

# TOWN OF BROOKLINE SENIOR NEWS AND EVENTS

Council on Aging

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

Brookline Senior Center  
93 Winchester Street  
Brookline, Massachusetts 02446



**Council on Aging Elderbus Hotline**

617 730 2777      617 730 2778

**Senior Center Van**

617 730 2770      617 730 2750

[www.brooklinema.gov](http://www.brooklinema.gov)



## HIGHLIGHTS

Celebrate Independence Day on Thursday, July 2, see p. 3.

Enjoy the Elks BBQ and be entertained by Emilian Badea on Saturday, July 11, see p. 10.

Come to a brunch and a performance of the Coolidge Corner Community Chorus on Sunday, July 26, see p. 3.

Go line dancing and enjoy an old fashioned ice cream social on Monday, July 27, see p. 9.

Check out the newly revised Elderbus schedule, see p. 12.

Get tips about keeping cool, see p. 26.



JULY 2009

## DO SOMETHING DIFFERENT IN JULY



### *Making the Most of Your Leisure Time*

With Jeanne Martin, EdD. Retirement brings with it more leisure time. Learn techniques that can help you use that time toward projects and goals that are important to you. Come to the meeting at the Senior Center on **Wednesday, July 8, at 1:00 pm**. Sponsored by the Massachusetts Council on Compulsive Gambling.

### *Songwriting Works*

This one-day songwriting workshop will be at the Senior Center on **Thursday, July 16, from 9:00 am to 12:00 noon**. Collaborate with other participants and a professional songwriter to compose original, performable music. No formal music background is required. This program is funded by the Mind Alert program in cooperation with Jewish Family & Childrens Services. To register, call 617-730-2770.

### *Let's Go Out to Lunch Group*

Experience new cuisines and new restaurants—and make new friends. See p, 17 for details for July.

### *Modern Dance and Movement*

Lynn Modell is the instructor for this popular program. There will be two sections this summer.

The first section will be **in July on Tuesdays, July 7, 14, 21, and 28 and Fridays, July 10, 17, and 24 from 10:00 to 11:00 am**. To register, call 617-730-2770. Cost: \$2.00 per session. The second session will be in August (see *August Senior News and Events*).



## TABLE OF CONTENTS

<p>Do Something Different in July..... 1</p> <p style="padding-left: 20px;">Making the Most of Your Leisure Time</p> <p style="padding-left: 20px;">Songwriting Works</p> <p style="padding-left: 20px;">Let’s Go Out to Lunch Group</p> <p style="padding-left: 20px;">Modern Dance and Movement</p> <p>COA meeting..... 3</p> <p>Holidays in July..... 3</p> <p>July 4th..... 3</p> <p>Coolidge Corner Community Chorus..... 3</p> <p>Introducing the New Secretary of Elder Affairs..... 3</p> <p>Brookline Music School..... 3</p> <p>The Health Page ..... 4</p> <p style="padding-left: 20px;">Ask a Nurse            Low Vision Group</p> <p style="padding-left: 20px;">Podiatry Clinic        Blood Pressure Screenings</p> <p>Blood Pressure Screenings..... 4</p> <p>Medicare Coverage of Skilled Nursing</p> <p style="padding-left: 20px;">Facility Care..... 5</p> <p>Alzheimer’s Versus Typical Age-related Changes... 5</p> <p>H1N1 Update..... 6</p> <p>Senior Services..... 7</p> <p style="padding-left: 20px;">BETS                    HELP                    SHINE</p> <p style="padding-left: 20px;">BLAB                    JOBS                    Social Security</p> <p style="padding-left: 20px;">File of Life            NEEDS</p> <p>Movie Lovers Series for July..... 8</p> <p>At the Gallery ..... 9</p> <p>Easy Travel..... 9</p> <p>Yum, Yum ..... 9</p> <p>Brookline’s Summer in the Parks..... 9</p> <p>Midsummer Barbeque..... 10</p> <p>Book Discussion Group..... 10</p> <p>Brookline Aging Collaborative ..... 10</p> <p>Careers in Aging ..... 10</p> <p>Safeguarding Your Information Safeguards You ... 11</p> <p>Alzheimer’s Caregivers Support Groups ..... 11</p> <p>Parkinson Support Group..... 11</p> <p>Elderbus Schedule..... 12</p> <p>French Conversation? ..... 14</p> <p>Equipment Loan Fund ..... 14</p> <p>Brookline Senior Center Swing Band ..... 14</p> <p>Jewelry Plus Reprise ..... 14</p> <p>Modern Beading Workshop ..... 14</p> <p>The Return of the Farmer’s Market ..... 15</p> <p>Project Volunteer..... 15</p> <p>Brookline Food Pantry Reprise ..... 15</p> <p>Elder Resource Guide ..... 15</p> <p>Springwell Nutrition Program ..... 16</p>	<p>Lunch Specials in July .....17</p> <p>EVENTS CALENDAR .....18</p> <p>Ongoing Senior Center Events .....19</p> <p>Weekend Events .....19</p> <p>From the Director .....20</p> <p>Holiday Fair—Save the Date.....20</p> <p>Staff Doings .....21</p> <p>The Joys of Growing Older .....22</p> <p>Old Cell Phones and iPods.....22</p> <p>Creamy One-pot Pasta .....23</p> <p>July Events at Goddard House .....24</p> <p>More July Events at Goddard House.....25</p> <p>Spanish Immersion.....25</p> <p>The Town Web Site .....25</p> <p>Black Boxes .....25</p> <p>How to Weather the (HOT) Weather.....26</p> <p>July Thank Yous.....27</p> <p>Did You Know?.....27</p> <p>From the Board President.....27</p> <p>Our Advertisers .....27</p> <p>Safe Driving for Seniors .....28</p> <p>Checklist for Elder Drivers.....28</p> <p>Green Page—Thoughts for a Greener and Cleaner</p> <p style="padding-left: 20px;">Planet .....29</p> <p style="padding-left: 20px;">Climate Change Action Brookline</p> <p style="padding-left: 20px;">What Can Be Recycled</p> <p>Hospice Revisited .....30</p> <p>Handicapped Access .....30</p> <p>Our Contributors .....30</p> <p>Subscription/renewal form.....31</p>
--	---

**The Town of Brookline Senior News & Events**

Ruthann Dobek  
*Director, Council on Aging/Senior Center*

Charlotte Millman  
*Program Manager, Council on Aging/Senior Center*

Judith Gimple  
*Newsletter Editor*

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

Subscription fee: \$10.00/year. See page 31 for subscription/renewal form.

## COA MEETING

Remember that July and August are vacation months for the Council on Aging Board—no meetings of the Board. There will be a meeting of only the nominating committee in August. Otherwise, a happy summer to all. The next meeting of the COA Board will be on Wednesday, September 9.

### HOLIDAYS IN JULY

This year, July 4, Independence Day, falls on a Saturday so the Senior Center will be open on Friday and Monday. The Rogerson Brookline Adult Day Health Program, however, will be closed for Independence Day on Friday, July 3.

### JULY 4TH

On **Thursday, July 2, starting at 12 noon**, there will be big doings at the Senior Center to celebrate Independence Day. Springwell will provide a special lunch featuring hamburgers and chips and red, white, and blue shortcake. At 1:00 pm, the Senior Center Chorus will perform traditional American songs as well as songs from the nations that make up our melting pot. And, at 1:30 pm a documentary—*Timeless: A National Parks Odyssey*—will be shown (see also Easy Travel on p. 9)

## Home Is Still The Best Place



- Appointment Escorts
- Meal Preparation
- Companionship
- Light Housekeeping
- Shopping & Errands

Call for a free, no-obligation appointment or brochure:  
Newton 617-969-8697

**Home Instead**  
SENIOR CARE

*With a little help from a friend.*

Each Home Instead Senior Care franchise office is independently owned and operated. [homeinstead.com](http://homeinstead.com)

## COOLIDGE CORNER COMMUNITY CHORUS

The Coolidge Corner Community Chorus (CCCC) will bring its special brand of singing, including familiar tunes and old favorites from the 40's, 50's, and '60s, to the Senior Center on **Sunday July 26, at 1:00 pm**. Please come to enjoy the music and, if the mood strikes, to join in a (strictly optional) sing-along. We will serve a **light brunch at 12:00 noon** before the concert, so come early and socialize before the music starts.

The CCCC is open to singers with all levels of experience in choral music, so no one in the audience need hesitate to sing along if that's your style or you just want to give it a shot.

Please call 617-730-2770 for more information and to register for this joyous afternoon of music and singing. This event is sponsored by Epoch Senior Health Care.

## INTRODUCING THE NEW SECRETARY OF ELDER AFFAIRS

Governor Patrick and Secretary Bigby have announced the appointment of Ann Hartstein as the Secretary of the Executive Office of Elder Affairs. Her official start date is July 1.

Ms. Hertstein brings with her a background in both policy development and commitment to a strong elder care network honed on the front lines. She is well known and respected by elected officials and elder advocates. Older adults across the Commonwealth are truly fortunate to have her working for their interests.

## BROOKLINE MUSIC SCHOOL

There will be no concert sponsored by the Brookline Music School in July. Keep your eyes on future issues of the *Senior News and Events* for news of the next Brookline Music School concert.





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

**Ask a Nurse** St. Elizabeth's Medical Center's Nurse Practitioner Eileen Currier will not visit the Senior Center in July.

**Podiatry Clinic** Routine foot care with Dr. John McLoughlin is available by appointment on **Mondays, July 6 and 20, from 9:00 am to 12:00 noon**. Sessions, which last 15 minutes each, cost \$25. Appointments are required. You can make an appointment by calling 617-730-2777.

**Low Vision Group** This peer-led support group for individuals with limited eyesight will meet at the Senior Center on **Wednesday, July 15, at 1:00 pm**. Check out the new Topaz Desktop Video Magnifier in the Computer Room at the

Senior Center. Call 617-730-2777 for more information and to set up a demonstration on how to use it.

### Blood Pressure Screenings

The Brookline Health Care Center will provide a blood pressure screening **at the Senior Center on Monday, July 6, from 1:00 to 2:00 pm**. The nurse who will preside at this session is bilingual. (She speaks English and Chinese.)

