

January, 2020

# Town of Braintree Department of Elder Affairs

71 Cleveland Avenue, Braintree, MA 02184

Hours: 8:30 AM– 4:30 PM

*“Live, Learn, Laugh and Be Happy”*

Mayor Charles Kokoros

Sharmila Biswas: Director

Mary Howland: Outreach Coordinator

Therese Jarrett: Services Coordinator

PHONE: 781-848-1963

FAX: 781-848-2835

Michelle Birolini: Volunteer Coordinator

Joseph Conrad: Building Custodian

Frank DeFrancesco: Transportation Services

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

**Please note you may sign up for all activities on Monday, December 2, after 9:30 AM**

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

**Thank you for your patience and understanding**

*Greetings Everyone,*

**On behalf of staff and the members of our Board, I would like to wish all of you a **Very Happy New Year**. I hope 2020 brings you good health, peace, joy and the simple pleasures that life often brings.**

As I sit down to write our January newsletter, the spirit of Thanksgiving still lingers. I do believe if I had the chance to say thanks in every newsletter, I still would not be finished thanking everyone. Braintree Elder Affairs flourishes with the grace of many kind hearted individuals, Elder Service Agencies and Departments within the Town of Braintree. Every year during the Holiday Season, our Outreach Department puts up a “gift tree” containing a wish list of items needed by many elders, who, for various reasons, may not have a gift to open on Christmas morning. These gifts vary from household and personal items to gift cards. The benevolence that is demonstrated during this time of the year often leaves me speechless. Special thanks to Chief O’Brien for writing us a check on behalf of the Fire Department. We plan to use the money for purchasing items still left on the “wish tree,” including buying Fire Detectors and Carbon Monoxide Detectors for our older adults.

2020 ushers in a new era for the Town of Braintree. After 12 years of service as the first Mayor of Braintree, Joe Sullivan is passing the baton to Mayor Elect Charles Kokoros. We welcome Mayor Elect Kokoros as we say good-bye and thank you to Mayor Sullivan. I had the pleasure of serving the older adults of Braintree as a part of Mayor Sullivan’s team for the last 12 years. Needless to say, I will miss him and I will miss our Department head meetings with him every Wednesday. Those Wednesday meetings gave me a chance to elucidate the programs, activities and services offered and the significance of a Senior Center. This was also an opportunity for other Departments to understand and appreciate seniors, their achievements, their struggles, their strengths and sometimes their frailty. There was a time when many thought the Senior Center served lunch and booked trips to Foxwoods. Mayor Sullivan’s support and good will gave us the strength, tenacity and the independence to make the building at 71 Cleveland Avenue, a thriving, bustling Senior Center and now, one of the busiest in the South Shore. Thanks to the Chiefs of Staff, Peter Morin, Michael Coughlin and Joe Reynolds for giving us the opportunity to think a little out of the box. Our Town Councilors, who always had a good word to say about Elder Affairs and a definite “yes” nod when I went in to ask for “money.” Thank you for believing in us. It took a village to make this place “happen” and thanks to our Village Chief, Mayor Sullivan.

We are looking forward to welcome our new Mayor Charles Kokoros and working with the same passion and dedication to keep our Senior Center busy and happy. ....*Sharmila*

# From the Chairman



**Well it is hard to believe that Christmas is only 15 days away. I haven't started to do any shopping yet. I better get going it will be here before you know it. I hope everyone has a very happy Christmas Season and a safe and healthy New Year.**

**Please do not forget about the Christmas Party on Friday December 20<sup>th</sup>. It should be a great party with music by David Polansky and a sing a long with David and Special guest The Honorable Mayor Joseph Sullivan. We will also have a Happy New Year Luncheon on Monday December 30<sup>th</sup>-Chinese Food and great music.**

**I promised to make this report short so Merry Christmas and a Happy New Year to everyone.**

**Be good and be safe..... Hank**



## STORM POLICY



*When Braintree Schools are Closed:  
All Department of Elder Affairs Activities  
and Programs are Cancelled*

