



Town of Braintree

June, 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 June 3rd, after 9:30 AM

Greetings Everyone,

“Volunteers are paid in six figures...SMILES”
The breeze, the trees, the honey bees, all VOLUNTEERS

Thanks to the extraordinary men and women who spend many hours volunteering their time at the Department of Elder Affairs. Your benevolence makes people feel good and that is all that counts. The staff at Elder Affairs, sincerely strives to offer our older residents, information, services and programs which empower them to maintain a happy, healthy and an independent lifestyle. But nothing can be achieved without your help, our remarkable volunteers. From serving coffee in the kitchen, rearranging the China, helping with BINGO, to navigating through the maze of Health Insurance, Taxes and Legal issues to knitting shawls, hats and afghans for Veterans and new mothers in need, you do it all. With your help we fill in the gaps and connect the missing links. You make us complete. During the dark days when COVID 19 was raging and we were all a bit stunned by it's effects, your warmth and grace amazed us. In fact it astounds me that you are some of the busiest people I know, yet you have the time to extend your hand to help others. For that we are ever grateful.

We will soon start getting ready for your special day, our “Volunteer Recognition Luncheon.” This is our small way of celebrating YOU and your dedication to the Department of Elder Affairs. Our Volunteer and Activities Coordinator, Michelle Metro is already in her planning mode for this big day. Michelle has been with us for a few years now and has taken up a very active and a productive role at Elder Affairs. She is ever ready to take up a new job and tackle an old one. Few months ago we faced an acute staff shortage and in a busy Center like ours, it was incredibly hard. Everyone went above and beyond their responsibilities to help and Michelle was no exception. No job is ever too big for her. I love her creativity and the passion she brings to this job. She is hardly ever flustered by a sudden situation and as we all know those situations are not rare in this building.

Thank you Michelle, keep up your lovely spirit and never stop smiling*Sharmila*



Volunteer Recognition

June 20 at 12 noon

Where: 71 Cleveland Avenue

By invitation only

This is the special day when we celebrate our Volunteers and take the opportunity to say "Thank You!" for your energy and your time.

Please join us for lunch and great entertainment.

Please call 781-848-1963 to let us know that you are coming.



Elder Affairs Summer Hours

Please Note:

Elder Affairs will be observing it's Summer Hours

Beginning July 1st and ending August 30th, 2024

We will remain open on Tuesdays till 7 PM

We will close on Fridays at 1 PM



Pizza and a Movie

Date: June 28th

Time: 12:30 Pizza Movie to follow at 1 PM



Please call to sign up for our Pizza headcount

Come Play Bocce

**Thanks to our Highway Department.
The Bocce court looks fabulous!**

Every Monday

Time: 1:30 PM

Where: Behind the building

Please call 781-848-1963

To tell us you are coming!

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.



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.**

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, June 4 – Shaw's
Tuesday, June 11—Stop & Shop
Tuesday, June 18—Shaw's
Tuesday, June 25—Stop & Shop

Special Shopping Trip:— June 14— Ocean State Job Lot Weymouth

Therapy Gardens Presents...

A Series of Three Once a Month Classes

Date of First Class June 11th

Time: 1:00 PM

Topic: Herb Garden Starter Kit

Come learn about the properties of popular flowers and herbs, and then plant your own! Topics include growing small flowers and herbs indoors and outdoors, including different presentation ideas. We will also review what herbs are both edible and ornamental. Participants leave with a small seed starter pot and their choice from a variety of seeds.

Call 781 848 1963 to sign up

Please note – seed selections are limited by availability and season.

No Charge, Donations are appreciated.

Boston Detective Tour Day Trip-FULL



**June 18th
10:00 AM**

**Braintree Residents Only
Limit: 30 people
Cost \$40 Per person**



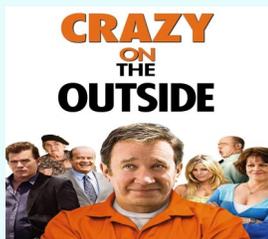
Enjoy a hearty Breakfast at Braintree Elder Affairs before embarking on an adventure with Retired Boston Detective Joe Leeman.

June Movies

**June 7th
“Arthur the King”**



**June 28th
“Crazy on the Outside”**



Senior Outreach Programs

Norfolk County Sheriff's Office will be presenting a series of programs for nine weeks.

Beginning July 1st they will be presenting at Braintree Elder Affairs. Every program is designed for your safety and well being. Please come and join their Coffee and Convos” Program Kickoff.

July 1: File of Life and Dementia Awareness Cards

July 8: The Yellow Dot Program

July 15: The “Are you Ok” Program

July 22: Situational Awareness Program

July 29: Food Safety

More programs will be coming in August.

For the July 1st program, you can sign up in June by calling 781-848-1963.

