

TOWN OF BROOKLINE SENIOR NEWS AND EVENTS

Council on Aging

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

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Brookline, Massachusetts 02446



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HIGHLIGHTS

Get an update on the plans for the November **Holiday Fair** on **page 3**.

Don't miss the exhibit of paintings and prints by Evelyn Berde **At the Gallery** on **page 8**.

See some tips on **How to Weather the (Hot) Weather** on **psge 19**.

Go to a performance by **John Root, the Music Man**. See **page 20**.

Get the latest information in **Property Tax Exemptions Updated** on **pages 22 and 23**.

Get prepared by reading about **Emergency Preparedness** on **page 25**.



**Have A Happy
4TH OF July!**



JULY 2008

DRAWING FOR PLEASURE

Drawing can be an extremely pleasurable activity. However, many people feel so frustrated in their attempts to draw that they give up the effort as hopeless. But drawing can be learned. A new class in **Learning to Draw for Beginners**, a perennially popular and effective class, will be given by the Senior Center on six **Thursday mornings from July 10 through August 14, from 10:00 to 11:30 am** at the Senior Center.

The instructor, Elizabeth Taylor, will help the students in the class begin to learn to look at things as an artist does. In doing so, the class will address such issues as line, value, and composition. Subtopics include negative space, contour drawing, and how light and shadow create form. The class will work from still-life objects and learn to use such tools as charcoal, pencil, kneaded erasers, and newsprint.

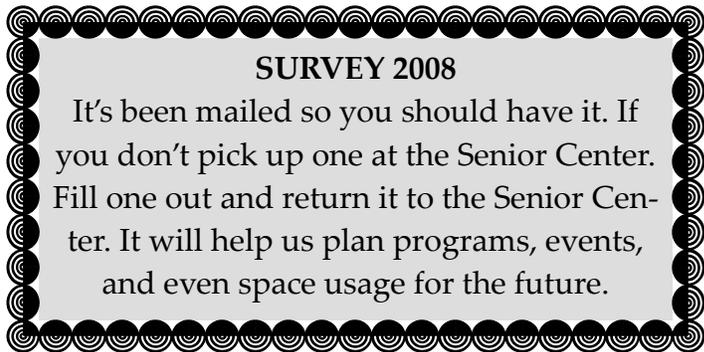
Space is limited so call 617-730-2770 to register quickly to assure yourself place in the beginner's class. The program is offered free of cost, but it has always been very popular so preregistration is a must.

Former students (no longer beginners) are welcome to come to the Center to draw during this class time, but the teacher will not be teaching the more advanced students.

The instructor, Elizabeth Taylor, has a BFA from the Massachusetts College of Art. She has been a working artist for the past 10 years and has a studio in the South End. She taught elementary art in Dorchester and has been the facilitator for Drawing in the Galleries in the Museum of Fine Arts for the past four years.

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The Town of Brookline Senior Calendar
BROOKLINE COUNCIL ON AGING (COA)

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The Town of Brookline Senior Calendar is published monthly by the Brookline Council on Aging, 93 Winchester Street, Brookline, MA 02446.

Subscription fee: \$10.00/year. See page 27 for subscription/renewal form.

HOLIDAYS

On **Friday, July 4, Independence Day**, we go all out in celebrating. Fireworks. Cookouts. Beach parties. Parades. Celebrate, but remember



the reason for the celebration—a giant step toward freedom for the United States and the world. On this auspicious occasion, the Senior Center will be closed.

MEMORIAL DAY 2008

Our own Cornelia (Connie) Schultz (a Navy WAVE) and Selma (Sally) Swartz (an Army nurse), both veterans of World War II, participated in the Brookline Memorial Day Program on May 26. At the World War Monument, Connie offered a poem.

A Pledge to Flanders

In Flanders where you lie 'neath fields of green,
So richly strewn with poppies planted there,
By grateful hands that now are long unseen,
Whisper for us a strong and fervent prayer.
Hear now our footsteps as while passing by,
We've caught the flaming torch that blest the
ground.

Now bearing Freedom's costly beacon high,
We answer tyrants' long unanswered sound.
So sleep, and be assured that we your heirs,
When given cause will never lose that fire
That cost us all so much in strife and care
Nor the freedom which that flame inspires.
Now sleep in Flanders fields and know
That we keep Freedom's flame aglow.



Connie and Sally at the Memorial Day events on Monday, May 26.

Photo courtesy of Dotty Hart

COUNCIL ON AGING

The COA Board gets a well-deserved breather in July and August. The next board meeting will be Wednesday, September 10.

HOLIDAY FAIR PLANNING

The annual Holiday Fair will be held this November at the Senior Center. The first planning meeting on Wednesday, June 11, got off to a good start with exciting ideas and possibilities flying around the room. It was agreed at the meeting that the fair would be expanded this year to two days—Friday, November 14, and Saturday, November 15, from 10 am to 3 pm both days.

Future meetings are set for:

- Wednesday, August 6, at 1:00 pm to begin solicitation of donations and publicity
- Friday, September 5, at 1:00 pm to firm up fair participants and work assignments
- Monday, October 6, at 10:30 am to hear progress reports
- Monday, November 3, at 10:30 am to finalize logistic arrangements

There was a good group of planners at the first meeting, but everyone—who has ideas about the fair, wants to participate as a craftsperson or artist, is interested in being a volunteer at the event, or is interested in being part of the planning—is invited to the meetings.

ACTIVE ADULTS PROGRAM

What happened to the Golden Age Club? It is still very much alive but with a new Coordinator and a new name! Introducing the Brookline Recreation Active Adults Program with Coordinator Kat Pileski. For more information, feel free to contact Kat at 617-730-2129, or e-mail her at Kathryn_Pileski@town.brookline.ma.us. To join the club, contact Kat or pick up a registration form at the Senior Center.

FROM THE DIRECTOR

July is a time for summer vacations. Many of our staff will be taking needed time off so check their schedules. You may wonder why the Van is on a shorter week during July. Ron is taking a well-deserved vacation, and because his salary is supported totally by donations, there are not enough funds to hire a substitute. Remember, your support is essential to keep it running, and any donation is graciously accepted and appreciated.

I attended, and spoke at, Ruth Abram's memorial service held here at the Senior Center. Ruth's devotion to aging artfully and graciously will be deeply missed in this community. I am moved by how many people told me personal stories of how Ruth touched their lives and so many of them included her kindness with gifts of flowers. She will remain a personal mentor for me.

One of our special programs of the year will start Monday, July 7, as we welcome the fifth year of Careers in Aging students for a wonderful summer program. When you see the high school kids in the building, give them a warm welcome and chat with them.

A warm welcome also to the Recreation

Department's Kat Pileski who will be leading the Active Adults Program (formerly the Golden Age Club). Kat is a vibrant, energetic woman who is planning wonderful trips for you. Make sure to renew your membership or join and try out one of the day trips to Foxwoods or Martha's Vineyard, or make a suggestion of your own. Kat is looking forward to meeting all of you.

Our 2008 survey is out, and we are looking for your feedback. Please take the time to complete it, and feel free to add any additional ideas, complaints, or compliments! I read each one and really try to respond. Watch this space for answers to some of your comments.

And finally, Happy Fourth of July to all. My family always has a big party to watch the glorious fireworks and enjoy the delicious summer foods especially juicy grilled burgers, sweet watermelon, and fresh corn on the cob. Summer flies by so quickly when you are an adult so make sure to savor your favorite tradition!