Come in on **Thursday, July 16, from 9:00 to 10:30 am to the Senior Center** for blood pressure screening with a nurse from the Brookline Health Department.

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

The Health Page is sponsored by  
Beth Israel Deaconess Medical Center

Affiliated with  **Joslin Clinic**

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



Official hospital of the  
**Boston Red Sox**

### BLOOD PRESSURE SCREENINGS

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

- Wednesday, July 1, at the Brookline Health Department, 11 Pierce Street, from 2:00 to 3:00 pm
- Thursday, July 16, at the Senior Center from 9:00 to 10:30 am
- Wednesday, July 22, at O'Shea House, 61 Park Street, from 1:00 to 2:00 pm



### J.E. Pierce Apothecary

~Prescription Chemists~

1180 Beacon St. ~ Brookline, Ma ~ 02446

[www.jepierce.com](http://www.jepierce.com)

**Phone: (617) 566 4080**

The ONLY full-service pharmacy in BROOKLINE.

- Prescription service
- Deliveries in Brookline
- Pill boxes, dosing aids
- Walkers, canes, accessories
- Insurance including Medicare D
- In-home medication management
- Flu vaccine clinics
- Diabetes instructions/supplies

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

## MEDICARE COVERAGE OF SKILLED NURSING FACILITY (SNF) CARE

A skilled nursing facility (SNF) is a facility that provides skilled nursing and therapy for your rehabilitation if you are injured or sick. It generally provides a lower level of care than you would receive in a hospital.

Medicare Part A pays for SNFs for up to 100 days per benefit period. If Medicare approves, you are entitled to full coverage for the first 20 days of SNF care. From days 21 through 100, you pay a co-payment of \$133.50 per day. These co-payments will be paid in full if you have a Medigap Supplement 1 policy (such as Medex Bronze). If you are a member of a Medicare Advantage plan, different co-payments may apply. Medicare will only pay for SNF care if:

- You were hospitalized for at least 3 days and admitted to the SNF within 30 days of leaving the hospital. (Medicare Advantage plans may waive this requirement.)
- A physician states that you need SNF care.
- You require skilled care daily and the services can only be provided in a SNF.
- The SNF is a Medicare-approved facility.

**Important note:** If you feel you have been unfairly denied coverage for SNF care, you can appeal the decision. For assistance with Medicare appeals, contact the Medicare Advocacy Project (MAP) at 800-323-3205. Often appeals are won!

*Our thanks go to SHINE for this article*

### ALZHEIMER'S VERSUS TYPICAL AGE-RELATED CHANGES

<i>Signs of Alzheimer's</i>	<i>Typical age-related changes</i>
Poor judgment and decision making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time



Your Attorneys for Wills, Probate,  
Medicaid/Long Term Care & Gift and  
Estate Tax Planning

## WADE & HOROWITZ LLC

1330 Beacon Street, Suite 268  
(S.S. Pierce Building—Coolidge Corner)  
Brookline, MA 02446  
617-738-1919  
[www.wadehorowitz.com](http://www.wadehorowitz.com)

**\$100 Discount!**

**Applies to will package or to  
initial conference**

**COUPON**

## H1N1 UPDATE

The number of cases in Massachusetts and worldwide is growing rapidly. In fact, a pandemic has now been declared by the World Health Organization.

On June 10, the Brookline Department of Public Health announced that there are more than three dozen confirmed cases of the H1N1 flu (swine flu) in Brookline residents and reports of many other residents and others who work or attend schools/programs in Brookline with influenza-like illness (ILI). Conclusion: that the disease is present throughout the community. Individuals with symptoms of influenza have been excluded from school/workplace and other public gatherings and all cases are recovering. The Department announced that Brookline will follow the most recent federal and state guidelines that recommend that the best way to reduce the spread of flu is to focus on early identification of illness, not to close schools or cancel public events. The guidelines state:

- Individuals with influenza-like illness (fever of 100°F or more and cough, sore throat, or other symptoms) should stay home for at least seven days.
- If they are still ill after seven days, they should stay home until 24 hours after they have completely recovered.
- If they are ill with other symptoms, they should remain at home at least one day to see if a flu-like illness develops or until they are completely well for 24 hours.
- Students or staff who either arrive at school or become ill at school with flu symptoms will be promptly isolated and sent home.
- Call a doctor or seek medical care if the person has trouble breathing; has behavior changes like increased restlessness, anxiety, and irritability; or isn't drinking enough fluids.

- Be alert for skin rashes, dehydration, or any other signs that a person is more uncomfortable than you would expect with the flu.



There are steps that everyone can take to help prevent getting or spreading any type of influenza: Become aware of the facts. We encourage everyone to visit the CDC's new web site at [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu). There is very useful information on how to care for someone at home who has the flu on the Massachusetts Department of Public Health (MDPH) web site. MDPH also has its own regularly updated blog at [www.mass.gov/blog/publichealth](http://www.mass.gov/blog/publichealth).

Practice good health hygiene. Disease transmission can be significantly reduced by taking the following actions:

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Practice good "cough etiquette" by coughing or sneezing into a tissue, or into your elbow instead of into your hands.
- Try to avoid close contact with sick people.
- If you get sick, stay home from work or school and limit contact with others to avoid infecting them.

Updates are available at the Massachusetts Department of Public Health (MDPH) website: [www.mass.gov/dph/swineflu](http://www.mass.gov/dph/swineflu) or at the MDPH Information Line: 211 (1-877-211-6277, toll-free).

Brookline  
Adult &  
Community  
Education



*Join us,  
new classes  
starting soon!*

[www.brooklineadulted.org](http://www.brooklineadulted.org)

617-730-2700

## 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.

**NOTE:** The BETS office will be closed on Monday, July 27, but will be open that week on Tuesday, July 28; Wednesday, July 29; and Thursday, July 30.

**BLAB** The Brookline Legal Assistance Bureau (BLAB), will be at the Senior Center from **9:00 am to 12:00 noon on Wednesday, July 1**. 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 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) program is an employment service designed and sponsored by the Brookline COA. Its goal is to match Brookline's capable, older workers with local employers who are seeking either part-time or full-time staff.

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

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

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

## MOVIE LOVERS SERIES FOR JULY

Enjoy a great film free of charge every Tuesday afternoon at 1:30 pm at the Senior Center:

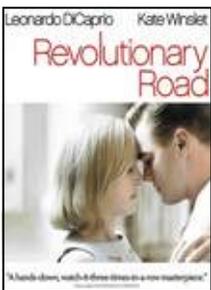


**July 7**

**The Music Man (1962)**

**151 minutes**

It doesn't get any better than this slice of Midwestern Americana. Charming con man Harold Hill (Robert Preston) wants to steal River City, Iowans' money with a *boys' band* scam but finds it hard to skip town when lovely librarian Marian Paroo (Shirley Jones) steals his heart. Composer Meredith Willson's valentine to his hometown (Mason City) packs great songs and wonderful performances from, among others, Buddy Hackett and a young Ron Howard.



**July 14**

**Revolutionary Road (2008)**

**119 minutes**

Based on the novel by Richard Yates and set in the mid-1950s, this story follows the Wheelers (Leonardo DiCaprio and Kate Winslett, in a Golden Globe-winning role), a young couple in suburban Connecticut who tries desperately to confront the problems in their relationship while raising two children. Despite their best intentions, the couple's intense arguments send them into a downward spiral. Michael Shannon co-stars in an Oscar-nominated role.

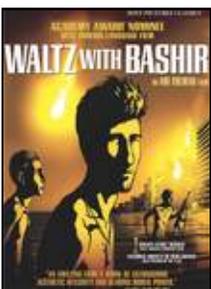


**July 21**

**Callas Forever (2002)**

**108 minutes**

In this story from director Franco Zeffirelli, aging opera diva Maria Callas (Fanny Ardant) is inconsolable because her voice has aged along with everything else. Her ex-manager, Larry Kelly (Jeremy Irons), is upset to find the once-feisty singer in such a state. To give Callas purpose and remind the world of her talent, Kelly asks her to star in a film version of *Carmen*, in which she'll lip-sync to her own recordings. Joan Plowright also stars.



**July 28**

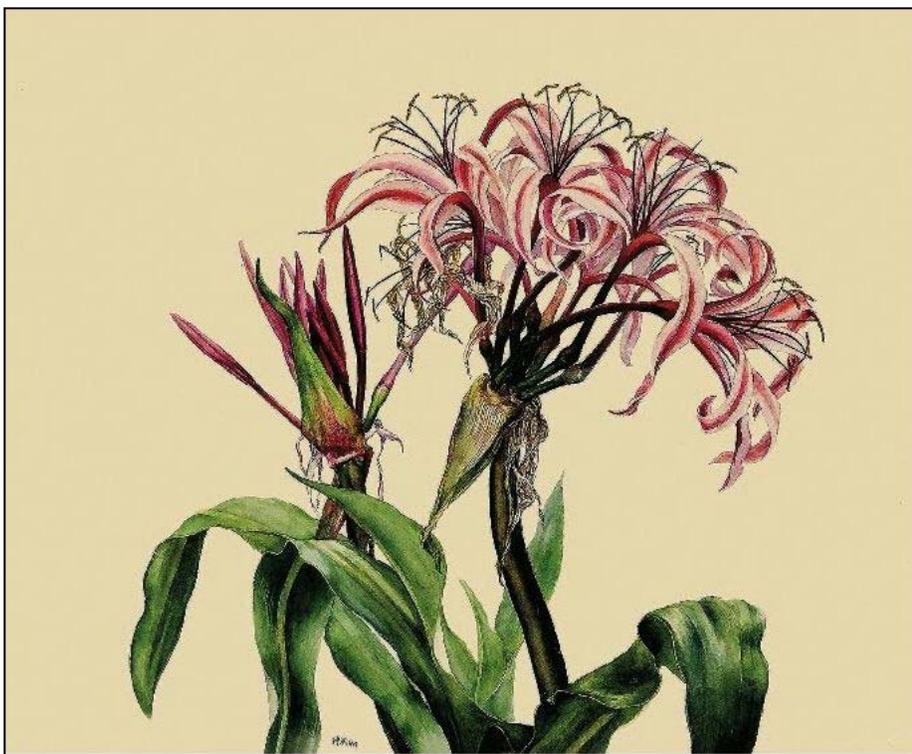
**Waltz with Bashir (2008)**

**90 minutes**

Utilizing vivid black-and-white animation in this Golden Globe winner for Best Foreign Language Film, director Ari Folman documents his quest to explore the memory gaps in his life during his service in the Israeli army in the Lebanese war of the early 1980s. Recounting several story vignettes based on recorded interviews with colleagues and friends, Folman explores the horrors of war and the curious coping mechanisms that mankind uses to survive and function under brutal circumstances.

