

March 2019

Town of Braintree Department of Elder Affair

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

Michelle Birolini: Volunteer Coordinator

William Murphy: Custodian

Frank DeFrancesco: Transportation Services

PHONE: 781-848-1963

FAX: 781-848-2835

WEBSITE: www.townofbraintreegov.org

Please note you may sign up for all activities on or after March 1st Friday at 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

Braintree Department of Elder Affairs ~Senior Trip Plainridge Park Casino

Come and try your luck with us for some fun at

New England's , Plainridge Casino,

located in Plainville, MA.

Buffet Lunch to follow at the

Lafayette House, Foxborough, MA

Wednesday, April 24, 2019

\$45.00 (9:00 a.m.-4:00 p.m.)



Plainridge has over 1,200 of the hottest, new slots plus all your old favorites. They also have video poker and blackjack, live harness & simulcast racing.

Tickets will be on sale after 9:30 AM Monday, March 1.

* 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 Department of Elder Affairs at least 30 days prior by calling 781-848-1963

Sharmila's Corner

Greetings Everyone,

Since I will not be here to write my article for the March newsletter, I am trying to articulate it on one of the coldest days in January. We have temperatures in the single digits and our Senior Center has been declared a “warming center” by the Mayor. I am hoping the weather will be more friendly when this newsletter reaches your mailbox.

During these winter months please keep yourselves warm and safe. Do not venture out if it is icy. Make sure you have some dry food in stock and some flashlight & batteries if there is ever a power outage. Thanks to BELD, power outages are rare in Braintree, but it never hurts to be prepared.

Allow me to share with you another note of caution. Often, in our newsletters we put in articles from the District Attorney's office, the Police or Executive Office of Elder Affairs, on tips in keeping yourself safe from scams, Identity Theft etc. As it often happens, when there is too much information, we seem to glaze through the information and frequently forget it. Here is a precautionary tale for all of you. One of our staff members sister fell into the trap of insensitive and ruthless criminals. She had a call from her *fake grandson* who said that he was arrested and will be committed to jail unless she sends him bail money. One thing led to the other and by the time everything ended, the woman lost \$20,000.00 of her life savings. We were stunned to hear this happen to someone so close. So, ladies and gentlemen I urge you to be **careful**. If you get a phone call similar to this, please think, let someone else know and please do not run to the bank to withdraw money. Also, if for some unfortunate circumstances it has happened to you, please do not be embarrassed. These people are too cunning and they need to be stopped.

Wishing you a safe and warm March.

Court is in Session!



Date: March 27
Time: 10:00 AM



Where: Braintree Elder Affairs, 71 Cleveland Ave.

March is when National Judicial Outreach Week is observed. Two Associate Justices of the Superior Court of Massachusetts, Judge Robert C. Cosgrove and Judge Maynard M. Kirpalani, will discuss the theme of “Preserving the Rule of Law,” and the role of our nation’s judiciary in ensuring that we are “a government of laws and not of men”, where no one is above the law, everyone receives equal justice under the law and fair and impartial procedures apply to all who come before the courts.

Please call 781-848-1963 to Sign Up

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

2nd & 4th Monday	Bereavement Support Group	2:00 PM
1st & 3rd Wednesday	Bingo—	1:00 PM
Every Monday	Trivia	12:00PM
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	Walking Group (see calendar for locations)	10:00 AM
Every Wednesday	Asian Outreach 長者服務	10:00 AM
March 8	Lyn Frano Presents	10:00AM
March 11	Belles and Beaux	1:00 PM
March 12	Irish Step Performance Please call to sign up	2:00 PM
March 12	Cribbage and Bridge Cancelled	cancelled
March 15	St. Patricks Day Luncheon Please call to sign up	12:30 PM
March 18	Tai Chi Returns	12:00 PM
March 19	Bob Cobbett Able Bodies Balance Training \$3.00 Please call to sign up	10:00 AM
March 22	Bob Begin Presents	10:00 AM
March 25	Dr. Patricia Hopkins	1:00 PM
March 27	Court is in Session-Judge Cosgrove and Judge Kirpalani	10:00 AM

From the Recycling Department

Braintree Trash & Recycling Office Monthly Article

Submitted February 26, 2019

CHANGE OF DATE FOR SPRING HOUSEHOLD HAZARDOUS WASTE DROP-OFF

NEW DATE IS SATURDAY, APRIL 13 @ 90 Pond St. 9AM-Noon.

