



Town of Braintree

Department of Elder Affairs

71 Cleveland Avenue, Braintree, MA 02184

"We are your link between needs and services"

Mayor Joseph C. Sullivan

Mary Cirignano, Chairperson
Jean York, Vice Chairperson
E. Marie Anderson, Secretary
Robert Caruso, Treasurer

Sharmila Biswas, Director
Ann Marie Quinlan, Outreach Coordinator
Sandra Young, Coordinator/Volunteers
Therese Jarrett, Reception Coordinator
William Murphy, Custodian
Stephen Donovan, Van Driver

PHONE: 781 848-1963 FAX: 781 848-2835



Braintree Senior Center Summer Trip
Spirit of Boston Luncheon Cruise
& Castle Island Visit
Wednesday, June 26, 2013
\$68.00/pp

Come aboard the Spirit of Boston Cruise ship and enjoy the most entertaining lunchtime experience on this 2 hour cruise of Boston's historic harbor. You will enjoy a "grand lunch buffet" with everything freshly prepared. While you dine, you will be entertained with a fascinating narrated tour of Boston's breathtaking skyline easily seen from their huge panoramic windows. Take your drinks topside and stroll on the largest outdoor deck in the city while you enjoy music and dancing right to the end of your cruise. Following the cruise we will make a stop at beautiful Castle Island for some time to walk around the fort, watch the planes and boats or get an ice cream and sit back to enjoy the fun atmosphere.

*****Please sign up any time before the trip drawing held on April 16th. If called, you will have 3 days to pay/pick up tickets for this wonderful trip. Braintree residents have priority on all trips.**

**U.S. Disabilities Act of 1990 - Town of Braintree - A handicapped-accessible coach bus may be made available upon receipt of notice provided to the Senior Center at least one month (30) days prior to the date set for the trip. Please contact the Braintree Center at 781-848-1963 for info.*

Braintree Senior Center Spring Party
Special Entertainment
Wednesday, April 10, 2013
1 p.m. - \$2.00/pp



Come join us on April 10th for some fun entertainment by Dave Becker who presents us with a lively show including music on keyboard, sax, guitar, vocal and sing-a-longs. We'll serve some delicious refreshments after the show, so come on down and enjoy the music & fun!

Please call to sign up: 781-848-1963

BLOOD PRESSURE CLINICS (free)



April 9, (Tues.) at Senior Center 10-11 a.m.
April 10, (Wed.) at Heritage Housing 10:30 a.m.
April 26, (Friday) at Senior Center 10:30 a.m.

SHOPPING SHUTTLE SCHEDULE



Reservations must be made at least **48** hours in advance by calling: **781-848-1963**:

Pick-up time from: **9:30 to 10:00 a.m.**

Return time from: **11:30 to 12:00 p.m.**

April 2, & 4 Shaws/Pearl Street
April 9, & 11, Stop & Shop/Grove Street
April 16, & 18, Shaws/Pearl Street
April 23, & 25, Stop & Shop/Grove Street
April 30, & 5/2 Shaws/Pearl Street

**** April 12, Special Van Trip to Christmas Tree Shop/Pembroke**

****Every Friday Library van ride. Pick up 11 am return 12:30 pm**

BRAINTREE MEETINGS



- April 2, LOW Vision Group Meeting at 10 a.m.**
Meeting open to all with low vision problems.
- April 16, AARP Chapter #4042 Meeting at 1:30 p.m.**
Braintree DAV Hall - 788 Liberty St./Braintree
The Forbes House Museum of Milton will have it's history explained by Exec. Director Robin Tagliaferri with a lecture & slide show.
- ***AARP Volunteers will prepare & serve a noon lunch at Father Bill's Place on April 19th.**
- April 18, Wisdom Works Support Group Meeting**
Meeting at 3:30 p.m. at Senior Center (for members).
- April 25, COA Associates Monthly Meeting at 2 p.m.**
Meeting at Senior Center for members.
- April 30, Braintree Alzheimer's Support Meeting – 4 pm**
Meeting, light supper & speaker from Elder Law Attorney Patricia Bloom-McDonald. (see article)
Please call to sign up!
- April Braintree Elder Affairs Board Meeting**
No Board Meeting this month.