Note: There are many venues in Brookline that show movies for free or at a reduced rate for seniors. See the Brookline Summer article on p. 9, and/or call, for example, the Coolidge Corner Branch of Brookline Public Library, Goddard House in Brookline, and the Coolidge Corner Theatre for their schedules.

## AT THE GALLERY



You are cordially invited to see

### *Botanical Portraits*

by *Elaine Wong*

Through  
Monday, August 31

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

These intricate botanical drawings are as practical as they are beautiful—a joy to the eye while faithfully describing the plants.

## EASY TRAVEL

This month the Easy Travel presentation will be part of the Independence Day celebration on **Thursday, July 2**. The film, which will begin at **1:30 pm**, is a documentary—*Timeless: A National Parks Odyssey*, showcasing the glories of our nation's natural treasures.

## YUM, YUM



On **Monday, July 27**, Coolidge House will sponsor a free Ice Cream Social. This delicious event is free and will take place at the Senior Center at

**2:00 pm** after Line Dancing with Donna Baressi.

The line dancing will be at its usual weekly time of 1:00 to 2:00 pm.. Everybody is welcome to join in line dancing. A small (\$2.00) fee assures you an hour of fun socializing with your peers.

## BROOKLINE'S SUMMER IN THE PARKS

Brookline's Summer in the Parks 2009 Outdoor Film Series is featuring the following movies:

At the Devotion School Field (345 Harvard Street)

Monday, July 13 \*\*\*\*\* *The Princess Bride*

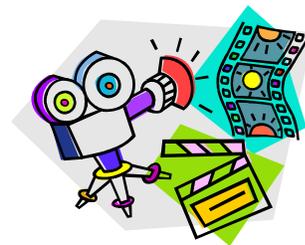
Monday, July 20 \*\*\*\*\* *Some Like It Hot*

At Amory Park at Amory and Freeman Streets

Monday, July 27 \*\*\*\*\* *E.T.*

Admission is free. All shows begin at dusk (approximately 8:00 pm). Participants should bring their own blankets or folding chairs and a flashlight to make it easier to

exit after the movie is over. Parking is limited so viewers are urged to walk, carpool, or use public transportation. Alcoholic beverages are prohibited. Movies will be rescheduled in case of high winds or rain.



## MIDSUMMER BARBEQUE

What could be better way to spend a midsummer Saturday afternoon than by relaxing at a barbeque at the Senior Center, with entertainment yet? Make your weekend special by enjoying an afternoon outing with lunch, music, and a sing-along, on **Saturday, July 11, at 1:00 pm**. This delicious BBQ, sponsored, and prepared, by the Brookline Elks (Lodge no. 886) will be accompanied by a serenade by the Good Times Orchestra led by Dr. Emilian Badea, well-known for his virtuoso performances on both the bassoon and accordion.



Maestro Badea is a graduate of the world-renowned Romanian Music Academy and holds advanced degrees from Boston University. He has performed throughout the region with the Boston Ballet, the New Hampshire Symphony, and the Rhode Island Philharmonic.

Sounds like the Elks and the orchestra will be cooking up a memorable afternoon of good food, good music, and good times. Bus transportation to the Senior Center is available for 25 to 30 people, so call 617-730-2777 for the schedule and bus stops if you need transportation.

## BOOK DISCUSSION GROUP

This group is taking a vacation in July. We will publish the new schedule in the August or September *Senior News and Events*.



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

## CAREERS IN AGING

The 6th annual Careers in Aging (CIA) program is a great opportunity for seniors and high school students to share thoughts and experiences. All seniors are invited to take part in programs and events. We need *you* to make it another successful summer! So join in at the Senior Center's very popular CIA program to work on projects with high school students in July.



*Last year's CIA gang. (Photograph courtesy of Charlene Fong)*

We have several qualified and interested young people who will intern with us at the Senior Center this summer, and we welcome, actively encourage, as many seniors as possible to participate with these young people.

The CIA program will run from **Tuesday, July 7 through Thursday, July 30** and will have events and activities scheduled Mondays through Thursdays during this period. Highlights of the Program include:

- The students will bake cakes for the Springwell Birthday lunch on Tuesday, July 21
- Current event discussions
- A movie like *Mrs. Palfrey at the Claremont* or *Tea with Mussolini* with what is certain to be a lively discussion following the movie
- Closing ceremonies on Thursday, July 30, accompanied by a bake sale.

The program coordinator this year is Ali Kanter, herself an alumna of the program when she was in high school. For more information about the program, call Ali at 617-730-2767.

The program is co-sponsored by the Brookline Senior Center, The Brookline Aging Collaborative, Brookline Health Care Center, and Wheelock College Division of Social Work.

## SAFEGUARDING YOUR INFORMATION SAFEGUARDS YOU

At home, you can lock your doors. When it comes to your car, you can activate the alarm system. But what can you do to protect your identity?

Identity theft is one of the fastest growing crimes in America. Someone illegally using your Social Security number and assuming your identity can definitely be more trouble than a car thief or house burglar. Identity thieves can use your number and your good credit score to apply for more credit in your name. Then, they use the credit cards, and do not pay the bills. You may not find out that someone is using your number until you are turned down for credit or you begin to get calls from creditors demanding payment for items you never bought.

What better time is there than during National Safety Month to educate yourself in protecting your personal information? Here are some quick tips:

- Keep your Social Security card at home in a safe place, wherever you keep your important paperwork;
- Safeguard your number as well—don't give it to just anyone; many places you do busi-

ness with may ask for it as a means of identification even though they can use other identifying information

- Shred before you toss — identity thieves can rummage through your trash or recycling material and find a goldmine of information, so be sure to destroy any identifying information before you throw it out.
- If you receive a benefit from Social Security, get direct deposit. With direct deposit, your payments are electronically sent right to your account, and there's no risk of a payment being lost in the mail or stolen from your mailbox. At Social Security, signing up is quick, easy, and secure. Visit [www.socialsecurity.gov/deposit](http://www.socialsecurity.gov/deposit) to learn more.
- Read our online fact sheet about identity theft at [www.socialsecurity.gov/pubs/10064.html](http://www.socialsecurity.gov/pubs/10064.html).

If you believe someone may be using your number or identity, you should contact the Federal Trade Commission at [www.ftc.gov/bcp/edu/microsites/idtheft](http://www.ftc.gov/bcp/edu/microsites/idtheft), or call 1-877-IDTHEFT (1-877-438-4338) (TTY 1-866-653-4261).

*by Judy Bernstein, Social Security District Manager  
in Boston*

## ALZHEIMER'S CAREGIVERS SUPPORT GROUPS

In July, this group will have 2 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 to all caregivers.

The **Daytime** group will meet **Friday, July 10**. Call group leader December Heffernan at 617-730-2753 to register to attend and/or for further information.

The **Evening** group will meet **Thursday, July 30**. Call Susan Andriole at 617-730-2754 to attend and/or for further information.

## PARKINSON SUPPORT GROUP

This group will take a break in July. Sessions will resume in August. See the August issue of the *Senior News and Events* for more information.

Get a **Reverse Mortgage**  
from a lender you can **trust**.

Call Bank of Canton today!

Sheelah Jamieson  
Reverse Mortgage Specialist  
800.948.3948



## ELDERBUS SCHEDULE

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

Stops	Schedule				
					Drop-off Only
Senior Center	9:00	10:30	12:30	2:00	3:30
112 Centre Street, 100 Centre Street, Corner of Beacon and Centre Streets	9:03	10:33	12:33	2:03	Drop-off Only
1550 Beacon Street, Star Market on Beacon Street	9:10	10:40	12:40	2:10	Drop-off Only
61 Park Street, Town Hall  Main Library	9:20	10:50	12:50	2:20	Drop-off Only
Brookline Village Walnut Street (Rear Fire Station)	9:30	11:00	1:00	2:30	Drop-off Only
99 Kent Street Lynch Center Brookline Place	9:35	11:05	1:05	2:35	Drop-of f Only
Stop & Shop, Harvard & Beacon	9:45	11:15	1:15	2:45	
90 Longwood Ave.	9:55	11:25	1:25	2:55	
Longwood Medical, Beth Israel Deaconess Medical Center  Johnny's Market		<b>BY</b>	<b>REQUEST</b>	<b>ONLY</b>	
Beacon & Powell Sts Amory & Egmont Sts Egmont & Pleasant Sts	10:10	11:40	1:40	3:10	
50 Pleasant Street, Harvard & Fuller Streets	10:15	11:45	1:45	3:15	

# Restoring your life one step at a time.

**Brookline Health Care Center's Stroke Recovery Program** is designed to maximize the rehabilitation potential of individuals recovering from a stroke. The program is an interdisciplinary approach with a focus on returning home. Patients will receive comprehensive Nursing and Therapy services to improve their cognitive, physical, communication and emotional strength.

