



# 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 January 2, after 9:30 AM**

## *Greetings Everyone,*

Happy New Year to one and all from the staff and board members of Elder Affairs. May 2025 bring you good health and peace. 2024 just flew by with the blink of an eye and now we look forward to a brand New Year. Every year when the ball drops and everyone starts to count, I feel that there is a little sadness in my heart. Why, I don't know. May be I am a person who likes to hold on to the past a little longer. Not sure! But I think the older you get, the more you think of the wonderful memories with people you love, who have passed and deep within, you wish they were still there. Working in a Senior Center is very rewarding and after working over 30 plus years in this field, I feel that there is nothing else I can, or would do with my career. Yet, the job I enjoy can also burden a person with sadness. The people you see coming to the Center almost every-day, their face full with energy and smiles, they volunteer, make new friends, offer to befriend a person, makes the staff feel good about the job they accomplish etc. Then one day you start to notice, they are having some physical ailments. Hence, begins the back and forth from the hospital and the Rehab and then one day the inevitable happens. Your heart is broken, you grieve, but then you have to pick up the pieces and you need to keep going. You carry on with the messages of encouragement they gave you and forever honor their love and dedication for Elder Affairs.



As I was writing this article for the newsletter, my eyes turned to the window sill in my office. Since the view out of my window is bleak, I try to put plants on it. I had placed a Christmas cactus which had not bloomed for two years, so I put it on the window sill, just for the greenery. To my surprise, a few days ago, I noticed every leaf had tiny buds on it. Now almost every bud has bloomed into beautiful delicate flowers with more coming. This simple act of Mother Nature, uplifted my spirits and I felt that people who you love, leave when it is time, but their love prevails and new people come along and add their tender touches. Just like the dormant cactus blooming with new flowers. So, Happy 2025 and looking forward to seeing you....smiles please! *Sharmila*

# Cornhole League

**Date: January 27**

**Time: 1:00**

**Where: 71 Cleveland Ave**

**Please call to sign your team of 2 up @ 781-848-1963**



## Happy New Year Lunch and “Happiness At Any Age”

**Date: January 16**

**Time: 12:30 Happy New Year Lunch and**

**“Happiness...At Any Age” presentation to follow**

“Happiness...At Any Age” presents the latest research about what science says makes people happy. In this interactive seminar, attendees will share what made them happy at various stages of their lives. All will have an opportunity to take a Happiness Survey assessing their current state of happiness. Acknowledging that at any age we can all be “happier,” participants will complete their own Happiness Rx. We will share insights and learn from each other in a guided breakout session. Tying happiness to being connected to others, seminar attendees will review their own purpose and consider how civic engagement, whether for pay or as a volunteer, can be an important part of their Happiness Rx.

Join in with others from your community to explore the value and benefits of happiness.

Register for “Happiness...At Any Age” by calling 781-848-1963  
Save the Date for future presentations or sign up for all three....

**February 20th, 1:00 to 2:00 p.m., "Discover Your Purpose"**

**March 20th, 1:00 to 2:00 p.m., "Discover Your Encore" (Note: First Day of Spring!!)**

## Spa Day New Addition January 10

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, Jan 7. – Shaw's

Tuesday, Jan. 14 —Stop & Shop

Tuesday, Jan 21 —Shaw's

Tuesday, Jan. 28 —Stop & Shop

Special Shopping Trip: Jan 10, Ocean State and Dollar Tree

## 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.**

## Celiac Disease and Related Digestive Issues

January 13 @ 1PM

### Celiac Disease and Related Digestive Issues.

Jerry Newhall, the local Resource Person for The National Celiac Association, will lead a discussion about Celiac Disease and related digestive issues. Jerry will help you understand what Celiac Disease is and present what he does as a Senior in order to deal with the disease. A Question and Answer period will follow.

Enjoy some Gluten Free Treats while you educate yourself on this topic.

## Alzheimer's Support Group

Tuesday, January 28  
Time: 4:00 PM

If you are a person taking care of a loved one, who has Alzheimer's disease, we invite you to join us for an informal meeting. The group consists of caregivers who is walking on the same path like you and everyone is eager to compare notes with each other. Please come and join us.

Please call 781-848-1963 to sign up

## Festival of Trees

Elder Affairs Tree at the Festival of Trees. Thanks to our creative group for the decorations.



## 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

## Our Gift Tree



*Our busy elves packing the goodies*

A heartfelt thanks to everyone who took the tags off the Elder Affairs Gift Tree and brought us the lovely gifts. Your generosity brought smiles to many a faces on Christmas day.

