

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



FEBRUARY 2011



Council on Aging Information Hotline

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HIGHLIGHTS

Celebrate Black History Month at the Silver Leaf Gospel Singers concert on February 16. See p. 3.

Interact with high school students on February 8 as part of Brookline Reads 2011. See p. 10.

Join the Modern Dance and Movement workshops on February 4, 11, and 18. See p. 13.

Join the Let's Go Out to Lunch group at Budda Asian Bistro on February 22. See p. 17.

Attend the reception with the artist at the new gallery show—The Figure. See p. 18.

Travel to the Gardens of China on February 3. See p. 20.

Attend *The Full Monty* with the Theater Club on February 27. See p. 24.

Become a coach in the A Matter of Balance program. See p. 29.

FITNESS FIRST RESUMES

After a brief hiatus, the Fitness First program resumed on Monday, January 18, with certified fitness specialist Sharon Devine facilitating. The program is now under the direct management of the Senior Center.

For those of you who are not already devotees of the program, this is an elder-focused exercise program using Nautilus equipment, stationary bicycle, NuStep, weights, and other equipment specially designed for elders. Each participant is evaluated and encouraged to perform a range of exercises designed to meet their individual goals for strength, balance, flexibility, and mobility.

Benefits of regular exercise include enhancing balance and flexibility, lowering risk of falls and injuries, decreasing arthritic pain, lowering blood pressure, sharpening mental skills, increasing immunity, strengthening heart and lungs, boosting self-confidence, developing coordination skills, improving quality of sleep, increasing strength and mobility, and much, much more. This program, and the many others we offer (through Brookline Adult & Community Education [BA&CE] and under Senior Center sponsorship—Zumba, line dancing, modern dance and movement, and arthritis exercise classes, to name a few) are all aimed at keeping seniors active and fit.

For the time being, the Fitness First program will remain at the times and location (Fitness Center in Room B17) they have previously been. However, keep your eyes open as this program will expand and grow. We will announce new developments as soon as they take shape (pun intended). So keep your ears and eyes open and plan to expand with the program or join it. We want you all to be "as fit as fiddles" or better.

INDEX

<p>Adult Children Caregivers Group.....29</p> <p>Advertisers, Our.....29</p> <p>Alzheimer’s Caregivers Support Group.....5</p> <p>Arthritis Exercise Class.....9</p> <p>Balance, A Matter of.....29</p> <p>B-Can.....26</p> <p>Beading Workshop, Modern.....23</p> <p>Blood Pressure Screenings.....4</p> <p>Board President, From the.....30</p> <p>Book Discussion Group, Public Issues Nonfiction.....11</p> <p>Book Discussion Group, Putterham.....10</p> <p>Bowling.....27</p> <p>Brookline Aging Collaborative, The.....23</p> <p>Brookline Reads 2011.....10</p> <p>Brookline Recreation—It’s What We Do!.....25</p> <p>Cell Phones, iPods, Glasses.....28</p> <p>COA Meeting.....3</p> <p>Computer Classes in February.....12</p> <p>Computer Lab, Open.....12</p> <p>Concert Series, Brookline Music School (February concert: Karine Bagdasarian).....3</p> <p>Contributors, Our.....30</p> <p>Coolidge, Meet Me at the.....26</p> <p>Crafty Holiday Group.....11</p> <p>Dance and Movement, Modern.....13</p> <p>Director, From the.....14</p> <p>Drawing for Pleasure.....11</p> <p>Easy Travel.....20</p> <p>Elder Competency: When Can You Make Your Own Decisions?.....21</p> <p>Farewell to Charlotte—New Year’s Eve 2011.....29</p> <p>Fitness First Resumes.....1</p> <p>Flu Season Is Here!.....6</p> <p>Food Distribution.....25</p> <p>French Conversation.....26</p> <p>Fuel Assistance.....13</p> <p>Gallery, At the.....18</p> <p><i>Gen Silent</i>—SAVE THE DATE.....23</p> <p>Geriatrician, Ask a.....5</p> <p>Gospel Singers, Silver Leaf.....3</p> <p>Handicapped Access.....28</p> <p>Health Clinic.....9</p> <p>Health Page, The (Ask a Nurse, Podiatry Clinic, Low Vision Group, Blood Pressure Screenings..4</p> <p>Heart Health.....6</p>	<p>Heart Month, National.....4</p> <p>Help Wanted! (legacies).....29</p> <p>Help Wanted—e-Mail addresses.....13</p> <p>Holidays, February.....3</p> <p><i>Home in the Morning</i> by Mary Glickman.....23</p> <p>Income Tax Time!, It’s.....9</p> <p>Living Our Values.....13</p> <p>Luncheon Specials for February.....17</p> <p>MBTA Senior Card Renewal.....27</p> <p>Mindfulness through Spiritual Reflection, Cultivating—SAVE THE DATE.....9</p> <p>Movie Lovers Film Series.....22</p> <p>Movies at the Putterham and Coolidge Corner branches of Brookline Public Library.....22</p> <p>Parkinson’s Disease Support Group.....23</p> <p>Program Manager, From the.....15</p> <p>Senior Center Events, Ongoing.....19</p> <p>Senior Scene.....28</p> <p>Senior Services (BETS, BLAB, File of Life, HELP, JOBS, SNAP, SHINE, Social Security).....8</p> <p>SHINE (Medicare) Counselors Needed, Certified...7</p> <p>Social, South Brookline.....11</p> <p>Spa in Your Kitchen, The.....7</p> <p>Spanish Immersion.....28</p> <p>Springwell Nutrition Program.....16-17</p> <p>Staff and Volunteer News.....15</p> <p>Swing Band.....27</p> <p>Thank You One and All.....30</p> <p>Theater Club.....24</p> <p>Zumba Is Back!.....13</p>
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<p>The Town of Brookline Senior News & Events BROOKLINE COUNCIL ON AGING (COA)</p>

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FEBRUARY HOLIDAYS

The Senior Center will be closed on Monday, February 21, in observance of the Presidents' Day holiday. So tell the truth and don't cut down any cherry trees but have a great holiday.

This is the month when Punxsutawney Phil and his groundhog friends Wiarton Willie and Pothole Pete tell us how long winter will last. On February 2, if they see their shadows, we will have six more weeks of winter. So far, Phil (and there has been a Phil since the 1880s) has seen his shadow about 85% of the time.



We also celebrate Valentine's Day so what is more appropriate than that the month should also be National Heart Month. See p. 4 for some tips on how to celebrate your heart this month and p. 6 for news of an interesting program about heart health.

COA MEETING

The Council on Aging (COA) Board traditionally takes a breather in February. However, mark your calendars for March 9 at 1:00 pm as the next meeting. Speakers are always interesting and informative, and the meetings are open to the public. In fact, the public is actually encouraged to come to these meetings.

New COA board members note that there will be an orientation meeting for you on Wednesday, February 9, at 1:00 pm at the Senior Center. The public is also invited to attend this meeting.

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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 a concert by this group in honor of Black History Month on **Wednesday, February 16, at 1:00 pm**. This is a "don't miss" event.

BROOKLINE MUSIC SCHOOL CONCERT SERIES

The Brookline Music School's concert for February is on **Wednesday, February 2, at 1:00 pm** at the Senior Center. Featured will be pianist Karine Bagdasarian.