## **Our program features**

- Medical Management
- Physical, Occupational & Speech Therapy
- Skilled Nursing Services
- Intravenous Therapy
- Wound Management
- Specialized Equipment: Lite Gait Ambulation System
- Discharge Teaching

***Please call or stop by to see our new and beautiful interior renovations!***

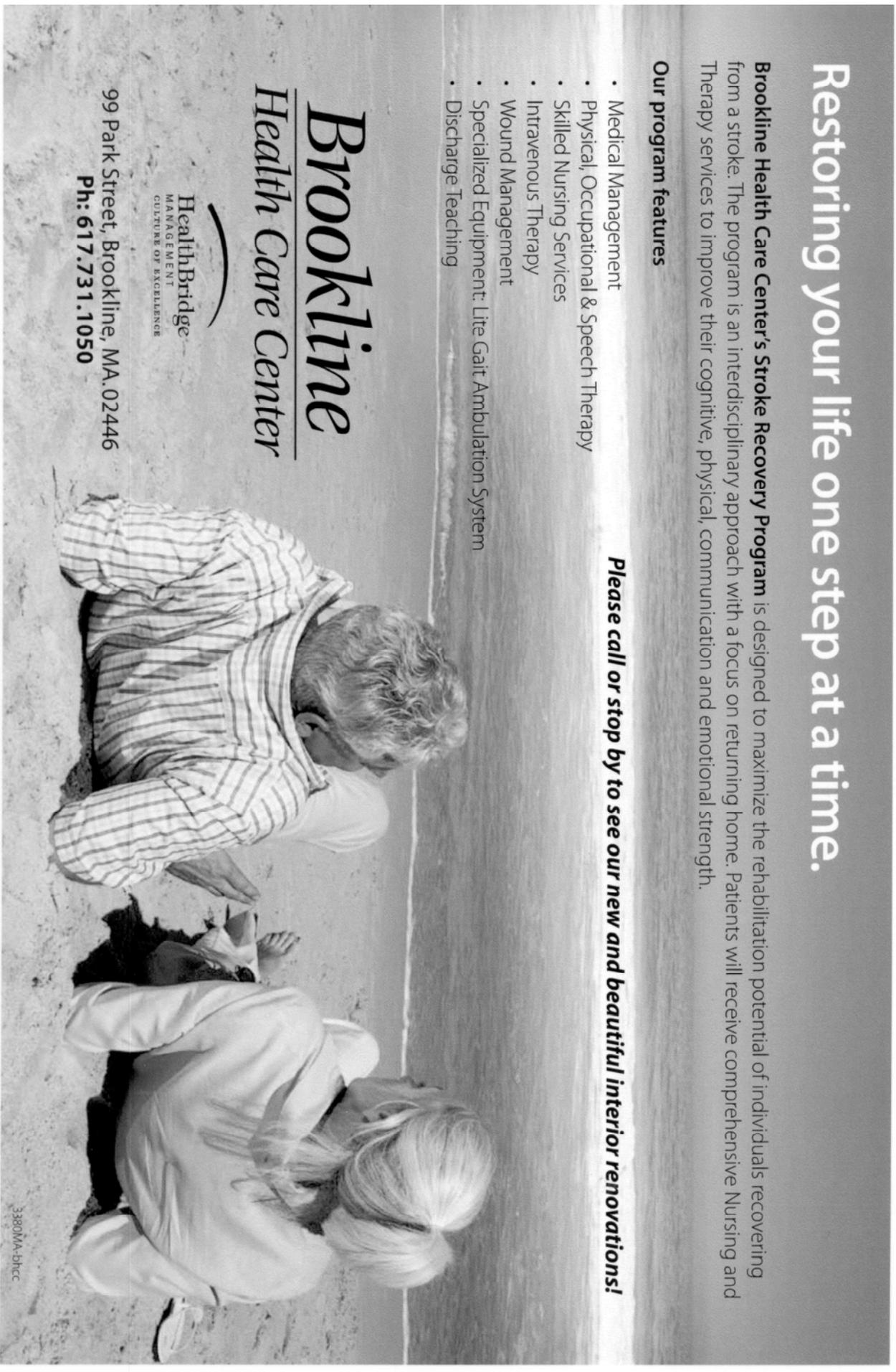
# *Brookline*

## *Health Care Center*

HealthBridge  
MANAGEMENT  
CULTURE OF EXCELLENCE

99 Park Street, Brookline, MA. 02446  
Ph: 617.731.1050

3380MA-bhcc



## FRENCH CONVERSATION?

At press time, the schedule for French Conversation had not been set for July. Call 617-730-2777 for information about this group in July.

## EQUIPMENT LOAN FUND

The Council on Aging Equipment Loan Fund (ELF) has a small supply of gently used walkers, canes, crutches, grabbers, commodes, and shower benches that are now available for lending thanks to generous donations. We also have bed boards, wheelchairs, and **even a swivel seat for getting in and out of the car!** If you are looking to borrow one of these items (or if you have something you would like to donate), please contact December Heffernan at 617-730-2753. 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 to December before dropping off.

## BROOKLINE SENIOR CENTER SWING BAND

Do you play an instrument? Are you looking for a group to play with? Do you enjoy playing popular music from the 1920s to the 1950s? If so, this band may be just what you are looking for. Join the Senior Center Swing Band with band leader James Demicco.

Anyone can join, but you should be able to read music or play by ear. Previous band experience is helpful, but not necessary. We'll supply the sheet music. You supply your instrument.

Meetings will be at the Senior Center every other **Monday** afternoon from **2:30 to 4:30 pm**. In July, meetings will be on **July 13 and 27**.



## JEWELRY PLUS REPRISE

The jewelry buying event at the beginning of June was a tremendous success. Tony Sharrio from Jewelry Plus presented the Senior Center with \$600.00 to be used for the good of the center. And participants in the process got to clean out their old, unused, and unwanted extra jewelry and watches.

If you were unable to make this event or if you have still more to sell, watch for an announcement about when Mr. Sharrio will be back for a second time.

## MODERN BEADING WORKSHOP

Learn to do modern beading using thin soft-flex and crimps. Combine old beads into interesting new designs. Just bring beads, crimps, and 1 yard of thin soft-flex to the Senior Center on **Wednesday, July 22, at 1:30 pm** and Marge Harvey will lead you to creative stringing.

All materials are available at the Pear Tree Shop and at other area craft shops. No registration is required for this workshop..

**Brookline Bank**  
is proud to be a part of  
**the Brookline Senior Center Calendar**

**Brookline Bank**

[www.BrooklineBank.com](http://www.BrooklineBank.com) | 1-877-668-2265

Arlington | Bedford | Brookline(5 branches) | Lexington | Malden | Medford(3branches) | Needham |  
Newton(3 branches) | West Roxbury

Member FDIC



## PHILIP'S TV & STEREO

T.V. Sales & Repairs • Plasma & LCD  
Expert Installations • In Home or Carry In  
Air Cond., Cell Phones, Computers Repairs  
***Pick-Up and Delivery Service***

PROUDLY SERVING BROOKLINE SINCE 1950

187 Harvard Street, Brookline • Tel. 617-232-8353

All Major Credit Cards Accepted + Hours M-F 9-5 Sat 9-1

SONY

## THE RETURN OF THE FARMER'S MARKET

One of the most welcome traditions of summer is the Brookline Farmer's Market at the Centre Street parking lot. The market is open every Thursday from June 18 through October 29 from 1:30 pm until dark and is simply chock full of goodies—fresh fruit and veggies, breads and other baked goods, ice cream, and other treats to the palate and all the other senses. Don't miss it. Revel in the experience of a real farmer's market.



We don't have any coupons yet, but we expect to have some in August. Meanwhile, think of all the delicious, wholesome, nonprocessed food you can enjoy.



*Personalized care at home...*

- Affiliate of the Visiting Nurse Association of Boston
- Experienced and reliable caregivers
- Homemakers, Companions, Hands on Personal Caregivers, and Care Management
- Licensed, insured, and bonded
- Specialty services include the Memory Care at Home & Snowbird Services



VNA Private Care

VISITING NURSE ASSOCIATION  
OF BOSTON & AFFILIATES

Call us Today  
800.454.2977

[www.vnaprivatecare.com](http://www.vnaprivatecare.com)

## PROJECT VOLUNTEER

If you are looking for a pleasant way of socializing and meeting new people while doing very useful and necessary projects for the Senior Center and other nonprofit groups, consider joining Project Volunteer on Fridays at 10:00 am. You do not need to register for this activity, simply come to the Senior Center. For more information, call 617-730-2777 and tell the Information and Referral Desk that you are interested in Project Volunteer. Someone from the group will get back to you promptly.

## BROOKLINE FOOD PANTRY REPRISE

At the June 10 Council on Aging (COA) meeting a check for \$350.00 was presented to Jim Margolis, Director of the Brookline Food Pantry. It represented the proceeds of the SOS event that was held in March at the Senior Center.

This event, very ably organized by Dotty Bell, also yielded almost a ton of food for the pantry. This reaffirmation of the COA's commitment to giving back to the community was emphasized by asking everyone who attended the June meeting, and everyone else who frequents (or occasionally comes to) the Senior Center to bring much-needed toiletries like toothpaste, toothbrushes, razors, deodorant, and shampoo to the Senior Center for the pantry's shelves.



**The 5th Edition of the *Elder Resource Guide*, revised and expanded, is now 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 and Children's Services (JF&CS). Pick up your copy today!**

