

# 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



DECEMBER 2010



**Council on Aging Information Hotline**

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## HIGHLIGHTS

Don't miss all the Holiday Happenings. See p. 3 as well as the Boston Music School Concert on p. 4, the New Year's Eve Open House on p. 5, and the Home for the Holidays Concert on p. 14.

## FAREWELL CHARLOTTE

As the year ends, we must say farewell to Charlotte Millman, our Program Manager and friend. It is a "farewell" in the true sense of the word—we wish that she fare well in her retirement—but note that we will miss her organization and creativity and just having her involved in the life of the Brookline senior community and its Senior Center. We will miss her creativity in program development and her humanity and gentility in making seniors, volunteers, and staff feel welcome and cared for. Don't be a stranger, Charlotte. Visit us often and don't forget us. We won't forget you.



*Dear friends,* What do Oprah Winfrey, Mayor Richard M. Daley, and Charlotte Millman all have in common? We are all from Chicago and we are all retiring from exciting jobs that we have held for 20+ years. In my case, I have been working at the Council on Aging/Senior Center for 25 years. In that time I have been provided with many opportunities for which I have many people to thank.

Thank you to Ruthann Dobek who has been my supervisor all these years. She has developed a remarkable organization that is reflective of the supportive and encouraging atmosphere she has fostered.

Thank you also to the Council on Aging and to my Senior Center colleagues who have made my job that much easier with their help, insights, and good humor. Thank you to the many volunteers and to all the staff who keep the center running so well. And finally, thank you to all the Brookline seniors who have made my job so interesting.

I am looking forward to retirement and hope to use the many lessons I have learned from Brookline's seniors who exemplify "positive aging." Of course, I plan to continue shopping at the Gift Cart (my favorite source for gifts), and I will continue to colead the Putterham Book Club with Jean Kramer.

Finally, I want to wish everyone a happy, healthy, and peaceful New Year.

*Sincerely, Charlotte Millman*

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

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# HOLIDAY HAPPENINGS

## JUSTIN MEYER TRIO

The Winter-Spring 2010-2011 Boston Music School series of concerts will begin at the Senior Center on **Wednesday, December 1, at 1:00 pm** with a concert by our old friends the Justin Meyer Trio, a group dedicated to performing the classic music of the Swing Era—great compositions by George Gershwin, Cole Porter, Irving Berlin, Duke Ellington, and many other contributors to the Great American Songbook.



## PROMETHEUS ELDER DANCE ENSEMBLE

On **Thursday, December 9, at 2:00 pm**, there will be a very special performance of *The Prometheus Dance Elders Ensemble*, at the Senior Center, sponsored by the Brookline Health Care Center.

This dance ensemble, founded in 2004, was created to inform both the young and the old that dance is a form of communication and that there is power, integrity, virtue, and beauty within the community of elders.

Created by Artistic Directors Diane Arvanites and Tommy Neblett, the elders perform movement theatre that tells the stories of their lives as dancers, daughters, mothers, and friends. The group performs in concert venues, senior centers, and rehabilitation centers throughout year. It is comprised of 10 post-professional dancers ages 56 to 86. Many of the dancers studied with the greats of modern dance (Martha Graham, Hanya Holm, Anna Sokolow, and Jose Limon) throughout the 1930s, '40s and '50s and are a living link to the origins of modern dance. The Ensemble recently received a Gold Star Award from the Massachusetts Cultural Council for outstanding arts programming in the state.

## HOLIDAY CRAFT FAIR CHECK PRESENTATION PARTY

Come to the Senior Center on **Friday, December 3, from 10:00 to 11:30 am** for **Brunch** with Chanukah goodies and the presentation to the Senior Center of the check with the proceeds of the 26th Annual Holiday Craft Fair (that was held in November). Celebrations will abound and the **Senior Center Chorus** will entertain at 10:30 am.

## ELKS HOLIDAY DINNER

And on **Saturday, December 4, at 1:00 pm**, let Brookline Elks Lodge 886 treat you to their annual free, festive Holiday Dinner with turkey and all the trimmings. The Elks have been throwing this bash for several years, and it is always a happy, popular event.

The Van will be running to pick you up and return you home after the event. It will make all the Elderbus stops in Brookline.



## SPRINGWELL HOLIDAY LUNCH

Come to this lunch on **Tuesday, December 14**. It will be followed by John O'Neill in a "Home for the Holidays" concert. See pp. 14, 16, and 17.

## RUSSIAN TEA ROOM

The Russian Tea Room will present a holiday musical performance at the Senior Center on **Thursday, December 23 at 1:30 pm**. The program is to be announced. Everyone is invited!

## DECEMBER HOLIDAYS

Of course, this is *the holiday season*, simply loaded with festivity and overflowing with the milk of human kindness—and, sigh, sigh, commercial opportunities. Of course, we have the BIG THREE—Chanukah, Christmas, and Kwanzaa.

For those who want a more contemporary holiday, there's Festivus (for the Rest of Us)—a direct result of a Jerry Seinfeld TV series episode on December 18, 1997. For those of you who are not Seinfeld aficionados, this holiday substitutes an unadorned aluminum pole for a tree, meatloaf for turkey or ham, and "Feats of Strength" and "Airing of Grievances" for more traditional holiday activities after dinner.

And, if you want to celebrate more, you can choose such delight-filled days as Eat a Red Apple Day (December 1), Wear Brown Shoes Day (December 4), National Flashlight Day (December 21), or National Fruitcake Day (December 27).

Whatever you do, however, have a joyful holiday season and know that the Senior Center will be open from Monday through Friday all month with programs and activities for your pleasure and enlightenment. The Rogerson Adult Day Health and Fitness First programs will be closed on Fridays, December 24 and December 31.

## COUNCIL ON AGING MEETING

On **Wednesday, December 8, at 1:00 pm**, the Council on Aging (COA) board will meet. At this meeting Hans Hug, insurance broker with The LTC Insurance Group in Exeter, New Hampshire, will speak to us about long-term care insurance. Mr. Hug is a seasoned speaker on how to pay for long-term care insurance, having made presentations at close to 20 COAs from Newburyport to Norwell in the past 10 years and having trained many SHINE Counselors in the subject. The meeting is sure to be informative and lively, and all are invited.

## BROOKLINE MUSIC SCHOOL CONCERTS—SAVE THE DATES

Don't miss the Justin Meyer Trio concert on Wednesday, December 1, (see p. 3), and mark your calendars for the Boston Music School concerts for Winter 2010-2011. They are all on Wednesdays:

- January 5 featuring Nara Shahbazyan on the cello
- February 2 featuring Karine Bagdasarian at the piano
- March 2 featuring the Boston Jazz Trio

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## THE LINDEN TREE

This is a present for seniors...in fact, for everyone...from artist/poet Mary Sage Shakespeare (affectionately aka "Polly"). This poem reflects her love for nature and family. It is sent from her to all of you "With Love and Wishes for a Peaceful and Fulfilling Holiday Season."

I'd like to be like a Linden tree,  
Tall and straight with a spreading  
green top,  
Around my trunk young leafy sprouts  
Like children at a grownup's knee.  
These are like the young I knew,  
Nieces, nephews, others too,  
I took on walks  
To a beaver pond  
And researched too  
The things we found.  
Relationships were  
Based on sharing  
Mother Nature's  
Great outpouring.  
Observations made by kids  
Valid as an adult's is.  
Most things kids are taught  
Come spiced  
With interpretations,  
Hearsay, biased.  
Nature offers them the truth  
They can use to ground themselves  
Finding life and freedom there  
Which they do not find elsewhere.



## PUTTERHAM BOOK CLUB

On Monday, December 20, the group will meet at the Putterham Branch of the Brookline Public Library in Putterham Circle at 2:00 pm. The book under discussion will be *Holidays on Ice* by David Sedaris.



David Sedaris.  
Photo by Hugh Hamrick.

David Sedaris is a playwright and a regular commentator for National Public Radio. In addition to *Holidays on Ice*, he is also the author of the bestselling *Barrel Fever*, *Naked*, and *Me Talk Pretty One Day*, and of a new book *Squirrel Seeks Chipmunk: A Modest Bestiary*, just published in September. He travels extensively though Europe and the United States on lecture tours and lives in France.

## ANNUAL NEW YEAR'S EVE OPEN HOUSE: "GOOD TIMES" WISHES FOR CHARLOTTE

On Friday, December 31, from 2:00 to 4:00 pm, come to the Senior Center to our annual Open House. This year the theme will be bittersweet. We will bid "farewell" to Charlotte Millman who is retiring after 25 years with the Council on Aging. We will miss her bright smile and calm ability to make events run seemingly seamlessly. On the other hand, we hope she will have many wonderful retirement years.

