

June, 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)

**All events and Activities cancelled until further notice**

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

*Greetings everyone,*

The month of June is always beautiful and right now, Mother Nature is sparkling with her wondrous beauty. As I gaze at the leaves of trees about to turn deep green, or the flowers swaying happily in the wind, my mind drifts away. I forget that we are still in the midst of a pandemic. When I read or hear the news around the world, it says that Mother Nature is having a chance to rejuvenate. With less cars on the roads and more people staying in their homes, the air in many countries, have become cleaner and the skies more blue and the rivers, a little less polluted. I heard that the snow capped peaks of the Himalayas are now visible from distant cities. Humans are now having a chance to look at animals and birds who usually do not venture out into busy localities. I read, that a Forest Ranger got a chance to see an animal belonging to a rare species of the deer family. This was an unique experience, because this rare breed was not seen for several decades. Some brightness, while the world still battles, trying to find a light at the end of the tunnel named COVID19.

Our building is still closed and we are mostly working from home. But you will be happy to know that our Facilities Director, Mike McGourty and his crew has been doing a lot of work, fixing, repairing, abating and painting inside of the building. My office space got a coat of fresh paint after many many years, the carpet, whose color was hard to distinguish and “designed” with duct tape, was removed and replaced with a new one. Now, it will be my turn to sort out through the mountains of paperwork and “stuff” and going through the dilemma of what to keep and what not to keep. Thank you Facilities for all your attention to DOEA.

As you may be aware, the month of May keeps us busy with budget hearings. This year was no different, except we had several new Councilors. When going through DOEA questions and answer session, they were all very complimentary about the work we do. I was delighted. Now, I am happy to report, our budget passed and finally we are also going to have an extension to our parking lot and the existing one will be resurfaced.

Looking forward to the days when we can watch you come through our front door. I know, we cannot rush, our first priority is your safety and your health. Sadly, for a while life will be different than what we are used to, but together we will get through this. Do not forget to watch the exercises on Cable TV. We keep thinking of programs we can do safely. Please remember we are just a phone call away, never hesitate to call us.

*Sharmila*

## **Outreach**

**Massachusetts Nursing Home Family Resource Line:  
617-660-5399**

**Open Seven Days a Week - 9:00 AM - 5:00 PM**

The Executive Office of Health and Human Services has launched a Nursing Home Family Resource Line. This is a dedicated phone line to connect family members of nursing home and rest home residents with the information and resources they need. This phone line provides one central contact for families and members of the community who have questions about the nursing home or rest home care their loved one is receiving during the COVID-19 outbreak. Staff will field questions on a range of topics and coordinate across state agencies to help provide answers.

### **Friendly Calls**

Many seniors may be lonely during these times of social distancing. If you know of any Braintree senior who could use a friendly call, please call the Braintree Department of Elder Affairs at 781-848-1963 and ask to speak with a member of the Outreach staff. We will call you back to arrange friendly calls.

**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><b>No Face to Face Activities Until further notice. But Please see our BCAM Schedule for Programs inspired by and for our Braintree Senior Citizens</b></p>	
Every Monday, Wednesday and Friday	Elder Affairs Programs on BCAM. (more programs to be added) We will keep you posted on BCAM. Ch. 9 and Ch. 28)	10:00- 11:30 AM

**RECYCLE**

Braintree Recycling Center Update-The Center will re-open June 8 for residents who have a trash sticker. Hours: 7AM-3PM-- Mon., Tue., Thur., Fri. & Sat. Residents may drop off up to 3 bags of excess trash. Over 3 bags will require a \$25 permit that is good for one trip to the Center and may include trash, furniture, carpeting, etc. up to 500 lbs. (approx. a pickup truck load).

To obtain the \$25 Permit: In an envelope place a copy of vehicle registration and include your address, telephone # and a check for \$25 payable to Town of Braintree. Place in Tax Collector's mailbox at Town Hall parking lot. Permit will be mailed to you the following day. Check [www.braintreema.gov/recycling](http://www.braintreema.gov/recycling) for any updated information on trash/recycling services. NOTE: Extra bags will not be picked up curbside after July 11th, as had been allowed during the initial months of the pandemic.



