



February, 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 or after, Monday, February, 3rd, 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,*

Please allow me to take the opportunity to thank a special group of people who have always been very supportive of Braintree Department of Elder Affairs. These are our Legislatures, **Senator John Keenan, Senator Walter Timilty and Representative Mark Cusack.**

Each year, Braintree Elder Affairs applies and receives local aid from the State, in the form of a grant called the Formula Grant. The funding helps us employ part time personnel ( not paid by the town) whose service is extremely beneficial to our Department. It also assists us in bringing educational seminars, some essential equipment and accessories (not included in the town budget), which can be used and enjoyed by our seniors who come to our Senior Center. Every year our anxious moments begin when our Legislatures starts to work with the budget to get it ready for the Governor to sign. We worry that the budget allocated for Senior Centers, will face reductions and even though it always does not happen, a few years back we had faced cuts in the middle of the Fiscal Year. But through all adversities, our State Representative and our Senators have been vigilant to our causes. Their quick responses to our calls or requests have not only been astounding, but heart warming as well. It is a blessing to have legislatures who care about the Senior Citizens in our community. Of course nothing can be achieved without the help of the courteous staff who work at the office of these Legislators. A heartfelt thanks to Ryan Sterling(**Cusack**), Mike Cummings, Doreen Bargool, Andrea Pessolano and Abigail Kim (**Keenan**) Keisha

Adarkwah, Hannah Btich and Kathy Keys (**Timilty**). Without your support and patience, things would be much harder to attain. On behalf of the staff and Board members of Braintree Elder Affairs and our Senior Community, **Thank you for helping us navigate through the maze.**

As we stepped into a new decade in January 2020, we also began a new era in the Town Of Braintree. We have a new Mayor and many new Town Councilors. I had the pleasure of serving Mayor Sullivan for all twelve years and now, I look forward to serve the Older Adults of Braintree with Mayor Kokoros at the helm.

2020 is also the year for the Census. Please make sure you get counted, fill up the forms which will be mailed to you. The Census Bureau is available to help you if you have any questions. We know for a fact that there has been an increase in the number of older adults in the Town of Braintree. The increases reflected, helps with grant funding and other beneficial legislations. But it is only possible if you fill up those forms. Check your mail.

## From the Chairman

I hope everyone had a wonderful holiday season. We had a great Christmas Party at the Center with good food, great entertainment and of course, a lot of laughs when "My favorite Red Head" did a great impersonation of Mayor Sullivan. Also, we all enjoyed the sing along.

Mayor Sullivan, on behalf of the Senior Center and the residents of Braintree, we would like to thank you for the great job you did for us and we hope you come to visit us often. We all enjoy your personality, charm, and great singing voice!

We celebrated an early New Year's Eve at the Center with Chinese food and great music from the 40's, 50's, and 60's.

The weather has been really erratic with cold one day and warm the next. Till now, we have not had much snow.

The Inaugural Ball for Mayor Kokoros and all the elected officials was fantastic. The Band was great, the hall was decorated Braintree's Blue and White, and the food was excellent. The place was a little crowded but everyone seemed to really enjoy themselves... I know I did!

In February we will be celebrating Valentine's Day on the 14th with a Sock Hop. I hope everyone can make it, as it will be a lot of fun. Our regular luncheon will be held on February 24th.

Best wishes for a wonderful 2020!

## Alzheimer's Care Givers Support Group

### "Anxiety and Depression"

As it affects the Caregiver who is assisting someone afflicted with Alzheimer's disease

*Featured Speaker:*

**Nadine Shweiri**

**Independent Living Director at Fairing Way**

Nadine has over twenty years of experience in caregiving with the older adult population.