Come in multitudes to give Charlotte a "really big" sendoff.

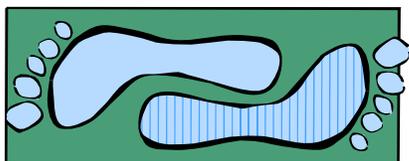
Joe Reid will provide piano entertainment at this open house.

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.



**Ask a Nurse** The December date for St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier's visit the Senior Center to consult with individuals is to be announced.

**Podiatry Clinic** Routine foot care with Dr. John McLaughlin is available on **Mondays, December 6 and 20, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost \$30 (note the increase in cost per session). Appointments are required. Make one by calling 617-730-2777.



**Low Vision Group** This peer-led support group for individuals with limited eyesight will meet on **Wednesday, December 15, from 1:00 to 2:30 pm** at the Senior Center.

**Blood-Pressure Screenings**

The Brookline Health Care Center will provide blood-pressure screenings **at the Senior Center on Monday, December 6, from 1:00 to 2:00 pm**. The nurse who presides at this session is fluent in English and several Chinese dialects.)

There will also be blood-pressure screenings **at the Senior Center** with a nurse from the Brookline Health Department on **Thursday, December 16, 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**

There will be blood pressure screenings with a Brookline Health Department Nurse on **Thursday, December 16**, at the Senior Center from **9:00 to 10:30 am** and:

- On Wednesday, December 1, at the Brookline Health Department, 11 Pierce St., from 2:00 to 3:00 pm
- On Wednesday, December 8, at Susman House, 50 Pleasant St., from 1:00 to 2:00 pm
- On Wednesday, December 22, at O'Shea House, 61 Park St., from 1:00 to 2:00 pm.



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## NEED HELP UNDERSTANDING 2011 MEDICARE PLANS?

The Medicare Annual Open Enrollment period ends December 31. During this time, you can change your Medicare health coverage as well as your Medicare Prescription Drug (Part D) plans.

Some Medicare Advantage plans, such as Harvard Pilgrim First Seniority, will no longer be offered in 2011. If you are in one of those plans, you must choose a new plan for 2011. In most of these cases if you do nothing, on January 1, 2011, you will be back in Original Medicare with supplemental and no drug coverage.

Some Medicare Prescription Drug plans, such as First Health Part D—Secure and AARP MedicareRx Saver, will no longer be offered in 2011. Some Part D companies will be enrolling you in similar plans, which they are offering. You can still select a different Part D Plan from a different company, which may be better for you.

Even if your plan is not being canceled, you need to check that your drugs will continue to be covered by your drug plan and how much they will cost you (in premiums and copayments) in 2011. Many plans have increased monthly premiums, but a number of plans have

significantly increased copayments as well.

The good news is that help is available.

Alas, no more SHINE appointments are available here at the Senior Center, but there are additional counseling appointments available 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 1-800-AGE-INFO (1-800-243-4636), 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 back for a couple of days.

And you can call Medicare at 1-800-MEDICARE (1-800-633-4227) or MassMedLine at (866) 633-1617. Or access Medicare online at [www.medicare.gov](http://www.medicare.gov).

Since the enrollment period is over at the end of December, there is additional important information for you on pp. 10 to 12 of this newsletter.



## ALZHEIMER'S CAREGIVERS SUPPORT GROUP



There are two sessions of this group per month—one in the afternoon and one in the evening. Both are designed to help caregivers

cope with the stresses and demands of helping their Alzheimer's-stricken family members and friends. These groups are available at no charge and are open to all caregivers.

The **Afternoon** group will meet on **Friday, December 10**. Call group leader Elaine Yanowitz at 617-730-2751 to register to attend and/or for further information about this group and for time of meeting.

The **Evening** group will meet **Thursday, December 30**. Call group leader Susan Andriole at 617-730-2754 to register to attend and/or for further information and for time of meeting.



## 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 all seniors including those who are intent on Aging Well at Home:

**BETS** (Brookline Elder Taxi System), 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 (\$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 every **Monday through Wednesday from 12:00 noon to 4:00 pm** to take applications for, and sell, BETS coupon books. For more information, call Alicia at 617-730-2740.

If you want to apply for the first time, or be recertified, for the BETS program, please bring your 2009 income tax returns when you meet with Alicia. If you do not have to file tax returns, check with Alicia before you come in about what proof you will need to bring. (All riders must be recertified every year in order to be able to buy BETS coupon books.)

The income guidelines have changed: An individual's maximum annual income cannot exceed \$45,100; a couple's, \$51,550.

BETS 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, 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 so in cash.

**BLAB** The Brookline Legal Assistance Bureau will be at the Senior Center from **9:00 am to 12:00 noon** on **Wednesday, December 1**, and on Wednesday, January 5. 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.

A **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 on the File of Life, call 617-730-2777, and leave your name and phone number. The Senior Center's File of Life Coordinator, Ruth Geller, 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** (Job Opportunities for Brookline Seniors) 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.

**SNAP** (Supplemental Nutrition Assistance Program) helps seniors stretch food dollars with food stamps. If you need assistance at any time during the process, call Sonia Wong at the Senior Center. Leave a message for her at 617-730-2777, and she will get back to you promptly.

**SHINE** counselors Sonia Wong, Ed Levin, and Sybil Levisohn (filling in for Deborah Brass who is on extended medical leave) are on hand at the Senior Center daily to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777.

There is no longer a **SOCIAL SECURITY** Contact Station at the Senior Center. For assistance, call the Boston Social Security office at 617-565-8903 or its main number at 800-772-1213.

## ASK A GERIATRICIAN

Dr. Suzanne Salamon, Geriatric Specialist at Beth Israel Deaconess Medical Center (BIDMC), answers your *general* questions about aging and geriatric medicine in this column every month. (*Editor's note: If you have questions, please send them to me at [jgimple@brooklinema.gov](mailto:jgimple@brooklinema.gov) or call me at 617-730-2790, and I will make sure that Dr. Salamon gets the questions and answers them in subsequent issues of the Senior News and Events.*)

**Question:** Where can I get information about the availability of palliative care and hospice care?



**Answer:** When someone is diagnosed with life-threatening illness, it can be confusing knowing what questions to ask, what help is available, or what treatments to choose. You do not have to figure out these complicated issues alone. You can get help from a Palliative Care Program. This consists of a team that might consist of a doctor, nurse, social worker, nutritionist, and/or chaplain. This team can provide emotional support and guide you and your family through the health-care system. They can inform you of available community resources. You do not have to have a terminal illness to get *palliative care*.

*Hospice care* is palliative care for those who no longer seek treatments to cure them. Usually one must be within 6 months of death to be eligible for hospice programs. You can find a hospice or palliative care program by asking your physician or calling your local hospital. Some hospice programs offer palliative care.

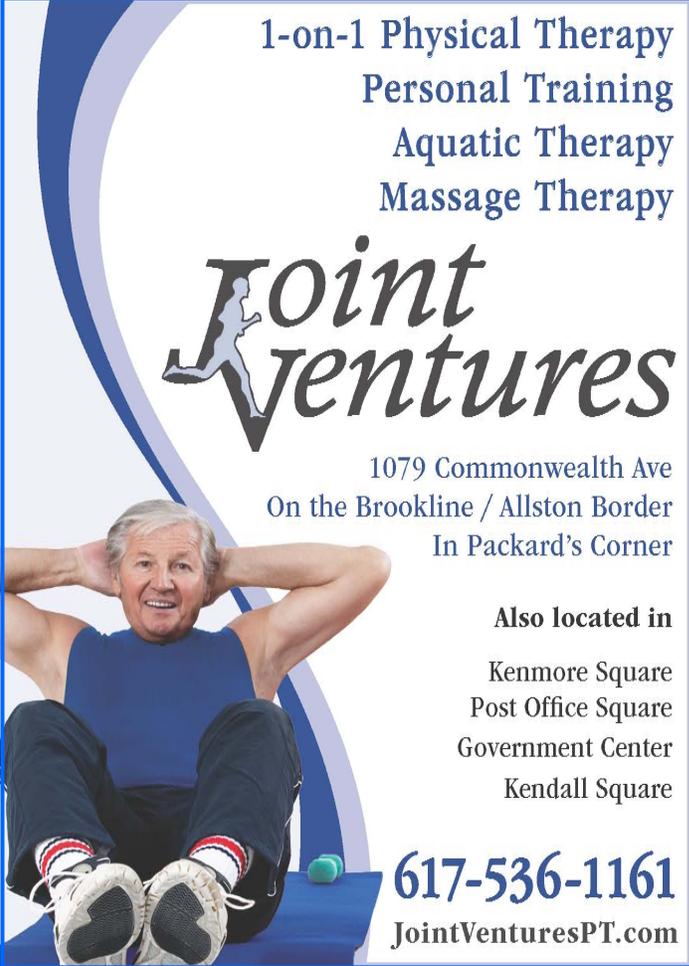
It is important to make your wishes known to your loved ones as well as your doctor. Holiday gatherings are a good time to discuss how you feel about potential medical treatments and quality of life with family or close friends.