*No Transportation*

*No Activities*

*No Volunteers*

*The Department of Elder Affairs will remain open.*

*Watch TV for school closings or call Department of Elder Affairs*

*If Braintree Town Hall is Closed*

*Department of Elder Affairs is Closed*

*Do not drive to the Department of Elder Affairs before confirming that we  
are open.*

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

2nd and 4th Monday	Bereavement Support Group	2:00PM
1st Wed& 3rd Wed	Bingo— (No Bingo New Years Day)	1:00 PM
Monday January 6th and 13th	Trivia	12:00PM
Every Tuesday	Shine Insurance Counseling	10:00 AM
Tuesdays	Beginner Computers: Call to sign up	9:30 AM
Every Tuesday	Rummikub Christmas Eve is subject to change	10:00 AM
Every Tuesday	Cribbage except for Christmas Eve	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
January 7 and 21st	<b>Balance with Bob Cobbett</b>	10:00 AM
January	<b>NO Belles and Beaux</b>	
January	<b>No Low Vision</b>	
January 7/21st	<b>Balance Class with Bob Cobbett</b>	10:00 AM
January 21	<b>Focus Group</b>	9:30 AM
January 21	<b>AARP Meeting</b>	1:00 PM
January 29	<b>New Movie</b>	12:00
January	<b>No Monthly Luncheon</b>	

## RECYCLING



**TRASH TALK:** Time to rethink Recycling. You affect Climate Change...  
Reduce your carbon footprint by Recycling Right!

NO Plastic Bags  
NO Styrofoam

NO Food or Liquids  
NO Textiles

NO Hoses, Wires, Chains  
Empty items loosely into cart

For info on a specific item, go to: [www.recyclesmart.org](http://www.recyclesmart.org)

## Blood Pressure Clinics

Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Thursday, Jan 9th	Independence Housing	10:30-11:30
Wed, Jan. 15th	Department of Elder Affairs	12:15-1:00
Tuesday, Jan 21st	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

Thurs. Jan 2,	Shaw's
Tuesday Jan. 7,	Roche Bros
Thursday Jan 9,	Stop & Shop
Tuesday Jan 14	Shaw's
Thursday Jan 16,	Shaw's
Tuesday Jan 21,	Stop & Shop
Thursday Jan 23,	Stop & Shop
Tuesday Jan 28,	Roche Bros
Thursday Jan 30,	Shaw's

**Special Shopping Trip: Friday, January 11, Target/Barnes and Noble**

## Monthly Movie

Date: January 29  
Time: 12:00 NOON  
Rating: PG-13



A teenager goes through all the textual traces of her mother's past to find her after she mysteriously disappears before a family trip to Antarctica. In doing so, she learns about her mother's former career as a famous architect and her mother's interpersonal complications with the other mothers at her school.

## 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.**

## Alzheimer's Caregivers Support

**Tuesday, January 28th at 5 PM**

**Please call- 781-848-1963**

Please come and join in an informal discussion with your with peers, who are facing the same challenges. Bring your sense of humor and spend the evening sharing your daily experiences with each other.

**Refreshments provided through the courtesy of Grove Manor Estates.**

# REGISTRY OF DEEDS



Norfolk County Registry of Deeds  
William P. O'Donnell, Register  
Braintree Office Hours

Thursday, January 30, 2020  
10:00 AM – 12:00 Noon

Braintree Town Hall  
CAHILL AUDITORIUM  
1 JFK Memorial Drive

The Register and members of his staff will be available to help answer questions or concerns about any Registry of Deeds matter. Information will be available concerning the Massachusetts Homestead Act and internet ready computers will be on hand to print a Registry recorded deed, confirm the status of a mortgage discharge or check on any other filing.

