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 617 730 2777
Elderbus Hotline 617 730 2778
Senior Center 617 730 2770
Van 617 730 2750
www.brooklinema.gov

HIGHLIGHTS

Take in a Jazz Concert on Jan. 6—see p. 8.

Get your red, hot H1N1 flu shot on Jan. 7—see pp. 4 and 7.

Participate in the Steps for Success Dinner on Jan. 14—see p. 11.

Get fit with Nia for Seniors in Jan. See p. 11.

Get the scoop on the Senior Scene program in Jan. See p. 24.

Doyle's, a well-known Irish Pub in Jamaica Plain, publishes a wonderful calendar every year chock full of historical tidbits. We have scattered some of their January trivia throughout this newsletter. Look for **According to Doyle's** boxes.

JANUARY 2010

COUNCIL ON AGING MEETING

The Council on Aging (COA) Board meeting will be on Wednesday, January 13, at 1:00 pm at the Senior Center. Guest speaker Larry Diamond, PhD, will discuss "Myths and Realities of Health Care Reform." Since it looks at press time like the actual bill will have passed through the Senate and that the two bills (the House of Representatives and the Senate bills) will probably have been merged by the time of this COA meeting, look for some very lively discussion and a lot of interest in this speaker.

And at this meeting the check for the proceeds from the 25th Annual Holiday Craft Fair will be presented during a celebration of 25 years of COA Holiday Craft Fairs. So this is a meeting that should not be missed. Everyone—not just COA board members— is invited and encouraged to attend. See p. 29 for a reprise of the Holiday Craft Fair with more pictures and thank you's.

Photos courtesy of Mimi Katz

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

Ruthann Dobek
Director, Council on Aging/Senior Center

Charlotte Millman
Program Manager, Council on Aging/Senior Center

Judith Gimple
Newsletter Editor

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HOLIDAYS IN JANUARY

May the new year (and the new decade) bring you health, happiness, peace, and prosperity! **Friday, January 1**, we all celebrate the arrival of the new year, and so the Senior Center and the Rogerson Adult Health Program will be closed.

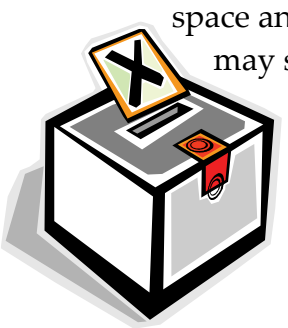
The Senior Center will also be closed on **Monday, January 18**, in observance of Martin Luther King, Jr's Birthday. However, the Rogerson Adult Health Program, will be open as usual on that day.

VOTE!

Remember that there is no guarantee that the primary solves the election. The choice of who will take the Senate seat of the late Edward Kennedy will be decided by the outcome of the special election on Tuesday, January 19. So vote for the candidate of your choice.

Our ability to vote for the candidate of our choice is a fundamental right in a democracy—a privilege and a duty!

Remember also that the coffee lounge of the Senior Center is a polling place and that thus space and timing for our programs may shift around, so call 617-730-2770 to check on any program that you plan on attending on that day.



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FRENCH CONVERSATION

Keep your French conversational skills honed and authentic by participating in this group facilitated by Agnes Serenyi at the Senior Center on two **Tuesdays in January, the 12th and the 26th, at 12:30 pm.**

EASY TRAVEL

Come to the Senior Center and sit back and enjoy a trip to Thailand, Laos, Vietnam, and Cambodia led by Lauren Carroll on **Thursday, January 7, at 1:30 p.m.** These countries have become major tourist destinations in the past few years, and each person who visits them brings back a different perspective on what they have seen.

NEW CONFLICT OF INTEREST LAW

The Commonwealth has recently passed new legislation concerning conflict-of-interest. And all municipal employees, members of boards, and volunteers are included in its purview. If you got documents about this in the mail and you are a COA board member or a volunteer at the Senior Center, do not panic. Simply read the document (the summary sheet—2-sided—attached to the back of the package will give you what you need to know with less legalese than the actual document style.

Important note: Fill out and sign the front page of this document and get it back to us at the Senior Center as quickly as possible.

Access mass.gov with questions and for further information.

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

Ask a Nurse Please call 617-730-2769 for a schedule for visits from St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier..

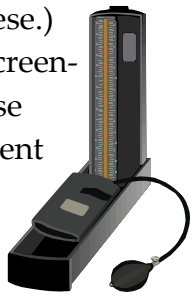
Podiatry Clinic Routine foot care with Dr. John McLoughlin is available by appointment on **Monday, 4, from 9:00 am to 12:00 noon**. (There will be no clinic on Monday, January 18, because the Senior Center will be closed for Martin Luther King, Jr's Birthday.) Sessions, which last 15 minutes each, cost $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.

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

Blood Pressure Screenings
The Brookline Health Care Center will provide a blood pressure screening **at the Senior Center** on **Monday, January 4, from 1:00 to 2:00 pm**. The nurse who presides at this session is bilingual. (She speaks English and Chinese.)

There will be a blood pressure screening **at the Senior Center** with a nurse from the Brookline Health Department on **Thursday, January 21, from 9:00 to 10:30 am**.



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

The Health Page is sponsored by Beth Israel Deaconess Medical Center

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BLOOD PRESSURE SCREENINGS

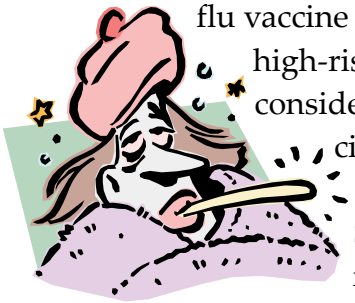
Blood pressure screenings with a Brookline Health Department Nurse will be be available at the Senior Center on **Thursday, December 17, from 9:00 to 10:30 am**. Other screenings will take place:

- Wednesday, January 6, at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 pm.
- Wednesday, January 13 Sussman House, 50 Pleasant Street.
- Wednesday, January 21, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm.

H1N1 CLINIC

There will be a H1N1 (swine flu) clinic at the Senior Center on Thursday, January 7, from 5:00 to 7:00 pm. It is open to everyone.

Remember that the flu season is far from over even though you have gotten the regular flu vaccine and seniors are not in the high-risk group, everyone should consider getting the H1N1 vaccine for protection against this very dangerous flu. See p. 7 for more about the flu and vaccinations .



ARTHRITIS EXERCISE CLASS

The next series of Arthritis Exercise Classes at the Senior Center is NEW and IMPROVED and will begin on **January 28** and run on ten **Thursdays through April 1** from 10:30 to 11:30 am**.** These gentle stretching and muscle-building exercises will benefit people with arthritis and others interested in improving their flexibility, muscle strength, and general fitness level. This year, the use of both hand weights and stretch bands will be incorporated. Ilse Leeser, PhD, RN, will instruct the class with guidelines developed by the Arthritis Foundation.

Call the Senior Center at 617-730-2770 to register and to obtain a health care provider authorization form that must be filled out by your health-care provider. (For previous participants, health-care provider information that has been provided within the last year will not need to be updated.) Space will be limited, so be sure to sign up early!

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

PARKINSON DISEASE SUPPORT GROUP—SAVE THE DATE

This group will not meet in January. However, the group will meet next on Friday, February 5, from 1:00 to 2:30 pm at the Senior Center. So save the date on your calendars.

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

ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

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

The **Daytime** group will meet **Friday, January 8.** Call group leader Elaine Yanowitz at 617-730-2751 to register to attend and/or for further information.

