TOWN OF BROOKLINE
SENIOR NEWS AND EVENTS

Council on Aging

Published with help from the Brookline Multi-Service Senior Centers Corporation

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

Council on Aging 617 730 2777
Elderbus Hotline 617 730 2778
Senior Center 617 730 2770
Van 617 730 2750
www.brooklinema.gov

HIGHLIGHTS

Check out a sample of the First Light festivities on Dec. 3—see p. 25.

Feast with the Elks on Saturday, Dec. 5—see p. 3.

Learn about your health plan options on Dec. 4—see p. 11.

Shop and snack at Ikea on Dec. 10—see p. 9.

Hear the Tremble Clefs and the Senior Chorus lift their voices on Dec. 21—see p. 3.

Ring in the New Year (and decade) at the New Year's Open House on Dec. 31—see p. 9.

December 8 is Primary Election Day for Senator Kennedy's seat in the US Senate. Don't forget to vote!

DECEMBER 2009

FIRST LIGHT FESTIVAL

Holiday time is upon us. Get into the holiday spirit by attending Brookline's First Light Festival on Thursday, December 3 from 5:00 to 8:00 pm. Enjoy live performances, free food, activities for everyone, and more. Come with your children, your grandchildren, your friends and neighbors to shop, eat, and discover Brookline's best. Events are planned for Coolidge Corner, Putterham Circle, St. Mary's Station, and Washington Square. Access www.brooklinema.gov/firstlight/ and see p. 25 for a sampling of festival events.

COUNCIL ON AGING MEETING

Brookline Director of Recreation Lisa M. Paradis will be the guest speaker at the Council on Aging Board Meeting on Wednesday, December 9, at the Senior Center at 1:00 pm.

The Department of Recreation is revamping its programs, activities, and excursions for adults over 55 years of age (formerly called the "Active Adults" program). Encouraged by the great success of the Open House that the Department of Recreation held at the Senior Center in November, Ms. Paradis will build on this expansion of the the Recreation Department's activities in general. This should be a most informative meeting, so don't miss it. The New York City Holiday Shopping Trip on Saturday, December 5, is the first of the planned excursions/events for the Winter-Spring 2009-2010 season. For a fuller listing, see p. 13.

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The Town of Brookline Senior News & Events
BROOKLINE COUNCIL ON AGING (COA)

Ruthann Dobek
Director, Council on Aging/Senior Center

Charlotte Millman
Program Manager, Council on Aging/Senior Center

Judith Gimple
Newsletter Editor

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HOLIDAYS IN DECEMBER

The Senior Center and the Rogerson Day Health Program will be closed on **Christmas Day, Friday, December 25**.

But this is a month that is chock full of holidays of all kinds:

- Religious: Chanukah (which begins at sundown on December 11); Islamic New Year (December 18) and Ashura (December 27)
- Cultural: Kwanzaa (which begins on December 26); Forefather's Day (December 21, the day on which the Pilgrims landed on Plymouth Rock in 1620; and Boxing Day (December 26, traditionally the day that people give boxes [i.e., gifts] to those who have worked hard for them during the year—servants, staff, craftspeople—in Great Britian and British Commonwealth countries)
- Awareness and remembrance: AIDS Awareness Day (December 1); National Pearl Harbor Remembrance Day (December 7); and Human Rights Day (December 10—see p. 4).
- And others including: National Regifting Day (December 18—when you recycle gifts); the Winter Solstice (December 21); and, of course, New Year's Eve (December 31.

But the day that you should not forget is **Tuesday, December 8**. This is **Primary Election Day** for the candidates who are running for **Senator Kennedy's seat in the US Senate**. **Do not forget to VOTE on DECEMBER 8!!**

ELKS HOLIDAY DINNER

Come to the Senior Center on **Saturday, December 5, at 1:00 pm** and let the Elks treat you to a free, festive Holiday Dinner with turkey and all the trimmings. The Elks have been coming to the Senior Center with this holiday party for several years, and it is always a very happy, popular event.

The Elderbus will run its regular route before and after the luncheon. Call the Senior Center at 617-730-2777 for more information.

STUPID MEMORY

My memory is a nuisance,
It won't give up the word I need,
I ask for it politely
It simply pays no heed.
I'm begging it to please cough up
A simple word it knows full well
But it still pays no matter.
I can wait or '*go to hell*.'

That seems to be the attitude
My memory has taken,
And I must say it leaves me stuck
And very badly shaken.

by Polly Shakespeare (May 2009)

HOLIDAY CHORAL CONCERT

Be sure not to miss this concert on **Monday, December 21, at 10:30 am** at the Senior Center. The Tremble Clefs and the Senior Chorus will perform. And make a reservation to stay for lunch at 12 noon., See p. 16 for the lunch menu for this day.

The Tremble Clefs is a therapeutic singing group for people with Parkinson's disease (PD) and their care partners. It is designed to help people with PD-related voice and communication problems through breathing, stretching, and posture activities; vocal exercise; and social support.

Both groups will be making joyful noises for the holidays.

RUSSIAN TEA ROOM BIRTHDAY TRIBUTE

Calling all Russian-speaking seniors in Brookline. Come to an 80th Birthday Tribute to Alexandre Shurukht on **Thursday, December 17. at 1:30 pm**, featuring original music for guitar, poetry, and other "creative presents." This is a Russian-language event.

HUMAN RIGHTS DAY

December 10 is Human Rights Day in commemoration of the adoption by the United Nations General Assembly of the "Universal Declaration of Human Rights on this date in 1948. World War II had ended only three years before, and the United Nations was newly formed (just over a year before). This document was the first international statement establishing guidelines for human behavior toward the total human community, and it was passed without dissent.

In the preamble to the document affirmed that "disregard and contempt for human rights have resulted in barbarous acts which have outraged the conscience of mankind, and the advent of a world in which human beings shall enjoy freedom of speech and belief and freedom from fear and want has been proclaimed as the highest aspiration of the common people," and that therefore the "United Nations have in [this] Charter reaffirmed their faith in fundamental human rights, in the dignity and worth of the human person and in the equal rights of men and women and have determined to promote social progress and better standards of life in larger freedom…"

The first two articles of this extraordinary and wondrous document clearly define the purpose of the Declaration.

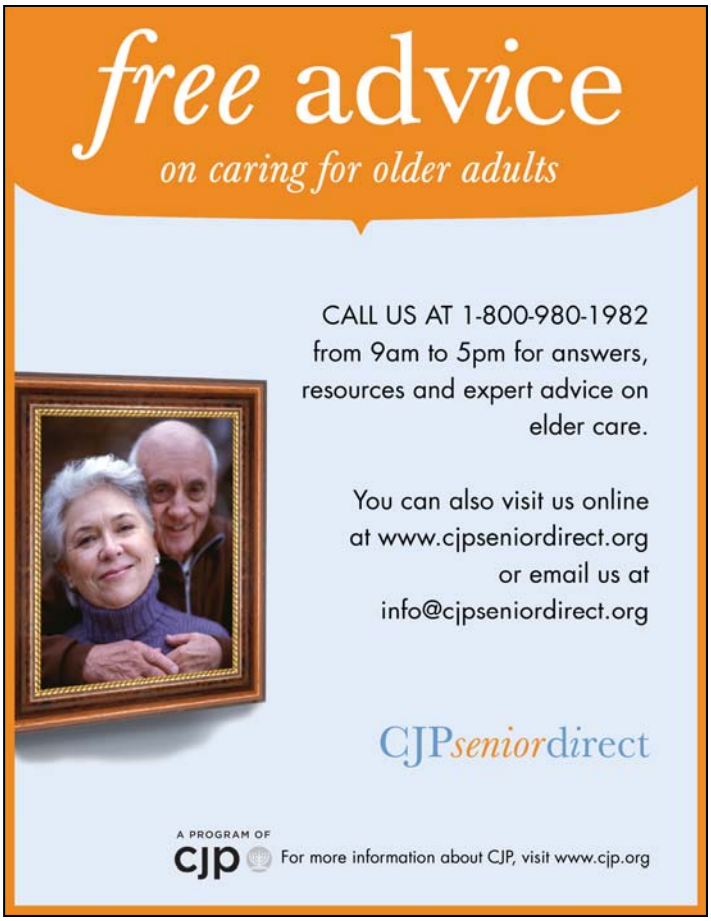
Article I All human beings are born free and equal in dignity and rights. They are endowed with reason and conscience and should act towards one another in a spirit of brotherhood.

Article 2 Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status.

Furthermore, no distinction shall be made on the basis of the political, jurisdictional or international status of the country or territory to which a person belongs, whether it be in dependent, trust, nonself-governing or under any other limitation of sovereignty.

The Declaration goes on to condemn torture and grievous bodily harm caused by cruel, inhuman or degrading punishment as well as slavery and to define the kind of world where justice and light reign supreme.