**No appointment is needed.**

To learn more about these and other Registry of Deeds events and initiatives like us at [Facebook.com/Norfolk Deeds](https://www.facebook.com/NorfolkDeeds) or follow us on [twitter.com/Norfolk Deeds](https://twitter.com/NorfolkDeeds)  
Call the Registry for further information at 781-461-6104

## “Living YOUR Best Life” Program

**Sessions will begin at the end of March and continue through the month of April**

We are delighted to be the recipient of a grant award from the **Mass Councils on Aging**. Living YOUR Best Life is a **six weeks program** designed to inform and educate our older adults to enjoy and live a healthy and an independent life. Many of you may remember an enjoyable one day program called, “Live Your Life Well”. This will be an expanded and a detailed version of that.

Ten tools from Mental Health America, such as, **Connect with others, Create joy and satisfaction, Get physically active, Get enough sleep, Eat well, Deal Better With Hard Times, etc.** will be the foundation of this six weeks curriculum. Group discussions will be strongly encouraged as it provides peer support and learning. Participants will be provided with their own individual Note Book and Folder. We will also provide some healthy snacks.



**MONDAY**

**TUESDAY**

**WEDNESDAY**

**JANUARY**

**1 Happy New Year!!!**



**6**

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

**7**

Shopping Shuttle: Roche Bros  
9:00 S&S Bus (housing)  
9:30 **Computers: Beginners-Sign Up's Only**  
10:00 **Bob Cobbett Balance Class**  
10:00 **NO— LowVision Group**  
10:00 Walking Group  
10:00 SHINE insurance help free by appointment  
10:00 Rummikub  
10:45 **Computers: Internet-Sign Up's Only**  
12:30 Bridge  
12:30 Cribbage

**8**

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

**13**

9:30 Current Events  
10:30 Chair Yoga  
12:00 Qi Gong/Tai Chi  
12:00 Pool Players  
12:00 Poker  
12:00 Trivia  
1:00 **NO Belles and Beaux**  
2:00 **Bereavement**

**14**

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**  
12:30 Bridge  
12:30 Cribbage

**15**

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



**20 Closed-Martin Luther King JR. Day**



**21**

Shopping Shuttle Stop & Shop  
9:00 S&S Bus (housing)  
9:30 **Focus Group Community Forum**  
10:00 **Bob Cobbett Balance Class**  
9:30 **Computers: Beginners-Sign Up's Only**  
10:00 Walking Group  
10:00 SHINE insurance help free by appointment  
10:00 Rummikub  
1:00 pm AARP Meeting

**22**

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

**27**

9:30 Current Events  
10:30 Chair Yoga  
12:00 Tai Chi  
12:00 Pool Players  
12:00 Poker  
12:00 **No Monthly Luncheon**  
2:00 **Bereavement**

**28**

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  
10:45 **Computers: Internet-Sign Up's Only**  
12:30 Bridge  
12:30 Cribbage  
1:00 **Ask the Lawyer: free by appointment**  
5:00 **Alzheimers Support Group**

**29**

9:15 Cardio, Strength and Flexibility Class  
10:00 Asian Outreach Program 長者服務  
12:00 Pool Players  
12:00 Poker  
12:00 **New Move- "Where'd You Go Bernadette"**

**THURSDAY**

**FRIDAY**

**ARY**

**2**  
 Shopping Shuttle: Shaw's  
 9:30 Mah Jongg  
 10:00 Photography  
 11:00 Chair Yoga  
 11:30 Quilting Group  
 1:00 Art Group  
 1:00 Knit/Crochet

**3**  
 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-"Blended"

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

**10**  
 Shopping Shuttle: Target  
 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- "Up In the Air"

**16**  
 Shopping Shuttle: Shaw's  
 9:30 Mah Jongg  
 10:30 Book Club  
 11:30 Quilting Group  
 11:00 Chair Yoga  
 1:00 Art Group  
 1:00 Knit/Crochet

**17**  
 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-"Walk the Line"  
 12:30—Ask the Lawyer  
 2:00 Board Meeting

**23**  
 Shopping Shuttle: Stop & Shop  
 9:30 Mah Jongg  
 11:00 Chair Yoga  
 11:30 Quilting Group  
 1:00 Art Group  
 1:00 Knit/Crochet

**24**  
 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- "Happy Feet"

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

**31**  
 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-No Movie

# PHOTOGRAPHY CLUB



## Happy New Year to you!

Do you have a question about photography or the photographic equipment you have?