Keep cool, drink extra water this month, and join me at the Farmer's Market for yummy summer treats and socializing with your neighbors.

—Ruthann Dobek, Director



FROM THE EDITOR

How time flies! This is the 10th issue of the Senior Calendar in its new format! I hope you are all finding it helpful and enjoyable.

Since U.S. News & World Reports, in its June issue has designated Brookline as one of the TEN BRAINIEST PLACES TO RETIRE, I feel honored to be serving this Senior Community. And I hope to do so for many years to come. Keep your comments and ideas coming. We love hearing your ideas and incorporating them into the newsletter if we can.

—Judith Gimple

NEW NAME FOR THE CALENDAR

You might have noticed that something on the front cover of the Calendar has changed. You might not even have been able to put your finger on just what that change is, but something is definitely different. Oh, yes, it's the name. We have changed the name from *Senior Center Calendar* to *Senior Center News and Events* to reflect our extended format with more featured articles scattered amid the notices of events. We hope you will give us your comments about the change. We are always interested in your opinions and above all want to accommodate your interests.

SPANISH IMMERSION

The Brookline Spanish Immersion program is under way. It is a program that provides Spanish-speaking Brookline Seniors with the opportunity to earn some money and gain social interaction by speaking Spanish (in one-on-one sessions) with people who want to improve their Spanish conversation skills. Sessions will be at the Senior Center.

Registration for both the Spanish-speaking seniors and those who want to make use of this program is scheduled for **Thursdays from 1:00 to 5:00 pm**. A small fee from the latter group is required (\$11.00 per session or \$90.00 for 10 sessions).

The program is supported by the Brookline Senior Center and the Jamaica Plain Coalition: Tree of Life/Arbol de Vida. Interested people should call (617)-730-2644 or (617) 953-7016 or e-mail to brookline.spanish.Immersion@gmail.com.

VOLUNTEER THOUGHTS FOR THE SUMMER

Before Vivian went off for the summer, she compiled some pretty spectacular statistics about volunteering in Brookline. Did you know?

- 93 High School Students participated in the SHOP programs.
- 34 new volunteers joined the Senior Center, making our total number of volunteers 222, excluding the High School students.
- Over 30 different programs at the Senior Center are being led by volunteers!
- The annual number of hours donated is now over 37,000!!!

POETRY WORKSHOP

Attention all you working or wannabe poets! Mary McMannus, a published poet in Brookline, would like to do a workshop this summer in poetry writing and polishing. If you are interested in attending such a workshop, call 617-730-2777.

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MODERN DANCE WORKSHOP

Lynn Modell, the Modern Dance teacher at Brookline High School, would like to do a workshop over the summer at the Senior Center. The workshop is envisioned as aiming at Gentle Dance for Not-So-Nimble (but game) Adults. If you are interested in participating in such a workshop, call 617-730-2777.



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

Ask a Nurse Nurse Practitioner Eileen Carrier of St. Elizabeth’s Medical Center will be at the Senior Center to consult with individuals on **Wednesday, July 23, from 1:00 to 2:00 pm.**

Podiatry Clinic Routine foot care with Dr. John McLoughlin is available by appointment on **Mondays, July 7 and 21, from 9:00 am to 12 noon.** Sessions, which last 15 minutes each, cost \$25. Appointments are required. To make an appointment, call 617-730-2777.



Low Vision Group This peer-led support group for individuals with limited eyesight meets this month on **Wednesday, July 16, at 1:00 pm.**

Blood Pressure Screening The Brookline Health Care Center will provide a blood pressure screening at the **Senior Center on Monday, July 7, from 1:00 to 2:00 pm.** The nurse from the Brookline Health Care Center is bilingual, speaking English and Chinese.

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

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

The Health Page is sponsored by
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BLOOD PRESSURE SCREENINGS

Blood pressure screenings with a Health Department Nurse continue to be available at the Senior Center on the third Thursday of each month and at other locations around town.

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



MEDICARE PROMOTES PREVENTIVE SERVICES

An easy and important way to stay healthy is to get disease prevention and early-detection services. These services can help keep you from getting certain diseases or illnesses, and/or can detect a health problem early, which is when treatment works best.

Medicare covers many important screenings and other benefits to help you live healthier and more active lives. Diseases, such as diabetes, cancer, and heart disease, may be prevented or treated more effectively when they are found early.

If you are interested in finding out more about the preventive services that Medicare offers, contact Medicare at 1-800-MEDICARE (1-800-633-4227) and request a copy of the Medicare Publication "Staying Healthy: Medicare's Preventive Services" or visit Medicare's web site at [ww.medicare.gov](http://www.medicare.gov).

If you need help with any aspect of your Medicare, call the Senior Center at 617-730-2777 and ask for a SHINE (Serving the Health Information Needs of Elders) appointment.

And you can also reach a SHINE Counselor at 781-453-8076. If you call the latter number and get the SHINE answering machine, leave your name and phone number and a counselor will return your call as soon as possible.



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HEALTH INSURANCE QUESTIONS AND ANSWERS

In 2008 we faced the new Massachusetts mandate aimed at getting every person in the Commonwealth covered by health insurance. At present any health insurance plan that can be legally offered in Massachusetts meets the individual mandate for 2007 and 2008.

However, on January 1, 2009, the standards will go up. To meet the rules for 2009, the plans that are offered in the Commonwealth must cover a broad range of medical benefits. These include preventative and primary care, emergency services, hospital stays, outpatient services, prescription drugs, and mental health services. Specifically, in 2009 plans must:

- Cover prescription drugs
- Cover 3 regular doctor visits and check-ups per individual (or 6 for a family) before any deductible
- Cap the deductible at \$2000 for an individual (or \$4000 for a family) each year
- Cap out-of-pocket spending for nonprescription-drug health services at \$5000 for an individual (or \$10,000 for a family) each year if you have a deductible or co-insurance
- NOT cap total benefits for a sickness each year

Health insurance mandates and their implications and workings will be covered extensively in the next several months.

Information from Mass. Health Connector

AT THE GALLERY



Paintings and Prints by Evelyn Berde

Monday, July 7 through Tues-
day, September 30
8:30 am to 5:30 pm Mon-
day through Friday

Reception for the Artist
Wednesday, July 23 from
1:00 through 3:00 pm

This extraordinary exhibit at the Senior Center is simply too good to miss. And since it will be here for almost three months, you will all have time to visit and revisit the exhibit. I wish we were able to print the newsletter in color so that you could all see the colors in the painting above—so vibrant and vital that you want to jump into the picture just to glory in the colors.

DIVAS IN THE DARK OPERA FOR MOVIE LOVERS

The next, and last, movie in this series at the Coolidge Corner Cinema is *Phantom of the Opera* on July 13.

Tickets for seniors (defined as over 62 years old) are \$3.00, and you will need a current ID to show when you purchase tickets at the box office. Tickets must be obtained in person.

The series is made possible by the Trust Family Foundation in partnership with Finagle a Bagel.

SENIOR CINEMA—COOLIDGE CORNER BRANCH LIBRARY

There are more movies presented every Thursday afternoon at the Coolidge Corner Branch of the Brookline Public Library. Refreshments are served at 1:00 pm, and the films are shown at 1:30 pm. On July 3, the film is *Yankee Doodle Dandy* (126 minutes), and on July 10, it is *Groundhog Day* (101 minutes). Call the library for the rest of the schedule.



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MOVIE LOVERS SERIES FOR JULY

Every **Tuesday** in July, the place to go at **1:30 PM** is the Senior Center to see a great movie.