As we end the first decade of the present century and the Declaration itself at 61 moves toward its senior years, we still have a long way to go. We can't change the world all by ourselves, but we can work toward that goal here in Brookline and in the Brookline senior community. Let us resolve to try our best to revitalize the Declaration. To see the full text of the document, go to www.udhr.org/main.htm and click on the Universal Declaration of Human Rights. We all need to try to maintain the spirit and meaning of this 61-year-old Declaration as it approaches its senior years.



KNOW THE DIFFERENCE BETWEEN A COLD AND H1N1 FLU SYMPTOMS

Symptom	Cold	H1N1 Flu
Fever	Fever is rare with a cold.	Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the H1N1 flu.
Coughing	A hacking, productive (mucus-producing) cough is often present with a cold.	A nonproductive (nonmucus-producing) cough is usually present with the H1N1 flu. (Sometimes this is referred to as dry cough.)
Aches	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with the H1N1 flu.
Stuffy Nose	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with the H1N1 flu.
Chills	Chills are uncommon with a cold	60% of people who have the H1N1 flu experience chills.
Tiredness	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with the H1N1 flu.
Sneezing	Sneezing is commonly present with a cold.	Sneezing is not common with the H1N1 flu.
Sudden Symptoms	Cold symptoms tend to develop over a few days.	The H1N1 flu has a rapid onset within 3 to 6 hours. The flu hits hard and includes sudden symptoms like high fever, aches, and pains.
Headache	A headache is fairly uncommon with a cold.	A headache is very common with the H1N1 flu, present in 80% of flu cases.
Chest Discomfort	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with the H1N1 flu.

The only way to stop the spread of the flu is to spread the awareness.

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Regular, monthly health-centered programs at the Senior Center include:

Ask a Nurse St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier will not visit the Senior Center in December.

Podiatry Clinic Routine foot care with Dr. John McLoughlin is available by appointment on **Mondays, December 7 and 21, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost $25. Appointments are required. Make an appointment by calling 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will not meet in December.

Call 617-730-2777 to set up a demonstration on how to use the Topaz Desktop Video Magnifier in the Computer Room at the Senior Center.

Blood Pressure Screenings

The Brookline Health Care Center will provide a blood pressure screening **at the Senior Center** on **Monday, December 7, from 1:00 to 2:00 pm**. The nurse who will preside at this session is bilingual. (She speaks English and Chinese.)

There will be a blood pressure screening **at the Senior Center** with a nurse from the Brookline Health Department on **Thursday, December 17, from 9:00 to 10:30 am**.

Who knew there could be so much heart in health care?

The Health Page is sponsored by Beth Israel Deaconess Medical Center

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BLOOD PRESSURE SCREENINGS AROUND TOWN

Blood pressure screenings with a Brookline Health Department Nurse will be be available at the Senior Center on **Thursday, December 17, from 9:00 to 10:30 am**. Other screenings will take place:

- Wednesday, December 2, at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 pm.
- No blood pressure screening at Sussman House, 50 Pleasant Street, in December.
- The screenings at Temple Emeth, 194 Grove Street in South Brookline, have been permanently canceled because there have been no participants at this site for a long time. If a need for use of this site grows in the future, the site will be reopened.
- Wednesday, December 23, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm.

NEED HELP UNDERSTANDING 2010 MEDICARE PLANS?

We are in the middle of the Medicare Annual Open Enrollment period, which lasts through December 31. During this time, all Medicare beneficiaries can change their Medicare health coverage as well as their Medicare Prescription Drug Plans (Part D Plans).

Some Medicare Advantage plans will no longer be offered in 2010. If you are in one of these plans, you must choose a new plan. In most cases if you do nothing, in January you will be put back in Original Medicare with no drug coverage.

You need to check that your drugs will continue to be covered by your drug plan and how much they will cost you (your copayments) in 2010. Most plans have increased monthly premiums, but a number of plans have significantly increased copayments also.

Although you have until December 31 to make changes, we recommend making any changes as early as possible, so you will have paperwork from your new plan showing you are covered on January 1, 2010.

The good news is that help is available**:**

- Call the Senior Center and ask for a SHINE appointment. Specially trained and certified SHINE volunteers Debra Brass, Sonia Wong, and Ed Levin offer free, confidential counseling to seniors and anyone on Medicare.
- If there are no more SHINE appointments available at the Brookline Senior Center, there are additional counseling appointments in December at the Callahan Center in Framingham (535 Union Avenue). Call 508-532-5980, ext 4120, for a SHINE appointment there. APPOINTMENTS ARE REQUIRED!
- You can also reach a **SHINE counselor by telephone**. Call 800-243-4636 (800-AGE-INFO), and then press or say "3". Once you get the SHINE answering machine, leave your name and phone number. A SHINE volunteer will call you back, as soon as possible. Please be patient. Due to the large volume of calls, you may not hear from us for a couple of days.
- You can also call Medicare at 800-633-4227 (800-MEDICARE) or MassMedLine at 866-633-1617, or access www.medicare.gov.

Thanks to Dorene Nemeth, of SHINE

SENIOR CENTER FOOD DISTRIBUTION SITE

Food distribution (produce, breads, and much more) takes place at the Senior Center every Tuesday. Please be aware that the time distribution starts depends on a number of factors—time of delivery of the supplies being the most critical— so the beginning of distribution usually is about 11:00 am. And we keep the site open until the food is gone, usually around 4:00 pm.

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ARTHRITIS EXERCISE CLASS—SAVE THE DATE

The next series of Arthritis Exercise Classes at the Senior Center will begin on **January 28** and will **run on Thursdays through April 1.** These gentle stretching and muscle-building exercises will benefit people with arthritis and others interested in improving their flexibility, muscle strength and general fitness level. This year, the use of both hand weights and stretch bands will be incorporated.

Ilse Leeser, PhD, RN, will instruct the class with guidelines developed by the Arthritis Foundation. Call Senior Center at 617-730-2770 on or after January 4 to register and to obtain a health care provider authorization form, which must be filled out by your health-care provider. (For previous participants, health-care provider information that has been provided within the last year will not need to be updated.) Space will be limited, so be sure to sign up early!

The Arthritis Exercise Class is sponsored by the Brookline Council on Aging and the Arthritis Foundation Exercise Program.

ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

In December, this group will have two sessions designed to help caregivers cope with the stresses and demands of helping their Alzheimer-stricken family members and friends. These groups are available at no charge and are open to all caregivers.

The **Daytime** group will meet **Friday, December 11**. Call group leader Elaine Yanowitz at 617-730-2751 to register to attend and/or for further information.

The **Evening** group will meet **Tuesday, December 29** (changed this month because of the holiday). Call Susan Andriole at 617-730-2754 to attend and/or for further information.

There are other avenues for help. Among them are the Alzheimer's Association that maintains a 24/7 Helpline to answer questions about Alzheimer's. Call 800-272-3900, or access the helpline online at communications@alz mass.org.

And the MA/NH Chapter of the Alzheimer's Association has prepared a comprehensive book that family caregivers can consult for providing later-stage care at home. It is called *Later Stage Alzheimer's Disease: A Caregiver's Guide* and is available free from the www.alzmass.org.

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THERAPY GROUP FOR GRANDPARENTS —COMING IN JANUARY—

The Brookline Community Mental Health Center at 41 Garrison Road is now in the process of forming a Therapy Group for Grandparents Who Are the Primary Caregivers of Their Grandchildren. The Health Center is planning for the group to start in January. If you are a grandparent interested in joining this group, call Jenny McCartney, Psy.D., at 617-277-8107, ext. 213.

ANNUAL NEW YEARS' EVE OPEN HOUSE

On **Thursday, December 31, from 1:30 to 2:30 pm**, come to enjoy a concert by pianist Boris Fogel who will perform popular and light classical music. The concert will be followed by an open house to welcome in the new year (and new decade, too). Everyone is invited to this festive holiday event

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IKEA SHOPPING TRIP

The Senior Center is sponsoring a van trip to Ikea in Stoughton on **Thursday, December 10**. The van will leave the Senior Center at 10:00 am and return by 3:00 pm. There is a $2.00 fee for transportation. Space is limited so reservations are required. Call 617-730-2770 for reservations and more information.

Ikea is a wonderful store with Scandinavian-style accessories and furniture, and with reasonable prices—a great place to pick up holiday presents: linens, housewares, party wares, and toys for everyone on your holiday shopping list. And it has a wonderful Scandinavian cafeteria full of Swedish goodies.

AT THE GALLERY

You are invited to see

Watercolors by Anita Jamieson

Monday, December 7
through
Friday, February 26

8:30 am to 5:00 pm
Monday through Friday

Reception for the Artist
Thursday, December 10
5:00 to 7:00 pm

SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) offer a wide variety of programs and activities to help the Brookline senior community in everyday ways. Among the services offered:

BETS, the cab discount program that allows income-eligible Brookline residents over 60 to buy up to five (5) coupon books a month at a 50% discount so that $25.00 a month yields $50.00 worth of cab rides as each coupon book has 10 coupons each worth $1.00 and a book costs $5.00.