Ms. Bagdasarian holds BM and MM degrees from Yerevan's Tchaikovsky Music School and Komitas Conservatory. She also has Postgraduate and Artist Diplomas from the St. Petersburg Conservatory in Russia. Until 1995, she was an Associate Professor of Piano Performance at Yerevan State Conservatory. Ms. Bagdasarian has participated in numerous festivals and has given frequent live performances on National TV in Armenia. In 2006, she was initiated into Phi Beta Delta Honor Society. Her most recent performances included solo recitals in Finland, Austria, Colorado, California, and Illinois.

This series is cosponsored by the Brookline Music School and the Brookline Senior Center. Save the dates for the additional concerts in this Wednesday series:

- March 2 Boston Jazz Trio
- April 6 Olga Litvintsova (violin) and Sivian Etegee (piano)
- May 4 Emilian Badea (accordion)



Ask a Nurse St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier's February visit to the Senior Center to consult with individuals is as yet unscheduled. Look for an announcement in the TAB.

Podiatry Clinic Routine foot care with Dr. John McLaughlin is available on **Monday, February 7, from 9:00 am to 12:00 noon.** (There will be no podiatry clinic on February 21 as the Senior Center will be closed for Presidents' Day.) Sessions, which last 15 minutes each, cost **\$30.** Appointments are required. Make one by calling 617-730-2777.

Low Vision Group There will be a meeting of this peer-led support group for individuals with limited eyesight on Wednesday, February 16, at 1:00 pm.

Blood Pressure Screenings

The Brookline Health Care Center will provide blood pressure screenings **at the Senior Center on Monday, February 7, from 1:00 to 2:00 pm.** The nurse who presides at this session is fluent in English and several Chinese dialects.)

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

BLOOD PRESSURE SCREENINGS

There will be blood pressure screenings with a Brookline Health Department Nurse on **Thursday, February 17, at the Senior Center from 9:00 to 10:30 am** and:

- On Wednesday, February 2, at the Health

Dept., 11 Pierce St., from 2:00-3:00 pm

- On Wednesday, February 9, at Susman House, 50 Pleasant St., from 1:00-2:00 pm
- On Wednesday, February 23, at O'Shea House, 61 Park St., from 1:00-2:00 pm

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

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NATIONAL HEART MONTH

Celebrate February as National Heart Month by following these tips for keeping your heart happy and healthy by being "heart smart."

- Know your cholesterol and triglyceride levels as well as your blood pressure, waist size, and BMI (body mass index). If you haven't had a check-up recently, schedule one now.

- If you smoke, STOP!
- Eat more healthily by eliminating sugar and fatty foods, and get plenty of exercise—with a brisk walk every morning or evening.
- Reduce your stress level as much as possible. Try meditation, reading, writing, or even prayer as calming agents.

ASK A GERIATRICIAN



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

Question: People older than 65 years of age often ask, "Do I need to see a geriatrician?"

Response: A **geriatrician** is an internal medicine doctor who has received additional training specifically in treating older adults. Not all people over 65 need to see a geriatrician. This is good since there is a shortage of geriatricians. The need to see a geriatrician depends more on the number and complexity of the medical conditions than on chronological age.

Often as we age, the number of medical problems increases. And with this increase, the number of medicines we take also increases, along with side effects and drug interactions. While most internists and family practitioners can manage these issues, there are times when someone with experience in juggling multiple specialists, tests, medical records, and medications can be beneficial.

A consultation with a geriatrician can help if managing multiple medical issues such as memory loss, urinary frequency or incontinence, Parkinson's disease, falls, arthritis, or polypharmacy (too many pills) becomes overwhelming.

Someone who is quite frail, having difficulty managing their activities of daily living or wishing to discuss "end of life" decisions may also benefit from consulting a geriatrician.

Caregivers who need help developing a care plan for older parents can view a geriatrician as the coordinator of a health-care team that might include a psychiatrist, a social worker, a nurse, and/or a physical therapist. Geriatricians can also help caregivers decide whether the present home is the best home at this time, or if more support is needed for safety.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP

There are two sessions of this group per month—one in the afternoon and one in the evening. Both are designed to help caregivers cope with the stresses and demands of helping their loved ones who struggle with Alzheimer's Disease.

The **Afternoon** group will meet on **Friday, February 11**. Call group leader Elaine Yanowitz at 617-730-2751 to register to attend and/or for further information about this group and for time of meeting.

The **Evening** group will meet **Thursday, February 24**. Please note that this group is temporarily full. However, we do have a waiting list. Please call group leader Susan Kanian-Andriole at 617-730-2754 if you are interested in being put on the waiting list or for referral information for another local group.

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FLU SEASON IS HERE!

It's flu season in Massachusetts! But it is certainly not too late to get a flu shot. The Centers for Disease Control (CDC) recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. Everyone over 6 months of age should be vaccinated, and people over 65 years of age are among the groups classified by the CDC as "high risk" of serious flu complications. So if you have not already gotten a flu shot, call Brookline Public Health Nurse Barbara Westley at 617-730-2320 and make an appointment for a shot or schedule one with your PCP (primary care physician) or at a local pharmacy.

It is also highly recommended that everyone over 65 should have a one-time pneumonia vaccine. If you have not done this, call Barbara Westley or your PCP to schedule a pneumonia shot.

And there are other everyday preventive actions you can take to stop the spread of pesky germs:

- Cover your nose and mouth with a tissue when you cough or sneeze, and throw the tissue in the trash after you have used it.
- Wash your hands often with soap and water, or use an alcohol-based hand rub.
- Avoid touching your eyes, nose, and mouth.
- Try to avoid close contact with sick people.
- If you are sick with a flulike illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- While you are sick, limit contact with others as much as possible to keep from infecting them.

And if all else fails and you get the flu after all, call your PCP, follow the doctor's orders, and stay home (going anywhere simply helps make you sicker and runs the risk of infecting others).



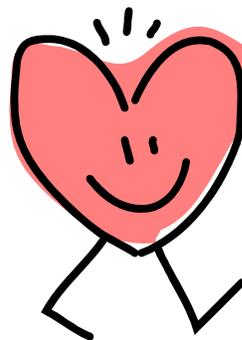
HEART HEALTH

Brookline Adult and Community Education (BA&CE) and The Brookline Aging Collaborative (see p. 23) are sponsoring **Heart Health 101: An Overview of Cardiovascular Disease** on **Tuesday, February 8, from 7:00 to 8:30 pm** at Brookline High School at 115 Greenough Street.

In the United States, heart disease claims more lives than any other disease. Coronary heart disease is the most common type of heart disease, accounting for nearly 70% of all heart disease deaths. About 80% of cardiovascular disease deaths can be prevented. Millions of lives and billions of dollars can be saved by addressing three major risk factors—nutrition, physical activity, and tobacco control—and by

identifying and controlling related conditions like high blood pressure, diabetes, and obesity.

On this evening, Dr. Brian Bilichik, Codirector of the Lown Cardiovascular Center in Brookline, will provide an overview of cardiovascular disease, including current trends in the United States, signs and symptoms, risk factors associated with the disease, and prevention tips to improve heart health.



Since this subject is so important to the community, the event is free and no registration is required.

CERTIFIED SHINE (MEDICARE) COUNSELORS NEEDED

Are you looking for a challenging volunteer opportunity? Do you enjoy learning about complex topics? Are you good at analyzing and solving problems? Do you like to work with people? If the answers to these questions are "yes," the SHINE program may be just what you are looking for!

The SHINE program helps seniors and people with disabilities on Medicare understand the many and increasingly complex insurance options available to them. The need for certified volunteers to educate and provide unbiased information has never been greater.

Through an intensive training program, SHINE (Serving Health Information Need of Elders) 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 on-going training, support, and opportunities to share their experiences and concerns with other counselors.

