TOWN OF BROOKLINE SENIOR CALENDAR

Council on Aging

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

Brookline Senior Center
93 Winchester Street
Brookline, Massachusetts 02446

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HIGHLIGHTS

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JANUARY 2008

COUNCIL ON AGING

The Brookline Council on Aging meeting will take place at the Brookline Senior Center at **1:00 PM** on **Wednesday, January 9.** The guest speaker, Marsha Frankl from Jewish Family and Children's Service (JF&CS) will speak at **1:30 PM.** The topic she will discuss at the meeting is the new Aging Well at Home program. This is a topic all seniors should be interested in, and given the subject matter, a lively and interesting interplay between Ms. Frankl and the audience is very likely.

In 2004, JF&CS was awarded a grant from the U.S. Administration on Aging to bring services to areas with high concentrations of elderly residents. These NORCs (naturally occurring retirement communities) help their residents remain independent by building a self-sufficient community. JF&CS chose three sites to pilot this program. Brookline was one of these sites. As of 2006, the Commonwealth of Massachusetts had funded the Brookline and Malden programs.

The services and programming are designed to meet the needs articulated by the seniors who live in each specific community. All activities address primary causes of preventable institutionalization, including isolation and depression, poor management of chronic conditions, inadequate nutrition, falls, and misuse of medications.

Plan on attending this current and relevant meeting.

CHINESE NEW YEAR

Chinese New Year is the longest and most important celebration in the Chinese calendar. This year, 4706 in the Chinese calendar, is the Year of the Rat.

Legend has it that in ancient times, Buddha asked all the animals to meet him on Chinese New Year. Twelve came, and Buddha named a year after each one. He announced that the people born in each animal's year would have some of that animal's personality. Those born in rat years tend to be leaders, pioneers, and conquerors. They are charming, passionate, charismatic, practical, and hardworking. Gwyneth Paltrow, Ben, Affleck, William Shakespeare, and Mozart were all born in a Year of the Rat.

Join in the celebration this year at the Senior Center on **Monday, January 28,** at **12:30 PM** with a delicious Chinese luncheon followed by entertainment. Tickets go on sale on January 14. Advance purchase of tickets is required. Cost of the luncheon is $6.00. Make your reservations and purchase tickets early as this very popular event usually fills up very quickly.

MONEY MATTERS

On **Friday, January 25,** at **1 PM**, Brian Allsop, Vice President, Investment Services, Bank of Canton, will talk on "Strategies to Make Your Retirement Income Last a Lifetime." This free presentation is the first of a series of monthly talks on money and financial concerns of seniors that is being offered by the Bank of Canton. Watch the Senior Center Calendar and the TAB for announcements of future talks.

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EASY TRAVEL: DOLLS FROM AROUND THE WORLD

Welcome a weary traveler. Alice Fastov is back leading a show-and-tell of dolls she has collected on her many journeys. You are invited to bring along dolls you have collected on your travels as well. This meeting of the Easy Travel program will be on **Thursday, January 3** at **1:30 PM**. Light refreshments will be served. Everyone is invited.

DRESS FOR SUCCESS

Dress for Success is a not-for-profit organization that offers services to help women enter the work force and stay employed. Each Dress for Success client receives one suit when she has a job interview and a week's worth of separates when she gets a job.

The Senior Center is participating in this town-wide project sponsored by the Brookline Police by asking for donations of winter coats and accessories (gloves, scarves, shoes, handbags and briefcases, and such) that are appropriate for the workplace. So bring in donations of clothing, preferably dry cleaned and ready to wear by **Thursday, January 24**, and help needy women get decent jobs.

DID YOU MISS THE PART D OPEN ENROLLMENT?

Enrollment for the Medicare Part D prescription drug plans ended December 31, 2007. Fortunately, Massachusetts residents can still join a Medicare Part D plan by enrolling in Prescription Advantage, the state's pharmacy assistance program. Medicare allows Prescription Advantage members to join a Medicare plan without having to wait until next November.

If your annual income is less than $51,050 for a single person and $68,450 for a married couple, you are eligible to join Prescription Advantage. If you are concerned about added cost, you will be happy to know that there is ***no charge*** for Prescription Advantage for members with annual incomes of less than $30,630 for a single person and $41,070 for a married couple. And, depending on your income and the Medicare prescription drug plan you choose, Prescription Advantage may help pay all or part of your Medicare prescription drug plan's monthly premium, deductible, and drug co-payments.

There is no reason not to have coverage for your prescription drugs. Call Prescription Advantage today for an application form. You can reach Prescription Advantage Customer Service toll-free at 1-800-AGE-INFO (1-800-243-4636) or TTY for the deaf and hard of hearing at 1-877-610-0241.

There is also help available from the SHINE program. Call the Senior Center at 617- 730-2777 and ask for a SHINE appointment. Specially trained SHINE volunteers offer free, confidential counseling to seniors and anyone on Medicare, covering all aspects of health insurance. You can also reach a SHINE counselor by telephone. Call 1-800-AGE-INFO. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back, as soon as possible.

If you are interested in becoming a SHINE volunteer counselor, contact Dorene Nemeth at 508-532-5980, ext. 4109.

ELDER RESOURCE GUIDE REVISED

It's revised and has new features and a blue cover, and it's available at the Senior Center for everyone. Pick up a copy and gain access to all the information you have come to depend on the book for and more.

What's inside? New sections on Fitness, Fraud, and Home Safety have been added. In addition, there is a special *Partners in Care Spotlight* on the Rogerson Communities. And as if that wasn't enough to make it special, the guide has been updated to include the most current information available on all the resources previously included in the Guide.

PROJECT VOLUNTEER WANTS YOU!

This ongoing group will meet **Fridays**, **January 4, 11, 18, and 25, from 10:00 to 11:30 AM**. Weekly projects range from newsletter mailing to goodie-bag stuffing. To date, the group has yet to leave a task undone. This project merges volunteering with socializing so that you can actually have fun working in a group and have the feeling of having been really useful at the end of the session.

Anyone interested in being part of this lively and interesting group should call Dale LaBonté at 617-730-2772 for further information and to join the group.