BETS coordinator Alicia Ebrat is at the Senior Center **Monday through Wednesday from 12:00 noon to 4:00 pm** to take applications for, and sell, BETS coupon books. For more information, please call Alicia at 617-730-2740.

If you want to apply or be recertified for the BETS program, please bring your 2008 income tax returns when you meet with Alicia. (Remember that all riders must be recertified every year in order to be able to buy BETS coupon books.)

This cab service is available for use in all cabs of all companies that are based in Brookline. **It's the law!** If a cab driver from such a company gives you trouble about using the coupons, please report the incident to the COA at 617-730-2777.

Also note that the coupons cannot be used for tipping. If you want to tip a driver for good service, please do it in cash.

BLAB The Brookline Legal Assistance Bureau (BLAB) will be at the Senior Center from **9:00 am to 12:00 noon** on **Wednesday, December 2** and on Wednesday, January 6**.** BLAB is staffed by volunteer local attorneys who offer individuals legal expertise on matters of law as well as information and referrals. This service is offered free of charge, and no appointment is needed.

FILE OF LIFE provides individuals with emergency medical ID cards to be used both at home and away from home. This is a very important program. It should be part of your emergency preparedness program. For more information specifically on the File of Life, call 617-730-2777 and leave your name and address. Someone at the Senior Center will call you back as soon as possible.

HELP finds trained, dependable workers to house-assist individual seniors with such tasks as meal preparation, errands, house cleaning, and shopping—for an affordable rate. All workers are trained and screened by the HELP staff. To get HELP, call 617-730-2752.

JOBS The Job Opportunities for Brookline Seniors (JOBS) program is an employment service designed and sponsored by the Brookline COA. Its goal is to match Brookline's capable, older workers with local employers who are seeking either part-time or full-time staff.

NEEDS helps seniors stretch food dollars with such aids as food stamps. For more information, consult SNAP (the Supplemental Nutrition Assistance Program) at 1-866-950-3663. Once you have been certified for food stamps, you can call on Riva Berkovitz at the Senior Center if you have problems. Call her at 617-730-2777 and leave your name and phone number. She will call you back.

SHINE counselors Deborah Brass, Sonia Wong, and Ed Levin are at the Senior Center on **Monday through Thursday mornings** to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777.

A **SOCIAL SECURITY** Contact Station is no longer available at the Senior Center. If you need assistance, please call the Boston Social Security office at 617-565-8903 or their main number at 1-800-772-1213.

HEALTH PLAN OPTIONS FOR RETIREES

What happens to my insurance if I retire when I am younger than 65? What if I work past 65? What about coverage for my spouse? These are common questions that retirees have about their health insurance coverage.

On **Friday, December 4, at 1:00 pm**, the Senior Center will host a presentation by Susan Flanagan, "Health Plan Options for Retirees: Building Your Bridge to Security." Offered by Blue Cross Blue Shield of MA, the presentation is intended for those considering retirement. It includes an explanation of COBRA as well as the Direct-Pay health plan options available before Medicare. It also includes an explanation of the health plan options available once a person does have Medicare. A question and answer session will follow. This seminar is co-sponsored by the Brookline Council on Aging. All are welcome regardless of your insurance coverage.

PARKINSON DISEASE SUPPORT GROUP

In December, the Parkinson's disease Support Group will feature Lisa Cox from TEVA Neuroscience who will join the group for holiday refreshments and discussion. The meeting will be help on **Friday, December 4, from 1:00 to 2:30 pm.**

This group has been organized by the APDA I&R Center and is being sponsored by that group and The Brookline Aging Collaborative. For more information, call the APDA I&R Center at 617-638-8466.

The ***Brookline Aging Collaborative*** consists of the Brookline Council on Aging (COA), Goddard House in Brookline, Center Communities of Brookline—Hebrew SeniorLife, and the Rogerson Adult Day Health Program.

OUTREACH WORKER NEEDED!

The Council on Aging is seeking a part-time worker with a high level of energy, initiative, and judgment to provide outreach and advocacy, assist with food stamp applications, and coordinate other food service initiatives to Brookline senior citizens.

Knowledge of elder services and resources, computer skills, crisis intervention skills, case management, counseling and supervisory and management skills including the organization and management of volunteers is necessary. The qualified applicant must have the ability to work with individuals, community agencies, and elderly clients.

A Master's degree in Social Work (MSW) with expertise in Gerontology is preferred. This is a temporary (January 2010 to June 2011) grant-funded position with a six-hour per week commitment required. Salary: $19.00/hour.

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MOVIE LOVERS SERIES FOR DECEMBER

Remember that every Tuesday at 1:30 pm is movie time at the Senior Center. Come for lunch and to socialize, and stay for a good movie.

December 1 **I've Loved You So Long** (2008) 117 min.
French title: ***Il y a longtemps que je t'aime. In French with English subtitles.***
After more than a decade apart, estranged sisters Juliette and Lea try to rebuild their fractured relationship. But the task is hardly easy, considering Juliette's past: She's been in jail for 15 years—for killing someone. As she settles into small-town life with Lea's family, the locals can't help but talk. Writer-director Philippe Claudel's feature film debut garnered him a Golden Globe nomination.

December 8 **Away We Go** (2009) 98 min.
Rated R (for language and some sexual content—the first three minutes are pretty explicit). Buoyed by the news that they are expecting their first baby, Burt and Verona embark on a journey to locate the perfect place on the planet to raise their child. But their quest inevitably yields many unexpected surprises. Sam Mendes directed this quirky comedy.

December 15 **Up** (2009) 96 min.
After a lifetime of dreaming of traveling the world, 78-year-old homebody Carl is lured into an unbelievable adventure, thanks in part to the persistence of Russell, an 8-year-old Wilderness Explorer. Together, the unlikely pair embarks on a thrilling odyssey full of jungle beasts and rough terrain.

December 22 **Kitty Foyle** (1940) 108 min.
Told via flashback, this bittersweet drama follows working girl Kitty Foyle as she chases her storybook dreams. While earning a living as a department store clerk, Kitty finds herself romantically entangled with two men: a weak-willed Philadelphia society scion and an unassuming physician.

December 29 **The Art of Piano: Great Pianists of the 20th Cent.** (2002) 108 min.
John Tusa narrates this comprehensive overview of the greatest pianists of the 20th century, a blend of archival film and video clips, concert footage and rare artist interviews. Featured performers include Vladimir Horowitz, Artur Rubinstein, Sviatoslav Richter, Sergei Rachmaninov, Glenn Gould, Edwin Fischer, Claudio Arrau, Georges Cziffra, Wilhelm Backhaus, Alfred Cortot, Ignacy Jan Paderewski and Francis Plante.

"BROOKLINE RECREATION—IT'S WHAT WE DO!"

In November, Brookline Recreation and the Brookline Council on Aging co-sponsored an open house at the Senior Center for adults over 55 years of age. The event was a great success, and a good time was had by all attendees. Chocolate fondues and other yummy goodies to eat, raffle prizes and give-aways, entertainment by Blues Cabaret—what more could you ask for? There is an answer to that—Brookline Recreation also took the opportunity to roll out their expanded trips and special programs for the winter and spring. We already knew about their New York City shopping trip planned for Saturday, December 5. (Unfortunately for those who have not signed up for this trip, registration for it was closed on November 20.) However, do not fear, it is just the beginning of two seasons of special events with something for everyone. Registration began November 16 for trips to:

- The **John F. Kennedy Presidential Library and Museum** on Friday afternoon, January 8**.** Tour independently this museum dedicated to our 35th president and review the life, leadership, and legacy of President Kennedy. The Van leaves the Senior Center at 12:00 noon and returns at about 4:00 pm. Cost: $15.00 per person.
- The **Isabella Stewart Gardner Museum** on **Friday afternoon, January 22**. Take a guided tour of the three floors of galleries that surround a garden courtyard blooming with life in all seasons. The Van leaves the Senior Center at 12:45 pm and returns at approximately 4:00 pm. Cost: $20.00 per person.

There are many other excursions planned:

- Friday, February 12—Longyear Museum—cost: $10.00/per person
- Wednesday, February 24—Brookline High School Chamber Music Concert—cost: $10.00 per person
- Sunday, February 28—"The Lion King" at the Boston Opera House—cost: $50.00 per person
- Friday, March 12—Boston Symphony Orchestra—cost: $35.00 per person
- Friday, March 26—Boston Flower and Garden Show—cost: $20.00 per person
- Sunday, April 11—"Opus" at the New Repertory Theatre—cost: $35.00 per person

The cost for all of these events includes tickets/entry to all the venues AND transportation to and from the events from Brookline.

For more information and to register, call 617-730-2069 or access the Brookline Recreation web site at

MODERN DANCE AND MOVEMENT

Lynn Modell, Brookline High School dance teacher will lead a modern dance and movement workshop on the last four days of December, **Monday through Thursday, December 28, 29, 30, and 31, at 10:30 am**. The cost for this popular course is $2.00 per session. Come one, come all and limber up for the new year.

