

# 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



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## HIGHLIGHTS

Learn how to dispose of unused and expired medication on p. 5.

Be entertained by violinist Olga Litvintsova at the Boston Music School concert on p. 8.

Be educated by a program about heart attacks and stroke on p. 10.

Join a new group to decorate the Senior Center for holidays on p. 12.

Travel to mainland China and the Mainland Headwear Company on p. 13.

Limber up with a modern dance and movement class on p. 20.

Learn about the Home Modification Loan Program on p. 23.

Learn about applying for food stamps and the SNAP program on p. 24.

Read about the new Senior Scene programming on p. 30.



FEBRUARY 2010

## SILVER LEAF GOSPEL SINGERS

The old-time sounds of jubilee are being kept alive by our old friends, the **Silver Leaf Gospel Singers** of Roxbury, Massachusetts. This group was formed over 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 another concert by this group on **Wednesday, February 24, at 1:00 pm**, sponsored by the Brookline Council on Aging and the Rogerson Brookline Adult Day Health Program. This is a "don't miss" event.

## CHINESE NEW YEAR

Celebrate the Year of the Tiger at the Senior Center on **Monday, February 8**. Lunch will be served at **12:15 pm**, followed by a festive program.

Space is limited so reservations are required. The cost is a mere \$7.00, a bargain for such festivity. Please pay in advance. Call 617-730-2770 for reservations.

This event is sponsored by the Brookline Council on Aging and the Greater Boston Chinese Golden Age Center.



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

Ruthann Dobek  
*Director, Council on Aging/Senior Center*

Charlotte Millman  
*Program Manager, Council on Aging/Senior Center*

Judith Gimple  
*Newsletter Editor*

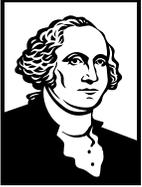
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Subscription fee: \$10.00/year. See page 31 for subscription/renewal form.

## COUNCIL ON AGING MEETING

The Council on Aging (COA) Board of Directors *will not meet in February*. The next meeting will be Wednesday, March 10, at 1:00 pm. Look for information about the next meeting in the March issue of the *Senior News and Events*.

## HOLIDAYS IN FEBRUARY



George Washington and Abraham Lincoln—these names loom very large in US history. And both were born in February. So between their two birthdays, on **Monday, February**

**15**, this year, we celebrate Presidents' Day. The Senior Center is closed on this day. The Rogerson Adult Day Heath programs are open.



## THEATER TRIP

On Sunday, March 7, let the Turtle Lane Playhouse in Auburndale, Massachusetts, whisk you off to Cervantes's fanciful Spain—full of knights in shining armor and impossible dreams—at a performance of *Man of La Mancha*.

Make reservations by calling the Senior Center at 617-730-2770 no later than Wednesday, February 17. A \$30.00 fee that includes the performance and round trip transportation is payable on registration by cash or check (make checks payable to *Brookline Senior Theatre Group*). The Van will begin picking up passengers on March 7 at 1:00 pm at 93 Winchester Street, 100 Centre Street, and 1550 Beacon Street.

Please be aware that there are no ticket refunds after February 21. Should you become unable to attend the show after that date, try to arrange for someone to take your ticket.

## VETERANS, WE WANT YOU!



Calling seniors who are veterans from all branches of the service and from all foreign conflicts—World War II, Korea, Vietnam, etc. Come and spend a few days this coming summer with our Careers in Aging (CIA) high school students who are interested in talking to you about your experiences. We are starting our call to veterans early because we want to be sure to reach you all.

If you'd like more information or if you'd like to participate, please call Deidre Waxman at 617-730-2767. See p. 22 for an article about Bill McGroarty and Veteran's Services in Brookline.



*Don Quixote and Sancho Panza*  
by Pablo Picasso.



## ETHICS LAW ONLINE TRAINING

The governor signed a new ethics law requiring all volunteers and staff to acknowledge receipt of documentation of it. This material was mailed in December.

The next step is for paid staff and COA board members to take an online training. It is available at [http://db.state.ma.us/ethics/quiz\\_MEthics/index.asp](http://db.state.ma.us/ethics/quiz_MEthics/index.asp). A group session will be held at 2:-00 pm on Tuesday, February 9, in the computer lab. If you are coming and for further information, RSVP to Ruthann Dobek at 617-730-2756.

The online training must be completed by Friday, April 2.

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

**Ask a Nurse** St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier will be at the Senior Center to consult with individuals on **Wednesday, February 24, from 1:00 to 2:00 pm.**

**Podiatry Clinic** Routine foot care with Dr. John McLaughlin is available by appointment on **Monday, February 1, from 9:00 am to 12:00 noon.** (There will be no clinic on Monday, February 15, because the Senior Center will be closed for Presidents' Day.) Sessions, which last 15 minutes each, cost \$25. Appointments are required. Make an appointment by calling 617-730-2777.

**Low Vision Group** This peer-led support group for individuals with limited eyesight will

meet on **Wednesday, February 17, at 1:00 pm.**

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

### **Blood Pressure Screenings**

The Brookline Health Care Center will provide a blood pressure screening **at the Senior Center on Monday, February 8, from 1:00 to 2:00 pm.** The nurse who presides at this session is bilingual. (She speaks English and Chinese.)

There will be a blood pressure screening **at the Senior Center** with a nurse from the Brookline Health Department on **Thursday, February 18, 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**

Blood pressure screenings with a Brookline Health Department Nurse will be available at the Senior Center on **Thursday, February 18, from 9:00 to 10:30 am.** Other screenings will take place:

- Wednesday, February 3, at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 pm.
- Wednesday, February 10, at Sussman House, 50 Pleasant Street, from 1:00 to 2:00 pm.
- Wednesday, February 24, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm.



*To Abraham, George, Shiva,  
Mohammad, and everyone who  
was born in February—  
HAPPY BIRTHDAY!!*

*And to all of the above and  
everyone else  
HAPPY VALENTINE'S  
DAY!!!*

## SHINE: A FANTASTIC VOLUNTEER OPPORTUNITY!

*Certified SHINE (Medicare) counselors are needed.* The SHINE (Serving Health Information Needs of Elders) program helps seniors and people with disabilities who are on Medicare to understand the many and increasingly complex insurance options available to them. The need for trained volunteers to educate and provide unbiased information has never been greater than it is today.

Through an intensive training program, SHINE Counselors become certified to explain health insurance options. They work one-on-one with Medicare beneficiaries to educate, answer questions, solve problems, and screen for low-income health programs. SHINE Counselors also attend monthly meetings where they receive ongoing training, support, and opportunities to share their experiences and concerns with other counselors.

SHINE Counselors are expected to work an average of five to six hours per week, meeting with clients and doing necessary follow-up. They generally counsel in Senior Centers or

other public settings that have private meeting space. Some computer experience is required.

SHINE Counselors are intelligent and dedicated individuals who are truly making a difference in many people's lives. This is a unique and wonderful volunteer opportunity for the right people. Please consider joining our dedicated team.

The spring SHINE training will begin in March and run for two days per week over a six-week period at Whitney Place in Natick. For more information about becoming a SHINE Counselor, call Dorene Nemeth, MetroWest Regional SHINE Director at 508-532-5980, ext. 4109.

Bilingual, bicultural and minority individuals are encouraged to apply.

SHINE is administered by the Massachusetts Executive Office of Elder Affairs in partnership with the Councils on Aging, the Aging Services Access Points, and other local agencies.

*Our thanks to Dorene Nemeth, Director of MetroWest SHINE for this article.*

## HOW TO DISPOSE OF UNUSED AND EXPIRED MEDICATIONS

According to the US Food and Drug Administration (FDA), most drugs can be thrown in the household trash, but consumers should take certain precautions before tossing them out. And a few drugs should be flushed down the toilet.

Also, a growing number of community-based "take-back" programs are offering another safe disposal alternative.

The FDA worked with the White House Office of National Drug Control Policy (ONDCP) to develop guidelines for safe disposal that culminated in an ONDCP report issued in February 2007. The guidelines are summarized here:

- Follow any specific disposal instructions on the drug label or patient information that accompanies the medication. Do not flush prescription drugs down the toilet unless

this information specifically instructs you to.

- If no instructions are given, throw the drugs in the household trash, but first:
  - Take them out of original containers and mix them with an undesirable substance, such as coffee grounds or kitty litter. This will make the medication less attractive to children and pets and unrecognizable to people who intentionally go through trash.
  - Put them in a sealable bag, empty can, or other container to prevent the medication from leaking or breaking out of a garbage bag.