Additional information: www.braintreema.gov/recycling



Recycling in plastic bags is rejected at the recycling plant & sent to a trash facility, resulting in fines to the Town.

Free Blood Pressure Clinics

Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Thursday , March 14	Independence Housing	10:30-11:30
Wed, March 6	Department of Elder Affairs	12:15-1:00
Tuesday, March 12	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 , March 5 Shaw's
Thursday , March 7 Stop & Shop
Tuesday , March 12 Stop & Shop
Thursday , March 14 Shaw's
Tuesday , March 19 Roche Bros
Thursday , March 21 Stop & Shop
Tuesday , March 26 Shaw's
Thursday , March 28 Shaw's

Special Shopping Trip: Friday , March 8 Trader Joe's

New Movie March 20 @ 1:00 PM



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.**



Hold the Date!
April 16



GARDENER'S GUILD

The Gardener's Guild of Braintree will be hosting a "**Spring Flower Planting Demonstration**" at the Senior Center on April 16th at 1 p.m.



**Happy St. Patrick's Day Celebration
March 15 at NOON**



Date: Friday, March 15
Where: Braintree Department of Elder Affairs
Time: 12:00
Menu: Traditional Boiled Dinner
Entertainment: Musician John Porcino will perform some Irish Favorites
Cost: \$7.00
Please come to sign up after Friday, March 1



**Alzheimer's Care Givers Support
Tuesday, March, 26**

We will have an informal discussion group and talk about the challenges you face on a daily basis. This group helps you understand that you are not alone and helps encourage you to do the extraordinary job you accomplish everyday. Barbie Rugg and Laurie Palmer from South Shore Elder Services will join us in our discussion.

**Please call 781-848-1963 to sign up
Where: Braintree Elder Affairs
5 PM**

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

**Bob Begin Presents
Race to the South Pole**

**Date: March 22
Time: 10:00 AM
Where: Braintree Elder Affairs
To sign up Please Call 781-848-1963**

Mr. Begin will take us back to 1900, when Antarctica was the last unexplored portion of the world, and unclaimed by any country.

Explorers Robert Falcon Scott, Roald Amundsen, and Ernest Shackleton were colleagues and rivals. They faced death and hardships and took great risks in search of fame, glory, and riches.

Hear the story of how they overcame unparalleled obstacles and physical hardships in their quests to reach the South Pole.



MONDAY

TUESDAY

WEDNESDAY



4

9:30 Current Events
No Tai Chi
 10:30 Chair Yoga
 12:00 Pool Players
 12:00 Poker

5

Shopping Shuttle: Shaw's
 9:00 S&S Bus (housing)
 9:30 **Computers: Beginners-Sign Up's Only**
 10:00 Walking Group
 10:00 **Low Vision 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

6

9:15 Cardio, Strength and Flexibility Class
 10:00 Asian Outreach Program 長者服務
 12:00 Pool Players
 11:30 Poker
 1:00 **Bingo**
 12:15-1:00 **Blood Pressure**



11

9:30 Current Events
 10:30 Chair Yoga
No Tai Chi
 12:00 Pool Players
 12:00 Poker
 12:00 Trivia
 1:00 **Belles & Beaux**
 2:00 Bereavement group

12

Shopping Shuttle: Stop & Shop
 9:00 S&S Bus (housing)
 9:30 **Computers: Beginners-Sign ups only**
 10:00 Walking Group
 10:00 SHINE insurance help free by appointment
 10:00 Rummikub
 10:45 **Computers: Intermediate- Sign up only**
 11:00 **Line Dancing**
No Bridge and No Cribbage
 2:00 **Irish Step Dance-Brady School**

13

Shopping Shuttle:
 9:15 Cardio, Strength and Flexibility Class
 10:00 -1 Asian Outreach Program 長者服務
 12:00 Pool Players
 11:30 Poker
 1:00 **Hearing test (by appointment only)**
 12:00 **New Movie: A Star is Born**

18

9:30 Current Events
 10:30 Chair Yoga
 12:00 **Qi Gong/Tai Chi RETURNS**
 12:00 Pool Players
 12:00 Poker
 1:00 **Geronimo**



