

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



Council on Aging Elderbus Hotline

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HIGHLIGHTS

Learn about **Lowering your Household Energy Usage and Carbon Dioxide Output** on Tuesday, January 6—see pp. 6 and 11

Celebrate the Year of the Ox at the **Chinese New Year** festivities on January 12—see p. 3

Enjoy the new gallery show—**Inspirational Women of Brookline** by Wendy Soneson beginning January 12—see p. 24

Reduce stress and explore the meaning of life with **Looking Inward, Gazing Outward**, a new group starting January 26—see p. 9

Soar with the **Silver Leaf Gospel Singers** on January 28—see p. 1



Happy New Year!



JANUARY 2009

SILVER LEAF GOSPEL SINGERS

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

These old-time sounds of jubilee are being kept alive by the **Silver Leaf Gospel Singers** of Roxbury, Massachusetts. The group was formed 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 on **Wednesday, January 28, at 1:30 PM**, sponsored by the Brookline Council on Aging and the Rogerson Brookline Adult Day Health Program. Do not miss this concert as it promises to be stellar.

*Photo courtesy
of Spirit of
Change online.*



TABLE OF CONTENTS

<p>Silver Leaf Gospel Singers.....1</p> <p>Holidays.....3</p> <p>Inauguration Day3</p> <p>Chinese New Year3</p> <p>Resolutions</p> <p style="padding-left: 20px;">Let’s Resolve to Be Prepared...</p> <p style="padding-left: 40px;">For utility outages.....4</p> <p style="padding-left: 40px;">For emergencies that might mean damage to your home and/or leaving your home.....4</p> <p style="padding-left: 20px;">Let’s Resolve to Prepare a File of Life5</p> <p style="padding-left: 20px;">Let’s Resolve Also to Become More Fit.....5</p> <p style="padding-left: 20px;">And Let’s Resolve to Become Greener</p> <p style="padding-left: 40px;">The Greenest of Green Trees.....6</p> <p style="padding-left: 40px;">Low Carbon Diet Groups6</p> <p style="padding-left: 40px;">Learn about Lowering Your Household Energy Usage and Carbon Dioxide Output6</p> <p style="padding-left: 40px;">Green Tools Program6</p> <p>From the Director7</p> <p>Life in the Balance.....7</p> <p>The Health Page.....8</p> <p style="padding-left: 20px;">Ask a Nurse Low Vision Group</p> <p style="padding-left: 20px;">Podiatry Clinic Blood Pressure Screening</p> <p>Blood Pressure Screenings8</p> <p>You Can Still Change Your Medicare Plans!9</p> <p>Looking Inward, Gazing Outward9</p> <p>Council on Aging Board Meeting10</p> <p>Volunteering.....10</p> <p>Apollo Club Concert—Save the Date10</p> <p>Tax Abatement Program10</p> <p>Low Carb Diet.....11</p> <p>Modern Beading Workshop.....11</p> <p>Senior Services12</p> <p style="padding-left: 20px;">BETS HELP SHINE</p> <p style="padding-left: 20px;">BLAB JOBS Social Security</p> <p style="padding-left: 20px;">File of Life NEEDS</p> <p>Alzheimer’s Caregivers Support Group13</p> <p>Cantonese Conversation for Beginner</p> <p style="padding-left: 20px;">—Save the Date13</p> <p>Join the Computer Generation!.....13</p> <p>Springwell Nutrition Program14</p> <p>Luncheon Specials for January15</p> <p>EVENTS CALENDAR16</p> <p>Ongoing Senior Center Events17</p>	<p>Recipes for Living</p> <p style="padding-left: 20px;">For the Year of the Ox: Beef Fillet with Bean Sprouts18</p> <p style="padding-left: 20px;">Fettuccine with Rainbow Chard and White Beans.....18</p> <p>Golden Wedding Anniversary Celebration</p> <p style="padding-left: 20px;">—Help Us Plan.....19</p> <p>Fiber Fiesta19</p> <p>Food Bank.....19</p> <p>A Compelling Reason to Give Up Your Car.....20</p> <p>Continuing to Drive Past 55.....20</p> <p>Giving Up My Car.....21</p> <p>Book Discussion Group21</p> <p>Giving22</p> <p>From the COA Board President22</p> <p>Did You Know?22</p> <p>Our Advertisers22</p> <p>Our Contributors22</p> <p>Calling Old Cell Phones23</p> <p>Goddard House Event in January.....23</p> <p>At the Gallery.....24</p> <p>Duane Sullivan Concert.....24</p> <p>Karine Bagdasarian Concert24</p> <p>French Conversation.....24</p> <p>Easy Travel.....24</p> <p>DTV Is Almost Here.....24</p> <p>Movie Lovers Series for January25</p> <p>Drawing for Pleasure25</p> <p>Goddard House Lecture.....25</p> <p>Handicapped Access.....25</p> <p>Getting Around Town; The Elderbus.....26</p>
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The Town of Brookline Senior News & Events
BROOKLINE COUNCIL ON AGING (COA)

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HOLIDAYS

January is, of course, the home of New Year's Day, on **Thursday, January 1**, a day of beginnings, a fresh start, a clean slate. And on January 1, the Senior Center, Rogerson Adult Day Care, and Rogerson Fitness will be closed.

And on **Monday January 19**, the Senior Center will be closed to commemorate Martin Luther King's Birthday. Rogerson's programs—Adult Day Care and Fitness—will, however, be open.

Don't forget that January is a time for examining your life and making resolutions for self-betterment!

CHINESE NEW YEAR



The Chinese Year of the Ox will be celebrated on **Monday, January 12**, at the Senior Center at **12:30 pm**. Enjoy a special Chinese New Year luncheon and wondrous, magical entertainment. The Brookline Council on Aging and the Greater Boston Chinese Golden Age Center sponsor this event. Tickets are \$7.00, and advance payment is required. They go on sale on Monday, January 5. Call 617-730-2770 to make reservations. This event usually fills up on the first day reservations are open so call as early as possible on January 5 as this continues to be a very popular event and space is limited.

The Year of the Ox The Lunar New Year dates from 2600 BC when the Emperor Huang Ti introduced the first cycle of the Chinese zodiac. On the Western calendar, the start of the New Year in 2009 (the Chinese year 4707) falls on **Monday, January 26**.

And this is the **Year of the Ox**. If you were born in 1901, 1913, 1925, 1937, or 1949, you were born under the sign of the ox. You have one of the most patient signs in the Chinese zodiac, but when opposed, your fierce temper comes to the

INAUGURATION DAY

On Tuesday, January 20, at 12:00 noon. Barack Obama will become the 44th President of the United States and our first African-American president. African-American is not, however, the proper name to give to Mr. Obama as he is, in a very real sense, the embodiment of the ideals of what the 21st-century United States is all about—racial and ethnic diversity that truly reflects the democratic ideals of the country. Welcome Mr. President, we have great hopes for your administration.



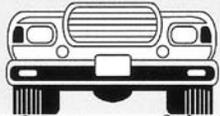
fore, and woe to anyone who crosses you! For the ox in 2009, any recent setbacks or obstacles can be overcome, so look forward to a year in which to really shine, either personally or professionally.

Sonia Wong has delved into her vast recipe collection and has found a recipe appropriate for the Year of the Ox—*Beef Fillet with Bean Sprouts* (the Chinese name for the dish is *Where There Is Life, There Is Hope*). The recipe can be found on page 18.



And there is more exciting news. In February, a 10-week course in beginning Cantonese conversation will start. See page 13 for more information on this course.

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LET'S RESOLVE TO BE PREPARED...

For utility outages When we have power outages—a heavy snowstorm or a blizzard, torrential rain and flooding, heavy winds, or even a breakdown of the power grid or water or sewer emergencies, we need to be prepared for spending considerable time at home. So resolve early in 2009 to make emergency preparations for such events.