*See also [fda.gov/Drugs/ResourcesForYou/Consumers/Buying/UsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm](http://fda.gov/Drugs/ResourcesForYou/Consumers/Buying/UsingMedicineSafely/EnsuringSafeUseofMedicine/SafeDisposalofMedicines/ucm186187.htm).*

## SENIOR SERVICES

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

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

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

If you want to apply or be recertified for the BETS program, please bring your 2008 income tax returns when you meet with Alicia. Bring your 2009 return if you have already filed it. (Remember that all riders must be recertified every year in order to be able to buy BETS coupon books.)

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

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

**BLAB** The Brookline Legal Assistance Bureau (BLAB) will be at the Senior Center from **9:00 am to 12:00 noon on Wednesday, February 3** and on Wednesday, March 3. BLAB is staffed by volunteer local attorneys who offer individuals legal expertise on matters of law as well as information and referrals. This service is offered free of charge, and no appointment is needed.

**FILE OF LIFE** provides individuals with emergency medical ID cards to be used both at home and away from home. This is a very important

program. It should be part of your emergency preparedness program. For more information specifically on the File of Life, call 617-730-2777 and leave your name and phone number. Someone at the Senior Center will call you back as soon as possible.

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

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

**NEEDS** helps seniors stretch food dollars with such aids as food stamps. For more information about the Supplemental Nutrition Assistance Program (SNAP), see the article on p. 7. If you need assistance at any time during the process, please call on Sonia Wong at the Senior Center. Call her at 617-730-2777 and leave a message, and she will get back to you promptly.

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

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

## WHAT IS SNAP?



The Supplemental Nutrition Assistance Program (SNAP) helps low-income individuals and families buy healthy, nutritious food. For households made up of all elders (defined by SNAP as age 60 or over), you will not be asked for proof of money in the bank or to provide asset information and proof.

To apply for SNAP benefits, call the SNAP Hotline at 1-866-950-3663 (1-866-959-FOOD) to have an application mailed to you. Remember to ask for the Elder SNAP application. Or access [www.mass.gov/dta](http://www.mass.gov/dta) and click on the *Apply for SNAP/Food Stamps* link. Or you can visit the nearest Department of Transitional Assistance (DTA) office at 1010 Massachusetts Avenue in Boston. This office is open Monday through Friday from 7:30 am to 5:00 pm.

Once you have filled out the form as much as you can (being sure to write your name and address on it and to sign it), return the application to your local DTA office online ([www.mass.gov/dta](http://www.mass.gov/dta)), by mail (to the above address), or by fax to 617-427-9214.

You will then have an interview with a SNAP case manager either at a local office or over the phone, depending on your situation. You will need to have proof of:

- Net income (\$867/mo for one-person households, \$1167/mo for two-person households)
- Birth certificate (if you don't have one, a passport or baptismal record will suffice)
- Medical bills (if you have any)
- Monthly mortgage (or rent) and utility bills

You will get a decision on your application within 30 days.

Remember that the Senior Center is ready to help you at any point during the process. Simply call Sonia Wong at 617-730-2777 and leave your name and phone number, and she will return your call promptly.

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.

## PARKINSON DISEASE SUPPORT GROUP

This month the Parkinson Disease Support group will meet on **Friday, February 5, from 1:00 to 2:30 pm** at the Senior Center. For more information, contact the Information & Referral Center at the Boston University Medical Campus at 617-638-8466. This group is cosponsored by The Brookline Aging Collaborative and the American Parkinson Disease Association.

## ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

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

The **Afternoon** group will meet **Friday, February 12**. Call group leader Elaine Yanowitz at 617-730-2751 to register to attend and/or for further information.

The **Evening** group will meet **Thursday, February 25**. Call group leader Susan Andriole at 617-730-2754 to register to attend and/or for further information.

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## BROOKLINE MUSIC SCHOOL CONCERT

Come to the Senior Center on **Wednesday, February 3, at 1:00 pm** for a free Brookline Music School concert featuring violinist Olga Litvinsova, a faculty member of the Brookline Music School.



Ms. Litvinsova received her MM and BM in Violin Performance and Education from the Donetsk Prokofiev Conservatory in her native Ukraine and performed in Ukraine, other Eastern European countries, and the United Kingdom. Currently, Olga resides in Boston, where she teaches violin and performs with the Cape Cod Symphony, the Plymouth Philharmonic, and the Indian Hill Orchestra.

She will be accompanied by Elena Ioannisyann who received a Master of Music at the St. Petersburg Conservatory in Russia.

### WGBH (AND MORE) EXCURSION

Attention lovers of public radio and everyone else who is curious about how radio broadcasting is done! Here's an excursion for you. On **Tuesday, February 9**, the Van will leave the Senior Center at **10:30 am** for a visit to the Brighton studios of WGBH, lunch at Tin Tin Buffet Restaurant, and a stop at the Dollar Store in Allston.

This trip has already been filled, but call if you want to make the excursion as we *will* schedule another WGBH trip.

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## AT THE GALLERY



### Watercolors by Anita Jamieson

Through  
Friday, February 26

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

*Artist's statement:* After retiring from a career in public education, I looked forward to returning to my lifelong interest in art. Wendy Soneson, a watercolor teacher at the Brookline Arts Center, has been my inspiration and guide these past few years. I continue to be fascinated by the kaleidoscope of color and patterns found in nature. My subjects are fruits, vegetables, and a few flower friends. Each one has a unique personality. The intricacy of design and boundless color are a constant reminder of their beauty. I use photography to capture the designs of leaves and fruit, then I look carefully at the live subjects to see the surprising array of colors. In addition to original paintings, there are note pads, prints in various sizes, aprons, and note cards for sale at local exhibits or online. Please e-mail through my web site with comments and requests.

### BOOK DISCUSSION GROUP

This group is taking a vacation in February. Plan on attending the group when it resumes in March.

## MOVIE LOVERS SERIES FOR FEBRUARY

Enjoy a film every Tuesday afternoon at 1:30 pm at the Senior Center. These movies are free and a great way to spend an afternoon. If you come for lunch (see pp. 16-17), stay for a movie.



**February 2**

**The Curious Case of Benjamin Button (2008)**

166 minutes

David Fincher directs this Oscar-nominated tale of Benjamin Button (Brad Pitt)—a man who was born old and wrinkled but grows younger as the years go by—with a screenplay adapted from a short story by F. Scott Fitzgerald. The plot throws linear conventions upside down to explore love, loss and memory from the perspective of a character living under incredibly unique—and unexpectedly difficult—circumstances. Cate Blanchett co-stars.



**February 9**

**La Traviata (1994)**

approximately 120 minutes

In this BBC production of Giuseppe Verdi's beloved opera, Sir George Solti conducts the orchestra and chorus of the Royal Opera at Covent Garden. Angela Gheorghiu stars as the noble courtesan Violetta Valéry.



**February 16**

**The Proposal (2009)**

108 minutes

When she learns that she's in danger of losing her visa status and being deported back to her native Canada, overbearing book editor Margaret Tate (Sandra Bullock, in a Golden Globe-nominated role) forces her put-upon assistant, Andrew Paxton (Ryan Reynolds), to marry her. Directed by Anne Fletcher (*27 Dresses*), this romantic comedy also stars Craig T. Nelson and Mary Steenburgen as Andrew's parents, Joe and Grace, and Betty White as the outspoken Grandma Annie.



**February 23**

**Taken**

While vacationing with a friend in Paris, an American girl (Maggie Grace) is kidnapped by a gang of human traffickers intent on selling her into forced prostitution. Working against the clock, her ex-spy father (Liam Neeson) must pull out all the stops to save her. But with his best years possibly behind him, the job may be more than he can handle. Famke Janssen also stars in this relentless action-thriller from director Pierre Morel.

## FRENCH CONVERSATION

Join the conversation at the Senior Center at 12:30 pm led by Agnes Serenyi on **two Tuesdays in February, the 9th and the 23rd**, and watch your pronunciation and vocabulary blossom.

*According to Doyle's* There are many special days in February: Groundhog Day on the 2nd, Boy Scout Day on the 8th, Valentine's Day and Chinese New Year (4708—the year of the Tiger) on the 14th, Mardi Gras (Fat Tuesday) on the 16th, and Ash Wednesday on the 17th.

**SAVE A LIFE:  
HEART AND STROKE COMMUNITY  
EDUCATION PROGRAM**

Did you know...