July 2

Golden Door

118 minutes



At the dawn of the 20th century, Sicilian widower Salvatore Mancuso leaves behind everything he knows to pursue a better life in America in this elegiac immigrant's tale. With his sons, Salvatore survives the Atlantic crossing only to suffer more hardship and humiliation on Ellis Island. But along the way, he finds romance with a mysterious Englishwoman who's also made the arduous voyage. This film is mostly in Italian with English subtitles.

July 8

Opera Australia: La Bohème by Puccini

112 minutes



Set in 1950s Paris complete with cool leather jackets, new look dresses, and bright lights amid post-war drabness, this was director Baz Luhrmann's first hurrah and a great one, too. This opera was filmed live at the Sydney Opera House.

July 15

Gone Baby Gone

114 minutes



When a 4-year-old girl goes missing in Dorchester, one of Boston's toughest neighborhoods, private investigators Patrick Kenzie and Angela Gennaro reluctantly agree to take the case. But the investigation proves tougher, riskier, and more complex than they could have imagined. This film marks Ben Affleck's directorial debut.

July 22

Arranged

90 minutes

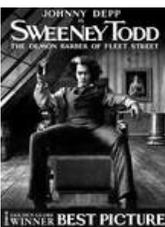


Rochel and Nasira—an Orthodox Jew and a Muslim, respectively—meet as new teachers at a Brooklyn school; co-workers and students expect friction. But the women discover they have a shared expectation of entering into arranged marriages. As they experience tension between their traditional cultures and life in contemporary America, Rochel and Nasira form a special bond.

July 29

Sweeney Todd

116 minutes



Johnny Depp (as Sweeney Todd) reteams with director Tim Burton for this adaptation of the hit Broadway musical about the Demon Barber of Fleet Street. Sweeney Todd becomes a deranged murderer seeking revenge after being falsely imprisoned. To add to the macabre nature of his crimes, he enlists the help of his lover, Mrs. Lovett, who disposes of the victims by baking them into meat pies.

SENIOR SERVICES

The Brookline Senior Center and the Council on Aging are amazing organizations, offering a vast array of programs and activities.

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 each coupon book has five (5) coupons. That's half price folks! 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.)

All local (Brookline) cab companies are required by the Town of Brookline to accept BETS coupons. Brookline also forbids dispatchers or drivers to ask passengers how they will pay for their rides. If you experience any of these difficulties, please let us know at 617-730-2756.

If you would like to reward a good driver with a tip, please do so with cash as drivers cannot accept BETS coupons as tips.

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, July 2**. 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. See page 10 for more information on emergency preparedness. For more information specifically on the File of Life, call 617-730-2777 and leave your name and address so that someone knowledgeable about the File of Life at the Senior Center can call you back.

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

JOBS The Job Opportunities for Seniors (JOBS) program is an employment service designed and sponsored by the Brookline Council on Aging, the goal of which is to match Brookline's capable, older workers with local employers who are seeking either part-time or full-time staff for office, academic, sales, food services, and a variety of other fields.

NEEDS helps seniors stretch food dollars with such aids as food stamps. For more information, see page 25 and/or leave a message for Riva Berkovitz at 617-730-2777.

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

The **SOCIAL SECURITY** Contact Station is no longer 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.

ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

People who care for loved ones with Alzheimer's Disease and other dementias meet each month to gain support and information. There are two groups that are open to members of the community and town employees free of charge.

The **Daytime Caregivers Group** that will meet on **Friday, July 11**. Call December Hefferman at 617-730-2753 for information about this group. The **Evening Caregivers Group** will meet on **Thursday, July 31**. Contact Susan Andriole at 617-730-2754 for more information about this group.

ARTHRITIS EXERCISE PROGRAM

There are still openings for additional people in this program, designed especially for seniors who have been diagnosed as having arthritis and for whom gentle exercise has been recommended. The class is being led by Nurse Practitioner Ilse Leaser, RN, PhD, and will run for six weeks on **Thursdays from July 10 through August 14 from 10:30 to 11:30 am**.

This program requires authorization from your health-care provider. To register and for more information, call 617-730-2770.

PROJECT VOLUNTEER

This group will continue to meet throughout the summer on **Fridays from 10:00 to 11:30 am** at the Senior Center to complete small projects for the Senior Center and other nonprofit agencies in Brookline and to have fun socializing with the other members of the group.

The group, under the very able leadership of Jean Doherty, forges ahead every week. Jean can be reached at 617-734-0889, or leave a message for her at 617-730-2777.

Anyone who would like to join in is very welcome. Join us at any time.

CAREERS IN AGING PROGRAM

We are looking forward to the fifth summer of the Careers in Aging program at the Brookline Senior Center. This summer, as in previous summers, we are expecting and planning an exciting and meaningful program for six High School students. Fortunately, we have had a lot of offers from Brookline elders to help, teach, and participate in the program, which will run **from Monday, July 7, through Thursday, July 31**.

In case you haven't made your interests and skills known yet, don't think it is too late. We welcome last-minute elder participants. There is still time for the students to benefit from your skills and experience. Please call Deidre Waxman at 617-730-2767 if you want to be involved.

On the final day of the program, **Thursday, July 31**, each student will present his or her final project at the **closing ceremonies** beginning at 1:00 pm. This is always a very inspiring and enjoyable event with students, parents, and elders mingling and sharing summer highlights. Refreshments will be served. The community is invited and encouraged to join in. Contact Deidre Waxman at 617-730-2767 with questions and ideas or for more information.

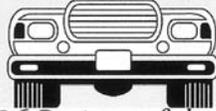
The program is co-sponsored by Brookline Senior Center, Brookline Aging Collaborative (the Brookline Council on Aging, Goddard House in Brookline, and Center Communities of Brookline—Hebrew Senior Life), and Wheelock College Division of Social Work.

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Have limited income and resources? Learn how to get *extra help* with the costs of Medicare Part D prescription drug coverage by going to www.socialsecurity.gov/prescriptionhelp.

Read about qualifying and applying for disability benefits at www.socialsecurity.gov/d&s1.htm. Or qualify and apply for survivors benefits at www.socialsecurity.gov/ww&os2.htm.

If you have Medicare coverage, you can get a replacement Medicare card by visiting www.socialsecurity.gov/mediinfo.htm. Or learn all about direct deposit—how to set it up or change your account info—by visiting www.socialsecurity.gov/deposit.

You even can find fun facts such as a list of the most popular baby names at www.socialsecurity.gov/OACT/babynames.

Social Security offers a list of online publications

that will help save you time and effort. Take a look at www.socialsecurity.gov/pubs/index.html to see this list. Most of the publications have been translated into Spanish, and the most popular publications have been translated into 15 other languages. You can find the translations by visiting our Multilanguage Gateway at www.socialsecurity.gov/multilanguage.

Also at www.socialsecurity.gov, you'll find the answers to hundreds of frequently asked questions (FAQs). You'll find answers to questions about Social Security, Supplemental Security Income (SSI) and even about Medicare.

How do you get a Social Security card for your newborn? You can find out online. Want to know about benefits? It's there, too.

So declare your freedom from traffic jams and long waiting times on the telephone. Save a trip to the social security office. Go to www.socialsecurity.gov.

Judy Bernstein

Social Security District Manager in Boston

(Note: If you don't know how to use the Internet, take a course at the Senior Center. And if you don't own a computer, there are computers available for your use at all branches of the Brookline Public Library. If you don't want to use a computer yourself, recruit a child or grandchild to help you.)



