

May 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 May 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*

*Spirit of Boston Lunch Cruise*

*Depart: June 26 @ 10:00AM from Braintree Elder Affairs*



\* 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**

## Sharmila's Corner

*Greetings Everyone,*

*“I have learnt that people will forget what you said, people will forget what you did, but people will never forget how you made them feel”....Maya Angelou”*

Allow me to take this opportunity to thank the extraordinary men and women who spent many hours volunteering their time at the Department of Elder Affairs. We, the staff at Elder Affairs, sincerely strive to offer our senior residents, information, services and programs which empower them to live a happy, healthy and independent life. But nothing can be achieved without your help, you, our remarkable volunteers! From making and serving coffee in the kitchen, to helping people through the maze of Health Insurance, to knitting for the needy and the list just goes on, you make your mark. You are the one who makes a difference. With your help we fill in the gaps and you are the connection to the missing links. It has been my distinct pleasure to work with you and getting to know you. Your grace and warmth amazes me. You are some of the busiest people I know and yet, you are always ready to extend your helping hand. I salute each and everyone of you.

As I write this article, once again this year, we are getting ready to celebrate our **Volunteer Recognition Luncheon**. This will be the first year for Michelle Birolini. She has eased into her role as the Coordinator of Volunteer and Activities and is excited to organize this event. Michelle is already starting to get busy, planning for this great day. We are all looking forward to it.

I also wish to thank Mayor, Joseph Sullivan, the staff at the Mayor's Office, Senator Keenan, Representative Mark Cusack and their staff for their continuous support to our causes. And last but not least, **All of you**. Thank you and **happy spring.....Sharmila**



## 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 May 6, 20	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
May 7, 28	<b>Bob Cobbett and Silver Sneakers Able Bodies</b>	10:00 AM
May 10	<b>Mother's Day Performance</b>	10:00 AM
May 13	<b>Belles and Beaux</b>	1:00 PM
May 14, 28	<b>IPhone/Tablet Drop-In Assistance with Nicholas</b>	1:30 PM
May 14	<b>Meet &amp; Greet with Sheriff McDermott</b>	1:00 PM
May 17, 24, 31	<b>Acrylic Landscape Painting with Barbara Wilson</b>	10-11:30AM
May 14, 28	<b>Line Dancing</b>	11:00 AM
May 24	<b>Girl Scouts, Crafts and Games</b>	1:00PM
May 29	<b>Heritage Gardens /Isaacs Luncheon Day trip (Braintree residents only)</b>	10:30 AM
May 30	<b>Volunteer Luncheon</b>	12:00 PM

### **Braintree Recycling Office Article**

Under recently revised MA D.E.P. rules for recycling, an item no longer accepted is shredded paper. The reason being that shredded paper is always in some type of bag and, when opened at the recycling processing plant, the material flies around the room and equipment, resulting in the plant not being able to recycle it. Bags of shredded paper now need to go in the trash.

To offer Braintree residents an alternative, the Town is instituting a service wherein shredded paper can be dropped off. The new service will be available as of May 1<sup>st</sup> at the Town's Recycling Center, 257 Ivory Street during regular hours: Mon, Tue, Thur, Fri & Sat (7am-3PM). Closed: Wed, Sun & holidays. Residents can simply hand their bag(s) to an attendant who will empty them into the special carts (limit of two 15 gallon bags per visit). Please do not place shredded paper in any other container at the site.