- That if you or someone you know is experiencing heart attack symptoms, dialing 911 and getting Emergency Room treatment immediately may save 90% or more of the heart muscle?
- That if you or someone you know is experiencing stroke symptoms, dialing 911 and getting Emergency Room treatment immediately can often reverse stroke damage?

Come to an important talk by Jeanne Colbath, a nurse from Wingate in Brighton, called, "Save A Life: Heart and Stroke Community Education" at the Senior Center on **Friday, February 26, at 1:00 pm** offered by the American Heart

Association. During this one hour program, you will learn:

- How to prevent cardiovascular disease and stroke
- How to recognize the warning signs
- The immediate action steps to take

This program is free and sponsored by the Brookline Council on Aging, the American Heart Association, and the American Stroke Association. Come and bring your friends and relatives as this is important and significant information for everyone!

**IT'S NATIONAL HEART MONTH:  
BE HEART SMART**

Did you know that February is National Heart Month, and not because of Valentine's Day? Every year since its congressional approval in 1963, the President has issued a proclamation to this effect to help raise public awareness of heart disease.

Even though most people associate heart disease with men, it's also the leading cause of death among women. To raise awareness of this fact, the American Heart Association's Go Red campaign aims to help women take action against heart disease. So wear your heart on your sleeve by wearing something red on *Friday, February 5*, which is *National Wear Red Day*.



No matter whether you are a woman or a man, here are suggestions to help your heart:

- Limit your intake of fat
- Choose heart-healthy fats over saturated fats and trans fats
- Limit your intake of sugars
- Limit your intake of sodium/salt
- Choose more whole grains, legumes, fresh produce and low fat dairy products
- Choose lean meat and poultry
- Include fish in your diet
- Exercise portion control
- Become physically active for 30 to 60 minutes a day
- Stop smoking
- Limit your intake of alcohol



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## THE JOBS PROGRAM: FACING THE ECONOMIC DOWNTURN

While we continue to hear expressions like: “Firing is the new retiring,” we remain committed to helping Brookline residents through this difficult time of high unemployment that has become an increasing burden on mature workers, especially those over 55.

According to a new and comprehensive study entitled *Buddy Can You Spare a Job? The MetLife Study of the New Realities of the Job Market for Aging Baby Boomers* (the MetLife Study), labor force trends indicate that “a potentially longer work life is a paramount issue for employees.” The majority of older-study respondents plan to retire later than anticipated. Most pointed to a need to keep working in order to rebuild and recover financial resources for retirement that have been lost in the current economic downturn.

The MetLife Study notes that older job seekers are not a homogeneous group and that age differences (e.g., the 58-year-old job seeker versus the 68-year-old) will have very different needs and prospects in the current economy. Types of skills, experience, and full-time versus part-time needs all create differing situations for older job seekers. The study suggests that “one size does not fit all elders” searching for work in 2010.

The study suggests seven common mistakes or misconceptions that keep aging boomers unemployed, mistakes that are based in part on false assumptions from the past and what the study refers to as “wishful thinking.” There are three common assumptions of older job seekers:

1. “I’ll just do what I was doing before.”
2. “My experience speaks for itself. Lots of employers would be lucky to have me.”
3. “Of course I am good with computers. I have

been working with Windows 98 for years!” While this study does not necessarily present a smooth and easy path to the mature worker’s job search, it does point to several “keys for success for older job seekers,” including the need to:

- Acknowledge the new realities of the job market
- Reframe experience to demonstrate future value
- Nurture your network
- Update computer technology skills

The JOBS program, with its individualized counseling and workshops on networking, interviewing, and résumé writing skills as well as its Job Search Computer Workshops and the open Senior Center computer lab is here to help Brookline residents navigate the current job market with its realities, challenges, and fluctuations. We realize that a very practical and necessary part of the navigation process is the actual job application itself. These days it has become a necessity to apply for work on the Internet, an often daunting prospect for some mature workers. Stay tuned for our **Spring JOBS Workshop**, which will be filled with practical tips for applying for jobs online.

If you’ve been searching for a while or just want to understand what works best in this job market, please call Deidre Waxman at the JOBS program at 617-730-2767 or e-mail [dwxman@brooklinema.gov](mailto:dwxman@brooklinema.gov).  
—Deidre Waxman



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## MODERN BEADING WORKSHOP

This beading workshop for beginners and experienced beaders alike will meet in February at the Senior Center with Marge Harvey on hand to instruct and help. Learn modern techniques of beading using thin Soft Flex and crimps. Combine old beads and broken strands for new and interesting designs. Make earrings, necklaces, and bracelets for yourself and as gifts for family and friends. Bring beads, earring backs, crimps and one yard of Soft Flex—all available at the Pear Tree Shop in Brookline and other craft stores.

The workshop is free, and no registration is required. It will meet on **Wednesday, February 10, at 1:00 pm.**

Brookline Adult & Community Education		<i>Join us, new classes starting soon!</i>
<a href="http://www.brooklineadulted.org">www.brooklineadulted.org</a> 617-730-2700		

## SPANISH IMMERSION

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

Spanish conversation skills by talking one-on-one with Spanish-speaking Brookline elder teachers (for a small fee) are also still very much available.

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

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



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## VOLUNTEER OPPORTUNITIES

Vivian Freeman, our Volunteer Coordinator, is seeking seniors who would like to have library books delivered to them and returned to the library when they have read them. Seniors interested in receiving this free service should call Vivian at 617-730-2743.

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

## HELP DECORATE THE SENIOR CENTER

The Senior Center is starting a new group led by the multitalented Jean Doherty that will create, and make, decorations for the dining room for various holidays throughout the year. If you are creative (or not), like to decorate for holidays, and can cut with scissors (no running involved), we need you. As this is a new group, we do not have a specific start date yet. We do not plan to have weekly meetings; rather, we may meet for two or three days before a holiday to create, make, and perhaps put up decorations for the holiday. If you are interested, please call Charlotte at 617-730-2769 to tell Jean of your interest.

*According to Doyle's* February is chock full of birthdays. Among them, in addition to Lincoln's (the 12th) and Washington's (the 22nd), there is Shiva's (the 12th) and Muhammad's (the 26th).

## EASY TRAVEL

In honor of Chinese New Year, on **Thursday, February 4, at 1:30 pm**, Easy Travel will run a DVD about the Mainland Headwear Company in China, which makes all kinds of hats, with Alice Fastov narrating. This is a promotional DVD about the company. It provides a different view of China than we normally see. Mac So Hing's daughter, Linda Oei, works for this company, so So Hing will also be on hand to comment. In addition to the film, Alice and So Hing will discuss the Chinese Zodiac—what the animals represent, the 12-year structure, and so forth.



**Green tip** Did you know that replacing 25% of the lights in your high-traffic areas with compact fluorescent light bulbs can save you about 50% on your lighting expenses and help conserve energy as well.

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Food distribution (produce and baked goods) takes place at the Senior Center **every Tuesday between 11:00 am and 3:30pm**. Times are approximate: the beginning depending on when the food arrives; the end, on when the food has been distributed. Numbered tickets, which determine the order participants get to “shop”, are distributed at 10:00 am. Come early for best selection; come after 12:00 noon if you do not want to wait in line.

**Volunteers are needed!** If you are interested in serving as a volunteer for this program, please call Vivian at the Senior Center at 617-730-2743 for more information.



In order to be as fair as possible and give everyone who wants food an orderly and pleasant experience instead of a stressful one, we have developed these simple **Rules for Food Distribution**:

- Ticket distribution begins at approximately 10:00 am in the *coffee lounge*..
- Get a ticket in the *coffee lounge*. (The first 20 tickets will be distributed in a random order.)
- Wait in the *coffee lounge* until your number is called.
- When your number is called, proceed to the basement.
- When you get to the basement, your number will be collected by a staff member or a volunteer.
- If you come downstairs **without a ticket or out of order**, you will be asked to return to the coffee lounge.
- No customers may handle the bread—if you touch it, you take it. Ask a staff member or a volunteer to give you the bread you point to. Actually they can give you advice about the different breads available.
- No pushing or shoving.
- If you want to come back a second time, you

## SENIOR CENTER FOOD DISTRIBUTION

must get a *new* number from the volunteer in the *coffee lounge*.

- If you do not have a number, you will be asked to go back to the first floor to get one.
- If you are in a scooter or wheel chair, a volunteer or staff member will assist you when it is your turn.