Stock your pantry or a corner of your kitchen with foods that can be eaten without being cooked:

Protein

- Canned tuna or meat
- Canned beans
- Canned pea or bean soups, chili and/or beef stew, ravioli
- Peanut butter
- Nuts (such as almonds and peanuts)

Fruits and vegetables

- Canned fruits and vegetables
- Dried fruits

Grains

- Whole Grain crackers
- Cold dry cereals
- Granola bars

Dairy/other

- Pudding cups (those that do not require refrigeration)



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• <u>Flu</u> vaccine clinics	• <u>Diabetes</u> instructions/supplies

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

- Canned and/or powdered milk
- Canned and/or bottled juices
- Water (**THIS IS CRUCIAL!**) Keep at least a three-day supply on hand at all times. This is based on one gallon per person per day.
- An adequate supply of medications you are currently taking.

And you should also have **other essential items** for use in the case of a power outage:

- A manual can opener (and a jar and bottle loosener/opener)
- A flashlight and a radio that does not need to be plugged into an electrical outlet (either with extra batteries or a wind-up model of one and/or the other)
- A small amount of extra cash
- Extra blankets and/or a sleeping bag
- A first-aid kit and manual
- Pet supplies (don't forget Fido, Sylvester, Tweety, Nemo, or any other small friend who depends on you). Keep a three-day supply of food, sanitary items, etc.
- Extra plastic garbage bags

For emergencies that might mean damage to your home and/or leaving your home Your disaster kit should certainly contain all of the things you have put together for utility outages **plus:**

- A change of clothes, especially underwear
- Photocopies of personal documents/identification
- Your insurance agent's name and phone number
- An extra set of keys (house, car, etc.) to be kept with the emergency kit
- Family and/or friends emergency contact information
- ICE (In Case of Emergency) phone numbers on your cell phone (if you have one) or on paper if you don't have one)
- For your car: tire repair kit, jumper cables, flares

LET'S RESOLVE TO PREPARE A FILE OF LIFE...

that contains your medical information and tells who to call if there is an emergency. It comes in a magnetic case that will stick to the door of your refrigerator. Emergency medical people and the police and fire departments are trained to look on the refrigerator door for this information. You can also get a small card with the same information on it to carry in your wallet or purse. It will serve to make hospital admission easier and help make sure you get the right treatment in an emergency.

You can get the File of Life from the Senior

Center. Call 617-730-2777 for the form and for information about it and/or help with filling it out. Or pick it up at the Senior Center on your next visit.

Once you have filled out the form, return it to the Senior Center where it will be processed after which the packet will be sent to you to be attached to the refrigerator, The wallet card will be sent as part of the packet as well.

Do not delay this. It is really important that this information be available in the proper form and placing. (See also p. 12)

LET'S RESOLVE ALSO TO BECOME MORE FIT

The advent of winter and its weather's increased danger of injury to seniors highlights the importance of keeping fit through regular exercise to increase strength; improve mobility, cardiovascular health, and balance; decrease isolation; and generally improve mood.

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

Regardless of the type of exercise in which you plan to engage, it is ABSOLUTELY IMPERATIVE that you consult with your physician first to address any potential health risks. Other fitness offerings in Brookline and the wider community should also be explored.

Rogerson Communities Fitness-First Program

This program uses a variety of equipment—including Nautilus, stationary bicycles (for cardiovascular conditioning), free weights (for hand- and muscle-strengthening)—especially selected for seniors to improve strength, bal-

ance, flexibility, and mobility. Professional instructors design individual fitness programs to meet each senior's needs and abilities. A monthly membership fee of \$30 entitles you to two 30-minute sessions per week. Contact Sharon Devine at 617-730-2741 for more information and to register and set up appointments for using the program.

Brookline Adult and Community Education (BA&CE) offers a variety of exercise and strength-training classes for older adults throughout the year that are held at the Senior Center for added convenience. Please contact BA&CE directly at 617-730-2700 to request a catalog with a comprehensive list or to register.

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

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

AND LET'S RESOLVE TO BECOME GREENER

THE GREENEST OF GREEN TREES

The Senior Center's tree this holiday season was generously donated by the Brookline Elks. It is an eco-friendly tree—symbolizing our determination to help save the environment—and to educate our seniors about easy ways to go green.

The beautiful ornaments were hand-crafted out of recycled and reused materials. Our thanks go out to all the members of Project Volunteer, especially Jean Doherty, for their creative ideas and efforts in making ornaments, that emphasize our environmental awareness during the 2008 holiday season.

Cleveland Circle Hardware, Aborn-Ace-True Value, and Connelly Hardware Store, and others donated:

Energy-saving fluorescent light bulbs
Window insulator kits
Green cleaning products
Crank flashlights
Wide-gap foam tape for windows
Range reflector bowls for gas and electric ranges

that will be raffled off.



LOW CARBON DIET GROUPS

Would you like to join a Low Carbon Diet (LCD) team? If so contact MaryDewart@verizon.net or Ed Loechler@bu.edu. Also see <http://www.empowermentinstitute.net/lcd/>. They will be happy to supply you with as much information about the groups and how to form one as you want and/or you can attend one of the meetings listed in the next article.

The average US household emits 55,000 pounds of carbon each year from garbage, heating, cooling, electricity, and transportation alone. The Low Carbon Diet is a way to begin to shrink your household's carbon footprint by working in small groups of households.

LEARN ABOUT LOWERING YOUR HOUSEHOLD ENERGY USAGE AND CARBON DIOXIDE OUTPUT

Climate Change Action Brookline (CCAB) is hosting first-time, introductory sessions following ideas outlined in the book *The Low Carbon Diet, A Thirty-Day Program to Lose 5,000 Pounds*, by David Gershon. This effective, focused program began in Portland, Oregon, and has helped thousands of citizens make significant energy cuts totaling tons of carbon dioxide reductions. Join in at one of the following sessions:

- **Tuesday, January 6, at 10:00 am** at the Senior Center
- Sunday, January 11, from 6:00 to 8:00 pm at 50 Naples Road (We are considering a potluck dinner; please let us know if you are interested.) RSVP: Marcia Hnatowich hnatowich@rcn.com
- Thursday, January 15, from 7:00 to 9:00 pm at 106 Beal Street RSVP: Marcia Hnatowich hnatowich@rcn.com

GREEN TOOLS PROGRAM

Connelly Hardware, Aborn True Value Hardware, and Economy Hardware, in collaboration with CCA B, announce their *Green Tools* program, which highlights tools and products that will help home owners and small businesses reduce carbon emissions and save money. Look for items that address water conservation, insulation, heating and cooling, electricity, recycling and composting, and greener paint and cleaning products. The Green Tools program is one of CCAB's town-wide initiatives to reduce Brookline's carbon footprint.

Climate Change Action Brookline has received funding from Brookline Community Foundation, Mass. Attorney General's Office, Mass. Climate Action Network, and Brookline First Parish Unitarian Universalist Church, as well as support from Brookline Green Space Alliance.

FROM THE DIRECTOR

For each new morning with its light,
For rest and shelter of the night,
For health and food, for love and friends,
For everything Thy goodness sends.

—Ralph Waldo Emerson

The new year is a time for me to make resolutions and express gratitude for my many blessings.

I hope that you will join me in making some positive resolutions for 2009. The Senior Center is here to help you achieve your goals whether they include exercising, volunteering, learning something new, making new friends, or whatever you think might make positive changes in your life in 2009. Check out our many offerings over the next year and join us.

I am grateful to all 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. And 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 for all the assistance provided by our collaborators. I look forward to achieving even more results in 2009.

This year we are all concerned with escalating prices and lowered values of our homes and stock portfolios, the Senior Center is taking extra effort to be the place to come for value and assistance. A hot and nutritious lunch is a mere donation of \$1.75. Our movies and concerts are free, as is the help we provide in applying for fuel assistance and food stamps among other offerings. Stop in today to see what a great value we are.

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

It may seem counterintuitive to be more grateful when things are tough. I, however, think it makes us able to do more when we are appreciative. Think about how much you already have and what you can give to others. I promise that you will feel better when you do.

And may your new year be second to none with health, happiness and lots of fun!

—Ruthann Dobek, Director



LIFE IN THE BALANCE

Brookline Adult and Community Education (BA&CE) has planned a very special event on Thursday, January 29, from 7:00 to 8:30 pm at Brookline High School at 115 Greenough Street. It is an evening with Dr. Thomas Graboys, a nationally known cardiologist renowned for his attention to the hearts and souls of his patients.

