



# 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 November 1, after 9:30 AM**

## *Greetings Everyone,*

Happy Thanksgiving to one and all! I do love the festive season, but hard to believe that it is already around the corner. Time seems to fly and I think we must be having fun. This is also the season to give thanks. Not that anyone should be waiting to say a nice "Thank You," but the season adds a special touch!

Since Braintree Elder Affairs operates on a very small budget, we are constantly looking for different sources of funding and we feel lucky that many organizations respond to our calls. I am grateful to our Legislatures, Senator John Keenan, Senator Walter Timilty and representative Mark Cusack, for signing amendments to avail grant monies which helps run our operations with better ease. But nothing gets achieved without the help of the staff at the Legislatures office. Their patience and understanding makes it easy for me to navigate the system. Thank you!

Elder Affairs wishes to thank the Rotary Club and BELD for serving a delicious breakfast over 100 Braintree older adults, complete with free giveaways from BELD. Thanks to the Moose Club for cooking a full chicken meal and BINGO for entertainment. Thanks to Mr. and Mrs. Gavoni for your generosity. This year, the ELKs invited 140 Braintree/Weymouth residents for a sumptuous meal at their DAV hall. I wish to thank Thayer Public Library for partnering with Elder Affairs to bring in special programs. Partnering with the Library enables us to bring high cost programs to you free or at a minimum cost. Thanks to Grove Manor Estates, Sunrise and Royal Rehab for always answering our calls.

We thank the Mayor's Office for their support and to the various Town Departments for always responding to our time of need.. Thank you, Board members for your steadfast support and advice and our kudos to our Volunteers, who completes us.

Finally our Staff, **thank you!** For several months we are experiencing staff shortage and for various reasons we have been constantly busy. It is heart warming to see how, without a blink everyone just pitches in. It has been my immense pleasure to work with this team. Last but not least, it is you, our patrons who walk through our doors every morning to join us and enjoy what we have to offer. Be well and be safe and enjoy your Thanksgiving.....*Sharmila*



# Cornhole Kick Off Party

Date: November 7th

Time: 1:00 PM

Where: 71 Cleveland Ave

Thanks to Brendan and Grove Manor Estates

We were gifted with beautifully crafted Cornhole boards, made just for you and everyone at Braintree Elder Affairs to enjoy!

Please call 781-848-1963 to sign up for this fun event.



## 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](https://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



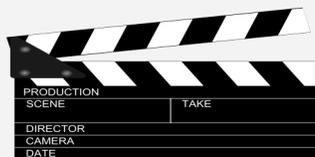
Text **BraintreeMA** to 38276 to  
sign up for text messages.

**CIVICREADY** mass notification  
system

*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 Braintree, MA to 3876.*

## Pizza and Movie

**November 15**  
**12:30 Pizza, Movie to follow at 1 PM**  
**Viewers Choice**



## 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, – Shaw's  
Tuesday, —Stop & Shop  
Tuesday, —Shaw's  
Tuesday, —Stop & Shop  
Tuesday, — Shaw's  
Special Shopping Trip:– Target

## Services and Activities

- **Outreach:**  
Information & Referral  
Advocacy  
Friendly Visitor & Library Express
- **Transportation:** please call 48 hours in advance to reserve. **No voice mail messages**  
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.**

## Rotary Thanksgiving Lunch

**Thursday November 21**

**Time: 12:00 Noon**

**Where: Braintree Town Hall, 1 JFK Drive**

*The Rotary Club of Braintree cordially invites you to their Annual Thanksgiving Luncheon  
Please call 781- 848 -1963 to sign up*

*\* Braintree Residents only*



## Learn how to play pool

**Kathy Dwyer**  
Every Thursday at 12:30 PM

Interested in learning how to play pool? Let us know. We have Kathy, one of our avid pool players who will be glad to give you lessons. Please call 781-848-1963 if you are interested. Take this opportunity to learn.