*Please remember, this is free food and there are no guarantees on quality of donations.*

If you have questions, please ask a staff member or a volunteer!

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## HEALTHY AND ECONOMICAL DISHES

### *Chicken and Mushroom Sauté with Brown Rice*

Here is a one-dish, balanced meal complete with a lean protein, vegetable, whole grain, and heart-healthy fat. Enjoy it for only **\$1.64 per serving**.

#### *Ingredients*

¼ cup all-purpose flour  
⅛ tsp salt, divided  
⅛ tsp pepper, divided  
2 skinless, boneless chicken breast halves (6 oz),  
pounded thin  
4 tps canola or olive oil  
2 cups mushrooms, sliced  
1 cup cold water  
1 cup low-sodium chicken broth  
1 tsp cornstarch  
½ tsp dried parsley (optional)  
¼ tsp garlic powder  
2 cups brown rice, cooked

#### *Preparation Instructions*

1. Season the flour with salt and pepper. Dredge the chicken in the seasoned flour. In a nonstick skillet, heat the oil over medium high heat until it is hot. Add the chicken, and cook it until it is lightly browned on both sides and cooked through, 3 to 4 minutes. Remove the chicken and set it aside.
2. To the same skillet, add the mushrooms and sauté them for about 5 minutes. Combine the water, broth, cornstarch, parsley, and garlic powder and add the mixture to the skillet. Cook, stirring frequently, until the liquid is thickened, 1 to 2 minutes.
3. Return the chicken to the skillet, and cook it until the chicken is heated through, 1 to 2 minutes. Serve over warm brown rice.

### *Vegetable and Feta Panini*

This tasty sandwich is simple enough to make for a casual meal alone, but its complex flavor will please any guest. Enjoy it for only **\$1.28 per serving**.

#### *Ingredients*

1 small eggplant (about 8 oz)  
1 tsp olive oil, divided  
1 4-oz jar roasted red peppers, (about ⅓ cup),  
rinsed and chopped  
Freshly ground pepper, to taste  
⅓ cup crumbled reduced-fat feta cheese  
1 tsp lemon juice  
¼ tsp dried oregano  
Pinch of crushed red pepper  
2 crusty whole-wheat rolls

#### *Preparation Instructions*

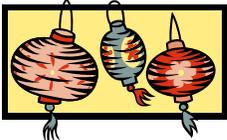
1. Preheat the grill or broiler to high.
2. Cut the eggplant crosswise into ½-inch-thick slices. If you are using a grill, oil the grill rack. Brush ½ tsp oil over both sides of the eggplant. Grill or broil until it is lightly browned and tender, 3 to 5 minutes per side. Let it cool slightly. Coarsely chop the eggplant, and combine it with red peppers in a small bowl. Season with pepper.
3. In a small bowl, mash feta with a fork. Add lemon juice, oregano, crushed red pepper, and the remaining ½ teaspoon oil; and blend the mixture until it is smooth and spreadable. Season it with pepper.
4. Slice rolls in half horizontally and scoop out about 1 inch of the soft interior from each half. Divide and spread the seasoned feta in the bottom half of each roll. Spoon the chopped eggplant and peppers over the cheese, and replace the top half of each roll.

*by Jewish Family & Children's Service (JF&CS) Nutrition Services. Visit [www.jfcsboston.org](http://www.jfcsboston.org) or call 781-647-JFCS (5327) for more information. Chicken and Mushroom Sauté recipe was adapted from [www.eatingwell.com](http://www.eatingwell.com). Vegetable and Feta Panini recipe was adapted from: [www.allrecipes.com](http://www.allrecipes.com).*

# Springwell Nutrition Program

617-730-2770

## FEBRUARY 2010

MONDAY	TUESDAY	WEDNESDAY
<p>1) <b>Split Pea Soup/Crackers</b> Open Face Chicken Cordon Bleu, Herbed Rice, Zucchini, Whole Wheat Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Roast Beef &amp; Cheese on Lettuce Leaf, Lite Mayo, Cole Slaw, Three Bean Salad, Rye Bread <b>Mandarin Oranges</b></p>	<p>2) <b>Potato Chowder/Crackers</b> Salisbury Steak w/Brown Gravy, Whipped Butternut Squash, Green &amp; Wax Beans, Biscuit</p> <p style="text-align: center;"><b>OR</b></p> <p>Egg Salad on Oatnut Bread, Lettuce Leaf, Spinach Mandarin Orange Balsamic Vinaigrette Pasta <b>Fresh Fruit</b></p>	<p>3) <b>Vegetable Soup/Crackers</b> American Chop Suey, Grated Parmesan Cheese, Broccoli &amp; Cauliflower, Oatnut Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>***Seafood Salad on Whole Wheat Bread, Lettuce Leaf, Tossed Salad w/Lite Italian Dressing, Macaroni Salad <b>Peaches</b></p>
<p>8) <b>Chinese New Year Festivities</b> (see p. 1)</p>  <p style="text-align: center;"><b>No Springwell lunch today</b></p>	<p>9) <b>Split Pea Soup/Crackers</b> Baked Macaroni &amp; Cheese Broccoli, Multigrain Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Chicken Salad on Lettuce Leaf, Tomato Cucumber Salad, Greek Pasta Salad, Multigrain Bread <b>Fresh Fruit</b></p>	<p>10) <b>Tomato Soup/Crackers</b> Meatloaf w/Mushroom Gravy Mashed Potatoes, Green Beans Oatnut Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>***Seafood Salad on Hamburger Roll, Lettuce Leaf, Pasta Salad w/ Cheese, Carrot Raisin Salad <b>Chocolate Pudding w/Topping</b></p>
<p>15) <b>Presidents' Day</b></p>  <p style="text-align: center;"><b>No lunch today.</b> <b>Senior Center is closed. Rogerson Adult Day programs are open.</b></p>	<p>16) <b>Birthdays Lunch</b> <b>Tomato Florentine Soup/ Crackers</b> Chicken Marsala, Parsley Buttered Noodles, Green Beans, Whole Wheat Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Breaded Chicken Patty on Hamburger Roll, Lite Mayo, Lettuce Leaf, Potato Salad, Roman Blend Salad <b>Pineapples</b></p>	<p>17) <b>Mushroom Barley Soup / Crackers</b> Pier 17 Fish w/ Lemon Pepper Sauce, Red Bliss Potatoes, Italian Blend Vegetables, Oatnut Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Egg Salad on Lettuce Leaf, Lo Mein Pasta Salad, Cucumber Creamy Dill Salad, Multigrain Bread <b>Frosted Cake w/ Sprinkles</b></p>
<p>22) <b>Vegetable Soup/Crackers</b> Stuffed Pepper w/Tomato Sauce, Three Bean Medley, Carrots, Wheat Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Turkey &amp; Mozzarella on Oatnut Bread, Lite Mayo, Corn Salad, Cole Slaw <b>Peaches</b></p>	<p>23) <b>Broccoli Cheese Soup/ Crackers</b> Pot Roast w/Gravy, Whipped Potatoes, Beets, Dinner Roll</p> <p style="text-align: center;"><b>OR</b></p> <p>Chicken Salad on Hamburger Roll, Lettuce Leaf, English Pea Salad, Riviera Blend Salad <b>Pears</b></p>	<p>24) <b>Vegetable Barley Soup/ Crackers</b> Baked Chicken w/Gravy, Cranberry Sauce, Green Beans, Sweet Potatoes, Multigrain Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Roast Beef &amp; American Cheese on Wheat Bread, Lite Mayo, Lettuce &amp; Tomato, Beet Salad, German Potato Salad <b>Fresh Fruit</b></p>

ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE.

Meals are served at 12:00 noon unless otherwise noted.

Low sugar desserts are available, and need to be ordered with the site manager

For meal reservations on Mondays, please call the previous Friday by 11:00 am.

\*\*\*Higher Sodium Content

For meal reservations on Tuesdays through Fridays,

Menu subject to change. \$1.75 donation

please call the previous day by 11:00 am.

