

December, 2018



# Town of Braintree Department of Elder Affairs

71 Cleveland Avenue, Braintree, MA 02184  
Hours: 8:30 AM– 4:30 PM

*“Live, Learn, Laugh and Be Happy”*

Mayor Joseph C. Sullivan

Sharmila Biswas: Director

Mary Howland: Outreach Coordinator

Therese Jarrett: Services Coordinator

PHONE: 781-848-1963

FAX: 781-848-2835

Michelle Birolini: Volunteer Coordinator

William Murphy: Custodian

Frank DeFrancesco: Transportation Services

WEBSITE: [www.townofbraintree.org](http://www.townofbraintree.org)

**Please note you may sign up for all activities on Monday, December 3, after 9:30 AM**

**Please do not call earlier to request to be signed up for any activity unless otherwise noted in the newsletter.**

**Thank you for your patience and understanding**

*Greetings Everyone,*

I was getting ready to write my article for the month of December which is a festive month with Holiday plans, family get-togethers, sparkling lights and wide-eyed children in toy stores. Unexpectedly, there was a change of plans. Our beloved Board member, Mary Cirignano, passed away this week. The news broke our heart and we are still grieving, but I wanted to take this opportunity at this joyous season, to celebrate Mary, her life, her legacy, the person she was and the joy she brought to every person she touched.

Mary Cirignano, as most of us knew her, was a ball of fire. She was funny, witty, energetic, always on the go and ever ready to help. She was no stranger to 71 Cleveland Avenue. Twenty nine years ago, when the Senior Center was still known as the Council on Aging, she started working here as part of our Outreach Department and she has been here ever since, in her role as one of our most active Volunteers. She served as a member for our Advisory Board for many years and for six years she was the Board Chairperson. Many of you may remember her funny articles in the Chairperson's column in our newsletters. People still chuckle about it. Mary actually spent a fair amount of time looking for those humorous clips. She did it, just to make people smile. Of course, there were times when we had to give her a call and tell her that the articles were a bit risqué. With a big grin on her face, she would tell us, that we were “no fun”. That was the Mary Cirignano we all knew and loved. She truly brightened up a room with her presence. She hardly ever complained about her own ailments and the few times she has been unwell, she was up on her feet in no time. She always wanted to be there for others.

Mary deeply cared for her family. Her frequently repeated words to them were, “I love you more”. I recall my belly-aching laughter when she told me stories about her escapades with her husband. Hope the beautiful memories she made with her family, now, give them the strength to carry on.

I will mourn Mary's absence. She was my historian, my mentor and always my pillar of support. Every luncheon we went together, I made sure I sat at her table, because that's where the fun was. It is hard for me to believe that she will not be standing at my door, with her face beaming with a smile, ready to tell me something hilarious. Mary led a very active and a full life, but as it happens, time came and she decided to let go. May your beautiful and fun loving soul, rest in peace. We all love you.!

*Wish everyone a peaceful, healthy and a happy HolidayHolHoliday .so.....*

*Sharmila*

# 11th Annual Senior Walk Thank you to all our Sponsors and Participants



Massachusetts  
Councils On Aging



## Go4Life Pond Meadow Park



## Special Activities and Meetings: See our calendar for a complete list of activities

Holiday Schedule	Bereavement Support Group - To Be Announced Due to Holiday Schedule	2:00 PM
1st & 3rd Wednesday	Bingo—December 5 & 19	1:00 PM
Every Monday	Trivia	12:00PM
Every Monday	Tablet/Phone Assistance	2:45PM
Every Tuesday	Shine Insurance Counseling	10:00 AM
Tuesdays	Beginner Computers: Call to sign up	9:30 AM
Tuesdays	Internet Computers: Call to sign up	10:45 AM
Every Tuesday	Rummikub	10:00 AM
Every Tuesday	Cribbage	12:30 PM
Every Tuesday	Bocce Game (Outdoors) Please call for information	9:30 AM
Every Tuesday	Walking Group (see calendar for locations)	10:00 AM
Every Wednesday	Asian Outreach 長者服務	10:00 AM
December 4	Line Dancing with Susan Dargan	11:00 AM
December 4	Low Vision Holiday Luncheon	10:00 AM
December 7	Remembrance of Pearl Harbor Event	10:00 AM
December 10	Belles & Beaux	1:00 PM
December 12	TRIAD– Special Speaker	10:30 AM
December 13	Holiday Party	12:30 PM
December 18	AARP Holiday Party at Sons of Italy in Braintree	1:30 PM
December 24/25	Braintree Elder Affairs is Closed– Happy Holidays	
December 31	No Luncheon– Happy New Year!!!	