IN THE GALLERY

Brookline Around the Seasons

Oil paintings by
Virginia Jacobs

Monday, January 7, through
Friday, February 29
from **8:30 AM to 5:00 PM**
(Monday through Friday)

Reception for the Artist
Friday, January 11
from **5:00 to 7:00 PM**

PROFILE—MICHAEL E. FESTA

In September, the Patrick Administration announced the appointment of Michael E. Festa as Secretary for the Massachusetts Executive Office of Elder Affairs. Mr. Festa's term of office began on October 9.

On October 23, as one of his first acts as Secretary, Mr. Festa, visited the Senior Center and was treated to a tour of our facility. He was very impressed and deeply interested in both our senior center and our HELP program.

Mr. Festa comes to his job with a long history of advocacy for seniors. Governor Deval Patrick said of Mr. Festa, "Mike brings a high level of experience and deep commitment to Elder Affairs, ensuring [that] we continue to do all we can to assist our older citizens in the Commonwealth [to] live healthy and active lives." For the past eight years, he has represented the 32nd Middlesex district in the Massachusetts House of Representatives. Since 2005, he has been acting vice-chair of the Committee on State Administration and Regulatory Oversight. During his tenure, Mr. Festa was the lead sponsor of the "Equal Choice for Seniors" bill and received the Outstanding Achievement and Representative of the Year awards from the Silver-Haired Legislature in 2006. He was also recognized as Elder Advocate of the year by the Massachusetts Home Care Federation in 1999 and 2006.

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HAPPY NEW YEAR FROM THE DIRECTOR

The new year is a time for me to make resolutions, and I personally like also to express gratitude for my many blessings.

I hope that you join me in making some positive resolutions for 2008. The Senior Center is here to help you achieve your goals whether it is exercising, volunteering, learning something new, or making new friends. Check out our many offerings over the next year, and join us.

I am grateful to all for the wonderful opportunities this job has given me. Each day I see the impact of our work. I see the fabulous tangible results of helping elders maintain their independence with dignity. I see the value of our community and neighbors sharing and helping one another. I am also grateful for the dedicated staff and volunteers, for the guidance and support of the Board and all the assistance provided by our collaborators. I look forward to achieving even more results in 2008.

Finally, I hope that you all join me in one of my own personal resolutions: To be kind.

What do any of us have to lose in slowing down, thinking before we speak, and showing a little kindness to all? Think about how much nicer the world would be if we all made that one of our resolutions.

A Healthy and Happy New Year to ALL!!

—Ruthann Dobek, Director

HAPPY NEW YEAR FROM THE EDITOR

It's been a busy year for the Senior Center and a happy last quarter of the year for me. When I agreed to take on the production of the Senior Center Calendar, I had only a vague idea of the scope of the task. Now, with four issues completed and available, I want to thank Ruthann Dobek for her advice, support, and suggestions and for giving me the freedom to try different things. Many thanks also to the Senior Center staff, interns, and volunteers for their help, encouragement, and support. But most of all, I want to thank all of you readers for your patience and suggestions without which the direction of the newsletter would have been harder to determine.

In 2008, we would like to take the Senior Center Calendar one step further by making it your voice as well as a calendar of events and a repository of helpful articles. Do you have some poetry that you would like to share with the Brookline senior community? Short prose, memoirs, even artwork (remembering the limitations of our printing resources—so far we can only print in black and white or grayscale, no color).

We would also like to know what topics and events you would like us to cover. So drop us a line or tell us in any other way you want what kinds of articles and other information you would like to see in the Calendar in 2008.

Meanwhile, I wish you all a very happy and healthy new year . —Judith Gimple, editor

HOLIDAYS

Here we are in 2008. My, my, how time flies. There are two holidays in January on which the Senior Center will be closed—**Tuesday, January 1**, for New Year's Day and **Monday**, **January 21**, in memory of Martin Luther King, Jr.

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

Ask a Nurse Nurse Practitioner Eileen Currier of St. Elizabeth Medical Center will be at the Senior Center to consult with individuals on **Wednesday**, **January 23,** from **1:00 to 3:00 PM**.

Blood Pressure Screening Because of a funding change, the Joseph Smith Health Center will no longer be providing an Outreach Worker for blood pressure screenings at the Senior Center.

Blood pressure screenings will continue to be available at the Senior Center, this month on **Thursday, January 17, from 9:00 to 10:30 AM** with a Brookline Health Department Nurse.

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

Podiatry Clinic Routine foot care with Dr. John McLoughlin is available by appointment on **Monday, January 7, from 9:00 AM to 12 NOON**. Sessions, which last 15 minutes each, cost $25. To make an appointment, call 617-730-2777.

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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Official hospital of the Boston Red Sox

BLOOD PRESSURE AND HEALTH SCREENINGS

Because of funding changes, the Joseph Smith Health Center will no longer be able to provide an Outreach Worker for blood pressure and health screenings at the Senior center. We want to thank the Joseph Smith Health Service for the services they have provided to Brookline's seniors and a special thank you to Kim Nguyen, the community health outreach worker, who provided such outstanding care with patience and good humor.

Blood pressure screenings continue to be available at the center on the third Thursday of each month with a Health Department Nurse.

This month's schedule is:

- Wednesday, January 2, at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 PM
- Wednesday, January 9, at Sussman House, 50 Pleasant St., from 1:00 to 2:00 PM
- Wednesday, January 9, at Temple Emeth, 194 Grove St. in South Brookline, from 3:00 to 4:00 PM
- Thursday, January 17, at the Senior Center from 9:00 to 10:30 AM
- Wednesday, January 23, at O'Shea House, 61 Park Street from 1:00 to 2:00 PM

WINTER TIPS FOR STAYING WARM AND SAFE FOR ELDERS

The Massachusetts Executive Office of Elder Affairs has prepared this guide as an aid for seniors and their caregivers to have a healthy and safe winter.

STAY WARM THIS WINTER

How Cold Is It? The first line of protection is to be aware of weather forecasts and prepare for days when you are unable to go shopping, keep medical appointments, or get to personal and social appointments. In addition to the temperature, pay attention to the Wind Chill Index, which is based on the rate of heat loss from exposed skin by combined effects of wind and cold.