SHINE Counselors are expected to work an average of 5 to 6 hours per week, meeting with clients and doing necessary follow-up work. They generally counsel in Senior Centers or other public settings that have a 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 person. Please consider joining our dedicated team.

Spring SHINE training will begin in March and run for two days per week for six weeks at Whitney Place at 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.



THE SPA IN YOUR KITCHEN



Everyone loves a day at the spa, but few of us have the time and money for such a luxury. BA&CE is offering this one-day course that will show people how to create spa-quality products using everyday kitchen and drugstore ingredients.

Instructor Heather Del Balso will help participants create (and then take home) such products as exfoliating coffee scrubs, honey and almond skin-softening bath salts, hot oil hair treatments, peppermint foot scrubs, and milk and oatmeal facial masques. The course will meet on **Saturday, February 12, from 10:00 am to 2:00 pm** at the Unified Arts Building at

Brookline High School. The fee for the course is \$50 (plus \$18 for materials for a total cost of \$68).

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

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SENIOR SERVICES

The Brookline Senior Center and the Council on Aging (COA) offer a wide variety of programs and activities to help the Brookline senior community in everyday ways. Among the services offered all seniors including those who are intent on Aging Well at Home:

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

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

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

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

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

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

BLAB The Brookline Legal Assistance Bureau will be at the Senior Center from **9:00 am to 12:00 noon on Wednesday, February 2** with volunteer local attorney Michelle La Pointe on hand to offer individuals legal expertise on matters of law as well as information and referrals. This service is offered free of charge, and no appointment is needed.

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

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

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

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

SHINE counselors Sonia Wong, Ed Levin, and Sybil Levisohn are on hand at the Senior Center daily to help individuals explore their health-insurance options. For an appointment with a SHINE counselor, call 617-730-2777.

There is no longer a **SOCIAL SECURITY** Contact Station at the Senior Center. For assistance, call the Social Security main number at 800-772-1213.

CULTIVATING MINDFULNESS THROUGH SPIRITUAL REFLECTION — SAVE THE DATE —

Was one of your New Years Resolutions to try something new? Then come to this new group—*Cultivating Mindfulness through Spiritual Reflection*—a six-week group that will meet **Tuesdays from 2:00 to 3:15 pm from March 8 through April 12** at the Senior Center. Parti-



cipants will explore personal meaning and connection beyond one's self through the cultivation of mindful practice in spirituality. Using mindfulness as a tool of engagement through open-ended inquiry, personal reflection, and guest speakers, the group will explore how

spirituality has the ability to bring meaning, wisdom, and expansion through the aging process. In order to allow for full depth of exploration, the group requires full commitment for the six-week course. For more information and to register, call Anna Donehower at 617-730-2772.

ARTHRITIS EXERCISE CLASS

The next series of Arthritis Exercise Classes at the Senior Center is the NEW and IMPROVED version and will begin on **February 24** and run on eight **Thursdays through April 14 from 10:30 to 11:30 am**. These gentle stretching and muscle-building exercises will benefit people with arthritis and others interested in improving their flexibility, muscle strength, and general fitness level. This year, the use of both hand weights and stretch bands will be incorporated. Ilse Leeser, PhD, RN, will instruct the class with guidelines developed by the Arthritis Foundation.

Call the Senior Center at 617-730-2770 to register and to obtain a health care provider authorization form that must be filled out by

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 Peter Rosenbaum, John Knutson, and Chris Dippel, 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 **Tuesday, February 8** and will continue on **Tuesdays through April 12**. If you have not made an appointment, call 617-730-2777 immediately as this is a 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 to see your tax counselor.

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

your health-care provider. (For previous participants, health-care provider information that has been provided within the last year will not need to be updated.) Space is limited, so be sure to sign up early!

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

HEALTH CLINIC

The Podiatry Clinic and blood pressure screenings will now be held in our Health Clinic on the second floor of the Senior Center as part of our space reallocations. We are looking for other ideas for creative use of the space formerly occupied by Rogerson.

BROOKLINE READS 2011

In this age of the 24/7 news cycle, what are the sources and what are the consequences? The challenges? The influences? How do we...should we...sort fact from fiction? This year the theme of the townwide *Brookline Reads* program (sponsored by Brookline Access Television, Starbucks, and Friends of the Brookline



Library) is: Where and from whom does information originate? Everyone is invited to *join* this community book group. The jumping off point for discussion of the theme is *The Imperfectionists*, journalist Tom Rachman's debut novel about the shifting priorities of the staff

of a dying international newspaper. *The New York Times* editorial staff chose this book as one of the notable books of 2010!

READ the book!

TALK about it with family and friends!

SHARE insights and ideas!

And join in the many events planned for February for *Brookline Reads*:

- Films at the Coolidge Corner branch of the Brookline Public Library at **1:00 pm on Thursdays** with Erin Williams facilitating:
 - February 3 ★ *Absence of Malice*
 - February 10 ★ *His Girl Friday*
 - February 17 ★ *All the President's Men*
 - February 24 ★ *The Russians Are Coming, the Russians Are Coming*
- *The Russians Are Coming, the Russians Are Coming* will also be shown at the main branch of Brookline Public Library on Thursday, February 24, at 7:00 pm with commentary by Ty Burr, film Critic for the *Boston Globe*
- Intergenerational Forum at **1:00 pm on Tues-**

day, February 8, at Brookline High School. Seniors will meet with Brookline High School journalism students and *Sagamore* advisor Marcella Anderson to discuss "What Is a Journalist?" Carol Axelrod moderates.

- On Monday, February 14, at 1:00 pm there will be a book discussion of *The Imperfectionists* by Tom Rachman at the main branch of Brookline Public Library with Rosalie Bookston facilitating.

PUTTERHAM BOOK DISCUSSION GROUP

The group will meet on **Monday, February 28, at 2:00 pm** at the Putterham branch of Brookline Public Library to discuss *The Imperfectionists*. Branch manager Barbara Warner and Charlotte Millman (yes, *our* Charlotte) will facilitate the meeting.



AND IN MARCH...THE FINALE — SAVE THE DATE —

Wednesday, March 2, from 7:00 to 9:00 pm at the main branch of Brookline Public Library.

A panel discussion: *Where and from Whom Does Information Originate? The Challenges? The Consequences?*

Moderator: *Alex Jones*, Director, Shorenstein Center on Press, Politics, and Public Policy, Kennedy School of Government, Harvard

Panelists:

Lynn Sweet, Washington Bureau Chief, *Chicago Sun Times*

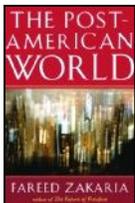
Callie Crossly, WGBH

Erin Clossey, Editor, *Brookline Tab*

Joshua Benton, Director, Nieman Journalism Lab, Harvard

PUBLIC ISSUES NONFICTION BOOK DISCUSSION GROUP

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



February 22

The Post-American World

by Fareed Zakaria (W.W. Norton & Company)

March 22

Bold Endeavors: How Our Government Built America and Why It Must Rebuild Now

by Felix Rohatyn (Simon & Schuster)

April 26

Outliers: The Story of Success

by Malcolm Gladwell (Little, Brown)

DRAWING FOR PLEASURE

The Winter 2011 series of this very popular class begins on **Thursday, February 3, and will run for 14 weeks through Thursday, May 5, from 9:30 to 11:40 am** at the Senior Center. It is for people who have taken the class before. However, there are a few slots available for people with some drawing experience. Call 617-730-2770 for more information and to register. There will be a model fee for the figure drawing section that will vary depending on the class size.

