



Town of Braintree

Department of Elder Affairs

71 Cleveland Avenue, Braintree, MA 02184

"We are your link between needs and services"

Mayor Joseph C. Sullivan

Mary Cirignano, Chairperson
Jean York, Vice Chairperson
Robert Caruso, Treasurer

Sharmila Biswas, Director
Ann Marie Quinlan, Outreach Coordinator
Sandra Young, Coordinator/Volunteers
Therese Jarrett, Reception Coordinator
William Murphy, Custodian
Stephen Donovan, Van Driver

PHONE: 781 848-1963 FAX: 781 848-2835



Braintree

Senior Harvest Dance

Wednesday, October 23, 2013
1- 3:30 p.m. (tickets \$6.00/each)

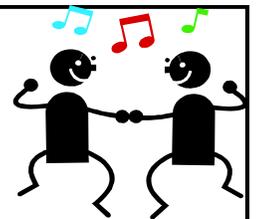
We are delighted to offer our very first **"Senior Harvest Dance"** at the Senior Center on Wednesday Oct. 23rd at 1 p.m. A live band "The Old Kids on the Block" will perform for your enjoyment. This 16 pc. Big Band will feature songs from the Great American Song Book. Not only couples can enjoy this music, line-dancing ladies will also. *Everyone* will be singing and tapping their feet to this wonderful music. We will serve appetizers and punch/coffee for your enjoyment during the dance. This will be a fun afternoon of music, entertainment & food - *don't miss out!*

\$6.00 tickets on sale at Senior Center on October 1st. Space is limited, so stop by early for tickets.
(Braintree residents only please!)

Braintree Senior "Thanksgiving" Trip

White of Westport

Wednesday, November 20, 2013
\$55.00



Join us for an early **"Thanksgiving Feast"** at Whites of Westport. You will enjoy a delicious family style turkey dinner with all the fixings or baked scrod. Then sit back and be entertained by Ziggy Molar & Ronnie Howe who are exceptional and very entertaining performers. They have over 30 years of experience and feature the sounds of Engelbert Humperdinck, Frank Sinatra, Dean Martin, Neil Diamond and the Elvis. Don't miss this fun afternoon of music!

Please sign up for the tickets before October 8th (drawing date). If chosen you will have a few days to pick-up & pay for tickets. (Braintree residents only please - out of town wait list taken).

**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 Senior Center at least one month (30) days prior to the date set for the trip. Please contact the Braintree Center at 781-848-1963 for info.*

BLOOD PRESSURE CLINICS (free)



October 8, (Tues.) at Senior Center 10-11 a.m.
October 9, (Wed.) at Heritage Housing 10-11 a.m.
October 25, (Friday) at Senior Center 10:30 a.m.

SHOPPING SHUTTLE SCHEDULE



Reservations must be made at least **48** hours in advance by calling: **781-848-1963**:

Pick-up time is from: **9:30 to 10:00 a.m.**

Return time is from: **11:30 to 12:00 p.m.**

Oct. 1 & 3, Shaws/Pearl Street

Oct. 8 & 10, Stop & Shop/Grove Street

Oct. 15 & 17, Shaws/Pearl Street

Oct. 22 & 24, Stop & Shop/Grove Street

Oct. 29 & 31, Shaws/Pearl Street

****Van Trip: Oct. 11th to Bld. #19 & Hilltop Market at 10:00 am**

****Every Friday Library van ride. Pick up 11 am return 12:30 pm**

BRAINTREE MEETINGS



- Oct. 1, LOW Vision Group Meeting at 10 a.m.**
Meeting open to all with low vision problems.
- Oct. 15, AARP Chapter #4042 Meeting at 1:30 p.m.**
Braintree DAV Hall - 788 Liberty St./Braintree
Special entertainer Dan Clark, "The Singing Trooper" will perform. Welcoming new members & guests.
- *** Lunch prepared and served at Father Bill's on Friday, October 18th at noon by AARP.
- Oct. 17, Wisdom Works Support Meeting 3:30 p.m.**
Meeting & Speaker Richard Dominique from Quincy Career Center. Meeting held at Senior Center.
- Oct. 18, Braintree Elder Affairs Board Meeting 2 p.m.**
Board meeting at Senior Center - open to the public!
- Oct. 24, COA Associates Meeting at 2 p.m.**
Meeting at Senior Center for members.
- Oct. 29, Braintree Alzheimer's Support Meeting 4 p.m.**
Meeting, light supper & support meeting.
See newsletter article for more information.