Assign a *Health Care Proxy* to make medical decisions for you if you are not able to make them. Your family will be glad to have a clear plan of action—and so will you.



**Editor's note:** The Senior Center's Elder Resource Guide is chock full of information and resources for finding palliative and hospice care and many, many other topics. This guide is available gratis at the Senior Center. If you don't already have a copy, ask for a copy at the Reception Desk at the first floor entrance or at the Director's Office on the second floor.

See Home Care Services on pp. 85–90, Home Health Care on pp. 91-92, and Hospice Care on pp. 101-103 of the Resource Guide for specific information about palliative and hospice care.



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## CHANGES TO MEDICARE FOR 2011

In November, Kathy Worhatch from the MetroWest SHINE Program presented an extensive examination of the Health Care Reform Act (aka the Affordable Care Act [ACA]) that was passed by Congress and signed into law in March 2010. This broad legislation is designed basically to provide affordable health care insurance for most Americans of all ages. It includes changes that are specific to the Medicare program.

### *How will ACA impact Medicare beneficiaries?*

On the whole, changes are positive for those with Medicare. The plan will not cut any benefits provided under Original Medicare. Medicare *costs* for moderate- and lower-income beneficiaries will *DECREASE* with the reforms. Wealthy beneficiaries (persons making \$85,000 per year – unless readmitted within a certain period of time) will continue to pay higher Part B premiums and begin paying higher Part D premiums.

***Lowers prescription drug costs*** ACA will gradually close the donut hole! In 2010, anyone who falls into the donut hole will receive a one-time payment of \$250, which will be sent automatically. Even though it may take up to four months for you to receive the check—you do not need to *do* anything!

In 2011, those who make it to the gap will receive a 50% discount on brand-name drugs and 7% discount on generic drugs. And the best news is that the discounts will increase every year until the donut hole is closed in 2020.

***ACA will improve preventive care*** There will be free annual wellness check-ups for all Medicare beneficiaries, no cost sharing for wellness visits, and no copays or deductibles for *most* preventive benefits—such as cancer and diabetes screenings—under Medicare

### *Medicare parts and premiums*

Part A—Hospital and skilled nursing care  
(No premium for most people)

Part B—Doctors' visits and outpatient care  
(Most members will pay either \$96.40 or \$110.50 per month) There will be higher premiums if income is \$85,000/person or more.

Part D—Prescription drug coverage (The average premium in Massachusetts about \$34/month)

### *Plans*

Original Medicare 2010

Supplementing Medicare—pays what Medicare doesn't cover

#### Types

- Medigap—the original “add-on” picks up where Original Medicare leaves off
  - Core—leaves gaps behind but costs less
  - Supplement 1—covers all gaps but costs more
- Health Maintenance Organizations (HMOs) and Preferred Provider Organizations (PPOs) Both:
  - Have networks of providers
  - Have a set of maximum out-of-pocket limits (excludes drug costs and some other items)

#### *HMOs*

Must receive *all* services within

Must choose a primary care physician

Need referrals for specialists

#### *PPOs*

Can see “out-of-network providers (usually with higher copays)

May have an annual deductible

No referrals needed to see specialists

*(continued on p. 11)*

(continued from p. 10)

### **Medigap versus Medicare Advantage—Which is better?**

<b>Original Medicare + Medicare Supplement 1</b>	<b>Medicare Advantage Plan</b>
Higher monthly premium but no copays	Generally lower premiums but has copays
Freedom to choose doctors	Generally restricted to network
No referrals necessary	May need referrals for specialists
Some routine services not covered (vision, hearing)	May include extra benefits (vision, hearing, fitness)
Covered anywhere in the USA	Only urgent and emergency services provided outside certain area

**Annual open enrollment period—November 15 to December 31** During this time you can enroll in a Part D plan for the first time (late enrollment penalty may apply), switch Part D plans, switch from Original Medicare to a Medicare Advantage plan (or vice versa), switch from one Medicare Advantage plan to another.

**Yearly plan changes** Premiums and copays change; plans are discontinued; and benefits and formularies (lists of drugs covered) change.

### **Part D for 2011**

Changes:

- Average premium has decreased slightly (from \$34.60 to \$33.66/month).
- Lowest premium is \$14.80/month (Humana/Walmart plan on which you must buy your drugs at Walmart)
- Many plans have been discontinued (such as First Health Part D Secure and AARP PrescriptionRx Saver).
- Autoenrollment in similar plans may or may not happen.

Standard benefit design:

- Initial coverage period—copays necessary after you meet your deductible (\$0-\$310)
- Coverage gap—after retail cost of drugs exceeds \$2840, you pay 50% for brand drugs and 93% of generics
- Catastrophic coverage—you pay 5% of drug costs once you have exceeded \$6447.50 in retail costs

How to choose:

- Review all your meds with your physician
- Consider generic alternatives
- Make sure the plan you pick covers *all* your drugs (with the fewest restrictions possible)
- For help, consult [www.medicare.gov](http://www.medicare.gov), 1-800-MEDICARE, a SHINE Counselor (see p. 7 for ways of reaching one), and/or Mass-Medline.

### **Massachusetts plans for 2011**

Key changes in plans:

- Significantly fewer plans are available:
    - Tufts and Fallon have each dropped two plans
    - All PFFS plans (including First Seniority Freedom) and Evercare (for chronic conditions) have been dropped
    - All plans are required to have a maximum out-of-pocket limit (excludes drug costs and some other items)
  - If your plan has been discontinued you may return to Original Medicare and purchase a stand-alone drug plan (and Medigap if you want it)
- (continued on p. 12)

## Home Is Still The Best Place



- Appointment Escorts
- Meal Preparation
- Companionship
- Light Housekeeping
- Shopping & Errands

Call for a free, no-obligation appointment or brochure:  
Waltham 781-314-0153

**Home Instead SENIOR CARE**  
*With a little help from a friend.*

Each Home Instead Senior Care franchise office is independently owned and operated. [homeinstead.com](http://homeinstead.com)

(Changes to Medicare for 2011—continued from p. 11)

OR

- Enroll in a new plan (the company discontinuing your plan may have a similar one)

Ask yourself:

- Are the doctors and hospitals you use in the network you want?
- Consider that the lower the monthly premium, the higher the copays for services.
- Look carefully at the out-of-pocket maximum per year (and at what is included and excluded from that amount).

**Changes in enrollment period:** In 2011, the enrollment period is still November 15 through December 31. It is moving in 2012, however, to October 15 through December 7.

And there will be a new Medicare Advantage annual enrollment period in 2012—January 1 through February 15, which allows only disenrollment from a Medicare Advantage Plan to return to Original Medicare. This new period replaces the January to March period that used to allow people to join or switch Medicare Advantage plans.

**Extra help for Part D:** There is a federal program that helps people with low income and assets pay for Medicare Part D premiums and copays.

Income limits:

- \$1373 per month for individuals
- \$1841 per month for married couples

Asset limits:

- Up to \$12,510 for individuals
- Up to \$25,010 for married couples

**About Prescription Advantage:**

- It is a state-subsidized program for Massachusetts residents that helps low- and moderate-income seniors and disabled people with their Part D and other creditable plan

costs (by acting as a secondary payer).

- It can save members significant money in the donut hole.
- Benefits are based on income alone. There is no asset limit to joining the program.
- For many seniors (individuals with up to \$32,490 per year income or couples with up to \$43,710 per year income), there is no cost for membership in this program.

**MassHealth (Medicaid) Programs** These are public health insurance programs for Massachusetts residents 65 years of age or older with low income (\$923/month for singles, \$1235/month for couples) and assets (less than \$2000 for a singles, less than \$3000 for couples).

For those with Medicare, MassHealth pays for all, or part, of Medicare premiums, deductibles, and copays.

**Reminders!**

- Lots of changes are coming!
- *Read and save* letters from Medicare and Social Security
- *Read and save* written documentation about your current plans
- See a SHINE Counselor! (There are no available appointments at the Senior Center. See p. 7 for phone numbers you can call that have appointments with SHINE Counselors available.)
- If you don't have Prescription Advantage, you may be missing out on the best deal in town! Call 1-800-AGE-INFO and choose option 2.

