



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
Ann Moore, Secretary
Robert Caruso, Treasurer

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

PHONE: 781 848-1963

FAX: 781 848-2835

WEB: www.townofbraintreegov.org

**Braintree Senior Center
Memorial Day Remembrance
Tuesday, May 26, 2015
1 p.m.**



Come honor "**Memorial Day**" and the men & women who died while serving in the U.S. military. We will have a moment of silence in their honor and sing some patriotic songs. Mayor Sullivan will visit and we will have a few words from Sharmila Biswas, our Director and Dick Walsh, our Veteran's Agent.

Music will be provided by DJ Dave Becker. Dave's show includes great music, vocals, sax, guitar & keyboard. He includes music for sing-a-long, dancing and audience participation. A great way to honor **Memorial Day** and to welcome **Spring** after this long, cold, snowy winter! Refreshments will be served.

Please call to sign up: 781-848-1963



**Braintree Senior Center - Summer Plymouth Trip
Pilgrim Belle Cruise & Isaac's Restaurant
Tuesday, June 30, 2015
\$58.00 (trip schedule 9 a.m.—4:30 p.m.)**

Our summer trip will travel to Plymouth, MA where the Pilgrims landed in 1620. Our first stop will be Historic Plymouth Harbor to board the Pilgrim Belle, a Mississippi style Paddlewheeler. Your Captain will give a narrated account of this historic town and seaport with views of Plymouth Rock, Mayflower II and much more. After your 1 hour cruise, it will be off to one of Plymouth's best restaurants, "Isaac's on the Waterfront". Here you will enjoy a delicious luncheon of Chicken Cordon Bleu or Broiled Schrod. We will also make a short stop at the Christmas Tree Shop in Pembroke on our way home. This is a fun filled day, so don't miss out on this trip.

Tickets on sale: Until May 12, 2015 at the Senior Center (10-1 p.m. only please)
(Braintree residents have priority on all trips, but we take an out-of-town wait list)

Luncheon Choices: Chicken Cordon Bleu or Broiled Schrod luncheon at Isaac's

**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—call 781-848-1963.*

BLOOD PRESSURE CLINICS (free)



May 12, (Tues.) at Senior Center 10-11 a.m.
May 13, (Wed.) at Independence 10-11 a.m.
May 29, (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 is from: **9:30 to 10:00 a.m.**
Return time is from: **11:30 to 12:00 p.m.**

May 5 & 7 Shaw's/Pearl Street
May 12 & 14 Stop & Shop/Grove Street
May 19 & 21 Roche Bros/Quincy Ave.
May 26 & 28 Shaw's/Pearl Street

****Every Friday Library van ride. Pick up 11 am return 12:30 pm**
**** Van Trip 5/8/15 - Dollar Store in Weymouth**

BRAINTREE MEETINGS



- May 5, Vision Group Meeting at 10 a.m.**
Meeting at Senior Center & open to all with low vision problems. For more information call 781-848-1963
- May 15, Braintree Elder Affairs Board Meeting 2 p.m.**
Meeting at Senior Center—open to public.
- May 19, AARP Chapter #4042 Meeting at 1:30 p.m.**
Braintree DAV Hall - 788 Liberty St./Braintree
Entertainment: "Magician Extraordinaire" Jack Ryan
Welcome new members and guests to all meetings.
- May 26, Braintree Alzheimer's Support Meeting 5 p.m.**
Presentation by: Visiting Angels/Marshfield
"Compassion Fatigue & Caregiver Burnout"
See newsletter article on speaker. Open to public and light supper served. Call for reservations:781-848-1963
- May 29, COA Associates Annual Meeting at 12 p. m.**
Meeting for members at Senior Center by invitation.

From the AARP Tax Volunteers.....

Without the splendid backing of the Braintree Senior Center and the approval & cooperation of **Sharmila Biswas**, the Director, the AARP Tax Program could not work.

The Braintree Senior Center provided space, internet access, supplies and the amazing work of **Terry Jarrett**, who does all of the scheduling, screenings, copying of documents and calling clients to confirm their appointments.

Braintree Elder Affairs wishes to thank the AARP Tax Volunteers.....

Chandra Chakrabarti
Cathy Monroe
Jean Plante
Pritam Singh
Marjorie Sullivan
Carol Whittall



The AARP Tax Volunteers processed over **188** senior tax returns.

"Thank you" for a job well done, we couldn't have done it without you!

Braintree Dept. of Elder Affairs Book Club Group Thursday, May 21, 2015 10:30 a.m.