## Senior Safety Fair



South Shore Health



Self Defense



Stop the bleed



Pet CPR

In collaboration with Friends of South Shore Health and the Rotary, our Safety fair was captivating and a grand success. We thank everyone who participated. It took a lot of diligence and detailed planning, but finally it happened. We thank Braintree Police and Fire to take a very active role and all the organizations who joined us. Hoping to bring this invaluable program back once again. More pictures of the fair in our next newsletter.

## Gift Tree



As the holidays approach, let us think about those who could use some holiday cheer. Toward the end of November we will be putting up our Holiday Tree outside. It will be decorated with gift tags. A specific new gift item will be listed on each tag. If you wish, please pick a tag off the tree and purchase the item listed for a senior in need. Please do not wrap the gifts. You can drop off the gifts at the front desk or the Outreach Office. We will then wrap and deliver the gifts before Christmas. What a wonderful feeling it is to know you will be making someone else's holiday special. Thank you!

## KeyTech

### I Phone/I Pad Education Class

**Date:**

**Time: 1:30 PM**

**November 22: Staying in Touch on iPhone & iPad**

**Please call 781-848-1963 to sign up**

**Cost: \$3 per person**



# Medicare Open Enrollment

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 an 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

**Tuesday, November, 19**

**Time: 4 PM**

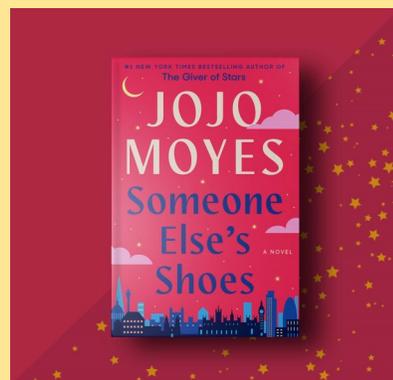
**Where: 71 Cleveland Avenue**

Please join us for an discussion on Holiday destressing, with Reverend Peter Preble. This time of the year many quite a few spend anxious moments while preparing for the Holidays, this discussion may be helpful to feel calmer. Please read the article on page 11 and join us.

**Please Call 781-848-1963 to sign up**

## Book Club

**Friday November 15th**



| Monday   | TUESDAY   | WEDNESDAY  |
|--|---|--|
|  |   |  |
| <p>4<br/>9:30am– Cardio and flexibility with Mary<br/>10:30 –Walking (weather and construction may effect this group)<br/><b>11:00-Men’s Coffee Hour</b><br/>12:00 Pool Players</p>  | <p>5<br/>Shopping Shuttle-See page 3<br/>10:00 am Balance with Bob Cobbett<br/><b>10:00 am Low Vision Group</b><br/>10:00-12 Rummikub<br/>12:30 Cribbage<br/>Game Time</p>  | <p>6-<br/>9:30 Cardio and Flex with Mary<br/>9:30– Early Veterans Day Breakfast with musical guest Chris Waters<br/>10:30 AM– Canasta<br/>11:00– Asian Outreach<br/>12:00 Pool Players<br/>Men and Women<br/><b>1:00-Bingo</b></p> |
| <p>11<br/><b>Veterans Day Closed</b></p>    | <p>12-<b>Shredding Event, 10-1</b><br/>Shopping Shuttle-See page 3<br/>10:00 am Balance with Bob Cobbett<br/>10:00-12 Rummikub<br/>12:30 Cribbage<br/>Game Time</p>   | <p>13<br/>9:30 Cardio and Flex with Mary<br/>11:00– Asian Outreach<br/>10:30 AM– Canasta<br/>12:00 Pool Players<br/>Men and Women</p>  |
| <p>18<br/>9:30am– Cardio and flexibility with Mary<br/>10:30 –Walking<br/><b>10:30– Blood Pressure Clinic</b><br/><b>11:00-Men’s Coffee Hour</b><br/>12:00 Pool Players</p>  | <p>19-Benefits Specialist by appt. only<br/>Shopping Shuttle-See page 3<br/>10:00 am Balance with Bob Cobbett<br/>10:00-12 Rummikub<br/>12:30 Cribbage<br/>1:00 Game Time<br/><b>4:00 Holiday Destressing- Alzheimer’s Support Group</b></p> <p><b>(Open to the public)</b><br/><b>* Note the date change</b></p> | <p>20<br/>9:30 Cardio and Flex with Mary<br/>11:00– Asian Outreach<br/>10:30 AM– Canasta<br/>12:00 Pool Players<br/>Men and Women<br/><b>1:00-Bingo</b></p>  |
| <p>25<br/>9:30am– Cardio and flexibility with Mary<br/>10:30 –Walking(weather and construction may effect this group)<br/><b>11:00-Men’s Coffee Hour</b><br/>12:00 Pool Players<br/><b>1:00 Craft with Nancy and Ginny</b><br/><b>2:00 Bocce</b></p> | <p>26<br/>Ask a Lawyer-by appt. only<br/>Shopping Shuttle-See Page 3<br/>10:00 am– Balance with Bob Cobett<br/>10 :00 Rummikub<br/>12:30 Cribbage<br/>Game Time</p>   | <p>27<br/>9:30 Cardio and Flex with Mary<br/>11:00– Asian Outreach<br/>10:30 AM– Canasta<br/>12:00 Pool Players<br/>Men and Women</p>  |
|  |   |  |