## KeyTech

### I Phone/I Pad Education Class

**Date: January 17**

**Time: 1:00**

**January: Safari, Google, & ChatGPT class**

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

**Cost: \$3 per person**



## AARP Tax Preparations 2024

The Braintree Elder Affairs is working with the AARP Foundation Tax-Aide to provide in-person tax assistance free of charge with a special focus on taxpayers who are over 50 or have low-to-moderate income. Tax-Aide volunteers are trained and IRS-certified every year. We can help prepare both federal and Massachusetts state tax returns.

Beginning January 22, 2025, we will accept calls for appointments. Please call (781) 848-1963 to make your appointment. Tax-Aide volunteers will be available on Tuesdays from February 4th, 2025 through April 1st 2025. Appointments are required; no walk-ins allowed. If you must cancel or reschedule your appointment, please do so at least 3 business days in advance so another taxpayer can be offered that time slot.

When you make your appointment, we will mail an intake booklet to you. Everyone **MUST** complete a new intake form even if you did one last year. This is an IRS requirement, and we cannot waive it. Our trained volunteers will help you if you have questions on how to fill out the intake forms.

We request that you arrive 15 minutes prior to your appointment. Please be aware that your appointment may take over 90 minutes and that you will need to remain on-site until your return is completed.

Please bring a photo ID and social security cards for everyone on the return. You will also need to bring a copy of last year's return, all 2024 tax documents (e.g. W2, 1099-R, interest and dividend forms, void check if you want direct deposit, other 1099s, etc.) If you are eligible for the Massachusetts Circuit Breaker, please bring a copy of all real estate taxes and water/sewer bills paid in 2024. The intake booklet will contain an information sheet that lists all the required forms so please review that carefully so that we have all the documents necessary to prepare your return.

### Learn how to play pool

#### Kathy & Bob

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

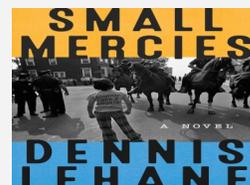
Interested in learning how to play pool? Let us know. We have two wonderful pool players who will be glad to give you lessons. Please call 781-848-1963 if you are interested. Take this opportunity to learn a new game and enjoy!

### Book Club

**“Small Mercies”**

**A Novel by**  
**Dennis Lehane**

**Date: January 17 @ 10:30**



| Monday   | TUESDAY  | WEDNESDAY  |
|--|--|--|
|  |  | <p>1<br/>Closed<br/>Happy New Year!</p>   |
| <p>6<br/>9:30 Cardio and flexibility with Mary<br/>10:30 –Walking (weather and construction may effect this group)<br/>11:00-Men’s Coffee Hour<br/>12:00 Pool Players</p>  | <p>7-No Low Vision Group<br/>Shopping Shuttle-See page 3<br/>10:00 Balance with Bob Cobbett<br/>10:00 Rummikub<br/>12:30 Cribbage<br/>1:00 Game Time</p>                   | <p>8<br/>9:30 Cardio and Flex with Mary<br/>10:30 Canasta<br/>11:00 Asian Outreach<br/>12:00 Pool Players Men and Women<br/>1:00-</p>  |
| <p>13<br/>9:30 Cardio and flexibility with Mary<br/>10:30 –Walking (weather and construction may effect this group)<br/>10:30– Blood Pressure Clinic<br/>11:00-Men’s Coffee Hour<br/>12:00 Pool Players<br/>1:00 Celiac Disease</p>    | <p>14-Benefits Specialist by appt. only<br/>Shopping Shuttle-See page 3<br/>10:00 Balance with Bob Cobbett<br/>10:00-12 Rummikub<br/>12:30 Cribbage<br/>1:00 Game Time</p> | <p>15<br/>9:30 Cardio and Flex with Mary<br/>11:00– Asian Outreach<br/>10:30 – Canasta<br/>12:00 Pool Players Men and Women<br/>1:00-Bingo<br/><i>Must purchase all Bingo Cards by 12:50. Game is closed after 12:50</i></p> |
| <p>20<br/>Closed<br/>Martin Luther King Jr. Day</p>   | <p>21<br/>Shopping Shuttle-See page 3<br/>10:00 Balance with Bob Cobbett<br/>10:00-12 Rummikub<br/>12:30 Cribbage<br/>1:00 Game Time</p>                                   | <p>22<br/>9:30 Cardio and Flex with Mary<br/>10:30 Canasta<br/>11:00 Asian Outreach<br/>12:00 Pool Players Men and Women<br/>1:00 Steve the Medium</p>   |
| <p>27<br/>9:30 Cardio and flexibility with Mary<br/>10:30 Walking (weather and construction may effect this group)<br/>11:00-Men’s Coffee Hour<br/>12:00 Pool Players<br/>1:00 Craft with Nancy and Ginny<br/>1:00-Cornhole league</p> | <p>28<br/>Ask a Lawyer-by appt. only<br/>Shopping Shuttle-See Page 3<br/>10:00 Balance with Bob Cobett<br/>10:00 Rummikub<br/>4:00 Alzheimer’s Support</p>                 | <p>29<br/>9:30 Cardio and Flex with Mary<br/>10:30 Canasta<br/>11:00 Asian Outreach<br/>12:00 Pool Players Men and Women</p>   |