If you enjoy reading, this is the group for you! We read one book a month, which is supplied by the Library (so there is no monthly cost). Come enjoy very interesting books & lively conversations.

Book:

"Loving Frank"
by: Nancy Horan



The renowned architect Frank Lloyd Wright has received much historical attention, but author Nancy Horan turns her gaze on Mamah Borthwick, Wright's lover -- their long-term affair scandalized the public -- who deserves attention in her own right for her work as a feminist. *Loving Frank* tells the story of Cheney's affair with Wright and her struggles to mesh her own independence and intelligence with the traditional roles of wife and mother.

Braintree

Department of Elder Affairs

"Special Activities"

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

See our newsletter calendar for listing of all activities

- May 1-15, Tickets on sale for May Senior Trip**
Pick up tickets at Senior Center May 1-12th
See newsletter article for info. on trip
- May 4, 11 & 18, My Life, My Health 6 Week Program**
Must be pre-registered for this event.
- May 5, "Low" Vision Group Meeting at 10 a.m.**
Support for seniors with low vision problems.
- May 5, 12, 19, & 26 SHINE Insurance help at 10 a.m.**
Appointments every Tuesday for help on all medical insurance issues. Call for appointment!
- May 5, & 19 Supper Club at: Charlie Horse/Kingston**
Supper Club at: 99 Rest/Hingham
Please call Senior Center for van reservations to enjoy this early social supper from 3 - 6 p.m.
- May 6, & 20 Bingo at Senior Center at 1 p.m.**
\$4.00 covers all games. Refreshments served!
- May 8, Mother's Day Musical Party at 1 p.m.**
Entertainment by DJ Tom Bruhl.
See newsletter article for info & call to sign up.
- May 11, Belles & Beaux Musical Entertainment**
At Senior Center 1 p.m. Cake/ice cream served.
- May 13, Special Cultural Grant Show at 1 p.m.**
Linda Myer show "Schmoozing with Sophie"
See newsletter article for info & call to sign up.
- May 21, Driving Safety Seminar at 1 p.m.**
See newsletter article for info & call to sign up.
- May 26, Memorial Day Entertainment at 1 p.m.**
Entertainment by DJ David Becker.
See newsletter article for info & call to sign up.
- May 26, Alzheimer's Meeting/Speaker at 5 p.m.**
See article on speaker & please call to sign up.

Braintree

Department of Elder Affairs

Senior Luncheon & Music

Thursday, May 28, 2015

@ 12 noon

\$7.00/ticket (pre-purchase please)

Come to our monthly luncheon and enjoy a delicious home cooked meal & some social time with new friends.



Lunch Menu: Salad/Rolls
Chicken Broccoli & Ziti
Dessert & Coffee/Punch

BRAINTREE SENIOR CENTER

MOVIE DAY (.50 donation)

Wednesday, May 27, 2015

Movie starts promptly
at 12 noon!

Come early and bring a bag lunch, enjoy coffee/pastry and hot popcorn during the movie.



Movie:
"Annie"

It's a hard-knock life for Annie, an orphan with a big heart, who is temporarily adopted by a wealthy businessman and tries to win over his heart.

From the Director.....

Greetings everyone, I hope you are enjoying the sights and sounds of the spring season. The winter was not easy for any of us, but I am wishing that soon the memories of the snow dams and the snow banks will start to fade. We can now come out of our homes and start moving those muscles which by now may feel a little bit knotted and rusty.

I had mentioned in the last newsletter that Braintree Elder Affairs has received a grant award from the Massachusetts Council on Aging for our **“Keep Moving Program”**. This program is designed to keep our seniors on the move. Elder Affairs already has a very active and a dedicated group of walkers. This grant will enhance it. This program will engage older adults in a weekly walking routine that will improve and sustain their health and independence. Participants will also be a part of the 65 Keep Moving Clubs already established across Massachusetts. The mission of this program is to promote physical activity for people over 50. Being active helps to prevent and postpone chronic disease, build healthy bodies and minds and keep individuals socially connected. Participants will be able to join in events held by various Keep Moving Clubs. In some cases Elder Affairs may provide transportation. At the end of the grant year, we hope to have a small ceremony rewarding the participants for their motivation and endeavor. We have **Doris Brotman** as the leader of this special group. Doris is experienced and has been involved with many walking events in the past.

