

TOWN OF BROOKLINE SENIOR CALENDAR

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446



FEBRUARY 2008



Council on Aging **Elderbus Hotline**
617 730 2777 617 730 2778
Senior Center **Van**
617 730 2770 617 730 2750
www.townofbrooklinemass.com



HIGHLIGHTS

RESOLVED FOR 2008: Resolve to declutter, learn, and get fit in 2008. See **pages 2 through 4**.

PRAISE OF EVELYN ANDELMAN: Read all about this extraordinary BLAB lawyer who we fondly remember. See **page 7**.

SUPPORT GROUPS Join the Alzheimer's Caregivers, Blue in Brookline, or Bereavement group. See **page 13**.

CONCERTS IN FEBRUARY. Attend one of the concerts scheduled for this month—all of the concerts this month are summarized on **page 16**.

NEW! Check out our complete **TABLE OF CONTENTS** on **page 26**.

PRESENTING!

THE SILVER LEAF GOSPEL SINGERS



Here & Now (WBUR's online magazine) describes jubilee as a freer style of gospel music, usually sung a cappella, which evolved in the 1930s when singers began mixing popular harmonies, syncopations, and

even social commentary into the somber gospel hymns of the day.

These old-time sounds of jubilee are being kept alive by the **Silver Leaf Gospel Singers** of Roxbury, Massachusetts. The group was formed 60 years ago by Deacon Randy Green who grew up singing in the hot cotton fields and churches of segregated Alabama. Their motto testifies to the strength of the commitment of the group: "Coming together means beginning. Working together means progress. Keeping together means success." (motto quoted from *Spirit of Change* online.)

The Senior Center is proud to host a concert by this group on **Wednesday, February 20, 2008, at 1:00 PM**, sponsored by the Brookline Council on Aging, the Brookline Health Center, the Brookline Recreation Department, and the Rogerson Brookline Adult Day Health Program. Do not miss this concert as it promises to be stellar. Preceding the concert, there will be a special Heart-Healthy and Delicious Lunch sponsored by the Brookline Health Care Center.

RESOLVED FOR 2008

I WILL REDUCE THE CLUTTER IN MY HOUSE.

Many seniors spend a lifetime collecting things — the memorabilia of life. There comes a time for most of us when we realize that we need to reduce this clutter. And that time is often at the beginning of a new year. So here we are at the beginning of 2008, and we have resolved that this is the year to start, continue, or complete that process.

Tips for finding the right place to donate items:

- You may need to contact several agencies since some organizations can only accept/use certain types of items.
- Check the agency's web site to see if it has a donation "wish list."
- Inquire as to whether an agency can pick up items or if they need to be dropped off at a certain location.
- Many organizations offer receipts that allow the donor to claim a tax deduction. Always be sure to ask about this when you contact an agency.

If you are interested in donating general items to an organization, contact:

Big Brothers/Big Sisters 800-483-5503
Clothing, jewelry, knick knacks, and small household items such as dishes, clocks, pots and pans. NO bicycles, large appliances, infant items, computers. Call for additional items.

Boomerangs 617-524-5120
Furniture and some household items; call in advance to verify.

Brookline Senior Center Gift Cart 617-730-2770
Small gift items such as vases, picture frames, scarves, figurines, costume jewelry, and greeting cards; may also accept some larger items. NO used clothing or electric appliances.

Dress for Success Boston 617-323-7544
Women's interview suits, suit blouses, all season business appropriate jackets and coats, handbags, dress shoes.

Goodwill/Morgan Memorial 617-445-1010
Clothing, household items, small working appliances, toys, books, and antiques. Call for drop off locations. No pick up service available.

Got Books? 978-664-6555
Hardcover books, paperback, audio books, CDs, VHS videos, and DVDs. NO encyclopedias or Reader's Digest condensed books. This organization will pack, pick up, etc.

Mass Coalition for the Homeless 781-595-7570, x13
Furniture including beds, sofas, kitchen tables, some appliances, household items, and books. Winter coats, blankets, and new toys always welcome. NO large appliances. There is a \$25 fee for scheduling a furniture pick-up.

Rosie's Place 617-442-9322
Clean women's clothing/accessories, children's books, buttons and jewelry, and toiletries.

Salvation Army 800-958-7825
Clothing, shoes, furniture, household items, toys and games, jewelry and accessories. Call for drop off locations or for pick up (allow four to six weeks).

Second Step 617-965-3999
Small household items, working appliances, and new bedding. Call for additional items.

Solutions at Work 617-576-0039
Used PC's (year 2000 and up), children's clothing, women's maternity and interview clothing, men's interview clothing, bikes.

Vietnam Veterans 800-775-8387
Clothing, baby items, small household items, TV's, radios, and tools. Call to arrange pick up.

RESOLVED FOR 2008, TOO

If you are interested in donating a used vehicle, contact:

<i>4 Wheels to Work</i>	781-895-1100
<i>American Lung Association</i>	800-577-5864
<i>American Diabetes Association</i>	800-232-6570
<i>Franciscan Children's Hospital, Brighton</i>	800-568-8688
<i>The Home for Little Wanderers</i>	800-513-6560
<i>New England Shelter for Homeless Veterans</i>	617-371-1790
<i>Salvation Army</i>	888-999-2769
<i>Solutions at Work</i>	617-492-0300

If you are interested in donating medical equipment and/or supplies, contact:

AIDS Action Committee 617-540-1432

Accepts donations of medications that are used for HIV related medical conditions including certain types of cancer and opportunistic infections.

Assistive Technology Exchange 866-682-9955
in New England www.getatstuff.org

Web site designed to facilitate the exchange of medical equipment between individuals. Some individuals offer their items for free, while others ask for a fixed price.

Lion's Club Eyeglass Donation Program
Brookline Senior Center Drop-off Site 617-730-2770

Accepts donations of old eye glasses.

Pass It On

Only handles pediatric DME as of 2007.

Wheelchair Recycler 508-460-6328
Dave Heim www.wheelchair-recycler.org

Repairs and recycles powered wheelchairs and scooters for individuals who may be in need, but may not have adequate insurance coverage or the financial means to obtain one.

Disclaimer: The list above and on p. 2 does not represent a recommendation of the Brookline Council on Aging or the Brookline Senior Center but is for your assistance in obtaining information and services.

I WILL EXPAND MY HORIZONS THROUGH LEARNING.

Among the many courses that either start or are one-session lectures in February being offered by Brookline Adult and Community Education, here is a tiny sampling of them to whet your appetite.

Instant Piano for People with No Spare Time
One session, Thursday, February 7, 6:00-9:00 PM.
Cost \$82.00 (\$57.00 plus \$25.00 materials fee).
Course Code: M280

Making a Better Home Video
One session, Saturday, February 9, 9:00 AM to 3:30 PM. Cost \$90.00. Course Code: M270

Romeo and Juliet Onscreen
One session, Thursday, February 14, 7:00-8:30 PM. Cost \$5.00. Course Code: J318.

The Tao of Journaling
Four Tuesday sessions beginning February 26, 6:00-9:00 PM. Cost \$104.00. Course Code: S119.

ESL Private Lessons
Individual tutoring sessions with ESL instructor working one-on-one with students who are seeking help to improve their reading comprehension, develop their writing, or improve their understanding of specific grammatical skills. Sessions can be arranged session-by-session for \$35.00 per session or in eight-session blocks. Course Code: E044.

For more information, pick up a copy of the Brookline Adult and Community Education (Winter 07/08) Catalog, available at the Senior Center, Town Hall, banks and other businesses around Brookline and on the web at www.brooklineadulthood.org.