DON'T FORGET.....

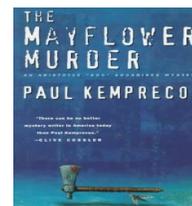
This year Medicare's Open Enrollment for 2014 is:

**October 15th
to
December 7th**

If you need information about choices or help with changing your Medicare health plan and/or prescription drug plan, please contact the Department of Elder Affairs at **781 848-1963** after **OCTOBER 7th** and make an appointment with a SHINE Counselor.

Braintree Dept. of Elder Affairs Book Club Group Thursday, October 31, 2013 11 a.m.

If you enjoy reading, this is the group for you. They read one book a month which is supplied by the Library, so there is no monthly cost. Come enjoy some very interesting books.



Book: The Mayflower Murder by Paul Kemprecos

Three centuries after the Pilgrims' landing, when a workman turns up tomahawked to death at a replica Pilgrim village and Native American activist Joe Quint is accused of the crime, Cape Cod fisherman-diver-sleuth Aristotle ""Soc"" Socarides is asked to investigate.

Braintree

Department of Elder Affairs

"Special" Activities"

(Please call 781-848-1963 for more information)

- Oct. 1,** **"Low" Vision Group Support Meeting**
Meeting at 10 a.m. at Senior Center.
- Oct. 1,** **SHINE Insurance Help, at 10 a.m.**
Appointments every Tuesday for help on all medical insurance issues.
- Oct. 2,** **Bingo & Refreshments at 1 p.m.**
& 16 \$4.00 to play all games & refreshments.
- Oct. 8,** **Supper Club at: Alfredo's/Quincy**
& 22 **Supper Club at: Ninety-Nine/Weymouth**
Please call Senior Center for van reservations to enjoy this early social supper from 3 - 6 p.m.
- Oct. 16,** **Senior Walk for Fitness at Pond Meadow**
See newsletter article & call to sign up.
- Oct. 21,** **Belles & Beaux Musical Show at 1 p.m.**
Cake & ice cream social following show.
- Oct. 23,** **Fall Harvest Senior Dance 1-3:30 p.m.**
Live band & refreshments served. Please see newsletter article & come pick up \$6.00 tickets.
- Oct. 30,** **TRIAD Meeting at 10:30 a.m.**
See newsletter article & please attend!
- Oct. 30,** **Movie Day 11:30 a.m.**
Come see our new big screen TV
Movie starts at noon: The Great Gatsby
- Oct. 31,** **Senior Luncheon at noon—\$6.00/ticket**
Must purchase \$6.00 ticket at Senior Center.
Wear a costume for Halloween & win prizes.

Braintree

Department of Elder Affairs

Senior Lunch

Thursday, October 31, 2013

@ 12 noon - \$6.00/ticket

Come to our monthly luncheon & enjoy a delicious meal and some Halloween fun. Wear a costume, play "trick or treat trivia" and win some prizes.



Lunch Menu:

Meatloaf, mashed potato & green beans with rolls & dessert.

BRAINTREE SENIOR CENTER MOVIE DAY

Wed., October 30, 2013

11:30 a.m. - \$.50/donation

Come at 11:30 bring a bag lunch, enjoy coffee/pastry & free popcorn!

Movie starts at NOON!



Movie:

The Great Gatsby

Would-be writer Nick Carraway leaves the Midwest and travels to New York City in the spring of 1922, an era of loosening morals, glittering jazz, bootleg kings and sky-rocketing stocks. Chasing his own American Dream, Nick lands next door to a mysterious, party-giving millionaire - Jay Gatsby!

From the Director.....