Today, he is battling a particularly aggressive form of Parkinson's disease and progressive dementia and can no longer see patients or make rounds. He is stooped and shuffles when he walks with the gait of a man much older than his 63 years. Despite all the struggles in his life, Dr. Graboys continues his life-long mission of caring for the world one person at a time by tell-

ing his story so that others may find comfort, inspiration, or validation in their own struggles.

His book, *Life in the Balance*, is an unflinching memoir of a devastating illness as only a consummate physician could write it.

Don't miss this evening as Thomas Graboys conveys hope, optimism, and appreciation of what it means to be truly alive. This event is co-sponsored by the Brookline Aging Collaborative.

The event is free of charge but preregistration is recommended. To register, call 617-730-2700 or access www.brooklineadulted.org. The event code is **X213**.



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

Ask a Nurse St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier's visit to the Senior Center has yet to be scheduled. Look in the *TAB* and the January update of the *Senior Center News and Events* (online on the COA page of the Town's new web site) for additional information.

Podiatry Clinic Routine foot care with Dr. John McLoughlin is available by appointment on **Monday, January 5, from 9:00 am to 12:00 noon**. There will be no Podiatry Clinic on January 19 because the Senior Center will be closed for Martin Luther King Day. Sessions, which last 15 minutes each, cost \$25. Appointments are required. Make an appointment by calling 617-730-2777.

Low Vision Group This peer-led support group for individuals with limited eyesight will not meet in January. Look in the *TAB* and the February *Senior Center News and Events*.



Blood Pressure Screenings

The Brookline Health Care Center will provide a blood pressure screening **at the Senior Center on Monday, January 5, from 1:00 to 2:00 pm**. The nurse who will preside at this session is bilingual. (She speaks English and Chinese.)

Blood pressure screenings with a Brookline Health Department Nurse will be held **at the Senior Center, this month on Thursday, January 15, from 9:00 to 10:30 am**.

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

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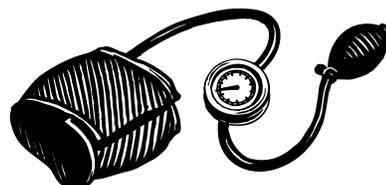
BLOOD PRESSURE SCREENINGS

Blood pressure screenings with a Brookline Health Department Nurse will be available at the Senior Center on the third Thursday of each month (see above) and at other locations around town:

- Wednesday, January 14, at Sussman House, 50 Pleasant Street, from 1:00 to 2:00 pm
- Wednesday, January 14, at Temple Emeth, 194 Grove Street in South Brookline (use the

Puddingstone Road entrance), from 3:00 to 4:00 pm

- Wednesday, January 28, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm



YOU CAN STILL CHANGE YOUR MEDICARE PLANS!

Between January 1 and March 31, you can make one change in your Medicare health plan. People with Original Medicare can join a Medicare Advantage Plan (such as a Medicare HMO, PPO, or PFFS) or switch between Medicare Advantage Plans. People in a Medicare Advantage Plan can return to Original Medicare. **You cannot add or drop your Medicare prescription drug plan during this period.**

After March 31, most people will not be able to make any changes until the next Medicare Open Enrollment Period (November 15 through December 31), to be effective January 2010.

If you are a member of Prescription Advantage, you have one additional chance to change your Medicare prescription drug plan at any time during the year.

Prescription Advantage, the state pharmaceutical assistance program, will continue to help with the costs of Part D plans, but there are a number of changes in 2009. You should already have received notice of these changes.

There will be presentations at several senior centers in our region in January to provide more information and to answer your questions. Prescription Advantage will mail Prescription Advantage users a schedule of these presentations.

If you have MassHealth or if you qualify for "extra help," you can change your Medicare prescription drug plan every month.

If you are first becoming eligible for Medicare, or if you lose your current health insurance, special rules apply.

If you need help on any aspect of your health insurance, *SHINE* offers free counseling at the Senior Center. Call 617-730-2777, and ask for a SHINE appointment.

You can also reach a SHINE volunteer by phone at 1-800-AGE-INFO. Once you get the SHINE answering machine, leave your name and number, and a volunteer will call you back, as soon as possible.

Source: SHINE



LOOKING INWARD, GAZING OUTWARD

This new group affords you an opportunity to reduce stress while exploring life's meaning. This group will address: (1) meditation and relaxation techniques, (2) the intriguing meaning and wonder of dreams, and (3) spirituality and reviewing life accomplishments and memories. Three guest speakers will provide training and insight on each topic of the series. No prior experience is necessary to attend this series, and attendance at all sessions is not required. There is no fee for participation. This program will run at the Senior Center for **nine Mondays, beginning January 26, from 1:00 to 2:30 pm**. For more information contact Amanda Perry at 617-730-2772. If you are interested in attending, RSVP by Monday, January 12.

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COUNCIL ON AGING BOARD MEETING

The January COA board meeting will be on **Wednesday, January 21 at 1:00 pm** at the Senior Center. The guest speaker is John Paul Marosy, Executive Director of VNA Private Care. His topic will be a new VNA Private Care program he has created called "Memory Care at Home." This promises to be an excellent presentation as Mr. Marosy is a pioneer in the field of elder care/work balance and home care.

Among his impressive list of publications, he is the publisher and editor of *Elder Care/Work Balance*©, an e-newsletter read by over 5,000 professionals in work/life and aging worldwide. He has trained over 300 trainers throughout the United States to present caregiving-related seminars he has created. And he is the author of numerous articles on home health care and family caregiving topics and is a popular keynote speaker and seminar leader.

So don't miss this opportunity to learn about memory care at home.

VOLUNTEERING

Are you interested in keeping busy during the winter months? Try volunteering! Vivian Freeman, our Volunteer Coordinator, is looking for volunteers for many jobs—for example, working at the gift cart, at the information and referral desk, or as an on-call receptionist.

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! And to all volunteers and participants in Senior Center programs, a very happy, peaceful, and prosperous 2009.

Vivian Freeman, Volunteer Coordinator



APOLLO CLUB CONCERT — SAVE THE DATE —

The Apollo Club will be *Making a Joyful Sound* in a very special concert at the Senior Center on **Saturday, February 7, from 2:00 to 3:00 pm**. This performance is being sponsored by the Brookline Savings Bank and Coolidge House Nursing Home. There is no fee for this concert, but we would appreciate your calling 617-730-2777 to tell us you are coming. Refreshments will be served following the performance.

According to the *Beacon Hill Times* (December 20, 2005), "You don't need a psychiatrist if you can sing." That's the unofficial philosophy of the Apollo Club, a men's choir founded in 1871 that has made its mission providing music to retirement homes and any other institutions where there might be people who enjoy their mix of standards and old favorites.