The **Evening** group will meet **Thursday, January 28.** Call group leader Susan Andriole at 617-730-2754 to register to attend and/or for further information.

There are other avenues for help. Among them are the Alzheimer's Association that maintains a 24/7 Helpline to answer questions about Alzheimer's. Call 800-272-3900, or access the helpline online at communications@alz mass.org.

And the MA/NH Chapter of the Alzheimer's Association has prepared a comprehensive book that family caregivers can consult for providing later-stage care at home. It is called *Later Stage Alzheimer's Disease: A Caregiver's Guide* and is available free from the www.alzmass.org.

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RESOLUTIONS

It's that time of year again. Time to reflect on the past year and plan for the new one. Time to think of how to improve your health, of how broaden your information horizons, how to protect yourself and your environment, how to help others and your community, and so forth.

Resolved: Be more aware of frauds and scams! Consumer frauds abound today, partly because we live in a world that is more and more involved in instant (and virtually unlimited and uncontrolled) electronic communication via the internet and inexpensive cell phones. Even the mail can be used to help people who want to steal identities of others for fraudulent use such as identity theft. Fortunately, there are wonderful sources for information and reporting consumer frauds. Among them is www.consumer fraudreporting.org, a "free online service to warn consumers about specific types of financial and other scams via the internet and to provide a means to report scams and fraud.

To keep up to date on the types of scams in global circulation, the site stays in regular contact with overseas consumer agencies

Consumer Fraud Reporting is fully independent and objective; it is not a government agency or affiliated with any government; it acts as an information exchange to help raise public awareness about scams and to help to bring them to the attention of the proper enforcement authorities. Unfortunately, the organization does not have enforcement powers over local or overseas scams; but its aim is to help people find the proper enforcement agency! Consumer Fraud Reporting also tries to present the facts in a simple, clear, and (hopefully) interesting manner!

Here are some tips, culled from this web site, about how to protect yourself against frauds, scams, and identity theft. There are many more on the site itself.

- **Do not use or carry a checkbook.** Paying bills through your bank or credit union's online bill paying service (which is usually free) is much safer than mailing a check.
- **Buy and use a paper shredder.** Shred any documents that have your social security number or other financial information, such as your bank account numbers, credit card numbers, and so forth. Some identity thieves actually go through homeowner's trash to obtain personal information. Shred cancelled, credit card statements, medical bills, anything with confidential information when you are through with them rather than simply throwing them out.
- **Sign onto the Do-Not-Call list.** There are both state(www.madonotcal.govcon nect.com) and federal (www.donotcall.gov) lists.
- **Make your social security number as secure as possible.** Do not carry it with you, and make sure the DMV (Department of Motor Vehicles) does not use your Social Security number as your driver's license number.
- **Don't give out any financial information**, such as checking account and credit card numbers, social security number, name, address, phone number(s) on the telephone unless you have initiated the call and know the person or organization you are dealing with.
- **Report lost or stolen checks, credit cards**, and so forth, as soon as possible.
- **Guard your Personal Identification Numbers (PINs)** well. Do not keep them with the cards.
- **Keep your ATM and credit card receipts.** Do not leave them behind or throw them casually away. Thieves can use the mto access your accounts.

Resolved: Get the H1N1 flu vaccination.
You may have noticed the spread of the H1N1 flu decreasing lately. And between all the holiday festivities and to-do lists, you may be asking whether getting the vaccine is still important. What many don't know is that flu season typically lasts through May, and that past pandemics have occurred in waves. In other words, it's possible that we will see another increase in H1N1 and/or seasonal flu in the months ahead. Below are some useful tips provided by the US Department of Health and Human Services for you to share with your family and friends as you celebrate the holiday season.

- *Add the Vaccine to Your Wish List.* Getting vaccinated is the best way to protect yourself and your loved ones from the flu. To find the H1N1 and seasonal flu vaccine clinics nearest you, visit FLU.gov and type in your zip code. The Department of Health and Human Services recently teamed up with Google Maps to create this handy flu vaccine locator. Go ahead, try it out!

  NOTE: Many people at high risk for flu complications have received the H1N1 vaccine, so most states are opening their clinics to the general population. Please call ahead to the desired clinic location to confirm availability. Contact information is listed on the FLU.gov vaccine locator. See p. 5 for information on the next flu clinic at the Senior Center.
- *Be a Germ Stopper.* Cover your nose and mouth when you cough or sneeze, wash your hands often, and avoid touching your eyes, nose, and mouth. Germs spread this way. Also, stay home if you are sick, and avoid close contact with people who are sick. For additional information, see how to prevent and treat the flu on the FLU.gov web site.
- *Check the Facts and Stay Informed.* Visit FLU.gov regularly for the latest information.

  Heard a rumor? Visit *Myths & Facts* on FLU.gov to run a fact check.

If you've been vaccinated already, please share this information with friends and family, and let them know why the H1N1 vaccine is safe and recommended by health experts. The 2009 H1N1 flu vaccine is made the same way as the seasonal flu vaccine. Millions of people have safely received the H1N1 vaccine, including the President, the First Lady, and their children.

FLU.gov offers free outreach materials available in multiple languages. Visit FLU.gov or call the Centers for Disease Control and Prevention (CDC) hotline 1-800-CDC-INFO (1-800-232-4636), offering services in English and Spanish, 24 hours a day, 7 days a week.

Who should get the seasonal flu shot?
Older persons are the most vulnerable to the seasonal flu with a high risk of serious complications and hospitalization. Infectious disease experts urge that all persons over age 65 and all individuals with chronic health issues should get the pneumococcal vaccine also.

Anyone who wants to reduce the likelihood of becoming ill with the flu or spreading the flu to others should get a seasonal flu shot every year. The highest incidence of the seasonal flu comes in January and February. People 50 years of age and older and others of any age with certain *chronic medical conditions* should be vaccinated. *Health care workers* and *caregivers* should also be vaccinated. People who live in nursing homes and other long-term care facilities usually get seasonal flu shots as part of their care.

Pregnant women, people who live with or care for those at high risk for complications from flu, caregivers of small children, and children between six months and 19 years of age should also be vaccinated.

According to Doyle's

On January 5 in 1925 Nellie Taylor Ross was elected governor of Wyoming, the first woman governor in the United States.

DRAWING FOR PLEASURE

A new session of this extremely popular 8-week course in learning to draw will start Thursday, January 7, and will run at the Senior Center on Thursday mornings through February 25. Returning students, please call Charlotte at 617-730-2769. There are a few spaces available for new students with some drawing experience. If you are a new student, call 617-730-2770 to register.

Instructors Louise Weinberg and Elizabeth Taylor developed this course with the thesis that "drawing can be an extremely pleasurable activity" and have based it on the premise that learning to see differently is what enables one to learn to draw.

This program is supported in part by a grant from the Brookline Commission for the Arts, a local agency, which, in turn, is supported by the Massachusetts Cultural Council, a state agency.

A SERIOUS SKETCHER

And while we are on the subject of drawing, we have a budding costume designer in our midst. He's not one of our elders; he is instead a member of the staff, Tomall Harris. He has been sketching costume ideas for a while now, is attending Louise's life drawing classes, and is about to enter a new phase of what he hopes is his career—sewing.

His drawings are bold and detailed. We have high hopes for Tomall and will follow his training and career with great interest.

