



# 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 December 2, after 9:30 AM**

*Greetings Everyone,*

**Merry Christmas and Happy Holidays to everyone!** I hope all of you had a nice Thanksgiving and are continuing to celebrate this joyous season. Soon the snowflakes will be floating in the air, twinkling of lights on trees and houses, hot chocolate, children lined up to take a picture with Santa, all add to the flavor of the season. Enjoy the splendor and if possible, share it with others. At 71 Cleveland Avenue, we are also getting ready to bring you a basketful of activities and special programs. So please come join us and bring your friends.

Our Elves in Outreach are already busy making arrangements for their Gift Giving. For the last three years, staff from the Highway Department, delivers a beautiful live tree which is placed on our outside patio. Outreach staff decorates it with gift tags. Each tag bears the name of an item, which is simple but essential for a person's daily living. If you wish, you can pick up a tag, buy the item and bring it to our Outreach Office, unwrapped. Outreach staff will then wrap it and deliver it to the person they have selected. These are folks who have no family living close by, so your gift may be the only one they get to open on Christmas morning. Thank you in advance. Also thanks to our Outreach Staff, Mary Howland and Nancy Walsh and our Friendly Visitor, Debbie Coraine for steering this beautiful project every year. Afterall, "Tis the Season to be Jolly."

Thanksgiving is over, but it always a good time to give thanks to people and organizations who shower us with their acts of kindness. Our heartfelt thanks to the Rotary Club, BELD, the Elks of Braintree/Weymouth, the Moose Club for your delicious lunches and breakfast. Grove Manor, Fairing Way and Sunrise thank you for delivering with a smile. To the Highway crew, for bringing us our beautiful (gift) tree every year.

On behalf of Mary, Frank, Michelle, Glen, Dianne, Elsa, Debbie, Nancy, Janet, Kim, Sharmila and our Board Members, we wish you Peace, Good Health and Joy.....*Sharmila*



# Cornhole League Meeting and Practice

**Date: December 23**

**Time: 1:00**

**Where: 71 Cleveland Ave**

**Please call Michelle @ 781-848-1963**



## Coffee and Conversations With the State Auditor

**When: December 13**

**Time: 11:30**

**Where: 71 Cleveland Avenue**

State Auditor Diana DiZoglio took office as State Auditor in January 2023. As the youngest state-wide constitutional officer, she strives to make government work better through conducting performance audits of over 200 state agencies and entities, all with an eye toward improving performance and ensuring our government is delivering the very best for our residents. She looks forward to a great conversation on the work she is doing, and ways you think she can be an even more effective advocate for you.

Please come and meet her and bring her your questions.

Please call 781-848-1963 to sign up



## Spa Day New Addition

Along with a Mani and Pedi enjoy a 10 minute Chair massage. Please call to book at 781-848-1963.

Cost: \$15 per massage  
Upper Back, Neck, Shoulders and Hands.  
Your muscles will feel 10 years younger

## 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, Dec. 3 – Shaw's

Tuesday, Dec 10 —Stop & Shop

Tuesday, Dec. 17 —Shaw's

Tuesday, Dec Week of Christmas TBD

Tuesday, Dec. 31— Happy New Year!

Special Shopping Trip:– Dec.13thWalmart

## 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.**

## Therapy Garden

**Date: Dec. 11**

**Time: 1:00 PM**

**Donations to support these wonderful programs is very much appreciated!**

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

### Festive Holiday Cuisine!



#### Elegant Soups, Sides, Entrees & Desserts

Holiday-themed cuisine with a touch of sophistication. All while maintaining the warmth of traditional recipes. From soups and sides to stunning main courses and scrumptious desserts, each recipe is chosen for its festive spirit and straightforward ingredients.

Whether you're a seasoned cook or a culinary novice, these recipes are designed to impress and add a sparkle to your festive gatherings.



## Festival of Trees



Date: December 5th

Where: Cahill Auditorium Town Hall

Time: 10-11

Join Braintree Elder Affairs for a special viewing of the first ever  
Festival of Trees

\$5 donation taken upon arrival

We will have "Our Own Hand Crafted Tree" designed by our Craft instructors  
Carpool with friends to town hall if you are able to help with parking. You will be  
the first group allowed to see this beautiful display

Please call to sign up so we have a head count 781-848-1963

## Recent changes to EPA'S Lead and Copper

Braintree Water and Sewer Division has mailed notifications to approximately 6,200 water customers required by the recent changes to EPA's Lead and Copper Rule. The notification letters are sent to residences with known lead or lead containing water service pipes, or with water service pipes of unknown material. There is a wealth of information available on the Water and Sewer division website at :

<https://www.braintreema.gov/1259/Lead-and-Copper-Rule>, including copies of letters that residents will receive, a link to townwide water service inventory map, FAQs and additional information resources.

