



Town of Braintree
Department of Elder Affairs
71 Cleveland Avenue, Braintree, MA 02184
Hours: 8:30 AM- 4:30 PM

January 2024

“Live, Learn, Laugh and Be Happy”

Mayor Erin Joyce

Phone: 781-848-1963

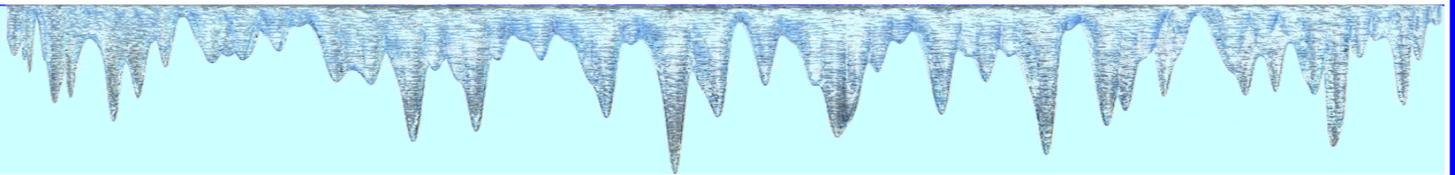
Sharmila Biswas: Director

Michelle Metro: Volunteer /Activities Coordinator

Mary Howland: Outreach Coordinator

Frank DeFrancesco: Transportation Services

Most of our activities are open to everyone, some programs are for Braintree Residents only
Please note, you may sign up for ALL activities on or after January 2nd, after 9:30 AM



Greetings Everyone,

Happy New Year! Wishing 2024 brings you Peace, Good Health and Happiness. Hope everybody enjoyed their Holidays and your Christmas was merry and nice. Most of our months were quite jam packed with programs and all of them were quite well attended. Seeing everyone happy is heart warming and is what we strive for.

During the Holidays, Elder Affairs was beautifully decorated inside and out. Thanks to our crafty elf Joe. By now, most of you must know Joe, our Building Custodian. He is the busiest person in our building. Joe comes to us from the schools, where he had worked for 17 years. No job is too big for him and he says, he likes it here. As we begin a New Year, I would like to thank the members of our team, for striving to do the best during regular and adverse situations. Since we are all humans, things sometimes go wrong and does not turn out the way we expected it to be. But we can always say, that we gave it our best and we will wish for a better turnout when we we will persevere once again. **So, thank you, Frank, Eddie, Vinny, Brian, Michelle, Mary, Nancy, Debbie, Kim, Elsa and Janet and Joe. Thanks to our Board members, our numerous volunteers. Could not have done it without you.**

This New Year, we will start with a new Mayor. **Mayor Erin Joyce**, I have already met with her a couple of times and I do think she understands the significance and the mission of our Department. At this time I would also like to thank Mayor Kokoros for all his support over these four years. He was present almost at all our events and took the time to listen to all your concerns. **Thank you Mayor Kokoros, warm wishes for your next endeavor.**

During this winter season, please be careful and stay safe. Make sure your outside stairs and your walkway is free of leaves and snow and ice. If you use room heaters make sure not to leave them unattended. Happy 2024!

Sharmila

Alzheimer's Care Givers Support Group

How to Avoid and Deal with Caregiver Burnout

Dave Hood, CSA, CADDCT

Tuesday, January 30th at 4 PM

Estimated 43.5 million American adults were unpaid caregivers.

85% cared for a relative and 50% of these care for a parent.

40% of caretakers felt emotionally stressed.

20% caused financial problems.

20% felt physically strained.

Come and listen to what David has to say and understand that you are not alone in your journey

This program will be open to all members of the public

Please call 781-848-1963 to sign up.

Refreshments will be served.

Pizza and a Movie

Date: January 26

Pizza at 12:30

Movie to follow at 2:00

Cost: \$2:00 includes the Movie and a slice of Pizza

Please call to sign up-we need a headcount for pizza



Walking with Wanda

Where: 71 Cleveland Ave

Time: 10:30 AM

Every Monday

Weather Permitting

As the Winter Weather kicks in please dress warm and use your judgement on weather and safety.

Bridge Players

Elder Affairs is looking forward to reconvene the Bridge Players group. It will be nice to see people playing a nice game of Bridge. Please give Michelle a call at 781-848-1963 to start a group.