**THURSDAY**

**FRIDAY**

|   |  |
|---|--|
|   | <p>1<br/>           9:00am– Tai Chi with Peggy<br/>           10am-Elder Affairs programs on BCAM<br/>           10:10 AM-Muscles, Moves &amp; Belly Laughs<br/>           11:00 am Chair Yoga with Sue<br/>           (note time change)<br/>           11:30am-Coffee and Conversations<br/>           12:00 Pool Players<br/>           1PM: Fun Movie Friday-”The Candidate” Robert Redford</p>  |
| <p>7<br/>           10:00 Balance &amp; Conditioning for the Highly Motivated (With Bob)<br/>           10AM-Mahjong<br/>           11:30-Quilting<br/> <b>12:30– Learn how to play pool with Kathy</b><br/>           1:00 PM Knitting<br/> <b>1:00-Cornhole</b></p>                     | <p>8-<br/>           Special Shopping Trip– Target<br/>           9:00am– Tai Chi with Peggy<br/>           10am-Elder Affairs programs on BCAM<br/>           10:10 AM-Muscles, Moves &amp; Belly Laughs<br/>           11:00 am Chair Yoga<br/>           (note time change)<br/>           11:30am-Coffee and Conversations<br/>           12:00 Pool Players<br/>           1:00PM Fun Movie Friday-”Twisters”</p>   |
| <p>14<br/>           10:00 Balance &amp; Conditioning for the Highly Motivated (With Bob)<br/>           10AM-Mahjong<br/>           10 AM Photography<br/>           11:30-Quilting<br/> <b>12:30– Learn how to play pool with Kathy</b><br/>           1:00 PM Knitting</p>             | <p>15—<b>Spa Day by appt. only</b><br/>           9:00am– Tai Chi with Peggy<br/>           10:30 –Book Club-”Someone Else’s Shoes”<br/>           10:10 AM-Muscles, Moves &amp; Belly Laughs<br/>           10am-Elder Affairs programs on BCAM<br/>           11:00– Chair Yoga<br/>           11:30am-Coffee and Conversations<br/>           12:00 Pool Players<br/>           1.00 Ask the Lawyer, by appt. only<br/>           12PM Pizza and a Movie Friday– Viewers Choice<br/>           2:00 Board Meeting</p> |
| <p>21<br/>           10:00 Balance &amp; Conditioning for the Highly Motivated (With Bob)<br/>           10AM-Mahjong<br/>           11:30-Quilting<br/> <b>12:00- Rotary Turkey Luncheon</b><br/> <b>12:30–No Learn to play pool due to luncheon</b><br/>           1:00 PM Knitting</p> | <p>22<br/>           9:00am– Tai Chi with Peggy<br/>           10am-Elder Affairs programs on BCAM<br/>           10:10 AM-Muscles, Moves &amp; Belly Laughs<br/>           11:00 am Chair Yoga<br/>           (note time change)<br/>           11:30am-Coffee and Conversation<br/>           12:00 Pool Players<br/>           No Movie<br/>           1:30 PM IT Class with Kev Tech</p>   |
| <p><i>Happy Thanksgiving</i></p>  | <p>29<br/>           9:00am– Tai Chi with Peggy<br/>           10am-Elder Affairs programs on BCAM<br/>           10:10 AM-Muscles, Moves &amp; Belly Laughs<br/>           11:00 am Chair Yoga<br/>           (note time change)<br/>           11:30am-Coffee and Conversation<br/>           12:00 Pool Players<br/>           No Movie</p>   |

