

May, 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

All events and Activities cancelled until further notice

Schedules will updated online at <https://braintreema.gov>

Greetings everyone,

I sincerely hope that everyone is doing well and all of you are safe and sound in your own homes. Unfortunately, this is not a dream which will vanish, once we wake up. This is not from the pages of a science fiction, it is now a part of our real life. Strange isn't it? But now that COVID19 is with us, we cannot let it win. We have to beat this “beast” and the only way we can do it is to protect ourselves by following the rules of social distancing, washing your hands, covering your mouth and nose when outside etc. These days masks are hard to find, but covering your face with a scarf or a cloth mask is fine too. My trips to the grocery stores are becoming a 3 plus hours chore. I have a system where I sanitize each item, or leave them in the garage for two days, change my clothes in the garage, wash all my clothes, even the jacket and then take a shower immediately after I come home. By then, I am really tired and need a cup of tea. I guess my system so far, is working. Cannot let our guard down.

As you know our building is now closed and we are all working from home. I never could believe that would ever be possible. Slowly, we adapted and now we are quite busy all day. We all start at 8:30 AM greeting each other and through out the day we remain in touch through texting and calling. We are receiving quite a large volume of phone calls. Terry is our designated person to receive all the calls, she then notifies the person the call is intended for. We are receiving a variety of calls. Some calls are coming in as early as 7 AM. Calls are coming from people of all ages. Many are anxious and they have questions, which is quite understandable. Personally, I am blissfully experiencing the kind heartedness of our staff. They are making every attempt to step out of the box to do whatever is needed, at any time of the day. Frank is practicing all the rules of social distancing and driving people to their appointments, sometimes very early in the morning. Michelle happily coordinates her daughter and niece's artwork to decorate the outside of our building and make cards for nursing homes residents. She is also a very active member of the Mayor's Task Force delivering essential items.

Thanks to BCAM for running an exercise video for our residents. We are trying to get more shows for you to enjoy. Nothing is compared to the happiness of seeing all of you come through the front door and your laughter and chatter filling up our building. Hope that day will arrive soon, but until then, please be safe. We

Miss you.....*Sharmila*

This was February 2020



Special Activities and Meetings: Please note, everything is subject to change. Please follow Town News for current schedule updates throughout the Town and State

2nd and 4th Monday	Bereavement Support Group	2:00PM
1st Wed& 3rd Wed	Bingo—	1:00 PM
Monday April 6, 20	Trivia	12:00PM
Every Tuesday	Shine Insurance Counseling	12:00 PM
Every Thursday	Shine Insurance Counseling	10:00 AM
Tuesdays	Beginner Computers: Call to sign up	9:30 AM
Every Tuesday	Rummikub to change	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
<p>No Face to Face Activities Until further notice. But Please see our BCAM Schedule for Programs inspired by and for our Braintree Senior Citizens</p>		
Every Monday, Wednesday and Friday	Exercise class on BCAM. (more programs to be added) We will keep you posted on BCAM. Ch. 9 and Ch. 28	10:00 AM

RECYCLE

Composting & Climate Change

With the mild winter this year, folks are already thinking about their yards. Composting has become increasingly popular over the past few years. Concern about climate change has also increased. Each of us has the opportunity to make a difference regarding climate change, within our everyday routines by Recycling Right and/or Composting.

Composting is a great way to recycle organic waste into a beneficial soil addition for yards/gardens. Using the Compost helps store carbon in the soil instead of releasing it to the atmosphere. Also, you can reduce your trash substantially by composting yard clippings, leaves, fruit peels, vegetable scraps, tea bags, coffee grounds, egg shells, paper towels, napkins and even paper bags!

Braintree makes composting easy for residents by selling the Earth Machine style composter, (with a capacity of 11 cubic feet or about 4 bags of leaves) at a greatly reduced price of \$25.00 to Braintree residents only at the Ivory Street Recycling Center each Saturday. A bin can be seen at the Farmer’s Market where there are periodic demonstrations and drawings for a free bin. Composting brochures are available at the Town Hall brochure rack. For an in-depth video, www.braintreema.gov/recycling and go to Residential Information, then click on videos.



Blood Pressure Clinics

Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Thursday, April 2	BHS& Heritage	11:30-12:30
Thursday, April 9	Independence Housing	10:30-11:30
Wed, April 15	Department of Elder Affairs	12:15-1:00
Tuesday, April 21	Roosevelt Housing	12:00-12:30

Will be determined by the Town Nurse

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 Stop & Shop

Thursday April Stop & Shop

Tuesday April Roche Bros

Thursday April Shaw's

Tuesday April Shaw's

Thursday April Stop & Shop

Tuesday April Stop & Shop

Thursday April Shaw's

Call for availability and revised schedule

Stay Strong



- **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.**

All programs on hold until further notice



FROM THE CHAIRMAN

Hank Joyce

Good Afternoon.

