



Town of Braintree

May, 2024

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

“Live, Learn, Laugh and Be Happy”

Mayor Erin V. 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 May 1st, after 9:30 AM

Greetings Everyone,

Hope everyone is doing well and taking care of themselves. Here's wishing that when this newsletter reaches your hand, the spring vs winter dilemma will be over and you be enjoying the flowers.

Many of you know that I was away for a few weeks in India. When I go, I stay at my parent's house. It was built after my dad retired. I did not grow up in this house, but I visited it often and have many memories around it. The house belongs to me now and it gives me immense joy when I stay in that house and feel their love and warmth. When my parents were getting older and frailer my trips would be focused on just taking care of their needs, my husband played an important role too. We went separately, making sure my parents could get more time with each of us. Now, things have changed. I feel, they gave us permission to go out and enjoy. I have a nice network of cousins and friends now, who eagerly wait to see me and make plans to travel together. Many of you had expressed your wish to hear about my travels. So, in a nutshell just sharing a few of the highlights during my stay.

Once again this year, we travelled up to the Himalayas and was mesmerized by the natural beauty that surrounded us. We crossed little and the big rivers, the waterfalls danced around us, the poinsettias we see at Christmas, stood before us as tall trees while the majestic mountains stood guard. The third tallest peak is Mt. Kanchenjunga and there are various other snow-covered peaks in that range. That beautiful range changes colors, during different parts of the day and on a full moon night, the beauty is surreal. Often, this great work of art is covered with a veil of fog and clouds, thus blocking our vision. Anyway, we rented a hotel, which claimed that the range can be seen from the hotel bed. The first day we sat out in the cold since 4:30 AM to have a glimpse of the range, nothing all day. Suddenly, on the second day, following my cousin's voice, I ran outside and saw some hazy shiny grey mountains in the distance. Within a few minutes, the entire range turned, golden, deep red, amber and then sparkled like a silver plate. We were humbled and felt like the luckiest people on earth. A few weeks later, we travelled to spend a day in a beautiful high-rise resort, situated on the banks of the river Ganges (the longest river in India.) It was a spectacular view watching this large river, coming from a distance and making its bends. Originating in the Himalayas, this river danced and hopped through the mighty mountains like a little girl, yet, here she is calm and mature, ready to meet her destiny, the ocean. As the sun started to set on the banks of the river, the world before us suddenly turned into a soft hue of golden orange. It was magical, everything under the sky was basking in that glorious light. It seemed that the world had no imperfections. My last and the most luminous one was going back to my middle and high school with a couple of my classmates. The school stood tall, looking bright and beautiful and there we reunited with our dear Sister Elizabeth. She was our, teacher, mentor and our advisor and now our friend. Most of our classmates will agree she was an essential part of our growing up. I have seen her in many of my visits, but to see her in our old premises, it was just outstanding. The security opened up the building for us and we ran up the stairs and into our classrooms. That evening we all departed with a smile. Thank you everyone for allowing me to share. **Sharmila**

Memories that linger



Smiles are infectious, spread the joy!



Pizza and a Movie

Date: May 31
Time: 12:30 Pizza Movie to follow at 1 PM



Please call to sign up for our Pizza headcount

Walking with Wanda

Where: 71 Cleveland Ave
Time: 10:30 AM
Every Monday
Weather Permitting

As the weather begins to warm up we encourage you to join our walking group!

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 , May 7 – Shaw's
Tuesday , May 14—Stop & Shop
Tuesday , May 21—Shaw's
Tuesday , May 28—Stop & Shop

Special Shopping Trip:— May 10—
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:**
Social Activities
Special Events & Educational Seminars
Day Trips
Health and Fitness Classes
- **Support Groups:**
Low Vision Meetings
Alzheimer's Support Meetings
- **SHINE:** health insurance counseling; **please call for an appointment**
- **Ask the lawyer:** free consultations; 2 times a month **please call for an appointment**
- **Medical Equipment Loans:**
wheelchairs, walkers, canes, shower seats and commodes; **please call ahead.**

Author: Stephen Kurkjian

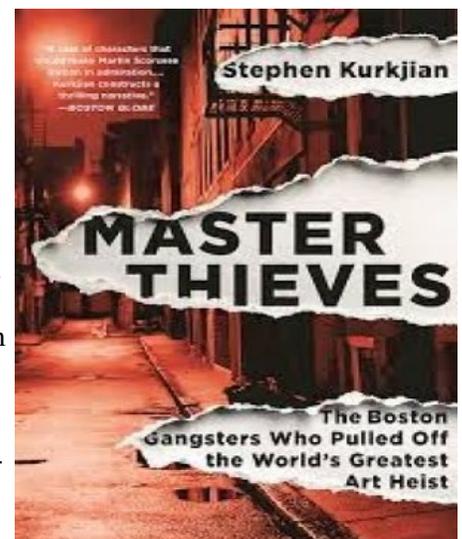
Date: May 23

Time: 11:30AM

Where: 71 Cleveland Ave

Cost: \$2 per person please call to sign up and pay on day of the event.