## LUNCHEON SPECIALS FOR FEBRUARY

THURSDAY	FRIDAY
<p>4) <b>Chicken (Winter) Noodle Soup/ Crackers</b> Roast Pork w/Brown Gravy, Mashed Potatoes, Peas &amp; Onions, Tossed Salad w/Lite Italian Dressing, Rye Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Tuna Salad on Oatnut Bread, Lettuce Leaf, Potato Salad, Riviera Salad</p> <p style="text-align: center;"><b>Banana Cake</b></p>	<p>5) <b>Tomato Soup/Crackers</b> Breaded Fish w/Broccoli &amp; Cheese Sauce, Spinach, Red Bliss Potatoes, Whole Wheat Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Sliced Turkey &amp; American Cheese on Multigrain Bread, Lite Mayo, Lettuce Leaf, Broccoli Tomato Salad, German Potato Salad</p> <p style="text-align: center;"><b>Vanilla Pudding / Topping</b></p>
<p>11) <b><u>Valentine's Day Special</u></b></p> <p style="text-align: center;"><b>Italian Garden Vegetable Soup</b> Chicken w/Apple Raisin Bread Stuffing, Sweet Potato, Spinach and Mushrooms, Cinnamon Dinner Roll</p> <p style="text-align: center;"><b>Raspberry Filled Cookie</b></p>	<p>12) <b>Corn Chowder / Crackers</b> Salmon Boat w/Lemon Sauce, Zucchini, Red Bliss Potatoes, Dinner Roll</p> <p style="text-align: center;"><b>OR</b></p> <p>Roast Beef &amp; American Cheese on Wheat Bread, Lettuce Leaf, Lite Mayo, Corn Salad, Spinach Mandarin Salad</p> <p style="text-align: center;"><b>Mandarin Oranges</b></p>
<p>18)</p> <p>***Reduced All Beef Hot Dog, Baked Beans, Cole Slaw, Hot Dog Roll</p> <p style="text-align: center;"><b>OR</b></p> <p>Turkey Salad on Lettuce Leaf, German Potato Salad, Cauliflower Carrot Salad, Rye Bread</p> <p style="text-align: center;"><b>Pears</b></p>	<p>19) <b>Cream of Butternut Squash/ Crackers</b> Crab Cakes w/Creamy Red Pepper Sauce, Mashed Potatoes, Brussels Sprouts, Multi-grain Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Tuna Salad on Oatnut Bread, Lettuce Leaf, Greek Pasta Salad, Tossed Garden Salad w/ Lite French Dressing</p> <p style="text-align: center;"><b>Tapioca Pudding / Topping</b></p>
<p>25) <b>Minestrone Soup/Crackers</b> Baked Ziti w/Meatball, Parmesan Cheese, Broccoli Cauliflower Mix, Italian Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Tuna Salad on White Bread, Spinach Mandarin Orange Salad w/Lite Dressing, Pasta Salad w/Cheese</p> <p style="text-align: center;"><b>Carnival Cookie</b></p>	<p>26) <b>Lentil Soup / Crackers</b> Breaded Fish Au Gratin, Brown Rice, Spinach, Rye Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Egg Salad on Wheat Bread, Mixed Vegetable Salad, Potato Salad</p> <p style="text-align: center;"><b>Vanilla Pudding / 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 lunches**, please call the **previous Friday**. Call 617-730-2770 for reservations.

Be our Valentine at the **Springwell's Valentine's Day Special on Thursday, February 11**. Before and after the meal, be entertained by the musical interludes of Esther Gruber.

Celebrate all February birthdays at the **Birth-day Lunch on Tuesday, February 16**. And don't forget to tell us if you or someone in your party is having a February birthday when you make reservations.

The **Let's Go Out to Lunch** group will meet at **12:00 noon** on



**Tuesday, February 23**, at Pho Lemongrass at 239 Harvard Street.



Brookline Senior Center  
 93 Winchester Street  
 617-730-2770

**FEBRUARY 2010**

**EVENTS CALENDAR**

MONDAY	TUESDAY	WEDNESDAY
<p><b><i>To reserve a lunch please call 617-730-2770 by 11 am, a day in advance.</i></b></p>		<p>SHINE counselors are available to answer your individual health insurance questions. Please call 617-730-2777 for an appointment.</p>
<p>1            9 am Podiatry Clinic            10:30 am Poetry Workshop-filled            12:30 pm Chinese programs            1 pm Mah Jongg/Scrabble            1-2 pm Line Dancing            2-4 pm Open computer lab</p>	<p>2            10:30 am Brookline Bees-Quilters            11 am-3:30 pm Food distribution            1:00 pm Bingo            1:30 pm Movie Lovers' Film Series            "The Curious Case of Benjamin Button"</p>	<p>3            9 am BLAB lawyer            9:30 am Retired Men's Club            12:30 pm Bridge            1-2 pm Brookline Music School free Concert, violinist Olga Litvintsova            2-4 pm Open computer lab</p>
<p>8            10:30 am Poetry Workshop-filled            12:15 pm-Chinese New Year Fest., pre-registration required.            1 pm Mah Jongg/Scrabble            1-2 pm Line Dancing-not today            2-4 pm Open computer lab</p>	<p>9            10:30 am Van Trip to WGBH-filled            10:30 am Brookline Bees-Quilters            11 am-3:30 pm Food distribution            12:30 pm French Conversation grp.            1:00 pm Bingo            1:30 pm Movie Lovers' Film Series            "La Traviata"</p>	<p>10            9:30 am Retired Men's Club            12:30 pm Bridge            1 pm Modern Beading workshop            2-4 pm Open computer lab</p>
<p>15            Presidents' Day             Senior Center is closed            Rogerson Adult Day Health is open</p>	<p>16            10:30 am Brookline Bees-Quilters            11am-3:30 pm Food distribution            12 noon February Birthday Lunch            1:00 pm Bingo            1:30 pm Movie Lovers' Film Series            "The Proposal"</p>	<p>17            9:30 am Retired Men's Club            12:30 pm Bridge            1 pm Low Vision Group resumes            2-4 pm Open computer lab</p>
<p>22            10:30 am Poetry Workshop-filled            12:30 pm Chinese programs            1 pm Mah Jongg/Scrabble            1--2 pm Line Dancing            2-4 pm Open computer lab</p>	<p>23            10:30am Brookline Bees-Quilters            11am-3:30 pm Food distribution            Noon-"Let's Go Out to Lunch" Grp meets at"Pho Lemon Grass"            12:30 pm French Conversation grp.            1:00 pm Bingo            1:30 pm Movie Lovers' Film Series            "Taken"</p>	<p>24            9:30 am Retired Men's Club            12:30 pm Bridge            1-2 pm Eileen Currier, Nurse Practitioner from St. E's Med. Ctr.            1 pm Silver Leaf Gospel Singers free concert            2-4 pm Open computer lab</p>

## ONGOING SENIOR CENTER EVENTS

THURSDAY	FRIDAY
	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>4</p> <p>10:30 am Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm Knit and Crochet 1:30 pm Easy Travel visits China and the Mainland Headgear factory</p>	<p>5</p> <p>9 am Bridge 10 am Solemates Walking group 10 am Project Volunteer group 10:30 am Current Events 10:30 am Senior Chorus 1 -2:30 Parkinson's Support Group</p>
<p>11</p> <p>10:30 am Knit and Crochet Noon Springwell Valentine Lunch Special. Entertainment by pianist Esther Gruber 1:30 pm Knit and Crochet 1:30 pm Russian Tea Room</p>	<p>12</p> <p>9 am Bridge 10 am Solemates Walking group 10 am Project Volunteer Group 10:30 am Current Events</p> <p>Afternoon Alzheimer's Support Group—call for time</p>
<p>18</p> <p>9-10:30 Blood Pressure Screening 10:30 am Knit and Crochet 1:30 pm Knit and Crochet 1:30 pm Russian Tea Room</p>	<p>19</p> <p>9 am Bridge 10 am Modern Dance &amp; Movement workshop with Lynn Modell 10 am Solemates Walking group 10 am Project Volunteer group 10:30 am Current Events 10:30 am Senior Chorus</p>
<p>25</p> <p>10:30 am Knit and Crochet 1:30 pm Knit and Crochet 1:30 pm Russian Tea Room</p> <p>Evening Alzheimer's group—BAOS Salon</p>	<p>26</p> <p>9 am Bridge 10 am Solemates Walking group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus 1 pm Heart Health talk by Jeanne Colbath, ANP AHN BC</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  
1:00 pm—Scrabble  
2-4 pm—Computer lab open

### TUESDAY

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

### WEDNESDAY

9:30 am—Retired Men's Club  
12 noon-4 pm—BETS  
12:30 pm—Bridge  
2-4 pm Computer lab open

### THURSDAY

10:30 am—Knit and Crochet  
1:30 pm—Knit and Crochet  
1:30 pm—Russian Tea Room

### FRIDAY

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



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## MODERN DANCE AND MOVEMENT

Lynn Modell, Brookline High School dance teacher will lead a modern dance and movement workshop session on **Friday, February 19,**

**from 10:00 to 11:30 am.** The cost for this 90-minute session is \$2. Come one, come all, and limber up for the new year.

