



Town of Braintree

July, 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 July 1st, after 9:30 AM

Greetings Everyone,

Wishing all of you a very happy Independence Day! Enjoy a nice summer day with the cookouts, the sounds of children's laughter, the fireworks and let us always remember the value of freedom and cherish it!

It has been quite busy here at Elder Affairs and I do not see any signs of us slowing down. As I always say, we love to hear your chatter and see your smiling faces as you come through our doors to join in your favorite activities. This is your place, one place designated in the town for our older adults to come get a cup of coffee, join in the activities, relax, chat with friends, read a book or finish a puzzle. We are always happy to see you!

As I say this, I ponder how we keep everything going, and I just cannot say enough about our staff. We each have our job title and a description that comes with it, but the amount of programs and activities we have at our center, with limited staff and funding, it could not be accomplished without the dedication of our staff. Everyone is ready to help with almost anything that needs to be done for a program to run smoothly. No one stops at only completing the work they were hired for. At a moments notice, phones need to be answered, lunch needs to be served, rooms needs to be set up quickly for the next program, coffee has to be made and the list goes on. Thanks to the Volunteers who help us, but sometimes it is not enough, so staff frequently chips in to make sure our programs and activities go on successfully. Of course, official business still has to be done and often the workload becomes a bit heavy, but the challenge is accepted with a smile. Thanks to Frank, Joe, Mary and Michelle and thanks to our part timers Elsa, Nancy, Debbie, Kim and Diane for your help in the time of need.

During any events or activities, if the program does not run as desired, please know, that sometimes things just do not fall in place, it is not because we did not try. On times like these, we would for ask your patience and Understanding. So, together, we can make it a cheery and an enjoyable place. Wishing all of you a happy July.



Sharmila



Elder Affairs Summer Hours

**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

Light dinner served between 3 and 6 PM.

You must call at least a week in advance to sign up for the meal.

Meal cost \$5 per person



How to Avoid Those Annoying Mosquitoes

When: Monday July 15

Time: 11 AM

Presenter: Kaitlyn O'Donnell, Entomologist

Tis the season, the mosquitos are buzzing and looking for something delicious to eat. Please join Kaitlyn O'Donnell, she is an Entomologist, at the Norfolk County Mosquito Control District. This a Government Agency tasked with managing mosquitos and assure the health and wellbeing of the residents of Norfolk County, in a safe and effective way. She will have an interesting discussion on the biology of mosquitos, how to prevent getting bitten, avoid them breeding in your home and how the District operates.

Please call 781-848-1963 to sign up

Pizza and a Movie

Date: July, 31

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



Please call to sign up for our Pizza headcount

Craft with Nancy and Ginny

**Come enjoy with the group and have
fun creating art with your own hands.**

Cost: \$2:00



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, July 2 – Shaw's

Tuesday, July 9—Stop & Shop

Tuesday, July 16—Shaw's

Tuesday, July 23—Stop & Shop

Tuesday, July 30—Shaw's

Special Shopping Trip:— July 12 Grossman Drive

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.**

Therapy Gardens Presents...

A Series of Three Once a Month Classes

Date of Second Class July 16

Time: 1:00 PM

Topic:

How to Follow the Mediterranean Diet

Did you know that the Mediterranean Diet helps prevent cancer, heart disease, and diabetes? It's the one diet that is definitively proven to work and has become the bedrock of healthy eating. Not only that, but the food is delicious! If this sounds good, then come learn how to put it into practice. Topics covered include how to follow the Mediterranean Diet, healthy eating, and some fantastic recipes. Great for people looking to follow a healthy and flavorful diet.

Call 781 848 1963 to sign up

Free Exercise Classes in July

Exercise as we all know is good for our mind body and soul. According to experts, exercise can also help in maintaining a healthy brain. In our attempt to educate and making the community conscious of Alzheimer's Disease, Braintree Elder Affairs was fortunate to be awarded a grant for Alzheimer's Education and Awareness. With the help of the funding we are offering free exercise classes. Please come and take advantage of learning one of the ways to maintain a healthy brain.

Cardio and Flexibility with Mary, July 10 AM at 9:30 AM
Tai Chi with Peggy, July 12 at 9:00 AM
Muscle Moves and Belly Laughs with Sue, July 19, at 10:10 AM
Chair Yoga with Sue, July 19, at 11 AM
Balance Class with Bob, July 25 at 10 AM

This program was made possible through a Title IIIB grant from South Shore Elder Services

Financial Fraud

July 10 at 10:30 AM

Presented by
South Shore Bank
Joanne C Tully, Community Relations
Ryan McKinnon, Fraud Manager

Unfortunately, financial fraud is on the rise, sometimes with disastrous unforeseen results. Using robocalls text messages, emails and even letters posted through regular mail, fraudsters are always one step ahead, coming up with creative ways to scam you out of your money or steal your identity.