Rosemary Nolan  
781-794-8060

## Blood Pressure Clinics

Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Thursday, May 9th	Independence Housing	10:30-11:30
Wed, May 1st	Department of Elder Affairs	12:15-1:00
Tuesday, May 14	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

**Thursday, May 2 Stop & Shop**  
**Tuesday, May 7 Shaw's**  
**Thursday, May 9 Shaw's**  
**Tuesday, May 14 Stop & Shop**  
**Thursday, May 16 Stop & Shop**  
**Tuesday, May 21 Roche Bros**  
**Thursday, May 23 Shaw's**  
**Tuesday, May 28 Shaw's**  
**Thursday, May 30 Stop & Shop**  
**Special Shopping Trip: Friday, May 10 Christmas Tree Shop**

## Balance training with Bob Cobbett

**Tuesday May 7 and Tuesday May 28**  
**10 AM**  
**ABLE**

**Adventures in better living through exercise.**

In collaboration with the Silver Sneakers Program Bob will be holding his balance training sessions. For safety reasons, class size will be **limited to 20**. First 20 will be able to participate. All others are permitted to watch.

**Where: Braintree Elder Affairs**  
**Sign up please call: 781-848-1963**

## 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.**



**Volunteer Luncheon  
May 30, 2019 at 12 Noon**

**A special day to honor our Volunteers who dedicate their time and energy for Braintree Elder Affairs.**

**Entertainment provided by,  
Old Kids on the Block**

**Where: Braintree Department of Elder Affairs**

**This event is for our Volunteers and by invitation only. Please call 781-848-1963 for reservations**



**Stimulate and Maintain Your Brain**

**Alzheimer's Caregivers Support**

**Tuesday, May 28, at 5 PM**

**Anne Marie Powers**

**Norwell VNA and Hospice**

**Transitional Care Coach, Community Outreach**

Research indicates that several lifestyle factors influence cognition later in life. These are Physical activity, Nutrition and Mental Stimulation.

Mental Stimulation can strengthen cognitive functioning, by "exercising your brain" through Puzzles, word games and being a part of a social group.

Please join us and have fun working with puzzles to enhance your brain's executive functioning, long term memory, working memory and processing speed etc. Learn different tips to challenge your brain.

**This program is open to the public. Please call 781-848-1963 to sign up.**

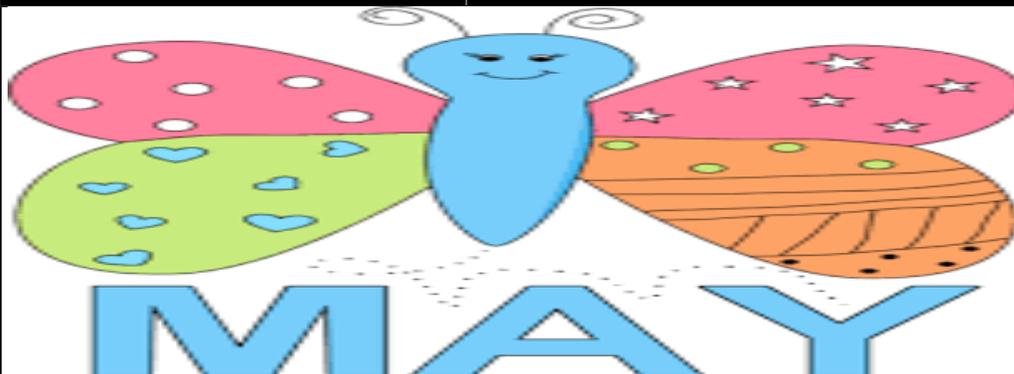
**Where: Braintree Elder Affairs, at 5 PM.**

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

**MONDAY**

**TUESDAY**

**WEDNESDAY**



**1**  
 9:15 Cardio, Strength and Flexibility Class  
 10:00 Asian Outreach Program 長者服務  
 12:00 Pool Players  
 11:30 Poker  
 12:00 Blood Pressure  
 1:00 Bingo  
 1:00 Hearing test (by appointment only)



**6**  
 9:30 Current Events  
 10:30 Chair Yoga  
 12:00 Pool Players  
 12:00 Poker  
 12:00 Qi Gong/Tai Chi  
 12:00 Tivia

