

August 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 August 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



September Trip—Lobster Roll Cruise Rescheduled from July

Cape Cod Lobster Roll Cruise

Thursday September 26th from 10:30 AM-4:00 PM

\$70.00 Tickets will be on sale after 9:30 AM Thursday August 1st

Please make checks payable to Braintree Department of Elder Affairs

Luncheon menu choices include: (sandwiches are served with potato chips and coleslaw)

The Lobster Roll: A sandwich so good they named their boat after it! A grilled roll, a little lettuce and tomato and stuffed with fresh native lobster meat with a hint of celery and mayo.

Roast Beef Rollup: Certified Black Angus prime rib, sliced thin and piled into a whole wheat lavash bread with lettuce, tomato and light mayo.

Vegetarian Rollup: Fresh medley of summer vegetables and tomato rolled in a whole wheat lavash bread served with a hint of mayo.

Chicken Caesar Salad: Marinated chicken breast grilled and stacked atop crisp romaine lettuce tossed with our Caesar dressing, parmesan cheese and seasoned croutons.

Your ticket price includes transportation, driver gratuity, lunch and cruise.

Please note the following details: Moderate walking required. All trips are held rain or shine. If possible, please carpool and park your car in the field for all day trips.

* 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,

For a few months, our conversation was how the weather has remained cool all through spring. Well, summer is here now and I hear that this coming weekend the temperatures might reach over a 100 degrees. By the time this newsletter reaches you, those hot hot days may be a thing of the past and you might be shivering in 60 degrees. But, that is New England for you and nothing surprises us. On a serious note though, please be careful on these hot summer days, drink lots of water and stay away from strenuous outdoor physical activities. Please remember you can always come to the Senior Center to cool off.

The year 2020 will soon be around the corner and this will be an important year . This is the year when the Federal Government will be doing the complete and official count of its population for the 2020 Census. I have attended a few meetings from the Secretary of State's Office Census 2020 and their message to everyone is, that it is imperative that members of every household fill out their census forms. There are countless applications of the Census data, but there are four key functions of the Census that affect public policy and voting in the United States.

Reapportionment, Redistricting, Demographic Data and Government Resource Allocation.

1. The number of Congressional Districts may change based on the increase and decrease of the population. This reapportionment of seats in the House of Representatives and resulting change in electoral votes helps dictate the geographic shift in political power within the United States. 2. Within States, the Congressional and State Legislature districts are redrawn, based on Census data. Based on population distribution within States, boundaries shift every 10 years to ensure each district has roughly the same population. 3. The census provides a snapshot of country, state, local areas and on a broad level defines who we are as a nation. Demographic data helps groups from all parts of society use information to decide where to direct their attention and resources. The Census helps these groups identify areas in need of certain services, businesses, civil rights outreach, community engagement, etc. 4. Census data allocates over \$400 billion per year throughout the nation for programs for Public Health, Education and Infrastructure . State and local funds are often distributed based on population which means every person is important when advocating for funding. Every year, Elder Affairs applies and receives grant awards from the State. One such grant, the Formula Grant, is calculated based on the number of elders who reside in the town of Braintree. **So, please make sure you are counted.** As time goes by, we will keep you posted on the 2020 Census. This is an important event which happens every 10 years. Please know you are very important and do not let yourself go without a count.

Have a wonderful summer.....*Sharmila*



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

2nd & 4th Monday	Bereavement Support Group	2:00 PM
1st Wednesday	Bingo—	1:00 PM
Monday August 5th, 19th	Trivia	12:00PM
Every Tuesday	Shine Insurance Counseling	10:00 AM
Tuesdays	Beginner Computers: Call to sign up	9:30 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
Tuesday Aug. 6	Low Vision	10:00 AM
Tuesday Aug. 6	Farmers Market Coupons	10:00 AM
Tuesday Aug. 6	Bob Begin Presents (Please call to sign up ASAP)	1:00 PM
Monday August 12	No Belles and Beaux	
Monday August 12	Expedia Travel Presentation with Nancy Wells	1:00 PM
Wed. August 14	Allerton House Cookout	12:30 PM
Wed. August 28	New Movie “ A Dog’s Way Home”	12:00 PM
Next Month Sept. 5th	Emergency Preparedness presented by Mass Office on Disability (TRIAD)	