## Annual Gardner Guild Holiday Boutique

**Sunday November 24 from 10 AM to 3 PM**  
**Braintree Town Hall, 1 JFK Drive**

Please come to our Boutique. There will be dozens of vendors with an array of handcrafted items, unique wreaths and raffle items including The Million Dollar Wreath decorated with lottery tickets and gift cards. For additional information please visit [www.gardenersguildofbraintree.com](http://www.gardenersguildofbraintree.com)

## Hoe Down

**Date: December 5th**  
**Time: 1 PM**  
**Instructor: Sue Dargin**

Come enjoy some Country Music and Treats while learning how to Line Dance  
Please 781-848-1963 call to sign up (sign up will begin in November)



## Benefit Specialist from South Shore Elder Services

**Once a month starting from November 19**  
**Where: 71 Cleveland Avenue**  
**Time: 10 AM to 1:30**

Introducing **Nadia Montrond**, Benefit's Support Specialist from South Shore Elder Services. She will be available once a month to speak with you about benefits that may be available to you.

**Her expertise is:**

- \* **Social Security Matters**
- \* **MA Long Term Care Ombudsman ( if anyone has concerns about a Nursing Home, you can speak to her)**
- \* **Medicaid Certified Application Counselor Specialist for older adults (Frail Elder Option) and people under 65.**
- \* **Senior Care Programs available for Elders in the community and care needed to remain at home.**

Appointments for 30 minutes will be available for each person who wishes to speak with her. Please call 781-848-1963 to make an appointment.

# From The Chairman

FROM THE CHAIRMAN  
November 2024

The weather in October was above average temperatures; however, we had some cool mornings. That must be a sign that winter is on its way.

The Boston Red Sox finished up at the 500 level as expected, hopefully, they will pick up some new talent for next year. The Bruins are off to a slow start, the Celtics haven't started yet and the Patriots look dismal. The Patriots do have a new manager and quarterback so maybe they will improve as the season continues.

The first Alzheimer's event was very informative. The second event was hands-on where the presenter challenged our minds to follow directions. The safety day was well attended and I highly recommend that we repeat this next year.

In November the staff will be very busy with all the planned events. There is an Early Veterans' Day celebration on November 6<sup>th</sup> at 9:30 AM with breakfast and entertainment by Chris Waters. On November 21<sup>st</sup> the Rotary Club of Braintree cordially invites you to their annual Thanksgiving Luncheon at noon. Please read your monthly bulletin which will list all the other events for the month. Be careful and be safe.

Hank Joyce

## Outreach

### Fuel Assistance

We have received Fuel Assistance applications from Quincy Community Action Programs, Inc. (QCAP) for the 2024-2025 fuel season. The Fuel Assistance Program runs from November 1, 2024 through April 30, 2025. 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 application. You must come into the office to fill it out. You can also inquire about fuel assistance by calling QCAP. Their number is 617-479-8181 ext. 301.