Shopping Shuttle Schedule

Reservations: please call 781-848-1963; 48 hours in advance.

Pick-up time between: 9:30 to 10:00 AM
Return time between: 11:30 AM to 12:00 PM

Tuesday , January 2 – Shaw's
Tuesday , January 9—Stop & Shop
Tuesday , January 16—Shaw's
Tuesday , January 23—Stop & Shop
Tuesday , January 30—Shaw's

Special Shopping Trip: – January 12
Walmart

Services and Activities

- **Outreach:**
Information & Referral
Advocacy
Friendly Visitor & Library Express
- **Transportation:** please call 48 hours in advance to reserve
Medical Van Rides
Senior Center Activity Rides
Shopping Shuttles
- **Recreation:**
Monthly Lunches
Social Activities
Special Events & Educational Seminars
Day Trips
Health and Fitness Classes
- **Support Groups:**
Low Vision Meetings
Alzheimer's Support Meetings
- **TRIAD:** senior safety
- **SHINE:** health insurance counseling; **please call for an appointment**
- **Ask the lawyer:** free consultations; **please call for an appointment**
- **Medical Equipment Loans:** wheelchairs, walkers, canes, shower seats and commodes; **please call ahead.**

Everyday we are full of surprises

Don't be shy! Come in and try out some of our daily activities and special events. Whether it is coffee and conversation or a Holiday Extravaganza we always try to add a fun yummy treat or a prize for winning a game for all to enjoy. Take a look at our calendar and come on down! Everyone is welcome!

Tax Information

The Braintree Elder Affairs is working with the AARP Foundation Tax-Aide to provide in-person tax assistance free of charge with a special focus on taxpayers who are over 50 or have low-to-moderate income. Tax-Aide volunteers are trained and IRS-certified every year. We can help prepare both federal and Massachusetts state tax returns.

Beginning January 22, 2024, we will accept calls for appointments. Please call (781) 848-1963 to make your appointment. Tax-Aide volunteers will be available on Tuesdays from February 13th, 2024 through April 2nd, 2024. Appointments are required; no walk-ins allowed. If you must cancel or reschedule your appointment, please do so at least 3 business days in advance so another taxpayer can be offered that time slot.

When you make your appointment, we will mail an intake booklet to you. Everyone **MUST** complete a new intake form even if you did one last year. This is an IRS requirement, and we cannot waive it. Our trained volunteers will help you if you have questions on how to fill out the intake forms.

We request that you arrive 15 minutes prior to your appointment. Please be aware that your appointment may take over 90 minutes and that you will need to remain on-site until your return is completed.

Please bring a photo ID and social security cards for everyone on the return. You will also need to bring a copy of last year's return, all 2023 tax documents (e.g. W2, 1099-R, interest and dividend forms, void check if you want direct deposit, other 1099s, etc.) If you are eligible for the Massachusetts Circuit Breaker, please bring a copy of all real estate taxes and water/sewer bills paid in 2023. The intake booklet will contain an information sheet that lists all the required forms so please review that carefully so that we have all the documents necessary to prepare your return.



Please remember Braintree does not have enough Volunteers this year. So your patience will be appreciated

OUTREACH



Holiday Program

We would like to thank everyone who donated gifts last month to provide some holiday cheer to our seniors. Your kindness and generosity is much appreciated.

Ice Tips

We have ice tips for canes. An ice tip will give your cane traction in the snow and ice. The tip attaches to the bottom of your cane, and when you need it you flip it down over the rubber tip. Please call us at 781-848-1963 if you need one.

Food Programs

Meals on Wheels - Call South Shore Elder Services at 781-848-3910.

Marge Crispin Food Pantry - Call Marge Crispin Center at 781-848-2124.

(SNAP) Food Stamp Applications - Call Braintree Elder Affairs Outreach Office at 781-848-1963.

Fuel Assistance

We have received Fuel Assistance applications from Quincy Community Action Programs, Inc. for the 2023-2024 fuel season. The Fuel Assistance Program runs from November 1, 2023 through April 30, 2024. You must be income eligible. Whether this is your first time applying or you are recertifying, the Outreach Staff can assist you with filling out the application, copying the necessary supporting documents, and mailing in the application. If you are recertifying, you will receive your application in the mail from QCAP. If you wish to apply please contact the Outreach Office by calling 781-848-1963, and we will give you the list of the supporting documents you will need to begin the application process. Once you have gathered these documents please call us back to schedule an appointment. As a requirement of QCAP, we cannot give out the applications. You must come into the office to fill it out. You can also inquire about fuel assistance by calling QCAP. Their phone number is 617-479-8181 ext. 301.