It was the largest art theft in world history, 13 pieces including masterpieces by Rembrandt, Vermeer and Degas, in all valued at more than \$500 million dollars. All stolen from Boston's Isabella Stewart Gardner Museum in the dead of night of March 18, 1990 by two men dressed in Boston Police uniforms who were able to trick their way into the museum just a few hours after Boston had ended its St. Patrick Day's celebration. Now, more than 34 years later, the case remains unsolved – none of the art pieces has been recovered, and no one ever arrested, which seems ridiculous as the museum has a standing reward offer of \$10 million for their return and the federal authorities have pledged not to prosecute anyone who returns them safely. Stephen Kurkjian, an acclaimed investigative reporter with The Boston Globe has written the most authoritative account of the case – MASTER THIEVES: The Boston Gangsters Who Pulled Off the World's Greatest Art Heist - and will be here to speak about the case, the majestic story behind the museum and its founder, and why the mystery continues to haunt Boston and the art world.



Boston's Own True Detective Tour



Save the Date

**June 18th
10:00 AM**

Braintree Residents Only

**Limit: 30 people
Cost \$40 Per person**



**Enjoy a hearty Breakfast at Braintree Elder Affairs before embarking on an adventure with Retired Boston Detective Joe Leeman.
Please come in to sign up on or after May 3rd.**

May Movies

Queen Bees



The Last Laugh



Compass on the Bay Presents...

**Just when you thought the Irish
couldn't party anymore, they have:
Compass on the Bay host**

Grab Your Passport Event to Ireland.

**Enjoy a nice Irish lunch with entertain-
ment The entertainer will be a guitarist
singing Irish songs**

Date: May 10

Time: 12 PM

Maximum 25 people

Call 781-848-1963 to sign up



OUTREACH

May – Celiac Disease Awareness Month

(written by Jasmin Dieb)

Since May is Celiac Disease Awareness Month it's a great time to tackle misinformation that surrounds the gluten-free diet and celiac disease. It's important to know that some people suffer from celiac disease, and some have a gluten intolerance.

Gluten is a general name for proteins found in most wheat products such as wheat, rye, and barley. Celiac disease, like most autoimmune diseases, are more common in women. Celiac disease has over 250+ symptoms and can be triggered at any age. The only way to diagnose celiac disease is by a blood test and endoscopy. If you feel symptoms such as bloating, chronic diarrhea, constipation, gas, lactose intolerance, nausea, vomiting, or abdominal pain when you eat any gluten, it's important that you get in touch with your primary care provider. They will be able to refer you to a gastroenterologist that can run proper tests and treatment.

Celiac disease is an autoimmune disorder, whereas gluten intolerance is a sensitivity. Unlike celiac disease, gluten intolerance does not cause long-term harm to someone's body. This is known as non-celiac gluten sensitivity. Some people with this non-celiac gluten sensitivity (NCGS) can suffer from similar celiac disease symptoms. But research says people with NCGS suffer more from cognitive disabilities such as depression, fatigue, neuropathy, anxiety, and brain fog.

The only treatment for celiac disease is a gluten-free diet. The gluten-free diet is not a fun fad diet, but the only medical treatment for celiac disease. So, what are some ways you can take care of your health while having celiac?

Here are tips from Johns Hopkins Medicine:

Avoid all products with barley, rye, triticale (cross between wheat and rye), farina, graham flour, spelt, einkorn, wheat bran, wheat germ, cracked wheat, hydrolyzed wheat protein, semolina, and any other type of flour that is not labeled "gluten-free"

Be wary of oat, corn, and rice products – they do not contain gluten, but they can be contaminated with wheat gluten if they're produced in factories that also make wheat products. Look for warning labels on packaging

Substitute with potatoes, rice, soy, quinoa, or buckwheat

Use corn flour and starches as thickeners to mimic thickness that gluten provides in foods

Understand hidden terms for gluten – emulsifiers, dextrin, mono- and di-glycerides, seasonings, and caramel colors all can contain gluten.

Separate kitchen tools (utensils, cutting boards) that are used to prepare gluten foods from gluten free kitchen tools to avoid cross-contamination

When eating out, ensure you ask for a gluten-free menu and/or let the restaurant know about your condition

Stay in touch with your PCP or pharmacist to ask if certain medications/drug store product contain gluten.

Canasta

Come join us for Canasta every Wednesday.



Book Club Breakfast

Date: May 17th
Time: 10:30 AM

Join us for a light breakfast and try out our book club.
Please call 781-848-1963 to sign up for food headcount.