This is open to the public. Please come and join us at 71 Cleveland Avenue

Call us at 781-848-1963 to sign up

**Tuesday, February, 25 at 5 PM**

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

## 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	1:00 PM
Monday February 3, 10, 24	Trivia	12:00PM
Every Tuesday	Shine Insurance Counseling-Call for an appt.	10:00 AM
Tuesdays	Beginner Computers: Call to sign up	9:30 AM
Every Tuesday	Rummikub	10:00 AM
Every Tuesday	Cribbage and Bridge	12:30 PM
Every Tuesday	Walking Group (see calendar for locations-Weather permitting)	10:00 AM
Every Wednesday	Asian Outreach 長者服務	10:00 AM
February 3	<b>Heart Healthy Recipe Swap</b>	11:00 AM
February 4 & 18	<b>Balance with Bob Cobbett</b>	10:00 AM
February 4	<b>Low Vision</b>	1:00 PM
February 10	<b>Belles and Beaux</b>	1:00 AM
February 14	<b>Sock Hop</b>	12:30 PM
February 18	<b>AARP Meeting</b>	1:00 PM
February 26	<b>New Movie</b>	12:00 PM
February	<b>Monthly Luncheon-\$8—Chicken Marsala</b>	12:00 PM

## 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, Feb 6	BHS& Heritage	11:30-12:30
Thursday, Feb 13th	Independence Housing	10:30-11:30
Wed, Feb. 19th	Department of Elder Affairs	12:15-1:00

## 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, Feb 4	Shaw's
Thursday, Feb 6	Stop & Shop
Tuesday, Feb 11	Stop & Shop
Thursday, Feb 13	Shaw's
Tuesday, Feb 18	Roche Bros
Thursday, Feb 20	Stop & Shop
Tuesday, Feb 25	Shaw's
Thursday, Feb 27	Shaw's

**Special Shopping Trip: Friday 14, Walmart**

## Monthly Movie

Date: February 26  
Time: 12:00 NOON  
Rating: PG-13



Thirty years after starring in "The Wizard of Oz," beloved actress and singer Judy Garland arrives in London to perform sold-out shows at the Talk of the Town nightclub. While there, she reminisces with friends and fans and begins a whirlwind romance with musician Mickey Deans, her soon-to-be fifth husband.

- **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.**

## Monthly Luncheon

**Date: February 24**  
**Time: 12:00 PM**  
**Menu: Chicken Marsala over Pasta**  
**Cost \$8.00**

**\*Please come in on or after February 3rd at 9:30 am. First come first serve**



# VALENTINE DAY SOCK HOP

**Date: February 14**

**Time: 12:30-2:00PM**

**Attire: Have fun dressing up**

**Fun Snacks will be served**

**Cost: \$3.00**

**Our D.J. will take us back on a trip down Memory Lane with music from the 50's and 60's**



**Please call 781-848-1963 to sign up on or after February 3 at 9:30 AM**

**\*Braintree Residence take preference**

## “Living YOUR Best Life” Program

**Friday, March 27th to Friday, May 1 at 11 AM**

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. We are in the process of inviting speakers featured for each day. Everyone will have fun while learning some important facts of living their **best life**. Space is limited. **If interested in attending this special pro-**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**February**

**3**

9:30 Current Events  
 10:30 Chair Yoga  
 11:00 Heart Healthy Recipe Swap  
 12:00 Qi Gong/Tai Chi  
 12:00 Pool Players  
 12:00 Poker  
 12:00 Trivia



**4**

Shopping Shuttle: Shaw's  
 9:00 S&S Bus (housing)  
 9:30 Computers: Beginners-Sign Up's Only  
 10:00 Bob Cobbett Balance Class  
 10:00 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

**5**

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 Bingo



**10**

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- Belles & Beaux  
 2:00-Bereavment

**11**

Shopping Shuttle: Stop & Shop  
 9:00 S&S Bus (housing)  
 9:30 Computers: Beginners-Sign Up's Only  
 10:00 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

**12**

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



**17 Closed**



**18**

Shopping Shuttle: Roche Bros  
 9:00 S&S Bus (housing)  
 9:30 Computers: Beginners  
 10:00 Bob Cobbett Balance Class  
 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 AARP Meeting

