



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
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

From the Director.....

I would like to take the opportunity to thank a very special group of people who have always been very supportive to the Braintree Department of Elder Affairs. These are our Legislators, Senator Brian Joyce, Senator John Keenan and Representative, Mark Cusack. Every year Braintree Elder Affairs applies and receives local aid from the State in form of a grant called the Formula Grant. This money helps us employ part-time personnel (not paid by the town) whose service is critically beneficial to our Department. It also assists us to bring you educational seminars, some essential equipment and accessories (not included in the town budget) which can be used and enjoyed by our seniors who come to our center. For the past few years the world has been facing an economic crunch and our State has faced the same predicament. So, for the past few years, we have spent many anxious moments when our legislatures start to discuss the budget to get it ready for the Governor to sign it. Every year, we fear that the Elder Affairs budget will face drastic reductions, and for a couple of years there were cuts. But through all adversities, our State Representative and our two Senators have been vigilant and diligent to our causes. Their quick responses to my calls or requests have not only been astounding but heartwarming. It is wonderful to have legislators who care about the senior citizens in our community. Last year the good news was that the Formula Grant was restored to the amount it was two years ago and this year the news is even better, the Formula Grant, after three years, received an increase and we are all overjoyed. I will be remiss if I do not thank the courteous staff who works with our legislators, so thank you Steve Byrne (Cusack), Diane Higgins (Joyce) Ruthie Dollarhide, Rich Bielecki and Molly Sullivan (Keenan). Without your support and patience, things would be much harder to attain. On behalf of staff and Board members of Braintree Elder Affairs and our Senior Community, thank you for your support. Last, but not least, we wish to thank our Mayor, Joseph Sullivan, for believing in us and giving us the opportunity to do what we do best, which is serving the senior residents of this town.

Sharmila



BLOOD PRESSURE CLINICS (free)



September 10, (Tues.) at Senior Center 10-11 a.m.
September 27, (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.**

Sept. 3 & 5, Shaws/Pearl Street
Sept. 10 & 12, Stop & Shop/Grove Street
Sept. 17 & 19 Shaws/Pearl Street
Sept. 24 & 26 Stop & Shop/Grove Street

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

BRAINTREE MEETINGS



- Sept. 3, LOW Vision Group Meeting at 10 a.m.**
Meeting open to all with low vision problems.
- Sept. 17, AARP Chapter #4042 Meeting at 1:30 p.m.**
Braintree DAV Hall - 788 Liberty St./Braintree
Speaker: Larry M. Diamond, PHD - Talk on the implementation of the *Affordable Care Act* and how it affects Medicare in 2014. New members welcome!

*** Lunch prepare and serve at Father Bill's Place on Friday, September 20th at noon by AARP.
- Sept. 19, Wisdom Works Support Meeting 3:30 p.m.**
Meeting & Speaker Richard Dominique from Quincy Career Center. Meeting held at Senior Center.
- Sept. 20, Braintree Elder Affairs Board Meeting 2 p.m.**
Board meeting at Senior Center - open to the public!
- Sept. 24, Braintree Alzheimer's Support Meeting 5 p.m.**
Meeting, light supper & special speaker.
See newsletter article for more information.
- Sept. 26, COA Associates Meeting at 2 p.m.**
Meeting at Senior Center for members.

September classes are in full swing.
Please come by and try something new!

See calendar (center insert) for day and times of all activities!

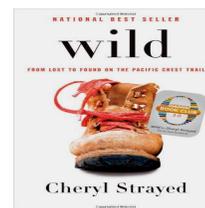
Trivia: - Great group, do a variety of trivia.
Computers: Beginner & Internet Classes.
Chess/Scrabble: - Looking for new players.
Exercise Programs: Aerobic, Chair Yoga, Tai Chi Classes and now new Zumba Gold.
Walk Group: Walk around area locations.
Knitting: Knit for charities or yourself.
Photography: Come share ideas & pictures.
Pool Players: Every day at noon.
Bridge/Cribbage: Come learn to play.
Book Club: Review one book a month and the books are supplied by our library.
Poker: Mixed group poker & women's poker.
Crafts: Make items to sell in our Resale Shop.

We also have many social parties, special events and educational seminars monthly.