What Do I Wear to Stay Warm? When it's very cold, dress in multiple, dry layers of loose-fitting clothing, pairs of thick socks, as well as a scarf, hat, and mittens.

How Do I Keep My Home Warm? Heating your home is an expensive, but important, aid to staying healthy in the winter. Attic insulation is very helpful along with sealing air leaks. Be very careful of space heaters, which can pose a burn and fire risk.

If you have trouble paying for home heating, contact:

- **Low-Income Home Energy Assistance Program (LIHEAP) Fuel Assistance Program:** LIHEAP provides payments to energy providers to defer some of the costs of monthly heating bills for those eligible. Call 800-632-8175 or google LIHEAP Massachusetts and click on *Community Services* for information.
- **Salvation Army Good Neighbor Fund:** To apply or to learn about eligibility, call 800-262-1320 or 617-542-5420 or visit www.magoodneighbor.org.
- **Oil Co-ops:** These buying groups are formed to help consumers purchase energy at lower costs. A list of oil co-ops in the state is available at www.mass.gov/doer, or you may contact DOER at (800) 351-0077.
- **Shop Around:** The Massachusetts Oil Heat Association offers a list of member home heating-oil dealers at www.massoilheat.org.
- **Gas/Electricity Discount Rates:** If you cannot afford to pay your gas or electric heating bill, your utility may not terminate your service if:
    - All residents in your household are at least 65 years old
    - You have a financial hardship and:
        - You, or someone in your home, is seriously ill
        - You have an infant in your home who is under 12 months
        - It is between November 15 and March 15, and you need the service to heat your home
    - If you have a financial hardship, contact your utility directly to apply for protection.

WHO CAN I CALL IF I HAVE QUESTIONS AND CONCERNS REGARDING UTILITY ISSUES?

If you have questions or concerns regarding your utility or have received a notice of termination and need assistance, you should contact:

- **Massachusetts Dept. of Public Utilities:**
  Consumer Division: 617-305-3531;
  1-800-392-6066; 1-800-323-3298 (TTY)
- **Massachusetts Office of Attorney General:**
  Elder Hotline Toll Free 1-888-243-5337
  Consumer Complaint & Information Services Hotline 617-727-8400
  Utilities Division Hotline Toll Free: 1-888-514-6277

STAY SAFE IN THE SNOW AND ICE

Avoid overexertion. Shoveling is very strenuous exercise and can quickly take a toll on your body. Ask someone to shovel for you if you are at risk of a heart attack or other injury. If you must shovel, go slowly,

WINTER TIPS FOR STAYING WARM AND SAFE FOR ELDERS

(*continued*)

lift carefully, take frequent breaks, drink a lot of water, dress warmly, and stop at the first sign of pain or tiredness (don't wait until you are close to exhaustion to stop shoveling). Keep a (covered) supply of sand or deicer on your porch to use for *black ice*.

Stay indoors when the weather is very bad. If you need to leave your home, walk very carefully and try to use public transportation whenever possible. If you must drive, make sure you are well stocked with:

- A full tank of gas
- An emergency winter storm kit (flashlight, flares, candle, first-aid kit, tow line or rope, paper towels, spare shovel)
- Sand or kitty litter for traction
- A windshield scraper and deicer
- Cell phone and/or an emergency radio
- Blanket, gloves, socks, hat, and boots

STOCK UP FOR SNOWY DAYS

In the event of major storm, you should be prepared to remain inside your home for a few days. These precautions will help you weather emergencies:

- Emergency phone numbers and contact information (doctor, family, friends, neighbors, police, fire, board of health, your local Council on Aging)
- Extra medications—prescription and over-the-counter
- First-aid supplies (bandages, tape, gauze, antibacterial ointment, alcohol, cold pack)
- A three-day supply of nonperishable food and drink (1 gallon of water per person per day and extra water for pets, ready-to-eat canned meat, fruit, veggies,, snack bars, cereal, juice, powdered milk)
- Battery-operated flashlights, radio, manual can opener, candles, matches/ lighter, cash
- Hand sanitizer, paper products and garbage bags
- Clean, warm clothes and footwear and blankets and sleeping bags

STAY HEALTHY DURING FLU SEASON

It is not too late to get vaccinated. February is when the flu season is at its height. Contact your health-care provider about getting a flu shot and a pneumococcal (pneumonia) shot. For additional information on the flu, pneumonia, and/or where to obtain shots, visit the Department of Public Health's (DPH) website: www.mass.gov/dph/flu or call the DPH information line at 1-866-627-7968.

- In bad weather, tell a friend, family member, or neighbor where they will be able to find you. Ask them to call you regularly to check on your well being. Tell them where an extra key is located so that they can get into your home in the event of an emergency.
- If you have special health needs such as oxygen, contact your nearest police station and let them know you may need assistance if the power fails.

For additional information, visit the websites listed above or contact the Senior Center at 617-730-2777. www.800ageinfo.com.

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THE VAN CAN DO IT

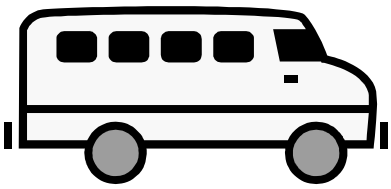
If you need to get to the Senior Center and back home again, you can do that **Monday through Wednesday between 9:00 AM and 4:00 PM** and on **Thursday between 10:00 AM and 4:00 PM** on the Senior Center Van. To make a reservation, call 617-730-2750 twenty-four (24) hours before you need to be picked up at home. There is a donation of $1.00 for the ride.

VAN HOURS EXPANDED!!

Thanks to the generosity of the Brookline community, the van will be able to start at 9:00 AM on Monday, Tuesday, and Wednesday. Call Ron for a ride at 617-730-2750.

THE CHALLENGE CONTINUES

As of press time, 38 people have generously contributed $2,550 to help meet our challenge and allow the van to expand. Contributions are still being accepted. Remember that as of January 1, we now have to fund-raise for the next 12 months at an annual figure of $25,000. Please be as generous as you can.



