:00 Bridge & Cribbage  
 1:30 Zumba Gold Exercise  
**3:00 Supper Club:**  
**Maria's Restaurant/Braintree**

**7**

10:00 Scrabble  
 11:00 QiGong/Tai Chi  
 12:00 Pool Players  
 12:00 Poker  
 1:00 Trivia & Coffee

**WEDNESDAY****2**

9:15 Exercise Class  
 10:00 Crafts  
 10:00 Quilting Group #1  
 12:00 Pool Players  
 12:00 Poker  
**1:00 BINGO**

**9**

9:15 Exercise Class  
 9:30 Ask the Lawyer  
 (free) by appointment  
 10:00 Crafts  
 10:00 Quilting Group #1  
 12:00 Pool Players  
 12:00 Poker

**THURSDAY****3**

Shopping Shuttle/Shaws  
 9:00 Chess  
 9:30 Chair Yoga  
 11:30 Quilting Group #2  
 12:00 Pool Players  
 1:00 Art Group  
 1:00 Knit/Crochet  
**1:00 "My-Life-My  
 Health" Last Meeting!**

**10**

Shopping Shuttle/S&S  
 9:00 Chess  
 9:30 Chair Yoga  
 10:00 Photography  
 11:30 Quilting Group #2  
 12:00 Pool Players  
 1:00 Art Group  
 1:00 Knit/Crochet

**FRIDAY****4**

9:15 Exercise Class  
 10:00 Scrabble  
 10:00 Weight Loss Group  
 11:00 Tai Chi Class  
 11:00 Library van ride  
 12:00 Pool Players  
 1:00 Women's Poker  
 1:30 Zumba Gold Exercise

**11**

9:15 Exercise Class  
**10:00 Special Van Trip:**  
**Walmart Quincy**  
 10:00 Scrabble  
 10:00 Weight Loss Group  
 11:00 Tai Chi Class  
 11:00 Library van ride  
**11:30 Senator Keenan  
 Office hours at Center**  
 12:00 Pool Players  
 1:00 Women's Poker  
 1:30 Zumba Gold Exercise

**14**

**10:00 Trip Drawing for  
 Luciano's Lake Pearl Trip**  
 10:00 Scrabble  
 11:00 QiGong/Tai Chi  
 12:00 Pool Players  
 12:00 Poker

**1:00 Belles & Beaux  
 musical show with cake  
 and ice cream served.**  
**\*\*Thank you...Royal  
 Rehab Nursing Home  
 Braintree for providing  
 the cake for this event.**

**15**

Shopping Shuttle/Roche  
 9:00 S&S Bus (housing)  
 9:00 Chess  
 9:30 Computer 101A  
 10:00 Wii Bowling Group  
 10:00 Walking Group  
 10:00 SHINE Insurance help  
 10:45 Computer 101B  
 1:00 Bridge & Cribbage  
 1:30 Zumba Gold Exercise

**\*\*AARP Meeting Today @ 1:30 pm**

**16**

9:15 Exercise Class  
 10:00 Crafts  
 10:00 Quilting Group #1  
 12:00 Pool Players  
 12:00 Poker  
 1:00 Hearing Exams  
 (free) by appointment  
**1:00 BINGO**

**17**

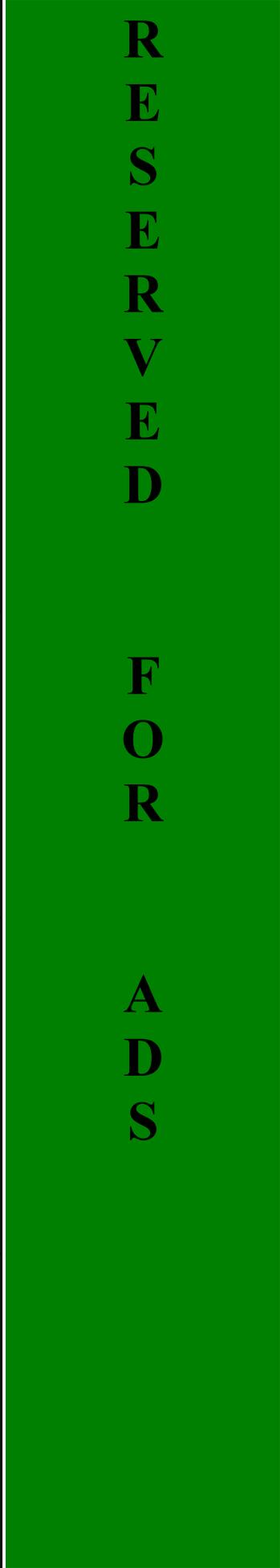
Shopping Shuttle/Roche  
 9:00 Chess  
 9:30 Chair Yoga  
 10:30 Book Club Meeting  
 11:30 Quilting Group #2  
 12:00 Pool Players  
 1:00 Art Group  
 1:00 Knit/Crochet  
**3:30 Wisdom Works  
 Meeting**