SENIOR CENTER SURVEY 2008

It's been mailed. If you didn't get one in the mail, call us at 617-730-2777 and we will send you one. Or you can pick one up at the Senior Center. We want to hear from you!

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SONY

GIVING

Our heartfelt thanks go to all the people who gave generously to the Senior Center and to its special programs in the month of June.

To Charles Gilbert and Susan Wheeler and Christine Westphal for their gifts to our **Annual Appeal**



To Tobey Taylor **in honor of Tax Preparation**



To the Class of "Telling Your Story" and Eve Glick for their gifts **in honor of "Telling Your Story"**



To Mary Regan **in support of the Van Fund**



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 as well as 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.

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

GIVE US YOUR CHANGE

The precipitous rise in the cost of food and the even more spectacular rise in fuel costs have put enormous pressures on the Springwell Nutrition Program. We want to ensure the continuation of this most important program so we are asking you to consider adding your pocket change to your donation envelope—say at the end of each week. Every extra nickel, dime, or quarter helps.



To Bob, Bette, and Jane Abrams; Lillian Aronson; Valerie Gruber; Kathryn Kilpatrick; Rochelle and Mel Nelson; Ruth Parker; Lawrence Ruttman; Michael Simon and Stephen Woodman; Sheila Smokler and Albert Mirabella; Lois Martin; and JoAnn Simons and family **in memory of Ruth Abrams.**



In Memoriam

Ruth Abrams—CVA board member and good friend to the Senior Center and many other worthy causes. She will be missed by all who knew and worked with her.

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 for helping to support the Senior Center Calendar so that we can continue to serve the Brookline Senior Community.

CONTRIBUTORS

Our thanks to Dotty Hart for use of the photograph (page 3); the Massachusetts Health Connector for information (page 7); Judy Bernstein, for her article (page 12); the Massachusetts Emergency Management Agency for information (page 19); Gary McCabe for information (pages 22 and 23); to Garrett Simonson, Dawn Sibor, and Michael Raskin for information (page 25); to Mimi Katz for use of photographs (page 26); and to Pat Baker for information (page 26).

MONDAY	TUESDAY	WEDNESDAY
	<p>1) ***Reduced Sodium Hot Dog Hot Dog Roll/Baked Beans/Cole Slaw Ketchup/Mustard/Relish OR Roast Beef & Swiss Cheese on Wheat Bread/Lite Mayo Riviera Salad/Macaroni SalaD Chocolate Pudding/Topping</p>	<p>2) Independence Day Special "Cold Picnic Lunch" Cranberry Juice Oven Fried Boneless Chicken Breast (served cold) over Spinach Mandarin Orange Salad Potato Salad/Lite Italian Dressing Garlic Dinner Roll Strawberry Short Cake w/Topping</p>
<p>7) Chicken with Creamy Italian Sauce Wild Rice Pilaf Broccoli & Cauliflower/Rye Bread OR Roast Beef & Swiss Cheese on Rye Bread Lite Mayo/ Carrot Raisin Salad Three Bean Salad Cotton Candy Mousse/Topping</p>	<p>8) Mushroom Barley Soup/Crackers Roast Turkey/Gravy/Cranberry Sauce Whipped Potatoes/Parsley Carrots Whole Wheat Dinner Roll OR Tuna Salad on Lettuce Leaf Tri-Color Pasta Salad English Pea Salad/Oatmeal Bread Fresh Fruit</p>	<p>9) Corn Chowder/Crackers Stuffed Salmon/Dill Sauce Brown Rice/Peas Multigrain Bread OR Chef Salad w/turkey, egg, cheese, vegeta- bles Italian Dressing Macaroni Salad/Whole Wheat Roll Frosted Cake</p>
<p>14) SEAFOOD CHOWDER/ CRACKERS Breaded Fish Cheese Sandwich Tartar Sauce/Pineapple Cole Slaw Potato Chips/Hamburger Roll OR Turkey & Muenster Cheese on Multigrain Bread/Lite Mayo/Lettuce Leaf Potato Salad/Summer Squash Salad Chocolate Chip Cookie</p>	<p>15) Birthday Luncheon BBQ Chicken /Sauce Oven Roasted Potatoes Broccoli/Oatmeal Bread OR Seafood Salad on Lettuce Leaf Broccoli & Tomato Salad Italian Pasta Salad/Whole Wheat Bread Peaches</p>	<p>16) BBO Special Luncheon No Springwell Lunch today. See Luncheon Specials for July on page 15.</p>
<p>21) Beef Stew w/Vegetables Tossed Garden Salad/Lite Dressing Biscuit OR ***Ham Salad on Rye Bread Lo Mein Pasta Salad Spinach Mandarin Orange Salad Lite Italian Dressing Ambrosia/Topping</p>	<p>22) "Taste of Italy" Pasta e Fagioli Soup/Crackers Cannelloni w/White Sauce Cauliflower & Zucchini Baked Tomato Half/Scali Bread OR California Chicken Salad on Lettuce Leaf Cole Slaw/Orzo Vegetable Salad Multigrain Bread Amaretto Mousse/Topping</p>	<p>23) Vegetable Soup/Crackers Chicken & Broccoli Penne Casserole Alfredo Sauce Chuck Wagon Corn/Wheat Bread OR Roast Beef & Swiss Cheese on Oatmeal Bread/Lite Mayo/Lettuce Leaf Tomato Red Pepper Salad Pasta Salad w/Cheese Pineapple</p>
<p>28) Chicken Cacciatore Buttered Parsley Noodles Wax Beans/Whole Wheat Bread OR Egg Salad on Whole Wheat Bread Lettuce Leaf/Tri-Color Pasta Salad Roman Blend Salad Mixed Fruit</p>	<p>29) Minestrone Soup/Crackers Meatloaf/Brown Gravy Whipped Potatoes Zucchini/Oatmeal Bread OR Tuna Salad over Mixed Greens/Cherry Toma- toes Three Bean Salad Oatmeal Bread Carnival Cookie</p>	<p>30) Tomato Basil Soup/Crackers Broccoli Cheese Fish Lyonnais Potatoes/Carrots Whole Wheat Bread OR Peppercorn Turkey & American Cheese on Multigrain Bread/Lite Mayo Cucumber & Tomato Salad/Macaroni Salad Fresh Fruit</p>