## From the Recycling Department

### Braintree Recycling Monthly Article:

Change is ongoing within many areas of our lives-even in the world of recycling! Due to changing market demands about the content/quality of recyclables, the MA Dept. of Environmental Protection has mandated new rules for communities. Some items that could be recycled are no longer accepted, such as aerosol cans, any type of medicine/vitamins/supplement bottles, milk/juice containers that have a waxed coating and the black bottom take out containers. Just follow 3 steps: 1. Recycle bottles, cans & paper. 2. Keep items clean & dry. 3. **NO** plastic bags. Please empty items loosely into recycling cart. Information: [www.recyclesmartma.org](http://www.recyclesmartma.org)

**FALL /WINTER 2018 CURBSIDE YARD WASTE COLLECTION (on your regular trash day) will take place the WEEKS OF:** The week of December 3. Please have curbside prior to 7AM. Leaves, grass clippings & twigs (less than 1” thick) should be placed in open barrels, without lids, or closed brown leaf bags. Plastic bags will be rejected curbside but can be emptied out at the Compost Site/225 Plain St. Branches & shrubs are also accepted at Plain Street, which is open for residents **Wed. through Sun. (7:15AM-2:45 PM)**. Trash sticker from Treasurer/Collector’s Office required.

## Free Blood Pressure Clinics

Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Thursday Dec. 13	Independence Housing	10:30-11:30
Wed, Dec. 5 & 12	Department of Elder Affairs	12:15-1:00
Tuesday, Dec 4	Roosevelt Housing	12:00-12:30

## 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 December 4, Roche Bros**  
**Thursday December 6, Shaw's**  
**Tuesday December 11, Shaw's**  
**Thursday December 13, Stop & Shop**  
**Tuesday December 18, Stop & Shop**  
**Thursday December 20, Shaw's**

**Special Shopping Trip: Friday December 14, Target**

## Services

- **Outreach:**  
Information & Referral  
Advocacy  
Friendly Visitor & Library Express
- **Transportation:** please call to reserve  
Medical Van Rides  
Senior Center Activity Rides  
Shopping Shuttles
- **Recreation:**  
Monthly Lunches  
Social Activities  
Special Events & Educational Seminars  
Day Trips  
Health and Fitness Classes
- **Support Groups:**  
Low Vision Meetings  
Alzheimer's Support Meetings  
Bereavement Support Group
- **TRIAD:** senior safety
- **SHINE:** health insurance counseling;  
**please call for an appointment**
- **Ask the lawyer:** free consultations;  
**please call for an appointment**
- **Medical Equipment Loans:**  
wheelchairs, walkers, canes, shower seats  
and commodes; **please call ahead.**

## Celebrating our Veterans



# TRIAD December 12

## Braintree Elder Affairs – TRIAD Meeting What Older Adults should know about Alcohol, Marijuana, Prescription and Over the Counter Medications December 12, 2018 – 10:30am

As the body ages, changes in digestion, liver, and kidney function impact the way that alcohol and medications are absorbed and metabolized. These changes can create a greater risk of physical and mental harm for older adults.

On December 12, 2018, Lyn Frano, of the Braintree Community Partnership on Substance Use and Nicole Perry, Public Health Nurse, will speak about substance use and aging. The presentation will address the physical and psychological effects of alcohol and marijuana when used with over the counter and prescription medications.

Please join Lyn and Nicole on Wednesday December 12, 2018 at the Braintree Department of Elder Affairs located at 71 Cleveland Avenue. This free program will begin promptly at 10:30am.

To sign up for this program, please call 781-848-1963.