“Low” Vision Support Group Meeting - April 2, 2013

If you experience any vision problems, please consider attending our “**Low Vision Support Group**” each month. This group meets for support & has interesting educational speakers. They are always open to any new members.

Please stop by the first **Tuesday** of each month at **10 a.m.** to attend one of these meetings.

We do supply transportation for Braintree seniors to this meeting.

For more information please call:
781-848-1963



BRAINTREE SENIOR CENTER MOVIE DAY

Wednesday, April 24, 2013
12 noon - \$.50/donation

Come early and bring a bag lunch, enjoy coffee/pastry with free popcorn during the movie (starts at noon)!



Movie: “ARGO” Rated R

During the Iran hostage crisis, the CIA and Hollywood collaborated in a life-or-death covert operation to rescue six Americans.

Braintree
Department of Elder Affairs
"Special" Activities"

(Please call 781-848-1963 for more information)

- April 2,** **"Low" Vision Group Support Meeting**
Meeting at 10 a.m. - Senior Center with speakers
Open to all with low vision problems.
- April 2,** **SHINE Insurance Help, at 10 a.m.**
Appointments every Tuesday for help on all
medical insurance problems and information.
- April 3,** **Bingo & Refreshments at 1 p.m.**
& 17, \$4.00 to play all games & refreshments.
- April 8,** **Red Sox Home Opener Game 1:30 p.m.**
See newsletter article & call to sign up for the fun!
- April 9,** **Supper Club at: Bertucci's/Hingham**
& 23, **Supper Club at: Hearth & Kettle/Wey.**
Please call Senior Center for van reservations
to enjoy this early social supper from 3 - 6 p.m.
- April 10,** **Spring Entertainment Party at 1 p.m.**
See newsletter article for info. & call to sign up.
- April 12,** **Braintree Co-Op Bank: "Cons-Frauds"**
Come hear about all the cons & frauds out there -
Please see article & come for talk & light lunch.
- April 22,** **Alzheimer's Presentation at 11 a.m.**
Presented by Home Instead Senior Care.
See newsletter article for info. & call to sign up.
- April 22,** **Belles & Beaux Musical Show - 1 pm**
Please note change in date this month!
Cake & ice cream social after music
- April 25,** **Senior Monthly Luncheon @ noon**
Please see article & come purchase \$6.00/ticket

Braintree

Department of Elder Affairs
Senior Luncheon
Thursday, April 25, 2013
\$6.00/ticket

Our monthly meals have been really delicious. If you haven't tried one, please come by and pick up a ticket. They are on sale April 1st, and they sell out quickly...so come early!



Menu: Chicken Parmesan
Salad/Rolls & Dessert

RED SOX
HOME OPENER
2013



Monday, April 8th
1:30 p.m. - \$2.00/pp

Come join us for the *Red Sox Opening Day Game* on our big T.V. here at the Senior Center.

Wear your Red Sox gear and come cheer them on!

We'll serve our famous grilled hot dogs, chips, coffee/cold drinks just before the game starts and popcorn during the game.

Then sit back & "hopefully" watch the Sox win their opening day game against Baltimore!

Call to sign up: 781-848-1963

From the Director.....