RECYCLING

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 1st 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, Aug	Independence Housing	10:30-11:30
Wed, Aug 7	Department of Elder Affairs	12:15-1:00
Tuesday, Aug	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, August 1	Shaws
Tuesday, August 6	Stop & Shop
Thursday, August 8	Stop & Shop
Tuesday, August 13	Roche Bros
Thursday, August 15	Shaws
Tuesday, August 20	Shaw's
Thursday, August 22	Stop & Shop
Tuesday, August 27	Stop & Shop
Thursday, August 29	Shaw's

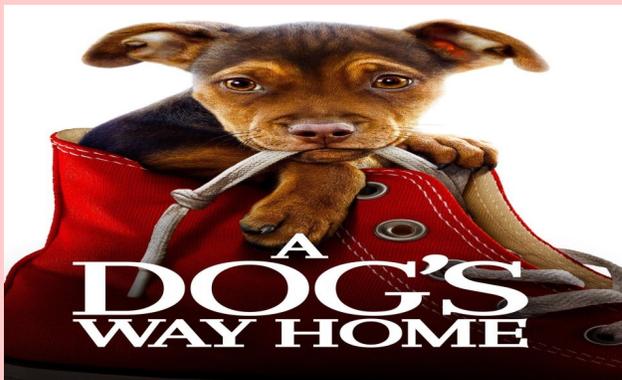
Special Shopping Trip: Friday, August 9, Ocean State Job Lot Randolph

Monthly Movie

Date: August 28, 2019

Time: 12:00

Enjoy some popcorn and refreshments



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.**

No Alzheimer's Caregivers Support Group in August. We will resume in September

If you need any help or have questions please do not hesitate to call, 781-848-1963.

From the Chairman

From The Chairman of the Board Hank Joyce

Well, the good weather has finally come, let's hope it stays around for some time. If you find yourself feeling the heat and need some relief, please come down to the Senior Center where it is nice and cool.

I hope the people who went on the Lobster Roll Cruise had a very good time and the Ice Cream social is always a good take.

We had a party in the Parks at Penniman Park last week and it went very well. The weather was very accommodating and the hot dogs and Hamburgers were really great. Thank you Nelson Chin and your staff for a great night. I know my grandchildren had a good time.

A very good movie is going to be shown at the center on July 31st. It is called Upside, my wife and I saw it and it was really good. Check out your bulletin for August because there is are some nice events coming up .

The Red Sox are playing pretty well but I don't know if they can catch up with the Yankees but I feel pretty comfortable that if they make the playoffs, they will do real well, and maybe win another World Series.

Well it time to go for a swim. I hope you all enjoy this beautiful weather and be safe and happy.

74th Anniversary of Loss of the USS Indianapolis

Date: Tuesday, August 6th

Time: 1:00 PM

Where: 71 Cleveland Ave

Call: 781 848 1963

**To sign up call on or after
July 29th**



Thayer Public Li- brary and Braintree Elder Affairs Welcomes Bob Begin

Mr. Begin will discuss the Loss of the USS Indianapolis, and the tragic event of her sinking. In July 1945 the USS Indianapolis completed a TOP Secret Mission to shorten the war.

On her way to the Philippines, she was torpedoed by a Japanese submarine and sunk. 900 men went into the water. During that time the men faced sharks, dehydration, hypothermia, exhaustion, and a complete breakdown of discipline and order.