Come join us for BINGO @ 1 pm every 1st and 3rd Wednesday of every month.
Try your luck and enjoy free pastries and coffee with good company.



TUESDAY

WEDNESDAY

1
Shopping Shuttle-See Page 3
10:00 am- Balance with Bob Cobbett
10:00-12:00 Rummikub
10:00 No Low Vision
12:30—Cribbage
1-3- Game Time

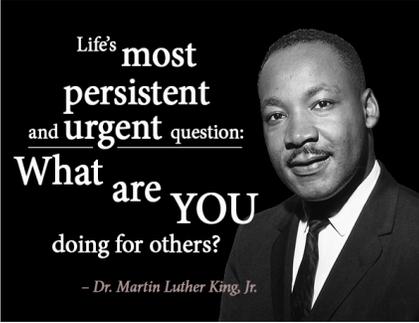
2
9:30am- Cardio and flexibility with Mary
11:00- Asian Outreach
10:30 AM- Canasta
12:00 Pool Players-Men and Women
1:00-Bingo

8
9:30am- Cardio and flexibility with Mary
10:30 -Walking with Wanda
10:30-Walk in Flu Clinic
11:00-Men's Coffee Hour
12:00 Pool Players

9
Shopping Shuttle-See Page 3
10:00 am- Balance with Bob Cobbett
10:00-12:00 Rummikub
10:00 Low Vision
12:30—Cribbage
1-3- Game Time

10
9:30am- Cardio and flexibility with Mary
11:00- Asian Outreach
10:30 AM- Canasta
12:00 Pool Players-Men and Women

15
CLOSED-



16
Shopping Shuttle-See page 3
10:00 am- Balance with Bob Cobbett
10:00-12 Rummikub
12:30 Cribbage
1-3- Game Time

17
9:30am- Cardio and flexibility with Mary
10:30-Canasta
11:00 AM-No Asian Outreach
12:00 Pool Players Men & Women
1:00 Hearing Testing by appointment only
1:00-Bingo

22
9:30am- Cardio and flexibility with Mary
10:30 -Walking with Wanda
11:00-Men's Coffee Hour
11:00 Blood Pressure Clinic
12:00 Pool Players

23
Shopping Shuttle-See Page 3
10:00 Balance with Bob Cobbett
10:00-12 Rummikub
12:30 Cribbage
12:30 Ask a Lawyer
1-3-Game Time

24
9:30 am-Cardio and Flex with Mary
11:00- Asian Outreach
10:30 AM- Canasta
12:00 Pool Players Men and Women
12:00 Lunch and Games

29
9:30am- Cardio and flexibility with Mary
10am-Elder Affairs programs on BCAM
10:30 Walking with Wanda
11:00-Men's Coffee Hour
12:00 Pool Players

30
Shopping Shuttle-See Page 3
10:00 am- Balance with Bob Cobbett
10:00-12 Rummikub
12:30 Cribbage

31
9:30am- Cardio and flexibility with Mary
10:30-Canasta
11:00 AM- Asian Outreach
12:00 Pool Players Men & Women

THURSDAY

FRIDAY

3
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
 10AM-Mahjong
 11:30-Quilting
 1:00 PM Knitting

4
 9:00am- Tai Chi with Peggy
 10am-Elder Affairs programs on BCAM
10:10 AM-Muscles, Moves & Belly Laughs
 11:00 am Chair Yoga with Sue
 (note time change)
11:30am-Coffee and Conversations
 12:00 Pool Players
 1:00-Fun Movie Friday

11
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
 10AM-Mahjong
 10 AM Photography
 11:30-Quilting
 1:00 PM Knitting

12-Special Shopping Trip
 9:00am- Tai Chi with Peggy
 10am-Elder Affairs programs on BCAM
10:10 AM-Muscles, Moves & Belly Laughs
 11:00 am Chair Yoga with Sue
 (note time change)
11:30am-Coffee and Conversations
 12:00 Pool Players
 1:00-Fun Movie Friday

18
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
 10AM-Mahjong
 11:30-Quilting
 1:00 PM Knitting