JAZZ CONCERT

Blast into the new year with a Brookline Music School jazz concert featuring vocalist Aubrey Johnson on Wednesday, January 6, at 1:00 pm at the Senior Center.

A recent graduate of the jazz studies program at Western Michigan University, vocalist Aubrey Johnson is currently located in Boston where she is pursuing her master's degree in vocal jazz performance at the New England Conservatory. Among her impressive credits are her three-year tenure with the Gold Company (the Western Michigan University vocal jazz ensemble), a full-length CD—"It Might as Well Be Spring," and recognition as "Best Jazz Vocalist" in 2008 by DownBeat Magazine's 31st Annual Student Music Awards.

SENIOR CENTER SWING BAND

If you play an instrument and can either read music or play by ear, consider joining the Senior Center Swing Band led by James Demicco. Previous band experience is helpful but not necessary. You supply your instrument and the enthusiasm. We'll supply the sheet music and more enthusiasm.

Meetings are on Monday afternoons at 2:30 pm, generally every other week. The first meeting in January will be the 11th. The other meeting in January has not been decided. Call Charlotte at 617-730-2769 for further details.

BOWLING

All year long, bowlers meet at 9:30 am on Wednesday mornings at 20th Century Bowling Alley (affectionately known as Ron's) at 1231 Hyde Park Avenue next to the Hyde Park police station. The cost is $6.50 for three strings and shoe rental. The group is generally back at the Senior Center by 12:00 noon. For more information, please call Charlotte at 617-730-2769.

AT THE GALLERY

Watercolors by Anita Jamieson

Through Friday, February 26

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

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

According to Doyle's

In 1920 on January 3, the Babe defected to the Yanks. And in 1955 on January 19, Scrabble made its debut.

NEW INTERGENERATIONAL PROGRAM

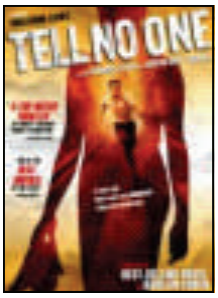
We are looking for Brookline Seniors to participate in a new intergenerational program with 4th- to 6th-grade students in the Lawrence School After-School Program. There will be projects, letter (or e-mail) exchanges, and (most important) fun for all. The meeting dates are Tuesdays, January 26 and February 23 at the Lawrence School at 27 Francis Street and March 23 at the Senior Center. All meetings are from 2 to 3:30 pm. For more information and to sign up, call Charlotte at 617-730-2769.

INCOME TAX TIME HAS ARRIVED

The Senior Center will start *making appointments for tax preparation* on Monday, January 25.Call 617-730-2777to make appointments. Actual tax preparation will begin on Friday, February 5.

MOVIE LOVERS SERIES FOR JANUARY

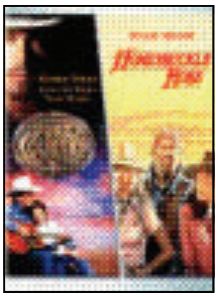
Enjoy a film every Tuesday afternoon at 1:30 pm at the Senior Center. Movies are free and a wonderful way to spend an afternoon.



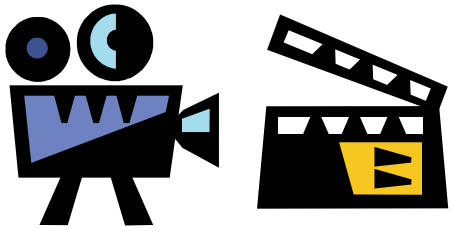
January 5 (20006)
Tell No One 125 minutes
French title: **Ne le dis à personne**
English subtitles
Eight years ago, pediatrician Alexandre Beck (François Cluzet) was the prime suspect in his wife's murder. He's put all that behind him, but now that two dead bodies have been found near his home, he's suspected of wrongdoing once again. The case takes an unexpected turn when he receives an anonymous e-mail showing his wife alive—and eight years older—instructing him to "tell no one." Kristin Scott Thomas co-stars.

January 12 (2008)
The Soloist 109 minutes
This true-life drama tells the poignant tale of Los Angeles newspaper reporter Steve Lopez (Robert Downey Jr.), who discovers brilliant street musician Nathaniel Ayers (Jamie Foxx), and the unique friendship that transforms both their lives. In helping his new friend deal with his demons, Steve ends up battling with his own. Joe Wright directs this inspiring drama based on the bestselling book by the real Lopez.

January 19 (2009)
Julie and Julia 123 minutes
Amy Adams stars in this truth-inspired tale as Julie Powell, a disenchanted government secretary who decides to enliven her uneventful life by cooking all 524 recipes outlined in Julia Child's culinary classic *Mastering the Art of French Cooking*. Based on Powell's book *Julie & Julia: 365 Days, 524 Recipes, 1 Tiny Apartment Kitchen*, director Nora Ephron's heartwarming dramedy stars Meryl Streep as legendary chef Child.



January 26 (1980)
Pure Country approx. 115 minutes
A pair of country music icons headlines this entertaining film. George Strait debuts in *Pure Country* as megastar Dusty Chandler, who abandons glitter and fame for the simple life; Lesley Ann Warren plays his driven manager.



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BOOK DISCUSSION GROUP

Join the group at Temple Emeth in Putterham Circle on **Monday, January 25 at 2:00 pm** and discuss *Death Comes for the Archbishop* by Willa Cather.

This novel was published in 1927. It is based on the lives of Bishop Jean Baptiste L'Amy and his vicar Father Joseph Machebeut and is considered emblematic of the author's moral and spiritual concerns. *Death Comes for the Archbishop* traces the friendship and adventures of Bishop Jean Latour and vicar Father Joseph Vaillant as they organize the new Roman Catholic diocese of New Mexico. Latour is patrician, intellectual, introverted; Vaillant, practical, outgoing, sanguine. Friends since their childhood in France, the clerics triumph over corrupt Spanish priests, natural adversity, and the indifference of the Hopi and Navajo to establish their church and build a cathedral in the wilderness. The novel, essentially a study of character, explores Latour's inner conflicts and his relationship with the land, which through the author's powerful description becomes an imposing character in its own right.

Critique of the novel is from the Merriam-Webster Encyclopedia of Literature)

STEPS FOR SUCCESS DINNER

Seniors are invited to a special dinner at the Senior Center from **4:30 to 6:00 pm on Thursday, January 14**. This dinner is being prepared and served by students from the Devotion School Steps for Success Program. Come and meet and mingle with the bright, young students from the Devotion School as they dine and entertain you.

The dinner is free, but space is limited so preregistration is required. Call 617-730-2770 to make a reservation.

NIA FOR SENIORS

A new exercise program, called "Nia for Seniors: Health Through Movement" is being offered by Brookline Adult & Community Education (BA&CE), with Mary Stevenson as instructor.

It is a full-body workout that is easy on the joints, promoting flexibility, agility, mobility, and strength. Combining movements and concepts from yoga, *tai chi, tae kwon do, aikido,* jazz, modern dance, and other movement forms, Nia offers traditional fitness benefits, relaxation, and more esoteric benefits such as concentration, self-discovery, and healing. We'll begin with warm-up exercise; practice cardiovascular movements, and learn dance techniques that teach how to move with grace and fluidity; martial arts; and meditative techniques that teach mindfulness. Movements will be modified to accommodate physical limitations, and those who wish to participate by sitting in chairs for some or all of the class are welcome to do so. Please wear comfortable clothing.