# Springwell Nutrition Program

# JULY 2009

617-730-2770

MONDAY	TUESDAY	WEDNESDAY
<p>ALL MEALS INCLUDE 8 OZ. OF 1% MILK AND MARGARINE.</p> <p>Low sugar desserts are available, and need to be ordered with the site manager</p> <p>***Higher Sodium Content</p> <p>Menu subject to change. \$1.75 donation.</p> <p>For meal reservations on Mondays, please call the previous Friday by 11:00 am. If you must cancel your lunch reservation, please call 617-730-2770.</p>		<p>1) <b>Clam Chowder / Crackers</b> Breaded Fish w/ Lemon Pepper Sauce Lemon Wedge Mashed Potatoes, Carrots Oatmeal Bread</p> <p>OR</p> <p>Egg Salad on White Bread, Spinach Mandarin Orange Salad w/Lite Dressing, Potato Salad</p> <p>Pears</p>
<p>6) <b>Florentine Soup / Crackers</b> Salmon Boat w/Dill Sauce, Lemon Wedge, Red Bliss Potatoes, Zucchini, Rye Bread</p> <p>OR</p> <p>Roast Beef &amp; Am. Cheese on White Bread, Lite Mayo, Spinach Mandarin Orange Salad w/Lite Dressing, Potato Salad</p> <p>Fresh Fruit</p>	<p>7) Stuffed Cabbage w/Tomato Sauce Couscous w/ Mushrooms &amp; Peppers, Country Style Blend, Multigrain Bread</p> <p>OR</p> <p>Seafood Salad on Rye Bread, Lettuce Leaf, Tri-Color Pasta Salad, Tossed Gar- den Salad w/ Lite French Dressing</p> <p>Brownie</p>	<p>8) <b>Oriental Vegetable Soup / Crackers</b> Beef Stir Fry Brown Rice, Cauliflower Oatmeal Bread</p> <p>OR</p> <p>California Chicken Salad on Lettuce Leaf Cole Slaw, Pasta Vegetable Salad Multigrain Bread</p> <p>Pineapple</p>
<p>13) <b>Mushroom Barley Soup / Crackers</b> Meatloaf w/ Brown Gravy Mashed Potatoes, Beets Wheat Bread</p> <p>OR</p> <p>Egg Salad on Rye Bread, Lettuce Leaf, Po- tato Salad, Tomato Red Pepper Salad</p> <p>Mixed Fruit</p>	<p>14) <b>Corn Chowder / Crackers</b> Vegetable Cheese Quiche, Ketchup, Zuc- chini &amp; Tomatoes, Oatmeal Bread</p> <p>OR</p> <p>Breaded Chicken Patty on Hamburger Roll, Lite Mayo, Roman Blend, Vegetable Salad, Lemon Rice Salad</p> <p>Fresh Fruit</p>	<p>15) Orange Almond Chicken/Sauce Baked Potato &amp; Sour Cream Broccoli, Multigrain Bread</p> <p>Or</p> <p>Roast Beef &amp; Mozzarella Cheese, Lettuce, Lite Mayo on Whole Wheat Bread Cole Slaw, Three Bean Salad</p> <p>Tapioca Pudding/ Topping</p>
<p>20) ***Chicken Kielbasa, Onions &amp; Peppers Potato Salad, Mixed Vegetable, Mustard, Sub Roll</p> <p>OR</p> <p>Tuna on Multigrain, Lettuce Leaf, Cole Slaw, Orzo Vegetable Salad, Multigrain Bread</p> <p>Mandarin Oranges</p>	<p>21) <b>Birthday Lunch</b> <b>Mixed Beans Soup / Crackers</b> Chef Salad, Italian Dressing, German Potato Salad, Whole Wheat Roll</p> <p>OR</p> <p>Ham &amp; Am. Cheese on Rye Bread, Mus- tard, Lettuce Leaf, Carrot Raisin Salad, Pasta Salad w/Cheese</p> <p>Fresh Fruit</p>	<p>22) Beef Stew Green beans, Zucchini Bread</p> <p>OR</p> <p>Chicken Salad on Wheat Bread, Lo Mein Pasta Salad, Spinach Mandarin Orange Salad, Lite Italian Dressing</p> <p>Pistachio Pudding / Topping</p>
<p>27) Turkey A La King, Peas &amp; Carrots, Rice, Wheat Bread</p> <p>OR</p> <p>Chicken Salad on Multigrain Bread, Lettuce &amp; Tomato, Carrot Pineapple Salad</p> <p>Tropical Fruit</p>	<p>28) <b>Potato Chowder / Crackers</b> Pier 17 Fish w/Lemon Sauce, Lemon Wedge, Red Bliss Potatoes, Zucchini, Rye Bread</p> <p>OR</p> <p>Egg Salad on Multigrain bread, Lettuce Leaf, Beet Salad, Pasta Salad</p> <p>Fresh Fruit</p>	<p>29) American Chop Suey, Tossed Garden Salad w/Lite Dressing, Spinach, Italian Bread</p> <p>OR</p> <p>Peppercorn Turkey &amp; Mozzarella Cheese on whole Wheat Bread, Lite Mayo, Cucumber Creamy Dill Salad, Three Bean Salad</p> <p>Mixed Fruit</p>

## LUNCH SPECIALS IN JULY

THURSDAY	FRIDAY
<p><b>2) Independence Day Special</b></p> <p>Grilled Hamburger in Au Jus Ketchup, Mustard Lettuce, Tomato, Cheese Bag of Chips, Summer Blend Vegetables, Whole Wheat Hamburger Roll</p> <p style="text-align: center;"></p> <p style="text-align: center;"><b>Red White &amp; Blue Shortcake / Topping</b></p>	<p><b>3)</b></p> <p>*** Reduced Sodium Hot Dog on Hot Dog Roll, Ketchup, Mustard, Relish, Baked Beans, Cole Slaw</p> <p style="text-align: center;"><b>OR</b></p> <p>Chicken Salad on Oatmeal Bread Lettuce Leaf, Tossed Salad w/ Lite Dress- ing</p> <p style="text-align: center;"><b>Fresh Fruit</b></p>
<p><b>9) Vegetable Soup / Crackers</b></p> <p>Greek Chicken Paprika Potatoes Broccoli &amp; Red Pepper Wheat Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Ham &amp; Swiss on Oatmeal Bread, Mustard Broccoli Tomato Salad, English Pea Salad</p> <p style="text-align: center;"><b>Hoodsie</b></p>	<p><b>10)</b></p> <p>Baked Macaroni &amp; Cheese Stewed Tomatoes, Tossed Garden Salad w/ Lite Italian Dressing Dinner Roll</p> <p style="text-align: center;"><b>OR</b></p> <p>Tuna Salad on Multigrain Bread Riviera Salad, Pasta Salad</p> <p style="text-align: center;"><b>Peaches</b></p>
<p><b>16)</b></p> <p>Baked Ziti, Tossed Garden Salad w/Lite Dressing, Italian Style Blend Italian Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Chicken Salad on Lettuce Leaf Tomato &amp; Zucchini Salad, Pasta Salad Oatmeal Bread</p> <p style="text-align: center;"><b>Pears</b></p>	<p><b>17) Cream of Zucchini / Crackers</b></p> <p>Breaded Fish W/ Salsa Sauce Spinach, Brown Rice Rye Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Turkey &amp; Cheese on Multigrain Bread, Lite Mayo, Lettuce Leaf, Rice Broccoli Cheese Salad, Beet Salad</p> <p style="text-align: center;"><b>Frosted Cake</b></p>
<p><b>23) Clam Chowder / Crackers</b></p> <p>Baked Fish Au Gratin, Sweet Potatoes, Peas, Rye bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Breaded Chicken Patty on Hamburger Roll, Lite Mayo, Roman Blend Vegetable Salad, Lemon Rice Salad</p> <p style="text-align: center;"><b>Chef's Choice Dessert</b></p>	<p><b>24) Italian Garden Veg. Soup/ Crackers</b></p> <p>BBQ Chicken w/Sauce, Chuckwagon Corn, Herbed Carrots, Whole Wheat Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Roast Beef &amp; Swiss on Oatmeal Bread, Lite mayo, Lettuce Leaf, Tomato Broccoli Salad, Potato Salad</p> <p style="text-align: center;"><b>Pineapple</b></p>
<p><b>30) Minestrone Soup / Crackers</b></p> <p>Chicken Marsala, O'Brien Potatoes, Brussels Sprouts, Oatmeal Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Roast beef &amp; Swiss on Rye Bread, Lite Mayo, German Potato Salad, Tomato Red Pepper Salad</p> <p style="text-align: center;"><b>Butterscotch Pudding / Topping</b></p>	<p><b>31) Beef Barley Soup / Crackers</b></p> <p>Pot Roast w/Gravy, Mashed Potatoes, Beets, Rye Bread</p> <p style="text-align: center;"><b>OR</b></p> <p>Seafood Salad on Lettuce Leaf, Tossed Salad w/Lite Dressing, Macaroni Salad, Oatmeal Bread</p> <p style="text-align: center;"><b>Tangerine Jell-O / Topping</b></p>

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

Join us on **Thursday, July 2 for Springwell's Independence Day Special** lunch! Entertainment includes a performance of the Senior Center Chorus and a documentary about national parks (see p. 3).

Don't miss the **Elks Barbeque on Saturday, July 11,** (see p. 10 for details).

Our **Birthday Lunch** this month is on **Tuesday, July 21.** Enjoy birthday cake baked by our CIA students while Nettie takes a well-earned vacation. If you have a birthday in July, let us know when you make your reservation.

**Sunday, July 26,** there will be a free brunch with entertainment (see p. 3).

The **Let's Go Out to Lunch Group** will meet at **12:00 noon** for lunch on **Tuesday, July 28,** at the Vine Ripe Grill at the Putterham Golf Course. Call Ron by Monday, July 27, at 617-730-2750 for transportation.