RESOLVED FOR 2008, THREE

I WILL GET MORE EXERCISE TO IMPROVE MY HEALTH AND VIGOR.

Winter time and the increased dangers to seniors of wintry weather highlights the importance of keeping fit through regular exercise that can increase strength; improve mobility, cardiovascular health, and balance; decrease isolation; and generally improve one's mood.

While many forms of exercise build strength and endurance, always remember that WALKING continues to be one of the best forms of exercise, and it costs NOTHING so finding a walking group is always a good idea. The Senior Center has such a group, **Solemates**, that walks regularly (weather permitting) on Friday mornings. For more information on this group, call the Senior Center at 617-730-2777.

Regardless of the type of exercise in which you plan to engage, it is ABSOLUTELY IMPERATIVE that you consult with your physician first to address any potential health risks.

Other fitness offerings in Brookline and the wider community should also be explored.



The **Brookline Adult and Community Education Program (BACEP)** offers a variety of exercise and strength-training classes for older adults throughout the year. Many of the BACEP classes are held at the Brookline Senior Center for added convenience. Class offerings include Senior Stretch, Strength Training for Seniors, Yoga for Older Adults, and Tai Chi Chuan. Please contact BACEP directly at 617-730-2700 to request a catalog with a more comprehensive listing or to register for a class.

The **Brookline Recreation Department** also offers a variety of activities including swimming, aquatic exercise, tennis, golf, and bowling for individuals of all ages. Call 617-730-2069 for a catalog that has more comprehensive information or to register for a class.

The **Brookline Senior Center** offers a variety of activities including weekly line dancing and a weekly walking group called the Senior Solemates. The Senior Center also has a weekly bowling group in collaboration with the Brookline Recreation Department. For more information or to register for one of these services, call 617-730-2770.

Match-up Interfaith Volunteers/Strong for Life Program Trained volunteers assist frail and disabled elders weekly with learning and performing exercises in their homes or other community-based settings such as the Senior Center. A 30-minute video is used as a guide, and exercises can be personalized to match the strength and abilities of each elder in the program. Participants are also encouraged to exercise two additional times per week on their own. For more information on this program, call 617-487-1510.

Rogerson Communities Fitness-First Program

This program uses a variety of equipment—including Nautilus, stationary bicycles (for cardiovascular conditioning), free weights (for hand- and muscle-strengthening)—especially selected for seniors to improve strength, balance, flexibility, and mobility. Professional instructors design individual fitness programs to meet each senior's needs and abilities. A monthly membership fee of \$30 entitles you to two 30 minute sessions per week. Contact Sharon Devine at 617-730-2741 for more information and to register and set up appointments

GIVING

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 as well as 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.

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

We are delighted to acknowledge the following donors who rose to meet the Van Challenge in January:

Ruth Abrams, Marthajoy and Ken Aft, Mrs. Miriam S. Alpert, Robert and Paula Basile, Dotty Bell, Helen L. Berman, Claudine Bing, Rachael Buckman, Trudy Cohen, Mary B. Comstock, Rita and Morgan Daly, Gayle and Andrew Davis, Linda M. and Jonathan H. Davis, Bernard Elevitch, Phyllis Elfman, Irving B. Finn, Doris Gallimore, Charles Gilbert, Kay Glass, Anne Hillson, Rhona Hirschowitz, Emily Horne, Miriam B. Sargon, Yemema Seligson, Molly Paul and Andy Silverman, Suzanne Modigliani, Tina L. Sutton, Dorothy A. Wolfson, Brookline Municipal Credit Union, Home Instead Senior Care, Kathryn Kilpatrick, Elizabeth Kirsten, Jean Kramer, Ruth Kaplan and Toby Kusmer, Keith Kuzmin, Laurie and Jeff Lasky, Betty S. Rhodes Latner, Toy Soo Lau, Nina Lebel, Deborah A. Levey, Norma S. Lipson, V. Celia Lascarides and William Manley, Maguy Marek, Lois Martin, Hilda Mason, Jamie and Jesse Moore, Nancy Myers, Robert M. O'Brien, Dina Oliver, Shirley Radlo, Sue B. Reamer, William Reid, Winnie and Richard Rubino, Lorraine Tobin, Doreen Vittori, and Sonia and William Wong.

FROM THE DIRECTOR

February brings some of the coldest weather and with it some winter blues. We at the Senior Center are here to help make the days go by in a warm and enjoyable way with lots of wonderful programs and activities. And for anyone feeling sad and wanting to learn some practical skills in coping, join our new group on beating the blues that starts this month.

I am always in awe of our elders who bundle up and refuse to let the weather get them down.

Your hearty dispositions inspire us all. I am very concerned about the high cost of heating our homes. If you have turned down your thermostat to save money, make sure you wear some warm fleece. Please call our information and referral desk for some assistance if you are having trouble with your heating bills.

I personally want to thank everyone who accepted the Van Challenge and generously donated to us. I am especially grateful for those who included kind words with their checks. An example that especially moved me is the following: "I want to thank the Senior Center for all you do to reach out and help everyone. You all give your best to help those in need and that is the only way to live."

Finally, I heard from many of you who agreed to join me in one of my own personal resolutions: To be Kind. I found it gratifying to do small things last month to be kinder whether it was waving someone on in traffic, bringing my elderly neighbor's trash barrel in the house, or simply smiling to a stranger. Continue to warm each other's hearts with your own gestures of kindness. "Studies show that acts of kindness have a tendency to spread like waves," says Stefan Eichorn author of *The Art of Being Kind* (Pegasus Books)

Keep warm and remember the days are getting longer as the light returns this month.

—Ruthann Dobek, Director

COUNCIL ON AGING

Do not mark a date on your calendar in February for a Council on Aging meeting. Traditionally, February is vacation for the Council meeting. We will resume meetings in March.

HOLIDAYS

In February, the two most brightly shining lights of our history—George Washington and Abraham Lincoln—were born, and in honor of the two presidents, we celebrate President's Day as a national holiday. Therefore, on **Monday, February 18**, the Senior Center will be closed.

The Senior Center will be open for business as usual on Valentine's Day, February 14, but we want to wish all our Valentines, our seniors, a warm and loving day.

MAZEL TOV CHORUS

The special Springwell luncheon on Valentine's Day on **Thursday, February 14**, will be followed at **1:30 PM** by a free concert presented by the **Mazel Tov Chorus**, sponsored by the Russian Tea Room at the Senior Center. The chorus, led by Boris Goldstein, Artistic Director, will sing songs in Yiddish, Hebrew, English, and Russian. Songs being performed range widely from lullabies—Afn pripetchek (Learn Aleph-Beis)--through love songs—Zog, zog, zog es mir (Tell me "I love you" and drinking songs—Tum Balalayka (Play balalaika)—patriotism—God Bless America—to songs of the spirit such as Avinu malkeinu (Father, our Lord) and Shalom aleichem (Tell "peace" to all).

JUSTIN MEYERS JAZZ TRIO

On **Wednesday, February 6**, at **1:00 PM**, the Justin Meyers Jazz Trio will perform in a free concert sponsored by the Brookline Music School where Mr. Meyers is a member of the faculty.

Brookline
Adult &
Community
Education



Join us,
new classes
starting soon!

www.brooklineadulted.org
617-730-2700

EASY TRAVEL

Travel to China in February with Brookline residents Jackie and Peter Gordon as they share images and impressions of their 15-day WGBH Learning Tour last November. Visit Beijing, the Great Wall, Xian, Chengdu, Lijiang, the Yangtze River, Shanghai, and other places in fabled but curiously modern China.