There are two sections to this course. Section 1 is an introductory free session on Tuesday, January 12 from 8:30 to 9:30 at the Senior Center. Even though this section is free, preregistration is required.

Section 2 will run for six (6) Tuesdays, starting Jan. 19, also at the Senior Center. The cost for this section is $45. And, of course preregistration is required.

To register for one or both sections, call BA&CE at 617-730-2700 or access them on the web at www.brooklineadulted.org.

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COA AND SENIOR CENTER SNOW POLICY

The Brookline Council on Aging/Senior Center will remain open during business hours unless we are directed to close by the Town Administrator. Our hours are Monday through Friday from 8:30 am to 5:00 pm.

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

Van. The driver and our director make the decision about whether the Van runs in bad weather conditions. The van often runs on the day after a storm even when there is no school. The message on 617-730-2750 will be updated.

Senior Center Programs will run or be canceled at the discretion of Department Head and Program Manager. When possible, programs will be rescheduled.

Springwell Lunch Site is held at the discretion of Springwell's executive director. The decision is not based on the school cancellations. Nutrition staff will notify the Senior Center. Call 617-926-4100 for more information. They will also leave a message on 617-730-2777. If they cancel, the Senior Center+ may provide a pizza lunch at discretion of Director or Program Manager.

Adult Education classes are canceled when Brookline Schools are closed. Classes are rescheduled at a later date. Call 617-730-2700 for more information.

Brookline Active Adults will be cancelled that day if the Brookline schools are closed. If a storm develops later in the day, please call the Recreation Department information line at 730-2068 or 617-730-2083 for cancellation announcements.

Rogerson Adult Day Health Program remains open at the discretion of their director. Contact 617-383-6012 . 730-2610 for more information.

PRESCRIPTION ADVANTAGE BENEFIT CHANGE FOR 2010

Due to cuts in the state budget, Prescription Advantage was forced to make a change to its benefits. Starting January 1, 2010, Prescription Advantage will no longer help members pay their Medicare prescription drug plan premium. This premium assistance was not available to all members, only those at a certain income level. Members affected by this change were notified by mail.

Important Note: Your Medicare drug plan will send you a premium bill each month. You must pay the bill or you could lose your Medicare prescription drug benefits!

The elimination of premium assistance is the only change to Prescription Advantage benefits.

Prescription Advantage is not going away and will continue to pay for prescription drugs when members reach that gap in the Part D coverage that is known as the "donut hole." And for members in the S5 category, Prescription Advantage will still pay for covered prescription drugs once members reach their out-of-pocket spending limit of $3,250.

If you have any questions about Prescription Advantage benefits, call Prescription Advantage at 1-800-243-4636 and press 3.

Article courtesy of SHINE.

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According to Doyle's

Saturday, January 2, is National "Save the Pun" Day. On January 13 in 1928, Mickey Mouse was born. On January 15 in 1870, the donkey was first used as a symbol of the Democratic Party.

SENIOR SERVICES

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

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

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

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

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

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

BLAB The Brookline Legal Assistance Bureau (BLAB) will be at the Senior Center from **9:00 am to 12:00 noon** on **Wednesday, January 6** and on Wednesday, February 3**.** BLAB is staffed by volunteer local attorneys who offer individuals legal expertise on matters of law as well as information and referrals. This service is offered free of charge, and no appointment is needed.

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

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

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

NEEDS helps seniors stretch food dollars with such aids as food stamps. For more information, consult SNAP (the Supplemental Nutrition Assistance Program, previously know as the Food Stamp program) at 1-866-950-3663. Once you have been certified for food stamps, you can call on Riva Berkovitz at the Senior Center if you have problems. Call her at 617-730-2777 and leave your name and phone number. She will get back to you.

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

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

AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE

Just as you care for your body by avoiding unhealthy situations, eating right, getting enough sleep, and going to the doctor for a check-up, you must care for your finances by understanding them and learning about how others may try to use you. In short, prevention against such abuse, and awareness of it is the key.

Prevent financial abuse and protect yourself by: Using direct deposit for social security and pension checks; never giving your ATM or PIN numbers to anyone you don't know; carefully reviewing bank statements and credit card bills; giving only to known charities; *refuinge to talk to telemarketers;* and if they call, asking to be placed on their "do not call list." Choose your representatives wisely. I spend a lot of time with my clients to help them choose the best person to serve as their power of attorney. The person you name as your "attorney-in-fact" is entrusted with the responsibility of managing your income and life savings for your benefit at the most vulnerable time in your life.

If you recognize the signs of financial abuse whether directed at yourself or others, report the wrongdoers. To report elder abuse call the elder abuse hotline at 800-922-2274, available 24 hours per day.

Around the country, teams composed of various professions, including social workers, attorneys, realtors, bankers, law enforcement officials, and public protective agencies, are coming together to address elder financial abuse in ways similar to the way problems of child abuse and drunk driving are targeted.

One team, spearheaded by California attorney, David Knitter, is called FAST (Financial Abuse Specialist Team). It recouped $18 million in Solano County, California, in its first two years. More information and resources can be found at the website for the National Center of Elder Abuse.

Visit LannikLaw.com for free information. This article is by Susana Lannik, Esq.

Law Office of Susana Lannik, LLC

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

PH: 617-658-2980
FAX: 617-964-1694
Susana@LannikLaw.com

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

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

COMING IN FEBRUARY—SAVE THE DATES

Chinese New Year. It's the year of the Tiger, and we are celebrating it on Monday, February 8 with food and fanfare. Registration will be at the end of January. Look for details in the *TAB*.

The ***Silver Leaf Gospel Singers*** will give a concert on Wednesday, February 24. Save the date for this magical choral group. They are always a treat to lighten the dark of winter.

FROM THE DIRECTOR

Happy New Year to All!

I am always eager to start the New Year with an open calendar and make my annual list of goals and resolutions. I also like to start January by expressing gratitude for my many blessings. My days at the Senior Center are among my greatest joys with the incredible people I meet each day.

I hope you will join me by visiting us. The Senior Center is here to help you fill your days with creative, interesting activities and programs and to make new friends. We are also here to help you achieve your goals whether they are exercising, volunteering, learning something new, or staying healthy or any combination of these goals.

Whatever your interest—please consider getting to know the Senior Center as one of your personal goals this year. Resolve to donate your time and talents to making us the best senior center around.

I personally want to thank everyone who generously donated to the nonprofit annual fund. We are continuing to collect donations to replenish Agnes' kitchen. Just last month, we ordered new china and flatware, and this month we hope to buy a new microwave and toaster. Please keep your donations coming, and keep Agnes smiling. Every week, she asks for an update on just how much money is in our coffers with a new request for the kitchen!

I am especially grateful for those who included kind words with their holiday wishes.

Here are some from my holiday cards:

> *"Thank you for being director of a vital Senior Center. You provide a safe, interesting haven for many."*

> *"Thank you so much for being there for us. We are so grateful to have the Senior Center for support, entertainment and education."*

There are hopeful signs that the economy is slowly improving. We remind all that the Senior Center continues to be a great bargain and a place to stretch your dollar. We offer free bread and produce on Tuesdays and a hot and nutritious lunch every day for a small donation. Our concerts and movies are free, and many of our classes are a great value. In addition, transportation at subsidized rates is available. Our staff and volunteers provide benefit counseling and direct assistance with fuel assistance, food stamps, income taxes, and more. Please find out what benefits you are entitled to receive by contacting us.

