

Town of Braintree
2024

September



The Penn Chronicles

"Live, Learn, Laugh and Be Happy"

Mayor Erin V. Joyce

71 Cleveland Avenue
Phone: 781-848-1963

Sharmila Biswas: Director
Mary Howland: Outreach Coordinator

Michelle Metro: Volunteer /Activities 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 September 1, after 9:30 AM

Greetings Everyone,

I am happy to say that I am writing to you while it is still the month of August. Outside there is a huge thunderstorm and buckets of water are falling from the sky. We have experienced the heat and the humidity of summer and I love it when it rains. I hope you too are enjoying the summer months until the arrival of the inevitable.

As usual we are quite busy here at 71 Cleveland Avenue. Those of you who support our endeavors, thank you! I hope you enjoy coming to the Center. We keep striving to bring you interesting, educational and entertaining programs. Also the occasional meals we serve, are quite delicious and does not put a strain on your wallet and we also try to keep our day trips very desirable yet affordable. Elder Affairs manages to bring all these quality programs even with a very small budget allocation of municipal funds. Presently the Town Budget pays the salary for four full time employees (there is one unfilled) and the rest of the funding is used for operational cost of the physical building. So all the cost of the programs and activities and food are paid through different funding sources which we actively seek every year. Being in this position for several years now, I have humbly learnt how much support we need and receive from our Legislatures. Thanks to Senator Timilty, Senator Keenan and Representative Mark Cusack. They readily accept my requests on signing amendments and taking the necessary steps for the betterment of our older adults. Each year Elder Affairs applies and receives Local Aid from the State called the Formula grant. This money helps us employ part time personnel (not paid by the town), whose services are critically important to our Department. It also assists us in bringing educational seminars, essential equipment, food supplies and accessories (not included in the town budget), which can be used and enjoyed by our patrons who come to our Center. Every year we spend many anxious moments when the Governor gets ready to sign the budget, and through it all our Legislatures remains vigilant and diligent to our causes. Of course nothing can be achieved without the help of the professional and excellent staff at the offices of our Representatives and our Senators. Without their help it would have been impossible for me to navigate the maze of legislations. Thank you Aidan Murphy, Mark Sternman and Doreen Bargoot from Senator Keenan's office, Donald Siriani, Ryan Mitchell, Cathy Keys and Anthony Lancia from Senator Timilty's Office and Ryan Sterling from Mark Cusack's Office. Without your patience and understanding, handling these tasks would have been a real hurdle for me.

Please have a look into our newsletter. We will hold an educational presentation on Alzheimer's Awareness. Please join us. It is open to everyone in the community.....*Sharmila*

Elder Affairs Summer Hours

Normal Business Hours Return
8:30-4:30 Monday through Friday



Town of Braintree Mass Notification System

**Stay Informed.
Stay Safe.**

Sign Up to Receive Alerts from
The Town of Braintree.

Sign up to be notified about:

- Town Emergency Notifications
- Town General Notifications
- The 02184 – Monthly Newsletter
- Trash/Recycling Notifications
- Water/Sewer Alerts

How to Subscribe

1. Go to: braintreema.gov/1249/Alerts-Notifications
2. Click on Sign Up
3. Complete the [sign up](#) form to subscribe
4. Make notification selections
5. Click Sign Me Up
6. Please make sure you confirm your account to ensure you are receiving notifications



Text **BraintreeMA** to 38276 to
sign up for text messages.

The Town of Braintree will begin to use Civic Plus Mass notification system to send emergency and routine alerts. This is a new System. Residents must sign up to get alerts. To register please visit <https://braintreema.gov/1249/Alerts-Notifications> for text messages only, text BraintreeMA to 3876.

If you need assistance registering, please call the Mayors Office at 781 794 8100.