EVENTS CALENDAR

MONDAY	TUESDAY	WEDNESDAY
<p><b>To reserve a lunch please call 617-730-2770 by 11 a.m., a day in advance</b></p> <p>SHINE counselors are available to answer your individual health insurance questions. Please call 617-730-2777 for an appointment.</p>	<p>BETS discount taxi coupons can be purchased at the Senior Center or through the mail. For more information or to apply for the program please call (617)730-2740</p>	<p>1            9a.m. - BLAB lawyer            9:30 a.m. Retired Men's Club            12:30 p.m. Bridge            2-4 p.m. Open computer lab</p>
<p>6) 9 a.m. Podiatry Clinic by appt.            10:30 a.m. Poetry Workshop-vac            12:30 p.m. Chinese programs            1 p.m. Mah Jongg            1--2 p.m. Blood pressure screening            1--2 p.m. Line Dancing            2-4 p.m. Open computer lab</p>	<p>7            10 a.m. Modern Dance with L. Modell            10:30 a.m. Brookline Bees-Quilters            1 p.m. Bingo            1:30 p.m. Movie Lovers' Film Series "The Music Man"            Careers in Aging program begins</p>	<p>8            9:30 a.m. Retired Men's Club            12:30 p.m. Bridge            1 p.m. "Making the Most of Your Leisure Time" with Jeanne Martin            2-4 p.m. Open computer lab</p>
<p>13            10:30 a.m. Poetry Workshop-filled            12:30 p.m. Chinese programs            1 p.m. Mah Jongg            2-4 p.m. Open computer lab            2:30 p.m. Swing band</p>	<p>14            10 a.m. Modern Dance with L. Modell            10:30 a.m. Brookline Bees-Quilters            12:30 p.m. French Conversation grp. call for schedule            1:00 p.m. Bingo            1:30 p.m. Movie Lovers' Film Series "Revolutionary Road"</p>	<p>15            9:30 a.m. Retired Men's Club            12:30 p.m. Bridge            1 p.m. Low Vision Group            2-4 p.m. Open computer lab</p>
<p>20            9 a.m. Podiatry Clinic by appt.            10:30 a.m. Poetry Workshop-filled            12:30 p.m. Chinese programs            1 p.m. Mah Jongg            1--2 p.m. Line Dancing            2-4 p.m. Open computer lab</p>	<p>21            10 a.m. Modern Dance with L. Modell            10:30 a.m. Brookline Bees-Quilters            Noon - July birthday lunch            1:00 p.m. Bingo            1:30 p.m. Movie Lovers' Film Series "Callas Forever"</p>	<p>22            9:30 a.m. Retired Men's Club            12:30 p.m. Bridge            1:30 p.m. Modern Beading workshop            2-4 p.m. Open computer lab</p>
<p>27            10:30 a.m. Poetry Workshop-filled            12:30 p.m. Chinese programs            1 p.m. Mah Jongg            1--2 p.m. Line Dancing            2 p.m. Ice Cream Social            2-4 p.m. Open computer lab            2:30 p.m. Swing band</p>	<p>28) 10 a.m. Modern Dance            10:30 a.m. Brookline Bees-Quilters            Noon - "Let's Go Out to Lunch" grp. meets at Vine Ripe Grill            12:30 p.m. French Conversation grp. call for schedule            1:30 p.m. Movie Lovers' Film Series "Waltz with Bashir"</p>	<p>29            9:30 a.m. Retired Men's Club            12:30 p.m. Bridge            2-4 p.m. Open computer lab</p>

## ONGOING SENIOR CENTER EVENTS

### MONDAY

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

9:30 am—Solemates, Walking  
 Group  
 10:30 am—Current Events  
 Discussion Group  
 10:30 am—Senior Chorus (on  
 vacation July 3 and 10)

### WEEKEND EVENTS

Saturday, July 11 at 1 pm Elks  
 BBQ. Reservations req.

Sunday, July 26 brunch at 12  
 noon and Coolidge Corner  
 Community Chorus at 1 pm

THURSDAY	FRIDAY
2 10:30 a.m.Knit and Crochet Noon - Springwell "4th of July" lunch special 1 p.m. Senior Center Chorus concert  1:30 p.m." Easy Travel" visit USA National Parks 1:30 p.m. Russian Tea Room	3 9 a.m.Bridge 9:30 a.m. Solemates Walking group 10 a.m Project Volunteer Group 10:30 a.m. Current Events  10:30 a.m. Senior Chorus-vac. No Parkinson Support Group
9 10:30 a.m.Knit and Crochet 1:30 p.m. Russian Tea Room	10 9 a.m.Bridge 9:30 a.m. Solemates Walking group 10 a.m Modern Dance with L.Modell  10 a.m Project Volunteer Group 10:30 a.m. Current Events 10:30 a.m. Senior Chorus - vac. Afternoon Alzheimer Support Group
16 9 a.m.-noon "Songwriting Works", pre-registration requested 9-10:30 a.m. Blood Pressure screen  10:30 a.m Knit and Crochet 1:30 p.m. Russian Tea Room	17 9 a.m.Bridge 9:30 a.m. Solemates Walking group 10 a.m Modern Dance with L.Modell  10 a.m Project Volunteer Group 10:30 a.m. Current Events 10:30 a.m. Senior Chorus
23 10:30 a.m Knit and Crochet 1:30 p.m. Russian Tea Room	24 9 a.m.Bridge 9:30 a.m. Solemates Walking group 10 a.m Modern Dance with L.Modell 10 a.m Project Volunteer Group 10:30 a.m. Current Events 10:30 a.m. Senior Chorus
30 10:30 a.m Knit and Crochet 1 p.m. Careers in Aging - Culminating Event 1:30 p.m. Russian Tea Room  Evening Alzheimers Support Group	31 9 a.m.Bridge 9:30 a.m. Solemates Walking group 10 a.m Project Volunteer Group 10:30 a.m. Current Events 10:30 a.m. Senior Chorus

## FROM THE DIRECTOR

July is usually a time for summer vacations and a slower pace but not so much here at the Senior Center. Many new and exciting programs in addition to our regular programming will happen all summer long. Check out the new and different section featured on page 1. We are especially grateful to the organizations who are sponsoring fabulous weekend programs including the Brookline Elks Lodge no. 886 who are providing the BBQ (see p. 10) and Epoch who is underwriting the Coolidge Corner Community Chorus brunch (see p. 3). For those of you who usually cannot come to the center on weekdays, this is a great opportunity to sample our offerings.

I personally want to acknowledge the hard work and dedication of December Heffernan who will be leaving us this month. December is a dedicated social worker who has always been willing to take on special projects at the Senior Center. I wish her much happiness in her marriage and good luck on her next career choice.

I also want to express my special get-well wishes to Cippy MacDougall. She is not only a beloved staff member, but is like an aunt to me. She needs to get back to her welcoming perch in the coffee lounge really soon as we all miss her cheerful attitude.

One of our special programs of the year will start Tuesday, July 7, as we welcome the 6th

### HOLIDAY FAIR—SAVE THE DATE

It's difficult to think about it at the beginning of the summer, but the first planning meeting for the 25th Annual Senior Craft Fair took place in June. The dates for the Fair are Friday, November 13, and Saturday, November 14. And the fair will be held this year at the Senior Center as has been done for the previous two years.

At the first planning meeting the Senior Center was chosen as the charity to benefit from the fair on the principle (in these hard times) that charity sometimes needs to begin at home.

annual 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. (See p. 10.)

Our Elderbus is an essential service providing transportation. The schedule was updated (and is printed on p. 12). Our 2009 survey will focus on your transportation needs. Look for it and as always, 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.

Finally, I wish all a Happy Fourth of July. My family always has a big party to watch the glorious fireworks and enjoy the delicious summer foods. I especially enjoy 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! Come to the Senior Center to enjoy our air-conditioned building, drink extra water this month, and join me at the Farmer's Market for yummy summer treats and socializing with your neighbors. (See p. 15.)

—Ruthann Dobek, Director



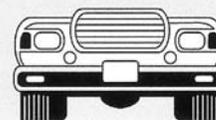
## CYPRESS AUTOMART

USED CAR DEALERSHIP

A DIVISION OF AUDY'S MOBIL

proudly serving Brookline & surrounding areas since 1973

Village Mobil  
345 Boylston St.  
617 738 4706



Harvard St. Mobil  
198 Harvard St.  
617 734 6810

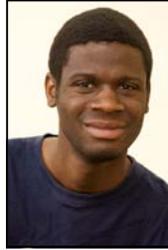
1996 Business of the Year

[www.cypressauto.com](http://www.cypressauto.com)

[www.mobilstations.com/audys](http://www.mobilstations.com/audys)

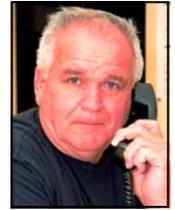
## STAFF DOINGS

At the June Council on Aging (COA) meeting, **Tomall Harris** shared an entry from his journal:



"I enjoy helping Ralph with his duties at the Brookline Senior Center. Ralph is the first supervisor I ever had at a work place. He really is a good man and one of my greatest friends. If I make a mistake on something he assigned me to, he does not get angry or scream. He just tells or shows me how to do the job properly. I learned from Ralph about how to be responsible and more accurate at the workplace. He is a nice guy. I like when he jokes around and he is so helpful to the seniors. I look up to Ralph. I am happy working with him. I would like to say to him,

'Thanks for everything my good friend.'"



We are fortunate to have both **Tomall and Ralph Perkins** at the Senior Center.



**Cippy MacDougall!** We miss you and need you to get better. The senior center is not the same

without your smile and warm and fun attitude.



We have collected donations to buy Cippy gift certificates from her favorite Brookline restaurants as she is recovering. If you wish to make a donation, give it to the front desk



**December Heffernan** We are so sorry to lose her, but happy for her positive life changes. December not only is the coordinator of HELP, she also leads the daytime Alzheimer support group and is the team captain for Brookline Bikes Beacon. Join us in wishing her well.



From her letter to clients:

"I have been with the Council on Aging for 7½ years now. It has been a wonderful journey and a very rewarding experience, but it is time for me to move on from Brookline. I will be getting married and moving to Connecticut in August."

And her letter to the director:

"I want you to know how important the Council on Aging has been to me. I could not have found a better group of colleagues and mentors than those I have worked with for the past 7 years at the Council on Aging. If my life were not pulling me in a new direction, I would be in no rush to leave such a wonderful and supportive workplace."

*Photos courtesy of David Weinberg*



THANKFUL TO BE HOME WITH THOSE YOU LOVE

**Partners Private Care**, a subsidiary of Partners Home Care, offers in-home support, such as home health aides for personal care assistance, nursing, and home management, that gives you confidence to live on your own. Our staff are screened, supervised, and insured, providing you with added protection.



**PARTNERS PRIVATE CARE**  
800.698.2628

A subsidiary of Partners Home Care, and member of  
Partners HealthCare, founded by Massachusetts General Hospital  
and Brigham and Women's Hospital

[www.partnershomecare.org](http://www.partnershomecare.org)

## THE JOYS OF GROWING OLDER

Along with the aches and pains of getting older, we elders gain a lot of wonderful things as we age. Sitting here at my computer, looking at the lovely spring weather outside, and knowing that when I leave the house I'll be enveloped in the beautiful floral fragrances in the air that exist this time of year, I am thankful for so many things that maturity brings. Here is a list of both the profound and the amusing.