CRAFTY HOLIDAY GROUP

Join this fun crafting group and help make stars and stripes for the Fourth of July, goblins for Halloween, snowmen for Christmas, and much more—all to adorn the walls of the Senior Center! The group meets the first two Mondays of each month **from 1:00 to 3:00 pm**. In **February**, the meetings are on the **7th and the 14th**.

SOUTH BROOKLINE SOCIAL

Socialize and indulge in coffee, tea, and kosher pastries at the new South Brookline Senior Social for Fridays running through March 11 from 10:30 am to 12:30 pm at the Putterham branch of the Brookline Public Library. For more info, call

Regina Frawley, the event coordinator, at 617-469-0052. This event is cosponsored by the Putterham branch of Brookline Public Library and the COA.



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OPEN COMPUTER LAB

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

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

For more information about these expanded lab hours and Joel's services, call the Senior Center at 617-730-2777.

COMPUTER CLASSES IN FEBRUARY

Brookline Adult and Community Education (BA&CE) is offering second sections of two of their computer classes designed for seniors in February.

The instructor for both these classes is Bob Roll. Each class is limited to six students, costs \$70, and because they are only for seniors, senior discounts do not apply.

If you are interested in taking these courses but are unsure of which class to take, call Bob Roll at 617-730-2782. To enroll in classes, call BA&CE at 617-730-2700 or access their web site at www.brooklineadulced.org.

The courses starting in February are:

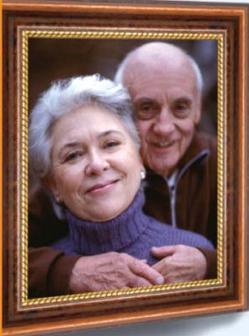
Introduction to Computer Basics for Seniors
4 Thursdays from 9:30 to 11:30 am, beginning February 10.

Course code: **C116**

Intermediate Computer Basics for Seniors
4 Fridays from 9:30 to 11:30 am, beginning February 11.

Course Code: **C157**

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ZUMBA IS BACK!

Back by popular demand! Alicia Ebrat, certified Zumba instructor will lead you in this combination of Latin salsa, cardio workout, and interval moves. These classes will be at the Senior Center.

There will be two different programs, each running through **February and March**.

On Tuesdays from 6:30 to 7:30 pm a *fast-paced* class will meet. Joining for the entire program costs \$55. If you want to come to individual sessions, the fee per session will be \$8.

A more *leisurely group* will meet in **on Thursdays from 3:00 to 3:45 pm**. The fee for the full two months of sessions is \$45, and for each individual class for those not registered for the full two months, the fee is \$7 per session.

To register for either group, call the Senior Center at 617-730-2770.

Zumba is the hottest dance fitness craze and the most fun workout program around. Get in shape and have fun doing so with this dynamic and effective fitness system. So dress comfortably, wear sneakers, and join in the fun.

HELP WANTED

We are compiling our first e-mail database for friends and family of the Senior Center. Please send your e-mail address and those of family members to kkaufman@brooklineseniorcenter.org Be sure to include the word "E-MAIL" in the subject line" of your e-mail.

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LIVING OUR VALUES

This group meets at the Senior Center on **Wednesday mornings from 9:00 to 10:00 am**. Tom Faulhaber, the facilitator, is using current events and issues as triggers for discussion at meetings. Come join in the discussions. Be enlightened. Hone your values in this age of conflict and controversy!

FUEL ASSISTANCE

Our social work interns will once again help people applying for, or renewing, their fuel assistance benefit.

Schedule an appointment by calling 617-730-2777. You do not have to be an elder to apply for fuel assistance or make an appointment.

For more information, contact the Senior Center's social work interns at 617-730-2772. Leave your name and phone number, and one of them will call you back quickly.

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

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

MODERN DANCE AND MOVEMENT

Lynn Modell, Brookline High School dance teacher, is coming back to the Senior Center with her popular modern dance and movement workshops on Fridays, February 4, 11, and 18, at 3:30 pm at the Senior Center. The fee is \$2 per session. Come and limber up in preparation for the coming of spring.

FROM THE DIRECTOR

What we do matters...As the throngs of elders crammed into the New Year's Open House for a warm tribute to thank Charlotte for her many years of service, I realized the impact that Charlotte and the Senior Center have on so many people. On a daily basis, as we hurry about trying to get things done, worry about the weather, and think about all the things remaining on our "to do" lists, we often forget to notice that we are truly helping elders live better each day. I want to take a moment to recognize the importance of our work and thank this incredible community of people who enrich Brookline's elders lives.

February brings some of the coldest weather and with it 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. One of my favorite programs that is sure to help you beat the blues happens this month as we welcome back the famous gospel group the Silver Leaf Singers (see p. 3). Join us!

I am always in awe of our elders who bundle up and refuse to let the weather get them down. Your hearty disposition inspires us all. So much is happening at the Senior Center that will keep your blood pumping! For example, check out the Fitness Center (see p. 1) and Zumba (see p. 13), and Modern Dance and Movement classes (see p. 13). In addition, for those looking for something a little different, Brookline Recreation (see p. 25) is offering interesting trips to Wrentham Village Premium Outlets and the DeCordova Museum. In addition, tickets for a Sunday matinee of the Full Monty (see p. 24) on February 27 at the Turtle Lane Playhouse for a fabulous theatre trip are selling now at our front desk for just \$30.

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

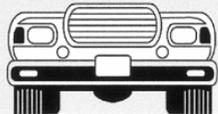
wear some warm fleece. Please call our information and referral desk if you are having trouble with your heating bills for some assistance (see also p. 13). We are also helping with food stamp applications now called SNAP (see p. 8). In addition, for frugal living always, come to the Senior Center for a nutritious hot meal (see menus on pp. 16 and 17), and visit our free food program on Tuesdays.

Finally, I want to wish a warm welcome to Sharon Devine who is joining our staff as a program leader and has reopened the Fitness Center (see p. 1). If you are not familiar with the program, plan to visit Sharon during the afternoon hours at the Fitness Center or leave her a message at 617-730-2741.

As a wonderful reminder that the days are getting longer as the light returns this month note that on January 1, sunset was at 4:22 pm; on February 1, it will be at 5:12, and by the February 28, it is at 5:44 pm — giving us more sunshine each day even though we are still in the midst of winter.

Ruthann Dobek, Director

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STAFF AND VOLUNTEER NEWS

We are happy to announce that *Vivian Freeman*, our Volunteer Coordinator, is now at home and is making great progress. We miss you Vivian, get completely well and come back soon.

While Vivian is recuperating, people who want to *volunteer* at the Senior Center, including those who are interested in volunteering for our *Red Tape Cutter* programs, should contact *Deidre Waxman* at 617-730-2767.

Seniors who are interested in receiving shopping help through the *SHOP* program and/or who are looking for information about the program or need to talk to someone about the program, should contact *Janet Gottesman*, the Brookline High School coordinator for the program at 617-713-5019.

Now that Julie Washburn has taken on the job of Program Manager, the *ELF (Equipment Loan Fund)* will be coordinated by *Karin Wannamaker*. The ELF program recycles gently used medical equipment such as walkers, tub chairs, and wheelchairs. If you have such equipment to donate, call Karin at 617-730-2753 to see if we can accept your donation. We ask that you call before bringing in medical equipment as our space is limited so we might not be able to accept some equipment.

FROM THE PROGRAM MANAGER

Happy Valentine's Day! As my first month as Program Manager draws to a close, I want to thank all those who have offered me their good wishes and support during this exciting time of transition!