Are you at least 60 and have a problem with your in-home caregiving services?

Do you know someone who does?

**If so, please call us!**

**1-800-243-4636**

(1-800-AGE-INFO)



# Volunteer News

## RED TAPE CUTTERS/BENEFIT SPECIALISTS NEEDED!



*The Red Tape Cutters/Benefit Specialist* program is **looking for volunteers** who

would like to be trained to provide information and advocate for seniors, help with mind-boggling paperwork, explain programs and application requirements—in general, help seniors cope with and in all these alarming and confusing bureaucratic areas (including the problem of denied benefits). The Senior Center staff will train you to help seniors navigate the complex maze of government benefits and programs. As a Red Tape Cutter, you will actively cut through the red tape to achieve results. If you want to be part of this exciting and valuable new service to seniors, call Vivian at 617-730-2743.

## OTHER VOLUNTEERS NEEDED!

*Theater Club volunteer needed.* The Theater Club is in need of a volunteer to help with mailing flyers, etc. If you are interested, call Vivian Freeman at 617-730-2743.

*Tuesday food distribution volunteers needed.* The Tuesday Food Distribution Site is a vital and busy program, and so a couple more volunteers are needed to help out. If you are interested in helping, see Jackie Wright on Tuesday mornings at the Senior Center.

*SHOP program* And the SHOP program is starting up again so if you need a Brookline High School student to do your shopping, again call Vivian at 617-730-2743, and she will answer any questions you may have and enroll you in the program.

## OPEN COMPUTER LAB

The Open Computer Lab at the Senior Center is expanding for November, December, and January. In addition to Monday and Wednesday afternoons, the lab will be open on Tuesdays from 2:00 to 4:00 pm with personalized computer assistance provided by Joel Skolnick, a *Red Tape Cutter* who has taught workshops in job search skills at the Senior Center. Call 617-730-2777 to book an appointment for this personalized assistance. Joel will be available to help with:

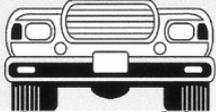
- Accessing, understanding, and filing applications online for benefits and entitlements, including, but not limited to, housing and cash assistance.
- Filling out online job applications
- Basic computer skills for computer-phobic individuals.

For more information about these expanded lab hours call the Senior Center at 617-730-2777.

### CYPRESS AUTOMART

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A DIVISION OF AUDY'S MOBIL  
proudly serving Brookline & surrounding areas since 1973

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## Moving? Downsizing?



Call Karen Zweig  
for a free consultation!

617.455.1964

karen@movemaven.com



## EASY TRAVEL

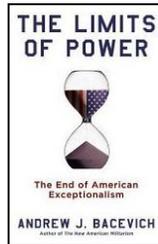
On **Thursday, December 2, at 1:30 pm** at the Senior Center, relax and travel to Italy with Jim Swaim, former Brookline teacher and principal and now a principal in Newton.

## PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

Tom Faulhaber is challenging your thinking. Come to the Senior Center every month to participate in a nonfiction book discussion group he is facilitating that is centered on public issues, history, current events, and other current and hot topics. The Brookline Public Library (Coolidge Corner Branch) will have copies of the books available several weeks before each meeting. Suggestions for future titles are encouraged and welcomed. This new group will meet from **9:30 to 10:30 am on the fourth Tuesday of every month.**

### December 28

*The Limits of Power: The End of American Exceptionalism* by Andrew J. Bacevich (Metropolitan Books)



### January 25

*Better: A Surgeon's Notes on Performance* by Atul Gawande, MD (Picador)

### February 22

*The Post-American World* by Fareed Zakaria (W.W. Norton & Company)



"Outside the snow is falling and friends are calling 'Yoo-hoo.'" Come to the Senior Center on **Tuesday, December 14, from 12:30 to 1:30 pm** for a heart-warming holiday concert featuring John

O'Neill. John's mother believed that people could be separated into two groups: Those that hung their tinsel piece by piece by piece and those that threw it on willy-nilly and

## FRENCH CONVERSATION

Polish your conversational French with Agnes Serenyi and her group. They will meet **every Tuesday in December from 12:30 to 1:30 pm** at the Senior Center. Old friends and new members are equally welcomed to this group.

## JEAN'S CRAFTS GROUP

This creative crafts group will meet on **Mondays, December 6 and 13 at 1:00 pm**. For more information, call Charlotte at 617-730-2769.

## SWING BAND

The Swing Band, led by James Demicco is for you if you enjoy playing popular music from the 20s, 30s, 40s, and 50s and can read music or play by ear. Previous band experience is helpful but not necessary. Call Charlotte at 617-730-2769 for more information.

## BOWLING

The bowlers meet at 9:30 am on Wednesday mornings at the 20th Century Bowling Alley (aka Ron's) at 1231 Hyde Park Avenue (next door to the Hyde Park police station). For \$7, you get three strings and shoe rental. The group is generally back at the Senior Center by 12:00 noon. To sign up, if you need a ride, or for more information, call Charlotte at 617-730-2769.

## "HOME FOR THE HOLIDAYS" CONCERT

didn't give a hoot where it landed. Join John as he takes you on a sleigh ride of songs and memories of the holiday season from Thanksgiving through New Year. Jim Rice accompanies John.



If you need post-hospitalization rehabilitation, we're right in your back yard.  
**And that's one step closer to getting home.**

**Areas of Expertise:**

- IV Care
- Stroke Recovery
- Post Surgical Stabilization
- Wound Care
- Pain Management
- Orthopedic Recovery
- Cardiac Care
- Diabetic Management
- Pulmonary Management

*Brookline*  
*Health Care Center*

617.731.1050



99 Park Street . Brookline, MA 02446

**Interior renovations will be completed in winter 2008**

*The Senior Center staff and volunteers want to wish the Brookline senior community, and everyone else, the happiest and most peaceful holiday season and a 2011 that will put us all firmly back on the road to comfort and prosperity!*