This month's Easy Travel will be enhanced even more by impressions of modern Hong Kong presented by So Hing Mak. Her presentation will be enhanced with pictures of a casino and of Hong Kong Disney Land.

Mark your calendars for **Thursday, February 7**, at **1:30 PM** for this exciting and often breathtaking armchair journey.

FRENCH CONVERSATION

There won't be any French conversation at the Senior Center in February. The program is on hiatus. Keep looking in the Calendar and the TAB for word on when the program will begin again.

MODERN BEADING WORKSHOP

There will be a beading workshop on Thursday, **February 14**, from **1:30 to 3:00 PM**, led by Marge Harvey.

IN PRAISE OF EVELYN ANDELMAN

“Don’t worry, it’s not a bill. See, it says so right on the form.” Words to comfort an anxious elderly client of the Brookline Council on Aging and the first that I, a new Council volunteer in 1974, overheard from Evelyn Andelman. Mrs. Andelman, who died in January, was the Council’s legal advisor from 1973 to 1992 and was already a legend there for the counseling that she gave seniors on health insurance, federal and state benefits, resources, and “any legal matter that does not generate a fee.” White-haired and rosy-cheeked, cheerful and sympathetic, she hardly fit the stereotype of a hard edged, intimidating lawyer.

And yet love of, and respect for, the law was at the center of her life. A graduate of the Portia Law School, formerly the “women’s college” of what is now the New England School of Law, at 23, she became one of the youngest women (or men) qualified to argue before the US Supreme Court. She had specialized in family law before retiring from private practice in 1968, and spent the next four years as a probate specialist for the Shawmut Bank before joining the Council on Aging staff.

During her 20 years with us, she was a reassuring figure, remembered as “taking her rolling briefcase on the T each day to one of the Council’s three offices [before we had our present one-stop Senior Center], setting up her portable office ...and advising the seniors of the town how to access their benefits.” She was as-

siduous in discovering just what those benefits were; I recall a long-forgotten law, known as the Homestead Law, that she exhumed from state archives and put to work for older homeowners.

She was responsible for setting up one of the Council’s most important services: the File of Life emergency medical ID cards that list medical information, including doctor’s name and number and family or friends to be notified in case of medical emergencies either at home or away from home. She told me that she herself had benefitted unexpectedly from her own card after a traffic accident rendered her unconscious and she awoke surrounded by her family and her own doctors. Needless to say, it confirmed her belief in the value of the service.

Her efforts to help the elderly did not go unrecognized. Dorothy Wolfson, who was the manager of Brookline’s Social Security office during Mrs. Andelman’s tenure, noted that her office never got calls asking for explanations of benefits, as did other Social Security offices throughout the state. When she realized that this was because Mrs. Andelman was doing all the explaining over at the Council on Aging, she asked Mrs. Andelman to come in to the Social Security office once a month to deal with the very few clients that she had missed at the Council. It was Ms. Wolfson who recommended that Mrs. Andelman receive special recognition for her achievements from the US Social Security Administration.

But the general recognition she got was much less formal. Her family remarked (and I can testify) that it was impossible to walk along Harvard Street with her without being stopped every few steps by grateful clients. “It was like being with a celebrity,” said her daughter-in-law, and indeed it was. Throughout her 98 years Evelyn Andelman fully deserved to be celebrated for her creative, useful life, a life well lived and well loved.

—by Jean Kramer

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www.laurieisrael.com lisrael@sociallaw.com	
	

PROTECTING YOUR FINANCES

This month's talk on money and financial concerns of seniors, sponsored by the Bank of Canton, will be about "Consumer Fraud and Identity Theft—Protecting Yourself in This New High-Tech Age." This presentation will be made by Anthony Caruso, Senior Vice President, Bank of Canton, and will take place at the Senior Center on **Monday, February 25, from 10:00 to 11:30 AM.**

IDENTITY THEFT ALERT



On many occasions, you may be asked for the last four digits of your social security number (SSN). Before you give it out to anyone, first demand an explanation about why it is needed.

You are only legally required to give it to financial institutions, employers, and others who must report to the Internal Revenue Service (IRS).

Why is it risky to give out the last four digits? The answer is that a person seeking to defraud you can use this information to order credit reports from companies that act as liaisons to credit bureaus, thus allowing them to get your full social security number. And even if the potential identity thief does not have access to the liaison companies, he or she might be able to guess at the first five numbers because they are based on your place and date of birth.

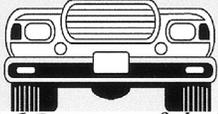
So be aware and be wary. Caution, in this case, is definitely a must.

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TAXES

In February, March, and April, volunteer tax counselors trained by AARP will be at the Senior Center to help individuals with their tax forms. These services are free, but you must call 617-730-2777 to schedule an appointment. Do this immediately if you have not already done so as this is an extremely popular program and the number of appointments available is limited.

When you call for an appointment, please mention if you have had your taxes done at the Senior Center in the past. Also remember to bring copies of your last year's tax returns, proof of insurance, and receipts for donations, rent, real estate taxes, and so forth when you come in for your appointment with a tax counselor. In addition, *new* for this year, please bring Massachusetts form #1099-HC, which provides evidence of health insurance coverage. You should receive this form in the mail from your health insurance provider no matter whether the provider is private or public.

This year returns will be filed electronically. You will receive a paper copy for your records.



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PROPERTY TAX EXEMPTIONS AVAILABLE

The Town of Brookline Board of Assessors has made this **summary of real estate tax exemptions for the elderly and others** available to help you in determining what you might be eligible for.

Applications for real estate tax exemptions are now available from the Assessor's Office—temporarily located at the Putterham Library or at the Town Hall (in the Old Lincoln School building on Boylston Street)—or on the Town's website, www.townofbrooklinemass.com. As a courtesy, the Assessor's Office mails applications to residents who have received an exemption in previous years. Applications are mailed each summer; however, it is the taxpayer's responsibility to submit an application in a timely manner. Applications are due by March 31, 2008.

The following is a summary of available real estate tax exemptions under Chapter 59. For more detailed information, call the Assessor's Office at 617-730-2060 or e-mail us at assessors@town.brookline.ma.us:

Section 5C; Residential Exemption

- A taxpayer must **own and occupy** the property as their primary residence as of the prior January 1.
- For 2008, the exemption is \$158,100 in value or \$1,609.46 in tax.
- Tax paid must be at least 10% of the bill.

Clause 17D; Surviving spouse, minors or persons 70 years of age or over

- Must own and occupy property for 5 years.
- Eligible seniors must be 70 years old as of July 1, 2007.
- Surviving spouses and surviving minors are eligible.
- To qualify a taxpayer's whole estate (value of assets) can not exceed \$45,670, excluding their domicile.
- There is no annual income limitation.
- Exemption amount is \$175 to \$350.

Clause 22 and 22A-E; Disabled Veteran

- Must have Veterans' Administration certificate and be at least 10% disabled.
- Must have been a Massachusetts resident prior to military service or for 5 years prior to filing.
- Must own and occupy property on July 1, 2007.
- Exemption is \$400 to full tax bill.

Clause 37A; Legally Blind

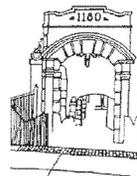
- Taxpayer must own and occupy the property and be LEGALLY blind.
- Exemption amount ranges from \$500 to \$1000.

Clause 41A; Tax Deferral

- Taxpayer must own and occupy the property and be 65 years old.
- Must have owned property in Massachusetts for 5 years.
- Income limits apply.
- All or part of tax can be deferred.
- Tax is paid upon conveyance.