Residents can also call the Water Department at 781-843-8097. If callers have any specific questions with regards to the health effects of lead, they may also be referred to the Health Division at 781-794-8090

## 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: December 17

Time: 1:30

December: Managing I-phone and I-pad  
Please call 781-848-1963 to sign up

Cost: \$3 per person



## Important Information Regarding My Social Security ([www.SSA.gov](http://www.SSA.gov))

For those who are enrolled in My SSA (My Social Security at [www.ssa.gov](http://www.ssa.gov)), a government website to track your benefits and request services through a personalized Social Security account, you may need to change your login procedure or risk losing your account.

The Social Security Administration (SSA) announced this summer that users who set up My Social Security accounts before September 18, 2021, will be required to transition those accounts to [Login.gov](http://Login.gov), a secure sign-in service administered by the federal government.

SSA says, "The change will simplify your sign-in experience and align My SSA with federal authentication standards while providing "safe and secure access to online services."

An SSA spokesperson says about 46 million people who have My Social Security Accounts will be affected.

If you do not have a My SSA account, experts recommend you create an account so that a fraudster does not do it using your information. My Social Security is a free service available to anyone 18 years old and older who has a Social Security number and valid email address. It is useful for getting estimates of future benefits, replacing lost Social Security cards, managing the benefits you already receive and other services.

It provides personalized tools for everyone, whether you receive benefits or not. You can choose to get available notices online instead of by mail and can choose to receive email or text alerts when you have a notice available. Getting available notices online means not needing to wait for it to arrive in the mail or misplacing the notice.

If you have any questions or concerns regarding your account, you can call My Social Security at 1-800-772-1213, Monday through Friday 8am – 7pm. Say "Help Desk" at the voice prompt. If you are locked out of your personal My Social Security username/password account, if you have a security freeze/fraud alert on your credit report, or if you want to change your multi-factor authentication method.

### Learn how to play pool

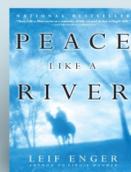
**Kathy Dwyer**

**Every Thursday at 12:30 PM  
(unless otherwise noted on the calendar)**

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 a

### Book Club

**December 20  
Friday @ 10:30  
"Peace like a River"  
Leif Enger**



Monday	TUESDAY	WEDNESDAY
<p>2 9:30am– Cardio and flexibility with Mary 10:30 –Walking (weather and construction may effect this group) <b>11:00-Men’s Coffee Hour</b> 12:00 Pool Players</p>	<p>3 Shopping Shuttle-See page 3 10:00 am Balance with Bob Cobbett <b>10:00 am Holiday Celebration for-Low Vision Group</b> 10:00-12 Rummikub 12:30 Cribbage Game Time</p>	<p>4 9:30 Cardio and Flex with Mary 10:30 Canasta 11:00– Asian Outreach 12:00 Pool Players Men and Women <b>1:00-Bingo-Must purchase all Bingo Cards by 12:50. Game is closed after 12:50</b></p>
<p>9 9:30 Cardio and flexibility with Mary 10:30 –Walking (weather and construction may effect this group) <b>11:00-Men’s Coffee Hour</b> 12:00 Pool Players</p>	<p>10 Shopping Shuttle-See page 3 10:00 Balance with Bob Cobbett 10:00 Rummikub 12:30 Cribbage <b>12:30– Holiday Party-see write up</b> 1:00 Game Time</p>	<p>11 9:30 Cardio and Flex with Mary 10:30 AM– Canasta 11:00– Asian Outreach 12:00 Pool Players Men and Women 1:00- <b>Therapy Gardens Festive holiday Recipes ( see write up for details)</b></p>
<p>16 9:30 Cardio and flexibility with Mary 10:30 –Walking (weather and construction may effect this group) <b>10:30– Blood Pressure Clinic</b> <b>11:00-Men’s Coffee Hour</b> 12:00 Pool Players</p>	<p>17-<b>Benefits Specialist by appt. only</b> Shopping Shuttle-See page 3 10:00 am Balance with Bob Cobbett 10:00-12 Rummikub 12:30 Cribbage Game Time</p>	<p>18 9:30 Cardio and Flex with Mary 11:00– Asian Outreach 10:30 – Canasta 12:00 Pool Players Men and Women <b>1:00-Bingo</b> <b>Must purchase all Bingo Cards by 12:50. Game is closed after 12:50</b></p>
<p>23 9:30– Cardio and flexibility with Mary 10:30 –Walking <b>10:30– Blood Pressure Clinic</b> <b>11:00-Men’s Coffee Hour</b> 12:00 Pool Players <b>1:00 Cornhole practice and meeting</b></p>	<p>24-<b>Christmas Eve</b> Shopping Shuttle-See page 3 10:00 Balance with Bob Cobbett 10:00-12 Rummikub  <b>No Afternoon Activities</b></p>	<p>25  <b>Merry Christmas</b>  </p>
<p>30 9:30 Cardio and flexibility with Mary 10:30 –Walking(weather and construction may effect this group) <b>11:00-Men’s Coffee Hour</b> 12:00 Pool Players <b>1:00 Craft with Nancy and Ginny</b></p>	<p>31 Ask a Lawyer-by appt. only Shopping Shuttle-See Page 3 10:00 Balance with Bob Cobett 10 :00 Rummikub <b>No Afternoon Activities</b></p>	
	8	