If yes, then the Photography Group has an answer for you. We have an extensive knowledge of all types of photographic items. This includes: the single shot cameras, such as: the point and shoot cameras and cell phones; digital single lenses (DSL) cameras; video cameras and their accessory items. Plus we sometimes have the equipment with us during a meeting. Next, we can help you with the editing of your pictures and their long term storage. Best of all, you can see your pictures on the large television screen in the dining room.

Lastly, we exhibit our best pictures at the Thayer Public Library during the summer months. You can show the town your best images!

If the above paragraphs do not answer your questions then you can attend a meeting and suggest topics and/or programs for us to discuss in our bi weekly meetings at 10 a.m. on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month.

So remember; the Photography Group is here for you as well as for us!

Let me end on a cheerful note; if you have questions then we will have the answers and some of them may be correct. 😊

# Age Friendly Community Forum



**Tuesday, January 21, 2020  
9:30 AM at Department of Elder Affairs**

The demography of all towns are changing and Braintree is no exception. How do we make Braintree more age-friendly? Please come and join the Blue Hills Community Health Alliance and U Mass Boston as they discuss the age-friendly communities movement and facilitate an open conversation about how to make Braintree more age friendly and improve accessibility for residents. Join us to share your experiences and ideas.

**Please call 781-848-1963 to join this important discussion**

# Outreach



## Holiday Program

We would like to thank everyone who donated gifts this year to provide some holiday cheer to our seniors. Your kindness and generosity is much appreciated.

## Friendly Visitor Program

Our Friendly Visitor Program is designed for residents of Braintree who are age 60 and older who live alone, and who are lonely, homebound or isolated. You will receive home visits and follow up telephone calls from our Friendly Visitor. The purpose of these visits is to alleviate loneliness and isolation by having social interaction with the Friendly Visitor. The Friendly Visitor Program is funded by a Title IIIB grant from South Shore Elder Services and by a grant from the Executive Office of Elder Affairs. Donations to the program are also greatly appreciated and are used solely to enrich this service. For more information, please call the Outreach Office at 781-848-1963.

## Winter Weather Precautions

Please be sure to take the necessary precautions to stay healthy and safe this winter. Don't forget to wear gloves and hats on those really freezing days. It does not take long to develop frostbite. Wearing layers of clothing can keep you warm and you can always take a layer off if need be. If you have a cane, you may want to use an ice tip. You can fold it up when you are not using it and down when you need it. It gives your cane better traction in the ice and snow. We have some here at the Senior Center. Also remember automobile safety in the winter. It is a good idea to fill up your windshield wiper fluid. You may want to put a blanket and shovel in your car. If you have a cell phone, bring it with you in the car when you go out in case of an emergency. Make sure your exhaust pipe is not covered by snow...this could lead to carbon monoxide poisoning.

**STAY SAFE THIS WINTER!!!!**

## The Council on Aging Associates (The FRIENDS)

The FRIENDS is a registered 501(3C) and is eligible to do fund raising for the benefit of Elder Affairs. They have a large membership and **people who are up to date with their dues, receive a monthly newsletter and are invited to the Annual Luncheon.** The fundraisers have helped enhance many of Elder Affairs projects and programs. The upgraded Commercial Kitchen is a shining example.