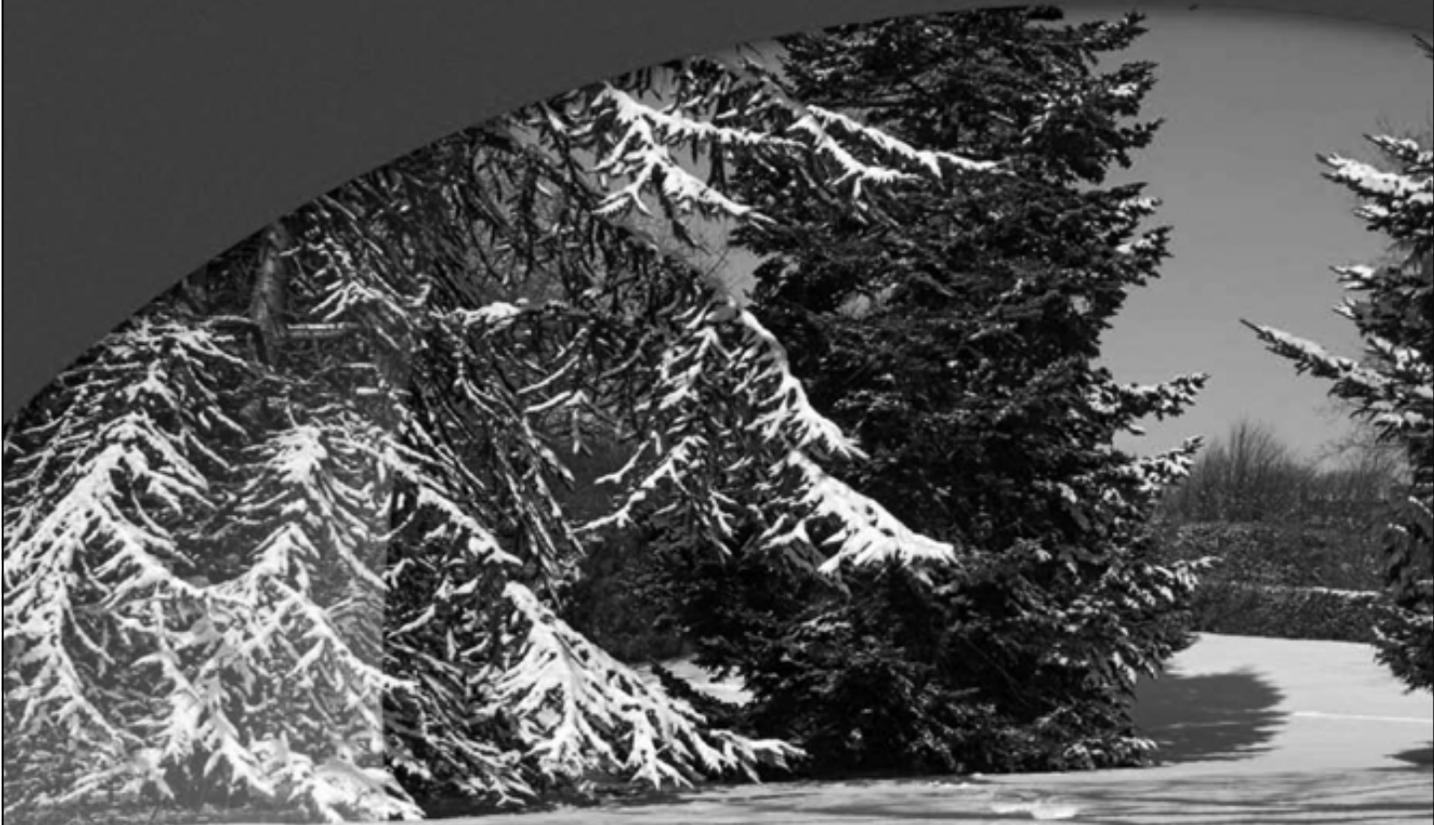
TAX ABATEMENT PROGRAM

We are actively recruiting several more volunteer workers for the Brookline Tax Abatement Program. There are several spots available for homeowners who are 60 years of age or older in Brookline who wish to work 100 hours in Brookline Town Departments in exchange for a \$750 decrease in their property taxes.

There are 13 participants already in the program working for a variety of town departments including: the Senior Center, the Assessor's Office, and the Fire Department. Most are thoroughly enjoying their job experiences.

Contact Deidre Waxman at 617-730-2767 if you wish to obtain this kind of tax relief and you meet the income eligibility requirement, which is income of \$40,000 or less per year.

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Interior renovations will be completed in winter 2008

LOW CARB DIET

There will be an informational meeting about the Low Carb Diet on **Tuesday, January 6, at 10:00 am** at the Senior Center. (See p. 6 also.)

MODERN BEADING WORKSHOP

This workshop, lead by Marge Harvey, will meet at the Senior Center on **Thursday, January 22 at 1:30 pm.**

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 every-day ways. Among the services offered:

BETS is a cab discount program that allows income-eligible Brookline residents over 60 to buy up to five (5) coupon books a month. Each coupon is worth \$10 in cab rides for just \$5, and there are ten (10) coupons in each book. 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 latest 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.)

For more information, please call Alicia at 617-730-2740.

BLAB The Brookline Legal Assistance Bureau (BLAB), will be at the Senior Center from **9:00 am to 12:00 noon on Wednesday, January 7**. BLAB is staffed by volunteer local attorneys who offer individuals legal expertise on matters of law as well as information and referrals. This service is offered free of charge, and no appointment is needed.

FILE OF LIFE provides individuals with emergency medical ID cards to be used both at home and away from home. This is a very important program. It should be part of your emergency preparedness program. For more information specifically on the File of Life, call 617-730-2777 and leave your name and address. Someone at the Senior Center will call you back promptly. (see also p. 5.)

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. To get HELP, call 617-730-2752.

JOBS The Job Opportunities for Brookline Seniors (JOBS) program 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.

NEEDS helps seniors stretch food dollars with such aids as food stamps. For more information, leave a message for Riva Berkovitz at 617-730-2777, and she will get back to you.

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

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

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is proud to be a part of
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ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

Caregivers for people with Alzheimer's often find the need to share their emotions and problems with fellow caregivers and thereby to draw strength from a group experience. To this end the Senior Center offers two Alzheimer's Caregivers Support Groups that meet monthly, and are available free to all Brookline residents and town employees.

The **Daytime** group will meet **Friday, January 9**. Call group leader December Heffernan at 617-730-2753 if you want to attend and/or want further information.

- The **Evening** group will meet **Thursday, January 29**. Call Susan Andriole at 617-730-2754 if you want to attend and/or want further information.

CANTONESE CONVERSATION FOR BEGINNERS—SAVE THE DATE

One of the largest of the ethnic groups that make up the Brookline community are the Chinese, so it is very appropriate that we add Chinese as another language.

And so the Senior Center will host a 10-session workshop on **Mondays, from February 2 through April 13 from 2:30 to 3:30 pm**, to learn beginning Cantonese conversation with Grace Fong, social worker from the Greater Boston Chinese Golden Age Center. There is a registration fee of \$5. Please sign up by calling 617-730-2770 or leaving your name at the registration desk at the Senior Center.

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Home Instead Senior Care Lifeline
617-969-8715



JOIN THE COMPUTER GENERATION!

A new group of computer classes at the Senior Center begin in January. These courses are offered by Brookline Adult and Community Education (BA&CE) and are tailored to seniors.

- **(Beginners) Computer Basics for Seniors** (Course code: C116) **Four Thursdays from 9:30 to 11:30 am beginning January 8**. Instructor: Bob Roll
- **Advanced Computer Basics for Seniors** (Course code: C157) **Four Fridays from 9:30 to 11:30 am beginning January 8**. Instructor: Bob Roll
- **e-mail Workshop for Seniors** (Course code: C171) **Four Fridays from 2:00 to 4:00 pm**. Instructor: Bob Roll
- **Basic Computer Maintenance** (Course code: C220) **Four Mondays from 11:45 am to 1:45 pm**. Instructor: Phyllis Mays
- **Microsoft Word** (Course Code: C198) **Four Mondays from 9:30 to 11:30 am beginning January 5**. Instructor: Phyllis Mays
- **Introduction to the Internet for Seniors** (Course Code: C103) **Four Wednesdays from 9:30 to 11:30 am**. Instructor: Mimi Katz

Register for these courses by calling BA&CE at 617-730-2700. For further information, consult the BA&CE Winter 2008/2009 catalog.

There are also open lab sessions from **2:00 to 4:00 pm**.