**Springwell Nutrition Program**  
**617-730-2770**

**DECEMBER 2010**

MONDAY	TUESDAY	WEDNESDAY
<p>ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE.</p> <p>Low sugar desserts are available, and need to be ordered with the site manager            ***Higher Sodium Content            Menu subject to change. \$1.75 donation</p> <p>Soup is always served with crackers            Meals are served at 12:00 noon unless otherwise noted            For meal reservations on Mondays, call the previous Friday by 11 am            For meal reservations on Tuesdays through Fridays, call the previous day by 11 am</p>		<p>1) <b>Build a Burger</b>            Grilled Hamburger (au jus), Lettuce/            Tomato/Cheese, Ketchup/Mustard            Baked Beans, Carrots &amp; Green Beans            Hamburger Roll</p> <p style="text-align: center;"><b>OR</b></p> <p>Egg Salad on Lettuce Leaf, Beet Salad,            Cole Slaw, Rye Bread</p> <p style="text-align: center;"><b>Fresh Fruit</b></p>
<p>6) <b>Pea Soup</b>            Lasagna w/Tomato Sauce &amp; Meatball,            Green Beans w/Olive Oil, Apple Cinnamon Muffin</p> <p style="text-align: center;"><b>OR</b></p> <p>Egg Salad on Rye Bread, Lettuce Leaf,            Orzo Vegetable Salad, Tossed Garden Salad, Lite Italian Dressing</p> <p style="text-align: center;"><b>Blueberry Vanilla Pudding w/ Whipped Topping</b></p>	<p>7) <b>Vegetable Barley Soup</b>            Lemon Pepper Chicken Breast,            Zucchini, Roasted Sweet Potatoes, Rye Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>***Seafood Salad on Hot Dog Roll,            Lettuce Leaf, Three Bean Salad, Carrot Pineapple Raisin Salad</p> <p style="text-align: center;"><b>Applesauce</b></p>	<p>8) <b>Minestrone Soup</b>            Beef Burgundy w/ Buttered Bowtie Pasta,            Broccoli &amp; Cauliflower Mix, Multigrain Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Honey Turkey &amp; Provolone Cheese on            Wheat Bread, Lettuce Leaf, Lite Mayo,            Tomato Red Pepper Salad, Pasta Salad w/ Cheese</p> <p style="text-align: center;"><b>Vanilla Cake w/Chocolate Frosting</b></p>
<p>13) ***Reduced Sodium Hot Dog,            Baked Beans, Ketchup/Mustard/Relish,            Cole Slaw, Hot Dog Roll</p> <p style="text-align: center;"><b>OR</b></p> <p>Roast Beef &amp; Swiss Cheese on Wheat            Bread, Mustard, Lettuce Leaf &amp; Tomato            Slice, Three Bean Salad</p> <p style="text-align: center;"><b>Peaches</b></p>	<p>14) <b>Holiday Special</b></p> <p style="text-align: center;"><b>Herb Encrusted Pot Roast w/Sweet Onion &amp; Mushroom Gravy</b>  <b>Creamy Scalloped Potatoes</b>  <b>Broccoli &amp; Cauliflower Mix</b>  <b>Cinnamon Sugar Dinner Roll</b>  <b>Miniature Chocolate Éclair</b></p>	<p>15) <b>Mushroom Barley Soup</b>            Pier 17 Fish, Lemon Pepper Sauce, Red            Bliss Potatoes, Peas &amp; Onions, Oatnut            Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Chicken Salad on Lettuce Leaf, German            Potato Salad, Tomato Red Pepper Salad,            Bulkie Roll</p> <p style="text-align: center;"><b>Ice Cream Cup</b></p>
<p>20) Beef Stew, Peas, Cranberry Orange Muffin</p> <p style="text-align: center;"><b>OR</b></p> <p>Egg Salad on Multigrain Bread, Lettuce            Leaf, Lo Mein Pasta Salad, Cole Slaw</p> <p style="text-align: center;"><b>Raspberry/Vanilla Pudding Swirl w/Whipped Topping</b></p>	<p>21) <b>Birthday Lunch</b>  <b>Seafood Chowder</b>            Breaded Haddock w/Lemon Sauce &amp;            Lemon Wedge, Vegetable Pilaf, Spinach            &amp; Mushrooms, Multigrain Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Peppercorn Turkey &amp; Mozzarella            Cheese on Whole Wheat Bread, Lite            Mayo, Carrot Pineapple Salad, Three            Bean Salad</p> <p style="text-align: center;"><b>Peaches</b></p>	<p>22) <b>Cream of Pumpkin Soup</b>            Vegetable Cheese Quiche, Corn, Brussels            Sprouts, Oatnut Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Roast Beef &amp; Swiss on Bulkie Roll, Mustard,            Lettuce Leaf, Broccoli Tomato Salad,            Balsamic Vinaigrette Pasta</p> <p style="text-align: center;"><b>Fresh Fruit</b></p>
<p>27) <b>Oriental Soup</b>            Orange Almond Chicken w/Mandarin            Orange Pieces, Buttered Noodles, Spinach            &amp; Chickpeas, Apple Cinnamon Muffin</p> <p style="text-align: center;"><b>OR</b></p> <p>Turkey &amp; American Cheese on Rye Bread,            Lettuce Leaf, Lite Mayo, Cole Slaw, Three            Bean Salad</p> <p style="text-align: center;"><b>Peaches</b></p>	<p>28) American Chop Suey w/Ground Beef,            Italian Vegetable Blend, Garden Tossed            Salad w/Lite Dressing, Multigrain            Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>California Chicken Salad on Wheat            Bread, Lettuce Leaf, Spinach Mandarin            Orange Salad, Lite Italian Dressing,            German Potato Salad</p> <p style="text-align: center;"><b>Fresh Fruit</b></p>	<p>29) <b>Tomato Florentine Soup</b>            Baked Haddock w/Newberg Sauce, Red            Bliss Potatoes, Green &amp; Wax Bean Mix            Oatnut Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Chef Salad (Ham), Lite Italian Dressing,            Greek Pasta Salad, Cranberry Orange            Muffin</p> <p style="text-align: center;"><b>Chocolate Pudding/Whipped Topping</b></p>

## LUNCHEON SPECIALS FOR DECEMBER

THURSDAY	FRIDAY
<p>2) Baked Macaroni &amp; Cheese, Broccoli &amp; Cauliflower Marinara, Multigrain Bread <b>OR</b> Orange Juice, Cottage Cheese Fruit Plate, Greek Pasta Salad, Pita Pocket</p>	<p>3) <b>Corn Chowder</b> Salmon Boat w/Lemon Sauce, Zucchini w/ Green &amp; Red Peppers, Red Bliss Potatoes, Wheat Bread <b>OR</b> Sliced Turkey &amp; American Cheese on Multigrain Bread, Mayo, Lettuce, Pasta Vegetable Salad, Roman Blend Salad <b>Apricots</b></p>
<p>9) <b>Cream of Tomato Soup</b> Meatloaf w/Mushroom Gravy, Mashed Potatoes, Honey Glazed Carrots &amp; Parsnips, Oatnut Bread <b>OR</b> Roast Beef &amp; American Cheese on Multigrain Bread, Lettuce Leaf, Lite Mayo, Greek Pasta Salad, Spinach Mandarin Salad w/Lite Italian Dressing <b>Apricots</b></p>	<p>10) <b>Clam Chowder</b> Fish Potato Crunch, Tartar Sauce, Chuckwagon Corn, Carrots, Italian Bread <b>OR</b> Chicken Caesar Salad w/Grilled Chicken, Croutons, Parmesan Cheese. Lite Creamy Italian Dressing, German Potato Salad, Half Pita Pocket <b>Fresh Fruit</b></p>
<p>16) <b>Lentil Spinach Soup</b> Hearty Chicken Stew w/Rice Mixed In Green &amp; Wax Beans, Rye Bread <b>OR</b> Chef Salad (Turkey), Lite Italian Dressing, Corn Salad, Orange Cranberry Muffin <b>Pineapple</b></p>	<p>17) Stuffed Shells &amp; Meatball, Tomato Sauce, Tuscany-style Blend, Garden Tossed Salad w/ Lite Italian Dressing, Whole Wheat Roll <b>OR</b> Tuna Salad on Oatnut Bread, Lettuce Leaf, Greek Pasta Salad, Tossed Garden Salad w/ Red Onions, Lite French Dressing <b>Fresh Fruit</b></p>
<p>23) <b>Italian Garden Vegetable Soup</b> Chicken Parm w/Sliced Melted Mozzarella &amp; Tomato Sauce, Penne Pasta Marinara, French Style Green Beans, Rye Bread <b>OR</b> ***Seafood Salad on Oatnut Bread, Mixed Vegetable Salad, German Potato Salad <b>Apricots</b></p>	<p>24) <b><u>Christmas Holiday Special</u></b> <b>Mushroom Barley Soup</b> <b>Roast Turkey w/ Gravy</b> <b>Stuffing, Mashed Potatoes</b> <b>Peas</b> <b>Dinner Roll</b> <b>Cranberry Juice</b> <b>Brownie w/Chocolate Chips</b></p> 
<p>30) <b>Minestrone Soup</b> Hawaiian Chicken w/Pineapple Chunks, Oriental Blend Vegetables, Chuckwagon Corn, Rye Bread <b>OR</b> Tuna Salad on Multigrain, Lettuce Leaf, Red Potato Salad,, Tomato Red Pepper Salad <b>Apricot</b></p>	<p>31) <b><u>New Year's Holiday Special</u></b> <b>Vegetable Pasta Soup</b> <b>Pot Roast</b> <b>Brown Gravy</b> <b>Boiled Potatoes</b> <b>Zucchini &amp; Tomatoes</b> <b>Wheat Bread</b> <b>Jell-O Cake w/Whipped Topping</b></p> 

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**, please call the **previous Friday.** Call 617-730-2770 for reservations.

Come to the Senior Center on **Saturday, December 4, at 1:00 pm** for the annual Elks Holiday Dinner (no fee and no reservations necessary). (See p. 3.)

And don't forget the **Springwell Holiday Special lunch on Tuesday, December 14.**

On **Tuesday, December 21,** join in the celebration of November birthdays at our monthly **BirthDay Lunch.** Be sure to mention that you or a member of your party is having a birthday when you make reservations for this lunch.

The **Let's Go Out to Lunch** group will meet on **Tuesday, December 28,** for Turkish food at the Family Restaurant on Washington Street in Brookline Village.