By the time this newsletter reaches you, I am hoping the white stuff that is still gathered around the sides of our roads and our yards will be a distant memory. The months of February and March gave us some powerful storms accompanied with heavy snow. During the blizzard, Mayor Sullivan instructed Braintree Emergency Management to designate our building at 71 Cleveland Avenue as a shelter or a warming station where people could come if they needed help. Since Braintree was one of the towns lucky enough not to lose power for a long stretch of time, there were only a handful of people who needed help. Since most events in our lives are a learning experience, this was no different. During the blizzard, a few calls of inquiry were made directly to our phones here at Elder Affairs. Unfortunately it was after hours and even though there were many present in the building no one actually heard the calls that came in at the front desk. So, the moral of the story, if there comes a time when someone needs to go to a shelter or have questions, please make sure you have all the emergency numbers indicated for that purpose. Having all the information before the event will save you precious moments during a critical time. In anticipation of an emergency situation, the Police set up an Emergency Operating Center (EOC), they will be ready to help you with your adverse situation and give you directions. Thanks to our Highway Department for keeping our roads safe and passable during the storms. It is not an easy feat; also, I will be remiss if I do not mention our Building Custodian, Bill Murphy. As an essential employee, Bill remains in the building when storms are raging outside and during and after everything is over, he keeps a watchful eye and does a great job by constantly shoveling and sanding the walkways just to make sure that it is safe for everyone to use. Thank you Bill.

Sharmila



**“Cons and Frauds” - Targeting the Elderly
Braintree Cooperative Bank Talk
at Braintree Senior Center
Friday, April 12, 2013
11:30 - 12:30 p.m.**

Lottery winnings, extra income opportunities, problems with your credit cards, grandchildren needing “help” out of a tricky situation. All of these situations could be legitimate, or they could be one of the latest fraud schemes to

present itself to you. Do you know how to recognize the difference? Do you have family or friends that have lost money to a fraud scheme? Have you been a victim yourself?

Understanding some of the known schemes that occur in our community is the first step in protecting yourself from these sophisticated con artists. Join Joanne Tully, Vice President of the Braintree Cooperative Bank, to not only discuss fraud situations, but also to give you some simple tools to keep you from being a victim. A light lunch will be served.

**Please call the Senior Center
to sign up: 781-848-1963**



**Home Instead Senior Care
Presentation
“Alzheimer’s Family Education”
Monday, April 22, 2013
11 a.m.**

Alzheimer’s is an incurable disease that afflicts nearly half of seniors older than 85 and affects not only seniors but their families. Home Instead Senior Care offers a unique approach to help families manage the challenges of Alzheimer’s and other dementias at home by gathering stories and experiences about a senior to help caregivers provide comfort while honoring an individual’s past.

This presentation focuses on understanding Alzheimer’s and other dementias, capturing life’s journey, managing behaviors, encouraging engagement and safety.

This presentation is sponsored by Home Instead Senior Care of Norwell & held at the Braintree Senior Center on 4/22/13 at 11 a.m. Coffee and pastry will be served.

Please call: 781-848-1963 to sign up!

From the desk of Mary Cirignano, Chairperson.....

Glad the season of spring has come. We have had enough snow with the blizzard and Nor'east.

"The spring is fresh and fearless, And every leaf is new,
The world is brimmed with moonlight, The lilac brimmed
with dew. Here in the moving shadows, I catch my breath
and sing --My heart is fresh and fearless, And over-
brimmed with spring."

- Sara Teasdale, *May Night*, 1920

To Be 8 Again:

A man was sitting on the edge of the bed, watching his wife who was looking at herself in the mirror. Since her birthday was not far off he asked what she'd like to have for her birthday. 'I'd like to be eight again,' she replied, still looking in the mirror. On the morning of her birthday, he arose early, made her a nice big bowl of Coco Pops, and then took her to Adventure World Theme Park. What a day! He put her on every ride in the park; the Death Slide, the Wall of Fear, the Screaming Roller Coaster, everything there was. Five hours later they staggered out of the Theme Park. Her head was reeling and her stomach felt upside down. He then took her to a McDonald's where he ordered her a Happy Meal with extra fries and a chocolate shake. Then it was off to a movie, popcorn, a soda pop, and her favorite candy, M&M's. What a fabulous adventure! Finally she wobbled home with her husband and collapsed into bed exhausted. He leaned over his wife with a big smile and lovingly asked, 'Well Dear, what was it like being eight again?' Her eyes slowly opened and her expression suddenly changed. ***"I meant my dress size not my age!"***