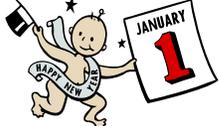
- For the community on **Mondays beginning January 5**. Instructor: Mimi Katz
- For the community and students on **Wednesdays beginning January 7**. Instructor: Quen Law
- For students only on **Thursdays beginning January 8**. Instructor: Bob Roll

Springwell Nutrition Program

617-730-2770

JANUARY 2009

MONDAY	TUESDAY	WEDNESDAY
	<p>All meals include 8 oz. of 1% milk and margarine.</p> <p>Low sugar desserts are available, and need to be ordered with the site manager</p> <p>***Higher Sodium Content</p> <p>Menu subject to change. \$1.75 donation</p>	
<p>5) Pea Soup/Crackers Chicken w/Creamy Italian Sauce Oven Roasted Potatoes Zucchini/Wheat Bread OR ***Ham & Swiss Cheese on Oatmeal Bread Lite Mayo Carrot Raisin Salad Three Bean Salad Mandarin Oranges</p>	<p>6) Baked Crumb Topped Macaroni & Cheese Stewed Tomato & Zucchini Tossed Salad w/Lite Italian Dressing Whole Wheat Bread OR Roast Beef & American Cheese on a Hamburger Roll/Lite Mayo/Potato Salad Tomato Red Pepper Salad Peaches</p>	<p>7) ***Reduced Sodium Hot Dog Hot Dog Roll/Baked Beans/Cole Slaw Ketchup/Mustard/Relish OR Tuna Salad on Lettuce Leaf Multigrain Bread Couscous Vegetable Salad Tossed Salad/Lite French Dressing Tapioca Pudding/Topping</p>
<p>12 <u>Chinese New Year Lunch</u></p>  <p>No Springwell Lunch</p>	<p>13) Winter Special Cream of Butternut Soup/Crackers Beef Stroganoff/Sauce Buttered Noodles Mixed Vegetables Cinnamon Dinner Roll Boston Cream Pie</p>	<p>14) Orange Almond Chicken/Sauce O'Brien Potatoes Spinach/Oatmeal Bread OR Seafood Salad on a Lettuce Leaf Whole Wheat Bread/Cucumber & Tomato Salad Italian Pasta Salad Frosted Cake</p>
<p>19) Martin Luther King, Jr. Holiday</p>  <p>Closed</p>	<p>20) Beef Stew w/vegetables Peas Apple Cinnamon Muffin OR Tuna Salad on Rye Bread/Lettuce Leaf Carrot Raisin Salad Pasta Salad w/Cheese Fresh Fruit</p>	<p>21) Clam Chowder/Crackers Crumb Topped Baked Fish/Lemon Butter Sauce Sweet Potatoes/Caesar Salad Lite Dressing/Whole Wheat Bread OR Roast Beef & Swiss Cheese on Oatmeal Bread Lite Mayo/Lettuce Leaf Tomato Broccoli Salad/Potato Salad Ambrosia</p>
<p>26) Pot Roast/Brown Gravy Au Gratin Potatoes Peas & Onions/Dinner Roll OR Seafood Salad over Mixed Greens, Tomatoes Lite Dressing/Oatmeal Bread Macaroni Salad Chocolate Chip Pumpkin Bread Pudding</p>	<p>27) <u>Birthday Luncheon</u> Potato Chowder/Crackers Pier 17 Fish/Lemon Butter Sauce Brown Rice Pilaf/Lemon Wedge Butternut Squash/Rye Bread OR Peppercorn Turkey & Mozzarella Cheese on Multigrain Bread/Lite Mayo Beet Salad/Potato Salad Fresh Fruit</p>	<p>28) American Chop Suey/Parmesan Cheese Tossed Garden Salad/Lite Dressing Italian Bread OR Egg Salad on Whole Wheat Bread/Lettuce Leaf Tri-Color Pasta Salad Roman Blend Salad Peaches</p>

THURSDAY	FRIDAY
<p>1) New Year's Day</p>  <p>Closed</p>	<p>2) Vegetable Soup/Crackers Roast Turkey/Gravy/Cranberry Sauce Garlic Mashed Potatoes/Spinach Whole Wheat Bread</p> <p>OR</p> <p>Seafood Salad on Oatmeal Bread Riviera Salad/Potato Salad</p> <p>Fresh Fruit</p>
<p>8) Tomato Soup/Crackers Salmon Fish w/Dill Sauce Whipped Potatoes/Parsley Carrots Multigrain Bread</p> <p>OR</p> <p>Chef Salad w/turkey, egg, mozzarella cheese, mixed greens, tomatoes Italian Dressing/Lo Mein Salad Whole Wheat Roll</p> <p>Fresh Fruit</p>	<p>9) Cream of Carrot Soup/Crackers Stuffed Cabbage/Tomato Sauce <i>Parmesan Cheese/Brown Rice</i> Herbed Green Beans Oatmeal Bread</p> <p>OR</p> <p>Turkey Salad on Rye Bread Lettuce Leaf /Tri-Color Pasta Salad Cole Slaw</p> <p>Chocolate Chip Cookie</p>
<p>15) Turkey Vegetable Casserole Corn/Tossed Salad w/Lite Italian Dressing Corn Bread</p> <p>OR</p> <p>Roast Beef & Mozzarella Cheese on Rye Bread/Lite Mayo/Lettuce Leaf Pasta Vegetable Salad/Beet Salad</p> <p>Mandarin Oranges</p>	<p>16) Cream of Mushroom Soup/Crackers Beef Steak Patty/Brown Gravy Whipped Potatoes/Beets Wheat Bread</p> <p>OR</p> <p>Chicken Salad on Oatmeal Bread Lettuce Leaf/Potato Salad Pineapple Cole Slaw</p> <p>Peaches</p>
<p>22) Lentil Soup/Crackers ***Chicken Kielbasa/Onions & Peppers Oven Roasted Potatoes Mixed Vegetables/Mustard/Sub Roll</p> <p>OR</p> <p>California Chicken Salad on Lettuce Leaf Multigrain Bread/Cole Slaw Orzo Vegetable Salad</p> <p>Diced Pears</p>	<p>23) Pasta & Fagioli Soup/Crackers Chicken Florentine w/Mushrooms White Rice/Broccoli Multigrain Bread</p> <p>OR</p> <p>***Ham & Swiss Cheese on Wheat Bread Mustard/Spinach Mandarin Orange Salad Lite Italian Dressing/Lo Mein Pasta Salad</p> <p>Chef's Choice Dessert</p>
<p>29) Minestrone Soup/Crackers Creamy Country Chicken/Sauce O'Brien Potatoes/Brussels Sprouts Oatmeal Bread</p> <p>OR</p> <p>Roast Beef & Swiss Cheese on Rye Bread Lite Mayo/German Potato Salad Tomato Red Pepper Salad</p> <p>Brownie</p>	<p>30) Tomato Basil Soup/Crackers Vegetable Cheese Quiche Orzo Vegetables Medley Wheat Bread</p> <p>OR</p> <p>Breaded Chicken Patty on Hamburger Roll Lite Mayo/Lettuce Leaf Three Bean Salad/Cucumber Tomato Salad</p> <p>Pineapple</p>

LUNCHEON SPECIALS FOR JANUARY

Reservations for ALL Springwell lunches must be made by 11:00 am on the **weekday preceding the day on which you want to have lunch.** This applies to both regular and special lunches unless otherwise listed below. Please call 617-730-2770 for reservations.

On **Monday, January 12,** don't miss the **Chinese New Year Lunch,** which in addition to having Chinese delicacies will also have live entertainment. Call for reservations on January 5. Don't tarry as this event usually fills up very fast.

On **Tuesday, January 13,** partake of **Springwell's Winter Special** featuring cream of butternut soup, Beef Stroganoff with buttered noodles, and (yum, yum) Boston cream pie.

And don't forget the **Birth-day Luncheon on Tuesday, January 27.** If you have a January birthday, please let us know that when you call for reservations.

The **Let's Go Out to Lunch group** will not meet in January.