Transportation is one of the most essential services provided by the Department of Elder Affairs. Without this service many of our elders would not be able to live alone or continue to enjoy living a healthy and an independent life. Our vans are on the roads of Braintree and its surrounding towns driving our seniors to their medical appointments, grocery stores, the Senior Center and occasionally to places for small necessities.

For a while we were low on the number of drivers and struggling to keep up with the demands; we were forced to limit some of our rides. I am glad to inform you that we are now in a better position. We have a new driver who is temporarily on a full time basis, his name is Patrick Orlando. Patrick has often transported seniors at a local Council on Aging in his capacity as a volunteer, so this job is a pleasure for him.

One day, in the midst of a driver shortage crisis, Hugh Parke, not a Braintree resident, dropped by to ask if he could help in any way. Learning about his impressive driving experience we would not let him leave. Hugh is now with us. When you get a chance please welcome Patrick and Hugh.

Kindly note that we will now be able to operate like we did before. We can resume our rides late in the afternoon (pick up at doctors by 3 PM) or drive you to places like Milton, Hingham or Dorchester. We know how important these rides are to you and we are happy that we will be able to go back to our regular schedule. Last but not least, I wish to thank, Nick, Dick, Lou and Bob for their steadfastness and standing by us whenever we needed them. Could not have done it without you.

*A big thanks to all of you!
Sharmila*



**Braintree/Weymouth
Annual Senior Walk for Fitness
Pond Meadow Park**

**Wednesday, October 16, 2013 (rain date Oct. 22nd)
Registration 9:30 a.m. - Walk begins at 10 a.m.
Weymouth Entrance (off Summer Street/Wey.)**

Both Braintree & Weymouth Senior Centers join forces to offer this walk which has been a huge success the last 5 years. It's educational, social and so much fun...don't miss out!!

Pond Meadow Park encompasses both towns of Braintree and Weymouth and offers wonderful trails that encourages all walking abilities. We will have vendor tables with free educational information, music, water, raffles and we supply tee shirts for all registered walkers (last year we had over 150 walkers)!

Three walking routes/groups offered: (maps provided & staff assisted)

Beginner.....5-15 minutes (short walk - parking lot to first staff member)

Intermediate....15-20 minutes (half-way around Pond Meadow)

Advanced..... 1 hour or less (around whole Pond Meadow)

Support will be provided during the walk with van shuttle service if needed, nurse & staff assistance on all walk levels and water will be available throughout the park.

Must call to pre-register for this wonderful event (space is limited):

Braintree Seniors call: 781-848-1963

Weymouth Seniors call: 781-682-6140

From the desk of Mary Cirignano, Chairperson...

Happy October 12 (celebrating holiday October 14) Christopher Columbus Day. They say he was a map maker. Perhaps he was not great in maps as he landed in the America's instead of India. Thought he was in India, saw the people there and called them Indians. Well, I for one, am glad he came to the Americas. The greatest place in the world, so we can thank Christopher.

Little odds and ends to my article today and hope you will enjoy them:

- When a habit begins to cost money, it's call a hobby.
- A pregnant woman was in a car accident and falls into a coma. When she wakes up, she finds she's no longer pregnant and she asks the doctor about her baby. The doctor replies, "Ma'am you've had twins! A boy and a girl. Your brother came in and named them." The woman thinks to herself, "No, not my brother...he's an idiot!" She asks him, "Well, what's the girl's name?" "Denise." "Wow, that's not a bad name, I like it!...What's the boy's name?" "Denephew."
- In the beginning, God created the earth and rested. Then God created Man and rested. Then God created Woman. Since then, neither God nor Man has rested.

Halloween:

At 8:00 pm on October 31st, two fire-fighters could see a fire raging in the back yard. I was clearly in breach of the rule on burning leaves after dark. One of the fireman knocked on my door, and they both waited each holding their helmet in their hand. The little old woman opened the door and promptly dropping a bar of candy into each helmet. She then told them, "Aren't you boys a little too old for trick or treat", and closed the door. The fire-fighters left open mouthed without giving her a summons.
Smart woman!