## SENIOR CENTER SWING BAND



Swing and sway with James Demicco at the Senior Center. If you enjoy playing popular music from the 20s, 30s, 40s, and 50s and can read music or play by ear, this is the group for you. Previous band experience is helpful but not necessary. You bring the instrument. We will supply the sheet music.

At press time, we had not firmed up the meeting dates for February. Please call Charlotte at 617-730-2769 for schedule.



## IT'S INCOME TAX TIME!

It's hard to believe that it is once again time to prepare and file federal and state income taxes. And once again in February, March, and April, volunteer tax counselors trained by AARP will be on hand at the Senior Center to help you with your tax forms. These services are free, but you must schedule an appointment by calling 617-730-2777. Tax preparation sessions will begin on **Friday, February 5**, so if you have not already done so, call immediately for an appointment as this an extremely popular service and the total number of appointments available is limited.

When you call for your appointment, please tell us if you have had your taxes prepared at the Senior Center in the past. Also remember to bring copies of your last year's tax returns, proof of health insurance, and receipts for donations, rent, real estate taxes, and so forth when you come in for your appointment with a tax counselor.

Remember that your returns will be filed electronically but that you will receive a paper copy of them for your records.



THANKFUL TO BE HOME

THANKFUL TO BE HOME WITH THOSE YOU LOVE

**Partners Private Care**, a subsidiary of Partners Home Care, offers in-home support, such as home health aides for personal care assistance, nursing, and home management, that gives you confidence to live on your own. Our staff are screened, supervised, and insured, providing you with added protection.



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[www.partnershomecare.org](http://www.partnershomecare.org)

## BOWLING



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



**Green tip** Get involved with Climate Control Action Brookline (CCAB) at PO Box 1742, Brookline, MA 02446, or on line at [info@climatechangeactionbrookline.org](mailto:info@climatechangeactionbrookline.org) and: ★Switch to green wind en-

ergy on the NSTAR website ★Order a "blower Door Test" followed by sealing air leaks around the house ★Install water-saving showerheads ★ Wash clothes in cold water and line dry them if you can ★ Plant a tree ★ Keep your care tuned

## BROOKLINE'S TREASURES

What makes Brookline so special? Its people, and the things they do for others. I call my favorites "treasures." A special treasure whom you might not know is William T. McGroarty (Bill), the Director of the Brookline Department of Veterans' Services.

I recently became a VA Accredited Attorney and met with Bill to learn more about benefits for our veterans. Accreditation is like getting a degree. There is nothing like experience. Furthermore, I needed to do this, not to fill out forms for clients who are Veterans, but rather to discern which clients might be entitled to veterans' benefits as part of the type of preplan I create for them. The accreditation process made me realize that our veterans should seek out the help of Bill (or his counterpart in any other city or town) who is ready, willing, and able to help navigate the maze that is called "the VA benefits system" free of charge. For those of you who have had an attorney represent that they are accredited and that they will charge to fill out the forms—*know this*—that it is illegal for attorneys to charge to fill out the forms for veterans' benefits.

In addition, even as a free service, most attorneys do not know the first thing about actually gathering the proper information and filling out the forms the way Bill does. And even if they do, they will never do it with the passion

and dedication of a Bill McGroarty. Bill saw active duty; he was wounded. He knows the system as well as the pain you may feel.

During my education session, Bill described benefits that no course ever mentioned. Some of these benefits do not come from the Federal Veterans Administration. Rather, they come from the Commonwealth or even the Town of Brookline. For example, ask Bill about the Massachusetts Welcome Home Bill, which provides reduced or free tuition at state schools; about the Massachusetts Career Centers that have a VA agent to help with a job search.

My client base is potentially benefited by the Veterans Administration Aid and Attendance program. This program may keep an elderly veteran in his home or help subsidize a stay in an Assisted Living facility, providing a benefit of up to \$19,736 for a single Veteran; and \$23,376 for a Veteran with a dependant at home. Bill can help you obtain this benefit if you qualify.

The other day I was trading notes with an attorney I know. I asked her "Do you know Bill McGroarty?" She said, "Do I know Bill?? What a question! I am working with him on several projects to recognize veterans and their families in Brookline." "I *love* him", she said, and with that she described a special Valentine's Day project and Veterans Day project that go above and

beyond the standard programs Bill so easily navigates. Our lucky, lucky veterans in Brookline! Thank you Bill, and you are one of Brookline's Treasures!!

*by Susana Lannik, LLC, Visit her on the web at LannikLaw.com.*



*Law Office of Susana Lannik, LLC*

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

PH: 617-658-2980  
FAX: 617-964-1694  
[Susana@LannikLaw.com](mailto:Susana@LannikLaw.com)

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

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

## HAITIAN RELIEF



Our hearts go out to the people of Haiti who are suffering hunger, homelessness, injuries, and personal grief from the recent earthquake there. The best way to help at this time is to

make monetary donations to organizations that are experienced in disaster relief. If you wish to contribute to the relief effort, the Town web site at [www.brooklinema.gov](http://www.brooklinema.gov) has a list of organizations to contribute to. Just click on Haiti Earthquake Relief on the Town home page.

The Senior Center will be collecting donations from our February and March raffles to focus on Haiti. Please be as generous as you can as the need for food, medical supplies, building materials—everything—is awesome.

## HEALTH AT WORK

Once we were younger and light of tread.  
We danced and we played with never a dread  
Of the far distant future and how it would be  
To move around slowly with creaky knee.  
We knew not the discomforts the years would  
bring—

The bulge of the waistline, the sagging chin.

\*\*\*\*\*

Now we are older and have acquired more  
sense.

We move with great caution and less confidence.  
As taken together we're a fortunate lot.  
The waistline and chin line worry us not.  
For we have Sue to guide us (how lucky we are!)  
We're happy and healthy and quite up to par!

*This poem by Anne Schwab was a paean to exercise instructor Sue Katz by her whole class at the Senior Center.*

## HOME MODIFICATION LOAN PROGRAM (HMLP)

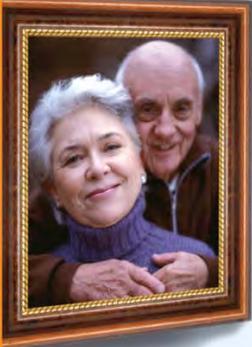
If you or a member of your family is a frail elder or has a disability that makes it difficult to bathe, climb stairs, or access your home, there is a program that can help. The HMLP provides loans to homeowners and small landlords for access and safety modifications to the homes of Massachusetts residents. If an accessible bathroom, ramp, stair lift or wider doorways would improve your quality of life, take advantage of this loan. Home modification loans of up to \$30,000 are made at a 0% or 3% rate, depending on household income. With generous income guidelines, most homeowners qualify for a 0% loan with repayment required when the home is sold or transferred.

For more information about this program, visit [www.mas.gov/mrc/hmlp](http://www.mas.gov/mrc/hmlp) on the web. Or contact Susan Gilliam at the Massachusetts Rehabilitation Commission at 617-204-3739 (voice/TDD: 1-800-245-6543 or at [Susan.Gilliam@state.ma.us](mailto:Susan.Gilliam@state.ma.us)).

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*on caring for older adults*

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from 9am to 5pm for answers,  
resources and expert advice on  
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You can also visit us online  
at [www.cjpseniordirect.org](http://www.cjpseniordirect.org)  
or email us at  
[info@cjpseniordirect.org](mailto:info@cjpseniordirect.org)



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## RECYCLING Q & A

### CELL PHONES, IPODS, GLASSES



What can I do with old cell phones or iPods? The Senior Center accepts donations of used cell phones and iPods and passes them along to an organization that rehabilitates them for nonprofit use. The Senior Center then receives funds in exchange that help to support our services, equipment, and programs.

**Is there any use for old eyeglasses?** The Senior Center accepts donations of eyeglasses for the Lions Eyeglass Recycling Program. A donation box is located in the lobby of the Senior Center.

### COUNCIL ON AGING EQUIPMENT LOAN FUND (ELF)

**What can I do with durable medical equipment that I don't need anymore?** You can contact the Council on Aging (COA) to see if we can recycle the equipment through our Equipment Loan Fund (ELF). The program accepts donations of gently used walkers, tub seats, wheelchairs, and other items, and loans them out to individuals in need. Due to space limitations, we will not be able to accept all equipment, so please be sure to call Julie Washburn at 617-730-2760 in advance of dropping items off and if you have any questions or if you'd like to donate or borrow equipment.