**19**

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



**24**

9:30 Current Events  
 10:30 Chair Yoga  
 12:00 Qi Gong/Tai Chi  
 12:00 Pool Players  
 12:00 Poker  
 12:00 Trivia  
 12:00 Monthly Luncheon-  
**Chicken Marsala**  
**\$8 per person. Tickets may be**  
**purchased on or after February 3**  
**at 9:30 am.**  
 2:00 Bereavment

**25**

Shopping Shuttle : Shaw's  
 9:00 S&S Bus (housing)  
 9:30 Focus Group Community Forum  
 9:30 Computers: Beginners-Sign Up's Only  
 10:00 Walking Group  
 10:00 SHINE insurance help free by appointment  
 10:00 Rummikub  
 12:30 Bridge  
 12:30 Cribbage  
 1:00 Ask the Lawyer- Call for appt.  
 5:00 pm Alzheimer's Support Group

**26**

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 Movie-"Judy"

**THURSDAY**

**FRIDAY**

ary

**6**  
 Shopping Shuttle: Stop & Shop  
 9:30 Mah Jongg  
 11:00 Chair Yoga  
 11:30 Quilting Group  
 1:00 Knit/Crochet

**7**  
 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: *The Italian Job*

**13**  
 Shopping Shuttle: Shaw's  
 9:30 Mah Jongg  
 11:00 Chair Yoga  
 10:00 Photography  
 11:30 Quilting  
 1:00 Knit/Crochet

**14**  
 Shopping Shuttle: Walmart  
 9:15 Cardio, Strength and Flexibility Class  
 10:00 Weight Loss Group  
 12:00 Pool Players  
 12:00 Mixed Poker  
 12:30—Valentines Day Sock Hop



**20**  
 Shopping Shuttle: Stop & Shop  
 9:30 Mah Jongg  
 10:00 Book Club  
 11:30 Quilting Group  
 11:00 Chair Yoga  
 1:00 Knit/Crochet

**21**  
 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: *Return to me*  
 12:30—Ask the Lawyer  
 2:00 Board Meeting

**27**  
 Shopping Shuttle: Shaw's  
 9:30 Mah Jongg  
 10:00 Photography  
 11:00 Chair Yoga  
 11:30 Quilting Group  
 1:00 Knit/Crochet

**28**  
 9:15 Cardio, Strength and Flexibility Class  
 10:00 Weight Loss Group  
 11:00 Senator Keenan Office Hours  
 12:00 Pool Players  
 12:00 Mixed Poker  
 12:00 Fun Movie Friday—*Ocean's 13*

# Taxes

## 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 an alternate date.

### **NOW is the time to be collecting all information required for filing your 2019 tax returns:**

All 1040 and 1040A Forms  
W-2s and 1099s  
Statements of all income  
Real Estate, water/sewer bills

Bank Information & interest forms  
Social Security Statements  
Information on deductions /credits  
Medical payments & Insurance payments

**YOU MUST BRING YOUR COPY of 2018 Tax Returns, 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 one's 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.

## Photography



### **The Group meets second and fourth Thursdays**

During this month, the Photo group will spend a few minutes of each meeting talking and showing Mono-pods and Tri-pods.

I am sure that you are already familiar with them. We will discuss: what they are; why the two types; what are the benefits and liabilities of each type and finally, how they can help you to snap better pictures.

If you have a suggested topic then please contact John Thompson.

## Senator Keenan's Office Hours

**February 28, 2020**

**11AM**

**At 71 Cleveland Avenue**

Senator Keenan will be holding his office hours here at Braintree Elder Affairs on Friday, February 28th.

Anyone interested in seeing him or speaking with him please drop in.



# Want to lower your Medicare costs?

On **January 1, 2020** the income and asset limits for the Medicare Savings Programs\* increased. If you qualify, these programs will pay your Part B premium and in some cases your Part A and B deductibles, co-pays and Part A premium (if you have one). In addition, you will automatically receive Extra Help, a program that will lower your Medicare Part D premium and co-pays. .