## Alzheimer's Care Givers Support

**We will not be meeting in December.**

**Please enjoy a stress free Holiday.  
Remember the information you received to make this season less hectic for you and your loved one.**

**Please know that you can always call us at 781-848-1963, if you have any questions or need to speak with someone.**

**We wish to thank the Food Services of **Grove Manor Estates** for providing us the light supper for our meetings.**

**Wishing you a peaceful season.**

## New Movie



**De-  
26 at**

**ember  
Noon**

A woman grapples with running her mother's villa while also expecting her first child and worries that she won't be able to handle everything on her own, so she enlists two of her mother's friends for assurance, help and guidance. Along the way, she learns more about her mother's past and faces a surprise visit from someone she's never met: her own grandmother.



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**December**

**3**  
 9:30 Current Events  
 10:30 Chair Yoga  
 12:00 Qi Gong Tai Chi  
 12:00 Pool Players  
 12:00 Poker  
 12:00 Trivia

**4**  
 Shopping Shuttle: Roche Bros  
 9:00 S&S Bus (housing)  
 9:30 **Computers: Beginners-Sign up's only**  
 10:00 **Low Vision Group -Holiday luncheon**  
 10:00 Walking Group  
 10:00 SHINE insurance help free by appointment  
 10:00 Rummikub  
 10:45 **Computers: Internet-Sign Up's Only**  
 11:00 **Line Dancing with Susan Dargin**  
 12:30 Bridge  
 12:30 Cribbage

**5**  
 9:15 Cardio, Strength and Flexibility Class  
 10:00 Asian Outreach Program 長者服務  
 12:00 Pool Players  
 12:00 Poker  
 1:00 **Bingo**



**10**  
 9:30 Current Events  
 10:30 Chair Yoga  
 12:00 Qi Gong/Tai Chi  
 12:00 Pool Players  
 12:00 Poker  
 12:00 Trivia  
 1:00 **Belles and Beaux**

**11**  
 Shopping Shuttle: Shaw's  
 9:00 S&S Bus (housing)  
 9:30 Bocce (outdoors)  
 9:30 **Computers: Beginners-Sign Up's Only**  
 10:00 Walking Group  
 10:00 SHINE insurance help free by appointment  
 10:00 Rummikub  
 10:45 **Computers: Internet-Sign Up's Only**  
 12:30 Bridge  
 12:30 Cribbage

**12**  
 9:15 Cardio, Strength and Flexibility Class  
 10:00 Asian Outreach Program 長者服務  
 10:30 **TRIAD**  
 12:00 Pool Players  
 12:00 Poker

**17**  
 9:30 Current Events  
 10:30 Chair Yoga  
 12:00 Qi Gong/Tai Chi  
 12:00 Pool Players  
 12:00 Poker  
 12:00 Trivia

**18**  
 Shopping Shuttle: Stop & Shop  
 9:00 S&S Bus (housing)  
 9:30 Bocce (outdoors)  
 9:30 **Computers: Beginners**  
 10:00 Walking Group  
 10:00 SHINE insurance help free by appointment  
 10:00 Rummikub  
 10:45 **Computers: Intermediate- Sign up only**  
 12:30 Bridge  
 12:30 Cribbage  
 1:00 Ask the Lawyer: free by appointment  
 1:30 **AARP—Location Change-Sons of Italy**

**19**  
 Shopping Shuttle:  
 9:15 Cardio, Strength and Flexibility Class  
 10:00 Asian Outreach Program 長者服務  
 12:00 Pool Players  
 12:00 Poker  
 1:00 Hearing test **(by appointment only)**  
 12:15-1:00 Blood Pressure  
 1:00 **Bingo**



**Closed**

**Closed**



*Merry Christmas*

**26**  
 9:15 Cardio, Strength and Flexibility Class  
 10:00 Asian Outreach Program 長者服務  
 12:00 Pool Players  
 12:00 Poker  
 12:00 **New Movie: Mama Mia "Here we go again"**

**31**  
 9:30 Current Events  
 10:30 Chair Yoga  
 12:00 Tai Chi  
 12:00 Pool Players  
 12:00 Poker  
 12:00 Trivia  
**No Luncheon**  
**No activities after 2:00 Happy New Year!!!**