I must also express my gratitude to Charlotte Millman for her guidance and kindness. She has been a wonderful mentor to me, and I hope to build upon the solid foundation of programming that she created at the Senior Center.

I truly believe that our seniors and volunteers are the lifeblood of the Senior Center, and I look forward to working collaboratively to develop new and innovative programs in the future.

Julie Washburn, Program Manager

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Springwell Nutrition Program

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FEBRUARY 2011

MONDAY	TUESDAY	WEDNESDAY
	1) Macaroni & Cheese, Broccoli & Cauliflower Marinara, Multigrain Bread OR Breaded Chicken Patty on a Hamburger Roll, Lite Mayo, Lettuce Leaf, Coleslaw, Corn Salad Tapioca Pudding w/Whipped Topping	2) Cream of Carrot/Ginger Soup Roast Turkey w/Gravy, Mashed Potatoes, Green Beans & Onions, Corn Bread OR Egg Salad on a Lettuce Leaf, Beet Salad, Orzo Vegetable Salad, Rye Bread Raspberry Mouse
7) Minestrone Soup Lasagna w/Tomato Sauce & Meatball, Green Beans w/Olive Oil, Apple Cinnamon Muffin OR Egg Salad on Rye Bread, Lettuce Leaf, Orzo Vegetable Salad, Tossed Garden Salad w/Lite Italian Dressing Vanilla Pudding w/Whipped Topping	8) Vegetable Rice Soup Lemon Pepper Chicken, Zucchini, Whipped Sweet Potatoes, Rye Bread OR Roast Beef & American Cheese on Multigrain Bread, Lettuce Leaf, Lite Mayo, Greek Pasta Salad, Spinach Mandarin Salad w/Lite Italian Dressing Vanilla Cake w/Chocolate Frosting	9) Split Pea Soup Beef Burgundy w/Buttered Bowtie Pasta, Spinach & Mushrooms, Whole Wheat Roll OR ***Seafood Salad on a Hot Dog Roll, Lettuce Leaf, Three Bean Salad, Carrot-Pineapple-Raisin Salad Mixed Fruit
14) Valentine's Day Special "Bruch for Lunch" Fresh Fruit Cup Spinach Tomato Feta Quiche Sweet & Regular Potato Home Fries Country Style Vegetables Cinnamon Coffee Cake w/Crumb Topping Chocolate Piece	15) BirthDay Special Lunch Beef Stew, Green Beans, Oatnut Bread OR Turkey & American Cheese on Rye Bread, Mayo, Lettuce Leaf, Coleslaw, Lo Mein Pasta Salad Chocolate Chip Cookie	16) Mushroom Barley Soup Pier 17 Fish w/Lemon Pepper Sauce, Red Bliss Potatoes, Mixed Vegetables, Cranberry Orange Muffin OR Chicken Salad on a Lettuce Leaf, German Potato Salad, Tomato Red Pepper Salad, Bulkie Roll Fresh Fruit
21) Presidents' Day  Senior Center closed. NO MEAL SERVICE	22) Minestrone Soup ***Hawaiian Ham, w/Pineapple Chunks, Oriental Blend Vegetables, Chuckwagon Corn, Wheat Bread OR Cold BBQ Breaded Chicken & Mozzarella Cheese on a Hamburger Roll, Sliced Red Onion, Balsamic Vinaigrette Pasta Salad, Riviera Blend Salad Peaches	23) American Chop Suey w/Grated Parmesan Cheese, Italian Vegetables Blend, Garden Tossed Salad, Lite Dressing, Multigrain Bread OR ***Seafood Salad on Oatnut Bread, Lettuce Leaf, Mixed Vegetable Salad, German Potato Salad Chocolate Pudding w/Whipped Topping
28) Oriental Soup Orange Almond Chicken w/Mandarin Oranges Pieces, Buttered Noodles, Spinach and Chickpeas, Apple Cinnamon Muffin OR Egg Salad on Multigrain Bread, Lettuce Leaf, Red Potato Salad, Tomato & Red Pepper Salad Fresh Fruit	Soup is always served with crackers. Meals are served at 12:00 noon unless otherwise announced. For meal reservations on Mondays, call the previous Friday by 11:00 am. For meal reservations on Tuesdays through Fridays, call the previous day by 11:00 am.	

LUNCHEON SPECIALS FOR FEBRUARY

THURSDAY	FRIDAY
<p>3) Mushroom Barley Soup BBQ Pulled Beef Sandwich, Whipped Sweet Potatoes, Lima Beans, Carrots & Cauliflower. Bulkie Roll</p> <p style="text-align: center;">OR</p> <p>Orange Juice, Cottage Cheese Fruit Plate, Greek Pasta Salad, Pita Pocket</p> <p style="text-align: center;">Peaches</p>	<p>4) Italian Garden Vegetable Soup Salmon Boat w/Dill Sauce, Spinach, Red Bliss Potatoes, Wheat Bread</p> <p style="text-align: center;">OR</p> <p>Sliced Turkey & American Cheese on Multi-grain Bread, Lite Mayo, Lettuce Leaf, Pasta Vegetable Salad, Roman Blend Salad</p> <p style="text-align: center;">Fresh Fruit</p>
<p>10) ***Reduced Sodium Hot Dog, Baked Beans, Mixed Vegetables, Cole Slaw, Hot Dog Roll</p> <p style="text-align: center;">OR</p> <p>Honey Turkey & Provolone on Wheat Bread, Lettuce Leaf, Lite Mayo, Tomato Red Pepper Salad, Pasta Salad w/Cheese</p> <p style="text-align: center;">Peaches</p>	<p>11) Cream of Butternut Squash Soup Breaded Haddock w/Butter Crumb Topping, Brown Rice, Broccoli & Red Peppers, Multi-grain Bread</p> <p style="text-align: center;">OR</p> <p>Grilled Chicken Caesar Salad, Croutons, Parmesan Cheese, Lite Creamy Italian Dressing, German Potato Salad, Half a Pita Pocket</p> <p style="text-align: center;">Fresh Fruit</p>
<p>17) Cream of Pumpkin Soup Baked Chicken w/Gravy, Mashed Potatoes Honey Glazed Carrots, Multigrain Bread</p> <p style="text-align: center;">OR</p> <p>Roast Beef & Swiss Cheese on Wheat Bread, Mustard, Tossed Garden Salad, Lite Italian Dressing, Three Bean Salad</p> <p style="text-align: center;">Pineapple</p>	<p>18) Lentil Spinach Soup Stuffed Shells, Meatball w/Tomato Sauce, Tuscany Style Blend, Whole Wheat Roll</p> <p style="text-align: center;">OR</p> <p>Chef Salad (Turkey), Lite Italian Dressing, Corn Salad, Orange Cranberry Muffin</p> <p style="text-align: center;">Pears</p>
<p>24) Italian Garden Vegetable Soup Hearty Chicken Stew, Green & Wax Beans, Biscuit</p> <p style="text-align: center;">OR</p> <p>Roast Beef & Swiss Cheese on Bulkie Roll, Mustard, Lettuce Leaf, Broccoli Tomato Salad, Corn Salad</p> <p style="text-align: center;">Chocolate Chip Cookie</p>	<p>25) Tomato Florentine Soup Baked Haddock, Red Bliss Potatoes Broccoli & Carrots, Oatnut Bread</p> <p style="text-align: center;">OR</p> <p>Peppercorn Turkey & Mozzarella Cheese on Whole Wheat Bread, Lite Mayo, Tossed Garden Salad, Three Bean Salad</p> <p style="text-align: center;">Apricots</p>
<p>ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE.</p> <p>Low sugar desserts are available, and need to be ordered with the site manager</p> <p>***Higher Sodium Content</p> <p>Menu subject to change. \$1.75 donation</p>	

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

On **Monday, February 14**, be our Valentines at a Springwell **Valentines Day Special "Brunch for Lunch."**

Celebrate **February** birth-days at our **Birthday Lunch** on **Tuesday, February 15**. Don't forget to mention that you or someone in your party has a February birth-day when you make reservations for this lunch.