**What kind of equipment does the program accept?** Gently used medical equipment such as canes, walkers, wheelchairs, and tub seats. We also accept smaller items such as grabbers, sock aids, and walker accessories.

**Are there any pieces of equipment that you do not accept?** Unfortunately we are unable to accept outright donations of larger items such as hospital beds or recliners. While there is certainly a great need for such items, we simply do not have the storage space required. We may,

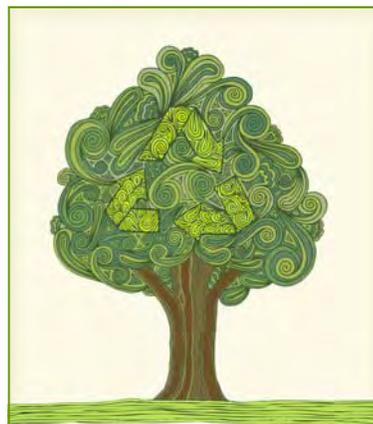
however, be able to assist you in locating a home for some of these larger items if you do not have an urgent need to dispose of the item. Call Julie Washburn for more information.

And we cannot accept donations of medication or medical supplies such as gauze, bandages, surgical tape, etc. Actually no one can accept these items so you are best off putting them in the trash for disposal.

**Does the program accept commodes?** Unfortunately, we are only occasionally able to accept donations of 3-in-1 bedside commodes because we generally have an overstock of this item. *Please note that we are unable to accept the pail that accompanies commodes due to Health Department regulations.* As this is currently the only piece of bathroom equipment that Medicare will cover for its beneficiaries, we find that individuals would often just prefer to order a new one.

**What is the procedure for donating equipment?** Contact Julie Washburn at 617-730-2760 to see if the program is able to accept the equipment you want to donate. If accepted, we ask that individuals clean the equipment with a bleach mixture prior to donation.

**Is my donation tax deductible?** Yes! Donation receipts are available to all individuals who donate equipment. —Julie Washburn



## 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. A couple of my favorite programs that will be sure to help you beat the blues happen this month such as Chinese New Year (p. 1) and Silver Leaf Singers (p. 1). Join us!

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. There is much to do here at the Senior Center that will keep you active and engaged. In addition, for those looking for something a little different, we are offering trips to WGBH (this trip is actually filled but we promise to plan another one soon—p. 8) and the Longyear Museum (p. 26), the former with lunch and shopping and the latter with tea. Also, tickets for a Sunday matinee (March 7) for *Man of La Mancha* theatre trip tickets are selling now at our front desk.

I continue to be very concerned about the high cost of living. If you have turned down your thermostat to save money, make sure you are wearing a warm fleece or similar warm clothing. Please call our information and referral desk if you are having trouble with your heating bills for some assistance (see p. 29). We are also helping with food stamp applications now

called SNAP (p. 7). In addition, always, come to the Center for a hot meal (pp. 16-17) and our food distribution site (p. 14).

I personally want to thank everyone who accepted the Challenge to Fund Agnes's kitchen 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 us. You all give your best to help those in need and that is the only way to live. Your new food site has been a life saver my wife and I who are having tough times." Of course, would you not know it, the ice machine broke after I was able to replace the toaster oven and someone donated a microwave!

Finally, we are recruiting for some special volunteers with specific talents or interests. Photographers and people interested in filming are especially needed. In addition, the food pantry is seeking some new volunteers (on p. 14). Call Vivian Freeman if you are interested at 617-730-2743.

Keep warm and remember the days are getting longer as the light returns this month. On January 1, the sunset was at 4:22, on February 1 it will be 5:12 and by the February 28, 5:44 – giving more sunshine each day.

—Ruthann Dobek-Director



## NEW! A CREATIVE WRITING WORKSHOP

Bobby Joe Bell wants to start a new creative writing workshop in the spring. It will concentrate on fiction, short story, poetry, and drama writing with emphasis placed on the participants' writing via guided critical analysis, tutoring, rewriting, and oral presentation.

Mr. Bell is a produced playwright. His plays, *In the Darkness of Light* and *Concent*, were produced off-off Broadway, and *Small Steps* was

done at the Folger Group Theatre in Washington, DC. He has also written and published poetry and notebooks. He has taught in art institutes, theaters, colleges, academic summer camps, and public schools. And he put together a repertory theater in Bismarck (North Dakota) RV-5 District School.

People interested in attending this workshop should call Charlotte at 617-730-2769.

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

Brookline Recreation has big plans for 2010. In February, there are three excursions:

- **Friday, February 12—Longyear Museum—cost: \$10.00/per person**  
After touring the museum dedicated to the life and work of Mary Baker Eddy, enjoy a light tea provided by the museum. The van leaves the Senior Center at 12:30 pm and returns at approximately 4:00 pm.
- **Wednesday, February 24—Brookline High School Chamber Music Concert—cost: \$10.00 per person**  
A chamber music concert at Brookline High School presented by Brookline High School students. The van will leave the Senior Center at 6:45 pm and return at approximately 9:30 pm.
- **Sunday, February 28—The Lion King at the Boston Opera House—cost: \$50.00 per person**  
*Broadway Across America* presents Broadway's award-winning musical. You can board the bus at 11:30 am at the Soule Recreation Center or at 12:00 noon at the Arcade Building. The bus will return to both locations—at approximately 5:00 pm.

Excursions planned for spring are

- Friday, March 12—Boston Symphony Orchestra—cost: \$35.00 per person
- Friday, March 26—Boston Flower and Garden Show—cost: \$20.00 per person
- Sunday, April 11—*Opus* at the New Repertory Theatre—cost: \$35.00 per person

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

For more information and to register, call 617-730-2069 or access the Brookline Recreation web site at [www.brooklinerec.com](http://www.brooklinerec.com).

## YOU CAN STILL CHANGE YOUR MEDICARE PLANS!

Between January 1 and March 31, you can make *one* change in your Medicare health plan. If you have Original Medicare, you can join a Medicare Advantage Plan (such as Medicare HMO, PPO, or PFFS) or switch between Medicare Advantage Plans. If you are in a Medicare Advantage Plan, you can return to Original Medicare. You cannot add or drop prescription drug coverage during this period. After March 31, most of you will not be able to make any changes until the next Medicare Open Enrollment Period (November 15 to December 31, 2010, effective January 2011). However, if you have a special situation, like first becoming eligible for Medicare or losing your current health insurance, you do not have to wait.

If you need help, call the Senior Center and ask for a SHINE appointment. Specially trained and certified SHINE volunteers Debra Brass, Sonia Wong, and Ed Levin offer free, confidential counseling to seniors and anyone on Medicare.

You can also reach a SHINE counselor by telephone. Call 800-243-4636 (800-AGE-INFO), and then press or say "3." Once you get the SHINE answering machine, leave your name and phone number. A SHINE volunteer will call you back, as soon as possible. Please be patient. Due to the large volume of calls, you may not hear from us for a couple of days.

You can also call Medicare at 800-633-4227 (800-MEDICARE) or MassMedLine at 866-633-1617, or access [www.medicare.gov](http://www.medicare.gov) on the web.

*Thanks for this information to Dorene Nemeth of  
SHINE*

## HANDICAPPED ACCESS

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

## GODDARD HOUSE IN BROOKLINE EVENTS IN FEBRUARY

On Monday, February 1, at 2:30 pm, Judy Carol Faust will show her documentary film called *Angels in Austria* with commentary afterward. The documentary is about a small church in Austria that tried to reverse 800 years of anti-Semitism by inviting Jewish survivors to return for a week of reconciliation. Judy accompanied her mother, Trudy, and embarked on an emotional rollercoaster that is both historic and personal and leaves your heart filled with the power of goodwill.

On Monday, February 15, at 2:30 pm Michael Marlow will lecture on *The Seeds of a New Creativity*.

Mr. Marlow's lecture is based on the inventive, imaginative, and playful imagery of Pablo Picasso. Michael will also cover the classical aesthetic and refined sensibility reflected in the sculp-

# Kick it up a Notch.



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

- Traditional Assisted Living
- Memory Impairment Program
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For a taste of Goddard House in Brookline call Emily Judd at 617.731.8500 x105 or take a tour at [www.goddardhouse.org](http://www.goddardhouse.org)

tures of Constantin Brancusi.