	TUESDAY	WEDNESDAY
		<p>1 9:30am– Cardio and flexibility with Mary 10:30 –Walking with Wanda 10:30– Canasta 11:00 Asian Outreach 11:00-Men’s 12:00 Pool Players 1:00 Bingo</p>
<p>6 9:30am– Cardio and flexibility with Mary 10:30 –Walking with Wanda 11:00-Men’s Coffee Hour 12:00 Pool Players 1:00 Knitting (note: additional day)</p>	<p>7 Shopping Shuttle-See Page 3 10:00 Balance with Bob Cobbett 10:00-12:00 Rummikub 10:00 Low Vision 12:30 Cribbage 1-3– Game Time</p>	<p>8 9:30am– Cardio and flexibility with Mary 11:00– Asian Outreach 10:30 AM– Canasta 12:00 Pool Players-Men and Women</p>
<p>13 9:30am– Cardio and flexibility with Mary 10am-Elder Affairs programs on BCAM 10:30 Walking with Wanda 10:30 Blood Pressure Screening 11:00-Men’s Coffee Hour 11:00 Mothers Day Tea Party 12:00 Pool Players</p>	<p>14 Shopping Shuttle-See page 3 10:00 am– Balance with Bob Cobbett 10:00-12 Rummikub 12:30 Cribbage 1-3– Game Time Geronimo, Cribbage and any new game groups welcome i.e. Bridge etc...) 5PM A Musical Evening with Howie Newman</p>	<p>15 9:30am Cardio and flexibility with Mary 10:30-Canasta 11:00 AM-Asian Outreach 12:00 Pool Players Men & Women 1:00 BINGO 1:00 Hearing Testing by appointment only</p>
<p>20 9:30am– Cardio and flexibility with Mary 10:30 –Walking with Wanda 11:00-Men’s Coffee Hour 12:00 Pool Players 1:00 Craft with Nancy and Ginny– Jewelry making earring and bracelet</p>	<p>21 Shopping Shuttle-See Page 3 10:00 Balance with Bob Cobbett 10:00-12 Rummikub 12:30 Cribbage 1-3-Game Time</p>	<p>22 9:30 Cardio and Flex with Mary 11:00– Asian Outreach 10:30 AM– Canasta 12:00 Pool Players Men and Women</p>
<p>27-CLOSED</p> 	<p>28 Ask a Lawyer-by appt. only Shopping Shuttle-See Page 3 10:00 am– Balance with Bob Cobbett 10 - Rummikub 12:30 Cribbage 1-3 Game Time 4:00 PM Alzheimer’s Support Group Meeting</p>	<p>29 9:30 Cardio and Flex with Mary 11:00– Asian Outreach 10:30 AM– Canasta 12:00 Pool Players Men and Women</p>
	8	

THURSDAY

FRIDAY

2
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
11:30-Quilting
1:00 PM Knitting

3
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-No Movie- Derby Party

9
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
10 AM Photography
11:30-Quilting
1:00 PM Knitting

10-Special Shopping Trip-Walmart
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
12:00-Tour of Ireland Hosted by Compass on the Bay
1:00-Fun Movie Friday-"Queen Bees"

16
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
11:30-Quilting
1:00 PM Knitting

17
Spa Day by appt. only
9:00am- Tai Chi with Peggy
10:30 -Book Club-"Echoes" by Danielle Steel
10:10 AM-Muscles, Moves & Belly Laughs
10am-Elder Affairs programs on BCAM
11:30am-Coffee and Conversations
11:00- Chair Yoga with Sue
12:00 Pool Players
1.00 Ask the Lawyer, by appt. only
1:30-IT Class- Call to sign up-No Movie
2.00 Board Meeting

23
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
10 AM Photography
11:30 Presentation by Stephen K. Please see detail in Newsletter
11:30-Quilting
1:00 PM Knitting

24
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 Conversation
12:00 Pool Players
1:00- Fun Movie Friday-Viewers Choice

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

31
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
12:30- Pizza and Movie to follow
- "The Last Laugh"

Day Trip!

Try your Luck Plainridge Casino

Date: June 27th

Depart 71 Cleveland Ave at 10 AM

Enjoy Plainridge until 2:30PM

***Bring Lunch or Buy Lunch at one of the many
restaurant/food court options...***



**Please come in to sign up and pay on May 3rd after 9:30 AM
\$30 per person**

- 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 Department of Elder Affairs at least 30 days prior by calling 781-848-1963 **Braintree Residents Only**

Save the Date

Thursday, June 20 at 12 noon

Volunteer Recognition Luncheon and Entertainment

By invitation only



Asian American Pacific Islander Month



Let us Celebrate

Date: Wednesday, May 22
Time: 12 Noon
Where: 71 Cleveland Avenue

Come join us for lunch with Asian food and enjoy the performances by the Braintree Asian Outreach Program

There is no cost to this program
Please call 781-848-1963 to signup



Alzheimer's Support Group

The Adult Foster/Family Care program is a MA Health funded program at the Arc of the South Shore, for older adults, disabled individuals unable to live alone in the community. A caregiver is financially reimbursed to provide daily assistance in order to keep the individual safely at home. If you are a caregiver please join us to find out the financial benefits you can receive.