Signs That You Are Too Old For Trick or Treat:

- You have to choose a costume that won't dislodge your hairpiece.
- You get out of breath climbing three steps and knocking at the door.
- You ask for high fiber candy.

Older people shouldn't eat health food. They need all the preservatives they can get!

DRIVE CAREFULLY OCTOBER 31 FOR THOSE LITTLE GREMLINS LOOKING FOR TREATS.

**BRAINTREE
"TRIAD" Meeting
October 30, 2013
10:30 a.m.**



Our **TRIAD** meetings are a joint effort between the Braintree Police, the Norfolk County Sheriff and the Senior Center to improve the quality of life for all Braintree Seniors.

These important informational meetings are always open to the public - everyone invited to attend. Your safety is our concern!

The meetings are held quarterly and our Sept. meeting was cancelled (due to scheduling conflicts) and was moved to this new date of **October 30th at 10:30 a.m.** at the Senior Center.

We are delighted to have **U. S. Postal Inspector Bernadette Lundbohm from The Postal Inspection Service** who will do a presentation about current fraud scams perpetrated through the U. S. Mails and provide seniors with the tools and steps necessary to avoid becoming victimized.

We will also have information about the "**Yellow Dot Program**" for those interested in this very important senior service.

We will serve coffee, pastry & fresh fruit!

Please call for more information:
781-848-1963

**Senator John F. Keenan
October 11, 2013
11:30 a.m.**

Senator Keenan will be holding office hours the 2nd Friday of each month here at the Braintree Senior Center.

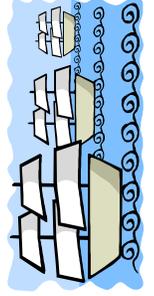
Please feel free to stop by and chat with Senator Keenan or address any problems or concerns you may have.

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****OCTOBER****2013****7**

10:00 Scrabble
 11:00 QiGong/Tai Chi
 12:00 Pool Players
 12:00 Poker
 1:00 Trivia & Coffee

14

**COLUMBUS DAY
 HOLIDAY**



**SENIOR CENTER
 CLOSED**

1

Shopping Shuttle/Shaws
 9:00 S&S Bus (housing)
 9:00 Chess
 9:30 Outdoor Bocce
 9:30 Computer 101A
 10:00 Walking Group
10:00 Vision Group Meeting
 10:00 SHINE Insurance help
 10:45 Computer 101B
 1:00 Bridge & Cribbage
 1:30 Zumba Gold Exercise

8

Shopping Shuttle/S&S
 9:00 S&S Bus (housing)
 9:00 Chess
 9:30 Outdoor Bocce
 9:30 Computer 101A
 10:00 Walking Group
**10:00 Trip Drawing for our
 Nov. 20th trip to Whites**
**10:00 Blood Pressure (free)
 at Senior Center by Nurse**
 10:00 SHINE Insurance help
 10:45 Computer 101B
 1:00 Bridge & Cribbage
 1:30 Zumba Gold Exercise
**3:00 Supper Club:
 Alfredo's/Quincy**

15

Shopping Shuttle/Shaws
 9:00 S&S Bus (housing)
 9:00 Chess
 9:30 Outdoor Bocce
 9:30 Computer 101A
 10:00 Walking Group
 10:00 SHINE Insurance help
 10:45 Computer 101B
 1:00 Bridge & Cribbage
 1:30 Zumba Gold Exercise
***AARP Meeting today 1:30 p.m.**

2

9:15 Exercise Class
 10:00 Crafts
 10:00 Quilting Group #1
 12:00 Poker
 1:00 BINGO

10:00 Vision Group Meeting
 10:00 SHINE Insurance help
 10:45 Computer 101B
 1:00 Bridge & Cribbage
 1:30 Zumba Gold Exercise

9

9:15 Exercise Class
 9:30 Ask the Lawyer
 (free) by appointment
 10:00 Crafts
 10:00 Quilting Group #1
**10:00 Blood Pressure
 (free) at Heritage Apts.
 10:30 TRIAD Meeting**
 12:00 Poker