**18**

9:15 Exercise Class  
 10:00 Scrabble  
 10:00 Weight Loss Group  
 11:00 Tai Chi 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

**2:00 Dept. of Elder  
 Affairs Board Meeting**

<p><b>21</b></p> <p><b>HOLIDAY PATRIOT'S DAY SENIOR CENTER CLOSED TODAY!</b></p> 	<p><b>22</b></p> <p>Shopping Shuttle/Shaws 9:00 S&amp;S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Wii Bowling Group 10:00 Walking Group 10:00 SHINE Insurance help 10:45 Computer 101B 11:00 Red Hat Meeting 1:00 Ask the Lawyer (free) by appointment 1:00 Bridge &amp; Cribbage 1:30 Zumba Gold Exercise <b>3:00 Supper Club: Hearth &amp; Kettle/Weymouth</b></p>	<p><b>23</b></p> <p>9:15 Exercise Class 10:00 Crafts 10:00 Quilting Group #1 12:00 Pool Players 12:00 Poker</p> <p><b>*** Trip today to Twin River Casino &amp; Luncheon (ticket holders only)</b></p>	<p><b>24</b></p> <p>Shopping Shuttle/Shaws 9:00 Chess 9:30 Chair Yoga 10:00 Photography 11:30 Quilting Group #2 12:00 Pool Players <b>12:00 Senior Luncheon Please pick up ticket \$6.</b> 1:00 Art Group 1:00 Knit/Crochet</p> <p><b>2:00 COA Associates Meeting</b></p>	<p><b>25</b></p> <p>9:15 Exercise Class 10:00 Scrabble 10:00 Weight Loss Group <b>10:30 Blood Pressure at Senior Center (free) by Home Instead</b> 11:00 Tai Chi Class 11:00 Library van ride 12:00 Pool Players 1:00 Women's Poker 1:30 Zumba Gold Exercise</p>
<p><b>28</b></p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker</p> <p><b>1:00 Spring Party with Entertainment by David Becker</b></p> <p><b>See newsletter article &amp; Please call to sign up!</b></p>	<p><b>29</b></p> <p>Shopping Shuttle/S&amp;S 9:00 S&amp;S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Wii Bowling Group 10:00 Walking Group 10:00 SHINE Insurance help 10:45 Computer 101B 1:00 Bridge &amp; Cribbage 1:30 Zumba Gold Exercise</p> <p><b>5:00 Educational Seminar "Resources to Remember" Open to public. Call to sign up please!</b></p>	<p><b>30</b></p> <p>9:15 Exercise Class 10:00 Crafts 10:00 Quilting Group #1 12:00 Pool Players 12:00 Poker</p> <p><b>12:00 Movie Day Movie: Gravity</b></p>	<p><b>2000</b></p> <p>Please note special activities will have a write up in this newsletter about sign up requirements and any charges.</p> <p>Please call to sign up for our special monthly parties &amp; luncheon after the first of each month!</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.</p>	



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

Soon the weather will be nice and some of us will get spring fever. Why not encourage it and simplify your home surroundings? Make your life easier by getting rid of unnecessary belongings. Doing a little bit of **cleaning out** at a time can keep the task from being overpowering. **Donate** your items to Goodwill, the Salvation Army, or any place that could use them to help others. Our **resale shop** is a great place to donate gently used items. The proceeds from the shop go towards our services and programming. We thank everyone who has donated, and everyone who shops here.