I just wanted to write a note to all the Seniors and the Staff at the Senior Center to let you know that all is well in the Joyce household. All the kids and the Grand Children are doing well despite being locked up in the house most days. Thank God we have had some nice days to get out and get some fresh air. My wife and I do drive by to see the grandchildren a couple of times a week but it is not the same because there are no hugs and kisses. We pray every day that this will be over soon.

To keep busy, my wife has been doing big puzzles and I have been watching quite a few old movies that I never seen before, like Harry Potter. If you have never watched any of the Harry Potter movies, you should, they are very good.

I hope this note finds you all in good health. Please stay in the house as much as you can, because I want to see you all when things get better. We still need to celebrate Saint Patrick's Day and take a quick trip to the Encore Casino. Hopefully everyone is feeling good and finding good things to do to stay busy.

I pray you all stay healthy and please be safe,

Hank

Alzheimer's Care Givers Support Group

Meeting Date and Time to Be Determined

If you need to speak with some one please call the Alzheimer's Association or call us at 781-848-1963



MONDAY	TUESDAY	WEDNESDAY
<p>Happy Mother's Day</p>	<p>May is here</p>	
<p><u>We Miss You!!</u> <u>Please check on BCAM for updates</u> <u>On Programs for you.</u></p>		
<p><u>We Can't wait to have a Welcome Back Party</u></p>		
<p>Stay Home!</p>		
<p>Stay Safe!</p>		
<p>Every Monday 10:00 Exercise Ch. 9 on Comcase Ch. 28 on Verizon</p>		<p>Every Wednesday 10:00 Exercise Ch. 9 on Comcase Ch. 28 on Verizon</p>

the world says
Give up.
pe whispers...
it one more time

Brain Teasers...

Look at the chart and say the COLOUR not the word

YELLOW	BLUE	ORANGE
BLACK	RED	GREEN
PURPLE	YELLOW	RED
ORANGE	GREEN	BLACK
BLUE	RED	PURPLE
GREEN	BLUE	ORANGE

Left – Right Conflict

Your right brain tries to say the colour but your left brain insists on reading the word.

Postponed-Library Program



Date: Last Friday of Every Month

Time: Pick up at home 9:30

Return time: 11:00

(times may vary due to driving time.
Please allow a 15 minute window)

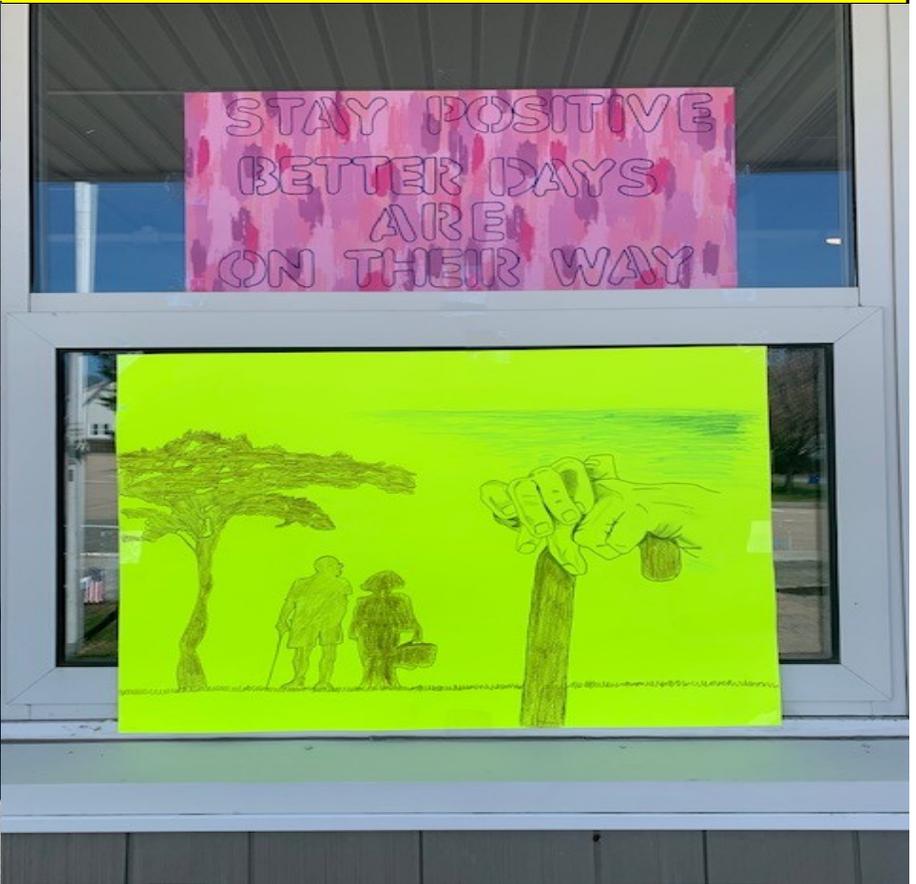
*This is a wonderful opportunity
For non-drivers to get out and enjoy
Thayer Public Library.*