**Senior Trip to Sherborn
 Inn—Ticket holders only!

16

9:15 Exercise Class
**9:30 Pond Meadow
 "Walk for Fitness"**
(see newsletter for info)
 10:00 Crafts
 10:00 Quilting Group #1
 12:00 Pool Players
 12:00 Poker
 1:00 Hearing Exams
 (free) by appointment
 1:00 BINGO

3

Shopping Shuttle/Shaws
 9:00 Chess
 9:30 Chair Yoga
 11:30 Quilting Group #2
 12:00 Pool Players
 1:00 Art Group
 1:00 Knit/Crochet

10

Shopping Shuttle/S&S
 9:00 Chess
 9:30 Chair Yoga
 10:00 Photography
 11:30 Quilting Group #2
 12:00 Pool Players
 1:00 Art Group
 1:00 Knit/Crochet

17

Shopping Shuttle/Shaws
 9:00 Chess
 9:30 Chair Yoga
 11:30 Quilting Group #2
 12:00 Pool Players
 1:00 Art Group
 1:00 Knit/Crochet
**3:30 Wisdom Works
 Meeting & Speaker**

4

9:15 Exercise Class
 10:00 Weight Loss Group
 11:00 Tai Chi Class
 11:00 Library van ride
 12:00 Pool Players
 1:00 Women's Poker

11

9:15 Exercise Class
**10:00 Special Van Trip
 Bld. #19 & Hilltop Mkt.**
 10:00 Weight Loss Group
 11:00 Tai Chi Class
 11:00 Library van ride
**11:30 Senator Keenan
 office hours at Center**
 12:00 Pool Players
 1:00 Women's Poker

18

9:15 Exercise Class
 10:00 Weight Loss Group
 11:00 Tai Chi Class
 11:00 Library van ride
 12:00 Pool Players
 12:30 Ask the Lawyer
 (free) by appointment
 1:00 Women's Poker
**2:00 Dept. of Elder
 Affairs Board Meeting
 (open to public)**

<p>21</p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Pool Players 12:00 Poker</p> <p>1:00 Belles & Beaux Musical Show</p> <p>** Thank you...Royal Rehab Nursing Home/Braintree for providing the monthly cake for above musical show!</p>	<p>22</p> <p>Shopping Shuttle/S&S 9:00 S&S Bus (housing) 9:00 Chess 9:30 Outdoor Bocce 9:30 Computer 101A 10:00 Walking Group 10:00 SHINE Insurance help 10:45 Computer 101B 11:00 Red Hat Meeting 1:00 Ask the Lawyer (free) by appointments 1:00 Bridge & Cribbage 1:30 Zumba Gold Exercise 3:00 Supper Club: Ninety-Nine/Weymouth</p>	<p>23</p> <p>9:15 Exercise Class 10:00 Crafts 10:00 Quilting Group #1 12:00 Pool Players 12:00 Poker</p> <p>1:00 Senior Harvest Dance with live band "Old Kids on the Block" & refreshments served. Tickets on sale for \$6.00 (see article for more info)</p>	<p>24</p> <p>Shopping Shuttle/S&S 9:00 Chess 9:30 Chair Yoga 10:00 Photography 11:30 Quilting Group #2 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet</p> <p>2:00 COA Associates Meeting (members)</p>	<p>25</p> <p>9:15 Exercise Class 10:00 Weight Loss Group 10:30 Blood Pressure at Senior Center (free) by Home Instead 11:00 Tai Chi Class 11:00 Library van ride 12:00 Pool Players 1:00 Women's Poker</p>
<p>28</p> <p>10:00 Scrabble 11:00 QiGong/Tai Chi 12:00 Poker 1:00 Trivia & Coffee</p>	<p>29</p> <p>Shopping Shuttle/Shaws 9:00 S&S Bus (housing) 9:00 Chess 9:30 Outdoor Bocce 9:30 Computer 101A 10:00 Walking Group 10:00 SHINE Insurance help 10:45 Computer 101B 1:00 Bridge & Cribbage 1:30 Zumba Gold Exercise 4:00 Alzheimer's Support Meeting (call to reserve)</p>	<p>30</p> <p>9:15 Exercise Class 10:00 Crafts 10:00 Quilting Group #1 10:30 TRIAD MEETING (see newsletter article) 12:00 Pool Players 12:00 Poker 12:00 Movie Day Movie: The Great Gatsby</p>	<p>31</p> <p>Shopping Shuttle/Shaws 9:00 Chess 9:30 Chair Yoga 11:00 Book Club Group 11:30 Quilting Group #2 12:00 Senior Luncheon & Trick or Treat fun! (Wear a costume for prize) 12:00 Pool Players 1:00 Art Group 1:00 Knit/Crochet</p>	<p>*Please note special activities will have a write up in this newsletter about sign up requirements and any charges. Please call to sign up for our special monthly parties & luncheon after the first of each month! *Please note there are \$\$ charges for our exercise programs and some special activities - call for information regarding charges. *All other activities are \$.50/each which help cover expenses.</p>