Brookline Senior Center
 93 Winchester Street
 617-730-2770

JANUARY 2009

EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p><i>To reserve a lunch please call 617-730-2770 by 11 am, a day in advance</i></p>	<p>BETS discount taxi coupons can be purchased at the Senior Center or through the mail. For more information or to apply for the program please call (617)730-2740</p>	<p>SHINE counselors are available to answer your individual health insurance questions. Please call 617-730-2777 for an appointment.</p>
<p>5 9 am Podiatry Clinic by appt. 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs 1 pm Mah jongg 1-2 Blood pressure screening 1-2 pm Line Dancing 2-4 pm Open computer lab</p>	<p>6 10 am "Low Carbon Diet" workshop 10:30 am Brookline Bees-Quilters 1 pm Bingo 1:30 pm Movie Lovers' Film Series "A Walk on the Moon"</p>	<p>7 9 am Bowling 9 am BLAB lawyer 9:30 am Retired Men's Club 10 am-12 noon SHINE counselor 12:30 pm Bridge 1 pm Brookline Music School concert - Karine Bagdasarian, piano 2-4 pm Open Computer Lab</p>
<p>12 10:30 am Poetry Workshop-filled 12:30 p.m CHINESE NEW YEAR FESTIVAL - pre-reg. required. No Springwell lunch today. 1-2 pm No Line Dancing today 2-4 pm Open computer lab</p>	<p>13 10:30 am Brookline Bees-Quilters 12:30 pm French Conversation grp. 1 pm Bingo 12 noon Springwell Winter Lunch 1:30 pm Movie Lovers' Film Series "Curse of the Golden Flower"</p>	<p>14 9am Bowling 9:30 am Retired Men's Club 10 am-12 noon SHINE counselor 12:30 pm Bridge 2-4 pm Open Computer Lab</p>
<p>19 Martin Luther King, Jr. Holiday Senior Center is closed Rogerson Adult Day Health is open.</p>	<p>20 INAUGURATION DAY 10:30 am Brookline Bees-Quilters 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Mr. Smith Goes to Washington"</p>	<p>21 9 am Bowling 9:30 am Retired Men's Club 10 am-12 noon SHINE counselor 12:30 pm Bridge 1 pm Low Vision Group - no meeting in January. 1 pm COA meeting - speaker J.P. Marosy from VNA Private Care 2-4 pm Open Computer Lab</p>
<p>26 10:30 am Poetry Workshop-filled 12:30 pm Chinese programs-vac. 1 pm Mah jongg 1-2 pm Line Dancing 1 pm "Looking Inward - Gazing Outward" Registration requested. 2-4 pm Open computer lab</p>	<p>27 10:30 am Brookline Bees-Quilters 12 noon - January Birthday lunch 12:30 pm French Conversation grp. 1:00 pm Bingo 1:30 pm Movie Lovers' Film Series "Mamma Mia"</p>	<p>28 9 am Bowling 9:30 am Retired Men's Club 10 am-12 noon SHINE counselor 12:30 pm Bridge 1:30 pm Silver Leaf Singers, jubilee gospel singers, free 2-4 pm Open Computer Lab</p>

ONGOING SENIOR CENTER EVENTS

THURSDAY	FRIDAY
<p>1</p> <p style="text-align: center;">HAPPY NEW YEAR!</p> <p>Senior Center is closed Rogerson Adult Day Health program is closed.</p>	<p>2</p> <p>Senior Center is open.</p> <p>9 am Bridge 10 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus (on vacation)</p>
<p>8</p> <p>10 am-12 noon SHINE counselor 10:30 am Knit and Crochet 1 pm Knit and Crochet 1:30 pm Easy Travel tba 1:30 pm Russian Tea Room 2-4 pm Open Computer Lab</p>	<p>9</p> <p>9 am Bridge 10 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus</p> <p style="text-align: center;">Alzheimers Support Group</p>
<p>15</p> <p>9-10:30 am Blood pressure screen. 10 am-12 noon SHINE counselor 10:30 am Knit and Crochet 1 pm Knit and Crochet 1:30 pm Russian Tea Room 1:30 pm Active Adults meeting 2-4 pm Open Computer Lab</p>	<p>16</p> <p>9 am Bridge 10 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus 1 pm Duane Sullivan concert</p>
<p>22</p> <p>10 am-12 noon SHINE counselor 10:30 am Knit and Crochet 1 pm Knit and Crochet 1:30 pm Beading Workshop with Marge Harvey 1:30 pm Russian Tea Room 2-4 pm Open Computer Lab</p>	<p>23</p> <p>9 am Bridge 10 am Solemates Walking Group 10 am Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus</p>
<p>29</p> <p>10 am-12 noon SHINE counselor 10:30 am Knit and Crochet 1 pm Knit and Crochet 1:30 pm Russian Tea Room 2-4 pm Open Computer Lab</p> <p>Evening Alzheimers' Support Group</p>	<p>30</p> <p>9 am Bridge 10 am Solemates Walking Group 10 a.m Project Volunteer Group 10:30 am Current Events 10:30 am Senior Chorus</p>

MONDAY

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

TUESDAY

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

WEDNESDAY

9:00 am—Bowling
9:30 am—Retired Men's
Club
12 noon-4 pm—BETS
12:30 pm—Bridge
2-4 pm—Computer lab
open

THURSDAY

10:30 am—Knit and Crochet
1:30 pm—Knit and Crochet
1:30 pm—Russian Tea
Room
2-4 pm Computer lab open

FRIDAY

10:00 am—Solemates, Walk-
ing Group
10:30 am—Current Events
Discussion Group
10:30 am—Senior Chorus

RECIPES FOR LIVING

FOR THE YEAR OF THE OX: BEEF FILLET WITH BEAN SPROUT

The Chinese name for this dish translates to *Where there is life, there is hope.*

Ingredients:

½ lb beef fillet	½ tsp salt
½ lb bean sprouts	½ tsp sugar
2 chilies (optional)	½ tsp sherry
½ oz white leek	½ cup chicken stock
2 shallots	1 tsp oyster sauce
2 cloves garlic	1 tsp cornstarch
1 tsp light soy sauce	mixed with 1 tbsp
½ tsp bicarbonate of soda	water
2 tbsp & 1 cup vegetable oil	Dash of sesame oil
	Pinch of pepper

1. Shred and marinate the beef for 2 hours in a mixture of the soy sauce, the sherry, the bicarbonate of soda, the pepper, the sesame oil, the cornstarch/water mixture, ⅓ cup of water, and the 2 tbsp vegetable oil. Reserve the marinade.
2. Clean, deseed, and shred the chilies (optional).

3. Cut the leek into matchstick lengths.
4. Smash the garlic and shallots.
5. Heat a frying pan or wok until it is very hot. Pour in 1 cup of vegetable oil. Sauté the beef in the warm oil until it is half done. Drain the beef but reserve the oil.
6. Heat the reserved oil in the frying pan or wok, and sauté half of the garlic and shallots in the oil to bring out the flavor.
7. Fry the bean sprouts over a high heat. Drain the pan or wok reserving the sprouts and the oil separately.
8. Clean and heat the pan or wok again, add the reserved oil and heat until the oil is bubbling. Sauté the remaining shallots and garlic. Return the shredded fillet, the bean sprouts, and the chilies (if you use them) to the pan or wok and stir fry quickly.
9. Mix the stock, the cornstarch mixture, and the remaining ingredients (salt, sugar, oyster sauce) with the reserved marinade. Add the leek and a little oil (if it is dry). Serve hot.

FETTUCCHINE WITH RAINBOW CHARD AND WHITE BEANS

This easy to moderate recipe makes a colorful dish that is both filling and nutritious for only \$1.85 per serving. The yield is 2 2-cup servings.

Ingredients

4 oz whole-wheat fettuccine, uncooked
1 tsp olive or canola oil
1 clove garlic, sliced
½ cup no-salt-added canned, diced tomatoes with liquid
1 bunch rainbow or red and green Swiss chard, stems and leaves separated and cut cross-wise into 1-inch pieces
1 cup canned white beans, drained and rinsed
¼ tsp salt
⅛ tsp crushed red pepper flakes
2 tbsp grated Parmesan cheese

Preparation

Cook the pasta according to package directions. Heat the oil in a large saucepan over medium heat. Add the garlic and cook, stirring, for 1 minute. Add the tomatoes and chard stems and cook until softened, about 3 minutes. Add the chard leaves, white beans, salt, and red pepper. Cook, stirring, until the chard leaves are tender, 3 to 5 minutes. Divide the cooked pasta between the two individual bowls and top with the chard mixture and grated Parmesan cheese.

Nutrition Analysis

Per serving: 380 calories; 7 g fat (2 g sat, 0 g trans); 10 mg cholesterol; 64 g carbohydrate (14 g fiber); 18 g protein; 550 mg sodium

GOLDEN WEDDING ANNIVERSARY CELEBRATION —HELP US PLAN—

A Golden Wedding Anniversary Dinner Party Celebration will take place on Wednesday, March 25, from 5:00 to 7:00 pm at the Senior Center. Dinner will be followed by music for listening and dancing provided by the Winiker Orchestras.



