

April 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](http://www.townofbraintreegov.org)

**Please note you may sign up for all activities on or after April 1st 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***

***Heritage Museum & Gardens, Sandwich, MA***

***Depart: May 29 @ 9:30AM from Braintree Elder Affairs***

***Arrive: Heritage Museum and Gardens 10:30AM***

***Luncheon to Follow at Isaacs of Plymouth Harbor at 1:00 pm***

***Choice of Chicken Cordon Bleu and Broiled Schrod***

***Cost \$60/pp (9:30a.m.-4:00p.m.)***

Heritage Museums & Gardens is set on 100 acres of gardens in historic Sandwich, Massachusetts. Within the gardens is an impressive collection of rhododendrons, which were hybridized by the

inter-



\* 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 **Braintree Residents Only**

## From the Director

### Greetings Everyone,

I am back and it is wonderful to see all of you, my second family. Last year, when I came back there was a nor'easter already churning and ready to hit the Boston area. The next morning, two trees fell on my house, blocking all the entrances and damaging the house. This year, Mother Nature was kinder and gentler. The temperatures were a balmy 48 degrees and next morning, I woke up to a beautiful sunny day.

As I am getting back to the rhythm of my work schedule, trying to answer old messages and sorting through my emails, I keep thinking how lucky I am to work with a wonderful team. The staff here at Elder Affairs, is a conscientious and a dedicated group of people. They keep the Center running like clockwork during my absence. I wish I could thank each of them separately, but then, I would need the whole newsletter. So, I will just say, "thank you everyone, from the bottom of my heart. It will never be the same without all of you".

Unlike other parts of the country, we had a mild winter and unless Mother Nature has different plans, spring will be on it's way soon. As usual, we have many programs and activities scheduled for you. Please come and join us and if you have a friend or neighbor who has not been at 71 Cleveland Avenue, invite them to come with you .

As the Center gets busier, parking gets harder and we all realize it is our ongoing problem. I have been working with the town and other departments in the hope of adding some parking spaces. But as you know everything takes time. In the mean time, please park cautiously so you are not blocking anyone or taking more than one space. Be safe and well.....*Sharmila*

## Save the Date

**To all our precious Volunteers, please save the date**

**Thursday, May 30**

**Time: 12PM**

**Where: Braintree Elder Affairs**



## 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
Monday April 8&29	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
April 2 and 30	<b>Bob Cobbett and Silver Sneakers Able Bodies</b>	10:00 AM
April 4	<b>Rotary Meeting—Knitting moved to Friday the 5th</b>	
April 8	<b>Belles and Beaux</b>	1:00 PM
April 9	<b>Red Sox Opening Day</b>	1:30-3:30
April 10	<b>Real ID—Mass.Gov Presentation</b>	11:00
April 11	<b>Scam presentation with Officer Gillis</b>	10:00 AM
April 15	<b>Happy Patriots Day</b>	Closed
April 16	<b>Gardeners Guild Easter Arrangement class</b>	1:00 PM
April 23	<b>Thayer Library presents Author Eamon McCarthy Earles</b>	1:00 PM
April 24	<b>Trip Plainridge Casino</b>	9:00 AM
<b>April 29</b>	<b>Monthly Luncheon is BACK!!! Braintree Residents only</b>	12:00 PM

## RECYCLE

### 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](http://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.

## Blood Pressure Clinics

Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Thursday, April 11	Independence Housing	10:30-11:30
Wed, April 3	Department of Elder Affairs	12:15-1:00
Tuesday, April 9	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, April 2	Stop & Shop
Thursday, April 4	Stop & Shop
Tuesday, April 9	Roche Bros
Thursday, April 11	Shaw's
Tuesday, April 16	Shaw's
Thursday, April 18	Stop & Shop
Tuesday, April 23	Stop & Shop
Thursday, April 25	Shaw's
Tuesday, April 30	Roche Bros

**Special Shopping Trip: Friday, April 12 Walmart**

## The Bookcase Analogy

### Alzheimer's Caregivers Support Group Tuesday, April 30, 2019 at 5 PM

Please join **Carol Corio**, who will give us an interesting talk about how the brain afflicted with dementia can be compared to a book case. The "**Bookcase Analogy**" gives us a different perspective about the progression of the disease.