S U D A R O F D E V R E S E R E R

From the Outreach Department.....

Often times the Outreach office gets inquiries from family members or seniors concerning “housing”. It is one word that can mean many things. There are different levels of care, different levels of affordability, and different levels of independence. All of these options will allow the senior to find a smaller more manageable home and move from the family home. Downsizing can be a very difficult step but there may come a time when it is necessary.

The Outreach office has a list of “Housing in Braintree”. It includes affordable senior housing such as Independence Manor and Logan Apartments. These offer rental subsidies for eligible seniors. The Braintree Housing Authority also has two apartment complexes, one on Roosevelt Street and one on Heritage Lane. Seniors would need to apply directly by calling the BHA at 781 848-1484. There are also many apartments on our list that are independently owned and therefore have a range of rental costs and accommodations.

For those needing more care, there are housing options that provide increased assistance and medical care. This type of housing comes at a higher price.

Independent living and assisted living are two phrases commonly used and worth clarifying. Independent living facilities are usually connected to a larger senior community. Many amenities are available there, and included in the cost are services such as meals in the dining room, housekeeping, transportation, and social activities. The senior has the option to partake or to maintain their independence by driving or cooking their own meals. Assisted living is for those needing more nursing care and 24-hour staffing. The same amenities are available yet the emphasis is on making sure the senior’s personal health care needs are met. At some assisted living facilities there are specialized programs for seniors with memory loss issues.

There are also several nursing and rehabilitation centers in Braintree. Often these are communities that provide services to manage serious medical problems. Sometimes a senior will enter one of these centers after a hospital stay as a step towards wellness. The length of stay depends on the senior’s medical needs.

The decision to move can be a very stressful one, whether the reason for it is to downsize or to meet changing needs. Talk to friends and family members to help you find the best fit, both financially and otherwise. And come on by the Outreach office for our list of “Housing in Braintree”.



Having a hurricane preparedness checklist will provide reassurance that you will have thought of all the essentials (provided that they are on the list) and will greatly reduce the likelihood that you will forget something during the stressful time immediately before a potential hurricane disaster. No list is a perfect list, but perhaps this list will help get you going in the right direction:

- **Pack a to-go bag:** This ‘basic’ overnight bag should be easy to take with you if you have to evacuate in a hurry and should include a change of clothes, bottled water, flashlight and important documents.
- **Cash:** ATMs and credit card machines may not work for a while after the storm.
- **Battery-operated radio:** Make sure you have extra batteries too, so that you can keep up with news reports and alerts.
- **Secure a two-week supply of prescription medicine:** Anyone on prescription medications, should pack a two-week supply
- **Flashlight and lanterns:** Make sure you have a couple of flashlights, candles, matches, lanterns and other alternate sources of light.
- **Pet items:** Remember food, medicine and water for your pet, too.
- **Food and water should last for 72 hours:** Make sure you have enough supplies to last everyone in the house for at least 72 hours.
- **Keep your gas tank full or at least half full:** Fill it up all the way, but even when you’re on the road, try not to let your tank get lower than half full.
- **Emergency contact information:** Put doctors’ phone numbers and other emergency contact information in your preparedness kit.
- **Stay inside:** Stay indoors for the entire duration of the storm (unless they call for an evacuation)!