And don't miss the **Christmas Holiday Special** on **Friday, December 24,** and the **New Years' Holiday Special** on **Friday, December 28.**

Brookline Senior Center  
 93 Winchester Street  
 617-730-2770

## DECEMBER 2010

### EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p><b>To reserve a lunch please call 617-730-2770 by 11 am, a day in advance</b></p>	<p>For information about BETS discounted taxi tickets, please call 617-730-2740, Mon - Wed, 12 noon-4 pm</p>	<p>1            9 am BLAB lawyer            9-10 am Living our Values Group            10:30 am Retired Men's Club            12:30 pm Bridge            1 pm Justin Meyer Trio performance sponsored by Brookline Music Schl            2-4 pm Open computer lab</p>
<p>6) 9 am Podiatry            1-2 pm Blood pressure screening            1 pm Jean's Craft group            1 pm Mah Jongg/Scrabble            1-2 pm Line Dancing            1:30-4 pm Diabetes self-management            1:30 pm Conversational Cantonese            2-3:30 pm Bereavement support grp.            2-4 pm Open computer lab</p>	<p>7) 9:30-11:30 RE Tax Exempt. Help            10:30 am Brookline Bees, Quilters            1-3:30 pm Food distribution            12:30-1:30 pm French Conversation grp.            1:00 pm Bingo            1:30 pm Movie Lovers' Film Series "Please Give"            2-4 pm Open computer lab (thru Jan.)</p>	<p>8            9-10 am Living our Values Group            10:30 am Retired Men's Club            12:30 pm Bridge            1 pm COA meeting-Hans Hug on Long -term care insurance            2-4 pm Open computer lab</p>
<p>13) 12:30 pm Chinese programs            1 pm Jean's Craft group            1 pm Mah Jongg/Scrabble            1-2 pm Line Dancing            1:30-4 pm Diabetes self-management            1:30 pm Conversational Cantonese            2-3:30 pm Bereavement support grp.            2-4 pm Open computer lab</p>	<p>14) 10:30am Brookline Bees, Quilters            1-3:30 pm Food distribution            12 noon Springwell Holiday Special—John O'Neil performs "Home for the Holidays" with Jim Rice            12:30-1:30 pm French Conversation grp.            1:00 pm Bingo            2-4 pm Open computer lab (thru Jan.)</p>	<p>15            9-10 am Living our Values grp            10:30 am Retired Men's Club            12:30 pm Bridge            1-2:30 pm Low Vision Group            2-4 pm Open computer lab</p>
<p>20            9 am Podiatry            12:30 pm Chinese programs            1 pm Mah Jongg/Scrabble            1-2 pm Line Dancing            1:30-4 pm Diabetes self-management            2-4 pm Open computer lab</p>	<p>21) 10:30 am Brookline Bees, Quilters            12 noon - December Birthday lunch            1-3:30 pm Food distribution            12:30-1:30 pm French Conversation grp.            1:00 pm Bingo            1:30 pm Movie Lovers' Film Series "Every Little Step"            2-4 pm Open computer lab (thru Jan.)</p>	<p>22            9-10 am Living our Values Group            10:30 am Retired Men's Club            12:30 pm Bridge            2-4 pm Open computer lab</p>
<p>27            12:30 pm Chinese programs            1 pm Mah Jongg/Scrabble            1-2 pm Line Dancing            2-4 pm Open computer lab</p>	<p>28) 10:30 am Brookline Bees. Quilters            1-3:30 pm Food distribution            12 noon - Let's Go Out to Lunch grp. The Family Restaurant-Washington St            12:30-1:30 pm French Conversation grp.            1:00 pm Bingo            1:30 pm Movie Lovers' Film Series "Babies"</p>	<p>29            9-10 am Living our Values grp            10:30 am Retired Men's Club            12:30 pm Bridge            2-4 pm Open computer lab</p>

## ONGOING SENIOR CENTER EVENTS

THURSDAY	FRIDAY
<p>2 9:30-11:30 RE Tax Exempt. Help 10:30 am Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm Knit and Crochet 1:30 pm Easy Travel join Jim Swaim in travels to Italy</p> <p style="text-align: center;">HAPPY CHANUKAH!</p>	<p>3) 9 am Bridge 10 am Solemates Walking Group 10 am Project Volunteer Group 10 am Holiday Fair Check Present. 10:30 am Senior Chorus performs 10:30 am Current Events 1 -2:30 Parkinson's Support Group 3:30 pm Dance workshop, L. Modell</p>
<p>9 9:30-11:30 RE Tax Exempt. Help 10:30 am Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm Knit and Crochet 2 pm Prometheus Dance Ensemble performance, sponsored by Brookline Health Care Center</p>	<p>10 9 am Bridge 10 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus 3:30 pm Dance workshop, L. Modell Afternoon Alzheimers Grp—call for time</p>
<p>16 9-10:30 am Blood Pressure Screening 10:30 am &amp; 1:30 pm Knit &amp; Crochet 1:30 pm Russian Tea Room</p>	<p>17 9 am Bridge 10 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus 3:30 pm Dance workshop, L. Modell</p>
<p>23 10:30 am &amp; 1:30 pm Knit &amp; Crochet 1:30 pm Russian Tea Room Musical performance Program to be announced Everyone Invited!</p>	<p>24 9 am Bridge 10 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus-on vacation</p> <p style="text-align: center;">MERRY CHRISTMAS!</p>
<p>30 10:30 am &amp; 1:30 pm Knit &amp; Crochet 1:30 pm Russian Tea Room  Evening Alzheimers' Support Group—call for time</p>	<p>31 9 am Bridge 10 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus-on vacation  2-4 New Year's Open House &amp; farewell to Charlotte</p>

### MONDAY

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

### TUESDAY

10:15 am—Brookline Bees, Quilters  
12 noon -4 pm—BETS  
1:00 pm—Bingo  
1:30 pm—Movies  
2-4 pm—Open computer lab w/Joel Skolnick

### WEDNESDAY

9-10 am—Living Our Values  
10:30 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

### FRIDAY

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

## AT THE GALLERY



The Brookline Senior Center  
cordially invites you to

*An exhibit of paper mosaics and collages by*  
***Lina Marks***

Through  
Friday, January 14

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

## CURRENT JOB SEARCH TRENDS

—COMING IN JANUARY!—

The Senior Center will offer a Current Job Search Trends workshop in January. The workshop will be facilitated by Anne Spangler, a human resource professional familiar with timely trends for the job seeker, and Deidre Waxman, Senior Center JOBS coordinator.

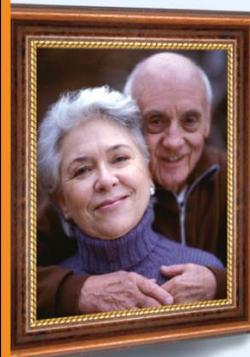
Current job search techniques will be presented and discussed, including:

- Creating personalized computer job alerts
- Setting expectations for your job search
- Social media and networking
- Phone interviews
- Behavioral interviews
- Useful job search resources in the community

Computer skills and preregistration are required for attendance at this workshop. For more information and to register, call Deidre Waxman at 617-730-2767 or e-mail her at [dwxman@brooklinema.gov](mailto:dwxman@brooklinema.gov).

*free advice*  
*on caring for older adults*

CALL US AT 1-800-980-1982  
from 9am to 5pm for answers,  
resources and expert advice on  
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## MOVIE LOVERS SERIES FOR DECEMBER

Come to the Senior Center every Tuesday afternoon in December and enjoy a movie. Come early for lunch and make a day of it. See pp. 16-17 for the lunch menus and reservation instructions.



**December 7**

**Please Give**

(2010)

90 minutes

Life gets knotty when successful Manhattan couple Alex (Oliver Platt) and Kate (Catherine Keener) develop a relationship with the granddaughters of Andra (Ann Morgan Guilbert), the cantankerous elderly woman who owns the apartment next to theirs—and who must die so they can expand their home. The all-star cast includes Amanda Peet, Rebecca Hall and Lois Smith in this indie feature from writer-director Nicole Holofcener (*Friends with Money*).

**December 14**

*No movie today.* Come to the Senior Center for the Springwell Holiday Special Lunch, and stay for the “Home for the Holidays” Concert from 12:30 to 1:30 pm, featuring John O’Neill. (See p. 14 for concert details.)



**December 21**

**Every Little Step**

(2010)

93 minutes

Go backstage for an up-close look at a Broadway production with this entertaining documentary that follows hopeful dancers as they audition for coveted spots in the 2006 revival of “A Chorus Line.” Drawing parallels between the interactions of the aspiring actors and the events of the play, filmmakers Adam Del Deo and James D. Stern also intercut interview footage of composer Marvin Hamlisch and dancers from the original company.



**December 28**

**Babies**

(2010)

78 minutes

Documentary filmmaker Thomas Balmes charts the simultaneous early development of four babies from different parts of the world, illustrating what makes human life unique, similar and precious wherever it occurs. Training his camera on newborns Hattie from San Francisco, Ponijao from Namibia, Bayarjargal from Mongolia, and Mari from Tokyo, Balmes captures everything from first screaming breaths to first steps.