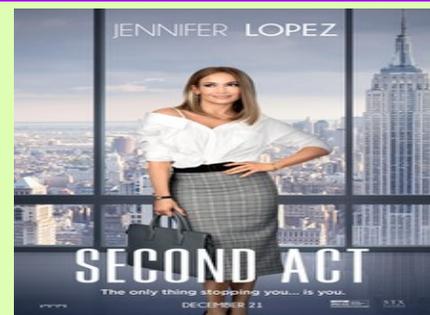
Carol is Certified Dementia Practitioner and a Certified Master Trainer for Dementia. She is the Director of Business Development at Brightstar Care of Norwood. Many of you may remember Carol. She has frequented our group and spoken to us on various subjects.

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

## 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.**

## New Movie April 24th @Noon



PG-13

Comedy/Romance

Jennifer Lopez-A big box store worker reinvents her life and her life-story and shows Madison Avenue what street smarts can do.

# Red Sox Opening Day



**Date: April 9th**

**Time: 1:30-3:30 PM**

**Where: 71 Cleveland Avenue**

**Cost: \$2.00**



**We cordially invite you to join us for Opening Day  
Come enjoy the First Pitch and a few innings with us!  
We will serve hot dogs, cracker jacks and punch.  
\*Remember to wear your Red Sox Attire**

**Please call 781-848-1963 to sign up On or After April 1 at 9:30 AM**

## AARP Silent Auction



**AARP Braintree Chapter will sponsor a big SILENT AUCTION Event with dinner and live music on Saturday, April 27th at Great Pond Function Hall, 120 Bay State Drive. Fundraising Tickets are \$25—Reservations ONLY.**

**Please call Marty Allen at 617-312-8058 to make a reservation. Lots of fun, great auction items: restaurant gift certificates, sports, baskets, gift cards and so much more! PLEASE CALL**

## Real I.D. Workshop April 10 @ 11AM

The Registry of Motor Vehicles will offer a free workshop on license renewal and REAL ID for residents on April 10, 11AM at Braintree Department of Elder Affairs

Topics include:

- What is the difference between “Standard ID” and “Real ID” driver’s licenses and ID cards;
- How to renew a Massachusetts Driver’s License or Massachusetts Identification (ID) Card; and

What are the new federal and state requirements for renewing a Driver's License or ID card

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

**MONDAY**



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

**TUESDAY**

**April Fling**

**2**  
 Shopping Shuttle: Stop & Shop  
 9:00 S&S Bus (housing)  
 9:30 **Computers: Beginners-Sign Up's Only**  
 10:00 Walking Group  
 10:00 **Bob Cobbett and Silver Sneakers**  
 10:00 **Low Vision Group**  
 10:00 SHINE insurance help free by appointment  
 10:00 Rummikub  
 10:00 **Bob Cobbett**

**WEDNESDAY**

**3**  
 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**



**8**  
 9:30 Current Events  
 10:30 Chair Yoga  
 12:00 Pool Players  
 12:00 Poker  
 12:00 Qi Gong/Tai Chi  
 12:00 Tivia  
 1:00 **Belles & Beaux**  
 2:00 Bereavement group

**9**  
 Shopping Shuttle: Roche Bros  
 9:00 S&S Bus (housing)  
 9:30 **Computers: Beginners-Sign Up's Only**  
 10:00 Walking Group  
 10:00 SHINE insurance help free by appointment  
 10:00 Rummikub  
 11:00 **Line Dancing**  
 12:30 Bridge  
 12:30 Cribbage  
 1:30 **RED Sox Opening Day**

**10**  
 9:15 Cardio, Strength and Flexibility Class  
 10:00 Asian Outreach Program 長者服務  
 11:00 **Real ID—Mass.Gov-**  
 12:00 Pool Players  
 11:30 Poker  
**Learn more about REAL ID:**  
<https://www.Mass.Gov/ID>



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**15**  
**22**  
 9:30 Current Events  
 10:30 Chair Yoga  
 12:00 Qi Gong/Tai  
 12:00 Pool Players  
 12:00 Poker  
 1:00 **Geronimo**  
 2:00 Bereavement group

**16**  
 Shopping Shuttle: Shaw's  
 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**  
 12:30 Bridge  
 12:30 Cribbage  
 1:00 **Gardeners Guild Easter Arrangement class**  
 1:30 **AARP@Elder Affairs**

**17**  
 Shopping Shuttle:  
 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**  
 1:00 **Hearing test (by appointment only)**