And on **Tuesday, February 22**, the **Let's Go Out to Lunch Group** will meet at 12 noon at **Budda Asian Bistro** at 1223 Beacon Street (formerly the site of Jae's) for a taste of something different. Budda "brings modern Asian Fusion food to Brookline" in an ultra-trendy atmosphere. Please call Corinne Long at 617-730-2777 for more information



and to let her know you plan to join the group.

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ONGOING SENIOR CENTER EVENTS

MONDAY

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

TUESDAY

10:30 am Brookline Bees, Quilters
12 n - 4 pm BETS
1-3:30 Food distribution
1:00 pm Bingo
1:30 pm Movies

WEDNESDAY

9-10 am Living Our Values
10:30 am Retired Men's Club
12 n - 4 pm BETS
12:30 pm Bridge
2-4 pm Open Computer Lab

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
2-4 pm Open Computer Lab with Joel Skolnick

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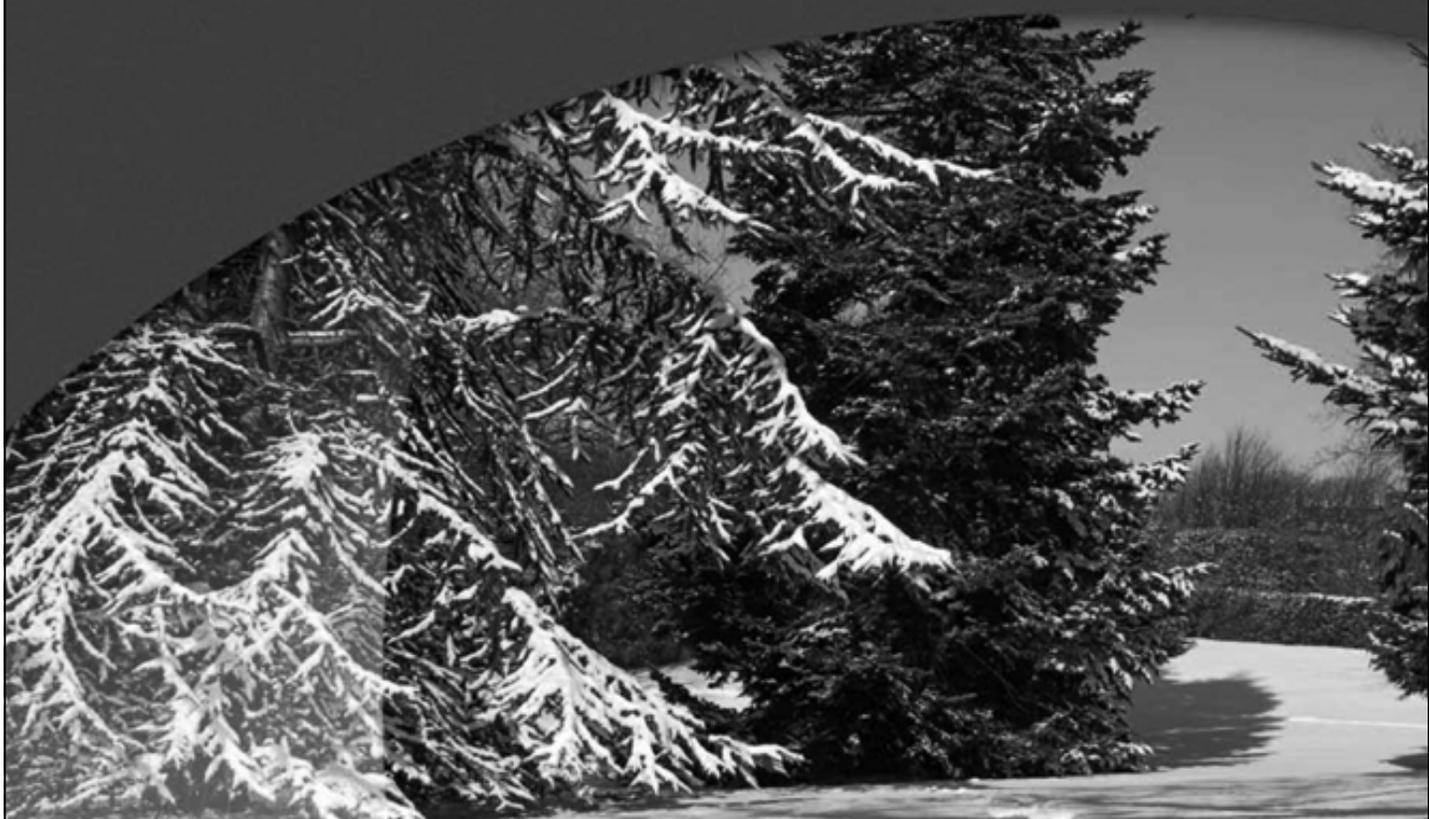
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EASY TRAVEL

Forget ice and snow for a while on **Thursday, February 3, at 1:30 pm** and let Brookline resident and former speaker at Easy Travel Chris 20

McArdle take you on a tour of the lovely and exotic Gardens of China.

ELDER COMPETENCY: WHEN CAN YOU MAKE YOUR OWN DECISIONS?

As we and our loved ones grow older, we start seeing and experiencing situations of decline—physical and mental. Yes, the decline is accompanied with the peace of mind and contentment that comes from years of experience. But the physical problems every older person experiences need to be dealt with on an ongoing basis.

Mental decline is something else. It interferes with quality of life, ability to handle the details pertaining to day-to-day living—shopping, preparing meals, paying bills, making sure retirement income and assets are safe (difficult in these times!) and are being used for your personal care, and making sure you see your doctor and take your medications. When mental decline is severe, another person needs to act for you, either through a health-care proxy, a power of attorney, or a court guardianship or conservatorship proceeding. Mental decline so severe as to be deemed incompetency needs to be determined as a legal and practical matter so that outside care and supervision for the sufferer can be put into place.

Competency is legal term that means that a person has the soundness of mind and mental capacity to be qualified to act legally for him- or herself. *Capacity* means the ability to receive, process, and perform mentally. Both terms relate to an intelligent understanding and perception of one's options and one's actions.

Lawyers know legal competency when we see it. People we work with on estate planning and contracts must be competent in order for the documents to be legally binding. Therefore, lawyers need to constantly evaluate clients' competency (and incompetency) in assessing clients' ability to think about, formulate, and execute documents.

This all boils down to whether the client understands the alternatives available and whether that client can make decisions based on

the facts and appreciate the consequences of those decisions.

Competency is not an all-or-nothing attribute. A person might not be able to balance a checkbook but can address medical decisions or make a last will and testament. Some people are competent to do some things and not competent to do others. Some people are bad at handling their own money but are very sure as to whom they want to leave their money when they die.

There are slightly different standards with important differences in competency for different types of legal documents. For instance, capacity for executing wills requires knowing the objects of one's bounty, the property held, and the disposition of the property one makes in one's will. It's actually a lesser standard than that for entering into a contract, which requires ability must to handle financial affairs.