FRENCH CONVERSATION

Brush up and refine your conversational French with Agnes Serenyi at the Senior Center on two Tuesdays in December, the 8th and the 22nd, at 12:30 pm.

MODERN BEADING WORKSHOP

This beading workshop for beginners and experienced beaders alike will meet at the Senior Center on Wednesday, December 16 at 1:00 pm with Marge Harvey on hand to instruct and help..

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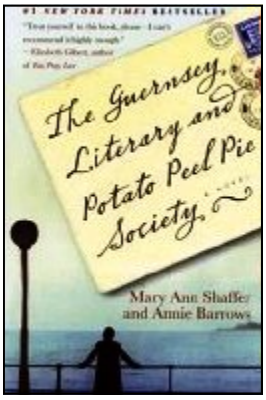
DRAWING FOR PLEASURE

There will be another session of the very popular Drawing for Pleasure workshop on **Thursdays, December 3, 10, and 17** at the Senior Center. This short December series will be for continuing students only.

BOOK DISCUSSION GROUP



Join the group at Temple Emeth in Putterham Circle on **Monday, December 21 at 2:00 pm** and discuss *The Guernsey Literary and Potato Peel Pie Society* by Mary Ann Shaffer and Annie Barrows.

According to the *San Francisco Chronicle*, this novel is "Traditional without seeming stale, and romantic without being naïve." The novel tells tragic tales of the Channel Isle of Guernsey under Nazi occupation during World War II. Most critics agreed that, with its humor and optimism, *Guernsey* "affirms the power of books to nourish people during hard times" (*Washington Post*).

EASY TRAVEL

Alice Fastoff has just returned from a trip to Toronto and will share her impressions and experiences from this visit to our neighbor to the north on **Thursday, December 3 at 1:30 pm**.

SENIOR CENTER SWING BAND

Swing and sway with James Demicco on two Monday afternoons in **December, the 14th and the 28th—at 2:30 pm** at the Senior Center. If you enjoy playing popular music from the 20s, 30s, 40s, and 50s and can read music or play by ear, this is the group for you. Previous band experience is helpful but not necessary. You bring the instrument. We will supply the sheet music.

BOWLING

All year long, bowlers meet at 9:30 am on Wednesday mornings at 20th Century Bowling Alley (affectionately known as Ron's) at 1231 Hyde Park Avenue next to the Hyde Park police station. The cost is $6.50 for three strings and shoe rental. The group is generally back at the Senior Center by 12:00 noon. If you need a ride, call 617-730-2777, and leave your name and telephone number for Nancy Johnson. She will get back to you.

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COUPON

Springwell Nutrition Program DECEMBER 2009

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
***Meals are served at 12:00 noon unless otherwise noted.** ***For meal reservations on Mondays, please call the previous Friday by 11:00 am.** ***For meal reservations on Tuesdays through Fridays, please call the previous day by 11:00 am.**	1) Pier 17 Fish w/Creamy Red Pepper Sauce, Lemon Wedge, Chuckwagon Corn, Broccoli, Corn Bread **OR** Roast beef & Swiss on Rye Bread, Lite mayo, German Potato Salad, Tomato Red Pepper Salad **Fresh Fruit**	2) Pork Rib w/ Brown Gravy, Sweet Potatoes, Mixed Vegetables, Muffin **OR** Peppercorn Turkey & Mozzarella Cheese on Whole Wheat Bread, Lite Mayo, Cucumber Dill Salad, Three Bean Salad **Applesauce**
7) **Split Pea Soup/Crackers** Chicken Cacciatore, White Rice Spinach, Dinner Roll **OR** Roast Beef & Cheese on Lettuce Leaf, Lite Mayo, Cole Slaw, Three Bean Salad, Rye Bread **Peaches**	8) **Potato Chowder / Crackers** Salisbury Steak w/Brown Gravy, Whipped Butternut Squash, Green and Wax Beans, Biscuit **OR** Egg Salad on Oatnut Bread, Lettuce Leaf, Tossed Salad w/Lite Dressing, Balsamic Vinaigrette Pasta **Fresh Fruit**	9) Baked Macaroni and Cheese, Broccoli, Tossed Garden Salad w/Lite Dressing Oatnut Bread **OR** Sliced Turkey & American Cheese on Multigrain Bread, Lite Mayo, Lettuce Leaf, Broccoli Tomato Salad **Frosted Sprinkle Cake**
14) **Vegetable Soup/Crackers** Turkey a la King, Rice, Peas & Carrots Tossed Salad, Wheat Bread **OR** Egg Salad on Lettuce Leaf, Tossed Garden Salad w/Lite Italian Dressing, German Potato Salad, Rye Bread **Pears**	**15) Holiday Special/** **Birthday Lunch** **Roast Turkey** **Whipped Potatoes** **Green Beans Almandine** **Snowflake Dinner Roll** **Birthday Cake**	16) **Tomato Soup/Crackers** Breaded fish w/Broccoli Cheese Sauce Red Bliss Potatoes, Zucchini, Whole Wheat Bread **OR** Roast Beef & American Cheese on Wheat Bread, Lettuce Leaf, Lite Mayo,, Corn Salad, Beet Salad **Mandarin Oranges**
21) **Corn Chowder/Crackers** Meatloaf w/Mushroom Gravy, Mashed Potatoes, Carrots, Oatnut Bread **OR** Breaded Chicken Patty on Hamburger Roll, Lite Mayo, Lettuce Leaf, Potato Salad, Roman Blend Salad **Fresh Fruit**	22) ***Reduced Sodium Hot Dog on Hot Dog Roll, Baked Beans, Cole Slaw **OR** Tuna Salad on Oatnut Bread, Lettuce Leaf, Tri-Color Pasta Salad, Tossed Garden Salad w/Lite French Dressing **Pears**	23) **Mushroom Barley Soup/Crackers** Pier 17 Fish w/ Lemon Pepper Sauce Red Bliss Potatoes, Stewed Tomatoes Rye Bread **OR** Ham & Swiss on Multigrain Bread, Lettuce Leaf, Mustard, Lo Mein Pasta Salad, Cucumber Creamy Dill Salad **Chef's Choice Dessert**
28) **Vegetable Soup/Crackers** Breaded Fish Au Gratin, Brown Rice, Spinach, Oatnut Bread **OR** Turkey & Mozzarella Cheese on Oatnut Bread, Lite Mayo, Potato Salad, Cole Slaw **Ice Cream Cup**	29) **Beef Barley Soup/Crackers** Pot Roast w/Gravy, Whipped Potatoes, Spring Vegetable Blend, Rye Bread **OR** Chicken Patty on Hamburger Roll, Lite Mayo, Lettuce Leaf, English Peas Salad, Riviera Blend Salad **Pears**	30) **Minestrone Soup/Crackers** Baked Chicken w/ Gravy, Cranberry Sauce, Green Beans, Sweet Potatoes Multigrain Bread **OR** Roast Beef & American Cheese on Wheat Bread, Lite Mayo, Lettuce & Tomato, Beet Salad, German Potato Salad **Fresh Fruit**

THURSDAY	FRIDAY
3) **Minestrone Soup/Crackers** Chicken w/Italian Sauce, O'Brien Potatoes, Brussels Sprouts, Oatnut Bread **OR** Egg Salad on Multigrain Bread, Lettuce Leaf, Cole Slaw, Greek Pasta Salad **Oatmeal/Raisin Cookie**	4) **Beef Barley Soup/Crackers** Pot Roast w/Gravy, Baked Potato & Sour Cream, Beets, Rye Bread **OR** Seafood Salad on Whole Wheat Bread, Lettuce Leaf, Tossed Salad w/Lite Dressing, Macaroni Salad **Butterscotch Pudding/Topping**
10) Mild Beef & Bean Chili, Corn Tossed Salad w/Lite Italian, Corn Bread **OR** Tuna Salad on Oatmeal Bread, Lettuce Leaf, Potato Salad, Rivera Salad **Strawberry Cup**	11) **Tomato Soup/Crackers** Salmon Boat w/Lemon Sauce, Peas, Carrot & Corn, Red Bliss Potatoes Multigrain Bread **OR** Chicken Salad on Wheat Bread, Lettuce Leaf, Pasta Salad w/Cheese, Carrot Pineapple Salad **Vanilla Pudding/Topping**
17) **Minestrone Soup/Crackers** American Chop Suey, Grated Parmesan Cheese, Broccoli & Cauliflower Oatnut Bread **OR** Chicken Salad on Lettuce Leaf, Tomato Cucumber Salad, Multigrain Bread **Fresh Fruit**	18) Country Chicken w/Cream Sauce, Sweet Potatoes, Brussels Sprouts, Rye Bread **OR** Seafood Salad on Hamburger Roll, Lettuce Leaf, Macaroni Salad, Carrot Raisin Salad **Chocolate Pudding / Topping**
24) **Tomato Florentine Soup/Crackers** Chicken Marsala, Parsley Buttered Noodles, Green Beans, Whole Wheat Bread **OR** Turkey Salad on Lettuce Leaf, German Potato Salad, Cauliflower Carrot Salad **Pineapples**	25) **CHRISTMAS DAY** **SENIOR CENTER CLOSED.** **NO MEAL SERVICE**
31) Stuffed Pepper, Hot Three-Bean Medley Carrots, Wheat Bread **OR** Chicken Salad on White Bread, Spinach Mandarin Orange Salad w/Lite Dressing, Pasta Salad w/Cheese **Mixed Fruit**	**ALL MEALS INCLUDE 8 OZ OF 1% MILK AND MARGARINE.** ***Low sugar desserts need to be ordered with the site manager.** *****Higher Sodium Content** ***Menu subject to change** ***$ 1.75 donation per meal requested**

LUNCHEON SPECIALS FOR DECEMBER

Reservations for **ALL** Springwell lunches must be made by 11:00 am on the **weekday preceding the day on which you want to have lunch.** For reservations for **Monday lunches**, please call the **previous Friday**. Call 617-730-2770 for reservations.