Prepare early: Emergency items sell out quickly at the stores, so stock up your kit before hurricane season even starts.



Educational Town Information

FROM THE HEALTH DEPT.....

You need a flu shot....no excuses!

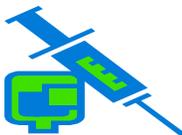
CDC and the Advisory Committee on Immunization Practices (ACIP) recommend flu vaccination as the first and most important step in protecting against the flu.

A variety of influenza vaccine products are available, including five newly approved vaccines. All U.S. licensed influenza vaccines will contain the same strains; the only difference is that there will be an extra vaccine virus strain in the quadrivalent vaccines as compared to the trivalent. Most of the flu vaccine offered for the 2013-2014 season will be trivalent.

The quadrivalent preparation is similar to the trivalent and there is no preferential recommendation this season for patients to receive quadrivalent over trivalent vaccine.

In order to alleviate confusion, the Braintree Health Department has purchased and will be administering the quadrivalent vaccine at its public clinics. It is anticipated this year's clinics will be held in **October**. Notices will be posted in local papers, cable and the Town of Braintree website.

The single best way to protect against the flu is to get vaccinated each year.



FROM THE RECYCLING DEPT.....

Braintree's new automated trash and recycling program has begun.

If you have questions or need additional information, please call the Recycling Office at 781-794-8088. They will be happy to assist you.

For Customer Service issues, please call Sunrise Scavenger at 617-361-8000.

Please remember to place additional items such as furniture, appliances and yard waste away from the wheeled carts.

The carts themselves should be approximately 2 feet apart so that the mechanical arm can grab onto each cart and put it back in place without obstruction. Carts can be placed at the edges of the curb or in the gutter line of the street.

Braintree Residents - Disposal of unwanted trash or recycling containers, after automated collection program begins on September 30th:

If residents have trash or recycling containers they no longer need, they can dispose of them from October 7th through the end of November. The Town of Braintree will have special dumpsters at the Recycling Center, 257 Ivory Street, Monday through Saturday, from 7AM-3PM for residents to dispose of the old barrels and bins.

There will be an attendant on duty to direct residents to the appropriate dumpsters.



Braintree Department of Elder Affairs.....Newsletters are available at the Senior Center, Town Hall, Library, Banks, Supermarkets, Pharmacies, Churches, Stores and some Medical Facilities. Call the Senior Center at (781) 848-1963 for a location near you and any information you may need. The Braintree Dept. of Elder Affairs *gratefully* accepts donations & thanks all who have donated to our great programs!

Thank you to Dalton Water/Braintree for their very generous donation of spring water each month at the Senior Center!

Braintree Department of Elder Affairs
71 Cleveland Avenue
Braintree, MA 02184
781-848-1963

Place
Stamp
Here



Please recycle!

Braintree Department of Elder Affairs: Information & referral, Outreach assistance, transportation both local & Title IIIB SSES grant funded MAP rides to Boston, shopping, SHINE insurance help, TRIAD services, healthcare clinics, support groups, informational seminars, recreation/activities, trips, tax counseling, medical equipment loans, resale & craft shops and many volunteer opportunities.

For more information call (781) 848-1963, or visit our web site: www.braintreema.gov

Dear Friends.....

As we age, we sometimes become more critical of those around us. When I received the following e-mail, I thought it was worth sharing:

A young couple moves into a new neighborhood. The next morning while they are eating breakfast, the young woman sees her neighbor hanging the wash outside. "That laundry is not very clean", she said. "She doesn't know how to wash correctly. Perhaps she needs better laundry soap."

Her husband looked on, but he remained silent.

Every time her neighbor would hang her wash to dry, the young woman would make the same comments.

About one month later, the woman was surprised to see a nice clean wash on the line and said to her husband: "Look, she has learned how to wash correctly. I wonder who taught her this."

The husband said, "I got up early this morning and cleaned our windows."

And so it is with life. What we see, when watching others, depends on the purity of the window through which we look!

Happy Halloween!
The Friends