**Please call us at 781-848-1963 to join this special group.
Tuesdays @ 10:00 a.m. & Fridays @ 10:15 a.m.**



**Braintree Senior Center
Mother’s Day Party
Friday, May 8, 2015
1 p.m.**

In honor of Mother’s Day, please join us for some special musical entertainment by DJ Tom Bruhl. Tom has a wonderful voice, plays instruments and will sing all your favorite songs.

We will be serving some cheese/crackers, fruit and desserts for your enjoyment.

Mother’s Day is celebrated to honor all mothers and express gratitude for the hardships they bear in bringing up a child. Most countries including US, Australia, Canada and India celebrate Mother’s Day on the second Sunday of May. Mother’s Day came into being due to the efforts made by Ms. Julia Ward Howe and Ms. Anna Jarvis. The Resolution for having a dedicated Mother’s Day was signed by US President Woodrow Wilson on May 8, 1914. Since then people across the world have been celebrating Mother’s Day with joy and devotion.

**Come celebrate Mother’s Day!
Please call to sign up:
781-848-1963**



**Braintree Senior Center &
Spaulding Rehabilitation Network Presents
“Safe Driving for a Lifetime”
Thursday, May 21, 2015
1 p.m.**

Presented by:
Donna VanHelene, OTR/L
Occupational Therapist
Spaulding Outpatient Center Braintree
300 Granite Street (across from South Shore Plaza)

Are you, or someone you love, 100% safe to drive?
For individuals whose driving ability may have been compromised by illness, injury or age-related decline, a driving assessment and appropriate treatment plan can help you reach your driving goals. Find out what Driver Rehabilitation is all about. At this informative presentation, you’ll learn:

- What** is a comprehensive driving evaluation?
- Who** should have a driving evaluation?
- When** would a driving evaluation be recommended?
- Why** would a driving evaluation benefit me?
- How** do I register for a pre-driving evaluation?
- Where** can I take a pre-driving evaluation?

This presentation will be held at the Braintree Senior Center, 71 Cleveland Ave., Braintree, MA.

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

From the desk of Mary Cirignano, Chairman
Wishing all Mothers, Grandmothers and Great Grandmothers a very special Mother's Day on May 10th.

Grocery store shopping:

A man observed a woman in the grocery store with a three year old girl in her basket. As they passed the cookie section, the little girl asked for cookies and her mother told her, "No." The little girl immediately began to whine and fuss, and the mother said quietly, "Now Monica, we just have half of the aisles left to go through - don't be upset. It won't be long now." Soon, they came to the candy aisle and the little girl began to shout for candy. When told she couldn't have any, she began to cry. The mother said, "There, there, Monica, don't cry - only two more aisles to go and then we'll be checking out." When they got to the checkout stand, the little girl immediately began to clamor for gum and burst into a terrible tantrum upon discovering there'd be no gum purchased. The mother said serenely, "Monica, we'll be through this checkout stand in 5 minutes and then you can go home and have a nice nap." The man followed them out to the parking lot and stopped the woman to compliment her. "I couldn't help noticing how patient you were with little Monica." he began. The mother replied, "I'm Monica - my little girl's name is Tammy."

May 25th is Memorial Day:

To all our service men and women living and those who died for this great nation a loud THANK YOU to keep us free.

A PRAYER OF THANKSGIVING for all the Wounded Warriors who struggle each day to heal from the perils of war:

Duty Honor Code: Their duty has always been paid. They fight for our freedom so don't ever let their memory fade. They battle for the righteous cause and sometimes end up dead. They endure hardships we cannot understand so recognize the blood they've shed.

They conquer their fear and go into harm's way for people who are oppressed or are suffering from neglect. And all they are asking for from us is a little acknowledgement and common decent respect. So fly your flags with pride and wear your Red, White, and Blue. Always think to yourself they are out there right now somewhere fighting for me and you. They give everything that they have just for the sake of freedom's price. So reflect on what they've done for us with their ultimate sacrifice.

They're the men and women of the military Army, Navy, Air force, and Marines. This Memorial Day give thanks or remember a vet who has fought for our country.



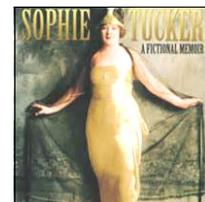
Braintree Senior Center presents.....
"Schmoozing with Sophie"
By Linda Myer
Wednesday, May 13, 2015 at 1 p.m.

This one person play will be presented by Ms. Linda Myer. Ms. Myer has been a historical performer for over 20 years in feature films, Boston area theaters, commercials and has toured nationally.