Looking to start the following classes if we have interest: mahjong, current events, art classes (oil/water) and any suggestions, call to let us know: 781-848-1963

Braintree Dept. of Elder Affairs **Book Club Group** **Thursday, September 26, 2013** **11 a.m.**

If you enjoy reading, this is the group for you. They read one book a month which is supplied by the Library, so there is no monthly cost. Come enjoy some very interesting books.



Book: Wild
"From lost to found on the Pacific Crest"

A powerful, blazingly honest, inspiring memoir: the story of a 1,100 mile solo hike that broke down a young woman reeling from catastrophe, and builds her back up.

Braintree

Department of Elder Affairs

"Special" Activities"

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

- Sept. 3,** **"Low" Vision Group Support Meeting**
Meeting at 10 a.m. at Senior Center.
- Sept. 3,** **SHINE Insurance Help, at 10 a.m.**
Appointments every Tuesday for help on all medical insurance problems and information.
- Sept. 4,** **Bingo & Refreshments at 1 p.m.**
& 18 \$4.00 to play all games & refreshments.
- Sept. 9,** **Belles & Beaux Musical Show at 1 p.m.**
Cake & ice cream social following show.
- Sept. 10,** **Supper Club at: Jamies/Whitman**
& 24 **Supper Club at: TGI Fridays/Stoughton**
Please call Senior Center for van reservations to enjoy this early social supper from 3 - 6 p.m.
- Sept. 13,** **Moose Lodge Senior Luncheon at noon**
See newsletter article & call to sign up.
- Sept. 24,** **BELD Senior Breakfast at 8 & 9:30 a.m.**
See newsletter article & call to sign up.
- Sept. 25,** **Movie Day with popcorn starts at noon**
Movie: Hyde Park on Hudson,
- Sept. 26,** **Senior Luncheon at noon—\$6.00/ticket**
With surprise singer/dancer Paula Seggelin. Must purchase \$6.00 ticket at Senior Center.
- Sept. 30,** **Live Play by Richard Clark at 1 p.m.**
"A Time to Laugh, A Time to Weep"
See article and call to sign up for this wonderful play sponsored by a grant from the Braintree Arts Lottery Council & Mass Cultural Council.

Braintree

Department of Elder Affairs

Senior Lunch

Thursday, September 26, 2013

@ 12 noon - \$6.00/ticket

Come to our monthly luncheon and enjoy a delicious Italian meal. Tickets are on sale Sept. 1st and they sell out quickly so come early!



Lunch Menu:

Tossed salad/garlic bread, spaghetti & meatballs and dessert.

We will have a surprise singer/dancer Paula Seggelin who will perform for you....Don't miss her - she is fun!

BRAINTREE SENIOR CENTER MOVIE DAY

Wed., September 25, 2013

12 noon - \$.50/donation

Come early and bring a bag lunch, enjoy coffee/pastry & free popcorn! Movie starts at noon.



Movie:

Hyde Park on Hudson

In June 1939, President Franklin Delano Roosevelt and his wife, Eleanor, host the King and Queen of England for a weekend at the Roosevelt home at Hyde Park on Hudson in upstate New York in the first-ever visit of a reigning English monarch to America.



**Braintree Dept. of Elder Affairs
Presents a live play....
"A Time to Laugh, A Time to Weep"
Monday, September 30, 2013 at 1 p.m.**

It is with great pleasure that we welcome back Richard Clark, an actor with over thirty years of experience in New England regional theater, New York theater & television and Lynne McKenney Lydick who's stage credits include leads in musicals, comedies and dramas performed throughout New England. They will be performing the play "*A Time to Laugh, A Time to Weep*" here at the Senior Center on Sept. 30th at 1 p.m.

Join Richard Clark and Lynne McKenney Lydick as they take you on a roller coaster ride from the knowing comedy of Neil Simon's "*Prisoner of Second Avenue*" and "*California Suite*" to the drama of Arthur Miller's "*Death of a Salesman*".

This program is supported in part by a grant from the Braintree Arts Lottery Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.

Please call to sign up, space is limited (Braintree residents only please) 781-848-1963

BELD

**ANNUAL SENIOR BREAKFAST
SENIOR CENTER
TUESDAY, SEPTEMBER 24, 2013
SEATINGS 8 A.M. & 9:30 A.M.**



Back by popular demand. In partnership with the Department of Elder Affairs, **BELD** will host a **Senior Breakfast** on Tuesday, September 24th.

Come to 71 Cleveland Avenue for a tasty breakfast prepared and served by the Braintree Rotary Club and hear BELD representative give an overview of what's new at the Light Department.