And on Thursday, February 24, at 2:00 pm, there will be a cultural musical exploration with Beth Bahia Cohen entitled *The Art of the Bow*. Ms. Cohen is a violinist, and master of many string instruments who performs the traditional music of Greece, Turkey, the Middle East, Hungary, Norway, and Klezmer music; exploring how the bowed string instruments are played across many cultures.

THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

## DRIVING AIN'T EASY

As I get older, I like driving less and less. I am more fully and more sensitively aware of the car's potential as a very large, mostly metallic weapon of destruction. I drive slower than I used to drive. I hope that I will realize when I should no longer be driving. The problem is that people say what I just said, but when they get to the point where they should not be driving, cognitive deficits may prevent them from making the rational decision to turn in their keys.

The other day, I was driving on a main street in my town. An elder driver came from a side street, drove into the main street in front of me, and turned toward me down the other side of the road. I nearly went into him but was able to stop my car. He rode off, I hope embarrassed and scared. I hope this person went home, put down his keys and sold the car.

Elder driving can be a danger both to the driver and to the innocent people who might be maimed and killed in accidents caused by drivers who should not be driving. Recently, there has been a spate of tragic accidents in Massachusetts involving elder drivers. A 32-year-old woman was killed by a 71-year-old driver in Somerville whose Pathfinder jumped the curb. A 7-year-old was killed in Halifax by a 76-year-old unsafe driver, and a 4-year-old in Stoughton by an 86-year-old driver. It would be a great burden to bear to have caused loss of life by driving a car.

According to a recent study by Carnegie Mellon University in Pittsburgh and the AAA Foundation for Traffic Safety, drivers 65 and over are more likely to get in traffic accidents than younger drivers. For ages 75 to 84, the rate of death fatalities of drivers is equal to the death rate of teenage drivers. And we all know how bad that is! And those 85 and older log a fatality rate *nearly four times higher* than that for teens. These figures are really worse than they seem,

because elders usually drive very few miles each year, compared with younger drivers.

These numbers are particularly serious at a time when the US Census Bureau projects the number of people 85 and older will soon be 73% higher than the number is today. Road safety analysts predict that by 2030, when all baby boomers are at least 65, *they will be responsible for 25% of all fatal crashes*. This figure is particularly alarming because in 2005, only 11% of fatal crashes involved drivers 65 and older.

So when does an older driver know when it's time to turn in the keys? Find out in Part II of *Driving Ain't Easy* in the next issue.

by Laurie Israel, Esq. Thanks to the Carnegie Mellon Institute ([www.epp.cmu.edu/csir/index.php](http://www.epp.cmu.edu/csir/index.php) and [www.cmu.edu/news/clis/2007/may/may-4.shtml](http://www.cmu.edu/news/clis/2007/may/may-4.shtml)), to USA Today ([www.usatoday.com/news/nation/2007-05-02-older-driver-usat1a\\_N.htm](http://www.usatoday.com/news/nation/2007-05-02-older-driver-usat1a_N.htm)), and to ABC News ([abcnews.go.com/US/Travel/story?id=2811894&page=1](http://abcnews.go.com/US/Travel/story?id=2811894&page=1)) for information used in this essay.

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Coolidge Corner

### THE RELAXATION RESPONSE

— SAVE THE DATE —

On Monday, March 1, from 7:00 to 9:00 pm, come to this program subtitled: *How to Counteract the Harmful Effects of Stress: An Evening with Dr. Herbert Benson*. The program is being presented at the Brookline High School Auditorium. The fee is \$10. To register, call Brookline Adult and Community Education at 617-730-2700, or access them online at [www.brooklineadulthood.org](http://www.brooklineadulthood.org).

## FUEL ASSISTANCE

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

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

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

- ABCD, Inc (Central Office), 178 Tremont Street 4<sup>th</sup> Floor, Boston—617-348-6000 (Chinese, Polish, Spanish, Vietnamese, Burmese, Mandarin, Taiwanese speaking intake workers are available at this site)
- Allston/Brighton APAC, 143 Harvard Avenue, Allston—617-783-1485 (Italian, Spanish, Cambodian, and Chinese speaking intake workers are available at this site).

## SENIOR SCENE

In February, the *Senior Scene* will turn its attention to the Senior Center itself—its programs and services to be specific. Betty Joel will interview our Director, Ruthann Dobek, and Julie Washburn, who does some of the programming at the Senior Center as part of her role of Clinical Social Worker extraordinaire! Look for this program to start in mid-February. Watch it on BATV on Thursdays at 7:00 pm, Fridays at 1:00 pm, and Sundays at 7:30 pm.

## MEMORIAL GIVING

As the number of seniors using the Senior Center increases, so does our need for financial support. Memorial gifts are a special way of remembering a loved one. **To identify the Brookline Senior Center as a memorial donation charity, individuals often use the following language: "In lieu of flowers, the family requests that contributions be made in memory of our loved one to the Brookline Senior Center, 93 Winchester Street, Brookline, MA 02446."** With help from donations, the Brookline Senior Center is able to keep its promise to help seniors stay independent in the place they love—home.

*The Brookline Senior Center is a 501c3 nonprofit organization. Gifts are tax deductible and contributions are acknowledged. Call Ruthann Dobek at 617-730-2756 for more information.*

**Brookline Council on Aging/Senior Center**  
93 Winchester St. • Brookline, MA 02446

### Did You Know?



In 2009, taxpayers aged 70½ and older, who are required by law to make withdrawals from their IRAs can donate up to \$100,000 a year from such accounts directly to charities like the Brookline Senior Center!!

Consult your Financial advisor.	Help the Senior Center Thrive!	It's Tax Free!
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*According to Doyle's* On February 1, 1790, the US Supreme Court met for the first time. On February 9, 1770, the famous (or infamous, depending on which side you were on) Boston Tea Party took place. On February 18, 1970, the Chicago 7 were found innocent.

## THANK YOU

For donations to the Senior Center made in February, thanks go to:

*Annual Appeal Donors:* Center Communities of Brookline, Silvia Franklin, Bambi and Michael Good, Robert Houseman, Mary Johnston, Sarah Lavi, Judith and Alan Leichtner, James Littleton, Vivian Mosgofian, and Yolanda Santo, and Rosamond Vaule

*In honor of Charlotte Millman* from Muriel Stark

*In honor of Ruth Medeiros* from Maria Hopper

*In honor of Miriam Teitelbaum* from Kathryn Kilpatrick

*In memory of Anne Powis* from Milesa Panich

## FROM THE BOARD PRESIDENT

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

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

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

## OUR ADVERTISERS

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

## OUR CONTRIBUTORS

Many people contributed information and/or articles for this issue of the newsletter, and we want to thank them their help. Many thanks go to *Spirit of Change* online for the motto of the silver Leaf Gospel Singers on p. 1, to Dorene Nemeth, Director of MetroWest SHINE for the *SHINE* article on p. 5 and the article on changing Medicare plans on p. 26, to the Food and Drug Administration for information in *How to Dispose of Unused and Expired Medication* on p. 5, to the Massachusetts Department of Transitional Assistance for information in *What Is SNAP?*, to Doyle's of Jamaica Plain for the fascinating tidbits from their 2010 calendar in *According to Doyle's* on pp. 9, 13, and 29, to Deidre Waxman for her article, *The JOBS Program* on p. 11, to NSTAR for the Green tip on p. 13, to Jewish Family & Children's Service Nutrition Service for the recipes on p. 15, to Climate Control Action Brookline for the Green tip on p. 21, to Susana Lannik for the essay on p. 22, to Anne Schwab for her poem on p. 22, to the Home Modification Loan Program for information about their program on p. 23, to Julie Washburn for *Recycling Q&A* on p. 24, to Brookline Recreation for information about their excursion programs on p. 26, and to Laurie Israel for her essay on p. 28.

## WE GET LETTERS...

...This small token is given to honor Charlotte Millman. She is a great lady, and she has enriched my life ever since I joined the Center. The programs I got into because of her and the wonderful friends I have made—all I can say is thank you to all.

We would like to make a donation in honor of my lat aunt, Ruth Medeiros. She enjoyed many activities here and the center and staff held a special place in her heart. Thank you for all that you do!

**WOULD YOU LIKE TO RECEIVE THE TOWN OF BROOKLINE SENIOR NEWS AND EVENTS 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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ADDRESS \_\_\_\_\_

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

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