If you or anyone you know is suffering cognitive impairment that is causing problems, perhaps the person can put planning documents into place before the time for action has passed and legal competency is no longer present.

by Laurie Israel, Esq.

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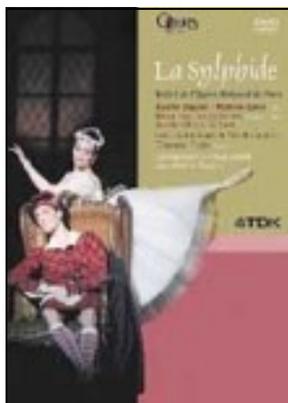
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MOVIE LOVERS FILM SERIES

Every Tuesday in February, the Senior Center presents a movie at 1:30 pm. For a cozy winter experience, come for lunch (for a donation of only \$1.75) and stay for the movie. Make a day of it. See pp. 16-17 for menus for the month and for reservation instructions for lunch. The movie needs no reservation and is free of charge.



February 1
La Sylphide (Paris Opera Ballet) (2004) NR
 127 minutes
 For all you balletomanes, this video presents Pierre Lacotte's landmark reconstruction of *La Sylphide*, which is generally acknowledged as the first Romantic

ballet, with its elements of a hero doggedly pursuing a dream and its tragic ending. Lacotte's 1972 recreation of Philippe Taglioni's original 1832 choreography is a marvel with wonderful performances by Aurélie Dupont as the sylph and Mathieu Ganio as the Scottish farmer who pursues her.



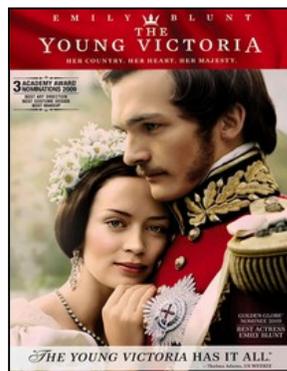
February 15
Mademoiselle Chambon (2009) NR
 96 minutes
In French with English subtitles
 When shy schoolteacher and gifted violinist Véronique Chambon (Sandrine

Kiberlain) invites blue-collar construction worker Jean (Vincent Lindon) to speak to her class about his trade, she's surprised to find herself irresistibly attracted to him—and the feeling is mutual. But the gulf in their social positions and Jean's marital status complicate matters in this quiet drama, which snagged an Independent Spirit Award nod for Best Foreign Film.



February 8
The Kids Are All Right (2010) R
 107 minutes
 Joni (Mia Wasikowska) and Laser (Josh Hutcherson), the children of same-sex parents Nic (Annette Bening) and Jules (Julianne Moore), become curious

about the identity of their sperm-donor dad (Mark Ruffalo) and set out to make him part of their family unit, often with hilarious results. But his arrival complicates the household dynamics, and nobody is sure where or how he fits in—if at all—in this Golden Globe-winning comedy.



February 22
The Young Victoria (2009) PG
 104 minutes
 Eighteen-year-old British royal Victoria (Emily Blunt) ascends to the throne and is romanced by future husband Prince Albert (Rupert

Friend) in this lush period film that chronicles the early years of the British monarch's larger-than-life reign. Produced by Martin Scorsese and Sarah Ferguson, the Duchess of York, the Oscar-nominated film also stars Miranda Richardson as the Duchess of Kent, Jim Broadbent as King William, and Paul Bettany as Lord Melbourne.

Don't forget that there are also free movies available at the Putterham and Coolidge Corner branches of the Brookline Public Library. For more information for Putterham, call 617-730-2385, and for Coolidge Corner. See also Brookline Reads 2011 on p.10 or call 617-730-2380.

MODERN BEADING WORKSHOP

This workshop for beginners and experienced beaders will meet on **Wednesday, February 16, at 1:30 pm** 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.

To participate in this workshop, it is essential that you bring materials with you—beads, earring backs, crimps, and one yard of Soft Flex—all are available at local craft stores. The workshop is free, and no registration is required.

HOME IN THE MORNING

Mary Glickman, former Brookline resident and author, will be at the Senior Center on Wednesday, February 9, at 7:00 pm to do a reading from her newly released novel, *Home in the Morning*.

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'S DISEASE SUPPORT GROUP

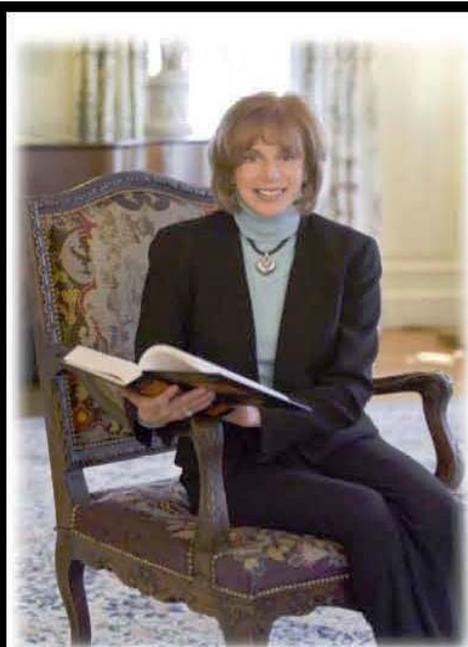
The Parkinson's Disease (PD) Support Group will hold its monthly meeting on **Friday, February 4, from 1:00 to 2:30 pm** at the Senior Center. This group is cosponsored by The Brookline Aging Collaborative and the American PD Association (APDA).

GEN SILENT—SAVE THE DATE

What would you do if you were old, disabled, or ill—and the person feeding you put down the spoon and explained that you are going to hell unless you change your sexual orientation? Sound absurd? According to social workers, it's happening every day.

Gen Silent is the new LGBT documentary from award-winning director and documentary filmmaker Stu Maddux (*Bob and Jack's 52-Year Adventure, Trip to Hell and Back*) that asks six LGBT seniors if they will hide their lives to survive in the care system.

This significant film is coming to the Coolidge Corner Theater for a single screening on Monday, March 28, at 7:00 pm. It is being hosted by The Brookline Aging Collaborative and the LGBT Aging Project and will include a Q&A period followed by a reception.



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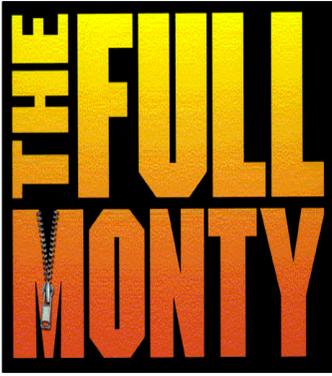
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THEATER CLUB



The Full Monty

Turtle Lane Playhouse
Auburndale

February 27

\$30.00

A musical by Terrance McNally with a score by David Yazbeck.

Adapted from the 1997

British film, six unemployed steelworkers, low on both cash and prospects, decide to do a strip act at a local club after seeing their wives' enthusiasm for a touring company of Chippendales. As they prepare for the show, they overcome their inner demons and find strength in their camaraderie.

And coming in the Spring:

Educating Rita

Boston University Theatre

Boston March 27 \$25.00

Mozart's Requiem

Handel and Haydn Society at Symphony Hall

Boston May 1 \$40.00

The Drowsy Chaperone

Turtle Lane Playhouse

Auburndale May 15 \$30.00

FOOD DISTRIBUTION

Remember that there is free food distribution at the Senior Center every Tuesday from 1:00 to 3:30 pm. Hours vary slightly depending on when the food arrives and when it has all been distributed. Get a number in the coffee lounge, then wait there until your number is called.

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BROOKLINE RECREATION—IT'S WHAT WE DO!