19

Shopping Shuttle: Roche Bros
 9:00 S&S Bus (housing)
 9:30 **Computers: Beginners**
 10:00 **Bob Cobbett**
 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
 1:30 **AARP @ Elder Affairs**

20

9:15 Cardio, Strength and Flexibility Class
 10:00 Asian Outreach Program 長者服務
 12:00 Pool Players
 11:30 Poker
 1:00 **Bingo**



25

9:30 Current Events
 10:30 Chair Yoga
 11:00 **DR. Patricia Hopkins-arthritis presentation**
 12:00 Pool Players
 12:00 Qi Gong/Tai Chi
 12:00 Poker
 12:00 Trivia
 2:00 Bereavement group

26

Shopping Shuttle: Shaw's
 9:00 S&S Bus (housing)
 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**
 11:00 **Line Dancing**
 12:30 Bridge
 12:30 Cribbage
 1:00 **Ask the Lawyer: free by appointment**
 5:00 **Alzheimer's Support Group**

27

9:15 Cardio, Strength and Flexibility Class
 10:00 Asian Outreach Program 長者服務
 10:00 **Court is in Session Presentation**
 12:00 Pool Players
 11:30 Poker

THURSDAY

FRIDAY



	<p>1 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: Seabiscuit</p>
<p>7 Shopping Shuttle: Stop & Shop 9:30 Mah Jongg 11:30 Quilting Group 11:30 Chair Yoga 1:00 Art Group 1:00 Knitting</p>	<p>8 Special Shopping Trip: Trader Joe's 9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 10:00 Lyn Frano Presentation 12:00 Pool Players 12:00 Mixed Poker 1:00 Fun Movie Friday: Steel Magnolias</p>
<p>14- Shopping Shuttle: Shaw's 9:30 Mah Jongg 10:00 Photography 11:30 Quilting Group 11:30 Chair Yoga 1:00 Art Group Knit Crochet</p>	<p>15 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. 12:30 St. Patricks Day luncheon/Irish Music 2:00 Dept. of Elder Affairs Board Meeting</p> 
<p>21 Shopping Shuttle: Stop & Shop 9:30 Mah Jongg 10:30 Book Club 11:30 Quilting Group 11:30 Chair Yoga 1:00 Art Group 1:00 Knit/Crochet</p>	<p>22 9:15 Cardio, Strength and Flexibility Class 10:00 Weight Loss Group 10:00 Bob Begin Presents "Race to the South Pole" 12:00 Pool Players 12:00 Mixed Poker 1:00 Fun Movie Friday: Dean Martin Celebrity Roasts—Frank Sinatra</p>
<p>28 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 Friends of COA Meeting</p>	<p>29 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: You've Got Mail</p>

Outreach Department

ARE YOU OKAY? PROGRAM

The “Are You OK?” Program is a free daily telephone reassurance program offered by the Norfolk County Sheriff’s Office in partnership with Fallon Ambulance Services. Each morning enrolled seniors will receive a call at a chosen time to check on their well-being. If a person does not answer, a second call will be placed. If after the second call there is still no answer, a designated family member or friend will be notified, and if necessary local police or emergency services will be contacted. If the person who signs up for the program plans on being away, they just need to call the “Are You OK?” hotline to discontinue the calls and reactivate them when they return. For more information, please call the “Are You OK?” hotline at **1-866-900-RUOK (7865)**.

TRIAD

Presented by **Lyn Frano**, Substance Use Prevention Coordinator, Town of Braintree
Understanding the health issues and life changing events that can lead to substance abuse and addiction later in life

Date: March 8

Where: Department of Elder Affairs

Time: 10:00 AM

Lyn Frano is back to educate the Braintree Community.

Drug and alcohol abuse among people 65 years of age and older is a growing public health issue. Addiction is often stigmatized, underestimated and under diagnosed, preventing people from getting the help they need.

Please join us on March 8, 2019 at 10:00 am to learn about the health issues and life changing events that can place people at risk for substance abuse and addiction later in life. You will also learn about local support and treatment options.