MAB COMMUNITY SERVICES, VISUALLY IMPAIRED ELDERS PROGRAM PRESENTATION

There will be an Outreach Presentation on **Thursday, January 31,** at 100 Centre Street at **1:30 PM** given by MAB Community Services, Visually Impaired Elders Program (VIEP). The VIEP is a free nonmedical service designed to assist seniors, 60 years of age or older who are struggling with vision loss and who are not diagnosed as legally blind. The MAB program offers a functional vision assessment in your home, taking into account factors of vision loss, daily living needs, and other needs. It can assist you with low-vision adaptive equipment to improve your ability to read, cook, write notes and checks to pay bills; assist with lighting and glare issues; and help with activities of daily living that are impeded by low vision. MAB's services are provided at no cost to the client because MAB is grant-funded. MAB's Case Management team can make referrals to other agencies and provide other resources. There are also other services at MAB that might be appropriate for the client such as its Support Group and Volunteer programs. Come and hear about MAB Community Services. It may just have something you need to assist with low vision! This program is co-sponsored by the Brookline Senior Center.

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APPEALS: AN IMPORTANT RIGHT FOR MEDICARE BENEFICIARIES

Sometimes, Medicare beneficiaries feel they have been released from hospital, nursing home, home health agency or hospice care before they are ready to leave. All Medicare beneficiaries, whether covered under Original Medicare or a Medicare Advantage Plan, have appeal rights. This means that trained medical professionals will review the beneficiary's medical record and decide whether the beneficiary has been released too soon or whether the timing of the release was correct.

Below are some steps to follow if you feel you are being released from a hospital, nursing home, home health agency or hospice too soon.

- Talk to your doctor about continuing care.
- Ask your case manager or social worker for an official (written) Medicare notice.
- Follow the instructions on the notice. Masspro's helpline telephone number will be listed on the notice.
- For the best protection and a fast decision, call Masspro right away after receiving the notice.
- Masspro will ask you for your views and review your medical record.
- You'll be informed of Masspro's decision first by phone and then by mail. At that time, you will also receive information about other appeal rights.

You have the right to a fast appeal decision (also called an expedited determination) when you receive a Medicare notice that your services will be ending. For the best protection, and a fast decision, call Masspro right away after receiving the notice.

Call Masspro's helpline at 1-800-252-5533, or Medicare at 1-800-MEDICARE (1-800-633-4227). You can call yourself or ask a friend or family member to call for you.

Note: If you call Masspro's helpline outside of normal business hours (Monday–Friday, 8:30 AM to 5:00 PM) make sure to listen carefully to the after-hours helpline message and follow the instructions to leave a message.

by Ellen Pothier, MS, RN, CPHQ
Beneficiary Outreach and Mediation Coordinator, Masspro

IT'S TAX TIME AGAIN

It's time to start thinking about taxes! Beginning in February, volunteer tax counselors trained by AARP will be at the Senior Center to help individuals with their tax forms. Their services are free, and starting January 15, you may call 617-730-2777 to schedule an appointment. This year returns will be filed electronically. You will receive a paper copy for your records. Please mention if you have had your taxes done at the center in the past. Also remember to bring copies of your last year's tax returns, proof of insurance, and receipts for donations, rent, real estate taxes, and so forth when you come in for your appointment with a tax counselor.

In addition, new for this year, please bring Massachusetts form #1099-HC, which provides evidence of health insurance coverage. You should receive this form in the mail from your health insurance provider no matter whether the provider is private or public.

Janet Seckel-Cerrotti (left) of MATCH-UP accepts check from Sandi Rosenfield (right)

HOLIDAY EXTRAVAGANZA REPRISE

At the Holiday Extravaganze (aka Senior Craft Fair), we collected $2265. A donation of $500.00 was given to MATCH-UP Interfaith Volunteers. The remainder stays with the Senior Center and pays for entertainment expenses. See you next year!

Checks were presented to MATCH-UP and the Senior Center at a party that followed the COA meeting on Wednesday, December 12. Along with the check presentation, there was music provided by the Justin Meyers Trio and refreshments. A good time was had by all.

Miriam Sargon (right) accepts check for the Senior Center from Muriel Stark (left)

Both photographs above are courtesy of Mimi Katz.

BLUE IN BROOKLINE

The Senior Center is forming an information-sharing support group. It is for people who find themselves suffering from feelings of sadness or decreased motivation to engage in favorite activities. This 10-week group will begin on **February 4**. Participation in this group is free, but registration is required, and you must register by January 31. If you are interested in joining and/or want further information about the group or if you want to register, call Dale LaBonté or Katie Anderson at 617-730-2772.

BEREAVEMENT SUPPORT GROUP

A bereavement support group at the Senior Center is starting in 2008. Please join us on **January 8 from 10:30 to 11:30 AM** for an introductory session with Valerie Epstein-Johnson of Beacon Hospice, Inc., giving a presentation on "Life After Loss and Life Through Grief."

The program is free and open to the public, but registration is necessary. To register and/or for more information, call Diedre Waxman at 617-730-2767.

ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

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

There is a **Daytime Caregivers Group** that will meet on **Friday, January 11**. Call December Heffernan at 617-730-2753 for information for this group. And there is also an **Evening Caregivers Group** that will meet on **Thursday, January 31**, contact Susan Andriole at 617-730-2754 for more information about this group.

Brookline Adult & Community Education
BA&CE
Join us, new classes starting soon!
www.brooklineadulted.org
617-730-2700

PIANO RECITAL

Don't miss the concert at the Senior Center at **1:00 PM** on **Wednesday , January 16**, featuring Miyuki Otani playing Variations on Gluck's opera, Pilgrime of Mekka; variations on Mozart's Les homes pieusement, K455; the Suite Bergamasque by Claude Debussy; and Danzas Argentinas by Alberto Ginastera.

Born in Japan, Ms. Otani began playing the piano at the age of three. She is a graduate of the Tokyo Women's Christian University. In 1996, she came to the United States as a Rotary Foundation Ambassadorial Scholar. She studied at Lesley College and received a Master of Arts in Intercultural Relations. She then earned a Master of Music degree at the Boston Conservatory. Ms. Otani has served on the piano faculty at the Brookline Music School and is presently a staff accompanist at the Boston Conservatory.

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SAVE THE DATE

It's a new year and we want to have a get-together of Reception and I& R volunteers on **Friday, January 18**, at **10:00 AM**. For more information and to RSVP, call Vivian at 617-730-2743.