**Join Bob as he tells the survival stories of the men
onboard the USS Indianapolis on that fateful day.**

MONDAY

TUESDAY

WEDNESDAY

Hello,
AUGUST
make me happy ..

5
 9:30 Current Events
 10:30 Chair Yoga
 12:00 Qi Gon/Tai Chi
 12:00 Pool Players
 12:00 Poker
 12:00 Trivia
 2:00 Bereavement group

6
 Shopping Shuttle: Stop & Shop
 9:00 S&S Bus (housing)
 9:30 Bocce
 9:30- **Beginners Computer**
 10:00 **Farmers Market Coupons**
 10:00 **Low Vision**
 10:00 Walking Group
 10:00 SHINE insurance help free by appointment
 10:00 Rummikub
 12:30 Bridge
 12:30 Cribbage
 1:00 **Bob Begin Presents USS Indianapolis**

7
 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
 9:30 Current Events
 10:30 Chair Yoga
 11:30-I-Phone Assistance with BHS students
 12:00 Qi Gong/Tai
 12:00 Pool Players
 12:00 Poker
 1:00 **Expedia Travel Presentation**

13
 Shopping Shuttle: Roche Bros
 9:00 S&S Bus (housing)
 9:30 Bocce
 9:30 Beginners Computer
 10:00 **Able Bodies, Bob Cobbett**
 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 **No AARP for summer (Back in September)**

14
 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
 12:30-2:30 **Allerton House Cookout (sign up only)**
 1:00 Hearing test **(by appointment only)**

19
 9:30 Current Events
 10:30 Chair Yoga
 11:30--phone Assistance with BHS Students
 12:00 Qi Gon/Tai Chi
 12:00 Pool Players
 12:00 Poker
 12:00 Trivia
NO Geronimo
 2:00 Bereavement group

20
 Shopping Shuttle: Shaw's
 9:00 S&S Bus (housing)
 9:30 Bocce
 9:30 Beginners Computer
 10:00 Walking Group
 10:00 SHINE insurance help free by appointment
 10:00 **Bob Cobbett and Silver Sneakers**
 10:00 Rummikub
 1:00—**Ask the Lawyer: Free by Appt.**
 12:30 Bridge 12:30 Cribbage

21
 9:15 Cardio, Strength and Flexibility Class
 10:00 Asian Outreach Program 長者服務
 12:00 Pool Players
 11:30 Poker
Railroad Trip to Cape Cod
 1:00 Hearing test **(by appointment only)**
No Bingo

26
 9:30 Current Events
 10:30 Chair Yoga
 11:30--phone assistance with BHS Students
 12:00 Qi Gong/Tai
 12:00 Pool Players
 12:00 Poker
 12:00 **Monthly Luncheon**

27
 Shopping Shuttle: Stop & Shop
 9:00 S&S Bus (housing)
 9:30 Bocce
 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
 5:00 **No Alzheimer's Support Group**

28
 9:15 Cardio, Strength and Flexibility Class
 10:00—1:00PM Asian Outreach Program 長者服
 12:00 Pool Players
 11:30 Poker
 12:00 New Movie— A Dog's Way Home

THURSDAY

FRIDAY



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

2
 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: Mona Lisa Smiles

8
 Shopping Shuttle: Stop & Shop
 9:30 Mah Jongg
 10:00 Photography
11:00 AM Smart phone Assistance with Sharon and Ainsley
 11:30 Quilting Group
 11:30 Chair Yoga
 1:00 Art Group
 1:00 Knit Crochet

9
Special Shopping Trip: Ocean State Job Lot, Randolph
 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: Julie and Julia

15
 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

16
 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: Mary Poppins Returns
12:30 Ask the Lawyer
No Board Meeting

22
 Shopping Shuttle: Stop & Shop
 9:30 Mah Jongg
 10:00 Photography
 11:30 Quilting Group
 11:30 Chair Yoga
 1:00 Art Group
 1:00 Knit/Crochet

23
 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: Remember the Titans

29
 Shopping Shuttle: Shaw's
 9:30 Mah Jongg
 11:30 Quilting Group
 11:30 Chair Yoga
 1:00 Art Group
 1:00 Knit/Crochet

30
 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: Dean Martin Roasts Jimmy Stewart

FARMERS MARKET COUPON DISTRIBUTION



WHERE: Braintree Department of Elder Affairs

WHEN: Tuesday, August 6, 2019

TIME: 10:00 a.m. to 12:00 p.m.