This special occasion is being planned to celebrate and honor those couples in our community who have reached 50 years or more of married life. We need your help to identify and invite these special people. Please call Charlotte Millman at 617-730-2769 with the names of couples to be honored.

This program is sponsored by the Brookline Aging Collaborative.

FIBER FIESTA

People who meet their fiber needs lower their risk of heart disease and diabetes, as well as constipation, hemorrhoids, and diverticulosis. Fiber also plays a role in weight management. Since it is filling, fiber gives a feeling of satiety. The recipe on page 18 includes many ingredients that make it a high-fiber meal, in the form of whole grains (the pasta), vegetables (tomatoes and rainbow chard), and beans. With 14 grams of fiber per serving, the meal meets 66% of the daily fiber needs of the average female over 50, and 47% of the needs of men over 50. Most Americans fall far short of their fiber goals, eating only 15 grams per day. This recipe can get you well on your way to fueling the fiber fire.

This information and the Fettuccine recipe on page 18 are courtesy of the Jewish Family & Children's Service (JF&CS) Nutrition Services. The recipe was adapted from: www.realsimple.com

FOOD BANK

In this time of economic crisis, more and more people are in need of the basic needs for living. The Brookline Food Pantry, for example, has seen "business" increase more than double in the past few months. And it promises to get worse before it gets better.

The Brookline Senior Center is a collection point for the Brookline Food Pantry. Our collection box is in the reception area on the first floor of the Center. Please bring your donations of nonperishable food and toiletry items to the Senior Center, and help make the winter a little more bearable to the growing number of people in need.



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A COMPELLING REASON TO GIVE UP YOUR CAR

As we age, we dread the day when we are forced—by incapacity, illness, the concerns of our family and friends, and so forth—to give up driving. We are certain we will lose a great deal of independence by doing so. After all, we have been driving most of our lives, right?

Right it is, but now there are even more compelling reasons to give up driving.

- Traffic is getting worse and worse.
- The cost of gas last summer was mind-boggling (and even though it has dropped a lot, we know it will rise again).
- We have entered a time of rethinking the effect of oil usage on depleting the world's natural resources.
- We have begun to realize how dependent we are on imported oil and the countries it comes from.

- It is difficult to get new car loans.
- And even if you can get a loan, who will you buy the car from when the number of manufacturers shrink with attrition from bankruptcies.

And the list goes on and on. So now is the time to give great consideration to whether we need to continue driving or indeed maintaining a car in these at-best bleak financial times.

We are very lucky to live in Brookline where there are so many alternatives to driving our own car—good public transportation, the Elderbus, the van, half-price taxi rides through BETS, transportation to medical appointments via Busy Bee and hospital shuttles, and so forth.

Laurie Israel has taken us with her through the process of becoming a public transportation commuter and learning to actually enjoy it in the article on page 21.

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CONTINUING TO DRIVE PAST 55

That's years of age, not the speed limit! Those of you who don't want to completely quit driving need not feel guilty about that decision, even cutting back on the amount of driving you do will still make this excellent 6-hour course offered by Brookline Adult and Community Education (BA&CE) appealing. It will meet on three consecutive **Thursdays**, beginning **January 29, from 10:00 to 11:20 am** at the Senior Center. Of course, you do realize that 3 1-hour and 20 minute sessions leaves 2 extra hours. These 2 hours will be devoted to 2 individual 1-hour road lessons that will be arranged at your convenience.

Join us in this new and exciting course that will help you continue driving with independence throughout your golden years.

The course costs \$100.00 and checks should be made out to the Pleasant Auto School. It is course code **N055**. See the BA&CE catalogue for more information.

GIVING UP MY CAR

I'm a little slow at adopting new things. I resisted entering the computer age and only started using a computer after everyone else had already started. I thought the Internet was a crazy and ridiculous idea. Now I have a computer in the kitchen, so that I can look up things on Google and Wikipedia as they come up in my reading or conversation, and I have my favorite sites bookmarked.

We have been a two-car family forever. This past year, we started feeling more uncomfortable about engaging in the oil economy. The rise in gasoline prices certainly sped us along. This past summer, we decided to give up our two cars and become a one-car family. Our old cars got about 20 miles to the gallon. We sold one and traded the other in for a hybrid Toyota Prius. We now get about 45 miles to the gallon and have only one car to support.

I live about an hour from Brookline by MBTA. (Red Line to Park, then Green Line to Coolidge Corner.) My home is about a brisk 12-minute walk from the subway. The T commute takes only about 20 minutes more than driving to work.

Brookline
Adult &
Community
Education



Join us,
new classes
starting soon!

www.brooklineadulted.org
617-730-2700

BOOK DISCUSSION GROUP

This group is taking a holiday in January, but it will resume operations in February. Look to the February Senior News and Events and the TAB for further announcements.

But even so, I have been enjoying commuting by public transportation tremendously. It gives me that bit of exercise in the morning and the evening, and I get to read (for pleasure) on the train. It has really stepped up my reading, and it's the one time I really have for myself during the entire day. I also enjoy being with the mass of humanity on the subway. I feel really connected with everyone, although often I am the oldest person on the train! (I am 62.) Even standing on the train, which I frequently have to do on the first leg of my trip, I view as an opportunity for building strength and balance. I even sneak in some Yoga bends when I can.

The other wonderful thing about taking the T to work is not driving my car. I have totally lost my taste for driving. I find it dangerous, boring, and I hate wasting resources. In actuality, I *do* need to drive my car to work once or twice a week for out-of-office appointments, but my spouse and I find that sharing the one car is not a burden. It's also wonderful to save about \$500 a month in aftertax dollars because we're not supporting the second car.

I really like not contributing (as much) to the political instability in the world which is partially caused by the oil economy. Someone said recently that the way we are using oil in this country is like heating your house by burning it down. I think that was a very wise comment. I'm a little late to come to this realization (as always), but using cars less is a very good thing.

-- Laurie Israel, Esq. Copyright © 2008 Laurie Israel

(617) 277-3774

Wills ♦ Probate ♦ Trusts ♦ Estates

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GIVING

To Wallace and Nanette Feurzeig for their gift
in honor of Riva Berkovitz's birthday



To Judith Gimple for her gift of get well wishes
in honor of Ruthann Dobek



To Kathryn Kilpatrick for her gift supporting
the Senior Van in memory of Sarah Gold



To Dorothy Wolfson for her gift supporting the
Senior Van



To Laurie Lasky for her gift in honor of Jeff
Lasky



To the Brookline Massachusetts Rotary Club,
Livia Frank, Marjorie Harvey, Shirley Horblit,
Rose Lehman, Vivian Mosgofian, OWL (The
Voice of Midlife & Older Women), Mort Persky,
Yolando Santo, Waneta Louise West, and Helen
and How Wong for their gifts to the Council on
Aging/Senior Center Annual Appeal

FROM THE COA BOARD PRESIDENT

Donations to the nonprofit arm and the Brookline Senior Center are always greatly appreciated. They help keep the van running and fund furnishings, physical improvements, and innovative programs for our Senior Center.

*Thank you, Betsy Pollock, President
Brookline Senior Center Board*

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Did You Know?



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

Consult your Financial advisor.	Help the Senior Center Thrive!	It's Tax Free!
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OUR ADVERTISERS

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

OUR CONTRIBUTORS

Our thanks go out to the contributors to this month's issue of the **Senior News and Events**: to *Here & Now* and *Spirit of Change* for material for the article on p. 1; to *Spirit of Change* for the photo on p. 1; to SHINE for the article on p. 9; to the *Beacon Hill Times* for a quote on p. 10; to Sonia Wong for the Year of the Ox recipe on p. 18; to JF&CS for the Fettuccine recipe on p. 18 and the article on p. 19; to Laurie Israel for the article on p. 21; and to Wendy Soneson for the quote on p. 24.

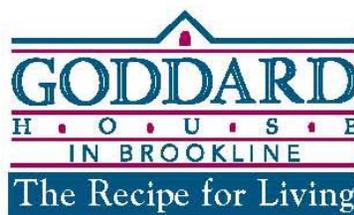
*May the New Year bring you all
peace and joy!*

Kick it up a Notch.