VOLUNTEERING

Interested in keeping busy during the winter months? Try volunteering! Vivian Freeman, our Volunteer Coordinator is looking for volunteers for several jobs—such as working at the gift cart, doing information and referral, and being an on-call receptionist or a computer assistant.

These are only a sampling of the volunteer opportunities available. We would like to match opportunities with background and interests for our volunteers. So call Vivian at 617-730-2743 to set up an appointment to meet with her.

And again a resounding thanks to all of you who are already volunteering. We couldn't do the many wonderful things we do without your help and support!

BEADING

There will be a session of the ever-popular Beading Workshop with Marge Harvey as instructor/mentor on **Thursday, January 10,** at **1:30 PM**. Just the thing to stimulate your creative juices during the winter doldrums.

PARLEZ-VOUS FRANÇAIS?

Not for a while. French Conversation meetings are on hold for the time being. Please continue to check the Calendar and the flyer tables at the Senior Center for further information.

SENIOR SERVICES

The Brookline Senior Center is an amazing facility, offering a vast array of programs and activities.

BETS is a cab discount program that allows income-eligible Brookline residents over 60 to buy coupon books worth $10 in cab rides for just $5. Bets coordinator Alicia Ebrat is at the Senior Center **Monday through Wednesday** from **12:00 NOON to 4:00 PM** to take applications for, and sell, BETS coupon books. If you want to apply, or be recertified, for BETS, please bring your 2006 income tax returns when you meet with Alicia. (Remember that all riders must be recertified every year in order to be able to buy BETS coupon books.)

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

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

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

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

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

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

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

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

Law Office of Laurie Israel

617 277 3774

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- Deliveries in Brookline
- Walkers, canes, accessories
- In-home medication management
- Diabetes instructions/supplies

Call and talk to one pharmacists about your MEDICARE D plan!

CONSIDER BECOMING A CERTIFIED *SHINE* COUNSELOR

Do you enjoy working with people? Are you looking for a meaningful and challenging volunteer opportunity? The Medicare program has never been more complex. Seniors and disabled people on Medicare need assistance understanding the many and complex options they have available to them. The need for trained individuals 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 and protect consumers' rights. They work one-on-one with seniors and other 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 4 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 necessary.

SHINE Counselors are bright 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 of professionals and volunteers.

The next SHINE training will begin in February and take place two days per week over a five-week period in Natick, Massachusetts. For more information or for an application to become 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.

FIRST ANNUAL HOLIDAY EXTRAVAGANZA: A SPECIAL THANK YOU

As you already know, our first annual Holiday Extravanganza was a great success and both MATCH-UP Interfaith Volunteers and the Brookline Senior Center received sizable donations.

Thank you to all the senior participants, volunteers, and Council on Aging staff whose efforts made this event possible. Thank you also to the Brookline community and to the following businesses who made generous donations to this year's Extravaganza: Aborn True Value, Bank of Canton, Beauty and Style, Brookline Booksmith, Christos Dry Cleaning, City Housewares, Corrib Pub Restaurant, Courtyard Marriott, Dunkin' Donuts, Edwin Case Shoes, Encore Exchange, Family Restaurant, Fast Frame, Fire Opal, Israel Book Shop, Inc., Kupel's, Lady Grace, Lenscrafters, Maria's Alterations, Mattei Galleria, Model Hardware, O'Leary's Restaurant and Pub, Party Favors, The Pear Tree, The Picture Place, Pino's Pizza, Ross Cleaners, Ruth's Kitchen, Salon Monte Carlo, Simons Shoes, Stop and Shop, Ten Thousand Villages, The Upper Crust, Wulf's Fish Market, and Zaftig's.

SENIOR CINEMA AT THE COOLIDGE CORNER BRANCH OF BROOKLINE PUBLIC LIBRARY

Thursday afternoons with refreshments served at 1:00 PM and the film shown at 1:30 PM.

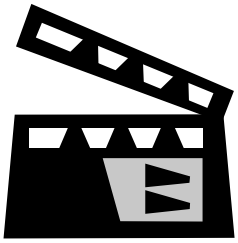
Thursday, January 3 100 minutes
Something New
Kenya McQueen is a successful African-American CPA who must decide whether to follow her heart or her ideals.

Thursday, January 10 99 minutes
On a Clear Day
Brenda Blethyn and Peter Mullan star in this uplifting and humerous tale of determination.

Thursday, January 17 99 minutes
The Italian
An orphaned six-year-old Russian boy, Vanya, is about to have a dream home with an Italian family, but sets out on a perilous journey to find his birth mother. In Russian with English subtitles.

Thursday, January 24 104 minutes
The Astronaut Farmer
An astronaut-in-training has to give up his NASA career to save his family's farm but can't give up his dream of going into space so he builds his own rocket.

Thursday, January 24 129 minutes
Pride and Prejudice
Jane Austen's famous book once more. This time starring Keira Knightley, Donald Sutherland, Brenda Blethyn, and Judi Dench.



EVENTS
Bring in the Baritones!

These events enhance and expand the theme of the movies that are being co-sponsored this month by the Senior Center and Goddard House. The events listed below will be presented at Goddard House.

If you need transportation assistance getting to Goddard House for these programs, call 617-730-2770.

BARITONE LECTURE

On **Monday, January 7, at 3:00 PM** John Tischio, lifelong opera aficionado will discuss the great baritone roles of the operas *Rigoletto, Pagliacci,* and *Simon Boccanegra*. The lecture will be accompanied by video clips.

This lecture is co-sponsored by the Senior Center and Goddard House and is being presented free of charge. For more information, contact Goddard House at 617-731-8500, ext. 133. For directions to Goddard house, go to their web site at www.goddardhouse.org.

BARITONE CONCERT

The Pro Musicis Foundation is presenting Canadian baritone Tyler Duncan live in concert on Friday, January 11 at Goddard House.

Bass-Baritone Tyler Duncan has been described by the *Vancouver Sun* as a "great communicator with suave vocal complexity" and "dulcet enticement" with a "warm versatile voice" (*Goldberg Magazine*).