1. No one cares how I look, so I don't need to primp or go clothing shopping. We elders have gone through our young years with concerns about our appearances and attracting others to us. We're now comfortable in our own skin. So what if the skin is a bit mottled or flabby. Besides that, I have always hated to go clothes shopping. Now I don't need to buy many clothes (my 1X size doesn't seem to change and much of my wardrobe seems indestructible, except when I paint in it.) The confluence of not needing many clothes and being able to shop by the internet is quite nice. I can keep using, and then recycling, the clothes that I have had for a very long time; that feels very good environmentally.
2. I have self-confidence and don't care what people think. I know that sounds grouchy and curmudgeonly, but it's a nice feeling to be sure of yourself. By and large, older people have gained that feeling of confidence through a lifetime of experience. Experience

helps reduce stress. It's a feeling of incompetence (or its actuality) that produces much of our stress. When you're an elder, you've had enough experience to achieve competence.

3. You're not invested in living long, you're invested in living well. The younger a person is, the more that person fears death. We elders, who are so near death, do not fear it. Why is that? Young people have a hoarding mentality about the days of their lives. They feel each day lived is a day lost, a day that brings them nearer to death. We elders live more in the moment, appreciative of each day, knowing that each day we lived is part of our memories and make up, and in a sense, makes us who we are. We're relaxed about the prospect of the end of life, because we have lived.
4. We don't sweat the little stuff. Being older gives us a value system that we've developed during our entire lives. We know what is important. So something doesn't go the way we wanted or expected it to. What an adventure! We have learned that life can be unpredictable and that sometimes, surprising things happen when we stop holding so hard to our thoughts and expectations.

So the secret is out. Getting old is not harmful or detrimental to your mental health. We elders have things to be very grateful for, that young people do not yet have.

© 2009 Laurie Israel

**(617) 277-3774**

Wills ♦ Probate ♦ Trusts ♦ Estates

[www.laurieisrael.com](http://www.laurieisrael.com)

[lisrael@socialaw.com](mailto:lisrael@socialaw.com)

**LAW OFFICES OF LAURIE ISRAEL**

Coolidge Corner

### OLD CELL PHONES AND IPODS

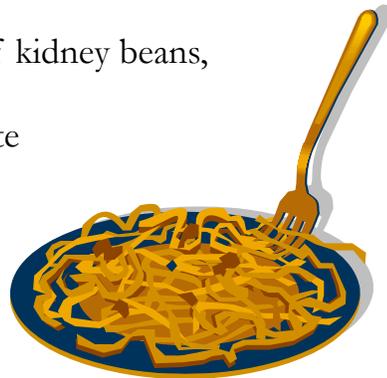
Thank you all for your wonderful response to this program. You have brought in many cell phones and iPods. We have a way to recycle them so that they can have a useful and happy old age. Keep them coming to us at the Senior Center! Just give them to Susan Andriole.

## CREAMY ONE-POT PASTA

Many avoid eating *creamy* dishes as they commonly contain high amounts of fat, sodium, and cholesterol. The following creamy dish gets its dressing and texture from low-sodium vegetable broth and reduced-fat cream cheese (Neufchatel). This creamy and flavor-packed one-pot pasta won't hurt your heart or your wallet so enjoy eating it and at only \$1.10 per serving!

### Ingredients

- 1 garlic clove
- ¼ jar (7oz) sun-dried tomatoes in oil, undrained
- 1¼ cups low-sodium vegetable broth
- 3 oz uncooked whole-wheat penne pasta
- ½ cup frozen broccoli, thawed
- 1 medium carrot, peeled and cut into thin strips
- 1 oz reduced fat cream cheese (Neufchatel), cut into cubes
- ½ of one 15.5-ounce can of kidney beans, drained and rinsed
- Ground black pepper to taste



Total Time: 20 minutes  
Ease of Preparation: Easy  
Makes 3 servings

### Kitchen Equipment

Cutting board  
Knife  
Can opener  
Measuring spoons  
Measuring cups  
Large cooking pot with lid  
Ladle or large spoon

### Preparation Instructions

1. Thinly slice garlic and place it in the pot with ½ Tbsp of the oil from the sun-dried tomatoes. Cook the garlic over medium heat for 2 to 3 minutes, stirring occasionally.
2. Add the vegetable broth to the pot, cover, and bring the mixture to a boil.
3. Stir in the pasta and cover the pot. Simmer for 8 to 10 minutes until the pasta is cooked but still firm.
4. Drain the sun-dried tomatoes and pat them dry with a paper towel. Slice the tomatoes into strips.
5. Add the carrots, broccoli, tomatoes, cream cheese, beans, and pepper to the pot and stir until the cream cheese is melted. Reduce the heat to medium; cover and cook for 2 to 4 minutes until the mixture heated through.

### Nutrition Analysis

Per serving: 260 calories; 8g fat (2g saturated, 0g transfat); 5mg cholesterol; 170 mg sodium; 39g carbohydrate (10g fiber, 3g sugar); 10g protein.

% Daily Values: Vitamin A 70%; Vitamin C 40%; Calcium 8%; Iron 10%

**Tips:** Pre-cut all produce and measure ingredients first in order to simplify the cooking process. To thaw frozen broccoli: microwave, boil, or leave in the refrigerator overnight. If desired, 1 cup of chopped tomatoes can be substituted for the sun-dried tomatoes.

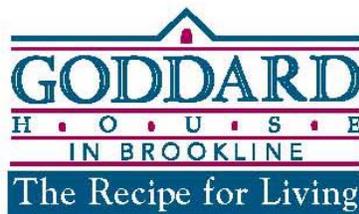
*By Jewish Family & Children's Service (JF&CS) Nutrition Services. Recipe and nutrition information adapted from [www.pamperedchef.com](http://www.pamperedchef.com) and [www.sun-dried-tomatoes.com](http://www.sun-dried-tomatoes.com).*

# Kick it up a Notch.



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

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



For a taste of Goddard House in Brookline call Emily Judd at 617.731.8500 x105 or take a tour at [www.goddardhouse.org](http://www.goddardhouse.org)

THE ASSISTANCE YOU NEED TO STAY INDEPENDENT

## JULY EVENTS AT GODDARD HOUSE

On Monday, July 6, at 10:30 am, Gary L. Hylander, PhD, professor of American history at Stonehill College will present "D-Day, June 6, 1944. Join us for this informative lecture. Professor Hylander specializes in presidential history and, as such, is a frequent presenter at library forums, historical societies, senior living centers, and civic and professional organizations.

On Wednesday, July 15, at 7:00 pm, Ruth Harcovitz, will present a program called "Boston's Julie Andrews."

And accompanied by piano, Ruth will sing a "Celebration of Rogers & Hammerstein" during which she will perform selections from *Oklahoma*, *The King and I*, *South Pacific*, and other musicals you know and love. The show includes the exploration of Broadway tunes through music and narrative.

All Goddard House events are free of charge. And refreshments are served. Goddard House in Brookline is located at 165 Chestnut Street. There is ample parking on site. Please RSVP to 617-731-8500. Directions are available at Goddard House's web site: [www.goddardhouse.org](http://www.goddardhouse.org).

## MORE JULY EVENTS AT GODDARD HOUSE

On Monday, July 20, at 2:00 pm, Vinny Mannone presents *Lucia Di Lammermoor* by Gaetano Donizetti, a tragic opera about a young girl who is pressured by an ambitious brother into marrying a nobleman who she does not love. After the viewing of the opera, Ms. Manonne, an opera singer herself, will offer her insight into this dramatic and beautiful musical form.

If you missed the performance of the Brookline Senior Center Chorus on Thursday, July 2, or if you just want to hear and see this chorus perform again, go to Goddard House on Friday, July 24, at 10:30 am for another performance of the Brookline Senior Center Chorus. Zohra Shaw has been directing the chorus since its inception in 2003, and Joe Reid, the chorus's accompanist, is an accomplished pianist.

## SPANISH IMMERSION

The Brookline Spanish Immersion program is alive and well. This program 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 are held at the Senior Center. Interested people should call (617)-730-2644 or (617) 953-7016 or e-mail to [brookline.spanish.immersion@gmail.com](mailto:brookline.spanish.immersion@gmail.com).

The program is supported by the Brookline Senior Center and the Jamaica Plain Coalition: Tree of Life/Arbol de Vida.

## THE TOWN WEB SITE

If you use the Internet, drop in on the Town of Brookline's web site at [www.brooklinema.gov](http://www.brooklinema.gov). On it you will find all sorts of news about the town, including the Senior Center's Elder Resource Guide and the Senior News and Events, the latter in color.

## BLACK BOXES

You have seen, no doubt, the colorful boxes—red, yellow, white, and so forth, on various corners around town. These boxes dispense such publications as the Brookline TAB, the Boston Globe, and various real estate and other advertisers. The town of Brookline is in the process of providing black boxes that will dispense, among other things the *Town of Brookline Senior News and Events*. At present, you will be able to pick up this newsletter from black boxes in four locations:

- Beacon Street in front of Brookline Bank
- Coolidge corner in front of Quiznos
- Washington Square at both the inbound and outbound T-stops

As black boxes are added in more venues, we will give you the new locations. Note that is an addition of locations at which you will be able to get the Senior News and Events. The newsletter will still be available at all the locations where you have traditionally found it. And, of course, you can still subscribe and have it delivered to your mailbox monthly.

To subscribe yourself or for a friend or loved one, use the form on p. 31 of this newsletter and return it, along with a check for just \$10.00 to the Brookline Senior Center. Imagine, just \$10.00 will bring 12 issues of information and activity listings to your door.

**ROGER R. LIPSON**  
ATTORNEY-AT-LAW

7 HARVARD STREET | BROOKLINE MA 02445-7379  
Tel. 617-566-2300



## HOW TO WEATHER THE (HOT) WEATHER

June was an unnaturally cool and wet month. However, do not assume that the whole summer will be that way. Look for typical New England hot and humid weather coming soon.

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](http://www.mass.gov).