*Please call to sign up. Braintree residents only

Happy Mother's Day



Just to say, we are thinking of you ,





**No Movies scheduled until further notice
Until then try to enjoy movies at home.
Enjoy this word search...**

D	H	O	B	S	H	N	E	P	T	U	N	E	Y
U	E	J	I	H	U	N	Y	S	T	H	A	O	R
D	N	A	U	U	E	E	E	M	A	E	N	W	A
W	N	A	I	P	L	U	T	O	N	A	O	D	H
A	G	H	P	L	I	Z	O	O	E	R	U	S	U
R	D	E	I	H	C	T	M	N	W	T	N	S	H
F	H	Y	H	O	P	B	E	O	Q	H	I	U	E
R	A	C	O	E	A	A	R	R	T	E	O	A	E
U	S	A	T	U	R	N	C	P	L	A	N	E	T
R	T	A	E	H	F	T	U	E	U	L	E	E	E
I	E	U	C	U	F	A	R	O	V	C	E	I	O
A	R	F	A	I	R	A	Y	A	O	E	I	R	H
T	O	A	I	N	I	A	B	E	A	R	N	A	E
O	I	A	T	E	O	E	N	A	A	E	H	U	A
E	D	I	D	O	E	D	U	T	S	E	T	S	
E	S	Z	E	E	H	O	P	H	S	L	U	M	S

VENUS
EARTH
MARS
CERES
ASTEROIDS
JUPITER
SATURN
NEPTUNE
URANUS
PLUTO
DWARF
PLANET
MOON

SCAM ALERT

SCAM ALERT

2020 CENSUS



The 2020 US Census is underway. You should receive an official letter in the mail with your household's unique Census ID encouraging you to reply online or by phone. If you do not respond in the next several weeks, the U.S. Census will send you a questionnaire in the mail. This is the government's decennial count of all residents regardless of citizenship status. **It is imperative that each of us is counted!** The numbers generated in this count of the U.S. population every 10 years helps apportion federal and state funds as well as determine the number of our representatives in the U.S. Congress.



The Massachusetts Senior Medicare Patrol Program strongly recommends you respond to the 2020 Census once you receive your unique Census ID in the mail so that a census enumerator will not need to knock on your door.



The US Census WILL NOT call you except in rare circumstances if they have questions and only after you have filled out your response. So if you receive a call from someone saying they are from the US Census Bureau and you haven't responded yet, you should hang up the phone and then report the call to your local police department. Do not provide your personal information including your Medicare number to someone you do not know. **If you have any questions or to report a scam, call the US Census Bureau at 844-330-2020. You can also report a scam at ReportAScam@MASMP.org.**



Census enumerators are not scheduled to start door-to-door visits until May. They will be wearing ID badges that confirm **their official visit**. If someone comes to your door **before May 1** saying that they are with the U.S. Census, **DO NOT OPEN THE DOOR**. Report the unwanted visitors to your local police department.

Remember: Never give your Medicare card number, your bank account information, your credit card numbers or any other personal information to someone you do not know.

For additional guidance call the Massachusetts Senior Medicare Patrol Program at 800-892-0890 or visit www.MASMP.org. To report a scam email ReportAScam@MASMP.org or call 978-946-1243.



Outreach

STAYING SAFE DURING THE COVID-19 PANDEMIC

We hope you are all doing well. We miss seeing your smiling faces at the Senior Center. We can't wait until the day when we can all safely enter the building and be together once again! Until this happens, please stay safe and know that we are here for you. We can be reached by telephone at 781-848-1963.

During this unprecedented time, we must take steps to stay healthy and keep others healthy also. The following are steps we can take to help achieve this goal:

If you do not have to go out, stay at home.

Wear mask or other face covering when in public.

Wash hands with soap and warm water for at least 20seconds.

Social Distance - stay 6 feet away from others.

If using gloves - dispose of properly.

STAY HEALTHY - STAY STRONG - BE WELL!

Volunteers have a special place in our hearts!

Around this time of the year we get ready to honor you, our VOLUNTEERS. Michelle's creative juices gets flowing as she bustles around planning for that special day. Unfortunately, we now know that day may come a little later, but that does not take away the very special place all of you have in our hearts. You are important and you are amazing. Thank you for your dedication and loyalty. Without you Elder Affairs would not be complete. You keep us going. Lots of love.

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

Charitable Giving from Elder Affairs

Sewers and Quilters...

Masks, Masks, Masks....

Please consider donating homemade or store
bought masks.



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