**7**  
 Shopping Shuttle: Shaw's  
 9:00 S&S Bus (housing)  
 9:30 Bocce Returns  
 9:30 Computers: Beginners-Sign Up's Only  
 10:00 Bob Cobbett-Able Bodies  
 10:00 Low Vision Group  
 10:00 Walking Group  
 10:00 SHINE insurance help free by appointment  
 10:00 Rummikub  
 19:45 Computers\_Intermediate  
 12:30 Bridge  
 12:30 Cribbage

**8**  
 9:15 Cardio, Strength and Flexibility Class  
 10:00 Asian Outreach Program 長者服務  
 12:00 Pool Players  
 11:30 Poker

**13**  
 9:30 Current Events  
 10:30 Chair Yoga  
 12:00 Qi Gon/Tai Chi  
 12:00 Pool Players  
 12:00 Poker  
 1:00 Belles & Beaux  
 2:00 Bereavement group

**14**  
 Shopping Shuttle: Stop & Shop  
 9:00 S&S Bus (housing)  
 9:30 Bocce  
 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  
 12:30 Bridge  
 12:30 Cribbage  
 1:00 Meet & Greet Norfolk Sheriff  
 1:30 iPhone/Tablet Drop in assistance with Nicholas

**15**  
 9:15 Cardio, Strength and Flexibility Class  
 10:00 Asian Outreach Program 長者服務  
 12:00 Pool Players  
 11:30 Poker  
 12:00 Blood Pressure Clinic  
 1:00 Bingo  
 1:00 Hearing test (by appointment only)



**20**  
 9:30 Current Events  
 10:30 Chair Yoga  
 12:00 Qi Gong/Tai  
 12:00 Pool Players  
 12:00 Poker  
 12:00 Trivia  
 1:00 Geronimo

**21**  
 Shopping Shuttle: Roche Bros  
 9:00 S&S Bus (housing)  
 9:30 Bocce  
 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  
 1:30 AARP@Elder Affairs

**22**  
 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  
 12:00 New Movie: Welcome to Marwen



**28**  
 Shopping Shuttle: Shaw's  
 9:00 S&S Bus (housing)  
 9:30 Bocce  
 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  
 10:45 Computers: Intermediate- Sign up only  
 11:00 Line Dancing  
 12:30—Ask the Lawyer: Free by Appt.  
 12:30 Bridge 12:30 Cribbage  
 1:30 iPhone/Tablet Drop-In Assistance  
 5:00 Alzheimer's Support Group

**29**  
 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: Heritage Gardens and Isaacs Luncheon**

# THURSDAY

# FRIDAY

**2**

Shopping Shuttle: Stop & Shop

9:30 Mah Jongg

11:30 Quilting Group

11:30 Chair Yoga

1:00 Art Group

1:00 Knitting

**3**

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: America's Sweetheart**

**9**

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 Knitting

**10**

**Special Shopping Trip: Christmas Tree Shop**

9:15 Cardio, Strength and Flexibility Class

10:00 Weight Loss Group

**10:00 Mother's Day Performance by Beverly Beckham**

**"Side by Side"**

12:00 Pool Players

12:00 Mixed Poker

**12:00 Fun Movie Friday: Peggy Sue Got Married**

**16**

Shopping Shuttle: Stop & Shop

9:30 Mah Jongg

10:30 Book Club

11:30 Quilting Group

11:30 Chair Yoga

1:00 Art Group

Knit Crochet

**17**

9:15 Cardio, Strength and Flexibility Class

10:00 Weight Loss Group

**10:00 Acrylic Painting, Barbara Wilson (call to sign up)**

12:00 Pool Players

12:00 Mixed Poker

12:30 Ask the Lawyer: Free by Appt.