**All programs will be for 1 hour
11:30 AM to 12:30 PM**

OUTREACH

FRIENDLY VISITOR PROGRAM



Our Friendly Visitor Program is designed for residents of Braintree who are age 60 and older who live alone, and who are lonely, homebound or isolated. You will receive home visits and follow up telephone calls from our Friendly Visitor. The purpose of these visits is to alleviate loneliness and isolation by having social interaction with the Friendly Visitor. The Friendly Visitor Program is funded by a Title IIIB grant from South Shore Elder Services and by a grant from the Executive Office of Elder Affairs. Donations to the program are also greatly appreciated and are used solely to enrich this service. If you or anyone you know could benefit from this program, please call the Outreach Office at 781-848-1963

JUNE IS MEN'S HEALTH MONTH



**THIS IS A REMINDER OF THE IMPORTANCE
OF REGULAR VISITS TO YOUR DOCTOR!**

Alzheimer's Support Group

**Tuesday June 25th
Time: 4:00 PM**

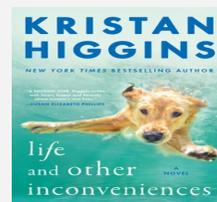
Please call 781-848-1963 if you plan to attend

Come and join us for an informal session as you discuss your daily trials and tribulations of caregiving. It is always comforting to know that you are not alone in your journey. You also can have a good laugh when you compare your caregiving notes with others who are going through the same stress and dilemma.

Book Club

**Date: June 21st
Time: 10:30 AM**

Please call 781-848-1963 to sign up



	TUESDAY	WEDNESDAY
<p>3 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) 1:30-Bocce</p>	<p>4 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>5 9:30am– Cardio and flexibility with Mary 10:30 –Walking with Wanda 10:30– Canasta 11:00 Asian Outreach 11:00 Are you at Risk? Nutrition Check Up 11:00-Men’s Coffee hour 12:00 Pool Players 1:00 Bingo</p>
<p>10 9:30am– Cardio and flexibility with Mary 10:30 –Walking with Wanda 11:00-Men’s Coffee Hour 12:00 Pool Players 1:30-Bocce</p>	<p>11 Shopping Shuttle-See Page 3 10:00 Balance with Bob Cobbett 10:00-12:00 Rummikub 12:30 Cribbage 1-3– Game Time 1PM-Therapy Gardens presentation please see write up in newsletter</p>	<p>12 9:30am– Cardio and flexibility with Mary 11:00– Asian Outreach 10:30 AM– Canasta 12:00 Pool Players-Men and Women 12:00 Father’s and Uncles Day Cookout</p>
<p>17 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 12:00 Pool Players 1:30 Bocce</p>	<p>18 10:00 Detective Tour Trip 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...)</p>	<p>19-Closed</p> 
<p>24 9:30am– Cardio and flexibility with Mary 10:30 –Walking with Wanda 11:00-Men’s Coffee Hour 12:00 Pool Players 1:00 Bocce 1:00 Craft with Nancy and Ginny– Make your own...”Bug Away” Essential Oil Floating Candles 1:30 Bocce</p>	<p>25 Ask a Lawyer-by appt. only Shopping Shuttle-See Page 3 10:00 am– Balance with Bob Cobett 10 - Rummikub 12:30 Cribbage 1-3 Game Time 4:00 PM Alzheimer’s Support Group Meeting</p>	<p>26 9:30 Cardio and Flex with Mary 11:00– Asian Outreach 10:30 AM– Canasta 12:00 Pool Players Men and Women</p>
<p>30- 9:30am– Cardio and flexibility with Mary 10:30 –Walking with Wanda 11:00-Men’s Coffee Hour 12:00 Pool Players 1:30 Bocce</p>		
	8	

THURSDAY

FRIDAY

6
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
11:30-Quilting
1:00 PM Knitting

7
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-"Arthur the King"

13
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
10 AM Photography
11:30-Quilting
1:00 PM Knitting

14
Special Shopping Trip-Ocean State
9:00am- Tai Chi with Peggy
10am-Elder Affairs programs on BCAM
10:10 AM-Muscles, Moves & Belly Laughs
11:00 am Chair Yoga
 (note time change)
11:30am-Coffee and Conversations
12:00 Pool Players
1:30-IT Class- Call to sign up-No Movie

20
Volunteer Recognition-Invite Only
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
11:30-Quilting
1:00 PM Knitting

21
9:00am- Tai Chi with Peggy
10:30 -Book Club-
10:10 AM-Muscles, Moves & Belly Laughs
10am-Elder Affairs programs on BCAM
11:00- Chair Yoga
11:30am-Coffee and Conversations
12:00 Pool Players
1.00 Ask the Lawyer, by appt. only
1:00- Fun Movie Friday-**Viewers Choice**
2.00 Board Meeting

27
Casino Trip
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
10 AM Photography
11:30-Quilting
1:00 PM Knitting

28
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
 (note time change)
11:30am-Coffee and Conversation
12:00 Pool Players
1:00- Fun Movie Friday-Pizza and a Movie "**Crazy on the Outside**"

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
restaurants/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**

End of Life Conversations

A difficult conversation does not need to always be difficult. It can be liberating, it can even be transformative. Cheryl Botieri, MS, is an End of Life educator. She is going to lead us through those discussions. We are looking forward to her guided conversations.