It's 1928! **Sophie Tucker**, "last of the red-hot mamas," is on her way to Hollywood. She fled the family's restaurant to move to New York to break into show business. With her big voice, brassy charm, off-color jokes and "chutzpah," Sophie climbed the show business ladder, becoming a world class star.

Sophie will keep you laughing and crying with tales of her trouping days, risqué jokes and poignant memories of her struggles to achieve the American dream.

**Please call to sign up:
781-848-1963
Space limited- Braintree only!
(Braintree Seniors only!)**



*****This play is made possible from a grant from the Braintree Cultural Council a local agency which is supported by the Massachusetts Cultural Council.**

Braintree Department of Elder Affairs
Alzheimer's Support Meeting
Tuesday, May 26, 2015 at 5 p.m.

"Compassion Fatigue and Care Partner Burnout"
Presented by
Kim Benner, LSW, Director, Visiting Angels

A presentation for family caregivers facing the difficult feelings of anger and guilt, including specific techniques and common sense guidance, how to manage one's own care, how to recognize and discuss when it is time to make transitions at life changing points, when to ask for assistance and how to remain yourself while you are a caregiver. Professional caregivers are also welcome. Light supper provided by Grove Manor Estates.

Please call to sign up: 781-848-1963

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>****Trip tickets on sale until May 12th for the June trip to Plymouth! (see article)</p>	<div style="border: 2px solid black; padding: 10px; font-size: 2em; font-weight: bold; margin: 0 auto;">MAY 2015</div>			<p>Please note special activities will have a write up in this newsletter about sign up requirements and any charges.</p> <p>Do not call before the first of the month to sign up for any special activities.</p> <p>* Please note there are \$\$ charges for our exercise programs and some special activities - call for information regarding these charges.</p> <p>*All other activities are \$.50/donation for Senior Center expenses.</p>	<p>1</p> <p>9:15 Exercise Class 10:00 Weight Loss Group 10:15 Walking Group 10:00 Art Class #1 12:00 Pool Players 1:00 Women's Poker 1:30 Zumba Exercise</p>
<p>4</p> <p>11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:00 Trivia & Coffee</p> <p>1:00 "My Life, My Health" 6 Week Presentation- #2</p>	<p>5</p> <p>Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 9:30 Computer 101A 10:00 Vision Group Meets 10:00 Walking Group 10:00 SHINE Ins. help 10:45 Computer 101B 1:00 Bridge & Cribbage 1:30 Zumba Exercise 3:00 Supper Club: Charlie Horse/Kingston</p>	<p>6</p> <p>9:15 Exercise Class 10:00 Asian Outreach Program 長者服務 12:00 Pool Players 12:00 Poker 1:00 BINGO</p>	<p>7</p> <p>Shopping Shuttle/Shaws 9:30 Chair Yoga 11:30 Quilting Group 1:00 Art Group 1:00 Knit/Crochet</p>	<p>8</p> <p>9:15 Exercise Class 10:00 Special Van Trip: Dollar Store/Weymouth 10:00 Weight Loss Group 10:00 Art Class #2 (must be registered) 10:15 Walking Group 12:00 Pool Players 1:00 Mother's Day Musical Entertainment (call to sign up) 1:00 Women's Poker 1:30 Zumba Exercise</p>	
<p>11</p> <p>11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker</p> <p>1:00 "My Life, My Health" 6 Week Presentation- #3</p> <p>1:00 Belles & Beaux Musical Show (Thank you to Royal Rehab. Braintree for the cake)</p>	<p>12</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:30 Computer 101A 10:00 Blood Pressure (free) at Senior Center 10:00 Walking Group 10:00 Wii Bowling Group 10:00 SHINE Ins. help 10:45 Computer 101B 1:00 Bridge & Cribbage 1:30 Zumba Exercise</p>	<p>13</p> <p>9:15 Exercise Class 9:30 Ask the Lawyer (free) by appointment 10:00 Blood Pressure (free) at Independence Program 長者服務 12:00 Poker 1:00 Special Cultural Presentation - Live Play: Schmoozing with Sophie</p>	<p>14</p> <p>Shopping Shuttle/S&S 9:30 Chair Yoga 10:00 Photography 11:30 Quilting Group 1:00 Art Group 1:00 Knit/Crochet</p> <p>**Keller Williams Realty "Volunteer Day" at the Braintree Senior Center</p>	<p>15</p> <p>9:15 Exercise Class 10:00 Walking Group 10:00 Weight Loss Group 10:00 Art Class #3 (must be registered) 10:15 Walking Group 12:00 Pool Players 12:30 Ask the Lawyer (free) by appointment 1:00 Women's Poker 1:30 Zumba Exercise</p>	