## MEET ME AT THE COOLIDGE

*...and make memories* on **Tuesday, December 14 from 10:00 am to 12:00 noon.** Enjoy an interactive, one-of-a-kind film experience, designed specifically for people with memory loss and their care partners. Short clips from classic films will be shown, followed by audience discussion and reminiscence, guided by a moderator. This program demonstrates how film can be a form of treatment for people with memory loss, Alzheimer's disease, and related dementias. The

cinema has the power to connect us with our deep-rooted emotional memories—the kind that never leave us.

For tickets, more information, or to volunteer, send an e-mail to [cahill2@thehearth.org](mailto:cahill2@thehearth.org) or call Peggy Cahill at 781-674-2884, ext. 119. Admission is FREE with your RSVP. Free popcorn and drinks, too! Sponsored by ARTZ (Artists for Alzheimer's), the Coolidge Corner Theatre, and the Jane B. Cook 1992 Charitable Trust.

## PARKINSON'S DISEASE SUPPORT GROUP

The Parkinson's Disease (PD) Support Group will hold its monthly meeting on **Friday, December 3, from 1:00 to 2:30 pm** at the Senior Center. There will be a "Holiday Get-Together and Sharing" with Cathi Thomas. For more information, call the Information & Referral Center at the Boston University Medical campus at 617-638-8466. Cosponsored by The Brookline Aging Collaborative and the American PD Association (APDA).

## MOVEMENT AND MODERN DANCE WORKSHOPS

The last of the current series of dance workshops led by Brookline High School Dance Coach Lynn Modell will take place on **Friday, December 3 at 3:30 pm**. The cost is \$2.00. Call 617-730-2770 to check that there is room in this last session.

*Feeling like you're unsure about how to make new relationships or keep old ones fresh? Interested in exploring friendship, companionship, or dating issues and topics? If so, please contact Cristina at 617-730-2772.*

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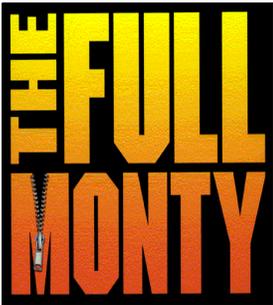
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If your **MBTA senior card** needs to be renewed, call 617-222-5976 and a new card good for five years will be issued. There is no need to have a new photo taken. Any value remaining on the old card will be transferred to the new card and seniors will receive the new card one to two weeks after their call.

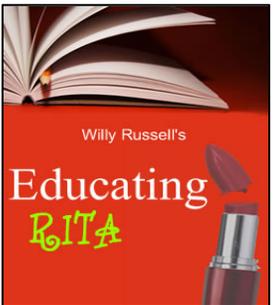
## SENIOR CENTER THEATER CLUB— COMING IN 2011!

Lots of really good stuff is coming up in the new year. So check out the list and make reservations early so you don't miss out on the Sunday performances.



***The Full Monty***  
Turtle Lane Playhouse  
Auburndale  
February 27 \$30.00  
A musical by Terrance  
McNally with a score by  
David Yazbeck. Adapted

from the 1997 British film, six unemployed Buffalo steelworkers, low on both cash and prospects, decide to present a strip act at a local club after seeing their wives' enthusiasm for a touring company of Chippendales. As they prepare for the show, working through their fears, self-consciousness, and anxieties, they overcome their inner demons and find strength in their camaraderie.



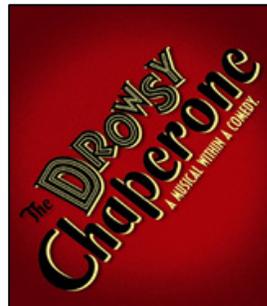
***Educating Rita***  
Boston University Theatre  
Boston  
March 27 \$25.00  
Rita, a young, brash hair-  
dresser, wants more out of  
life. With a newly discovered  
passion for English litera-  
ture, she enrolls in the local university and  
meets her tutor, Frank, a middle aged poet and  
professor. Her fresh, unschooled reactions to the  
classics cause him to question his own under-  
standing of his work and himself in this warm  
and witty tale of self discovery by Willy Russell.

meets her tutor, Frank, a middle aged poet and professor. Her fresh, unschooled reactions to the classics cause him to question his own understanding of his work and himself in this warm and witty tale of self discovery by Willy Russell.



***Mozart's Requiem***  
Handel and Haydn  
Society at Symphony Hall  
Boston  
May 1 \$40.00  
Mozart's final moments  
are reflected through this

masterpiece of drama, intensity, and depth. This unique musical pairing of Mozart and Handel touches all emotions. Do not miss it!!



***The Drowsy Chaperone***  
Turtle Lane Playhouse  
Auburndale  
May 15 \$30.00  
Mayhem, mix-ups, and a gay  
(in the old sense of the word)  
wedding mark the high-  
spirited hi-jinks of this play.

The fun begins when a die-hard musical fan plays a favorite cast album on his turntable, and the show magically bursts to life in his living room. Instantly he is immersed in the hilarious tale of a celebrity bride and her uproarious wedding day in a show that pays tribute to American musicals of the Jazz Age.

Payment for these performances is due at registration by cash or check. No credit cards. Please be aware that tickets are refundable until two weeks before the performance. After that if you are unable to attend the show, you may arrange for someone else to take your ticket.

There will be transportation from the Senior Center (and possibly from other Brookline locations) to and from these performances, and the price of transportation is included in the overall price of tickets.

For more information and to reserve tickets, call the Senior Center at 617-730-2777.

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## FUEL ASSISTANCE

Our wonderful social work interns—Anna Donehower, Cristina Sousa, and Sarah Whitby—will once again help people applying for, or renewing, their fuel assistance benefit.

Appointments can now be scheduled by calling 617-730-2777. 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 voice mail, leave your name and telephone number, and one of the interns will call you back as quickly as possible.

The income eligibility limits have been increased slightly so you should make an appointment with one of our interns to check on your eligibility even if you were not eligible last winter.

Other intake sites that are available to Brookline residents are:

- ABCD, Inc. (Central Office), 178 Tremont Street 4<sup>th</sup> floor, Boston (Chinese, Polish, Spanish, Vietnamese, Burmese, Mandarin, and Taiwanese speaking intake workers are available at this site.) Phone: 617-357-6012.
- Allston/Brighton APAC, 143 Harvard Avenue, Allston (Italian, Russian, Spanish, Cambodian, Chinese speaking intake workers are available at this site.) Phone: 617-783-1485.

## B-CAN UPDATE

Contractor vetting referrals will benefit members. Pipes leak, walkways tend to crumble, and computers take on a life of their own, balking at receiving or sending e-mail. All of these problems can be set right by skilled repair persons, but studying any number of lists (most notably, the *Yellow Pages*) will not necessarily lead you to someone who is both competent and trustworthy.

How much more convenient would it be, then, if you could consult a list of Brookline repair and service personnel already prescreened and vetted? And how useful would such a list be if it included evaluations of those providers by people who have used them? That is the aim of the Vetting and Referral Service that B-CAN intends to establish as a benefit for its members.

To make this a reality, B-CAN is seeking a super-organized volunteer to design the program. The immediate task of this organizer (and his or her team) will be to invite proposals from vendors of an array of services ranging from home repairs to accounting. The B-CAN team will then vet these providers, checking backgrounds and ensuring they are properly certified and insured. B-CAN, however, will make no recommendations on the specific provider its members should hire.

B-CAN members will play an invaluable role in this process by submitting evaluations on Brookline vendors they hire. Their comments will then become part of a data bank that other members can consult. If you are interested in this volunteer opportunity, respond by e-mail to [rdebek@brooklinema.gov](mailto:rdebek@brooklinema.gov).



To learn more about B-CAN (or to volunteer or donate), please request a brochure at 617-730-2777.



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## CELL PHONES, IPODS, GLASSES

Would you like to get rid of old electronics that are just eating up space in your home? If they are cell phones and/or iPods—consider donating them to the Senior Center. We will, in turn, give them to organizations that revitalize them and put them to use in other nonprofit organizations. In return, the Senior Center gets cash that helps support our services, programs, and equipment.

And give us old eyeglasses, too! We can turn them in to the Lions Eyeglass Recycling program, which finds useful new homes for them.

## ATTENTION ALL KNITTERS!

There is a church-run soup kitchen in Brighton that serves dinner every Monday evening of the year to 65-70 homeless men and women. The soup kitchen would like to GIVE warm winter hats (hand-knitted or purchased new) to their guests as holiday gifts. Contact Dotty Bell on the second floor of the Senior Center (617-730-2759) for more information. Hats are needed by Dec. 16.