# THURSDAY

# FRIDAY

ember

**6**

Shopping Shuttle: Shaw's  
 9:30 Mah Jongg  
 10:00 Photography  
 11:30 Quilting Group  
 11:30 Chair Yoga  
 1:00 Art Group  
 1:00 Knit/Crochet

**7**

**10:00 AM- Pearl Harbor Event**  
 9:15 Cardio, Strength and Flexibility Class  
 10:00 Weight Loss Group  
 12:00 Pool Players  
 12:00 Mixed Poker  
 12:30 Ask the Lawyer: free by appointment  
**1:00 Fun Movie Friday: The Holiday**

**13**

Shopping Shuttle: Stop & Shop  
 9:30 Mah Jongg  
 11:30 No Quilting  
 11:30 Chair Yoga  
**12:30 Holiday Party-Please sign up**  
 1:00 Art Group

**14**

**Shopping Shuttle: Target**  
 9:15 Cardio, Strength and Flexibility Class  
 10:00 Weight Loss Group  
 12:00 Pool Players  
 12:00 Mixed Poker  
 12:30 Ask the Lawyer: Free by Appt.  
 1:00 Knitting  
**1:00 Fun Movie Friday: Christmas with the Kranks**  
**2:00 Dept. of Elder Affairs Board Meeting**

**20**

Shopping Shuttle: Shaw's  
 9:30 Mah Jongg  
 10:30 Book Club  
 11:30 Quilting Group  
 11:30 Chair Yoga  
 1:00 Art Group  
 1:00 Knit/Crochet

**21**

9:15 Cardio, Strength and Flexibility Class  
 10:00 Weight Loss Group  
 12:00 Pool Players  
 12:00 Mixed Poker  
**NO MOVIE**

**27**

Shopping Shuttle: Stop & Shop  
 9:30 Mah Jongg  
 11:30 Quilting Group  
 11:30 Chair Yoga  
 1:00 Art Group  
 1:00 Knit/Crochet

**28**

9:15 Cardio, Strength and Flexibility Class  
 10:00 Weight Loss Group  
 12:00 Pool Players  
 12:00 Mixed Poker  
**1:00 Fun Movie Friday: Love Actually**



\*Special activities will have an article about the event. Please wait to call until after the first day of the month to sign up.  
 \*There are fees for all exercise programs. Call for information regarding these charges.

## Outreach Department



Our Holiday Tree is decorated with gift tags. If you wish, please take a tag which lists a specific gift item on it and purchase the gift for a senior in need. Please do not wrap the gifts. You can put the gifts in the box provided near the tree or bring them to the Outreach Office. We will then wrap and deliver the gifts before the holiday. Please drop off any gifts you have purchased by December 12, 2018. We thank you for your thoughtfulness and generosity.

### Fuel Assistance

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

### Ice Tips

We have ice tips for canes. An ice tip will give your cane traction in the snow and ice. The tip attaches to the bottom of your cane, and when you need it you flip it down over the rubber tip.

### Ongoing Programs/Services

Library Express  
Friendly Visitor  
Application Assistance for Food Stamps

**Happy Holidays!**

## Pearl Harbor Remembrance Day Service December 7



**The Braintree Veterans Council and  
Mayor Joseph C. Sullivan Invite you to Celebrate**

**Date: December 7**

**Time: 9:00 AM**

**Where: Braintree Elder Affairs, 71 Cleveland Ave  
To sign up please call 781-848-1963**

**Featured Guest Speaker: Colonel Francis J. Curtis**

**United States Army Reserve**



“ We must be the great arsenal of democracy. For us this is an emergency as serious as war itself. We must apply ourselves to our task with the same resolution, the same sense of urgency, the same spirit of patriotism and sacrifice as we would show were we at war.” FDR

“I have nothing to offer but blood, toil, tears and sweat.” Winston Churchill

## From the Chairman of the Board Hank Joyce

### From The Chairman of the Board Hank Joyce

WOW: The Red Sox won the World Series 4-1 by beating the LA Dodgers. It was a really great series. Unfortunately, that led to some very late nights. The Parade was very good. There were only a few incidents, but the crowd of over 1 million was well behaved.