The newest financial fraud is "check washing," which everyone who is still writing paper checks needs to be aware of.

The program reviews several types of common scams occurring in our area, including "check washing" and steps you can take to prevent and detect them. You will also learn what to do if you think you have been a victim of fraud and how to protect your personal information going forward.

Please call 781-848-1963 to sign up

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**

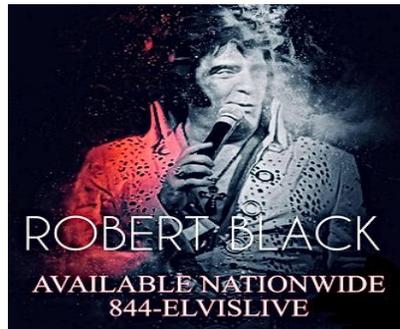
The King is Back!!!

August 14

12:00 Lunch at Noon

Followed by Robert Black performs his Tribute to Elvis

Cost: \$10.00 per person



To sign up please call 781-848-1963 on or after August 1st

Here is just a couple reviews...

“HE IS ONE OF THE BEST ELVIS IMPERSONATOR'S I HAVE EVER SEEN. ROBERT IS VERY PLEASANT AND DOES ANY REQUEST YOU HAVE. “

“Amazing performer and super great guy!! Robert carried out the plan to surprise my wife to perfection. His performance was over the top amazing. He has a great voice, he's engaging and fun. He got the whole crowd up and dancing immediately. I can't recommend him enough!!”

Alzheimer's Support Group

We will not meet in July

Please take a look at the Book Club Discussion on August 13 and the Community Dinner on August 27 on End of Life conversations. It will be quite helpful. The discussions will be guided by Cheryl Botieri, MS an End of Life educator.

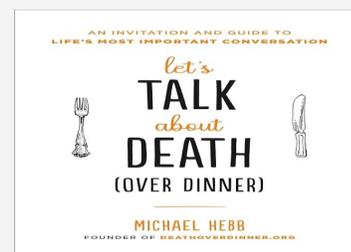
Please join us by calling 781-848-1963

Book Club

“Let's TALK about DEATH (OVER DINNER)”

Michael Hebb

Founder of DEATHOVDINNER.ORG



	TUESDAY	WEDNESDAY
<p>1 9:30am– Cardio and flexibility with Mary 10:30 –Walking with Wanda 11:00-Men’s Coffee Hour 11:30– Sheriff’s Program 12:00 Pool Players 1:00 Knitting (note: additional day) 2:00-Bocce</p>	<p>2 Shopping Shuttle-See Page 3 10:00 Balance with Bob Cobbett 10:00-12:00 Rummikub 10:00 No Low Vision 12:30 Cribbage 1-3– Game Time Summer Hours 3-6 Dinner with Friends and Games Menu-Turkey Gobbler Sandwich</p>	<p>3 9:30am– Cardio and flexibility with Mary 10:30– Canasta 11:00 Asian Outreach 12:00 Pool Players 1:00 Bingo</p>
<p>8 9:30am– Cardio and flexibility with Mary 10:30 –Walking with Wanda 11:00-Men’s Coffee Hour 11:30 Sheriff’s Program 12:00 Pool Players 2:00-Bocce</p>	<p>9 Shopping Shuttle-See Page 3 10:00 Balance with Bob Cobbett 10:00-12:00 Rummikub 12:30 Cribbage 1-3– Game Time Summer Hours 3-6 Dinner with Friends and Games Menu;Sausage Peppers and Onions</p>	<p>10 9:30am– Cardio and flexibility with Mary 11:00– Asian Outreach 10:30 AM– Canasta 10:30 AM Financial Fraud Presentation 12:00 Pool Players-Men and Women</p>
<p>15 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 Avoiding the mosquitos 11:30 Sheriffs Program 12:00 Pool Players 2:00 Bocce</p>	<p>16 Shopping Shuttle-See page 3 10:00 am Balance with Bob Cobbett 10:00-12 Rummikub 12:30 Cribbage 1:00 Therapy Garden 1-3– Game Time Geronimo, Cribbage and any new game groups welcome i.e. Bridge etc. Summer Hours 3-6 Dinner and Games Menu: Chicken Kabobs</p>	<p>17- 9:30 Cardio and Flex with Mary 11:00– Asian Outreach 10:30 AM– Canasta 12:00 Pool Players Men and Women 1:00-Bingo</p>
<p>22 9:30am– Cardio and flexibility with Mary 10:30 –Walking with Wanda 11:00-Men’s Coffee Hour 11:30 Sheriffs Program 12:00 Pool Players 1:00 Craft with Nancy and Ginny 2:00 Bocce</p>	<p>23 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...) Summer Hours 3-6 Dinner and Games Pizza Party</p>	<p>24 9:30 Cardio and Flex with Mary 11:00– Asian Outreach 10:30 AM– Canasta 12:00 Pool Players Men and Women</p>
<p>29 9:30am– Cardio and flexibility with Mary 10:30 –Walking with Wanda 11:00-Men’s Coffee Hour 11:30 Sheriffs Program 12:00 Pool Players 2:00 Bocce</p>	<p>30 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 Summer Hours– 3-6 Dinner TBD</p>	<p>31 9:30 Cardio and Flex with Mary 11:00– Asian Outreach 10:30 AM– Canasta 12:00 Pool Players Men and Women 12.00 Pizza and Movie</p>
	8	