Clause 41C; Senior Persons and Surviving Spouses

- Taxpayer must own and occupy the property on July 1, 2007 and have lived in Massachusetts continuously for 10 years and owned and occupied a residence for 5 years.
- Eligible seniors must be 65 years old or older as of July 1, 2007.
- There are both income limits and whole estate limits to qualify.
- Exemption amount ranges from \$500 to \$1000.



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SNOW POLICY

The Brookline Council on Aging (COA)/Senior Center will remain open during business hours (Monday through Friday 8:30 AM. to 5:00 PM) unless they are directed to close by the town administrator.

The **ELDERBUS** does not run when the Brookline schools are closed. If a storm begins later in the day, the driver will make a decision based on road conditions with consultation with the director of the COA.

The **VAN** driver and the director of the COA make the decision about the van, which often runs on the day after a storm even when there is no school. Call 617- 730-2750 for the updated message.

SENIOR CENTER PROGRAMS will run or be canceled at the discretion of the department head and the program manager. When possible, programs will be rescheduled.



The **SPRINGWELL LUNCH SITE** will be open at the discretion of *Springwell's* executive director. The decision is **not** based on the school cancellations. The nutrition staff will notify the Senior Center. Call 617-926-4100 for more information. There will also be a message on 730-2777. If Springwell cancels, we at the Senior Center may provide a pizza lunch at the discretion of the director of the COA or of the program manager.

ADULT EDUCATION classes are always canceled when Brookline Schools are closed. Classes will be rescheduled for a later date. Call 617-730-2700 for more information.

BROOKLINE GOLDEN AGE CLUB will be cancelled when the Brookline schools are closed. If a storm develops later in the day, please call the Recreation Department information line at 617-730-2068 or 617-730-2083 for cancellation announcements.

The **ROGERSON ADULT DAY HEALTH PROGRAM** will remain open at the discretion of *their* director. Contact 617-383-6012 or 617-730-2610 for more information.

FLU SEASON TIPS: WHEN TO CALL THE DOCTOR

According to the Massachusetts Department of Public Health and the Local Public Health Institute of Massachusetts, you should call the doctor if you have any of the following symptoms:

- Redness, pain, or swelling around the eyes or nose
- Vision problems that you don't normally have
- Sinus pain
- Severe headache
- Symptoms lasting longer than seven to ten days
- Any breathing problems other than the ones you normally have

- Extreme agitation
- Mucus that becomes thick or changes color
- Unusual limited activities for longer than two weeks
- Sudden or severe weakness or fatigue
- Sudden unplanned weight loss
- More confusion or decreased alertness than you usually have

These might be symptoms of the flu. And if you are living alone and your doctor confirms that your symptoms are likely to be flu, you might want to consider finding someone to visit you regularly or even stay with you so that they can take care of you while you are fluey.



Health-centered programs that occur monthly at the Senior center include:

Ask a Nurse Nurse Practitioner Eileen Currier of St. Elizabeth Medical Center will be at the Senior Center to consult with individuals on **Wednesday, February 27, from 1:00 to 2:00 PM.**

Podiatry Clinic Routine foot care with Dr. John McLoughlin is available by appointment on **Monday, February 4, from 9:00 AM to 12 NOON.** Sessions, which last 15 minutes each, cost \$25. To make an appointment, call 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will not meet in February. Meetings will resume in March.

Blood Pressure Screening Blood pressure and health screenings will continue to be available at the Senior Center, this month on **Thursday, February 21, from 9:00 to 10:30 AM** with a Brookline Health Department Nurse.

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

The Health Page is sponsored by
Beth Israel Deaconess Medical Center

Affiliated with  Joslin Clinic

A research partner of
 DANA-FARBER/HARVARD CANCER CENTER
A Comprehensive Cancer Center
Designated by the National Cancer Institute

 Official hospital of the
Boston Red Sox

BLOOD PRESSURE SCREENINGS

Blood pressure screenings continue to be available at the Senior Center and at other locations around town on the third Thursday of each month with a Health Department Nurse.

This month's schedule is:

- Wednesday, February 6, at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 PM
- Wednesday, February 13, at Sussman House, 50 Pleasant St., from 1:00 to 2:00 PM
- Wednesday, February 13, at Temple Emeth, 194 Grove St. in South Brookline, from 3:00 to 4:00 PM

- Thursday, February 21, at the Senior Center from 9:00 to 10:30 AM
- Wednesday, February 27, at O'Shea House, 61 Park Street from 1:00 to 2:00 PM



SENIOR SERVICES

The Brookline Senior Center and the Council on Aging are amazing organizations, offering a vast array of programs and activities.

BETS is a cab discount program that allows income-eligible Brookline residents over 60 to buy coupon books worth \$10 in cab rides for just \$5. 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. If you want to apply or be recertified for BETS, please bring your 2006 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.)

Bay State Taxi and Red Cab have split into two separate companies. However, both companies will still accept BETS coupons. To get a Bay State Taxi, call 617-566-5000. For a Red Cab, call 617-734-5000.



BLAB The Brookline Legal Assistance Bureau (BLAB) at the Senior Center from **9:00 AM to 12:00 NOON Wednesday, February 6**, this month, 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.

Please note that this change of date is a one-time diversion from the regular schedule for this month only.

FILE OF LIFE provides individuals with emergency medical ID cards to be used both at home and away from home. For more information, call 617-730-2777.

HELP finds trained, dependable workers to assist individual seniors with such tasks as meal preparation, errands, cleaning, and shopping—for an affordable rate. All workers are trained and screened by the HELP staff at the Senior Center. To get HELP, call 617-730-2777, and ask for the HELP extension.

JOBS The Job Opportunities for Seniors (JOBS) program is an employment service designed and sponsored by the Brookline Council on Aging, the goal of which is to match Brookline's capable, older workers with local employers seeking either part-time or full-time staff for office, academic, sales, food services, and a variety of other fields.

NEEDS helps seniors stretch food dollars with such aids as food stamps. For more information, please leave a message for Riva Berkovitz at 617-730-2777.

SHINE counselors Deborah Brass and Sonny Saslaw are at the Senior Center on **Wednesday** and **Thursday** mornings to help individuals explore their health insurance options. For an appointment, please call 617-730-2777.

SOCIAL SECURITY Contact Station. Social security will no longer have a representative at the Senior Center. If you need assistance, please call the Boston office at 617-565-8903.

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- Companionship
- Light Housekeeping
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ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

Community members who care for loved ones with Alzheimer's Disease and other dementias meet on the second Friday of each month to gain support and information. The two groups are open to members of the community and town employees free of charge.

There is a **Daytime Caregivers Group** that will meet on **Friday, February 8**. Call December Heffernan at 617-730-2753 for information for this group. And there is also an **Evening Caregivers Group** that will meet on **Thursday, February 28**, contact Susan Andriole at 617-730-2754 for more information about this group.

BLUE IN BROOKLINE?

Feeling sad? Experiencing a decrease in motivation? This group is for you. In the winter months, it is not unusual for individuals to feel sad or "blue." This ten-week group will not just give members a safe place to explore their sadness, but it will also provide members with basic tools for improving their moods. The techniques that will be used by the group leaders have been proven as successful ways to begin coping with, and overcoming, depression.

This group, called **Blue in Brookline**, will meet on ten **Mondays, February 4 through April 28, from 10:00 to 11:00 AM**. To register or for more information, call Dale La Bonté or Katie Anderson at 617-730-2772.