Guy's Tale of the Three Bags:

At the airline check in at London Heathrow, Guy has three bags. He puts them down and says sarcastically to the young lady, "I'd like you to send this one to Los Angeles, that one to Hong Kong and the last one to Durban." Her face shows signs of confusion before her training takes over and she says, 'I'm afraid we can't do that, sir.' "Why not?" demands Guy, "That's what the airlines did to them the last time I flew."

Know your Apples:

Here is the scene: The children were lined up in the cafeteria of a Church Elementary School for lunch. At the head of the table was a large pile of apples. The Nun made a note, and put it on the apple tray "Take only ONE. God is watching." Moving further along the lunch line, at the other end of the table was a large pile of chocolate chip cookies. A child had written a note, "Take all you want.....God is watching the apples."

***Yellow Dot Program
Braintree Senior Center
Thursday, April 18, 2013
10 a.m. - 12 noon***



The Norfolk County Sheriff's Office and the Braintree TRIAD will be once again bringing the Yellow Dot Program to the Town of Braintree on Thursday, April 18th at 10 a.m.

This is a national program, which currently operates in 8 states. The program participants receive a Yellow Dot Decal which is placed on the window of their car to alert the responders to the critical information packet (they have filled out) located in their glove compartment.

Come on April 18th to learn about this important program and to sign up! If you can't come in April, the next chance to sign up will be on May 16th here at the Braintree Senior Center.

**Braintree Dept. of Elder Affairs
Alzheimer's Support Meeting
April 30, 2013
4 p.m.**

Our Alzheimer's Support Meetings provide support and educational programs. They meet every month here at the Senior Center at 4 p.m. Everyone is welcome to attend these meetings which includes a light supper.

The speaker this month will be Elder Law Attorney Patricia Bloom-McDonald presenting **"The Importance of Legal Documents"**. Overlooking the importance of making key decisions and failure to plan ahead, will affect your future. Attend this informative presentation to gain perspective of your legal rights. By planning in advance, you will save valuable time and money.

This meeting will take place at the Braintree Senior Center on Tuesday, April 30th at 4 p.m.