THURSDAY

FRIDAY

4-Closed



5

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
Summer hours close at 1 PM

11
 10:00 Balance & Conditioning for the Highly Motivated (With Bob)
 10AM-Mahjong
 10 AM Photography
 11:30 **Laugh out loud**
 11:30-Quilting
 1:00 PM Knitting
1:00Ice Cream Social With Grove Manor

12
 Special Shopping Trip– Grossman Drive
 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
Summer Hours Close at 1 PM

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

19
 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
Summer Hours close at 1 PM

25
 10:00 Balance & Conditioning for the Highly Motivated (With Bob)
 10AM-Mahjong
 10 AM Photography
 11:30 **Laugh out loud**
 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
 (note time change)
 11:30am-Coffee and Conversation
 12:00 Pool Players
Summer Hours Close at 1 PM

Day Trip Fun!

True Crime Detective Tour with Host Detective Leeman



Let us go and investigate



It was thrilling

- 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**

Community Dinner

Tuesday, August 27

5:30 PM to 7:30 PM

Facilitated By Cheryl Botieri, MS

End of life Educator, Family Support Specialist and End of Life Doula

Suggested donation: \$10.00 per person

Death is a part of life and an end of life conversation does not always need to be difficult. It can be liberating, it can even be transformative. Cheryl will guide us through our dinner conversations over a four course meal. It will be based on the book “Let’s Talk About Death Over Dinner.” It is not necessary to read the book to participate, but it will be helpful.

We specially invite our Care Givers group to join us for an evening of conversation, that “transforms seemingly difficult conversation into one of deep engagement, insight and empowerment.....Michael Hebb

Please call 781-848-1963 to register. Participation is limited

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

From The Chairman, Hank Joyce

The weather has been pleasant lately, except for one big storm last week. We are headed into a heat wave in a few days so I hope you all are able to stay cool.

The Red Sox are playing a little better than we expected with a record over 500. Let's hope that they continue to play good baseball and get into the playoffs. The Boston Celtics have a big game tonight after a devastating loss in Texas. It was an emotional letdown. Tonight is game #5 in their home town, and all the fans will be happy to have another championship.

The Senior Center is a nice place to be during the summer where it is cool and there are lots of activities to enjoy. The Bocce game is back on Monday afternoons at 1:30 PM. Attendance seems to be increasing. Every Tuesday games and food will be enjoyed from 3:00 PM to 6:00 PM. Beginning July 1st Norfolk County Sherriff's Office will be presenting a series of programs for nine weeks regarding your safety and well-being. July 1 will be File of Life and Dementia Awareness, July 8th will be The Yellow Dot Program, July 15th will be the "Are you OK?" program, July 22nd will be Situational Awareness Program and July 29 will talk about Food Safety. All of these will be for one hour from 11:30 AM 12:30 PM. Please sign up by calling 781-848-1963.

We all know that exercise is good for your mind, body and soul. We have been awarded a grant for Alzheimer's Education and Awareness. We are able to offer free exercise classes through this funding. Classes include Cardio and Flexibility with Mary on July 10th at 9:30 AM, Balance Class with Bob on July 25th at 10 AM, Muscle Moves and Belly Laughs with Sue on July 19 at 10 AM. The second class of Therapy Gardens will be held on July 16th at 1:00 PM. The topic will be How to Follow the Mediterranean Diet with vital information regarding preventing cancer, heart disease and diabetes. We hope to see you more during the summer time. The staff is working hard to provide you with various programs to enjoy. Stay cool, enjoy the summer, and be safe.