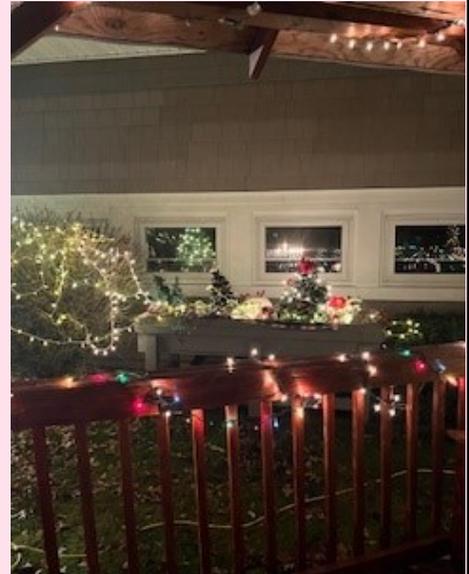
19
 9:00am- Tai Chi with Peggy
 10:30 Book Club-Book of your choice
10:10 AM-Muscles, Moves & Belly Laughs
 10am-Elder Affairs programs on BCAM
11:00am-Coffee and Conversations
 11:00- Chair Yoga with Sue
 12:00 Pool Players
 1.00 Ask the Lawyer, call for appointment
1:00-IT Class- Call to sign up
 1:00- Fun Movie Friday
 2.00 Board Meeting

25
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
 10AM-Mahjong
 10 AM Photography
 11:30-Quilting
 1:00 PM Knitting

26 Spa Day by appt. only
 9:00am- Tai Chi with Peggy
 10am-Elder Affairs programs on BCAM
10:10 AM-Muscles, Moves & Belly Laughs
 11:00 am Chair Yoga with Sue
 (note time change)
11:30am-Coffee and Conversations
 12:00 Pool Players
 1:00-Fun Movie Friday-Pizza and a Movie

The Spirit of Giving

Thanks to our Knitters group for their donations of hundreds of items to the Veterans. Home of the unborn, Necessity Coop, Boston Trauma Center etc. Kudos to our own Outreach Office for collecting hundreds of items with the help of your generosity.



Calling all Game Players

Looking for new Rummikub, Canasta and Bridge Players
Rummiukub Plays every Tuesday morning
Bridge Players Every Tuesday afternoon if there are enough players
Canasta plays every Wednesday Morning.
See our calendar.

January Luncheon

January 24th
12:00 PM

Come warm up with a nice hot lunch
and good company!
\$5 per person

Menu TBD
Games to follow the lunch



From the Chairman

It's almost Christmas time and we have seen very little snow. The weather has been crazy, with warm and sunny days and cold and windy days. Especially today, when we had a fierce rain storm with lots of wind.

The sports scene in Boston doesn't look much better with the Patriots 3 wins and 11 losses and it looks like they are not going to improve much, the rest of the season. The Red Sox cannot make a decent trade and have a hard time signing any good players. Looks like next year could be another long season. On the plus side the Celtics and Bruins are playing great and both are very exciting to watch.

December has been very busy at the Center with all the daily activities and other events. The Stamp Dedication with George Kippenhan from the US Postal service was very interesting and a lot of fun. The Trivia Day with the Life Community Church was wonderful and everyone enjoyed themselves.

Today we had the Holiday party and the food catered by Tony Columbus was very good. Entertainment was wonderful and hopefully put everyone in the holiday mood.

I need to get myself to the stores to shop before Christmas Eve. Hope you are all done with all your shopping and can enjoy the holidays. See you next year. Merry Christmas and Happy New Year