There'll be give-away items and drawings as well.

Two seatings will be available at **8:00 a.m.** or at **9:30 a.m.**, but seating is limited, so please call the Department of Elder Affairs at **781-848-1963** after September 1st to make your reservations.

We're looking forward to seeing you!

**Braintree Moose Family Center
Lodge #403—Chapter #2042
175 Howard Street
Braintree, MA 02184
Senior Luncheon
September 13, 2013
12 noon**



The Braintree Moose Lodge will be hosting their **Second Annual Senior Luncheon** on Friday, September 13, 2013 at 12 noon at their Lodge located at 175 Howard Street, Braintree.

Please attend and enjoy a full course turkey dinner with music and raffles!

This event is free and held by The Loyal Order of the Moose and the Women of the Moose.

**Space is limited and you must sign up at the Braintree Senior Center or by calling:
781-848-1963**



**From the desk of Mary Cirignano, Chairperson...
Summer Holidays Are Over and Welcome Back!**

This being the month of September, school children come to mind as they start another year of learning. Here are some of their thoughts and answers.

- Brett, your essay on "My Dog" is exactly the same as your sister's. Did you copy her? No Teacher, it's the same dog.
- Early one morning, a mother went in to wake up her son. "Wake up, son. It's time to go to school". "But why, Mom? I don't want to go". "Give me two reasons why you don't want to go." "Well, the kids hate me for one, and the teachers hate me, too!" "Oh, that's no reason not to go to school". "Come on now and get ready." Give me two reasons why I should go to school". "Well, for one, you're 52 years old, and for another, you're the Head Teacher!"
- Nathan comes home from his first day at school. Mother asks, "What did you learn today?" He replies, "Not enough. I have to go back tomorrow."
- Mum: "How did you find school today?" Youngster: "I simply hopped off the bus - and there it was."
- Mia: "I think we need a new teacher." Mum: "Why is that?" Mia: "Our teacher doesn't know anything, she keeps asking us for the answers."
- When Dad came home he was astonished to see Vic sitting on a horse, writing something. "What on earth are you doing there" he asked. "Well, the teacher told us to write an essay **on** our favorite animal & that's why I'm here and that's why Sara is sitting on the goldfish bowl."

The following questions were set in last year's examination
These are genuine answers (from 16 year olds).....

- Q. Name the four seasons...
A. Salt, pepper, mustard and vinegar.
- Q. Explain one of the processes by which water can be made safe to drink...
A. Flirtation makes water safe to drink because it removes large pollutants like grit, sand, dead sheep and canoeists.
- Q. How is dew formed?
A. The sun shines down on the leaves and makes them perspire.
- Q. What are steroids?
A. Things for keeping carpets still on the stairs.
- Q. How can you delay milk turning sour?
A. Keep it in the cow.
- Q. What is a terminal illness?
A. When you are sick at the airport

http://www.guy-sports.com/humor/jokes/jokes_holiday_notices.htm

**Braintree Dept. of Elder Affairs
Alzheimer's Support Meeting
Tuesday, September 24, 2013
5 P.M.**

Attention.....Caregivers who feel exhausted, worried or on the brink of burnout, stop living with regret and recharge your care giving energy now. Your work is to be celebrated for your purpose and success.

Since 2011, certified professional Coach and Energy Leadership Master Practitioner Michael Bloom has helped to revitalize the professional and family caregivers. With a wealth of practical expertise, Michael serves as a welcomed catalyst to Caregivers and Human Services Professional, to stay energized and committed to the work that has never been more vital than it is today. Michael has two Masters Degrees in Psychology and Social Policy and he has a passion for life long practical learning that benefits others.

Family caregivers and professionals we invite you to join us in this very special presentation. Hosted and coordinated by Elder Affairs, this program is presented through the courtesy of Grove Manor Estates and South Shore Elder Services, Inc.

A light supper will be served, courtesy of Grove Manor Estates.

Please call to sign up: 781-848-1963

Don't Forget.....Medicare's Open Enrollment Period for this year is:

October 15th – December 7th, 2013

After **October 7th**, if you are having insurance problems, call the Department of Elder Affairs at **781 848-1963** and make an appointment with a SHINE Counselor to review your options for health insurance and drug plan coverage.