CIVICREADY mass notification system

Bak to Bak



Once again Bak to Bak is back
September 25

1 PM

\$3 per person

Please call 781-848-1963 to sign up



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, September 3 – Shaw's

Tuesday, September 10 —Stop & Shop

Tuesday, September 17—Shaw's

Tuesday, September 24 —Stop & Shop

Special Shopping Trip:– September 13-
Ocean State Job Lot and Dollar Store

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.**

MahJong Tournament

Date: October 3rd

Check in time: 9:30 Coffee and Table Assignments

10:00 Game Play

12:15 Lunch and Prizes

To sign up contact Carol Kippenhan at 781-843-0686

\$20 Registration fee deadline 9/26/24



KevTech

IT'S FINALLY BACK!!!

I Phone/I Pad Education Class

Date: September 27

Time: 1:30 PM

Topic TBD

Please call 781-848-1963 to sign up

Cost: \$3 per person



BELD Breakfast for Seniors

Tuesday, October 2nd

2 Seatings

8:00 AM 9:00 AM

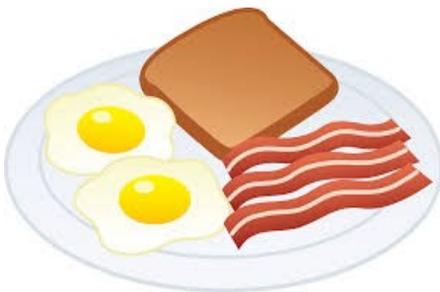
9:30 AM to 10:15 AM

Free giveaways from BELD

Where: 71 Cleveland Avenue

Like every year the Braintree Electric and Light Department (BELD) is getting ready to serve the older residents of Braintree a hearty breakfast. Once again the Rotary will be cooking and together everyone will enjoy the morning.

Please note that sign up for this event will begin on Monday, September 16. Please choose the time of your seating and call 781- 848-1963.



Cornhole League

Braintree Elder Affairs is working on starting its own Cornhole league. If you are interested please email

mmetro@braintree.ma.gov

Or call 781-848-1963



Medicare/Shine Article

Annual Open Enrollment (OE) is an important time if you are already on Medicare or have missed other opportunities to join a plan. During OE you can:

Switch from on Medicare Part D Prescription Drug Plan (PDP) to another

(see more info below)

Switch from Original Medicare to a Medicare Advantage Plan.

Leave a Medicare Advantage Plan and switch to Original Medicare, purchase a Medigap supplemental plan and a stand-alone Medicare Part D Prescription Drug Plan (PDP).

Switch from a current Medicare Advantage Plan to a Medicare Advantage Plan.

Every year it is especially important to review your prescription plan and your current health insurance coverage. Many things can change from year to year, such as:

Your prescriptions

Costs of medications

Cost of your current Part D (PDP) premium

Coverage provided for your prescriptions by your PDP provider

Pharmacy prices

Prescription plans available in your area

Request a PDP review

Our SHINE counselors in Braintree are available to assist you during Open Enrollment. If you want to review your Prescription Drug Plan, please call the Senior Center to request a 2025 Prescription Drug Form. We will mail it to you or you may pick one up.

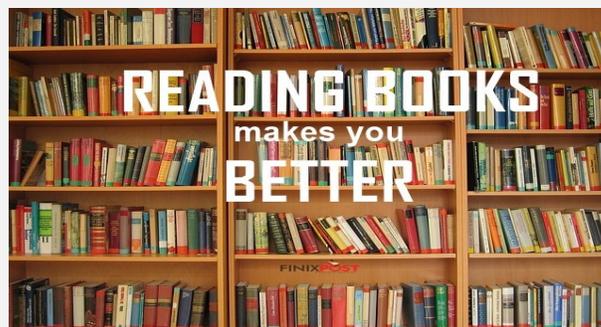
When you complete the form, you may drop it off at the Braintree Senior Center. A SHINE counselor will prepare a new Part D plan to see if it makes sense for you to change your current plan to one that may be less expensive.