	<p>18</p> <p>11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker 12:15 Men's Tai Chi 12:00 Trivia & Coffee</p> <p>1:00 "My Life, My Health" 6 Week Presentation- #4</p>	<p>(AARP Meeting today) 19</p> <p>Shopping Shuttle/Roche 9:00 S&S Bus (housing) 9:30 Computer 101A 10:00 Walking Group 10:00 Wii Bowling Group 10:00 SHINE Ins. help 10:45 Computer 101B 1:00 Bridge & Cribbage 1:30 Zumba Exercise 3:00 Supper Club: 99 Club/Hingham</p>	<p>20</p> <p>9:15 Exercise Class 10:00 Asian Outreach Program 長者服務 10:00 Pool Players 10:00 Poker 1:00 Hearing Exams (free) by appointments 1:00 BINGO</p>	<p>21</p> <p>Shopping Shuttle/Roche 9:30 Chair Yoga 10:30 Book Club Meeting 11:30 Quilting Group 1:00 Art Group 1:00 Knit/Crochet 1:00 Driving Safety Seminar (call to sign up)</p> <p>**Senior Trip to Cape Cod (ticket holders only)</p>	<p>22</p> <p>9:15 Exercise Class 10:00 Weight Loss Group 10:00 Art Class #4 (must be registered) 10:15 Walking Group 12:00 Pool Players 1:00 Women's Poker 1:30 Zumba Exercise</p>	<p>2:00 Board Meeting Open to Public</p>
<p>25</p> <p>HOLIDAY MEMORIAL DAY</p>  <p>SENIOR CENTER CLOSED</p>	<p>26</p> <p>Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 9:30 Computer 101A 10:00 Walking Group 10:00 Wii Bowling Group 10:00 SHINE Ins. help 10:45 Computer 101B 11:00 Red Hat Meeting 1:00 Ask the Lawyer (free) by appointment 1:00 Bridge & Cribbage 1:00 Memorial Day Music with David Becker (call to sign up please) 1:30 Zumba Exercise 5:00 Alzheimer's Meeting Speaker & Light Supper Call to sign up please!</p>	<p>27</p> <p>9:15 Exercise Class 10:00 Asian Outreach Program 長者服務 10:00 Pool Players 10:00 Poker 12:00 Movie Day: "Annie"</p>	<p>28</p> <p>Shopping Shuttle/Shaws 9:30 Chair Yoga 10:00 Photography 11:30 Quilting Group 12:00 Senior Luncheon (please pick up ticket) 1:00 Art Group 1:00 Knit/Crochet</p>	<p>29</p> <p>9:15 Exercise Class 10:00 Walking Group 10:00 Weight Loss Group 10:15 Walking Group 10:30 Blood Pressure (free) at Senior Center 12:00 Pool Players 1:00 Women's Poker 1:30 Zumba Exercise</p> <p>*12:00 COA Associates Annual Meeting (by invitation)</p>		

6 & 7

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

From the Outreach Dept.....

May is Older Americans month. A meeting in 1963 between President John F. Kennedy and members of the National Council of Senior Citizens led to designating May as “Senior Citizens Month”, the prelude to “Older Americans Month”. President Lyndon B. Johnson signed the Older Americans Act into law in July 1965. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

This year, in honor of the 50th anniversary of the Older Americans Act (OAA), the focus is on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others. The theme for Older Americans Month 2015 is **Get into the Act**.

The Outreach Department’s goal in providing the necessary advocacy, referrals and resources for our seniors is to enable you to maintain your health and independence. If we can be of assistance, please call us at (781) 848-1963.

Keller Williams Realty presents.....
“KW Cares Volunteer Day”
at Braintree Senior Center
Thursday, May 14, 2015

We are very fortunate to have Volunteers from the Keller Williams Realty come & spruce up our Senior Center for the day on May 14, 2015.

They are all very excited about volunteering here at the Center with some projects such cleaning, repairing and staining our gazebo, planting some new bushes and flowers around the entrance of our Center and other projects we may have for them.

We are thankful to Keller Williams for giving back to their Community in this way, and for choosing the Braintree Senior Center as one of their locations to volunteer.

Thank you
Keller Williams Realty!