Hank

Let's name our Newsletter

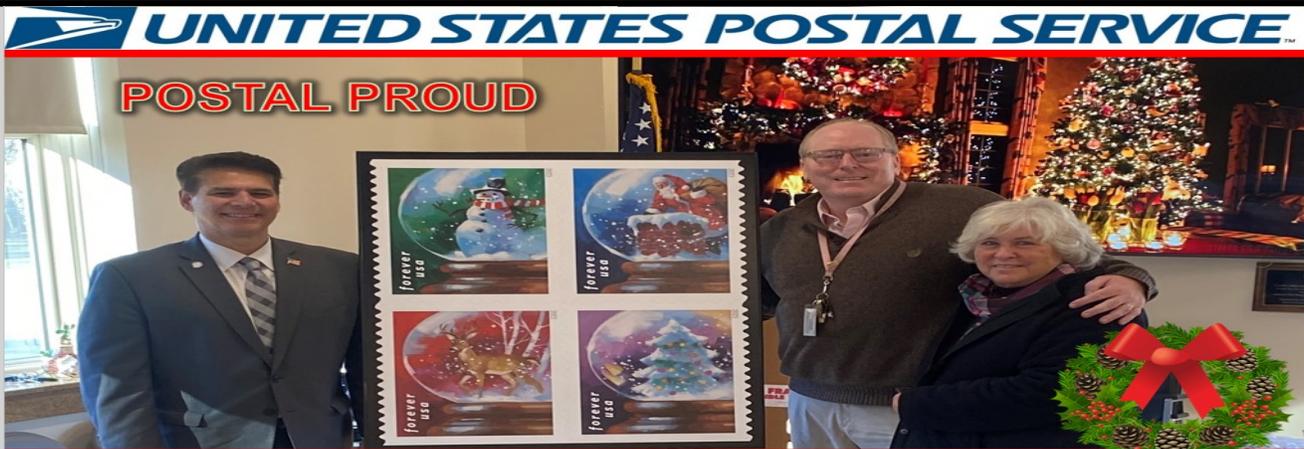
Every month we see how most of you anxiously wait for the printed copy of our newsletter to arrive. Once it comes, we love watching you browse through the pages. We work tenaciously to bring you the newsletter. We write, we post pictures, we go through the colors, we edit, so the fruit of our work is when you tell us you like our newsletters.

Now let us all have fun with it. Let us give our newsletter a name. For that we are looking for suggestions. So, after you think of something good, write it on a piece of paper and drop it in our suggestion box at the front entrance. We will give you a couple of months. After that, the staff and our Board members will look through all the entries, sort through all your thoughts and come up with a name. So put on your creative hats and wait for the fun.

December Fun!



Christmas Stamp Dedication at Elder Affairs



Braintree Elder Affairs PCC Stamp Dedication!
(l-r) Charles Kokoros, Braintree Mayor, George Kippenhan, Customer Service Support Specialist and his Mom, Carol Kippenhan, retired USPS Employee who enjoys the daily activities the Senior Center offers.

Massachusetts/Rhode Island District

Braintree Elder Affairs offers a variety of Exercise Classes. You are always welcome to check them out and decide what would be appropriate for you.

Monday and Wednesday: Cardio and Flexibility with Mary
Tuesday and Thursday: ABLE bodies, Balance classes with Bob
Friday: Tai Chi with Peggy
Friday: Muscle Moves and Belly Laughs with Sue
Friday: Chair Yoga with Sue



Each Class is \$5.00
Transactions directly with Instructors



Information from the Town Clerk's Office

UPCOMING ELECTION
MARCH 5, 2024
Presidential Primary Election
Early Voting In-Person
Braintree Town Hall
(One JFK Memorial Drive)

SATUR- DAY FEB 24	SUN- DAY FEB 25	MON- DAY FEB 26	TUES- DAY FEB 27	WEDNE- SDAY FEB 28	THURS- DAY FEB 29	FRIDAY MAR 1
8:30am to 1:00pm	8:30am to 1:00pm	8:30am to 4:30pm	8:30am to 7:00pm	8:30am to 4:30pm	8:30am to 4:30pm	8:30am to 1:00pm

All Braintree voters should receive a postcard Early Vote by Mail application for all 2024 elections by the end of January 2024.

Braintree Department of Elder Affairs
71 Cleveland Avenue
Braintree, MA 02184

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.

Braintree Dept. of Elder Affairs ~ 2023 Board Members

Henry (Hank) Joyce, Chairman of the Board

Wayne Gilbert, Vice Chairman

Lucille Barton

Lee Dingee

Ann Moore, Secretary

Jane Fogg

June Newman

Cathy Munroe, Recording Secretary

Tim Burke

Connie Mattina

[I Phone-I Pad Beginners Class](#)

With KevTech

Date: January 19th

Time: 1:00 PM

Where: 71 Cleveland Ave

The first class can be advertised as **Back to Basics with iPhone & iPad**. Here's a description that can be used for a newsletter: "For beginners. This class covers the basics of the iPhone and iPad, including the hardware, using a touchscreen, and calling and texting." Focus of this class will be Taking and Editing Photo's.