Alzheimer's Care Giver Support

Please note our regular Caregivers Support Group will be replaced by the Memorable Evening. Please join us and bring your loved one and enjoy the evening with music therapy, entertainment and a nice dinner. Look for more information in Page 8. Any questions, please call Sharmila at 781-848-1963.

Book Club

Friday September 20th
Readers Choice



Monday	TUESDAY	WEDNESDAY
<p>Closed Happy Labor Day</p> 	<p>3 Shopping Shuttle-See Page 3 10:00 Balance with Bob Cobbett 10:00 Low Vision Group returns 10:00-12:00 Rummikub 12:30 Cribbage</p>	<p>4 :30am- Cardio and flexibility with Mary 10:30- Canasta 11:00 Asian Outreach 12:00 Pool Players 1:00 Bingo</p>
<p>9-Day Trip to Lake Pearl Luciano's 9:30am- Cardio and flexibility with Mary 10:30 -Walking with Wanda 11:00-Men's Coffee Hour 12:00 Pool Players 2:00-Bocce</p>	<p>10 Shopping Shuttle-See page 3 10:00 am Balance with Bob Cobbett 10:00-12 Rummikub 12:30 Cribbage</p>	<p>11 9:30 Cardio and Flex with Mary 11:00- Asian Outreach 10:30 AM- Canasta 12:00 Pool Players Men and Women</p>
<p>16 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 2:00 Bocce No Blood Pressure clinic. October 21st</p>	<p>17 Shopping Shuttle-See page 3 10:00 am Balance with Bob Cobbett 10:00-12 Rummikub 12:30 Cribbage 2:30 Health Fair 4:00 Alzheimer's Awareness and Education</p>	<p>18 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>23 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>24 Ask a Lawyer-by appt. only Shopping Shuttle-See Page 3 10:00 am- Balance with Bob Cobett 10 :00 Rummikub 12:30 Cribbage 4:00 A Memorable Evening</p>	<p>25 9:30 Cardio and Flex with Mary 11:00- Asian Outreach 10:30 AM- Canasta 12:00 Pool Players Men and Women 1PM Bak to Bak Musical performance</p>
<p>30 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>		

THURSDAY

FRIDAY

5
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
11:30-Quilting
1:00 PM Knitting

6
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
1PM: Fun Movie Friday

12
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
10 AM Photography
11:30-Quilting
1:00 PM Knitting

13
Special Shopping Trip- Ocean State -Weymouth
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
1:00PM Fun Movie Friday

19
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
11:30-Quilting
1:00 PM Knitting

20
9:00am- Tai Chi with Peggy
10:30 -Book Club-Reader's Choice
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
1:00PM Fun Movie Friday

26
10:00 Balance & Conditioning for the Highly Motivated (With Bob)
10AM-Mahjong
10 AM Photography
11:30-Quilting
1:00 PM Knitting

27-Braintree Moose Luncheon
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
1:30 PM IT Class with Kev Tech (no Movie)



Alzheimer's Education and Awareness

Tuesday, September 17

Time: Begins at 2:30 PM

Where: 71 Cleveland Avenue

Once again this year, Braintree Elder Affairs is inviting the Community for Alzheimer's Education and Awareness. We will begin with a Health Fair, where many of the local Health Care Providers will have a display table. Come and see what they have to offer.

This will be followed by two programs presented by the staff from the Alzheimer's Association. A light dinner will be served in between the programs.

Starts at 4 PM

Susan Ankowiak,

Learn about Alzheimer's and Dementia Science and the latest Research

Carol Mack, Volunteer, Alzheimer's Association

Understanding and Responding to Dementia related Behavior

This program is open to all community members and businesses.

Please call 781-848-1963 to sign up

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

U.S. Disabilities ACT of 1990-Town of Braintree: A handicapped accessible coach bus may be made available upon receipt of

A Memorable Evening

Tuesday, September 24

Starting at 4:00PM

We invite all Caregivers to bring their loved ones who are afflicted with Alzheimer's disease to come to our Senior Center. We will help you create an evening of memories with your dear one. There will be an Interactive Music session, songs and dancing and a delicious dinner. Please join us for a evening filled with magic.