BEREAVEMENT SUPPORT GROUP

This six-week **Bereavement Support Group** for those experiencing the loss of a significant family member or friend will meet on **Tuesdays beginning February 5** at the Senior Center **from 11:00 AM to 12:30 PM**.

There is no fee for the group but size is limited. For more information or to register, contact Deidre Waxman at 617-730-2767.

THE JOBS PROGRAM MAKING THE MOST OF YOUR JOB SEARCH

If you are 60-plus years old and a resident of Brookline and looking for work, you will have a few more opportunities to find work than other mature job seekers. You are eligible to make use of the services of the Job Opportunities for Brookline Seniors (JOBS) program that matches local workers with jobs and employers in the Brookline/Boston area.

It's easy to access the services of the JOBS program, requiring only an interview and a short application in order for the matching process to begin. You may reach the JOBS Coordinator Deidre Waxman at: 617-730-2767.

A few hints from the coordinator:

- Follow-up on all suggested avenues. You may not get matched with your dream job, but people who are flexible and accept interviews and jobs offered are often happy with them after they begin the job.
- Contact the coordinator after a job interview or placement. You may be surprised to know how many job seekers do not. This feedback is critical to your job hunting success in the future.
- Be specific about your skills and talents and what kind of work you do best. It often proves difficult to locate a good match for those who say that they can and will do anything. Work with the JOBS coordinator to determine your specific strengths and interests before you begin interviewing.

Finally, keep in mind that despite the obvious ageism in the workplace, employers who contact the JOBS program know who we are, i.e., a program for mature workers. We certainly see seniors with difficult financial dilemmas, and with a little bit of flexibility and good communication, we can and do find work for many 60-plus job seekers in Brookline.

MOVIE LOVERS SERIES FOR FEBRUARY 2008

The Brookline Senior Center has put together a great line-up for February with variety and style to suit every taste.

Make the Brookline Senior Center on **Tuesday afternoons at 1:30 pm** a regular destination for seeing current and classic free movies of all sorts.



February 5 **The Lives of Others** 138 minutes
Set in 1980s East Berlin, director Florian Henckel von Donnersmarck's debut feature (which earned an Oscar for Best Foreign Language Film) provides an exquisitely nuanced portrait of life under the watchful eye of the state police as a high-profile couple is bugged. When a successful playwright and his actress companion become subjects of the Stasi's secret surveillance program, their friends, family and even those doing the watching find their lives changed too.



February 12 **Hairspray: The Musical** 120 minutes
Set in 1962, this colorful adaptation of the Tony-winning musical (spawned by director John Waters' cult classic of the same name) follows ambitious teen Tracy Turnblad (Nikki Blonsky) who tries to integrate a racially divided Baltimore one watusi at a time. The film's star-studded cast includes John Travolta, Queen Latifah, Michelle Pfeiffer, Christopher Walken, Allison Janney, James Marsden, and Amanda Bynes.



February 19 **Amazing Grace** 111 minutes
Based on a true story, this historical drama starring Ioan Gruffudd (*Fantastic Four*) tells the story of William Wilberforce, an 18th-century English politician who fought for the abolition of slavery. Despite staunch opposition, Wilberforce waged an aggressive campaign using boycotts, petitions, and slogans. Director Michael Apted's (*Coal Miner's Daughter*) powerful film also stars Albert Finney, Michael Gambon and Rufus Sewell.



February 26 **The Namesake** 114 minutes
While he respects his immigrant parents (Irfan Khan and Tabu) and their decision to rear him in his United States birthplace, Gogol Ganguli (Kal Penn) is torn between Indian traditions and the modern Bostonian lifestyle. Iacinda Barrett and Zuleikha Robinson also star in director Mira Nair's thought-provoking coming-of-age drama, which explores first-generation Americans' delicate dance between culture and identity.

SENIOR CINEMA AT THE COOLIDGE CORNER BRANCH OF THE BROOKLINE PUBLIC LIBRARY

February's theme is Academy Award winners. Films are shown on Thursday afternoons at the Coolidge Corner branch of the Brookline Public Library with refreshments served at 1:00 PM and the film of the day shown at 1:30 PM.

February 7 111 min

The Picture of Dorian Gray (1945)

In Victorian England, vain aristocrat Dorian Gray (Hurd Hatfield) becomes increasingly hedonistic and corrupt. When his portrait is painted, Gray makes a Faustian bargain: The picture will age while he stays young and handsome—an evil pact that eventually leads to murder. This classic drama based on a novel by Oscar Wilde won an Oscar for Best Cinematography, and Angela Lansbury took home a Golden Globe for her role as Gray's jilted lover.

February 14 122 min

Shakespeare in Love (1998.)

What if a penniless William Shakespeare (Joseph Fiennes) fell in love with a noblewoman (Oscar-winner Gwyneth Paltrow) while struggling to write a comedy with the unlikely title "Romeo and Ethel the Sea Pirate's Daughter?" Might the emotional turmoil inspire him to recraft the play into a tragedy with a more familiar-sounding name? You'll have to watch this multiple Oscar-winner to find out!

February 21 100 min

An Inconvenient Truth (2006)

Director-producer Davis Guggenheim (HBO's "Deadwood") captures former Vice President Al Gore in the midst of waging a passionate campaign—not for the White House, but for the environment. Laying out the facts of global warming without getting political, Gore makes a sobering impression in this Oscar-winning doc on the audiences who hear his message, urging them to act "boldly, quickly and wisely"... before it's too late to act at all.

February 28 105 min

Kramer vs. Kramer (1979)

Ted (Dustin Hoffman) is a career-driven yuppie—until he finds out his wife (Meryl Streep) is leaving him and their six-year-old son. Ted soon finds that he loves being a full-time parent, but then his wife reappears to reclaim the boy. Poignant and beautifully acted, the movie swept the 1979 Academy Awards, winning Oscars for Hoffman and Streep, plus Best Picture, Best Director, and Best Screenplay honors.

DIVAS IN THE DARK, FILMS AT THE COOLDIGE CORNER THEATRE

Brookline's Coolidge Corner Theatre and its cultural partner, the Boston Lyric Opera is continuing the **Divas in the Dark** film series, highlighting opera-based films, that was so popular last year. The program is made possible by the generous support of the Trust Family Foundation in partnership with Finagle a Bagel. There will be a film every other month through July.

The films will be shown at the Coolidge Corner Theatre at 290 Harvard Street. Tickets are

\$3.00 for seniors, but must be picked up in person from the box office at the theatre no more than two months in advance. For more information, call 617-734-2500.

There is no movie scheduled for February, but on Sunday, March 16, at 11:00 am, *The Turandot Project* will be run. This film is an engrossing account of a world event as conductor Zubin Mehta and direct Zhang Yimou mount Puccini's opera in Beijing's Forbidden City.

IN THE GALLERY

Brookline Around the Seasons



Oil paintings by
Virginia Jacobs

This lovely exhibit that concentrates on the quiet beauty of Brookline by featuring still-life scenes of everyday life, runs through **Friday, February 29, Mondays through Fridays** from **8:30 AM to 5:00 PM**. Plan on seeing it if you haven't already, or on seeing it again if you have. It is well worth a second look.

CONCERTS IN FEBRUARY

There are three very special free concerts scheduled for February at the Brookline Senior Center.

On **Wednesday, February 6, at 1:00 PM**, the **Justin Meyers Jazz Trio** will perform at the Senior Center. This group has performed at the Senior Center before, and it has been lively and enjoyable. This concert is co-sponsored by the Brookline Music School where Mr. Meyers is on the faculty. Come for the concert and liven up a midwinter day.