Note....The 2014 cost and plan information will not be available until after October 7th, so please call after that date. "Thank You"!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>LABOR DAY HOLIDAY</p> <p>SENIOR CENTER CLOSED TODAY</p>	<p>3</p> <p>Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 9:00 Chess 9:30 Outdoor Bocce 9:30 Computer 101A 10:00 Walking Group 10:00 Vision Group Meeting 10:00 SHINE Insurance help 10:45 Computer 101B 1:00 Bridge & Cribbage 1:30 Zumba Gold Exercise</p>	<p>4</p> <p>9:15 Exercise Class 9:30 Ask the Lawyer (free) by appointment 10:00 Crafts 10:00 Quilting Group #1 12:00 Poker 1:00 BINGO</p>	<p>5</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>6</p> <p>9:15 Exercise Class 10:00 Weight Loss Group 11:00 Tai Chi Class Tony resumes today! 11:00 Library van ride 12:00 Pool Players 1:00 Women's Poker</p>
<p>9</p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker</p> <p>1:00 Belles & Beaux Musical Show</p> <p>** Thank you...Royal Rehab Nursing Home/Braintree for providing the monthly cake for above musical show!</p>	<p>10</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:00 Chess 9:30 Outdoor Bocce 9:30 Computer 101A 10:00 Walking Group 10:00 Blood Pressure (free) by Town Nurse 10:00 SHINE Insurance help 10:45 Computer 101B 1:00 Bridge & Cribbage 1:30 Zumba Gold Exercise 3:00 Supper Club: Jamie's/Whitman</p>	<p>11</p> <p>9:15 Exercise Class 9:30 Ask the Lawyer (free) by appointment 10:00 Crafts 10:00 Quilting Group #1 12:00 Poker</p>	<p>12</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>13</p> <p>9:15 Exercise Class 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>12:00 Moose Lodge Senior Luncheon (Please see newsletter article and call to sign up)</p>
<p>16</p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker</p> <p>1:00 Trivia & Coffee</p>	<p>17</p> <p>Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 9:00 Chess 9:30 Outdoor Bocce 9:30 Computer 101A 10:00 Walking Group 10:00 SHINE Insurance help 10:45 Computer 101B 1:00 Bridge & Cribbage 1:30 Zumba Gold Exercise *AARP Meeting today 1:30 p.m.</p>	<p>18</p> <p>9:15 Exercise Class 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>19</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>3:30 Wisdom Works Meeting & Speaker</p>	<p>20</p> <p>9:15 Exercise Class 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</p> <p>2:00 Dept. of Elder Affairs Board Meeting (open to public)</p>

From the Outreach Department.....

We have been thinking of some new ideas for programs. If you have any suggestions, please let us know.

Now that the summer is winding down it is time to think about preparing for the onset of colder weather. The price of oil is going to rise as the heating season approaches, so think ahead and contact your fuel company to lock in a low price now. If your fuel costs are hard to manage, start budgeting for those costs now. Be sure to have a service contract for your heating system so that you don't get caught in a cold snap without heat. The Fuel Assistance Program at Quincy Community Action Programs, Inc., 617 472-8181, will start taking applications soon. Call them or check your news media for upcoming notices about that program.

Now is also a good time to think about your lawn care needs and arrange for someone to rake leaves and shovel snow for you if you cannot do it yourself. Block any drafts around doors and windows to lessen heat loss. Let the sun's heat in during the day, and close the curtains at dusk to retain any residual heat. Dress warmly in layers and keep the thermostat at a manageable setting for your needs. It is never too soon to plan ahead for the winter weather.

If you use a cane, we have available some ice tips that 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. Contact us if you are interested.

We have a list of independent contractors who have contacted us about doing work for the elderly for a fee. We do a criminal records check on them before they are put on what we call our reference list. These people offer various services such as errands, companionship, home care and personal care, to name a few. We cannot recommend any one person over another. It is up to you to check their references and to see if you and the contractor get along. You pay them directly.

Being proactive in planning for the near future is time and cost effective. Think ahead!



SAVE THE DATE.....Braintree/Weymouth

Senior Walk for Fitness

Pond Meadow Park

Wednesday, October 16, 2013 (rain date is Tuesday, Oct. 22nd)



This is a reminder... to save the date for our annual **Senior Walk for Fitness** being held this year at Pond Meadow Park on **October 16th at 10 a.m.** Both the Braintree & Weymouth Senior Centers join forces to offer this walk which has been a huge success the last 5 years. We have 3 walking routes and support is provided during the walk offering water, nurse/staff and van service if needed. It's educational, social and so much fun!