Braintree Elder Affairs is always busy with programs and activities. We make it possible through your generous donations, the grants we are awarded and with the help of fundraisers organized by the FRIENDS. Today, the FRIENDS are in need of Volunteers to help continue operating this organization. Please strongly consider joining them and help the organization flourish. They need your energy. Become a friend of the FRIENDS. If interested, please submit your name to Michelle Birolini or Sharmila Biswas.....**Happy New-year**

# From the Office of the District Attorney

## Scam Alerts for you

### **“Lowe's Club”**

Have you been invited to join "Lowe's Club" online? It doesn't exist.

Lots of people were lured into visiting a page for Lowe's Club on Facebook. The first red flag - the name of the store has an apostrophe -- "Lowe's" and the “club” name does not.

Also, if you clicked on Facebook's new "Page Transparency" button on the club page, you would have discovered the page was just established and there was no indication of who "owned" the page.

Use caution when joining online clubs and providing personal information.

### **Credit Card Scams**

Scammers, posed as credit card issuers, email consumers warning that the cardholder must update their personal information. Replying to the email with personal information, even clicking a link and entering personal information can give the scammer information that can be used to commit identity theft.

### **How to Avoid Being Scammed**

- Always remember that your credit card issuer will not ask you to update information over email, text or the phone.
- Contact your card issuer's customer service using the number on the back of your current credit card for questions about receiving your new EMV card.

Don't click on links in emails, even if they look like they come from your credit card issuer. Visit your credit card issuer online only by going directly to the card issuer's website.

### **Interest Rate Reduction Scam**

Credit card interest rate reduction scams take advantage of frustrated credit card users who want to cut their credit card rates and pay off their balances faster.

### **How the Scam Works**

You receive a pre-recorded call from someone who says you qualify for a program that will help you lower your interest rate and pay off your credit card balance sooner. All you have to do is pay a fee, enroll in a program, and the company will work to lower your credit card interest rate.

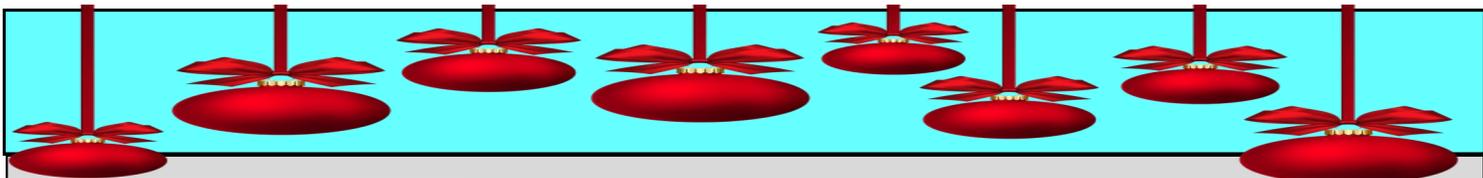
The call may sound like it comes from your credit card issuer and the company may even have your credit card account information.

The scammer charges your credit card for the services, but doesn't help you lower your interest rate as promised. You might be charged even if you decline the services.

### **How to Avoid Being Scammed**

Add your number to the National Do Not Call Registry to lower the likelihood that you'll receive one of these calls. You can add your number by visiting [DoNotCall.gov](http://DoNotCall.gov) or calling 1-888-382-1222.

- If you receive an automated call from a company asking to lower your interest rate, hang up the phone without speaking to anyone for any reason. Talking to a human may lead to more calls.
- Don't give out or confirm your personal or financial information on any phone call that you didn't initiate. Scammers have often obtained some credit card information and need to confirm the accuracy or get just one more piece of information from you, like a PIN or security code.
- If you qualify for a lower interest rate, you can get one for free by simply asking your credit card issuer for a lower rate.