On **Saturday, December 5**, come to the Senior Center for the annual **Elks Christmas Dinner** at 1:00 pm. There will be turkey and all the trimmings at this dinner as well as jolly holiday entertainment. See also p. 3/

On **Tuesday, December 15**, Springwell will serve their **Holiday Special** and we will have our December **Birthday Lunch** at the same time. If you, or someone you are making reservations for, have a birthday in December, please let us know when you make your reservations. And after the luncheon, stay for the screening of the delightful film "Up" at 1:30 pm—see p. 12 for details on the film.

The **Out to Lunch Group** will meet at 12:00 noon at O'Leary's Pub at 1010 Beacon Street on **Tuesday, December 29**.

Brookline Senior Center
93 Winchester Street
617-730-2770

DECEMBER 2009

EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY
To reserve a lunch please call 617-730-2770 by 11 am, a day in advance	1 10:30 am Brookline Bees-Quilters 11am-4 pm (approx) Food distrib. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "I've Loved You So Long"	2 9am BLAB lawyer 9:30 am Retired Men's Club 12:30 pm Bridge 2-4 pm Open computer lab
7- Anita Jamieson show opens 9 am Podiatry Clinic 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs 1 pmMah Jongg/Scrabble 1-2 pm Blood pressure screening 1--2 pm Line Dancing 2-4 pm Open computer lab	8 PRIMARY ELECTION DAY 10:30 am Brookline Bees - vac. 11am-4 pm (approx) Food distrib. 12:30 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Away We Go"	9 9:30 am Retired Men's Club 12:30 pm Bridge 1 p.m COA meeting - speaker Lisa Paradis, Director of Recreation 2-4 pm Open computer lab
14 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs 1 pmMah Jongg/Scrabble 1--2 pm Line Dancing 2-4 pm Open computer lab 2:30 pm Swing band	15 10:30 am Brookline Bees-Quilters 11am-4 pm (approx) Food distrib. 12 noon December Birthday Lunch and Holiday Lunch Special 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Up"	16 9:30 am Retired Men's Club 12:30 pm Bridge 1 pm Low Vision Group - vacation 1 pm Modern Beading Wkshp With Marge Harvey 2-4 pm Open computer lab
21) 9am Podiatry Clinic 10:30 am Poetry Workshop-filled 10:30 Choral performances by Tremble Clefs and Senior Chorus 12:30 pm Chinese programs 1 pmMah Jongg/Scrabble 1--2 pm Line Dancing 2-4 pm Open computer lab	22)10:30am Brookline Bees-Quilters 11am-4 pm (approx) Food distrib. 12:30 pm French Conversation grp. 1:00 pm Bingo 1:30 pmMovie Lovers' Film Series "Kitty Foyle" 29)10:30 - 11:30 am Modern dance and movement with Lynn Modell-$2	23 9:30 am Retired Men's Club 12:30 pm Bridge 2-4 pm Open computer lab
28 10:30 - 11:30 am Modern dance and movement with Lynn Modell-$2 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs 1 pmMah Jongg/Scrabble 1--2 pm Line Dancing 2-4 pm Open computer lab 2:30 pm Swing band	10:30amBrookline Bees-Quilters 11am-4 pm (approx) Food distrib. 12 noonLet's Go Out to Lunch Grp meets at O'Leary's pub -Beacon St. 12:30 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "The Art of the Piano" Evening Alzheimers' Support Grp.—call	30 9:30 am Retired Men's Club 10:30 - 11:30 am Modern dance and movement with Lynn Modell-$2 12:30 pm Bridge 2-4 pm Open computer lab

THURSDAY	FRIDAY
3 10:30 am Knit and Crochet 12:30 pm Fiction Writers' Group 1:30 pm Russian Tea Room 1:30 pm Knit and Crochet 1:30 pm "Easy Travel"-Toronto with Alice Fastov as guide	4) 9 amBridge 10 am Solemates Walking group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus -vac.. 1 pm Parkinson Support Group 1 pm Presentation by BC/BS rep. Susan Flanagan
10 10am-3 pm Van trip to Ikea Store Preregistration required 10:30 am Knit and Crochet 1:30 pm Knit and Crochet 1:30 pm Russian Tea Room 5-7 pm Reception for the artist, Anita Jamieson	11 HAPPY HANUKKAH! 9 amBridge 10 am Solemates Walking group 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus Alzheimers' Support Group - call for time
17 9-10:30 Blood Pressure Screening 10:30 am Knit and Crochet 12:30 pm Fiction Writers' Group 1:30 pm Knit and Crochet 1:30 pm Russian Tea Room 80th Birthday Tribute for A. Shurukht	18 9 amBridge 10 am Solemates Walking group 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus
24 10:30 am Knit and Crochet 1:30 pmKnit and Crochet 1:30 pm Russian Tea Room	25 MERRY CHRISTMAS!! Senior Center is closed. Rogerson Adult Day Health is closed. HAPPY KWANZAA-begins Dec. 26
31 10:30 - 11:30 am Modern dance and movement with Lynn Modell-$2 10:30 am Knit and Crochet 1:30 pm Knit and Crochet 1:30-2:30 pm NEW YEAR'S EVE OPEN HOUSE with Boris Fogel, pianist 2:30-3:30 pm reception	HAPPY NEW YEAR!!! Senior Center is closed. Rogerson Adult Day Health is closed.

ONGOING SENIOR CENTER EVENTS

MONDAY

12:30 pm—Chinese programs
1:00 pm—Mah jongg
12 noon-4 pm—BETS
1-2 pm—Line dancing $2.00/session
1:00 pm—Scrabble
2-4 pm—Computer lab open

TUESDAY

10:30 am—Brookline Bees, Quilters
12 noon -4 pm—BETS
1:00 pm—Bingo
1:30 pm—Movies

WEDNESDAY

9:30 am—Retired Men's Club
12 noon-4 pm—BETS
12:30 pm—Bridge

2-4 pm Computer Lab open

THURSDAY

10:30 am—Knit and Crochet
1:30 pm—Knit and Crochet
1:30 pm—Russian Tea Room (contact: Rita Kropp 617-730-2106)

FRIDAY

10:00 am—Solemates, Walking Group
10:30 am—Current Events Discussion Group
10:30 am—Senior Chorus

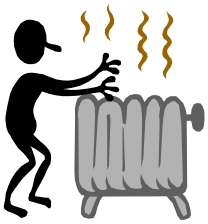
FUEL ASSISTANCE

The Senior Center is an intake site for ABCD Fuel Assistance applications. Social work interns, Kelly Burke, Alex Davis, Liz Kalfas, and Jamie Donchin will be available, by appointment, only to assist individuals with the application process. Appointments are available on Mondays from 9:00 am to 1:00 pm; Tuesdays from 1:00 to 4:00pm; and Wednesdays from 2:00 to 4:00 pm. To make an appointment for help with your application, call 617-730-2777.

Please note that an individual does not have to be an elder in order to apply for fuel assistance or make an appointment. For more information and answers to your questions, contact one of the Senior Center's social work interns at 617-730-2772. If you get a voice-mail message at this phone number, leave your name and telephone number and one of the social work interns will call you back very quickly.

Other intake sites that are available to Brookline residents are located at:

- ABCD, Inc (Central Office), 178 Tremont Street 4th Floor, Boston (Chinese, Polish, Spanish, Vietnamese, Burmese, Mandarin, Taiwanese speaking intake workers are available at this site)
- Allston/Brighton APAC, 143 Harvard Avenue, Allston (Italian, Russian, Spanish, Cambodian, Chinese speaking intake workers are available at this site).



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SONY

SENIOR SCENE

BATV has finished moving into its new offices and is taping again. Soon the Senior Scene program hosted by Betty Joel will resume. The program that we have all been waiting for on the very popular Senior Center program, *Drawing for Pleasure,* will air until the middle of December.

This program will feature interviews with the instructor of the course—Louise Weinberg and with students Sol and Gloria Brenner.

Airings will be on Thursdays at 7:00 pm with repeat airings on Fridays at 1:00 pm, and Sundays at 7:30 pm. We hope to have more information about future programs soon.