HANK

End of Life Conversations, Book Club

"Let's Talk About Death Over Dinner", by Michael Hebb

"Given the right framing a "difficult" conversation does not need to be difficult. It can be liberating. It can be transformative." Michael Hebb

August 13, 2.00 PM to 3:30 PM

A Special Book Club

Discussion of the book will be guided by Cheryl Botieri, MS

Cheryl is an End of Life Educator, Family Support Specialist and an End of Life Doula

Elder Affairs has purchased the books, so this will be free and yours to keep. If interested, please call 781-848-1963 to register and come pick up the book on or after **June 21st**. Participation of the book club will be limited.

**This program is funded through a Title IIIB grant from South Shore Elder Services and MCOA
We thank the Thayer Public Library for helping us purchase the books**

OUTREACH

Boost Your Home's Efficiency with BELD's Energy Assessments and Rebate Program

Are you thinking about making energy improvements to your home? Start by arranging a complimentary site visit by BELD'S Energy Advisor. They will evaluate various aspects of your home including heating, hot water systems, insulation, appliances, windows, doors, and lighting.

BELD offers financial incentives for specific energy upgrades such as ductless mini-split systems. Energy audits are necessary to qualify for some of these rebates. For details, please call BELD at 781-348-1032. For gas heat customers, be sure to contact MassSave.com at 1-866-527-7283 for additional assistance.

The above information was from BELD's April 2024 Bright Ideas Newsletter.

We are anticipating the arrival of Farmers Market Coupons sometime in July. Please call 781-848-1963 and ask to speak with Mary or Nancy in the Outreach Office if you are interested.

To be eligible to receive Farmers Market Coupons, you must meet the following conditions:

- Be 60 years of age or older, or
- Disabled and living in senior housing where congregate nutrition services are provided, and
- Your income must be lower than the Income Limits outlined below.



Income Guidelines for 2024

To be eligible to receive Farmers Market Coupons, an applicant's gross household income (i.e. before taxes are withheld) must be no more than:

Household Size	Monthly Income	Annual Income
1	\$2,322	\$27,861
2	\$3,152	\$37,814
3	\$3,981	\$47,767
4	\$4,810	\$57,720
5	\$5,640	\$67,673
6	\$6,469	\$77,626
7	\$7,299	\$87,579
8	\$8,128	\$97,532
Each add 'l household member add	+ \$830	+\$9,953



William P. O'Donnell, the Register of Deeds, and his staff will be coming to Braintree Town Hall on the following dates as part of their summer outreach schedule:

Speaking Event - Thursday, July 18, 2024 at 12:00 P.M. in the Cahill Auditorium
Office Hours - Thursday, August 8, 2024 10:00 a.m. - 12:00 p.m. in the Johnson Chambers.

Although Registry staff cannot provide legal advice, they will be on hand along with the Register to answer basic questions, transport documents for recording, and assist in the filling out of a Declaration of Homestead form that provides limited protection against the forced sale of an individual's primary residence to satisfy unsecured debt up to \$500,000. They will also assist a person in signing up for the Registry of Deeds Consumer Notification Program, which alerts a homeowner when a transaction has been made against their property to alert them against potential cases of fraud.

Everyday at Braintree Elder Affairs is a fun day! Joins us for games, exercise,

Isabella Stewart Gardner Museum Trip

Date: August 28, 2024

Time Depart Senior Center: 10 AM

Tour begins at 11:30 AM

Lunch to follow at Venezia

Lunch details will be provided when you come in to pay for trip.

Cost: \$110.00 Per person, includes tour, lunch, and luxury bus

Please come in to sign up on Monday July 8th on or after 9:30 am



This is a walking trip and you will also be able to get on and off the bus a few times. Please be sure this trip is right for your capabilities.

Memories never fade



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



Let us play Bocce



Every Monday at 2 PM
Behind Elder Affairs Building
Please call us at 781-848-1963 to sign up
We are looking for more people to join us.

LET'S H@VE FUN



DOG days of SUMMER

Laugh out Loud! New CoMedy ClaSses

FUN SKITS & Giggles

Come join Wendy Wichroski and Judy Morris

From Fairing Way

Beginning from July 11th, every Thursday in July and August at 11:30 AM

Where: 71 Cleveland Avenue

Call 781-848-1963 to sign up

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

Lucille Barton

Carol Kippenham

Ann Moore, Secretary

Tim Burke

Connie Mattina

Cathy Munroe, Recording Secretary

June Newman

***No Class With KevTech
In July.
See you in August!***