And on **Thursday, February 14, at 1:30 PM**, the **Mazel Tov Chorus** will perform songs in Yiddish, Hebrew, English, and Russian. This concert is sponsored by the Russian Tea Room at the Senior Center

To add a crown to February's concerts, the oldest and most renowned gospel group in Boston, the **Silver Leaf Gospel Singers** will perform on **Wednesday, February 20, at 1:00 PM** at the Senior Center. This concert is sponsored by the Brookline Council on Aging, the Brookline Health Center, the Brookline Recreation Department, and the Rogerson Brookline Adult Day Health Program.

ADULT DAY PROGRAM

Do you need a safe, structured environment for your loved one while you are at work or taking time for yourself? If so, the Rogerson Adult Day Program may be the program you have been looking for.

It's a structured, therapeutic program in a social setting, located on the second floor of the Brookline Senior Center and offering an array of activities such as daily exercise, current events, breakfast, a hot lunch, outings to restaurants, and shopping trips. Specialized groups include

meditation, poetry and bridge clubs, and creative writing. Senior Center activities are attended by program members, and there are arts and crafts and games—in short, something for everyone. Expert activities staff, skilled nursing, and social services provide individual care.

The Adult Day Program is open Monday through Friday from 8:30 AM to 4:30 PM. For general information and for information about rates and enrollment, please call Janie Spilker at 617-383-6012.

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MONDAY	TUESDAY	WEDNESDAY
		
<p>4) Vegetable Barley Soup/Crackers Turkey Penne with Broccoli Alfredo Sauce/Tossed Garden Salad Lite Italian Dressing/Oatmeal Bread OR ***Ham & Muenster Cheese on Rye Bread Lite Mayo/Lettuce & Tomato Potato Salad Chef's Choice Dessert</p>	<p>5) Cream of Mushroom Soup/Crackers Stuffed Pepper Tomato Sauce/Zucchini Rye Bread OR Chicken Salad on Oatmeal Bread Lettuce & Tomato Rice, Tomato, Black Olive Salad Peaches</p>	<p>6) Ash Wednesday Lemon Pepper Fish/Lemon Sauce Mashed Potatoes Mixed Vegetables/Rye Bread OR Egg Salad on Whole Wheat Bread Purple Cabbage Cole Slaw Pasta Salad Tapioca Pudding/Topping</p>
<p>11) Oriental Vegetable Soup/Crackers Sweet n Sour Chicken "Fried" Rice/Oriental Style Blend Vegetable Fortune Cookie/Whole Wheat Bread OR Sliced Roast Beef & Muenster Cheese on Multigrain Bread/Lite Mayo Lettuce & Tomato/English Pea Salad Pineapple</p>	<p>12) Meatloaf/Brown Gravy Mashed Potatoes/Beets Rye Bread OR Turkey Salad on a Lettuce Leaf Cole Slaw Three Bean Salad/Whole Wheat Bread Pears</p>	<p>13) Roast Pork/Brown Gravy Lyonnais Potatoes/Spinach Rye Bread OR California Chicken Salad Tossed Salad/Lite Dressing Pasta Vegetable Salad/Oatmeal Bread Frosted Birthday Cake</p>
<p>18) President's Day Holiday</p> <div style="text-align: center;">  <p>CLOSED</p> </div>	<p>19) Birthday Lunch Split Pea Soup/Crackers ***Baked Ham/Pineapple Sauce Au Gratin Potatoes Broccoli Cauliflower Blend/Oatmeal Bread OR Roast Beef & Cheddar Cheese on Multigrain Bread/Lettuce Leaf Carrot Raisin Salad/Potato Salad Jello w/Mixed Fruit</p>	<p>20) Heart-Healthy and Delicious Lunch Grilled chicken Salad, Asparagus, Sweet potato Special dessert Wine  Free lunch. Reservations required SPONSORED BY BROOKLINE HEALTH CARE CENTER No Springwell lunch today.</p>
<p>25) Italian Wedding Soup/Crackers Stuffed Shells/Tomato Sauce Meatball/Tossed Garden Salad Lite Italian Dressing/Dinner Roll OR Turkey & American Cheese on Multigrain Bread/Lite Mayo/ Lettuce Leaf Cole Slaw/Orzo Vegetable Salad Brownie</p>	<p>26) ***Reduced Sodium Hot Dog Hot Dog Roll/Baked Beans/Cole Slaw Ketchup & Mustard/Relish OR California Chicken Salad on a Lettuce Leaf Tomato & Broccoli Salad/Potato Salad Orange-Cranberry Muffin Tropical Mixed Fruit</p>	<p>27) Cream of Pumpkin Soup/Crackers Baked Chicken/Supreme Sauce Whipped Potatoes/Zucchini Oatmeal Bread OR Roast Beef & Swiss Cheese on Whole Wheat Bread Carrot Pineapple Salad/Pesto Pasta Salad Fresh Fruit</p>

**SPECIAL
LUNCHEONS
FOR
FEBRUARY**

THURSDAY	FRIDAY
<p>All meals include 8 oz. of 1% milk and margarine.</p> <p>Low sugar desserts are available, and need to be ordered from the site manager.</p> <p>***Higher Sodium Content</p> <p>Menu subject to change. \$1.75 donation</p>	<p>1) Minestrone Soup/Crackers Chicken Marsala Rice/Green Beans Rye Bread</p> <p style="text-align: center;">OR</p> <p>Breaded Chicken Patty on a Hamburger Roll Lite Mayo/Cole Slaw Potato Salad Gingerbread/Whipped Topping</p>
<p>7) Orange Almond Chicken Red Bliss Potatoes Green & Wax Bean Blend/Multigrain Bread</p> <p style="text-align: center;">OR</p> <p>Sliced Turkey & American Cheese on Multigrain Bread Lettuce & Tomato Slices/German Potato Salad Fresh Fruit</p>	<p>8) Split Pea Soup/Crackers Macaroni & Cheese Stewed Tomatoes Whole Wheat Bread</p> <p style="text-align: center;">OR</p> <p>Seafood Salad on a Hot Dog Roll Lettuce & Tomato Slices Italian Pasta Salad Mixed Fruit</p>
<p>14) Valentine's Day Special Vegetable Soup/Crackers Beef Bourguignon Jardinière Gravy Au Gratin Potatoes Green Beans Cinnamon Roll</p> <p style="text-align: center;">Raspberry-filled Cookie</p>	<p>15) Seafood Bisque/Crackers Baked Fish w/Cheese Sauce Sweet Potatoes/Broccoli Oatmeal Bread</p> <p style="text-align: center;">OR</p> <p>Tuna Salad on a Lettuce Leaf Tomato Red Pepper Salad German Potato Salad/Rye Bread Fresh Fruit</p>
<p>21) Vegetable Rice Soup/Crackers Baked Chicken/Creamy Italian Sauce Buttered Parsley Noodles/Green Peas Whole Wheat Bread</p> <p style="text-align: center;">OR</p> <p>Sliced Turkey & Swiss Cheese on Rye Bread Lite Mayo/Lettuce & Tomato English Pea Salad Mandarin Oranges</p>	<p>22) Corn Chowder/Crackers Pier 17 Fish Red Bliss Potatoes/Zucchini Multigrain Bread</p> <p style="text-align: center;">OR</p> <p>Egg Salad on Oatmeal Bread Tricolor Pasta Salad Roman Blend Salad Fresh Fruit</p>
<p>28) Beef Barley Soup/Crackers Pot Roast/Brown Gravy Sweet Potatoes Cauliflower/Multigrain Bread</p> <p style="text-align: center;">OR</p> <p>Seafood Salad on Oatmeal Bread Lettuce & Tomato German Potato Salad Hoodsie Ice Cream</p>	<p>29) Vegetable Cheese Quiche Tossed Garden Salad/Lite Italian Dressing Spinach/Rye Bread</p> <p style="text-align: center;">OR</p> <p>Chef Salad w/egg, cheese strips, vegetables Italian Dressing Pasta Salad/Whole Wheat Roll Pineapple</p>

Please remember that 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**. This applies to both regular and special Springwell luncheons.