Please call 781-848-1963 to sign up

From the Chairman of the Board Hank Joyce

From The Chairman of the Board Hank Joyce

It's getting to be a great time of the year when it is getting lighter a little earlier in the evening, pitchers and catchers have shown up for spring training and some of the other players also showed up to get a head start on the baseball season. Do not forget our beloved Patriots have won another Super Bowl and over 1,500,000 people showed up at the parade to celebrate with them. For some reason I really felt good about this one, most people thought the game was boring but I thought it was exciting and kept you attached to your seat knowing 75% of the people in the country was rooting against us.

Well the Groundhog saw his shadow this year and hopefully that means spring is right around the corner and St Patrick's day is not far away.

I hope everyone enjoyed their Valentine's Day and for the people who made it to the Center I know they had a great time especially being entertained by the Braintree Highlands 2nd Grade Brownie/Girl Scout Troup.

Looking forward to the month of March and a great trip to the Red Sox Spring Training Camp. Unfortunately I will miss the Irish Step Dancers on the 12th of March and a fabulous Irish boiled Dinner on the 15th. Don't forget to sign up.

Hopefully the worst part of the winter is behind us but please be careful and be safe.

Irish Step Performance



Date: Tuesday, March 12

Where: Braintree Department of Elder Affairs

Time: 2:00 PM



Come Kick of St. Patrick's Day with us!

At Brady Academy we work with families to ensure the education, practice and enjoyment of Irish Dance is affordable, fun and a positive experience specifically tailored to each dancer's needs. Our mission is to share our love for the traditional art of Irish dance and music through our classes in a supportive, friendly, nurturing environment. All dancers from beginners to champions are encouraged to develop as competitors, performers, athletes, and individuals while simultaneously building self esteem. We offer classes for competitive and non-competitive dancers.

Locations in Quincy and Milton.

Visit www.bradyacademy.com to learn more and to register for classes.

Please call 781-848-1963 to sign up on or after Friday, March 1st



Medicare Information

The Centers for Medicare & Medicaid Services (CMS) has now finished mailing new Medicare cards to people with Medicare across the country. The New Medicare Cards have numbers unique to you and do not contain social security numbers.

If you have not received your New Medicare Card you are urged to do the following:

- Look around your home for old or unopened mail. CMS mailed new Medicare cards in a plain white envelope from the Department of Health and Human Services.
- Call 1-800-MEDICARE (1-800-633-4227) where CMS can verify your identity, check your address and help you get your new card.
- Continue to use your current Medicare card during the transition period which ends at the end of 2019.

As always, be aware of scams. Medicare and Social Security will not contact you uninvited and ask for personal information.

Tai Chi returns



After a short break our very Talented Peggy will be returning to teach the wonderful Art of **Tai chi** on **March 18.**

Thank you to Braintree Fire Department

Eggplant, Lasagna and Meatballs...Oh My!
I think we are all still full from the very delicious and generous luncheon the BFD so kindly put together for us.
Thank you for hosting such a wonderful
Fire Safety Presentation.



PSA from Lyn Frano

Marijuana in Massachusetts – What you need to know

Here are some basics of the Massachusetts law concerning adult use of marijuana:

- You have to be 21 or older to buy or use marijuana of any kind
- You can't use marijuana in any form (smoking, vaping, edibles, etc.) in public or on federal land
- You can have up to 1 oz on you and grow up to 6 plants in your home or up to 12 plants with 2 or more adults
- If you have more than 1 oz of marijuana in your home, it has to be locked up.
- Like alcohol, you can't have an open container of any form of marijuana in the passenger area of your car while on the road or at a place where the public has access. It must be stored in a closed container in your trunk or a locked glove compartment.
- It's illegal to drive under the influence of marijuana. If you use, please don't get behind the wheel.

Landlords, employers and municipalities may have their own policies about the use, sale, or growth of marijuana. Check with them directly to learn more.

For more information about adult use of marijuana, please visit www.mass.gov/learn-about-marijuana

Medical Marijuana in Massachusetts

According to the Acts of 2012, An Act for the Humanitarian Medical Use of Marijuana, a Massachusetts resident 18 years of age or older who suffers from a debilitating medical condition and has a written certification from a Massachusetts licensed healthcare provider (registered with the Cannabis Control Commission) may become a qualifying patient.

As described in the Act, a debilitating medical condition includes “cancer, glaucoma, positive status for human immunodeficiency virus (HIV), acquired immune deficiency syndrome (AIDS), hepatitis C, amyotrophic lateral sclerosis (ALS), Crohn’s disease, Parkinson’s disease, and multiple sclerosis (when such diseases are debilitating), and other debilitating conditions as determined in writing by a qualifying patient’s certifying healthcare provider.”