### 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.

### Holiday Tree

As the holidays approach, let us think about those who could use some holiday cheer. Toward the end of November we will be putting up our Holiday Tree outside. It will be decorated with gift tags. A specific gift item will be listed on each tag. If you wish, please pick a tag off the tree and purchase the item listed for a senior in need. **NEW** gifts only please. Please do not wrap the gifts. You can drop off the gifts at the front desk or the Outreach Office. We will then wrap and deliver the gifts before the holiday. In our December Newsletter, we will list the date we need the items by. Each year the recipients of the gifts are overwhelmed by the generosity of those that give. What a wonderful feeling it is to know you will be making someone else's holiday special! Thank you.

Veteran's Day November 11, 2024 - Honoring all who served



## So much to do and so little time!



### A Memorable Evening



### The Mahjong Tournament



**Thank you BELD and Rotary Club for the BELD Power Week Breakfast**

**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**

# Destressing during the Holiday Season

**November 19**  
**Time: 4:00 PM**

Holidays, as much as we love them and look forward for their arrival every year, for some, it can be very painful. For many, Holidays can remind them the loss of a loved one, loss of the ones physical abilities or it can be just overwhelming stress. Reverend Peter Preble is a Pastor, a Hospice Chaplain, a husband and a father. He has a passion for walking with people on their journey, whatever that path may be.

Please call 781-848-1963 to sign up for this important session

## Covid Test Kits

The federal government is again offering **free COVID test kits**. You can order up to 4 kits per household at [COVIDTests.gov](https://www.covidtests.gov). All for free.

Shipping is free, too. Just give a name and shipping address.

Sharing your email is optional if you'd like to get confirmation and delivery updates from the U.S. Postal Service.

**Anyone who asks for more information than that is a scammer.**

**You don't** need to give financial information or pay anything to get these free tests, and nobody can promise you special access or extra tests. If they do, they're scammers.

One thing to know: the expiration date for many kits has changed. Before you throw away a kit because the expiration date on the package has passed, go to the [FDA's website](https://www.fda.gov) to see if that kit's expiration date has been extended.

To avoid scammers impersonating the federal government:

- Don't click links in unexpected emails or text messages, no matter how real they look.

Start at [COVIDTests.gov](https://www.covidtests.gov) to order your free test kits. When you click to order, you'll go to [special.usps.com/testkits](https://special.usps.com/testkits). The test kits and shipping are free.

- Don't give out your credit card, bank account, or Social Security number. No one will call, text, or email you from the federal government to ask for your information to "help" you order free test kits.

**Free COVID tests are now available to order at [COVIDTests.gov](https://www.covidtests.gov)**

Share how to spot the scams with your friends and family.

FEDERAL TRADE COMMISSION

## Crafts with Ginny and Nancy

**November 25**

**Time: 1:00 PM**

**Make your own Ornament**

**Cost: \$2:00**

**Please Call 781-848-1963 to sign 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**

**Friday: Chair Yoga**

**Each Class is \$5.00.**

**Transactions are directly with Instructors**



## Mobile Shredding

**November 12**

**Time: 10 AM to 1 PM**

**Where: Elder Affairs Parking Lot**

Once again this year, The Norfolk County District Attorney's Office is bringing us this valuable service. Please come with your paper documents you wish to destroy and bring it to the mobile shredder. We thank the staff of District Attorney Michael Morrisey's office for collaborating with Elder Affairs for this beneficial service.

**Please 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**  
**Ann Moore, Secretary**  
**Cathy Munroe, Recording Secretary**

**Lucille Barton**  
**Tim Burke**

**Carol Kippenham**  
**Connie Mattina**  
**June Newman**

**Celebrating our Veterans**

**Date: November 6**

**Time: 9:30 AM**

**Entertainment by Chris Waters (Musician and a Veteran)**

**Elder Affairs would like to honor and celebrate our Veterans and invite them for a delicious breakfast and some nice music.**

**Please call 781-848-1963 ( Each Veteran can bring one guest with them)**  
**You can sign up in October**