Please call to sign up: 781-848-1963

**The Law Offices of Patricia Bloom-McDonald
located in Canton: 781-713-4709
www.ResourcesToRemember.com**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:30 Line Dancing 1:00 Trivia & Coffee</p>	<p>2</p> <p>Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Low Vision Group 10:00 Walking Group 10:00 SHINE Ins. help 10:45 Computer 101B 1:00 Bridge & Cribbage</p>	<p>3</p> <p>9:15 Exercise Class 10:00 Crafts 10:00 Quilting Group #1 12:00 Pool Players 12:00 Poker 1:00 BINGO</p>	<p>4</p> <p>Shopping Shuttle/Shaws 9:00 Chess 9:30 Chair Yoga 11:30 Quilting Group #2 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet</p>	<p>5</p> <p>9:15 Exercise 10:00 Weight Loss Group 11:00 Tai Chi Class 11:00 Library van ride 12:00 Pool Players 1:00 Women's Poker</p>
<p>8</p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:30 Line Dancing</p> <p>1:30 Red Sox Opening Day Party (SOX vs BAL) (Call to sign up)</p> 	<p>9</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Blood Pressure (free) at Senior Center 10:00 Walking Group 10:00 SHINE Ins. help 10:45 Computer 101B 1:00 Bridge & Cribbage 3:00 Supper Club: Bertucci's/Hingham</p>	<p>10</p> <p>9:15 Exercise Class 9:30 Ask the Lawyer (free) by appointment 10:00 Blood Pressure (free) at Heritage Apts. 10:00 Crafts 10:00 Quilting Group #1 12:00 Pool Players 12:00 Poker 1:00 Spring Party with Entertainment Call to sign up!</p>	<p>11</p> <p>Shopping Shuttle/S&S 9:00 Chess 9:30 Chair Yoga 10:00 Photography 11:30 Quilting Group #2 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet</p>	<p>12</p> <p>9:15 Exercise 10:00 Weight Loss Group 10:00 Van Trip to: Christmas Tree Shop 11:00 Tai Chi Class 11:00 Library van ride 11:30 Frauds Talk by Braintree Co-Op. (call to sign up please) 12:00 Pool Players 1:00 Women's Poker</p>
<p>15</p> <p>HOLIDAY PATRIOT'S DAY</p>  <p>SENIOR CENTER</p>	<p>16</p> <p>Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Trip Lottery for our June 26th Boston Cruise 10:00 Walking Group 10:00 SHINE Ins. help 10:45 Computer 101B 1:00 Bridge & Cribbage</p>	<p>17</p> <p>9:15 Exercise 9:30 Ask the Lawyer (free) by appointments 10:00 Crafts 10:00 Quilting Group #1 12:00 Pool Players 12:00 Poker 1:00 Hearing Exams (free) by appointment 1:00 BINGO</p>	<p>18</p> <p>Shopping Shuttle/Shaws 9:00 Chess 9:30 Chair Yoga 10:00 Yellow Dot Prog. See Newsletter for info. 11:30 Quilting Group #2 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet 3:30 Wisdom Works</p>	<p>19</p> <p>9:15 Exercise 10:00 Weight Loss Group 11:00 Tai Chi Class 11:00 Library van ride 12:00 Pool Players 12:30 Ask the Lawyer (free) by appointment 1:00 Women's Poker 2:00 No Braintree Board Meeting this month!</p>

<p>CLOSED</p>	<p>**AARP Meeting at DAV Hall</p>		<p>monthly meeting</p>	
<p>22</p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 11:00 Alzheimer's talk by Home Instead Senior Care See article & call to sign up! 12:00 Pool Players 12:00 Poker 12:30 Line Dancing</p> <p>1:00 Belles & Beaux Musical Show (Cake/Ice Cream provided by Royal Rehab Nursing Home)</p>	<p>23</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 10:00 SHINE Ins. help 10:45 Computer 101B 11:00 Red Hat Meeting 1:00 Bridge & Cribbage 1:00 Ask the Lawyer (free) by appointment 3:00 Supper Club: Hearth & Kettle/Weymouth</p>	<p>24</p> <p>9:15 Exercise 10:00 Crafts 10:00 Quilting Group #1 12:00 Pool Players 12:00 Poker 1:00 Movie: "ARGO"</p>	<p>25</p> <p>Shopping Shuttle/S&S 9:00 Chess 9:30 Chair Yoga 10:00 Photography 11:30 Quilting Group #2 12:00 Senior Luncheon (Please come pick up ticket) 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet</p> <p>2:00 COA Associates Meeting</p>	<p>26</p> <p>9:15 Exercise 10:00 Weight Loss Group 10:30 Blood Pressure (free) by Home Instead 11:00 Tai Chi Class 11:00 Library van ride 12:00 Pool Players 1:00 Women's Poker</p>
<p>29</p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:30 Line Dancing 1:00 Trivia & Coffee</p>	<p>30</p> <p>Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 9:00 Chess 9:30 Computer 101A 10:00 Walking Group 10:00 SHINE Ins. help 10:45 Computer 101B 1:00 Bridge & Cribbage</p> <p>4:00 Alzheimer's Support Meeting Speaker: Attorney Patricia Bloom-McDonald Please call for reservations</p>	<p>APRIL 2013</p> 		<p>*Please note special activities will have a write up in this newsletter about sign up requirements and any charges.</p> <p>*Please call to sign up for our special monthly parties & luncheon after the first of each month!</p> <p>*Please note there are \$\$ charges for our exercise programs and some special activities.</p> <p>*All other activities are \$.50/each to help cover center expenses.</p>

S U D A R O F D E V R E S E R E R

From the Outreach Department.....