**23**  
 Shopping Shuttle: Stop & Shop  
 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**  
 1:00 **Author Eamon McCarthy Earles "The Rock climate and the 2 billion year story."**

**24**  
 9:15 Cardio, Strength and Flexibility Class  
 10:00-1 pm Asian Outreach Program 長者服務  
 12:00 Pool Players  
 11:30 Poker  
**TRIP: Plainridge Casino and Lafayette Ho**  
**12:00 New Movie: Second Act**

**29**  
 9:30 Current Events  
 10:30 Chair Yoga  
 12:00 Pool Players  
 12:00 Qi Gong/Tai Chi  
 12:00 Poker  
 12:00 Trivia  
**12:00 Monthly Luncheon Returns-**  
**To purchase ticket come in no**  
**earlier than April 1st at 9:30 AM**  
**Cost \$7.00 pp (Braintree Residents**  
**only) Assorted Sandwiches and**  
**salad**

**30**  
 Shopping Shuttle: Roche Bros  
 9:00 S&S Bus (housing)  
 9:30 **Computers:**  
 10:00 Walking Group  
 10:00 SHINE insurance help free by appointment  
 10:00 **Bob Cobbett and Silver Sneakers**  
 10:00 Rummikub  
 12:30 Bridge  
 12:30 Cribbage  
 5:00 **Alzheimer's Support Group**

**THURSDAY**

**FRIDAY**



**owers**

**4**  
 Shopping Shuttle: Stop & Shop  
 9:30 Mah Jongg  
 11:30 Chair Yoga  
 1:00 Art Group  
**Quilting Cancelled-NO QUILTING**  
**Knitting moved to Friday**  
**12:00 Rotary Meeting**

**5**  
 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  
**12:00 Fun Movie Friday: Come September**  
 1:00 Knitting

**11**  
 Shopping Shuttle: Shaw's  
 9:30 Mah Jongg  
 10:00 Photography  
**10:00 Scam Presentation with Officer Gillis**  
 11:30 Quilting Group  
 11:30 Chair Yoga  
 1:00 Art Group  
 1:00 Knitting

**12**  
**Special Shopping Trip: Walmart**  
 9:15 Cardio, Strength and Flexibility Class  
 10:00 Weight Loss Group  
 12:00 Pool Players  
 12:00 Mixed Poker  
**12:00 Fun Movie Friday: Written on the Wind**

**18**  
 Shopping Shuttle: Stop & Shop  
 9:30 Mah Jongg  
 10:00 Book Club  
 11:30 Quilting Group  
 11:30 Chair Yoga  
 1:00 Art Group  
 Knit Crochet

**19**  
 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.  
**12:00 Fun Movie Friday: Young at Heart**

**25**  
 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**

**26**  
 9:15 Cardio, Strength and Flexibility Class  
 10:00 Weight Loss Group  
 12:00 Pool Players  
 12:00 Mixed Poker  
**12:00 Fun Movie Friday: That Touch of Mink**

**Our Once a Month Luncheon is returning this Month.**  
**Date: Monday April 29th**  
**Time: 12:00PM**  
**Where: Braintree Elder Affairs**  
**Cost \$7.00**  
**To purchase a ticket come in No earlier than April 1st at 9:30 am.**  
**Assorted Sandwiches and Salad**

\*Special activities will have an article about the event. Please wait to call until after the first day of the month to sign up. Braintree Residents are priority  
 \*There are fees for all exercise programs. Call for information regarding these charges.  
 \*All other activities are \$.50 donation to help with the expenses of the Department of Elder Affairs.

# Outreach Department



Spring is officially here! What a great time to simplify your home surroundings. Cleaning out a little at a time can keep the task from being overwhelming to you. You can donate items to your favorite local charity or to our resale shop. The resale shop accepts gently used items (no clothing please). The proceeds from the shop go towards our services and programming. We thank everyone who has donated and everyone who shops here.

Spring is also an ideal time to get out and become more active. We have several exercise programs to keep you moving. We also have many social activities for you to enjoy. We hope to see you soon at the Senior Center.

Please call us at 781-848-1963 with any questions.

# Chair Yoga

Yoga through the years.



70's



80's



## From the Chairman of the Board Hank Joyce

The Chairman of the Board Hank Joyce

Well I guess I will never make it as a weather man. Last month I predicted an early spring and we ended up with 3 storms since then. Maybe me and the groundhog should retire.