I wish each one of you a happy, healthy and prosperous 2010. Join me in resolving to be kind and welcoming to all.

—Ruthann Dobek, Director

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Springwell Nutrition Program JANUARY 2010

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE. **Low sugar desserts are available, and need to be ordered with the site manager** *****Higher Sodium Content** **Menu subject to change.** **$1.75 donation per meal requested.**		**Meals are served at 12:00 noon unless otherwise noted.**
4) **Tomato Soup / Crackers** Baked Macaroni & Cheese, Riviera Vegetable Blend, Whole Wheat Roll **OR** Chicken Patty on Hamburger Roll, Lite Mayo, Lettuce Leaf, English Pea Salad, Cole Slaw **Fresh Fruit**	5) **Lentil Soup/Crackers** Greek Chicken, Lemon Olive Rice, Zucchini, Wheat Bread **OR** Seafood Salad on Multigrain Bread, Lettuce Leaf, German Potato Salad, Broccoli Tomato Salad **Peach Cup**	6) Beef Stew, Peas, Corn Bread **OR** Chef Salad, Lite Italian Dressing, Macaroni Salad, Wheat Roll **Vanilla Pudding / Topping**
11) **Veggie Pasta Soup/Crackers** Chicken Paprika w/Sauce, Red Bliss Potatoes, Broccoli, Multigrain Bread **OR** Egg Salad on Wheat Bread, Lettuce Leaf, Macaroni Salad, Spinach Mandarin Salad / Dressing **Chocolate Pudding / Topping**	12) **Split Pea Soup/Crackers** American Chop Suey, Grated Parmesan Cheese, Green Beans, Italian Bread **OR** Ham & American Cheese on Rye Bread, Mustard, Lettuce Leaf, Eng. Pea Salad, Pot. Salad **Fresh Fruit**	13) **Seafood Chowder/Crackers** Baked Haddock, Mixed Veggies, Wild Rice. Rye Bread **OR** Chicken Salad on Lettuce Leaf, Corn Salad, Tomato Red Pepper Salad, Oatnut Bread **Mandarin Oranges**
18) **Martin Luther King, Jr. Day** **No Meal Service**	19) **<u>Birthday Lunch</u>** ***Reduced Sodium Hot Dog Baked Beans, Cole Slaw, Hot Dog Roll **OR** Tuna Salad on Wheat Bread, Lo Mein Pasta Salad, Spinach Mandarin Orange Salad w/Lite Italian Dressing **Peaches**	**20)Italian Garden Veggie Soup/ Crackers** Lemon Dijon Chicken, Peas, Rice Pilaf, Rye Bread **OR** Egg Salad on Oatnut Bread, Lettuce Leaf, Pasta Salad w/Cheese, Cole Slaw **Ambrosia**
25) **Tomato Soup/Crackers** Pier 17 Fish w/ Creamy Red Pepper Sauce, Chuckwagon Corn, Broccoli, Corn Bread **OR** Chicken patty on Hamburger Roll, Lettuce Leaf, Lite Mayo, Pasta Salad w/ Cheese, Carrot Pineapple Salad **Peanut Butter Cookie**	26) **Lentil Spinach Soup/ Crackers** Cheese Lasagna w/Tomato Sauce, Meatball. Peas & Carrots Wheat Bread **OR** Roast Beef & Swiss on Rye Bread, Lite Mayo, Ger. Potato Salad, Tomato Red Pepper Salad **Fresh Fruit**	**27)Cream of Pumpkins Soup/ Crackers** Apple glazed Roast Pork, Scalloped Potatoes, Spinach, Muffin **OR** Peppercorn Turkey & Mozzarella Cheese on Whole Wheat Bread, Lite Mayo, Cucumber Creamy Dill Salad, Three Bean Salad **Applesauce**

THURSDAY	FRIDAY
For meal reservations on Mondays, please call the previous Friday by 11:00 am. For meal reservations on Tuesdays through Fridays, please call the previous day by 11:00 am.	**New Year's Day** **No Meal Service**
7) **Winter Special** **Vegetable Soup/Crackers** **Seafood Fettuccini Alfredo** **Broccoli Florets** **Dinner Roll** **Chocolate Chip Brownie**	8) **Corn Chowder/Crackers** Roast Turkey w/Gravy, Whipped Potatoes, Cranberry Sauce, Green Beans, Rye Bread **OR** Roast Beef & American Cheese on Multigrain Bread, Lettuce Leaf, Lite Mayo, Riviera Salad, Potato Salad **Pears**
14) **Mixed Bean Soup/Crackers** Ham & Pasta Bake w/White Cheese Sauce Carrots ,Oatnut Bread **OR** Tuna Salad on Hot Dog Roll, Lettuce Leaf, Cole Slaw, Three Bean Salad **Yellow Birthday Cake (Sprinkles)**	15) **Mushroom Barley Soup/ Crackers** Meatloaf w/Brown Gravy, Mashed Sweet Potatoes, Beets, Wheat Bread **OR** Turkey & Cheese on Multigrain Bread, Lite Mayo, Lettuce Leaf, Tomato Zucchini Salad, Ger. Potato Salad **Mixed Fruit**
21) **Clam Chowder/Crackers** Baked Fish Au Gratin, Butternut Squash, Zucchini, Wheat Bread **OR** California Chicken Salad on Hamburger Roll, Lettuce Leaf, Roman Blend Vegetable Salad, Corn Salad **Mandarin Oranges**	22) **Minestrone Soup/Crackers** Stuffed Ziti w/Tomato Sauce, Meatball, Spinach, Oatnut Bread **OR** Turkey & American Cheese on Multigrain Bread, Lite Mayo, Lettuce Leaf, Macaroni Salad, Beet Salad **Fresh Fruit**
28) **Minestrone Soup/Crackers** Creamy Italian Chicken, O'Brien Potatoes, Brussels Sprouts, Oatnut Bread **OR** Egg Salad on Multigrain Bread, Lettuce Leaf, Cole Slaw, Greek Pasta Salad **Butterscotch Pudding / Topping**	**29)Vegetable barley Soup/ Crackers** Beef Stir Fry, Brown Rice, Red Pepper, Mushroom & Onions, Rye Bread **OR** Chicken Salad on Hamburger Roll, Lettuce Leaf, Tossed Salad w/Lite Dressing, Pasta Vegetable Salad **Pineapples**

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.** For reservations for **Monday lunches**, please call the **previous Friday**. Call 617-730-2770 for reservations.

Springwell's Winter Special is scheduled for **Thursday, January 7.** This hearty winter lunch will feature vegetable soup and Seafood Fettuccini Alfredo with a chocolate chip brownie to round things out.

Don't miss the **Birthday Lunch** on **Tuesday, January 19**, with that all-time favorite—hot dogs—and of course Nettie Lesser's fabulous birthday cake. When you call to make reservations, tell us if your birthday is in January.

And the **Out to Lunch Group** will meet at **12:00 noon on Tuesday, January 26**, at the Sichuan Garden Restaurant at 295 Harvard Street in Brookline Village to enjoy a scrumptious Chinese luncheon.