**12:00 Fun Movie Friday: Dean Martin Celebrity**

**Roasts**

**2:00 Dept. of Elder Affairs Board Meeting**

**23**

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

**24**

9:15 Cardio, Strength and Flexibility Class

10:00 Weight Loss Group

**10:00 Acrylic Painting, Barbara Wilson (call to sign up)**

12:00 Pool Players

12:00 Mixed Poker

**12:00 NO MOVIE**

**1:00 Girls Scouts visit**

**30**

Shopping Shuttle: Stop & Shop

9:30 Mah Jongg

10:00 Photography

11:30 Quilting Group

11:30 Chair Yoga

**12:00 Volunteer Recognition Luncheon-Invitation only**

1:00 Art Group

1:00 Knit/Crochet

**31**

9:15 Cardio, Strength and Flexibility Class

10:00 Weight Loss Group

**10:00 Acrylic Painting Barbara Wilson (call to sign up)**

12:00 Pool Players

12:00 Mixed Poker

12:00 NO MOVIE

**FRIENDS of COA Annual Meeting and Luncheon**

\*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

# OLDER AMERICANS MONTH



CONNECT, CREATE, CONTRIBUTE MAY 2019

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

This year, 2019, the 54th anniversary of the Older Americans Act (OAA), the theme is **Connect, Create, Contribute** which encourages older adults and their communities to:

**Connect** with friends, family and services that support participation.

**Create** by engaging in activities that promote learning, health, and personal enrichment.

**Contribute** time, talent, and life experience to benefit others.

By engaging and supporting all members of the community, we recognize that older adults play a key role in the vitality of our neighborhoods, networks and lives. Everyone benefits when everyone can participate.

## Chairman

### From The Chairman of the Board Hank Joyce

They say April Showers bring May flowers, so, based on the weather we have had the last week, we should see the most unbelievable flowers in May.

The baseball season is here and our beloved Red Sox have not started too well but remember it's a long season. While my good friend Chris Griffin (Big Red) enjoyed going to opening day, we at the Senior Center had a very good time eating hotdogs, potato chips, cracker jacks and very good cupcakes, and we didn't even get wet. Unfortunately Officer Gillis of the Braintree Police Department could not make our discussion on Fraud but Sharmila and the people who attended had a very good discussion and learned the do's and do not's on telephone scams.

A trip to Plainridge Casino is planned for the 24<sup>th</sup> of April so if you feel lucky please join us. The monthly luncheon is back on April 29<sup>th</sup> hope to see you there.

May has many good events coming up: Mother's Day performance on the 10<sup>th</sup>; Girl Scouts are coming back on May 24<sup>th</sup>; Heritage Garden Tour at Sandwich and of course Volunteer recognition Day on the 30<sup>th</sup>. A well deserved thank you to all the volunteers for all the great work they do all year long.

Let's hope the weather warms up, and we get plenty of sunshine. Happy Mother's day to all the mothers in Braintree and remember a Mothers Love is a Blessing that you can't replace.

Enjoy springtime and be safe.

## Spring Crafts and Games With the Girl Scouts



**Don't miss the fun!**

The adorable children will be back to welcome spring. They were quite a hit last time they came. Please join them.

Date: May 24

Time: 1-2PM

**Please call 781-848-1963 to sign up for this event.**

# **“Side by Side” - “A Mother/Daughter Love Story”**

**Thayer Public Library and Braintree Elder Affairs welcome  
Boston Globe Columnist Beverly Beckham**

**Friday, May 10, at 10 AM**

Braintree Elder Affairs welcomes Boston Globe columnist, Beverly Beckham, to come with her on a “Sentimental Journey,” back to the early 1950s. Beckham, who usually tells her stories in print, tells this one in song because her mother was a singer. Accompanied and enhanced by pianist and musical composer, Tom LaMark, Beckham sings the songs her mother sang or would have sung. “Side by Side”- A Mother/Daughter Love Story” is an original cabaret and a tribute to all mothers.