It is great to see baseball back on TV and it is only 30 days to opening day April 9, which means the warmer weather should be coming soon. Talking about opening day, don't forget to mark your calendar and come down to the Senior Center to enjoy a hot dog and some other goodies while watching the firsts few innings with your friends.

The Braintree Garden Guild will put on presentation on growing flowers and how to maintain your garden on the 16<sup>th</sup> of April. We also have a trip to the Plainridge Casino on the 24<sup>th</sup>.

It looks like a good month of activities are in plan for April, so make sure you plan on getting out of the house and coming down to the Center to enjoy yourself.

I leave tomorrow for Spring training so I have to go to bed early seeing I will be getting up at 3:00 AM to catch a 6:00 AM flight.

So I hope it warms up around here so you can get out and enjoy the warmer weather.

I hope everyone had a great St. Patrick's Day and enjoyed the Corn Beef and Cabbage and the great Irish Entertainment.

Be safe and be Happy.

### ***The Gardeners' Guild of Braintree*** ***"Spring Planting Demonstration"***



### ***The Gardeners' Guild of Braintree*** ***"Spring Planting Demonstration"***

Members of The Gardeners' Guild of Braintree will be hosting a free ***"Spring Planting Demonstration"*** on **Tuesday, April 16, 2019 @ 1 p.m.** at the Senior Center on Cleveland Ave. You will be planting some small succulent plants in a glass container to take home. All items needed will be supplied by the Gardeners' Guild, so please come and enjoy learning how to make this easy to care for **"Dish Garden"**.

You will also learn how the Gardeners' Guild enhances our Community with our many town beautification areas, holiday house tours, school & camp scholarships, books for school libraries and so much more.

Refreshments will be served.

Space limited please call: **781-848-1963** for reservations.

## **“The Two Billion Year” with Author Eamon McCarthy Earls**

### **Once again, Elder Affairs is pleased to collaborate with Thayer Public Library**

Have you wondered what's beneath your feet right now? With the latest research on rocks and climate, audiences will have a chance to discover the *two billion year* story of your community from the dawn of life to our rapidly changing modern world. **Eamon McCarthy Earls** is the author of more than a dozen regional histories about Massachusetts, Rhode Island, Connecticut and southern New England. Eamon has delivered over 150 presentations to audiences at libraries, historical societies, museums, senior centers and business groups. **Please do not miss this interesting presentation .**

**Date: Tuesday, April 23**

**Time: 1 PM**

**Where: Braintree Elder Affairs**

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

## **Bob Cobbett's Balance Training Session**

**We are pleased to announce that the Silver Sneakers Program has collaborated with Bob Cobbett to bring in quality health and wellness programs for our older adults**

### **ABLE Bodies Balance Training Session**

**Bob Cobbett is the Exercise Science Instructor & Personal Trainer from Quincy College**

#### **ABLE stands for Adventures in Better Living through Exercise**

The sessions will build upon the lessons learned during the March session. Beginning this month there will be 2 balance training sessions each month.

The sessions will be held on **Tuesday, April 9<sup>th</sup> and on Tuesday, April 30<sup>th</sup> at 10 am**. There will be simple exercises that can help improve balance and prevent falls. Please wear comfortable clothing, clean socks, and comfortable shoes or sneakers to the session. If you usually use an assistive device for walking, be sure to have it with you as well. Some gentle stretching and supported balance exercises will be performed.

**“Class size will be limited to 20 for safety reasons. First 20 to sign up will be able to participate in the session. All others will be permitted to observe.”**

**We thank the “Silver Sneakers Program” for this important collaboration.**

# PSA from Lyn Frano

## **Protecting the community, especially young people from substance use**

The most important thing to know is that early use of tobacco, alcohol, marijuana, and other drugs is harmful for young people. As adults, we have an obligation to safeguard the community, especially our young people.

Over the past 40 years, perceptions about the harms of tobacco have increased significantly. Now that Marijuana is being sold as medicine and consumption is legal for adults over the age of 21 (in Massachusetts and other parts of the country) perception of harm has decreased. As a result, young people today are more likely to use marijuana than cigarettes, and surveys that measure how young people report their drug use confirms this.

Research tells us that the human brain doesn't finish developing until the age of 25 *and* the last part to develop controls the ability to think rationally and make thoughtful decisions.