May 28 at 4 PM

Presented by Arc of the South Shore

This presentation is open to anyone who is interested
Please call 781-848-1963 to sign up

Are you at Risk? Nutrition Check Up, Coming on June 5th

Wednesday, June 5 at 11 AM

Join Anne McDonald, Nutritionist at South Shore Elder Services

She will discuss keeping malnutrition at bay. Free screening and tips to avoid this serious issue
For this event only, you can sign up in May, by calling 781 848 1963

From the Chairman Hank Joyce

The last few days have been really enjoyable. I don't know if we could take any more grey and rainy days.

Congratulations to the UCONN Huskies (the men's basketball team) and the South Carolina Gamecocks (the women's basketball team) for winning the NCAA tournaments. Caitlin Clark had a great four years at Iowa State, but unfortunately lost in the final game. She did however get drafted as number one in the women's' professional basketball league.

Although the Red Sox had started playing good baseball, they have seemed to make too many errors in the latest games. Congratulations to the Boston Celtics and Boston Bruins for making the playoffs.

In May we have several activities. There will be a musical evening in partnership with Thayer Public Library on May 14th at 5 PM. Our Book Club will meet on May 17th at 10:30 AM. On May 20th we will have a jewelry making class with Ginny and Nancy at 1 PM. On May 22nd at noon, we will have an event called Let Us Celebrate for Asian-American Pacific Islander Month. There is a tentative date of May 23rd for a presentation of the Isabella Stewart Gardener Museum Heist. Be sure to check the bulletin for all events.

Stay safe and enjoy the spring weather.

HANK

Kentucky Derby Races

May 3rd, at 1 PM

Wear your finest hat and come in for some wonderful fun.

Please call 781-848-1963 to sign up.



Everyday at Braintree Elder Affairs is a fun day! Joins us for games, exercise, special events and activities or just enjoy our complimentary coffee and pastries which is served all day, every day! You are bound to enjoy the companionship.

Mothers Day Tea Party and Trivia

**Date: May 13
Time: 11 AM**

**For Mother's, Daughters, Grandmothers, Aunts and Sisters
In partnership with Life Community Church**



**Come enjoy Mother's Day
With a cup of tea and finger sandwiches and
sweets
Don't forget to sign up by calling
781-848-1963**



Volunteer Opportunities...

Van Drivers Needed

If you think you can help

Please call at us 781-848-1963



Braintree Beautification Day

**April 27, 2024
May 4, 2024 (Rain Date)**

Blue Bag Campaign

Residents are encouraged to go to the Mayor's Office and pick up a blue bag. If the resident wishes, they can pick up trash which seems to litter our grounds. Once the bag is filled, the resident can put it on the curbside and call the Mayor's Office for the bag to be picked up.

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 are directly with Instructors



Crafts with Ginny and Nancy May 20th Jewelry Making Class 1 PM

Are you a creative person, did you like making things with your own hands? Or did you always have the urge, but never had the chance to get to it? Well, this is your time. Come join Nancy and Ginny and have fun while creating something or just to watch. Please call us at 781-848-1963 to sign up.



A Musical Evening



Tuesday, May 14

Where: 71 Cleveland Avenue

Time: 5 PM (Evening Hour)

Elder Affairs in Partnership with Thayer Public Library

Presents: Howie Newman

A sing-along, toe tapping musical journey from the early 1900s through the 1970s. Howie also adds trivia, background stories about the songs and also adds a little G rated Humor

Please call 781-848-1963 to sign up

This program is supported in part by a grant from the Braintree Cultural council, a local agency which is supported by the Mass Cultural Council.

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 ~ 2024 Board Members
Henry (Hank) Joyce, Chairman of the Board

Wayne Gilbert, Vice Chairman
Ann Moore, Secretary
Cathy Munroe, Recording Secretary

Lucille Barton
June Newman
Tim Burke

Lee Dingee
Connie Mattina

I Phone-I Pad Beginners Class

With KevTech

Date: May 17, 2024

Time: 1:30 PM

Where: 71 Cleveland Ave

Back to Basics with iPhone & iPad. This class covers the basics of the iPhone and iPad, including the hardware, using a touchscreen, and calling and texting. Scam Education-Keeping your device secure

Please call to register- 781-848-1963

Class is \$2.00