**THURSDAY****FRIDAY**

|  |  |
|--|--|
| <p><b>2</b><br/> <b>10:00</b> Balance &amp; Conditioning for the Highly Motivated (With Bob)<br/> <b>10:00</b>-Mahjong<br/> <b>11:30</b>-Quilting<br/> <b>12:30</b> Learn how to play pool<br/> <b>1:00</b> Knitting</p>   | <p><b>3-Note Time Changes for Exercise Class</b><br/> <b>8:30</b> Muscles &amp; Moves<br/> <b>9:00</b>– Tai Chi<br/> <b>9:15</b> Chair Yoga<br/> <b>11:30</b> Coffee and Conversations<br/> <b>12:00</b> Pool Players<br/> <b>1:00:</b> Fun Movie Friday-”Big Fish”</p>  |
| <p><b>9</b><br/> <b>10:00</b> Balance &amp; Conditioning for the Highly Motivated (With Bob)<br/> <b>10:00</b>-Mahjong<br/> <b>10 :00</b>Photography<br/> <b>11:30</b>-Quilting<br/> <b>12:30</b>– Learn how to play pool<br/> <b>1:00</b> Knitting</p>                                      | <p><b>10-Spa Day by appt. only Mani, Pedi, Massage</b><br/> <b>Special Shopping Trip– Ocean State</b><br/> <b>8:30</b> Muscles &amp; Moves<br/> <b>9:00</b> Tai Chi<br/> <b>9:15</b> Chair Yoga<br/> <b>11:30</b>-Coffee and Conversations<br/> <b>12:00</b> Pool Players<br/> <b>1:00</b> Fun Movie Friday– “Get Low”</p>                               |
| <p><b>16</b><br/> <b>10:00</b> Balance &amp; Conditioning for the Highly Motivated (With Bob)<br/> <b>10:00</b>-Mahjong<br/> <b>11:30</b>-Quilting<br/> <b>12:30</b>– Learn how to play pool<br/> <b>12:30</b>-Happy New Year Lunch and “Happiness at any Age”<br/> <b>1:00</b> Knitting</p> | <p><b>17Ask the Lawyer, call by appt. only</b><br/> <b>8:30</b> Muscles &amp; Moves<br/> <b>9:00</b> Tai Chi<br/> <b>9:15</b> Chair Yoga<br/> <b>10:30</b> –Book Club-”Small Mercies” Dennis Lehane<br/> <b>11:30</b>-Coffee and Conversations<br/> <b>12:00</b> Pool Players<br/> <b>1:00</b> IT Class with Kev Tech<br/> <b>2:00</b> Board Meeting</p> |
| <p><b>23</b><br/> <b>10:00</b> Balance &amp; Conditioning for the Highly Motivated (With Bob)<br/> <b>10:00</b>-Mahjong<br/> <b>11:30</b>-Quilting<br/> <b>12:30</b>-Learn to play pool<br/> <b>1:00</b> Knitting</p>  | <p><b>24</b><br/> <b>8:30</b> Muscles &amp; Moves<br/> <b>9:00</b> Tai Chi<br/> <b>9:15</b> Chair Yoga<br/> <b>11:30</b> Coffee and Conversation<br/> <b>12:00</b> Pool Players<br/> <b>12:00</b> Fun Movie Friday–</p>  |
| <p><b>30</b><br/> <b>10:00</b> Balance &amp; Conditioning for the Highly Motivated (With Bob)<br/> <b>10:00</b>-Mahjong<br/> <b>10 :00</b>Photography<br/> <b>11:30</b>-Quilting<br/> <b>12:30</b>– Learn how to play pool<br/> <b>1:00</b> Knitting</p>                                     | <p><b>31</b><br/> <b>8:30</b> Muscles &amp; Moves<br/> <b>9:00</b> Tai chi<br/> <b>9:15</b> Chair Yoga<br/> <b>11:30</b>-Coffee and Conversations<br/> <b>12:00</b> Pool Players<br/> <b>12:00</b> Pizza and a Movie Friday– Viewers Choice</p>  |

## *So much to do and so little time*



## *Live learn laugh and be happy*



## Low Vision Support Group

Braintree Elder Affairs Low Vision Group takes place the 1st Tuesday of every month. This group is an amazing resource for education, support and updates on all new research findings and a great help for the visually impaired.