Wrentham Outlets

Friday, February 4

Discover Wrentham Village Premium Outlets, home to 170 different stores.

Van Pickups: Soule Recreation Center at 652 Hammond St. at 9:00 am and Senior Center at 9:15 am. Van return will be at approximately 4:00 pm.

Fee: \$10.00 per person.

Deadline for registration was Friday, January 21.

DeCordova Museum

Friday, February 18

Join in a guided tour of the museum followed by lunch on your own at the Museum Café. Van pickups: Soule Recreation Center at 652 Hammond St. at 9:30 am and Senior Center at 9:45 am. Van will return at approximately 4:00 pm. Fee: \$12.00 per person.



*Special Exhibit: Lucien Aigner/Photo Story—
January 29-April 24*

Maple Sugaring

Friday, March 11

Learn some basic tree physiology by exploring the trees at Larz Anderson Park and trying your hand at tapping. Enjoy a sweet treat of fresh maple syrup. This is an outdoor program, so please dress accordingly. Van pickups: Soule Recreation Center at 652 Hammond St. at 12:00 noon and Senior Center at 12:15 pm. Van will return at approximately 4:00 pm.

Fee: \$8.00 per person.

Boston Flower & Garden Show

Friday, March 18

A Burst of Color: Celebrating the Container Garden! Spend the afternoon at Boston's biggest horticultural event at the Seaport World Trade Center. Van/Bus pickups: Soule Recreation Center at 652 Hammond St. 11:00 am and Senior Center at 11:15 am. Van/Bus will return at approximately 5:00 pm.

Fee: \$28.00 per person.



There is a locked Brookline Recreation mailbox

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

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Hebrew SeniorLife is about options and choices for seniors. Nowhere is this more evident than at Center Communities of Brookline—three buildings in the heart of Brookline. These buildings provide an affordable home to 600 seniors who live independently, actively and securely. To learn more about senior living options at Center Communities of Brookline, contact the Marketing Office, 617-363-8100 or scarlsen@hrca.harvard.edu



FRENCH CONVERSATION

Brush up your French conversation skills **every Tuesday in February at 12:30 pm** with Agnes Serenyi facilitating the group.

B-CAN

For \$25 a year, you can be a charter member of this exciting organization devoted to helping seniors age well at home. If you haven't gotten a letter and/or want to join, call Ruthann at 617-730-2756 to join.

MEET ME AT THE COOLIDGE

...and make memories on **Tuesday, March 15, from 10:00 am to 12:00 noon** at the Coolidge Corner Theatre. Enjoy an interactive, one-of-a-kind film experience, designed specifically for people with memory loss and their care partners.

Short clips from classic films of the 1930s through the 1960s will be shown, followed by audience discussion and reminiscence, guided by a moderator. This program demonstrates how film can be a treatment for people with memory loss, Alzheimer's disease, and related dementias. The cinema has the power to connect us with our deep-rooted emotional memories—the kind that never leave us.

For tickets, more information, or to volun-

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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

teer, send an e-mail to Cahill2@TheHearth.org or call Peggy Cahill at 781-674-2884, ext. 119. Admission is FREE with your RSVP. Free popcorn and beverages, too! Sponsored by ARTZ (Artists for Alzheimer's), the Coolidge Corner Theatre, the Jane B. Cook 1992 Charitable Trust, and the Llewellyn Foundation.

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SWING BAND

The Swing Band, led by James Demicco, is for you if you enjoy playing popular music from the 20s, 30s, 40s, and 50s and can read music or play by ear. Previous band experience is helpful but not necessary. Call Julie at 617-730-2760 for more information.

BOWLING

The bowlers meet at 9:30 am on Wednesday mornings at the 20th Century Bowling Alley (aka Ron's) at 1231 Hyde Park Avenue (next door to the Hyde Park police station). For \$7, you get three strings and shoe rental. The group is generally back at the Senior Center by 12:00 noon. To sign up, if you need a ride, or for more information, call Julie at 617-730-2760.

MBTA SENIOR CARD RENEWAL

If your MBTA senior card needs to be renewed, call 617-222-5976 and a new card, good for five years will be issued. There is no need to have a new photo taken. Any value remaining on the old card will be transferred to the new card. However, it may take some time—several weeks when the office is particularly busy—for the MBTA to send a new card in the mail, so plan on calling them well before the expiration date on your card.

If you find that your card is going to expire in only a couple of weeks and want to assure your continued ability to use public transportation at a senior price, go to either Back Bay (train station) or Downtown Crossing (T-station) and renew in person.

SPANISH IMMERSION

The Spanish Immersion program offers Spanish classes on Thursday afternoons (from 3:15 to 4:00 pm for beginners and from 1:00 to 1:45 pm for advanced students). There is a fee of \$25.00 for a 6-week course. Small groups with emphasis on conversation skills in a relaxed, friendly atmosphere will be taught by an experienced native speaker.

CELL PHONES, IPODS, GLASSES

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

And we also recycle old eyeglasses to those who need them through the Lions Eyeglass Recycling Program.

SENIOR SCENE

A new and exciting interview is scheduled to start in early February—Host Betty Joel will interview COA Director Ruthann Dobek about the recently published *Aging at Home: A Study of Brookline's 85 and Older Seniors*. This study is fascinating and the interview should provide a mass of food for thought.

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

The study is also available on the Council on Aging page on the Town of Brookline web site. To access it, go to www.brooklinema.gov and click on Departments on the left-hand navigation list. On the next screen, click on Council on Aging, then click to open the study.

HANDICAPPED ACCESS

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



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Many older adults are so concerned about falling that they restrict their activities. *A Matter of Balance* is an award-winning program designed to manage falls and increase activity levels.

The program is in need of volunteer coaches to help participants:

- Develop individual strategies to help prevent falls
- Become more confident about techniques for managing falls
- Teach strengthening and flexibility exercises for improving balance
- Assess their environment for risk factors

To become a Matter of Balance Coach you need to attend training sessions on **Thursday and Friday, February 24 and 25, from 1:00 to 5:00 pm** at the Senior Center. And you need be willing to teach two classes per year. For more information and to express your interest in becoming a trainer, contact Ruthann at 617-730-2756.

Help Wanted!

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

ADULT CHILDREN CAREGIVERS

Goddard House in Brookline cordially invites you to their Adult Children Caregivers Group that meets every month on the second Tuesday from 7:00 to 8:00 pm. The February meeting is on **Tuesday, February 8** in the 1st floor family dining room. The group is facilitated by Barbara Moscovitz, MSW, LICSW, Geriatric Social Worker at Massachusetts General Hospital. RSVP to Emily Judd at 617-731-8500, ext 105, or online to ejudd@radiusmanagement.com.

FAREWELL TO CHARLOTTE —NEW YEAR'S EVE 2011—



As 2010 ended, we bid a bitter-sweet farewell to Charlotte Millman. A record crowd met to reminisce, honor, and fête her on December 31. And Charlotte, ever gracious and open-hearted, passed the mantle of Program Manager on to Julie Washburn. See Julie's intro letter on p. 15.

Photo credits (from top down): Mimi Katz, Mimi Katz, Anonomous, Jewel Chen

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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 CONTRIBUTORS

Many thanks to contributors: Dr. Suzanne Salamon and Beth Israel Deaconess Medical Center for *Ask a Geriatrician* on p. 8, Laurie Israel, Esq., for *Elder Competency* on p. 21, Netflix for the short movie descriptions on p. 22, and Mimi Katz and Jewel Chen for the photos on p. 29.

Happy Valentine's Day!

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