## Blood Pressure Clinics

Every Tuesday	Braintree Town Hall	3:00-4:00
Every Friday	Braintree Town Hall	9:00-10:00
Thursday,	BHS& Heritage	11:30-12:30
Thursday,	Independence Housing	10:30-11:30
Wed.,,	Department of Elder Affairs	12:15-1:00
Tuesday,	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	Stop & Shop
Thursday	Stop & Shop
Tuesday	Roche Bros
Thursday	Shaw's
Tuesday	Shaw's
Thursday April	Stop & Shop
Tuesday April	Stop & Shop
Thursday April	Shaw's

**Call for availability and revised schedule**

## Asian Outreach



祝你健康每一天  
" WISH YOUR GOOD  
HEALTH EVERYDAY

- **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

Hello everyone! 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 still well in the Joyce household, All the kids and the Grand Children are doing well despite the circumstances. We still continue to keep in contact with the whole family via facetime, zoom and of a few visits to the house while staying outside and wearing our masks.

I hope you are all healthy and safe and doing good things to stay busy. There are lot of good movies on the TV maybe some old movies you never watched before like Jurassic Park, Men in Black and the Chevy Chase vacation trips. Also, you can do some puzzles, crossword puzzles and play some card games. I hope to see you all very soon.

I would like to thank Sharmila, Michelle, Frank, Terry, Mary and rest of the staff for all the wonderful things they are doing during this pandemic.

I have been watching the budget process on zoom and want to thank the Ways and Means Committee for all their hard work over the last month to ensure we get the best budget we can. I would also like to thank Mayor Kokoros and his wonderful staff for the great job they have done.

I am proud to announce that the Budget has over \$100,000.00 in it to get the new parking spaces and I feel real comfortable that Mayor Kokoros and the Highway Department and whoever else works on it will get it done as soon as possible.

Well its time to have some breakfast and enjoy another day in the sun reading a book.

I pray you all stay healthy and please be safe.

**Hank**

## Alzheimer's Care Partners Support Group

As our building remain closed you are always in our mind. We are aware of your compassion and love.

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><b>Happy Father's Day</b></p>		
<p><b><u>We Miss You!!</u></b>  <b><u>Please check on BCAM for updates</u></b>  <b><u>On Programs for you.</u></b></p>		
<p><b><u>We Can't wait to have a Welcome Back Party</u></b></p>		
<p><b>Stay Home!</b></p>		
<p><b>Stay Safe!</b></p>		
<p><b>Every Monday</b>  <b>10:00-11:30 Elder Affairs Programs</b>  <b>Ch. 9 on Comcase Ch. 28 on Verizon</b></p>		<p><b>Every Wednesday</b>  <b>10:00-11:30 Elder Affairs Programs</b>  <b>Ch. 9 on Comcase Ch. 28 on Verizon</b></p>



# Brain Teasers...

## CAN YOU CRACK THE CODE

7	9	3	1	4
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1 number is correct,  
but in the wrong position.

9	5	6	4	3
---	---	---	---	---

2 numbers are correct,  
but only one in the right position.

5	7	3	1	9
---	---	---	---	---

2 numbers are correct and in  
the right position.

A B C D E

Sum of the numbers is equal the last 2 numbers ( $A + B + C + D + E = D * 10 + E$ ).