August 13th, 2:00 PM to 3:30 PM Book Club discussions. Elder Affairs will purchase 15 books "Lets Talk About Death Over Dinner" by Michael Hebb

August 27th, 5:30 PM to 7 PM, Dinner and conversations on End of Life.

Look out for more information in the coming months

This program will be funded through a Title IIIB grant from South Shore Elder Services

From The Chairman, Hank Joyce

The weather has been better over last few days so hopefully we will have a nice spring.

The Red Sox have started the season playing better than expected. Celtics are in the playoffs and are now in their second round. We can hope that they will continue to the third round. The Bruins have been disappointing in their second round of playoffs. They need to win the next two games to move on.

The grandparents' day was a lot of fun with the trivia questions. I particularly liked the way the questions were for all ages so that the grandchildren could participate too. The ice cream that was served with all the fixings was delicious.

The Men's Group meetings on Monday seems to be well attended. Along with conversations they can enjoy coffee and pastries. The pool players and the knitting groups continue to increase.

Please read through our wonderful newsletter to see all of the fun activities, meals and trips we are hosting.



Are you at Risk? Nutrition Check up



June 5, at 11 AM
Where: 71 Cleveland Avenue



Please come and join
Anne McDonald
Nutritionist from South Shore Elder Services

She will discuss how to keep malnutrition at bay. Free screening and tips will be provided to avoid this very serious issue. Please call 781-848-1963 to learn more.



One Day at a Time



Thank you for making our Grandparents Day special!



Thanks to the Various Departments in Town who help keep us going!

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!

From the Office of the District Attorney

What To Do If You Gave a Gift Card to a Scammer

If you bought a gift card and gave someone the numbers off the back of the card, that's a scam. Use your gift card and the receipt for these next steps:

- **Report the gift card scam to the gift card company right away.** No matter how long ago the scam happened, report it.
- **Ask for your money back.** Some companies are helping stop gift card scams and might give your money back. It's worth asking.

Tell the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud). Every report makes a difference.

How To Contact Gift Card Companies

Amazon

- Call 1 (888) 280-4331 and follow Amazon's instructions.
- Keep a copy of the Amazon gift card or your store receipt.
Visit [Amazon's website](https://www.amazon.com/giftcard-scams) to learn about scams.

Best Buy

- Call 1 (888) 237-8289 and follow Best Buy's instructions.
- Keep a copy of the Best Buy gift card or your store receipt.
- Keep a copy of the Best Buy gift card or your store receipt.

Target

- Call 1 (800) 544-2943 and follow Target's instructions.
- Keep a copy of the Target gift card or your store receipt.
Visit [Target's website](https://www.target.com/giftcard-scams) to learn about scams.

Vanilla

- Call 1 (833) 322-6760 and follow Vanilla's instructions.
Keep a copy of the Vanilla card or your store receipt.

Visa

- Call 1 (800) 847-2911 and follow Visa's instructions.
- Keep a copy of the Visa gift card or your store receipt.
Visit [Visa's website](https://www.visa.com/giftcard-scams) to learn about scams.

Walmart

- Call 1 (888) 537-5503 and follow Walmart's instructions.
- Keep a copy of the Walmart gift card or your store receipt.
Visit [Walmart's website](https://www.walmart.com/giftcard-scams) to learn about scams.

Don't see your card on this list? Look for the company's contact information on the card itself or research online to find out how to reach the card issuer. If you can't find the contact information or the card issuer doesn't want to talk to you, [report it to the FTC](https://www.ftc.gov/ReportFraud).

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
Friday: Chair Yoga

Each Class is \$5.00
Transactions are directly with Instructors



Crafts with Ginny and Nancy

June 24 @ 1PM



Make your Own...“Bug Away” Mosquito repellent Essential Oil Floating Candles

To sign up
Please call 781 848 1963

Cost per person \$2.00

Fathers and Uncles Day Cook Out

June 12 at 12 noon

Where: 71 Cleveland Avenue

We invite all Dads and Uncles to celebrate this day with a cook out and travel down to the small town of Mayberry, North Carolina. As we mark Father’s Day this month, we wanted to showcase two episodes of the Andy Griffith show. Let us travel back to Mayberry, to visit Andy, the great Pa, Aunt Bea, Opie, Barney and Thelma Lou. Chris Griffin, from the Recreation Office will be joining us with his Trivia questions. So come on down. You can bring one guest.

Please call 781-848-1963 to let us know that you are coming.



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: June 14, 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. New topic and focus to be taught at each class.

Please call to register– 781-848-1963

Class is \$2.00