You will have to pre-register to attend by calling: **Braintree registration: 781-848-1963**
Weymouth registration: 781-682-6140

More detailed information will be provided in our October newsletter & when you sign up for this event.

Educational Town Information

FROM THE HEALTH DEPT.....

September is National Cholesterol Education Month, a good time to get your blood cholesterol checked and take steps to lower it if it is high. Everyone age 20 and older should have their cholesterol measured at least once every 5 years.

Tips to stay heart smart about cholesterol:

- Know your numbers - for total cholesterol, a desirable number is less than 200 mg/dL.
- High-density lipoprotein (HDL) or "good" cholesterol protects against heart disease. HDL levels of 60 mg/dL or more help to lower risk for heart disease. A level less than 40 mg/dL is low and is considered a major risk factor.
- Low density lipoprotein (LDL) or "bad" cholesterol can clog arteries. A level less than 100 is optimal. Soluble fiber (grains, nuts fruits and vegetables) helps reduce LDL.
- Eating fatty fish (such as mackerel, lake trout, herring, sardines, albacore tuna, salmon, and halibut) can be heart-healthy because of omega-3 fatty acid content, which can reduce blood pressure and risk of developing blood clots. Doctors recommend getting two servings of fish a week
- Choose healthier fats. A high intake of saturated fat is associated with high levels of total and LDL cholesterol. Limit foods high in saturated fat and replace them with foods rich in mono-unsaturated and polyunsaturated fat. Replace solid fats (e.g., butter, lard) with vegetable oils rich in monounsaturated fats (such as canola, olive, and safflower oils) and polyunsaturated fats (such as soybean, corn, and cottonseed oils) and trim fat from meat. Buy fat-free or low-fat milk and cheese.
- Physical activity. Exercise helps prevent heart disease and obesity, lowers blood pressure and LDL cholesterol, and raises HDL cholesterol. Aim for 30 to 60 minutes on most days. You can even spread it out over the course of your day
- Weight. Losing weight can help lower your LDL, triglyceride, and total cholesterol levels, as well as raise your HDL levels. Losing as little as 5 to 10 pounds can help reduce cholesterol.

A variety of things can affect cholesterol levels. While age, gender, and heredity are things you cannot do anything about, nutrition, physical activity level, and weight status are things you can do something about. Take time this September to get your levels checked.

FROM THE RECYCLING DEPT.....

All residents who have paid their 2013 Curbside Trash Fee (Treasurer's Office 781-794-8130) will be receiving, at no cost, two 65 gallon carts - one for recycling and one for trash. The new automated curbside collection program will begin Monday, September 30th. Carts should not be used prior to that date. A recent mailing has provided the information about the new system. Please remember that trash, recycling and yardwaste should be curbside either the night before or prior to 7:00A.M.

The new automated trash and recycling collection program is in full swing. Positioning your carts so that the "collecting arm" can grab them is important. Your help to insure placement at the curb is critical to a smooth operation. Be sure to leave two feet between carts and two feet between carts and bulk items. If you need additional program information please call the **Trash/Recycling Office at 781-794-8088**



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



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.

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

Dear Friends.....

Recently, I was researching home improvements and came across the following guidelines for those who wish to ***“age in place”***, and I thought I would share them with you:

- **No-step entry:** You should have at least one step-free entrance (at the front, back, or side of the house), so everyone, including wheelchair users, can enter the home easily and safely.

- **Wide doorways and hallways:** A doorway that is at least 36 inches wide is great when you’re bringing home a new mattress or couch, but it’s even better when someone you care for, or a regularly visiting friend or family member, is in a wheelchair. Also, hallways that are 42 inches wide are good for multigenerational family members with varying “mobility.”

- **One-floor living:** Access to essential rooms without the use of stairs makes life more convenient and safe for residents of any age.

- **Easily accessible controls and switches:** A person in a wheelchair can reach light switches that are 42-48 inches above the floor. Thermostats should be placed no higher than 48 inches off the floor, and electrical outlets 18-24 inches off the floor.

- **Easy-to-use handles:** Consider replacing twist/turn doorknobs and faucets with lever-style handles for (painless) ease of use.

So, if you’re contemplating some renovations to make your home accessible as you ***“age in place”***, keep these modifications in mind.

Drive carefully; school’s in session!
The Friends