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

- Traditional Assisted Living
- Memory Impairment Program
- Short Term Stays Available



For a taste of Goddard House in Brookline call Emily Judd at 617.731.8500 x105 or take a tour at www.goddardhouse.org

THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

GODDARD HOUSE EVENT IN JANUARY

Emanuele Segre in Concert on Friday, January 16, at 3:30 pm. In partnership with Pro Musicis, Goddard House hosts acclaimed Italian, classical guitarist Emanuele Segre.

Noted as "a musician of immense promise" by the *Washington Post* at his American debut, Emanuele performs internationally. He has won numerous competitions, including the East & West Artists Prize in New York in 1987. Mr. Segre will perform works from Giuliani, Kovats, Castelnuovo-Tedesco, Powell, and Dyens at both Goddard House communities.

This event is free of charge. Refreshments are served. Goddard House in Brookline is located at 165 Chestnut Street.

There is parking on site. For more information about Goddard House programs and to make reservations, call 617-731-8500. Directions to get to Goddard House are available online at www.goddardhouse.org.

CALLING OLD CELL PHONES

Did you, your children, your grandchildren, and so forth get new cell phones for the holidays? If so, gather up the old ones and bring them to Susan Andriole at the Senior Center. We are still collecting them.



AT THE GALLERY

You are invited to see an exhibit of watercolor portraits at the Senior Center

Inspirational Women of Brookline by Wendy Soneson

Monday, January 12, through Friday, March 13
Hours: 8:30 am to 5:00 pm
Mondays through Fridays

"...I decided to pursue [a] more extensive creative direction by painting portraits of the women in my community. In photographing these women as reference for their portraits, I realized the impressive extent of each of their professional and personal achievements. So I decided to develop my work into a series for exhibit, allowing viewers from the community and beyond to admire my subjects and be inspired by them as I was."

—Wendy Soneson in the introduction to the catalog for the exhibit

DUANE SULLIVAN CONCERT

Duane Sullivan will perform songs from the 50s, 60s, and 70s on **Friday, January 16, at 1:00 pm**. This is the concert that was canceled because of the snow storm on December 19.



Duane is a popular entertainer, singer, and guitarist. His shows are always a treat. Don't miss this one! This performance is sponsored by the Rogerson Adult Day Health Program.

KARINE BAGDASARIAN

The Brookline Music School is sponsoring a piano concert on **Wednesday, January 7, at 1:00 pm** at the Senior Center featuring Karine Bagdasarian, who is a member of the faculty at the Brookline Music School.



FRENCH CONVERSATION

The group, lead by Agnes Serenyi, will meet and converse on **two Tuesdays in January—the 13th and the 27th—at 12:30 pm**. If you are interested in honing your French communication skills, this is the group for you.

EASY TRAVEL

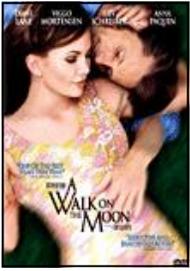
A program for January for this group is still being put together. Keep your eyes on the **TAB** and/or call Charlotte at 617-730-2769 for more information about it.

DTV IS ALMOST HERE

DTV conversion is almost here. On February 17, all broadcasting will switch. If you have any questions at all about it, contact Stephen Bressler, Ombudsman for CATV for the Town of Brookline at steve_bressler@town.brookline.ma.us or at 617-730-2330 or at 617-730-2327 TTY for the hearing impaired.

MOVIE LOVERS SERIES FOR JANUARY

For the holidays, we have some very special films for movie goers. Come to the Movie Lovers Series at the Senior Center on Tuesday afternoons at 1:30 pm for these treats.



January 6 (1997) 105 minutes

A Walk on the Moon

The same summer that brings a man to the moon and free love to a small farm in Woodstock, NY, shakes up the safe, happy life of vacationing housewife Pearl Kantrowitz.

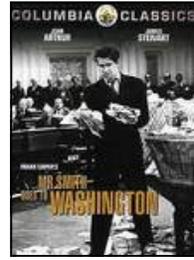


January 13 (2007) 114 minutes

Curse of the Golden Flower

This lavish film follows the romantic intrigue and political machinations in the house of the Emperor Ping and his ailing wife.

Even their children are swept into their secret passions and schemes to power, but will their reign end in a bloody coup?



January 20 (1939) 129 minutes

Mr. Smith Goes to Washington

When idealistic junior senator Jefferson Smith arrives in Washington, he's full of plans and dazzled by his surroundings — qualities he retains even in the face of widespread corruption on the part of his colleagues.



January 27 (2008) 108 minutes

Mamma Mia!

Based on the international hit musical featuring the songs of pop superstars ABBA, this charming tale centers on a bride-to-be and her plan to uncover her father's identity by inviting three of her mother's former lovers to her wedding.



DRAWING FOR PLEASURE

This course in learning to draw will meet on eight **Thursday mornings from 9:30 to 11:30 am** at the Senior Center **beginning on January 8**. Louise Weinberg and Elizabeth Taylor are the instructors.

This course is based on the premise that learning to see differently is what enables one to learn to draw. You may choose to draw from still life or from live models. (There is a model fee). Interested students should have some drawing experience. Call 617 730-2770 to register. Call early as there are only a few spaces available for the new semester.

GODDARD HOUSE LECTURE

Goddard House in Brookline invites everyone to come to a special event, a training by Rabbi Julie Wolkoff, DMin on *End of Life Care for the Gay and Lesbian Clients: A Sensitivity Training*. This program will take place on Tuesday, January 27, from 8:30 to 10:00 am at Goddard House in Brookline at 165 Chestnut Street.

Rabbi Wolkoff is a chaplain with the Massachusetts branch of Care Alternatives Hospice (www.carealt.com). She has worked as an AIDS Care Team Coach in Troy, NY, and has had many years of service as a congregational rabbi.

This event is free. Call 617-731-8500 to RSVP.

HANDICAPPED ACCESS

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

GETTING AROUND TOWN: THE ELDERBUS

The Elderbus schedule has been revised now that the Town Hall renovations have been completed and Town employees have moved back into Town Hall from their temporary quarters in the old Lincoln School.

The Elderbus runs Monday through Friday. All times are approximate due to traffic. A suggested donation of \$0.50 is requested. The Elderbus hotline is 617-730-2778. This bus is sponsored by the Brookline Council on Aging (617-730-2777).

Stops	Schedule						Drop-off only
Senior Center	9:00	10:00	11:05	12:10	1:15	2:20	3:25
112 Centre Street, 100 Centre Street, Corner of Beacon and Centre Streets	9:01	10:05	11:10	12:15	1:20	2:25	3:30
1550 Beacon Street, Star Market on Beacon Street	9:05	10:10	11:15	12:20	1:25	2:30	3:35
61 Park Street, Town Hall	9:11	10:17	11:22	12:27	1:32	2:37	3:42
99 Kent Street, Lynch Center, Brookline Place	9:17	10:22	11:27	12:32	1:37	2:42	3:47
Walnut Street (rear of Fire Station) Brookline Village	9:25	10:30	11:35	12:40	1:45	2:50	
Stop & Shop, Harvard & Beacon	9:30	10:35	11:40	12:45	1:50	2:55	
90 Longwood Ave.	9:35	10:40	11:45	12:50	1:55	3:00	
Longwood Medical, Beth Israel Deaconess Medical Center	9:40	10:45	11:50	12:55	2:00	3:05	
Johnny's Market	9:45	10:50	11:55	1:00	2:05	3:10	
Beacon & Powell Sts Amory & Egmont Sts Egmont & Pleasant Sts	9:50	10:55	12:00	1:05	2:10	3:15	
50 Pleasant Street, Harvard & Fuller Streets	9:55	11:00	12:05	1:10	2:15	3:20	

WOULD YOU LIKE TO RECEIVE THE TOWN OF BROOKLINE SENIOR NEWS AND EVENTS EVERY MONTH?

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

Brookline Senior Center
93 Winchester Street
Brookline, MA 02446

New _____

Renewal _____

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

PLEASE PRINT CLEARLY the following:

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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 in the metro area, please check the date that is printed next to your name on the address label on the back of this page. If that date is 30 days or less away, use the form above to renew.

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