Alcohol and marijuana use affects teen brain development and can reduce attention, memory, and learning functions that may last a long time or even be permanent. Teens who use these substances may not do as well in school and may have trouble remembering things.

There is no quick or simple solution for preventing teen substance use, however, research shows that parents have a big influence on their teens. If you are raising grandchildren or have loved ones under the age of 25, there are simple steps you can take to create healthy environments that reduce teen use and access to harmful substances:

Talk openly and often with your grandchildren

Encourage your children to talk openly with your grandchildren and stay actively engaged in their lives

Maintain adult control of medicine bottles and supervise young children when they take medication

Store medications, tobacco and alcohol out of the reach of children and teens (Lock them up)

Dispose any unused medications using the 24 hour MedReturn kiosk at the police station or use products like the Detera Drug Deactivation System, available in stores, on-line, and in the Health Department (while supplies last).

## **The Braintree Community Partnership**

The Braintree Community Partnership on Substance Use meets monthly at Town Hall, and new members are always welcome. Meeting dates and times are available on the Town of Braintree website at [www.braintree.gov](http://www.braintree.gov). If have any questions or would like to take an active role in preventing substance use in Braintree, please feel free to contact me at 781-794-8146 or [lfrano@braintreema.gov](mailto:lfrano@braintreema.gov).

Lyn Frano, Substance Use Prevention Coordinator, Town of Braintree

## Fun Movie Fridays at 12:00 PM

# Movie Night



### Friday, April 5 Come September



**Starring:** American mogul Robert Talbot (Rock Hudson) customarily spends the month of September in his lush Italian villa. But this year he arrives early and gets a surprise -- his money-grubbing overseer has turned the villa into a hotel in his absence. Infuriated, Talbot is ready to kick his teenage guests out at first -- until he unexpectedly takes on the role of chaperon. Meanwhile, the playboy fights to save his on-the-rocks relationship with feisty Italian Lisa Fellini (Gina Lollobrigida).

### Friday, April 12 Written on the Wind



**Starring:** Mitch Wayne (Rock Hudson) is a geologist working for the Hadleys, an oil-rich Texas family. While the patriarch, Jared (Robert Keith), works hard to establish the family business, his irresponsible son, Kyle (Robert Stack), is an alcoholic playboy, and his daughter, Marylee (Dorothy Malone), is the town tramp. Mitch harbors a secret love for Kyle's unsatisfied wife, Lucy (Lauren Bacall) -- a fact that leaves him exposed when the jealous Marylee accuses him of murder.

### Friday, April 19 Young at Heart



**Starring:** Gregory Tuttle (Robert Keith), a widowed musician, is the father of three extraordinarily gifted daughters, Laurie (Doris Day), Fran (Dorothy Malone) and Amy (Elisabeth Fraser), all of whom are facing different romantic troubles. The arrival of two handsome musicians, Alex Burke (Gig Young) and Barney Sloan (Frank Sinatra), who have been invited by Gregory to board at the house while working on a new musical, further complicates the daughters' love lives.

### Friday, April 26 That Touch of Mink



**Starring:** Gregory Tuttle (Robert Keith), a widowed musician, is the father of three extraordinarily gifted daughters, Laurie (Doris Day), Fran (Dorothy Malone) and Amy (Elisabeth Fraser), all of whom are facing different romantic troubles. The arrival of two handsome musicians, Alex Burke (Gig Young) and Barney Sloan (Frank Sinatra), who have been invited by Gregory to board at the house while working on a new musical, further complicates the daughters' love lives.

**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 ~ 2018 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 Whitall**

### **Scam Presentation with Officer Gillis from Braintree PD**

Recently, a senior citizen residing in Braintree received a text from someone claiming to be Father Paul Clifford of St. Francis of Assisi and St. Claire's Parishes. She was instructed to purchase prepaid cards to help out a family, who was in the hospital, suffering from cancer. The scammer even ended the text in the same manner Father Paul usually does in the articles in his church bulletins. **Luckily this person did not fall for the scam and notified the Braintree Police.**

Sadly these scams keeps happening and there is no end in sight. So we are pleased to announce that Officer Peter Gillis from the Braintree Police Department will be discussing the horrible scams out there, robbing the citizens out of their life savings. Please come and join us on **Thursday, April 11 at 10 AM, here at Elder Affairs**



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.