At the web site use the left navigation column to go to the Departments page, then click on Council on Aging. There you will find, under the Latest News headline— announcements of special programming (some of which didn't make the Senior News and Events deadline) and, of course, the most current issue of the Senior News and Events and the Elder Resource Guide.

No matter what holidays you celebrate in December...Christmas, Hanukah, Kwanzaa, Islamic New Year, the Winter Solstice whatever...may the season be filled with joy and happiness and the new year with fulfillment, peace, and prosperity!

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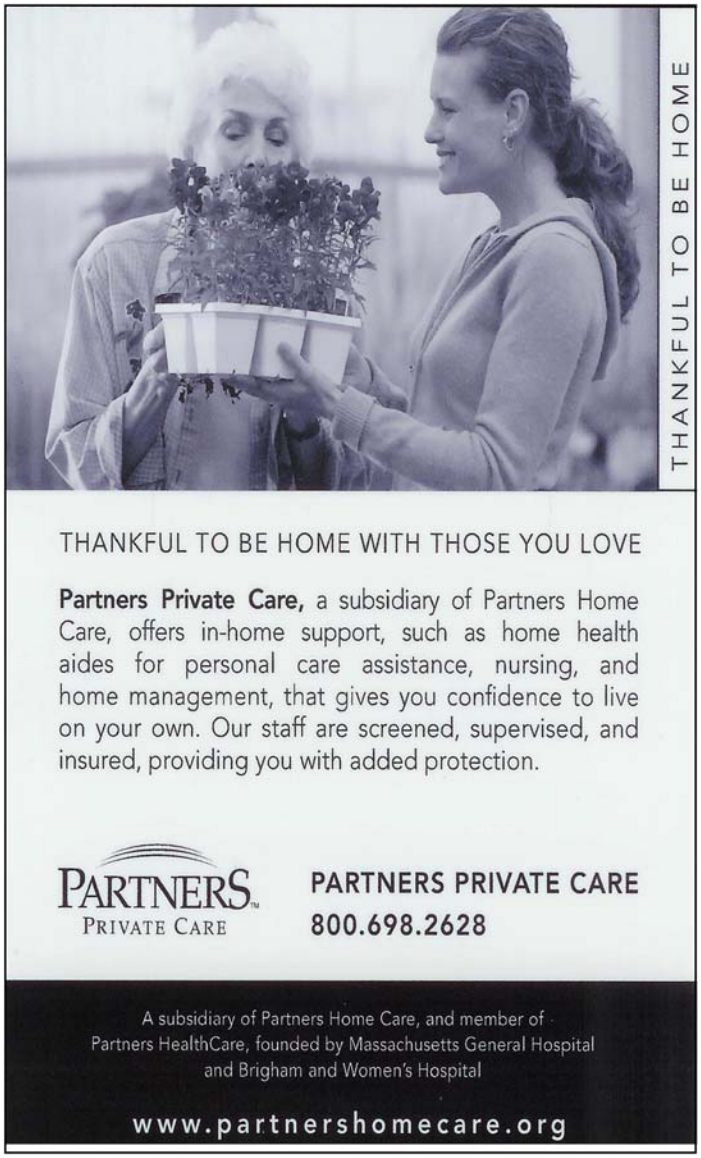
Tel. 617-566-2300

VOLUNTEER OPPORTUNITIES

Vivian Freeman, our Volunteer Coordinator, is seeking volunteers to deliver library books to and from seniors. If you have just a little time for volunteering, this is an ideal way to help. Those interested should call Vivian at 617-730-2743.

On the other side of the coin, the SHOP (Students Helping Older People) program has many Brookline High School students just waiting to assist seniors who want someone to do their grocery shopping. If you are a senior with such a need, call Vivian at 617-730-2743.



FICTION WRITERS' GROUP

The biweekly fiction writers' group will hold meetings at the Senior Center on **Thursdays, December 3 and 17, from 12:30 to 2:00 pm**. This group is for both beginning and experienced writers and is designed to be a safe haven in which writers can preview their work and get creative feedback. It will encourage the participants to write on a regular schedule, share the creative process with like-minded people, and share constructive criticism on each others' fiction and of both the art and the business of writing.

Sheila Sowder, herself a published author, is group facilitator. She has participated in several writers' workshops and was a member of a fiction writers critique group for 10 .

Group size is limited so registration is required. For more information and to register, please call 617-730-2770.

SPANISH IMMERSION

The Spanish Immersion program is planning to expand and offer Spanish classes for beginners in 2010. If you are interested in learning Spanish from scratch, call Giovanna at 617-953-7016 or e-mail her at brookline.spanish.immer sion@gmail. com.

Spanish conversation skills by talking one-on-one with Spanish-speaking Brookline elder teachers are also still available.

Add to that the chance to learn to sing and to accompany yourself in Spanish on the guitar and other musical instruments. The facilitator has lots of teaching experience and is bilingual. The course is designed for seniors. It is free for people over 55. For people under 55, a small donation is requested. It is at the Senior Center on Tuesdays from 3:00 to 4:30 p.m. For more information and to register, call Giovanna at 617-953-7016 or e-mail her at brookline.spanish.im mersion@gmail.com.

These programs are sponsored by the Brookline Senior Center and JPC: Tree of Life/Arbol de Vida.

FLU SHOTS FOR THE HOMEBOUND

Seniors who are homebound can receive a home visit flu shot. Just call Public Health Nurse Barbara Westley at 617-730-2320.

FLU CLINIC IN DECEMBER!

There will be a seasonal flu clinic (only seasonal flu, not H1N1) on Sunday, December 6 at Brookline High School from 11:00 am to 2:00 pm. This will be an open clinic, no appointments are. necessary. If you have any questions, Lynne Karsten, Director of Community Health, 617-730-2336.

CLIMATE CHANGE ACTION BROOKLINE

Climate Change Action Brookline (CCAB) is a group of volunteer activists committed to the vision of Brookline transitioning from an energy-consuming community to an energy-conserving one. CCAB is a member of Massachusetts Climate Action Network (MCAN), a network of local and statewide groups dedicated to halting the threat of global climate change. Visit their web site at www.climate changeactionbrookline.org.

To get involved in this very green organization, attend one or more of their meetings, which occur every second Monday beginning in December unless noted. Upcoming: December 14 and January 11 at Brookline Town Hall, 333 Washington St. Rm. 103. Check web site for times of meetings and for planned speakers series.

The 5th Edition of the *Elder Resource Guide*, revised and expanded, is available for pick-up at the Senior Center. Additions to the *Guide* include sections on clutter management, funeral planning, tax exemptions, and a Partners-in-Care Spotlight on Jewish Family & Children's Services. Pick up your copy today!

L IS FOR LIFETIME LEARNING

The Winter 2009/2010 Brookline Adult & Community Education (BA&CE) catalog is out and chock full of courses especially designed for seniors. Pick up a catalog, and you will find a virtual banquet of courses that start or occur in January. A sampling:

- A BA&CE Special Event: **Love, Intimacy, and Sexuality as We Grow Older** on Tuesday, January 12, from 7:00 to 8:30 pm at the Brookline High School.
- A Thursday Evening Lecture: **The Great Recession:** Understanding our Nation's Economic Crisis on Thursday, January 28 from 7:00 to 8:30 pm at the Brookline High School

Four courses at the Senior Center cosponsored by the Council on Aging (COA):

- **Telling Your Story**: Senior Seminar in Autobiographical Writing. 8 Wednesdays from 10:15 to 11:45 am beginning January 13
- **Literary Discussion Group**. 8 Tuesdays from 10:30 am to 12:30 pm beginning January 12
- **Short Stories**: Willa Cather, Sarah Orne Jewett, and Alice Munro. 8 Wednesdays from 1:00 to 3:00 pm beginning January 13
- **Love in Literature**. 6 Thursdays from 10:00 am to 12:00 noon beginning January 21

In addition there will be several computer courses at the Senior Center cosponsored by the COA. See pp. 24-25 of the BA&CE catalog. And there will also be some health and dance classes especially for seniors at the Senior Center, including: Introduction to Tai Chi Chuan (p. 39), Yoga for Older Adults (p. 40), Nia for Seniors: Health Through Movement (p. 44), and Strength Training for Seniors (p. 46).

And the Continuing to Drive Past 55 course will be given again beginning January 7.

For more information and to register for courses, call 617-730-2700, or access BA&CE online at www.broklineadulted.org.

WOULD YOU BELIEVE THE PREFERRED CRIME OF THE 21ST CENTURY IS ELDER FINANCIAL ABUSE?

Financial abuse of the elderly takes many forms and may come from crooks outside, OR greedy souls inside, your family.

A concerned client recently contacted me about a call she received from someone purporting to be from Medicare. The caller informed the client that she would lose her Medicare benefits if she failed to file a form due in the next day. Then, the caller offered to fill out the form for her by telephone to save time, and immediately requested a social security number and financial information. Instead of answering the questions, the client contacted my office. A simple search of the Medicare web site confirmed that this is indeed a scam that is presently under investigation.