Brookline Senior Center
93 Winchester Street
617-730-2770

JANUARY 2010

EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY
To reserve a lunch please call 617-730-2770 by 11 a.m., a day in advance		SHINE counselors are available to answer your individual health insurance questions. Please call 617-730-2777 for an appointment.
4 9a.m. Podiatry Clinic 10:30 a.m. Poetry Workshop-filled 12:30 p.m.Chinese programs 1 p.m.Mah Jongg/Scrabble 1-2 p.m. Blood pressure screening 1--2 p.m.Line Dancing 2-4 p.m. Open computer lab	5 10:30a.m.Brookline Bees-Quilters 11a.m. - 4 p.m. Food distribution 1:00 p.m. Bingo 1:30 p.m. Movie Lovers' Film Series "Tell No One"	6 9a.m. - BLAB lawyer 9:30 a.m. Retired Men's Club 12:30 p.m. Bridge 1-2 p.m. Brookline Music School Jazz artist, Aubrey Johnson 2-4 p.m. Open computer lab
11 10:30 a.m.Poetry Workshop-filled 12:30 p.m.Chinese programs 1 p.m.Mah Jongg/Scrabble 1--2 p.m. Line Dancing 2-4 p.m. Open computer lab 2:30 p.m. Swing Band rehearsal	12 10:30a.m.Brookline Bees-Quilters 11a.m. - 4 p.m. Food distribution 12:30 p.m. French Conversation grp. 1:00 p.m. Bingo 1:30 p.m. Movie Lovers' Film Series "The Soloist"	13 9:30 a.m. Retired Men's Club 12:30 p.m. Bridge 1 p.m COA meeting, speaker Presentation of Holiday Fair Check Modern Beading workshop- call for time 2-4 p.m. Open computer lab
18 Martin Luther King, Jr. Day Senior Center is closed Rogerson Adult Day Health is open	19 SENATORIAL ELECTION TODAY 10:30a.m.Brookline Bees vac. 11a.m. - 4 p.m. Food distribution Noon - January Birthday Lunch 1:00 p.m. Bingo 1:30 p.m.Movie Lovers' Film Series "Julie and Julia"	20 9:30 a.m. Retired Men's Club 12:30 p.m. Bridge 1 p.m. Low Vision Group - vacation 2-4 p.m. Open computer lab
25 10:30 a.m.Poetry Workshop-filled 12:30 p.m.Chinese programs 1 p.m.Mah Jongg/Scrabble 1--2 p.m. Line Dancing 2-4 p.m. Open computer lab	26 10:30a.m.Brookline Bees-Quilters 11a.m. - 4 p.m. Food distribution Noon-"Let's Go Out to Lunch" Grp meet at Sichuan Garden Restaurant 12:30 p.m. French Conversation grp. 1:00 p.m. Bingo 1:30 p.m.Movie Lovers' Film Series "Pure Country"	27 9:30 a.m. Retired Men's Club 12:30 p.m. Bridge 1 -2 p.m. Eileen Currier, Nurse Practitioner from St. E's Med. Ctr. 2-4 p.m. Open computer lab

THURSDAY	FRIDAY
BETS discount taxi coupons can be purchased at the Senior Center or through the mail. For more information or to apply for the program please call (617)730-2740	1 HAPPY NEW YEAR!!! Senior Center is closed. Rogerson Adult Day Health is closed.
7 10:30 a.m.Knit and Crochet Noon - Springwell Winter Special Lunch 1:30 p.m. Russian Tea Room 1:30 p.m.Knit and Crochet 1:30 p.m.'Easy Travel" visits Laos, Thailand, Cambodia & Vietnam	8 9 a.m.Bridge 10 a.m. Solemates Walking group 10 a.m Project Volunteer Group 10:30 a.m. Current Events 10:30 a.m. Senior Chorus Alzheimers' Support Group - call for time
14 10:30 a.m Knit and Crochet 1:30 p.m.Knit and Crochet 1:30 p.m. Russian Tea Room 4:30 p.m. Supper with "Devo" Students pre-registration required.	15 9 a.m.Bridge 10 a.m. Solemates Walking group 10 a.m Project Volunteer Group 10:30 a.m. Current Events 10:30 a.m. Senior Chorus
21 9-10:30 Blood Pressure Screening 10:30 a.m Knit and Crochet 1:30 p.m.Knit and Crochet 1:30 p.m. Russian Tea Room	22 9 a.m.Bridge 10 a.m. Solemates Walking group 10 a.m Project Volunteer Group 10:30 a.m. Current Events 10:30 a.m. Senior Chorus
28 10:30 a.m. Arthritis exercise program begins - preregistration required 10:30 a.m.Knit and Crochet 1:30 p.m.Knit and Crochet 1:30 p.m. Russian Tea Room Evening Alzheimers group BAOS Salon	29 9 a.m.Bridge 10 a.m. Solemates Walking group 10 a.m Project Volunteer Group 10:30 a.m. Current Events 10:30 a.m. Senior Chorus

ONGOING SENIOR CENTER EVENTS

MONDAY

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

TUESDAY

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

WEDNESDAY

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

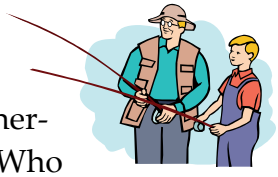
THURSDAY

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

FRIDAY

10:00 am—Solemates, Walking Group
10:00 am—Project Volunteer group
10:30 am—Current Events Discussion Group
10:30 am—Senior Chorus

THERAPY GROUP FOR GRANDPARENTS



The Brookline Community Mental Health Center at 41 Garrison Road is forming a Therapy Group for Grandparents Who Are the Primary Caregivers of Their Grandchildren. It will have its first meeting in January. If you are interested in joining this group and for more information about it, call Jenny McCartney, PsyD, at 617-277-8107, ext. 213.

The ***Brookline Aging Collaborative*** consists of the Brookline Council on Aging (COA), Goddard House in Brookline, Center Communities of Brookline—Hebrew SeniorLife, and the Rogerson Adult Day Health Program.

According to Doyle's

On January 17 in 1785, the first manned balloon crossed the English Channel. On January 20 in 1265, the English House of Commons first met.

MODERN BEADING WORKSHOP

This beading workshop for beginners and experienced beaders alike will meet at the Senior Center on Wednesday, January 13, with Marge Harvey on hand to instruct and help. Call Charlotte at 617-730-2769 for time and with questions.

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BROOKLINE RECREATION—IT'S WHAT WE DO!

Brookline Recreation has big plans for 2010. In January, there are two excursions:

- The **John F. Kennedy Presidential Library and Museum,** Friday afternoon, January 8. Tour independently this museum dedicated to our 35th president and review the life, leadership, and legacy of President Ken-nedy. The Van leaves the Senior Center at 12:00 noon and returns at about 4:00 pm. Cost: $15.00 per person.
- The **Isabella Stewart Gardner Museum** on Friday afternoon, January 22. Take a guided tour of the three floors of galleries that surround a garden courtyard blooming with life in all seasons. The Van leaves the Senior Center at 12:45 pm and returns at approximately 4:00 pm. Cost: $20.00 per person.

There are many other excursions planned:

- Friday, February 12—Longyear Museum—cost: $10.00/per person
- Wednesday, February 24—Brookline High School Chamber Music Concert—cost: $10.00 per person
- Sunday, February 28—"The Lion King" at the Boston Opera House—cost: $50.00 per person
- Friday, March 12—Boston Symphony Orchestra—cost: $35.00 per person
- Friday, March 26—Boston Flower and Garden Show—cost: $20.00 per person
- Sunday, April 11—"Opus" at the New Repertory Theatre—cost: $35.00 per person

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

For more information and to register, call 617-730-2069 or access the Brookline Recreation web site at www.brooklinerec.com.