## JULY THANK YOU

To Mary Hass in honor of Tax Return Preparation

To Kathryn Kilpatrick, Claire Weston, and William Wong in honor of Cippy MacDougall, wishing her a speedy recovery

To Dotty Bell in appreciation of Ruthann Dobek

To Pauline Katz in recognition of the good work and spirit of December Heffernan

To Van Fund donors Tania Friedman and Kathryn Kilpatrick, the latter in honor of Vivian Richmond

To Annual Appeal Donors Edward Bander, Reverend George and Mrs. Margaret Chapman, Richard and Claire Morse, Adele Pike, Robert Philip Sinrod and Karen Zweig, the Brezner Family Fund (a donor advised fund of Combined Jewish Philanthropies at the recommendation of Vivian H. Freeman and Frances R. Shuman), Brookline Booksmith Corporation, Cindy Rizzo, Ben Selling, and Wanetta Louise West

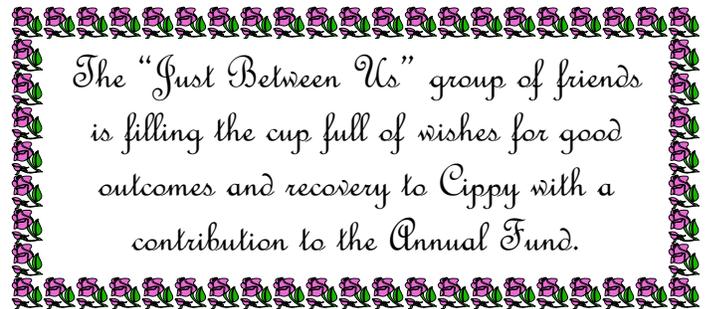


We also want to thank the following for their generous contributions to our current drive for toiletries for the Brookline Food Pantry:

Stop & Shop on Harvard Street for a \$25.00 gift certificate

Walgreens on Harvard Street for \$60.00 in toiletry items

Dr. Robert Guen, DMD, on Beacon Street for 144 small-size tubes of toothpaste



### 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*

### 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.

**Brookline Council on Aging/Senior Center**  
93 Winchester St. • Brookline, MA 02446

**Did You  
Know?**



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

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

## SAFE DRIVING FOR SENIORS



According to Karen Wasserman, Director of the Jewish Family and Children's Services' (JF&CS) Your Elder Experts, the safety of older drivers is an ongoing concern for elders, professionals, and family members alike. A series of recent accidents involving older drivers has highlighted the debate around the issue, prompting extensive coverage in *The Boston Globe's* news and editorial pages. It is important to understand the complexities and emotions tied up in this dilemma.

Many older adults fear the loss of independence that giving up driving means. Often families are equally resistant, either because they recognize that this decision might result in further care-giving responsibilities or because it is too difficult to acknowledge this change in their parents.

Geriatric Care Managers educate elders and their families about retesting and safe driving options, provide resources for elders who are no longer driving, and support everyone through this extremely difficult but necessary transition.

If you are an elder concerned about your own safety or a family member or friend concerned about an older driver, you might want to

use some of the resources listed below for information about driving safety and evaluation for seniors.

### Beth Israel Deaconess Medical Center

DriveWise

330 Brookline Ave.

Boston, MA 02116

Phone: 617-667-4074

Ask for a brochure for the Drive Wise program

### MIT AgeLab

Talk with Older Drivers: The Hartford

One Amherst Avenue

Room E40-279

Muckley Building

Cambridge, MA 02139

Phone: 617 253-0753

### Newton Wellesley Hospital

Drive Safe

2014 Washington Street

Newton, MA 02462

Phone: 617-243-6172

### Spaulding Rehabilitation Hospital Network

Driving Evaluation Program

300 Granite Street

Braintree, MA 02184

Phone: 781-843-1145

Fax: 617 573-2610

And/or contact Your Elder Experts at [info@yourelderexperts.com](mailto:info@yourelderexperts.com), or call them at 781-693-5052 for consultation and advice.

## CHECKLIST FOR ELDER DRIVERS

Things to think about before you make a decision:

- Cost of maintaining car—savings in not having a car can add to your spendable income for other things
- Availability of other means of transportation—Brookline is blessed with many forms of transportation available to seniors—the

Elderbus, shuttle buses to the Longwood Medical Center, the Van for transportation to the Senior Center, the MBTA (three branches of the Green Line and many buses), and for those who qualify financially—the Ride and BETS coupons for cabs

- Green considerations—private cars remain a major air poluter

## GREEN PAGE—THOUGHTS FOR A GREENER AND CLEANER PLANET



The Senior Center supports the work of Climate Change Action Brookline (CCAB), a group of residents of Brookline working to address climate change. Their next regular meeting is Monday, July 20 at 7:00 pm at Brookline Town Hall.

The average American household emits 55,000 pounds of carbon each year from garbage, heating, cooling, electricity, and transportation alone. The Low Carbon Diet is a way to begin to shrink your household's carbon footprint by working with a small group of people from Brookline. These groups or teams—called Low Carbon Diet (LCD) groups are being promoted by CCAB. If you would like to join a LCD team, contact MaryDewart@verison.net or Ed Loechler at loechler@bu.edu. Also see <http://empowermentinstitute.net/lcd/>.

Another CCAB program is the Green Tools Program, aimed at reducing Brookline's Carbon Footprint. CCAB has teamed up with Connelly Hardware, Aborn True Value Hardware, and Economy Hardware in a program to highlight tools and products that will help home owners and small businesses reduce carbon emissions and save money. Look for items that address water conservation, insulation, heating and cooling, electricity, recycling and composting, and greener paint and cleaning products.

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

### WHAT CAN BE RECYCLED

#### PAPER

Newspaper (with inserts); magazines/ catalogs, phone books; junk mail; and office paper/brown bags.

Do not recycle soiled paper or plastic bags; pizza boxes; paperboard (e.g. cereal boxes); or milk cartons, orange juice cartons, etc.

Place all these items in paper bag(s) next to the bin or in a separate blue bin.

#### CONTAINERS

Glass bottles/jars: Remove collars, neck rings, and corks. Labels may stay on.

Do not recycle broken or other glass such as light bulbs, window or auto glass, dishes, glasses, or Pyrex.

Also recycle aluminum and steel/tin food and beverage cans, empty aerosol cans and aluminum foil. Labels may stay on. All these items may be flattened.

Do not recycle cans containing hazardous material.

Plastic bottles and jars marked 1 thru 7 may also be recycled. Remove lids and neck rings.

No plastic bags.

#### COMPUTER MONITORS AND TELEVISIONS

You can now recycle computer monitors and TVs. Please schedule pick-up one week in advance by calling the DPW at 617-730-2156.

#### PLASTIC BAG RECYCLING

Whole Foods, Roche Bros, Star Markets and Osco Drugs will take plastic bags and other recycled material. Please visit [www.earth911.com](http://www.earth911.com) for more info.

#### BATTERY RECYCLING

Nickel Cadmium battery can be recycled at the DPW at Town Hall. Alkaline batteries (those used in most household appliances) made after 1994 may be put out in the regular trash.

CELL PHONE RECYCLING—See p. 22.

## HOSPICE REVISITED

In April, we had workshops on Planning Ahead. The topics included Advance Directives (living wills, health-care proxies, Do Not Resuscitate [DNS] forms, and the like), hospice care, and pre-need funeral planning. All of these workshops were excellent—informative, concise, and chock full of information.

For many of us, hospice care is the most mysterious, and it hits us when we are very vulnerable and confused. It is not a place, a ritual, or a series of legal documents. Instead it is a philosophy that believes in a gentle, comprehensive, coordinated approach to health care for people with life-limiting illnesses. With hospice, highly skilled professionals support people in the last phases of life so they can live as fully, independently, and comfortably as possible. Neither hastening nor prolonging the dying process, hospice affirms life and regards dying as a natural event. By focusing on the enhancement of the quality and dignity of remaining life, hospice offers individualized services within a caring community. Addressing the many complex needs of people who are ill, their families, and their friends, hospice recognizes the significance of each person's life and the far-reaching effects of each person's death.

*Many thanks to the Hospice of the Good Shepherd in Newton for this excellent explanation of hospice philosophy and its implementation.*

## 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.



## OUR CONTRIBUTORS

We wish to thank the following contributors to the July issue of the *Senior News and Events*:

Martin Fishbein for writing up the articles on the light brunch and CCCC performance (p. 3) and the Midsummer Barbeque article (p. 10). Welcome Martin!

Rhona Hirschowitz for proofreading the newsletter. Rhona has been ably proofing the newsletter for a long time. Any additional errors you might find are usually the result of last-minute writing and changes that have not been through her scrutiny.

SHINE for the article on Medicare coverage of SNF Care on p. 5.

The Brookline Department of Public Health advisory material on p. 6.

Judy Bernstein, Social Security District Manager in Boston for the article on safeguarding your information on p. 11.

James (Jimmy) T. Tong for revising the Elderbus Schedule on p. 12.

Tomall Harris for allowing us to reprint from his journal on p. 21.

December Heffernan for allowing us to excerpt her letters to her clients and to Ruthann on p. 21.

David Weinberg for the photos of Tomall, Ralph, Cippy, and December on p. 21.

Laurie Israel for the article on the joys of growing older on p. 22.

Jewish Family & Children's Services and [www.pamperedchef.com](http://www.pamperedchef.com) and [sundriedtomatoes.com](http://sundriedtomatoes.com) for the recipe on p. 23.

The Hospice of the Good Shepherd in Newton for material for the article on hospice on p. 30.

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

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

Brookline Senior Center  
93 Winchester Street  
Brookline, MA 02446

New \_\_\_\_\_

Renewal \_\_\_\_\_

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

PLEASE PRINT CLEARLY the following:

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 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.

**Brookline Municipal Credit Union**

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



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



*Established in 1939*

List with us.

# **H***Chobee* **Hoy***associates*

Brookline's Resident Experts  
Known for exceptional service & commitment

*Chobee Hoy Associates provides both buyers and sellers with the highest quality professional real estate brokerage services available. We are an organization known in the community as informed, ethical, honest and reliable in, meeting our obligations to clients, customers and brokers.*

**Chobee Hoy Associates**  
**Real Estate, Inc.**  
18 Harvard Street  
Brookline, MA 02445  
[homeahoy@chobeehoy.com](mailto:homeahoy@chobeehoy.com)

VOICE  
**617.739.0067**  
FAX  
**617.734.9981**

---

Brookline Senior Centers Corporation  
93 Winchester Street  
Brookline, Massachusetts 02446

PREST STD  
US POSTAGE PAID  
BOSTON MA  
PERMIT NO 55181