In 2008, Tyler's performances will include his Carnegie Hall debut with Erika Switzer in New York, Handel's *La Resurrezione* for the Handel Festival in Halle, Germany, and an André Turp Society recital with Erika Switzer in Montreal in addition to two concerts in Boston of which one is his appearance at Goddard

MOVIE LOVER'S SERIES
Bring in the Baritones! AND MORE

The Brookline Senior Center and Goddard House are pleased to announce *Bring in the Baritones—a celebration of great baritones and their music,* a three-week long festival starting just after the holidays this January 2008 with all events to be held at the Senior Center and Goddard House. There will also be other events in addition to films. . All events—films and nonfilm will be free.

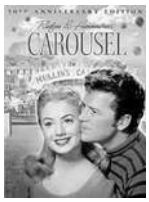
At the Brookline Senior Center

93 Winchester Street Brookline
617-730-2769

Tuesday, January 8 , 1:30 PM 137 minutes

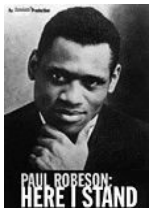
Simon Boccanegra—2002 version with Claudia Abbado conducting the orchestra and chorus of the Maggio Musicale Florentino, featuring **baritone Carlo Guelfi**.

Tuesday, January 15, 1:30 PM 128 minutes



Carousel—Not your typical 1950s musical, this often overlooked Rodgers and Hammerstein classic takes an abusive husband and gives him one last chance to make things right with his wife and unborn daughter. Starring Shirley Jones and **baritone Gordon MacRae.**

Tuesday, January 22, 1:30 PM 117 minutes



Paul Robeson: Here I Stand—This biography of legendary **baritone Paul Robeson** is narrated by Ossie Davis.

Tuesday, January 29, 1:30 PM 100 minutes

The **MORE** is, of course, **Moore**—Michael Moore. And the film is **Sicko.** Moore asks the difficult questions to get to the truth behind today's health care in the United States.

At Goddard House

165 Chestnut Street Brookline
617-731-8500, ext. 133

Thursday, January 3, 2:30 PM 113 minutes
Show Boat—1936 musical featuring Irene Dunn and **baritone Paul Robeson**.

Saturday, January 5, 2:00 PM 58 minutes
Paul Robeson: Speak of Me as I Am

Saturday, January 5, 3:00 PM 117 minutes
Paul Robeson: Here I Stand—This biography of **baritone Paul Robeson** is narrated by Ossie Davis.

Wednesday, January 9, 2:00 PM 72 minutes
Pagliacci—Franco Zeffirelli movie version starring **baritone Placido Domingo**, Juan Pons, and Teresa Stratas.

Thursday, January 10, 2:00 PM 137 minutes
Rigoletto—The 1977 classic Metropolitan Opera production of Verdi's masterpiece conducted by James Levine, starring **baritone Placido Domingo** and Cornell MacNeil.

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7 HARVARD STREET | BROOKLINE MA 02445-7379
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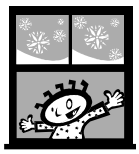
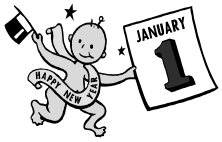
Fax 617-566-9350
E-mail albertaroger@aol.com

Springwell Nutrition Program 617-730-2770 JANUARY 2008

MONDAY	TUESDAY	WEDNESDAY
	**1)** **New Year's Day**  **CLOSED**	**2)** Vegetable Cheese Quiche Tossed Garden Salad/Lite Dressing Spinach/Apple Cinnamon Muffin **OR** California Chicken Salad Macaroni Salad Three Bean Salad/Oatmeal Bread **Peaches**
7) **Tomato Rice Soup/Crackers** Broccoli Cheese Fish Sweet Potatoes Herbed Green Beans Multigrain Bread **OR** Breaded Chicken Patty on a Hamburger Roll Lite Mayo/Lettuce & Tomato Tri-Color Pasta Salad **Pears**	**8)** **Cream of Winter Squash Soup/ Crackers** Pot Roast/Brown Gravy Boiled Potatoes with Parsley Sliced Beets Rye Bread **OR** ***Ham & American Cheese on Multigrain Bread Mustard/Tomato Zucchini Salad Lo Mein Pasta Salad **Fresh Fruit**	**9)** Cheese Lasagna/Tomato Sauce/Meatball Country Style Blend Vegetables Tossed Garden Salad/Lite Italian Dressing Whole Wheat Bread **OR** Roast Beef & Swiss Cheese on Rye Bread Carrot Raisin Salad Lite Mayo/Potato Salad **Cake**
14) Roast Turkey/Gravy Whipped Potatoes/Broccoli Cranberry Sauce/Rye Bread **OR** Egg Salad on Rye Bread Carrot Pineapple Salad Balsamic Vinaigrette Pasta **Fresh Fruit**	**15) Birthday Lunch** Stuffed Cabbage/Tomato Sauce Tuscany Style Blend Vegetables Tossed Garden Salad/Lite Italian Dressing Multigrain Bread **OR** Chicken Salad on Whole Wheat Bread Pasta Vegetable Salad/Cole Slaw **Pistachio Pudding/Topping**	**16)** **Cream of Broccoli Soup/Crackers** Chicken Paprika/Gravy Sweet Potatoes/Green Peas Whole Wheat Roll **OR** Seafood Salad on Lettuce Leaf Broccoli & Tomato Salad Orzo Vegetable Salad/Rye Bread **Chef's Choice**
21) **Martin Luther King, Jr. Day** **CLOSED**	**22)** **Vegetable Soup/Crackers** Chicken Noodle Casserole Broccoli Florets Whole Wheat Bread **OR** Egg Salad on Oatmeal Bread Pesto Pasta Salad English Pea Salad **Raspberry Pudding/Topping**	**23)** **Mushroom Barley Soup/Crackers** Beef Burgundy/Au Gratin Potatoes Country Blend Vegetables Multigrain Bread **OR** ***Ham & Muenster Cheese on Rye Bread/ Lo Mein Pasta Salad/ Mustard Tossed Garden Salad/Lite Italian Dressing **Fresh Fruit**
28) Chinese New Year Celebration **Reservations required**	**29)** **Vegetable Rice Soup/Crackers** Fish Florentine Brussels Sprouts/Sweet Potatoes Whole Wheat Bread **OR** Peppercorn Turkey on Whole Wheat Bread Lite Mayo/Cucumber & Tomato Salad Three Bean Salad **Pears**	**30)** **Chicken Noodle Soup/Crackers** ***Chicken Kielbasa/Mustard Roasted Potatoes/Onions & Peppers STEWED TOMATOES & ZUCCHINI/ SUB ROLL **OR** Tuna Salad over Mixed Greens English Pea Salad Oatmeal Bread **Fresh Fruit**