South Shore Elder Services will be here to distribute Farmers Market Coupons.

To be eligible to receive Farmers Market Coupons, you must be:

- 60 years of age or older, or
- Disabled and living in senior housing where congregate nutrition services are provided, and
- Your income must be lower than the Income Limits outlined below.

Income Guidelines for 2019

To be eligible to receive Senior Farmers Market Coupons, an applicant's gross household income (i.e. before taxes are withheld) must be no more than:

Household Size	Annual	Monthly
1	\$23,107	\$1,926
2	\$31,284	\$2,607
3	\$39,461	\$3,289
4	\$47,638	\$3,970
5	\$55,815	\$4,652
6	\$63,992	\$5,333
7	\$72,169	\$6,015
8	\$80,346	\$6,696
Each add'l family member add	+\$8,177	+\$682

Thank you to our Volunteers

VOLUNTEER



Our Beautiful Summer Patio
Thanks to Braintree Gardeners Guild for supporting us. Our gardeners, **Sandy and Ann**. Planter made and donated by Eagle Scout **Keegan Boyle**, painted by **Vinny and Nicolas**.





Friday, August 2 “mona lisa smile”

Katherine Watson (Julia Roberts) is a recent UCLA graduate hired to teach art history at the prestigious all-female Wellesley College, in 1953. Determined to confront the outdated mores of society and the institution that embraces them



Friday, August 9 “Julie and Julia”

Frustrated with a soul-killing job, New Yorker Julie Powell (Amy Adams) embarks on a daring project: she vows to prepare all 524 recipes in Julia Childs' landmark cookbook, "Mastering the Art of French Cooking." Intertwined with Julie's story is the true tale of how Julia Child (Meryl Streep) herself conquered French cuisine with passion, fearlessness, and plenty of butter.



Friday, August 16 “Mary Poppins Returns”

Decades after her original visit, the magical nanny returns to help the Banks siblings and Michael's children through a difficult time in their lives.

Starring Emily Blunt



Friday, August 23 “Remember the Titans”

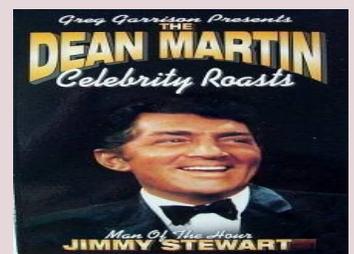
In Virginia, high school football is a way of life, an institution revered, each game celebrated more lavishly than Christmas, each playoff distinguished more grandly than any national holiday. And with such recognition, comes powerful emotions. In 1971 high school football was everything to the people of Alexandria. But when the local school board was forced to integrate an all black school with an all white school, the very foundation of football's great tradition was put to the test.



Friday, August 30 “Dean Martin Celebrity Roasts”

Man of the Hour Jimmy Stewart

The Dean Martin Celebrity Roast was an NBC television special show hosted by entertainer Dean Martin from 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.



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

Place
Stamp
Here

**Braintree Dept. of Elder Affairs ~ 2019 Board Members
Henry (Hank) Joyce, Chairman of the Board**

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

**Lucille Barton
Tim Burke
Leland Dingee**

**Jane Fogg
Connie Mattina
June Newman**

I-PHONE, TABLET, SAMSUNG ASSISTANCE

THURSDAY AUGUST 8TH

11:00 AM

INSTRUCTORS: SHARON AND AINSLEY



**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.**