Our members have a variety of visual impairments caused by different ailments, but they all look to each other for support. If you know anyone who would benefit from coming to this group, please encourage them to attend.

Please call 781-848-1963 if you have any questions or want to sign up.

**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**

# 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

*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.



# Balance and Fall Prevention class with Bob Cobbett



Do you know what the 7 components of balance are? They include strength, cardio, posture, flexibility, vision, vestibular, and somatosensory. We address these components each Tuesday and Thursday at 10 AM during our balance & conditioning classes. All equipment is provided with instructions on how to use each item and how to perform all exercises correctly. Classes are just \$5. Come on by and get your balance and fitness evaluated. It's a great way to take care of yourself and you balance.

## Senator Keenan's Office Hours in February 2025

Please note that Senator Keenan's Office hours at 71 Cleveland Avenue, has been changed . It is now rescheduled to February, 19th from 1 PM to 2:30 PM. Beginning January, you can start signing up by calling 781-848-1963.

## Benefit Specialist from South Shore Elder Services

**Date: January 14**  
**Where: 71 Cleveland Avenue**  
**Time: 10:00 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

Happy New Year! I hope you all had a wonderful Holiday season! We sure had fun celebrating at Braintree Elder Affairs. We participated in the first annual “Festival of Trees” with our gorgeous Holiday Tree Donated by the Staff @ Elder Affairs and decorated by our talented Craft instructors. Followed by another delicious holiday lunch and top notch performance of “A Christmas Carol” (Scrooge) by the world renowned Delvana Theater Company. In the colder months when it is harder to do day trips we like to bring the amazing shows to you here at 71 Cleveland Ave. Keep your eyes on all the fun events coming in 2025... Kick off your Happy New Year Luncheon and presentation of “Happiness at Any Age” on 1/16. We also have our first ever Medium . Please see the write up in newsletter on Steven the Medium. We are so happy to share our wonderful daily games , classes and events along with our specialty events. Please don't miss all the fun social events here at Braintree Elder Affairs. We are so proud of what we work so hard to do for our Older Adults! Stay Happy and Safe!

Happy New Year,  
Hank

## Outreach

### Holiday Program



We would like to thank everyone who donated gifts last month to provide some holiday cheer to our seniors. Your kindness and generosity is much appreciated.

### 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.

### Food Programs

Meals on Wheels - Call South Shore Elder Services at 781-848-3910.

Marge Crispin Food Pantry - Call Marge Crispin Center at 781-848-2124.

(SNAP) Food Stamp Applications - Call Braintree Elder Affairs Outreach Office at 781-848-1963.

### Fuel Assistance

We have received Fuel Assistance applications from Quincy Community Action Programs, Inc. 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 applications. You must come into the office to fill it out. You can also inquire about fuel assistance by calling QCAP. Their phone number is 617-479-8181 ext. 301.

## Friday Exercise Schedule Changing

**Sue is moving her Friday Classes up!**  
**Muscles and Moves @ 8:30**  
**Chair Yoga @ 9:15**  
**Tai Chi is staying at 9:00**



## Crafts with Ginny and Nancy



**January: 27**

**Time: 1:00**

**Cost: \$2:00**

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



## Steven The Medium

**When: January 22**

**Time: 1:00PM**

**Where: 71 Cleveland Avenue**

**Cost: \$5.00**

Steven F. Macek, also known as Steven the Medium, is an attorney and a medium. Once in an event in 2010, he went to see a medium. In a room of 90 people, Steven was the first person the medium approached. The medium told him, he was psychic and Steven was not aware of the gift. It was like light switch that turned on and eventually Steven could feel and speak with people who had passed. Steven did his first formal reading in 2015 and the word spread. He recently wrote a book and is host of his own radio show, called "Through the Static." He was featured in a documentary, called "Lady of the Dunes and filmed two episodes of a show called "Dark Echoes". He loves sharing messages from people's loved ones that have crossed over and says "it is a life-changing experience that people love."

Come and experience this amazing world of people from the past and hear what they have to say.



**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 ~ 2025 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**

**Norfolk County Sheriff's Sand Bucket Program**

**The Norfolk County Sheriffs Office will be doing their "Sand Bucket Program" once again this year. If any of you would like to have a bucket at your house, please call 781-848-1963 to sign up for the program. The buckets will be dropped off at your home address. Unfortunately, supplies are limited right now, but they will try to have more buckets . So please call if you think you can benefit from keeping a bucket. Please remember to give us your home address when you sign up.**