Hopefully by the time you read this, the snow will have melted and the robins will have returned. We are fortunate to live in New England where we can experience the change of seasons four times a year.

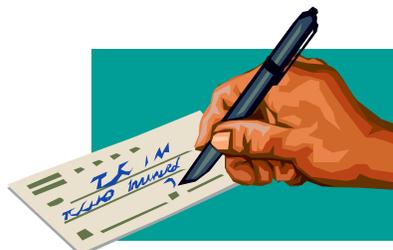
Recently we received notice of another change. As of March 1, 2013 the method for receiving federal benefits payments has changed. If you receive payments by paper check in the mail, these payments will be converted to electronic payments. This includes benefit payments from Social Security, Supplemental Security Income, Railroad Retirement Board, Veterans Affairs, Office of Personnel Management and Department of Labor.

Instead of receiving a paper check, the Treasury Department is asking people to choose one of two ways to receive payment. Both are through electronic payments. One is by getting direct deposit to your personal bank account and the other is to use a Direct Express Debit MasterCard. It is believed that receiving benefits this way is safer and will make sure that the money is in your account on payment day.

To make the switch to electronic payment you can sign up at your bank or credit union, sign up online at the Treasury Department's "Go Direct" website, www.GoDirect.org, or call the US Treasury Electronic Payment Solution Center at (800) 333-1795. You will need to have your most recent benefit check and your bank account number and routing number available. For more information, look on the information table at the Center for a handout that outlines the process of converting to electronic payment. We hope this change goes smoothly for you.

On another note, Home Instead Senior Care of Norwell will be presenting several informative presentations here in the coming months. On April 22nd at 11:00 am they will present a session on Alzheimer's Disease and its effect on the family. Please join us to learn about this perplexing disease.

We also want to mention that the MBTA RIDE program is available to eligible applicants who have physical, cognitive, or mental disabilities. This includes seniors who use a walker or cane to aide their mobility. There is an application to be filled out by the rider and his or her doctor. The RIDE runs 365 days and travels throughout the greater Boston area. It's a great solution to your travel problems and worth looking into. The number for The Ride is 617 222-5123. We have some applications available here for distribution.



Educational Town Information

From the Health Dept.....

The first week in April has been designated Public Health Week. In keeping with the economical concerns of the times the theme this year is **ROI or Return on Investment**. Health cost savings with relatively small investments realized at the individual as well as the corporate level are seldom recognized as the impact of public health policy.

Major initiatives of Public Health have proven health benefits as well as cost savings:

**About 42,000 adults and 300 children die each year from vaccine preventable diseases. For every dollar spent on childhood immunizations a savings of \$18.40 is realized.

**Every dollar spent on fluoridation saves \$40. in dental care.

**If 10 percent of adults began regularly walking, \$5.6 billion in heart disease costs could be averted

**If every state without a comprehensive smoke free policy adopted one, smoking deaths could be reduced by 624,000, save \$316 million in lung cancer treatments and more than \$874 million in heart attack and stroke treatment over the next five years.

**A sustained 10 percent weight loss could reduce an overweight person's lifetime medical costs up to \$5,300 by lowering the costs linked to hypertension, diabetes, heart disease, stroke and high cholesterol over five years.

Small changes to effect major outcomes, Public Health provides an ROI saving both lives and money!



From the Recycling Dept..... Important dates and activities for Braintree residents to keep on their calendar:

* **Plain Street Compost Site** opens April 3rd, and accepts residential yard waste (brush, grass, leaves, tree trimmings....no tree trunks) Wed-Sun, 7:30 AM – 3:00 PM. A Trash Sticker is required. Info: (781) 794-8950.