LUNCHEON SPECIALS FOR JULY

THURSDAY	FRIDAY
<p>3) Clam Chowder/Crackers Florentine Fish Sweet Potatoes/Green Beans Oatmeal Bread</p> <p style="text-align: center;">OR</p> <p>***Ham & American Cheese on Rye Bread Mustard/Roman Blend Salad German Potato Salad Pineapples</p>	<p>4) INDEPENDENCE DAY</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Closed</p>
<p>10) Cheese Lasagna/Meatball/ Tomato Sauce Spinach & Mushrooms/Caesar Salad Lite Dressing/ Whole Wheat Bread</p> <p style="text-align: center;">OR</p> <p>Breaded Chicken Patty on a Hamburger Roll Lite Mayo/Lettuce Leaf German Potato Salad/Cole Slaw Mixed Fruit</p>	<p>11) Lentil Soup/Crackers Beef Burgundy Baked Potato/Sour Cream Summer Squash/Oatmeal Bread</p> <p style="text-align: center;">OR</p> <p>Egg Salad on Multigrain Bread Tossed Garden Salad Lite French Dressing/Pasta Salad Pears</p>
<p>17) ***Baked Sliced Ham/Pineapple Sauce <i>Sweet Potato</i></p> <p>Herbed Green Beans/Rye Bread</p> <p style="text-align: center;">OR</p> <p>Roast Beef & American Cheese on Oatmeal Bread/Lite Mayo/Lettuce Leaf German Potato Salad/Beet Salad Fresh Fruit</p>	<p>18) Minestrone Soup/Crackers American Chop Suey/Parmesan Cheese Italian Style Vegetables Scali Bread</p> <p style="text-align: center;">OR</p> <p>Chicken Salad on Whole Wheat Bread Lettuce Leaf/Pasta Vegetable Salad Cole Slaw Fruit Smoothie</p>
<p>24) Cold Plate Cream of Carrot Soup/Crackers Chef Salad w/turkey , egg, cheese, vegetables Thousand Island Dressing/Pasta Salad Whole Wheat Roll</p> <p style="text-align: center;">OR</p> <p>Seafood Salad on Rye Bread Lettuce Leaf/Carrot Raisin Salad Potato Salad Chef's Choice Dessert</p>	<p>25) Crumb Topped Baked Fish Lemon Butter Sauce/Scalloped Potatoes Spinach/Multigrain Bread</p> <p style="text-align: center;">OR</p> <p>Turkey & American Cheese on Whole Wheat Bread/Lite Mayo Tossed Garden Salad/Lite French Dressing Tri-Color Pasta Salad Fresh Fruit</p>
<p>31) Roast Turkey/Gravy/Cranberry Sauce Sweet Potatoes/Green Beans Corn Bread</p> <p style="text-align: center;">OR</p> <p>Roast Beef & Swiss Cheese on Rye Bread Lite Mayo/Cole Slaw Beet Salad Peaches</p>	<p>All meals include 8 oz. of 1% milk and margarine.</p> <p>Low sugar desserts are available, and need to be ordered with the site manager</p> <p>***Higher Sodium Content</p> <p>Menu subject to change. \$1.75 donation</p>

Please remember that 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 Springwell luncheons.

Come to the **Independence Day Special "Cold Picnic Lunch"** on **Wednesday, July 2**, and be entertained by the voices of the Brookline Senior Chorus.

On **Tuesday, July 15**, we celebrate all the July birthdays at our special **BirthDay Luncheon.** When you call to make reservations, tell us if you have a July Birthday.

On **Wednesday, July 16**, we have a special **BBQ** with bingo, raffles, and lots of fun. The menu includes BBQed chicken and hot dogs and all the trimmings. The lunch is free, but reservations are still required.

On **Tuesday, July 22**, have a **Taste of Italy** with Pasta e Fagioli and Cannelloni.

The **Out to Lunch Group** will meet to eat on **Tuesday, July 29** at Bertucci's Pizzeria at 4 Brookline Place in the Village.

Events Calendar

MONDAY	TUESDAY	WEDNESDAY
<p>To reserve a lunch please call 6177-730-2770 by 11 a.m., a day in advance</p>	<p>1 10:30a.m. Brookline Bees-Quilters 1:00 p.m. Bingo 1:30 p.m. Movie Lovers' Film Series "Golden Door"</p>	<p>2 9 a.m. - noon BLAB lawyer 9:30 a.m. Retired Men's Club 10 a.m. - noon S.H.I.N.E. counselor Noon -Springwell 4th of July Special 12:30 Bridge 1 p.m. Concert by Senior Chorus</p>
<p>0 Careers in Aging Program begins 9 a.m. Podiatry Clinic by appt. 12:30 p.m. Chinese programs 1p.m. Mah jongg 1--2 p.m. Line Dancing 1-2 p.m. Blood pressure screening 2-4 p.m. Open computer lab</p>	<p>8 10:30a.m. Brookline Bees - Quilters 12:45 p.m. French Conversation grp. 1:00 p.m. Bingo 1:30 p.m. Movie Lovers' Film Series "La Boheme" - opera</p>	<p>9 9:30 a.m. Retired Men's Club 10 a.m. - noon S.H.I.N.E. counselor 12:30 p.m. Bridge</p>
<p>14 12:30 p.m. Chinese programs 1p.m. Mah jongg 1--2 p.m. Line Dancing 2-4 p.m. Open computer lab</p>	<p>15 10:30a.m. Brookline Bees-Quilters Noon - July Birthday lunch 1:00 p.m. Bingo 1:30 p.m. Movie Lovers' Film Series "Gone Baby Gone"</p>	<p>16 9:30 a.m. Retired Men's Club 10 a.m. - noon S.H.I.N.E. counselor Noon - BBQ - early reg. required No Springwell lunch today 1:30 p.m. Bingo Special</p>
<p>21 9 a.m. Podiatry Clinic by appt. 12:30 p.m. Chinese programs 1p.m. Mah jongg 1--2 p.m. Line Dancing 2-4 p.m. Open computer lab</p>	<p>22 10:30a.m. Brookline Bees - Quilters 12:45 p.m. French Conversation grp. 1:00 p.m. Bingo 1:30 p.m. Movie Lovers' Film Series "Arranged"</p>	<p>23) 9:30 a.m. Retired Men's Club 10 a.m. - noon S.H.I.N.E. counselor 12:30 Bridge 1 p.m. Modern Beading Workshop 1-2 p.m. Eileen Currier, St.E.'s N.P. 1-3 p.m. Reception for the artist, Evelyn Berde</p>
<p>28 12:30 p.m. Chinese programs 1p.m. Mah jongg 1p.m. Concert by John Root followed by Ice Cream Social 1--2 p.m. Line Dancing 2-4 p.m. Open computer lab</p>	<p>29 10:30a.m. Brookline Bees - Quilters Noon - Let's Go Out to Lunch group meets at Bertucci's Pizzeria in Brookline village 1:00 p.m. Bingo 1:30 p.m. Movie Lovers' Film Series "Sweeney Todd"</p>	<p>30 9:30 a.m. Retired Men's Club 10 a.m. - noon S.H.I.N.E. counselor 12:30 Bridge</p>