East Middle School  
Volunteers



Braintree High  
Project Prove Volunteers



Low Vision Group  
Members and Volunteers





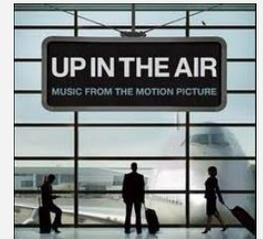
**Friday, January 3 “Blended” PG-13**

Recently divorced mom Lauren (Drew Barrymore) and widowed dad Jim (Adam Sandler) let their friends push them into a blind date, which goes disastrously wrong. Unsurprisingly, neither wants to see the other ever again. However, fate intervenes when both Jim and Lauren, unbeknown to each other, purchase one-half of the same vacation package at a South African resort; they and their children are forced to share the same suite and participate in a slew of family activities together.



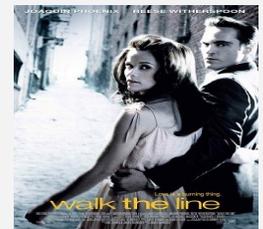
**Friday, January 10 “Up In The Air” R**

An idea from a young, new co-worker (Anna Kendrick) would put an end to the constant travel of corporate downsizer Ryan Bingham (George Clooney), so he takes her on a tour to demonstrate the importance of face-to-face meetings with those they must fire. While mentoring his colleague, he arranges hookups with another frequent-flier (Vera Farmiga), and his developing feelings for the woman prompt him to see others in a new light.



**Friday, January 17 “Walk the Line” PG-13**

The rise of country music legend Johnny Cash (Joaquin Phoenix) begins with his days as a boy growing up on the family farm, where he struggles under the scorn of his father (Robert Patrick). As the years pass, Cash ends up in Memphis, Tenn., with his wife, Vivian (Ginnifer Goodwin), and breaks into the music scene after finding his trademark sound. While on tour, Cash meets the love of his life, singer June Carter (Reese Witherspoon), but Cash's volatile lifestyle threatens to keep them apart.



**Friday, January 24 “Happy Feet” PG**

Son of Memphis and Norma, little sweet penguin Mumble has a big problem: he can't sing a single note. In a world where everyone needs a heart song to attract a soul mate, Mumble feels he doesn't belong there. Our hero Mumble is the worst singer in the world, but he can tap dance brilliantly



**Friday, January 31 No Movie**

**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**

**Lucille Barton**  
**Tim Burke**

**Jane Fogg**  
**Connie Mattina**

**IMPORTANT AARP/IRS TAX INFORMATION**

**AARP/IRS Tax Aide Program for 2019 INCOME TAX PREP ASSISTANCE**

AARP/IRS Tax Aide Foundation will again be providing VOLUNTEERS trained to assist low and moderate income residents, with a particular focus on seniors, in filing their federal and state (MA only) income tax here at Braintree Dept of Elder Affairs. These volunteers are here to assist YOU in completing your tax return. If it is a joint tax return, BOTH PARTIES MUST BE PRESENT. All of your tax documents will be returned to you and you will be given a copy of your returns for your records. Your return will not be available to us after it is e-filed so please carefully review before authorizing the tax preparer to send. Appointments will be available Mon, Wed and Fri beginning February 10<sup>th</sup>. Please call to schedule any time after February 5<sup>th</sup>. Be aware your appointment could be interrupted by a snow day. In that event we would do our best to offer you and alternate date. NOW is the time to be collecting all information required for filing your 2019 tax returns:

All 1040 and 1040A Forms

Bank Information & interest forms

W-2s and 1099s

Social Security Statements

Statements of all income

Information on deductions /credits

Real Estate, water/sewer bills

Medical payments & Insurance payments

Copy of 2018 Tax Returns

YOU MUST BRING YOUR 2018, A REQUIREMENT OF THE IRS

We ask that you review the guidelines and come prepared to your appointment 15 minutes in advance and be here for approximately 90 minutes. The Tax Preparer reserves the right to determine that ones taxes fall out of the purview of their expertise. Their training prepares them to assist with simple, uncomplicated tax returns only. If you are unsure, please ask when making your appointment to avoid an issue when you arrive. In advance, thank you for your cooperation.

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