* **Household Hazardous Waste Day Drop-off event**, at the Recycling Center, 257 Ivory Street across from the Braintree T Station, April 27th 9:00 AM – Noon. Cost: \$10 for every 10 gallons or 10 lbs of materials. Info @ (781) 794-8237. The event also again welcomes the Friends of Thayer Public Library's electronics (TVs, computer monitors, printers & most small electronics) for reasonable disposal fees....all for a good cause. Info (781) 413-1327. Another important collection at the event is the prescription drug take-back program sponsored by Braintree's Health Dept. All unused or expired drugs in original containers accepted at no cost. Info: (781) 794-8090.

* **Braintree Beautification Day**, Saturday May 4th –make up a team, come alone or as a family.....all are welcome for a half-day of work and a fun cookout at Sunset Lake. Info: (781) 794-8100.

* **Curbside Collection of Yardwaste** begins Saturday, May 4th and will continue through May (11th, 18th & 25th). Last spring pickup is June 1st. Have barrels or paper bags of leaves, grass and small plants (no plastic bags) and bundled shrub & tree trimmings (less than 1 inch diameter and length less than 4 feet) on the curb by 7:00 AM. For larger quantities or sizes, use the Plain Street Compost Site. Sticker required.

* **Braintree Recycling Center** is open for typical, residential trash (Trash Sticker required) and recycling (no Sticker required) drop-off Mon-Fri, 7:00 AM – 3:00 PM and Sat, 7:00 AM-Noon (Open until 3:00PM beginning May 1st). Cleanouts not accepted. Info: (781) 794-8237-Recycling Hotline.

* **Covanta Drop-Off** for all Braintree residents can be used for excessive trash from cleanouts or small home remodeling projects. Disposal is at the Covanta Transfer Station, 257 Ivory Street (up the hill to the scale house). Cost is 10 cents/lb, and payment is by credit card only. Hours: Mon-Fri, 7:00 AM – 3:00 PM and Sat 'til Noon (3:00 May 1st). No contractors. Proof of residency required (driver's license). Info: (781) 843-6209- Recycling Hotline.

* **Trash Sticker** Info: (781) 794-8132 –Treasurer/Collector's Office at Town Hall.

* **Reminder.....**Curbside pickup of yardwaste, trash and recycling begins at 7:00 AM – have your items on the curb early. Weight limits of barrels and bags is 50 lbs. Trash & recycling info: (781) 794-8237

Keep up-to-date on the Town website <www.braintreema.gov> & <www.braintreema.gov/recycling>

Braintree Department of Elder Affairs.....Newsletters are available at the Senior Center, Town Hall, Library, Banks, Supermarkets, Pharmacies, Churches, Stores and some Medical Facilities. Call the Senior Center at (781) 848-1963 for a location near you and any information you may need. The Braintree Dept. of Elder Affairs *gratefully* accepts donations & thanks all who have donated to our great programs!

Thank you to Dalton Water/Braintree for their very generous donation of spring water each month at the Senior Center!

Braintree Department of Elder Affairs
71 Cleveland Avenue
Braintree, MA 02184
781-848-1963

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.

For more information call (781) 848-1963, or visit our web site: www.braintreema.gov

Dear Friends,

What a long winter!!! It's hard to believe that, given the snow we experienced this season, we didn't have one storm that exceeded the top ten snowiest storm days on record in our region.

I don't know about you, but my fuel bills—oil for the house and gasoline for the vehicle - made it seem even longer and colder.

Be that as it may, the good news is: **Spring has arrived!**

Enjoy every moment. Since there are so many wonderful programs at the senior center, you no longer have to hibernate. Get up, get out, and participate in some new activities. Savor the crocuses and daffodils, as they begin to peek their pretty and colorful heads through the defrosting ground.

While planning your events for the month, remember that Thursday, April 25th, at 2:00 p.m. is our scheduled meeting of the COA Associates. Hope to see you then!

Happy Easter/Happy Passover/Happy Spring!
The Friends