# THURSDAY

# FRIDAY

<p><b>5</b>  <b>10:00</b> Balance &amp; Conditioning for the Highly Motivated (With Bob)  <b>10:00-Mahjong</b>  <b>10:00 Festival of Trees see write up</b>  <b>11:30-Quilting</b>  <b>12:30- Learn how to play pool with Kathy</b>  <b>1:00 Knitting</b>  <b>1:00—Hoe down/Line Dancing</b></p>	<p><b>6</b>  <b>9:00</b> Tai Chi with Peggy  <b>10:00-Elder Affairs</b> programs on BCAM  <b>10:10 -Muscles, Moves &amp; Belly Laughs</b>  <b>11:00</b> Chair Yoga with Sue (note time change)  <b>11:30</b> Coffee and Conversations  <b>12:00</b> Pool Players  <b>1PM:</b> Fun Movie Friday-"The Candidate" Robert Redford</p>
<p><b>12</b>  <b>10:00</b> Balance &amp; Conditioning for the Highly Motivated (With Bob)  <b>10:00-Mahjong</b>  <b>11:30-Quilting</b>  <b>12:30- Learn how to play pool with Kathy</b>  <b>1:00 Knitting</b></p>	<p><b>13-Spa Day by appt. only Mani, Pedi, Massage</b>  <b>Special Shopping Trip- Walmart</b>  <b>9:00- Tai Chi with Peggy</b>  <b>10:00</b> Elder Affairs programs on BCAM  <b>10:10</b> Muscles, Moves &amp; Belly Laughs  <b>11:00</b> Chair Yoga (note time change)  <b>11:30-Coffee and Conversations with State Auditor</b>  <b>12:00</b> Pool Players  <b>1:00PM</b> Fun Movie Friday- Viewers choice</p>
<p><b>19</b>  <b>10:00</b> Balance &amp; Conditioning for the Highly Motivated (With Bob)  <b>10:00-Mahjong</b>  <b>10 :00Photography</b>  <b>11:30-Quilting</b>  <b>12:30- Learn how to play pool with Kathy</b>  <b>1:00 Knitting</b></p>	<p><b>20</b>  <b>9:00</b>Tai Chi with Peggy  <b>10:30 -Book Club-"Peace Like a River"</b>  <b>10:10 AM-Muscles, Moves &amp; Belly Laughs</b>  <b>10:00-Elder Affairs</b> programs on BCAM  <b>11:00- Chair Yoga</b>  <b>11:30-Coffee and Conversations</b>  <b>12:00</b> Pool Players  <b>12:00</b> Pizza and a Movie Friday- Viewers Choice  <b>1.00</b> Ask the Lawyer, by appt. only  <b>2:00</b> Board Meeting</p>
<p><b>26-</b>  <b>10:00</b> Balance &amp; Conditioning for the Highly Motivated (With Bob)  <b>10AM-Mahjong</b>  <b>11:30-Quilting</b>  <b>12:30-No Learn to play pool</b>  <b>1:00 Knitting</b></p>	<p><b>27</b>  <b>9:00</b> Tai Chi with Peggy  <b>10:00</b> Elder Affairs programs on BCAM  <b>10:10 -Muscles, Moves &amp; Belly Laughs</b>  <b>11:00</b> Chair Yoga (note time change)  <b>11:30</b> Coffee and Conversation  <b>12:00</b> Pool Players  <b>No Movie</b>  <b>1:30 IT Class with Kev Tech—Managing email on Iphone and Ipad</b></p>

# 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)**



## Senator Keenan's Office Hours in January 2025

**Save the Date for Senator Keenan's Office Hours**  
**Wednesday, January 29**  
**1:00 PM to 2:30 PM**

## Benefit Specialist from South Shore Elder Services

**Date: December 17**  
**Where: 71 Cleveland Avenue**  
**Time: 10:30 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

The weather in November has been very pleasant over the last few weeks. Let's enjoy it while we can. The lack of rain has caused some local fires and our Braintree Firefighters have been working very hard to keep it all under control. The lack of rain has also depleted our water supply, but we haven't seen a water restriction yet. Rain is predicted soon but may not be enough to really help us. Thank you to BELD for our early breakfasts during November. We had a very good turnout for both events. The early Veterans Day breakfast was lots of fun. The entertainment by Chris Waters was excellent with lots of sing-alongs.