## SENIOR CENTER FOOD DISTRIBUTION SITE



Our Tuesday food distribution continues to be successful and to grow in amounts of bread, baked goods, produce, and other food available. However, the produce and other food arrives later than the bakery goods do so the distribution hours have been changed so that you can *shop* for fruits, vegetables, and such at the same time as you *shop* for baked goods. Distribution hours are from 1:00 pm (or when the produce arrives) until approximately 3:30 pm (or when the supplies are gone).

Bring a bag to take your food home in. And for the best pick, come early (around 1:00 pm). For a more leisurely, less crowded, picking,

come later. Don't forget to get your number in the coffee lounge and to wait there. *Do not* go to the basement until your number is called!





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		<ul style="list-style-type: none"> <li>• Alzheimer's &amp; Dementia</li> <li>• Parkinson's</li> <li>• Diabetic Monitoring</li> <li>• Post Surgical Care</li> <li>• Disabled Adults</li> <li>• Senior Citizens</li> </ul>

## SENIOR SCENE

Are you trying to down-size? Is the task simply gargantuan or worse than that? In mid-December, Bette Joel will interview Karen Zweig, The Move Maven, on *Senior Scene*. Karen will talk about how to go about cleaning out a lifetime of *stuff* or simply getting rid of that attic or basement collection—in a rational and doable manner.

This program was originally scheduled for mid-November, but there were production delays beyond our control.

*Senior Scene* airs on BATV on **Thursdays at 7:00 pm** with repeat airings on **Fridays at 1:00 pm** and **Sundays at 7:30 pm**.

## LIVING OUR VALUES

This group meets at the Senior Center on **Wednesday mornings from 9:00 to 10:00 am**. Come, join in the discussions, Be enlightened. Hone your values in this age of conflict and controversy!

Tom Faulhaber, the facilitator, is using such tools as case studies as triggers for discussion at meetings.



# Kick it up a Notch.



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## HANDICAPPED ACCESS

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

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

### *New York City Holiday Shopping Trip*

*Saturday, December 11*

What could be a better way to get into the holiday spirit than spending the day in New York City? Upon arrival, the bus will drop us off near Rockefeller Center. The rest of the day you are on your own to enjoy the sights. The bus will depart for home at 6:00 pm.

Bus pick-ups: Soule Recreation Center, 652 Hammond Street, at 6:30 am (Return: 10:45 pm) and the Arcade Building, 314-320 Harvard St., at 6:45 am. (Return: 10:30 p.m.)

Fee: \$55.00 per person

### *The Hall at Patriot Place/Lunch at CBS Scene*

*Friday, January 7*

This trip includes admission to the Hall at Patriot Place including a guided tour of all the Patriot memorabilia as well as lunch at CBS Scene and round-trip transportation.

Van pick-ups: Soule Recreation Center, 652 Hammond St., at 10:00 am; Senior Center at 10:15 am. Return will be at approximately 4:00 pm.

Fee: \$25.00 per person

### *John F. Kennedy Library and Museum*

*Friday, January 21*

Explore the museum and library dedicated to our nation's 35th president. The trip includes admission to the Museum and round-trip transportation.

Van pick-ups: Soule Recreation Center, 652 Hammond St., at 12:00 noon, Senior Center at 12:15 pm. Return will be at approximately 4:00 p.m.

Fee: \$15.00 per person

### *Wrentham Village Premium Outlets*

*Friday, February 4*

This trip includes round-trip transportation to the 170 stores at the Wrentham Village Premium Outlets

Van pick-ups: Soule Recreation Center, 652 Hammond St., at 9:00 am; Senior Center at 9:15 a.m. Return will be at approximately 4:00 p.m.

Fee: \$10.00 per person

There is a locked Brookline Recreation mailbox in the second floor reception area for trip registrations and payments, as well as for suggestions, comments, and/or questions. A representative from Brookline Recreation will be at the Senior Center on alternate Wednesdays between 12:00 noon and 1:00 pm to answer any questions.



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To Claire Yung & the Chinese Mah Jongg  
Group **for their gift in honor of the** Chinese  
Mah Jongg Program

To Shirley Partoll **for her gift in honor of the**  
B-CAN Program and the Brookline Senior Cen-  
ter Staff

To Freddi & Joel Kanter **for their gift in honor of**  
Beverly Lillehei's birthday

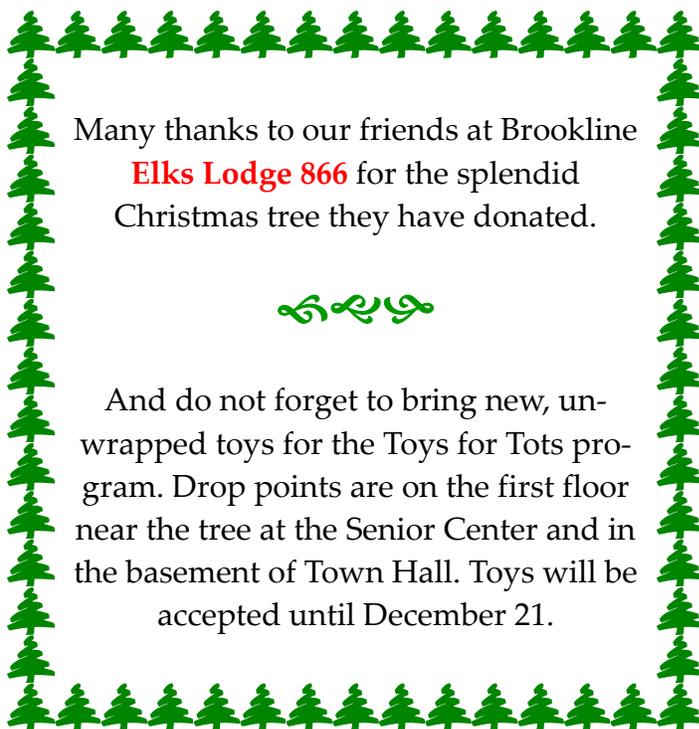
To Blanche Steinman **for her gift in honor of**  
Elinor Kaplan's birthday

To Susan B. Goldstein and Martha A. Farlow **for**  
**their gifts in memory of** Betty Guralnick

To Kathryn Kilpatrick (supporting the Van  
Fund); Buzz & Margie Birnbaum; Laurie Kay;  
Mae & Ben Lofchie; Beth, Gary, Sarah & Isabella  
Teitelman; and Marcy, Jared, Brett, & Ryan  
Kaufman **for their gifts in memory of** Helen  
Corcoran

To Sarah Wolpow (supporting the Quilting  
Group at the Senior Center) **for her gift in**  
**memory of** Gudrow Wolpow

To Leroy Neuberg **for his gift supporting the Sen-**  
ior Van and Elderbus



Many thanks to our friends at Brookline  
**Elks Lodge 866** for the splendid  
Christmas tree they have donated.



And do not forget to bring new, un-  
wrapped toys for the Toys for Tots pro-  
gram. Drop points are on the first floor  
near the tree at the Senior Center and in  
the basement of Town Hall. Toys will be  
accepted until December 21.

*We note with sadness the passing of  
George Settle on November 11, 2010. He was a  
US Navy veteran and a friend of animals, ice  
cream, and Brookline seniors.  
Rest in peace, friend.*

### 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 run-  
ning 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 Sen-  
ior Center and helped support us through the  
years.

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

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## 6TH ANNUAL AUTUMN BENEFIT REPRISE

*This was a stellar year, especially considering the tough economic times we are still going through! We took in \$43,370 in donations! And donations are still being accepted and are needed for the Van, extended hours for programs, and new initiatives including helping seniors stay at home.*



*Photos by Mimi Katz*



## OUR CONTRIBUTORS

Many thanks to the contributors to this Holiday issue of the *Senior News and Events*: to Mimi Katz for the photo of Charlotte on p. 1 and the Annual Benefit Reprise on p. 30, to Polly Shakespeare for *The Linden Tree* poem on p. 5, to MetroWest SHINE for the article on p. 7, to Dr. Suzanne Salamon and BIDMC for the *Ask a Geriatrician* column on p. 9, to Kathy Worhatch of SHINE for the PowerPoint about Medicare changes for 2011 on pp. 10-12; and to Netflix for the movie summaries on p. 21.

### *Help Wanted!*

We're looking for a few good people who will leave us a legacy. Your bequest now is a gift of hope—and a way of making sure the Senior Center will be here to support others. Bequests, trusts, insurance policies and retirement accounts can help. No gift is too small. Our thank you is just the beginning. Be a quiet hero. Call Kitty Kaufman, Director of Development: 617 438-1790.

## OUR ADVERTISERS

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**Happy Chanukah**  
**Great Kwanzaa**  
**Merry Christmas**

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