We offer a wide array of **activities** designed to motivate your body and mind. Take a look at our **newsletter** sometime and see all that we have going on. If you haven't been here before, please come and see us in action. Pick an activity that interests you. **Call us** about it if you would like more information. You can **drop in** any time. We can give you a tour and go over our newsletter with you.

If you don't drive we can provide **transportation** for you to come to the Senior Center. We have many activities that do not require an advance sign up. If you are a new visitor our receptionist can register you and issue you a swipe card for our sign in computer. That way you can sign in more efficiently. We have to keep track of how many people use our Center, so we can use the data when we apply for funding each year.

If it is difficult for you to leave your home, maybe you would like to enroll in our **Library Express** program. We will come to your house and sign you up, and then every two weeks we will bring your library materials to you and return your old materials for you. We have a program called the **Friendly Visitor** designed to alleviate loneliness and isolation for those who are housebound. This program is funded by a Title IIIB grant administered through South Shore Elder Services, Inc. We also have a **reference list** of independent contractors that offer several useful services for pay such as errands, shopping, companionship, homemaking and personal care for seniors. We have a lively and engaging place here that is designed for your needs.

Please pay us a visit; you will be glad you did!



**Braintree Senior Center & Resources to Remember (R2R)  
Presents..... "What if? What Now?"  
Tuesday, April 29, 2014 at 5 p.m.**

**The Resources to Remember (R2R)** networking group will be conducting a panel discussion: **"WHAT IF? WHAT NOW?" Answers for Elders' Families/Caregivers**, for the families and caregivers of local seniors on **Tuesday, April 29<sup>th</sup>, at 5:00 p.m.** at the Senior Center. Open to everyone (including our **Alzheimer's Support Meeting members** usually held at that time). Please call the Braintree Senior Center to RSVP at: **781-848-1963**.

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

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

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

***From the Health Department.....***

**ZOSTAVAX (shingles shot)**



The Braintree Health Department has received a very limited quantity of state supplied zoster vaccine (“shingles shot”) to administer free of charge to **UNINSURED** adults, 60 years of age and older.

If a resident is 65 and older but does **not** have Medicare Part D, they can be considered uninsured and receive the free, state supplied vaccine. The vaccine is limited to those residents who are either uninsured or whose insurance does not cover the vaccine.

Please contact the Braintree Health Department at **781-794-8094** to schedule an appointment.

**Braintree Veteran’s Agent**  
**Richard Walsh**  
71 Cleveland Ave,  
Braintree, MA 02184  
781-794-8217



I am available to answer any questions about benefits to Veterans of any age or era. Many benefits are also available to spouses of deceased Veterans. I can also assist in obtaining military records of any Veterans

My office is located at 71 Cleveland Ave., Braintree, MA (in the Braintree Senior Center).

Please stop by or call **781-794-8217** for an appointment.

**We “Thank You” for your service!**

***From the Recycling Department.....***

**Trash/Recycling:** Some frequently asked questions regarding cart placement have arisen.

The Recycling/Trash Office (**794-8088**) hopes that the following proves helpful:

- Carts should be on the sidewalk or at the end of a driveway, and not up against a mailbox, utility pole or hydrant. The reaching range of the mechanical arm is 3’ and the claw of the arm spreads out 18” to grab carts.
- Cart handles should face the house so that the lid opening faces the street, allowing for the lid to open and empty contents into the truck.
- Carts should be 2 ft. apart, not against each other so that the mechanical arm and claw can function.
- Carts should not be placed one behind the other but side by side, 2 ft. apart.
- Flattening boxes saves space in the recycling cart. Often boxes keep the lid open, creating spill hazards, just as extra trash forces the lid open... resulting in spills and excess trash.

A easing into the program period has been in place to allow for adjusting to the carts and is now ending. As a result, open lid carts will be tagged with a **rejection notice** and will be excluded from collection.

**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 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).

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

*Dear “Friends”.....*

**Some “borrowed” words to live by:**

- Sometimes it is better to be kind than to be right.
- We do not need an intelligent mind that speaks but a patient heart that listens.
- Most people do not listen with the intent to understand; they listen with the intent to reply.
- Be positive. Stay happy. Don't let the negativity or drama of the world get you down. Smile!
- Spend your time with people who only want the very best for you, and be someone who only wants the very best for others too.

***Happy Easter and Joyous Passover!***  
***The Friends***