The Patriots are looking good. It may be a little premature to predict, but maybe we will have another Parade in February. GO PATS.

The senior center was very busy in November. I hope you got a chance to see all the good entertainment being put on. Crisp and Quotes was very good. I understand that the presentation on the USS Quincy was very interesting and I can hardly wait until the 19<sup>th</sup> of November to see the next Chapter in the I Love Lucy Series. Thank you to Chris Griffin.

Unfortunately I could not attend, but I hope everyone enjoyed the Veteran's Breakfast and the Senior Luncheon put on by the Braintree Rotary. It is always a good feast. Also, I am looking forward to the Luncheon and Comedy Show with Michael Petit.

The month of December is here and we are getting ready for the Christmas Party on December 13th, at the Senior Center.

I hope everyone had a very pleasant Thanksgiving Day. Now that we are in the Christmas season please take it easy and enjoy it. Please do not get stressed out and worry too much about what you are going to get people for Christmas.

The pleasure of your company is what they want. Enjoy your friends and family and have a Merry Christmas season. On a very sad note a very good friend of the Senior Center passed away this month, Mary Cirignano. Mary spent many years at the Senior Center in many different capacities. She made sure Braintree had and continues to have the best activities for Seniors in the State.

Mary, may you rest in peace. Thank you for all your friendship and please keep watching out for me.; I need it. I wish everyone a very Merry Christmas Season and a Happy New Year. Be careful and be safe.

### Belles & Beaux

### Line Dancing With Susan Dargin

#### Belles & Beaux



Date: December 10

Time: 1:00 PM

Where: Elder Affairs, 71 Cleveland Ave.

Cost: Free

**Come and enjoy this wonderful musical group**

**Date: December 4**

**Time: 11:00 AM**

**Place: Elder Affairs, 71 Cleveland Ave**

**Sign up: Please call 781-848-1963**

**Susan Dargin** will be leading us in a beginner Line dancing class. A *line dance* is a choreographed *dance* in which you don't need a partner. With a repeated sequence of steps a group of people *dance* in one or more *lines* or rows, all facing either each other or in the same direction, and executing the steps at the same time.



## Chair Yoga With Elaine



Date: Every Monday  
Time: 10:30  
Where: Elder Affairs

**Come experience Elaine's unique  
Yoga experience.**

Chair Yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions



On November 9th, 2018 our **Knitting group** began their season of giving. Donations were made to our Veterans at the VA Boston Healthcare System-Brockton Campus. On behalf of Elder Affairs, **Thank you** for your countless hours of hard work and generosity. Please see below for the of items donated.

Adult Hats, Adult Sets, Adult cowls, Adult Scarves, Adult Headbands, Adult fingerless gloves, Adult Mittens, Child Mittens, Child hats, Adult Poncho, Baby Sets, Baby Hats. Although this is priceless in my eyes. The Grand Total Value = \$1,739.00  
WOW! Thank you all so very much!



## Holiday Party December 13

**Where: Braintree Department of Elder Affairs**  
**Time: 12:30 pm**  
**Hors d'oeuvres will be served.**  
**To sign up please call 781-848-1963**

**Come, enjoy and listen to the melodious  
voice of Tom Bruhl. Nothing like good  
music to put you in your Holiday Spirits.**  
**Shhh! Cannot tell you yet, but there will be "little" and  
"big" surprises.**



## Is Your Phone Ringing Off the Hook?



Unfortunately, illegal telemarketing calls have our phones ringing more than ever, costing victims millions each year. Scammers often leverage legal “robocall” technology as a way to dial thousands of numbers at a time, looking for someone to pick up the phone so they can scam them out of their money or identity. A common tactic is called “caller ID spoofing” which makes the call look like it is coming from a trusted source like your bank or a neighbor. At this time there is no way to prevent ALL unwanted telemarketing calls. But here are tips to reduce them and hopefully protect you from scams.

Avoid answering calls from unknown numbers. If you answer what sounds like a possible scam, hang up immediately. If a recorded message asks you to push a button to stop receiving calls, don't - it is likely a trick to identify potential targets. Just hang up.