4:00 PM Interactive Music Therapy

Eve Montague, MSM, MT, BC

New England Village

4:45 Music and Dancing

Chris Waters

A delicious dinner will be served

Please call 781-848-1963 to sign up

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

From The Chairman

Well, Football Season is upon us once again. New Team, New Coach let's hope we have some good games.

There is always so much to attend here, at Elder Affairs, but especially this month. Please be sure to read through and see all of our daily events as well as our highlighted Special Events and Presentations

*Stay Safe!
HANK*



Outreach



Drive Safely:

With school being back in session, we would like to remind you that children will be out and about crossing streets at their bus stops. This is a reminder to be extra cautious while driving.

Have a safe and happy September!

SENIOR SAFETY AND RESOURCE FAIR

Save the Date

Wednesday, October 9, 2024

2:00 PM—4 PM

**Braintree Department of Elder Affairs
71 Cleveland Avenue, Braintree
Free Classes, Demonstrations and Snacks**

EMS



Stop the Bleed



Canine CPR and Pet Care



SSH Sim Lab



Self-Defense



Falls Prevention



Live Demonstrations and Classes, Table Presenters, Resources from South Shore Health and much to see and to learn.

This event will be sponsored by;

The Friends of the South Shore Health, Braintree Elder Affairs, South Shore Bank, Senior Helpers, Julie Kembel, New England Wellness, Rotary Club of Braintree and Brady's Liquor's Inc.

**Please do not miss this opportunity to come, enjoy and learn
You can register for this program starting Monday, September 16th, 2024
More information to come in our October newsletter and fliers.**

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

Turkey Train

TRAIN DATE: Friday October 11, 2024

Depart Elder Affairs 10:00 AM (2.5 hour drive to train location)

TRAIN TIME: 1:00 PM

Come Enjoy New England's Fall Beauty and a delicious meal catered on the train by Hart's Turkey Farm



**Please come in on September 6th on or after 9:30 AM to sign up.
\$100 per person**

Edwards Twins @ Lake Pearl Luciano's

Still a few seats left! Please call ASAP to sign up

Date: September 9th

Depart 71 Cleveland Ave at 10:30 AM

Enjoy lunch and a show

Arriving back to 71 Cleveland Ave around 5 PM



\$95.00 Per Person

Please come in and sign up on or after August 5th at 9:30 AM

Crafts with Ginny and Nancy

September 30
Time: 1:00 PM

Come and enjoy creating “masterpieces” with your own two hands and have lots of fun and laughs! Please call to sign up.

Cost: 2.00
Call 781-848-1963



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



Moose Luncheon



Once again, our generous friends from the Braintree Moose Club would like to invite our older residents of Braintree for a delicious luncheon at the Lodge. Thanks to Paul and Joanne Gavoni for their hard work and kindness.

This is a free event sponsored by the Loyal Order of the Moose and the Women of the Moose.

Date: Friday, September, 27 at 12 PM
Where: Braintree Moose Lodge # 413
175 Howard Street, Braintree
BINGO will be played after the meal
Please do not arrive before 11:30 AM

To sign up, please call 781-848-1963
Braintree residents only please.

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
Tim Burke

Carol Kippenham
Connie Mattina
June Newman

Please call to sign up on or after September 3rd @ 9:30 AM
781-848-1963



Braintree Yacht Club
Senior Citizens Cruise
2024

The Officers and Members of Braintree Yacht Club
would like to invite you to our annual
Senior Citizens Cruise

Saturday September 21st
11:00AM
9 Gordon Rd
Braintree, MA 02184

Clam chowder will be served at 11AM

The cruise will begin at 12PM

Boats will return to Braintree Yacht Club at 1PM