Unfortunately, I missed the Cornhole Kick Off Party but I understand it was well attended. I look forward to playing in the next few months. Thank you to Brendan and Grove Manor Estates for making the cornhole boards.

December looks like another busy month with line dancing, Christmas Party and don't forget to take a ribbon from the giving tree to support the needy.

Hope you had a nice Thanksgiving and have a very Merry Christmas. Winter is coming please be careful and stay safe.....**HANK**

## Outreach

### Gift Tree for the Holidays

As the holidays approach, let us think about those who could use some holiday cheer. This year our Gift Tree for the Holidays is located outside and is decorated with gift tags. If you wish, please take a tag which lists a specific gift item on it and purchase the gift for a senior who may be either in need, or isolated and lonely. **NEW** gifts only please. Please do not wrap the gifts. The gifts can be dropped off at the front desk or the Outreach Office. You may drop off the gifts Monday through Friday from 8:30 a.m. - 4:30 p.m. Please drop off any gifts you have purchased by Monday, December 16, 2024. We will then wrap and deliver the gifts before the holiday. We thank you for your thoughtfulness and generosity.

### Fuel Assistance

We have fuel assistance applications. You must be income eligible. Please contact the Outreach Office if you are interested in applying.

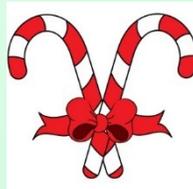
### Ice Tips

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.

### Ongoing Programs/Services

Library Express, Friendly Visitor, SNAP (Food Stamps) Applications

The Outreach Staff can be reached at **781-848-1963**.



# So much to do and so little time



Everyday at Braintree Elder Affairs is a fun day! Join us for games, exercise, special events and activities or just enjoy our complimentary coffee and pastries

# South Shore Elder Services presents...BINGO Size

## Save the Date

Starting Date: February 11

Time: 11:30

Where: 71 Cleveland Ave

South Shore Elder Affairs Presents: Bingo Size...A 10 WEEK EVIDENCE BASED PROGRAM  
INCORPORATING:

EXERCISE

NUTRITION

BINGO

**DOCUMENTED POSITIVE OUTCOMES INCLUDE: INCREASED MOBILITY, STRENGTH & ENDURANCE  
FALLS REDUCTION INCREASED SOCIAL ENGAGEMENT 2 1 HOUR SESSIONS/WEEK**

**SNACKS PROVIDED**

More information coming in January

Please call 781-848-1963 to sign up starting in January

## 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.



## Holiday Shopping in the Gift Shop



Special Shopping hours  
and

Special Holiday Deals.

Tuesday, December 3rd 10:00 to 12:00

Wednesday, December 4th 11:00-1:00

20 Cards for \$1

Pretty Dishware/Fashion Jewelry and so  
much more....

## Crafts with Ginny and Nancy

December 30th

Time: 1:00

Make your own wine charms

Enjoy mocktails and appetizers

Cost: \$2:00

Please Call 781-848-1963 to sign up



## A Holly Jolly Time

Elder Affairs and Thayer Public Library brings to you

**The DELVENA THEATRE COMPANY**

Presenting

A Dramatic Reading, with scenes, of Charles Dickens'

### **A CHRISTMAS CAROL**

Where: 71 CLEVELAND AVENUE

Where: Tuesday, December 10

Time: Lunch served at 12:30 PM

Show to follow at 1:00 PM

Please call 781-848-1963 to sign up

*The program is free but donations  
will be very much appreciated*



**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**

## **A Message from our Knitters Corner**

This year the Knitting and Crochet group at the Senior Center set a goal for ourselves to make 500 hats to donate to various organizations and charities. We reached our goal and exceeded it in October by making over 600 hats. Many of the hats, adult, children, and baby, were donated to the Marge Crispin Center to be given out with coats and jackets. We also provided hats and mittens to the Brockton Hospital Spinal Cord Injury Unit as well as to the Braintree Veterans Services Office for distribution. Hats will be available in Thayer Public Library and the Necessities Coop, plus any special requests we receive from charities.

Thank you to all members of the group who took up the challenge to make hats. We also want to thank the class members from Joann Walsh-Hawkes shop, Wicked Good Yarns, for making hats and the friends and families who donated yarn this year.

We will be completing and collecting shawls and lap robes to be donated to area nursing homes in December. We also collect scarves, cowls, and mittens.

The knitting and crochet group meets every Thursday from 1-3 PM. All are welcome to join us, from beginners to experts. Join us for an engaging afternoon.

**Claudette**