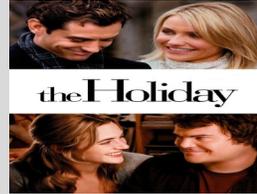
- Never answer personal questions asked by a stranger on the phone, especially bank account numbers, your Social Security number or your mother's maiden name.
- If you receive a call from someone who says they represent a company or government agency, hang up and call the entity back -- either at the number on your account statement, in the phone book, or on an official website.
- Register your number(s) on the National Do Not Call Registry at [DoNotCall.gov](https://www.donotcall.gov).
- The Do Not Call Registry prohibits sales calls, however you still may receive political calls, charitable calls, debt collection calls, informational calls, and telephone survey calls. And, of course, scammers won't check the registry before they call you, so please be mindful.

Register your number(s) on the Massachusetts Do Not Call Registry at <https://www.mass.gov/how-to/register-your-number-on-ma-do-not-call-list>. Also register your phone number at [nomorobo.com](https://www.nomorobo.com) .

## Fun Movie Fridays at 1:00 PM



### Friday, December 7 : The Holiday



**Starring:** Dumped and depressed, English rose Iris agrees to swap homes with similarly unlucky in love Californian Amanda for a much-needed break. Iris finds herself in a palatial Hollywood mansion while Amanda navigates the lanes of a picture-perfect English village. Soon enough, both lovelorn ladies bump into local lads perfect for a romantic pick-me-up.

### Friday, December 14: Christmas with the Kranks



**Starring:** Finally alone for the holidays, Luther (Tim Allen) and Nora Krank (Jamie Lee Curtis) plan to eschew the Christmas traditions and take a cruise in the Caribbean instead. This doesn't sit well with their Christmas-obsessed neighbors Vic Frohmeyer (Dan Aykroyd) and Walt Scheel (M. Emmet Walsh), who are determined to win the annual "best decorated street" competition, and the Kranks soon find themselves social outcasts because of their lack of Christmas spirit.

### Friday December 21: NO MOVIE

### Friday December 28: Love Actually



**Starring:** Nine intertwined stories examine the complexities of the one emotion that connects us all: love. Among the characters explored are David (Hugh Grant), the handsome newly elected British prime minister who falls for a young junior staffer (Martine McCutcheon), Sarah (Laura Linney), a graphic designer whose devotion to her mentally ill brother complicates her love life, and Harry (Alan Rickman), a married man tempted by his attractive new secretary.



**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.

**The office of Braintree's Veterans Agent, Cynthia Harris, is located in the Department of Elder Affairs building.**  
**Phone: 781-794-8217**

**Braintree Dept. of Elder Affairs ~ 2017 Board Members**  
**Henry (Hank) Joyce, Chairman of the Board**

**Wayne Gilbert, Vice Chairman**  
**Ann Moore, Secretary**  
**Robert Caruso, Treasurer**

**Lucille Barton**  
**Tim Burke**  
**June Newman**  
**Leland Dingee**

**Jane Fogg**  
**Connie Mattina**  
**Carol Whittall**

Dear Friends,

**VOLUNTEER NEEDED!**

For many years, our devoted volunteer Carol Whittall prepared the newsletters for mailing to the members of the COA Associates. Carol is unable to continue in that capacity, and we are most grateful for the service she provided to our organization.

At this time, we need someone to volunteer. This task involves folding the approximately 200 newsletters each month and attaching labels.

The newsletters can be delivered to your home with the necessary labels. Then, when done, they will be picked up to be brought to the bulk mail facility for mailing.  
Please call me if you can help (617-842-7174).

Merry Christmas and Happy Chanukkah!  
The Friends

**The Braintree Department of Elder Affairs' newsletters are available at Town Hall, Thayer Public Library, banks, supermarkets, pharmacies, churches and some medical facilities. Please view online: [www.townofbraintreegov.org](http://www.townofbraintreegov.org)**  
**Donations to The Braintree Department of Elder Affairs are greatly appreciated. Thank you to all who have generously donated to support our wonderful programs.**