A word to the wise: Never give answers to a Medicare or Medicaid caseworker who calls you when you have not called them first. In fact, as a matter of course, do not give your social security number or any personal information to anyone who calls you out of the blue. If Medicare or MassHealth has business with you or any other reputable source that needs information from you, they will write!

I have personally seen many people who are willing to take advantage of elderly family members. Why not? The risks are low, and the rewards are high! This type of crime is hard to prove, is not violent, and victims are reluctant to report family members to authorities. Those over the age of 50 control 70% of the nations' wealth. This makes them desirable targets for financial abuse. Sometimes family members believe they are entitled to inheritance *now*, and Mom and Dad shouldn't be spending their own money!

by Susana Lannik, Esq. Her next article will describe what can be done to prevent this kind of abuse. And listen to Susana Lannik in a live interview about Elderlaw practice with Sibil Tonkonogy at 1550 WNTN Radio on December 14, at 11:00 am.

Law Office of Susana Lannik, LLC

Two Newton Place, Suite 200
Newton, MA 02458-1694
Brookline & Newton Offices

PH: 617-658-2980
FAX: 617-964-1694
Susana@LannikLaw.com

Over 26 years of experience in Estate Planning, Wills and Trusts, Long-Term Care and Special Needs Planning, Guardianship, and Probate of Estates.

Original member of Brookline Senior Center Committee and Brookline Legal Assistance Bureau.

CELL PHONES AND IPODS

Did you, your children, or your grandchildren get new cell phones or iPods for the holidays? If so do not let them go into the trash. Bring them to Susan Andriole at the Senior Center, and we can pass them on to an organization that will rehabilitate them for nonprofit use and give the Senior Center cash that will help pay for our services, equipment, and programs.

GOING BACK TO KINDERGARTEN

I did some deep cleaning and sorting in the archeological dig that is my home, and ran into my report card from Kindergarten (1951 to 1952). I had no idea that the document was in my house. It was in pristine shape. My dear departed mother must have saved it for me. I opened it up, and here's what I found out about the times and the little person I once was.

The report card was slyly named "Report of Progress." Actually, I don't remember making any progress in kindergarten. All I remember is sitting on my teacher's lap and having daily naps on the floor on a little ratty blanket that we each kept at school for that purpose.

The "Progress of Report" contains a disclaimer. It says that the students are not judged "in relation to others at his [sic] grade level, but merely indicates your child's achievement based on his [sic] individual capabilities and his [sic] own rate of speed in development." I guess the school (and educational system at the time) wanted to protect us against the ravages of competing in the real world. That certainly turned out to be a losing battle!

There were many check marks (which indicated satisfactory growth, but as noted above, not objective achievement). There were aslo a couple of slashes. This is the sign that was the report card equivalent to the nasty buzz sound in the game shows when the contestant gave an incorrect answer. These slashes indicated "a need for growth."

My demerits, no, my "needs from improvement" were in the two following areas: "relaxes easily" and "uses self-control." I was quite surprised that many of my adult deficits were not picked up in this report. Some of these were: "follows directions," "speaks distinctly," and "expresses himself [sic] well." At least two qualities (which have helped me in my profession), "listens attentively" and "enjoys stories" were noted as satisfactory.

In April 1952, my teacher, Ina M. Legg, wrote in the "Teacher's Comments," *inter alia*, that "Laurie shows signs of improved adjustment to the group." (Lucky, I'm now self-employed, and people must adjust to me.) In the space where your mother (aka "parent") comments and signs, my mother was mute and just signed her name. Maybe she was struck speechless by the wonderful report card she had received. Anyway, her thoughts on receiving the missive are now lost to history.

There was a group photo in the envelope of the entire (2) kindergarten classes (47 little post-war souls). I was surprised at how mature we all looked. The boys wore striped and plaid shirts and suspenders. The girls wore frilly dresses (yes, even me—perhaps that's why I looked so unhappy in the photo), or quasi-dirndl skirts with white blouses. (What side of the war were their parents on?)

They were different times, but somehow, we all made it through. Have a wonderful holiday season, everyone.

by Laurie Israel, Esq.

(617) 277-3774

Wills ♦ Probate ♦ Trusts ♦ Estates

www.laurieisrael.com

lisrael@socialaw.com

LAW OFFICES OF LAURIE ISRAEL

Coolidge Corner

JANUARY 13—SAVE THE DATE

Be sure to come to the Council on Aging meeting at 1:00 pm on Wednesday, January 13 for the **Craft Fair check presentation**,

The Senior Center wants to give a ***BIG thank you*** to all the volunteers, sponsors, donors, and supporters that made this year's fair a wonderful success.

FIRST LIGHT DOINGS

Among the special activities and performances at this year's 1st Light on Thursday, December 3, starting at 5:00 pm, here are a sampling of things seniors might especially want to see or do. Do not take this as a complete list in any way. It is intended to whet your appetite. Access the official webwww.brooklinema.gov/first light/ for full schedules and other information. Also see p. 1 for more information.

At Coolidge Corner

- **The *Senior Chorus* will perform at the Atrium at 5:00 pm.**
- ***Estelle Katz*** sings jazz accompanied by Andy O'Connell at the Marriott Courtyard from 5:30 to 6:30 pm
- Have a hand and arm massage at ***The Body Shop*** from 5:00 to 8:00 pm
- Enjoy the jazz/poetry group ***Blues Cabaret*** at Downtown Shooz from 6:00 to 8:00 pm
- The ***Coolidge Corner Community Chorus*** will perform at Fire Opal at 7:00 pm
- The ***Follen Angels*** with Hildy Grossman will perform songs of the 1920s through the 1970s

At Washington Square

- ***Alan Balsam***, folk guitarist and singer will entertain with sounds of the 1960s and 70s from 6:00 to 7:00 pm.
- The ***Fordham Wilkes Duo*** will be at the Fireplace Restaurant from 7:30 to 8:30 pm

At St. Mary's Station

- Joyful music from the ***Back Bay Ringers*** at the Brookline Bank from 6:00 to 6:30 pm and at the Brookline Arts Center from 6:45 to 7:15 pm
- Visit the ***Craft Showcase*** at the Brookline Arts Center from 5:00 to 8:00 pm

At Putterham Circle

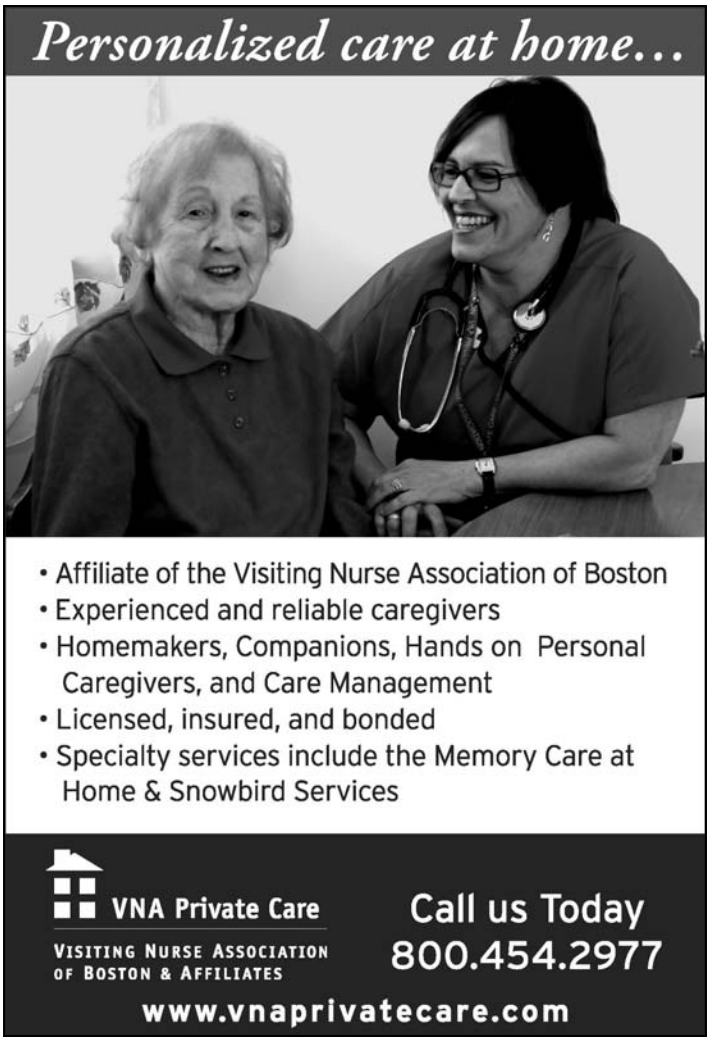
- Catch as much cash as you can at the ***Cash Cube*** at the Brooklilne Bank

ELF

The Council on Aging Equipment Loan Fund (ELF) has a small supply of gently used large and small items and walker accessories that are now available for lending thanks to generous donations. If you want to borrow an item (or if you have something you would like to donate), please contact Julie Washburn at 617-730-2760. Because of space limitations and other guidelines, we will not be able to accept all items, so please be sure to call ahead and speak with Julie before dropping anything off.