YOU CAN STILL CHANGE YOUR MEDICARE PLANS!

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

After March 31, most of you will not be able to make any changes until the next Medicare Open Enrollment Period (November 15 to December 31, 2010, effective January 2011). However, if you have a special situation, like you first become eligible for Medicare or you lose your current health insurance, you do not have to wait.

Furthermore:

- **If you are a member of Prescription Advantage, you have one extra chance to change your *Medicare prescription drug plan* any time during the year.**
- **In 2010, Prescription Advantage will not help with the cost of your premiums, but it will still help with the cost of drugs if you reach the "donut hole."**
- **If you have MassHealth or if you qualify for "extra help" with your drugs, you can change your *Medicare prescription drug plan* at any time during the year.**

If you need help with your Medicare 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 1-800-243-4636 (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.

A COMPUTER MIRACLE

They say miracles don't happen anymore; especially when it's about computers and technology. When you get stuck, you lose your data, or worse, your programs. But during this season of dark, I found out otherwise, when a series of bad turns ended happily.

It started a couple of months ago, when I purchased an iTouch (which is essentially a computer). I bought it to get a certain art application ("app" in computer lingo.) An app is a program that you download onto the iTouch. I was interested in the app *Brushes*, where you finger paint on the little iTouch screen. If you are a really good artist like Jorge Colombo, you can make New Yorker covers. If you're like me, you make little fun things you, your family and friends can enjoy and send around the internet.

After downloading *Brushes*, I got hooked and began to download more apps. In fact, after a couple of months, I had accumulated 71 apps.

Then I downloaded some of my CDs onto the iTouch from iTunes (a free computer program that manages this task). No problem. The CDs played nicely on my iTouch, which is also an iPod. (You can refer to me as iLaurie from now on.)

When I tried to access my apps, it was impossible. They seemed to be there, but when I clicked one, it teasingly showed me its homepage for a microsecond and then went back to my app screen. When I tried to press longer or harder, apps now appeared with little x's on the upper left of the icon and started wriggling meanly at me, like they were making fun of my problems!

So I did a Google search (*iTouch apps won't turn on*) and found some more depressing news. I might have to wipe out all the memory on my iTouch and start over—meaning reloading all my apps and paying for them again!

Then the miracles started to happen.

I reloaded my apps, starting with the one that I love the most. It's called iWallFlower. It lets you make art by doodling in colors on the little iTouch screen with your finger. You can share your doodles with people all over the world. It's a good program for extroverts like me.

When I began to pay for it, I was informed that *I had already paid,* and it would download for free! That was the first miracle.

I looked at my iTouch and decided to try to start an app. It worked! No more wriggling icons! And every single other icon I had on my iTouch now worked! Another miracle had happened!

I do have lingering reservations that it actually was a miracle. I will wait for better minds than mine to explain the anomalies and phenomena I experienced that day. Does this say something about life? I'm not sure, but if it does, it must be profound. *May all your apps continue to shine brightly and give you great joy during the coming year.*

by Laurie Israel, Esq.

(617) 277-3774

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LAW OFFICES OF LAURIE ISRAEL

Coolidge Corner

The 5th Edition of the *Elder Resource Guide*, revised and expanded, is available for pick-up at the Senior Center. Additions to the *Guide* include sections on clutter management, funeral planning, tax exemptions, and a Partners-in-Care Spotlight on Jewish Family & Children's Services. Pick up your copy today!

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CELL PHONES AND IPODS

Did you, your children, or your grandchildren get new cell phones or iPods for the holidays? If so do not let them go into the trash. Bring them to Susan Andriole at the Senior Center, and we can pass them on to an organization that will rehabilitate them for nonprofit use and give the Senior Center cash that will help pay for our services, equipment, and programs.

FUEL ASSISTANCE

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

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

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

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

ELF

The Council on Aging Equipment Loan Fund (ELF) has a small supply of gently used large and small items and walker accessories that are now available for lending thanks to generous donations. If you want to borrow an item (or if you have something you would like to donate), please contact Julie Washburn at 617-730-2760. Because of space limitations and other guidelines, we will not be able to accept all items, so please be sure to call ahead and speak with Julie before dropping anything off.

SENIOR SCENE

BATV has finished moving into its new offices and is taping again. Soon the Senior Scene program hosted by Betty Joel will resume.

The program about the very popular *Drawing for Pleasure* class at the Senior Center has had technical problems so it will be rescheduled later in the year. It will feature interviews with the instructor of the course—Louise Weinberg and with students Sol and Gloria Brenner.

However, a new show is being taped and will be aired shortly after its January 6 taping date. On this show, Betty will interview Barbara Tynan of the Brookline Recreation Department about their upcoming trips for active adults.

Airings of all Senior Scene programs will be on Thursdays at 7:00 pm with repeat airings on Fridays at 1:00 pm, and Sundays at 7:30 pm.

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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.

SPANISH IMMERSION

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

Spanish conversation skills by talking one-on-one with Spanish-speaking Brookline elder teachers are also still available.

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

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

VOLUNTEER OPPORTUNITIES

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

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

SENIOR CENTER FOOD DISTRIBUTION SITE

Food distribution (produce, breads, and much more) takes place at the Senior Center every Tuesday. Please be aware that the time distribution starts depends on a number of factors—time of delivery of the supplies being the most critical—so the beginning of distribution usually is about 11:00 am. And we keep the site open until the food is gone, usually around 4:00 pm.

CONTINUING TO DRIVE PAST 55

This course will be given again at the Senior Center beginning January 7 on three Thursdays from 10:00 to 11:20 am. Cost:$100.
Course Code: N055

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

Happy New Year to one and all!

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.

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THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

EXERCISE AND DANCE CLASSES

And BA&CE also have some exercise and dance classes especially for seniors at the Senior Center, including: Introduction to Tai Chi Chuan, Yoga for Older Adults, Nia for Seniors: Health Through Movement (see p. 11 for more detail about this class) , and Strength Training for Seniors.

LEARNING IS A LIFELONG ACTIVITY

The Winter 2009/2010 Brookline Adult & Community Education (BA&CE) catalog is out and chock full of courses especially designed for seniors. Pick up a catalog, and you will find a virtual banquet of courses that start or occur in January. A sampling:

- A BA&CE Special Event: **Love, Intimacy, and Sexuality as We Grow Older** on Tuesday, January 12, from 7:00 to 8:30 pm at the Brookline High School with Gina Ogden, a licensed marriage and family therapist, sex therapist and researcher in Cambridge. Ms. Ogden will talk about long-term relationships, late-life romance, and living alone. She'll discuss the role of hormones and life-force energy and will explore ways to update our self-images, focusing on how to transcend guilt and shame, heal sexual, wounds, expand heart-to-heart connection, and cultivate the potential for love and pleasure throughout our lives. This special event is free but space is limited so preregistration is recommended. **Course Code: X227**
- A Thursday Evening Lecture: **The Great Recession:** Understanding our Nation's Economic Crisis on Thursday, January 28 from 7:00 to 8:30 pm at the Brookline High School with Daniel Seltzer as instructor for the lecture. Registration required.Cost: $6.00. **Course Code: J382**

Four courses at the Senior Center cosponsored by the Council on Aging (COA). All have registration required:

- **Telling Your Story**: Senior Seminar in Autobiographical Writing. 8 Wednesdays from 10:15 to 11:45 am beginning January 13. Jean Kramer and Irving Schwartz, instructors. Cost:$70. **Course Code: H065**
- **Literary Discussion Group**. 8 Tuesdays from 10:30 am to 12:30 pm beginning January 12. Susan Gorman Grey, instructor. Cost: $120. **Course Code: H010**
- **Short Stories**: Willa Cather, Sarah Orne Jewett, and Alice Munro. 8 Wednesdays from 1:00 to 3:00 pm beginning January 13. Sorel Faith Berman, instructor. Cost: $120. Course Code: **HU73**
- **Love in Literature**. 6 Thursdays from 10:00 am to 12:00 noon beginning January 21. Krishna Lewis, instructor. Cost: $109. **Course Code: HU76**

In addition there will be several computer courses at the Senior Center cosponsored by the COA.:

- **Introduction to Computer Basics for Seniors.** Bob Roll, instructor. 4 sessions— beginning on Thursday, Jan. 14. from 9:30 to 11:30 am. Cost: $70. **Course Code: C116**
- **Advanced Computer Basics for Seniors.** Bob Roll, instructor. 4 sessions—beginning Friday, Jan. 15, from 9:30-11:30 am. Cost: $70. **Course Code: C157**
- **Basic Computer Maintenance for Seniors.** Phyllis Mays, instructor. 4 sessions—beginning Monday, Jan. 11, from 11:45 am to 11:45 pm. Cost $70. **Course Code: C220**
- **Introduction to the internet for Seniors.** Mimi Katz, instructor. 4 sessions—beginning Wednesday, Jan. 13 from 9:30 to 11:30 am. Cost: $70. **Course Code: C103**
- **e-Mail Workshop for Seniors.** Bob Roll. Instructor. 4 sessions—beginning Friday, Jan. 15, from 2:30 to 4:30 pm. Cost: $70. **Course Code: C171**
- **Microsoft Word for Seniors.** Bob Roll, instructor. 4 sessions—beginning Monday, Jan. 11, from 9:30 to 11:30 am. Cost: $70. **Course Code: C198**

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

THANK YOU, THANK YOU, AND AGAIN THANK YOU

We wish to thank everyone who helped keep our coffers from starvation by donations:

Annual Fund Donors
Beverly Smerline and Jill Kushner, Edgar and Hinda Gutoff, Shirley Horblit, Edith Richman, Lenore Parker, The New York Community Trust, Morton Abromson and Joan Nissman, Marjorie Harvey, Shirley Obelsky, Marcia Starensier, Eleanor Coslow, Carol Sawyer Parts, Vivian Freeman, Mary Comstock, Livia Frank, and Evelyn Golden

Gifts in honor of
Twinkle Toes Dorothy Siegel **from** Kathryn Kilpatrick, Arlene Stern **from** Dorothy Wolfson

Gifts in memory of
Alan Goldberg **from** Sybil Kaplan,Joanne Stratton-Mamber, Family Day Care Program, Inc., and Anita and Sid Redner

Ruth Medeiros **from** The Gallagher-Wagner Families, Jean Weldon, The Gallagher Family, and Elaine Langenthal

Elizabeth (Betty) Zeserson **from** Ruth Werksman

Ruth Abrams **from** Linda and Jerry Zindler

Lynn Blalock **from** Elaine Langenthal

Claire Leven **from** Elaine Langenthal

A great, big thank you also to the Brookline Elks Lodge 866 for taking a Saturday out of their busy schedules to set-up and serve close to 100 seniors with a yummie feast. Kudos to you all! And, as if that was not enough, they gave the Senior Center the beautiful, big tree that has graced our entry all month.
And our thanks also go out to everyone who donated food for the Brookline Food Pantry, ornaments for the tree, and Toys for Tots.
And a special thank you to our neighbor, Amie Seavey for a gift of lovely hand-decorated cookies.

As you already know, our **25th Annual Holiday Craft Fair** was a great success and the Brookline Senior Center will be receiving a sizable donation at the **Council on Aging Meeting on Wednesday, January 13, at 1:00 pm**. Thank you to all the senior participants, volunteers, the Boston University Sigma Kappa Sorority, the Brookline Recreation Department, and the Council on Aging staff whose efforts made this event possible. Thank you also to the Brookline community and to the following business who made generous donations to this year's Fair: Allandale Farms, Beauty and Style, Brookline Booksmith, Brookline Courtyard by Marriott, Brookline Spa, Chef Chang's House, City Housewares, Coolidge Corner Theater, Corrib Pub Restaurant, Dok Bua Thai Kitchen, Dorado Tacos and Cemitas, Dunkin' Donuts, Edwin Case Shoes, Encore Exchange, Fire Opal, GPS Wine and Spirits, Jo Jo Tai Pei, Lenscrafters, Manna Massage, Mattei Galleria, Mint Julep, New England Comics, O'Leary's Restaurant and Pub, Party Favors, Simons Shoes, The Pear Tree, The Picture Place, The Studio, Trader Joe's, the Upper Crust, and Zaftig's.

A special thanks for kind words from the Gallagher Family who gave a donation "in memory of our mother and nana, Ruth Medeiros. Happy Holidays."
And to Evelyn Golden for her donation to the Annual Appeal "wishing all my friends at the center the best life has to offer for the year 2010.

The 25th Annual Holiday Craft Fair Reprise

The Holiday Craft Fair was a great success this year. There were many people (at least on Friday—Saturday the weather was against us. The Fair made over $3800 for Senior Center events, programs, physical plant, and so forth. Come to the check presentation at the COA meeting on Wednesday, January 13 for the check presentation, refreshments, and general merry-making.

Photos courtesy of Mimi Katz

OUR CONTRIBUTORS

Many, many thanks go out to the people who contributed to this issue of the *Senior News and Events*: to Mimi Katz for the photographs from the 25th Annual Holiday Craft Fair on pp. 1 and 29; to Netflix for the summaries for the movies on p. 10; to the Merriam-Webster Encyclopedia of Literature for the critique of *Death Comes for the Archbishop* on p. 11; to SHINE for the article on p. 12; to Susana Lannik, Esq., for her essay on p. 14; to Laurie Israel, Esq., for her essay on p. 22; and to Ardyth H. Sigmund for the poem on p. 30.

Thanks also go to the people who have helped put this newsletter together—to Rhona Hirschowitz and Riva Berkovitz for proofreading and to Rhoda Myett for helping with consistency checking. Without their help, it would have been hard to get the issues out on time and in reasonably good form.

And then there is the staff at the Senior Center—Ruthann, Charlotte, and the social workers, interns, and volunteers who help keep me honest by picking up typos and feeding me material for articles.

Last, but certainly not least, the readers of the newsletter, who have given me encouragement and suggestions, and sometimes poetry, essays, and art. Thank you all, and may you have a new year and a new decade that is warm, loving, peaceful, and prosperous.

ALONE

Let's end with a little food for though
from Ardyth H. Sigmund (age 90):-
I never thought I'd be alone
Sitting by the telephone
Not a thing I can do
Life's not fair, this is true
Our minds are strong, bodies weak
Being busy is what I seek
I'd love to throw away all pills
Say goodbye to body ills
I'm happy when there are things to do
Sitting still means life is through

MEMORIAL GIVING

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

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

OUR ADVERTISERS

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

FROM THE BOARD PRESIDENT

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

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

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

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:

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DON'T LET YOUR SUBSCRIPTION RUN OUT In order to make certain that you have current information on happenings at the Senior Center, in Brookline, and 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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