ONGOING SENIOR CENTER EVENTS

THURSDAY	FRIDAY
<p>3</p> <p>10 a.m. - noon S.H.I.N.E. counselor</p> <p>10:30 a.m. Knit and Crochet</p> <p>1 p.m. Knit and Crochet</p> <p>1:30 p.m. Russian Tea Room</p>	<p>4</p> <p>THE SENIOR CENTER IS CLOSED</p> <p>IN CELEBRATION OF THE FOURTH OF JULY!!</p> <p>Rogerson Adult Day Health is closed</p> <p>HAPPY FOURTH OF JULY!!!</p>
<p>10</p> <p>10 a.m. - noon S.H.I.N.E. counselor</p> <p>10:30 a.m. Knit and Crochet</p> <p>10:30 a.m. Arthritis Exercise Class</p> <p>10:30 a.m. Beginning Drawing class</p> <p>pre-registration required</p> <p>1 p.m. Knit and Crochet</p> <p>1:30 p.m. Russian Tea Room</p>	<p>11</p> <p>9a.m. Bridge</p> <p>9 a.m Solemates Walking Group</p> <p>10a.m Project Volunteer Group</p> <p>10:30 a.m. Current Events</p> <p>10:30 a.m. Senior Chorus</p> <p>Alzheimer Support Grp - call for time</p>
<p>17</p> <p>9-10:30 a.m. Blood pressure screen.</p> <p>10 a.m. - noon S.H.I.N.E. counselor</p> <p>10:30 a.m. Knit and Crochet</p> <p>10:30 a.m. Arthritis Exercise Class</p> <p>10:30 a.m. Beginning Drawing class</p> <p>1 p.m. Knit and Crochet</p> <p>1:30 p.m. Russian Tea Room</p>	<p>18</p> <p>9a.m. Bridge</p> <p>9 a.m Solemates Walking Group</p> <p>10a.m Project Volunteer Group</p> <p>10:30 a.m. Current Events</p> <p>10:30 a.m. Senior Chorus</p>
<p>24</p> <p>10 a.m. - noon S.H.I.N.E. counselor</p> <p>10:30 a.m. Knit and Crochet</p> <p>10:30 a.m. Arthritis Exercise Class</p> <p>10:30 a.m. Beginning Drawing class</p> <p>1 p.m. Knit and Crochet</p> <p>1:30 p.m. Russian Tea Room</p>	<p>25</p> <p>9a.m. Bridge</p> <p>9 a.m Solemates Walking Group</p> <p>10a.m Project Volunteer Group</p> <p>10:30 a.m. Current Events</p> <p>10:30 a.m. Senior Chorus</p>
<p>31) 10 a.m. - 12 S.H.I.N.E. counselor</p> <p>10:30 a.m. & 1 p.m. Knit & Crochet</p> <p>10:30 a.m. Arthritis Exercise Class</p> <p>10:30 a.m. Beginning Drawing class</p> <p>1 p.m. Careers in Aging Program, closing ceremony</p> <p>1:30 p.m. Russian Tea Room</p> <p>Evening Alzheimer's Support Group call for time.</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>

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

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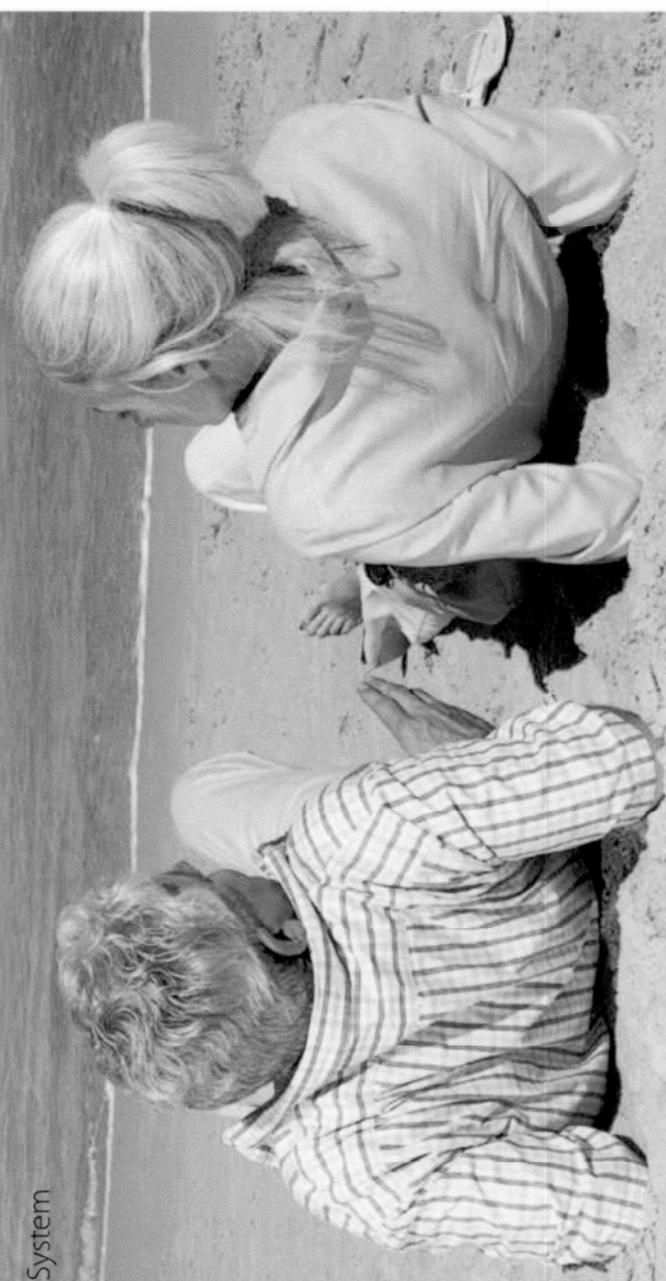
Brookline

Health Care Center



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HOW TO WEATHER THE (HOT) WEATHER

If the month of June is any indicator of what kind of a summer we are going to have, there are two words to describe it: HOT and HUMID. The Executive Office of Elder Affairs is advising seniors to enjoy the summer weather but to take careful precautions during extremely hot weather. High temperatures can take a toll on health. Seniors especially should take extra care to keep cool and hydrated during hot, humid days. Here are a few tips for enjoying the summer weather while you keep comfortable and safe:

In general

- Wear light colors and light materials such as linen and cotton. Materials such as rayon and polyester tend to trap heat close to the skin.
 - Wear loose fitting clothing.
 - Stay indoors.
 - If you do not have air conditioning in your home, come to the Senior Center to keep cool. Call us at 617-730-2777 to see if we have extended hours because of the heat.
 - Or you can go to a mall, a movie theater, or any library branch.
 - The best liquid to drink during hot, humid days is water. Drink plenty of water, even if you are not thirsty, in order to stay hydrated.
 - Drink sports drinks that have the added minerals that your body loses when it sweats.
 - Avoid drinks with caffeine and alcoholic beverages.
 - Keep frozen treats such as ice cream and popsicles in the freezer that can help you keep cool.
 - Eat cold foods, such as sandwiches & salads.
- Avoid strenuous activity. Do not try to do too much on a hot day.
 - Fresh fruits and vegetables are also a good way of keeping hydrated.
 - Make sure that you have someone to check on you to make sure that you are well.
 - Contact your doctor if you are taking several drugs for a number of health problems because these may make it harder for your body to keep cool through perspiration. A few examples would be diuretics, sedatives, tranquilizers, and some heart and blood pressure medicines.

When you are outdoors

- Wear a hat with a wide brim or use an umbrella to protect the face and to block the rays of the sun.
- Wear sunscreen SPF (Sun Protection Factor) of 30 or higher;
- Schedule outdoor activities before 10:00 am or after 6:00 pm when temperatures are generally lower.
- Take frequent breaks in shaded areas.
- Avoid crowded places.
- Avoid long walks, particularly from 12:00 noon to 3:00 pm when the sun is at its peak.

When you are indoors

- Lower shades, blinds, or close drapes on the east side of your home during the morning and the west side during the afternoon in order to keep your home or apartment as cool as possible, and use a fan in the rooms where the windows are covered.

For further tips on staying cool, please visit the Massachusetts Emergency Management Agency's website at www.mass.gov.

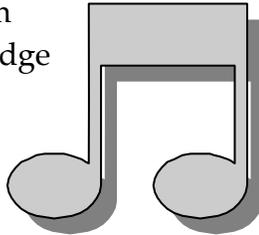
JOHN ROOT, THE MUSIC MAN

Come to the Senior Center on **Monday, July 28, at 1:00 pm**, for a free concert of tunes from the Gaslight Era featuring John Root, the Music Man. An accomplished musician, John is making a repeat performance singing and playing the piano, flute, clarinet, and saxophone.

This performance has been funded by the Brookline Commission for the Arts that is in turn supported by the Massachusetts Cultural Council.

And plan on staying after the performance for an old-fashioned ice cream social sponsored by the Coolidge House Nursing Home.