HANDICAPPED ACCESS

The Town of Brookline does not discriminate on thebasis of disability in admission to, access to, or operations of, its programs, services, or activities. If you need assistance or special accommodations, please contact the Council on Aging at 617-730-2777.



AT GODDARD HOUSE IN DECEMBER

On Wednesday, December 2, at 7:00 pm, come to Jim Porcela's Holiday Show, *The Three Swingin' Tenors*—performing holiday music to celebrate Hannukah and Christmas.

On Monday, December 7, at 2:30 pm, the New England Conservatory vocal group, *The Troubadours*, composed of opera and vocal performance majors, will perform well-known opera works, art songs, and show tunes.

On Wednesday, December 9, at 7:00 pm, Bridie Johnson and Junya Fukumoto will perform jazzy renditions of your favorite holiday songs for voice and piano.

And on Monday, December 21, at 2:30 pm, try something different with Sandra Boris-Berkowitz, certified laughter yoga leader, of Laughing Matters, leading a demonstration of the popular technique of "laughter yoga."

Kick it up a Notch.

Friendships are the spice of life made all the more flavorful with a seasoned combination of health and wellness services and an educational program you'll savor.

Traditional Assisted Living •
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GODDARD HOUSE IN BROOKLINE
The Recipe for Living

For a taste of Goddard House in Brookline call Emily Judd at 617.731.8500 x105 or take a tour at www.goddardhouse.org

THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

All Goddard House events are free and open to the public. And refreshments are served. Please RSVP to 617-731-8500 for any events you plan to attend. Goddard House in Brookline is located at 165 Chestnut Street. There is ample parking on site. Directions are available at Goddard House's web site at www.goddardhouse.org.

CHEESE BLINTZES *(MAKES 12)*

Filling

1/2 lb farmers' or pot cheese
2 oz cream cheese at room temperature
1 egg, lightly beaten
1/2 tbsp grated lemon rind
salt to taste

Preparation

1. In a medium bowl, combine the farmers' or pot cheese, cream cheese, egg, lemon rind, and salt. With a wooden spoon, beat until smooth.
2. If its lumpy, press the filling through a sieve into a bowl. Cover and refrigerate until ready to use.

Pancakes

2 eggs, lightly beaten
1 tbsp unsalted butter, melted and cooled
1 cup flour
1/2 tsp salt
1 cup milk
1/4 tsp baking powder
extra butter (for frying)

Preparation

1. Have on hand a large baking sheet.
2. In a bowl, whisk the eggs, butter, flour, salt, milk, and baking powder.
3. In a 5- to 6-inch cast-iron or nonstick skillet, melt 1 tsp of the extra butter. When the butter is hot, add half a ladleful of batter and quickly lift up the pan and rotate it to spread the batter evenly and thinly over the bottom. Cook for about 30 seconds. Slide the pancake onto a plate and flip it back into the pan. Cook for 15 seconds on the second side. Remove the pancake to the baking sheet. Repeat with more butter and batter. The pancakes will keep for several hours at room temperature.
4. To make the blintzes: Set a pancake on the counter. Put about 1 tbsp of the filling in the center. Fold in the sides so the filling is completely enclosed (it should look like a square pancake). Roll up the pancake. Continue with more pancakes and filling.
5. 5. In a large skillet, heat about 2 tablespoons butter. Add enough blintzes to the pan so they're not crowded. Fry for 4 minutes. Turn and brown the other sides. Serve with sour cream and applesauce.

This recipe came to us last December as a holiday e-mail from the director of the Jewish Family & Children's Services. It was adapted from the "Jewish-American Kitchen." We thought it might be a delicious holiday treat for everyone.

2010 CENSUS JOBS

The US Census Bureau is recruiting temporary, part-time census takers for the 2010 Census. These short-term jobs offer good pay, flexible hours, paid training, and reimbursement for authorized, work-related expenses, such as mileage incurred while conducting census work. And, best of all, census takers work right in their own communities.

Conducting the census is a huge undertaking. Hundreds of thousands of census takers are needed nationwide to help locate households and conduct brief personal interviews with residents. Most positions require a valid driver's license and use of a vehicle. However, use of public transportation may be authorized in certain areas.

Census taker jobs are excellent for people who want to work part-time, those who are between jobs, or just about anyone who wants to earn extra money while performing an important service for their community.

To find out about locations and testing session hours, please call the census job line at 1-866-861-2010 or access the web site at http://2010.census.gov/2010censusjobs/.

5th Annual Autumn Benefit Reprise and Thank you

November 2, 2009

Dear Friend:

I want to thank you personally for your donation on my behalf. I am thrilled that you chose to support my passion--the Brookline Senior Center.

- Each week hundreds of seniors enjoy activities, programs, and services in our beautiful facility.
- The van and elderbus are dependent on donations to keep seniors mobile.
- Over 250 volunteers give thousands of hours to maintain seniors' vitality and activity level.
- Our social work staff connects elders to important benefits, resources that keep them secure and independent

We can only continue in these difficult economic times with the caring generosity of people like you. Donations of all sizes are welcome and needed.

Again thank you for your generosity. The night we shared together made me happy to be dancing and sharing our wonderful community spirit together.

Fondly,
Agnes Rogers

P.S. Stop by the kitchen to say hello to me and my friends who are helping everyone enjoy a hot lunch each weekday. Or, better yet, volunteer to help us!

Thank you Mimi Katz for your wonderful photographs.

5TH ANNUAL AUTUMN BENEFIT THANK YOUS

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AND THANK YOU ALSO

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Christine Wolfe for her gift **in memory of Yemema Seligson**
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Kathryn Kilpatrick (funding the senior van) for her gift **in memory of Sam Baron**
Sylvia Davis for her gift **in memory of Cathy Dupuis**
Patricia Dobek for her gift **in memory of Edward Zigas**
Claire Lurie for her gift **in memory of Anita Lurie**

And our very special Thank You goes to Brookline Elks Lodge 886 for donating the lovely holiday tree to the Senior Center.

MEMORIAL GIVING

As the number of seniors using the Senior Center increases, so does our need for financial support. Memorial gifts are a special way of remembering a loved one. **To identify the Brookline Senior Center as a memorial donation charity, individuals often use the following language: "In lieu of flowers, the family requests that contributions be made in memory of our loved one to the Brookline Senior Center, 93 Winchester Street, Brookline, MA 02446."** With help from donations, the Brookline Senior Center is able to keep its promise to help seniors stay independent in the place they love—home.
The Brookline Senior Center is a 501c3 nonprofit organization. Gifts are tax deductible and contributions are acknowledged. Call Ruthann Dobek at 617-730-2756 for more information

OUR ADVERTISERS

While the ads placed in this newsletter do not constitute a recommendation from the Brookline Council on Aging or the Brookline Senior Center, we do want to thank all of the advertisers in the newsletter for helping to support the *Senior Center News and Events* so that we can continue our service to the Brookline senior community.

OUR CONTRIBUTORS

Our gratitude goes out to the contributors to the December Senior News and Events: to Polly Shakespeare for her poem on p. 3; to www.udhr.org for information about and quotes from the Universal Declaration of Human Rights on p. 4; to Dorene Nemeth at Shine for the article on p, 7; to Anita Jamieson for letting us reproduce her watercolor on p. 9; to Netflix for the pictures and text about our December movies on p. 12; to the San Francisco Chronicle and the Washington Post for brief quotes from their book reviews on p. 15; to Susana Lannik for her essay on elder financial abuse on p. 23; to Laurie Israel for her nostalgic look at kindergarten on p. 24; to the Director of Jewish Family & Children's Service for sending us the the recipe for Cheese Blintzes at adapted from the "Jewish-American Kitchen" on p. 27; and to Mimi Katz for the photographs on p. 28.

FROM THE BOARD PRESIDENT

The Brookline Senior Center gratefully accepts donations to its nonprofit arm. These donations are completely tax deductible to the giver. Donations are put into use to keep the van running and to fund furnishings, improvements, and innovative programs for our Senior Center.

We welcome your gifts in honor of special occasions; as thanks for services you have received; or to recognize friends, family, or staff and we thank all who have thought of the Senior Center and help support us through the years.

Thank you, Elizabeth (Betsy) Pollock
President, Brookline Senior Center Board

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A yearly donation of $10.00 is requested to have this calendar mailed to your home monthly. To subscribe, please fill in the following form and return it and a check for $10.00 to:

Brookline Senior Center
93 Winchester Street
Brookline, MA 02446

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Please enroll me as a member of the Brookline Senior Center. Enclosed is my donation check.

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DON'T LET YOUR SUBSCRIPTION RUN OUT In order to make certain that you have current information on happenings at the Senior Center, in Brookline, and in the metro area, please check the date that is printed next to your name on the address label on the back of this page. If that date is 30 days or less away, use the form above to renew.

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