Just a few reminders....(call for information):

My Life, My Health Seminar: Will be running for 6 weeks every Monday 1-3 p.m. You must be signed up for this event. Program runs until June 6th.

Acrylic Art Workshop: This 4 week art class will begin on May 1st - May 22nd at 10 a.m. You must be enrolled prior to the start of this class.

Asian Outreach Program: This is an on-going new program held every Wednesday at 10 a.m.

Vision Group: This is an on-going once a month program for anyone with vision problems. Meeting held the first Tuesday of month at 10 a.m. Support and monthly speakers. Refreshments.

Alzheimer's Support Group: This is an on-going once a month program held on the last Tuesday of the month at 5 p.m. Open to families or caregivers. Please call to register for this meeting. (light supper provided by Grove Manor)

Educational Town Information

From the Health Department....



Reminder Blood Pressure Clinics:

May 12	Senior Center
May 13	Independence Manor
June 9	Senior Center
July 14	Senior Center
July 15	Heritage
August 11	Senior Center
August 12	Independence Manor
September 8	Senior Center
October 6	Senior Center
October 7	Heritage Housing
November 10	Senior Center
December 8	Senior Center
December 9	Independence Manor

From the Recycling Dept.....

Mayor Joseph C. Sullivan recently initiated a community essay contest as part of the Town's recycling awareness campaign, "**RECYCLING MATTERS!**" during the months of March, April & May.

Essay winners will be selected at the end of each month. A total of 25 winners will receive an additional recycling cart.

Other prizes include gift certificates for the Farmer's Market. Winners will be chosen from each "District" within the Town.

Mayor Sullivan stated, "We have received entries from all parts of the Town clearly demonstrating a community of interest and that recycling matters."

Each year thousands of seniors in Massachusetts reach a gap in their Medicare prescription drug plan that is often referred to as the "**donut hole.**"

If you reach that gap, your prescription drug costs rise dramatically! Don't let this happen to you: **Prescription Advantage** can help!

Prescription Advantage is a state-sponsored program that supplements your Medicare drug plan to fill that gap.

**Call Prescription Advantage today at:
1-800-AGE-INFO (1-800-243-4636)
and press 2 to learn more!**

Residents on the following streets were the first group of cart winners from the March entries:

**Hayward Street
Marshall Street
Oak Hill Road
Plain Street**

**Russell Road
Washington Street
Weston Avenue**

Please recycle!



Braintree Department of Elder Affairs.....Newsletters are available at the Senior Center, Town Hall, Library, Banks, Supermarkets, Pharmacies, Churches, Stores, some Medical Facilities and on line at the Town of Braintree web-page: www.townofbraintreegov.org

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 and thanks all who have donated to our great programs!

Thank you to Dalton Water/Braintree for their very generous donation of spring water to the Senior Center.

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

Place
Stamp
Here



Please recycle!

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. Our Veteran Agent, Richard Walsh, now at this location (781-794-8217). www.townofbraintreegov.org

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

Dear “Friends”..... Top 5 Places Where People Live the Longest
Continuing with our series, part 3..... By: Dana Larsen

4. Nicoya, Costa Rica:

The remote Nicoya peninsula has an inland community in which middle-age mortality is surprisingly low: a man at age 60 has about twice the chance of reaching age 90 than a man living in the U.S. They also have the lowest rates of cancer in Costa Rica.

Secrets of Longevity: Their *plan de vida* or sense of purpose in life encourages a lifestyle that is physically active with plenty of time outdoors, as well as time spent on family and spirituality. They sleep 8 hours. And their diet includes not only nutrient-rich foods like colorful fruits, beans, rice, and corn, but also water that’s naturally high in calcium and magnesium.

5. Ikaria, Greece:

Ikaria is a Greek island 35 miles off the coast of Turkey. Like Nicoya, they’ve got a lot of nonagenarians: people there are three times more likely to reach 90 than Americans are. According to the Blue Zones website, “Chronic diseases are a rarity in Ikaria. People living in this region have 20% less cancer, half the rate of cardiovascular disease, and almost no dementia!”

Secrets of Longevity: Boasting a mineral hot springs, Ikaria has been a health destination for centuries. Its residents stay active through walking, farming, and fishing, but they also make sure to take time out to nap and socialize. In addition to their Mediterranean diet, they eat a lot of wild greens and drink an herbal tea that’s full of nutrients. Their community lifestyle also encourages good health habits and regular social engagement.

SPRING HAS TRULY ARRIVED!
The Friends