**“Side by Side, A Mother/Daughter Love Story” is an original cabaret and a tribute to all mothers.**



Pho-

to: Beverly Beckham with her mother, Dorothy Curtin

\*Please Call 781-848-1963 to sign up on or after May 1st at 9:30 AM  
(Braintree residents only)

# Meet & Greet with Sheriff, Jerome P. McDermott

Please join the Norfolk Sheriff's Office in conjunction with Braintree Elder Affairs on **Tuesday May 14, 2019 at 1:00 PM** at the Braintree Elder Affairs Building for a meet and greet with Norfolk County's new Sheriff, Jerome P. McDermott. Sheriff McDermott looks forward to meeting the residents of Braintree and discussing programs available to all Braintree seniors. Refreshments will be served.

**To Sign up please call 781-848-1963 On or after May 1st at 9:30 am**



## New Movie Wednesday

Date: May 27  
Braintree Elder Affairs will be Closed



Date: May 22  
Time: 12:00  
Where: Braintree Elder Affairs  
**"Welcome to Marwen"**  
Rated: PG-13 Starring Steve Carell

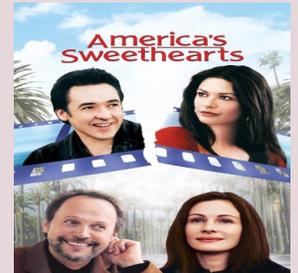


Academy winner Robert Zemeckis (Forrest Gump, Castaway) brings Welcome to Marwen, a bold, wondrous and timely film that is a miraculous true story of one broken man's fight as he discovers how artistic imagination can restore the human spirit.



### Friday, May 3rd— America's Sweetheart

For an awkward, self-conscious girl like Kiki (Julia Roberts), being the personal assistant to a beautiful megastar like Gwen (Catherine Zeta-Jones) isn't easy. But when she dutifully accepts the task of helping Gwen and her estranged husband Eddie (John Cusack) make it through one last public appearance masterminded by legendary press agent Lee Phillips (Billy Crystal), forever devoted Kiki finds that her job is about to get even harder when her and Eddie's relationship takes a romantic turn.



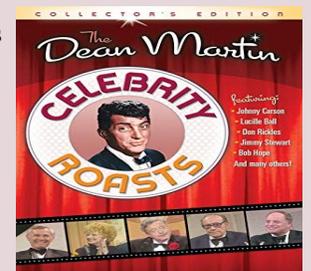
### Friday, May 10th—Peggy Sue Got Married

Peggy Sue Bodell (Kathleen Turner) attends her 25-year high school reunion after separating from her cheating husband, Charlie (Nicolas Cage). She regrets the decisions she has made in her life, such as getting pregnant by Charlie in high school. When she faints at the reunion, she awakens in 1960. Given the chance to relive her life, she changes many things. However, some choices are more complicated, as she begins to see young Charlie's charm and true feelings.



### Friday, May 17th—The Dean Martin Comedy Roasts

The Dean Martin Celebrity Roast was an NBC television special show hosted by entertainer Dean Martin in 1974–1984. For a series of 54 specials and shows, Martin and his friends would "roast" a celebrity. The roasts were patterned after the roasts held at the New York Friars' Club.



### Friday, May 24—NO MOVIE Girl Scouts Visiting

### Friday, May 31 —No Movie Friends of COA Event

**Braintree Department of Elder Affairs**  
71 Cleveland Avenue  
Braintree, MA 02184

Place  
Stamp  
Here

**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

**Acrylic Landscape Painting Workshop**  
With Barbara Wilson



An acrylic landscape painting workshop will be held from Friday  
May 17th-June 7th at 10:00 am

Subject matter will be a landscape with a cherry tree in full bloom.  
Bring your own set of tube acrylics and a couple of brushes. (extra supplies  
are available for your use) 11" by 14" canvas board available for purchase  
for only \$1.00.

Fee:\$20.00

Max: 10 students

Hope to see you there!

Barb Wilson- instructor

**Please call to sign up and pay at your earliest  
convenience**



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.