Springwell Valentine's Day Lunch on Thursday, February 14, featuring beef bourguignon and a special Valentine cookie. Make your reservation by 11:00 AM on February 13.

February Birthday Lunch on Tuesday, February 19. Tell us you have a February birthday when you make your reservations. Reservations must be made by Friday, February 15.

Heart-Healthy and Delicious Lunch sponsored by the Brookline Health Care Center offered free on **Wednesday, February 20**, but reservations still need to be made by Tuesday, February 19.

The **Out-to-Lunch Group** will meet at the Soul Fire BBQ Restaurant, 182 Harvard Street, Allston, on **Tuesday, February 26, at 12:00 NOON.** 19

Events Calendar

MONDAY	TUESDAY	WEDNESDAY
<p><i>To reserve a lunch please call 6177-730-2770 by 11 am, a day in advance</i></p>	<p>BETS discount taxi coupons can be purchased at the Senior Center or through the mail. For more information or to apply for the program please call (617)730-2740</p>	<p>SHINE counselors are available on Wednesday and Thursday mornings to answer your individual health insurance questions. Please call 617-730-2777 for an appointment.</p>
<p>4 9 am Podiatry Clinic by appt. 10 am. "Blue in Brookline" preregistration required. 12:30 pm Chinese programs 1 pm Mah jongg 1-2 pm Line Dancing 2-4 pm Open computer lab</p>	<p>5 ELECTION DAY 10:30 am No Brookline Bees 11 am Bereavement Support Group Please preregister 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "The Lives of Others"</p>	<p>6 9 am-12 noon BLAB lawyer 10 am-12 noon SHINE counselor 12:30 p,m Bridge 1 pm Brookline Music School presents the Justin Meyer Jazz Trio</p>
<p>11 10 am. "Blue in Brookline" pre-registration required. 12:30 pm Chinese programs 1 pm Mah jongg 1-2 pm Line Dancing 2-4 pm Open computer lab</p>	<p>12 10:30 am Brookline Bees —Quilters 11 am Bereavement Support Group Please preregister 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Hairspray, the Musical"</p>	<p>13 9:30 am Retired Men's Club 10 am-12 noon SHINE counselor 12:30 pm Bridge</p>
<p>18 Presidents' Day Senior Center is closed. Rogerson Adult Day Health Center is open.</p>	<p>19 10:30 am Brookline Bees—Quilters 11 am Bereavement Support Group Please preregister 12 noon February Birthday lunch 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Amazing Grace"</p>	<p>20 9:30 am Retired Men's Club 10 am-12 noon SHINE counselor Noon - "Heart Healthy & Delicious" free lunch - pre-registration required. 1 p.m. Silver Leaf Gospel Singers in concert. 12:30 Bridge</p>
<p>25 10 am Program on Consumer Fraud Anthony Caruso, VP Bank of Canton 10 am "Blue in Brookline" preregistration requested 12:30 pm Chinese programs 1 pm Mah jongg 1--2 pm Line Dancing 2-4 pm Open computer lab</p>	<p>26 10:30 am Brookline Bees-Quilters 11 am Bereavement Support Group 12 noon "Let's Go Out to Lunch" group meets at Soul Fire BBQ Rest. 1:00 p.m. Bingo 1:30 p.m. Movie Lovers' Film Series "The Namesake"</p>	<p>27 9:30 am Retired Men's Club 10 am - noon SHINE counselor 12:30 Bridge 1 pm Eileen Currier, Nurse Practitioner, St. Elizabeth Medical Center</p>

ONGOING SENIOR CENTER EVENTS

THURSDAY	FRIDAY
<p>AARP tax preparers are available to help with your taxes. Call 617-730-2777 for an appointment.</p>	<p>1 9am Bridge 10 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events</p>
<p>7 No Social Security Contact Station 10 am-12 noon SHINE counselor 10:30 am Knit and Crochet 1 pm Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm "Easy Travel" goes to China</p>	<p>8 9 am Bridge 10 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus Alzheimer Support Grp - call for time</p>
<p>14 No Social Security Contact Station 10 am-12noon SHINE counselor 10:30 am Knit and Crochet 1 pm Knit and Crochet 1:30 pm Mazel Tov Chorus presented by the Russian Tea Room 1:30 pm Modern Beading Wkshop</p>	<p>15 9 am Bridge 10 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Senior Chorus</p>
<p>21 No Social Security Contact Station 9-10:30 am Blood pressure screen. 10 am-12 noon SHINE counselor 10:30 am Knit and Crochet 1 pm Knit and Crochet 1:30 pm Russian Tea Room 2:15 pm Golden Age Club mtg.</p>	<p>22 9 am Bridge 10 amSolemates Walking Group 10a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus</p>
<p>28 No Social Security Contact Station 10 am-12 noon SHINE counselor 10:30 am Knit and Crochet 1 pm Knit and Crochet 1:30 pm Russian Tea Room</p>	<p>29 9 am Bridge 10 amSolemates Walking Group 10a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus</p>
<p>Evening Alzheimers support group</p>	

MONDAY

12:30 PM—Chinese programs
1:00 PM—Mah jongg
12 NOON-4 PM—BETS
1-2 PM—Line dancing
\$2.00/session
1:30 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

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 —beginning February 8

MYTHS AND FACTS ABOUT FOOD-STAMP BENEFITS AND THE ELDERLY

Myth: Food stamps are welfare.

Fact: The Food Stamp Program is a nutrition assistance program. It helps low income people buy nutritious foods. It is not welfare.

Myth: Elderly people only receive \$10 a month in food stamp benefits.

Fact: The smallest amount of food stamps you can receive is \$10. The average amount of food stamps for the elderly is much higher.

Myth: Elderly people cannot own, or be in the process of buying, a home. If they own or are in the process of buying a home, the government will take it.

Fact: Individuals can own or buy a home and still get food stamps. The home and its lot are not counted as a resource in the Food Stamp Program. The Food Stamp Program does not require a person to sign away her or his home.

Myth: Elderly people must go to the food stamp office for an interview.

Fact: If an elderly person is not able to go to the food stamp office, he or she may request a telephone interview. The person may also ask a relative, pastor, neighbor, or such, to attend the interview as an authorized representative. Applicants for, and recipients of, SSI may also apply for food stamp benefits at a Social Security Office.

Myth: You have to go to the food-stamp office every few months to keep getting benefits.

Fact: Elderly people can get benefits for up to two years at a time. You don't have to go back to the office unless there are specific changes to your case. You can also ask for a telephone interview. Or a friend or family member can go for you.

Myth: Elderly people are only allowed \$2000 in resources in order to qualify for food stamps.

Fact: The resources limit for elderly households or households containing one elderly person is up to \$3000.

Myth: Elderly people do not receive credit for medical and prescription-drug bills.

Fact: Medical expenses that exceed \$35 a month may be deducted unless an insurance company or someone who is not a household member pays for them. Only the amount over \$35 can be deducted.