No reservations are required for either event. We'll see you there!



CAREERS IN AGING MOVIE

Join the Careers in Aging group on **Wednesday, July 9, from 12:00 noon to 3:00 pm** for a showing of the 1952 Italian classic, *Umberto D*, with subtitles. After the film has been shown, there will be a discussion among the seniors present and the high school students in the Careers in Aging program about the film. There will be light refreshments provided, but we expect a lively discussion to occur so you might want to pack a lunch as well. Plan on having a good time attending this intergenerational meeting of the minds.

For more information, call Deidre Waxman at 617-730-2767.



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BROOKLINE MUSIC SCHOOL

The School is taking a vacation so there will not be a concert sponsored by them in the month of July. Stay tuned to the Calendar and the Tab for news of future concerts sponsored and supplied by the Brookline Music School.

OLD CELL PHONES NEVER DIE

We are still collecting old, discarded cell phones for which we can get money to spend on our programs. So dig them out of your attics and cellars, your Fibber McGee closets, your children's and grandchildren's discards, and every other place they lurk and lounge around in. Bring them into the Senior Center, and give them to Susan Andriole.

SENIOR CENTER CHORUS

Come hear your friends and neighbors perform your favorite songs at the **Springwell Independence Day Special Lunch on Wednesday, July 2, at 12:00 noon**. The concert is free but pre-registration is required.

For more information or to register, please call 617-730-2770.

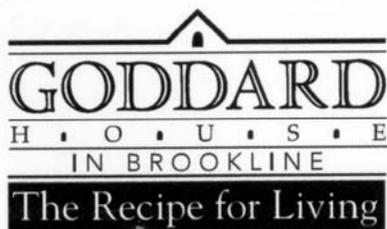
SENIOR CENTER SURVEY 2008

It's been mailed. If you didn't get one in the mail, call us at 617-730-2777, and we will send you one. Or you can pick one up at the Senior Center. We want to hear from you!

The Florida Alternative



Relax in your own private apartment furnished by Goddard House in Brookline. We'll add warmth to your short term stay with our own special mixture of three meals a day, personal care, 24-hour staffing, reminders for medication, stimulating programs, weekly housekeeping anda lively community of friends.



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ASSISTED LIVING SHORT TERM STAYS - THE RECIPE FOR LIVING

BINGO!

After the **BBQ Luncheon** at the Senior Center on **Wednesday, July 16— at 1:30 pm**, there will be special Bingo games. Join in for Bingo, raffles, and just plain fun!

EASY TRAVEL

It's on vacation this month (storing up new places to explore, no doubt). Never fear, the arm-chair travel will resume in August. Look in the August News and Events and the TAB for information on the August meeting.

FRENCH CONVERSATION

Talk about all sorts of things, but do it in French. Group leader Agnes Serenyi will preside at the French Conversation Group meetings at the Senior Center on **Tuesdays, July 8 and 22, at 12:45 pm.**

MODERN BEADING WORKSHOP

Marge Harvey will be on hand at the Senior Center on **Wednesday, July 23, from 1:00 to 3:00 pm** for another great workshop on beading.

BOOK DISCUSSION GROUP

The discussion group book for July is *The Perfect Summer* by Juliet Nocholson, a social history of English life. The group will meet as usual at Temple Emeth in Putterham Circle at **2:00 pm on Monday, July 21.** All are welcome join in the group discussion.

PROPERTY TAX EXEMPTIONS UPDATED

Gary McCabe, Tax Assessor for the Town of Brookline, gave an extensive and much-appreciated rundown of property taxes and property tax exemptions in Brookline at the Council on Aging Board Meeting on June 11. It was such a comprehensive and useful meeting that we think it bears being summarized for everyone.

First he explained the difference between the fiscal and the calendar year. The Town of Brookline's Fiscal Year runs from July 1 through June 30 so we are about to begin Fiscal Year 2009 (FY09).

At the Town elections on May 6, the voters approved a 4½% property tax override. This means that, with the 2½% property tax increase the Town is allowed annually under the tax laws of the Commonwealth, Brookline's property taxes for FY09 will be 7% higher than the property taxes for FY08.

This means yet another burden on the homeowners of Brookline that will be especially difficult for the Brookline senior community. Mr. McCabe, realizing this increased burden on the seniors then carefully went over the allowable tax exemptions available. There were many questions in the course of his talk, the answers to all of them added even more clarity to his already-clear discourse on property taxes.

The following is a summary of available real estate tax exemptions. For more detailed information and questions, contact the Assessor's office at 617-730-2060, or visit them at their temporary office at the Putterham Library at 959 West Roxbury Parkway. They will be available at this office until the renovations to Town Hall have been completed, which should take place toward the end of this year. Mr. McCabe suggested that you not e-mail at present as the e-mail address is about to change.

Section 5C; Residential Exemption

A taxpayer must own and occupy the property as their primary residence as of the prior January 1.

For 2008, the exemption is \$158,100 in value or \$1,609.46 in tax.

Tax paid must be at least 10% of the bill.

The above exemption is available to ALL Brookline homeowners who occupy their homes as primary residences. In addition, the following are additional deductions that are available but homeowners can only take advantage of one of the following.

Clause 17D; Surviving spouse, minors or persons 70 years of age or over

Must own and occupy property for 5 years.

Eligible seniors must be 70 years old as of July 1, 2007.

Surviving spouses and surviving minors are eligible.

To qualify a taxpayer's whole estate (value of assets) can not exceed \$45,670, excluding their domicile.

There is no annual income limitation.

Exemption amount is \$350.

Clause 22 and 22A-E; Disabled Veteran

Must have Veterans' Administration certificate and be at least 10% disabled.

Must have been a Massachusetts resident prior to military service or for 5 years prior to filing.

Must own and occupy property on July 1, 2007.

Exemption is \$400 to full tax bill.

A paraplegic veteran can have the full property tax exempted.

Clause 37A; Legally Blind

Taxpayer must own and occupy the property and be LEGALLY blind.

Exemption amount ranges from \$500 to \$1000.

Clause 41A; Tax Deferral

Taxpayer must own and occupy the property for at least 5 years as of July 1 of the FY of application.

Must have reached the age of 65 as of July 1 of the FY of application.

Must have resided in Massachusetts for 10 years.

Have a gross income not exceeding \$40,000.

All or part of tax can be deferred.

An annual interest of 5% will be added to the amount deferred.

Taxes may be deferred until the taxes due, including accrued interest, equals 50% of the then assessed value of the property.

Tax is paid upon conveyance (sale of property).

Clause 41C; Senior Persons and Surviving Spouses

Taxpayer must own and occupy the property on July 1 of the FY of application.

Must have lived in Massachusetts continuously for 10 years.

Must have owned and occupied a residence for 5 years.

Eligible seniors must be 65 years old or older as of July 1 the FY of application.

There are both income limits (\$40,000) and whole estate limits to qualify.

Exemption amount is \$1000.

Senior Workoff Exemption

When the Town proposed the override, Ruthann Dobek went to Gary McCabe to discuss implementing a pilot program that would help alleviate the added burden of property taxes—the **Senior Workoff Exemption**—whereby the senior property owner would be able to volunteer 100 hours of work per year to the Town in exchange for an exemption of \$750 off the property tax. In order to qualify for this program:

You must be 60 years of age

Own and occupy the property

Have an income of under \$40,000 per year

If you want to join this program, contact Ruthann Dobek at 617-730-2756. The pilot program (for FY 2009) is limited in numbers, so contact Ruthann as soon as possible to be assured of a place in the program.