“Debilitating” is defined in the Regulations as “causing weakness, cachexia, wasting syndrome, intractable pain, or nausea, or impairing strength or ability, and progressing to such an extent that one or more of a patient’s major life activities is substantially limited.”

If a patient has had a diagnosis of a debilitating medical condition in the past, but does not have an active condition (unless the symptoms related to such condition are mitigated by the medical use of marijuana), and is not undergoing treatment for such a condition, the patient is not to be considered to be suffering from a debilitating medical condition.

Residents under the age of 18 qualify under limited circumstances and there is an elevated standard.

For more information about the medical use of marijuana, please visit: www.mass.gov/lists/medical-use-of-marijuana-laws-regulations-and-guidance#guidance-for-patients-and-caregivers

Marijuana and the Food and Drug Administration

There is currently no FDA approved product of whole, raw marijuana (smoked, ingested, or vaporized). Raw marijuana products are recommended by licensed healthcare providers who are registered with the Massachusetts Cannabis Control Commission. These products are purchased with cash and are available at Registered Marijuana Dispensaries.

In 2018, the FDA approved, Epidiolex, a pharmaceutical formulation of highly purified cannabidiol (CBD) for the treatment of seizures associated with Lennox-Gastaut syndrome.

Fun Movie Fridays at 1:00 PM

Movie Night



Friday, March 1 Seabiscuit



Seabiscuit was a champion thoroughbred racehorse in the United States, who became the top money winning racehorse up to the 1940s, as noted in films and books. He beat the 1937 Triple-Crown winner, War Admiral, by 4 lengths in a 2-horse special at Pimlico, and was voted American Horse of the Year for 1938.

Starring: Toby McGuire, Elizabeth Banks

Friday, March 8 Steel Magnolias



M'Lynn (Sally Field) is the mother of bride-to-be Shelby Eatenton (Julia Roberts), and as friend Truvy Jones (Dolly Parton) fixes the women's hair for the ceremony, they welcome a helping hand from aspiring beautician Annelle Dupuy Desoto (Daryl Hannah). Diabetic Shelby has a health scare, which is averted but doesn't bode well for her hopes of having children. Time passes, and the women and their friends encounter tragedy and good fortune, growing stronger and closer in the process.

Starring: Julia Roberts, Dolly Parton, Sally Field

March 15 NO MOVIE (Celebrating St. Patrick's Day)

Friday, March 22 Dean Martin Celebrity Roasts Man of the Hour Frank Sinatra



Starring: Dean Martin, Ruth Buzzi, Rodney Dangerfield

Friday, March 29 You've Got Mail



Struggling boutique bookseller Kathleen Kelly (Meg Ryan) hates Joe Fox (Tom Hanks), the owner of a corporate Foxbooks chain store that just moved in across the street. When they meet online, however, they begin an intense and anonymous Internet romance, oblivious of each other's true identity. Eventually Joe learns that the enchanting woman he's involved with is actually his business rival. He must now struggle to reconcile his real-life dislike for her with the cyber love he's come to feel.

Starring: Tom Hanks and Meg Ryan



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.

Braintree Dept. of Elder Affairs ~ 2018 Board Members

Henry (Hank) Joyce, Chairman of the Board

Wayne Gilbert, Vice Chairman

Lucille Barton

Jane Fogg

Ann Moore, Secretary

Tim Burke

Connie Mattina

Robert Caruso, Treasurer

June Newman

Carol Whitall

Leland Dingee

Arthritis Presentaion and Q&A

Dr. Patricia Hopkins, a Rheumatologist from Weymouth, will be giving an overview on ARTHRITIS. Dr. Hopkins will discuss the different types of arthritis (rheumatoid arthritis, osteoarthritis, etc.) and will discuss their symptoms and how they can affect your living activities. She will also review questions you should ask your physician and will answer questions from the Audience.

Date: March 25

Time: 1:00 PM

Where: Braintree Elder Affairs

Please Call 781-848-1963 to Sign up

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 Donations to The Braintree Department of Elder Affairs are greatly appreciated. Thank you to all who have generously donated to support our wonderful programs.