THURSDAY	FRIDAY
3) Cream of Tomato Soup/ Crackers Lemon Pepper Fish Rice Pilaf/Green Beans Multigrain Bread **OR** Turkey & American Cheese on Whole Wheat Bread Tomato & Broccoli Salad/Potato Salad **Fresh Fruit**	**4) Vegetable Rice Soup/Crackers** Roast Pork/Apple Glaze Au Gratin Potatoes Brussels Sprouts/Rye Bread **OR** Tuna Salad on Multigrain Bread Carrot Pineapple Salad Pesto Pasta Salad **Tapioca Pudding/Topping**
10) ***Reduced Sodium Hot Dog Hot Dog Roll Baked Beans/Cole Slaw Ketchup/Mustard/Relish **OR** Tuna Salad on Lettuce Leaf Tossed Garden Salad/Lite Italian Dressing English Pea Salad/Oatmeal Bread **Peaches**	**11) Winter Special** **Vegetable Soup w/Crackers** Greek Chicken (Spinach, Feta Cheese & Red Pepper) White Rice Parslied Carrots Herbed Dinner Roll **Snowflake Cookie**
17) Tomato Florentine Soup/Crackers Meatloaf/Brown Gravy *Au Gratin Potatoes* Beets/Oatmeal Bread **OR** Roast Beef & American Cheese on Oatmeal Bread/Lite Mayo Lettuce &Tomato/Three Bean Salad **Mandarin Oranges**	**18) Seafood Chowder/Crackers** Breaded Fish Cheese Sandwich *Tartar Sauce/Purple Cabbage Cole Slaw* Potato Chips/Hamburger Roll **OR** Chef Salad w/egg, cheese strips, vegetables Lite Italian Dressing Potato Salad/Orange Cranberry Muffin **Mixed Fruit Cocktail**
24) Clam Chowder/Crackers Stuffed Salmon/Dill Sauce White Rice/Brussels Sprouts Rye Bread **OR** Chicken Salad on Rye Bread Carrot Raisin Salad Potato Salad **Brownie**	**25)**Stuffed Shells/Meatball/Tomato Sauce Caesar Salad/Lite Caesar Dressing Cauliflower/Italian Bread **OR** Roast Beef & American Cheese on Whole Wheat Bread/Lettuce Leaf Pasta Salad w/Cheese/Tomato Red Pepper Salad **Peaches**
31) Swedish Meatballs/Brown Gravy Buttered Noodles/Italian Vegetable Blend Oatmeal Bread **OR** Roast Beef & Swiss Cheese on Rye Bread Lite Mayo/Pasta Vegetable Salad Beet Salad **Mandarin Oranges**	**All meals include 8 oz. of 1% milk and margarine.** **Low sugar desserts are available, and need to be ordered with the site manager** **All meals include 8 oz. of 1% milk and margarine.**

LUNCHEON SPECIALS FOR JANUARY

Please remember that reservations for **ALL** Springwell lunches should be made by 11:00 AM on the **weekday preceding the day on which you want to have lunch.** This applies to both regular and special Springwell luncheons.

Springwell 's Winter Special Luncheon on Friday, January 11, featuring veggie soup, Greek chicken with rice and carrots, and a snowflake cookie. Don't forget to make your reservations by 11:00 AM on January 10.

The **January Birthday Luncheon** will be held on **Tuesday, January 15.** Tell us that you have a January birthday when you make your reservations for this lunch, and make the reservation by 11:00 AM on January 14.

The **Chinese New Year Luncheon** will be on **Monday, January 28** at **12:30 AM**. Make your reservations early. Cost: $6.00. There is no Springwell lunch for this day.

The **Out-to-Lunch Group** will meet at **Zaftig's Deli Restaurant** on **Tuesday, January 29.** Call Charlotte at 617-730-2769 for information and reservations.

Brookline Senior Center
93 Winchester Street
617-730-2770

JANUARY 2008

Events Calendar

MONDAY	TUESDAY	WEDNESDAY
To reserve a lunch please call 6177-730-2770 by 11 a.m., a day in advance	1 HAPPY NEW YEAR! 2008 Senior Center is Closed Rogerson Adult Day Health is closed.	2 9:30 a.m. Retired Men's Club 10 a.m. - noon S.H.I.N.E.counselor 12:30 Bridge
7 9 a.m. Podiatry Clinic by appt. 12:30 p.m.Chinese programs 1p.m.Mah jongg 1--2 p.m. Line Dancing ,	8 10:30a.m.Brookline Bees-Quilters 10:30a.m. Bereavement presentation "Life After Loss&Life Through Grief" 1:00 p.m. Bingo 1:30 p.m. Movie Lovers' Film Series "Simon Boccanegra," opera	9 9 a.m.- noon BLAB lawyer 10 a.m. - noon S.H.I.N.E.counselor 12:30 Bridge 1 p.m. Council on Aging Meeting Speaker: Marsha Frankl, JFCS
14 Tickets on Sale for Chinese New Year Festival 12:30 p.m.Chinese programs 1p.m.Mah jongg 1--2 p.m. Line Dancing 2-4 p.m. Open computer lab	15 10:30a.m.Brookline Bees - Quilters Noon -January Birthday lunch 1:00 p.m. Bingo 1:30 p.m. Movie Lovers' Film Series "Carousel"	16 9:30 a.m. Retired Men's Club 10 a.m. - noon S.H.I.N.E.counselor 12:30 p.m. Bridge 1 p.m. Miyuki Otani, pianist, in free concert
21 MARTIN LUTHER KING, JR. DAY Senior Center is closed. Rogerson is open.	22 10:30a.m.Brookline Bees-Quilters 1:00 p.m. Bingo 1:30 p.m. Movie Lovers' Film Series Paul Robeson's life, "Here I Stand"	23 9:30 a.m. Retired Men's Club 10 a.m. - noon S.H.I.N.E.counselor 12:30 Bridge 1 p.m. Eileen Currier, Nurse Practitioner, St. Elizabeth Medical Center
28 CHINESE NEW YEAR FESTIVAL $6/ Reservations required. No Springwell Lunch today. 12:30 p.m.Chinese programs 1p.m.Mah jongg 1--2 p.m. Line Dancing 2-4 p.m. Open computer lab	29 10:30a.m.Brookline Bees-Quilters Noon - "Let's Go Out to Lunch"group meets at Zaftig's Restaurant 1:00 p.m. Bingo 1:30 p.m. Movie Lovers' Film Series "Sicko"	30 9:30 a.m. Retired Men's Club 10 a.m. - noon S.H.I.N.E.counselor 12:30 Bridge