## Income and asset limits effective 1-1-20

	Income / month	Assets
<b>Individual</b>	<b>\$1,738</b>	<b>\$15,720</b>
<b>Married couple</b>	<b>\$2,346</b>	<b>\$23,600</b>

## Prescription drug co-payments with Extra Help effective 1-1-20

	Per 30-Day supply
<b>Generic</b>	<b>\$3.60</b>
<b>Brand Name</b>	<b>\$8.95</b>

To learn more and to request an application, contact MassHealth at: **1-800-841-2900** or **TTY at: 1-800-497-4648**. SHINE can also assist you with the application process. Call us to make an appointment.

Applications are also available on-line at: <https://tinyurl.com/MassMSP>

\* Medicare Savings Programs are also called “MassHealth Buy-In” and are administered by MassHealth.

## 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!**

# Holiday Celebrations



# Outreach

The following is a list of Senior Housing in Braintree:

**Logan Park Housing for the Elderly**

193 Grove Street  
Braintree, MA 02184  
781 848-6308

**Independence Manor I**

41 Independence Avenue  
Braintree, MA 02184  
781 848-8383

**Independence Manor II**

53 Independence Avenue  
Braintree, MA 02184  
781 848-8383

**Independence Manor III**

49 Independence Avenue  
Braintree, MA 02184  
781 848-8383

**Braintree Housing Authority**

25 Roosevelt Street  
Braintree, MA 02184  
781 848-1484

The BHA operates the following complexes:

**William F McRae Housing for the Elderly**

Heritage lane  
Braintree, MA 02184  
781 848-1484

**Marjorie Crispin Housing for the Elderly**

25 Roosevelt Street  
Braintree, MA 02184  
781 848-1484

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The following is a list of Independent Living, Assisted Living and Memory Care facilities in Braintree:

**Grove Manor Estates**

160 Grove Street  
Braintree, MA 02184  
781-843-3700

**Sunrise of Braintree**

618 Granite Street  
Braintree, MA 02184  
781-780-2050



**Friday, Feb 7**

## **The Italian Job**



After a heist in Venice, Steve (Edward Norton) turns on his partners in crime, killing safecracker John Bridger (Donald Sutherland) and keeping all the gold for himself. The rest of the team, including leader Charlie Croker (Mark Wahlberg), driver Handsome Rob (Jason Statham), explosives man Left Ear (Mos Def) and tech geek Lyle (Seth Green), vows revenge. They enlist the help of Bridger's daughter, Stella (Charlize Theron), and plot to recover the gold from Steve's Los Angeles mansion.

**Friday , February 14**

## **No Movie—Valentines Day Sock Hop**

**Friday, Feb 21**

## **Return to Me**



Heartbroken and struggling emotionally after his wife's death in a car accident, Bob Rueland (David Duchovny) agrees to go on a blind date set up by his friend Charlie (David Alan Grier). Though the date fizzles, sparks fly between Bob and the waitress, Grace (Minnie Driver), a recovered heart transplant patient with intimacy problems of her own. When Bob discovers Grace's heart came from his own organ donor wife, an unusual romance blossoms between the two.

**Friday, Feb 28**

## **Ocean's 13**



Danny Ocean (George Clooney) and his gang hatch an ambitious plot for revenge after ruthless casino owner Willy Bank (Al Pacino) double-crosses Reuben Tishkoff, Danny's friend and mentor. First, Ocean's gang plan to hit Bank in the paycheck by reversing the precept that the house always wins. Next, they will deal a crushing blow to Bank's ego by ruining his reputation as the only hotelier to earn the Royal Review's Five Diamond Award for each of his properties.

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

## Heart Healthy Recipe Swap



**Date: February 3rd**

**Time: 11:00 AM**



**Details:** Simple ways to prepare meals for **1 or 10** people, with a heart healthy outlook in recognition of American Heart Association Month.

One of the **best parts of meeting new people is learning what their favorite recipes** are and trying to make those concoctions yourself. If you're like me, you may adapt that recipe a bit to better suit your taste or just to take it up a notch or two. Some of my favorite recipes have come from gatherings and simply ask people how to make that dish so I can experiment a bit.

- Each person brings recipe to share with people
- Spend some time socializing and sharing tips
  - A heart healthy snack will be served

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