Myth: Food stamps are only for families with children.

Fact: Food stamps are for eligible individuals (including the elderly) as well as for eligible families.

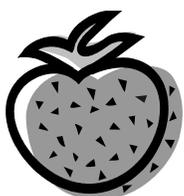
Myth: Other people need food stamps more than the elderly individuals. If an elderly person is certified for food stamps, she or he will be taking them away from others who need them more.

Fact: The Food Stamp Program is an entitlement program. In other words, everyone who applies and who is determined to be eligible will get food stamp benefits.

Myth: Elderly households that receive food stamps will not be able to receive meals-on-wheels.

Fact: Households can receive food stamps and still get meals-on-wheels. You can use your food stamps to purchase food at the store. This means you will have extra food in addition to your meals on wheels.

This information is provided by the US Department of Agriculture. For more information, call 800-221-5689.



JOB POSTING!

There is a job opening in a Brookline Dentist's office for filer clerk, general office and phone work. The candidate must be fluent in English, and willing to work Monday through Thursday afternoons for two hours per day. Some light office cleaning required. Salary is approximately \$12/hr.

For further information, please contact Deidre Waxman at 617-730-2767.



RESIDENTIAL CHOICES STUDY

The Gerontology Institute at the University of Massachusetts Boston is conducting a study on residential decisions made by older adults. This 15 to 20 minute computer survey will ask volunteers to watch brief video presentations and answer a few questions about what they have seen. Handouts covering information on residential choices will be given out at the end of the survey. If you would like to participate, Lauren Martin will be in the computer lab of the Senior Center on **Fridays in February from 1:00 to 3:00pm**. If this time is not convenient for you, an appointment can be made by calling Lauren at 508-667-5306 or by e-mailing her at lauren.martin.001@umb.edu.

ROGER R. LIPSON

ATTORNEY-AT-LAW

7 HARVARD STREET | BROOKLINE MA 02445-7379

Tel. 617-566-2300

Fax 617-566-9350

E-mail albertaroger@aol.com

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HEALTH CARE PROXIES

The Office of Attorney General Martha Coakley reminds us that the Massachusetts Health Care Proxy Law permits each of us to appoint an "agent" who will serve as a health-care proxy to act on your behalf and communicate your wishes if you are unable to do so. To ensure that your treatment wishes are followed in the event of incapacity, you should follow these steps to create a health-care proxy:

- Identify a health-care agent and an alternate agent. Select someone you trust who is willing and able to make crucial and often difficult decisions on your behalf.
- Determine your instructions and put your wishes in writing.
- Make sure your agent fully understands your instructions and is prepared to carry them out.
- Review your health-care proxy regularly. Update your document as needed to reflect changes in your situation, including changes in your agent's contact information or your treatment instructions.
- When drafting your health-care proxy, consider consulting with your physician or attorney. Sample forms are available through lawyers, many hospitals, and web sites devoted to legal and health-care matters. A commonly used form is available at www.massmed.org/ma_proxy.

SPRINGWELL GRANT HELPS NATIONAL MULTIPLE SCLEROSIS SOCIETY CONNECT PEOPLE OVER 60 TO MS RESOURCES

The National Multiple Sclerosis (MS) Society, New England Chapter, recently received a grant from the Springwell Area Office on Aging, Springwell, which serves Belmont, Brookline, Needham, Newton, Waltham, Watertown, Wellesley, and Weston, helps seniors and individuals with disabilities remain living safely and independently in their own homes. The purpose of the grant is to connect people over 60 years of age, who have MS, with available community resources and support services provided by the Central New England Chapter to help them to continue living safely and independently in their communities. Services include short-term care management to obtain community supports; assistance applying for public benefits and other needed services (such as housing or personal care); referrals for home-safety assessments and financial assistance for home modifications; referrals to chapter programs including the *B.Fit!* Adult Day Program in Boston and the MS Vacation Camp; and financial assistance for personal care, medical equipment, and more. For further information, or to apply for assistance, please contact the Information Resource Center at 800-493-9255, option 1.

According to Judy Cotton, Director of Services at the Central New England Chapter, "This grant allows us to focus entirely on people with MS who, because of age and length of time living with MS, need information and referral, financial assistance, and care coordination in order to stay in the community."

ABOUT MULTIPLE SCLEROSIS

MS interrupts the flow of information between the brain and the body and can stop people from moving forward in their lives. Every hour

in the United States someone is newly diagnosed with MS, an unpredictable, often disabling disease of the central nervous system. Symptoms range from numbness and tingling to blindness and paralysis. The progress, severity, and specific symptoms in any one person cannot yet be predicted, but advances in research and treatment are moving us closer to a world free of MS. Most people with MS are diagnosed between the ages of 20 and 50, but teenagers and even young children, can have MS. More than twice as many women as men are diagnosed with MS, which affects more than 400,000 people in the United States and 2.5 million worldwide.

ABOUT THE NATIONAL MULTIPLE SCLEROSIS SOCIETY

The National MS Society helps each person address the challenges of living with MS. In 2006 alone, through its home office and its 50-state network of chapters, it devoted nearly \$126 million to programs that enhanced more than one million lives and moved the world closer to being free of MS. The society also invested more than \$46 million to support 380 research projects around the world.

In Massachusetts and New Hampshire, the National MS Society, Central New England Chapter spends 87% of monies raised on MS education, support, advocacy, and research to create a world free of MS for 14,000 individuals and their families affected by MS.

Early and ongoing treatment with an FDA-approved therapy can make a difference for people with MS. Learn about your options by talking with your health-care professional and/or contacting the National MS Society at www.MSnewengland.org or 800-493-9255.

BOOK DISCUSSION

The Putterham Book Discussion Group meets on **Monday, February 25, at 2:00 PM at Temple Emeth** in South Brookline. The book that will be discussed at this meeting is *Clara: A Novel* by Janice Galloway. New members are always welcome.



HANDICAPPED ACCESS

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

BROOKLINE COUNCIL ON AGING BROOKLINE SENIOR CENTER CALENDAR MISSION STATEMENT

The Brookline Council on Aging is a town agency responsible for planning, coordinating, and providing comprehensive services for Brookline residents age 60 and over.

We work with other town agencies and community service providers to enhance the quality of life for our elders.

The Brookline Senior Calendar is a monthly newsletter dedicated to enriching the aging experience for Brookline seniors age 60 and over.

HALL'S POND IN WINTER

The circular Pond
Now wears a robe of ice.
Cold strengthens and big snowstorms
Clothe The Sanctuary in white.
Snow blankets The Pond.
Limbs of willow trees
Reach upward to the sky.
They accept months of bareness,
Dream of fluttering leaves to come.
Hall's Pond rests in Peace.

by Ruth Ellen Winn, Brookline, MA 2005



This photo shows a heron at Hall's Pond in summer. Hall's Pond is one of Brookline's green treasures. When the weather is balmy, it is a wonderful place to contemplate nature.

We promote the wide range of opportunities, programs and services in the areas of health, learning, art, socialization, nutrition, and recreation available for Brookline elders.

Our goal is to help seniors maintain their independence and continue to be active members of their community by being informed and educated.

The Senior Center Calendar welcomes submissions from seniors and community partners.

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*Happy Valentine's Day
from the Staff
at the Brookline Senior Center
and the Council on Aging to All
the Seniors in Brookline*



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**WOULD YOU LIKE TO RECEIVE THE TOWN OF BROOKLINE SENIOR
CALENDAR EVERY MONTH?**

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

New _____

Renewal _____

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

PLEASE PRINT CLEARLY the following:

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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 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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