THURSDAY	FRIDAY
3 No Social Security Contact station 10 a.m. - noon S.H.I.N.E.counselor 10:30 a.m.Knit and Crochet 1 p.m. Knit and Crochet 1:30 p.m. Russian Tea Room 1:30 p.m. Easy Travel "Dolls from Around the World" with Alice Fastov	4 9a.m.Bridge 10 a.m.Solemates Walking Group 10a.m Project Volunteer Group 10:30 a.m. Current Events
10 No Social Security Contact Station 10 a.m. - noon S.H.I.N.E.counselor 10:30 a.m.Knit and Crochet 1 p.m. Knit and Crochet 1:30 p.m. Russian Tea Room 1:30 p.m. Modern Beading Wkshop	11 9a.m.Bridge 10 a.m.Solemates Walking Group 10a.m Project Volunteer Group 10:30 a.m. Current Events Alzheimer Support Grp - call for time 5-7 p.m. Recepton for the artist, Virginia Jacobs
17 No Social Security Contact Station 9-10:30 a.m. Blood pressure screen. 10 a.m. - noon S.H.I.N.E.counselor 10:30 a.m.Knit and Crochet 1 p.m. Knit and Crochet 1:30 p.m. Russian Tea Room 2:15 p.m. Golden Age club meeting	18 9 a.m. Bridge 10 a.m.Solemates Walking Group 10a.m Project Volunteer Group 10:30 a.m. Current Events
24 No Social Security Contact Station 10 a.m. - noon S.H.I.N.E.counselor 10:30 a.m.Knit and Crochet 1 p.m. Knit and Crochet 1:30 p.m. Russian Tea Room	25 9 a.m. Bridge 10 a.m.Solemates Walking Group 10a.m Project Volunteer Group 10:30 a.m. Current Events 1 p.m."Make your Retirement Income Last…"B. Allson, Bank of Canton
31 No Social Security Contact Station 10 a.m. - noon S.H.I.N.E.counselor 10:30 a.m.Knit and Crochet 1 p.m. Knit and Crochet 1:30 p.m. Russian Tea Room Evening Alzheimers support group	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

ONGOING SENIOR CENTER EVENTS

MONDAY

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

TUESDAY

10:30 AM—Brookline Bees, Quilters
12 NOON -4 PM—BETS
1:00 PM—Bingo
1:30 PM—Movies

WEDNESDAY

9:30 AM—Retired Men's Club
12 NOON-4 PM—BETS
12:30 PM—Bridge

THURSDAY

10:30 AM—Knit and Crochet
1:30 PM—Knit and Crochet
1:30 PM—Russian Tea Room

FRIDAY

10:00 AM—Solemates, Walking Group
10:30 AM—Current Events Discussion Group
Senior Chorus on vacation

Brookline Bank
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the Brookline Senior Center Calendar

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BE A GOOD SCOUT

Older women are needed to participate in a once-a-month program with Brookline fifth-grade Girl Scouts. Share your talents, skills, and memories with local scouts. This program is open to both former Girl Scouts and nonscouts. Work on projects together. Do you have a favorite recipe to share? What kind of work did you do? What was school like when you were a girl? What did you do for fun? Do you have a hobby or skill that you could demonstrate to a young girl? If you were a Girl Scout growing up, what was scouting like then? Did you live in a different country? These are some topics for discussions you can have with these new friends. Meetings will be after school on Monday afternoons once a month, beginning in January. Please call Charlotte at 617-730-2769 for more information.

OLD CELL PHONES

We need another 50 cell phones in order to qualify for an additional donation from the National Council on Aging (NCOA)/Cellular Recycler. Please bring them to Susan Andriole. Dig into your hiding places for the discarded and unwanted, and rescue the old cell phones for which you have no more use. NCOA can use them.

THE BROOKLINE SHOVEL OUR SNOW PROGRAM

The Brookline recreation department is pleased to announce the return of a program that provides residents of Brookline with the names of young people who are willing to shovel snow this winter. Shovel Our Snow (SOS) is strictly a referral program that connects residents who need their walks and driveways shoveled with young people who are looking to earn extra money over the winter. It will be the responsibility of the youngster and/or the youngster's parent or guardian to negotiate an appropriate fee with the resident seeking snow shoveling services.

If you need further information, please call 617-730-2069 or find a list at 617-739-7590, or call the Senior Center at 617-730-2777.

DO NOT CALL

There are two official "do not call" lists—the National list and the Massachusetts list. By **putting your name on both lists**, you cut down on the number of nuisance calls you get. Unfortunately, nothing eliminates them entirely, but adding your name to these lists does help.

You can register with the National "Do Not Call" registry by calling 888-382-1222 or on the web at www.donotcall.gov. You can put yourself on the Massachusetts "Do Not Call" registry by calling 866-231-2255 or on the web at https"//www.madonnotcall.govconnect.com

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

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

Brookline Senior Center
93 Winchester Street
Brookline, MA 02446

New _____ Renewal _____

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

PLEASE PRINT CLEARLY the following:

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____

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

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.

Brookline Municipal Credit Union

334 Washington Street
P.O. Box 470776
Brookline, MA 02447-0776

NCUA

Tel: 617-232-9410
Fax: 617-232-1462

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homeahoy@chobeehoy.com

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Brookline, Massachusetts 02446

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