The seniors-volunteering-for-exemption concept is not a new one. According to Ruthann, the town of Chelmsford has had such a program since 1992. And there are currently about 125 cities and towns across the Commonwealth that have such programs.

The Senior Workoff Exemption of \$750 does, unfortunately, count as income on your Federal Income Tax since it is only a Commonwealth of Massachusetts program. However, our congressman, Barney Frank, is trying to get this changed in Washington so that the \$750 exemption doesn't get eroded by the need to pay more Federal Income Tax.

Mr. McCabe then recommended that anyone with yet unanswered questions and/or people seeking more information were encouraged to call the Assessors' office and talk with any of the staff.

He closed his remarks with some general observations:

Property taxes stay in Brookline so that the town has access to the total amount of the taxes (unlike income and sales taxes that go to the state who then returns some, but not all, of the money to the town).

Taxes are regressive—i.e., they are based on value of property rather than income of the property owner.

ROGER R. LIPSON

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GETTING AROUND TOWN: THE ELDERBUS

Periodically, we will print the current Elderbus schedule in the News and Events bulletin for your convenience and so that newcomers to the Brookline Senior community can learn about this excellent service provided by the Council on Aging. The Elderbus schedule below is for Monday through Thursday. Please call for the Friday schedule as it is slightly different. A suggested donation of \$0.50 is requested. The schedule shown here is a temporary schedule that will be in effect until the Town Hall renovations are completed. Be patient. Sometimes traffic conditions throw the schedule off.

Stops	Schedule						
							Drop-off only
Senior Center		10:00	11:05	12:10	1:15	2:20	3:25
112 Centre Street, 100 Centre Street, Corner of Beacon and Centre Streets		10:05	11:10	12:15	1:20	2:25	3:30
1550 Beacon Street, Star Market on Beacon Street		10:10	11:15	12:20	1:25	2:30	3:35
61 Park Street, Main Library		10:17	11:22	12:27	1:32	2:37	3:42
Town Hall	9:15						
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 and 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 and Fuller Streets	9:55	11:00	12:05	1:10	2:15	3:20	

EMERGENCY PREPAREDNESS

The natural disasters (hurricanes, tsunamis, tornados, and floods) of the past few years, added to the terrorist attacks in New York, Washington, Madrid, and London (to name only the most spectacular ones), have made emergency preparedness a watch-phrase in the 21st century. The world is crowded and vulnerable, and we need to respond with careful planning rather than panic.

BUILD AN EMERGENCY KIT

For seniors having an emergency kit can indeed be a life-saving kit. As much as possible, should be packed in a back-pack, but since you should **plan on having a kit containing at least a week of supplies**, it might well exceed back-pack capacity so you might consider packing it into the trunk of your car or even a specific place in your home so that someone can easily find it should an emergency arise. You should also plan on keeping a list of phone numbers of people to contact in care you are incapacitated and need help. You should also have a File of Life card prepared and ready for use (see article on File of Life below). Your emergency kit should include:

Food and Water

Bottled water—one gallon per day
Canned fruits, vegetables and meats
Manual can opener
Juice boxes, canned milk (powdered milk will not do as you would have to use your bottled water supply to make the milk)
Dried fruit, nuts, crackers, cereal bars
Pet food

First Aid

Bandages, gauze, rubbing alcohol
Medical gloves, tape, and scissors
Pain reliever
Prescription medicine and nonprescription medication that you use regularly that is necessary for maintaining good health, such as glucosamine, multivitamins, vitamin C)

General, but important items

Soap, toilet paper, toothbrush and toothpaste
Towels (at least a hand towel, more towels might increase the bulk of the kit to unwieldy proportions
A change of clothing (at least underwear)
Crank-up (or at least battery-powered) flashlight and radio
Important documents (or copies of them), documents such as birth certificate, wills, deeds, a list of bank account numbers (and PINs if you can't remember them)
The name of a local and an out-of-area contact
—*Information for this article courtesy of Garrett Simonsen, Dawn Sibor, and Michael Raskin*

FILE OF LIFE

This is a card 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 for processing. They will send you the packet to be attached to the refrigerator and the wallet card. Do not delay this. It is really important that this information be available in the proper form and placing.

RECIPES!!!

We didn't garner any actual recipes from the Great Depression, but we did get some interesting recipes.

From Clair Weston, we have a *Canadian Peasant Bean Dish*

1 medium can of baked beans
1 lb ground beef
1 small yellow onion, chopped

Optional ingredients : maple syrup, small can of mushrooms (drained), small can of olives (drained), other seasonings and herbs as you fancy them. (The optional ingredients dress the recipe up and are given as suggestions or additions. Use one or some of them or add items of your own. Have fun with the recipe.)

Brown the ground beef and strain it. Add baked beans and chopped onions. Heat all. Server plain or with rice, pasta, or noodles on the side.

This recipe is simple, easy, inexpensive. It is good for brunch and cookouts.

Claire was a professional cook and caterer before she retired. This recipe was one she used when she was a cook at a Canadian monastery.

From Riva Berkowitz, we have an easy *Mock Peking Duck*. Put sliced turkey, thin-sliced cucumber, Hoisin sauce, and green onion on a piece of flat bread (lavash, pita, tortilla) and *voilà*, a special treat for lunch or dinner

You can also make wonderful rollups (or flat bread sandwiches) using such ingredients as tabouli, hot dogs, hardboiled eggs, leftover meat, and so forth.

Keep sending in recipes. What we are aiming for is simple, inexpensive, and nutritious dishes.



Photos courtesy of Mimi Katz.

NEW FOOD STAMP POLICY

As of June 9, 2008, the assets of most Massachusetts applicants for Nonpublic Assistance Food Stamps are no longer being counted in determining eligibility. Many households with a gross income below 200% of the federal poverty level (FPL) no longer need to provide information about assets such as money in the bank, a car, a home or retirement account.

Department of Transitional Assistance (DTA) staff have been instructed to stop asking questions about assets and asset verifications in certain cases:

Households under 200% FPL that include an elder (someone age 60 and older)

Households under 200% FPL that include a person with a disability

Assets of households with income above 200% FPL will still be considered, as will the assets of households requesting expedited applications (people seeking food stamps right away). Failure to provide asset information may result in a denial of an expedited application, but it will not affect ongoing eligibility.

The Massachusetts Law Reform Institute and the DTA have designed a flyer encouraging elders to apply (PDF) who may have been discouraged by the assets test.

Many thanks to Pat Baker of the Massachusetts Law Reform Institute for providing this information.

FARMER'S MARKET

The Brookline Farmer's Market is once again in business on Centre Street just off Beacon. It will be open from June 29 through October 30 from 1:30 pm until dark. This is an excellent place to buy local (i.e. fresh and often organic) fruits and veggies, meats, plants, herbs, baked goods, and other miscellany. It may cost more than the goods do in the supermarket, but "fresh and local" is not to be ignored.

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

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

Brookline Senior Center
93 Winchester Street
Brookline, MA 02446

New _____ Renewal _____

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

PLEASE PRINT CLEARLY the following:

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____

DON'T LET YOUR SUBSCRIPTION RUN OUT

In order to make certain that you have current information on happenings at the Senior Center, in Brookline and the metro area, **please check the date that is printed next to your name on the address label** on the back of this page. If that date is 30 days or less away, use the form above to renew.

HANDICAPPED ACCESS

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

Brookline Municipal Credit Union

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

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

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