## 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 Father's Day



**If You Wanna Make The World A Better Place  
Take A Look At Yourself And Then Make That . . .  
Change!**



## A Drive Through Celebration

**Calling all Volunteers! Please drive by to say Hi and pick up a little something to know you are remembered and appreciated. Nothing can keep us from Celebrating all the Good you Do!**

**Where: Braintree Department of Elder Affairs  
Date: Friday, June 26th, Rain date, Monday, June 29th  
Time: 11:00 AM**

**Mayor Kokoros will be present to celebrate with you.**

**Thank you for your dedication, we would not be complete without you.**

**Please Note: This is a “by phone invitation only” event  
Please follow instructions given upon arrival**





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

**Have fun with some movie trivia to do at home...**

- 1.) In “Gone With The Wind”, what was the last name of Scarlett’s twin beaux?
  - Hamilton
  - Wilkes
  - Tarleton
  - Tarryton
  -
- 2.) What was the name of the song sung by Donna reed and James Stewart in “It’s A Wonderful Life?”
  - Buffalo Gal
  - Life is Just a Bowl of Cherries
  - Paper Moon
  - Honeysuckle Rose
- 3.) What actress played Robert Francis’ girlfriend in the “The Caine Mutiny”?
  - Gloria Grahame
  - May Wynn
  - Suzanne Pleshette
  - Pamela Sue Martin
- 4.) According to publicity, what well-known actor turned down the lead role in “High Sierra” because the character dies at the end of the film?
  - George Raft
  - Edward G. Robinson
  - James Cagney
  - Paul Muni
- 5.) Who is the Director of Casablanca?
  - Michael Curtiz
  - John Huston
  - Walter Wanger
  - Alfred Hitchcock
- 6.) What was the name of the town in “Blazing Saddles”?
  - Rocky Mountain
  - Rock Ridge
  - Rock Bridge
  - Rock River
  -

**Answer Key**

- 1.) Tarleton
- 2.) Buffalo Gal
- 3.) May Wynn
- 4.) George Raft
- 5.) Michael Curtiz
- 6.) Rock Ridge

# 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](mailto: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](http://www.MASMP.org). To report a scam email [ReportAScam@MASMP.org](mailto:ReportAScam@MASMP.org) or call 978-946-1243.**



# Braintree COVID-19 Updates

## Phase 1 Reopening Requirements

Slowing the spread of COVID-19 requires the cooperation of all of us. The plan to re-open the economy safely requires that everyone do their part, and we expect most people will be diligent about keeping themselves and their neighbors safe and healthy.

### *What Can Individuals Do?*

- A new “stay safer at home” advisory requests that individuals stay at home when they can. However, all individuals are required to wear a face covering in most places when outside of the home. The requirement to wear a face covering is enforceable by the Braintree Health Department.
- All individuals remain subject to the existing order limiting gatherings to no more than 10 persons, except in unconfined outdoor spaces. The restriction on gathering size is enforceable by the Braintree Health Department. This limitation does not apply to workplaces authorized to operate, but more specific capacity and meeting rules will apply.
- Compliance with the mandatory rules outlined above is enforceable by the Braintree Health Department up to and including the issuance of civil fines of up to \$300 per violation.

### *What Can Businesses Do?*

- Essential services have been allowed to operate prior to first phase or reopening. **Currently operating businesses MUST come into compliance with new workplace safety standards by May 25.**
- In addition, the businesses listed in the table below will be permitted to resume operations on May 18 or May 25. **All other businesses and workplaces remain closed through Phase 1.** No business is required to re-open and may not reopen until it is ready.

<u>May 18</u>	<u>May 25</u>
Essential businesses already operating must self-certify and comply with applicable standards by May 25 or July 1. Manufacturing Construction Retail curbside pickup only Places of worship (40% occupancy limit) Firearms retailers and shooting ranges	Laboratories and life sciences facilities Offices limited to < 25% maximum occupancy; work from home strongly encouraged. (Boston office opening delayed to June 1.) Car Washes exterior and self-service only Hair salons/barber shops by appointment only Pet grooming by appointment (curbside drop-off and pickup) Certain outdoor recreational facilities and activities

All operating businesses must comply with general **mandatory workplace safety standards\*\***, as well as **sector-specific workplace standards and protocols \*\*** where applicable. Note that some specific sector and workplace standards and protocols are mandatory (actions that “must” be taken), while others are best practice guidance (actions that “should” be taken).

**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.**

**If you need any, you can give us a call**



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